



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho Newsletter

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WISHING YOU PEACE,
LOVE, AND HAPPINESS
THIS EASTER AND
THROUGHOUT THE
YEAR.



Manuel Schneidmiller Post 154 Mission Statement

The American Legion Post 154 is a patriotic veterans organization devoted to mutual helpfulness to support Veterans and the Community at large. We are committed to mentoring and sponsorship of youth programs, advocating patriotism and honor, promoting a strong national security, and continued devotion to our fellow service members, veterans, and their families in our communities. Our success depends entirely on active membership, participation and volunteerism. This organization belongs to the people it serves and the community in which it thrives.

Commander:

Spring looks like it is finally here to stay. The birds and flowers are showing the signs that winter is behind us. As the days get longer, we appreciate the seasons change and longer days. This newsletter article was very hard for me to write. I have started it many times and just could not put my thoughts in order.

First off, I want to tell each of you how much I appreciate you being in my life and a part of the American Legion. The friendships and comradery we share are important in our lives. I think sometimes we don't say "thank you", "I appreciate you" and "I love you" enough until we are reminded that God can call home anyone at any time.

That brings me to inform you that two of our fellow friends and shipmates passed this last month. Tuck Calhoun and Mike Warren. Both were good and generous men. We are reminded how short life really is, and how we are just passing through. They contributed to making Post 154 the best American Legion Post in Idaho and I am very proud to be in such company. Please keep their family in your heart with prayers.

We honor a life that was lived to the full, we honor a spirit, now free. You'll long be remembered, whenever we say: "Fair winds and a following sea!"

I hope to see you at our monthly meeting and if you need anything please contact me or one of your officers.

For God and Country - Dee Sasse, Commander



Constitution & Bylaws Committee

As a new American Legion post is established, a group of the founding members must put together a constitution and a set of bylaws for the direction of the leadership of the post. Our charter members researched several entities to produce the necessary units needed to activate Post 154.

After receiving the post officers' position as Judge Advocate and reading through my established duties, I found one of them to be chairman of the Bylaws Committee. Part of the work of this committee was to research the existing documents, make amendments as necessary, establish new bylaws as needed, and update these units. This responsibility must be accomplished no later than every three years. It has not been done since the original units were set into operation in 2015.

I would like to thank Jean Bledsoe, Helen Kinder, Lonnie Morse, and Harold Markiewicz for volunteering to take on this formidable task. It took six monthly two-hour meetings to go through the existing papers, section by section, article by article, word by word, omitting unnecessary materials, and adding newer sections, etcetera to help future officers lead the post properly for years to come.

During the first committee meeting in March of this year, we finally came to a close on the project. A meeting during the last week of March will make sure everything is in proper order.

The first reading of the changes will be done at the general membership meeting in May. A second reading and a vote of acceptance will take place at the June membership meeting, signed by both our Post commander and Post adjutant. They will then be sent to the Department of Idaho for approval and acceptance. - Bob Kernan, Judge Advocate.

Finance Officer:

At the end of February, the Post had a balance in the Checking Account of \$4,722.71. We also had a balance in the Money Market Account at Washington Trust Bank of \$3,576.71. Our available cash was, therefore approximately \$8,300. The first several months of the year require us to use cash to renew our website, pay insurance, donate to the Lions Club, and other first quarter expenses.

At the end of February, the Post also had a total of \$74,048 in Certificates of Deposit earning interest rates of from 0.500% and 5.10%. As interest rates have increased over the past several months, we have moved funds to maximize our earning potential for these CD's. That effort has also reduced our normal level of liquid cash accounts in the first quarter. Income for the month of February was \$1,426.35 consisting primarily of donations to the Honor Guard, member donations to the Post and membership renewals. Expenses for February were only \$102.62 and consisted of membership renewal expenses and the purchase of cards from funds set aside for the Chaplin.

We have \$14,224 in liabilities arising from cash specifically designated for our programs (Boys State, Honor Guard, Annual Veterans Recognition Event, etc. So, our Post's Net Worth is \$72,622.36 at the end of February.

We are hard at work on fundraisers, including our annual distribution of Poppies for Memorial Day and are planning a multi-gun gun auction. Each of these fundraising events will require active participation and support from our members if they are to be successful. - Len Crosby, Finance Officer

Chaplain's Pew:



Sick Call & Taps:

Sick Call:

- Bryan Bledsoe was admitted to KMC with a large blood clot affecting both lungs. He is home now and doing well.
- Bill Kinder was admitted to KMC with septic shock and had a great toe amputation. Now in Rehab.
- Rich Hannah had back surgery.
- Patrice Stills had knee replacement. Jean Bledsoe had a lumpectomy for breast cancer and will start weekly chemotherapy on April 10th. Please keep these members in your thoughts and prayers during their recovery.

Taps:

- Leo (Tuck) Calhoun on passed on March 23rd. There will be no local service per his wishes.
- Mike Warren passed on March 24th. Memorial Service for Mike is on Tuesday, April 11 from 2 PM - 5:00 at Yates in Hayden.
- Sheila Lamb wife of Post member Jerry Lamb passed on March 2nd. Please pray for the families and friends who have suffered the loss of their loved ones.

Our April general meeting program will be our Post Everlasting Ceremony. This year we have eight comrades who have passed since last April. Please attend the meeting to celebrate all eight and commend them to Post Everlasting. – Helen Kinder, Chaplain

This picture was taken on March 25th, 2015. I thought I would share this walk down Memory Lane. It was the presentation of our temporary charter. From left are officers Bryan Bledsoe, Bill Kinder, Mike Warren, Helen Kinder, Jeff Broadhead, Dee Sasse, and then-Department Commander Mike Therlow.



2023 Poppy Information



We have an extremely low turnout for the Thursday signups for disbursing the Poppies. This is understandable due to the Thursday memorial services for Charlie Till on May 25th. With this in mind, I have cancelled the Thursday, May 25th Poppy distribution at the Super-1 in Athol and Rathdrum. We will continue with Friday and Saturday. There are still time slots available, and I'll be passing the signup sheet around until filled. - Lonnie Morse, Poppy Chairman

Did you know...?

If you are given a cancer diagnosis, you can ask the VA Community Care service to approve a community oncology team to provide treatment for you. The Spokane VAMC has a staff of cancer care nurse navigators whose job it is to help you step-by-step through your cancer treatment. They will see that appointments are made for you in a timely manner, that you are satisfied with the care you receive, that you have all the supplies and equipment you need, and generally make your experience as stress-free as possible.

Service Officer:

This information just in from the desk of Tom Freeman, your Kootenai County Veterans Service Officer Director:

It has been brought to my attention that **refills** through the VA's Automated Pharmacy can take up to 4-weeks to arrive in the Veteran's mailbox.

BACKGROUND: I had a veteran call me today that he went without "lifesaving " medications for 5 days after his prescription ran out. The Veteran states he ordered his med's 10-days in advance. He ultimately ended up in the Emergency Room in serious condition.

There are multiple issues at stake here. The key issue is vets should take action to obtain medications **before** their "life-saving" or critical need meds run out. Below are resources for Veterans that find themselves running out of their medications in an urgent/emergency type situation, aside from the ER.

- 1) Contact their VA Primary Care or VA specialty care provider for a temporary prescription that can be filled locally.
- 2) Contact the Spokane VA pharmacy directly: 509-434-7011
- 3) Or go to an **approved VA** Urgent Care locally for a temp prescription. Every Veteran enrolled in the VA Health Care system can receive up to (3) Urgent Care visits a year. These are the locations I pulled from a CDA zip code on the locator.

Approved VA Locations: <https://www.va.gov/find-locations/>

Kootenai Urgent Care

[700 W Ironwood Dr Ste 120E](#)

[Coeur D Alene](#), ID 83814

Get directions on Google Maps to Kootenai Urgent Care

Main number: 208-625-3640

Call to confirm services and hours.

Kootenai Urgent Care

[566 W Prairie Ave](#)

[Coeur D Alene](#), ID 83815

Get directions on Google Maps to Kootenai Urgent Care

Main number: 208-625-3600

Call to confirm services and hours.

Kootenai Urgent Care LLC

[1300 E Mullan Ave Ste 600](#)

[Post Falls](#), ID 83854

Get directions on Google Maps to Kootenai Urgent Care Llc

Main number: 208-625-3600

Call to confirm services and hours.

Northwest Specialty Hospital

[315 W Dalton Ave Ste A](#)

[Coeur D Alene](#), ID 83815

Get directions on Google Maps to Northwest Specialty Hospital

Main number: 208-262-2600

Call to confirm services and hours.

(cont. below)

Northwest Specialty Hospital

[750 N Syringa St Ste 100](#)

[Post Falls, ID 83854](#)

Get directions on Google Maps to Northwest Specialty Hospital

Main number: 208-262-2600

Call to confirm services and hours.

Lakeland Immediate Care

[15622 N Highway 41](#)

[Rathdrum, ID 83858](#)

Get directions on Google Mapsto Lakeland Immediate Care

Main number: 208-687-4878

Call to confirm services and hours.

Multicare Indigo Urgent Care

[1429 N Liberty Lake Rd Ste A](#)

[Liberty Lake, WA 99019](#)

Get directions on Google Maps to Multicare Indigo Urgent Care

Main number: 509-530-5460

Call to confirm services and hours.

Tom is currently looking into why medications are taking so long to arrive in veterans' mailboxes. If veterans are having similar experiences, please contact the Kootenai County VSO's office 208-446-1090.

- Ruth Aresvik, Service Officer

A Healthier You: Advance Care Planning**About Advance Care Planning**

Advance care planning is a way of planning ahead for your future healthcare choices in case you become unable to do so. Think about the types of medical therapies you would choose to have, or not have, if you were very sick or injured and not able to communicate.

Advance directive

Think about creating an advance directive. This is a legal form that helps your doctors and loved ones know your wishes about your healthcare. This would be used if you were not able to make decisions for yourself. A living will and health care agent (durable power of attorney for health care) are types of advance directives. A health care agent is a person you choose to make medical treatment decisions for you.

If you need help completing an advance directive, ask to meet with your social worker. The social worker can give you the VA Advance Directive form. You can also go to www.va.gov/vaforms to find the form and more information.

To read the complete article and find more resources, go [HERE](#)

BEYOND AGENT ORANGE: OTHER TACTICAL HERBICIDES

From 1962 to 1971, during Operation Ranch Hand in Vietnam, the U.S. Air Force sprayed tactical herbicides for control of vegetation. These herbicides were named based on the color of their barrels. During the war, around 20 million gallons of Agents Green, Pink, Purple, Blue, White, Orange, Orange II, Orange III, and Super Orange were sprayed in South Vietnam

(<https://www.history.com/news/agent-orange-wasnt-the-only-deadly-chemical-used-in-vietnam>).

Below is information on some of the other herbicides besides Agent Orange that were used:

Agent Blue - (cacodylic acid) was an arsenic-based chemical used to destroy rice. About 4 million gallons were sprayed. Among the current presumptions, bladder cancer might be most directly associated with potential exposure to this herbicide.

Agent Purple - consisted only of 2,4,5-T, which is the chemical that was contaminated with dioxin as a byproduct. About 500,000 gallons of Agent Purple were sprayed.

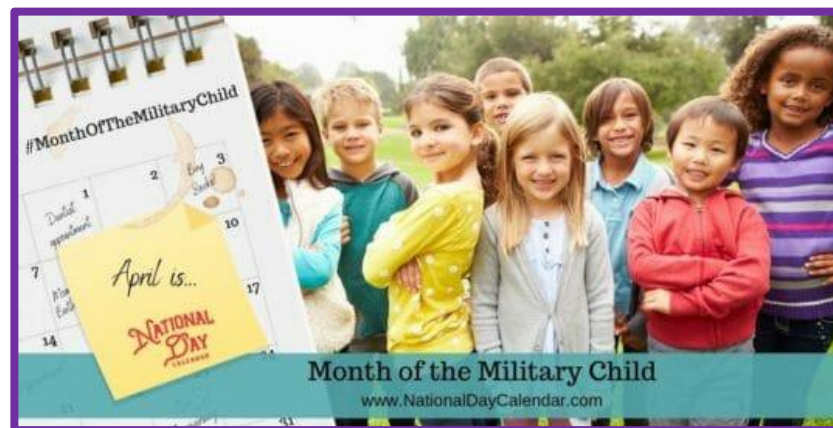
Agent White - was a 4:1 mixture of 2,4-D and picloram. About 5 million gallons were sprayed, some after the cessation of Agent Orange spraying.

Since many chemical agents were used as tactical herbicides, and since we are not able to measure exposure to these agents adequately, it is difficult to attribute specific health conditions to these chemical agents.

Learn more about Agent Orange and other herbicides at Facts About Herbicides - Public Health

<https://www.publichealth.va.gov/exposures/agentorange/basics.asp>

Taken from *Agent Orange Newsletter* 2023 www.publichealth.va.gov – Submitted by Jean Bledsoe



Post 154 Honor Guard:

Our Honor Guard is very active. They march in parades, present the colors at ceremonies, and most importantly, provide a rifle salute to honor Veterans at their funerals. However, more members are always needed to serve in this capacity. If you are interested in participating in this very fulfilling activity, contact Todd Halvorson at keltod11@gmail.com or by phone at 509-953-0885.

During the month of March, 1 ceremony was held for a Navy veteran. This involved 7 Honor Guard members who spent 22 hours and traveled 156 miles to perform this service. – Bryan Bledsoe, Honor Guard Member

Mark Your Calendar:

April is American Legion Children and Youth Month, the Month of the Military Child & Parkinson's Awareness Month

April 5th – Gold Star Spouses Day

April 6th - US entry into WWI

April 8th - Rathdrum Easter Egg Hunt @ Majetic Park see page

April 9th – Former POW Recognition Day

April 9th – Easter Sunday

April 13th - Post 154 Executive Committee Meeting @ 6 pm at Rathdrum Lions Club

April 20th – Volunteer Recognition Day

April 21st - National American Legion Oratorical Contest

April 21st – National Day of Service

April 27th - Post 154 Membership Meeting & potluck at 5:30 pm & meeting at 6 pm Rathdrum Lions Club. Post Everlasting Ceremony for Post members who have passed since last April.

April 28th – Arbor Day. Go out and plant a tree!



Bits & Pieces

- Saturday May 6 is the day of this year's Stand Down. Post 154 will have a table there. We would love to have some volunteers to help us man the table. Just sit and talk to veterans, share information regarding the American Legion and encourage them to join our Legion Post. Handouts are provided. Set up is at 7:30 AM at NIC. Opens at 8:00AM to veterans. Closes at 1:00PM. We would love to get enough volunteers so we only have to do 2-hour shifts. If you are able to volunteer, contact Helen Kinder at - hkinder41@gmail.com or call 208-772-7736.
- VetServe 2023: Mark Your Calendar, National Day of Service is April 21. Whether you choose to plant a tree, package boxes at a local food bank or offer to serve with a nonprofit, what matters most is that you go out and engage. VetServe is a celebration of service and a call-to-action to join the national day of volunteerism on April 21. [LEARN MORE](#)
- As reported March 1 by Rose L. Thayer for *Stars and Stripes*, this will be the year that the law is changed to allow all medically retired veterans to receive full retirement and disability checks — not just veterans with more than 20 years of service, Sen. Jon Tester (D-Mont.) vowed Tuesday. “This is a top priority for nearly every veterans service group,” Tester, the chairman of the Senate Veterans’ Affairs Committee, said during a news conference about the bill known as the *Major Richard Star Act*. “We’ll take our marching orders from them. They’re the folks that served.” The *Star Act*, which was first introduced in 2021, would allow veterans who were forced to retire for medical reasons prior to reaching 20 years of service to be eligible to receive full benefit payments from their Defense Department retirement and VA disability. [Read More...](#)

Memories of my Service: Editor's Note: This is a reprint of one of our first newsletters.

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 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

Veterans Home Volunteer Update

Greetings from the Idaho State Veterans Home Post Falls,

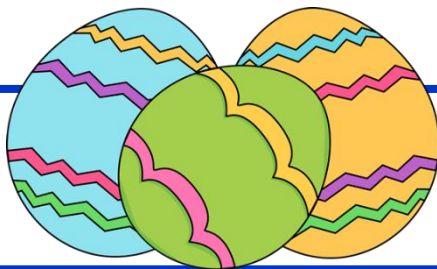
We are excited to announce that we are officially operational and ready to accept volunteer applications. Please complete the Volunteer Application packet and include current references. You may submit the application via email or bring them with you to Volunteer Orientation. During orientation, we will cover a range of topics to ensure that volunteers are informed of regulatory requirements and responsibilities prior to actively volunteering. Volunteer opportunities and roles will also be discussed at that time.

Following receipt of your volunteer application, references will be verified, and a background check will be performed. Once verification steps and orientation have been completed, we will be able to schedule volunteer opportunities. Please note that volunteer opportunities may be suspended at any time to protect the health and safety of our residents.

On behalf of the staff and residents here at the Idaho State Veterans Home Post Falls, we look forward to having your support as a volunteer.

Sincerely,

Jacquelynn ' Jaqx' Kappahn, Activity Coordinator & Volunteer Services
208-415-3436



Click [HERE](#) for the Volunteer Application Packet.

The Idaho Department of the VFW in conjunction with the Idaho Division of Veterans Services and the State of Idaho would like to recognize the following dates and honor the sacrifice of our war veterans on their own significant day.

These dates will be celebrated each year.

March 29 – Vietnam War Veterans

July 27 – Korean War Veterans

August 8 – Persian Gulf War Veterans

3rd Friday in September – National POW/MIA Day (September 15 this year)

October 7 – Global War on Terror Veterans

December 7 – World War II Veterans

We encourage every organization and community to recognize these dates. If you are planning a special celebration, please let me know and I will help promote it across Idaho.

Mitzi Cheldelin

Idaho Division of Veterans Services
Community Resource Coordinator

(Washington, D.C.) – Vietnam Veterans of America National President Jack McManus

presented VVA’s 2023 legislative priorities and policy initiatives on March 1, 2023, before the joint hearing of the House and Senate Veterans' Affairs Committees. In his opening remarks, McManus addressed the origins of VVA, founded in response to the shameful treatment Vietnam veterans encountered on their homecoming, and called for equitable treatment of all veterans. He drew the applause of the whole room when he asserted: “An American Veteran is an American Veteran – regardless of how or when they served.”

In his testimony, McManus went on to highlight several of VVA’s top legislative priorities and policy initiatives:

- Assure full funding of the Defense POW/MIA Accounting Agency so that the 1,581 unaccounted-for American servicemembers from VVA’s long-ago war and their survivors can finally find some peace.
- Address the issues of aging veterans in a VA system that still lacks a clear and comprehensive roadmap to address VA healthcare concerns, and in an environment in which, despite comparable access and quality of care, significant racial and ethnic disparities persist among older veterans.
- Address the problems faced by rural veterans, who make up almost 5 million of the twenty million veterans in the U.S., and over 50 percent of whom are 65 years and older and affected by a service-related condition.
- Maintain close oversight of the implementation of the recently passed PACT Act, including a hearing on the VA’s progress and challenges in reaching out to vulnerable veteran populations, many of whom do not use the VA healthcare system.
- Hold an oversight committee hearing on the Toxic Exposure Research Act, which calls for intergenerational research, with the VA Secretary as star witness, to investigate what metrics he used that empowered him to not follow the law.
- Must amend P.L. 116-23 to extend the arbitrary twelve-nautical mile limitation sufficient to include U.S. Navy and Marine Corps Vietnam veterans who were assigned to the Vietnam Theater of Combat Operations or received the Vietnam Service Medal.
- Work towards the equitable care and treatment of Gulf War veterans who were exposed to a long list of toxicants and are still waiting for answers as to their long-term effects.
- Address the failings of the Caregiver Support Program, which has been plagued by chaos and mismanagement since its inception. Earning trust continues to be a hallmark issue. Inequitable practices have led to unjust denials, discharges, and downgrades of countless participants and applicants since 2016.
- Provide funding for comprehensive, individualized assessments, and rehabilitation and treatment programs, using a continuum-of-care concept for homeless veterans. While

the population of homeless veterans has been decreasing, the number of older homeless veterans has increased. The extreme shortage of affordable housing in the U.S. has helped create a homelessness crisis, but that alone does not explain why veterans are much more likely to experience homelessness than the average American.

- VVA asks Congress to request that all agencies receiving federal funding for homeless programs report on gender, race, age, and military service, on the number of veterans they house, as well as those that receive VBA and VHA benefits. This data will provide VA with the necessary resources to avoid duplication of services and to reconfigure their resources to better serve aging, homeless veterans who may not be suitable for a typical housing model.
- Work closely to help VA create a culture that proactively seeks out lonely, homeless, family-less, disenfranchised veterans and brings them in from the cold. Two out of three veteran suicides are over 55 years of age. Fourteen of 20 do not get care at a VA healthcare facility. Permitting vets to seek help from non-VA practitioners may help some.
- VVA asks Congress to enact a law that will make mandatory the insertion of this single question on every death certificate: Did the decedent ever serve in the Armed Forces of the United States? This simple step will enable researchers to do a more thorough medical postmortem of anyone determined to have committed suicide, hopefully leading to improved intervention services.

[Watch the Testimony Here](#)



Tax Information for Veterans

The Internal Revenue Service is committed to helping all Veterans. We work with community and government partners to provide timely federal tax-related information to Veterans about tax credits and benefits, free tax preparation, financial education and asset-building opportunities available to Veterans.

Partnership with VA

The IRS and US Department of Veterans Affairs entered into a Memorandum of Understanding in 2015. The primary focus of the MOU is to provide free tax preparation services to Veterans and their families. Partnering organizations prepare tax returns free of charge for low- to moderate-income taxpayers. Also check out the partner [Outreach Connection](#) for links to newsletter articles, podcasts, widgets and other electronic products to help reach out to customers with timely tax news. If you represent a Veterans organization, why not look further to see how you can become involved?

Contact Information

If you are interested in partnering opportunities in your area, send an email to partner@irs.gov today and let us help you get started making an impact in your community!

Free Tax Preparation Services

Each year, millions of people have their taxes prepared for free by IRS-certified volunteers. The [Volunteer Income Tax Assistance and Tax Counseling for the Elderly programs](#) have helped people for more than 40 years. Over **1.3 million** free tax returns were prepared for Veterans since the inception of the MOU at nearly 8,000 free tax preparation sites across the country. Here are some details about VITA and TCE:

1. The IRS works with local community groups to **train and certify** VITA and TCE volunteers.
2. **VITA** generally offers free tax return preparation to those who qualify.
3. **TCE** is mainly for people age 60 or older. The program focuses on tax issues unique to seniors. AARP participates in the TCE program through AARP Tax-Aide.
4. VITA and TCE provide **free electronic filing**. E-filing is the safest, most accurate way to file your tax return. If you combine e-file with [direct deposit](#), you can get your refund faster.

IRS Free File

Whether you draw a paycheck, are self-employed or own a small business, you can use all available tax forms you need for free with [IRS Free File](#). If you made \$69,000 or less during 2019, you qualify for free brand-name software offered through a partnership between the IRS and leading tax software providers. Some of these providers offer free federal and free state return preparation and electronic filing. If you made more than \$69,000, you can use **Free File Fillable Forms**, electronic versions of IRS paper forms best for someone experienced in return preparation.

Earned Income Tax Credit

Many Veterans are eligible for various tax credits including the [Earned Income Tax Credit](#), a refundable federal income tax credit for low- to moderate-income workers and their families. Roughly two million Veterans and military households receive the EITC, the refundable component of the Child Tax Credit or both, according to Center on Budget and Policy Priorities. The credits provide a tax break for eligible service members, allowing them to keep more of what they've earned and build a financial cushion for unexpected emergencies. The Tax Credits for Working Families organization produced a [video](#) sharing how tax credits are a vital resource for many who have served our country.

Financial Education and Asset Building

Our partners recognize that financial education and asset building starts with ensuring individuals and families receive all the benefits to which they are entitled. These include the Earned Income Tax Credit and other tax credits, nutrition assistance, health insurance, heating/cooling allowance support and other national and local benefit programs. Many SPEC partners have incorporated financial education and asset

building programs and services such as income support, debt and credit counseling, financial education training, banking education, home ownership and small business management into their free tax return preparation activities.

Military OneSource Resources for Transitioning Service Members and Families

Military OneSource is a program funded by the Department of Defense that provides a range of free resources for Veterans and their immediate family up to **365 days** after separation or retirement from the military. [MilTax](#), Military OneSource's tax services, provides online software for eligible individuals to electronically file a federal and up to three state returns for free through the Military OneSource website. The service also includes tax consultants available by phone to answer tax questions related to deployment, multi-state filing, and combat pay. They also share information on military-specific and civilian tax deductions and credits.

Special Tax Considerations

Veterans may be eligible to claim a federal tax refund based on:

- An increase in the Veteran's percentage of disability from the Department of Veterans Affairs (which may include a retroactive determination) **or**
- The combat-disabled Veteran applying for, and being granted, Combat-Related Special Compensation, after an award for Concurrent Retirement and Disability.

Special tax considerations for disabled Veterans occasionally result in a [need for amended returns](#).

Combat-Injured Veterans Tax Fairness Act of 2016

The Combat-Injured Veterans Tax Fairness Act of 2016, went into effect in 2017. Under this federal law, Veterans who suffer combat-related injuries and are separated from the military are not to be taxed on the one-time lump sum disability severance payment they receive from the Department of Defense. This law instructs DoD to identify Veterans who were taxed in order for them to file an amended return to receive their refund. Go to [Combat-Injured Veterans Tax Fairness Act Claim Information](#) for more details.

VA Disability Benefits

Disability benefits received from the VA should not be included in your gross income. Some of the payments which are considered disability benefits include:

- Disability compensation and pension payments for disabilities paid either to Veterans or their families,
- Grants for homes designed for wheelchair living,
- Grants for motor vehicles for Veterans who lost their sight or the use of their limbs, or
- Benefits under a dependent-care assistance program.

If you are a military retiree and receive your disability benefits from the VA, see [IRS Publication 525](#) for more information.

Programs for Homeless Veterans

VA's specialized programs for homeless Veterans serve hundreds of thousands of homeless and at-risk Veterans each year. Independently and in collaboration with federal and community partners, VA programs provide Veterans with housing solutions, employment opportunities, health care, justice- and reentry-related services and more. Learn more about these programs at [VA Programs for At-Risk Veterans and Their Families](#).

Veterans who are homeless or at imminent risk of becoming homeless can call or visit their [local VA Medical Center](#) or [Community Resource and Referral Center \(CRRC\)](#) where VA staff are ready to help. Many CRRCs offer free tax preparation services. VA and other organizations work together through neighborhood [Stand Downs](#) to help Veterans who are homeless. The IRS attends many Stand Down events and provide services such as help with IRS letters, notices and levies on wages or bank accounts as well as free tax preparation. Also, the [Taxpayer Advocate Service](#) often attends to ensure that every Veteran is treated fairly.

Veterans in Crisis

The [Veterans Crisis Line](#) connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat or text. Veterans and their loved ones can call [800-273-8255](#) and **Press 1**, [chat online](#), or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for [deaf and hard of hearing](#) individuals is available.

VA launched the [S.A.V.E. online suicide prevention training video](#) in collaboration with [PsychAmor Institute](#), a national nonprofit providing online education and support to those who work with, live with, or care for Service members, Veterans, and military and Veteran families. S.A.V.E. - which stands for "Signs," "Ask," "Validate," and "Encourage" and "Expedite" - offers simple steps that anyone can take when talking with Veterans who are at risk for suicide.

Veterans Justice Outreach Program

The aim of the Veterans Justice Outreach (VJO) program is to avoid the unnecessary criminalization of mental illness and extend incarceration among Veterans by ensuring that eligible, justice-involved Veterans have timely access to Veterans Health Administration services, as clinically indicated. VJO specialists provide direct outreach, assessment and case management for justice-involved Veterans in local courts and jails and liaison with local justice system partners. For legal assistance, visit [State Side Legal's help page](#) or contact the nearest [VJO specialist](#), who may know of community legal assistance resources.

Federal Employment

If you are a Veteran and have a disability per the VA, you may qualify for internships or you could be hired non-competitively for any federal position for which you qualify. The [IRS Veterans Employment Program Office](#) is designed to provide quality training and work experience to wounded warriors and Veterans by offering various non-paid internship opportunities within the IRS as well as help Veterans who qualify for one or more of the three special hiring authorities to become gainfully employed within the IRS.

Do you need alternate formats for IRS forms and publications?

The IRS is committed to making every document on its website accessible to everyone, including Veterans and individuals with disabilities. If you need help accessing these products, please visit [Accessible IRS Tax Products](#). See also other [forms and publications for people with disabilities](#).

Active Duty Military

This page is intended for Veterans. If you are looking for information for service members on active duty, please visit the IRS [Military](#) webpage. - Submitted by Len Cosby



Since spring is here, I thought it would be appropriate to include a couple of delicious springtime recipes from our Service Officer (this is a service after all), writer, and kitchen diva, Ruth Aresvik. Both of these treats were presented at our front door when we were recovering from ailments. The first is a delicious and simple quiche good for any time of the day.



RUTHIE'S SPRINGTIME QUICHE

4-5 large eggs	8 oz shredded Swiss or sharp cheddar cheese (or combo)
1 cup half and half	Large handful of fresh baby spinach, roughly chopped
½ cup mayo **	Salt and garlic powder
2 T. flour	1 pie crust (I make my own because I'm a baking snob, but store bought is fine)
1/3 cup minced green onions	

Preheat oven to 350. In large bowl, whisk eggs, half and half, mayo and flour. Add remaining ingredients. Place piecrust in deep dish 9 inch pie pan. Pour egg mixture into the crust and bake for 45 minutes to 1 hour or until the top is golden brown.

** I like to use the spinach/artichoke/parmesan yogurt dip (Costco) in lieu of half of the mayo. You can also add chopped cooked broccoli or any other bits of leftover veggies in your frig.

Follow this quiche up with a bright, sweet/tart lemony delight:



"LIKE STARBUCKS" LEMON LOAF - From Ruthie's Kitchen

1 stick butter	1 ½ cups flour
1 cup sugar	1 t. baking powder
2 large eggs	Pinch of salt (if using salted butter, less than a pinch)
1 large lemon (for zest and about 1/3 cup juice)	1 t. vanilla
	1/4 cup cream or half and half

Preheat oven to 350. Grease and flour a medium loaf pan.** Cream butter and sugar. In a separate bowl, mix eggs and vanilla, then add to sugar mixture with lemon zest and juice. Mix slowly and well. Add flour, baking powder and salt – mix well. Pour batter into loaf pan. Bake 40 minutes or until toothpick comes out fairly clean. Cool in pan on wire rack 10 minutes, then remove from pan; cool another 10 minutes. Spread glaze over loaf while still warm.

GLAZE

1 1/3 sifted powdered sugar
½ small lemon, zest and juice
½ t. vanilla

** Best to use a dark loaf pan as glass or ceramic tend to give too dark a crust. I like to use three 3x6 mini pans as they rise more evenly. I spray my pans with cooking spray, then line with a strip of parchment paper (bottom and over the sides). Just out of the oven, I run a knife around the ends to make sure they are loose. After cooling, the loaves come out super clean.

Submitted by Ruth Aresvik

Below are a number of upcoming events for April and May.

Here are three events promoted by the Post Falls Guard Armory:

APRIL 8th – Easter Egg Hunt at the Post Falls Armory. Open to kiddos of all military families, join us for an egg hunt, fun and light refreshments.

APRIL 13th – North Idaho Retiree Social. 6-8 pm at the Bunker Bar. Drinks and food available for purchase.

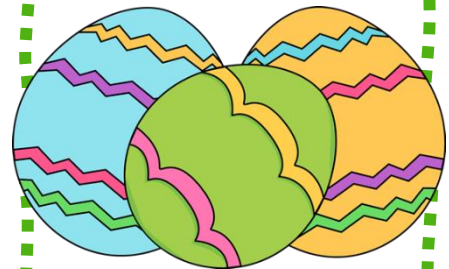
** Please note that though this group was started by a group of retired Guard soldiers, **it is open to military retirees from all branches.** Moving into warmer weather the group intends to conduct other monthly events such as hiking, fishing, etc.

** Facebook page: <https://www.facebook.com/groups/1128512461153741>

APRIL 14th - PURPLE UP for Military Youth! April is the month of the Military Child. These kids face unique challenges and hardships that other kids do not. We are asking local businesses and community partners to help us honor military youth by wearing purple on April 14th. Please email pictures to brandi.s.stordahl.nfg@army.mil and post on social media with the hashtag #IDMOMC.

FREE COMMUNITY EASTER EGG HUNT
EGG SATURDAY
APRIL 8TH, 2023
START TIME: 11 AM
HUNT
WITH SPECIAL GUEST:
THE EASTER BUNNY
@MAJESTIC PARK
5400 W. Majestic Ave.
Rathdrum, ID 83858
PRIZES & EGGS PROVIDED BY
 
POST 154
PARKING IS LIMITED, SHOW UP EARLY
AGE GROUPS:
3 & Under, 4-6, 7-9, 10-12
QUESTIONS?
CALL 208-687-2399
VISIT RATHDRUM.ORG/REC


Volunteers are needed at 9:30 am to set up and “hide” eggs. The event will start at 11 am with all the eggs usually found by 11:05! Come out and help, or just watch the young ones have a great time!



2023 Rathdrum Lions Club Raffle



1988
Corvette

Red 350ci 5-spd automatic posi-traction new tires T-Top

Tickets: \$10.00/each or \$25.00/for three
Drawing: Labor Day, Monday, September 4th, 2023 at noon
Location: Rathdrum Lion's Clubhouse, Rathdrum, ID

1st place - Car (do not need to be present)
2nd place - \$100 (must be present)
3rd place - \$50 (must be present)

Also, join us for our famous Labor Day Breakfast!
Sausages, eggs, all you can eat pancakes, coffee/juice
8:00am - 11:30am (\$7.50ea or \$30.00 family of five or more)

→ Your picture with car - \$5.00 when available ←

Ticket Info: Sharron McPhail 760-289-9266 mcphail05@msn.com

Happy Motoring!!

MONTHLY DINNER AT ATHOL AMERICAN LEGION POST 149



WHO: AMERICAN LEGION AUXILIARY #149

WHEN: 6pm SATURDAY, APRIL 29TH 2023

WHERE: American Legion Hall located at 5525 E Highway 54 in Athol, Idaho

DESCRIPTION: The menu for this dinner will consist of homemade COWBOY STEW, CORNBREAD, SALADS and DESSERT. Price (per person) is a \$10 donation.

Please note that you do not need to be a member of the American Legion to attend. Our building is now a non-smoking environment but offers an enclosed area for our patrons who do smoke. COVID-19 protocols are in place.



**AMERICAN LEGION
POST 149**



IN ATHOL
HWY 54 BETWEEN THE RAILROAD TRACKS

AUXILIARY MEETING

SATURDAY, APRIL 1ST, 2023 @ 9:00 AM
"WARM WELCOME TO CURRENT AND FUTURE MEMBERS"

AUXILIARY DINNER: SATURDAY, APRIL 29TH, 2023 @ 6:00 PM

RENEE KINLOCH, PRESIDENT 208-446-8579

JAN POWELL, MEMBERSHIP CHAIRMAN 208-667-2737

LEGION PHONE: 208-683-2614

**North Idaho
Veterans**



Stand Down

**Resource, Health & Benefits Fair For
All Veterans & Their Families**

MAY 6, 2023

Services

VA Medical

Counseling

VA Benefits Advocacy

Employment Opportunity

Legal Services

Veterinary Care

Bike Repair

Haircuts

Dental Services

0800 to 1300 hrs

**BREAKFAST,
LUNCH & COFFEE**

ADMISSION:

Military ID, VA ID or DD214

find us on



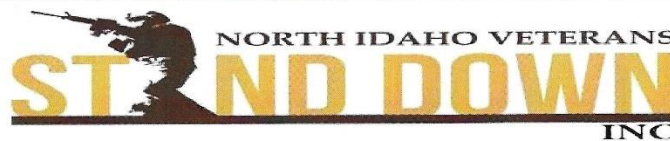
at North Idaho
Veterans Stand Down

NORTH IDAHO COLLEGE

Christianson Gymnasium • 1000 W Garden Ave • Coeur d'Alene, ID

For More Information Contact

NIVSD, 208-964-2819





AMERICAN LEGION
KOOTENAI POST 14
legion.idaho14@gmail.com

2215 N 7th St
Coeur d' Alene, ID 83814 208-699-6540



Pulled Pork Dinner



What: Pulled Pork Dinner with Potato Salad side.

When: Saturday, April 22
5:00 to 7:00 PM
or until everything is gone.

Where: American Legion Post 14
2215 N 7th Street
In Mountain View Bible Church

Reservations are not required but it will assist us in planning sufficient quantities.

Phone:
208-699-6540



No Cost.
However, donations graciously accepted.
Donations are used to support the operation and maintenance of American Legion Post 14.
Thank you for your support.

**OPEN TO
THE PUBLIC**

American Legion Kootenai Post 14
2215 N 7th Street
Coeur d'Alene, ID 83814

**ALL ARE
WELCOME**



Post 889



Complimentary

Veterans Pancake Breakfast #2

April 22, 2023

9:00 – 11:00

Audio Presentation of Lt. General Jon “Dog” Davis
Retired Commandant of Marine Corps Aviation

VFW Hall, 406 N. 4th Street
Coeur d’Alene
ADA entrance on north side

Limited Parking – carpool if possible

You must **register before April 18** to be assured a seat and a meal
Capacity: 125 There were 176 last time

Register online: <https://form.jotform.com/222124024616039>

