



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho

Newsletter

Volume 3 Issue #12

December 2017

Email: rathdrum154@gmail.com

Website: Rathdrumpost154.org

Facebook: Manuel Schneidmiller Post 154

Mailing Address: PO Box 1116, Rathdrum ID

Meeting at: Lions Club 16114 N. Meyer Rd Rathdrum

Editor: Jean Bledsoe



Commander:

Greetings Legion Family, First, I would like to thank everyone who worked on the planning, took part in, and attended our Veteran's Day ceremony on November 12th. What a successful event. You all did such a great job! I am very lucky to have all of you on Post 154's team. The holidays are upon us and I hope everyone had a wonderful Thanksgiving. With December here, I am very excited to be part of our annual Christmas Party at the Lion's in Rathdrum. It will be Friday December 15th at 6 p.m. I hope to see everyone there. For those that can't make it Merry Christmas! Additionally, during this time of year please remember the ones that can't be here with you and your family and all the other families around our nation, participate in the Wreaths Across America on December 16th at 9 a.m.

I look forward to the new year and I know we are the best post in Idaho!!

God Bless our Legion Family and God Bless America. - Dee Sasse, Commander



HELLO, REMEMBER ME~

Some people call me Old Glory, others call me the Star Spangled Banner, but whatever they call me, I am your Flag, the Flag of the United States of America... something has been bothering me, so I thought I might talk it over with you... because it is about you and me.

I remember some time ago people lined up on both sides of the street to watch the parade and naturally I was leading every parade, proudly waving in the breeze, when your daddy saw me coming, he immediately removed his hat and placed it against his left shoulder so that the hand was directly over his heart... remember?

And you, I remember you. Standing there straight as a soldier. You didn't have a hat, but you were giving the right salute. Remember little sister? Not to be outdone, she was saluting the same as you with her right hand over her heart... remember?

What happened? I'm still the same old flag. Oh, I have a few more Stars since you were a boy. A lot more blood has been shed since those parades of long ago.

But now I don't feel as proud as I used to. When I come down your street you just stand there with your hands in your pockets and I may get a small glance and then you look away. Then I see the children running around you shouting... they don't seem to know who I am ... I saw one man take his hat off then look around, he didn't see anybody else with theirs off, so he quickly put his back on.

Is it a sin to be patriotic anymore? Have you forgotten what I stand for and where I've been? Anzio, Guadalcanal, Korea and Vietnam. Take a look at the Memorial Honor Rolls sometimes, of those who never came back to keep this Republic free... One Nation Under God... when you salute me, you are actually saluting them.

Well, it won't be long until I'll be coming down your street again. So, when you see me, stand straight, place your right hand over your heart... and I'll salute you, by waving back... and I'll know that...

YOU REMEMBERED.

Author Unknown – submitted by Dee Sasse, Commander

Finance Officer:

The Veterans Recognition event was very successful, as we recognized almost 40 veterans of the Korean War. A great deal of time and effort went into the planning and execution of this event. The Veterans Recognition Committee, so ably led by Jean Bledsoe, and consisting of several members of Post 154, members from the City, members from the Guardian Riders and a number of volunteer members did an exceptional job on this event, and even ended the fundraising effort with all bills paid and a balance to help with the event next year. Hats off to Jean, her Committee, the Honor Guard, Bryan Bledsoe and everyone who helped make this a resounding success.

It is time to put together our 2018 Budget. I am asking all Committee Chairs and all Officers to get their estimate of fundraising event proceeds and their expense suggestions together and to me as soon as possible. **I Also Need Some Volunteers to Work with Me in Putting the Budget Together and Other Volunteers to Audit Our Financial Records for 2017 Once We Close the Books on That Year.** It isn't rocket science and you don't need to have a strong financial background. I just need folks who will look at everything, ask good questions and who can add and subtract (obviously that excludes Marines...☺).

We did a wonderful job on fundraising this year and I congratulate the Fundraising Committee led by John Fevold and his Christmas Elf, Sue, who spearheaded that Committee. We need that kind of thoughtful review and the generation of new ideas every year. **We Also Need Members to Step Up and Be Part of This Process, Including Manning Our Fundraising Activities.** Thank you to everyone who helped out this year. As they say in the Game of Thrones "POPPIES ARE COMING!!" – so clear your calendar. Happy and Blessed Christmas and New Year to each of you. – Len Crosby, Finance Officer



Legislative Chairman:

The Legion is urging Congress to direct the Veterans Administration to do more research into the use of medical marijuana as an alternative to the use of opioid drugs to alleviate symptoms of chronic pain and PTSD.

The opioid crisis in America is having a disproportionate impact on our veterans. According to a 2011 study of the VA System, veterans routinely contend with poorly-treated chronic pain leading to increased suicide risk. Additionally, veterans are twice as likely to succumb to accidental opioid overdoses, and traumatic brain injury and post-traumatic stress disorder (PTSD) remain leading causes of death and disability.

Many veterans suffering from PTSD and chronic pain – especially those of the Iraq and Afghanistan generation – have told The American Legion that they have achieved improved healthcare outcomes by foregoing VA-prescribed opioids in favor of medical cannabis. While the stories of these wartime veterans are compelling, more research must be done in order to enable the American people to have a fact-based debate on future drug policy.

How do you feel about this? Let the Legion and your congressional representatives know your thoughts. – Len Crosby, Legislative Chairman

Chaplain's Pew:

It's almost Christmas 2017. During each year, our lives revolve around traditional and memorial holidays. It is important to take time to remember some of the meanings around the ceremonies, songs and special things we share as a family, community and country.

Do you ever sing or listen to the "12 Days of Christmas"???? Do you know what it represents or why it was written? Let me share something I read with you.....something to think about....something maybe for you to share this year at the Christmas feast with your family.

The Story Behind the '12 Days of Christmas'. The song as written by Catholics in England as a catechism song to teach their children about the Christian faith. The song's "gifts" help remember the teachings of the faith. "True Love" refers to God. "Me" refers to every Christian. The other symbols mean the following:

- 1 Partridge in a pear Tree = Jesus Christ.
- 2 Turtle Doves = The Old and New Testaments
- 3 French Hens = Faith, Hope and Charity or the Father, Son and Holy Spirit Trinity
- 4 Calling Birds = The Four Gospels
- 5 Golden Rings = First Five Books of the Old Testament
- 6 Geese-A-Laying = The Six Days of Creation
- 7 Swans-A-Swimming = The Seven Gifts of the Holy Spirit (1Corinthians 12;8-10)
- 8 Maids-A-Milking = The Eight Beatitudes (Matthew 5:3-10)
- 9 Ladies Dancing = The Nine fruits of the Holy Spirit
- 10 Lords-A-Leaping = The Ten Commandments (Exodus 20)
- 11 Pipers Piping = Eleven Apostles, not Judas
- 12 Drummers Drumming = The Twelve Points of Doctrine in the Apostle's Creed.

May God bless you always, your family, and our very own American Legion Post this Christmas. Help those around you that you can, call for assistance for others. Find a special reason to celebrate this holiday....in your own way, and with those you love.

– Paula Atwood, Chaplain



Mark Your Calendar:

December 1st - December 31st - Holiday Donor Blood Drive

December 7th - Pearl Harbor Day (1941)

December 13th – Hanukkah

December 15th – Post 154 Christmas Party & Pot Luck – see page 9 for details

December 16th - National Guard Birthday

December 16th – Wreaths Across America – 9 am Pinegrove Cemetery, Rathdrum

December 20th - Panama/Operation Just Cause (1989)

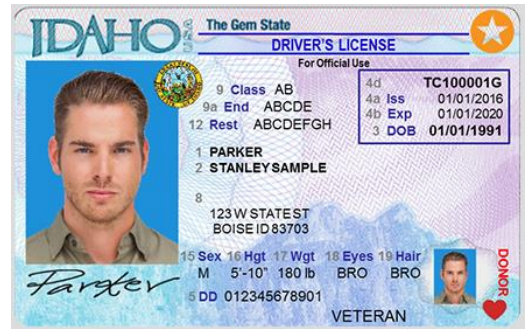
December 25th - Christmas

December 31st - New Year's Eve

Adjutant's Message:

- **Beginning October 1, 2020**, you will need to have a license or Identification (ID) card with the Star or another accepted form of identification, such as a passport, to fly commercially within the United States or access a federal facility, national laboratory, or military base. A *U.S. passport will still be required to fly internationally*. Go here to learn more. <http://itd.idaho.gov/starcard/>

Example – See the STAR in the upper right-hand corner.



- **Some Vietnam Veterans may have a parasite that can kill them**

There are warnings out to Vietnam Veterans about a cancer-causing parasite called a River Fluke. It can reside in the bile ducts for decades. Although detection and elimination of the parasite are easy at an early stage, all too often the infection is not discovered until a patient has Stage IV cancer. Below are links to two articles that will tell you more about it.

January/February 2017 http://vvveteran.org/37-1/37-1_liverfluke.html

March/April 2014 http://vvveteran.org/34-2/34-2_parasites.html

- **Cane Seminar Friday February 23rd**



Over 50 local veterans attended a 3-hour seminar on how to defend themselves with a cane. It was so well received that the instructor, Mark Shuey, is coming back from Lake Tahoe to do another seminar for veterans. He has been practicing martial arts for 56 years and is a Grand Master instructor. To learn more about him you can go to his website at www.canemasters.com

The nonprofit that he is affiliated with gifts every veteran that attends a special Warrior Cane valued at \$225 (see example below). The only cost is a \$15 advance registration fee. The feedback I received was all positive from every veteran. This is going to be held on Friday February 23, 2018, time and place to be determined. If you would like to attend, please call or email me ASAP before all the slots fill up. Bryan Bledsoe 509-990-6739 or bryandbledsoe@gmail.com

- Bryan Bledsoe, Adjutant



Service Officer:

Merry Christmas Legionnaires! I hope to see many of you at our Christmas party. December can be a mixture of busy days, joyous music....and maybe a few annoying things! So much sugar! So much traffic! My service tip during these holidays is...shop online! Get a cup of coffee (or wine), sit in your flannel lounge pants, and find bargains with free shipping!

C is for Christmas cards and carols, candy canes, Comet, Cupid.....and the Christian hope and faith that comes with the season. For this month's newsletter, C is for:

COACHING INTO CARE: A national telephone service of the VA which aims to educate, support, and empower family members and friends who are seeking care or services for a Veteran. Our goal is to help Veterans, their family members, and other loved ones find the appropriate services at their local VA facilities and/or in their community. We also provide coaching to family and friends of Veterans who see that a Veteran in their life may be having difficulty adjusting to civilian life. Coaching is provided by licensed psychologists or social workers, free-of-charge. Coaching involves helping our callers figure out how to motivate the Veteran to seek treatment. We can help you get information about mental health, services at the VA and tips on how to begin the conversation about treatment with a loved one who is a Veteran.

What to Expect



Calls with a coach vary in length, but generally take 10 to 30 minutes, depending on the issue. Our work with you may extend for several calls and usually with the same coach.



When you call Coaching Into Care at [888-823-7458](tel:888-823-7458), you will talk with a member of our team who specializes in helping callers determine the best way to help the Veteran they care about and how to navigate the VA system. Our hours of operation are Monday — Friday, from 8am to 8pm

- Ruth Aresvik, Service Officer



**Your Service Officer –
always helping others!**



Bits & Pieces (lots of them!)

- **Toys for Tots** - Our last meeting of the year will be our Christmas Party on December 15th. Please bring an unwrapped present to put in the Toys for Tots boxes. The military will wrap the gifts and decide on sex and age for the present. The child and you will have a fabulous feeling for the holidays.
- **When filling out your Christmas cards** this year, take one card and send it to this address; A Recovering American Soldier, C/O Walter Reed Army Medical Center, 6900 Georgia Ave NW Washington DC, 20307-5001. If each of us send one card, and pass this on, think how many cards these soldiers will get to bring up their spirits!
- **Did you lose someone in Vietnam?** Check out this amazing interactive website. Click on a state. It lists every casualty by that state. Click on a name and it brings up information about that person. Truly worth checking out:
<http://www.virtualwall.org/iStates.htm>. Thanks Len, for finding and sharing this.
- **City Insurance President and CEO Ben Salzmann**, along with his wife, came up with an idea about building what is now the Tallest Flag Pole in North America flying the largest American Flag. It was constructed at the company's headquarters in Sheboygan, Wisconsin.
He said "We proudly fly this flag because we are blessed to live and work in the United States of America."
Erecting a flagpole of such height, 400 feet, in a location where temperatures frequently fall below zero required a team of experts to ensure structural integrity and maintainability. The pole supports a 7200-square foot, 4-story tall, 70 by 140-foot American Flag, which is the largest known one of its kind. Click below to watch the construction of the pole. Very interesting. **CLICK HERE:** [FLAGPOLE](#)
- **Traditions of Christmas - At The Kroc Center, Free Tickets For Veterans!!!**
Due to some generous sponsors we have tickets available for active duty or veterans to the show. We would love to see as many military folks as possible in our audience.
Please call our box office at [\(208\) 391-2867](tel:2083912867) and tell them you are an active duty or veteran, which branch, and which organization you belong to, and we will reserve a seat for you and a guest. If you'd like to purchase additional seats at that time, you may do so. Showtimes are as follows:
 - 3:00pm Shows: December 9, 10, 16, 17, 22, 23.
 - 7:00pm Shows: December 8, 15, 16, 21, 22.
 - 11:00am Show: December 23The complimentary tickets are limited and available on a first come, first served basis.

A Healthier You: from The People's Pharmacy



Sweet Dreams with Tart Cherry Juice at Bedtime

If you, like so many people, suffer from **insomnia**, you may be feeling frustrated. The disadvantages of relying on sleeping pills, either [prescription](#) or [over-the-counter](#), are becoming clearer. At the same time, the toll that sleep deprivation takes on health has also gotten a lot of attention. This is a terrible dilemma. One reader solved it with a cup of tart cherry juice at bedtime.

Q. I don't remember now if I read this here or elsewhere, but I recently learned that drinking tart cherry juice at bedtime ensures a sound night's sleep. It works for me and for the friends I have told about it.

[> Read Article](#)



Here's a small gift from your editor. A quick, easy, and delicious holiday treat that's naturally sweet, nutty, and relatively healthy!



DATE ROLL

Yield 18 slices

INGREDIENTS

- ¾ - 1 cup Seedless Dates or mix of dates and figs
- ¼ cup each Cashews, Almonds & Pistachios
- 2 Tbsp Poppy seeds (black or white)
- 1 Tbsp Canned milk (optional)
- 1 Tbsp Ghee (clarified butter)

STEPS

1. Dry roast poppy seeds over medium heat till they are aromatic, takes a minute or less.
2. Cut nuts into small pieces and dry roast them for 1-2 minutes on medium heat.
3. Chop dates into small pieces and mix them in a mixer until they are more broken up (needs very little mixing).
4. Heat ghee in a non-stick pan and add dates. Sauté on a medium low heat till dates become soft and pulpy. It may take 4 -7 minutes depending on your quality of dates.
5. Add chopped nuts and mix everything well.
6. Now this step is optional. If you find dates and nuts mixture a bit dry you can add a spoon of canned milk and mix everything together to form a solid mass.
7. Allow the mixture to cool a bit. Divide in half, rub a little ghee in your palm and shape into 2 rolls.
8. Spread poppy seeds in a plate and roll the sweet rolls so the rolls get coated with poppy seeds. Refrigerate or set aside for 1 -2 hours. Cut into slices.
9. Store them in air tight containers. Date rolls stay fresh for almost 3 weeks in room temperature. Enjoy !!



American Legion Post 154

Christmas Party 2017

You and your family are cordially invited to attend the Third Annual Post 154 Pot Luck Christmas Party to be held Friday, December 15, 2017 from 6:00-8:00 PM at the Rathdrum Lions Club, 16114 N. Meyer Road. (Corner of Hwy 53 and Meyer Road.) Please join us again this year to celebrate the holidays and socialize with friends.

Once again Santa will visit us and will be reading *The Night Before Christmas* to the youngsters and oldsters. Please bring a wrapped, labeled gift for your children or grandchildren if you want Santa to hand out a present to them.

The Post will provide coffee, tea, water, plates, napkins and eating utensils. Please bring your favorite holiday dish to share. (Suggestions might include: hot dishes, desserts, vegetables and salads.

Please RSVP by December 11th and direct questions to Sue Fevold at 208-916-5149, email: schoolmarm66@hotmail.com

