



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho

Newsletter

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"I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all."

Commander's Comments:

HELLO American Legion Family: Welcome to our summer season at the Post. The Post had a grand turn out for the Memorial Day Remembrance Ceremony. As always, our Honor Guard did a fantastic job. Thanks also go out to the folks that worked the program table and brought over the bell and Fallen Soldier Battle Cross. We all make a wonderful team!! We had a couple of perspective new members inquire about the post so keep up the excellent work.

As we get into the swing of summer we are having a Flag Retirement Ceremony on June 14th, "Flag Day". People across the United States celebrate Flag Day on June 14 each year to honor the United States flag and to commemorate the flag's adoption. On the same day, the United States Army celebrates its birthday. So, on the 14th wish all of our Army members a "Happy Birthday" Army.

In May we also did our annual fundraiser and Memorial Day reminder "the Poppy Program" to the public and rose around \$6,800. I want to say thanks so much to Len Crosby and the other volunteers for all of their countless hours putting this program together and manning the tables at the stores. Bravo Zulu!! God Bless America. Dee Sasse, Commander

Finance Officer:

We had a wonderfully successful Poppy Distribution for Memorial Day. Our total donations over the three weeks preceding Memorial Day was \$6,832.77. Our total costs for the program were \$675.95 to purchase the 3,000 Poppies from the American Legion and \$153.92 to purchase another 2,400 DAV Forget-Me-Nots from our sister Veterans Service Organization Disabled American Veterans Post 9. The addition of the 2,400 flowers from DAV allowed us to continue our program for the third week, since we ran out of Poppies the second weekend.

Interesting to note that the American Legion charges the equivalent of \$0.22 per Poppy while the DAV only charges 7.7 cents for each of their Forget-Me-Nots.

A HUGE THANK YOU to our Volunteers, many of whom worked two and three shifts for this program. The Volunteers were: LARRY CARSTENSEN, LEO AND HELEN CALHOUN, RUTH ARESVIK, MIKE WARREN, PAULA ATWOOD, LONNIE MORSE, JOHN AND SUE FEVOLD, BOB AND LEONA FLOWERS, RICH AND ANGIE HANNAH, KEN BENSON, DEE SASSE, TODD AND KELLY HALVERSON, BILL KINDER, HELEN KINDER, ROY MURDOCH, BOB GRANGER, CHARLIE TILL, JEFF AND SUSAN BROADHEAD, HEATHER AND CHEYENNE HIEBERT, BUD NETTERVILLE, CRAIG KING AND BUTCH AND CONNIE MCGEE,

Everyone who worked the program met some wonderful and generous people and have some funny stories to tell about their interaction with the public. Ask them about the folks that they met and spoke with and THANK THEM for their efforts and time.

We also want to recognize and THANK the local businesses that allowed us to execute this program at their stores: THANK YOU TO WAL-MART IN HAYDEN, WAL-MART IN POST FALLS, SUPER ONE IN RATHDRUM, SUPER ONE IN POST FALLS AND YOKES FRESH FOOD MARKET IN POST FALLS. The next time you shop at any of these stores stop into their Customer Service office and tell them how much you appreciate their support for our Community and for our Veterans. I will be sending each of these stores a Certificate of Recognition and a Thank You letter from Post 154.

- Len Crosby, Finance Officer



Chaplain's Pew:

FLAG DAY (JUNE 14TH)

O God, we thank You for the flag of our country, and for all that our flag represents. We thank You for giving the victory to brave and valiant men and women who gave their last measure of strength that it might wave over the land of the free and the home of the brave. We thank You for giving us the ideals of faith and liberty, for preserving the sanctity of our homes, and for freedom of worship. Conscious of our limitations and our deep unworthiness, we pray that our flag may bind together the many elements in our own dear country and foster in our ranks a one hundred percent Americanism. Make us, who have served our country in time of war, willing at all times to uphold and defend our Constitution and our government. Grant that our 50 sovereign states remain forever an indissoluble Union flying the same flag. Amen

Submitted by Helen Kinder, Chaplain

Legislative Chairman:

The Primary elections are over, and we know that there will be some key changes in our State and in our County in January. Two of the three County Commissioners lost their primary races and will be stepping down in eight months (much too long a transition period to have 2/3 of the governing body of our growing County managed by folks that were not chosen by the voters...., regardless of who you voted for). We will have a new Governor and Lt. Governor and several of our State Senators and Representatives will be new faces. Let the winners of the Primary Election know your thoughts and concerns and support them in the General Election in November.

On May 23, 2018, America's veterans, their families and caregivers had a big victory in Congress when the Senate voted overwhelmingly -- 92 to 5 -- to approve the VA MISSION Act, which already passed the House last week. Once signed into law by the President, this historic legislation will expand support to veteran caregivers of ALL eras as well as improve veterans' access to and quality of care, top priorities that DAV has worked for years to accomplish.

The VA MISSION Act (S. 2372) will extend eligibility for VA's comprehensive caregiver assistance program to ALL generations of seriously injured veterans. Currently, VA offers full caregiver benefits only for veterans injured on or after September 11, 2001, leaving family caregivers of veterans injured in earlier conflicts and eras ineligible for this critical support. The new law will require that VA first update the caregiver program's IT system to handle the expanded number of eligible veterans and caregivers, and then extends eligibility to veterans from the Vietnam, Korean and World War II eras. Two years later, eligibility will be phased in for veterans injured between 1975 and 2001, including those hurt during the Gulf War. This legislation represents a huge leap forward in supporting veteran caregivers; however, DAV will not rest until every deserving veteran and caregiver has equitable access to these life-changing benefits.

The VA MISSION Act also contains dozens of provisions to expand access, improve quality and strengthen the VA health care system for all enrolled veterans. The bill reforms VA's Choice and community care programs by requiring the development of integrated health care networks, with VA remaining the coordinator and primary provider of care for enrolled veterans. The current Choice program would sunset after one year and qualified community providers would then be able to participate in VA's integrated networks when VA determines it necessary to fill access gaps, so veterans don't have to wait too long or travel too far for the care they have earned.

The VA MISSION Act also requires the development of a long-term plan to modernize, properly align and fund VA's health care facilities to meet the future needs of veterans. The bill's Asset and Infrastructure Review represents a compromise that provides significant checks and balances by Congress, the Administration and outside veteran stakeholders. During congressional consideration of this section of the bill, Veteran's Service Organizations, led by the American Legion and the DAV, proposed more than two dozen specific changes that were ultimately accepted to ensure that veterans' needs and preferences remain central to this process.

The VA MISSION Act contains a number of provisions to improve VA's ability to recruit, hire and retain high-quality doctors, nurses and other clinical staff, such as new incentive bonuses, scholarships and education loan repayment programs. The bill makes critical improvements to VA's telehealth policies to expand access for rural and remote veterans, and also includes language to support VA's efforts to prevent unnecessary use or abuse of opioids. – Len Crosby, Legislative Chairman

Service Officer:

Can it be June already? Yes! That means we are "I" for the month of June. And you would think "I" would say that "I" is for "ITALY" which is where I am right this minute, most likely, as you read this article. Most likely, right this minute, enjoying gelato or wine. Nevertheless...for the month of June..."I" is for In-Home Health Care.

Home Health Care includes VA's Skilled Home Health Care Services (SHHC) and Homemaker and Home Health Aide Services (H/HHA).

SHHC is short-term health care services that can be provided to Veterans if they are homebound or live far away from VA. The care is delivered by a community-based home health agency that has a contract with VA. SHHC is for Veterans who need skilled services, case management, and assistance with activities of daily living (e.g., bathing and getting dressed) or instrumental activities of daily living (e.g., fixing meals and taking medicines); are isolated or their caregiver is experiencing burden.

The services of a Homemaker or Home Health Aide can help Veterans remain living in their own home and can serve Veterans of any age. A Homemaker or Home Health Aide can be used as a part of an alternative to nursing home care, and as a way to get Respite Care at home for Veterans and their family caregiver.

VA's Family Caregivers Program provides support and assistance to caregivers of post 9/11 Veterans and Service Members being medically discharged. Eligible primary Family Caregivers can receive a stipend, training, mental health services, travel and lodging reimbursement, and access to health insurance if they are not already under a health care plan. For more information, contact your local VA medical facility and speak with a Caregiver Support Coordinator, visit www.caregiver.va.gov or dial toll-free 1-877-222-VETS (8387). Ruth Aresvik - Service Officer

As part of the U.S. Department of Veterans Affairs' (VA) ongoing improvement of managing taxpayer dollars, the Veterans Benefits Administration (VBA) has deployed the Centralized Benefits Communications Management Program (CBCM) nationally.

The program represents a new centralized printing and mailing process system designed to improve productivity and streamline correspondence with Veterans on compensation benefits and pension burial claims.

"CBCM is one of many great examples of how VA continually explores ways to update outdated processes," said Acting VA Secretary Robert Wilkie. "With this program, we took proven industry practices and adapted them to our needs."

Prior to CBCM, which went into effect March 23, VBA's 56 regional offices were responsible individually for their manual processing of outbound mail.

Under CBCM, claims processors across the country now submit letters electronically to one central location for printing and distribution — allowing specialized employees to focus more time and energy assessing Veteran claims.

In addition to improving productivity, CBCM also will help reduce maintenance requirements of hundreds of regional office printers, reduce the likelihood of returned mail through additional address verification and enhance the security and privacy of Veteran information through minimized handling of mail.

Over the past five years, VA has improved the way it processes compensation and pension claims enabling the development of CBCM. In the future, VA will enhance CBCM's design to improve further VBA's methods of communication with Veterans by allowing them to choose between paper or digital correspondence. For more information or questions about CBCM, email VAPublicAffairs@va.gov

Submitted by Ruth Aresvik, Service Officer

Adjutant

Memorial Day Ceremony at Pinegrove Cemetery in Rathdrum

This year is the 150th anniversary of Decoration Day (now recognized as Memorial Day on the last Monday in May). Three years after the Civil War ended, General John Logan issued a proclamation for “Decoration Day” to be observed annually and nationwide in 1868. On the first Decoration Day General James Fairfield spoke at Arlington Cemetery.

Post 154 helped with honoring our deceased veterans at Pinegrove Cemetery this year. Rathdrum Park & Rec recorded the ceremony on Facebook Live and the link is provided below. While there were no generals speaking you will have the opportunity to hear Commander Dee Sasse deliver a memorable speech, hear the bell tolled by Chaplain Helen Kinder for 4 veterans interred in the cemetery this year, hear the Honor Guard provide a 3volley rifle salute and hear TAPS played.

<https://www.facebook.com/rathdrumpr/videos/1918602488158192/?fref=mentions>

- Bryan Bledsoe, Adjutant

FLAG RETIREMENT ON FLAG DAY



Flag Day is fast approaching. Do you have any flags that need to be retired? Our retirement ceremony is planned for Flag Day, June 14th, at 10:00 am in the parking lot at the Rathdrum Lions Club (corner of Meyer Rd and Hwy 53). Please bring any old, tattered, or faded flags for proper disposal to the next meeting prior to June 14th or drop them in the flag box in front of City Hall on Main Street.

Don't forget, if you need replacement flags we do sell them at the legion. For more information email Bill Kinder (wakinder@roadrunner.com).

Bill Kinder, Sgt.-At-Arms

Mark Your Calendar:

June 13th - **Executive Committee meeting – 6pm Lion’s Club**

June 14th - Flag Day – Flag Retirement – See above article for details.

June 14th - Army Birthday

June 17th - Father's Day

June 25th - Beginning of Korean War (1950)

June 27th - **General Membership meeting and Potluck dinner – 5:30pm Lion’s Club**

A Healthier You: From The People’s Pharmacy



Will Eating Fruit Help Your Lung Function?

As people age, lung function tends to drop. A new study suggests, however, that eating fruit rich in flavonoids may help keep lungs working well (ATS 2018 International Conference, San Diego CA May 21, 2018). What Are the Benefits of Eating Fruit for Lung Function? Anthocyanins, found in blueberries, red grapes, cranberries and some [...] [> Read Article](#)

Here's a little something extra. Have fun in the kitchen:

Top 12 Flag-Shaped Recipes from Taste of Home

Celebrate American pride on Flag Day or July 4th with these patriotic cookies, cakes, pies and more flag-shaped recipes.



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Patriotic Dessert

I took this patriotic dessert to a luncheon and came home with dozens of requests for the recipe! It was quite a success. People told me it looked as good as it tasted. —Flo Burnett, Gage, Oklahoma

[Get Recipe](#)



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Sugar Star & Flag Cookies

I volunteer with a group that bakes treats for military personnel serving overseas. We really like to send these soft sugar cookies because they ship well and taste great! —Susan Whetzel, Pearisburg, Virginia

[Get Recipe](#)



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Patriotic Taco Salad

One year, my daughter decided to celebrate her July birthday with a patriotic theme. This colorful and refreshing salad was the main dish on the menu. The kids gobbled it up! —Glenda Jarboe, Oroville, California

[Get Recipe](#)



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Red, White and Blue Dessert

I changed a recipe I found and ended up with this rich, fresh-tasting dessert. Decorated to resemble a flag, it's perfect for the Fourth of July or any other patriotic occasion. —Sue Gronholz, Beaver Dam, Wisconsin

[Get Recipe](#)



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Flag Cake

This patriotic-themed cake makes a stunningly delicious centerpiece on any summer celebration table. To honor our troops, pass it along to all your family and friends! —Taste of Home Test Kitchen

[Get Recipe](#)



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Fudgy Patriotic Brownies

A rich chocolate frosting makes these brownies really tasty. I always come home with an empty pan when I take these to potlucks. —Julie Moyer, Union Grove, Wisconsin

[Get Recipe](#)



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Buttercream Blast Layer Cake

The decorations on this patriotic dessert remind me of a fireworks display. Since the recipe includes both cookies and cake, people can take their pick—or have both! —Jennifer Lindstrom, Brookfield, Wisconsin

[Get Recipe](#)



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Crispy Star Pops

These patriotic pops are a hit at our annual Fourth of July get-together. Serve them as an after-picnic dessert. Or slip them into cellophane bags, tie on ribbons and give them as favors. —Colleen Sturma, Milwaukee, Wisconsin

[Get Recipe](#)



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Patriotic Pizzas

Here's a pie-in-the-sky-idea—fruit pizzas you decorate like a high-flyin' flag! You can decorate it with stripes for the U.S. or with a maple leaf for Canada. Both designs consist of tangy fruit and smooth cream cheese over a tender crust. Since each version is simple to make, you can quickly create either one for a summer picnic or patriotic party. —Taste of Home Test Kitchen

[Get Recipe](#)



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Watermelon Feta Flag Salad

Our family celebrates the Fourth of July with a watermelon salad that resembles the flag. Here's an all-American centerpiece that's truly red, white and blue. —Jan Whitworth, Roebuck, South Carolina

[Get Recipe](#)



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Patriotic Cookie & Cream Cupcakes

Bring on the red, white and blue with this creative cupcake cake perfect for the Fourth of July, Memorial Day or any favorite occasion. With some delicious and colorful frosting and a careful arrangement, your sweet display will be a patriotic nod to our great American flag. —Rebecca Wetherbee, Marion, Ohio

[Get Recipe](#)



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American Flag Berry Pie

We have summer parties at my home every year and this is the delicious pie I always serve. My family always enjoys it because it is so festive. — Sherry R Clubine, Independence, Kansas

[Get Recipe](#)