



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho

Newsletter

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HAPPY 100TH BIRTHDAY AMERICAN LEGION!



THE AMERICAN LEGION *Centennial celebration*

THE AMERICAN LEGION PREAMBLE

Among the 10 lines of The American Legion's mission statement – the Preamble to its Constitution – the initial statement: *FOR GOD AND COUNTRY, WE ASSOCIATE OURSELVES TOGETHER...* is the introduction. It declares that The American Legion recognizes the influence of God in all its endeavors and declares the allegiance of Legionnaires to both God and Nation. First things have been put first. All that follows is in conformity.

Of the remaining nine mission statements in the Preamble, only one is even loosely dedicated to self-interest – “to consecrate and sanctify our comradeship by our devotion to mutual helpfulness.”

The other eight lines speak to the American Legion's broader purposes:

“to uphold and defend the Constitution of the United States of America”

“to maintain law and order”

“to foster and perpetuate a 100 percent Americanism”

“to inculcate a sense of individual obligation to community, state and nation”

“to combat the autocracy of both the classes and the masses”

“to make right the master of might”

“to promote peace and goodwill on earth” - And

“to safeguard and transmit to posterity the principles of justice, freedom and democracy”

Over the last century, only one line has changed, making plural “our associations in the great wars.” The reason for this change was to include all the major wars and engagements in which our members have served our Country. The original Preamble was, of course, only written for World War I (the “War to End All Wars”), unfortunately that did not come to pass...

The Preamble and the purposes for which The American Legion associates together have proven timeless over its first century. Those purposes have made lives better for millions of Americans. They have illustrated the importance of understanding that a Veteran is a Veteran, and the common bond of military service reaches from the doughboys of World War I to today's warriors who fight against terrorism.

These purposes have built a legacy like no other in the history of the United States. They have strengthened the nation and, as the Legion begins its journey into The American Legion's second century, they inspire a vision that is equally timeless and vital for the continued strength of OUR nation and will be for generations yet to come.

Happy 100th Birthday American Legion.

Commander:

March is our birthday month and this year we should rejoice and be proud of the fact that the American Legion is celebrating our 100th year as an organization. Those early Legionnaires, the veterans whose legacy we are entrusted to continue, had a missionary zeal to ensure that no veteran, no widow or orphan would do without the care and comfort of a grateful nation because of the sacrifices that they had made. We at Manuel Schneidmiller Post 154 will be celebrating the anniversary with the Mayor of Rathdrum at the Rathdrum City Council on March 13th at 6 pm for a Proclamation for 100 Years of the American Legion. It would be great to have a large turnout and I hope to see you. There are not many organizations or groups that can proudly proclaim or achieve this milestone. Be proud of your membership in this amazing organization and the impact that we have had over the past century in improving our community and helping make life better for our fellow veterans and their families.

I want to give a BIG BRAVO ZULU to Paula Atwood for a wonderful article that she wrote for our Post and was in the Coeur d'Alene Press. Great job and thank you for making us proud! In addition, two of our members – Bryan Bledsoe and Don Walker - have been instrumental in having a 4-page Veterans Chronicle published monthly in the Spokesman Review. It features stories about veterans, and benefits that are available to veterans. Congratulations on a terrific job!

It's time to start thinking about our elections. The post will be having our Annual Post elections on April 25th with installation on May 23rd, 2019. Most of the offices are open to Legionnaires in good standing. If you are currently holding an office and plan to run again, please let our adjutant know. We will be setting up an election committee soon so please consider running.

If you have not renewed your membership, you need to send it in as the Legion needs your help. Membership is very important as the National Commander fights Congress for your benefits. Fewer members equal fewer benefits!

We also need to work on recruiting new members and this is where I need your help. If you know of a fellow veteran who you think may be eligible to join the legion, ask them about joining our great organization or get me their name and number and I'll be glad to contact them. If you have a problem paying your dues because of financial or health issues again, please contact me to see if we can help. If you have any questions on your membership, please contact our First-Vice Commander John Fevold or membership committee chair Helen Kinder. For God and Country -
Dee Sasse, Commander



Finance Officer:

I have renewed one of our CD's at Idaho Central Credit Union and got an interest rate of 2.75% for the next twelve months. That should help that CD grow a bit.

We are off to a Great Start for the New Year. Thanks to donations from Commander Dee Sasse, and Legionnaire Larry Carstensen, we have two excellent guns to auction over the next few months. Thank you, Charlie Till and Bryan Bledsoe, for your great work organizing this Gun Raffle, getting tickets printed and distributed to members. WE NEED each member to sell at least 10 of these tickets. At \$5.00 per ticket or \$20 for five tickets, that should not be more than having a short conversation with two of your good friends who shoot, collect guns or need a good solid weapon for self-defense.

Please contact Bryan to get your tickets and do your friends and neighbors a favor by selling them some.

Also remember to reserve most of the Fridays and Saturdays from May 3rd to May 25th to help in our annual Poppy Distribution Program. We need all hands on deck – a term I learned from a Navy Chief that has nothing to do with putting your hands on a deck of cards – to make this major fundraiser a continued success. Again, this is something that the public looks forward to – receiving a Poppy for Memorial Day.

Thank you for your support. We have an AMAZING POST, but it takes everyone doing their part to stay that way! - Len Crosby, Finance Officer



Legislative Chairman:

VA Releases Plan to Implement New Community Care Program:

The VFW-supported VA MISSION Act of 2018, became law this past summer and established six ways veterans can access private-sector care, known as community care.

The law granted VA broad authority to determine two of the six eligibility standards for the new VA Community Care Program — access and quality standards. VA worked closely with Congress and Veterans' organizations to draft the law but chose to ignore its strategic partners when drafting the regulations to implement it. In a statement released Wednesday, VA publicly announced its plans to implement the access standards.

“While we are glad VA has finally informed us of how it plans to implement the VA MISSION Act access standards, we are disappointed VA chose not to incorporate the voice of our 5.6 million Veterans in the decision-making process,” said VFW Executive Director Bob Wallace. “As a result, VA is repeating previous mistakes,” he said.

The proposal is expected to be published in the Federal Register next week. VA proposes to give veterans the ability to use private sector care if it takes them more than 30 minutes to drive to their VA primary or mental health care appointments or if their wait times for such care are more than 20 days. Veterans who require specialty care appointments would be eligible for private sector care if they drive more than 60 minutes or if their wait time is more than 28 days.

American Legion and VFW stated: “Twenty days is just as arbitrary as 30 days, and once again adopting TRICARE Prime Service Area standards does not serve the best interest of veterans.” The new VA Community Care Program, which will replace the Veterans Choice Program, is expected to launch June 2019. VA also released its plan to expand access to private sector urgent care clinics around the country, a move the Legion and VFW support. However, the Veteran Service Organizations do not agree with VA's plans to charge veterans who receive urgent care related to a service-connected disability. (cont. below)

Blue Water Navy Vet Wins Federal Appeals Court Ruling:

The U.S. Court of Appeals for the Federal Circuit reversed a decade-old ruling Wednesday that potentially paves the way for the return of earned disability benefits for some 90,000 so-called Blue Water Navy veterans from the Vietnam War.

The VFW-supported case, [Procopio v. Wilkie](#), had VA Secretary Robert Wilkie being sued by Navy veteran Alfred Procopio, who was denied service connection for prostate cancer and diabetes mellitus because he never stepped foot on dry land or served within Vietnam's inland waterways. Procopio, was assigned aboard the aircraft carrier USS Intrepid, which was stationed inside Vietnam's 12-mile territorial waters. Both of his illnesses are listed among the VA's [14 presumptive diseases](#) associated with exposure to Agent Orange.

The Appeals Court focused on the intent of the 1991 Agent Orange Act, which was to grant a presumption of service connection for certain diseases to veterans who "served in the Republic of Vietnam." At issue was whether service within territorial waters constituted service "in the Republic of Vietnam." By a 9-2 decision, the Appeals Court ruled it did.

Although very pleased with the ruling, the Legion and VFW isn't quite ready to celebrate. That's because the VA can always appeal the ruling and Congress has yet to pass a Blue Water Navy bill. But it is very encouraging to now have a court of law support Blue Water Navy veterans along with the court of public opinion.

We need to get this done and reinforce to tens of thousands of veterans that our nation does have your back when you come home from war. The Legion and VFW called on VA to make Blue Water Navy veterans whole as soon as possible and indicated that their Service Officers stand ready to assist VA in doing so.

VA to Implement Appeals Modernization Act Next Week: Beginning Feb. 19, all veterans who disagree with their VA rating decision will have three new options to resolve their benefit dispute: request a higher-level review from a more experienced person, submit a supplemental claim with additional evidence, or appeal directly to the Board of Veterans' Appeals.

Over the past two years, the American Legion and other VSO's have worked closely with VA to craft this new framework, which was authorized by the Veterans Appeals Improvement and Modernization Act of 2017. The goal of the new system is to offer veterans greater flexibility and transparency to resolve benefit disputes in a timely manner, instead of waiting years for VA to adjudicate their appeals.

For assistance appealing a decision on your benefits claim, contact our highly trained and accredited American Legion Post 154 Service Officer, Ruth Aresvik. - Len Crosby, Legislative Officer



NATIONAL ANTHEM DAY

Written by Francis Scott Key, the "Star Spangled Banner" is the national anthem of the United States of America. National Anthem Day commemorates the day our nation adopted "The Star Spangled Banner" as our National Anthem.

THE CHAPLAIN

He wears a khaki uniform
The same as all the boys
He eats and sleeps and lives with them
Through troubles and through joys
He shares their trenches and their tents
And everything they do
Including all the dangers of
The battles they go through
He brings a smile to lonely eyes
That gaze across the sea
By painting pictures of the peace
To follow victory
He heals the wounds of hearts and souls
Wherever soldiers fight
He is their guardian angel in
The hour of their fright
He moves among the fallen men
Where darkness grows despair
And lights the lamp of faith in God
To guide their lips in prayer

By *James Metcalfe*
FBI Agent and American poet
(1906-1960)

Submitted by Chaplain Helen Kinder



Service Officer:

Around this time of year, we all yearn for spring. Those huge hard hunks of iceberg snow mounds are like sleeping polar bears. Let's all pray for a slow easy thaw! In the meantime, slowly bring yourself out of winter hibernation. Sit at your computer in your warm house with hot coffee. I won't tell anyone if you add a little bit of Bailey's. 😊 And know that you can access your VA records - be it medical, a DD214, benefit letters or doing research through the National Archives. Go to www.va.gov and click on "VA Benefits & Health Care".....click on "Records", and you will have a substantial menu to enjoy with that coffee. Here are some examples below, about use of the VA Blue Button and downloading your VA benefit letters. This month Ruth is presenting R.....R is for RECORDS.....

What is VA Blue Button, and how can it help me manage my health care?

VA Blue Button is a feature of the health management portal within My HealtheVet. It lets you view, print, save, download, and share information from your VA medical record and personal health record. With this tool, you can better manage your health needs and communicate with your health care team.

With VA Blue Button, you can:

- Download a customized Blue Button report with information from your VA medical records, personal health record, and in some cases your military service record
- Download a Health Summary that includes specific information from your VA medical record (like your known allergies, medications, and recent lab results)
- Build your own personal health record that includes information like your self-entered medical history, emergency contacts, and medicines
- Monitor your vital signs and track your diet and exercise with our online journals
- Share a digital copy of the personal health information you entered yourself with your VA health care team through Secure Messaging

Download VA Benefit Letters

To receive some benefits, Veterans need a letter proving their status. You can access and download some of these benefit letters and documents online.

You'll need to sign in before you can get your VA Benefit Letters

Try signing in with your DS Logon, My HealtheVet, or ID.me account. If you don't have any of those accounts, you can create one.

Sign In or Create an Account

What types of VA letters can I download using this tool?

You can download a variety of letters from VA that include information about your benefits and service history.

How do I download a VA letter?

Before you download your letter, we'll ask you to review the address we have on file for you.

This address will be listed on your letter. If this address isn't correct, you can update it. But your letter will still be valid even with the incorrect address.

Note: To download a letter, you'll need the latest version of Adobe Reader. It's free to download.

- Ruth Aresvik, Service Officer



Mark Your Calendar:

March 7th - Lions Back Pack Program – Volunteers needed 9 am – 10:30 am

March 10th - Return of Daylight Savings

March 11th - National Napping Day – Day after Return of Daylight Savings Day

March 13th - Rathdrum City Council @ 6 pm Proclamation 100 Years American Legion

March 14th Post 154 Executive Committee Meeting

March 15 American Legion 100th Birthday

March 16 District 1 Meeting @ VFW 1325 Pine St; Sandpoint, Idaho 83864 – Register 9 am to 10 am - \$3 registration & \$10 lunch

March 19 Start of Operation Iraqi Freedom 2003

March 25 Congressional Medal of Honor Day

March 28 Post 154 Membership Meeting & Potluck

March 29 Vietnam War Veterans Day



NATIONAL GOOD SAMARITAN DAY

National Good Samaritan Day is observed on March 13th. This day is also known as Good Samaritan Involvement Day. This is a day for unselfish actions to help those in need and to celebrate kindness. Just what Legionaries do!

A Healthier You: from The People's Pharmacy



Can NSAIDs for Pain Harm Your Kidneys?

A study of US Army soldiers found that those who took high doses of NSAIDs for pain were at a small but significant increased risk of kidney damage.

Have you taken nonsteroidal anti-inflammatory (NSAIDs) like diclofenac, ibuprofen or naproxen? A recent drugs study shows that people taking high doses of NSAIDs for pain may develop kidney problems ([Nelson et al, JAMA Network Open, Feb. 15, 2019](#)). [Read Article](#) →



Sweet Potato Pound Cake

Compliments of Paula Atwood

Ingredients:

1 c butter, softened

1 1/2 c sugar

1/4 c brown sugar

2 1/2 c sweet potato (peeled, cooked & mashed)

4 eggs

1 T vanilla extract

3 c all-purpose flour

2 t baking powder

1 t baking soda

1 t salt

1 1/2 t cinnamon

1/4 t nutmeg

1/4 t mace (opt)

Directions:

In a bowl, beat butter and sugars until fluffy.

Add sweet potato; beat. Add eggs; beat; stir in vanilla.

Whisk dry ingredients. Gradually add to butter mix, beat at low speed until blended.

Pour batter into a lightly greased/floured 10" tube pan and bake at 350' for 1 hour.

OR pour batter into five (5) mini loaf pans (greased/floured) and bake 350' for 50 min or until tests done.

Thank you, Paula, for sharing.



American Legion Post 154 to Celebrate Legion's Centennial

By Paula Atwood

The American Legion is turning 100, and American Legion Post 154 is planning to celebrate. The Post, located in Rathdrum, Idaho, was chartered in 2015.

The organization, as a whole, traces its roots to March 15-17, 1919, in Paris, France, in the aftermath of World War I. The American Legion was formed by serving members of the United States military serving in World War I and was federally chartered by Congress on Sept. 16, 1919. The Legion quickly became an influential force at the national, state and local levels, dedicated to service to Veterans, a strong national defense, youth and patriotism.

A year after it was formed, The American Legion had chartered more than 5,400 local Legion Posts that continue to operate today. Since then the Legion has grown to more than 13,000 posts around the world, and more than 2.2 million wartime-veteran members.

Throughout its first century, The American Legion built a legacy on such accomplishments as leading the way to create U.S. Flag Code, helping start the Veterans Administration, drafting and securing Congressional approval of the Servicemen's Readjustment Act of 1944 – the GI Bill – which transformed America in the second half of the 20th century, and helping Veterans secure benefits for education and health care, based on their honorable service. Following the Vietnam War, the American Legion was instrumental in securing VA benefits for those Veterans exposed to Agent Orange. The Legion continues to advocate for recognition of other health care issues arising from our Country's continuing military operations in the Middle East, including exposure to petroleum and burn pits.

Today, The American Legion has nearly 3,000 accredited Service Officers worldwide who assist Veterans and their families with benefit claims and other concerns.

American Legion Post 154 in Rathdrum, Idaho, was named for Marine Colonel Manuel Schneidmiller who served his country in World War II and returned to North Idaho where he and his family continue to have actively participate in our Community. Post 154 currently numbers 109 members, who seek to emulate the Community involvement of Col. Schneidmiller and his family. In 2018 members of Post 154 contributed more than 6,100 hours of volunteer service focused on serving Veterans, promoting patriotism, service to youth organizations and service our local community.

You can read more about Post 154 at: RathdrumPost154.org.

In recognition of the American Legion's 100 Year Anniversary, a celebration will be held 11am, May 4th, 2019, at the Evergreen Cemetery, in Post Falls, Idaho. You are cordially invited to attend the ceremony. There will be guest speakers and special honors given to Marine Col. Manuel Schneidmiller, for his military service, and his many contributions to North Idaho.

"The American Legion Family of Rathdrum is excited to share both the legacy and the vision of our organization," Post 154 Commander Dee Sassee said. "We've done a lot of good and intend to keep doing it for a second century." (Editor's Note: This article was published in the CDA Press)





AMERICAN LEGION POST 154
2019 RAFFLE FOR LOCAL VETERANS

FIRST PRIZE



Includes Installed
CRIMSON TRACE
Red Laser

45 LC 410 Shotshell

**SMITH & WESSON
GOVERNOR**

.45 Colt / 45acp / 410 Bore Revolver

SECOND PRIZE

Savage "West Point" 12ga Pump Shotgun
Slightly Used But Well Cared For

RAFFLE DRAWING 25 APRIL

NAME: _____

PHONE: _____

ADDRESS: _____

Tickets \$5 Each or Five For \$20

POST 154 IS HAVING A GUN RAFFLE thanks to the generous donations by members:

1. Dee Sasse donated a Smith & Wesson Governor
2. Larry Carstensen donated a gently used 12-gauge shotgun

Only 1,000 tickets have been printed, and they are on sale now with drawing to be on April 25th at our monthly Membership Meeting. Contact

Bryan Bledsoe, at 509-990-6739

or bryandbledsoe@gmail.com

if you would like some to buy or pick up some to sell. They are \$5 each or 5 tickets for \$20, 10 tickets for \$40 or 25 tickets for \$100.



**YOU ARE RESPONSIBLE FOR
THE DEFENSE OF
YOUR HOME!**

Happy Saint Patrick's Day!



Are You Feeling Lucky?