



# Manuel Schneidmiller Post 154, Inc.

## Rathdrum Idaho

### Newsletter

Volume 6 Issue #12

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#### American Legion 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:

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 6th. What a successful event on our part for the community. 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 KTEC facility in Rathdrum. It will be Friday December 11<sup>th</sup>, at 1 p.m. It will be a potluck so bring your favorite and 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. Especially those that are deployed. We will be participating in the Wreaths Across America on December 18<sup>th</sup> at 9 a.m. This is such a great event. Please come and remember those that have passed so they can hear us say their names and know that they are loved and missed. 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 - Commander Dee Sasse



## 1<sup>st</sup> Vice Commander:

!!Well! I haven't seen Rudolph yet, but I hear he is ready to roll!! Here it is only 25 days until Christmas and our membership is still short of our goal of 142 renewals. Remember, if your dues are not paid December 31st, 2021, your dues are considered delinquent. If not received by January 31st members are suspended with no privileges until dues are paid. Please, keep in mind, in order to claim the Department of Idaho Incentive Award of \$400.00 our Post 154 must meet the January 31, 2022, deadline of renewing 142 members. The Post only receives \$7.50 of the \$45.00 dues collected. Therefore the \$400.00 is so important for our Post to receive. Once again please pay online if you are able, by going to [legion.org/renew](https://legion.org/renew) to pay your 2022 membership. You will need your American Legion ID number and your credit card.

**Here it is again!**



**IT TAKES NINE DAYS TO PROCESS DUES WHEN YOU SEND THEM TO THE POST, WHEN YOU GO TO: [legion.org/renew](https://legion.org/renew), IT TAKES LESS THAN 24 HOURS.**

- Bill Kinder 1st Vice Commander & Membership Chairman. 208-661-6850, [wakinder74@gmail.com](mailto:wakinder74@gmail.com)



## Finance Officer:

During the month of October, the Post had income of \$3,099.27 (primarily income from donations to the Honor Guard - \$1,000, Donations from business and individual supporters of our Veterans Recognition Event - \$900, Donations to the Post from members - \$700 and member renewals for 2022 - \$350).

As First Vice Commander Bill Kinder has noted, we have the opportunity to receive \$400 from American Legion National if we achieve 100%-member renewal. Each member who has not renewed needs to make this happen in the next 30 days. Simply renewing your membership will help provide funding for the Post.

Expenses for the month were \$4,253.96 (key expenses were the sponsorship of a residential room at the new North Idaho Veterans Home - \$1,500, membership expenses of \$337.50, Veterans Recognition Event expenses of \$621.19, and Honor Guard expenses of \$745.88 for uniform shirts). We also purchased flags for the City of Rathdrum for \$768.21 – once these are received, the city will reimburse us for that expense.

Our Capital Reserves total \$65,281.25 at the end of October. The reserves are invested in three one-year CD's which are laddered over a six-month period, and in a money market account.

We will be putting our 2022 Operating Budget for the Post together in the next few weeks. If you have any questions or ideas for raising money or expenses you feel we should include in our Budget, please contact me (208-651-0697 or [crosbylenmary@frontier.com](mailto:crosbylenmary@frontier.com)) or contact one of the Post Officers.

Thank you for everything you have done to grow and support the Post over the past year. Although I am the Finance Officer, and more than occasionally compared to Mr. Scrooge, I send each of you my **Best Wishes for Christmas and a Happy 2022!!** - Len Crosby, Finance Officer



## Legislative Chairman:

**Veterans Oral Health Survey:** Veterans oral health is chronically under-served. Preventive dental care can significantly impact a veteran's overall health and quality of life, including job security. The VFW is collaborating with CareQuest Institute for Oral Health on a survey to gain an understanding of the barriers and challenges veterans face concerning their dental care. This survey can be completed by all veterans and service members. You do not need to be enrolled in VA or TRICARE Health Programs. [Take the survey.](#)

**Veterans - Don't Neglect Annual Screenings:** "The earlier a cancer is diagnosed, the better the outcome." That's what Dr. Jason Dominitz, VA national director of Gastroenterology said. It's true: Screenings can catch cancer in an earlier stage before you notice symptoms, improving the chance treatment will be successful. VA recommends routine screenings for four cancers: [lung](#), [colon and rectal \(colorectal\)](#), [breast](#) and [cervical](#).

Age and certain risk factors, such as a past or current history of smoking and family history, all determine when you qualify for a cancer screening.

### Don't ignore symptoms

If you experience concerning symptoms, don't delay asking if a screening is right for you. Find information on relevant symptoms for:

- ✦ [Lung Cancer](#)
- ✦ [Colorectal Cancer](#)
- ✦ [Breast Cancer](#)
- ✦ [Cervical Cancer](#)

(cont. below)



### **Schedule your screening**

Delays in screenings mean delays in timely diagnoses. This is why it's so important to get your screening scheduled with VA. When scheduling, remember the following:

- ✚ Be persistent. Take charge of your health. Schedule your routine screening or primary care appointments by calling your VA clinic or sending a secure message through your [My HealtheVet](#)
- ✚ Answer your phone. VA will make several attempts to contact you to schedule your appointments. If you miss a VA call, please call back as soon as possible to prevent delays in your care.
- ✚ Ask about all your options. Don't want to wait for colonoscopy? Stool tests or [fecal immunochemical tests](#) are available for colorectal cancer screening and can be performed in the comfort of your home. Talk to your primary care provider to see if this test is right for you.

**Give Blood – Giver the Gift of Life:** Veterans and families who want to help the nation's critical blood shortage can also receive a \$10 Amazon gift card in the process by donating to the American Red Cross. With Thanksgiving and the holidays approaching, the Red Cross urges donors to continue to make and keep appointments now and in the weeks ahead to help overcome the ongoing emergency blood and platelet shortage that has significantly impacted the nation's blood supply. In fact, the current blood supply is the lowest the Red Cross has seen this time of year in more than a decade.

**Donors are urged to schedule an appointment now by using the Red Cross Blood Donor App, visiting [RedCrossBlood.org](#) or calling 1-800-RED CROSS (1-800-733-2767).**

Donate in November for gift card and trip, helping shortage Those who come to give Nov. 1-12, 2021, will automatically be entered to win a trip for two to Hawaii, courtesy of Amazon Prime Video.\* The trip will transport the winner to where the series was filmed and includes round-trip airfare for two, hotel accommodations for nine nights, meals, \$1,000 gift card for expenses and on-trip transportation with tour stops from Honolulu to Maui. Plus, those who come to donate Nov. 1-23 will receive a \$10 Amazon.com Gift Card\* by email, thanks to Amazon.

**VA Extends Presumptive Period for Gulf War Veterans:** The Department of Veterans Affairs has extended the presumptive period to Dec. 31, 2026, for qualifying chronic disabilities rated 10% or more resulting from undiagnosed illnesses in Persian Gulf War Veterans to ensure benefits established by Congress are fairly administered.

**TRICARE Open Enrollment Season Coming Soon:** TRICARE Open Season will run Nov. 8 - Dec. 13, 2021. This is your chance to enroll or change your health care plan for the next year. If you are satisfied with your current plan, no action is necessary, and your coverage will continue automatically for 2022. It is important to note that new retirees have only one year to enroll for TRICARE Prime. Enrollment in TRICARE Prime or Select is not automatic for retirees.

**Troops to Teachers:** The Troops to Teachers program has been sunsetted, effectively ending a 28-year program that provided tens of thousands of veterans with financial support and job placement services to become teachers. Recently, the VFW joined fellow VSOs in a letter to Congress advocating for the return of funding for the Troops to Teachers program in the FY2022 NDAA, citing America's critical need for teachers and the positive outcomes the program has demonstrated since 1993.

**Bystander Intervention Training for Veterans:** VA is offering [free online training](#) to teach veterans the skills needed to contribute to a safe and welcoming environment at all VA facilities. This training provides practical techniques that veterans can use to recognize, respond, and prevent situations of harassment or sexual assault. You do not need to register, and the training takes approximately 30 minutes to complete. (cont. below)



**White House Announces VA Actions for Toxic Exposure Presumptive Conditions:** On Veterans Day, the Biden Administration announced a series of actions, that has been years in the making, that VA will take to address the health conditions veterans experience due to burn pits and other toxic exposures. VA will pilot a new model to accelerate the process to establish presumptive conditions by reviewing the available science from the National Academies, analyzing VA data, and gathering evidence from other scientific sources. VA says it already used this model when it added sinusitis, rhinitis, and asthma as presumptive conditions related to particulate matter last May. Within 90 days, VA will use the model to assess rare cancers and constrictive bronchiolitis. Over the next few months VA will use this model to consider additional presumptive conditions.

Additionally, DOD plans to accelerate the implementation of the Individual Longitudinal Exposure Record (ILER), which the VFW supported in past legislation, which tracks service members' environmental and occupational exposures.

**VFW Advocates for Toxic Exposure Legislation:** The American Legion joined activists Jon Stewart and John Feal at a press conference and a series of meetings with senators and staff to discuss [S. 3003](#), the *COST of War Act*. Comprehensive toxic exposure reform is the VFW's top legislative priority, and our advocacy efforts are aimed at passing significant legislation in this Congress.

**House Subcommittee Hearing on Food Insecurity:** The House Agriculture Subcommittee on Nutrition, Oversight, and Department Operations held a hearing to examine the issue of food insecurity among service members and veterans. Approximately 160,000 enlisted active duty troops and their families experience food insecurity, which negatively affects military readiness as well as recruitment and retention of our all-volunteer force. - Len Crosby, Legislative Chairman



## Chaplain's Pew:

### A Christmas Prayer

*Robert Louis Stevenson*

Loving Father, help us remember the birth of Jesus,  
that we may share in the song of angels,  
the gladness of the shepherds,  
and the worship of the wise men.

Close the door of hate  
and open the door of love all over the world.  
Let kindness come with every gift  
and good desires with every greeting.  
Deliver us from evil by the blessing which Christ brings,  
and teach us to be merry with clean hearts.

May the Christmas morning make us happy to be Thy children,  
and the Christmas evening bring us to our beds with grateful thoughts,  
forgiving and forgiven, for Jesus' sake, Amen!

Submitted by Helen Kinder, Chaplain



## Service Officer:

The Department of Veteran Affairs has extended the presumptive period for qualifying chronic disabilities resulting from undiagnosed illnesses in Persian Gulf War Veterans to December 31, 2026.

Prior to the extension, Persian Gulf War Veterans had to file a claim for disability compensation before the end of the 2021 calendar year. VA is extending the presumptive period for qualifying chronic disabilities of 10% or more to ensure benefits established by Congress are fairly administered.

With scientific uncertainty remaining as to the cause and time of onset of illnesses suffered by Persian Gulf War Veterans and current research studies are inconclusive, limiting entitlement to benefits due to the expiration of the presumptive period would be premature. If an extension of the current presumptive period was not implemented, Service members whose conditions arise after December 31, 2021, would be substantially disadvantaged compared to Service members whose conditions manifested at an earlier date.

VA presumes certain medically unexplained illnesses are related to Gulf War service without regard to cause. These include chronic fatigue syndrome, fibromyalgia, functional gastrointestinal disorders, and undiagnosed illnesses with symptoms that may include but are not limited to: abnormal weight loss, cardiovascular disease, muscle and joint pain, headache, menstrual disorders, neurological and psychological problems, skin conditions, respiratory disorders, and sleep disturbances.

A wide variety of symptoms can qualify a Gulf War Veteran for presumptive service-connection. Veterans who are experiencing unexplained medical issues are encouraged to file a claim.

- Ruth Aresvik, Service Officer



## WHEN'S YOUR BIRTHDAY?

Last year, I decided to send out birthday cards to our Post 154 members. These cards are sent by E-mail, through Jacque Lawson E-Cards. This is a great site for all kinds of cards. I have the date-of-birth for 147 of our 151 listed members and have chosen birthday cards for everyone through December 2021. I only have e-mail addresses for 140 members.

do not be afraid to open this site as it is quite reputable. I realize many of you, not knowing where the cards originated, may have had them go into your SPAM file. So sorry about that. Now, as your birthday comes along take a look in your inbox for a card from the Rathdrum A. L. Post 154, and please, have a very *Happy Birthday*.

**If you have not received any cards, it's probably because I do not have your updated email address. Please send to me so I may add you to the card list.**

<mailto:wakinder74@gmail.com> 208.661.6850

- Bill Kinder, 1<sup>st</sup> Vice Commander & Membership Chairman



Your Training Officer is taking a little bit of a break this month. Instead of information from The American Legion, check out pages 10-12 of this newsletter for a spin on this holiday season. And watch for next month's Legion training.



### Bits & Pieces

- The first week of December is NATIONAL INFLUENZA VACCINATION WEEK  
National Influenza Vaccination Week highlights the importance of continuing flu vaccinations through the holiday season and beyond. It's not just the holiday season; it's flu season. Flu activity usually increases in October but peaks between December and February. Flu activity sometimes occurs as late as May. If you haven't gotten your flu shot yet, the first week in December is a great time to do it.
- Each year on December 11th, the world celebrates the UNICEF Birthday commemorating the day it was created in 1946.
- 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](mailto:crosbylenmary@frontier.com)

WREATHS ACROSS AMERICA - Remember \* Honor \* Teach  
by Ruth Aresvik, Veterans Help Net Correspondent

On the third Saturday in December, thousands of freshly grown Maine wreaths will be laid on the graves of veterans during the traditional Wreaths Across America. Their mission: REMEMBER our fallen U. S. veterans. HONOR those who serve. TEACH your children the value of freedom. Their story, pulled from their website, is one of giving, kindness, and true patriotic service.

Morrill Worcester, owner of Worcester Wreath Company of Harrington, Maine, was a 12-year-old paper boy for the Bangor Daily News when he won a trip to Washington, D. C. His first trip to our nation's capital was one he would never forget, and Arlington National Cemetery made an unforgettable impression on him. This experience followed him throughout his life and successful career, reminding him that his good fortune was due, in large part, to the values of this nation and the veterans who made the ultimate sacrifice for their country.

In 1992, Worcester Wreath found themselves with a surplus of wreaths nearing the end of the holiday season. Remembering his boyhood experience in Arlington, Worcester realized he had an opportunity to honor our country's veterans. With the aid of Maine Senator Olympia Snowe, arrangements were made for the wreaths to be placed at Arlington in one of the older sections of the cemetery that had been receiving fewer visitors with each passing year.

As plans were underway, a number of other individuals and organizations stepped up to help. James Prout, owner of the local trucking company Blue Bird Ranch, Inc., generously provided transportation all the way to Virginia. Volunteers from the local American Legion and VFW Posts gathered with members of the community to decorate each wreath with a red hand-tied bow. Members of the Maine State Society of Washington, D.C. helped organize the wreath-laying, which included a special ceremony at the Tomb of the Unknown Soldier.

The annual tribute went on quietly for several years, until 2005, when a photo of the stones at Arlington, adorned with wreaths covered in snow, circulated around the internet. Suddenly, the project received national attention. Thousands of requests poured in from all over the country from people wanting to help with Arlington or emulate the project in their own state. Unable to donate to each state, Worcester began sending seven wreaths to every state, one for each branch of the military, and for the POW/MIAs. In 2006, with the help of the Civil Air Patrol and other civic organizations, simultaneous wreath-laying ceremonies were held at over 150 locations around the country. The Patriot Guardian Riders volunteered as escorts for the wreaths going to Arlington.

In 2007, the Worcester family, along with veterans and other groups, formed Wreaths Across America. The following year, over 300 locations held wreath-laying ceremonies in every state, Puerto Rico and 24 overseas cemeteries. Over 100,000 wreaths were placed on veterans' graves. Over 60,000 volunteers participated, and that year, December 18, 2008, was unanimously voted by U. S. Congress as "Wreaths Across America Day".

In 2020, a total of 1.7 million wreaths were placed at the final resting places of brave individuals who served our country. The wreath is laid, the veteran's name is spoken aloud and presented with a salute.

This year, local ceremonies on Saturday, December 18th include Washington State Veterans Cemetery in Medical Lake (12:00 noon), and Pinegrove Cemetery in Rathdrum, Idaho (9am).

Wreaths Across America would not be successful without the help of volunteers, active organizations, and the generosity of the trucking industry. All this support strengthens the mission to remember the men and women who served our country, honor our military and their families, and teach our children about our freedom and those who protect it. There are many ways you can help.

To learn more, go to [www.wreathscrossamerica.org](http://www.wreathscrossamerica.org). Wreaths can be purchased to honor a specific veteran and location. - Submitted by Ruth Aresvik





### 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](mailto:keltod11@gmail.com) or by phone at 509-226-5355.

From Oct 29 to Nov 26:

This month the Honor Guard provided Military Honors for 4 veterans, two US Army veterans, and two US Navy veterans. Each memorial service requires between 3 and 8 volunteers. The Honor Guard also participated in two ceremonies this month. They were at the Veterans Recognition Event in Rathdrum and at the Veterans Day Ceremony at the Kroc Center. This month required twenty-nine (29) volunteers, and they logged in 92 volunteer hours. These statistics run monthly from the Membership Meeting a month ago to the last Membership Meeting - Bryan Bledoe, Honor Guard Member



Helen Kinder, Hayden's Distinguished Veteran of 2021 at the Hayden Veterans Day event. You can read the CDA Press article about it [here](#).



## Holidays around the World From [WorldStrides](#)

Few months present as many multicultural celebrations as December. From Christmas to Ōmisoka, the last month of the year is a “world of holidays.” Let’s take a look at some of December’s holidays around the world.

### Christmas

In the Christian faith, Christmas is the historical celebration of the birth of Jesus Christ. Whether celebrated for this religious reason or solely as a cultural celebration, Christmas traditions vary around the world. While Americans celebrate with Christmas trees, visits from Santa Claus, and dreams of snowy landscapes, Christmas falls during [Australia’s](#) summer, where it is popular to go



camping or to the beach over the holiday. Some Australians decorate a “Christmas Bush,” a native Australian tree with small green leaves and flowers that turn red during the summer.

In [England](#), Christmas traditions are similar to those in the [United States](#), but instead of leaving milk and cookies for Santa Claus, children leave mince pies and brandy for Father Christmas. In [Iceland](#), capital city Reykjavik turns into a winter wonderland with its Christmas market and for the children, there is not one but thirteen Santas, known as Yule Lads. One arrives each night in the thirteen days before Christmas, leaving small gifts in shoes left in window sills. Read more about how Christmas is celebrated around the world [here](#). (cont. below)







## Hanukkah

Hanukkah, or Chanukah, is an eight-day Jewish celebration that commemorates the re-dedication of the Second Temple in [Jerusalem](#) following the Maccabean Revolt. Those who took part in the re-dedication witnessed what they believed to be a miracle. Even though there was only enough untainted oil to keep the menorah's candles burning for a single day, the flames continued to burn for eight nights.

Also known as the Festival of Lights, Hanukkah begins on the 25<sup>th</sup> of Kislev on the Hebrew calendar. Celebrations revolve around lighting the menorah. On each of the holiday's eight nights, another candle is added to the menorah after sundown. The ninth candle, called the shamash ("helper"), is used to light the others. Typically, blessings are recited and traditional Hanukkah foods such as potato pancakes (latkes) and jam-filled donuts (sufganiyot) are fried in oil. Other Hanukkah customs include playing with dreidels and exchanging gifts. Learn more about Hanukkah [here](#).

## Kwanzaa

Kwanzaa was created by Dr. Maulana Karenga in 1966 after the Watts riots in Los Angeles. He founded US, a cultural organization, and started to research [African](#) "first fruit" (harvest) celebrations. From there, he combined aspects of several different harvest celebrations to form the basis of Kwanzaa.

The name Kwanzaa comes from the phrase "matunda ya kwanza" which means "first fruits" in Swahili. Each family celebrates Kwanzaa in its own way, but celebrations often include songs and dances, African drums, storytelling, poetry reading, and a large traditional meal. On each of the seven nights, families gather and a child lights one of the candles on the Kinara, then one of the seven principles, values of African culture, is discussed. An African feast, called a Karamu, is held on December 31. Learn more about the principles of Kwanzaa [here](#).





## Boxing Day

Boxing Day takes place on December 26. Only celebrated in a few countries, the holiday originated in the [United Kingdom](#) during the Middle Ages. It was the day when the alms box, collection boxes for the poor often kept in churches, were opened and their content distributed, a tradition that still happens in some areas. It was also the day servants were traditionally given the

day off to celebrate Christmas with their families.

Boxing Day has now become a public holiday in the United Kingdom, [Canada](#), Australia, and [New Zealand](#), among other countries. In England, soccer matches and horse races often take place on Boxing Day. The Irish refer to the holiday as St. Stephen's Day, and they have their own tradition called hunting the wren, in which boys fasten a fake wren to a pole and parade it through town. The Bahamas celebrate Boxing Day with a street parade and festival called Junkanoo. Learn more about the origins of Boxing Day [here](#).

## Ōmisoka

Ōmisoka, New Year's Eve, is considered the second-most important day in [Japanese](#) tradition as it is the final day of the old year and the eve of New Year's Day, the most important day of the year. Families gather on Ōmisoka for one last time in the old year to have a bowl of toshikoshi-soba or toshikoshi-udon, a tradition based on eating the long noodles to cross over from one year to the next.



At midnight, many visit shrines or temples for Hatsumōde. Shinto shrines prepare amazake to pass out to crowds and most Buddhist temples have large cast bells that are struck once for each of the 108 earthly desires believed to cause human suffering. Learn more about Ōmisoka [here](#).

Submitted by Jean Bledsoe, Training Officer



## Did you know...?

December is National Drunk & Drugged Driving Prevention Month.

National Drunk & Drugged Driving Prevention Month, or National 3D Prevention Month in December serves as a reminder to never drive impaired. If you're home or traveling during the holidays, you may be planning to go to a few parties, get-togethers, or even just to have a few drinks with the family. If you have been drinking or are under the influence of drugs, do not operate a vehicle. Remember, you are committing the crime of impaired driving whenever your ability to operate a vehicle is impaired by the effects of illegal drugs, prescription medication, over-the-counter medication, or a blood-alcohol concentration of 0.08 grams per deciliter or higher. If you are taking part in activities like this month, or EVER, do not make the mistake of getting behind the wheel. It could cost you or someone else their life.



### Mark Your Calendar:

November 28<sup>th</sup> - December 6<sup>th</sup> - Hanukkah

December 1<sup>st</sup> - Rosa Parks Day

December 4<sup>th</sup> - Get out your cookie cutters, its National Cookie Day!

December 6<sup>th</sup> - St. Nicholas Day

December 7<sup>th</sup> - Pearl Harbor Remembrance Day (1941)

December 10<sup>th</sup> - Human Rights Day

December 10<sup>th</sup> - 22<sup>nd</sup> - Traditions of Christmas at the Kroc Center. See page 17

**December 11<sup>th</sup> - Christmas Party KTEC for Saturday, December 11th at 1:00 pm**

December 13<sup>th</sup> - National Guard Birthday

December 15<sup>th</sup> - Bill of Rights Day

December 18<sup>th</sup> - Wreaths Across America – Pinegrove Cemetery 9 am

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

December 21<sup>st</sup> - Winter Solstice at 7:58 am

December **23<sup>rd</sup> - NO Membership Meeting**

December 25<sup>th</sup> - Christmas

December 26<sup>th</sup> - January 1<sup>st</sup> - Kwanzaa

December 26<sup>th</sup> - British Boxing Day

December 31<sup>st</sup> - New Year's Eve



## **A Healthier You:**

With the holidays here, stress is bound to increase. Here is something to help.

### **Stress Management**

We all know what it's like to feel stressed, and we all deal with it differently. But how much stress is too much? Your body will let you know when you're overstressed, with muscle tension, sweaty palms, or difficulty sleeping. You might feel worried, fearful, fatigued, irritable or have a hard time concentrating. These can be the signs of stress... .. but the consequences can be much larger. -both on your life and those around you.

<https://www.veteranshealthlibrary.va.gov/Resources/Videolibrary/?e=0#player:165,VANC P008>



The Veteran's Recognition committee members - and the Veterans who enjoyed the event - would like to thank the following donors who made this year's celebration a success.

### VETERAN'S RECOGNITION DONATION LIST 2021

#### **PLATINUM**

AMERICAN EAGLE AUTOMOTIVE  
AMERICAN LEGION POST 154 RATHDRUM  
DEE SASSE (IN MEMORY OF DAVID SASSE)  
HI-CO CONVENIENCE CENTER  
LAKELAND IMMEDIATE CARE  
NORTH IDAHO PHYSICAL THERAPY  
NORTH PACIFIC LAND MANAGEMENT  
NORTHWEST SPECIALTY HOSPITAL  
RATHDRUM LES SCHWAB TIRES  
RATHDRUM LIONS CLUB  
SAWYER PLUMBING & ELECTRIC  
SEWRIGHT'S ACE HARDWARE  
TRUE NORTH ELECTRIC, INC.

#### **GOLD**

BEAN BARN ESPRESSO  
GLENDA BOERNER 2 GIFT BASKETS  
PETE & BARBARA WILLIAMS  
THE UPS STORE POST FALLS  
WAH HING RESTAURANT

#### **SILVER**

ADEPT BUSINESS SOLUTIONS  
FARMERS INSURANCE RATHDRUM - GIFT BASKET  
ROYAL NEIGHBORS OF AMERICA  
SUPER 1 FOODS \$50 GIFT CERTIFICATE





**MANUEL SCHNEIDMILLER POST 154  
AMERICAN LEGION DEPARTMENT OF IDAHO  
PO BOX 1116, RATHDRUM ID 83858**

**American Legion Post 154  
Christmas Party 2021**

You and your family are cordially invited to attend the Annual  
Manuel Schneidmiller Post 154 Potluck Christmas Party!

**Date: Saturday, December 11, 2021**

**Time: 1:00 P.M.**

**Place: KTEC Student Center**

**Location: 6838 Lancaster Road, Rathdrum**

Please come and enjoy an afternoon to celebrate the holidays with friends and family. As is our tradition, we will have a visit from Santa, and he will be reading *The Night Before Christmas* to the youngsters and oldsters. Please bring a wrapped, labeled gift, if you wish to have your children or grandchildren receive a present from Santa.

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

Please RSVP by December 6th, with the number attending and what you are bringing. Direct questions to Sue Fevold at 208- 916-5149 or email: [schoolmarm66@hotmail.com](mailto:schoolmarm66@hotmail.com)

**We do need volunteers to help set up, starting at 10 am, on Saturday, December 11, 2021, at KTEC located on Lancaster Road.**

**Please call Helen at 208-772-7736 or email [hlkinder41@gmail.com](mailto:hlkinder41@gmail.com).**



Here is an interesting bit of history from The Spokesman-Review. This is a 100-year-old article taken from the paper's archives.

**JIM KERSHNER'S 100 YEARS AGO TODAY - [Copyright © 2021 Spokesman-Review 11/29/2021](#)**

A 17-gun salute welcomed Marshal Ferdinand Foch, supreme Allied commander in the recent world war, to Spokane.

The cannons roared out from Fort Wright, and thousands of people lined the downtown streets to greet the French general.

"The presence of the marshal seemed to hallow the very pavement on which his car was driven," said the Spokane Daily Chronicle.

Foch had become a hero of almost mythic proportions after he led the French, British and U.S. forces to victory over Germany. Spokane was clearly overcome with pride and emotion to have him in the city, even for only a day.

Foch addressed the city in a brief speech during a mass meeting at the Spokane Armory.

"I am here with my comrades, the members of the American Legion with whom I fought and with whom, three years ago, I was marching in victory toward the Rhine," he said in French. "And when I find my comrades here in Spokane, so far from the eastern shores of the United States, and so far from France, so far from the Rhine, I begin to understand the wonderful spirit that took these men of the legion so far from their homes to help me."

One bittersweet moment occurred at St. Maries, Idaho, just before Foch embarked on the train for Spokane.

Three French war brides approached Foch and one of them said. "Oh, Monsieur le Marechal, we love America, but we are homesick for France."

Another said, "We love our native country. We want to return to France. Do take us back; do please take us back." Foch seemed confused. At first, he did not know how to reply.

Then he grasped the hand of one of the women and said, "But you are here in America. This is your home. You must never forget France, but you must love your new home and honor your husbands."

A correspondent said the women "seemed comforted."





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