



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho

Newsletter

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Meeting at: Lions Club 16114 N. Meyer Rd Rathdrum

Editor: Jean Bledsoe



Commander:

Good Day Legion Family

It finally feels like spring is coming, the snow has mostly melted, and the sun is getting warmer. We all look forward to the changes that green grass and flowers bring. The satisfaction of finally putting away our long underwear, winter coats and hats. The surprise when we have our cars washed and find out what color it is underneath all that dirt and road salt. The joy of putting the snow blower away and bringing out the lawn mower.

At the Post, we are busy preparing for Spring and Summer as well. We are putting plans together for the Great Easter Egg Hunt, The Poppy Rally and our Memorial Day event. Then comes our Independence Day Celebration with friends and family and the hot days of August. I just want to say, *"Welcome spring and happy summer!"*

Please come to the April meeting as we will be having elections. All positions are open and if you would like run, please let Jean Bledsoe, our Election Committee Chairperson know.

I look forward to all of our events and seeing all of our members doing what we do best, taking care of our veteran family!

God Bless our country. – Dee Sasse, Commander



Adopted on June 9, 1919: Emblem of the American Legion

"There shines the Emblem of The American Legion, it is your badge of distinction, honor and service. It stands for God and Country, and the highest rights of man. Of its several parts, each has a meaning."

Elements of the Emblem:



The rays of the sun

The rays of the sun form the background of our proud emblem and suggests the Legion's principles will dispel the darkness of violence and evil.



The wreath

The wreath forms the center, in loving memory of those brave comrades who gave their lives in the service of the United States that liberty might endure.



The star

The star, victory symbol of World War I, also symbolizes honor, glory and constancy. The letters "U.S." leave no doubt as to the brightest star in the Legion's star.



Outer rings

The larger of two outer rings stands for the rehabilitation of our sick and disabled comrades. The smaller inside ring denotes the welfare of America's children.



Inner rings

The smaller of two inner rings set upon the star represents service to our communities, states and the nation. The larger outer ring pledges loyalty to Americanism.



American Legion

The words American Legion tie the whole together for truth, remembrance, constancy, honor, service, Veterans affairs and rehabilitation, children and youth, loyalty, and Americanism.



IT'S POPPY TIME

May brings us our Poppy Fundraiser. This event is our main fundraiser of the year. It allows us to fulfill our promises to help veterans, their families, and the children of our community. This is an event that requires all hands to pull it off.

We are asking for your help, 4 hours, one or two days during the month of May. Your help will make this fundraiser a success. Everything you need is provided at each location. Locations are as follows.

Friday May 3rd and Saturday May 4th	Walmart Hayden	confirmed
Friday May 10th and Saturday May 11th	Super 1 Rathdrum	confirmed
Friday May 17th and Saturday May 18th	Walmart Post Falls.	pending
Friday May 24th and Saturday May 25th	Yokes Post Falls	confirmed
Friday May 24	Super 1 Athol	confirmed
Saturday May 25th	Cabela's	confirmed

Contact Mike Warren @ mikeorbonnie@mail.com or by phone or text msg. @ 208.771.0122



Chaplain's Pew:

EASTER PRAYER

We thank Thee, O God, for the day in which life and immortality were brought to light through the resurrection of our blessed Lord from the dead.

Evermore in heart and mind we shall sing praises of joy to Him and we shall show our love for Him by our thoughts, words and deeds, our helpful service to others, and faithful performance of all our obligations.

We earnestly ask Thee to bless and preserve all whom we love; comfort and aid all in trouble and distress. We offer our thanksgiving for all graces and favors we have received from You. Amen –
Helen Kinder, Chaplain



DEJA VU! DEJA VU! DEJA VU!

It's happening again, and it's the very reason I wrote my book and began my seminars three years ago.

This morning I am dealing with the family of a veteran.

They thought the VA was going to automatically pick him up and take him out to the Vet cemetery and everything would be magically taken care of.

No, no and no!!

The VA does NOT pay for veterans funerals or cremations. The only thing that is free is burial or inurnment in a state or national cemetery.

However, it's not automatic and not all veterans qualify.

I have met with numerous families over the years who were proud of their veteran. After looking at their DD214, I see that they were in for only a short time, many never got out training. These veterans rarely qualify for services and benefits.

Before you arrive at the cemetery, you must either be cremated or in a casket and the VA pays for neither.

They do NOT pay for caskets, embalming, cremations, urns, services, clergy, music, flowers, folders, slide shows, etc, etc, etc.

All of these services are the responsibility of the family. And must be planned and paid for either ahead of time, or at the time of need.

This is another of the many, many reasons to pre-plan. Get informed, get educated, make a plan and put it into action.

There is no magic. You are 110% responsible for all of your affairs....legal, financial, family and funeral. It makes a world of difference to have most of these things planned out beforehand.

I have watched thousands of families over the years try to handle everything at once when the time came. More often than not, things did not turn out well for the families. There is a lot of additional grief, expenses, hassles and holdups than anyone was expecting.

It seems to be worse with veterans families who just assume that the "VA takes care of everything" and therefore don't make any plans or check on anything beforehand.

PRE PLAN! PRE PLAN! PRE PLAN!!!!!!!!!!!!!!

If you have questions, contact Kellie Richardson @ kellier91@yahoo.com

Submitted by Helen Kinder, Chaplain

deep within my clarity
 I'm nineteen percent insanity.
 the cookie crumbles, the ice cream
 melts...
 my life is closed from reality.

 it has come to my attention
 that my pieces don't all fit.
 the other day I baked my brain
 I forgot to cool and sit.

 you start to eat without a napkin
 when your wasted soul is dead.
 when good turns bad, your outer shell
 will freeze inside your head.

 I cannot be a superwoman,
 I tried that once last week.
 my planet faded; heaven wept
 my world played hide and seek.

 who says I can't protect my heart
 with an extra cupcake liner?
 I feed my crazy healthy brain
 in its 24 hour diner.

 but don't feel sorry for myself
 don't think I can't be free.
 for fiction, fact or what is truth
 you could be just like me.

 By Ruth Aresvik

This poem was written and submitted by our Post Service Officer, Ruth Aresvik. She would like to challenge other members to send in their creative writing to share. Or just start journaling for your own satisfaction, or best of all, start writing down your story for your family to have in the future. Don't let your history be lost in time.



Continuing American Legion 100th Birthday Celebration:

On May 4, Post 154 plans to honor our namesake, Colonel Manuel Schneidmiller. At the request of the Schneidmiller family, that event will take place at 11:00 a.m. at the Schneidmiller Veterans Memorial in Evergreen Cemetery in Post Falls. We would ask that as many members as possible attend this event, wearing your legion hats, shirts, whatever you have. The Schneidmiller family has been very generous to both this community and our American Legion Post. Let's show our respect and gratitude on May 4th.

Blushing pink blossoms
Caress and gently conduct
A spring symphony

National Haiku Poetry Day April 17
 www.NationalDayCalendar.com

Service Officer:

Glad greetings and welcome to the month of "S". I would happily report that S is for spring and call it a day - or many months to come. Instead, I give you something special. All veterans are special and entitled to take advantage of the many benefits offered. This month get familiar with the SAH, SHA and TRA housing grants.

Housing Grant for Disabled Veterans

VA provides grants to Servicemembers and Veterans with certain permanent and total service-connected disabilities to help purchase or construct an adapted home or modify an existing home to accommodate a disability. Two grant programs exist: the Specially Adapted Housing (SAH) grant and the Special Housing Adaptation (SHA) grant.

Special Housing Adaptation (SHA) Grant

SHA grants help Veterans with certain service-connected disabilities adapt or purchase a home to accommodate the disability. You can use SHA grants in one of the following ways:

- Adapt an existing home the Veteran or a family member already owns in which the Veteran lives
- Adapt a home the Veteran or family member intends to purchase in which the Veteran will live
- Help a Veteran purchase a home already adapted in which the Veteran will live

Specially Adapted Housing (SAH) Grant

SAH grants help Veterans with certain service-connected disabilities live independently in a barrier-free environment. SAH grants can be used in one of the following ways:

- Construct a specially adapted home on land to be acquired
- Build a home on land already owned if it is suitable for specially adapted housing
- Remodel an existing home if it can be made suitable for specially adapted housing
- Apply the grant against the unpaid principal mortgage balance of an adapted home already acquired without the assistance of a VA grant

Temporary Residence Adaptation (TRA) Grant

A temporary grant may be available to SAH/SHA eligible Veterans and Servicemembers who are or will be temporarily residing in a home owned by a family member.

- The TRA grant will not be deducted from the total grant funds available to a Veteran or Servicemember
- The TRA grant will be deducted from one of the three usages available to the Veteran or Servicemember
- The maximum amount available to adapt a family member's home for the SAH grant is \$37,597 and for the SHA grant is \$6,713

Eligibility

If you are a Servicemember or Veteran with a permanent and total service-connected disability, you may be entitled to a Specially Adapted Housing (SAH) grant or a Special Housing Adaptation (SHA) grant. The table below provides an overview of VA's housing grant programs for Veterans with certain service-connected disabilities.

Special Housing Adaptation (SHA) Grant

Eligibility	Living Situation	Ownership	Number of Grants You Can Use
<ul style="list-style-type: none">• Blindness in both eyes with 20/200 visual acuity or less, OR• Loss of or loss of use of both hands, OR• Certain severe burn injuries, OR• Certain severe respiratory injuries	Permanent	Home is owned by an eligible individual or family member	Maximum of 3 grants, up to the maximum dollar amount allowable

(cont. below)

Specially Adapted Housing (SAH) Grant

Eligibility	Living Situation	Ownership	Number of Grants You Can Use
<ul style="list-style-type: none"> • Loss of or loss of use of both legs, OR • Loss of or loss of use of both arms, OR • Blindness in both eyes having only light perception, plus loss of or loss of use of one leg, OR • The loss of or loss of use of one lower leg together with residuals of organic disease or injury, OR • The loss of or loss of use of one leg together with the loss of or loss of use of one arm, OR • Certain severe burns, OR • The loss, or loss of use of one or more lower extremities due to service on or after September 11, 2001, which so affects the functions of balance or propulsion as to preclude ambulating without the aid of braces, crutches, canes, or a wheelchair * 	Permanent	Home is owned by an eligible individual	Maximum of 3 grants, up to the maximum dollar amount allowable

* This eligibility criteria is limited to 30 recipients per fiscal year (FY). The cap for FY 2019 was reached in October 2018. Servicemembers or Veterans that have the qualifying disabilities to be rated eligible but did not receive one of the 30 grants due to the cap being reached, may be able to utilize this benefit in FY 2020 or future years, provided the new FY cap is not also surpassed.

- Ruth Aresvik, Service Officer



Adjutant:



Veterans Help Net is a volunteer Veteran Support Organization that started in the Northwest to serve Veterans in Eastern Washington and North Idaho. It was conceived by a small group that believed that there were a lot of Veterans out there that were not aware of the benefits and help that was available to them because they served. The group came up with an awareness marketing idea that centered around two focused messages.

1. **Hey Vets! "Did you know?":** a series of short articles that feature little known or forgotten benefits that are available to veterans or their families. For example: *"Did you know" that a spouse that provides care giving services for a disabled vet can be paid for providing that service, above and beyond the veteran's pension or disability pay?*
2. **Veteran Stories:** a series of stories about veterans that found a benefit that provided help or care for them or their family members. They can tell how their life is better because of this benefit and who helped them find and get the help. We would tell these stories because they were true and inspiring but also so that we can ask the question... *"Does this sound like someone you know?"* Follow this link <http://veteranshelpnet.com/resource-directory/> to locate a Veteran Service Officer to see if you, your family member or friend can get similar help.

With these **two focused messages** we intend to **give hope and help** to many veterans that have earned the benefits but did not know where or how to find the help.

One of our current projects is the "VETERANS CHRONICLE," a cooperative project with the Spokesman Review. It is a 6-page section that is published monthly and features: Veteran Stories and "Did you Know" articles, as well as special features highlighting Veteran service organizations and other relevant veteran stories, events and resources. Here is a link to the latest "Veterans Chronicle":

<http://veteranshelpnet.com/wp-content/uploads/2019/03/3-19-Veterans-Chronicle.pdf>

- Bryan Bledsoe, Adjutant

2019 North Idaho Veterans Stand Down:

On May 11th, 2019, from 8 am to 2 pm St Vincent de Paul will be hosting our North Idaho Veterans Stand Down at North Idaho College in Coeur d'Alene. This is a one-day event held annually to provide services and resources for homeless and disadvantaged veterans in North Idaho and Eastern Washington. Donations are used for planning the event and to assist veterans in need throughout the year. This one-day event is open to all veterans and their families. We anticipate approximately 200 to 400 guests at this function.

0862941... • The original Stand Down for Veterans was modeled after the Stand Down concept used during the Vietnam War to provide a safe retreat for units returning from combat. Today, Stand Down refers to a community-based intervention program to assist all veterans who are homeless or at risk of being homeless with information and services. The North Idaho Veterans Stand Down also incorporates services for veterans' dependents. Veterans will have the opportunity to meet personally with VA healthcare and benefits representatives. Organizations that provide medical, dental, counseling, housing, clothing, clothing repair, food assistance, and haircuts will be available. A hot meal will be served to all attendees, volunteers, and service providers. Employers with job openings will also be present.

We are collecting canned goods and dry goods to be given out to homeless veterans that are eligible to receive military surplus. One grocery bag of food can provide as many as 11 meals. Thank you in advance for supporting the North Idaho Veterans Stand Down. Please contact me if you have further questions. Together we are making a difference in many lives.

Andrea Fulks andrea@stvincentdepaulcda.org

Editor's Note: If you would like to contribute non-perishable foods - especially proteins such as canned tuna or chicken, peanut butter, mac & cheese, dried bean and rice mixes, etc. - you can bring it to our April meeting, or if you can't make the meeting, contact Bill & Helen Kinder at wakinder@roadrunner.com They are Andrea's parents and can help you figure out how to get the food to Andrea for Stand Down.



Vietnam Blue Water Navy Veterans & Widows

Procopio filed a lawsuit against the VA and won! This means that you may file a claim or file an appeal for diseases that are presumptively caused by exposure to Agent Orange. The list can be found here

<https://www.va.gov/disability/eligibility/hazardous-materials-exposure/agent-orange/related-diseases/> More complete information about who qualifies and what is needed to file a claim can be found here: <https://www.facebook.com/notes/ed-ball/guidance-for-state-and-county-veteran-service-officers-across-this-nation-procop/10158327198868082/>

Agent Orange exposure could have occurred in places other than Vietnam. Go toward the bottom of this page to see the list of locations where Agent Orange was used.

<https://www.va.gov/disability/eligibility/hazardous-materials-exposure/agent-orange/related-diseases/> - Bryan Bledsoe, Adjutant



Pretzel Strawberry Salad

1 ½ sticks margarine, melted
¼ c. sugar
2 c. crushed pretzels
2 c. chopped pecans
8 oz. cream cheese

1 c. sugar
2 c. Cool Whip
2 (3 oz.) pkg. strawberry Jell-O
1 (20 oz.) can crushed pineapple
2 (10 oz.) pkgs. frozen strawberries

Mix melted butter, pretzels, nuts, and ¼ cup sugar. Pat into bottom of 9x13 inch pan. Bake 10 minutes at 350°; cool. Beat cream cheese, Cool Whip, and 1 cup sugar. Spread on top of pretzel mixture. Place in refrigerator 30 minutes. Heat pineapple; dissolve Jell-O in it. Add strawberries and stir until gelatin begins to thicken and strawberries thaw. Pour over cream cheese mixture and chill 2 hours. Cover with additional Cool Whip if desired.

Note: Quarter or slice strawberries but be sure to keep them frozen until added to pineapple-gelatin mixture. – Submitted by Helen Kinder, as promised!



Mark Your Calendar:

April 5th 82nd Oratorical Finals www.legion.org/oratorical/finals

April 6th 1917 US entered WWII

April 11th Volunteers needed for Back Pack Program @ Rathdrum Lions Club 9 am

April 11th Post 154 Executive Committee Meeting @ 6 pm Lions Club

April 14th Palm Sunday

April 19th Good Friday

April 20th Rathdrum Easter Egg Hunt – Volunteers at Majestic Park by 9 am

April 20th Passover

April 21st Easter

April 25th Post 154 Monthly Membership Meeting & Potluck

May 4th Manuel Schneidmiller Post 154 Birthday Ceremony at Evergreen Cemetery 11 am – see page 5 for details.

A Healthier You: from The People's Pharmacy

Can You Use Cinnamon to Reduce Your Cholesterol?

Adding cinnamon to food or taking a water-extracted cinnamon supplement may help you reduce your cholesterol, triglyceride and blood sugar levels.

Most people want to keep their cholesterol under control, but some would prefer to do so without medication. It is possible to [use your diet to lower your cholesterol](#) levels. Some people report that [eating oatmeal with cinnamon](#) every morning can make a difference. Will adding cinnamon to your food help reduce your cholesterol?

Reduce Your Cholesterol with Cinnamon and Other Spices:

Q. My doctor has found that my cholesterol is 250 and wants to prescribe a statin to lower it. I've read that cinnamon can reduce your cholesterol. Is that true? [Read Article →](#)

Bits & Pieces

- The Post Membership Committee has noticed a number of members' contact information is no longer current. If you phone number, email or home address has changed since you joined the post, please send your updated information to Bill and Helen Kinder wakinder@roadrunner.com. It is important that we have a way to contact you with information about your Post and veterans' news in general. Together we are stronger.
- The American Legion's official training program for officers, members, Legion College applicants and those who simply want to expand their knowledge of the nation's largest veterans service organization is now available online.

Already taken the old course? The American Legion Extension Institute has been rewritten, updated, streamlined and enhanced with videos, digital photos, clickable links, a historical timeline and additional features. The program should take less than two hours to complete. It is divided into six sections, with a quiz at the end of each one, followed by a final exam. Here is the link to the online Basic Training: <https://www.legion.org/alei>

Volunteer Hours:

Your volunteerism is so important! Please report it. We just need the number of hours in each category. You can copy/paste this into an email and send it to crosbylenmary@frontier.com . Thank you.

Name: _____

	Service to Veterans	Service to Community	Service to Youth	Honor Guard
January	_____	_____	_____	_____
February	_____	_____	_____	_____
March	_____	_____	_____	_____



Yummm...Chocolate!

A Message from the Post 154 Election Committee:

Spring is finally here, and that means elections. Post 154 is in its election process. All officers are elected to a one-year term, which means that every office is open for election. Some officers will choose to run again for their current office. However, the good of the Post is served when new talents, leadership skills, and opinions are tapped. Would you consider sharing yours?

The following is a list of the post officers: Commander, First Vice-Commander, Second Vice-Commander, Finance Officer, Judge Advocate, Service Officer, Sergeant-at-Arms, Historian, Adjutant and Chaplain. The Post Adjutant shall serve as secretary of the Executive Committee. The term of office of members of the Executive Committee shall be for one (1) year.

Three (3) Committeepersons shall be elected and will serve on the post Executive Committee.

1. One committeeperson for a 3-year term
2. One committeeperson for a 2-year term
3. One committeeperson for a 1-year term

Here is a link to the Post 154 Constitution and Bylaws:

<http://www.rathdrumpost154.org/index.php?id=95>

A description of the duties of each officer is listed under Article IV - Duties of Officers. Below is a description of our Post election process taken from our bylaws.

Article XIII – Elections

Section 1. The annual election shall be held during the regular membership meeting in April where Post Officers and Post Executive Committee members shall be elected. Voting shall be by voice vote if there is only one candidate for an office, by ballot if there are multiple candidates or by acclamation if there is an unopposed slate of officers. Nominations can be made from the floor at the March general membership meeting provided the nominee gives verbal consent if present, or written consent if not present, and also at the April general membership meeting. Officers and Post Executive Committee members so elected by simple majority vote shall be properly installed into office at the next regular meeting held at the May membership meeting.

If you have an interest in serving your American Legion Post in an elected leadership role, please contact one of the election committee members below.

Jean Bledsoe jeanbledsoe@gmail.com or (509) 981-3413

Ruth Aresvik rmavik47@gmail.com or (208) 699-6615

Angie Hannah anghan25@hotmail.com or 360-402-7342

The election committee has presented the following nominees:

Commander Dee Sasse

1st Vice-Commander Bill Kinder

2nd Vice-Commander Bob Flowers

Adjutant Bryan Bledsoe

Service Officer Ruth Aresvik

Finance Officer Len Crosby

Historian Lonnie Morse

Chaplain Kinder

Judge Helen Advocate Leo Calhoun

Sergeant-At-Arms Todd Halvorson

3-Year Committeeperson Angie Hannah

2-Year Committeeperson Rich Hannah

1-Year Committeeperson Craig King

Nominations can also be made from the floor at the April general membership meeting.



AMERICAN LEGION POST 154
2019 RAFFLE FOR LOCAL VETERANS

FIRST PRIZE



Includes Installed
CRIMSON TRACE
Red Laser

45 LC 410 Shotshell

SMITH & WESSON
GOVERNOR

.45 Colt / 45acp / 410 Bore Revolver

SECOND PRIZE

Savage "West Point" 12ga Pump Shotgun
Slightly Used But Well Cared For

RAFFLE DRAWING 25 APRIL

NAME: _____

PHONE: _____

ADDRESS: _____

Tickets \$5 Each or Five For \$20

POST 154 IS HAVING A GUN RAFFLE thanks to the generous donations by members:

1. Dee Sasse donated a Smith & Wesson Governor
2. Larry Carstensen donated a gently used 12-gauge shotgun

Only 1,000 tickets have been printed, and they are on sale now with drawing to be on April 25th at our monthly Membership Meeting. Contact

Bryan Bledsoe, at 509-990-6739

or bryandbledsoe@gmail.com

if you would like some to buy or pick up some to sell. They are \$5 each or 5 tickets for \$20, 10 tickets for \$40 or 25 tickets for \$100.



YOU ARE RESPONSIBLE FOR
THE DEFENSE OF
YOUR HOME!



National Superhero Day

www.NationalDayCalendar.com

April 28



Manual Schneidmiller Post 154

PANDA EXPRESS FUNDRAISER

We have selected September 21, 2019. The location is the Panda Express on Hwy 95/Wilbur where the Best Buy is. Panda Express will create the ticket and send to me and I'll make copies. The date will be approved or denied in April. I will monitor the situation.

We need to pass out the tickets to the public. If we do this too early, I'm sure the majority of the tickets will be lost or forgotten. Since the event is late September, I suggest we pass them out in September. This includes eat in, take out and online orders during the day of the event. Online orders will use the code that is on the ticket. People can also take a picture of the ticket with their phone and Panda Express will accept the picture on the phone.

When the event is over, they will send us a check for 20% of the proceeds of the customers that presented the tickets. This can be 2-4 weeks after the event. I can view the amount in our account.

We do not have to be at their restaurant nor do any work there.

Lonnie Morse

lionlonnie@gmail.com

208.777.5157



We received this email in our Post 154 account and I felt it warranted being passed along to you. Do you, or any veterans you know, have a story to tell? What a wonderful way to pass this on to our children and grandchildren! Think about contributing your story to Faces of Valor. And check out his website Facesofvalor.org

Hello-

My name is Scott Davis and I run a project called Faces of Valor in which I am collecting oral histories from the last living World War II and Korean War veterans. So far, I've interviewed over 60 veterans in the Pacific Northwest!

I'm currently a history student at Gonzaga University and plan on becoming a professor, with a specialty in American history. I'm going to use the oral histories in my classroom in order to convey the immense price of freedom to students. In January, I began writing articles on the veterans I've interviewed for Nostalgia Magazine, and I hope to use the stories entrusted with me in later writings, particularly while I am teaching.

I'm contacting you in the hope that your post still has some WWII and Korean War veterans that might be interested in having their stories recorded. If so, I would love to hear back from them! I've been conducting two interviews a week since January but have almost run out of people to talk to. I want to collect as many as possible in order to gain a comprehensive perspective of the two wars. After the WWII and Korea vets have been exhausted, I hope to begin doing Vietnam Vets. Hopefully you can help!

Thanks,

Scott Davis

Facesofvalor.org

