



# Manuel Schneidmiller Post 154, Inc.

## Rathdrum Idaho

### Newsletter

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Email: [rathdrum154@gmail.com](mailto:rathdrum154@gmail.com)

Website: [Rathdrumpost154.org](http://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



#### **Adjutant:**

##### **Rathdrum Lions Club Nutritional Backpack Program**

Thanks to Bill Kinder, Helen Kinder, Tuck (Leo) Calhoun, Helen Calhoun, Angie Hannah and Bryan Bledsoe for helping with the monthly food packing on Thursday January 24th. There were about 30 volunteers working and everyone was very busy. They need help once a month packing for the children from 9 am until 10:30 am. If you can help please put the following dates on your calendar February 22, March 22 and April 26. No experience necessary they will find a job for you plus you will meet some great people! Lions member Lonnie Morse told us at the last General Membership Meeting the number of children in the various local elementary schools varies from month to month but currently it is at 190 children. Food is purchased from 2nd Harvest Food Bank and costs about \$31,000 per year. Lonnie said the Lions Club has many projects so a non-profit 501(c)3 was formed to apply for grants, which he does. He said that they have received \$51,000 so far but they need money every year. - Bryan Bledsoe, Adjutant

## **Last Call!! Cane Seminar Friday February 23<sup>rd</sup>**



In October, over 50 local veterans attended a 3-hour seminar on how to defend themselves with a cane. It was so well received, 9999 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](http://www.canemasters.com)

The nonprofit he is affiliated with, gifts every veteran that attends, a special Warrior Cane valued at \$225 (see example at left). 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](mailto:bryandbledsoe@gmail.com)

- Bryan Bledsoe, Adjutant



### **Pot Luck a Big Success!**

As announced last month in the newsletter, our January meeting began with a pot luck dinner. We had an excellent turn out and the food was delicious – fried chicken, mac and cheese, calico beans (the recipe is in this newsletter), tater tot casserole, lots of desserts, an more.

Service began at about 5:45 and the meeting started as soon as everyone had their plates and were seated. We ate as business was conducted. It worked so well we voted to continue the pot lucks at our monthly meetings. So be prepared on February 28<sup>th</sup> at 5:30 with your favorite dish – main dish, salad, side, or dessert – and don't forget your significant other!

Two young women from two Rathdrum area high schools came to the meeting to tell their experiences at Girls' State – a week-long participatory program in which students become part of the operation of local, county and state government. Both girls expressed their trepidation during their late night bus ride to Boise, then how they immediately fell into the camaraderie and excitement of this incredible and unique learning experience.

Our Post sponsored one of the girls to Girls' State, and have budgeted to do the same this year.

## **Finance Officer:**

As we enter the new year of 2018, we remain on stable financial ground, but we need to continue to support the Post's fundraising activities.

Our main fundraiser is the distribution of Poppies to remind people of the meaning of Memorial Day. Memorial Day is Monday, May 28th and we typically do our selling the three weeks before the actual day. I would ask each of you to block out some time in the three weekends prior to Memorial Day (May 11 – 12, May 18 - 19 and May 25 – 26) on your personal calendar and plan on helping our Post in this event. This year we will again ask Yokes and the Super One stores in Rathdrum and Post Falls to provide us with their hospitality, but we will also expand our efforts to at least two other stores – possibly Wal-Mart stores. We have found that grocery stores work well, but I may see if we can reserve a spot at the Post Falls and Hayden Wal-Marts this year.

Many hands make light work (my Mother used to always say that when assigning household chores in my youth), so remember Mom's advice, and slot in some time for this fundraiser. It helps our Post, it helps get our name out in the Community, it provides us with funds to donate to the events we support (Community events, Veterans recognition, Boys and Girls State, etc.- and it helps us as Legion members better connect with those who support our Veterans and their families. Thank you. - Len Crosby, Finance Officer



## **Legislative Chairman:**

On the national scene we are watching a dramatic change in direction taking place with our new President and his administration. This will radically impact and hopefully improve many issues that influence our Military and our Veterans.

We hope that new leadership at the Department of Defense and the Veterans Administration and the new President's promises to reduce regulatory restrictions will continue to bring new and better programs for those currently serving in our Armed Forces and for those Veterans who secure their health care through VA. We continue to have wonderful support for our Military and Veteran issues from our Congressional representatives, especially Senator Crapo and Senator Risch.

There will be lots of changes in healthcare and related programs that we need to review and which we hope will be changes for the better. If you have any specific issues you want us to address as a Post, please bring them to my attention.

On a lighter note, our State Legislature is in session. We don't anticipate any State legislation impacting Veterans, but continue to enjoy strong support from our local legislators, especially Senator Nonini (who is running for Lt. Governor), Senator Mary Souza, Rep. Luke Malek (who is running for Congress), Rep. Ron Mendive and Rep. Don Cheatham. When they hold Town Hall meetings during the session, visit with them and remind them that we continue to need their support for our efforts to secure a Veterans Home in Post Falls. Thank them for all they do, but keep your hand on your wallet!

Congress recently passed three pieces of legislation supported by the American Legion — S.1393, the Jobs for Our Heroes Act, S.925, the Veterans E-Health and Telemedicine Support (VETS) Act of 2017, and H.R.4323, the Supporting Veterans in Science, Technology, Engineering, and Math (STEM) Careers Act. (cont. below)

S.1393 amends existing law in order to allow VA physicians and nurse practitioners to provide medical certifications to veterans who currently operate or wish to operate commercial vehicles. Additionally, it applies commercial driver's license standards for former members of the armed forces to current members. Passed by both the House and Senate, this bill now goes to the president.

S.925, passed by the Senate, amends Title 38 to improve the ability of licensed health care professionals employed by VA to treat veterans via telemedicine at any location in any state, regardless of where the professional and patient are located.

H.R. 4323, passed by the House, directs the National Science Foundation (NSF) to promote veteran involvement in STEM education, computer science, and scientific research by increasing outreach to veterans and by expanding certain NSF scholarships, grants and fellowship opportunities to veterans and military families. - Len Crosby, Legislative Officer



### **Chaplain's Pew:**

February is a special month for remembering the Dorchester 4 Immortal Chaplains. The American Legion, all over the United States, takes time to remember the four famous Army Chaplains; recount their early history, the sinking of the troop ship Dorchester, the loss of many, and the selfless heroism of the four Chaplains.

These four Chaplains (a Catholic priest, a Rabbi, a Methodist and an Evangelical) not only worked together in the Army, but were all friends even before they shipped out. Their story, as individuals and as part of the Dorchester sinking, are special moments in time and important for each one of us to remember. You can read more about the Four Immortal Chaplains online.

I want to focus on a little different piece of this story. If you ever get to visit Philadelphia, there is a ALL FAITH memorial chapel dedicated specifically to these four chaplains who, during a crisis, stayed together to save lives, and stood together in death. This is truly a very special chapel and it had a dedication ceremony led by President Truman. Think about that. It was a huge and very special event indeed. But, what makes a bigger statement to me, other than who was actually there, was who in fact was not there.

You would think that at a ALL FAITH dedication ceremony for these four chaplains, would be attended by four corresponding representatives. Sadly, it didn't happen that way. The one faith not in attendance was the Catholics. Why? After the ceremony, the news media explained that 'cannon law forbids joint worship.' Really? At a ALL FAITH memorial ceremony?

The incomplete delegation at the dedication ceremony shows, even for so worthy a cause, how politics and policy can get in the way of even banding together for a short time to give respectful honors.

Of course, this ceremony was over 70 years ago....and it show how politics and policy influence every facet of our lives. Times and attitudes and policies can change of course. I can hope that if the dedication ceremony was conducted this year, it could be different.

Let us, at Post 154, band together (all service branches and all faiths) each and every day, with all of our ideas, all our willing energies, and all our deeds. If we truly work together, I feel we will in fact honor the "Four Chaplains" who showed us by their lives and their deaths the true meaning of interfaith in action.

Please know your Chaplain is ready to assist where needed. If you know of someone who needs a card of cheer or a visit, let me know. - Paula Atwood, Chaplain

## Service Officer:

Peace and LOVE to all you Legionnaires! February is the month of LOVE! My daughter was born February 12th (also Abe Lincoln's birthday!) and my mother and brother were both born on February 14th. Take care of your heart....and your eyes! The EYES have it! EYE EYE Captain! An EYE for an EYE! EYE could keep going.....but EYE won't.....okay - done. This month, "E" is for eyes.....

Patient education is an important aspect of eye care. It allows patients to be informed about their eye disease conditions and/or disorders, and helps them participate in the proper management with their eye doctor.

The Veterans Health Library offers Veterans, family members, and caregivers 24/7 access to comprehensive, Veteran-focused health information.

The Veterans Health Library is a one-stop source for health information to help Veterans stay well and well-informed. All health information has been approved by VA experts, and includes topics specific to Veterans.

There are over 1,500 health sheets, over 150 videos, Go-to-Guides, and Flipbooks - many in both English and Spanish - all available to Veterans, their family members, and the public, no matter where the Veteran receives care.

The Veterans Health Library materials may be viewed at: <http://www.veteranshealthlibrary.org>

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**Are you a wartime Veteran?** Are you over age 65 or totally and permanently disabled? Do you have limited or no income? If so, you may be eligible to receive VA pension benefits.

### **What is VA pension?**

VA pension is a needs-based, tax-free monetary benefit for eligible wartime Veterans. It is a supplemental income provided by VA to help eligible Veterans and their families cope with financial challenges.

### **Are family members eligible for VA survivors pension benefits?**

Surviving spouses who have not remarried and dependent children of deceased wartime Veterans may also qualify if the survivors meet net worth and income requirements and the Veteran has qualifying service.

### **Are additional benefits available for Veterans who require the aid of another person?**

Yes, Veterans and survivors who require the aid of another person in order to perform personal functions required in activities of daily living or are housebound may qualify for pension at an increased rate.

Visit [Explore.VA.gov](http://Explore.VA.gov) or click the button below to find out if you or a family member qualifies for VA pension benefits. – Ruth Aresvik, Service Officer

**Happy Valentine's Day** to Ruth's grandpuppy!  
Thanks for sharing this cutie Ruth.







# Winter Olympics Word Search Puzzle

athletes  
biathlon  
bobsleigh  
bronze  
competition  
curling  
gold  
hockey  
judges  
race  
silver  
skating  
skiing  
sport  
team

L	B	X	B	I	A	T	H	L	O	N	O	T	T	C
I	L	V	W	L	G	G	H	J	G	C	F	I	I	E
I	C	T	X	N	Z	G	J	I	A	E	R	Z	W	O
C	O	M	P	E	T	I	T	I	O	N	W	A	T	Z
E	P	M	K	S	K	A	T	I	N	G	H	F	C	T
A	L	X	P	J	B	T	H	T	X	Y	M	H	N	E
T	Y	N	N	T	O	N	O	F	N	E	G	X	Q	D
H	G	O	L	D	B	Q	C	C	U	R	L	I	N	G
L	J	L	B	O	S	H	K	S	K	I	I	N	G	V
E	U	B	R	B	L	S	E	R	S	C	I	N	X	X
T	D	S	O	G	E	I	Y	T	O	P	U	T	H	Z
E	G	B	N	M	I	L	N	D	E	D	O	W	W	X
S	E	T	Z	R	G	V	U	K	R	A	P	R	B	W
S	S	M	E	U	H	E	M	O	C	T	M	P	T	N
S	U	E	X	I	R	R	O	C	B	Z	J	N	N	Q

Find and circle all the words from the  
Winter Olympics word list.

## Mark Your Calendar:

February 1<sup>st</sup> - Americanism Month

February 2<sup>nd</sup> – Groundhog Day

February 4<sup>th</sup> – 4 Chaplains Sunday

**February 14<sup>th</sup> - Post 154 Executive Committee Meeting 6 pm at the Rathdrum Lions Club**

February 14<sup>th</sup> - Ash Wednesday & Valentine's Day

February 19<sup>th</sup> - President's Day

February 22<sup>nd</sup> – Backpack Program – Lions Club – volunteers needed - see page 1

February 24<sup>th</sup> – Start of Operation Desert Storm (1991)

February 28<sup>th</sup> – End of Operation Desert Storm (1991)

**February 28<sup>th</sup> – Post 154 General Membership Meeting and Pot Luck 5:30 pm at the Lions Club**



## Bits & Pieces

- **Did you know...** minutes from all Post154 meetings are posted on our website. Just go here: <http://rathdrumpost154.org/index.php?id=91>
- **Trivia Night is Coming Soon!!** Watch future newsletters for information about Legion Trivia Night at Rathdrum's Westwood Brewery. Think about forming a team (no more than six per team) with family and friends. Support your Legion and this local spot - enjoy good food and a night of fun entertainment.
- **Post Commander Dee Sasse** is encouraging all members to take the American Legion Basic Training to learn about the American Legion. This self-paced on-line course, offered free of charge to all members, is on the American Legion site here: <https://www.legion.org/alei>



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



### [Will Curcumin Improve Cognitive Ability in Seniors?](#)

A component of curry seems to have cognitive benefits in older adults. Curcumin is a principal ingredient in turmeric, and turmeric gives curry its distinctive yellow color. A new study of 40 people between 50 and 90 years old found that taking a curcumin supplement improved their cognitive ability, especially verbal and visual memory and [...] [> Read Article](#)



## Calico Bean Pot

This dish is perfect for large family dinners or pot luck and can be easily adapted to many tastes. I add about a half tablespoon of chili powder and double the ground beef if I'm serving a larger group. You can also vary the beans any way you like. Sometimes I add barbeque sauce as well. You can also add sausage if you like.

**Serves 8-10**

### Ingredients:

4 ounces bacon, diced  
1 pound lean ground beef  
1/2 cup chopped onion  
1 can (16 ounces) kidney beans, rinsed and drained  
1 can (21 ounces) barbeque beans in sauce  
1 can (15 ounces) butter beans, rinsed and drained

1 can (15 ounces) chili beans in sauce  
1/2 cup ketchup  
1/2 cup packed brown sugar  
1 tablespoon vinegar  
1 teaspoon prepared mustard  
1 teaspoon salt

### Directions:

Brown bacon in large pot. Sauté onion in bacon fat, then drain. Remove bacon and onion and set aside. Brown ground beef in original pot, then drain fat. Add remaining ingredients, including the reserved bacon and onion. Simmer until all is heated through, or place in slow cooker and let it cook all day. So easy and so good!

**GROUNDHOG DAY  
FEB. 2**

