



# Motorcycle Safety

Veteran Services  
2100 Campus Drive SE,  
Suite 200  
Rochester, MN 55904  
(507) 328-6355

The nice sunny weather is upon us. Many of us will get outside and enjoy the weather. Children are playing outside, there are more walkers, bicyclists, runners, and motorcyclists.

## **Please look twice for pedestrians, and motorcycles.**

Motorcycles can be fun and are fuel efficient. This is not new news, to anyone that has ridden one. Neither is the fact that they are more dangerous than a car. Still many riders enjoy a lifetime of riding without an injury. The key to weighing your odds, is to be prepared and avoid risks.

### ***Safety Tips***

1. Don't buy more bike than you can handle
2. Invest in antilock brakes
3. Hone your skills
4. Use your head
5. Wear the proper gear
6. Be defensive
7. Avoid bad weather
8. Watch out for road hazards
9. Be ready to roll: Before each ride, do a quick walk-around to make sure your lights, horn, and directional signals are working properly. Check the chain, belt, or shaft and the brakes. Inspect the tires for wear and proper pressure

American Legion Riders, Post 92  
Meets the 2nd Thursday of each month  
7pm, American Legion Post 92  
315 1st Ave NW, Rochester, MN 55901

POW/MIA Riders Association, Member Meeting  
2nd Saturday of the month 11am-1pm,  
VFW Post 1215 16 6th Street SW, Rochester, MN





# FIFTH ANNUAL CPL CURTIS M. SWENSON MEMORIAL GOLF BENEFIT

**Saturday, May 30, 2015**

**Willow Creek Golf Course**

1700 48<sup>th</sup> Street SW  
Rochester, MN 55902  
(507) 285-0305

**Best Shot - 18 Hole**

Registration - 10:30 am

Program - 11:30 am

Shot Gun Start - 12:00 noon

**Auction Items**

**Dinner - 6:00 pm**

**Team (4): \$360**  
golf/cart/dinner  
**Individuals Welcome**

**Dinner: \$20**

**Hole Sponsors**  
\$300/\$500/\$1,000

**Send Donations To:**

**Cpl. Curtis M. Swenson  
Memorial Fund**  
c/o Dave or Kay Swenson  
4520 58<sup>th</sup> Lane NW  
Rochester, MN 55901  
Phone: (507) 287-0116

**Honoring our Heroes**  **Never Forgotten**

**Register and Pay Online by May 20th**  
[www.wpgolf.com/willowcreek](http://www.wpgolf.com/willowcreek)



**Olmsted County Veteran's Services**

# OUTWARD BOUND FOR VETERANS

Veteran events are open to active duty, and veterans of all conflicts who have deployed as a part of their service. All applicants to veterans courses will be asked to verify their service with their DD214 for veterans or deployment documentation for active duty personnel.

For more information, visit: <http://www.outwardbound.org/veteran-adventures/outward-bound-for-veterans/>

Lake Superior Sea Kayaking  
6/19/15-6/14/15

Boundary Waters Canoeing  
6/17/15-6/23/15  
9/13/15-9/19/15

## Memorial Day Events

**Monday, May 25**  
**Soldiers Field Veterans Memorial**  
**300 7th Street SW, Rochester, MN 55902**  
**Times: 9:45am Parade; 10:30am Program**





## **PTSD Support Group for Veterans, Friends, and Family Members**

SEMCIL's Veteran Services Program is offering a support group for Veterans that have been diagnosed with PTSD, or those who have signs and symptoms of PTSD, and their family members. Maybe you need to talk or just be in the company of your extended Veteran family. The support group will be a place for Veterans to share, heal and talk about their experiences in dealing with PTSD. We will be there for each other.

We are our brothers and sisters keepers because the oath we took to never leave a fallen comrade has no expiration date. For many of us, combat veterans, there are daily reminders of deaths of brothers and sisters.

The group will be facilitated by Jennifer Shumaker, Veteran

### **Upcoming meetings:**

**Thursday, May 28, 2015**

**6:30pm-8:30 p.m.**

**American Legion  
315 1st Ave NW,  
Rochester, MN, 55901**

Jennifer at 507-328-6324 or [shumaker.jennifer@co.olmsted.mn.us](mailto:shumaker.jennifer@co.olmsted.mn.us)



# Summer Vacation

Where does travel fit into healthy money habits? It is important to have fun with money and it is good to have goals to focus on.

## Tips for Saving on Travel

- 1. Be realistic about what you can afford.** Hey, we all want an amazing vacation, but choosing a trip you cannot afford will likely add more stress to your life. After all, what's the point of taking time to relax if you'll be paying for it for several months to come?
- 2. Create a trip budget.** To help you, try Travel Calculator: <http://www.practicalmoneyskills.com/calculators/calculate/travelBudgeting.php?calcCategory=family>, which can help you calculate the cost of gas, lodging, food and more. It's also available as a free iPhone app, which you can download from [www.itunes.com](http://www.itunes.com)
- 3. Shop around.** There are many websites that make it easy to compare fares from a variety of airlines, hotels and rental car companies, and check out Trip Advisor, ([www.tripadvisor.com](http://www.tripadvisor.com)) , take advantage.
- 4. Protect yourself.** When ordering tickets, make sure the sites you are using are legitimate. Once on your trip, safeguard your identity by keeping your passport, driver's license and credit cards in a safe place away from view. Also make sure to make photocopies in case of theft. If you do become a victim of identity theft.
- 5. Expect the unexpected.** Credit cards get lost. Flights get delayed. Storms arrive unexpectedly. Keep unknowns in mind when planning your trip, and set aside an extra 10 to 15% of your travel budget for emergencies or surprises.
- 6. Take advantage of technology.** These days, few travelers leave home without their smart phones and iPads. Apps like Hotel Tonight and iFly Pro allow you to digitally book hotels, check in for flights and organize itineraries.
- 7. Consider alternative lodging.** Companies like Airbnb, a service that allows you to rent unoccupied living space in other people's homes, are increasingly popular , as well as Vacation Rentals By Owner (VRBO)– and in many cases, cheaper.
- 8. Military/Veteran.** Last but not least, do not forget to ask all of the travel bookings about a veteran, or military discount. Bring a military ID, or a DD214 along on your trip to show proof of service.

Example:

The US Virgin Islands offers a military appreciation packet that includes a \$50 dining certificate, \$50 retail certificate, and a \$50 activity certificate, and many more coupons and deals. Register at : <http://usvi getaway.com/military/>





## “Application Form “Trolling for the Troops 2015”

We believe that all Veterans and any Soldier of any branch and service, who have served our country through the years deserve a day on the lake. If this describes you, here’s your opportunity to get a chance to fish with some of the best anglers in the Midwest! Well known professional fishermen and others will guide a Veteran and a Soldier for a day on Mille Lacs Lake or the Mississippi River! This will be a fun, exciting, day of fishing in boats that make heads turn. Prizes will be awarded to the most successful anglers!

### Details: Trolling for the Troops

**Date:** Thursday/Friday, June 4-5, 2015

**Headquarters:** Camp Ripley, MN

**Fishing Locations:** Mille Lacs Lake and Mississippi River

**To apply:** [http://www.mnlegion.org/html/trolling\\_for\\_the\\_troops.html](http://www.mnlegion.org/html/trolling_for_the_troops.html) **print the application form and send to:**

Department Adjutant Randy Tesdahl, The American Legion, 20 West 12<sup>th</sup> Street, Rm 300A, St. Paul, MN 55155, or you can email in **PDF Format Only** to [rtesdahl@mnlegion.org](mailto:rtesdahl@mnlegion.org). **Applications are due by May 15, 2015!** There is no application fee for the fifth annual Trolling for the Troops. It is important that your application reflect your current mailing address. A sponsor will select the participants. Those most recently deployed will have preference. Once selected, information regarding billeting & meals will be mailed to you.

### Fishing Application: (Minnesota Veterans & Soldiers)

Name \_\_\_\_\_ Rank: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home # ( ) \_\_\_\_\_ Cell # ( ) \_\_\_\_\_

Email \_\_\_\_\_ D.O.B. \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone # ( ) \_\_\_\_\_

Relationship to Emergency Contact: \_\_\_\_\_

Briefly describe (IF) physical disabilities: \_\_\_\_\_

Do you require the use of a WHEELCHAIR for independence: Yes \_\_\_\_\_ No \_\_\_\_\_

Please circle items used: WALKER CANE CRUTCHES other \_\_\_\_\_

Allergies (be specific) \_\_\_\_\_

Veteran: Yes \_\_\_\_\_ No \_\_\_\_\_ Which War: \_\_\_\_\_

Do you want your Spouse/Care giver to fish with you? Yes \_\_\_\_\_ No \_\_\_\_\_, Name \_\_\_\_\_

Shirt Size, Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XLarge \_\_\_\_\_ XXLarge \_\_\_\_\_

Spouse/Care Giver Shirt Size, Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XLarge \_\_\_\_\_ XXLarge \_\_\_\_\_

For specific questions regarding the event, please contact: Randy Tesdahl, The American Legion: 651-291-1800 or email [rtesdahl@mnlegion.org](mailto:rtesdahl@mnlegion.org). Information regarding lodging and logistics will be mailed to the selected applicants.

Housing & meals will be provided by event sponsors.

By signing this application you hereby agree /allow for voice and photo release to promote the 2015 T4T event. Signature: \_\_\_\_\_

Spouse/Care Giver Signature: \_\_\_\_\_

### June 4

1500 - 1645 Registration -Team Meet and Greet @ Camp Ripley

1700 - 2100 Group photo, evening dinner, door prizes

### June 5

0630-1530 Fishing

## Upcoming local events

### **Rochester American Legion Post 92**

**3rd Tuesday of each month**

**315 First Ave NW**

**Rochester, MN 55901**

**7pm**

### **Legion Riders**

**2nd Thursday of each month**

**7pm**

### **Forty et eight at the American Legion**

**2nd Tuesday of each month**

**7pm**

### **Military Order of the Purple Heart**

**3rd Thursday of each month,**

**6pm, March, May, July, September, and**

**November**

### **Rochester VFW Post Meeting**

**2nd Tuesday of each Month VFW Post 1215**

**16 6th Street SW, Rochester, MN 55902**

**7pm**

### **Byron American Legion Post 119**

**1st Monday of the month**

**8pm**

**505 Frontage Road NW, Byron, MN**

### **Vietnam Veterans of America**

**Meets 4th Monday each month**

**at 7:00pm, at the Rochester American Legion**

**315 First Ave NW**

**Rochester, MN 55901**

### **DAV Meeting**

**2nd Monday, of each Month Rochester's Elks Lodge**

**1652 Hwy 52 N, Rochester, MN 55901**

**5:30pm dinner, meeting at 6:00pm**

### **Korean War Veterans**

**Every Monday at Grandmas Kitchen**

**1514 N Broadway, Rochester, MN 55906**

**(Silver lake plaza)**

**8 AM**

### **Marine Corp League Meeting**

**4th Tuesday of the month, 7pm, American Legion**

**315 First Ave NW, Rochester, MN 55901**

### **Kasson American Legion Post 333**

**Third Thursday of the month**

**March 19 , 7pm**

**212 West Main Street , Kasson, MN 55944**

### **Chatfield VFW Post 6913**

**2nd Tuesday of the month**

**9– 2nd St SW, Chatfield, MN**

### **Gulf War Veterans of America**

**1st Monday of each month**

**May 4th 1st kick off meeting**

**7pm, at the Rochester American Legion**

**315 First Ave NW**

**Rochester, MN 55901**



**“To promote the interests and welfare of veterans, their dependents and survivors and to enhance their quality of life through counseling, claims assistance, education, advocacy and special projects.”**



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