



# Manuel Schneidmiller Post 154, Inc.

## Rathdrum Idaho Newsletter

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### Manuel Schneidmiller 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's Comments:

Good day Legion Family,

Although the calendar says we are nearing the end of our membership year, we are far from being on the downside with our activities and commitment to our veterans and the community. I want to thank our membership committee and everyone that has worked hard to get us to 100% on membership. GREAT JOB!

Welcome to our summer season at the Post. The Post has 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 great team!! We had a couple of perspective new members inquire about the Post so keep up the good work.

Also, in May we did our annual fundraiser and Memorial Day reminder "the Poppy Program" to educate the public about what Memorial Day means. I want to say thanks so much to the volunteers for their countless hours putting this program together and manning the tables at the stores. Bravo Zulu!!

As we get into the swing of summer, we are having a Flag Retirement Ceremony on Saturday June 11, at 10 a.m. We would love to see a large turnout. On "Flag Day" people across the United States celebrate on June 14<sup>th</sup> 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 14<sup>th</sup> wish all our Army members a "Happy Birthday" Army.

I would like to start using this slogan. What do you think?

### Re-UP, Show-UP, Stand-UP, Sign'um-UP

For God and Country. - Dee Sasse, Commander

#### Chaplain's Pew:



#### Sick Call & Taps

##### Asking for continued prayers for the following:

MARGARET OGRAM - heart attack  
KATHY LAMB - knee surgery  
MARILYN FISHER - back issues  
JOHN FISHER - back issues  
LIZ YOUNG - cataract surgery and rotator cuff surgery.  
DUANE SMITH - to have back surgery June 1st

##### Condolences - Please offer prayers for these families:

CHUCK PACKHAM & family for the loss of Carol Packham  
MILLER FAMILY for the loss of Charles (Doc) Miller  
PATTY AND RICK STILLS for the loss of their son.

Our Post Chaplain is Helen Kinder. Helen is available to minister to our Manuel Schneidmiller American Legion Family Members in need.

Please contact Helen, for assistance for yourself, or if you are aware of any of our Post members who are in need, ill, in hospital or hospice or have passed away. Helen's door is

always open. You can contact her by calling 208- 772-7736 or e-mailing [hlkinder41@gmail.com](mailto:hlkinder41@gmail.com).

You will find Helen participating in many of our Post events throughout the year, including Memorial Day Ceremony, Veterans Day Ceremony, and Post Everlasting Ceremony. - Helen Kinder, Chaplain

## Legislative Report:

**Contact Your Senators to Pass the PACT Act:** The Senate is only days away from voting on the comprehensive toxic exposure bill, the *Honoring our PACT Act*. Even if you have already done so, contact your senators again and tell them to vote **YES** on this historic legislation to help toxic-exposed veterans receive the health care and benefits they need. "The House has done its part in honoring our veterans. The time is now for the Senate to do the same," said VFW National Commander Matthew "Fritz" Mihelcic. We have released a NEW Action Alert. Please share this with friends, family, and supporters to ensure senators hear this message loud and clear from their constituents.

**Beware of VA Advocate Scams:** A recent hearing of the House Committee on Veterans Issues highlighted the importance of VA-accredited claim representatives, attorneys, and agents who must adhere to professional and ethical standards. Unaccredited claim consultants, or "Claim Sharks," avoid VA oversight, charge unreasonable fees, and offer inferior service. In the opinion of the Veteran organizations that testified, "any group that fails to adhere to VA's well-established standards of accreditation and fee arrangements should be met at the door by Capitol Police, not offered a seat at the same table as hard-working, VA-accredited advocates who are held to professional and ethical standards designed to protect veterans," "If a company asks a veteran to sign contracts, waivers, and disclosures but will not file a power of attorney with VA, then the veteran should not work with them."

**VA adds additional cancers as presumptive conditions:** VA has added nine rare respiratory cancers to the list of presumptive conditions for particulate matter exposure from service in Southwest Asia. These conditions have now been added to VA's regulations through an interim final rule.

- Squamous cell carcinoma of the larynx.
- Squamous cell carcinoma of the trachea.
- Adenocarcinoma of the trachea.
- Salivary gland-type tumors of the trachea.
- Adenosquamous carcinoma of the lung.
- Large cell carcinoma of the lung.
- Salivary gland-type tumors of the lung.
- Sarcomatoid carcinoma of the lung.
- Typical and atypical carcinoid of the lung.

VA will begin processing disability compensation claims for Veterans who served any amount of time in the [Southwest Asia theater of operations](#) beginning Aug. 2, 1990, to the present, or Afghanistan, Uzbekistan, Syria or Djibouti beginning Sept. 19, 2001, to the present.

Any Veteran who has or had one of the listed cancers at any time during or after separation from military service may be eligible for disability compensation benefits. VA will contact impacted Veterans and survivors to inform them about their eligibility and will provide information on how to apply.

Veterans, survivors or dependents who had claims previously denied for any of these respiratory cancers are encouraged to file a [supplemental claim](#) for benefits.

**Public Service Loan Forgiveness Waiver:** On April 25, 2022, the Department of Education (ED) began allowing student loan borrowers seeking financial relief through the Public Service Loan Forgiveness (PSLF) program to submit a DD-214 to certify periods of eligible employment. Many individuals with outstanding federal student loans may be eligible for PSLF, including eligibility from time served on active duty. Due to the COVID-19 pandemic, ED is offering a limited-time waiver to allow borrowers to receive credit for past periods of repayment on loans that would otherwise not qualify. Individuals must have been working full time for a qualifying employer. This waiver is available through October 31, 2022.

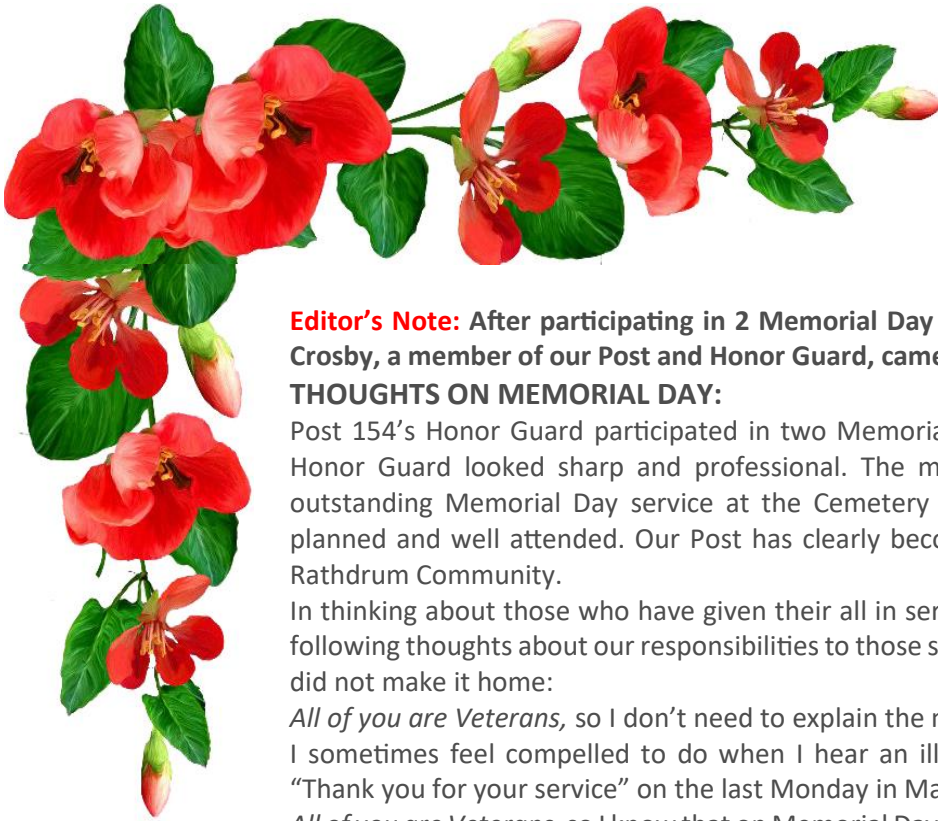
(cont. below)

**Shifting VA medical providers to the Border?** There has been a small firestorm in Congress and elsewhere at the prospect of the Department of Homeland Security (DHS) calling upon the Department of Veterans Affairs (VA) to send medical personnel to the border to treat those immigrants for COVID and other conditions. As a result, for the last few weeks, Republican lawmakers have asked a number of VA witnesses whether VA personnel will be diverted from treating veterans to care for migrants. On May 4, **VA Secretary McDonough hopefully put the matter to rest when he assured the Senate Appropriations Committee’s Military Construction and Veterans Affairs Subcommittee *that this will not happen.***

**VA Secretary McDonough “Frustrated” by VA’s new Electronic Healthcare Record System:** McDonough told the Senate Veterans Affairs Subcommittee that, since March 3, the Spokane VA facility using the new EHR system has experienced six outages due to system imbalance and similar issues. Cerner, the EHR provider, is in charge of ensuring these problems do not occur. Describing himself as “very frustrated” by this, McDonough indicated a reluctance to continue rolling out the system at additional sites until that is fixed. The system has experienced outages of up to just over two hours at both Mann-Grandstaff and Walla Walla, two facilities located in Washington State. No reported outages have yet occurred at the Columbus, Ohio, facility, which was the third and most recent medical center to implement the Cerner EHR system, at the hearing, McDonough denied reports that Mann-Grandstaff is planning to cut back on veterans’ care due to productivity losses caused by the EHR implementation. The Secretary promised Sen. Murray (D-WA) that there is no such plan, and he would not support such a move.

**Depression Screening Available Online:** Occasional feelings of sadness are part of normal life, but when these emotions continue for extended periods of time or are associated with feelings of hopelessness and despair, it could be depression. VA now provides an online screening test through My HealtheVet for veterans who are concerned they might have depression. The 10-question test does not require an account or for anyone to log in to an online portal. It provides pop-up information for individuals who take the test and are at high risk of suicide. Once completed, the clinical results are available to read and print. [Take the test.](#) – Len Crosby, Legislative Chairman





**Editor's Note:** After participating in 2 Memorial Day Ceremonies on Monday, Len Crosby, a member of our Post and Honor Guard, came home and wrote this article.

**THOUGHTS ON MEMORIAL DAY:**

Post 154's Honor Guard participated in two Memorial Day ceremonies today. The Honor Guard looked sharp and professional. The members of Post 154 held an outstanding Memorial Day service at the Cemetery in Rathdrum which was well planned and well attended. Our Post has clearly become an important part of the Rathdrum Community.

In thinking about those who have given their all in service to our Country, I had the following thoughts about our responsibilities to those service members we knew who did not make it home:

*All of you are Veterans*, so I don't need to explain the meaning of Memorial Day, like I sometimes feel compelled to do when I hear an ill-informed, but well-meaning, "Thank you for your service" on the last Monday in May.

*All of you are Veterans*, so I know that on Memorial Day you are thinking about friends that are no longer with you, just like I am. Those young faces in our photos and memories don't get to experience what we do when we look in the mirror each morning: we get to see the impact that time has on our own faces and bodies.

*All of you are Veterans*, so when you hear pundits on cable news or Twitter argue about the latest political "crisis" it can seem so insignificant compared to real life-and-death situations.

**Because each of us has seen what life can look like when societies fall apart**, we can be a messenger of why politics isn't just about entertainment or who is winning culture wars.

**Because we know more than most that there really are bad people in the world**, we understand that it is as important as ever, for countries that value freedom and democracy, to continue fighting to keep them intact.

**Because each of us knows what it means to sacrifice for a cause larger than ourselves**, we need to do everything we can to make our Country and our Community a better place.

**Because we are Veterans**, I'm asking you to stand up for our Country and for our Community. Stand up and Vote for people who will have our local and national interest forefront in their minds.

Stand up and speak up against self-serving authoritarians in your own backyard. Each of us needs to work our hardest to support and elect responsible leaders, who understand politics is NOT a game or a venue to put points on the board against the other team. We need to hold our political leaders accountable and to call them out when they fail. God bless our Veterans and our Country. – Len Crosby



### **Service Officer:**

The Department of Veterans Affairs (VA) has selected Delta Dental of California and MetLife to offer private insurance coverage once again for the VA Dental Insurance Program (VADIP). The Department of Veterans Affairs Dental Insurance Reauthorization Act of 2016 had extended VADIP until December 31, 2021. However, the Department of Veterans Affairs Expiring of Authorities Act of 2021 eliminated the termination date of December 31, 2021. The VA will be able to continue dental insurance services indefinitely. Veterans who are enrolled in the VA health care system and beneficiaries and their dependents of the Civilian Health and Medical Program of the VA (CHAMPVA) can enroll in the program. VADIP offers eligible individuals the opportunity to purchase discounted dental insurance coverage that includes diagnostic services, preventive services, endodontic and other restorative services, surgical services, and emergency services. Each individual covered by the dental insurance plan will pay the entire premium for coverage under the dental insurance plan, in addition to the full cost of any copays. Enrollment is voluntary and does not affect eligible individuals' entitlement to existing VHA outpatient dental services and treatment. Coverage for VADIP dental services is provided in the United States, the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, and the commonwealth of the Northern Mariana Islands. Delta Dental and MetLife have administered VADIP since the three-year VADIP pilot program began January 1, 2013 and continuing through the program extension to June 30, 2022. As of September 2021, more than 133,000 veterans and CHAMPVA beneficiaries have enrolled in the program. Multiple plan options allow individuals to select a plan that provides benefits and premiums meeting their dental needs and budget. You may click each insurer's link for specific information regarding registration, rates, and services, or call Delta Dental at (855) 370-3303 or MetLife at (888) 310-1681.

- Ruth Aresvik, Service Officer



If you are planning on renewing your membership for 2022, you need to do it now! Anyone who does not renew for 2022 by the end of June and does renew after that date will lose their continuous years of membership status but will be renewed for 2023.

There are 10 members still not renewed, some of whom have quite a few years continuous service. Please take the opportunity now to keep your membership up-to-date. Look at your ID card, if the date is for 2021, your membership is considered expired. There are two ways you can renew:

1. Online by going to [legion.org/renew](https://legion.org/renew) (The easiest and quickest method). You will need to have your credit card and your Membership ID card ready.

Or:

2. Mail your \$45.00 check to:

Rathdrum American Legion Post 154 PO Box 1116 Rathdrum, Idaho 83858

If you have any questions, please give me a call and I will try to help you with the renewal process.

Bill Kinder (208) 661-6850

Hoping this finds everyone in continued good health. - Bill Kinder 1<sup>st</sup> Vice Commander, Membership Chairman



### Training Officer:

Last month, training revolved around setting up your [MyLegion.org](http://MyLegion.org) account. This month, we'll continue with part 2 in this series, including some of the benefits of using your *MyLegion* account and how to manage it. So click the arrow to watch this 5 minute video. – Jean Bledsoe, Training Officer



### Post 154 Honor Guard:

Our Honor Guard is very active. 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. 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.

This month there were nine Military Honor ceremonies for 6 Army veterans, 4 Air Force veterans, 1 Navy veterans, and 1 Marine. In addition, colors were posted for Stand Down and there was a training day hosted by Ken and Desiree Johnson at their home. These ceremonies collectively required 40 volunteers who drove 909 miles and spent 183 hours to accomplish their missions.

If you would like to find out more about volunteering as an Honor Guard member, please contact Honor Guard Captain Todd Halvorson. – Bryan Bledsoe, Honor Guard Member







**The American Legion Manuel Schneidmiller Post 154  
of Rathdrum, Idaho invites you to attend our annual  
Flag Retirement Ceremony.**

**Saturday, June 11, 2022, at 10:00 am.**

**Rathdrum Lions Club, Northwest corner of Meyer Road. & Hwy 53**

**Worn and tattered flags may be brought to the flag receptacle in front of  
Rathdrum City Hall, 8047 W Main Street, by noon Friday, June 10, 2021  
or bring to the Saturday morning ceremony.**

**New replacement flags may be purchased through  
Rathdrum American Legion Post 154 by calling  
1st Vice Commander Bill Kinder 208-661-6850**



**Did you miss the National Memorial Day Concert** on Sunday evening? Here's your chance to watch the concert, an American tradition honoring the military service of our troops, veterans, wounded warriors, all those who have given their lives for our nation, and their families. Keep your tissues handy. This concert always makes the emotions flow. Just click on the "Memorial Day" link in the picture below to watch this beautiful tribute.

**TV  
PG**

**NATIONAL**

**Memorial Day**

**CONCERT**





## Yea to the Poppy People of Post 154!

We had great weather, bad weather, wet weather, white weather, and windstorms. Not even that could stop us! Heck, even when the store in Athol messed up, we overcame. They allowed the Coeur d'Alene VFW to work the weekend with us. Bob Flowers had them shaking in their boots so they agreed we could take their spot for Sunday. Manager agreed also. Bob, Dee, and Pete agreed to work on Sunday instead of Saturday, thank you very much. We also need to thank Bryan, Leo & Helen, Bill & Helen, Duane, Chuck, Barbara, Ruth, and Kathy Morse.

On Thursday in Rathdrum, we made \$919.

On Friday in Rathdrum, we made \$356 in the am and \$969 in the pm.

On Friday in Athol, we made \$770.

On Saturday in Rathdrum, we made \$538 in the am and \$835 in the pm.

No Saturday income from Athol as explained above.

On Sunday in Athol, we made \$618 in the am and \$664 in the pm.

**Grand total = \$5,667.00.**

My goal with two stores and one weekend was \$3,000. Again, thank you to everyone involved. - Lonnie Morse, Poppy Chairman

**Editor's Note:** Poppies were available for the first time at the Memorial Day Ceremony at Pinegrove Cemetery. An additional \$236.10 was donated. That made the grand total right around \$5900! Thank you to Sharron McPhail and Helen Kinder.

### Did you know...?

The Coeur d'Alene CBOC (Community Based Outpatient Clinic) at 915 Emma Ave, has exceptional Physical Therapy and Occupational Therapy departments. If you are in the VA health care system, you can ask to receive care at the CBOC, even if you have been assigned a community provider. Treatment is available for muscle weakness, balance issues, gait disorders, musculoskeletal injuries, stroke rehabilitation, and more. Ask either your community provider or your VA physician to refer you. Another advantage to using VA PT/OT is they will provide you any medical equipment you need at no cost. – Jean Bledsoe, Editor



## Bits & Pieces

- **From Hypnosis to Acupuncture**, a holistic approach to patient care has gained traction with Veterans as a complement to medication. With treatments like acupuncture, yoga, tai chi, meditation and chiropractic care, it's no wonder so many are choosing Whole Health.

[LEARN MORE](#)

- **Explore the "History of VA in 100 Objects"**. The virtual exhibit spotlights objects that illuminate the Nation's historical efforts to honor and reward Veterans from 1776 to the present. Objects 21 "Bonus Army" and 22 "Veterans' Bureau Medical Bulletin" are now featured on virtual display.

[VIEW THE EXHIBIT](#)

- **How to Create a VA.gov Account Using ID.me**. VA.gov offers more than just information. Veterans can use VA.gov to access and manage VA education benefits and health care. To unlock these additional features, you'll need to create a secure VA.gov account.

[WATCH](#)

- The Post Falls Veterans Home is currently on track to be completed in the fall of 2022. Plans call for the home to have a centralized community center, dining room, multiuse common spaces, and administrative offices. The facility also will include a common food preparation area, a laundry facility, maintenance supply areas, a covered pickup and drop-off area, and parking for 90 vehicles.
- 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)

## Mark Your Calendar:

### JUNE IS PTSD AWARENESS MONTH

JUNE 2 <sup>ND</sup>	LEGION BASEBALL LOU GEHRIG DAY (RAISE AWARENESS ABOUT ALS)
JUNE 6 <sup>TH</sup>	D-DAY
<b>JUNE 9<sup>TH</sup></b>	<b>POST 154 EXECUTIVE COMMITTEE MEETING @ 6 PM</b>
<b>JUNE 11<sup>TH</sup></b>	<b>FLAG RETIREMENT AT RATHDRUM LIONS CLUB @ 10 AM</b>
JUNE 14 <sup>TH</sup>	FLAG DAY AND... 247 <sup>TH</sup> US ARMY BIRTHDAY (CREATED IN 1775)
JUNE 19 <sup>TH</sup>	FATHER'S DAY
JUNE 21 <sup>ST</sup>	FIRST DAY OF SUMMER – ENJOY!
<b>JUNE 23<sup>RD</sup></b>	<b>POST 154 MEMBERSHIP MEETING @ 6 PM (POTLUCK @ 5:30)</b>
JUNE 24 <sup>TH</sup>	START OF KOREAN WAR (1950)
JUNE 27 <sup>TH</sup>	PTSD AWARENESS DAY



## A Healthier You:

June is Men's Health Month, and the VA provides many resources to help you manage your health. Here are direct links to the content in the VA Health Library:

- ✂ Follow this link to find the [Video Library](#).
- ✂ This Link takes you to information on [Living Well](#).
- ✂ Follow this one to find information on [Diseases & Conditions](#), including a special section on Men's Health.
- ✂ Here is the link for [Tests & Treatments](#).
- ✂ Go here for a library of facts about [Medications](#).
- ✂ and here for information on proper [Rehabilitation](#) of many conditions.
- ✂ Here you'll find the [Mental Health Library](#).
- ✂ Go here to learn about [Living With...](#) a variety of illnesses.
- ✂ And finally, by following this one, [Additional Resources](#), you'll find much more information.



**SAVE PAPER! SAVE POSTAGE! SAVE TIME!**

**QUICKLY AND EASILY RENEW ONLINE**

*July 1<sup>st</sup> is the start of the American Legion's early renewal drive for 2023 membership. If you can do so, this year we are asking everyone to try to renew early and online. We had 51 members use this process last year and it is easier and faster than sending your dues to the Post 154 PO Box. This takes at least 9 days to process once we get the dues notice versus 24 hours online.*

*The online process is simple, all you need is your ID card number and your credit card. Using your computer, go to <https://mylegion.org/Renew> and follow the online instructions. It should only take 2-3 minutes and you're done. Remember this is renewing for 2023, starting July 1.*

*Also, the earlier you renew the less follow-up renewal letters you receive from National.*

*Bill Kinder*

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

*Membership Chairman*

**MEMBERSHIP MATTERS**

**IT'S NOT THE AMOUNT YOU PAY TO BECOME A MEMBER, BUT THE PRICE YOU PAID TO BE ELIGIBLE.**

**RENEW YOUR MEMBERSHIP ONLINE!**

**[Click Here to Renew Membership](#)**

# June is PTSD Awareness Month

## TALKING ABOUT YOUR EXPERIENCES CAN LEAD TO RELIEF AND HEALING

Sharing your most personal experiences can be tough yet rewarding. This is especially true when talking about life-threatening events like combat, a natural disaster, a car accident, or sexual assault. Knowing how to share your story – or disclose your trauma – takes time.

The VA wants to make sure you know how to talk to your family, friends, and doctor about your trauma.

### How to share your experience

You don't need to tell everyone at once. It's important to share at your own pace. Tailor your conversations to your comfort level. Sharing your experience is not usually a quick chat. Make sure you have plenty of time. People may have questions, but it's okay to say you're not ready to share everything in one discussion. Sharing is a process that unfolds over time.

### Why talk about trauma and PTSD?

At least half of Americans have been through an event that could lead to PTSD. It's normal to have upsetting memories, feel on edge, or have trouble sleeping after a traumatic event. Talking about what happened to you may help you feel less alone, and knowing what happened can help your loved ones support you. After sharing, you may feel less guilt or shame. Getting treatment sooner rather than later can have a real impact on your life.

### Who can you talk to about the trauma?

You don't need to have a 'one size fits all' approach to sharing your experience. When considering who you want to share with, here are some questions you might ask yourself: Does this person support me in other parts of my life? Does this person usually treat me with respect and kindness?

Are they currently dealing with issues that might make it hard for them to support me?

### You know what's best for you

Disclosing your traumatic experience is an important decision. Your doctor or therapist can help you through this while keeping your health at the forefront. If you have a Premium My HealthVet account, you can use Secure Messaging to connect with your care team, as well as manage your VA Appointments.

Go [HERE](#) for a basic understanding of PTSD.

Follow this [LINK](#) for a PTSD Self-Screening.

And [THIS ONE](#) will take you to more self-help and coping mechanisms.

