



# Manuel Schneidmiller Post 154, Inc.

## Rathdrum Idaho

### Newsletter

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Month 2021

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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:**

Happy Independence Day to all of you. It is a great time for our country to celebrate this honorable day and a time for being with family members, enjoying an All-American Hot Dog and Apple Pie. Enjoy the time. Life is short.

I want to say thank you to all the Legion Family members for coming to our June Membership meeting. It was fantastic! What a great turnout. I hope to see all of you again in July. We have a great group of men and women who are dedicated in keeping with our mission pertaining to the four pillars of the Legion. We had a wonderful Flag Retirement Ceremony. First-Vice Commander Bill Kinder did a great job organizing it and it went very well. Also, want to say thank you to Lew Allert and the VFW for retiring our large flags. Bravo Zulu!

Don't forget to volunteer to help with the Rathdrum Days events. We need to get the word out there that we are in town! For God and Country. - Dee Sasse, Commander

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

### **THANK YOU FOR YOUR HELP!**

I wish to thank everyone who attended and helped with our Flag Retirement Ceremony on Saturday June 12. We were able to respectfully retire over 200 flags that day. On Thursday, June 17, we attended another flag disposal service at a ranch in Twin Lakes. At this ceremony over 1000 flags were retired. Thanks here to Lew Allert for spearheading the project. I want to remind everyone that you may purchase replacement flags through Post 154. Contact Bill Kinder at 208-661-6850, if no answer please leave a message.

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

### **THE NEW YEAR BEGINS WITH EARLY RENEWALS.**

Well! Here we are beginning another renewal year. Starting today, July 1st we are able to process early membership for 2022. National will be sending out letters reminding us to renew. The sooner we renew the less mail we have to get from National. You may renew online, which is the quickest (Within 24 hours) or you may mail your dues to the Post. (This still takes nine days to process) PUFL's or Paid Up for Life members will automatically be renewed today. We have 12 members who are PUFL's. Thank you.

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

### **HONOR GUARD VOLUNTEERS**

After talking with Todd Halvorson and Harold Markiewicz, our Honor Guard leaders, Helen and I took a trip on Friday, June 11 to the Washington State National Cemetery in Medical Lake. Some of our Honor Guard members would be there for six funeral services throughout the day. We arrived, in time to watch as our crew of Lew Allert, Hal Donahue, and Jeff Broadhead, performed the funeral ceremonies for the first two services, and I must say we were quite impressed. What impressed us even more was the compassion and understanding our Honor Guard members showed throughout. And to think, they had four more services that day.

In Coeur d'Alene, another group consisting of Harold Markiewicz, Ken Johnson, and Bryan Bledsoe were serving at two other funerals.

The Post 154 Honor Guard actually consists of a total 13 members. During this past year attendance has varied from 3 members to 9 members at each event, due to other commitments by our members. Both Honor Guard Captains have said, they need 6 to 8 new members to properly cover the number of services they attend. You do not need to attend all functions, only those which fit your schedule. Male and female members are welcome.

The present group of 13 has put in a total of 563 hours, since January and it looks like many more to come by December.

When you see any of these comrades give them a big "Thank You".

If you are interested in becoming an Honor Guard member, please contact Todd Halvorson at 509-226-5355, or Harold Markiewicz at 208-773-2862, for more information. - Bill Kinder, 1<sup>st</sup> Vice Commander

## Finance Officer:

For the month of May, through the 20<sup>th</sup>, our Post had income of \$7,816.21. Of this total, the majority (\$6,967.27) came from our annual Memorial Day Poppy distribution which was conducted by a small group of about 16 volunteers. Other income came from donations to the Honor Guard, dinner donations, flag sales and hat sales. Our expenses totaled \$228.63 and included a \$100 donation to Patriotic Piecers (they are making Quilts of Valor for Veterans), materials for table banners, membership and State Convention expenses. Our net income for the month was \$7,587.58

In early June, because of the amount we received from our Poppy program, we transferred \$8,500 from our checking account to our Money Market account at Washington Trust Bank to try to eke out a few centavos in interest. We have a one-year CD coming due in late June and we will increase that CD by \$10,000 when we renew it.

At the close of May, we had assets of \$71,360.87 and liabilities of \$4,163.09 resulting in a Net Worth of \$67,197.78. The May financial report has been reviewed by the Executive Committee and will be distributed at our June membership meeting. - Len Crosby, Finance Officer

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## Legislative Chairman:

This year's Idaho legislative session, the longest in state history, was marked by dissension and bitter debates over hot-button issues, yet it yielded some startlingly major accomplishments — including the biggest transportation infrastructure investment in state history — along with a slew of missed opportunities.

"Despite a lot of noise, distractions, and of course the unfortunate, unprecedented duration of this year's legislative session, we were able to act on the issues that matter most in the day-to-day lives of the people we serve," Gov. Brad Little said in a May 19 statement.

Some members of the Idaho House and Senate had a much different take: "Never has it been more evident that there is a total disconnect between the agenda of the politicians running this Statehouse and the majority of Idahoans, regardless of their party, Idahoans value education, and they wanted meaningful property tax help. And that is the opposite of what the Legislative leadership delivered this session."

Supermajority Republican lawmakers spent much of the record 122-day session rehashing splits with GOP Gov. Brad Little over his handling of the COVID-19 pandemic, and debating cutting education funding — the Legislature's main charge under the Idaho Constitution — due to what turned out to be unfounded reports of "indoctrination" of students into a leftist agenda at Boise State University.

An investigation released last week showed a report of a BSU student being harassed over race during a class was entirely unfounded, turning up no evidence of any such incident. "No student specifically raised concerns about being indoctrinated or being instructed on the tenets of 'critical race theory,'" the investigation found; it was conducted by the Boise law firm of Hawley –Troxell. Nevertheless, lawmakers cut \$2.5 million from the higher education budget over the concerns during this year's session, including a \$1.5 million cut specifically for BSU.

The state was awash in cash, with a record budget surplus building amid far better than expected economic performance coming out of the pandemic, even as hundreds of millions in federal aid flowed out to states including Idaho.

That led to a buildup of the largest rainy-day funds ever in state history — lawmakers even lifted the cap on the state's main rainy-day fund, the Budget Stabilization Fund, from 10% of the state general fund budget up to 15%.

But among the missed opportunities were failure to address a widespread outcry across the state for property tax relief, particularly for homeowners in the state's fastest-growing communities; no move to invest in funding for optional full-day kindergarten in every Idaho school district, despite near-universal  
(cont. below)

support and a rare opportunity to commit millions in ongoing funding from the general fund due to the state's unprecedented revenue position; and no consideration of lifting the state's 6% sales tax from groceries or raising the income tax credit that offsets that for residents. Lawmakers also allowed tens of millions in federal aid to go unclaimed. That included \$40 million for voluntary COVID-19 testing in Idaho's public and private schools next year, which the House rejected in an unprecedented move, along with numerous other federal aid proposals.

**VA Implementation of Most Recently Added Agent Orange Conditions:** VA announced Thursday that it will begin implementing the three presumptive conditions associated with Agent Orange exposure that were added in the National Defense Authorization Act of 2021: bladder cancer, hypothyroidism, and Parkinsonism. We encourage affected veterans and survivors to [contact their State or County Service Officer](#) with any questions or concerns they may have or if they may be interested in filing a claim.

**Senate Toxic Exposure Bill Advances:** On Wednesday, the Senate Committee on Veterans' Affairs held a markup to consider pending legislation including the American Legion - supported *Comprehensive and Overdue Support for Troops (COST) of War Act of 2021*. This legislation, which would take care of millions of veterans suffering from conditions due to toxic exposures, received unanimous support from the committee.

**VA to Review Previously Denied Blue Water Claims:** As a result of a recent U.S. district court case, VA is automatically reviewing the cases of veterans who were previously denied service connection for one or more condition related to Agent Orange exposure. Previous denials based on military service not performed in the Republic of Vietnam or on its inland waterways will have the evidence of record reviewed and replacement decisions provided. These reviews will also apply to eligible survivors of deceased Vietnam-era veterans. We encourage affected veterans to [contact their Veterans Service Officer](#) with any questions or concerns they may have or if they may be interested in filing a claim.

**Reschedule Overdue Preventive Care Services:** Due to the COVID-19 pandemic, many people postponed or canceled annual preventive care services appointments. As more and more individuals receive the COVID-19 vaccine and restrictions are lifted, veterans who are overdue for preventive care need to reschedule as soon as possible. Preventive services include primary and specialty care appointments, pneumonia and shingles vaccines, and screenings such as a colonoscopy, mammogram, or pap smear.

**Walk-in COVID-19 Vaccines Available at VA:** Eligible veterans, spouses, and caregivers nationwide can walk into their local VA facility's vaccine clinic to receive their COVID-19 vaccines. Veterans not enrolled in VA care should [pre-register](#) online at least one hour before arrival to save time. The expanded access to the COVID-19 vaccine at VA is a result of the [SAVE LIVES Act](#). See the VA's answers to frequently asked questions regarding the COVID-19 vaccine in [Part I](#) and [Part II](#) for more information.

**Recommendation to Consider New Presumptive Conditions:** Based on recent studies related to particulate matter exposures, VA Secretary McDonough is initiating rulemaking to *consider* adding new presumptive regulations for respiratory conditions. The new presumptive conditions would be for veterans who served in the Southwest Asia theater of operations during the Persian Gulf War and/or after Sept. 11, 2001, or in Afghanistan and Uzbekistan during the Persian Gulf War. Please note, VA has NOT created new presumptive conditions, however, we encourage affected veterans to [contact their Service Officer](#) with any questions or concerns they may have or if they may be interested in filing a claim.

**VA Billing Errors:** On February 4, 2021, Rep. Lloyd Smucker (PA) introduced HR. 845, the VA Billing Accountability Act. The bill would authorize the Department of Veterans Affairs (VA) to waive veterans' copayment requirements for medications, hospital, outpatient or nursing care when the VA has committed a billing error that delayed co-payment notification to the veteran for more than 180 days (18 months for a non-VA facility) after the date on which the veteran received the care.

VA billing errors often cause veterans financial and personal distress. DAV members—veterans with disabilities related to military service—have already paid a high price for their medical care and should not be subjected to copayments, particularly after a significant time has passed between receiving the service and the bill. At this time of worldwide economic recovery, “surprise” billing may further undermine veterans' financial stability. - Len Crosby, Legislative Chairman



**Chaplain's Pew:**

**PRAYER FOR INDEPENDENCE DAY**

**God of all nations,  
Father of the human family,  
we give you thanks for the freedom we exercise  
and the many blessings of democracy we enjoy  
in these United States of America.  
We ask for your protection and guidance  
for all who devote themselves to the common good,  
working for justice and peace at home and around the world.**

**We lift up all our duly elected leaders and public servants,  
those who serve us as president, as legislators and judges,  
those in the military and law enforcement.  
Heal us from our differences and unite us, O Lord,  
with a common purpose, dedication, and commitment to  
achieve liberty and justice  
in the years ahead for all people,  
and especially those who are most vulnerable in our midst.  
Amen.**

**HAPPY 4<sup>th</sup> of JULY**

*A Soldier's Prayer*

Lord, wrap Your arms around me  
In this hostile, brutal place;  
Let me draw peace and comfort  
From Your restful, sweet embrace.

Help me do my duty  
To uphold what is right;  
Give me strength and courage  
Each day and every night.

Lord, hear this soldier's prayer  
To You in heaven above;  
Protect me with Your power,  
And sustain me with Your love.



Submitted by Helen Kinder, Chaplain

## Service Officer:

Every day people have tough times. And I mean, every day, EVERYDAY people have tough times. Normal, everyday people.

But as veterans, sometimes our everyday tough times are more complicated. Posttraumatic stress can happen after someone goes through a traumatic event such as combat, an assault, or a disaster. Most people have some stress reactions following trauma. But if the reactions don't go away over time or they disrupt your life, you may have posttraumatic stress disorder (PTSD).

Am I eligible for disability benefits from the VA if I have symptoms of PTSD?

All of these must be true:

- \* The stressor happened during your service AND
- \* You can't function as well as you once could because of your symptoms AND
- \* A doctor has diagnosed you with PTSD

What does VA consider to be a traumatic event?

- \* You suffered a serious injury, personal or sexual trauma, or sexual violation OR
- \* You were threatened with injury, sexual assault, or death

Who is covered?

- \* Veterans

What kind of disability benefits can I get?

- \* Health care
- \* Compensation (payment)
- \* Treatment for PTSD

How do I get these benefits?

- \* You need to file a claim for disability compensation. When you file a disability claim, you'll also need to fill out one of these additional forms:
  - \* A Statement in Support of Claim for Service Connection PTSD (VA Form 21-0781) OR
  - \* A Statement in Support of Claim for Service Connection PTSD Secondary to Personal Assault (VA Form 21-0781a)

In the screening process, VA will focus on getting a full understanding of your PTSD to help determine your eligibility for disability benefits. They won't offer you treatment during this process. If you are looking for treatment options, talk with your health care provider or learn more about accessing VA services for PTSD. Contact your local accredited Veterans Service Officer for more information or help in filing a claim. If you don't have VA health benefits, you may be able to get free counseling, alcohol and/or drug assessment and other support at your local community Vet Center:

Spokane Vet Center  
13109 East Mirabeau Parkway  
Spokane WA 99216  
509-444-8387

If you are in crisis RIGHT NOW and need to talk with someone, you can connect to the Veterans Crisis Line ANYTIME 1-800-273-8255 - Ruth Aresvik, Service Officer

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## Training Officer:

Here is a timely bit of information from the Idaho Department of Veterans Affairs. The questions about the order of a parade are now answered.

### Order of Preference for Color/Honor Guard units in a Parade

1. First in order of preference would be a multi-Service unit that carries flags for each of the branches of the Military.
2. Next in order of preference would be individual units representing a specific branch, in this order:

Army

Marine Corps

Navy

Air Force

Coast Guard

Merchant Marine

Army National Guard

Army Reserve

Marine Corps Reserve

Naval Reserve Air National Guard

Air Force Reserve

Coast Guard Reserve

ROTC (using the same branch order)

JROTC (using the same branch order)

3. Next in order of preference would be units representing Veterans Service Organizations (VSOs) chartered by the U.S. Congress, in alphabetical order (for an up-to-date list refer to <https://veterans.house.gov/citizens/resources>):

American Ex-Prisoners of War

American Legion

AMVETS

Blinded Veterans Association

Catholic War Veterans

Congressional Medal of Honor Society

Disabled American Veterans

Jewish War Veterans

Legion of Valor

Military Order of the Purple Heart

Military Order of the World Wars

National Association for Black Veterans

Paralyzed Veterans of America

The Retired Enlisted Association

Veterans of Foreign Wars

Veterans of the Vietnam War

Vietnam Veterans of America

4. Next in order of preference would be units representing First Responder departments, in this order:

Law Enforcement

Fire

EMS, HAZMAT, etc.

Within each of those groups, the priority is as follows — Federal, state, county, city (capitol city first and then alphabetically), town, township, unincorporated.

5. Next in order of preference would be units representing civic and patriotic groups, in alphabetical order:

Civil Air Patrol

DAR, etc.

6. Next in order of preference would be non-Military-affiliated units representing schools, in this order:

College

Junior College or Trade school

High school

Elementary school

7. Rest of Parade



Submitted by Jean Bledsoe, Training Officer

## **Faces of Agent Orange**

Something a bit different this month. Post member Bryan Bledsoe found on **The Agent Orange Family** Facebook page, the following information: "I am a scientist studying the effects of dioxin--a major contaminant of AO. I have been doing this work for more than 20 years and, like any job, it has its moments where I would like to walk away. I have been a member of the Children of Agent Orange group for several months and have found so much inspiration and motivation from hearing their stories. It is heartbreaking to me but also tells me the work we are doing in mice is reflective of the human condition. My research goal is to break the cycle--so that the next generation does not have to suffer. We are making progress and please know you are not forgotten."

This scientist is referring to the damage to DNA with exposure to dioxins that carries diseases down the generations to wives, children, and grandchildren. If you would like more information about these conditions, I have lots of articles. Or if you would like to share your story, contact me at [rathdrum154@gmail.com](mailto:rathdrum154@gmail.com). - Jean Bledsoe

## **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. However, more members are always needed to serve in this capacity.

Most months you will find the Honor Guard participating at cemeteries in and around Kootenai County and at the Washington State Veterans Cemetery in Medical Lake, WA. This month they went to the Westmond Cemetery in Bonner County. It is located just off Highway 95, past Lake Cocolalla. It is a small well-kept cemetery. What made it unique is that the family dug the hole the previous day, into which they placed the cremated remains of their US Air Force veteran family member after the service.

We ventured over Fourth of July Pass to the Rose Lake Cemetery for a US Army veteran. It is a small pioneer cemetery in a very rustic setting. Temperatures hovered around 100 degrees. We were grateful for the towering trees that provided shade, but the pine needles made for very slick hillside walking. Coming back over 4<sup>th</sup> of July Pass we witnessed a car that had caught fire in the eastbound lane. Emergency vehicles were on the way, but the fire could have easily spread to the forest.

Post 154 Honor Guard: In June, the Honor Guard provided rifle salutes for six (6) US Navy veterans, five (5) US Army veterans, one (1) US Air Force veteran, one (1) US Marine veteran, and one (1) Coast Guard Veteran. Each memorial service requires between 3 and 8 volunteers. This month required forty-seven (47) volunteers, and they logged in 170 volunteer hours. Once a month the Honor Guard travels to the Washington State Veterans Cemetery and provides rifle salutes for any requests made by veteran families for services that day and there were six this month. Idaho veterans are interred there as well. The Honor Guard also participated in the ceremonial burning of approximately 400 unserviceable flags at the Rathdrum Lions Club on June 12th. - Bryan Bledsoe, Honor Guard Member

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.



**For an American history project** during his junior year of high school in 1958, Bob Heft created a 50-star flag. The only problem was that at the time there were only 48 states. Bob had a hunch that two more states would be added and in 1959, Alaska and Hawaii became our 49<sup>th</sup> and 50<sup>th</sup> states.



Bob created the 50-star flag by cutting up a 48-star flag his parents had received as a wedding present. "I'd watch my mom sew, but I had never sewn...and since making the flag of our country, I've never sewn again." Bob's teacher was unimpressed and gave him a B- asking if he even knew how many states we had, and telling him, "If you don't like the grade, get it accepted in Washington then come back and see me."

Two years later his perseverance paid off when he received a call from President Dwight D. Eisenhower who invited him to Washington, D.C., for a ceremony adopting his 50-star flag. Bob's teacher also went back and changed his grade to an A.

Bob later became a high school teacher, college professor, and served as mayor of Napoleon, Ohio, before he died in December 2009 at the age of 68.

Originally aired July 3, 2009, on NPR's Morning Edition. - Submitted by Post member Paula Atwood

## Did you know...?

As reported June 21 by Meghann Myers for *Military Times*, the suicide rate among active-duty troops and veterans has outpaced the also-rising rate in the general population in recent years, but with so many risk factors inherent to military life, it's difficult to pin down why.

There's no one reason for it, according to [a study released Monday](#) by the Costs of War Project, and the way the Defense Department and VA track suicides might mean even their growing numbers are incomplete. Read more [here](#).

### **Mark Your Calendar:**

July 4<sup>th</sup> - Independence Day

**July 8<sup>th</sup> - Post 154 Executive Committee Meeting, 6 pm @ Rathdrum Lions Club**

July 16<sup>th</sup> - Setup for Rathdrum Days and Decorate Trailer

July 17<sup>th</sup> - Parade @ 10 am

July 17<sup>th</sup> - Booth from 9:30 am to 7:30 pm – volunteers needed, see below.

**July 22<sup>nd</sup> - Post 154 Membership Meeting & potluck! 5:30 pm @ Rathdrum Lions Club**

July 23<sup>rd</sup> - Boys Nation

July 25<sup>th</sup> - Hire a Veteran Day

July 27<sup>th</sup> - End of Korean War (1953)

**Rathdrum Days is fast approaching, and Post 154 will have a notable presence there. The parade will be led by the Post Honor Guard, followed by our float and a trailer able to seat 20 of our members. We will also have a booth set up to provide information about the American Legion in general and Post 154 specifically. But we need help to do all this. We need people to respond to Sharon McPhail by phone or email if they can help on Saturday at the booth for a 3 1/2 hour shift. The time can be flexible. It runs from 9:30 am to 7:30 pm. We also need help with set up on Friday before decorating the float.**

**The other part is to sign up to ride in our trailer for the parade. If you would like to ride in the parade, again, contact Sharon. The first 20 people to sign up will get the seats.**

**Sharon's number is 760-289-9266 & email is [mcphail05@msn.com](mailto:mcphail05@msn.com).**

**Editor's Note:** If you signed up either to help or to ride on the trailer at the last membership meeting, please contact Sharon again as the signup sheet was misplaced at some point during that meeting. Your help is vital! Please consider stepping in with your assistance. Sharon has worked very hard to make our participation in Rathdrum Days a success and increase Post 154's visibility in the community.

## Bits & Pieces

- Post 154 member Bryan Bledsoe has been selected as the Numerica Veteran of Honor for 2021 for his dedication to helping veterans in North Idaho through his membership in many Veterans' organization and committees, as co-founder and writer of the Veterans Chronical and Veterans Press, and much more. He will be driven through the CDA 4<sup>th</sup> of July parade in a convertible from Mike White Ford with a banner preceding it. Watch for an article about him in the CDA Press just before the 4<sup>th</sup>. Last year's honoree was Chris Arnold, another Post 154 member. Though as the parade was cancelled, she did not get her opportunity to ride in it, she too, richly deserved this honor. Our Post members are working hard for veterans!
- 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)



## Attention Rathdrum AL motorcycle enthusiasts!

The Athol American Legion Post 149 has recently established the American Legion Riders (ALR) for Post 149. The newly elected President of the Post 149 ALR and all current members, would like to extend an invitation to the Rathdrum post to join us as we formalize our mission and plan some summer rides to enjoy our shared passion, and support the American Legion mission.

The ALR's first official ride for the summer is on July 17, departing at 10am from the American Legion Post in Athol. The Ride will be heading to Newport, Wa to view the Vietnam Veterans Memorial Moving Wall and Fallen Heroes Banner Project. Any interested are welcome to join us for this ride.

If you are interested in joining our have questions about the American Legion Riders group, please join us at one of our meetings on the second Tuesday of each month at 6pm in the Athol American Legion Post. You can call or email Dave Mitchell, 208-791-9995 or Michael Barnes.

Best regards,

Michael Barnes

[mhbarnes@icloud.com](mailto:mhbarnes@icloud.com)

(208) 771-8911

Editor's Note: As our Post does not have an American Legion Riders chapter, anyone interested in riding can join a chapter at another post without joining that post.

## **A Healthier You: Heat Exhaustion and Heat Stroke**

As we are well and truly into an early heatwave, I thought these reminders would be helpful.

### **Symptoms of heat exhaustion and heatstroke**

#### **Symptoms of heat exhaustion are:**

- Muscle cramps
- Heavy sweating
- Pale or cold skin
- Weakness and/or confusion
- Dizziness
- Headache
- Nausea or vomiting
- Fast heartbeat
- Dark-colored urine, which indicates dehydration

#### **In addition to these symptoms, warning signs of heatstroke also include:**

- Fever of 104°F or higher
- Flushed or red skin
- Lack of sweating
- Trouble breathing
- Fainting
- Seizures

#### **What causes heat exhaustion and heatstroke?**

Heat-related illnesses occur when your body can't keep itself cool. As the temperature rises, your body produces sweat to stay cool. On hot, humid days, the increased moisture in the air slows down this process. When your body can't cool, your temperature rises, and you can become ill.

Hot weather and exercise are the main causes of heat exhaustion and heatstroke. In hot settings, you need to be mindful of the temperature outside. The heat index is not the same as the temperature. It measures the air temperature plus the effects of humidity. A heat index of 90°F or higher calls for extreme caution. Prolonged exposure to high temperatures increases your risk of heat-related illnesses.

#### **How are heat exhaustion and heatstroke diagnosed?**

If a person is displaying known heat illness symptoms, take their temperature. A reading of 104°F or more means they probably have heatstroke. You should call 911 and get medical care right away.

#### **Can heat exhaustion and heatstroke be prevented or avoided?**

There are many things you can do to prevent heat-related illnesses. Babies, children, and elderly people are more sensitive to heat and require extra attention. You also are at greater risk if you are ill or obese or have heart disease. People who work outside or in a hot setting also are at risk of heat exhaustion and heatstroke.

- Don't go outside when the temperature and heat index are high. If possible, stay indoors in air-conditioned areas. If you must go outside, take the following precautions.
- Wear lightweight, light-colored, loose-fitting clothing.
- Protect yourself from the sun by wearing a hat or using an umbrella.
- Use sunscreen with a sun protection factor (SPF) of 15 or higher.
- Drink plenty of water throughout the day. Dehydration and lack of salt contribute to heat-related illnesses. Some sports drinks can help replenish the salt in your body lost through sweating. Drink water or other fluids every 15 to 20 minutes, even if you don't feel thirsty. If your urine is clear, you are probably drinking enough fluids. Dark-colored urine is a sign that you're dehydrated. (cont. below)



- Avoid or limit drinks that contain caffeine (such as tea, coffee, and soda) or alcohol.
- Schedule outdoor activities for cooler times of the day — before 10 a.m. and after 6 p.m.
- Take frequent breaks from the heat and outdoor activities.
- Do not stay or leave a child in your car when it is hot outside. Even if you open the windows, the intense heat can be extremely dangerous.

Certain medicines can put you in danger of heatstroke. They affect the way your body reacts to heat. Talk to your doctor if you take any of these or have an ongoing health problem. They can help you manage the heat with your condition. These medicines include:

- Antibiotics
- Allergy medicines (antihistamines)
- Some medicines used to manage blood pressure, cholesterol, and heart disease (beta-blockers and vasoconstrictors)
- Some medicines that treat mental health problems (antidepressants and antipsychotics)
- Seizure medicines (anticonvulsants)
- Water pills (diuretics)
- Laxatives
- Some diet pills
- Prescription acne medicines
- Illegal drugs, such as cocaine (amphetamines)

#### **Heat exhaustion and heatstroke treatment**

If you or someone else has heat exhaustion, treat symptoms in the following ways.

- Get out of the heat quickly and into a cool place, or at least shade.
- Lie down and elevate your legs to get blood flowing to your heart.
- Take off any tight or extra clothing.
- Apply cool towels to your skin or take a cool bath. This will help regulate and lower your internal body temperature.
- Drink fluids, such as water or a sports drink. Do not guzzle them but take sips. Do not drink fluids with caffeine or alcohol.

#### **Call 911 if:**

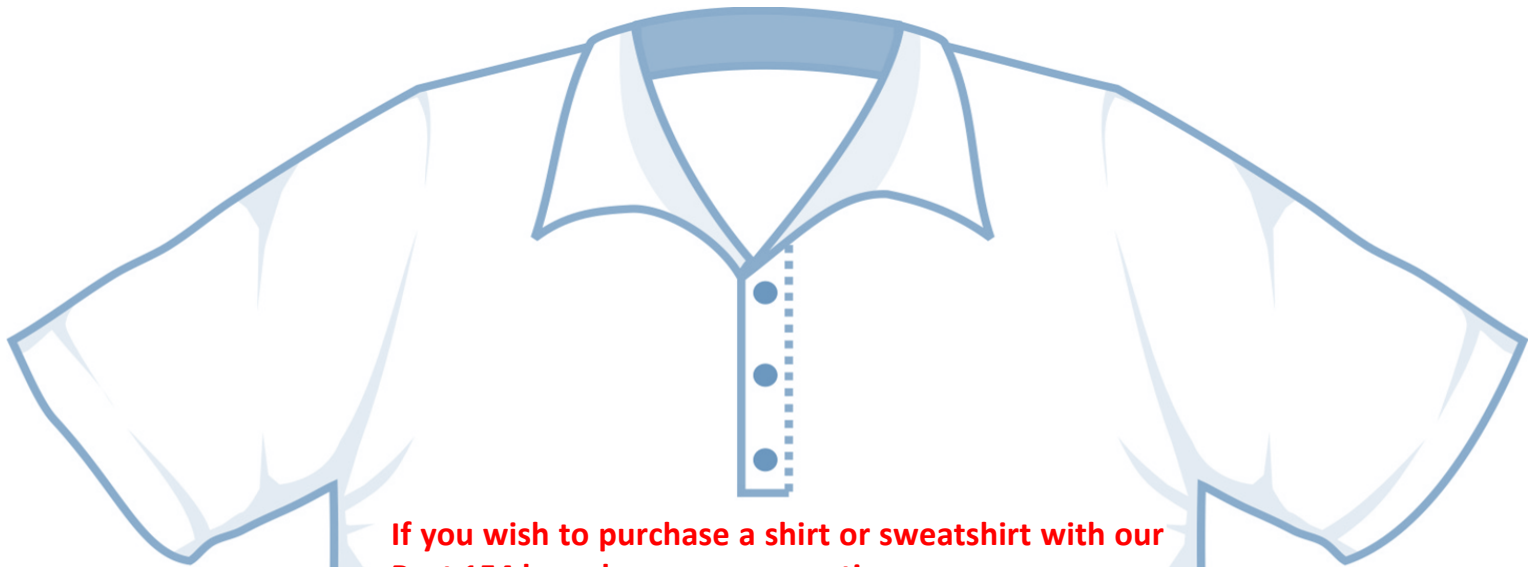
- Symptoms don't improve or they still have a fever of 102°F after 30 minutes of initial treatment.
- The person goes into shock, faints, or has seizures.
- The person is not breathing. You also should begin CPR right away to try and revive them.

#### **Living with heat exhaustion and heatstroke**

After you've had heat exhaustion or heatstroke, you will be sensitive to heat. This can last for about a week. It's important to rest and let your body recover. Avoid hot weather and exercise. Ask your doctor when it's safe to return to your normal activities.  
Borrowed from:

[familydoctor.org](http://familydoctor.org)





**If you wish to purchase a shirt or sweatshirt with our Post 154 logo, here are your options:**

1. short sleeved polo shirt 50/50 polyester cotton = \$24
2. short sleeved "cool & dry" moisture wicking polo shirt = \$33
3. short sleeved button down = \$35
4. long sleeved polo shirt 50/50 = \$29
5. zip hoodie 50/50 = \$32
6. pullover hoodie with kangaroo pocket 50/50 = \$27

These prices reflect the purchase price of the shirt (all dark blue), patch and embroidery logo. Sizes range from S to 2XL. Sizes 3XL and 4XL are available at a slightly increased price. Options 1-3 can be ordered with or without a left sided pocket at the same price. With this selection, the logo will appear on the RIGHT side of the garment, otherwise the logo will appear on the LEFT side of the garment.

See size chart below.

Our first order will be submitted at the end of July, hopefully ready by the end of August at which time we will arrange pick-up or delivery options.

If you wish to order and are unable to do so at a membership meeting, contact Ruth Aresvik at 208-699-6615 or email:

[rmavik47@gmail.com](mailto:rmavik47@gmail.com).

Make checks payable to "American Legion Post #154" and can be mailed to:

American Legion Post #154

P O Box 1116

Rathdrum ID 83858

## Independence Day Q and A

**Q. Why is the name “John Hancock” synonymous with “your signature?”**

A. Hancock’s bold signature on the Declaration of Independence dwarfed the signatures of the other signers. Legend says that Hancock wanted the king of England to see the rebellious signature without having to wear his spectacles!

**Q. When did America actually declare independence?**

A. Congress actually ruled in favor of independence on July 2, 1776. But it was two days later, on July 4, that Congress then accepted Jefferson’s document. As a result, John Adams thought July 2nd should be Independence Day.

**Q. How many people signed the Declaration of Independence on July 4?**

A. Only two men signed the Declaration of Independence on July 4, 1776—John Hancock, president of the Congress, and Charles Thompson, secretary of the Congress.

**Q. What day did most people sign the Declaration of Independence?**

A. August 2, 1776.

**Q. When did Independence Day become a national holiday?**

A. The Fourth of July was not declared a federal holiday until 1938!

**Q. Is there something written on the back of the Declaration of Independence?**

A. Yes, but not a treasure map like a certain favorite film suggests! The message “Original Declaration of Independence dated 4th July 1776” is written upside down on the back of the Declaration of Independence.

**Q. Where is the Declaration of Independence document today?**

A. Jefferson’s original draft was lost and the one eventually signed is the “engrossed” document. It is kept at the National Archives in Washington, D.C., for all to see. Of the 200 printed versions of the Declaration made (called the Dunlap Broadside), only 27 are accounted for. One of these was found in the back of a picture frame at a tag sale and sold at auction for \$8.14 million to television producer Norman Lear. It now travels the country to be displayed to the public.

**Q. Where was George Washington when the Declaration of Independence was written?**

A. In July 1776, Washington was not in Philadelphia; he was in New York with his troops. On July 9, he received his copy of the Declaration with a note from John Hancock telling Washington to share the news with his soldiers! They were so excited that they rushed over to the Bowling Green and tore down the statue of King George III. Shortly after this, the British, as Washington expected, attacked the colonists and the American Revolution was under way. The colonists fought eight long, hard years (1775-1783) for their independence from Britain. After the war was over, Washington hoped he would be able to retire and return to Mount Vernon, Virginia. Instead, in 1789, the electors unanimously voted George Washington the first president of the United States. Because it was such an honor, and he felt a great duty to his country, he accepted. He left Mount Vernon on April 16 and arrived in New York City on April 30 for his inauguration. As he took his oath standing on the balcony of Federal Hall, the crowd broke into cheers. The members of his first Cabinet included Thomas Jefferson as secretary of state and Alexander Hamilton as secretary of the treasury.

<https://militarybenefits.info/independence-day/>

Submitted by Dee Sasse, Commander





**W**in this exquisite quilt entitled "American Beauty" created by Lynette and Darienn Sisk, volunteers of Quilts of Valor Patriotic Piecers - Post Falls. Patriot Piecers has a goal of providing a Quilt of Valor to every veteran that will reside at the Veterans Home being built in Post falls with an estimated completion date of 2023. The home will have private rooms for 64 veterans. The cost of each Quilt of Valor is about \$300 in materials.

Tickets: \$2.00 each or 3 tickets for \$5.00

Contact Char Carstensen 208-777-9684 for tickets.



# 2021

## RATHDRUM COMMUNITY CENTER

# JULY



Community Lunch Menu on the Back of Calendar

8037 Montana St. Rathdrum, ID 83858 (208) 687-2028

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			"Remembering" Grief Sharing 1:00	Lunch @ Noon Rental 6-8 pm	Painting with Hannah Millard 5:00-8:00	RCC Thrift Store & Farmer's market 10-4
4  Rental 10-4	5	6 Lunch @ Noon Board Meeting 1:00 Bingo 6:00 PM	7 "Remembering" Grief Sharing 1:00	8 Lunch @ Noon Rental 5:30	9 Painting with Hannah Millard 5:00-8:00	10 RCC Thrift Store & Farmer's market 10-4
11 Rental 10-4	12 Rental 5:30-8 PM	13 Music 11:00 Lunch @ Noon Bingo 6:00 PM	14 "Remembering" Grief Sharing 1:00	15 Lunch @ Noon Family Night Bingo 6:00 PM	16 Rathdrum Days  Painting with Hannah Millard 5:00-8:00	17 Rathdrum Days  RCC Thrift Store & Farmer's market 10-4
18 Rental 10-4	19	20 Lunch @ Noon Bingo 6:00 PM	21 "Remembering" Grief Share Class 1:00	22 Lunch @ Noon	23 Painting with Hannah Millard 5:00-8:00	24 RCC Thrift Store & Farmer's market 10-4
25 Rental 10-4	26 Casino Excursion 10:00 AM	27 Music 11:00 Lunch @ Noon Bingo 6:00 PM	28 "Remembering" Grief Share Class 1:00	29 Birthday Lunch @ Noon	30 Painting with Hannah Millard 5:00-8:00	31 RCC Thrift Store & Farmer's market 10-4

**Meal Donations:**

\$5.00

For Seniors 60 and Older  
& Children 10 and Under  
\$7.00

For Adults under 60

Drive Thru Meal Service:

For those who are not ready  
for social interactions.

**Facility Rentals:**

Our Center is available for  
Special Event Rentals:

See Rhonda for  
Future Availability  
Rental Agreement & Fees



Every Tuesday @ 6 PM  
18 and Older - Cash Prizes

Family Night Bingo  
Every 3rd Thursday @ 6 PM  
All Ages Welcome  
Great Prizes!

**Other Events in July:**

Art with Shelly - 2:00 - See Calendar

Casino Excursion - Last Monday of  
Every Month @ 10:00

"Remembering" Grief Share Class:  
Every Wednesday @ 1:00

RATHDRUM COMMUNITY CENTER

July - Menu - 2021

1st	THURSDAY	Creamy French Onion Pork Medallions, Mashed Potatoes with Cheese and Green Onions, Honey Glazed Carrots, Dinner Roll, Rice Pudding
6th	TUESDAY	Taco Salad bar with Chicken or Ground Beef, Corn Chips, Apricots and Tres Leches Cake
8th	THURSDAY	White BBQ Chicken, Barley and Apple Salad, Cheesy Bread Pumpkin Bars
13th	TUESDAY	Beef Tips in Brown Gravy, Rice Blend, Green Beans, Peaches Smores
15th	THURSDAY	Hot Ham & Cheese or Cold Chicken Salad Sandwiches, Pasta Salad, Green Salad, Watermelon & Assorted Cookies
20th	TUESDAY	Cola Chicken, Pea Salad, Cornbread & Fruit Parfait
22nd	THURSDAY	Philly Cheesesteak Pasta Casserole, Green Salad, Pears & Snickerdoodles
27th	TUESDAY	Waldorf Salad Bar with Grilled Chicken Breast, Bread Sticks and Apricot Galette
29th	THURSDAY	Birthday Lunch, Baked Chicken, Cornbread Stuffing, Candied Yams, Cranberry Sauce, Pumpkin Pie and Birthday Cupcakes

We will continue drive through option until COVID-19 restrictions have been lifted.

If you have restrictions or food allergies and need to substitute, please let us know ahead of time.

The menu is subject to change based on supply & demand.

**CONSUMER HEALTH REMINDER OF UNDERCOOKED FOODS:** Consuming raw or undercooked, meat, poultry, shellfish or eggs (such as sunny side up) may increase your risk for foodborne illness: especially if you have certain medical conditions