



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho

Newsletter

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**Manuel Schneidmiller American Legion Post 154
Summer Potluck Picnic**

**Picnic to be held Sunday, August 25, 2018
from 1:00 – 4:00 PM**

See details on page 13

Commander:

During the second week of July, four delegates from our post attended the Department of Idaho Convention at the Coeur D'Alene Casino. Lots of legion business was conducted and we had a wonderful time. It was great to meet with Legionnaires from all over the state and to exchange ideas and make plans for the Legion family in Idaho. We also participated in the Rathdrum Days parade and had a Post information booth. Our Honor Guard and float looked fantastic. Thank you all who volunteered to make this great community event even better.

As we enter the 2020 membership year it is my honor to be serving as your commander. We accomplished our goal of 100% again in 2019, I know we can do it again in 2020. We not only need to retain current members and gain new ones we need to get more of our members actively involved in our activities. Let's get those renewals in as soon as you can so we can focus on new goals for our post.

Happy birthday to The United States Coast Guard on August 4th. The safety and security of our nation is assured by the brave service of all the "Coasties" who work diligently to make our country and oceans secure.

Our Post annual picnic will be held at the end of the month. Please try and be there to share in friendship and comradery.

Once again, thanks for making our Post the best in Idaho!

God bless our country, our families and our men and women serving. – Dee Sasse, Commander



1st Vice-Commander:

Summer is passing us by rather quickly. Here we are, already at the beginning of August and it's time to be thinking about renewing our memberships for 2019 – 2020. Most of you should have gotten your renewal notice from National by now. We have received 23 renewals since the first of July (19.3%), out of 119 paid members last year. We still have a way to go, so let's keep after it. I believe we can get our 100% before the end of December. Thanks to the Post 154 membership for your support. Yours, Bill Kinder, 1st Vice Commander & Membership Chairman



Adjutant:

The following came in from the Department Adjutant regarding national legislation that now allows membership in The American Legion to **all veterans**. Post 154 does not need to make any changes as our Constitution says **ARTICLE IV MEMBERSHIP Section 1**. Eligibility to membership in this Post shall be as prescribed by the National Constitution of The American Legion. – Bryan Bledsoe, Adjutant

"So. the Legion Act has passed the House and the Senate, and the President has signed it. Where does this put us? As of today, any Veterans that served one day of active duty or National Guard and Reserve with a DD214 or title 10 orders for going to boot camp. Since Dec 7, 1941 are eligible to join the organization. You can use the current application, leave the war era blank and just put in the branch of service. Lisa is set up at department to do these or you can use any mylegion to process your own application. Our state Constitution and By-laws do not need any modifying and Idaho is completely legal. So, our state has been approved by the Commander Gene Brown, Adj. Abe, and National Judge Advocate Kevin Bartlett. Happy recruiting and the best of luck to a new year." - Abe Abrahamson, Department Adjutant

Finance Officer:

Our finances continue to be in good shape thanks to our successful gun raffle and Community poppy distribution. Our assets have increased to \$48,960 and our net worth (Assets minus Liabilities) has increased to \$45,696. We continue to be prudent with our income and control our expenses. We now have three CD's earning approximately 2.70% per year in our Capital Reserves.

Since we have just finished the first half of the year, it is a good time for each of us to take a look at our personal financials. USAA suggests that an annual financial checkup is a good way to insure that you are doing a good job managing your personal resources. Their suggestions, which were recently published on the Legion website, are as follows:

- **Discuss your finances and your goals with your spouse/partner.** – Before diving into the numbers, sit and discuss the non-numeric issues. Each of you should discuss your financial goals for the next one to three years. What are your new joint financial goals? With financial issues, it is so easy to start getting into the numbers, becoming analytical, and discussing action steps. However, unless you and your partner are aligned on the financial issues and the priority of your financial goals, the next steps in the financial discussion will not be the ones that you specifically need. Remember, talk before you calculate.
- **Update the Important Information.** -- Next, get the most recent updated copies of all your investments, mortgage payoff, loan payoffs, health care insurance, credit card statements, and life insurance. While you are gathering these records, check and update all of your family information with the correct address, phone numbers, email and beneficiary arrangements, and ensure that your spouse or partner can speak on your behalf to the financial provider. This is also a good time to ensure that you can locate wills, Powers of Attorney, and other legal documents. Finally, put everything in one place and place an electronic backup on a secure device in another location.
- **Update Your Budget and Amounts.** -- Budgets take a lot of time to create, but once they are done, they are invaluable guides to ensure you meet your financial goals. First, update all your budget categories to ensure that your spending areas have not changed. Second, update the amounts for each category of spending that you are actually spending. Third, update all of your income sources with the correct amounts. Fourth, do a check to see if you can eliminate and reduce any spending categories so that you can save more. Credit card spending and any negative spending trends need to be addressed here. The point of a budget is to ensure that you can save and invest enough to achieve your goals while meeting your basic expenses.
- **Can You Find Other Financial Benefits?** -- Look for areas where you can get discounts, ask for reduced payments because of long service to a provider, and ensure you are effectively using all the financial benefits from your employers. Make sure you are contributing enough to get the maximum of your employer match for 401K investments, using pre-tax spending accounts for daycare, and the like. Any steps that you can take to ensure that you are maximizing all of your financial benefits and discounts are never wasted.
- **Assess Your Retirement Investments.** -- When you gather your current retirement account statements, make sure that you get copies and an analysis of your employers' retirement benefits, your Social Security estimate, and any health care insurance following retirement. Conduct an analysis of your investments and pay close attention to the fees and expenses you are being charged. High fees with low comparative returns are never a good sign.

Even if you are fully retired, this is a very useful exercise to do at the end of June to simply update yourself and your spouse on your current financial condition and gather important statements in one location. Better in June than in December when you are starting on your income taxes. – Len Crosby, Finance Officer

Legislative Chairman:

The U.S. House passed the bipartisan LEGION Act on Tuesday, extending the recognized wartime era for Legion membership back to Dec. 7, 1941.

The LEGION Act — Let Everyone Get Involved in Opportunities for National Service Act — fills in the gaps of war eras and redefines The American Legion’s membership eligibility dates, beginning with the bombing of Pearl Harbor and continuing until it is determined the United States is no longer in a state of war.

President Trump is expected to sign Senate bill S.504 into law later this week. When it becomes law, the legislation opens the door for hundreds of thousands of veterans to access American Legion programs and benefits for which they previously had not been eligible.

“Today’s passage of the LEGION Act is a victory for veterans who until now have not had their service to our nation fully recognized,” American Legion National Commander Brett Reistad said. “These veterans and their family members can now enjoy all the benefits of their service which they so richly deserve.”

The gaps in the war era were largely during the Cold War, a time when threats to U.S. national security was real, especially to the men and women serving in uniform. Overall, estimates show that about 1,600 U.S. service members were killed or wounded in hostile operations during periods that were not previously recognized as times of war by the federal government.

Reistad credited members of Congress and American Legion Family members with the successful legislation. Their efforts fulfill Resolution No. 1, passed unanimously by the Legion’s National Executive Committee last October in Indianapolis.

“As we celebrate our centennial anniversary, we hold to the same truths that our founders appropriately crafted a century ago,” Legion Commander Reistad said.

“Among those: a Veteran is a Veteran. It does not matter whether a veteran fought enemies on foreign soil, protected our interests in an ocean far away or secured our national defense here at home. Their service is what matters most. Now, thanks to this legislation, all veterans will be properly remembered for their service.”

We need to get the word out to ALL Veterans that they now qualify for membership in the American Legion.

Office of the Inspector General Finds Veterans Overcharged on VA Home Loan Funding Fees: The Office of the Inspector General released a report this month finding that VA charged exempt veterans approximately \$286.4 million in funding fees from calendar years 2012 through 2017, which affected about 72,900 veterans. The \$286.4 million is broken into “avoidable” charges, when the veteran was eligible at the time of the loan, and “unavoidable” charges, when the veteran became eligible after the origination of the loan, with the majority \$220.6 million in “unavoidable” charges. Veterans who believe they were overcharged should contact VA Regional Offices with Loan Guaranty operations at 1.877.827.3702.

Recruit Training Gender Integration: The House Committee on Armed Services voted along party lines to fully integrate women into Marine Corps recruit training at Parris Island and Marine Corps Recruit Depot San Diego. Introduced as an amendment to the National Defense Authorization Act for Fiscal Year 2020, the language prohibits gender-segregated training at all Marine Corps recruit depots. Marine Corps Recruit Depot, Parris Island, South Carolina, would have five years to become fully integrated; and Marine Corps Recruit Depot San Diego would have eight years. In order for this provision to become law, it must first be approved by the full House before being considered by the Senate. - Len Crosby, Legislative Officer

Chaplain:

All of us have so much to be thankful for each day.
When we awake to a new day, when a friend is in touch with us,
for the food we eat, for the water that flows into our homes, for flowers,
birds, trees, our health, for doctors close by who care for us:
the list can go on and on.

Thanking God should be part of our daily lives.
It is also good to tell God about worries and concerns: about jobs,
relationships, family, health, whatever comes to mind.
Sharing those thoughts with God
will often help to lessen the burdens we carry.
Take time -- lots of it -- each day to talk to God in prayer.
If you spend time with family members or friends, engage them in prayer
with you, and listen to how they share their joys/concerns/thanks with God.

Summer Prayer



Mark Hakomaki

Creator of all, thank You for summer!
Thank You for the warmth of the sun
and the increased daylight.
Thank You for the beauty I see all
around me and for the opportunity to
be outside and enjoy Your creation.
Thank You for the increased time I
have to be with my friends and family,
and for the more casual pace of the summer season.

Draw me closer to You this summer.
Teach me how I can pray no matter
where I am or what I am doing.
Warm my soul with the awareness of
Your presence, and light my path with
Your Word and Counsel.
As I enjoy Your creation, create in me
a pure heart and a hunger and a thirst for You.

Amen.

© Source unknown

Service Officer:

This month...oh, let's face it...EVERY month - every day - is about the world wide web. We depend on obtaining instant information at the touch of a fingertip. Computers and all these devices can get annoying - but would we really want to be without them? Satisfying our need for answers to the who, what, when, where, why (and how) is most wonderful. This month - and all month, every day - enjoy W! Here is an example:

URGENT CARE is one of the new benefits offered as part of the VA MISSION Act that gives Veterans greater choice in their health care. The benefit is offered in addition to the opportunity to receive care from a VA provider, as VA also offers same-day services. We are working to ensure Veterans understand how to use the new urgent care benefit as part of VA's comprehensive benefits package. **In this article, we answer some common questions about the new urgent care benefit.**

What is urgent care? Urgent care is a type of walk-in health care for situations where you need help but don't have an emergency, such as colds, ear infections, minor injuries, pink eye, skin infections, and strep throat.

Why are there different urgent care locations? There are two types of urgent care network locations: Retail and Urgent.

- Retail locations such as CVS or Walgreens are places where you can get care for minor ailments like a sore throat or earache.
- Urgent locations provide more comprehensive walk-in care for illnesses or injuries that are not life-threatening, like splinting, casting, lacerations, or wound treatment.

Both retail and urgent locations are staffed with healthcare professionals who are licensed and credentialed.

Are there urgent care providers near me? VA launched the urgent care benefit on June 6, 2019, and we are working to expand our network of urgent care providers, adding more every week. Urgent care providers are vetted and must meet strict standards of care and other requirements before they are added to VA's network. To find a location, use the VA facility locator at <https://www.va.gov/find-locations/>. Select the link entitled "Find VA approved urgent care locations and pharmacies near you". If you arrive at an urgent care network location and have difficulty receiving care, call 866-620-2071 for assistance. [More information.](#)

How do I get prescription medication with the urgent care benefit? You can get up to a 14-day supply of prescription medication through VA, a VA-contracted pharmacy, or a non-contracted pharmacy. If you choose to fill an urgent care prescription at a non-contracted pharmacy, you will be required to pay for the prescription when you pick it up and then file a claim for reimbursement at your local VA medical facility. Prescription medication for longer than a 14-day supply must be filled by a VA pharmacy. [More information.](#)

Do I have to make copayments for urgent care? Copayments for urgent care depend on your assigned priority group and the number of times you visit any urgent care provider in a calendar year. Urgent care copayments are not charged when you receive care from an urgent care provider, but are billed separately by VA. [More information.](#)

For additional information about the VA MISSION Act, visit <https://missionact.va.gov/>

IMPORTANT! When you submit your Blue Water Navy claims/supplemental claims say you are submitting under 38 USC 1116 and Procopio v. Wilkie and not under 38 USC 1116A the Blue Water Navy Act.. Don't let some VSO tell you anything different. We are arguing Procopio claims are not affected by the stay. The VA disagrees but that is why we have courts. – Ruth Aresvik, Service Officer

“The Faces of Agent Orange”

It was three years ago at a town hall meeting that I first heard about the link between Agent Orange exposure and the negative health effects in children and grandchildren of those exposed. I felt like I'd been hit in the gut by a very personal and angry 2x4. The more I've read, the more convinced I am that the chemicals service men and women are exposed to will be haunting our descendants for generations to come.

Two weeks ago, the Vietnam Veterans of America had their national convention in Spokane. My husband, a Vietnam veteran, brought home a packet of information which contained very personal and heart-wrenching stories. – stories about Vietnam veterans and their children and grandchildren who were impacted by Agent Orange. I decided it was time to do more than just worry about this. So, I'm going to become involved by passing on stories and information to help inform and encourage others.

“The Faces of Agent Orange” is a nationwide VVA [Vietnam Veterans of America] effort to help people see those who were affected by Agent Orange in Vietnam.

After the United States established that Agent Orange could be linked as the cause of many Vietnam veterans' medical conditions, the veterans want the research to be done on how their children and grandchildren may have been affected. Committees have been formed to share stories and discuss possible health links to Agent Orange.

Maynard Kaderlik, member of VVA Chapter 470 in Minoka, MN , is also the chair of a Vietnam veterans national Agent Orange committee. He was stationed in the Mekong Delta and his exposure there to Agent Orange eventually led to prostate cancer. But, beyond his own suffering, his involvement in the committee is to share the story of his own son, who was born with a dislocated hip and a severe learning disability, and his granddaughter who was diagnosed with autism.

Kaderlik, along with many others, are trying to find things that might be considered out of the ordinary, that are more prevalent in veterans' descendants than in the general public. Hundreds of meetings, like the ones Kaderlik leads in his and surrounding areas, have taken place in the U.S in the past several years. The Toxic Exposure Research Act of 2015 was presented to the U.S. House and Senate. The Veterans Administration would designate a VA medical center as the national research center for the effects of veterans' exposure, should the bipartisan bill be passed into law. This research could potentially benefit not only those involved in Agent Orange, but many others who have been affected by exposure and radiation.

Do you, or a veteran you know suffer from medical problems related to chemical exposure? This includes dioxin from many different defoliants, as well as petroleum products and chemicals in fire retardants, and more. Are you aware these chemicals can cause damage to DNA which can be inherited – and passed on – to children and grandchildren, and potentially further? That this damage and disease can skip generations and show up generations later? As Vietnam veterans pass, who will fight for these children? Who will push for legislation to recognize and compensate for these health issues? We need to step up and work to increase public awareness now. As time goes on, the potential number of people who may be affected by chemically induced disease, learning disabilities, birth defects, and autism is exploding. Please spread the word to those you know. Following Gary's story, you'll find a list of conditions that are thought to be a result of exposure to Agent Orange (and the rainbow of other chemicals used by the military). - Submitted by Jean Bledsoe, Post 154 Communications Chairman

On the following 2 pages you'll find Gary Jones' story - the first monthly installment of “The Faces of Agent Orange”.

For Gary Jones, the puzzle that is Agent Orange can be explained, or more to the point, not explained, by two words — “circumstantial” and “coincidence.” The words are at once the core and the conundrum of his Agent Orange experience. “The problem with all this Agent Orange discussion is that everything is circumstantial,” Jones said. “We can’t prove anything. But after a while, the word ‘coincidence’ just doesn’t work anymore. Something is causing all these different problems.” He pulled two tours of duty in Vietnam, one blue, the other brown. The first for the young Naval officer came in the deep water off the Vietnam coastline; the second came inland, in the brown water of the Cam Lo River, near the DMZ, where he worked delivering supplies with Marines and an ARVN unit. “My job was kind of like being on the old Red Ball Express, but on water,” he said. Before Jones returned to Vietnam with Vietnam Veterans of America in recent years, the dominate memory of the country for him always came with a reddish hue, not the deep, rich green that stretches across Vietnam as far as the eye can see. “Everything was reddish,” he said. “Red mud, red water. Everything in my mind was red because we’d killed off the vegetation.” The area in which he operated was heavily saturated with Agent Orange, the chemical defoliant being delivered by air, from the backs of trucks, and by hand. At the time, he said, no one knew much about the defoliant. “We didn’t have a clue,” he said. “You could smell the stuff. I thought it was mosquito spray or something. No one told us anything.” Because he was stationed near a large base, certain amenities were enjoyed. The locals washed the Americans’ clothes — in barrels that once held Agent Orange. The Americans, if they could get their hands on one of these barrels, often cut it lengthwise and used it as a barbecue. For many years, Jones congratulated himself for escaping the lingering effects of the chemical that had brought so much misery to the lives of others. Then several years ago, he noticed a rash near his ankles. It would come and go, and come and go, never rising above the level of irritant. “Then I had a pretty substantial breakout up and down my legs, and they did a biopsy on it and came back as ‘psoriasis-like,’” he said. “It’s basically an immune-deficiency disease. In the most critical cases, it can become nephrotic. A year or two ago, I started getting pretty sick, and it turned out I was dealing with a nephrotic syndrome that attacked my kidneys. So now I have two problems, and both are immune deficiency related.” At his own local VVA chapter, he spoke with a former Army warrant officer. The Army friend struggled with exactly the same health problem. “Then he says, ‘I’ve got five other guys with the same thing,’” Jones said. “Now the word ‘coincidence’ has gone completely out of the conversation, and I’m thinking, ‘OK, you’re being hounded by immune-deficiency problems, and the group includes only those guys who were in-country in Vietnam. What does that mean?’” He can prove nothing, continually finding himself circling back to “circumstantial.” Then his oldest son developed the same rash, but on his chest, not on his legs. His youngest son battled a serious attention deficit disorder that still plagues him. Neither Jones nor his wife knows of anyone in their immediate or extended families with either of the medical diagnoses given their sons. “I don’t expect to go to the VA and have a conversation about any of this,” Jones said. “I’m already being compensated for PTSD and a hearing loss. At one point I had decided to go in and talk about it, but I decided I needed to get a lot more evidence and a lot more of the story before I submit anything. But I plan to put it on my record.” He said he has no complaints about the VA and, in fact, calls himself “a kind of advocate for the VA.” He’s heard all the horror stories about VA health care and says he believes them, but he also believes that, in the larger picture, the VA provides good health care for veterans. Still, he sees room for improvement and changes. He said statistics show that 80 percent of veterans don’t use the VA system at all. He would like to see the VA work closer with civilian doctors so the general practitioners will be more likely to make inquiries of veterans. “In all the intake interviews I’ve done with new civilian doctors I have never been asked: Are you a veteran? Where did you serve? What were you exposed to?” he said. Jones wants the VA, and the government in general, to recognize that men and women in the armed forces are routinely exposed to toxic situations rarely faced by civilians. (cont’ below)

“There should be a general health program where these people are monitored throughout their lives so that problems that are not only proven to be connected to their service, but are probably connected, are watched,” he said. “We need to stay on top of these health situations so when something connected to military service arises, they can respond to it quickly.” Jones doesn’t think the VA can do this by itself. He sees a need for civilian health professionals to be part of the system. “If what I’m suggesting is too much for the VA to do, and I’m inclined to think that it is, then the civilian medical community should be supported to take care of veterans who are not in the VA system,” he said. “These Agent Orange guys are dying 30 and 40 years after the fact with no treatment. That should never happen. We owe our veterans the support they need.” Significant numbers of Vietnam veterans have children and grandchildren with birth defects related to exposure to Agent Orange. To alert legislators and the media to this ongoing legacy of the war, we are seeking real stories about real people.

If you wish to share your family’s health struggles that you believe are due to Agent Orange/dioxin, send an email to mporter@vva.org or call 301-585-4000, Ext. 146.

Conditions seen in abnormally high numbers in children & grandchildren of veterans exposed to dioxins in Agent Orange and many other chemicals & products used by the military:

Spina Bifida – this is the only birth defect recognized by the VA as being caused by Agent Orange exposure.

The VA presumes certain other birth defects are connected to a veteran’s military service, but only if the Veteran is the biological **mother** of the child with a birth defect. These include:

Achondroplasia (short-limbed dwarfism)

Cleft lip and cleft palate

Congenital heart disease

Congenital talipes equinovarus (clubfoot)

Esophageal and intestinal atresia (absence or abnormal narrowing)

Hallerman-Streiff syndrome (characterized mainly by deformities of the skull and facial bones)

Hip dysplasia

Hirschprung’s disease (congenital megacolon)

Hydrocephalus due to aqueductal stenosis

Hypospadias

Imperforate anus

Neural tube defects (defects of the brain, spine, or spinal cord)

Poland syndrome

Pyloric stenosis

Tracheoesophageal fistula

Undescended testicle

Williams syndrome (developmental disorder)

Other conditions: The offspring of many of the veterans are born with physical defects such as **extra fingers and toes as well as fused digits, diseases including several different types of cancers such as leukemia, respiratory cancers, and prostate cancers. Non-Hodgkin’s Lymphoma, Parkinson’s Disease, Diabetes Mellitus Type 2, heart disease, nerve and muscle disorders are also reported, and many have suffered psychological disorders, learning disabilities, and autism.**

If you would like more information, here is a good place to start: <https://www.propublica.org/article/the-children-of-agent-orange>

If you would like to share your story, or would like to be involved in this effort to educate, please contact Jean Bledsoe at jeanbledsoe@gmail.com

A Healthier You: from *The People's Pharmacy*

Can Ashwagandha Help You with Stress and Sleep?

Readers have found that an Indian Ayurvedic herb, ashwagandha, can help ease anxiety, overcome insomnia and relieve joint pain.

[Read this article](#)



Bits & Pieces

- Starting Jan. 1, all service-connected disabled veterans, Purple Heart recipients, former prisoners of war and primary veteran caregivers will be eligible to shop at [commissaries](#) and exchanges. Follow this link for details: <https://www.militarytimes.com/pay-benefits/2019/07/22/heres-how-3-million-more-people-will-get-military-shopping-benefits/#.XTYrSJohGhs.facebook>



Mark Your Calendar:

Aug 2nd Invasion of Kuwait Operation Desert Storm (1990)

Aug 4th Coast Guard Birthday – founded in 1790 when the 1st Congress authorized the construction of 10 vessels to enforce tariff and trade laws, prevent smuggling, and protect the collection of federal revenue.

Aug 3rd Mayor Vic Holmes Wedding at Majestic Park @ 3 pm

Aug 7th Purple Heart Day

Aug 8th Post 154 Executive Committee Meeting at 6 pm @ Lions Club

Aug 10th Post 154 Booth at Center Target Sports in Post Falls from 9 am to 2 pm

Aug 14th V-J Day/Victory over Japan (1945) formal surrender Sept 2, 1945

Aug 15th 93rd American Legion World Series

Aug 20th Post 143 is hosting a VA Town Hall Meeting from 4:30 to 6 PM

Aug 22nd Post 154 Potluck and Membership Meeting at 5:30 pm @ Lions Club

Aug 23rd 101st American Legion National Convention (Aug 23 – 29)

The 68th Anniversary of the Korean War "Chosin Few"

The Tootsie Roll Marines - The Forgotten War
On November 26, 1950, 10,000 men of the First Marine Division, along with elements of two Army regimental combat teams, a detachment of British Royal Marine commandos and some South Korean policemen were completely surrounded by over ten divisions of Chinese troops in rugged mountains near the Chosin Reservoir. Chairman Mao himself had ordered the Marines annihilated, and Chinese General Song Shi-Lun gave it his best shot, throwing human waves of his 120,000 soldiers against the heavily outnumbered allied forces. A massive cold front blew in from Siberia, and with it, the coldest winter in recorded Korean history for the encircled allies at the Chosin Reservoir, daytime temperatures averaged five degrees below zero, while nights plunged to minus 35 and lower.

Jeep batteries froze and split. C-rations ran dangerously low and the cans were frozen solid. Fuel could not be spared to thaw them. If truck engines stopped, their fuel lines froze. Automatic weapons wouldn't cycle. Morphine syrettes had to be thawed in a medical corpsman's mouth before they could be injected. Precious bottles of blood plasma were frozen and useless. Resupply could only come by air, and that was spotty and erratic because of the foul weather.

High Command virtually wrote them off, believing their situation was hopeless. Washington braced for imminent news of slaughter and defeat. Retreat was hardly an option; not through that wall of Chinese troops. If the Marines defended, they would be wiped out. So, they formed a 12-mile long column and attacked.

There were 78 miles of narrow, crumbling, steeply angled road and 100,000 Chinese soldiers between the Marines and the sea at Hungnam. Both sides fought, for every inch of it. The march out became one monstrous, moving battle.

The Chinese used the ravines between ridges, protected from rifle fire, to marshal their forces between attacks. The Marines' 60-millimeter mortars, capable of delivering high, arcing fire over the ridgelines, breaking up those human waves, became perhaps the most valuable weapon the Marines had but their supply of mortar rounds was quickly depleted. Emergency requests for resupply were sent by radio, using code words for specific items. The code for 60mm mortar ammo was "Tootsie Rolls" but the radio operator receiving that urgent request didn't have the Marines' code sheets. All he knew was that the request came from command authority, it was extremely urgent and there were tons of Tootsie Rolls at supply bases in Japan.

Tootsie Rolls had been issued with other rations to US troops since World War I, earning preferred status because they held up so well to heat, cold and rough handling compared to other candies.

Tearing through the clouds and fog, parachutes bearing pallet-loads of Tootsie Rolls descended on the Marines. After initial shocked reactions, the freezing, starving troops rejoiced. Frozen Tootsies were thawed in armpits, popped in mouths, and their sugar provided instant energy. For many, Tootsie Rolls were their only nourishment for days. The troops also learned they could use warmed Tootsie Rolls to plug bullet holes in fuel drums, gas tanks, cans and radiators, where they would freeze solid again, sealing the leaks.

Over two weeks of unspeakable misery, movement and murderous fighting, the 15,000-man column suffered 3,000 killed in action, 6,000 wounded and thousands of severe frostbite cases. But they reached the sea, demolishing several Chinese divisions in the process. Hundreds credited their very survival to Tootsie Rolls. Surviving Marines called themselves "The Chosin Few," and among themselves, another name: The Tootsie Roll Marines. Join me in sharing their story and some Tootsie Rolls.

I will never again see Tootsie Roll the same again. - Submitted by Post member Paula Atwood

We continue to recognize and honor the 100 years of the American Legion. Few people realize how much the Legion has done over the years to help establish laws and provide protection and benefits for our veteran community. We are proud to be Americans, but we can also be proud to be members of The American Legion, because, for God and country, we associate ourselves together for the purposes we all speak in unison every month at our meeting. Please share this history with any and all:

At the close of World War I, America was just emerging from its lusty era of rugged individualism. It was an era when the individual hammered out his own destiny and progress with little or no help from the government. An honest facing of the facts brings out that American society was then a cold society insofar as any organized public hands of helpfulness were concerned. The individual who fell upon evil times was left to private charity which meant mostly the churches and the Salvation Army. There were no public resources or services to help the unfortunates.

When the veterans of World War I came marching home, they found the nation utterly unprepared to care for the combat casualties of the war. The wounded, the shell-shocked and the sick were lodged in poor houses, jails, asylums or what-have-you.

Veterans of World War I were much more closely knit than those of World War II. They trained in the same camps, fought on the one great front. Those who came home unscarred were appalled by the plight of their less fortunate comrades. They felt a concern for them and their dependents which was a new and dramatic action aspect to what the country had known as friendship. This concern formed the bond among the charter members of The American Legion and gave them a great and noble cause to fight for-the adequate care and protection of their disabled comrades and dependents, the war widows and orphans. They faced a monumental task. Laws had to be drafted and enacted by the Congress to provide compensation for the war-handicapped, to build hospitals and to get protection for the widows and orphans upon whom the war had laid its heaviest and cruelest hand.

The American Legion wrote such laws, had them introduced in the Congress, went out over the land to arouse the conscience of the people of America and mobilize support for its legislative aims. It did both with a sacrificial fervor that overcame all obstacles.

The Congress enacted the laws, it provided the administrative machinery, it appropriated the funds, it built hospitals. Then to bring about a single responsibility for the carrying out of all veteran laws and to achieve a unification of these government services, The American Legion put through Congress the legislation to create the Veterans Bureau which has become the Veterans Administration of today. Over the years, a great network of government hospitals was built, and a great structure of veteran legislation enacted which made the American veterans the best cared for on earth. The rehabilitation program of The American Legion for the World War I veteran brought about in its successful development a great awakening of social responsibility in America.

When the New Deal Program was being developed, the government planners took a look at what The American Legion, through its vast rehabilitation program, had done for the veteran of World War I and they decided to do the same thing for all American people.

So out of the rehabilitation brainchild of The American Legion, there came the Social Security System with its retirement benefits and old age assistance programs for all the people. The planners took a look at The American Legion program of temporary emergency aid to needy children of veterans and there was born-with the support of Legionnaires-the state and federal program of aid to dependent children-all children. This is how we can hail The American Legion today as an unparalleled force in these United States for social betterment. American Legion concepts and its ideal of devotion to mutual helpfulness warmed up the whole social climate of America. Today, America is extending its helpful hands all over the world through our assistance programs of foreign aid.

It all came about because the veterans of World War I came home enriched with wonderful ties of friendship and gave those ties a meaning by consecrating them to the ideal of mutual helpfulness.

Ruth Aresvik, Service Officer

Summer Picnic

Here we are the 1st of August, I hope you will mark your calendars and set aside August 25th for the Post 154 Summer Picnic. (See information below)

You and your family are cordially invited to the Manuel Schneidmiller American Legion Post 154 Summer Potluck Picnic to be held Sunday, August 25, 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 Plastic utensils.

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 Monday, August 17th, and direct questions to John or Sue Fevold at (208)916-5148, (208)916-5149, or email: schoolmarm66@hotmail.com

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

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,

**Bill Kinder
1st Vice Commander
American Legion Post 154**

