



“For God and Country”

JULY 2024 POST 3 NEWSLETTER



Meetings For JULY 2024

Organization	Location	Time	Date
Legion Post 3	Elks Lodge, 5910 S 58 th St	7:00 PM	07/09/24
Auxiliary Unit 3	Elks Lodge, 5910 S 58 th St	7:00 PM	None
SAL Squadron 3	Post 3 Office, 123 S 84 th St	7:00 PM	07/11/24
ALR Chapter 3	Denton Legion Club	6:00 PM	07/18/24
40 & 8 Voiture 103	Elks Lodge, 5910 S 58 th St	6:30 PM	07/16/24
8 & 40 Salon 832	Elks Lodge, 5910 s 58 th St	6:30 PM	07/16/24
8 & 40 Salon 92	VFW 3606, 3340 West A St	1:00 PM	None
Buddy Check	Rock-n-Joe, 5025 Lindburg St	6:00 PM	07/22/24
CoffeeHaus	Auld Pavilion, Antelope Park	10:00 AM	None

Commander's Call



Thanks for your hard work on membership! Looks like we will finish the membership year (08/01/23 – 07/31/24) at just over 96% of our goal of 1,107 members. As I have mentioned before, there is not much we can do about members who pass away and are transferred to Post Everlasting, but we can do something to replace the 33 members that, for whatever reason, decided not to renew. If you know someone who did not renew this year, help the Post 3 leadership contact them and encourage them to reconsider and welcome them back to our Post.

In addition to helping retain old members, we all need to recruit new members. Your membership mission is to find two veterans, one to replace you when you are transferred to Post Everlasting and one to grow The American Legion. The Post 3 Leadership team has done everything they know to add new members. They have added some, but not enough. I am asking you to help us out. If you know someone who has served at least one day of active military duty since December 7, 1941, and was honorably discharged or is currently serving honorably, ask that individual to join The American Legion.

Have you renewed your membership for 2024? If not, there is still time. Do it now. Finally, are you going to renew your membership for 2025? The Department Membership Committee is offering an incentive to renew early. They are sponsoring an Early Bird Drawing. All regular members (those who pay their dues annually) whose 2024 dues are paid and received in Department Headquarters by early-September 2024 will be in a drawing for \$1000. 5 names will be drawn for a \$200 prize each this year! It is so easy to renew. You can do it online at www.Legion.org. Or you can send your check to our business office at 123 S 84th St, Lincoln, NE 68510.

I want to thank each one of you for being a member of Post 3. Just the fact that you send in your dues allows us to support the many causes of the Legion at the local, state, and national level. I truly appreciate all that you have done, and I know you will continue to support our Post 3 in its efforts to keep our American Legion strong. Without you, we have no American Legion.

As always, keep our veterans in your thoughts and prayers, particularly those who may be in need. May God continue to bless America, and all who keep Her free. And may God continue to bless, and keep safe from harm, all servicemembers of our Armed Forces, wherever they may be dispersed.

For God and Country,

Bruce Gubser

Post 3 Commander

Notes from the Adjutant's Desk



2024 Renewals:

We currently stand at 1066 paid members or 96% of our goal of 1107.

2025 Renewals:

July starts the renewals for Legion Year 2024-2025. Your 2024 membership is good through 31 December 2024. After

that, you are classified as expired, and you will stop receiving The Legion magazine and you could be denied entry into a Legion Club.

National has started mailing renewal slips to members who were in good standing during 2024. They should have reached your mailbox around the end of June or the first weeks of July. If you do not receive a 2025 renewal by the end of July let the office know, as you might have moved and National may not have your current correct address.

The dues for Legion year 2025 are now \$56.00 dollars per year, as National and Nebraska Department both increased their dues by five dollars. Post 3 did not increase its dues for 2025, remaining at eleven dollars.

I have been informed that PUFL 2025 membership cards have been mailed out, as some members have received their 2025 cards. Be on the lookout for them. They are mailed out from the National Legion Headquarters, and I have no knowledge of when or if they have been mailed. If you are a PUFL member and have not received your 2025 card by the end of July, let me know and I can check your status.

Nebraska Department Life members:

Your 2025 membership cards will be mailed out when I receive them. If you have moved during the past year, please let us know so we can correctly get them to you.

Member Information:

We would like to thank those who have responded to the request for mailing addresses, phone and email information. We have many members who have moved, and we do not have a correct mailing address, phone number, or an email address. The US Postal service returns mail that they do not have a forwarding address for. We try to track down those members who have moved but many locations respond with, "no longer living here."

(Adjutant's Remarks – Continued)

If you know of a member who has passed on to Post Ever Lasting, please let us know. This saves National and the Post postage for renewals which will be returned.

National has been printing on the back of the renewal slips the data for branch of service and war era that is in the Legion database. Please check and correct as needed so we can correct our database. This makes it so much easier to reach out to you if needed.

Department of Veterans Affairs, VFW, DAV, AMVETS web sites:

These web sites are a great place to find current and helpful information on what Congress is currently working on and how it could affect you as a veteran. The VA website has many tips on filing claims and links to other VA services to which you are entitled. veteransaffairs@messages.va.gov.

The American Legion, VFW and DAV do an excellent job of keeping track of Congressional activities that can or will affect veterans.

Nebraska Department of Veterans Affairs and your local County Service Office are there to serve you. They can pull up your records of military service and help track your claims you may have filled.

Again, Thanks for your service and thanks for being a member of Post 3,
Remember to thank your fellow Veterans for their service and thank you for your service.

Ed Schnabel

Adjutant

Lincoln CBOC/VA News



Flu shots and Covid shots are currently being distributed, but you need to call the local clinic to schedule an appointment.

VA clinics and hospitals no longer require the wearing of masks to enter clinics. Masks are available for those who still wish to wear them.

Express Care is a walk-in service for those who wish to have a nurse check out minor items. Give the clinic a call to see if they are offering Express Care Walk in service. This care is available to those who might wish to see a VA nurse without an appointment during normal hours.

Want to serve your fellow Veterans? The VA can use more volunteers at your local clinic. You volunteer to help veterans in the clinic or hospital, or a veterans' home. Or you can donate to your local clinic or veteran's home. They can always use a monetary donation, or you can donate activities bags for younger kids to have when they come to the clinic with a parent for their appointments. There is always a need for the younger kids who come with parents or grandparents, and they are too young to be left at home alone.

The clinic or veterans' homes can always use books, and magazines for patients to use. You would need to check with the clinic or veterans' home volunteer office to see what items they need or allow. This would be a great project for your church, school, or youth group.

With the signing of the PAC, more veterans have become eligible for services, not only for those who served "Boots on the ground", but anyone who has served since the Gulf War.

If you have any questions, I would call your local service officer, VSO, county, or state. Only takes a few minutes to see if you might qualify for an increase, or a new VA disability rating.

The Veteran Affairs web site is a great place to visit. You can find out the latest information effecting Veterans. You can track claim status, file for travel pay, view your VA account, payments received, or Co-pay owed. You can make the Co-pay payments online.

At the end of this newsletter, I have attached some new flyers that the VA has published dealing with VA Hospital services. They have new or updated information on services that you can receive from your local VA Clinic or Hospital.

Thanks for you service to your fellow Veterans and thanks for your service to this great country.

Ed Schnabel
American Legion Representative to Lincoln CBOC

The Chaplain's Remarks



THE HOUR HAS COME—July 2024—Judgment, i.a.w., the Holy Bible, refers to God's purview to reek havoc upon those whom supposedly love and honor Him, in order to bring them back to Him (John 5:22).

There are Judgments for a number of reasons, particularly to draw us back to Him. There's what God did about the Tower of Babel (Genesis 11:5–9); the Flood (Genesis 7:17–24); self-judgment (Hebrews 12:5–11); and chastening (Revelation 3:19).

Maybe some simpler examples of Judgment might lay with these notions. Why do parents advise their kids about running out between cars? What's wrong with not telling your younglings the hazards of a hot stove? Or how about discussions on sex, love, and family?

In other words, Judgment is God's way of allowing us to recover from sin.

with His little promptings along the way. Another way of comprehending this notion concerns warning labels. By reading AND getting the message printed on the item, you are now thoroughly entrusted with doing the right things all the time. When you don't God "leans" (e.g., like a slap, or shout)

to reawaken you to what you're supposed to be doing. For nations that may

mean being taken over by enemies (e.g., Jeremiah 25:11-12, Babylonian Captivity); or even destroyed (i.e., Genesis 18:20; Ezekiel 16:49-50; Jude 1:7).

Our current Judgment reflects the evil life many people of the Earth—including the Church—have resorted to rather than maintain His 10 Commandments. But there is another terrifying Judgment to come—Jesus coming through the cloud and sky—to render the White Throne Judgment.

Rev. Dr. William Jackson

Lincoln ALP 3 Chaplain

ALR Riders, Chapter 3 Director's Remarks



On Memorial Day weekend, we were involved in several activities: On Friday, the 24th, we helped with the flag exchange at Scheels. On Saturday, the 25th, some Riders went to Omaha for the Patriotic Productions Parade. On Monday the 27th, we started with the Memorial Day Cemetery Trek with the VFW. We then attended the Memorial Day Ceremony at Wyuka Cemetery. After that, we participated in the Memorial Day Ceremony at Lincoln Memorial Park.

On June 22, some of us went to Plattsmouth for a funeral service for a Marine veteran. Later, we participated in the Eagle Fun Days parade. Next on the agenda is the July 4th parade in Seward.

Also, a reminder of our Poker Run on September 22nd. This starts and ends at Frontier Harley Davidson dealership. Check out the attached flyer! We will have a raffle for a Henry .22 LR rifle, with the drawing being held at the end of the Poker Run.

Neil Larson,
Director, American Legion Riders chapter #3

Lincoln Chapter 3 Riders' Henry Golden Boy .22 LR Rifle



Lincoln Chapter 3 American Legion Riders RAFFLE



HENRY GOLDEN BOY RIFLE, .22LR



TICKETS ARE \$5 EACH OR 5 FOR \$20

Drawing held 9-22-2024 YOU DO NOT NEED TO BE PRESENT TO WIN

YOU MUST BE OLDER THAN 18 YEARS OF AGE TO PURCHASE A TICKET

PRIZE WILL BE TRANSFERED TO THE WINNER THROUGH NEBRASKA GUN OF LINCOLN,
NEBRASKA, A FEDERALLY LICENSED FIREARM DEALER

ALL FEDERAL, STATE AND LOCAL FIREARM PURCHASE LAWS, RULES AND REGULATIONS APPLY

Post 3 Honor Guard



In June, The Honor Guard assisted the Military Honors Teams at 7 funerals and made appearances at 3 civic functions. Civic functions included: Posting and retiring the Colors at the Veterans Freedom Music Festival and helping Elks Lodge #80 with their Flag Day ceremony. We also attempted to hold a Dignified Flag Retirement but had to postpone due to a lack of personnel. We will plan on holding it later in the year when the days are cooler.

In the Calendar year 2024, the Honor Guard assisted the Military Honors Teams at 41 funerals and made appearances at 23 civic functions.

The effort the Honor Guard makes to honor our deceased veterans and for appearances at local civic functions are greatly appreciated. I want to thank everyone involved for their continued support.

Post 3 TAPS – June 2024



LEGIONNAIRE	WAR ERA	BRANCH	YEARS
Wayne E. Beams	Korea	Navy	69
Bernard L. Hirsch	Korea	Unkown	67
Leon E. Lamp	Korea	Army	24
William B. Splichal	WW II	Army	44

Regular Meeting of American Legion Post 3

Lincoln Elks Lodge #80
June 11, 2024

Commander Bruce Gubser opened the June 11, 2024, meeting of American Legion Post 3 at 7:00 PM at the Lincoln Elks Lodge 80 with about 20 Legionnaires and guests present.

Prior to conducting any business, Commander Gubser introduced Jim Eckles, who gave a 30-40 minute presentation on the White Sands Missile Base and the Trinity Project. Jim is the son of Post 3 Legionnaire Bill Eckles. It was later announced that Bill was recuperating at home from a fall.

Veterans of the various war eras (including a WW II veteran) were asked to stand and be recognized.

The minutes of the May meeting were read and approved.

Ed Schnabel gave the financial report for the month ending May 31, 2024, showing a balance of \$36,373.67. Upon proper motion, the report was filed for review.

Membership for 2024 was reported as 1067.

Bartos indicated that Boys State finished up on Saturday and apparently was a success.

Gerry Wolf reported for the Honor Guard and commented on the variety of activities that kept them busy during the last month. One of the activities was the annual Scheel's Flag Exchange, and several hundred worn flags were collected. A flag retirement ceremony is scheduled for Saturday, June 15th, at Dave Timmerman's rural property.

Brendan Moore reported for the SAL. He indicated that the squadron planned to gather for a social event this week. He also commented that this year's Army-Navy football game would share the date with other games.

It was announced that the 40/8 would meet next Tuesday.

Commander Gubser reported for the Legion Riders. They will be participating at the July 4th activities in Seward --- and other events. The Poker Run is in September.

(Minutes – Continued)

Commander Gubser reported that the Articles of Incorporation filed with the Secretary of State in the latter part of 2020 and resubmitted in late 2021 or early 2022 had finally been acted upon by the Secretary of State. He also indicated that he was going to meet with a CPA to review our procedures for filing the annual Form 990 with the IRS.

The commander also reported that the department is in the process of issuing new guidance regarding American Legion baseball. Discussions are still ongoing.

Commander Gubser read through the procedures for nominations and election of officers. The post then, upon a proper motion and second, directed the Adjutant to cast one ballot representing the vote off all present for the uncontested list of candidates nominated last month. Elected were:

Commander --- Bruce Gubser

1st Vice Commander --- Ron Hindmand

2nd Vice Commander --- Rich Lemmerman

3-Year Term on the Executive Committee --- Fred Craigie

Commander Gubser reported that he and several other members of Post 3, having been alerted to the situation by Assistant Dept. Adjutant Eric Martin, had visited a local retirement home to offer well-wishes and some gifts to a navy veteran who was celebrating his 101st birthday.

Steve Bartos reminded everyone that if they were thinking about taking advantage of a 3-year renewal at the current \$46 annual rate, they needed to do so soon.

The Commander announced that the Department Convention would be held in Kearney next week.

The Commander read TAPS, and the meeting was closed in proper form at about 8:15 PM.

**Steve Bartos
Recorder**

Honor Guard Activities



In May, Jeff Emanuel, President of Nemaha Sports Construction, organized a Tournament for 4 Southeastern American Legion Baseball teams to kick off the Legion Baseball season.

Jeff asked the Honor Guard if they could supply a detail to present the Colors for the tournament.

We were honored and proud to do this.

Good Luck American Legion baseball teams. Hope you have a great summer.

(Pictured L-R), Ron Hindmand, Wade Graft, Gerry Wolf, Ed Schnabel



Recently, seven members of the Post 3 Honor Guard assisted the Elks Lodge #80 with their annual Flag Day ceremony.

A brief history of the American Flag from 1776 to the present day was shared with the audience and patriotic songs were played as the different flags were posted.

I would like to thank the Elks for planning and allowing us to participate in the ceremony.

(Pictured L-R), Dale Nurnberg, Gerry Wolf, Ed Schnabel, Bruce Gubser, Wade Graft, Rich Lemmerman, Dave Timmerman



A woman from a local retirement facility notified Post 3 Commander, Bruce Gubser, that Alfred Zieg, a WWII Navy veteran was celebrating his 101st birthday on May 31st. She asked if we could do something special for him.

Bruce and several Post 3 Honor Guard members met with Alfred and presented him with a \$100.00 Runza gift card and made him an Honorary Post 3 Commander. Bruce wanted to give him a \$101.00 gift card, but Runza doesn't make one in that amount.

(Pictured L-R), Gerry Wolf, Dean Dumler, Alfred Zieg, Bruce Gubser, Wade Graft

Post 3 Honors At Department Convention



Post Commanders are requested to recommend at least one Legionnaire in his/her Post who has done outstanding work in the field of American Citizenship during the past year. From the list of nominees, each District will select one Legionnaire for the District Citizenship Award. The recipient of this Award will receive an attractive citation suitable for framing and will be presented a Citizenship Medal at the Department Convention.

This year, District 15 selected Ron Hindmand to receive the award. The award and medal were presented to Ron by Senior Vice Commander, Boyd Yochum on June 22, 2024, at the Department Convention held in Kearney, Nebraska.

District commanders are among the most important individuals in The American Legion organization. District commanders provide crucial leadership, guidance and encouragement to posts in their district. They supervise posts to ensure proper execution of Legion programs or initiatives. District commanders are responsible for ensuring that communication flows through the public, the posts in their district, and ultimately to the Department and National Headquarters.

At the District 15 Convention, held on February 13, 2024, Ron Hindmand was elected to the post of District 15 Commander.

Ron was installed as the District 15 Commander on June 23, 2024, by National Executive Committeeman, Fred Craigie at the Department Convention held in Kearney, Nebraska.



The Mission of Mercy Dental Clinic will provide a range of dental services—including exams, cleanings, fillings, extractions, dentures* and more—to eligible Nebraska veterans and their spouses. The two-day clinic will run from 8 am to 5 pm on Friday, November 15, and Saturday, November 16.

**limited number of dentures available*

Location: Army National Guard Titan Readiness Center, 789 County Road J, Yutan

Eligibility: any individual who served in the U.S. Armed Forces or a component of the U.S. Armed Forces, regardless of type of service—active, reserve, or guard—as well as their spouse. If you were ever issued a U.S. military uniform by any component of the U.S. Armed Forces in service to our Nation, you and/or your spouse are eligible.

Register: veterans.nebraska.gov/dentalclinic



WWII Soldier's Remains Identified



On May 8, 2024, the Defense POW/MIA Accounting Agency (DPAA) announced the identification of First Lieutenant Nathan B. Baskind, missing from World War Two.

First Lieutenant Baskind entered the U.S. Army from Pennsylvania and served in Company C, 899th Tank Destroyer Battalion. On June 23, 1944, he commanded a platoon of four M-10 tank destroyers, supporting U.S. infantry as they advanced toward Cherbourg, France.

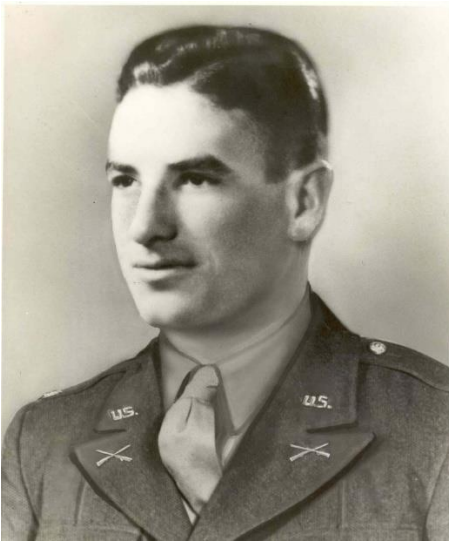
1st Lt Baskind and another soldier drove a jeep ahead of their unit to scout firing positions near a road junction. German forces ambushed the men and opened fire with rifle and machine-gun fire. The other soldier was wounded but managed to return to friendly lines, believing that 1st Lt Baskind had been killed. Later that day, U.S. troops searched the area of the ambush but found no trace of 1st Lt Baskind. He was reported missing in action the same day.

After the war, American Graves Registration Command personnel learned from German records that 1st Lt Baskind had been captured and died of his wounds at a hospital for German air force personnel near Cherbourg on June 23. He was reportedly buried in a military cemetery in the city. In November 1957, the Volksbund, the German War Grave Commission, reported locating one of 1st Lt Baskind's identification tags and portions of American military clothing while disinterring a mass grave in the Cherbourg cemetery. The remains in the grave were comingled and could not be individually identified at the time, so they were re-interred at the Marigny German War Cemetery.

In 2023, the Volksbund, in conjunction with private researchers and the Jewish-heritage Non-Governmental Organization Operation Benjamin exhumed the comingled remains from Marigny for analysis. By February 2024, these researchers contacted DPAA to inform the agency that a private U.S. laboratory had isolated and identified 1st Lt Baskind's remains. To verify this discovery, scientists from the Armed Forces Medical Examiner System reviewed and confirmed the DNA analysis that was used to make the identification.

First Lieutenant Baskind is memorialized on the Walls of the Missing at the Normandy American Cemetery in Colleville-sur-Mer, France.

WWII Soldier Awarded The Medal Of Honor



For gallantry and intrepidity at the risk of his own life above and beyond the call of duty on 11 June 1944, in France. Lt. Col. Cole was personally leading his battalion in forcing the last four bridges on the road to Carentan when his entire unit was suddenly pinned down to the ground by intense and withering enemy rifle, machine-gun, mortar, and artillery fire placed upon them from well-prepared and heavily fortified positions within 150 yards of the foremost elements.

After the devastating and unceasing enemy fire had for over one hour prevented any move and inflicted numerous casualties, Lt. Col. Cole, observing this almost hopeless situation, courageously issued orders to assault the enemy positions with fixed bayonets. With utter disregard for his own safety and completely ignoring the enemy fire, he rose to his feet in front of his battalion and with drawn pistol shouted to his men to follow him in the assault.

Catching up a fallen man's rifle and bayonet, he charged on and led the remnants of his battalion across the bullet-swept open ground and into the enemy position. His heroic and valiant action in so inspiring his men resulted in the complete establishment of our bridgehead across the Douve River. The cool fearlessness, personal bravery, and outstanding leadership displayed by Lt. Col. Cole reflect great credit upon himself and are worthy of the highest praise in the military service.

LINCOLN

Buddy Check

"TOGETHER ENDING VETERAN SUICIDE"

MONTHLY ON THE 22ND

MONTHLY ON THE 22ND

At 'Rock-n-Joe' Coffee Bar

5025 Lindberg Street

6:00 PM TO 8:00 PM

reducing and eliminating Veteran suicide. We continue our service by gathering with fellow Veterans. We call and reach out to those who served at our side. We stood together then, and we stand together now.

OPEN TO ALL VETERANS

At Ease

39th Annual Nebraska Vietnam Veterans Reunion

August 8th thru Sunday, August
11th, 2024

Lincoln Marriott Cornhusker
Hotel

333 South 13th Street - Lincoln,
NE.

402-399-9000

For registration forms, update
schedules, and hotel information,
go to: vetsreunion.com

Contact information:

Jaime Obrecht 402-486-4010

Roy Schoen 402-477-9113

VA Resource Navigator

VA



U.S. Department
of Veterans Affairs

Scan QR codes, visit popular links to trusted VA websites, or call the MyVA411 hotline at (800) 698-2411 to learn more about each resource.



VA.gov is the gateway to access and manage your VA benefits and health care. <https://www.va.gov>



The VA Welcome Kit provides an overview of benefits and services. <https://www.va.gov/welcome-kit/>



With the official **VA: Health & Benefits** app, you can manage your VA health care, benefits, and payments from your mobile phone or tablet. <https://mobile.va.gov/app/va-health-and-benefits>



My HealtheVet is a free online tool to manage your health care. Refill and track prescriptions, access your medical records, and communicate with your health care team. <https://www.myhealth.va.gov>

How to scan a QR code with your smartphone camera



- 1 Open your smartphone's camera app or QR code scanning app.
- 2 Hold your device so that the single QR code appears on your smartphone's screen.
- 3 Once the QR code is centered on your smartphone's screen, your device will recognize the QR code and show a notification.
- 4 Tap the notification to open the link associated with the QR code.
- 5 Still having trouble? See additional tips on page four.

Veterans Crisis Line



Contact the **Veterans Crisis Line**. Available 24/7 via phone, text, and online chat.

Receive crisis support

The Veterans Crisis Line provides confidential crisis support for Veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect.

Crisis Hotline Dial 988 (then press 1)

Text Hotline Text at 838255

<https://www.veteranscrisisline.net/get-help-now/chat/>

Health Care



Apply for VA health care, find out how to access services, and manage your health and benefits online.

Find urgent and emergency care

If you are having a medical emergency, dial 911. Have a plan. Know where to go for urgent and emergent care.

If you are at a non-VA emergency department, call VA within 72 hours of admittance. (844) 724-7842

<https://www.va.gov/initiatives/emergency-room-911-or-urgent-care/>

Health Care (continued)



Apply for VA health care

Apply for health care benefits for Veterans and transitioning service members.

Health Care Hotline (877) 222-8387

<https://www.va.gov/health-care/how-to-apply/>

Learn about your VA primary care team

VA takes a team approach to health care with you at the center. Research shows this kind of approach leads to better quality care, more satisfied patients, and fewer hospital visits.

Health Care Hotline (877) 222-8387

<https://www.va.gov/health-care/about-va-health-benefits/your-care-team/>

Manage your appointments

Schedule, cancel, and manage health appointments online.

VA Appointment Scheduling (877) 470-5947 (TTY: 711)

<https://www.va.gov/health-care/schedule-view-va-appointments/>

Explore community care

Access other providers when VA cannot provide the care needed.

Community Care National Contact Center (877) 881-7618

<https://www.va.gov/communitycare/>

Pay copays and use multiple insurances

Check your balance for medical services and prescription copays, request help, or dispute charges.

Pay by Phone (888) 827-4817 (TTY: 711)

<https://www.va.gov/health-care/pay-copay-bill/>

Apply for travel pay

Request reimbursement for travel expenses to and from approved health care appointments.

Travel Pay Call Center (855) 574-7292 (TTY: 711)

<https://www.va.gov/health-care/get-reimbursed-for-travel-pay/>

Explore long-term care

Learn about assisted living, residential, and home health care.

Long-Term Care Hotline (877) 222-8387

<https://www.va.gov/health-care/about-va-health-benefits/long-term-care/>

Learn about qualifying for VA dental care

Find out if you qualify for dental care benefits.

VA FAQ Line (800) 698-2411 (TTY: 711)

<https://www.va.gov/health-care/about-va-health-benefits/dental-care/>

Disability



File a claim for disability compensation for conditions related to your military service and manage your benefits over time.

Learn about the PACT Act

Learn how the PACT Act expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and toxic substances.

VA FAQ Line (800) 698-2411 (TTY: 711)

<https://www.va.gov/resources/the-pact-act-and-your-va-benefits/>

Apply for an initial disability rating or increase

Learn how to file a claim for a disability related to military service.

VA Benefits Line (800) 827-1000

<https://www.va.gov/disability/how-to-file-claim/>

Find local Veteran Service Organizations (VSO)

Get help from an accredited representative.

VA Benefits Line (800) 827-1000

<https://www.va.gov/disability/get-help-filing-claim/>

Education and Training



Apply for and manage your GI Bill and other education benefits to help pay for college and training programs.

Continue education with the GI Bill

Explore how VA can help pay for education.

Education Contact Center

From the U.S.: (888) 442-4551

From overseas: 001-918-781-5678

<https://www.va.gov/education/about-gi-bill-benefits/>

Housing Assistance



Find out if you're eligible for a VA-backed home loan. If you have a service-connected disability, see if you qualify for a housing grant to help you live more independently.

Apply for housing assistance

Learn more about home loans and other benefits that can help you improve, build, or keep your current home.

Regional Loan Center (877) 827-3702

<https://www.va.gov/housing-assistance/>

Receive help for homelessness and housing instability

Get connected with housing solutions and community services.

Call Center (877) 424-3838

<https://www.va.gov/homeless/>

Careers and Employment



Apply for vocational rehabilitation services, get support for your Veteran-owned small business, and access other career resources.

Prepare for careers and employment

Receive support for education, training, and credentialing needed for employment.

VA Benefits Line (800) 698-2411

<https://www.va.gov/careers-employment>

Pension



Apply for monthly payments for wartime Veterans and survivors with limited or no income who meet certain age and disability requirements.

Apply for supplemental income

Learn how pensions provide supplemental income for some wartime Veterans and their survivors.

VA Benefits Line (800) 827-1000

<https://www.va.gov/pension/>

Family Member Benefits



Learn about the benefits you may qualify for as a spouse, dependent, or survivor. Find out what else you may be eligible for as a family member caring for a Veteran with disabilities.

Caregiver support program

The VA Caregiver Support Program offers services to caregivers of eligible and covered Veterans enrolled in VA Health Care.

(855) 260-3274

<https://www.va.gov/family-member-benefits/>

Find and use counseling services

Access counseling, outreach, and referral services for eligible active duty service members, Veterans, and their families.

Vet Center Line (877) 927-8387

<https://www.vetcenter.va.gov>

Connect with social workers

VA social workers assist with resource navigation, crisis intervention, advocacy, case management, benefit assistance, mental health related interventions, treatment for substance use dependence, and support for those facing housing instability and homelessness.

Health Care Line (877) 222-8387 (press 0)

<https://www.socialwork.va.gov>

Fisher House™ Program

Located within walking distance of the treatment facility, a VA Fisher House™ provides temporary accommodations at no cost for Veterans, service members, their families, and caregivers while receiving treatment at major military and VA medical facilities.

<https://www.socialwork.va.gov/fisher.asp>

VA Fisher House™ Phone Numbers available at https://www.socialwork.va.gov/Fisher_House_Locations.asp

Burials and Memorials



Get help planning a burial in a VA national cemetery, order a headstone or other memorial item to honor a Veteran's service, and apply for survivor and dependent benefits.

Schedule a burial for a Veteran or family member

Get step-by-step guidance on how to request and apply for a burial in a VA national cemetery or in a state or tribal government Veterans cemetery.

National Cemetery Scheduling Office (800) 535-1117

<https://www.va.gov/burials-memorials/schedule-a-burial/>

Honor a Veteran or Reservist with memorial items

Find out how to apply for grave markers, headstones, Presidential Memorial Certificates, and other memorial items to honor a Veteran's service.

Headstones and markers 800-697-6947

<https://www.va.gov/burials-memorials/memorial-items/>

Veterans Legacy Memorial

VLM is an online memorial that honors Veterans interred in VA National Cemeteries; VA grant-funded tribal, state, and territory Veteran cemeteries; DoD-managed cemeteries (including Arlington National Cemetery); and two U.S. Park Service National Cemeteries.

<https://www.vlm.cem.va.gov>

As you discover more contacts, list them below.

Name	Office or Department	Contact Information	Helped Me With

Having trouble scanning the QR code? Try these tips!



Turn up your screen brightness

Make sure the screen showing the QR code is bright enough for the camera to register the code. This will also make it easier for you to see the hyperlink when it appears.



Find the right distance

If the camera on your smartphone is too close or too far from the QR code, the camera might not be able to scan it. Keep the QR code in the camera's viewfinder while you try different distances.



Square up your smartphone

Keep the smartphone camera parallel to the QR code when scanning. If your smartphone is tilted, you may have trouble scanning the code.



Stay safe online - confirm your link leads to a trusted website

Ensure that the link which appears in your camera leads to a trusted website (e.g. "va.gov" or "veteranscrisisline.net"). Using your camera to access official VA sites is free and does not require any additional app downloads.

Introducing My Health^eVet on VA.gov



My Health^eVet is getting a new home on VA.gov. The new My Health^eVet on VA.gov portal will provide a single place for you to manage your VA health care needs — on the same website where you manage your other VA benefits and services.

Here's what you can expect from My Health^eVet on VA.gov:

- Use the same trusted health tools and information you use today—like secure messaging, prescription refills, and appointments—with improvements to make these tools easier to use and more helpful than ever.
- Manage your VA health care on the same website where you manage your other VA benefits and services.
- Protect your personal health information with enhanced online security.
- Access your medical records on the go from your smartphone or tablet.
- Access additional features to be added in the future, like the ability to manage your travel reimbursement claims.

Do you use the My VA Health portal instead of My Health^eVet?

My VA Health will also transition to the new My Health^eVet on VA.gov portal.



Learn more:

va.gov/resources/my-healthvet-on-vagov-what-to-know



VA



U.S. Department
of Veterans Affairs

When to expect changes?

We're making this transition gradually. We'll share with you when messaging, prescription refills, appointments, and other tools become available in the new My Health^eVet on VA.gov portal.

You'll have time to test each tool in the new portal and share your feedback before they move permanently.



Sleep Well

Healthy Living Message

What's Important to Know?

Maintaining Healthy Sleep

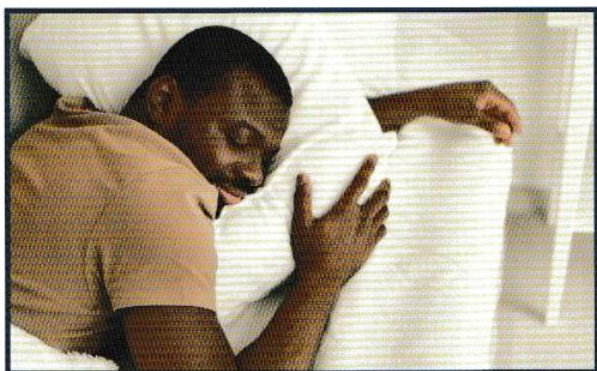
Getting high quality sleep is key for good health. Sleeping well is just as important as exercise and eating wisely. If you are already getting quality sleep, you can find tips to help you continue to sleep well here: https://www.prevention.va.gov/Healthy_Living/Sleep_Well.asp

Poor Sleep Is Related To:

- Obesity
- Heart disease and stroke
- Diabetes
- Pain
- Depression, anxiety, and irritability
- Concentration and memory problems
- Accidents and impaired work performance

Want to Know More?

One in three people have problems sleeping at some point in their lives. There's a big difference between one night of poor sleep and trouble that persists. If your sleep trouble goes on for months, you may have a sleep disorder. Concerned about your sleep? VA's Sleep Check-Up tool can help you understand it: <https://www.veterantraining.va.gov/checkup/index>



The two most common sleep disorders are:

Insomnia Disorder and
Obstructive Sleep Apnea Disorder.

Insomnia symptoms include difficulty with:

- Falling asleep
- Staying asleep
- Waking too early

Obstructive Sleep Apnea is a sleep disorder caused by blocking of the airway during sleep. Symptoms can include:

- Excessive daytime sleepiness
- Loud snoring
- Observed episodes of stopped breathing during sleep
- Waking up gasping or choking
- Difficulty concentrating during the day

Effective treatments are available for both Insomnia and Sleep Apnea.

Talk to your health care team to learn about alternatives to sleep medications, including remote insomnia treatment options.

Resources

- VHA National Center for Health Promotion and Disease Prevention (NCP):
www.prevention.va.gov
- Veterans Health Library:
www.veteranshealthlibrary.va.gov
- VA/DoD Clinical Practice Guideline:
<https://www.healthquality.va.gov/guidelines/CD/insomnia/>
- Path to Better Sleep:
<https://www.veterantraining.va.gov/insomnia/>

CLEAN HANDS COUNT

TRUTH

On average, healthcare providers clean their hands less than half of the times they should.

THE NITTY GRITTY:

This can put you at risk for a serious infection. It's OK to ask your care team questions like, "Before you start the exam, would you mind cleaning your hands again?" Another way to bring it up is to thank them for cleaning their hands if you are uncomfortable asking.

TRUTH

Alcohol-based hand sanitizer kills most of the bad germs that make you sick.



THE NITTY GRITTY:

Your hands have good germs on them that your body needs to stay healthy. Your hands can also have bad germs on them that make you sick. Alcohol-based hand sanitizers kill the good and bad germs, but the good germs quickly come back on your hands.

TRUTH

Alcohol-based hand sanitizer does not kill *C. difficile*.

THE NITTY GRITTY:

If you have a *C. difficile* infection, make sure your healthcare providers wear gloves to examine you. You and your loved ones should wash your hands with soap and water to prevent the spread of *C. difficile*.

WHAT IS *C. DIFFICILE*?

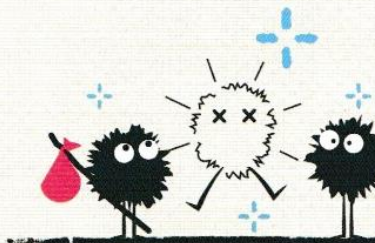
C. difficile or "*C. diff*" is a common healthcare-associated infection that causes severe diarrhea.

www.cdc.gov/HandHygiene

KNOW THE TRUTH TO PROTECT YOURSELF FROM SERIOUS INFECTIONS

TRUTH

Alcohol-based hand sanitizer does not create antibiotic-resistant superbugs.



THE NITTY GRITTY:

Alcohol-based hand sanitizers kill germs quickly and in a different way than antibiotics. Using alcohol-based hand sanitizers to clean your hands does not cause antibiotic resistance.

ALCOHOL-BASED HAND SANITIZER

is a product that contains at least 60% alcohol to kill germs on the hands.

TRUTH

Your hands can spread germs.

THE NITTY GRITTY:

Make sure you and your visitors are cleaning your hands at these important times:

AFTER TOUCHING BED
RAILS, BEDSIDE TABLES,
REMOTE CONTROLS, OR PHONE

AFTER TOUCHING
DOORKNOBS

AFTER USING
RESTROOM

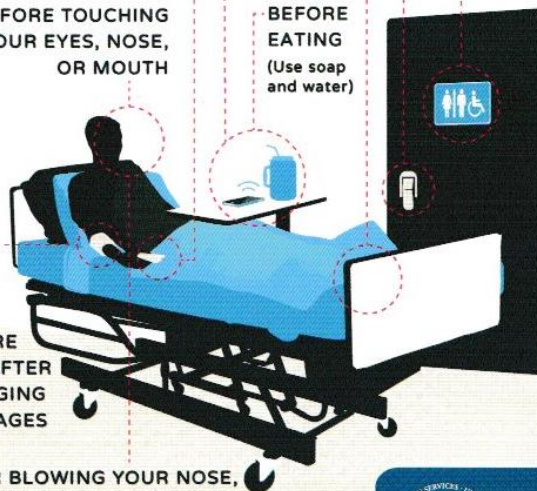
(Use soap
and water)

BEFORE TOUCHING
YOUR EYES, NOSE,
OR MOUTH

BEFORE
EATING
(Use soap
and water)

BEFORE
AND AFTER
CHANGING
BANDAGES

AFTER BLOWING YOUR NOSE,
COUGHING, OR SNEEZING





**DEPARTMENT OF VETERANS AFFAIRS
NEBRASKA-WESTERN IOWA HEALTH CARE SYSTEM**

4101 Woolworth Avenue
Omaha NE 68105-1873

Lincoln
600 S 70th Street
Lincoln NE 68510-2493

Grand Island
2201 N Broadwell Avenue
Grand Island NE 68803-2196

In Replay Refer to: 636/136A2

SSN: _____

Name of Veteran (Last, First Middle) _____

Address of Veteran (Street, City, State, Zip) _____

Dear Veteran,

Under Title 38 United States Code (U.S.C.) Section 111, The Veterans Health Administration (VHA) is authorized to reimburse Veterans for some travel expenses. Expenses may only be reimbursed if the Veteran has an eligible episode of care. When the care is provided by a non-VA health care provider/Choice provider, until the records are transmitted to the VA, we are unable to validate the episode of care. Therefore, proof of attendance at the appointment is required in order to avoid having your travel claim denied.

Proof of attendance may be provided either by a memorandum from the clinic on their official letterhead, or by having the clinic/provider complete the form below. Complete the VA Travel Claim from (VA010-3542) and attach the proof of attendance. Submit both documents to:

Department of Veteran Affairs
Nebraska-Western Iowa Health Care System
ATTN: TRAVEL 136A2
4101 Woolworth Avenue
Omaha, NE 68105-1873
Phone 402-995-4200
Fax 402-995-3433

I Certify that the person named above in this letter, attended an appointment arranged and paid for by the Department of Veteran Affairs in this clinic.

Clinic / Provider: _____

Appointment Type: _____

Address: _____

Date(s) _____

Phone Number: _____

Name (Print): _____

Signature: _____

Date: _____

Sons Of The American Legion Application



To be eligible for membership in the Sons of the American Legion, you must be a male descendant (son, grandson, stepson, or adopted son) of:

- A member of The American Legion, or
- A veteran who died in service during World War I or since December 7, 1941, or
- A veteran who died after their honorable discharge from such service, and
- Return the application below along with \$35.00 to:

Sons of The American Legion

ATTN: Brendan Moore 23 South 84th Street, Suite L
Lincoln, Ne. 68510

Sons of The American Legion Membership Application	
Detachment of _____ Squadron No. _____	Birth Date _____ Date _____
Name _____ (First) (Initial) (Last)	Recruited by _____ (Initial) (Last)
Address _____ (Street) (City) (State) (Zip)	
E-mail Address _____	Telephone _____
Veteran through whom eligibility is established _____	
(a) Above is a member in good standing of Post No _____, Dept. of _____	
OR (b) Above is a deceased veteran who served honorably from _____ to _____	
(c) Relationship of Applicant to Veteran _____	
I hereby subscribe to the Constitution of the Sons of The American Legion, apply for membership, and transmit \$ _____ as annual membership dues.	
Signed _____ (By Applicant or Parent)	
Eligibility certified by _____ (Post Adjutant)	00-001 (2014)

RECEIPT	
Date _____	Received of _____
\$ _____ in payment of dues for 20 _____ in _____	
Squadron _____ Detachment of _____	
By _____	

For God and Country

Become a Member of The American Legion

Do you want to help your community and fellow Veterans by becoming a member of the American Legion? Would you want to help recruit a new member? If you can certify that you served at least one day of active military duty since December 7, 1941, and were honorably discharged or are currently serving honorably, you are eligible. Complete the application below and send it with a check in the amount of \$46.00 to:

**American Legion Post 3
123 South 84th Street, Suite L
Lincoln, Ne 68510**

The American Legion Membership Application			
<hr/>		<hr/>	
(Name)		(Date of Birth)	
<hr/>		<hr/>	
(Mailing Address)		(Phone Number)	
<hr/>		<hr/>	
(City)	(State)	(Zip)	(Post #)
<hr/>	<hr/>	<hr/>	<hr/>
(E-mail)		<input type="checkbox"/> Male <input type="checkbox"/> Female (Gender)	(Dues)
<hr/>		<hr/>	<hr/>
<input type="checkbox"/> I certify that I served at least one day of active military duty since December 7, 1941 and was honorably discharged or am still serving honorably.			
Please check appropriate service era and branch of service below			
<input type="checkbox"/> Global War on Terror	<input type="checkbox"/> U.S. Army		
<input type="checkbox"/> Gulf War	<input type="checkbox"/> U.S. Navy		
<input type="checkbox"/> Panama	<input type="checkbox"/> U.S. Air Force		
<input type="checkbox"/> Lebanon/Grenada	<input type="checkbox"/> U.S. Marines		
<input type="checkbox"/> Vietnam	<input type="checkbox"/> U.S. Coast Guard		
<input type="checkbox"/> Korea	<input type="checkbox"/> Merchant Marines (WWII only)		
<input type="checkbox"/> WWII			
<input type="checkbox"/> Other Conflicts			
<hr/>		<hr/>	
30-009 Signature of applicant		Date	
<hr/>		<hr/>	
		Name of recruiter	
<hr/>		<hr/>	

To renew or transfer to Post 3, you only need to sign below and mail this and a check for \$46 made out to “American Legion Post 3” to the address listed above. If you have already renewed for 2024, and want to transfer to Post 3, only sign below and return the bottom portion to us.

YES! Please transfer my membership to Lincoln American Legion Post 3

Signature

Membership Number

Email address



**American Legion Post 3
123 South 84th St. Suite L
Lincoln, NE 68510
(402) 466-3958**

Email: Post3legionlincoln@gmail.com

[Web Site: lincolnpst3.org](http://lincolnpst3.org)

2023 - 2024 Post 3 Officers

Commander – Bruce Gubser – Cell: 402-470-1700

First Vice Commander – Ron Hindmand – Cell: 254-291-1514

Second Vice Commander – Rich Lemmerman – Cell: 402-694-9834

Adjutant & Post Service Officer – Ed Schnabel – Cell: 402-480-8542

Chaplain – William Jackson – Cell: 402-613-9774

Please submit any announcements or items for the monthly newsletter to the Editor for approval. All requests must be received one week before the 1st of the month.

