



# Manuel Schneidmiller Post 154, Inc.

## Rathdrum Idaho

### Newsletter

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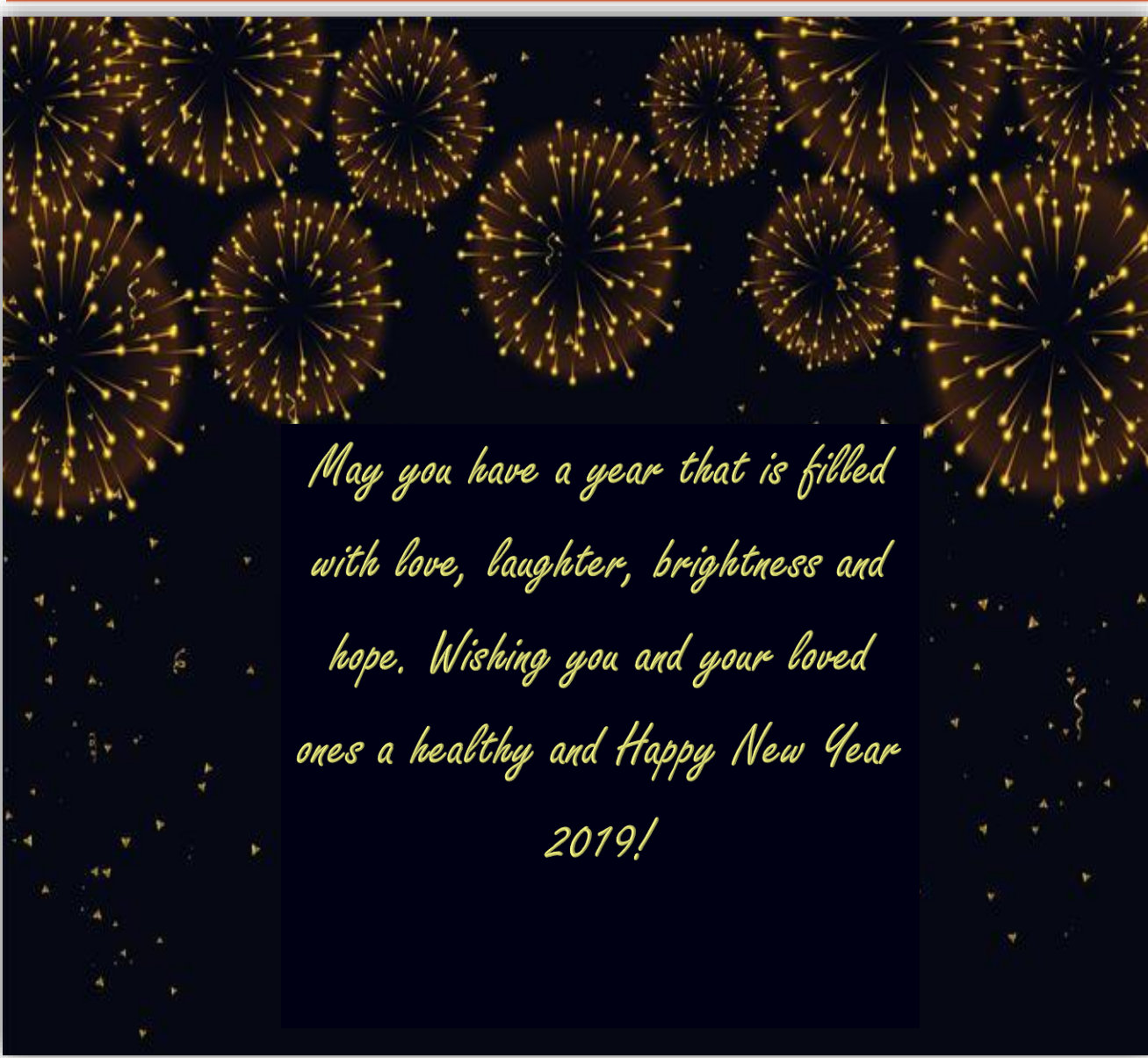
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*May you have a year that is filled  
with love, laughter, brightness and  
hope. Wishing you and your loved  
ones a healthy and Happy New Year  
2019!*

## Commander's Message:

Greetings Legionnaires and Family Members: First I would like to wish everyone a Happy New Year from my family to yours. I hope Santa brought everyone what they wanted for Christmas. I want you all to know that I feel that we had a wonderful 2018 year! We have accomplished so much for the Legion and for our community. I want to thank you for all that you do!

Now that we have had some down time it's time to start out 2019. If you have not renewed your membership, please do so ASAP. We want to put our efforts on other projects. I want to remind everyone to volunteer for the Easter Egg Hunt Committee I know many hands make the work easier. I look forward to seeing you at our General Membership meeting. I wanted to include a New Year's Eve story that I found about a Coast Guard and Navy Tradition. Enjoy!

For God and Country - Dee Sasse, Commander

### The Navy's and Coast Guard Tradition of the New Year's Day Deck Log

–DECEMBER 28, 2017 POSTED IN: [HERITAGE](#), [UNCATEGORIZED](#)

By Brian Shottenkirk, Ph.D, Deputy, Histories Branch with Assistance From Karolina Lewandowska, M.A., M.L.I.S., Archives Branch, [Naval History and Heritage Command](#)

*Well, this is the watch on that special night,  
When the OD writes poetry by gangway light  
'Tis the 1st of January, 1968  
And I've the watch that runs quite late.  
USS Agerholm (DD 826)*

The naval service, by its very nature, thrives on rules and regulations. Above all else, a ship and her crew must promote self-reliance, discipline, and teamwork to maintain effectiveness and ensure mission accomplishment in the unforgiving and uncertain environments of both ocean and fog of battle. This truism of rules and regulation is particularly reflected in the official record maintained by all commissioned U.S. Navy vessels — the deck log.

The deck log is kept by the Quartermaster of the Watch and prepared by the designated Officer of the Deck (OOD) for each commissioned ship in accordance with Navy regulations and specific instructions. In either handwritten, typed, or in electronic format, the deck log chronicles the daily locations and movements of the ship, and captures all significant and prescribed events taking place either aboard or otherwise in the immediate vicinity of the vessel. Deck log entries are reviewed daily by the ship's navigator for clarity and final approval as they document particular circumstances for administrative and legal purposes. Completed deck logs are subsequently forwarded each month to the Washington Navy Yard, where the Naval History and Heritage Command is tasked to maintain the records in its archives. At the end of thirty years, the individual deck logs are transferred to the National Archives and Records Administration in College Park, Maryland, for ultimate retention and future research access. As a permanent official record of the ship, the deck log is efficient and succinct in its purpose, professional in appearance, and certainly not a forum for creativity.

And yet...

On the first night of the New Year, an unofficially endorsed truce allows the sacrosanct veil of regulation to be pierced — if only for a brief moment. During the mid-watch from midnight to 0400 (and only during the mid-watch) it is permitted for a ship to record the first entry of the New Year in verse. In this annual, fleeting, first entry of the New Year, the deck log bears witness to a hint of individuality, personality and sometimes the mindset of shipboard life. However, Navy regulations remain ever obstinate, and the leeway for creativity comes with a caveat: all entries should still include the specified requirements noted in current Navy Regulations and administered under OPNAV instruction issued by the Chief of Naval Operations.

And therein lies the rub. The OOD (often with some assistance from the crew) is granted the freedom to compose the entry as they artistically deem fit — provided they include such mandatory details as the sources of electric power, steam and water; the state of the sea and weather; position of the ship; status of the engineering plant; courses and speed of the ship, bearings and distance of objects sighted; changes in status of ship's personnel, disposition of the engineering plant, and even the strain upon anchor chain or cables when anchored and the placement of lines while moored. This tradition presents a challenge to the imaginative (or unlucky) author to maintain meter or rhyme and still report all these details in an original manner over multiple stanzas

whether on wartime patrol...

*At 8kts, steaming with Hanson in stride,  
Richmond K. Turner serves country with pride.  
Dangerous waters are these on the coast,  
Rimmed with Viet Cong who are hardly our host.  
Nothing must daunt on this New Year's night,  
This year, as last, we must concentrate might,  
Fighting aggression, and guarding our home,  
Wary, lest Commies try farther to roam.  
This ship is darkened as Hanson is too,  
Hiding the fact we're on 020 True.  
SOPA and Officer in Tactical Command –  
Captain of Turner is much in demand.  
His is the judgement, on which we rely,  
He calls the shots, and TE 77.0.1.2 does comply.  
COMSEVENTH Fleet has positioned us here  
Near North Vietnam, where our purpose is clear.  
USS Richmond K. Turner (DLG 20)  
1 January, 1967*

...or moored pierside closer to home...

*I'd like to say 'Happy New Year to you'  
And tell you our ship is moored starboard side to  
Berths Mike and November, and here's the  
location:  
San Diego, California at North Island Air Station.  
As an added precaution again any trouble,  
Our mooring lines are, not singled, but doubled.  
Our boilers are cold at the start of this year  
So we must receive various services from the pier.  
To list all ships present indeed would be hard  
But Oklahoma City (CLG 5) and Bon Homme  
Richard (CVA 31)  
Are two of the ships, one forward, on aft  
The others are various yard and district craft.  
SOPA Admin said tonight, and I quote,  
'COMFIRSTFLT is senior officer present afloat.'  
He's presently embarked in Oklahoma City,  
But being aboard tonight, what a pity.  
The night has been long, but would you believe,  
That this watch is over – I stand relieved  
USS Constellation (CVA 64)  
1 January, 1968*

Occasionally, the tradition even allowed a venue for personal lamentations as well as good wishes extended to all:

*As OOD I greet with scorn  
This wet and dreary New Year's morn!  
It seems to me as I shiver with cold  
That the Year is nearly 100 days old  
The New Year is greeted with much good cheer  
As MAUNA KEA is moored to number 2 pier  
At berth number 1 port side to is this craft  
Standard lines are doubled with wires fore and aft  
The PARICUTIN; the FIREDRAKE, and the MT  
KATMAI  
Along with yard craft, are moored nearby  
At NAD Concord our home port we wait  
A long sea detail to the Golden Gate*

*Boiler #2 and generator #1 are in use this hour  
To give to the ship the much needed power  
The pier provides services as they usually do  
The brow, fresh water, and telephone too  
The pertinent facts; I have told them all  
While other this night have had a ball  
0345 has come and I must not glance back  
I look ahead to a siege in the sack  
I must end this verse, I cannot go on  
For very soon will break the dawn  
To all the world, and to those near and dear  
I wish a peaceful, prosperous, and HAPPY NEW  
YEAR  
USS Mauna Kea (AE 22)  
1 January, 1963*

The exact origin of the New Year mid-watch verse is hidden in the recesses of Navy history but was certainly known among some younger American Sailors in the years following the First World War.

Indeed, the tradition is not practiced in Royal Navy or her Commonwealth and appears wholly American in nature — with all the informality and irreverence that often brings. Former Lieutenant (junior grade) Arthur Ageton, was aware of the New Year's Eve entry as early as 1926 while he was stationed aboard the battleship USS Pennsylvania (BB 38). In the 1972 issue of "Shipmate," the official alumni magazine of the United States Naval Academy, LT (j.g) Ageton related his unsuccessful attempt to submit a mid-watch entry of what must have been a relatively new endeavor since the experienced "...Skipper was a humorless fella who had never heard of this tradition and sent the Log back to me for rewriting in less rhythmical style." The Commanding Officer instead recommended submitting the verse to the ship's paper.

An article in the January 1959 issue of U.S. Naval Institute *Proceedings* says "generations" of U.S. Sailors had practiced the tradition, and provided contemporary examples, but regrettably offered no additional historical background. By the time of escalated U.S. involvement in the Vietnam War, the tradition was well enough known throughout the Navy to generate a "New Year's Eve Log contest" promoted by the *Navy Times*. In 1968, the publication received over 1000 submissions competing for the grand prize of \$100 awarded to the author and \$50 to the winning ship's Welfare and Recreation Fund. The finalists were published over several issues with a generous \$5 sent to each entrant and their commanding officer. By January, 1970, *All Hands*, the official magazine of the U.S. Navy, confidently referred to the New Year's mid-watch verse as a "growing naval tradition".

However, despite the optimism of *All Hands*, Navy culture changes with each generation, and the annual *Navy Times* contest of decades past appears to be the heyday of the tradition. With a focus on operational commitments and warfighting, it is understandable that ships and crew of the new millennium devote valuable time, energy, and manpower to training and readiness, rather than composing verse for an extremely limited audience. In 2016, fewer than 30 ships made a New Year's Eve mid-watch verse; in 2017 that number dwindled to fewer than 20. And, although the outlet for creativity in the form of the New Year's Eve deck log is waning, it is certain that today's Sailors, both at sea and on shore, will continue to ring in the New Year with hope for the year to come. — submitted by Dee Sasse, Commander



## Finance Officer:

We end the year with \$1,329 in the bank and reserves of \$30,172. We added to our reserves this year, even after purchasing the Conex, because of the amazingly successful Poppy Distribution. This is our most vital fundraising program, so please help Mike Warren, who is running the program in 2019, and set aside the three weeks prior to Memorial Day on your calendar to volunteer to work this program.

We exceeded our budget overall, and in specific categories, but all in all, we did a good job of managing the Post and funding our programs.

As we go into the New Year, we continue to be on solid financial footing. Happy New Year. Now to start the Legion's tax return. – Len Crosby, Finance Officer



## Legislative Chairman:

**Blue Water Navy Bill Continues to be Stalled in the Senate:** In July, the House unanimously passed H.R. 299, the Blue Water Navy Vietnam Veterans Act of 2018, to end the injustice of denying Vietnam, Korean DMZ, and Thailand veterans who suffer from life-threatening health conditions related to exposure to Agent Orange the care and benefits they deserve. This important bill continues to be stalled in the Senate and the American Legion needs your help to make sure this bill is passed before the end of the year. Contact your senators to demand that the Senate passes H.R. 299. [Contact your senators by email](#) or call (202) 224-3121 and ask to be transferred to your senators' offices.

**Generational Health Effects of Serving in the Gulf War:** The first week of December, the National Academies of Science, Engineering, and Medicine published a new report entitled [Gulf War and Health, Volume 11: Generational Health Effects of Serving in the Gulf War](#). The report is a review of more than 4,000 scientific studies on how toxins that Gulf War veterans, including post-9/11 veterans, have been exposed to impact their reproductive health and the health of their descendants. The report found that several toxins and diseases prevalent in Iraq and Afghanistan have reproductive effects on exposed veterans and birth defects in their children. The Committee will continue to consider which toxic issues pose the greatest health concerns, including burning oil wells, pesticides, nerve agents, prophylactic agents, depleted uranium from munitions and vaccines. Each of these items is known to be associated with pathophysiological and reproductive, developmental and teratogenic effects across the life course in Veterans, their offspring and second generation offspring.

**House Passes Veterans Minibus:** This week, the House and Senate grouped together numerous veterans' bills in a miniature omnibus package in order to pass as many noncontroversial proposals as possible before the end of the current Congress. Typically, at the end of each congressional term the House and Senate will try to wrap up and pass as many proposals as they can before the official end of the session. This year's bill would add improvements for homelessness programs, transition assistance, veteran-owned small businesses, student veterans, and many other beneficial proposals. Included in this package is the Veteran supported SIT-REP Act which would protect student veterans from penalties due to delayed GI Bill payments.

- Len Crosby, Legislative Chairman

## Chaplain's Pew:

### God Bless The Red, White And Blue

Dear Lord, I've fought for freedom  
For many nights and days

It's now on bended knee I come to you  
These words please hear me pray.  
For all my friends and patriots  
Who never said a word

Just raised their hand and gave a nod  
When they were asked to serve.  
Please honor them and hold them  
Your love keep them from harm  
May they find some peace tonight

In your loving arms.  
For all who love this country  
And stood up so brave and true,  
It's only for her rights we fight  
God bless the red, white and blue.

Amen

Anonymous – Submitted by Helen Kinder

## Mark Your Calendar:

- Jan 1<sup>st</sup> New Year's Day  
**Jan 10<sup>th</sup> Post 154 Executive Committee Meeting at 6 pm Lions Club**
- Jan 10-12<sup>th</sup> Department of Idaho Mid-Winter Conference in Boise (Dept Convention in Worley at the Coeur d'Alene Casino this year July 11 – 14<sup>th</sup>)
- Jan 21<sup>st</sup> Martin Luther King Jr Day  
**Jan 24<sup>th</sup> Post 154 Membership Meeting and potluck at 6 pm Lions Club**
- Jan 27<sup>th</sup> Vietnam Cease Fire (1973)  
Jan 31<sup>st</sup> Lions Club Nutritional Backpack Program needs volunteers to help from 9 am to 10:30

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



### What Can You Do for Your Knee Arthritis?

A major review of research on knee arthritis found just one treatment, glucosamine sulfate, with a modest effect on pain and function long term. You don't have to be a baby boomer to suffer from knee pain. Plenty of younger people have pain that they can trace to overuse or to a specific injury. Older people also may be afflicted with arthritis that can cause knee or hip pain.

[Read Article →](#)



## Service Officer:

**Happy New Year to Post #154!** Slide into 2019 carefully - winter weather and rocky roads are here. And tax season is just around the corner. Hey, someone had to bring it up! This is a good time to get all your papers in order. Pension Papers, Payment Papers....uh, yeah. P is our letter of the month. You can easily find out how to view your VA benefit payment history online.

### **You'll need to sign in to eBenefits to view your payment history.**

To use this feature, you'll need a Premium **DS Logon** account. Your My HealtheVet or ID.me credentials won't work on the eBenefits website. Go to eBenefits to sign in, register, or upgrade your **DS Logon** account to Premium.

### [Go to eBenefits to View Payments](#)

#### **What payment information can I view when I sign in?**

**If you're a Veteran, you'll see a history of your past payments for:**

- Disability compensation
- Pension benefits
- Education benefits

**If you're the survivor of a Veteran or Servicemember, you'll see a history of your past payments for:**

- Survivors pension benefits
- Survivors' and Dependents' Educational Assistance (Chapter 35 benefits)
- Dependency and Indemnity Compensation (DIC)

#### **When to Expect Payments**

##### **We've started our busy spring enrollment season**

We process more GI Bill payments during this busy time of year, and we expect to keep up with the increase. But if your monthly payment is delayed, and you're having trouble paying your bills or meeting your basic needs, please call us at [1-888-442-4551](tel:1-888-442-4551). We're here Monday through Friday, 7:00 a.m. - 6:00 p.m. (CT).

##### **When will I get my first disability compensation payment?**

If your decision notice shows at least a 10% disability rating, you'll get your first payment within 15 days. If you don't get a payment within 15 days, please call the Veterans Help Line at [1-800-827-1000](tel:1-800-827-1000) (TTY: [1-800-829-4833](tel:1-800-829-4833)). We're here Monday through Friday, 8:00 a.m. to 9:00 p.m. (ET).

##### **How to Change Your Information**

##### **What should I do if I need to change my direct deposit or contact information?**

**You can change your information in either of these ways:**

[Change your information online,](#)

or [Contact your nearest VA regional benefit office or eligibility office](#)

##### **Should I contact VA if I have other changes to my information?**

Yes. It's important to update your information with us if you change your marital status, have a baby, adopt a child, or experience any other life change that could affect your rating or payment.

**If you have a disability rating of 30% or higher,** you may be able to add eligible dependents to your VA disability compensation to get a higher payment (also called a "benefit rate").

[Find out how to add eligible dependents.](#)

**If your disability gets worse,** you can file a claim for an increase in benefits.

[File for a VA disability increase.](#)

- Ruth Aresvik, Service Officer

## Adjutant:

### VetHelpNet: Our Story

VetHelpNet is a volunteer Veteran Support Organization that started in the Northwest to serve Veterans in Eastern Washington and North Idaho. It was conceived by a small group that believed that there were a lot of Veterans out there that were not aware of the benefits and help that was available to them because they served. The group came up with an awareness marketing idea that centered around two focused messages.

1. Hey Vets! "Did you Know?" a series of short article that features little known or forgotten benefits that are available to veterans or their families. For example: "Did you know that a spouse that provides caregiving services for a disabled vet can be paid for providing that service, above and beyond the veteran's pension or disability pay."

2. Veteran Stories: A series of Stories about veterans that found a benefit that provided help or care for them or their family members. They can tell how their life is better because of this benefit and who helped them find the help and get the help. We would tell these stories because they were true and inspiring but also so that we can ask the question..." Does this sound like someone you know?" Contact Veteran Service Officer XXXXXXXXXXXX at 555-555-5555 for more information and see if you, your family member or friend can get similar help.

With these two focused messages we intend to give hope and help to many veterans that have earned the benefits but did not know where or how to find the help.

On January 18<sup>th</sup> the Spokesman-Review will publish the first monthly insert featuring the Veteran Chronicle. You can help by writing a veteran story or a story about a group that is helping veterans. Don Walker can send you a form that gives a little information regarding how the story should be formatted.

Questions or Ideas Contact Don Walker (Rathdrum Post 154 Member)

<mailto:Don@vethelpnet.com>

1-509-655-9266

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The American Legion Float will be 3rd in line at the Rose Parade on New Year's Day!

- Bryan Bledsoe, Adjutant





### From Your Editor:

Our Post had a great Christmas party this year! 48 people attended, including a bushel of children and Santa Clause. There was lots of delicious food, everyone bringing their best dishes. No one left hungry! One very popular dish was Chris Markiewicz's **Barbequed Meatballs**. There were many requests for the recipe, so here it is. Thank you, Chris!



### Barbequed Meatballs

#### Ingredients:

##### Meatballs:

3 pounds lean ground beef  
1 – 13 ounce can evaporated milk  
2 cups quick cooking oatmeal  
2 eggs  
1 onion, chopped  
½ teaspoon garlic powder  
½ teaspoon pepper  
2 teaspoons salt

2 tablespoons chili powder

##### Barbeque Sauce:

2 cups catsup  
1 cup brown sugar  
¼ cup water  
2 tablespoons liquid smoke  
½ teaspoon garlic powder  
½ cup minced onion

#### Directions:

##### For Meatballs:

Mix all ingredients and shape into golf-ball sized meat balls. Place in a single layer in a baking dish.

##### For Sauce:

Mix all ingredients in sauce pan. Bring to a boil. Pour over meatballs. Bake at 350° for 1 hour. Makes 40 meatballs

Note: This sauce is also good over pork. You can also make the meatballs with half ground beef and half ground venison.



## "I've got your six..."

There's a distinct way of talking to one another in the military...lots of abbreviations, code words, hand signals or job specific jargon.

The question that comes to my mind is to wonder about where some of these idioms come from? How about the very distinctive saying..."I've got your six." So much said...only four words.

NOTE: There certainly may be more than just this one explanation for this phrase and may differ from one military branch to another. But most servicemen would agree that it's not something said casually or bantered around as a joke...when you say it, it is your bond; your promise to another person. It becomes something every soldier wants to hear from his buddy when you are going into action.

Visualize your unit preparing to move out, with maybe yourself in the center of that unit...now think about a regular clock face with numbers (not digital). Substitute the people with the numbers on the clock face. With this picture in mind, we will talk first about the number twelve.

The 12 o'clock position.... clearly, this is the man that is right out in front. His primary job is to be the first of your unit moving forward

at 3 o'clock...that's the man that has the guard position on your right side

at 9 o'clock...that's the man that has the guard job on your left side

And, now we come to that 6 o'clock spot...the man at 6 o'clock is the one who has the protective position at your back...literally. He is your early warning system and is looking out for anything that you cannot see behind or above or beside you....and he says to you, "I've got your six." Hearing these words, you move forward.

In life, most of us can readily identify at least one person that has 'had your six'...that one person that allows you to move forward confidently and safely towards your goal.

If possible, let them know you remember that they made a difference in your life.

Submitted by Paula Atwood

