



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho

Newsletter

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Email: rathdrum154@gmail.com

Website: Rathdrumpost154.org

Facebook: Manuel Schneidmiller Post 154

Mailing Address: PO Box 1116, Rathdrum ID

Meeting at: Lions Club 16114 N. Meyer Rd Rathdrum

Editor: Jean Bledsoe

Commander:

Good day Legion Family. I hope everyone is enjoying their summer. July is here and it's time for hot days and beautiful sunsets. We have been very industrious already this summer. First-Vice Commander John Fevold conducted a Flag Retirement Ceremony on Flag day, which went very well. I want to thank all who helped make it successful. We also planted 1000 seeds in the Post 154 Pumpkin patch. It was quite the experience for the pumpkin rookies. Rathdrum days are July 14th through the 16th. The theme this year is "First Responder's". Please come and support our Honor Guard and float in the parade on Saturday. The Opening Ceremony starts at 9:30 in front of City Hall. We will have a booth in the vendors' section in support of the Legion and recruiting new members. Please volunteer an hour or so to lighten the load for everyone else. Have a great July and hope to see you all at the membership meetings on the 4th Wednesday of the month, 6PM, at the Lions Club in Rathdrum. The meetings are open to all.

For God and Country. - Commander Dee Sasse

Adjutant:

The Vietnam Wall that Heals

Volunteers are needed to help with The Vietnam Wall that Heals that will be in the Spokane area August 24th – 27th. It will be in the Spokane Valley at Mirabeau Point Park at 13500 Mirabeau Parkway.

If you are interested in volunteering contact Shawn Claypool, 443-7724, shawnc@ksp.org or you can go to the website to volunteer <http://www.signupgenius.com/go/5080d4fadae2fa4f94-thewall>. You will need to create an account and password.



Finance Officer:

We end the month of June with a strong income from the Poppy sales and a limited amount of expenses. Our income for May was \$3,946.84 and consisted primarily of donations from our Poppy Program (\$3,212.07) and donations from two members who wanted to honor and remember fallen Veterans (\$730). Our FUN-draising Committee has been hard at work. John and Sue Fevold have done an amazing amount of work in planting pumpkins and setting up the irrigation system for our First Annual Pumpkin Patch. They need help in keeping the weeds down until the pumpkins start to branch out, so contact John and do some gardening for the Legion.

Bill and Helen Kinder have done an equal amount of work setting up our Veterans Breakfast at Applebee's for September 30. Now all we need to do is sell 300 tickets, so contact Bill, get your tickets and GET OUT THERE AND SELL!

We have a great Post doing amazing things in our Community, and are very close to having 80 Members! If each of our members contributed a few hours a month to helping our Post and the Legion, we could do so much more!! – Len Crosby, Finance Officer

Legislative Chairman:

The Secretary of Veterans Affairs is proposing to end the compensation now paid to severely disabled Veterans who cannot work full time or hold down a job. This program pays a monthly amount, in addition to disability compensation, to veterans who are so severely disabled that they cannot be fully employed. Under the proposal this additional compensation would end once a severely disabled Veteran turns 62 and is eligible for Social Security. The irony of this proposal is that it completely ignores the fact that if a Veteran is injured in his or her 20's and disabled to the point that they cannot be fully employed, their ability to accrue more than the basic Social Security payment is severely limited. Additionally, if they cannot work, their ability to save for retirement through the use of a 401 (k), IRA or other plan is also severely limited.

We need to fight for those who cannot carry on the battle themselves. Contact your elected representatives in Congress and tell them that this is simply not fair, and ask them to send that message to the Secretary of Veterans Affairs. – Len Crosby, Legislative Chairman

Chaplain's Pew

Joyous July to all and Happy Independence Day, too!

We are free to assemble, enjoy one another's company, free to agree or disagree.....be thankful for our freedoms. Be not afraid to wave a flag, truly celebrate the land that we live in, your love of this country, and boldly say 'God Bless America'.

Think about the many acts of kindness that have been afforded to you and other veterans recently. And, as we observe our Independence Day, be sure that you are also one of those who extend a hand to others.

Please remember to pass along information regarding veterans you know who may need contact during a illness or other distress. A card, a visit, or prayer is always available, but we can only remember those we know about. The door is always open....come on in for a chat. Your chaplain, Paula Atwood

Service Officer:

Aid & Attendance and Housebound

Veterans and survivors who are eligible for a VA pension and require the aid and attendance of another person, or are housebound, may be eligible for additional monetary payment. These benefits are paid in addition to monthly pension, and they are not paid without eligibility to Pension.

Since Aid and Attendance and Housebound allowances increase the pension amount, people who are not eligible for a basic pension due to excessive income may be eligible for pension at these increased rates. A Veteran or surviving spouse may not receive Aid and Attendance benefits and Housebound benefits at the same time.

Aid & Attendance (A&A)

The Aid & Attendance (A&A) increased monthly pension amount may be added to your monthly pension amount if you meet one of the following conditions:

You require the aid of another person in order to perform personal functions required in everyday living, such as bathing, feeding, dressing, attending to the wants of nature, adjusting prosthetic devices, or protecting yourself from the hazards of your daily environment

You are bedridden, in that your disability or disabilities requires that you remain in bed apart from any prescribed course of convalescence or treatment

You are a patient in a nursing home due to mental or physical incapacity

Your eyesight is limited to a corrected 5/200 visual acuity or less in both eyes; or concentric contraction of the visual field to 5 degrees or less

Housebound

This increased monthly pension amount may be added to your monthly pension amount when you are substantially confined to your immediate premises because of permanent disability.

How to Apply

You may apply for Aid and Attendance or Housebound benefits by writing to the [Pension Management Center \(PMC\) that serves your state](#). You may also visit your local regional benefit office to file your request. You can locate your local regional benefit office using the [VA Facility Locator](#) - Ruth Aresvik, Service Officer

Mark Your Calendar:

There are lots of parades and community celebrations this month and in the months to come. If you are interested, checkout each community's web site for more information.

DATE	CITY	START TIME
July 1	Bayview	1100
July 4	Coeur d'Alene	1000
July 8	Post Falls	1000
July 15	Rathdrum	1030
July 29	Hayden	1000
August 12	Athol	0900
September 4	Spirit Lake	1100

July 4th – Independence Day

July 12th – Executive Committee Meeting – 6PM Lions Club Rathdrum

July 26th – General Membership Meeting – 6PM Lions Club Rathdrum

A Taste for Your Palate:



Healthy Stuffed Chicken Breasts

Carbs Per Serving: 6g
Prep time: 5minutes
Cook time: 20minutes
Course Main Dish
Yield: 1 serving

Ingredients

1 chicken breast
1 oz Low-fat mozzarella
1 Artichoke heart from a can
1 tsp Sundried tomato chopped
5 large basil or spinach leaves
1 clove garlic
1/4 tsp curry powder
1/4 tsp paprika
1 pinch pepper to taste

Instructions

Brine the chicken breast in salt water as described in our post "How To Cook The Perfect Chicken Breast" (optional)

Preheat the oven to 365 F (185 C)

Cut the chicken breast almost halfway through with a sharp knife

Chop up the mozzarella, artichoke, basil, tomato and garlic. Mix to combine and stuff it into the cut chicken breast

Use a few toothpicks to close the chicken breast around the stuffing

Place the chicken breast on a baking sheet or on aluminum foil, and season it with pepper, curry powder, and paprika.

Bake for 21 minutes (depending on the size of the chicken breast)

Remember to remove the toothpicks before serving, and you're done!

Bits & Pieces from the Rathdrum Lions Club:

- **RATHDRUM LIONS** are selling **CAR RAFFLE TICKETS** on a 'Springtime Yellow' **MUSTANG!** 1965, 6-cyl, 3-speed Mustang with New Brakes, New Tires and ready to RIDE!! **Mustang can be seen at Stein's Family Foods in Rathdrum.**
COST: \$5.00 each ticket or \$20 for a Book of 5 Tickets
To Buy MUSTANG TICKETS: Stein's Family Food Store in Rathdrum at Customer Service Desk or by contacting: **Lion Lonnie Morse** at 208-777-5157 or lionlonnie@gmail.com
- **RATHDRUM LIONS** are selling **ALMONDS--FRESH and SHELLLED!**
Cost: One Pound Sealed Bag is \$4.00 each & a 25# Sealed Bag is \$75.00 each--(only \$3.00 a pound)!
To purchase ALMONDS, contact **Lion Lonnie Morse** at lionlonnie@gmail.com or call 208-777-5157

A Healthier You:

How Did Grapefruit Lower Blood Pressure So Fast?

Grapefruit has a reputation for having lots of health benefits. It has been promoted for its ability to help people lose weight. One study reported that a grapefruit extract reduced weight gain in obese rats (*Journal of Medicinal Food*, Aug. 2015). Grapefruit also seemed to reduce insulin resistance and inflammation. Whether grapefruit would be helpful for overweight humans is less obvious ([Metabolism, July, 2010](#)). Other research suggests that red grapefruit helps lower triglycerides and cholesterol ([Journal of Agricultural and Food Chemistry, March 8, 2006](#)). For this discussion, though, we will try to answer an intriguing question from a reader: “Will grapefruit lower blood pressure?”

Grapefruit and Blood Pressure:

Q. I take nifedipine for high blood pressure. Lately the medicine wasn't controlling my blood pressure, so my doctor added lisinopril. That brought the blood pressure down, but it made me cough.

When I went back to my doctor, she dropped the lisinopril and increased the dose of nifedipine. My BP was in the 150/90 range, still on the high side.

My medicine bottle says, “avoid grapefruit,” but the past few weeks I gave in to temptation and bought several. I continued my medication and ate a grapefruit every day. My blood pressure readings have been great: 118/67, 126/72, 114/68!

When I ran out of grapefruit, I was shocked to see the readings climb again. So now I need to go get more grapefruit.

Did Grapefruit Lower Blood Pressure?

The answer to this question is complicated because there are two issues to deal with. One has to do with the direct grapefruit effect on blood pressure. The other has to do with the potential for grapefruit to interact with blood pressure medicine. Let's tackle the second issue first:

Grapefruit and Drug Interactions:

Dozens of medications are affected by grapefruit. They include some cholesterol-lowering drugs: atorvastatin (Lipitor), lovastatin (Mevascor) and simvastatin (Zocor). Heart rhythm medicines amiodarone (Cordarone, Pacerone), dronedarone (Multaq) and blood pressure pills felodipine (Plendil) and nifedipine (Adalat CC) are also affected by grapefruit.

Grapefruit juice can raise blood levels and magnify the effects of such medicines. That means grapefruit may also increase the risk of adverse reactions. In the case of statins, that could mean muscle pains and weakness. We worry even more about the combination of amiodarone or dronedarone with grapefruit. Such a combination could be life threatening. Dangerous heart rhythm disturbances could result. Other complications could include nausea, vomiting, diarrhea, heart failure and kidney damage.

Grapefruit and Nifedipine:

The grapefruit drug interaction effect was first reported in 1991 ([Lancet, Feb. 2, 1991](#)). Canadian researchers accidentally discovered that a glass of grapefruit juice could dramatically boost blood levels of felodipine and nifedipine. When we started talking about this interaction over 25 years ago, a lot of health professionals laughed. They couldn't imagine how grapefruit or grapefruit juice could have a clinical impact on medication. But now, this interaction is widely recognized.

Doubling or tripling the dose of a medication by impeding its metabolism means unintended impact. That means the combination could boost effectiveness and lower blood pressure even more than planned. But it could also increase the risk of complications. Side effects are more likely with grapefruit on board.

[...]

> [Read Article](#)

Flag Retirement Ceremony

100 flags were ceremoniously retired on Flag Day this past month. Members present were Ruth Aresvik, Paula Atwood, Jeff Broadhead, John & Sue Fevold, Lonnie Morse, LeRoy Kronvall, Bill & Helen Kinder, and their grandson Michael, who helped conduct the ceremony & burn the flags.



SAVE THE DATE!

**VETERAN'S 5K
RUN WALK**
9.24.17

FOR INFORMATION, CALL 208.416.4726

St. Vincent de Paul
NORTH IDAHO