



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho Newsletter

Volume 8 Issue #8

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Meeting at: Lions Club 16114 N. Meyer Rd Rathdrum - Editor: Jean Bledsoe

The Veterans' Creed

1. I am an American Veteran
2. I proudly served my Country.
3. I live the values I learned in the Military.
4. I continue to serve my Community, my Country, and my fellow Veterans.
5. I maintain my physical and mental discipline.
6. I continue to lead and improve.
7. I make a difference.
8. I honor and remember my fallen comrades.

This is the Veterans' Creed as it appeared in the July issue of The American Legion magazine. It was decided by the Executive Committee that it will be recited at the end of both the Executive Committee meetings and the monthly Membership Meetings as a reminder of who we are and the positive impact we continue to make as veterans of our country's military.

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:

During July one delegate from our post attended the Department of Idaho Convention at the Cactus Pete's Casino in Jackpot Nevada. Lots of legion business was conducted and we had a great 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. I was once again elected as the Area A Vice-Commander and we have a new Department Commander Doug Huffman. Without your support I could not do the work of the Legion, so I thank you for that!

We also participated in the Rathdrum Day parade and had a booth. Our Honor Guard and float looked fantastic. We are making a difference in our community and for our veterans. Thank you all who volunteered to make this great community event even better.

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 this 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



Our renewal drive is moving along at a steady pace! As of July 30th, we are at 68 paid members for 2024. This places us at 47.9% of our goal, with our total membership at 142. Remember, membership is everyone's responsibility. It does matter.

Once again, I highly recommend your use of the On-Line Renewal feature. It's fast and easy. Go to legion.org, click renewals. Make sure you have your ID card and credit card available for this transaction. Take an extra minute and go to Mylegion.org and sign up for this section. Some interesting items to view.

EARLY RENEWAL INCENTIVE

JULY 1, 2023 EXTENDED UNTIL AUGUST 15TH

We have extended the deadline for The American Legion Post 154 is offering an early renewal incentive to all Post members, who pay their dues for 2024 by August 15th. Two (2), Post 154 members will have the opportunity to each win \$50.00, which covers your dues for 2024. The deadline was extended due to the June meeting not having a quorum in attendance. It would be great if everyone would renew early. Let's give it a try. Good luck!

Contest rules:

1. Each Post 154 member that renews their membership during the below period will receive one ticket for a chance to win a \$50.00 membership for 2024. We will offer two (2) \$50.00 prizes this year.
2. For this contest, renewals must be made starting July 1st and ending at 5pm, August 15th
3. Dues can be paid online at <https://www.legion.org/renew> (This is the preferred method) or received in hand by the membership committee no later than August 15th, at 5:00 pm 4. Any renewals that are mailed

and not received in our Post PO Box, by August 15th will be ineligible for the prize. (IT TAKES 2-3 DAYS FOR MAIL TO REACH OUR MAIL BOX)

5. PUFL"s are automatically renewed on July 1st and will not be eligible, but they do receive our gratitude for their commitment.

Please Note: Everyone's membership runs from January 1st to December 31st. No matter what date they join. Early renewal is for 2024. – Bill Kinder, 1st Vice commander, Membership Chairman

Finance Officer:

During the month of June 2023, Post 154 received income of \$470.91 and had expenses of \$112.50. Net profit for the month of June was \$358.41. The majority of our income this month was from donations to our very active Honor Guard (\$300).

Other sources were membership (\$90, member donations for Boys State and the North Idaho Veterans Home (\$20), sale of two Legion hats, and interest and adjustment for an uncleared check.

Expenses were for membership renewal (\$112.50).

July is a busy month, with the Rathdrum Day Parade (in which our Honor Guard marches, and we have a float) and also manning a booth at Rathdrum Days where local Veterans can learn more about Veterans benefits and the things our American Legion Post does for the Rathdrum Community. We look forward to an increasing number of our members coming out and participating in these events and spreading the word about the American Legion.

Hope everyone is having a great summer! - Len Crosby, Finance Officer

Chaplain's Pew:



Sick Call & Taps:

- Margaret and Al Ogram are having health issues.
- Pete Williams had a heart attack 3 weeks ago and had stents put in.
- John Fischer is scheduled for back surgery.
- Len Crosby had a heart procedure requiring stents.
- Jean Bledsoe continues to undergo chemotherapy and radiation for cancer.
- Bill Kinder is continuing his recovery at home and doing well.
- Betty Potter has issues with both of her shoulders which are going to require surgery.
- Bob Kernen was injured in a fall but is recovering at home with bruised ribs.

Chaplain's Pew: (cont')

My Beautiful America

Have you ever spent the late afternoon,
Watching the purple shadows deepen in the Arizona
desert?
Or seen a herd of Elk plow their way
Through waist-deep snow on a cold Colorado dawn?
Did you ever see the sun go down in Hawaii
Or seen the stormy waves break over the rockbound
coast of Maine
Or have you ever seen an eagle fly up out of the mists
of Alaska
Or a big October moon hanging full over the still
Dakota badlands?
Have you ever tasted the gumbo in New Orleans,
barbecue in Carolina
Or the chicken wings in Buffalo?
Have you ever had Brunswick stew in Macon, or
cornbread in Birmingham?
Or briskets slow cook over hill country mesquite
wood?
Did you ever drink the water from a gurgling branch
in Utah,
Or stand on the mountain above El Paso Del Norte
And see the lights twinkling clear over into Mexico
Did you ever jingle horses in the pre-dawn stillness of
a perfect Texas day
And watch their shod hooves kicking up sparks on the
volcanic rock?
Or tended a trotline on a foggy Carolina morning,
Or heard the distant love song of a lovesick
whippoorwill On a pristine Tennessee late night?
Have you seen the faces on Mount Rushmore or
stood at the Vietnam monument?
Have you ever crossed the mighty Mississippi,
Or been to the Daddy of 'Em All in Cheyenne,
Wyoming
Or seen the mighty Vols run out on the football field
on a chilly autumn afternoon?
Did you ever see the Chicago skyline from Lakeshore
Drive at night
Or the New England foliage in the fall,
Or the summer beauty of the Shenandoah Valley,
Or Indiana covered with new snow?
Did you ever seen a herd of wild horses running free
Across the empty spaces of Nevada?
Or caught a walleyed pike out of a cold Wisconsin
stream,

Or marveled at the tall ships docked in the harbor at
Baltimore?
Did you ever see the early morning dew sparkling on
the bluegrass,
Or the wind stir the wheat fields on a hot Kansas
afternoon
Or driven the lonely stretches of old Route 66
Have you ever heard the church bells peal their call to
worship
On an early Sunday, in some small town in the Deep
South?
Or passed through the Redwood Forest just as the sun
was going down
Have you ever been to Boise or Baxley or Beaufort or
Billings?
Have you ever passed through Sanford or Suffolk or
San Angelo
Have you ever seen the falls at Niagara
The Ice Palace in Saint Paul
Or the Gateway to the West?
This then is America!
The land God blesses with everything
And no Eiffel Tower: no Taj Mahal,
No Alps, No Andes
No native hut, nor Royal Palace -
Can rival her awesome beauty,
Her diverse population, her monolithic majesty.
America the Free
America the mighty
America the beautiful
I pledge allegiance to the flag of the United States of
America And to the
republic for which it
stands
One nation under
God
with liberty and
justice for all.
What do you think?
Pray for our troops,
and for the peace of
Jerusalem. God
Bless America
— Charlie Daniels



Submitted by Helen Kinder, Chaplain

Service Officer:

On June 14, 2023, President Joe Biden signed into law the Veterans Compensation Cost-of-Living Adjustment (COLA) Act of 2023, which directs the Department of Veterans Affairs to provide a cost-of-living adjustment for Veterans benefits in 2024 equal to the COLA applied to Social Security benefits, as determined by the Social Security Administration (SSA).

The legislation, passed with bi-partisan support in the House and Senate, is an annual procedure for Congress but an important one, as it must be accomplished to ensure Veterans receive a COLA, and that it keeps pace with inflationary costs.

The COLA will affect certain VA benefits including, but not limited to: disability compensation, clothing allowance and dependency and indemnity compensation (DIC) for spouses and children.

While the exact amount of next year's adjustment has not been determined, it's based on the Consumer Price Index (CPI). The CPI measures the average change in prices of goods and services to preceding years and is used by SSA to determine the annual COLA, which, by law, now applies to VA benefits as well.

The last adjustment in January 2023, which Veterans are currently receiving, saw an 8.7% increase following a second year of high inflation.

Based on the timeline of previous years, SSA is expected to announce its 2024 COLA early in the next fiscal year, which begins on Oct. 1. VA will then set its compensation payment rates to match and Veterans can expect to see the new amounts starting with their January 2024 payment.

To stay informed on when the COLA is announced and what it will mean for your VA benefits, subscribe to the #VetResources newsletter. – Ruth Aresvik, Service Officer



National Veterans and First Responders' Day is the first Saturday in August - this year the 5th - and we are showing support for veterans and first responders needing mental health services. Let's use National VFR Day to provide veterans, first responders, and their families with the tools and support they need to allow them to thrive as individuals and as a family.

Faces of AO

On August 10th each year, Agent Orange Awareness Day provides information regarding the effects of Agent Orange. It also serves as a reminder of the lasting damage a single decision can cause.

To read more about the effects of Agent Orange and other toxins, follow this [LINK](#) to the information on our website. If you'd like to read other Veterans' stories about their battles with the effects of Agent Orange, click [HERE](#).



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.

Todd Halvorson reported that last month the Honor Guard participated in 20 functions since the last meeting: 16 funerals - 8 Army, 5 Navy, 2 Air Force and 1 Marine. Four ceremonies such as parades, colors and training. All total 320 volunteer hours and 2,055 miles traveled.

– Todd Halvorson, Honor Guard Co-Captain

Did you know...?

VHA Medical Centers provide a wide range of services including traditional hospital-based services such as surgery, critical care, mental health, orthopedics, pharmacy, radiology, and physical therapy.

In addition, most of our medical centers offer additional medical and surgical specialty services including audiology & speech pathology, dermatology, dental, geriatrics, neurology, oncology, podiatry, prosthetics, urology, and vision care. Some medical centers also offer advanced services such as organ transplants and plastic surgery.

To make access to health care easier, VHA utilizes Community-Based Outpatient Clinics (CBOC) across the country. These clinics provide the most common outpatient services, including health and wellness visits, without the hassle of visiting a larger medical center. VHA continues to expand the network of CBOCs to include more rural locations, putting access to care closer to home.

Bits & Pieces

- Half a century after the last American combat troops left Vietnam, the U.S. has taken the first steps in a major but little-noticed policy shift to solidify relations with its former adversary by helping the Vietnamese account for and identify their war dead. [Read More...](#)
- In a July 11 feature story for AP, Allen Breed and Randy Herschaft recount the impact of the July 12, 1973, fire in Overland, Missouri, which consumed an estimated 16 to 18 million personnel files, the vast majority covering the period just before World War I through 1963. It's believed to be the largest loss of records in one catastrophe in U.S. history. [Read More](#) about its impact...
- VA officials unveiled preliminary plans to build a new cutting-edge cancer care and research center in California with Stanford University as part of new public-private partnership efforts approved as part of sweeping toxic exposure legislation approved last summer. [Read More...](#)
- We have the privilege and honor to announce the availability of the “NEVER FORGET” rose, dedicated to the Centennial of the Tomb of the Unknown Soldier, from Fabien and Florence Ducher of Roseraie Ducher. This spring (2023), the Ducher rose was officially named ‘Never Forget’ by Fabien Ducher, and registered with the American Rose Society, the International Registration Authority for Roses. The ‘Never Forget’ rose was introduced in America and made available across the United States by the very fine rose nursery Heirloom Roses, located in the Willamette Valley of Oregon. [More Information...](#)
- Vietnam Veterans Memorial Interactive Experience. Take a closer look at the Vietnam Veterans Memorial, including photos, facts, and videos, thanks to the Department of Defense. [Visit the Online Memorial...](#)
- Summer Fun: Veterans Save on Access to Parks, Campgrounds. Outdoor recreation can help Veterans with social reconnection, physical and mental wellness, and psychological healing. Whether it's a peaceful stay under the stars or an extended scenic adventure, as a Veteran you and your family have many options to save when planning your next expedition. [READ MORE...](#)
- On Thursday August 10th at 2pm action will be taken to sort through the Conex and our closet inside the Lions Club. We will organize, eliminate unusable items, and move as much as possible into the context to free up space in the closet. We will label everything accordingly. Come join us and help in the fun!



A Healthier You:

August is National Wellness Month. To celebrate that, and get yourself on a path to wellness, how about starting a walking plan?

Your Get-Fit Plan

A Sample Walking Program

Experts recommend walking briskly on most days. Aim for a target of 30 minutes on most days, or 150 or more minutes a week. Walking programs can help you reach this goal by slowly increasing the frequency and the amount of time you walk. Try this walking program:

First week

- Walk 3 times a week.
- Walk for 5 minutes each time.

Second week

- Walk 3 times a week.
- Walk for 10 minutes each time.

Third week

- Walk 3 times a week.
- Walk for 13 minutes each time.

To see the rest of the plan, follow this [LINK](#).



Mark Your Calendar:

August 2nd Invasion of Kuwait/Operation Desert Shield (1990)

August 4th Coast Guard Birthday

August 7th Purple Heart Day

August 10th Executive Committee Meeting 6 PM & 96th American Legion World Series

August 10th Conex and closet clean out at 2 PM at the Lions Club

August 14th Navajo Code Talker Day & V-J Day (1945)

August 19th Post 154 annual picnic – see flyer on page 10 of this newsletter.

August 21st International Remembrance Day and Tribute to Victims of Terrorism

August 24th Potluck and Membership Meeting 5:30 and 6 PM

Small Act at Post Falls Parade Creates Connection to Fallen Hero

By Tim Williams, Member, Post 154

There are times where you step up and do things, without asking questions. Recently I experienced one of those times. My wife Sandy and I volunteered to be a part of this year's Post Falls Festival parade On July 8th.

We were asked to carry a banner of a fallen soldier from our area. The banners are sponsored by the Washington State Fallen Heroes Project. (Learn more at WAFallenHeroesProject on Facebook.)

Just walking along Seltice Way on the parade route was about as humbling as it can get. Hundreds of people saluted and clapped as we made our way down the street. I had no idea what this day would lead to. We were just doing something for those who lost their lives for freedom. It was the least we could do for these brave soldiers. It brought a tear to Sandy's eyes and a lump to my throat. How could it not? What a privilege it was to be able to honor those whose banners we carried: SPC Marc W. Grubham, U.S. Army, and Capt. David Lyon, U.S. Air Force.

When the parade was over, we headed home with a feeling we did something for those who died in combat.

Sandy and I wanted to share our feelings, so she decided to post pictures on Facebook. Here is where you find out just how small and how interesting our big world is.

After returning home, I got a call from my brother Craig who lives in Colorado Springs and works at Peterson Air Force Base. We were in shock when we found out that he knew Capt. David Lyon and his wife Dana Lyon, who was also in the Air Force.

Dana Lyon actually worked for my brother at Peterson. We had no clue!

Here's how it came together. (The below comments are from my brother, Craig Williams.)

"Tim... As I mentioned, I was taken aback by the picture of Sandy holding a fallen soldier's banner. It was of a young soldier from Sandpoint, Idaho. It took me back immediately to December 2013. At that time, I had the pleasure of working with another true professional, Capt. Dana Lyon. (David's wife). While I briefly met David before his deployment, I knew Dana much better.

She was a friend and leader at the MILSATCOM Sustainment and a pleasure to know personally. Dana was head-over-heels in love with David, and I'm sure he knew that well.

I remember when we heard the tragic news, it was just awful. In the face of it, Dana was able to muster up the courage to somehow keep the focus and the strength necessary to bring her husband home. I recall seeing a picture of her on the plane carrying David's casket. She lay sleeping next to it with her arm around the flag, the casket, and David. David was buried at the U.S. Air Force Academy where he and Dana were both NCAA athletes. Eventually, Dana transferred to the academy, returning to what she loved, athletics training and mentoring next generations of athletes.

Please express my thanks to Sandy for honoring fallen soldiers and, in particular, David, as he and Dana will always hold a special place in my heart. – Craig"

I learned more about Capt. Lyon. He was a 2008 Air Force Academy graduate, and a three-year letter winner for the Falcon track and field team and a Mountain West champion in the shot put.

He was a member of the 21st Logistics Readiness Squadron at Peterson Air Force Base. They were part of a year-long deployment performing a combat advisory mission with Afghan National Army Commandos and working with the Combined Joint Special Operations Task Force-Afghanistan. (cont' below)



Capt. Lyon was killed in 2013 when a vehicle-borne improvised explosive device detonated near his convoy.

Our one small gesture, the recognition of David and other local Fallen Heroes, truly impacted many people. This remembrance meant a lot to family and friends of David and other Fallen heroes.

Out of that parade came a story of one individual who died for his country. I do believe things happen for a reason. Capt. David Lyon and all those who died for our country will never be forgotten. Not on my watch! – Tim Williams, Post 154 Member



It's Post 154 Picnic Time!



Saturday, August 19th at Rathdrum City Park

(The Pavilion has been reserved until 5:00pm)

Potluck starts at Noon so be there in time to set up your food for service!

The Post will provide: Hamburgers, Brats, & Buns, water, lemonade, plates, cups, plasticware, & napkins.

Please bring Sides, Salads, Chips & Desserts to share.

(Electricity is available if you bring a hot dish to plug in)

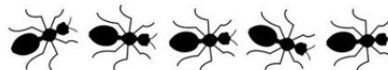
(Please bring your own serving utensils)

We will need a head count to purchase the meat so please sign-up ASAP & tell us how many in your group & what you will bring.

To sign-up please contact:

Sharron McPhail at mcphail05@msn.com

or 760-289-9266 talk or text.





**RATHDRUM
POLICE**



**POST FALLS
POLICE**

**INVITES YOU TO JOIN US FOR
NATIONAL NIGHT OUT
5:00 PM to 8:00 PM
TUESDAY AUGUST 1ST
MAJESTIC PARK
(5400 W Majestic Avenue, Rathdrum ID)**

- **FREE COMMUNITY BBQ
(WHILE SUPPLIES LAST)**
- **COMMUNITY EDUCATION**
- **POLICE, FIRE, & MILITARY
VEHICLES ON DISPLAY**
- **MEET LOCAL LAW
ENFORCEMENT PERSONNEL**
- **K-9 DEMONSTRATION**
- **INFORMATIONAL BOOTHS**
- **KIDS GAMES**
- **ADMISSION IS FREE**



**For more information please call Rathdrum Parks and Recreation
at 208-687-2399 or go to rathdrum.org/rec**

IDNG J9- SERVICE MEMBER & FAMILY SUPPORT

NORTH IDAHO



• AUG 5TH, 2023 •



**FOOD | GAMES
RESOURCES | FUN**

TIME 3PM-6PM

**MOUNTAIN LAKES BIBLE CHURCH
2215 N 7TH, CDA, ID 83814**

QUESTIONS? CALL 208-608-3895
EMAIL BRANDI.S.STORDAHL.NFG@ARMY.MIL