

# VFW POST 604 NEWS

[WWW.VFW-604.ORG](http://WWW.VFW-604.ORG)

December 2017

## V.F.W. Mission Statement

The purpose of this corporation (VFW) shall be fraternal, patriotic, historical, charitable, and educational; to preserve and strengthen comradeship among its members; to assist worthy comrades; to perpetuate the memory and history of our dead, and to assist their widows and orphans; to maintain true allegiance to the Government of the United States of America, and fidelity to its institutions of American freedom, and to preserve and defend the United States from all her enemies, whomsoever.

## Commander's Corner

Comrades,

As we move into the month of December we have several important dates to keep in mind.

The first is 09 December; that's the date of the children's Christmas party. Even though it's an "Auxiliary function" I want to promote it fully. This is an excellent chance for Comrades, Auxiliary members, and their families to bond with each other. If you're reading this on or before 02 December, please sign up your 0-11 year old. We've got a lot of people signing up their grandkids (and there's always room for more), but we're a little short on younger families. Even if you've skipped all the other functions of the Post, please consider this a chance to reconnect to the Post.

The next big date is 19 December (the third Tuesday of the month; our Post meeting). The big item under old business is our charitable giving. Our Quartermaster is doing a wonderful job of capturing our spending of the recent past. The decisions we make in December will inform our giving for the next year. I think that having 20% attendance is a realistic goal for our Post to make a decision that reflects the will of the Post.

The next date is 13 January; this will be our anniversary dinner. Details will be in the January newsletter.

Please remember that the Post can always use volunteers for canteen help, clean-up help, and etcetera.

Merry Christmas, ❖

**Commander – Roy Smith**

## VFW Auxiliary

Boy these months are just flying by. Seems like November just started and here it is December.

Christmas is just around the corner. Hope everyone had a great Thanksgiving. Thank goodness it only comes once a year. We're really stuffed, bet you are also.

December is upon us and this is going to be a busy month. Starting with the kids Christmas party on December 9<sup>th</sup> starting at 10 AM going 'till noon. Please use the sign-up sheet of the post. To be eligible, the child has to be a member's child, grandchild, or great-grandchild. Also, to receive a present they must be signed up by December 2 and the child needs to be present at the Children's party to receive Santa's gift.

There will not be any Friday night dinners during the month of December, but we will resume again in January.

We were at the district meeting on November 19<sup>th</sup>. All dues are to be paid by December 15<sup>th</sup>, 2017 so they can be processed before December 31<sup>st</sup>, 2017. So please be sure to get your dues paid before the 15<sup>th</sup>. Thank You!! Please send to Karen Cain. If you need to ask questions, Karen's number is 812-327-1944.

Everyone, please have a safe and Merry Christmas and a happy New Year. Keep in your mind always our troops (near and far) maybe they and all of their families be safe. May God bless you all. ❖

**Dorothy J White**  
**President - VFW Auxiliary**  
**812-345-9025**

## Be Your Own VA Rating Specialist

You are sitting around, your team is hopelessly losing the ball game on the telly, and it's too dark to work outside. You remember to give yourself your [Agent Orange] diabetes shot or your Airborne knee hurts or your mind wanders back yet again back to seeing your buddy hit or . . . wait a minute . . . you just realized that your service connected disability has seemed worse the last year or so.

With few exceptions, after the VA rates your service connected disability/disabilities they leave you alone. That's polite for, "They forget about you." Restated, you may have an Infantry Airborne knee that was VA rated 10% disabling when you were 25 years old. At 25, your young, healthy muscles, tendons, and ligaments could compensate quite a bit for a torn meniscus. A few decades later, not only are your muscles weaker but they and all your other joint-surrounding tissues are less elastic, more prone to inflammation, and – to be blunt – old. Your knee, without its normal configuration of cushioning & lubricating cartilage has prematurely developed painful osteoarthritis which limits the knees range of motion. Your service connected knee really is worse in the sense of more painful and limiting to your activities, but how much, if any, worse compared to VA rating standards? The VA is not going to initiate a re-evaluation of your knee.

You know the old saying, "If you want something done right, do it yourself"? Well, you can review the current accuracy of your VA disability rating. This is not – another old saying – rocket science. To compare your current situation to the applicable VA disability rating standards wake up your PC and go to the Government Publishing Office (GPO) at <https://www.gpo.gov/fdsys/>. On the right hand side of the GPO webpage is the "Browse" list. Click on the top item: "Code of Federal Regulations". On the next screen, choose "2017" (because you want the current version) from the scroll down list, then click "go". The next screen is a list of all the "Titles" of the CFRs – each numbered title corresponding to a Chapter in the United States Code. In our VA example, 38 CFR contains the regulations and guidance as to how to interpret and apply Chapter 38, US Code, i.e., the law governing veterans benefits. Click on the little + box to the left of "Chapter 1 – Department of Veterans Affairs" to open that item to show its subordinate items. Then click on the little + box to the left of "Part 4 – Schedule for Rating Disabilities". Then click on the little + box to the left of "Subpart B – Disability Ratings. Then click on the little + box to the left of "Subjgrp – The Musculoskeletal System". Look down the long list – you're getting close now – until you find "Section Â§ 4.71a - Schedule of ratings-musculoskeletal system" followed by "PDF | XML | More" on the same line. Click on the "PDF" option so you can see the images with the text. There you are. The actual standards.

On page 416 of the PDF document you will find the directly applicable standards for cartilage problems of the knee

5258 Cartilage, semilunar, dislocated, with frequent episodes of "locking," pain, and effusion into the joint .....20  
5259 Cartilage, semilunar, removal of, symptomatic .....10

The four digit numbers are the diagnostic codes. (These

codes are important when filing for Combat Related Special Compensation, but that's a story for another day.) **"20" means 20% and "10" means 10%**

"Semilunar" describes the typical outline shape of the torn portion of a knee cartilage.

"Dislocated" describes the torn portion of the cartilage being out of place such as folded back over the remaining cartilage inside the joint. (Ouch!)

"Frequent episodes of 'locking', pain, and effusion into the joint." The knee sometimes gets "stuck" or "locked". It hurts. "Effusion into the joint" is usually synovial fluid, i.e., "water on the knee" accumulating in and around the knee. The knee is irritated and it puffs up. This is Mother Nature's way of telling you to get the knee fixed and/or to stop doing whatever you were doing right before the knee acted up.

"Removal of" = the ortho people surgically removed the fragment of cartilage.

"Symptomatic" = not as good as "asymptomatic" which means "no symptoms". Symptomatic, in this context, means they took out the cartilage fragment and the knee still has problems, just not as severe as the "Frequent episodes of 'locking', pain, and effusion into the joint" problems characteristic of a 20% rating.

Now that you are getting the hang of it, have someone help you measure the flexion of (amount you can bend) that bum knee. Compare the result to the following standards from that same page 416:

5260 Leg, limitation of flexion of:	
Flexion limited to 15° .....	30
Flexion limited to 30° .....	20
Flexion limited to 45° .....	10
Flexion limited to 60° .....	0

If the knee can't bend more than 15° (sort of like Chester on Gunsmoke) = 30%.

When I am not sure of what a medical term means, such as "ankylosis" (not a fun word, but you find it a lot in rating standards for joints), I let Google find the definition: ankylosis = immobility and consolidation of a joint due to disease, injury, or surgical procedure. Restated: the joint is permanently non-flexible.

Remember that next-to-last click, where you found that long list of sections of The Musculoskeletal System? Before you graduate from this short course in rating disabilities you should read the guidance sections, i.e., the "how to" information on such topics as evaluations of muscle disabilities, painful motion, functional loss, dominant hand, heck – read as much as you feel you need to know about factors that might apply to your situation.

If, in your now educated opinion, your service connected disability has worsened enough to support a higher percentage rating, file the VA Form 21-526b. The first check block is for Increased Evaluation. Your friendly Post 604 Service Officer can provide assistance. ❖

**John Tilford – Service Officer**

# DECEMBER 2017

Closed	Open 1200 - 2200	Open 1600 - 2200	Open 1600 - 2200	Open 1600 - 2200	Open 1600 - 2200	Open 1000 - 2200
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					 6:00 PM - Kitchen Open Standard Bar Menu Commander's Drawing 1900	 1 2
3	4 HOT DOG MONDAY Open @ Noon	5	6	7  Starts at 7pm * Vet to Vet – 1800	8  6:00 PM - Kitchen Open Standard Bar Menu Commander's Drawing 1900	9  Children's Christmas Party 10AM until Noon
10	11 HOT DOG MONDAY Open @ Noon	12	13	14  Starts at 7pm * Vet to Vet – 1800	15 Christmas Dinner 6:00 PM – 8:00PM Pitch-in Post providing Ham & Turkey Bring a covered dish or dessert Commander's Drawing 1900	16
17	18 HOT DOG MONDAY Open @ Noon	19 Meetings V.F.W. – 1800 V.F.W. Aux – 1800	20	21  Starts at 7pm * Vet to Vet – 1800	22  6:00 PM - Kitchen Open Standard Bar Menu Commander's Drawing 1900	23
24 Closed Open 1800 until **2018** 31	25 Closed Merry Christmas	26	27	28  Starts at 7pm * Vet to Vet – 1800	29  6:00 PM - Kitchen Open Standard Bar Menu Commander's Drawing 1900	30

(\* For Vet-to-Vet Held at IVY Tech, 200 Daniels Way room A118 – Check website <http://www.vettovetbloomington.com/> to confirm location)

Telephone Number (812) 339-2375

Charity Game Night License # 144211

Raffle License # 1414210



Sr. Vice Commander Cathi Johnson presents flag donated to the Mt. Tabor Christian Church in Monrovia, Indiana

## Veteran's Day Post Presentations



Auxiliary President Dorothy White participates in Veterans Day Ceremony (also participating not pictured are Sr. Vice Commander Cathi Johnson and Post Chaplain James Arnold)

## 2018 FOR POST 604!!

First, let's run down how the **Friday Night Dinners** will go this month:

The 1<sup>st</sup> and 2<sup>nd</sup> Fridays (1<sup>st</sup> & 8<sup>th</sup>) there will **NOT** be a Dinner Special, however the Regular Menu will be available.

The 3<sup>rd</sup> Friday (15<sup>th</sup>) we will have our **Free** Post Christmas Dinner.

The 4<sup>th</sup> Friday (22<sup>nd</sup>) there will **NOT** be a Dinner Special however the Regular Menu will be available.

The 5<sup>th</sup> Friday (29<sup>th</sup>) there will **NOT** be a Dinner Special however the Regular Menu will be available.

And we are **YES!** going to have a **SUNDAY** opening this month (read below for details).

Okay, that brings us to our Post 604 Holiday schedule—here we go!

Christmas Eve (24<sup>th</sup>) falls on a Sunday so we will **NOT BE OPEN** and that means (duh!) Christmas Day falls on Monday which we will **NOT BE OPEN**.

Then we get to the 31<sup>st</sup> (Sunday) New Years Eve—**YES** we are going to be **OPEN** at 6:00 p.m. and close at ??????

For the last three years we have had a **Pot Luck Pitch-In** for food and members have enjoyed it so we are doing it again—we ask that you bring your favorite dish, maybe a dessert also, the Post will have a pot of **B-B-QUE Pork** and from there we will just tip-toe our way into **2018 (we are not very noisy)!!** So make plans to come out and celebrate New Year's Eve with us here at Post 604!!!

One more note: We will **NOT** be open on Monday — **Jan 1<sup>st</sup>** — New Years Day

The Post 604 House Committee would like to wish all of our Post Members / Volunteers along with Active Military Personnel, Veterans, and their families (where ever they might be this year) a Very Merry Christmas & Happy New Year. ❖

**House Committee**

Laurens B. Strain V.F.W. Post 604  
2404 W Industrial Park Drive  
Bloomington, IN 47404-2690

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**FROM**  
**VFW POST 604**  
**SEASON'S GREETINGS**  
**TO ALL**

