



“For God and Country”

October 2025 Post 3 Newsletter



October Meeting Schedule

Organization	Location	Time	Date
Legion Post 3	Elks Lodge, 5910 S 58 th St	7:00 PM	10/14/25
Auxiliary Unit 3	Elks Lodge, 5910 S 58 th St	7:00 PM	10/14/25
SAL Squadron 3	Post 3 Office, 123 S 84 th St	7:00 PM	10/09/25
ALR Chapter 3	Denton Legion Club	6:00 PM	10/16/25
40 & 8 Voiture 103	Elks Lodge, 5910 S 58 th St	6:30 PM	10/21/25
8 & 40 Salon 832	Elks Lodge, 5910 s 58 th St	6:30 PM	10/21/25
8 & 40 Salon 92	VFW 3606, 3340 West A St	1:00 PM	10/16/25
Buddy Check	Enclosed Shelter, 1650 Antelope Park	6:00 PM	10/22/25
CoffeeHaus	Auld Pavilion, Antelope Park	10:00 AM	10/17/25

Commander's Call



Fellow Legionnaires,

Up front Happy 250th Birthday to all of our U.S. Navy veterans! The U.S. Navy celebrates its' founding on 13 October. On this date in 1775 the Continental Congress authorized the creation of the Continental Navy, establishing the foundation of the modern U.S. Navy. This event during the Revolutionary War was a critical step in creating a naval force to protect American trade and combat the British Navy.

Since that time the Navy has played in key role in all US conflicts. The official song of the U.S. Navy is "Anchors Aweigh," composed by Lieutenant Charles A. Zimmermann. The Navy has no single official motto, but a widely recognized and honored unofficial motto is "Non sibi sed patriae," Latin for "Not for self but for country".

At the September Post 3 Meeting our Finance officer Bruce Gubser presented our August 1, 2025, to July 31, 2026 Budget. Our estimated income of \$63,700 balances out with our estimated expenses of that same amount. More than half of that income is from annual dues. Individual dues are \$56.00, of which \$11.00 stays with the Post and the rest goes to State and National as expenses. The Budget was approved by unanimous vote of the attendees at our meeting. A big thank you is due to our Finance Committee consisting of Bruce, Fried Craige, Rich Limmerman and Gerry Wolf for their work on this detailed annual budget.

We had an excellent presentation at the September meeting by Dr. Charles Craft on the Veterans Mission of Mercy Dental Clinic Event. The Clinic provides a range of FREE dental services, including exams, cleanings, fillings, extractions, dentures and more, to eligible Nebraska veterans, spouses, and surviving spouses. This year's two-day clinic was run 26-27 September. Within our budget the Post donated \$500.00 to this worthy cause of this annual clinic. Hopefully it will continue for many years to come.

Again, this month anyone who has not yet renewed their American Legion membership, please do so and keep on the lookout for new members. Our Adjutant will give an update on renewal status in this newsletter, so please give that your attention.

On the subject of Post 3s' Adjutant, we need a volunteer for this vital position. Ed will be retiring from this position after eight plus faithful years of service in January as he celebrates his next birthday. Please contact Ed or me if you might be interested or willing to assist.

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,

Ron Hindmand

Post 3 Commander

Notes from the Adjutant's Desk



Remember that Veterans Day is coming up on November 11th. Be sure to fly your flag. 2025 is also the 80th Anniversary of the end of WWII and the 250th birthday of our military services.

If you did not receive your copy of the July Lincoln Legionnaire, please let us know. For some reason some of the mailing labels that were printed on the July papers were not correct. We have received many back that had the wrong States and Zip codes on them. Each returned paper costs the Post a dollar. That is above the cost of the postage we paid when we mailed the papers. Thus, we need to get this correct before the next paper copy goes out.

2026 Renewals: As we start the 2026 Legion Year, we currently stand at 614 members. Department Life Members currently are down to 44 members, with eight members who joined the Post Everlasting this past year. Over the past three years we have lost 11 Department Life members. 69 members have renewed, one for three years. Those who took advantage and renewed for three years should not have received a renewal notice. Those who are regular PUFL members should have received your 2026 membership cards that were mailed from the National Headquarters. If you have not received your 2026 membership card, please let us know.

To date, we have 3 new members. Two transferred in, and one transferred out. Department has now paid National dues for Nebraska Life Members. As of this date, the office has processed 317 renewals for the 2026 year.

For those who did not renew for 2025, as of January first, you were classified as expired. You will stop receiving The Legion magazine, and you could be denied entry into a Legion Club. Those who are in the Legion Insurance program, your coverage also ended as of the 31st of December 2024. You must be a member in good standing to be covered.

Military Service: We still are trying to update our membership roster as to branch or service and the war era that you served. National has been printing the data that is in the Legion database on back of renewal slips. Please check and add as needed so we can correct our database. Thanks, it makes it so much easier to reach out to you if needed.

(Adjutant's Notes – Continued)

VSO Web Sites to visit: Nebraska's Department of Veterans Affairs, VFW, DAV, AMVETS 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 filling claims and links to other VA services to which you are entitled. The VFW, DAV, etc. do an excellent job of keeping track of Congressional activities that can or will affect veterans.

The Nebraska Department of Veterans Affairs and your local County Service Office are here to serve you. They can pull up your records of military service and help track your claims you may have filed. If you have not visited with your service officer, now would a great time to stop and visit with him/her. The 2025 Nebraska Legislature may have passed legislation that may have affected you and your benefits.

Membership: We need to talk with our younger troops that have served since the Gulf War. They will become the backbone of our VSOs in a few years. Without these younger veterans we will no longer have a strong voice in Congress. Without a strong voice in Congress, we will keep losing funding for the Department of Veterans Affairs and the VA Health Care System. If you are a member of this group of veterans or know a veteran from these conflicts, please ask them if they are a member of a veteran service organization and if not, ask them to please join. They may not be using VA service now, and may wish to in the future, they may find that VA services have been cut back due to a lack of a strong voice in Congress.

We thank you all for your Service and for being a member of The American Legion and Post 3.

Ed Schnabel

Adjutant

Lincoln CBOC/VA News



The Lincoln CBOC is now giving walk in Flu Shots. The walk-in clinic is located near the pharmacy department.

One of the most asked questions I am asked, “Where is the Finance Office?” Sorry to say, the Lincoln CBOC does not have a finance office on site. If you have a billing question,

you will have to call the number that is listed on the Co-Pay notice you might have received.

The food drive to collect food items for our homeless veterans in the Lincoln area is still ongoing. Items requested are shelf ready, power bars, and easy to open items. Please do not bring in food items that are past their expiration date. They will be thrown away. Other items that our Homeless Veterans could use are hygiene care items. They should be the small size that would fit easily into a backpack.

As the weather changes from fall to winter, these homeless veterans could use warm clothing, hats, gloves, underwear, etc. Volunteer Services has a list of the most requested items. In Lincoln, they can be reached by calling 402-486-7938 or texting Ty.Andrews@va.gov.

Currently there are no mask requirements at VA clinics and hospitals. Masks are available for those who wish to wear them at the front doors of the clinics.

Express Care is available to those who might wish to see a VA nurse without an appointment during normal hours. Times might be different at your local clinic, so give them a call and see if they offer Express Care. The Lincoln Clinic treats 300 a month as walk-ins.

Want to serve your fellow Veterans? The VA can use more volunteers at your local clinic or hospital. You would volunteer to help veterans in the clinic, hospital, or a veteran’s home. Hours given by the volunteers are credited with saving the VA Health at Omaha, Lincoln, and GI an equivalent of 25 full-time staff employees. This is based on an hour of service being credited at the rate of \$31.50 dollars per hour.

(CBOC/VA News – Continued)

Clinics, hospitals or veterans homes can always use a monetary donation, or you can donate activities bags for younger kids to have when they come to the clinic or hospital with a parent for their appointments. There is always a need for the younger kids who come with parents or grandparents when they are too young to be left at home alone.

Clinics and hospitals can always use books, magazines, etc. for patients. You would need to check with your local hospital, clinic, or veteran's home volunteer office to see what items they need or allow. This would be a great project for your church, school, or youth group.

Service animals: The only animals that should be brought into a VA Health clinic or hospital are trained service animals that qualify under DAV requirements. Other pets or comfort dogs do not qualify and should be left at home.

With the signing of the PAC act, 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, call your local service officer, VSO, county, or state. It 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 affecting 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.

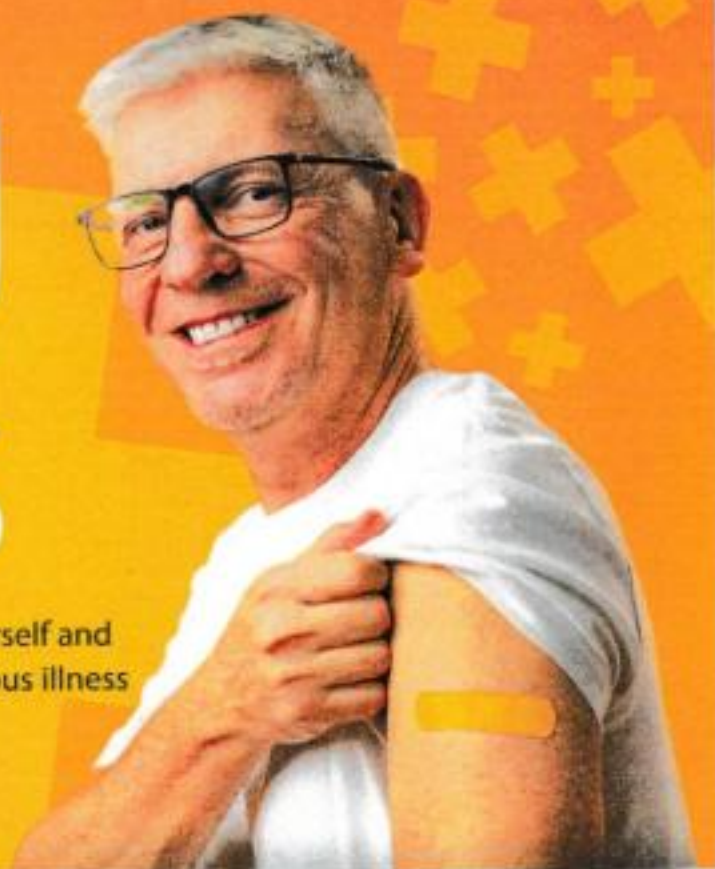
Thanks for your service to your fellow Veterans and thanks for your service to this great country.

Ed Schnabel

American Legion Representative for the Lincoln CBOC

FLU SHOTS

Get your flu shot every year to protect yourself and others. It's the surest way to prevent a serious illness and help stop the flu from spreading.



Walk-in flu shots Mon-Fri 9 a.m.-3 p.m.

If you don't have an appointment coming up, stop by a walk-in clinic at a participating VA location.

- ◆ Omaha VA Medical Center - ACC Hallway
- ◆ Grand Island VA Medical Center - Entryway
- ◆ Lincoln VA Clinic near 1st Floor Pharmacy

For all other clinics, see your primary care clinic.

Mobile Clinic Dates & Locations

September 23rd, 2025
10:00am - 2:00pm
American Legion Memorial Building
201 Poplar Street
Atlantic, IA 50022

September 25th, 2025
10:00am - 2:00pm
American Legion
701 Dorsey Street
Beatrice, NE 68301

September 30th, 2025
10:00am - 2:00pm
Veterans Memorial Club
112 E. 7th Street
Wahoo, NE 68066

October 1st, 2025
9:30am - 2:30pm
Lifehouse
549 N. H Street
Fremont, NE 68025

October 3rd, 2025
10:00am - 2:00pm
American Legion
2263 3rd Avenue
Columbus, NE 68601

Ask for your flu shot at any scheduled VA appointment.

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
National Veterans Health Care System

ALR Riders, Chapter 3 Director's Remarks



Greetings Fellow Riders and Legion Family,

Well, we sure finished out the primary riding season in full throttle!

Last month, I wrote briefly about our very successful Poker Run and Gun Raffle. Here's just a few more details... Between the gun raffle and the poker run, we raised just under \$6,000 for our designated charities (Veterans Mission of Mercy, Wheels 4 Warriors, and Stronger Than Suicide). Each of our charities specifically support Veterans in Nebraska. We previously awarded Stronger Than Suicide their share of the proceeds a few months ago. During our September meeting, we were proud to present a check to the Nebraska Dental Foundation, for the Veterans Mission of Mercy, in the amount of \$3,000. Dr. Charles Craft, DDS, was there to accept the check on the Foundation's behalf. Pictured is me, as your Chapter 3 Director, presenting the check to Dr. Craft. I also presented, on behalf of Post 3 and SAL Squadron 3, additional donations for the Mission of Mercy. Although I was not able to attend the event, held on September 25-27, I'm aware that other Post 3 members did and were very impressed with what they saw. My thanks to all who contributed in making our fundraising events so wildly successful. You made a difference in the lives of Nebraska Veterans.

On September 27th, several ALR chapter members attended the Touch-A-Truck event sponsored by Post 3 and the Elks Lodge #80. The event was a HUGE success, with estimates of upwards of 1,000 people in attendance. Kids of all ages were able to get up close and personal with a variety of vehicles. The Chapter 3 area (and my trike) were also very popular. At one point, I remember seeing about 25-30 people in line to look at, touch, or get on my ride. An awesome experience for all. And, to top it off, we recruited a new member for Post 3 and our ALR Chapter. He's an Air Force Veteran and appeared excited to join us.

We have begun discussions about our fundraising efforts for 2026, and will keep everyone posted on that. The next major upcoming event is the Lincoln Veterans Day Parade, which will be held this year on Sunday, November 16th. I'll have more information on that in the November newsletter.

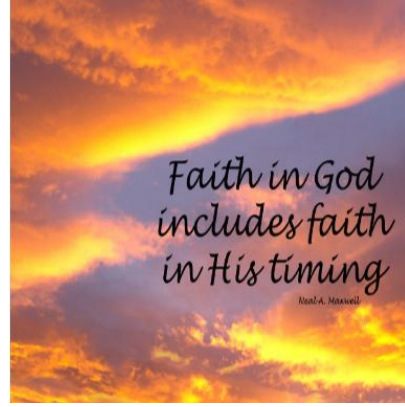
I guess that's about it for now.

Until next time, Ride (and Drive) Safe!

Bruce Gubser
ALR Chapter 3 Director



The Chaplain's Remarks



WHAT IS FAITH?

Is it...something...? someone...? Or is it a matter of...figuring on what's obvious? As a person of faith, let's look at how it really comes about.

First, it is NOT some cure all for whatever ails you. You can't use faith like some kind of badge, door-opener, or shortcut to your imagined Nirvana.

Second, it is NOT somebody's notion of coming in first place in a race or some kind of competition to be "king of the hill," or maybe being elected to some kind of noteworthy community or state position.

Third, faith is NOT some kind of celebration or victory dance acknowledging what someone supposedly had become because of their notoriety or self-elevation to power.

Sssssoooo...what IS faith that so many persons try putting it into practice, yet end up as complete failures to themselves, families, relatives, workers, their church, and, of course, God?

If you bother to check your Bible, you'd read faith as, "...the substance of things hoped for; the evidence of things unseen..." (Hebrews 11:1). Faith is also that trust that comes from being secure in what's expected (Romans 4:20-21), It works through compassion to evidence its reality as tangible (Galatians 5:6).

Be the disciple of Christ He intended you to be, as in Ephesians 2:8. Let people see Christ in you as you have faith in Him.

**Rev. Dr. William Jackson
Chaplain, Lincoln ALP 3**

Post 3 Honor Guard



In September, the Honor Guard assisted the Military Honors Teams at 7 funerals. Members of the Honor Guard were also present at 2 civic functions: Members presented the Colors at the Ford and Mustang Car Show and helped with the Post 3 and Elks “Touch-A-Truck” event.

The effort the Honor Guard makes to honor our deceased veterans is greatly appreciated. I want to thank everyone involved for their continued support.

In the Calendar year 2025, the Honor Guard assisted the Military Honors Teams at 65 funerals and made appearances at 26 civic functions.

Post 3 TAPS – September 2025



ARMY



MARINE CORPS



NAVY



AIR FORCE



SPACE FORCE



COAST GUARD

LEGIONNAIRE	WAR ERA	BRANCH	YEARS
Larry L. Eaton	Korea	Army	55
Eldon W. Wooters	Vietnam	Army	54

Touch-A-Truck

Your Lincoln American Legion Post 3, along with Lincoln Elks Lodge #80, sponsored a new (to us) event on September 27th, from 10am until 2pm. Touch-A-Truck (TAT) was HUGELY successful, even more so than we had hoped for.

The TAT planning began a few months ago, after a Post 3 member attended a similar event sponsored by Benson American Legion Post 112. The concept was to gather vehicles, both large and small, and have them available for kids of all ages to look at, climb on and in, ask questions, and just have a great, fun, and exciting time. Phone calls were made to various government agencies and private companies to see if they'd be interested in displaying a vehicle. Thankfully, most agreed and were excited to share what they do with the public.

In the end, we had participation from a number of state, county, and city agencies, along with a number of private companies. Attending the event, and displaying a total of 16 vehicles were:

- Nebraska State Patrol
- Nebraska Department of Transportation
- Lancaster County Sheriff
- Lancaster County Engineer
- Lincoln Police Department
- Lincoln Water System
- Lincoln Fire and Rescue
- Southeast Rural Fire and Rescue
- MMT Ambulance
- Glenn's Towing
- Crete Carrier Corporation

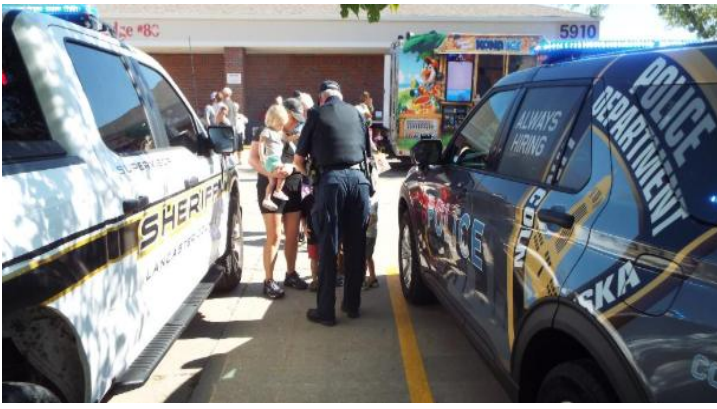
The Elks donated 400 hot dog meals. Initially, 200... but those were gone within an hour or so of opening, so they ran to the store and got 200 more... And those other 200 were gone by just after noon. WOW!

Crowd estimates by various people estimated the crowd at something over 1,000. The NSP Trooper reported that he brought 450 stickers and those were gone by noon or so. If zero adults got stickers, and each kid who got a sticker had one or two adults with them, the estimate of 1,000 was probably on the low end and the actual number was probably more like 1,500 or more.

Many attendees asked if we planned on making this an annual event. Based on the response to the event this year, the answer is probably "yes."

Bruce Gubser
Touch-A-Truck Organizer

Touch-A-Truck Pictures



Veterans Helping Veterans

Post 3 recently received a call from a case manager at the Central Nebraska Community Partnership Supportive Services for Veteran Families, requesting support for a local Veteran, Gary W., who was in need of assistance.

Specifically, the Veteran was urgently looking for a three-wheeled pedal “bike” that he could use as his primary mode of transportation. He has health issues that make it difficult for him to walk very far, but having a trike would fit the bill for him to be able to go to the grocery store, located about 8 blocks from his residence.

Post 3 purchased the trike, assembled it, and delivered it to the Veteran, along with some accessories (helmet, chain lock, and front & rear lights) that were donated by VFW Post 131.



WWII Sailor accounted for:



The Defense POW/MIA Accounting Agency announced that U.S. Navy Reserve Seaman 2nd Class Jerome M. Mullaney, 18, of Scranton, Pennsylvania, killed during World War II, was accounted for March 10, 2025.

In the summer of 1944, Mullaney was assigned to the destroyer USS Glennon, which participated in the invasion of France on June 6, commonly known as "D-Day." Mullaney was killed two days after the invasion, on June 8, when USS Glennon hit an underwater mine off the coast of France. The stern of the ship became lodged on the sea floor and after unsuccessful attempts to tow the vessel to safety, USS Glennon was finally sunk after being struck by a German artillery barrage on June 10. At that time, 25 sailors, including Mullaney, were recorded as missing. He was declared non recoverable in May 1949.

In 1957, pieces of the USS Glennon were hauled to shore by salvagers at St. Marie du Mont, France, where they were broken down for scrap. While searching through the larger sections of wreckage, a local resident found human remains within the forward portion of the ship. The remains were turned over to American officials from the Army mausoleum in Frankfurt, Germany, who subsequently designated them X-9296. The remains were examined but could not be positively identified at the time. On March 4, 1959, they were interred in Ardennes American Cemetery in Belgium.

In 2021, historians at DPAA began an effort to associate unresolved sailors from the USS Glennon with X-9296. That research confirmed that Mullaney and the other 19 unaccounted-for sailors from the vessel were strong historical candidates for association to the unknown remains. In August 2022, the Department of Defense and American Battle Monuments Commission exhumed X-9296 and transferred the remains to the DPAA Laboratory for analysis.

To identify Mullaney's remains, scientists from DPAA used dental and anthropological analysis. Additionally, scientists from the Armed Forces Medical Examiner System used mitochondrial and Y-chromosome DNA analysis.

Mullaney's name is recorded on the Wall of the Missing at Cambridge American Cemetery, Cambridge, England, along with others still missing from WWII. A rosette will be placed next to his name to indicate he has been accounted for.

Mullaney was buried in his hometown on Sept. 3, 2025.

Airman A1C. Awarded The Medal of Honor



Citation

For conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. Sgt. Levitow (then A1c.), U.S. Air Force, distinguished himself by exceptional heroism while assigned as a loadmaster aboard an AC-47 aircraft flying a night mission in support of Long Binh Army Post.

Sgt. Levitow's aircraft was struck by a hostile mortar round. The resulting explosion ripped a hole two feet in diameter through the wing and fragments made over 3,500 holes in the fuselage. All occupants of the cargo compartment were wounded and helplessly slammed against the floor and fuselage. The explosion tore an activated flare from the grasp of a crewmember who had been launching flares to provide illumination for Army ground troops engaged in combat.

Sgt. Levitow, though stunned by the concussion of the blast and suffering from over 40 fragment wounds in the back and legs, staggered to his feet and turned to assist the man nearest to him who had been knocked down and was bleeding heavily. As he was moving his wounded comrade forward and away from the opened cargo compartment door, he saw the smoking flare ahead of him in the aisle. Realizing the danger involved and completely disregarding his own wounds, Sgt. Levitow started toward the burning flare.

The aircraft was partially out of control and the flare was rolling wildly from side to side. Sgt. Levitow struggled forward despite the loss of blood from his many wounds and the partial loss of feeling in his right leg. Unable to grasp the rolling flare with his hands, he threw himself bodily upon the burning flare. Hugging the deadly device to his body, he dragged himself back to the rear of the aircraft and hurled the flare through the open cargo door.

At that instant the flare separated and ignited in the air, but clear of the aircraft. Sgt. Levitow, by his selfless and heroic actions, saved the aircraft and its entire crew from certain death and destruction. Sgt. Levitow's gallantry, his profound concern for his fellow men, at the risk of his life above and beyond the call of duty, are in keeping with the highest traditions of the U.S. Air Force and reflect great credit upon himself and the Armed Forces of his country.

For his heroism, John L. Levitow received the Medal of Honor in 1970, presented at The White House by President Richard M. Nixon, the only Airman 1st Class ever to be awarded it.

Meet 1LT Virginia "Ginny" Deardorff Dornheggen



Ginny woke up under her bed again. And as always, she does not remember how she got there. She is back in Qui Nhon, South Vietnam, at the 67 Evac Hospital in 1970.

She was working her 1900-0700 shift, finally accepting that she was in Vietnam as an Army nurse and things were getting routine. Maybe this will be a short night, not the usual 12 hours on and 6 hours of sleep. She decided she could make it the next few months until her 365 days were over, and she could go back to the world. "Maybe I can do this..."

Things were quiet that night. Until it was not. Her men were sleeping in their hospital beds when she heard an ungodly sound that shattered the calm. The enemy hit with 5000 pounds of mortar on an ammunition dump near the hospital.

Ginny knew that there were no front lines in Vietnam. Everywhere was the battlefield. But she had not experienced this terrifying reality of war until that January night. This would be the catalyst for her nightmares for 40 years.

Still, in her dream state, Ginny hit the floor of her bedroom and slid under the bed. She was back on duty in Vietnam on January 6, 1970.

On that horrific night in the 67th Evac hospital, she crawled under a metal desk with a flak jacket and helmet. Then she remembered what her duty was, why she was there. So, she crawled out to help the other two nurses on duty that night.

She tried to wear her flak jacket, but it impeded her work. She slipped it off and began working with her partners to get the men, the wounded soldiers, to safety. The women placed the wounded on cots and slide them under their bed frames, using the mattresses as a shield from the flying glass and metal.

They worked quickly to get the men all covered. The last one to receive their help was the prisoner of war, a Vietcong, in a full body cast. There were no more mattresses or cots, so the nurses put him under his bed and figured the body cast would protect him. They were not that concerned. The enemy was not the priority. And the bombing continued all through the night.

She secured all her patients and completed her duty. That night remained captive in her mind for decades after her service in Vietnam.

Ginny relived these night terrors for years. She did not want to talk about it. She lived in silence with her nightmares from 1970 until 1993, when she finally talked. The Woman's Vietnam Memorial began her healing, and she finally shared her story.

Ginny did not want to admit she had Post Traumatic Stress Disorder (PTSD); she was a functioning civilian wife, mother, and nurse. She appeared fine except for a few odd experiences. When she first started dating her husband of many years, they went on a walk around town.

(Ginny – Continued)

A car backfired. Her husband kept walking and did not notice she had hit the sidewalk. Everyone looked at her. She got up and brushed herself off and pretended everything was fine.

Alone in her house, long before Ginny explained to her husband what had happened to her at war, she gave him his own terror. Ginny did not expect him home, but he came home unexpectedly and was standing there. He scared her, and she began hitting him. She ordered him never to come into the house like that again.

Her trauma was with her and kept popping up. She had all the symptoms of Post Traumatic Stress Disorder or PTSD. Ginny knew others had worse experiences and would brush incidents aside. She refused to talk about it.

Other incidents included a fly-over at a football game. The gunshot (the start gun) made her leave her son's swimming meet, and she apologized to the other mothers without explaining. Even today, when helicopters fly overhead at the golf course in Georgia, she must take a moment to regain her composure before her shot.

The unexpected noises and shifts of movement are unsettling to Ginny. As she ages, she admits she has had PTSD all along but has dealt with it. She is an intelligent and competent woman, but no one can escape the trauma of living in a war zone. Those images stream still stream in her mind.

She never allowed the soldiers to get close to her. This calms her. She kept them at a safe distance so she could do her job, putting one boot in front of the other, day by day. This distance reminded me of Colleen McMurphy in the war drama "China Beach." Played by Dana Delany, this tough Army nurse would not allow herself to get too close to the men.

Ginny admitted to watching the show and stated the only issue was that one nurse did all the work. In the Army, it was solid teamwork. She said, "Never in my 43 years in nursing did I ever share the camaraderie that we did in the service." Commenting on the errors in the show, she said nurses did not work all over the hospital; they only worked in one unit at a time. Though tough, Ginny says her Army experience was one of the best things she ever did.

Another healing moment came when she started conversations with high school students about being a nurse. She began working with vet groups and encouraging others to take part and talk about their experience. She commented on how the vets from Afghanistan talk little and wondered what they might have to say.

For years, her husband did not know she had the Bronze Star. She did not think she should have it. Since 1941, the military has given the Bronze Star Medal for heroic or meritorious service. It bothers Ginny that all nurses did not get the Bronze Star. Eventually, she accepted the medal and began wearing it for her work in country. She remains unassuming. She does not think she deserves any recognition. Yet the dreams and memories of being overrun remain. She feels her story must be told for those still suffering their own hell of PTSD.

(Ginny – Continued)

When she returned home, she understood why the protesters were fighting this war at home. She said she does not like the disrespect of flag burning. We need to understand that there is a difference between the government and our country. We may not like what the government does, but we need to love our country.

Coming home came in stages. On November 10-12, 1993, she was at the dedication Vietnam Women's Memorial dedication. People were applauding and telling her thank you.

The Vietnam Women's Memorial is a memorial dedicated to the women of the United States who served in the Vietnam War, most of whom were nurses.

On another visit to Washington with a fellow Army nurse, they were looking at the wall. A Gold Star wife asked if she was looking for a name. Ginny said, "To be honest with you, I don't remember any names. I know I took care of a lot of these guys."

Then another asked, "Have you gotten your commemorative pin?" Ginny was confused. They gave a 50-year commemorative pin to Vietnam vets, but Ginny said, "We've only been back 45 years." They said it was 50 years since the beginning of the war, and the pin was for all Vietnam veterans. People surrounded her as they presented the pins to her friend and herself. People clapped and cheered, "We began to cry." She said this was another part of the healing process.

Asked if she tires of being thanked for her service and telling her, "Welcome Home" after decades of being in the States. She said, "No, I don't get tired of it because for 20 years, I never heard it." It surprised Ginny when veterans at the Women's Memorial thanked the nurses.

Her mind returned to one day in Vietnam when Miss America 1971, Phyllis George, and her court visited the soldiers. She made up with beautiful hair and elegant clothes. Ginny was in her dirty Army fatigues and combat boots. Ginny held a soldier up who had no arms so he could talk to George. After she moved on, Ginny told the soldier that wouldn't it be nice if all the nurses could look that good? With tears, Ginny recounts the soldier telling her, "They don't hold a candle to what you mean to us and to what you are."

It hit her, standing at the Women's Memorial. "Oh my gosh, we actually did something. Then she walked to the Vietnam Veterans Memorial wall and "felt like we did nothing." But a friend on the trip told her, "If you nurses weren't there, this wall would be six miles longer." Ginny reflects, "I love the fact that the Women's Memorial overlooks the Wall."

Her story must be told to others suffering from PTSD. She may not want to write a book, but her story will be told. Every generation needs to remember and reflect - long past Memorial Day.

Friday, October 17th, 10:00-12:00



Lincoln VAG eAlert

A Message from Your Veterans Advisory Group!

VAG Lincoln Coffeehaus!



**JOIN US ON
FRIDAY!**

A CoffeeHaus Event has been scheduled for the third Friday each month from 10:00 AM to Noon, at Auld Pavilion in Antelope Park

In addition, Quilts of Valor Ladies will be awarding quilts to Veterans touched by war, and the presentation begins at Noon.

CoffeeHaus is a monthly gathering to honor our Veterans, with **FREE** Coffee, Beverages, Snacks, Fellowship, and Entertainment.

Join us - reach out and bring a guest too!

OUR SPONSOR

The Sponsor for
CoffeeHaus is the Elks
Lodge #80.



MORE INFORMATION!

For a Calendar of Upcoming VAG Events, visit our Website, at www.VAGLincoln.org!

Wednesday, October 22nd, 6:00-8:00 P.M.



BUDDY CHECK

Working together to end veteran suicide.

MONTHLY ON THE 22ND

6:00 PM - 8:00 PM

Antelope Park Enclosed Shelter

1650 Memorial Dr., Lincoln, NE 68508

Next to The Veterans Memorial Garden

OPEN TO ALL VETERANS

Coffee, refreshments, and snacks are provided.

Largest Veterans Day Event in Lincoln's History

Veterans Day Celebration

St. Mark's United Methodist Church will host the largest Veterans Day event in Lincoln's history on Sunday, November 9, from 5:00–6:30 p.m., with a reception to follow. Doors open at 4:00 p.m. More than 2,000 guests are expected.

This free community-wide celebration will honor and pay tribute to veterans, active-duty service members, and their families from every branch of the U.S. Armed Forces — Army, Marine Corps, Navy, Space Force, Coast Guard, and Air Force. The public is welcome and encouraged to attend.

Highlights of the event include:

- A performance by the U.S. Air Force Heartland of America Band, Raptor**
- A full color guard representing all 6 branches of the armed forces**
- Presentation of Quilts of Valor to six veterans touched by war**
- A live performance by internationally recognized artist and singer Joe Everson, who will paint and sing simultaneously. His artwork will be sold in a silent auction at the close of the evening.**
- Featured soloists Master Sargent Rachel L. Wilson (USAF) & Technical Sargent Lindsay Bustamante (USAF Ret.)**
- Master of Ceremonies: Colonel Joe Brownell (Ret.)**
- Keynote Address: Major General Mary E. Link (Ret.)**

Veterans and active-duty service members are encouraged to wear uniforms, hats, or colors representing their branch of service and to sit with family in designated sections.

The event concludes with a reception from 6:30–7:30 p.m.

For more information, please contact:

Doug McCallum

Director of Senior Adult Ministries

St. Mark's United Methodist Church

402-489-8885 | dmccallum@stmarks.org

Veteran Affairs chosen partner for in-home care.

VA Homemaker and Respite Programs

These programs can help Veterans remain living in their own home and can serve Veterans of any age. These programs are for Veterans who need personal care services, help with activities of daily living, who are isolated, or who have caregivers who are



Call us today to learn more and get started.



experiencing burden. Care is available to Veterans based on certain conditions and eligibility requirements, and must be first authorized by VA before a Veteran can receive care from TheKey. Contact us to get started.

There are a number of ADL's completed per shift.

Getting dressed	Medication Reminders
Personal grooming	Transportation and Errands*
Bathing/showering	Staying Active
Support in the bathroom	Hobbies and Passions
Getting in and out of bed or your wheelchair	Sleep Hygiene Support
Respite care	Companionship
Light housekeeping (if you qualify for the other items on this list)	Caregiver Matching

* Transportation and Errands would depend on the state regulations.

Start Using Your Benefits

- Contact TheKey at no cost to you.
- Your local TheKey Team will walk you through an Eligibility Form that is to be filled out with your Primary Care Physician or your VA Doctor.
- We have a Long-Term Care Insurance Center of Excellence who can support and walk you through your policy and coverage. LTCi policies can apply to surviving spouses.
- With the right level of care, you can live safely and comfortably at home— long-term.

TheKey Lincoln

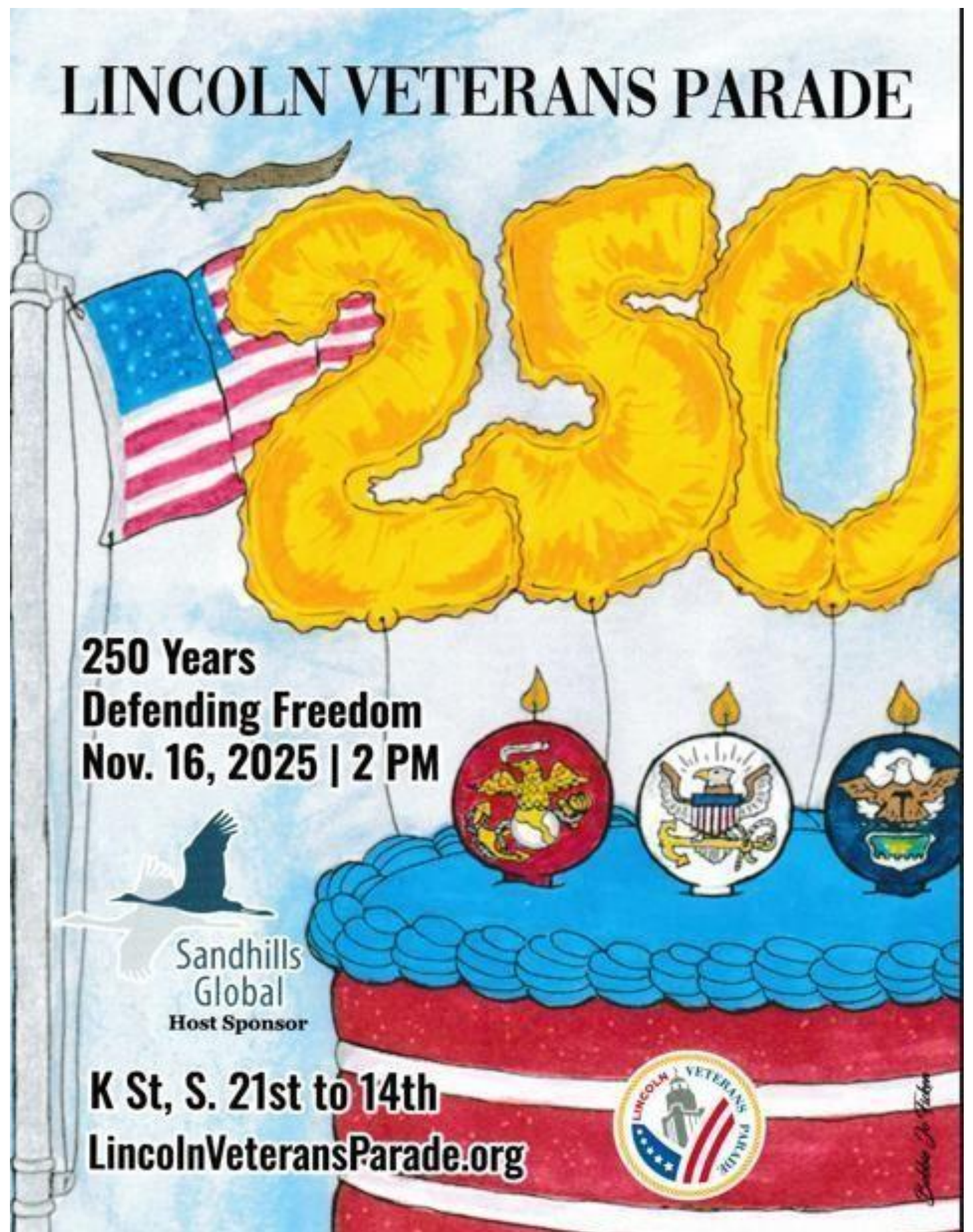
5801 Hidcote Dr. Ste 300

TheKey.com | (402) 261-5158

Tax ID: 45-3080331

Business NPI: 1518407386

LINCOLN VETERANS PARADE



**250 Years
Defending Freedom
Nov. 16, 2025 | 2 PM**



**Sandhills
Global
Host Sponsor**

**K St, S. 21st to 14th
LincolnVeteransParade.org**



Bobbie Jo Hickman

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

123 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 you, or do you know someone, who served at least one day of active military duty since December 7, 1941, and was honorably discharged or are currently serving honorably? Then they are eligible. Complete the application below and send it with a check in the amount of \$56.00 to:

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

The American Legion Membership Application				
_____ (Name)		_____ (Date of Birth)		
_____ (Mailing Address)		_____ (Phone Number)		
_____ (City)	_____ (State)	_____ (Zip)	_____ (Post #)	
_____ (E-mail)		☐ Male ☐ Female (Gender)	_____ (Dues)	
☐ 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				
☐ Global War on Terror	☐ U.S. Army			
☐ Gulf War	☐ U.S. Navy			
☐ Panama	☐ U.S. Air Force			
☐ Lebanon/Grenada	☐ U.S. Marines			
☐ Vietnam	☐ U.S. Coast Guard			
☐ Korea	☐ Merchant Marines (WWII only)			
☐ WWII				
☐ Other Conflicts				
_____ Signature of applicant		_____ Date		_____ Name of recruiter

To renew or transfer to Post 3, you only need to sign below and mail this application and a check for \$56.00 made out to “American Legion Post 3” to the address listed above. If you have already renewed for 2025, 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)

2025 - 2026 Post 3 Officers

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

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

Second Vice Commander – John Ottoson – Cell: 402-314-8707

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, (Gerrywolf@aol.com or 402-417-8230). All requests must be received one week before the 1st of the month.

