



# Manuel Schneidmiller Post 154

## Rathdrum Idaho

Volume 1 Issue #4

June 2015

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### Mark Your Calendar for Special Events in June:

- June 4<sup>th</sup> – Honor Flight returns 6:30 PM Spokane International Airport
- June 13<sup>th</sup> - Flag Retirement Ceremony 10 AM Main Street Rathdrum
- June 15-19 – DAV Service Officer Free VA Benefits Help for info [click here](#).
- June 20<sup>th</sup> - Pancake Breakfast DAR Fundraiser at Applebee's in CDA - \$9

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### Commander's Message:

Good day fellow veterans, wow have we been busy. I participated in the North Idaho Vietnam Veterans Remembrance Ceremony by laying a wreath for all Coast Guard veterans that lost their lives during the Vietnam War on May 16th. Our combined Honor Guard did a magnificent job and looked fantastic they really made this ceremony wonderful for all that attended. Memorial Day went well and I want to say thank you to Mike Warren and Paula Atwood for all of their hard work, they made it a success. We visited schools in Rathdrum and Coeur d'Alene for Memorial Day and flag education. We attended one of our local grade schools and conducted a Memorial Day Ceremony and at another school we participated in a flag replacement/education ceremony. This is so awesome for our local veterans and the community. We are doing our first Flag Day ceremony on June 13th. I hope to see you all there. Thanks again for all of the hard work that all of the members of Post 154 are doing. You all are making this Post the best in North Idaho! - Dee Sasse, Commander

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

Memorial Day was a hit at Pine Grove Cemetery. What a great turn out by all. I would like to thank everyone who had a part in the ceremony and planning for this great event. We estimate we had well over 250 people in attendance. This would be the most the city has ever seen turn out for this event.

Next on the agenda is Flag Day, June 13th. We will be closing off Main Street and holding the ceremony in front of city hall, at 10 a.m. Please come out, bring your friends and enjoy.

Membership is very strong and continues to grow. For God and country – Michael Warren, 1<sup>st</sup> Vice-Commander

## 2nd Vice-Commander:

The big event this month was Stand Down which was very successful. In fact, Andy Rodgers, VA Stand Down Coordinator for the Pacific Northwest, said that it was the best Stand Down that he had ever attended and he intended to make it the model for all future Stand Downs. This is significant because we emphasized services available to all veterans versus a redistribution of surplus supplies. I was Chair for Service Providers and Employers. All rated their participation highly and all but one want to return next year.

My husband, Al, and I participated in Memorial Day Services at Hayden and Garden Plaza. Without our participation neither place would have had an honor guard. We need to recruit more honor guard participants.

The Executive Committee voted to limit general membership speakers to a quarterly event instead of monthly. I will try to find valuable speakers for these times. In lieu of monthly speakers, I will try to provide a short educational/training program.

At this time, Al and I have visited nine business establishments this month getting Statements of Support for ESGR signed. This has been a very educational experience and rewarding to hear stories of great guard/reserve employees.

An update on the Veteran Honor Rose project:

The Hayden City Hall rose died. No more are available this year. It will be replaced next year.

The two new bushes at Evergreen Cemetery are alive and thriving. Post 143 plans a dedication ceremony soon. I am exploring permission to plant one or two bushes next spring at the CDA Memorial Gardens Cemetery.

The VFW is planning a dedication ceremony to the Four Chaplains for the VA Care Center.  
- Margaret F. Ogram, 2<sup>nd</sup> Vice-Commander

## Adjutant:

Make three calls to show your support for all who have served in the Armed Forces that have been exposed to “herbicides and chemical agents” which MAY have been passed on to future generations.

PLEASE MAKE 3 CALLS NOW! Just ask the person who answers that you are a constituent and you would like them to co-sponsor the legislation.

1. Senator Mike Crapo - [\(202\) 224-6142](tel:2022246142) and ask him to co-sponsor The Toxic Exposure Research Act S-901

2. Senator Jim Risch – [\(202\) 224-2752](tel:2022242752) and ask him to co-sponsor The Toxic Exposure Research Act S-901

3. Congressman Raul Labrador [\(202\) 225-6611](tel:2022256611) and ask him to co-sponsor The Toxic Exposure Research Act HR-1769

If you aren't an Idaho resident then you can find your elected officials [here](http://capwiz.com/vva/dbq/officials/):

<http://capwiz.com/vva/dbq/officials/>

These bills are to establish in the Department of Veterans Affairs a national center for research on the diagnosis and treatment of health conditions of the descendants of veterans exposed to toxic substances during service in the Armed Forces that are related to that exposure, to establish an advisory board on such health conditions, and for other purposes.

It's not just about Vietnam Vets who were exposed to Agent Orange but it's about exposures to chemical agents for all who have served in our Armed Forces, including those exposed to the toxic fumes released by the U.S. Demolition Operations at the Khamisiyah Pit and those exposed to the toxic fires from burn pits across Afghanistan and Iraq during Operations Enduring Freedom, Iraqi Freedom and New Dawn. - Bryan Bledsoe, Adjutant

## Finance Officer:

Post Finances: Our bills are paid and we have about \$2,000 in the bank. Of that total, about \$700 is restricted funds, representing the balance of the equipment funds that the City provided and the funds set aside for Food Convoy. That leaves us with only \$1,300 in funds for all of our expenses and programs. Not enough! We need to start planning to accomplish at least two fundraisers this year, one is the gun raffle that we will be running, thanks to Bryan Bledsoe and Charlie Till, and we need another. I am suggesting either a fundraiser in conjunction with Rathdrum Days or a Poppy sale two weeks prior to Veterans Day (we have already missed the Memorial Day window...). We need members to step up and run these events and volunteer for them. The Post officers cannot do everything, and really need YOUR help. – Len Crosby, Finance Officer

**The pen may be mightier than the sword, but neither are a match for the accountant.**

[Jonathan Glancey](#)

## Strategic Planning Committee:

The Strategic Planning Committee under Second Vice Commander Margret Ogram has a good start on one-year, two year and three year goals for the Post. Once this plan is reviewed and approved by the Membership, we need each of the members of the Post to join a Committee or take responsibility for the accomplishment of one of the 20 or so goals for this year and one of the longer term goals. Our plan is to review the status of the goals at a quarterly meeting devoted to Status and Review of each of our Goals. Without a plan, and goals we will be sitting exactly where we are now in 12, 24 or 36 months from now and will not become the organization that we all want, with strong programs to support Veterans and solid involvement in our Community. - Len Crosby, Committeeman

**A good plan violently executed right now is far better than a perfect plan executed next week.**

[George S. Patton](#)

## Chaplain's Pew:

Ah, June....beautiful month of blossoms and sunshine. Time to think of new things awakening. Something that needs awakening for our new Post, is a committee for VAVS. What is that you say? Well, since you asked, it is formally the Veterans Admin Voluntary Services Committee. Simply stated, it is our very own Sunshine and Visiting Committee. Too often, the Chaplain is the last to hear about a member needing assistance, is ill or in distress. The Committee (usually headed by the Post Chaplain) coordinates the voluntary endeavors of our membership to cover the needs of visiting members in need....whether sick or bereaved: at home, nursing home, or hospital. By having a committee (and not just the Chaplain/committee of one), we spread out our visits to hopefully include all and miss none of members in need.

If you would like to be counted as a part of this committee/group, please contact me. The need for this voluntary visiting service comes in bits and spurts. There is no set obligation for this committee....you go when you can, choosing the facility you wish, comforting in the manner that best suits you.

Look around you....smell the blossoms.....see if there is a way you can help others....on this committee or another Post endeavor. Sitting in the pew. - Paula Atwood, Chaplain

## Service Officer:

### Aquatic Therapy, Better Health for Veterans

As your Service Officer and Comrade I want to share with you a very special program we have available to us here in Kootenai County. The Aquatic Center at KMC has helped me walk and stand straighter, with less pain for over ten years. The Center offers Classes and Independent Exercise sessions for less than four dollars a visit for veterans and seniors.

If you would like to know more about Water Therapy please see me and I will gladly share my experiences in the pool.

The KMC Aquatic Center supports local Veterans with special rates and have provided us with info packages that include a free day pass, just ask me for one.

Aquatic therapy is an excellent choice for:

- Improving balance
- Strengthening muscles
- Increasing endurance
- Improving cardiovascular health
- Increasing joint range of motion
- Alleviating or reducing pain

The Therapy Pool features:

- Warm water (90-92 F)
- Shallow (3-and-a-half ft. deep) end sloping to 5 ft. deep
- Separate locker rooms for men and women and day lockers
- Flotation and resistance aids
- Certified lifeguards
- Locker/shower rooms & changing areas

### Aquatic Specialties:

- Arthritis Foundation Aquatic Program - Research shows that physical activity decreases pain, improves function and delays disability. This program is proven to do just that! For more information visit [Arthritis.org](http://Arthritis.org).
- Aqua Pi-Yo-Chi - This class intertwines yoga, Pilates and Tai Chi. Discover how they complement each other in developing strength, range of motion, balance, and relaxation.

The Aquatic Center is located on the Kootenai Health campus in Coeur d'Alene, ID. For more information about aquatic therapy or fitness, call the McGrane Center for Rehabilitation and Therapeutic Care at (208) 625-5311.

Also, there will be a DAV National Service Officer in several locations in North Idaho this month providing free help with VA claims for any veterans, DAV members or not. For full information, [click here](#).

– Charlie Till, Service Officer

## Children and Youth Committee:

Special Olympics is the world's largest sports organization for children (and adults) with intellectual disabilities. This non-profit organization provides year-round training and competitions to more than 4.4 million athletes in 170 countries worldwide. Founded in 1968 by Eunice Kennedy Shriver, Special Olympics has become a global movement that works with children of all ages to unleash the human spirit through the power and joy of sports.

Children meeting criteria to join have access to training and health exams necessary to develop to their potential before sporting events. Special Olympics now implements a collaboration strategy with schools in the community to engage young people with and without intellectual disabilities. Through a combination of youth leadership, Special Olympics Unified Sports joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding.

Want to get involved? Contact Pam Lisenbe, at [pam@idso.org](mailto:pam@idso.org) or [208-659-0172](tel:208-659-0172). You can also visit [www.idso.org](http://www.idso.org) for an Athlete Application or to sign up online as a Special Olympics Idaho Volunteer. Northern Regional Summer Games are being held June 6, 2015 at the University of Idaho in Moscow. - Jeff Broadhead, Children & Youth Committee Chairman

**Memorial Day observance** in Rathdrum was a very successful event. Hosted by Post 154, it was attended by approximately 250 people who appreciated the comments by Post Commander Dee Sasse and Mayor Vic Holmes, prayers and comments offered by Pastor Dan Nickerson, Pastor Dave Cuthbert, & Pastor Larry Parker, and the tolling of the bell for the 4 local veterans who passed in the last year. Both the Rathdrum Police Honor Guard and the joint Post 154 & 143 Honor Guard added solemnity to the ceremony while students from Lakeland HS chorus provided patriotic music. And the rain that had threatened all morning held off until the service was over. Well done to all who participated. Thank you.  
– Jean Bledsoe, Editor

## Volunteer of the Month

Each month the Executive Committee will select a member as Volunteer of the Month. The VOM will be someone who has shown themselves to be dedicated to the principals of the American Legion and Post 154, veterans and their families, and the community. They will have gone beyond their “job description” as a member and will be recognized at the membership meeting, in the newsletter (here) and on the website [here](#).

The Volunteer of the Month for May is **Charlie Till, Service Officer**. Charlie has really embraced his duties as Service Officer. He has gathered all kinds of information from the VA, VA hospital, and the community that is important for active duty and veterans alike. He has attended numerous training programs and brought back a wealth of knowledge. He is out talking to vets at every opportunity and made himself available to help. Give Charlie a pat on the back when you see him. He deserves it!

## Memories of My Service:

Army Career Management as I First Experienced it.

Immediately after reporting for active duty at Aberdeen Proving Ground I was given the usual orientation that included filling out a form indicating what my long term goals were and where ideally I would like to be assigned. Almost immediately after that I was told I was to be assigned to a direct support ordnance tank repair unit. When I asked why an electrical engineer would be assigned to basically mechanical heavy equipment repair, I was informed that was what the Army needed, and that I would learn skills that were needed as I went along. A day or so later, I was informed that an alternative real deal was discovered for me. I could take a one year tactical nuclear missile maintenance course at the Ordnance Guided Missile School (OGMS) if I would agree to stay on active duty for at least two years after the course.

I signed, as fast as I could, and shortly arrived in Huntsville, Alabama for school. Unfortunately, the school was very new and had not yet been able to assemble an appropriate faculty. When it was noted that I had an Electrical Engineering degree and had been working on aircraft bomb/navigation systems, I became an instructor rather than a student.

Life certainly was not proceeding in any sort of way that could really be described as career management. I enjoyed teaching and Huntsville, but OGMS had arrangements to keep instructors, and I wanted to try something new. I was able to do that and wound up in Germany, but that’s another story.

- Al Ogram, Historian

HELP SUPPORT OUR LOCAL VETERANS PROGRAMS

**AMERICAN LEGION POST 154 RAFFLE**  
PO Box 1116, Rathdrum, Idaho



[www.facebook.com/RathdrumAmericanLegion](http://www.facebook.com/RathdrumAmericanLegion)  
<http://www.rathdrumpost154.org>

**GLOCK Model 19**  
9mm Pistol &  
500 Rounds Of 9mm Ammo

Weapon Transferred By **River City Pawn**  
Drawing July 22, 2015 6pm @ Rathdrum Lions Club



**All Proceeds Will Support Idaho's Newest American Legion**

**AMERICAN LEGION POST 154 RAFFLE**  
PO Box 1116, Rathdrum, Idaho



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**All Proceeds Will Support Idaho's Newest American Legion**

**TICKETS \$2 EACH**  
**OR 3 FOR \$5**

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_



American Legion  
Post 154

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Weapon Transferred By  
**River City Pawn**

Ticket price

**\$2 each**

**\$5 for 3 tickets**

**\$10 for 6 tickets**

**\$20 for 12 tickets**

**\$100 for 60 tickets**

Please help sell tickets. For Tickets email or call Bryan Bledsoe at [BryanDBledsoe@gmail.com](mailto:BryanDBledsoe@gmail.com) or (509) 990-6739.

## Events Calendar for June 2015

Su	M	T	W	Th	F	Sat
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> <a href="#">Honor Flight Returns</a> 6:30 PM	<b>5</b>	<b>6</b> <a href="#">Flag Retirement Rehearsal</a> 10:00 AM
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> <a href="#">Executive Committee Meeting</a> 6:00 PM	<b>11</b>	<b>12</b>	<b>13</b> <a href="#">Flag Retirement Ceremony</a> 10:00 AM
<b>14</b> <a href="#">Flag Day</a>	<b>15</b> <a href="#">National Service Officer Claim Assistance Post Falls</a> 9:00 AM	<b>16</b> <a href="#">National Service Officer Claim Assistance Kellogg</a> 9:00 AM	<b>17</b> <a href="#">National Service Officer Claim Assistance St. Maries</a> 9:00 AM	<b>18</b> <a href="#">National Service Officer Claim Assistance Moscow</a> 9:00 AM	<b>19</b> <a href="#">National Service Officer Claim Assistance Lewiston</a> 9:00 AM	<b>20</b> <a href="#">DAR Pancake Breakfast</a> 8:00 AM
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> <a href="#">Membership Meeting</a> 6:00 PM	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b> <a href="#">Cut off date for newsletter submissions</a>	<b>29</b>	<b>30</b>				



The Next



# Honor Flight: June 3-4, 2015

Please come to the Spokane Airport on June 4, by 6:30 p.m., to welcome our soldiers home.



To Register for YOUR Honor Flight,  
Contact Ms. Deni Ellis, Assistant Director,  
Inland Northwest Honor Flight  
509-953-4888  
[deni@inwhonorflight.org](mailto:deni@inwhonorflight.org)

or Register online for your trip: [inwhonorflight.org](http://inwhonorflight.org)



A large, stylized graphic of the American flag, showing the stars and stripes, is positioned in the upper right quadrant of the page, partially overlapping the text.

# Pancake Breakfast

**Benefiting Veterans Projects\***

*Presented by Daughters of the American Revolution  
Lt. George Farragut Chapter*

**When:** Saturday, June 20  
8:00 a.m. to 10:00 a.m.

**Where:**  **Applebee's**  
Hanley at Highway 95, Coeur d'Alene

**Tickets:** \$9 at the door (Sorry, we cannot accept credit or debit cards.)

Includes all-you-can-eat pancakes, sausage, scrambled eggs, juice and coffee . . . *and smiles from your friendly DAR servers.*

\* 100% of proceeds will go to Inland Northwest Honor Flight and National Society Daughters of the American Revolution Project Patriot.