



American Legion Post 154

Rathdrum Idaho

Volume 1 Issue 3

April 2015

Commander's Message:

Good day fellow Legionnaires

Part 2 Leadership

"We must be ready to dare all for our country. For history does not long entrust the care of freedom to the weak or the timid. We must acquire proficiency in defense and display stamina in purpose." - President Eisenhower, First Inaugural Address

Contributor to these comments came from Forbes and Glenn Llopois; The Most Successful Leaders Do 15 Things Automatically, Every Day

Leadership is learned behavior that becomes unconscious and automatic over time. The process of making these decisions comes from an accumulation of experiences and encounters with a multitude of difference circumstances, personality types and unforeseen failures. The American Legion needs to become a leader of leaders in the veteran community. If you are looking to advance your leadership capacity and / or already assume leadership responsibilities – here are a few things you may want to think about.

1. Make Others Feel Safe to Speak-Up: Successful leaders deflect attention away from them and encourage others to voice their opinions. They are experts at making [others feel safe to speak-up](#) and confidently share their perspectives and points of view
2. Make Decisions: Successful leaders are expert decision makers. They either facilitate the dialogue to empower their colleagues to reach a strategic conclusion or they do it themselves
3. Communicate Expectations: Successful leaders are great communicators, and this is especially true when it comes to “performance expectations.” In doing so, they remind their colleagues of the organizations core values and mission.
4. Challenge People to Think: The most successful leaders understand their colleagues’ mindsets, capabilities and areas for improvement. If you are not thinking, you’re not learning new things. If you’re not learning, you’re not growing – and over time becoming irrelevant in your work.
5. Be Accountable to Others: Successful leaders allow their colleagues to hold them accountable and to assure they are being proactive to their needs. Being accountable to others is a sign that your leader is focused more on your success than just their own
6. Lead by Example: Leading by example sounds easy, but few leaders are consistent with this one. Successful leaders practice what they preach and are mindful of their actions
7. Properly Allocate and Deploy Talent: Successful leaders know their talent pool and how to use it
8. Ask Questions, Seek Counsel: Successful leaders ask questions and seek counsel all the time
9. Problem Solve: Successful leaders tackle issues head-on and know how to discover the heart of the matter at hand
10. Positive Energy & Attitude: Successful know how to set the tone and bring an attitude [that motivates their colleagues to take action](#)

Commander (cont) 11. Genuinely Enjoy Responsibilities: Successful leaders love being leaders – not for the sake of power but for the meaningful and purposeful impact they can create. You must enjoy what you do.

Post Leadership is the backbone of the American Legion. So you may be asking yourself what does this all mean to me as a Legionnaire. This means that it is time for our members to become our future post commanders and post officers. This means please consider learning what the post officers do. Thank you and have a great month. Dee Sasse, Commander

1st Vice-Commander:

Hello again, my how the time is flying by. I would like to thank everyone who is making the membership grow to where we are today. We have reached 51 members. We all can be proud of all the hard work that is being done on the membership side of the house. Special thanks go out to Larry Carstensen and Bill and Helen Kinder for working the post 85 lists and finding 11 new members.

A Lot of events will be going on the next couple of months. April 5th will be the Rathdrum Easter egg hunt which we have taken over from the family who has been doing it for 42 years. It will be held at Lakeland High school starting at 12:30. We will be dropping approx. 12 thousand plastic eggs, and are expecting 700 children. Please come out and support the legion, city and of course the children.

May brings Memorial Day remembrance, which we will be helping the city of Rathdrum Parks and Rec making this ceremony happen. Again it will be early to rise to put up flags and get the Pine Grove Cemetery ready for the busy day.

May 9th is Pine Grove Cemetery clean up from 10 am to Noon, at which time hot dogs and refreshments will be served at the Lions club. Please let me know if you can help. I will have signup sheets available at our meetings, for all events. Thank you for all your help. For God and Country – Mike Warren, 1st Vice-Commander

2nd Vice Commander

Job Fair

The Post Falls Department of Labor is holding a job fair on Wednesday April 15, 2015 from 10:00 a.m. until 2:00 p.m. at the Real Life Ministries Church at 1866 North Cecil Road in Post Falls. Al and I plan to participate. It is my objective to sign up between ten and fifteen employers for tables at the Veterans Stand Down on May 9th at the Kootenai County Fairgrounds.

Oratorical Contest

I have contacted Mr. Brad Murray, Superintendent for the Lakeland School District, and asked for his support for the Oratorical Contest next year. He is willing to assist in promoting the event within the schools, so at this point in time I am hopeful we will have contestants from the Rathdrum community.

Women's Memorial

There is a Women's Memorial in Washington D.C. Currently more than 259,000 military women are now registered with the Memorial. You send a photo in uniform and a brief history of your service. Their website is www.womensmemorial.org - Margaret Ogram, 2nd Vice-Commander

Adjutant:

The American Legion has a noble mission and so does Post 154. I joined the VFW in Coeur d'Alene last year and when attending the first meeting the Commander, Gary Legard who is also a member of The American Legion, read a statement that has stuck with me and I think that it is a great reminder for myself and each of us as we enter into meetings and activities with the Post. I asked Gary for a copy and here is what it says: "Comrades, we are assembled again to transact business of mutual benefit. Do not let petty jealousies or trivial personalities influence our deliberations. Let us uphold always the obligations of unselfish comradeship and loyalty to our organization and to the government of the United States of America. I now declare Post 889 duly open or the transaction of business." Together we can accomplish much for veterans and the community.

There is going to be a Medal of Honor dedication for Highway 3 which runs from I 90 Rose Lake cutoff and then about 117 miles to Highway 12 close to Spalding. I took a picture of the signage on I 90 at Rose Lake which is attached.

This is being conducted by American Legion Post 25 in St Maries on July 25th. There has been lots of advance planning. They have invited any veterans' organization that has an Honor/Color Guard to participate in the ceremony that day. Evidently there are many of the military motorcycle groups that will be represented. Coordination with what you or your group might like to do should be done with the representative of that committee.

As a part of the event they have struck a silver coin. I am attaching a photo of both sides of the coin. It's not very good as I took it but will give you an idea of what it is. It is 1 Troy ounce .999 silver. The cost is \$30 and if you want it shipped it's another \$7.50. But they would prorate shipping if there were a number of them or we can meet the organizer of this and pick them up to avoid shipping costs.

They need 400 pre-orders to make it worthwhile to do and say that they had over 100 prior to the weekend. I know that they received many more pre orders on Saturday. They hope to have a website up soon and flyers out too.

If you or anyone in your organization would like one or more or think that they would be good gifts let me know as I have an order log. Just send me your name, address and phone number.

They are much nicer than the photo shows as they are clean and crisp looking. – Bryan Bledsoe, Adjutant



Chaplain's Pew:

April 5, 2015....Easter Sunday. Whether you embrace the Christian faith which includes the resurrection of Jesus or not, Easter is celebrated as a time for hope, renewal, and looking forward for better times. Everyone gets the national holiday off of work (or comp time if you work weekends) in the USA...and this is whether you are Jewish, Christian, Muslim or of no religion affiliation. So, think forward...think of joy and hope....think of renewing relationships or connections with those you love. Easter....renewal, hope, love....and grab as many Easter eggs in the hunt as you can. Your Chaplain....sitting in the pew. – Paula Attwood, Chaplain

Memories of my Service

Following my first tour in Vietnam during which I was a Platoon Leader with the 4th Infantry Division, I volunteered for a second tour. I took a two week leave and returned to the Continental U.S. Following my leave, I was waiting at Ft. Lewis, Washington for orders to ship back out, and had been told that I would be assigned to the 101st Airborne Division as a Company Commander. During that time, I was assigned as a training officer for a MASH unit (Mobile Army Surgical Hospital) that had been called up from the reserves, and was being prepared for deployment to Pleiku.

I did about three days of training with this unit, which seemed pretty hopeless.

The unit was under the command of a fairly senior Major, who seemed pretty “gung ho”, and was happy to have an Infantry officer attached to him who had recently been in Vietnam. On the third day of my assignment, I was told that the unit would be doing a field exercise which consisted of deploying to a remote site, securing the site, setting up its equipment and handling a “mass casualty” exercise. This was to take place in two days. I did what I could to assemble an advance party and train them to assault and secure the proposed site.

About 4:00 a.m. on the day assigned, I was assembling the “advance party” of about 10 and two jeeps. I had called in a favor from a supply Sargent that had been with my unit in Nam, and secured an M-60 and a load of blanks. My advance party of medics was armed with M-14’s all loaded with blanks. I also found about a half dozen ceramic tear gas grenades in the unit’s armory, which I had sitting out. The grenades were apparently left over from some riot control training they had had.

The mighty Major came down to draw his side arm, and saw the grenades and wanted two of them to hang on his web gear. I told him that I did not think that was a good idea, but if he still felt he needed to do that he should carry them in his fatigue pockets, like we had done in ‘Nam. That advice fell on deaf ears, because he wanted to look like a smaller version of John Wayne.

I left with the advance party and located the site for the unit’s deployment. We got out of our vehicles about a half mile from the site, and approached by foot, through the woods. The first thing we found was the duce and a half that the aggressor troops had used to haul themselves and their equipment to the site for ambush. It was not under guard so we took their ammo and tear-gassed the interior of their truck. We then patrolled until we found the location of the ambush they had set up, and pulled back. We set up the M-60 as a base of fire with about half of the squad, and I maneuvered around to a flanking position with the balance of my squad. Using handset clicks, I signaled the M-60 to open up, and when the aggressor troops returned fire, we hit them on the flank and took them out. The Lt. in charge was not only upset that his ambush had been ambushed, but VERY upset that his truck was full of tear gas.

With the site secured, I radioed the Major to saddle up and bring the unit in. By this time it was about 7:00 a.m. The Major saddled up and got the convoy rolling right down the main drag of Ft. Lewis, not on the side streets as his NCO had recommended. Wanting to maintain his mental image of John Wayne, the Major had his two grenades hanging from his suspenders, his helmet, his side arm and his clip board. He had a PRC 10 radio attached to the rear compartment of his open jeep with the microphone attached to his web gear. About four blocks into the trip, the Major dropped his clip board out of the jeep. Not wanting to stop the convoy, he leaped from the jeep (which was still moving) and got about two steps until the microphone cord from the radio reached its limit. With a “SPRONG” the cord pulled the Major off his feet, and he was now being dragged along on his butt by his jeep. Reaching blindly to disconnect himself from the radio, the Major pulled frantically to unhook the microphone but, instead, pulled off one of the tear gas grenades which went off in his hand, blowing off two fingers. THAT stopped the convoy. It also sent a cloud of tear gas across the front of the Commanding General’s home and the (cont)

Post's elementary school where kids were gathering for school. I got a frantic call on the radio from one of the Medical officers asking me to get there ASAP and sort out the mess, which I did, and became interim commander of a MASH unit while it was on the field operation. The Major, who I visited at the Post hospital, had just received orders to a remote island off the coast of Alaska. About a week later, as I boarded my jet back to the jungle, I told myself it would be good to get back to a less dangerous assignment. – Len Crosby

Now, who will be the next to tell a story? Send to <mailto:admin@rathdrumpost154.org>

April 2015 Calendar

Su	M	T	W	Th	F	Sat
			1 Children & Youth Month	2	3	4
5 American Legion Child Welfare Foundation Week Easter Egg Hunt 12:00 AM	6	7	8 Executive Committee Meeting 6:00 PM	9	10 78th Oratorical Finals	11 78th Oratorical Finals
12 78th Oratorical Finals	13 Movie "Last Days in Vietnam" 6:45 PM	14	15	16	17	18
19	20	21	22 Membership Meeting 6:00 PM	23	24	25
26	27	28	29	30		

Speaker of the Month:

Sandra Wach, Senior Lending Officer/ Partner, Certified Military Housing Specialist has over 25 years' experience in the Mortgage Industry – her expertise is in Residential Lending with a focus in Conventional Loan Programs (Fannie Mae / Freddie Mac) and Government Loan Programs (FHA, VA, USDA, State Housing, and Non-Profit). She got her start in the business working for one of the major credit repositories before moving into Wholesale Lending and ultimately moving into the Retail Lending. In 1997, she became a Partner with YES Mortgage and over the years she has helped thousands of clients attain their dream of homeownership. In addition to assisting clients with their overall wealth accrual through real estate ownership, she has helped to create a business that's focus is not just to realize a profit, but to enhance communities. Sandra understands that each borrower has a unique situation and goal for the future and it's important to work as a team to accomplish those goals. Sandra and her Partner, a Vietnam Veteran, specialize in helping to educate Veterans and Military Personnel on how they can overcome the credit challenges that many face today. She has worked through all of the economic and regulatory changes which have created havoc in the Real Estate/Mortgage Industry and she is able to give potential home buyers insight on how to not only successfully navigate the "mortgage maze", but to avoid costly pitfalls throughout the process.- Margaret Ogram, 2nd Vice-Commander

Bits & Pieces

- Graham Crutchfield has ordered Veterans Honor roses. One is earmarked for the Rathdrum Cemetery providing that we get permission to plant it there.
- Fu-Ki, a Japanese Steak House, at 1500 East Seltice Way in Post Falls offers discounts to veterans and the military.

Volunteer of the Month

Each month the Executive Committee will select a member as Volunteer of the Month. The VOM will be someone who has shown themselves to be dedicated to the principals of the American Legion and Post 154, veterans and their families, and the community. They will have gone beyond their "job description" as a member and will be recognized at the membership meeting, in the newsletter (here) and on the website [here](#).

The Post 154 Volunteer of the Month for March is Margaret Ogram, 2nd Vice-Commander. Margaret is diligent in arranging guest speakers special presentations for membership meetings. She is working hard to ensure that Post 154 has an Oratorical Contest in 2016, meeting with the high school to encourage their participation. She not only volunteers to do whatever needs to be done in the post, but also works very hard for the ESGR, Stand Down, and other veterans' groups in the area. Thank you Margaret for all you do.

Service Officer:

This information comes from the VA and is important to read because it explains the new VA Prescription Labels. Charlie Till, Service Officer

A New and Improved VA Prescription Label



VA asked hundreds of Veterans to tell us what they liked and didn't like about the labels on their prescriptions.

We heard you. The results led to this new patient-centric prescription label.

We've cleaned up the look and made the following changes:

Your name has been moved to the top of the label.

Directions on how to take your medication are now larger and bolded.

The date the prescription can no longer be refilled is clearly stated.

The new design makes it easier to identify important drug and safety information.

4.8 Million Veterans Benefit from New Labels

VA has now adopted this patient-centric prescription label as the standard format for all VA pharmacies. The 4.8 million Veterans receiving VA prescription benefits now receive prescription labels with standardized information.

“Improving and standardizing prescriptions labels is an important step, but ultimately our goal is to encourage Veterans to be active participants in improving their health outcomes. We want our Veterans to speak up and ask their pharmacist or provider if they are unclear on how to take their medication or what it is used for.” (cont)

Potential to Misinterpret Medication Labels

The VA prescription benefit is one of the most frequently used by our Veterans. More than 4.8 million Veterans use this benefit and the number is growing by 1 percent per year. VA filled more than 143 million prescriptions for Veterans in fiscal year 2014, at a cost of approximately \$3.7 billion. In support of the prescription benefit, VA employs more than 7,000 pharmacists and 4,000 pharmacy technicians.

When Veterans understand how to take their medications correctly, they have improved health outcomes and total health care costs decrease. However, NCPS saw cases in which Veterans misinterpreted their prescription labels and subsequently had a poor clinical outcome.

For example, Veterans have often misunderstood labels for diabetes medication that read “Take two tablets by mouth twice a day (half-an-hour before a meal)” to mean the medication should be taken before every meal — or — three times a day. This has resulted in patients experiencing hypoglycemia.

Studies have shown that depending on their literacy level, 25 to 88 percent of patients could not correctly state how to take their medications.

The project evaluated Veterans’ literacy with current VA prescription labels, as well as comprehension and satisfaction with a proposed new patient-centric label, using an evidence-based, patient-centric evaluation model. The goal was to provide evidence that a standardized patient-centric label can increase each Veteran’s understanding of how to take his or her medications.

The evidence is in and the new and improved patient-centric prescription labels are now the standard at all VA pharmacies.

See more at: <http://www.va.gov/HEALTH/NewsFeatures/2015/January/A-New-andImproved-VA-Prescription-Label.asp#sthash.0bCHUxxt.dpuf>

Upcoming Special Events

Happy  Easter!



Rathdrum Easter Egg Hunt

April 5th 2015

Lakeland High School

12:30 Mayor Vic Holmes will welcome the community

12:45 Line up in the different age groups.

The event itself is scheduled to start at 1:00pm sharp



Watch for next years Easter Egg Hunt

To be held at

Majestic Park

Printing compliments of the



RED ALERT! We need *your* help! There are lots of eggs to “hide” – they really just get dropped in plain sight. But this requires many able bodied people to make this event happen. Can you please help? Bring teenagers too. They’re good at running around. If you can help, contact Mike Warren 208-771-0122 or <mailto:mikeorbonnie@gmail.com>

North Idaho Veterans Stand Down

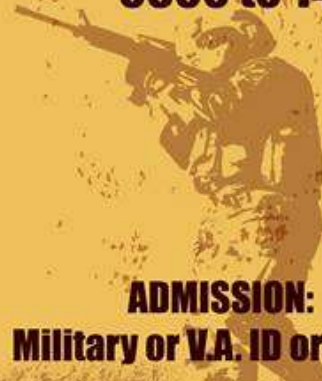
A Day of Appreciation for All Veterans



May 9, 2015

0800 to 1400hrs

- Military Surplus**
(Homeless Vets Only)
- Housing**
- Employment**
- Family Activities**
- Brunch**
- Medical/Dental**
- Hair Cuts**
- Dept. of Veterans Affairs**
- Veterinary (limited)**



ADMISSION:
Military or V.A. ID or DD214

Kootenai County Fairgrounds

4056 N. Government Way • Coeur d'Alene, ID 83815

For more information contact: Eric Swanbeck 208.704.0548

To Volunteer visit: www.KootenaiUnitedWay.org



Thank You to our Proud Sponsors!
