



NEBRASKA VFW NEWS



Department of Nebraska Newsletter

September 2015

Issue # 22

National VFW Convention Recognizes Outstanding Community Service

Veterans of Foreign Wars Post #2280 in Bellevue was the recipient of the Veterans of Foreign Wars Outstanding Community Service Post Award at the VFW's National Convention in Pittsburgh, Pennsylvania on July 20 during an invitation only reception.

Criteria to receive the award is set by the VFW state headquarters for recognizing Posts' community service work in their local areas. This year, sixty-one VFW Posts from across the nation received this national award. Each Post receives a reflective street sign to display in their city recognizing this award. These Posts are outstanding examples of the over 8.9 million hours of community service valued at over \$256 million performed by VFW volunteers last year.

While honoring the award recipients, VFW Commander-in-Chief John W. Stroud said, "Through our community service program, we help build a better, stronger America, and we fulfill our commitment to serve America's veterans and their families. This Post has demonstrated an exceptional commitment to their community. Their exemplary service is an example to citizens across this great nation."





Mike Medina
State Commander
Department of
Nebraska VFW

Comrades and Sisters,

It is my honor to serve as this years Commander. So far it has been busy with travelling to different Conventions and, of course, the National Convention in Pittsburgh. I thought we had a good turnout and from comments I heard from different members, all had a good time. Now we need to buckle down and get to work. Foremost, is Membership, I know we get on you about this but it is the lifeblood of our organization. Retention and new members are a top priority. Keep up the good work you have been doing and we should come out fine.

Changes are coming especially on our Auxiliary side. As some of you might have heard, the Ladies Auxiliary can now recruit male members to join. It is a big step and I applaud them for taking it.

We have our Fall Council coming up on the 3rd of October at Millard Post 8334. I hope to see a good crowd as we will discuss what we have coming in the next year. Please try to attend if you can.

Lastly I would like to thank all those who have helped me on my way through the chairs. First is Jim Pierce, he is the one who talked me into trying it to begin with. Even though he sometimes forgets my name, I am deeply grateful for his help. Of course, all of my Past Commanders as I worked my way up, always had good advice that has helped me be what I am. Last, but not least, my family and especially my wife Joyce who has inspired me with her support in whatever I have done.

Again it is my Honor to serve you for the coming year. Lets get out there and show that we are the best Department there is.

Yours in Comradeship

How can older adults prevent falls?

- Exercise regularly. It is important that the exercises focus on increasing leg strength and improving balance, and that they get more challenging over time. Tai Chi programs are especially good.
- Ask their doctor or pharmacist to review their medicines—both prescription and over-the-counter—to identify medicines that may cause side effects or interactions such as dizziness or drowsiness.
- Have their eyes checked by an eye doctor at least once a year and update their eyeglasses to maximize their vision. Consider getting a pair with single vision distance lenses for some activities such as walking outside.
- Make their homes safer by reducing tripping hazards, adding grab bars inside and outside the tub or shower and next to the toilet, adding railings on both sides of stairways, and improving the lighting in their homes.

To lower their hip fracture risk, older adults can:

- Get adequate calcium and vitamin D—from food and/or from supplements.
- Do weight bearing exercise.
- Get screened and, if needed, treated for osteoporosis.





State Adjutant/Quartermaster John Liebsack and Commander Mike Medina review rituals for conducting a meeting, forms reporting and filing. In the photos below, the ten District Commanders, half of whom are new to the position, listen on with the rest of the group. The Chairmen followed up with their reports to complete the meeting.

State Training and Council Meeting

Seward VFW Post 4755 hosted training for the VFW and lunch for the VFW and Auxiliary. The State President Kim Abboud and State Commander Mike Medina posed for a photograph after lunch.



National All American Award

There were two posts in Nebraska that achieved All American, Post 10648 in Princeton and Post 2704 in Omaha. Past Commander Brosnihan presented the awards in Seward. Pictured above with Bernie Brosnihan, accepting the award for Post 2704 Omaha, is Sr. Vice Commander Matthew Whitaker.



National Representatives for Fall Conference

THOMAS A. POULIOT

COMMANDER-IN-CHIEF — 1998-1999

VETERANS OF FOREIGN WARS OF THE UNITED STATES

Thomas A. Pouliot was elected VFW Commander-in-Chief on September 4, 1998, at the organization's 99th National Convention in San Antonio, Texas.

Pouliot served in the United States Navy from January 1962 through May 1966. During that time, he was assigned to an aviation wing and saw duty on three aircraft carriers, the USS Independence, the USS Midway and the USS Coral Sea. He was aboard the Coral Sea when it conducted operations against North Vietnam from the Gulf of Tonkin. He was awarded the Armed Forces Expeditionary Medal, the National Defense Service Medal and several Navy Unit Commendations.

Following military service, Pouliot joined the VFW in 1977 at Post 1116, Helena, Montana, where he maintains his Gold Legacy Life Membership. Since then, he has held several elected and appointed positions in the organization, including National Judge Advocate General. He was an All-American Department Commander in 1990-1991.

Pouliot received his law degree from the University of Montana School of Law. He has a private law practice and has served as a city judge in East Helena, Montana.

He belongs to the Montana Lawyers Association, the Montana Magistrates Association, the American Legion, and is a Life Member of the VFW Cooties.

He and his wife Shirley reside in Helena.



Our own Donna Fenske

National District Council Member #21

Donna Fenske of Fremont represents Nebraska and Minnesota on the National Council of Administration, which governs the Auxiliary to the Veterans of Foreign Wars of the United States between National Conventions. Installed at the 102nd National Convention in Pittsburgh, she is serving a two-year term as one of 28 representatives who make up the Council along with the top seven National Officers, the National Chief of Staff and the four Junior Past National Presidents.

A life member of Larson-Peterson Auxiliary #854, she has served in many capacities from the organization including Auxiliary, District and State President. She joined on the eligibility of her husband, who served in the United States Navy in Evacuation of Saigon March 1973 and Operation Desert Storm Operation Desert Shield 1990-1991.

In her spare time she enjoys traveling and spending time with her family.

Donna's family includes husband Dale, Four children and six grandchildren.



Snyder VFW Post 8439 Helps Kids Get Back to School

The post conducted a back to school supplies program for Snyder residents in grades kindergarten thru 6th grade. 18 students received many of the required items as they return to classes. Post members Casey Jones and George Snell are pictured with 6th grade student Stephana Sveta.

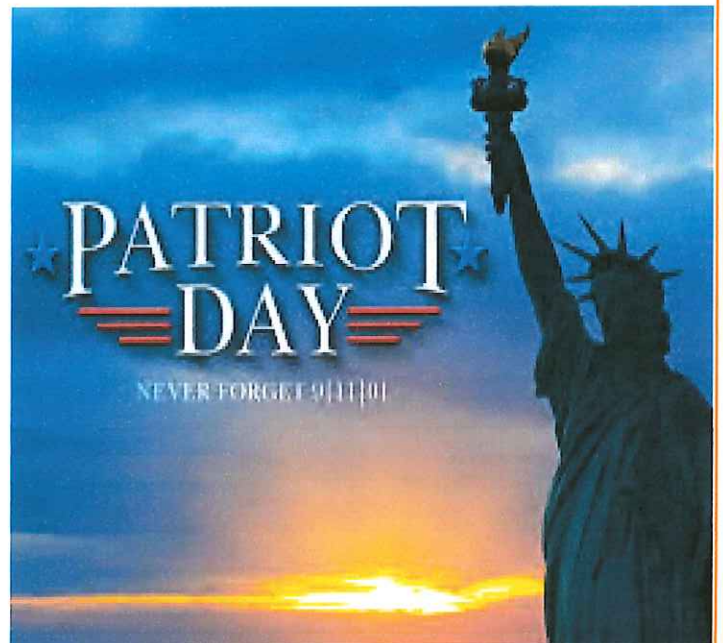


Color Guard Joins for ALS

The Lincoln Color Guard joined for the ALS walk festivities on August 22nd. The event was to raise money to defeat ALS. It began Nationally in 2000. The Lincoln event was at Antelope Park and raised over \$26,000.00 for ALS. Pictured above with Miss Teen Nebraska left to right are Richard Maughan, Melvin Bate, Matt Jones, Pat Santocheck, Ray Mathis and Larry Clymer.

Remember Patriot Day on September 11th

The flag of the United States is flown at half-staff at the White House and on all U.S. government buildings and establishments throughout the world; flags are also encouraged to be displayed on individual American homes. Additionally, a moment of silence is observed to correspond with the attacks, beginning at 7:46 AM (Central Standard Time), the time the first plane, American Airlines Flight 11, struck the North Tower of the World Trade Center on September 11, 2001.



UNWAVERING SUPPORT



FOR UNCOMMON HEROES™

Help us grow by asking someone you know to join us and help us serve veterans and their families, active-duty military and their families, and promote patriotism across our great nation.

VFW Auxiliary Members:

- Must be citizens of the United States or a United States National, and at least 16 years old.
- Those eligible are:
 - Husband/Wife
 - Widower/Widow
 - Father/Mother
 - Grandfathers/Grandmothers
 - Sons/Daughters
 - Grandsons/Granddaughters
 - Brothers/Sisters

Of persons who were or are eligible for membership in the Veterans of Foreign Wars of the United States.

Calendars Available

Don't forget to pick up your calendars from your District Commanders. We have already had several Posts sale and turn in their form to receive 20 points toward the white hat competition.

LEAVE A LASTING LEGACY

FOR VETERANS.



As a Legacy Life Member, future generations will know you not only for the sacrifices you made as a veteran but for the contributions you made as a member.

That's a legacy to be proud of.

Calendar of Events

September 2015

- 1 Bonds Due into Department**
- 13 Dist 3** mtg in Stanton at Post 3602 at 1:00 pm. Evening Lunch to follow. Ladies Auxiliary same time and place, afternoon lunch. **Rep: Larry Gerlt**
- 13 Dist 7** mtg in Wisner at Post 5767 at 1:30 pm. Lunch to follow. Ladies Auxiliary same time and place. **Rep: Joe Smith**
- 20 Dist 11** mtg in Ord at Post 7029 at 2:00 pm. Lunch to follow. Ladies Auxiliary same time and place. **Rep: Doug Whitaker**
- 20 Dist 13** mtg in Kearney at Post 759 at 1:00 pm. Lunch to follow. Ladies Auxiliary same time and place. **Rep: Harold Schlender**
- 20 Dist 4** mtg in Stapelton at Post 8258 at 12:00 (CDT) Meeting at 1:00 pm Reg \$7.50 Lunch to follow. Ladies same time and place. **Rep: Gary Bush**
- 27 Dist 9** mtg in Wahoo at Post 4502 at 2:00 pm. Ladies Auxiliary same time and place. **Rep: Mike Medina**

October 2015

- (T-2) Trustee Quarterly Report to Department (July1 to Sept 30)**
- 11 Dist 10** mtg in Omaha at Post 2503 at 2:00 pm. Ladies Auxiliary same time and place. **Rep: Sam DeJohn**
- 11 Dist 15** mtg in David City Post 5814 to host at Senior Center 5925 D St 1:00 Reg 2:00 meeting Ladies same time and place. **Rep: Mike Medina**

November 2015

- 1 20 Questions to Department**
- 1 Inspection 100% District1 VOD and Patriots Pen Entry to Post level**
- 10 6 Month Community Service Report (May to October) First Report**
- 15 Patriots Pen and VOD to District Level**
- 22 Dist 1** mtg in Gering at Post 1681 at 1:00 pm. Lunch to follow. \$5.00 reg fee. Ladies Auxiliary same time and place. **Rep: Gary Bush**

September Calendar Winners...

\$40.00	Paul	Ehlers
\$40.00	Dan	Smith
\$40.00	Dale	Vorce
\$40.00	Terry	Ferguson
\$40.00	Pam	Tschantre
\$40.00	Delmer	Pelster
\$40.00	John	Lange
\$40.00	Marilyn	Janovec
\$40.00	Donald	Bernhardt
\$40.00	Bill	Neumeyer
\$100.00	Gaylord	Rachow
\$40.00	Sue	Frey
\$40.00	Duane	Miller
\$40.00	George	Matuella
\$40.00	Jake	Olsen
\$40.00	Leonard	Rehtus
\$40.00	Ron	Vlach
\$40.00	Sarah	Mumma
\$40.00	Bill	Leftwich
\$40.00	Jim	Olson
\$40.00	Gaylord	Mussman
\$40.00	Melisa	Monical
\$40.00	George	Howard
\$40.00	Mark	Arduser
\$40.00	John	Parks
\$40.00	Ron	Myers
\$40.00	Diane & Rudy	Waibel
\$40.00	Greg	Koetter
\$100.00	Mike	Webb
\$40.00	Mark	Parsons

We would love to hear
 what is going on at your posts as
 well as communities.....

Send articles to

Department of NE VFW

John Liebsack

PO BOX 4552

Lincoln, NE 68504

Email: johnl@vfwne.org

Auxiliary Editor

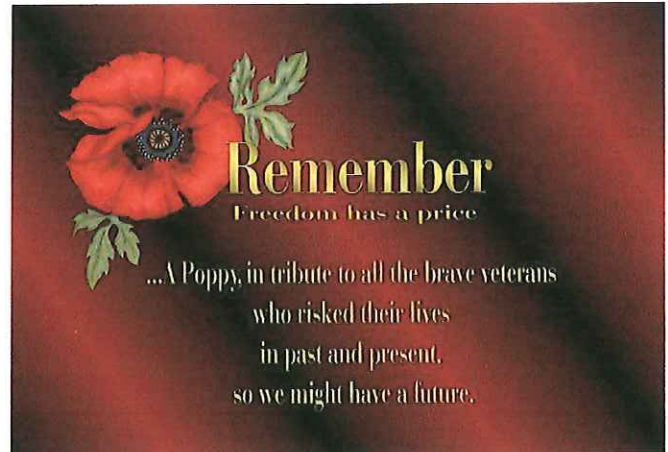
Angela Ostrander

PO BOX 114

Goehner, NE 68364

Email:

litfireball2000@yahoo.com



DON'T FORGET TO MAKE YOUR RESERVATIONS FOR HOMECOMING AND FALL COUNCIL. THE DEADLINE IS THE 17TH OF SEPTEMBER. PLEASE CALL HEADQUARTERS AT 402-464-0674 IF YOU DO NOT ALREADY HAVE A ROOM RESERVATION. THE FORMS CAN ALSO BE MAILED IN. THEY WERE IN THE LAST GENMAIL.



Nebraska as of Wednesday, September 09, 2015

State	Post	Dst	Life	New	Reinst	Cont	Total	Adjusted Prior Year	Percent
District Totals		1	0	0	1	65	66	707	9.33%
District Totals		3	0	1	0	128	129	1615	7.98%
District Totals		4	0	0	0	108	108	1284	8.41%
District Totals		6	0	6	3	133	142	1520	9.34%
District Totals		7	0	1	2	115	118	1189	9.92%
District Totals		9	0	7	4	183	194	2105	9.21%
District Totals		10	0	20	9	335	364	4745	7.67%
District Totals		11	0	1	0	117	118	1227	9.61%
District Totals		13	0	1	0	92	93	1277	7.28%
District Totals		15	0	1	0	73	74	1027	7.20%
District Totals		99	0	11	4	89	104	1077	9.65%
State Totals			0	49	23	1438	1510	17773	8.49%