



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho

Newsletter

Volume 6 Issue #12

December 2020

Email: rathdrum154@gmail.com

Website: Rathdrumpost154.org

Facebook: <https://www.facebook.com/RathdrumAmericanLegion>

Mailing Address: PO Box 1116, Rathdrum ID

Editor: Jean Bledsoe



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:

As we approach the Holiday season, we can look back to the beginning of our 2020-2021 membership year and see all the great things we have accomplished. Helping our fellow veteran's with Buddy Check calls; Memorial Day; donations to our classroom; Flag Retirement event; First Responders thank you letters, and our Veteran's recognition program to name a few.

There are things that go on every day that others may not see. I want to thank you all! We have been able to give Veterans, our community, and the Legion support even with our lives being changed forever due to COVID-19.

Now it is time to prepare for the Holiday's. Enjoy the time with family and be sure to tell them how much you appreciate them and for God to bless them. I want to share this poem with you.

Merry Christmas and I hope we have a better 2021. For God and Country. - Dee Sasse, Commander

A Soldier's Christmas

The embers glowed softly, and in their dim light,
I gazed round the room and I cherished the sight.
My wife was asleep, her head on my chest,
My daughter beside me, angelic in rest.

Outside the snow fell, a blanket of white,
Transforming the yard to a winter delight.
The sparkling lights in the tree I believe,
Completed the magic that was Christmas Eve.

My eyelids were heavy, my breathing was deep,
Secure and surrounded by love I would sleep.
In perfect contentment, or so it would seem,
So I slumbered, perhaps I started to dream.

The sound wasn't loud, and it wasn't too near,
But I opened my eyes when it tickled my ear.
Perhaps just a cough, I didn't quite know,
Then the sure sound of footsteps outside in the snow.

My soul gave a tremble, I struggled to hear,
And I crept to the door just to see who was near.
Standing out in the cold and the dark of the night,
A lone figure stood, his face weary and tight.

A soldier, I puzzled, some twenty years old,
Perhaps a Marine, huddled here in the cold.
Alone in the dark, he looked up and smiled
Standing watch over me, and my wife and my child.

"What are you doing?" I asked without fear,
"Come in this moment, it's freezing out here!
Put down your pack, brush the snow from your sleeve,
You should be at home on a cold Christmas Eve!"
For barely a moment I saw his eyes shift,

Away from the cold and the snow blown in drifts..
To the window that danced with a warm fire's light

Then he sighed and he said "Its really all right,
I'm out here by choice. I'm here every night."

"It's my duty to stand at the front of the line,
That separates you from the darkest of times.

No one had to ask or beg or implore me,
I'm proud to stand here like my fathers before me.

My Gramps died at ' Pearl on a day in December,"
Then he sighed, "That's a Christmas 'Gram always remembers."

My dad stood his watch in the jungles of ' Nam',

And now it is my turn and so, here I am..

I've not seen my own son in more than a while,
But my wife sends me pictures, he's sure got her smile.

Then he bent and he carefully pulled from his bag,
The red, white, and blue... an American flag.

I can live through the cold and the being alone,
Away from my family, my house and my home.

I can stand at my post through the rain and the sleet,

I can sleep in a foxhole with little to eat.

I can carry the weight of killing another,

Or lay down my life with my sister and brother...

Who stand at the front against any and all,
To ensure for all time that this flag will not fall."

"So go back inside," he said, "harbor no fright,
Your family is waiting and I'll be all right."

"But isn't there something I can do, at the least,
"Give you money," I asked, "or prepare you a feast?"

It seems all too little for all that you've done,
For being away from your wife and your son."
Then his eye welled a tear that held no regret,
"Just tell us you love us, and never forget.
To fight for our rights back at home while we're
gone,

To stand your own watch, no matter how long.
For when we come home, either standing or dead,
To know you remember we fought and we bled.
Is payment enough, and with that we will trust,
That we mattered to you as you mattered to us."

Attributed to Michael Marks - Pearl Harbor Day 2000



Finance Officer:

During the month of November, the Post incurred \$542.50 in expenses. The majority of these expenses were for membership renewals sent to National. Other expenses included \$250 for the Veterans Recognition event and a donation to Wreaths Across America (Rathdrum chapter) of \$30 for Veteran wreaths.

Income totaled \$2,107. The majority of this income came from a member donation of \$1,500 to the Post. We also received \$405 in gross income from member renewals – It should be noted that every member renewal generates \$7.50 in income for the Post from the \$45 membership dues. The balance goes to National and the Department of Idaho. We often process our renewals on-line and National immediately charges the Post's debit card, so during the period of renewal membership expense and income fluctuate wildly. I track it daily, monthly, quarterly and yearly.

The Post also received \$200 in donations for the Veterans Recognition event from the Patriot Guard Riders and one of their members. Those funds are reflected in our income statement, but are restricted funds and can only be used to offset expenses associated with the current or a future Veterans Recognition event. That is why on the Post's balance sheet these funds show as a future liability, since those donated funds are dedicated to that event.

The Post also received a \$2.00 donation from our flag box near City Hall.

Our net income for the month of November was \$1,564.50. – Len Crosby, Finance Officer

Holiday Overseas Mail Deadlines Approaching: The U.S. Postal Service is preparing for more gifts to be mailed this year than usual as the COVID-19 pandemic forces many families to spend holidays apart. In order to ensure overseas packages are delivered before Dec. 25, USPS has provided the following guidance: Dec. 9 for Air/Army Post Office, Fleet Post Office and Diplomatic Post Office addresses in the 093 ZIP Code using Priority Mail and First-Class Mail; Dec. 11 for all other APO/FPO/DPO ZIP Codes, send by Dec. 11 using Priority Mail and First-Class Mail; and Dec. 18 for APO/FPO/DPO addresses other than the 093 Zip Code using USPS Priority Mail Express. The Postal Service has also created a "military care kit," which consists of the items most often requested by military families and it is free.

Editor's Note: This kit contains 6 mailing boxes, tape, and labels for shipping to military overseas. Find it [here](#). Thanks for this information Len.



Legislative Chairman:

Vet Center Expansion Act Becomes Law: Last week, [H.R. 1812](#), the *Vet Center Eligibility Expansion Act*, was signed into law. This law expands Vet Center counseling and related mental health services for veterans and service members of the National Guard, Reserve, or Coast Guard, who took part in drug interdictions or responded to national disasters or emergencies. Participating in these high-stress situations can have serious mental health consequences. Expanding access to Vet Centers will provide an opportunity for those who served in these situations to have access to the mental health services they earned and deserve.

Suicide Prevention and Mental Health Bill Becomes Law: Last week, [H.R. 2372](#), the *Veterans' Care Quality Transparency Act*, was signed into law. The law requires the Government Accountability Office (GAO) to assess suicide prevention and mental health services of non-VA entities who have entered into a Memorandum of Understanding with VA. The GAO assessment will include the size of the catchment area, staffing structure, staff accreditations or licensures, program limitations, trackable outcomes, and breakdown of specific demographics, such as women veterans, minority veterans, and age and location of veterans.

Legislative Update on Agent Orange Conditions: On July 23, 2020, the Senate passed [S. 4049](#), the *National Defense Authorization Act for Fiscal Year 2021* (NDAA). The Senate NDAA contains a provision to add bladder cancer, hypothyroidism, and parkinsonism to the list of presumptive conditions associated with exposure to Agent Orange. The House-passed version of the NDAA, [H.R. 6395](#), does not contain this provision. The differences between the House and Senate versions of the NDAA will be reconciled by a conference committee comprised of members of both chambers, expected to be formed sometime next month.

Congress Passes Mental Health Care and Services Bill: This week, the Senate passed [H.R. 8247](#), the *Veterans Comprehensive Prevention, Access to Care and Treatment (COMPACT) Act*, which passed the House in September and now heads to the president for signature. This legislation seeks to enhance a wide variety of services related to improving transition, suicide prevention, and care and services for women veterans.

Medicare Part B Rates to Increase: Your Medicare Part B bill will go up about 2.7% in 2021, with the rate of increase varying slightly depending on your income level.

Most Part B users will pay \$148.50 a month next year, up from \$144.60 in 2020. This is the standard premium, paid by those whose tax returns in 2019 were \$88,000 or less for an individual tax return (or married but filing a separate return) or \$176,000 for a joint return. Last year's base figures were \$87,000 individual/\$174,000 joint return.

Those who earned more pay an adjusted rate for Part B coverage by adding an Income Related Monthly Adjustment Amount (IRMAA) to the standard premium. The breakdown of those rates, [per Medicare.gov](#), is as follows:

- Those with income from \$88,001 to \$111,000 on an individual return or from \$176,001 to \$222,000 on a joint return will pay **\$207.90 per month/**
- Those with income from \$111,001 to \$138,000 on an individual return or from \$222,001 to \$276,000 on a joint return will pay **\$297.00 per month/**
- Those with income from \$138,001 to \$165,000 on an individual return or from \$276,001 to \$330,000 on a joint return will pay **\$386.10 per month,**
- Those with income from \$165,001 to \$500,000 on an individual return, or from \$330,001 to \$750,000 on a joint return will pay **\$475.20 per month.**
- ***If you make more than that, you need to adopt me!***

(cont. below)

If your income figures from 2019 don't reflect your current financial situation, especially in the event of a retirement, a divorce, or other life-changing events, you may qualify for a lower rate. You can file [Form SSA-44, Medicare Income-Related Monthly Adjustment Amount – Life Changing Event](#), or visit [your local Social Security office](#) to request an adjustment.

Qualifying events include:

- Marriage, divorce/annulment, or death of a spouse.
- Work stoppage or reduction.
- Loss of income-producing property.
- Loss of pension income.
- Employer settlement payment.

For more information, call the Social Security Administration (SSA) at 1-800-772-1213.

New National Native American Veterans Memorial Opened: On Veterans Day, the new [National Native American Veterans Memorial](#) to honor the military service of Native Americans opened on the National Mall in Washington, D.C. The memorial, *Warriors' Circle of Honor*, consists of an elevated stainless-steel circle balanced on an intricately carved stone drum. The artist who designed the memorial, Harvey Pratt of the Cheyenne and Arapaho Tribes of Oklahoma, served in Vietnam from 1962 to 1965.

Free Entrance to National Parks for Veterans and Survivors: Starting Veterans Day 2020, all veterans and Gold Star Families became eligible for free access to more than 2,000 federal recreation areas, including national parks, wildlife refuges, and forests. In addition to receiving access to National Parks, the Bureau of Land Management, Bureau of Reclamation, the U.S. Fish and Wildlife Service, the U.S. Forest Service, and the U.S. Army Corps of Engineers have indefinitely waived entrance or standard amenity fees for veterans and Gold Star Families. Please visit the [National Parks Service website](#) for more information about how to access this new benefit. – Len Crosby, Legislative Chairman



Chaplain's Pew:



Submitted by Helen Kinder, Chaplain

Sick Call:

The following members or spouses are on the sick or recovering list:

- Charlie Till is still recovering from his pacemaker implant, battling fatigue.
- Dee Sasse continues to have heart rhythm issues which may require a pacemaker.
- Helen Kinder is suffering from her chronic vertigo and balance problems.
- Tim Williams is fighting a MRSA infection as his wife Sandy continues to recover from Covid-19.
- Larry and Char Carstensen both continue to recover from covid-19 as well. Char is doing better but Larry is still fighting breathing problems and fatigue.
- Bob Kernen is still experiencing fatigue after his bout with covid-19.
- Rich Hannah is starting the slow recovery from back surgery performed the day before Thanksgiving. He's not allowed to stand for the next 2 weeks.
- Lonnie Morse will be having a shoulder replacement on Dec. 4th.

Please keep these people in your thoughts and prayer as they work at recovering their health.

If you know of a member or spouse who is sick, hospitalized, or having surgery, please contact me at: hkinder@gmail.com.

Helen Kinder, Chaplain



Service Officer:

Covid Vaccine News: The U.S. Department of Veterans Affairs (VA) recently announced it is working with the Centers for Disease Control and Prevention (CDC) and other federal partners to develop a comprehensive COVID-19 vaccine plan to ensure VA safely and equitably distributes vaccines once authorized. The plan will be a phased approach based on scientific and historical evidence, lessons learned from past pandemic vaccine plans and input from scientific experts both within and outside VA. COVID-19 vaccine implementation will include an initial limited-supply phase followed by a general implementation phase, when large supplies of the vaccine will be available to Veterans who want to receive one. To learn the latest information visit [CDC COVID-19 Vaccine](#).

Everything about Blue Water is dark and deep and murky. But it's important, and if you or anyone you know is possibly in this "boat", make sure you keep up on the latest:

The Department of Veterans Affairs must redecide thousands of Blue Water Navy veterans' benefits claims that may have been wrongfully denied, and pay retroactive benefits, a federal judge ruled in November 2020. The U.S. District Court for the Northern District of California ruled in favor of thousands of Blue Water Navy veterans, those who served off the coast of Vietnam, and their survivors, enforcing a 29-year-old class action consent decree established in *Nehmer v. VA*.

If a Nehmer class member dies before receiving benefits, VA will pay any unpaid retroactive benefits to the first individual listed below that is in existence at the time of payment:

The class member's spouse, regardless of current marital status.

A spouse is the person who was legally married to the class member at the time of the class member's death.

The class member's child(ren), regardless of age or marital status.

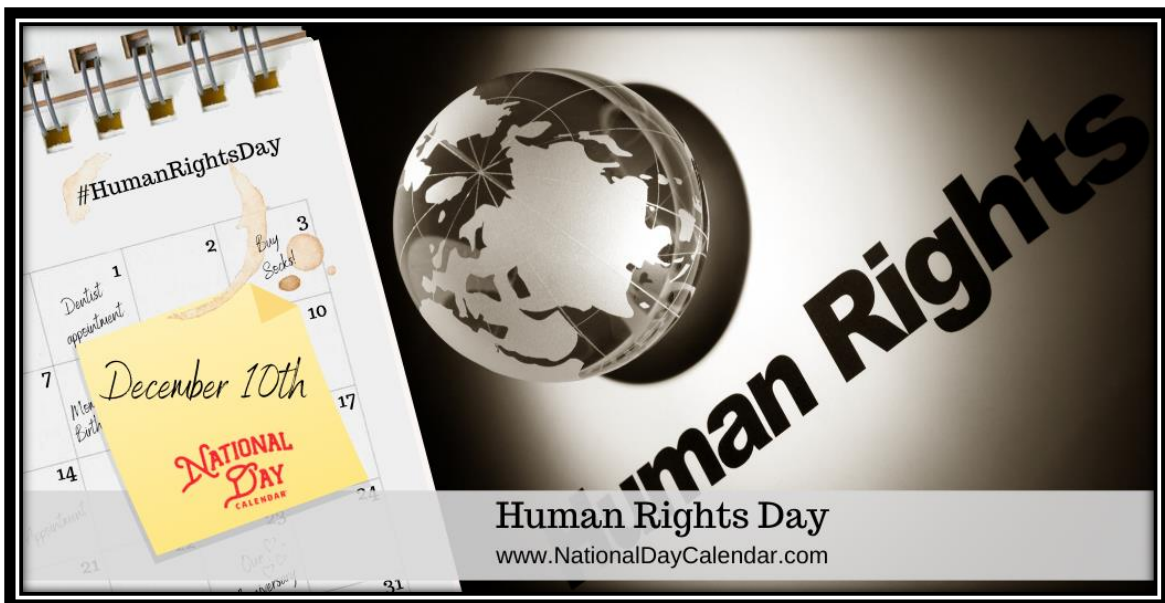
If more than one child exists, payment of the retroactive benefits owed shall be divided into equal shares.

The class member's parent(s), regardless of dependency.

If both parents are alive, half the retroactive benefits owed will be paid to each parent.

The class member's estate.

[Here is the link](#) to the decision. - Ruth Aresvik, Service Officer



Important Reminder for the season.

Financial Aid through American Legion

Since its establishment in 1925, The American Legion Temporary Financial Assistance (TFA) program has awarded cash grants to minor children of veterans who are eligible for American Legion membership. These grants help families in need meet the cost of shelter, food, utilities and health expenses, thereby keeping the child or children in a more stable environment.

Who is eligible for a grant?

TFA is limited to minor children (17 years or younger) whose biological parent, or legal guardian, is a veteran and is, or would have been, eligible for American Legion membership. However, Legion membership is not required. Children 18-20 years old will also be considered if a current disability requires special schooling or indefinite in-home care, or they are enrolled in an approved high school and unmarried. To be eligible for Legion membership, the parent or guardian must have served at least one day of active duty in the Armed Forces of the United States during one of the following periods:

- Dec. 7, 1941-Dec. 31, 1946
- June 25, 1950-Jan. 31, 1955
- Feb. 28, 1961-May 7, 1975
- August 24, 1982-July 31, 1984
- Dec. 20, 1989-Jan. 31, 1990
- Aug. 2, 1990-Cessation of hostilities as determined by the U.S. Government.

No child is considered eligible for Temporary Financial Assistance until a complete investigation is conducted at the post or department level; a legitimate family need is determined; and all other available assistance resources have been utilized or exhausted. Additionally, the TFA application must originate and be filled out by someone at the local level. - Ruth Aresvik, Service Officer



RATHDRUM LEGION POST 154 ADOPTS TWIN LAKES ELEMENTARY 5TH GRADE CLASSROOM

Recently, Rathdrum American Legion Post 154 adopted a classroom in the Lakeland School District. The project was the brainchild of one of our support group members, Sue Fevold, who has been substituting in different classrooms throughout the district and noticed a need for extra supplies to help the classroom teachers. Sue is the wife of John Fevold, Past Vice Commander of the Post. She brought her concern to the attention of the Post Executive Committee where her idea was quickly approved.

The first recipient of the award is Ms. Deanna Watkins, a 5th grade teacher at Twin Lakes Elementary School. Ms. Watkins received a plaque made by Post member Mike Warren commemorating her selection and a check for \$100.00, to be used to further assist with supplies in her classroom. She was also asked what supplies they need on a regular basis that our members might contribute. Here is her list:

- Lined paper—college & wide rule
- Kleenex
- Lysol Wipes
- Fine tipped BLACK sharpies
- Gel Pens—Red, Black, Blue
- Snacks for Kids---small packages, pre-wrapped
- Granola bar
- Goldfish
- Ritz crackers—pre-wrapped individual size
- Cheese & Peanut Butter Crackers
- Cheese Its
- Cheese Nips
- And candy corn which she uses to teach math!

Congratulations Ms. Watkins! If anyone has any questions, please send an email to Sue Fevold: Schoolmarm66@hotmail.com. She doesn't answer phone numbers she doesn't recognize, so if you call, 208 9165149, please leave a message.

Member Training:

The third pillar of The American Legion is Americanism. This covers the US Flag, immigration, youth programs which encourage and teach Americanism, voter participation, and more. Part of this lesson is printed here. The link to the whole article is at the bottom of this page.

Pillar 3: Americanism

AUG 07, 2012

The nation's cultural, moral and patriotic values have been under attack for decades, a disheartening trend that continues today. Prayer has been removed from schools. The U.S. Flag is no longer protected from desecration. The Boy Scouts of America have faced serious legal challenges in some communities they serve. Immigration laws are defied. References to God on U.S. currency, in the Pledge of Allegiance and on public monuments have been challenged by a minority of voices whose vision for America is far different than that of our founding fathers.

The American Legion is an organization dedicated to God and country, with a membership of military veterans who take deep pride in the U.S. Flag and all that it means. Since its inception nearly 100 years ago, the Legion has been a stalwart champion of patriotic values, morals, culture and citizenship. The Legion's pillar of Americanism embodies its devotion to law and order, the raising of wholesome youth, an educated and law-abiding citizenship, and respectful observance of patriotic holidays and remembrances.

For the 2012 election year, The American Legion's priorities for Americanism are:

U.S. Flag protocol

The American Legion educates youths on U.S. Flag etiquette to build patriotism and create respect for the flag. The Legion provides education materials that cover a range of topics such as the proper ways to fold, display and dispose of U.S. Flags.

U.S. Flag Protection

The U.S. Constitution should be amended to add the following: "The Congress shall have power to prohibit the physical desecration of the flag of the United States." The Legion joins all of the states and an overwhelming majority of citizens in declaring that the American flag deserves legal protection from acts of public and intentional acts of physical desecration. In 1989, the U.S. Supreme Court declared flag desecration to be a "right" protected by the First Amendment. The Legion disagreed at the time, and now reaffirms its position that flag desecration is a form of conduct – not speech – that can and should be regulated by law.

All 50 state legislatures have petitioned Congress for a constitutional amendment that would give power to Congress to prohibit such conduct. Such an amendment has passed the House of Representatives six times but has fallen short of the two-thirds majority required to pass the Senate (despite polls showing that about 80 percent of Americans support flag protection). The end of the 111th Congress marked only the second time in more than 16 years when there was no floor vote on a flag protection amendment. As a symbol of our nation, the U.S. Flag belongs to the people, who should be given the power to protect it. The Legion's position on its protection is inviolate.

[Read the whole article here.](#) – Jean Bledsoe, Training Officer



From Military-Veterans Advocacy (Please Like our Facebook page)

I wanted to try to explain the impact of the Nehmer ruling earlier this week on veteran herbicide victims. First of all, it applies only to Blue Water Navy veterans that served in the bays, harbors and territorial sea of South Vietnam. The ruling is based on our court victory in Procopio v. Wilkie that confirmed that area, for purposes of the Agent Orange Act, as part of the Republic of Vietnam.

The effect of Nehmer on Blue Water Navy veterans who are still alive and/or have surviving spouses is negligible. The Blue Water Navy Vietnam Veterans Act, inspired by Military-Veterans Advocacy, is retroactive. What it will do, however is allow surviving adult children to file a claim. Additionally, the VA is now required to re-adjudicate all denied Blue Water Navy claims without waiting for the veteran or his survivors to submit a claim.

The VA has 60 days to appeal and I believe they will do so. VA's chances of prevailing on that appeal are very slight, however they can, and hopefully will, use that appeal period to gear up for the massive readjudication. They have made good (not great) progress on the BWN claims pending but the additional requirement at this point could cause their already creaky structure to collapse. Right now they have about half of the pending claims adjudicated with about 70% in favor of the veteran. We certainly want the VA to prepare to implement this latest Nehmer decision but we do not want them to halt processing the other claims that are pending.

What about other outlying areas such as Thailand, Guam, Okinawa, Panama, Korea etc.? Nehmer only applies to the Republic of Vietnam. So at first look we will probably not be able to piggyback other areas on Nehmer. But we may look at filing our own class action using Nehmer as a precedent. At this point, however, I would have to say that Nehmer probably will not apply. More on that as the situation develops in the other areas we are pursuing.

I guess the bottom line is that nothing will happen right away. So if you have not filed your claim please do so under the existing system. Once that claim is filed you have protected your retroactive date. Again, if denied, ensure you file an appeal within 12 months. Do not give up. Tens of thousands of Blue Water Navy folks gave up and said we would never succeed. Today they are drawing benefits. Our unique approach to using both litigation and legislation has been successful. We were able to do some creative things in Congress and the courts for Blue Water Navy. But it is best to keep your claim alive.

For more information on Military-Veterans Advocacy or to become a member please go to:

www.militaryveteransadvocacy.org

Commander John B Wells, USN (retired)
Chairman of the Board and Director of Litigation

Post 154 Honor Guard:

For those of you not aware, our Post has an Honor Guard. They march in parades, present the colors at ceremonies, and most importantly, provide a rifle salute to honor Veterans at their funerals. Starting this month there will be an account of the honors and hours given by the men and women in our Honor Guard. However, more members are always needed to serve in this capacity. If you are interested in participating in this very fulfilling activity, contact Harold Markiewitz at 208-691-3039.

Todd Halvorson reported the Honor Guard participated in a Memorial Service for a Navy Veteran, Posted Colors at the District 1 Meeting and Posted Colors at the Veterans Recognition Ceremony during the month of November.



Faces of AGENT ORANGE

Mike Demske

By Jim Belshaw

Mike Demske remembers well the difference in Vietnam's riverbanks before Agent Orange and after the herbicide was sprayed. The riverbanks provided excellent cover for the guns trained on the Navy Swift Boats. "We were just getting annihilated," he said.

Then Adm. Elmo Zumwalt ordered the riverbanks sprayed.

"I'll never forget the first time we went down a river where the bank had been sprayed," Mike said. "It was like looking at the moon. There was nothing."

He also remembers no attention was paid to the effects of Agent Orange on the health of the boat crews. That Vietnam's rains might wash the chemical into the river was of no consequence to the Swift Boat crews.

"A lot of times we'd tie our clothes to a rope and run them in the prop wash to do our laundry, not thinking that the river was filled with the stuff and it was soaking into our clothes," he said. "We were all 19 and 20 years old. We didn't know any better."

After his tour of duty, he wouldn't give Agent Orange another thought until about 15 years ago, when he came home from a softball practice and couldn't get enough water to slake his thirst. He went to his doctor. He was diagnosed with Type 2 diabetes.

That same year, he attended a Vietnam Veterans of America National Leadership Conference. Of the 30 veterans meeting to discuss Agent Orange, five had received the same diagnosis of Type 2 diabetes.

"Everyone was telling me to file a claim with the VA," he said. "It wasn't listed as a presumptive disease then, but once it was, I received some compensation."

But his health problems were just beginning. On the same day he was diagnosed with diabetes, he also was found to have psoriasis. Then in January 2009, he was found to have Fournier's gangrene. An infection spread to his groin area, and he eventually had surgery that removed his scrotum.

Health complications would not be limited to him. His son, Scott, born in 1973, began having seizures while serving in the Air Force and was medically retired. He is a schoolteacher today and still suffers from the seizures. Doctors told him that an abnormality in his frontal lobes disrupted electrical signals in the brain, causing the seizures.

A second son, David, born in 1978, was diagnosed with juvenile diabetes at the age of ten. Diligent with his medical care, David was able to participate in his high school and college tennis teams. Scheduled to graduate from college in May 2001, he died of myocarditis (an inflammation of the heart muscle) in January of that year. [Read full story here.](#) - Submitted by Jean Bledsoe



Mike Demske, 1969



David and Scott Demske, 1990



David (with fish)

Hey Veterans, Did You Know...?

...VA presumes an ALS diagnosis was a result of your military service?

Veterans with an ALS diagnosis who served 90 or more days in any branch of the military and were honorably discharged are eligible for numerous VA benefits including:

- VA ALS clinics visits with ALS specialists at your nearest VA medical center
 - Durable medical equipment for devices to serve respiratory, mobility, communication, daily living, and other needs
 - Disability compensation as a monthly tax-free payment
 - Specially adapted housing grant (SAH) to help build, buy, or remodel a home that meets your disability requirements
 - Automobile grant with a onetime payment of up to \$20,000 to buy a disability-accessible vehicle
 - Aid and attendance allowance to help pay for care at home
- Does this sound like you or someone you know? Contact Ruth Aresvik, Post 154 Service Officer at rmavik47@gmail.com. She can direct you to the help you need.



Mark Your Calendar:

Dec 7th – Pearl Harbor Remembrance Day

Dec 10th – Executive Committee Meeting

Dec 11th – Hanukkah

Dec 13th – National Guard Birthday

Dec 15th - Bill of Rights Day

Dec 19th – Wreaths Across America

Dec 21st – Winter Solstice & Yule

Dec 24th – Christmas Eve

Dec 25th – **CHRISTMAS DAY**

Dec 31st – New Year's Eve



Bits & Pieces

- ★ Hello everyone,
Here is the link for the Veterans Recognition Day Video. We edited it and it turned out great! It is now on the City of Rathdrum's YouTube page. [The link is here.](#)
Have a great day! Eric Singer, City of Rathdrum Parks and Recreation Director
- ★ Also, please remember to send your volunteer hours to Len Crosby so he can compile them. These include hours devoted to Veterans, Youth, Honor Guard and Community. His email is: crosbylenmary@frontier.com



A Healthier You: from The People's Pharmacy



The Inside Story on Vaccines Against COVID-19

The development of effective vaccines against COVID-19 can help bring the pandemic to an end, but it will take time to immunize people.

SARS-CoV-2, the coronavirus responsible for COVID-19, has infected many millions of people both in the United States and around the world. The death toll is horrifying, with more than a quarter of a million people in the US alone. With infections soaring as we head into winter, the news that a couple of vaccines against COVID-19 appear to be effective is especially welcome. [Read this article](#)



Panhandle Health District

Healthy People in Healthy Communities

Public Health
Prevent. Promote. Protect.

Panhandle Health District

FOR IMMEDIATE RELEASE

Contact: Katherine Hoyer

November 4, 2020

208-415-5108

When to Start and End Isolation or Quarantine

NORTH IDAHO – The Panhandle Health District (PHD) has seen a record number of daily COVID-19 cases over the past several weeks. This amount of cases indicates our area has significant community transmission.

“This is a time when we all need to do our part,” said Lora Whalen, District Director at PHD. “One simple way each of us can contribute to stopping the spread of this virus is to stay home when you are sick. It may be tempting to end your recommended isolation time early if you are feeling better, but we urge you to complete the full isolation period..”

According to the CDC, individuals who have tested positive for COVID-19 and those who have had close contact with someone who tested positive, need to quarantine. Close contact means you were within 6 feet of someone who has COVID-19 for a cumulative total of 15 minutes or more over a 24 hour period starting from 2 days before the individual experienced symptoms or 2 days before they tested positive. Those who have had close contact need to quarantine for 14 days after their last contact with the person who has COVID-19.

- For those who test positive for COVID-19, isolation looks slightly different. It is recommended that they complete 10 days of isolation beginning on the day they tested positive or the day their symptoms began. On top of the 10 days of isolation, they should also be fever free for at least 24 hours and their other symptoms should be improving.

“We are often asked why isolation would be longer for someone who had close contact with someone who has COVID-19 versus the individual who has tested positive for COVID-19,” said Jeff Lee, PHD Epidemiology Program Manager. “Symptoms may appear 2-14 days after exposure to the virus, so someone who is already exhibiting symptoms is likely days ahead in their infectious period than the person who was just exposed. Based on studies of those who have become infected with COVID-19, a person can remain infectious up to 10 days after their symptoms started. Those who had close contact with a confirmed positive individual will take a few days to develop symptoms, so their isolation is slightly longer.”

For those who become severely ill or have a severely weakened immune system, the CDC recommends isolating up to 20 days after symptoms first appeared and to consult with their healthcare provider on best steps moving forward. Quarantining and being tested is not recommended for 3 months after an individual tests positive.

“There are instances where an individual is quarantining due to close contact and they had additional close contact with someone who has COVID-19 within their household,” said Lee. “This extends the

quarantine period because any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your isolation after the household member with COVID-19 infection has completed their isolation period. You can avoid this by having all household members practice social distancing and proper mask usage within the home during the infected person’s isolation period.”
If you have questions about COVID-19 in our area, call PHD’s COVID-19 hotline Monday – Friday, 8am-5pm, 877-415-5225.

Panhandle Health District provides over 40 different public health programs to families, individuals and organizations in northern Idaho. From food and drinking water safety to health education and disease control, public health services are critical to ensure our community is a safe and healthy place to live, work and play.

The PHD team is made up of nurses, nutritionists, environmental health specialists, health educators and many other dedicated professionals with a common goal to deliver vital public health services. Panhandle Health District is one of seven health districts in the state of Idaho.

###



October 28th was First Responder's Day. Post 154 Executive Committee signed cards for the Kootenai County Sheriff, Rathdrum Police, ISP in Coeur d'Alene, and the Northern Lakes Fire Department.

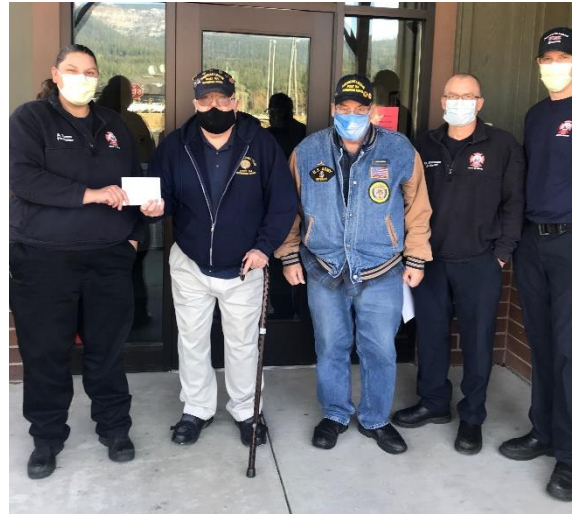
These cards were presented by Bill & Helen Kinder and Mike McPhail with a \$25 gift certificate for each office to thank these local heroes.



Kootenai County Sheriff



Idaho State Police



Northern Lakes Fire Department



Rathdrum Police



Biden Suspects Toxic Exposure in Iraq Killed His Son; He Has a Plan for Ailing Veterans

BY TARA COPP

NOVEMBER 10, 2020 12:43 PM,

UPDATED NOVEMBER 11, 2020 08:54 AM

As reported November 11 by Tara Copp for McClatchy D.C., Joe Biden, like many other families of service members diagnosed with illnesses from overseas deployments, suspects toxic exposure may have been behind his son Beau's brain cancer. Beau Biden boarded a military aircraft for Iraq on Nov. 19, 2008, just days after his father became vice president-elect. He deployed with the Delaware Army National Guard to Balad Air Base, where the U.S. military burned an estimated 140 tons of waste a day in open-air burn pits. When he died in 2015, Beau Biden was 46.

[Read More...](#)





“

God, our Creator, we offer this humble prayer on Christmas Day. We come to worship with a song of thanks in our hearts—a song of redemption, a song of hope and renewal. We pray for joy in our hearts, hope in our God, love to forgive, and peace upon the earth. We ask for the salvation of all our family members and friends, and we pray your blessings on all people. May there be bread for the hungry, love for the unlovable, healing for the sick, protection for our children, and wisdom for our youth. We pray for the forgiveness of sinners and abundant life in Christ. Holy Spirit, fill our hearts with your love and power. In the name of Jesus Christ we pray. Amen.”



Submitted by Helen Kinder, Chaplain



**HERE ARE MY WISHES FOR A MERRY CHRISTMAS AND A
HEALTHIER, HAPPIER, AND MORE PEACEFUL 2021!
JEAN BLEDSOE, EDITOR**