



Lincoln Legionnaire



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July/Aug/Sept 2022

Current Membership	681	As of Aug 2022
2023 Goal	1217	56.0%

The voice of American Legion Post 3 and its family of veterans affiliated organizations in Lincoln, Nebraska.

ADJUTANT: Ed Schnabel 402-480-8542 • Edschnabelasa@gmail.com

COMMANDER: Gerry Wolf 402-417-8230 • gerrywolf@aol.com

POST 3 OFFICE: 402-466-3958

American Legion Post 3 • 123 S. 84th St., Suite L • Lincoln, NE 68510

Justice

Freedom

Democracy

Loyalty

"Pledged to serve the disabled, the distressed, the widowed, and the orphaned. Devoted to the cause of service to the community, state and nation."

COMING EVENTS

September

- 5 Labor Day
- 8 SAL Meeting
- 11 Patriot Day
- 13 Post 3 / Unit 3 Meetings
- 15 Legion Riders Meeting
- 15 Salon 92 Meeting
- 20 Voiture 103 Meeting
- 22 First Day of Fall
- 24 Legion Riders Poker Run

October

- 10 Columbus Day
- 11 Post 3 / Unit 3 Meetings
- 13 SAL Meeting
- 18 Voiture 103 / Salon 832 Meetings
- 20 Salon 92 Meeting
- 20 Legion Riders Meeting
- 31 Halloween

November

- 6 Daylight Savings Time Ends
- 8 Post 3 / Unit 3 Meetings
- 10 SAL Meeting
- 11 Veterans Day
- 13 Lincoln Veterans Parade
- 15 Voiture 103 / Salon 832 Meetings
- 17 Salon 92 Meeting
- 17 Legion Riders Meeting
- 24 Thanksgiving Day



LETTER FROM THE COMMANDER

Fellow Legionnaires ---

The past year, in which you entrusted me with helping to manage your post, has gone by quickly. I want to thank everyone for trusting me to lead this great American Legion post again this year. It is an honor to be the Commander of Nebraska's largest American Legion Post.

I am fortunate to be joined by a slate of great officers. Bruce Gubser is the 1st Vice Commander, Ron Hindmand is your 2nd Vice Commander, and Ed Schnabel is our Post 3 Adjutant.

July and August were busy months for Post 3. We worked on processing current memberships, completing transfers, and processing new memberships. I want to thank Jack Sibert, Wade Graft, and especially Ed Schnabel for their hard work in accomplishing this important task.

While the 2022 membership year doesn't officially end until December 31, we have essentially ended the 2022 year with 1217 members against a goal of 1344 (established by the Department of Nebraska as part of its national goal). Coincidentally, we been given 1217 as our goal for the 2023 American Legion year. As of this writing, we have 681 paid members or about 56% of our goal. We will have to work hard to meet our 2023 goal, but I must say, "A pretty good start to our 2023 Legion year."

How often have we heard our Legion members say, "Not that many in our neighborhood know just what we really stand for or why we exist." Maybe we need to recruit them. I try to think of ways to get new members --- and especially the returning veterans --- involved in our Legion. This is something that not only we should be thinking about, but all American Legion posts should be thinking about as well.

July started a new year for not only membership --- but for, hopefully, a few new ideas from you, the members. I would suggest that if we want to see the American Legion grow, we need to find a way to interest our target folk and make some changes along with this ever-changing world. We can't just ask for those young men and women to become new members. We must tell them what they are missing and how they will enjoy our American Legion and our American Legion Family.

Most of us are familiar with the battle buddy system first implemented by the Army. Each soldier is assigned one partner. They are responsible for looking out for one another in and out of combat. It is a great way to make sure everyone has someone in their corner. We may need to assign "Battle Buddies" to each new member; and, after a month or two, they also will also enjoy the rewards and feelings we feel by helping others.

Post 3 must keep on keeping on, but we need not only the faces that have made our post great in previous years but also some new members. So please, step up when called on because our post needs you. We all have time, treasures, and talents we can give to this organization. If you are looking for something new to do, come to a meeting and join us.

I want to thank every 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 American Legion at the local, state, and national levels.

As always, keep our veterans in your thoughts and prayers, particularly those who may be in need. Keep our active-duty service men and women in your thoughts and prayers as well, especially those who may be in harm's way.

For God and Country,

Gerry Wolf
Post 3 Commander



Commander Post #3
Gerry Wolf

AMERICAN LEGION AUXILIARY



Dear Unit 3 members ---
Fall is coming, and our unit is on “restart.” New budget. New ideas to serve our veterans. Our first meeting after the summer break will be on September 13th at the Lincoln Elks Lodge 80.



In August, we celebrated the units 100th Anniversary with a membership tea. I hope you were there. We really need you as a member of the unit, and I encourage you to be active in the unit (we do need you).

The Department Convention was held in Columbus in June. Vicki Ozenbaugh was elected our new Department President. Her Homecoming will be held at the Seward Fairgrounds on October 1st. This event will be a joint Homecoming with the new Department Commander, Don Suchy. A leadership class will also be presented that day.

The National American Legion Auxiliary Convention was held in Milwaukee the last week of August. We are looking forward to hearing about the Convention from those who attended.

Dues notices for the 2023 year are coming out. Please pay your dues as soon as you receive the notice. If you have any questions, please give Lynne Wild a call. Thank You!

Veterans Day is coming in November. I hope we can serve our veterans at the VA Clinic. We will see what we can do --- maybe some cookies or donuts.

For God and Country,
Barbara Skillman
President, Lincoln Unit 3

100TH BIRTHDAY TEA PARTY

Lincoln American Legion Auxiliary Unit 3 celebrated its 100th Birthday with a tea party held at the Second Baptist Church, 525 North 58th Street, on Saturday, August 6, 2022. Unit 3’s Official Charter Date was May 5, 1922. The theme was “Celebrating a Century of Service,” and attendees were invited to wear 1920s or any attire of their choosing.

Guests were treated to refreshments and informed about American Legion Auxiliary programs and activities in which the unit has participated throughout the year. They also made cards for veterans.



Attending and pictured (L to R) are : Helen Faust-Chrastil, Barb Skillman, Carol Nelson, Lynne Wild, Lori Gubser, Barbara Michael, Shirley Horstman, Bev Ludden, Nancy Vallis, and Marilyn Johnson.

SONS OF THE AMERICAN LEGION



SAL Commander Sqd. #3
Brendan Moore

Lincoln Squadron 3 of the Sons of the American Legion will continue with the same officers as last year. They are as follows:

- Brendan Moore --- Commander
- Fred Craigie --- Adjutant
- John Hempel --- Finance Officer

We are continuing to look for ways to help the veterans in our community in whatever way possible. One recent project is for the Naval Aviators to have a monument in the Veterans Memorial Garden.

If you have other suggestions, please let us know and attend one of our informal meetings. Meetings are held on the second Thursday of the month at the Post 3 business office, which is located at 125 South 84th Street here in Lincoln.

Brendan Moore
SAL Squadron 3 Commander

LETTER FROM THE CHAPLAIN



Chaplain Post #3
Rev. Dr. William Jackson

Judging You

It’s Summer in America --- when the Sun, the Moon, and the stars all favor what’s good and righteous about a nation like ours. Tranquility. Peace. Safety. Who could ask for a better place to live, eh?

Maybe...it’s a different America that’s being talked about here, one where personal, family, and government concerns are absent; or at least for the present. But is God responsible for this apparent lack of patriotism, honesty, and integrity? If He isn’t responsible for what had devolved into these “disunited...somethings...” versus being a traditional stance in the world, then who is?



Why not first take a long...hard...look...at one’s self to see who --- and what --- the “real” problem is? Afraid? But, you’re a warrior-trained veteran who “cut your teeth” on controlled violence and mayhem over many years across many a terrain and circumstance. But...you don’t know how to deal with the threats on your doorstep...called home...?

The Lord has empowered all who believe in Him to do what’s right, by Holy Scripture --- the Bible (2 Timothy 1:7). The Bible also gives those who believe the strength to do what is necessary, despite others opposing them. Which side of this eternal conflict do you wish to be on: with Satan and his dominions (Ephesians 2:2), or with Jesus (Genesis 1:26)?

Make amends to the Lord to be a part of the restoration of America versus continuing to aid its destruction. But hold to the truth that only YOU know about yourself: your place in God’s scheme of things versus following the crowd for the latest fleshly pursuit. The Judgment is here (John 12:48). Get yourself on the good side of God before you find yourself facing His eternal wrath (2 Thessalonians 1:5).

Rev. Dr. William Jackson
Chaplain, American Legion Post 3

ASK THE CHAPLAIN

If any of you have a Biblical question or life issue concerning your walk with Jesus, call me confidentially at 402.613.9774, leaving a message so I may get back with you. You may also leave a text message or email me at wejdoc@gmail.com

INSTALLATION OF OFFICERS

At the July 12th meeting of Lincoln Post 3, National Executive Committeeman Fred Craigie was called upon to act as installing officer. Gerry Wolf, Bruce Gubser, and Ron Hindmand, were all re-elected to serve another term as Commander, 1st Vice Commander, and 2nd Vice Commander, respectively.

Wade Graft was installed as a member of the post Executive Committee for a 3-year term.

Additionally, Bruce Gubser and Ron Hindmand were installed as District 15 Commander and District 15 Vice Commander, respectively, at the Department Convention in June.



Commander Gerry Wolf addressed those in attendance at the July meeting after being installed to serve a second term as Post 3 Commander.



National Executive Committeeman Fred Craigie served as installing officer for the Post 3 installation of officers at the July meeting.



Post 3 Executive Committeeman Wade Graft, 2nd Vice Commander Ron Hindmand, and 1st Vice Commander Bruce Gubser were installed at the July meeting of Post 3.

continued to risk their lives to search for him from the air. Several times, Durant heard their calls from the loudspeaker they had on their aircraft: “Mike Durant, we will not leave you behind!” On one occasion, Durant’s brothers-in-arms even played one of his favorite songs, AC/DC’s “Hell’s Bells,” over the loudspeaker to encourage Durant to hold out hope that they would find him and bring him home.

Durant was eventually turned over to the Red Cross after the Somalis realized that they weren’t equipped to deal with hostage negotiations. Durant returned home with a hero’s welcome, recuperated, and began flying again until his retirement in 2001.

Durant later recalled just how much hearing the voices of his fellow soldiers proclaiming that they were not giving up on him --- and were proactively looking for him --- tremendously bolstered his hope. That display of loyalty from his fellow soldiers fostered an incredible hope within Durant, which gave him the strength to continue to fight to live.

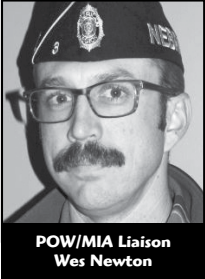
You and I can provide that strength to our fellow service members, family, and friends by simply letting them know that we are looking out for them. An occasional phone call, text, or email to simply check in with them may be the bolster of hope that they need in their lives. Never stop being loyal to those you’re blessed to have in your life. The hope that will surely come from your loyalty will benefit everyone involved.



“You have got to be hopeful... telling yourself that someday I’m going to get out of here to keep yourself motivated.”
-Michael Durant

Wes Newton
POW/MIA Liaison

PRISONERS OF WAR AND MISSING IN ACTION



Loyalty Fosters Hope

On October 3rd, 1993, CW4 Michael Durant was the pilot of “Super-Six-Four,” a 160th Special Operations Aviation Regiment (SOAR) Black Hawk helicopter, participating in the horrific Battle of Mogadishu during Operation Gothic Serpent. Durant’s helicopter was struck on the tail by a rocket propelled grenade fired from a Somali fighter atop a nearby building, rendering his tail rotor ineffective and resulting in a violent crash. After a brief exchange of small arms fire with the hundreds of Somalis surrounding their aircraft on the ground, the crew of “Super-Six-Four” ran out of ammunition and succumbed to the angry mob. Durant was the only survivor among the crew of four onboard that day. However, he was immediately taken captive by a warlord on the ground who had recognized Durant’s value as a prisoner. Durant was immediately brought to a well-hidden room and held captive for 11 days.

While Durant was falling in and out of consciousness while in custody of the Somalis, his fellow soldiers from the 160th were not giving up hope and

American Legion Post 3		
LEGIONNAIRE.....	SERVICE ERA.....	DATE
Robert G. Folden, Sr.	WW II.....	6/3/22
Ronald G. Jacoby	WW II.....	1/21/22
Allen R. Jensen, Jr.....	Vietnam.....	7/8/22
Dale C. Lange	Korea	5/28/22
Jerry A. Leach	Korea	7/21/22
Marvin L. Lehl.....	Korea	6/18/22
Michael J. Lintel	Vietnam.....	4/25/22
Willard Opocensky	WW II.....	7/5/22
Dale H. Randall	Vietnam.....	6/28/22
Francis W. Rezac	Korea	5/12/22
Edward L. Schneider	Korea	5/4/22
Kevin J. Valaika	Vietnam.....	5/4/22

AMERICAN LEGION RIDERS



Greetings, Riders and All ---
The past few months have been full of activities for the Lincoln chapter of The American Legion Riders. We have participated in a number of parades, Patriot Guard missions, an in-state Legacy Run, and other activities --- proudly displaying our American Legion affiliation.



Over the next couple of months, as the riding season continues, there are still a couple of parades on our calendar; and we will be hosting our annual Poker Run fundraiser on September 24th. Speaking about the Poker Run, I'll take this opportunity to remind all members of the Legion Family that our Poker Run this year is donating all proceeds to the JAVALAN service dog organization. Based in Omaha, JAVALAN trains and provides service dogs to needy veterans and first responders in the eastern Nebraska and western Iowa areas.

All members of the Legion Family are invited to participate in our Poker Run, which will begin with registration from 10:00 am until noon at Frontier Harley-Davidson in Lincoln. Stops will be in Ashland, Ceresco, and Branched Oak --- concluding at the Denton American Legion Club.

For the unfamiliar, a poker run is an event where each participant pays a fee and then follows a course with checkpoints, at each of which a playing card is drawn. At the last checkpoint, the player with the best poker hand is the winner.

We care not about the means of transportation! We don't care if you are in or on a motorcycle, car, truck, bus, or unicycle. The concept is to get out, have some fun (and food), and raise some money for a worthy charity. We will also have a 50/50 drawing and a silent auction on a number of great items that have been donated.

We also expect to have some drawings for some free gifts. I hope to see you all at our event!

Until next time, Ride (or Drive) Safe!
Bruce Gubser
Director, Lincoln Chapter 3, American Legion Riders



Sponsored by the Veterans Advisory Group of Lincoln, the 12th Annual Veterans Freedom Music Festival took place at Antelope Park in June. A number of Post 3 members helped with the Post 3 booth during the day. Pictured are (l to r): Ed Schnabel, Ron Hindmand, Jack Sibert, Steve Bartos, and Gerry Wolf.



Pam Umphenour and Ed Schnabel recruit a new Post 3 member at the Music Festival.

MEMBER DATA UPDATE

If you haven't already done so, Post 3 members are invited to share some basic information with us. It often proves very helpful when we get involved in assisting with claims, checking obituaries, or just keeping track of the demographics of our members.

If you are comfortable doing so, you can email any or all of the following information to us at post3legionlincoln@gmail.com and we will enter it into the national myLegion.org database. Or, you can call the Post 3 business office on Tuesday or Thursday mornings from 10:00 to noon at 402-466-3958.

- Date of Birth
- Dates of Service (War Era)
- Branch of Service
- Phone Number
- Email Address

If you are providing us with your email address, let us know if you would like to be added to our monthly email newsletter.

Thanks!!



The Post 3 Honor Guard participated in a Flag Day ceremony at the Lincoln Elks Lodge #80 on Sunday, June 13th. Pictured are (L-R): Ed Schnabel, Gerry Wolf, Pam Umphenauer, Wade Graft, and Bruce Gubser.

“VETERANS HONOR”

Not everyone knows, but Past Post 3 Commander and current Sons of the American Legion Squadron 3 Commander Brendan Moore knows a lot about roses. He grows and shows roses --- and is routinely recognized for showing “winning” blooms at the county and state fair and other rose shows --- and he’s accredited by the American Rose Society as a rose show judge.

As a member of the Lincoln Rose Society, he worked with Unit 3 member Lynne Wild regarding some planned renovation and maintenance of the Hamann Rose Garden located near the Children’s Zoo on the east side of 27th Street at about “C” Street.

As a result, Lincoln American Legion Auxiliary Unit 3 agreed to sponsor one of the beds of 12 roses. The bed is located at the southeast entrance to the Hamann Garden --- and is the first bed on the right as you enter. An appropriate marker identifying Unit 3 as the sponsor was recently placed there.

The variety of the rose growing in the bed sponsored by Unit 3 is aptly called “Veterans Honor.” The variety was developed and introduced by the Jackson & Perkins Co. Brendan describes the rose as is a beautiful non-fading red rose that is one of the top exhibition roses of the American Rose Society.

Brendan encourages everyone to stop by the Hamann Gardens to “stop and smell the roses” --- especially the Veterans Honor roses sponsored by Unit 3. He also indicated that the colors are most vibrant in the fall when the weather is more tolerable to visit.



A view of the Hamann Rose Garden.

POLL WORKERS

Here in Lancaster County --- and in other counties, too, from what I gather --- election poll workers are in short supply. I would urge anyone who is able and interested to consider becoming an election poll worker.

Each county has an election commissioner, and I am sure they would like to have an ample supply of potential workers.

The day is long, typically from 7:00 AM to 8:30 – 9:00 PM (with a break for lunch. In Lancaster County, poll workers are paid \$9.00/hr. Perhaps that’s not a lot of money, but the job is vital to our government.

The work is not hard at all. Two clerks and two judges along with an inspector (or supervisor) comprise the crew at each location. For the sake of integrity, the clerks and judges need to be of different political affiliation. Discussing political issues is taboo.

Training and/or retraining is required just prior to each election so that workers are better able to handle issues that may present themselves. If you are still working, I suggest that you contact your employer for time off to be a poll worker. I’m sure that there are many employers who would allow or encourage it.

Contact your local county election commissioner for further information. The contact person and number to call in Lincoln for more detailed information is Scott Bastin at 402-441-7311.

Brendan Moore

Commander, SAL Squadron 3



BE THE ONE

The American Legion recently launched its “Be The One” campaign to encourage American Legion Family members, veterans, service members, and others to take action when they believe a veteran is at risk of suicide. Today, the No. 1 issue facing those who served is veteran suicide, according to the National Veteran Suicide Prevention Annual Report. Each day, no fewer than 17 veterans die by suicide. That’s more than 6,000 each year. The rate of suicide for veterans is more than 50% higher than that of non-veteran adults.



In activation an ongoing national platform to end veteran suicide, the American Legion is hopeful that the “Be the One” campaign will:

- 1 - Destigmatize asking for mental health support, creating opportunity for those with mental health issues to speak freely and get the support they need
- 2 - Provide peer-to-peer support and resources in local communities; and
- 3 - Deploy FDA-approved therapeutics for veterans to identify issues and find resources for support.

The stigma associated with mental health issues is a barrier to veterans seeking assistance. They fear loss of their job, think they can handle their situation themselves, or don’t think others can understand their situation. Family members may be the first to recognize the signs that their loved one needs help, but they may lack the knowledge of how to approach the situation. If you have a family member who is a veteran, The American Legion encourages you to “Be the One” to:

- Ask veterans in your life how they are doing.
- Listen when a veteran needs to talk.
- Reach out when a veteran is struggling.
- Pledge to Be the One at betheone.org by signing up for email updates.

While this program is designed to help all veterans, we know that everyone responds differently to stresses, have different life experiences and have varying results in types of treatment. However, the following are guidelines intended to provide help before a crisis situation develops. The American Legion encourages you to “Be the One” to:

- 1 - Talk with others about how you are feeling;
- 2 - Ask for help when you know you need it;
- 3 - Know there are millions of people ready to help you; and
- 4 - Remember your family and friend’s care.

If you are a veteran in crisis, VA has resources available 24 hours a day, seven days a week:

- Call 1-800-273-8255 and press 1
- Text 838255
- Visit the VA Crisis Line website.

On a local level, in June, Governor Pete Ricketts announced Nebraska’s participation in the Governor’s Challenge to Prevent Suicide among Service Members, Veterans, and Their Families. Nebraska is one of 35 states taking part in the initiative from the U.S. Department of Veterans Affairs (VA) and Substance Abuse and Mental Health Services Administration (SAMHSA). The Nebraska Department of Veterans’ Affairs (NDVA) and the Nebraska Department of Health and Human Services (DHHS) will be the lead agencies on the program. The two-year initiative will identify gaps in care and drive

enhancements to the state’s mental health services.

In discussing the initiative, the Governor highlighted the sacrifices made by service members to protect and defend America. In particular, he cited the time spent away from family while on deployment, frequent relocations, and the physical and psychological impact of combat. Gov. Ricketts credited the Nebraska Department of Veterans’ Affairs for its great work to care for veterans and their families across the state, and he noted that improving access to mental health care will further the State’s goal of becoming the best state in America for military families and veterans.

DHHS Behavioral Health Director Sheri Dawson expressed her excitement at the opportunity to coordinate veterans’ and mental health resources through the initiative. She discussed the State’s intent to overcome the stigma of discussing mental health and to remove obstacles for those seeking mental healthcare.

NDVA Director John Hilgert highlighted three main ways his department supports veterans in crisis: 1) emergency financial support through the Veterans Aid Fund; 2) NDVA’s state service office which does over 100 outreach events each year to help veterans get the support they’re eligible to receive; and 3) the NDVA website at veterans.nebraska.gov , which includes a live chat option and a map to mental health resources across the state.

The Suicide Prevention Lifeline phone number is 1-800-273-8255. By pressing “1” when the call connects, callers will be transferred to the Veterans Crisis Line, which offers support specifically for veterans and their loved ones. There’s no need to be enrolled in VA benefits or healthcare to make use of the service.

In July, Nebraska rolled out the new 988 suicide prevention lifeline. It’s patterned after 911 and gives callers a simple, easy-to-remember number to dial for assistance during a mental health crisis.



Moving to 988 does not mean the previous Suicide Hotline 1-800-273-TALK (8255) will go away. After July 16, 2022, both numbers will get callers to the same services.



A large group of veterans attended a press conference at the State Capitol on June 7, 2022 in which Governor Pete Ricketts announced Nebraska’s participation in the Governor’s Challenge to Prevent Suicide among Service Members, Veterans, and Their Families. Vice Comander Ron Hindmand, Commander Gerry Wolf, and Adjutant Ed Schnabel represented American Legion Post 3 at the ceremony.

NOTES FROM THE ADJUTANT’S OFFICE

We look forward seeing you at the Post 3 meeting in September.

A BIG THANK YOU to those who have renewed for 2023. Including the Nebraska Life members who might not have been posted yet, our currentl number stands at almost 700 renewals.

Thanks again for renewing with Post 3 and The American Legion. It is the eleven dollar portion of your Post 3 dues that allows us to serve our fellow veterans at the local level. The remaining thirty-five dollars goes to cover Department and National dues, which support Legion activities on the state and national level.

The American Legion National Headquarters will be mailing out the second renewal notices for 2023 during the second or third week of October. If you have renewed, just throw it away. Remember, there is a delay between the time you mail your dues and the time that National shows that you have renewed for 2023. This delay could be up to two or three weeks, depending on when we receive your payment, when we get the membership slips to Department, and when they process them and get them forwarded to National. Once at National, it will take them up to a week to process and credit you with your payment. Only then will the system stop sending out renewal notices to you.

If you wish to pay by credit card, you can do so by using the America Legion’s online renewal. Log into www.legion.org, click on “Renew,” and then input your name and data. You can also set up an “auto renewal” payment for future years.

If you have mailed your payment and have not received your 2023 card within two weeks, please let me know. Mail can and does get misdirected, damaged, or just lost. I will be glad to get a replacement mailed out to you.

Does your 2023 membership show your correct years of service?

We know that the National Headquarters made a major error when they listed 2022 as your first year. This was only to show that you had paid dues for 2022, not the year that you first joined the Legion. Same for the sample card on the reverse side of the notice. They all showed one year --- not necessarily your true years of service. The 2023 card that we will be mailing out should be correct. If the years are not correct, please let us know and we can get it corrected for you.

The new membership software that the American Legion rolled out in April of 2021 still has lots of issues. We have fielded many calls about total years not being correct. This would take a lot of work to double check what is printed on the 2023 cards, so if yours is not correct, please email or text me, and I can correct the years for you. So, double check your card from 2022 to see if the 2023 card has added one year for you. If not, let me know and I will mail out a new card with the correct years and have National update your membership record.

{ edschnabelasa@gmail.com; 402-480-8542 }

It also helps us if you can keep us informed if you happen to move, are a snowbird, etc. We also appreciate being notified by a relative when one of our members passes. This saves Post 3, Department, and the National office money by not having to send out a second or third renewal, or mailing a renewal to a member who has passed away, etc. It is these extra little costs that drive up your dues --- as it cost us to pay for returned mail.

Post 3 receives lots of Honor Guard requests, some at the last minute. If you wish for an Honor Detail for an event or for a Military Service, please call well ahead so that we can be sure to be there when asked.

If you have not talked with your family about your wishes for your funeral, do not put it off. Do it now. Two items to let them know is do you wish Military Honors and where you would like to be interred. If you wish an Honor Guard from your branch of service, you will need to produce a copy of your DD214 or discharge papers. Burial in a VA cemetery also requires a DD214 or discharge papers to show that you earned this honor. Your funeral home should do the contacting for you when the time comes. If you need help, please call and I will be glad to assist you.

Again, Thanks for your Service --- and Thanks for being a member of Post 3

Ed Schnabel
Adjutant

LINCOLN CBOC / VA NEWS - AUGUST 2022

All Gave Some, Some Gave All

More changes to the VA Health care system.

The Lincoln Community Based Outpatient Clinic (CBOC) is now doing walk-in EXPRESS CARE between 3:00 PM and 7:00 PM. No appointment needed. If you need a nurse to look at something you think needs to be treated, make use of this new service.

Starting July 13th, the Lincoln clinic did away with the kiosks and went to a system where you use your smart phone to sign in for appointments. For those without a smart phone, someone will have to have the staff sign you in.

This new system is called "VA Mobile Check-in for Appointments." This is to allow you to sign in for appointments without the need to touch anything while doing so. Clinics that will be using this new system will have a QR code for you to scan posted in the check-in area as you enter the clinics. To use this new system, you need a smart phone that is registered with the VA. Once you scan the QR code the system will text your phone to check you in for your appointments.

Once you use the system once or twice, it really will be faster --- as you won't need to stand and wait to check in. Once you have used the system, you can refresh an old VA check-in message and use it again to check into your next appointment.



The new Lincoln CBOC, just south of 70th and "O" Streets in Lincoln.

However, one drawback to the new sign-in system is that the Lincoln Clinic has limited bandwidth --- thus downloading is very slow at times. Be patient. Once loaded, the VA will send a link for signing in. Once you get the link, you will be asked to verify your personal information and that of your next of kin, etc. If all is correct, answer "Yes" (three times) and the system will check you in.

Another drawback to the system in Lincoln is that it does not tell where to wait to see your provider. If you are seeing a new provider, you might have to ask a staff member where their waiting area is located. Primary care providers are on the first floor, and most of the other services are on the second floor.

If you do not use a smart phone, or do not wish to use this new system, you will have to check in with the staff.

The LAB still has their kiosk for the time being. Use it for signing in for blood draws. Look for changes during September, as this kiosk may also go away.

Unwanted Drugs disposal: if you have old meds you would like to get rid of, you can now drop them off in the Pharmacy waiting area. There is a locked BLUE drop box where you can deposit your old, out of date meds. Get them out of your homes and keep them out of our kids' hands.

VA System ID Cards: If, by chance, you do not have a current VA ID card you can request one while you are in the clinic. You will need to have some form of ID that will allow them to double check your identity. You can use a state issued driver's license and/or state issued ID card. The process is done by video computer link. Ask any VA clerk, and they will show you where the room is for this video computer link. You can also get help to enroll in the VA system, etc. by using this link: www.myhealth.va.gov.

My Healthy Vet: Did you know you can request refills of your meds, check your upcoming appointments, or send a note to your provider online? The VA has a web site called, My Healthy Vet that allows you to do this. If you are not

currently using it, or if you need help in using it, or are signing up for My Healthy Vet, stop by their education center on your next visit.

In Lincoln, the education center is just to the right of the front entrance. The Lincoln education center is staffed on Tuesday – Friday, 0800-1400 hours. To get the full use of the web site, you need to have a Premium My HealthVet Account. To upgrade your account, you need to be authenticated. This only take a minute. Just stop, and visit with the staff.

Remember, the VA will only be there for us if we use its services. If we do not use them, the government sees it as a service not needed here and will cut funding for the Lincoln CBOC. The government funds each CBOC / hospital based on the number of veterans signed up for services in its service area. They, the veterans, do not need to be using the VA for their medical needs, just need to be enrolled in the VA Health Care System.

Funding is based on foreseen needs, not current need, thus we need to talk with our fellow veterans to be sure they are enrolled in the VA system. There are many veterans who could receive medical service but have never signed up for this benefit of our service. Again, it is the old story --- use them or lose them.

You may not know that the Lincoln CBOC receives \$4,000.00 dollars for each veteran registered as living in our service area. This area takes in most of southeast Nebraska and a few of the counties in northern Kansas.


Even if you do not wish to use the VA services, we need you to be registered. These funds are based on those registered --- not just those receiving services.

Thanks for your service.

Ed Schnabel

Lincoln VAG member (Veterans Advisory Group)

Lincoln VA American Legion Representative for Nebraska



NEBRASKA-WESTERN IOWA HEALTH CARE SYSTEM

EXPRESS CARE

Care on your time!

EXPRESS CARE HOURS OF OPERATION

MONDAY-FRIDAY
3pm - 7pm

Contact Express Care at:
402-486-7901

VHA Nebraska-Western Iowa Health Care System
420 Victory Park Drive, Lincoln, NE 68510

» **After Hours Care**



» **No Appointment Necessary**

» **Get the Care You Need, Fast**

» **Sick Call**

EXPRESS CARE SERVICES:

- Animal Bite
- Bronchitis
- Bladder Infection
- Cold/cough
- Chronic back pain
- Ear infection
- Ear wax removal
- Immunizations updates
- Influenza
- Dental pain
- Headache/migraine
- Mild strains and sprains
- Minor eye irritation
- Minor skin irritation
- Non-traumatic back pain
- Seasonal allergies
- Sexual transmitted infection/STD
- Sinus infection
- Strep throat
- Yeast infection

U.S. Department of Veterans Affairs
Veterans Health Administration
Nebraska-Western Iowa Health Care System

**RECRUIT A MEMBER FOR POST 3
NEW MEMBER APPLICATION**

Yes! I want to help my community and my fellow veterans by becoming a member of the American Legion. I certify that I have at least one day of active military duty during one of the periods identified below and was honorably discharged --- or am still serving honorably. Enclosed is my check made out to
“American Legion Post 3” in the amount of \$46.
Please fill out the information requested below and submit your application and payment to:

American Legion Post 3
123 South 84th Street Suite “L”
Lincoln, NE 68510

Eligibility Periods (Check One)

- ☐ April 6, 1917 thru November 11, 2018
☐ December 7, 1941 thru the present
☐ Merchant Marine: December 7, 1941 thru December 31, 1946

FOR DEMOGRAPHIC PURPOSES

- BRANCH OF SERVICE
- ☐ US ARMY
 - ☐ US NAVY
 - ☐ US AIR FORCE
 - ☐ US MARINES
 - ☐ US COAST GUARD
 - ☐ SPACE FORCE

- DATES OF SERVICE
- ☐ April 6, 1917 – November 11, 2018
 - ☐ December 7, 1941 – December 31, 1946
 - ☐ June 25, 1950 – January 31, 1955
 - ☐ February 28, 1961 – May 7, 1975
 - ☐ August 24, 1982 – July 31, 1984
 - ☐ December 20, 1989 – January 31, 1990
 - ☐ August 2, 1990 – Present
 - ☐ Other Conflicts (LEGION Act)

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____

E-MAIL ADDRESS: _____

BIRTH DATE: _____

**Lancaster County
Veterans Services**

Lisa Helms –
Veterans Service Officer
605 South 10th St. • Lincoln, NE 68508
441-7361 • Fax: 441-7392

IF YOU ARE MOVING!

Please notify us if you have a change of address. Post #3 has to pay 75 cents for each incorrect address on a bimonthly paper. Send address changes to:
AMERICAN LEGION POST #3 • 123 S. 84th St., Suite L, • Lincoln, NE 68510
Or call us at 466-3958 Thank you for helping us keep expenses down!
(This also include Auxiliary, Sons of the American Legion, and 40 & 8)



NATIONAL CONVENTION

The national conventions of the American Legion, American Legion Auxiliary, and Sons of the American Legion were held at the Wisconsin Center in Milwaukee, Wisconsin August 26 – September 1, 2022.

Lynne Wild was an Auxiliary delegate from Unit 3. Fred Craigie and Steve Bartos were American Legion delegates from Post 3.

The Nebraska delegation was housed at the Drury Plaza Hotel, along with delegations from Wisconsin and South Carolina.



EDITOR’S NOTE:

Please send articles and pictures for the next issue of the *Lincoln Legionnaire* to Steve Bartos, Editor. 7441 San Mateo Lane, Lincoln, NE 68516 or email them to LB32906@windstream.net. Electronic submittals are preferred and should include reference to “*Lincoln Legionnaire*” in the subject line of your email. Materials for the next issue need to be submitted by **November 10, 2022**.

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Steve Bartos
Managing Editor



MEMBER
AMERICAN LEGION
MEDIA
ALLIANCE

2022-2023 COMMANDER: Gerry Wolf
First Vice-Commander – Bruce Gubser
Second Vice Commander – Ron Hindmand
Adjutant – Ed Schnabel
Finance Officer – Ed Schnabel
Chaplain – Rev. Dr. William Jackson
Immediate Past Commander – Gerry Wolf
Post Service Officer – Ed Schnabel

EXECUTIVE COMMITTEE:
Fred Craigie, 2 yrs., Wade Graft, 3 yrs., Jack Sibert, 1 yr.