



# Manuel Schneidmiller Post 154, Inc.

## Rathdrum Idaho

### Newsletter

Volume 4 Issue #8

August 2018

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### DO YOU KNOW HOW TO STAY SAFE IN THE SUMMER HEAT?

Do you know the difference between heat exhaustion and heat stroke?

What are the signs and symptoms of heat-related illnesses?

How do you prevent them?

How do you treat them?

What puts seniors more at risk?

I don't know about you, but I've become more heat-intolerant as I've gotten older – a common complaint with seniors. I'm happiest when the temperature stays in the mid-70's. Just thinking about 90-degree weather makes my heart pound - and not in a good way! So I decided to assume there are more of you out there who share my feelings on the summer heat, and take this opportunity to help. Throughout this newsletter, you'll find red-banded "hot boxes" with information to keep you safe and comfortable through the dog days of summer. Please read them and STAY COOL! Jean Bledsoe, Editor

## Commander's Comments

Hot Summer Greetings to Everyone!!

We all know that the success of most American Legion Posts is directly dependent on members who are willing to get involved, volunteering to help with post events and activities. These are the people who live within our theme of "let's make a difference". There is an old saying in the business world that "100% of the people reap the rewards of the efforts of 10%". This appears to hold true in an organization like the American Legion. However we are fortunate to have many people "making a difference by continually volunteering to help with whatever needs to be done around our post. We have many but need many more...I would like to recognize some of the people who consistently seem to be there when we need them. So here are hearty thanks for helping to make a difference to: Bryan and Jean Bledsoe, Len Crosby, Bill and Helen Kinder, John and Sue Fevold, Jeff Broadhead, Craig King, Bob Flowers, Ruth Aresvik, Lonnie Morse, Todd Halverson, Mike Warren, Lew Allert and Rich Hanna. Obviously, there are others, so please don't be offended if I overlooked recognizing you...you are appreciated and will be recognized in future for your efforts.

I went to the Summer Convention and learned a lot. Firstly, I was also sworn in as the new District One Commander. With my appointment I am now on the Department's Executive Committee. During the convention there were many pressing issues, but this line item was the biggest. The Departments Budget. They had a difficult time balancing this year due to loss of funds from membership and other stipends they had been getting from other supporting entities. At our level we only see a few items that are on the budget directly, membership is on the top of everyone's list. The other ones are the Oratorical Contest, Boys State and Girls State. Other posts have many more items on the list. Well, to make a long drawn out story short. They had to raise the Department membership dues \$5. In turn that will make our membership go up also \$5. This will take effect on January 1st, 2019. Please pay your dues before that date and save yourself some bucks. Once again thanks for making our Post the best in Idaho! – Dee Sasse, Commander



### **Finance Officer:**

We ended the month of June with almost \$7,000 in the bank thanks to those members who worked to distribute Poppies for Memorial Day and collected donations from the public for that program. This month we have spent almost \$5,000 of that to purchase the storage Conex container and to purchase Poppies for next year, so our bank balance is down to \$2,400.

We are on budget for the year, and financials are stable, but we have not been able to put additional funds from the Poppy Distribution away to help us secure our own space.

We had a GREAT showing at the Veterans Appreciation event at Triple Play on July 15, and outstanding participation by the Honor Guard and many of our members at the Post Falls Days parade on July 14 and the Rathdrum Days Parade on July 21. Great showing by our Post. Thank you Bill and Helen Kinder, Mike Warren and Rich and Angie Hannah for manning our booth at the Veterans Appreciation event, and thank you to all those who decorated and assembled our float in the Rathdrum Parade, especially Bill and Helen Kinder (AGAIN!) who assembled and oversaw the float decoration and Craig King for towing the float in the Parade. Honor Guard looked especially sharp in both parades. – Len Crosby, Finance Officer



### **Legislative Chairman:**

There are numerous Veterans bills pending in Congress, many of which have been passed by one of the two legislative bodies and have received no attention in the other legislative body.

One such bill is the WINGMAN Act (Working to Integrate Networks Guaranteeing Member Access Now) which passed the House of Representatives in February of last year. Like many of the bills which are sitting in Committee, this is a fairly simple and straightforward bill that would allow YOUR representative in Congress to help you solve a problem you may have with VA or DOD regarding your service and your benefits.

Quite simply, the Bill directs the Department of Veterans Affairs (VA) to provide each veteran who submits a claim for VA benefits with an opportunity to permit a covered congressional employee in the office of the veteran's Member of Congress to have read-only access to all of the veteran's records in the Veterans Benefits Administration databases. A Member may designate up to two such covered congressional employees.

A covered congressional employee may not be recognized as an agent or attorney with respect to veterans' benefit claims, but would allow YOUR congressional representative to have access to all of the information VA has regarding your claim and your service.

That's not too complicated is it? Yet this bill sits in some Committee in the Senate and has for more than 18 months. -Len Crosby, Legislative Chairman

## Why are older adults more prone to heat stress?

- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat (heart disease, kidney disease, blood circulation problems...).
- They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.
- Many seniors are on salt-restricted diets.
- Also, seniors store fat differently, which complicates heat-regulation in the body further.



### From the Judge Advocate:

I have assumed the chairmanship of the Flag Program and would like to let everyone know where I see the future of the program going.

Flag sales support our local schools in Rathdrum. The profits made in flag sales allow us to replace flags within the Rathdrum school district. The schools should never have to buy flags for their building. Please get the word out to family and friends, our flag sales need your support. Yes you can buy cheaper flags, and you can guess where those profits go.

Pocket flags are a packet we make up with a small flag and a note telling everyone who we are. We make these to hand out at American Legion outings and events. These are great, cheap to make, and people love them. They promote Americanism, and the American legion. A committee will be required to assemble these pocket flags. Please contact me if you would like to help on this project. At the July monthly meeting we voted to pay for and make 720 of these packets.

Getting into the classroom to teach flag etiquette is a priority to the Commander this year. Ruth Aresvik, our service officer will be leading this effort. She will need your help to accomplish this important project. Again, at the July meeting we received \$300 for educational materials for use in the classroom. These programs would not happen without the support of our members.

And last but not least, when a veteran passes his widow is presented with a flag. At times this flag is handed to the widow in a cardboard box, not folded, or not folded correctly, etc. I will be building flag boxes to be presented to the widow with their flag enclosed correctly. Our members voted for and supported the program by donating \$600. For now we will be building flag boxes and presenting them to the widows of veterans for whom our honor guard does the service. I believe this program will be a great one. You can still donate to this program. We have a lot of work to do, but the smiles we put on faces will be worth our efforts.

Thank you to all who showed their support of this program at our last meeting by vote and donation. If you can help in any way with the Flag Program, please call me at 208-771-0122.

Mike Warren, Chairman Flag Program

## Service Officer:

Greetings to all Rathdrum Legion Members: Summer continues to shine upon us with heat and haze and humming of yellow jackets. Not much we can do about those things. Well....I have a few ideas about the yellow jackets which I abhor and fear with great distain and feel the need to uniform myself in full combat gear ready for battle. I kid you not. Not quite the segue I had intended to announce that for this month of August, K is for KIDNEY.

An estimated 31 million people in the United States have chronic kidney disease...that's 10% of the adult population. It is the 9th leading cause of death in the USA. Our nearest VA dialysis facility is in Seattle. Kidney care may be made available to enrolled veterans who are currently receiving dialysis care by the VA, or enrolled veterans who have obtained a referral from a VA primary care provider. Check out the links below for more information.

Nephrology, or kidney medicine, is a specialty care service provided by the Veteran's Health Administration (VHA) which includes the care and treatment of patients with acute or chronic kidney disease including dialysis.

Our services are all provided under the expert knowledge of Nephrologists (kidney doctors), who have had extensive training and education in the care of people with kidney disease and in the management of dialysis. This website provides convenient and quick access to a range of kidney-related resources within VA's healthcare system, including:

- [VHA dialysis facility locations and contact information](#)
- [Information and educational resources about kidney disease](#)
- [Benefits and services that are provided to Veterans with kidney disease](#)

**Mission:** The VHA Kidney Program's mission is to improve the quality and consistency of healthcare services delivered to Veterans with kidney disease nationwide. The VHA Kidney Program provides kidney-related services to dialysis centers throughout VA's medical centers. Professional guidance and services are available in the form of consultation and policies developed by VA kidney experts. These experts are dedicated to furthering the understanding of kidney disease, its impact on Veterans, and developing treatments to help patients manage disease symptoms. In addition, the VHA Kidney Program provides VA healthcare professionals with clinical care, education, research, and informatics resources to improve healthcare at local VA dialysis facilities. - Ruth Aresvik, Service Officer



## Stay Cool!

- **Wear Appropriate Clothing:** Choose lightweight, light-colored, loose-fitting clothing.
- **Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- **Keep in mind:** Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.
- **Schedule Outdoor Activities Carefully:** Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.
- **Pace Yourself:** Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.
- **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions. Tip: Look for sunscreens that say "broad spectrum" or "UVA/UVB protection" on their labels- these products work best.
- **Do Not Leave Children in Cars:** Cars can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children are especially at risk of getting a heat stroke or dying. When traveling with children, remember to do the following:
  - Never leave infants, children or pets in a parked car, even if the windows are cracked open.
  - To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.
  - When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.
- **Avoid Hot and Heavy Meals:** They add heat to your body!



### **NOTICE OF MEETING DAY CHANGE:**

Our friends at the Rathdrum Lions Club have requested that we change our meeting dates to help accommodate their wonderful and very successful “Backpack Program”. The Lions and their Volunteer helpers assemble these backpacks on Thursdays to distribute to local school kids who need some nutritional support over the weekends.

Our current meeting times and dates (2nd and 4th Wednesdays) cause problems for the folks assembling the backpacks. Accordingly, we are amending our By-Laws to change our meeting dates. **Effective immediately, our Executive Committee will meet at 6:00 p.m. on the second Thursday of each month at the Lions club, and our monthly membership meeting will be at 6:00 p.m. on the fourth Thursday of each month.**

Please make note of these changes.



### **Stay Hydrated**

- Drink Plenty of Fluids: Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.
- Warning: If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.
- Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.
- Replace Salt and Minerals: Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.
- If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.
- Keep Your Pets Hydrated: Provide plenty of fresh water for your pets and leave the

### **Are you interested in promoting our Post?**

The Public Relations committee includes postings to social media, the website, the newsletter, and community sources such as newspaper, radio, and TV releases. As the chairman of this committee, I'm asking for someone to help with the community aspect of our public relations, meaning local newspaper, TV, and radio. If you have any interest in this, please contact me at [jeanbledsoe@gmail.com](mailto:jeanbledsoe@gmail.com).

**The Idaho Division of Veterans Services** presented the Service Officer Training Conference at the Boise Riverside Hotel on July 11, 12 and 13, 2018.

The Boise VARO Director, Kathy Malin, gave regional updates, including news of the Blackfoot (State) and Buhl (Federal) cemeteries. Check this link for more information.

<http://veterans.idaho.gov/news/clarification-regarding-future-veterans-cemeteries-idaho>

A representative from VAMC in Salt Lake City was present with a full report; unfortunately VAMC Spokane (for the past three years) did not send a representative. It was strongly suggested that we all push for that to happen next year. There was discussion about the caregiver program, Vet Centers, problems and solutions with the call center.

Representatives from the U.S. and Idaho Department of Labor gave sessions, in addition to the Board of Veteran Appeals, talking about RAMP (Rapid Appeals Modernization Program). Did you know the normal processing time for a claim is 120 days? Idaho is top of the nation with 97 days. The harder news is that 60,000 to 70,000 veterans are waiting for a hearing and there are only 81 judges available. Our first day also included a presentation from James Earp, Director of the Idaho State Veterans Cemetery.

Day TWO gave us sessions regarding: The Fiduciary Program - management of benefits for those who are not capable; Operation Save/Reach Vet - suicide prevention; and close to four hours of Pension/Debt Management from the folks in St. Paul MN.

Day THREE was a morning wrap up with information on emergency grants and hearing loss claims. It was noted that an addition to the American Legion cash grant language is to clarify "members in good standing with the American Legion". A very informative class was given by IDVS Education Doug Jacobson about the programs and changes with the (Forever) GI Bill. Darryl Heisey, our OVA man who is housed in the Post Falls Office of Veterans Advocacy, gave a rousing presentation about the types and requirements of service connected claims.

It was my honor and privilege to attend this conference, and I thank the Post for the funds to help cover expenses. I continue to be amazed and impressed with the knowledge and dedication of all the instructors and program representatives. The vast majority of these folks are veterans, and their patriotic hearts beat red, white and blue as they work towards giving the best to all veterans.

veterans.idaho.gov...This is the starting point for you to find anything and everything you ever wanted to know. For specific American Legion information, click on "Resources", then "Veteran Organizations". Under "Benefits and Services" are links to both Federal and State programs. - Ruth Aresvik, Service Officer





## Stay Informed

- Check for Updates: Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.
- Know the Signs: Learn the signs and symptoms of heat-related illnesses and how to treat them.
- Use a Buddy System: When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.
- Monitor Those at High Risk: Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others:
  - Infants and young children
  - People 65 years of age or older
  - People who are overweight
  - People who overexert during work or exercise
  - People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

## Mark Your Calendar:

August 2<sup>nd</sup> - Invasion of Kuwait (1990)

August 4<sup>th</sup> - Coast Guard Birthday (1790)

August 7<sup>th</sup> - Purple Heart Day

August 8<sup>th</sup> - American Legion Regional Baseball Tournaments

**Thursday August 9th - Post 154 Executive Committee Meeting at Lions Club**

**@ 6 pm**

August 15<sup>th</sup> - VJ Day (Victory over Japan) Formal surrender on Sept 2, 1945

August 16<sup>th</sup> – 92<sup>nd</sup> American Legion Baseball World Series

**Thursday August 23<sup>rd</sup> - Post 154 Potluck Dinner Membership Meeting at Lions**

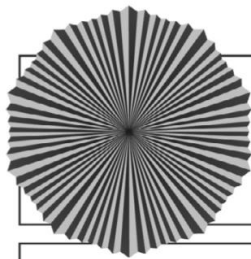
**Club @ 6 pm**

August 24<sup>th</sup> - 100<sup>th</sup> American Legion National Convention (Aug 24-30 in Minneapolis)

## Chaplain's Pew

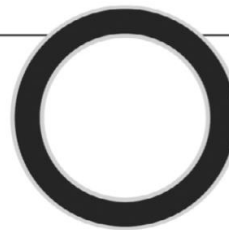
### The American Legion emblem

Every part of the American Legion emblem has meaning. The emblem is laid upon the rays of the sun, giver of life, warmth and courage; foe of the cold, of the darkness, of fear, of apprehension. In turn, each of the emblem's parts signifies a meaning, which no American Legionnaire who wears the emblem should take lightly, and which he/she should know from the first moment it is put on. Why does the star signify constancy of purpose? Because the stars are fixed in the heavens. As the stars do not wander, so should The American Legion not wander from its fixed purposes. Further, the words "The American Legion" demand that the wearer "shall ever guard the sanctity of home and country and free institutions ...." There shines the emblem of The American Legion. It is your badge of pride and distinction, honor and service.



#### The rays of the sun

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



#### Outer rings

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

#### 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, symbolizes honor, glory and constancy. The letters "U.S." leave no doubt as to the brightest star in the Legion's constellation.



#### The words

The words "American Legion" tie the ring together for truth, remembrance, constancy, loyalty, honor, service, veterans affairs and rehabilitation, children and youth, national security and Americanism.

#### Inner rings

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



# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### HEAT STROKE

- High body temperature (103°F or higher)
  - Hot, red, dry, or damp skin
  - Fast, strong pulse
  - Headache
  - Dizziness
  - Nausea
  - Confusion
  - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
  - Move the person to a cooler place
  - Help lower the person's temperature with cool cloths or a cool bath
  - Do not give the person anything to drink

### HEAT EXHAUSTION

- Heavy sweating
  - Cold, pale, and clammy skin
  - Fast, weak pulse
  - Nausea or vomiting
  - Muscle cramps
  - Tiredness or weakness
  - Dizziness
  - Headache
  - Fainting (passing out)
- Move to a cool place
  - Loosen your clothes
  - Put cool, wet cloths on your body or take a cool bath
  - Sip water
- Get medical help right away if:**
- You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

### HEAT CRAMPS

- Heavy sweating during intense exercise
  - Muscle pain or spasms
- Stop physical activity and move to a cool place
  - Drink water or a sports drink
  - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
  - You're on a low-sodium diet
  - You have heart problems

### SUNBURN

- Painful, red, and warm skin
  - Blisters on the skin
- Stay out of the sun until your sunburn heals
  - Put cool cloths on sunburned areas or take a cool bath
  - Put moisturizing lotion on sunburned areas
  - Do not break blisters

### HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
  - Keep the rash dry
  - Use powder (like baby powder) to soothe the rash



Dear Post 154 Member,

You and your family are cordially invited to the Manuel Schneidmiller American Legion Post 154 Summer Potluck Picnic to be held Sunday, September 16, 2018 from 1:00 – 4:00 PM at Rathdrum's beautiful City Park, 15456 N. Latah Street (corner of Highway 53 and Latah Street) Please join us to socialize and celebrate our accomplishments of the past year.

The Post is providing: Water, Cups, Plates, Napkins and Plasticware.

Please bring your favorite specialty dish to share, be it a main dish, salad or dessert.

**\*\* PLEASE NO ALCOHOLIC BEVERAGES\*\***

**\*\* IF YOU PREFER SODA, PLEASE BRING YOUR OWN\*\***

**\*\* DOGS ARE NOT ALLOWED AT THIS PARK\*\***

Please RSVP by September 7<sup>th</sup>, and direct questions to John or Sue Fevold at (208)916-5148, (208)916-5149, or email: [schoolmarm66@hotmail.com](mailto:schoolmarm66@hotmail.com)

If you know a veteran who is not already a member of the American Legion, please invite to attend also.

NOTE: We will have access to the kitchen, refrigerator, sheltered area, picnic tables, and indoor restrooms. Feel free to bring your favorite picnic chair.

Sincerely,

*John Fevold*

John Fevold  
1<sup>st</sup> Vice Commander  
American Legion Post 154

