




# The Palmer Lake Post

February - 2010

<p align="center"><b>PALMER LAKE VFW NEWS - POST 3915</b></p>		<p align="center"><b>CLARENCE LABELLE VFW NEWS - POST 217</b></p>
<p>Comrades – Post 3915</p> <p>I don't normally put medical information in the newsletter, but when I saw this, I thought it was worth passing on.</p> <p>If you are alone and start to experience severe pain in your chest that starts to radiate out into your arm and up into your jaw, what do you do?</p> <p>Answer, do not panic, but start coughing repeatedly and very vigorously. A deep breath should be taken before each cough. The cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.</p> <p>On Monday, March 8, we will be having our next Blood Drive. We are in desperate need of more members to help contact people to give blood. If you can spare an hour or two to make a few phone calls, please call Gary Archambault at 763-432-9828. Gary can give you a list of names to call to give blood. If we don't get more help in this area, I'm afraid we will not be able to continue to have the Blood Drives at the Post. The giving of blood is something that most everyone can and should be willing to do!</p> <p>Yours in Comradeship, Bob Hystad - Commander, Post 3915</p>		<p>Comrades and Sisters – Post 217</p> <p align="center">CLARENCE LABELLE 217 ALL AMERICAN POST</p> <p>The year is 2010 and Clarence LaBelle VFW Post 217 is "Eighty Years Young." We are still going strong thanks to a great Post &amp; Auxiliary. We have goals set for this year, and with lots of hard work, we will reach them.</p> <p>Post 217 &amp; Auxiliary sponsored a candidate for Teacher of the Year for the VFW. Her name is Martha Micks from Brooklyn Jr. High School. Marti, as she is called, won District Teacher of the Year and then went on to win State Teacher of the Year. Now she goes on to be considered for National Teacher of the Year. She has great credentials and we think she has a good chance at the National title.</p> <p>The Post and Auxiliary have had an exceptional year and I hope it continues.</p> <p>I will report on the Mid-Winter Conference in the next newsletter. Have a great 2010!!!</p> <p align="center"><b>REMEMBER</b> ALWAYS INCLUDE OUR TROOPS AND VETERANS IN YOUR PRAYERS. THEY NEED ALL OUR PRAYERS. GOD BLESS!</p> <p>Till next time, Chuck Quigley - Commander, Post 217 763-424-6417</p> <p>Jackie Gehrke Auxiliary President, Post 217 763-559-7430</p>
<p><b>Post 3915 Meetings:</b> 2<sup>nd</sup> Wednesday <b>Next Meeting:</b> 7:00 p.m. – February 10</p>	<p><b>Post 217 Meetings:</b> 3<sup>rd</sup> Wednesday <b>Next Meeting:</b> 7:30 p.m. – February 17</p>	
<p align="center"><b>Watch for these Post Events: RED CROSS BLOOD DRIVE – Every 60 Days in 2010! Monday, March 8 – Time 2:00-7:00 pm at the Post</b></p>		

**Visit our website for Officers, Post events and Post information: [www.palmerlakevfw.com](http://www.palmerlakevfw.com)  
REGISTER ON LINE AND YOUR NEWSLETTER WILL BE EMAILED!!  
Important: Please notify the Post if you have an address change.**



## PALMER LAKE LADIES AUXILIARY POST 3915

### Ladies Auxiliary Moments

Dear Sisters,

Hopefully the cold is over, but February can be a really tricky month. Have you been to the Post recently? You as a member should come out and show your support. Enjoy the camaraderie with not only your Auxiliary but also the Post.

**VA Hospital Game Night** – Our Auxiliary is scheduled for Game Night at the VA Hospital on February 23<sup>rd</sup> starting at 7 pm. We provide snacks and run card and dice games. This is so fun. Please let me know if you would like to help out or if you have any questions.

**Soup Labels** – The *VFW National Home for Children* has partnered with the Campbell's Labels for Education program to collect UPC codes from eligible Campbell's company products. Most recently, the National Home has collected enough labels for a brand new minivan! This is the third vehicle added to the National Home fleet with the help of individuals across the nation sending in their donations of labels. The program is ongoing, & the National Home will continue to benefit from the label donations by collecting enough labels for educational games, electronics, toys & other high-quality products courtesy of the Labels for Education project. There is a drop box for soup located in the bar area. Clip the bar code only, put them in a small baggie and drop them off. Simple as that. If you have questions contact Kim Mudge or the Post, 763-560-3720.

**Eligible Products-Here's What to Save:** Campbell's Soups, Soup at Hand, Chunky Soups and Chili, Select Harvest, Healthy Requests, V8 and V8 Soups, SpaghettiO's, All Pepperidge Farm Products, Prego Spaghetti Sauces, Swanson Broths.

**Personal Care Items** – We are still collecting donations of personal care items for the VA hospital and home and the MAC-V. Please drop your donations in the box by the door at the Post.

**Ladies Auxiliary Meetings:** 2<sup>nd</sup> Tuesday Each Month  
**Next Meeting:** 7:00 p.m. – February 9

**Dates to Remember:**

February 9 – Ladies Auxiliary Meeting – 7:00 pm  
February 19 – Steak Fry - 5:30 pm  
February 23 – VA Game Night – 7:00 pm  
February 28 – Pancake Breakfast – 9:30am  
March 8 – Blood Drive – 2:00-7:00 pm (Please give! If you cannot give, your help is always needed!)

**Happy Birthday!** Claudette Proell, Sylvia Scott, Kathleen Yahr, Helen Sibben, Rita Daniel-Haeg, Theresa Chalstrom, Karen Vander Heiden and Priscilla Sackrison

**Membership** - There are still unpaid dues out there! Remember---We are still paying the first \$50 towards life membership. As of December 31, 2009, if you have not paid your dues you are NOT a member in good standing until your dues is paid. Please get your dues in.

Please contact Judy Hystad at 763-561-9122 about any illness or deceased members.  
Loyally,  
Jill Morton, Auxiliary President  
Email: jill.morton@palmerlakevfw.com or 612-247-1757

### Membership Minute with Sr. Vice Francesca Bill

Greetings Sisters,

Membership is sitting at **94%!!** Congratulations!!! Let's make it to **100%** by February 28. I will be contacting you if you have not paid your continuing dues for the 2009/2010 calendar year. Watch for notices! Please help us reach this milestone at your earliest convenience. Payment must be directed to our Treasurer, Pam Johnson at 9228 Windsor Ln. N, Brooklyn Park, MN 55443

I know we can count on you and we look forward to closing out this year with triple digits!  
Kind Regards,  
Francesca (Frankie) Bill, Senior Vice President  
Email: francesca.bill@palmerlakevfw.com or 651-263-6721

**Watch for these Ladies Auxiliary Events:**  
**February 19 - Steak Fry (3<sup>rd</sup> Friday Each Month)**  
**February 28 - Pancake Breakfast (4<sup>th</sup> Sunday)**



## PALMER LAKE MEN'S AUXILIARY POST 3915

Members,

Look for the Friday night Fish Fry's to start later in February through Lent. We appreciate your help to hold these events each Friday.

In January we went to the District and State Mid-Conference. In a couple of weeks, we are also going with a couple teams to the District Bowling Tourney.

I just want to remind everyone that sweatshirts have been on sale. In addition, if you want a Men's Auxiliary jacket, see Rod Oppegard.

If you have any membership issues or want to get signed up, see Mike Marthaler. If you have any community service to report, contact Stuart Ruud, Jr. Vice, & he will document it.

**Men's Auxiliary Meetings:** 1<sup>st</sup> Wednesday Each Month  
**Next Meeting:** 6:00 p.m. – February 3

Also, we are all trying to help build the Blood Drive donations that are held every 60 days at the Post. If you would like to donate blood or help with the Drive, call Gary Archambault at 763-432-9828 or sign up at the Post. The next Blood Drive is March 8. Your help is appreciated!

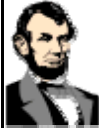





Future meetings are on the first Wednesday of the month at 6:00 p.m.! Attend the meeting and be heard!

Respectfully,  
Gary Lind,  
Men's Auxiliary President – Post 3915

**Watch for these Men's Auxiliary Events:**  
**Fish Fry's to start in late February!**



**February, 2010**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>31</b>	<b>1 February</b> 5:30 PM Member Drawing	<b>2</b> Ground Hog Day 5:30 PM Meat Raffle 5:30 PM Guest Drawing 6:45 PM NEW - 'Name That Tune' - Details at Post	<b>3</b> 5:30 PM Auxiliary Drawing 6 PM 3915 Men's Auxiliary Meeting 7:30 PM - 11 PM Karaoke	<b>4</b> 6:30 PM Bar Bingo	<b>5</b> 5 PM Sandwich Special - \$2.00 7:30 PM DJ	<b>6</b> 12 PM - 3 PM Cribbage 3:30 PM Meat Raffle 7:30 PM Karaoke
<b>7</b> SUPER BOWL SUNDAY	<b>8</b> 5:30 PM Member Drawing	<b>9</b> 5:30 PM Meat Raffle 5:30 PM Guest Drawing 6:45 PM NEW - 'Name That Tune' - Details at Post 7 PM 3915 Ladies Auxiliary Meeting	<b>10</b> 5:30 PM Auxiliary Drawing 7 PM Post 3915 Meeting 7:30 PM - 11 PM Karaoke	<b>11</b> 6:30 PM Bar Bingo	<b>12</b>  Lincoln's Birthday 5 PM Sandwich Special - \$2.00 7:30 PM DJ	<b>13</b> 12 PM - 3 PM Cribbage 3:30 PM Meat Raffle 7:30 PM Karaoke
<b>14</b>  Valentine's Day	<b>15</b>  President's Day 5:30 PM Member Drawing	<b>16</b> 5:30 PM Meat Raffle 5:30 PM Guest Drawing 6:45 PM NEW - 'Name That Tune' - Details at Post	<b>17</b> 5:30 PM Auxiliary Drawing 7:30 PM - 11 PM Karaoke 7:30 PM Post 217 and Auxiliary Meeting	<b>18</b> 6:30 PM Bar Bingo	<b>19</b> 5:30 PM - 7:30 PM  Steak Fry 7:30 PM DJ	<b>20</b> 12 PM - 3 PM Cribbage 3:30 PM Meat Raffle 7:30 PM Karaoke
<b>21</b>	<b>22</b>  Washington's Birthday 5:30 PM Member Drawing	<b>23</b> 5:30 PM Meat Raffle 5:30 PM Guest Drawing 6:45 PM NEW - 'Name That Tune' - Details at Post	<b>24</b> 5:30 PM Auxiliary Drawing 7:30 PM - 11 PM Karaoke	<b>25</b> 6:30 PM Bar Bingo	<b>26</b> 5 PM Fish Fry 7:30 PM DJ	<b>27</b> 12 PM - 3 PM Cribbage 3:30 PM Meat Raffle 7:30 PM Karaoke
<b>28</b> 9:30 AM - 12:30 PM  Pancake Breakfast	<b>1 March</b> 5:30 PM Member Drawing	<b>2</b> 5:30 PM Meat Raffle 5:30 PM Guest Drawing	<b>3</b> 5:30 PM Auxiliary Drawing 6 PM 3915 Men's Auxiliary Meeting 7:30 PM - 11 PM Karaoke	<b>4</b> 6:30 PM Bar Bingo	<b>5</b> 5 PM Fish Fry 7:30 PM DJ	<b>6</b> 12 PM - 3 PM Cribbage 3:30 PM Meat Raffle 7:30 PM Karaoke
<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>

2817 Brookdale Drive, Brooklyn Park, MN 55444 763-560-3720

Visit our website for updates and additions to the calendar: [www.palmerlakevfw.com](http://www.palmerlakevfw.com)

**PALMER LAKE VFW POST 3915  
2817 BROOKDALE DRIVE  
BROOKLYN PARK, MN 55444-0016**

**NONPROFIT ORG.  
U.S. POSTAGE  
PAID**

**CLARENCE LABELLE POST 217**

**MINNEAPOLIS, MN  
PERMIT 3421**

**Newsletter Enclosed**

**Palmer Lake VFW Post 3915  
2817 Brookdale Drive  
Brooklyn Park, MN 55444-0016  
763-560-3720**

**Visit our website for directions: [www.palmerlakevfw.com](http://www.palmerlakevfw.com)**

