



# Manuel Schneidmiller Post 154, Inc. Rathdrum Idaho Newsletter

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Meeting at: Lions Club 16114 N. Meyer Rd Rathdrum - Editor: Jean Bledsoe



## Happy Birthday American Legion March 15th

### 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 March! It is the month of the Military Caregiver when Americans recognize and honor military caregivers' sacrifices and success.

Also, in March is the K9 Veterans Day. A national effort to make March 13<sup>th</sup> K9 Veterans Day. March 13, 1942 is the official birthday of the United States K9 Corps, and it seems only right to annually honor their service on that date. They served to save, and they deserve to be remembered.

March is also our birthday month and this year we should rejoice and be proud of the fact that the American Legion is celebrating our 103<sup>rd</sup> 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 made.

I also want us to honor those that served in the Vietnam War on March 29<sup>th</sup>. A day set aside to show honor and respect to our Vietnam Veterans.

New Member Opportunity... New members not only help us grow, they help area veterans too. Occasionally we meet veterans who just tell us they have to put off membership because of the \$45 dollar enrollment fee. Perhaps this is a time to Stand-UP, and Sign'um-UP. Yes, perhaps you, or other members have the means to give this Veterans an opportunity to belong to the American Legion!!! We spend \$45 often, for a meal out, or a special treat. How about a \$45 membership gift for someone you know would benefit from your generosity. It can be done; it is being done! Perhaps you will make it happen... Just Stand-UP and Sign'um-UP! Their membership could be a life changing event for them!

Thank you for your Service: I wanted to give a heartfelt "Thank You" to our Post 154 Honor Guard. This dedicated group does more than anyone realizes. Many times, they are the face of Post 154 when they perform flag ceremonies, community presentations, or march in parades, however it is honoring those who served that are their proudest moments. Last year alone our Honor Guard performed military rites at 96 funerals to honor our fellow veterans. Unlike many organizations or posts, our Honor Guard will perform this final salute for any fallen veteran, not just members of our own Post. If you would like to join this dedicated team, please reach out to our Honor Guard Captain's Ken Johnson or Todd Halverson.

It is time to start planning for the upcoming elections at the post. All positions are open to all Legion members in good standing. Pick the position you are qualified for and let our Election Chair know you would like the job. Your leadership team cannot do this alone.

I'm looking forward to being with you at various events, including, the monthly meetings, Easter Egg Hunt, and Memorial Day. Lots to do. We need you to Re-UP, Show-UP, Stand-UP, and Sign'um-UP

For God and Country - Dee Sasse, Commander

## Happy St. Patrick's Day!!



## Legislative Report:

**House Committee Discusses Toxic Exposure:** The Legion participated in a roundtable, "The True Cost of our Promise to Toxic-Exposed Veterans," hosted by the House Committee on Veterans' Affairs. The discussion focused on [H.R.3967](#), the *Honoring our PACT Act of 2021*, a comprehensive plan to provide veterans with health care and benefits related to toxic exposures. The VA's process in determining presumptive conditions related to toxic exposures should include transparency, timelines, and an independent review board.

**EVEST Act Passes House:** The House passed Legion-supported [H.R. 4673](#), the *Ensuring Veterans' Smooth Transition (EVEST) Act*. This bill would require VA to automatically enroll eligible veterans into its health care system upon receipt of confirmation from DOD. If passed into law, this proposal would provide a seamless transition of health care, unless transitioning service members choose to opt out of the VA health care system. Now the Legion calls upon the Senate to take up this important piece of legislation and pass this bill.

### Toxic exposure

– **H.R. 3967, Honoring Our PACT Act and S. 3003, True COST of War.** "There is a bipartisan agreement that action will be taken in some way to ensure that those veterans during the Global War on Terrorism and the Gulf War who were exposed to toxic airborne hazards are taken care of in a more proactive manner than we did with Agent Orange," Montreuil said. These two bills will presume a veteran of the Global War on Terror was exposed to burn pits based on geographic location and time of service, or if they have a campaign badge or the Global War on Terrorism Expeditionary Medal.

### Mental health care

– **S.1198, Solid Start Act** will expand the VA Solid Start Program. Under this program, the VA is required to reach out three times in the first year that a service member is separated from the military.

– **S.544, Buddy Check** bill will require the Department of Veterans Affairs to establish a "Buddy Check Week," similar to the Legion's program, as well as provide educational opportunities, materials and references for veterans to learn how to conduct personal wellness checks. The language for this bill was included in a comprehensive veterans' mental health bill called the Strong Veterans Act, which looks to be on the president's desk by the middle to end of February, said Legislative Division Associate Olivia Babine. "The hope is that by the end of February that the Buddy Check bill will be signed into law."

– **H.R. 1476, PFC Joseph P. Dwyer Peer Support Program Act** will require the VA to make grants available to eligible organizations for peer support programs for veterans.

– **S. 2386, Veteran Peer Specialist Act of 2021** will expand the peer specialist support program of the Department of Veterans Affairs.

### Veterans health care

– **H.R. 5562 and S. 1040** bills will expand eligibility for hospital care, medical services, and nursing home care from the VA to include veterans of World War II.

– **S. 1319, VA Quality Care Accountability and Transparency Act** will require the Department of Veterans Affairs to publish and regularly update information about staffing, patient wait times, and other information regarding the quality of care it provides on its Access to Care public website.

### Women veterans

– **H.R. 4794 and S. 2533, Making Advances in Mammography and Medical Options (MAMMO) for Veterans Act** would require VA to improve breast imaging services to veterans that includes a three-year pilot program to provide tele-mammography services for veterans who live in states where VA does not offer breast imaging services.

### Education

– **H.R. 1836, Guard and Reserve GI Bill Parity Act of 2021** bill "provides parity in GI Bill benefits for members of the National Guard and reserve who increasingly conduct similar training and missions as other service members, but do not receive equal benefits."

### Veteran homelessness

– **S. 2172, Building Solutions for Veterans Experiencing Homelessness Act** will "cut the red tape" on grants provided by VA for organizations assisting veterans experiencing homelessness, as well as expand veterans'

access to critical resources that will help them from homelessness such as increased access to transportation, case management services, job training and better transitional housing for aging veterans.

**COVID-19 Booster:** As we approach the third year of the COVID-19 pandemic and with rapidly increasing cases of the Omicron variant, CDC vaccine guidelines include receiving a vaccine booster. Data has shown those who are fully vaccinated and have received a booster shot are less likely to require hospitalization. Veterans, caregivers, and spouses may receive the COVID-19 vaccine and vaccine booster by checking with their [local VA facility](#) for vaccine clinic times. - Len Crosby, Legislative Chairman

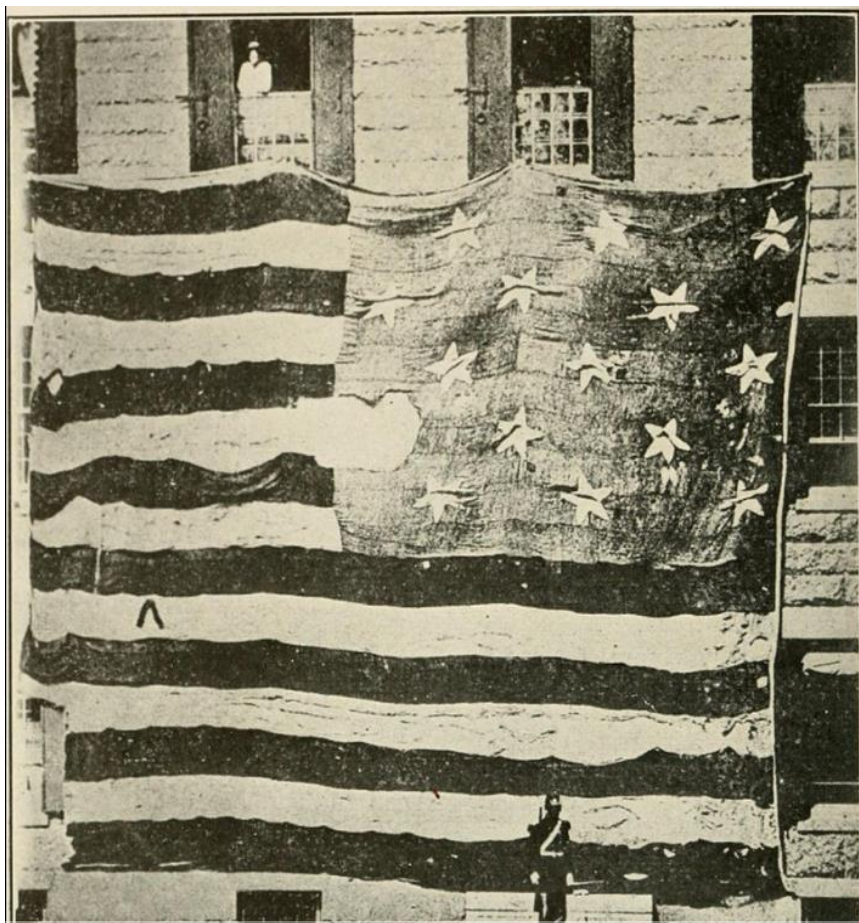
### National Anthem Day is March 3.

“The Star-Spangled Banner” is the national anthem of the United States of America. It was written by Francis Scott Key, a 35-year-old American lawyer.

Key’s friend, Dr. William Beanes was held as a prisoner of war by the British during the Battle of Fort McHenry in Baltimore in the War of 1812 (1812-1814).

In September 1814, Key, along with a negotiator boarded a British ship to negotiate the doctor’s release. Once on the ship, Key and the negotiator were held during the battle.

After the British bombardment the fort during the night, Key saw the American flag, not the British Union Jack, flying over the fort the next morning by the dawn’s early light. The flag measured 30 x 42 feet. To read more of the story of the National Anthem and this famous flag, follow this [LINK](#).



This is the flag Francis Scott Key saw flying over Fort McHenry in 1814 that inspired his celebrated lyrics.



### Chaplain's Pew:

#### Prayer For March

Dear Lord, we thank you for bringing us to the start of a new month. We pray that when this month is over, we will be closer to you than we are at this moment. Please bless our family and friends and keep them safely in your care. We ask for your healing hand to be upon those who are ill and we ask for your hand of provision to meet each need. We thank you in advance for all you will do. In Jesus' name we pray.

Amen

Debbie Kay, Hope For The Broken Hearted

Submitted by Helen Kinder, Chaplain

#### Sick Call & Taps:

Leona Flowers— surgery  
Bill Kinder- back problems- scheduled for ablations  
Helen Kinder - debilitating vertigo  
Margaret Ogram- back problems.

We wish continued healing and good health to John and Marilyn Fisher, Paula Atwood, Susan Kemper and Chris Arnold.

Also, for Lew Allert who remains in the hospital since Dec 31st. He now is totally COVID free. He is doing PT to get back his strength and stamina and to be able to lower the required amount of oxygen.

In Sympathy - We lost another Post member on Feb 2<sup>nd</sup>, 2022. Stephen Hayes. May he Rest in Peace. Services were Feb 12th.

Also, a former Post member James Polzen passed away this month. Military honors were provided by Post 154 Honor Guard. Thank you, Honor Guard, for doing the honors. Services were Feb 19th.

May all our comrades mentioned above be remembered in your prayers. - Helen Kinder, Chaplain



## Service Officer:

### TALKING LATER - Veterans' Stories of late-life PTSD

One in 10 older Veterans experience late-life PTSD, and even more report increase in thinking about their military experiences as they age. PTSD is a mental health condition that can occur in the aftermath of experiencing or witnessing a traumatic event. While some of us may be familiar with PTSD as a result of combat, natural disasters or other traumatic events, many of us are less familiar with the ways PTSD can resurface, or emerge, for the first time as we age. Older Veterans are sometimes reminded of traumas they avoided thinking about or that had not previously bothered them. This is called Later-adulthood Trauma Re-engagement (LATR, pronounced later). It can start when older Veterans have experiences common to aging, such as illness, hospitalizations, declining health, retirement or bereavement.

### Skills help protect from negative effects of trauma

In the face of traumatic events, many Veterans demonstrate psychological resilience, the ability to cope with the traumatic experience through personal strengths and use of effective coping skills. These skills allow them to protect themselves from the potential negative effects of trauma.

Our podcast series, Talking Later, is about PTSD and resilience, connection and making meaning in later life. In Talking Later, older Veterans share their stories of trauma and resilience. Each episode begins with a real Veteran's story. Tune in to hear Veterans share their ups and downs, and ways that they coped with what they have gone through.

### Recent highlights from the podcast:

- "I wear a baseball hat that identifies me as a Veteran. I didn't start wearing that until the past few years. I spent a long time hiding my service. I don't wanna do that anymore."
- "I feel proud of serving my country, but I saw terrible things and I lived with that for years."
- "I still have bad times about that time period."
- "I loved the military but some of my experiences have left me with PTSD."
- "I remember saying, 'If I don't die in Vietnam, I'm going to live to be 150.'"
- "I hadn't realized the extent to which my PTSD had impacted my relationships. I had alienated my friends, my children and my family."

As each story unfolds, the podcast's co-hosts, VA clinicians, discuss what the Veteran's story can teach us about PTSD, resilience, connection and making meaning of the things we experience during our lifetime.

You can find Talking Later on your favorite podcast app on your smartphone by searching Talking Later, or on your computer, VA iPad, tablet or phone, at this link: <https://www.spreaker.com/show/talking-later>. The stories and conversations in **Talking Later** are meant to be shared with Veterans who have PTSD, those who care for them and those who love them.

This podcast was produced by the VA Employee Education System (EES) and supported by the [VA Office of Rural Health](#), with subject matter input from the VA New England Geriatric Research Education and Clinical Center, and the Behavioral Science Division of the National Center for PTSD.

Crisis line support

If you are a Veteran in crisis – or you're concerned about one – free, confidential support is available 24/7. Call the Veterans Crisis Line at 1-800-273-8255 and press 1, send a text message to 838255 or chat online.

Ruth Aresvik, Service Office

Taken from Veterans Health Care VAntage Point

## Training Officer:

This month's training is on the elected positions established for Post 154, the duties and responsibilities of each office.

As election of Post officers will take place soon, we encourage all members in good standing to consider serving your Post by running for an office. The term of office for all positions is 1 year, therefore all positions are open for election. Below is a description and duties of each office, taken from the Post bylaws. Some officers have expressed a desire to run again for the office they now hold. If you have an interest in running for any office, please contact a member of the election committee through the post email: [rathdrum154@gmail.com](mailto:rathdrum154@gmail.com)

### Duties of Officers

**General.** The following is a list of the post officers: Commander, First Vice-Commander, Second Vice-Commander, Finance Officer, Judge Advocate, Service Officer, Sergeant-at-Arms, Historian, Adjutant and Chaplain. The Post Adjutant shall serve as secretary of the Executive Committee. The term of office of members of the Executive Committee shall be for one (1) year. The Post, by its Bylaws may provide for such standing committees as the business of the organization may require. All pertinent proceedings of the Executive Committee must be submitted to the Post membership for approval at the next regular meeting. The officers of the Post shall focus on assisting the Post Commander in executing the Post mission and it's supporting plans and programs.

**Duties of Post Commander.** The Post Commander shall be elected to serve for a period of one year. It shall be the duty of the Post Commander to serve as the chief executive officer of the Post, as ex officio member of all appointed committees, to preside over all executive, general and special membership meetings of the Post, coordinate and publish an agenda for all regular and special Post meetings, and to have general supervision over the business and affairs of the Post. The Post Commander shall approve all orders directing the day-to-day disbursement of budgeted and authorized funds and shall make an annual report covering the business of the Post for the preceding year, and recommendations for the ensuing year. The Post Commander shall also review the recommended/updated Post Three Year Plan at the annual meeting and direct that the Adjutant forward copies of all annual reports thereof immediately to the Department Adjutant. The Post Commander shall perform such other duties as directed by the membership.

**Duties of First Vice Commander.** The First Vice-Commander shall be elected to serve for a period of one year. The First Vice-Commander shall assume and discharge the duties of the office of Post Commander in the absence or disability of, or when called upon by the Post Commander. In doing so, the First Vice-Commander shall be knowledgeable in all ceremonial protocol of regular and special Post meetings. The First Vice-Commander shall expressly interest themselves in the membership of the Post and shall be a chairperson member of the Post Membership Committee. Because no single factor has so important an influence on the Post's success as membership, the First Vice-Commander shall be assisted by the most active and devoted members of the Post. The First Vice-Commander shall also be the exponent of means of safeguarding the honor of the Flag of our Country. The First Vice-Commander is the teacher of democracy and shall therefore be committed to these endeavors and shall fulfill each and every one of them. The First Vice-Commander shall be the chairperson for the Flag Committee. (cont. below)

**Duties of Second Vice-Commander.** The Second Vice-Commander shall be elected to serve for a period of one year. The Second Vice-Commander shall also be responsible for assisting the Post Commander with all duties. Particularly, the Second Vice-Commander shall be vested with responsibility in developing Post activities, in developing entertainment features which mark all meetings, and in patriotic observances of all kinds including those requiring an Honor Guard observance. The Second Vice-Commander will be the chairperson of the Welcoming Committee and will perform such duties at all membership meetings. The Second Vice-Commander shall be the chairperson of the Ceremonials Committee.

**Duties of Post Adjutant.** The Post Adjutant shall be elected to serve for a period of one year. The Post Adjutant's duties are primarily administrative in nature. The Adjutant is the personnel officer and thus maintains intimate contact with individual Post members. The Post Adjutant maintains membership records, minutes of meetings, coordinates with and assists with the work of the other officers and committees, and publishes official orders, announcements, and instructions. The Post Adjutant, in all matters relating to finance, shall furnish such surety bonds (at the expense of the Post) in such sum as shall be fixed by the Post Executive Committee, and shall carry on the work in close correlation with the Post Finance Officer. The Adjutant shall be secretary to the Post Executive Committee and shall prepare and keep all records and minutes of proceedings of said Post Executive Committee. The Post Adjutant shall be authorized in the event of death or resignation of the Post Commander, to summon the Post Executive Committee for the election of a successor. In the event the Adjutant shall fail, refuse or neglect to summon the Post Executive committee, within fifteen days after said death or resignation, then said meeting for the purpose of electing a successor may be held upon the written demand therefore signed by the majority of the Post Executive Committee members, giving fifteen days' notice thereof. The Post Adjutant shall be responsible for the administrative conduct of all special and regular elections for the Post.

**Duties of the Post Finance Officer.** The Post Finance Officer shall be elected to serve for a period of one year. The Post Finance Officer shall have charge of all finances and see that they are safely deposited in a designated local bank or banks and shall report once a month to the Post Executive Committee, as well as the general membership of the Post, the condition of the finances of the Post, with such recommendations as may deem expedient or necessary for raising funds with which to carry on the activities of the Post. The Finance Officer shall sign all checks disbursing the monies of the Post. All checks issued by the Finance Officer shall be countersigned by the Post Commander or First Vice-Commander. The Post Finance Officer shall be the chairperson of the Post Finance Committee and shall provide the general membership of the Post a report on the state of Post finances at each regular business meeting.

**Duties of Post Historian.** The Post Historian shall be elected to serve for a period of one year. The Post Historian shall be charged with the preservation of all records and incidents of the Post and Post members, and shall perform such other duties as may properly pertain to the office as may be determined by the Post or the Post Executive Committee. Also, the Post Historian shall create an annual Post Historian Book to be displayed at every general membership meeting and sent to the Department Historian to coincide with the Department Convention. They will be responsible for displaying the current photos of events and providing up to date information for the newsletter and webpage. The Post Historian shall be the custodian of any and all awards, decorations and/or memorabilia received by the Post. (cont. below)



**Duties of Post Chaplain.** The Post Chaplain shall be elected to serve for a period of one year. The Post Chaplain shall be charged with the spiritual welfare of the Post's comrades and when requested, will offer divine, but nonsectarian service in the event of dedications, funerals, public functions, etc., and shall adhere to such ceremonial rituals as are included in the Manual of Ceremonies, or recommended by the National or Department headquarters from time to time. The Post Chaplain shall be the chairperson of the graves Registration and Memorial Committee.

**Duties of Post Sergeant-at-Arms.** The Post Sergeant-at-Arms shall be elected to serve for a period of one year. As the outer guard of the Post, the Sergeant-at-Arms shall preserve order at meetings, identify and introduce to the Post Commander all visiting comrades and guests of the Post, shall assume charge of the stand of colors which will be properly displayed at all Post meetings and ceremonial occasions, and shall perform such other duties as may be from time to time assigned by the Post Executive Committee, the Post Commander, or delineated in the Manual of Ceremonies.

**Duties of Post Service Officer.** The Post Service Officer shall be elected to serve for a period of one year. The Post Service Officer shall conduct all matters pertaining to service to and the welfare of comrades through educational efforts/programs concerning the rights and benefits for all veterans, and their dependents as granted them by law, and in the prosecution of all just claims against the United States or state government, employment, relief, etc. The Post Service Officer shall be the chairperson of the Veterans Affairs and Rehabilitation Committee.

**Duties of Post Judge Advocate.** The Post Judge Advocate shall be elected to serve for a period of one year. The primary duty of the Judge Advocate is to supply advice in the conduct of the post business or to procure proper counsel and is the guardian of constitutional form of post government.

**Duties of the Post Committeepersons** Separate from the officers of the Post, the Post Executive Committee shall consist of three (3) members elected from the Post membership and will be known as a committeeperson and together with the officers of this Post shall be elected during annual elections on the 4th Wednesday of April, and take office at the next following monthly meeting, after the election. The procedure for electing a committeeperson shall be the same as set out in Article XIII Section 1 for Post Officers. The immediate past Commander shall automatically become a member of this committee with voice but no vote.

**Responsibilities: All Post Officers and Committeepersons.**

- a. Establish policies and guidelines for the operation of the Post.
- a. Regularly attend scheduled monthly meetings of the Executive Committee and the Post.
- b. Be actively involved in at least one committee.
- c. Assist the Post in appropriate fund-raising efforts.
- d. Assist the Post in the recruiting of new members.
- e. Represent the Post in the community.

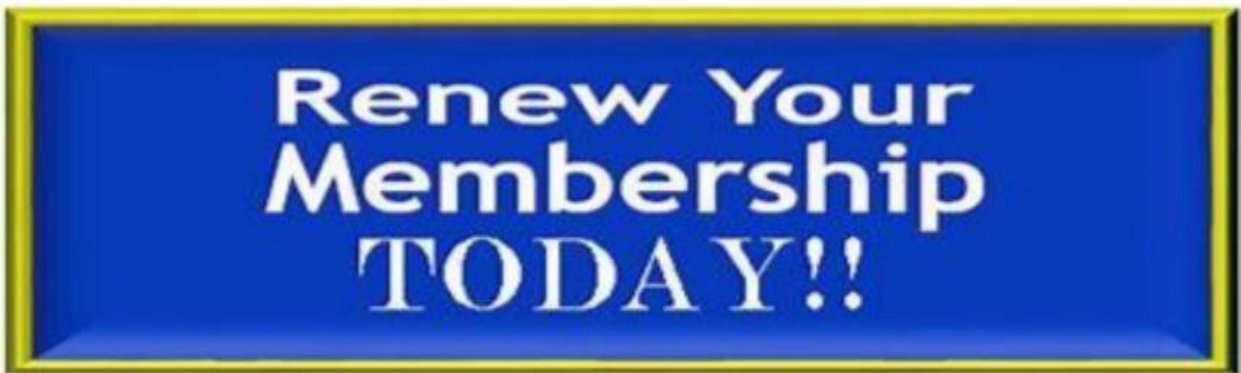


The Rathdrum Easter Egg Hunt is fast approaching, and we need lots of volunteer assistance.



The Hunt will be held at Majestic Park on Saturday April 16, 2022, with set-up starting at 9:00 a.m., and the Hunt to begin at 11:00. The Post has assisted in this event for the past six years and it has grown each year. Please give us a few hours of your time! If you can help, please email Bill Kinder by March 31, 2022, at: [wakinder74@gmail.com](mailto:wakinder74@gmail.com), or call Bill Kinder at 208-661-6850. For those planning on bringing family to the Easter Egg Hunt, I suggest you get there quite early to get parking close to the fields. Otherwise, parking is on the street and late arrivals usually miss the event. Thank you for all you do.

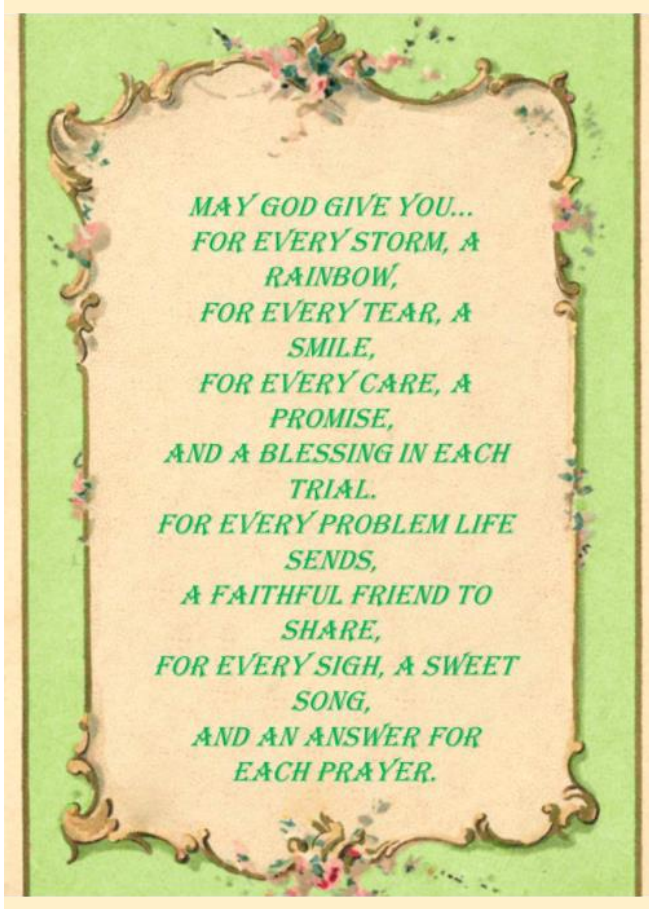
- Bill Kinder, 1<sup>st</sup> Vice Commander



We have been able to meet our Department of Idaho membership goal of 144 paid members, out of 161 members. I thank you for ensuring that The American Legion remains the most powerful voice in America on behalf of veterans, their families, and communities across the nation.

However, there are 17 members who have not paid dues for 2022. Take out your membership card and look at the date. If it is for 2021, please take the time to support your American Legion by renewing your membership so we may continue to assist you and all veterans in 2022.

I strongly suggest you renew online as it is quicker and easier than having to mail it to the post. Simply go to: [www.legion.org/renew](http://www.legion.org/renew). Thank you. - Bill Kinder, 1st Vice Commander, Membership Chairman



An old Irish Blessing submitted by Helen Kinder, Chaplain



March is designated every year, by presidential proclamation, as Women's History Month. The theme for 2022 is "Women Providing Healing, Promoting Hope." Below is a story of the role of women in the US military. *This story was originally published in March 2021 on USO.org.*

### **Over 200 Years of Service: The History of Women in the U.S. Military**

*By Danielle DeSimone*

From the battlefields of the American Revolution to the deserts of Kuwait, women have been serving in the military in one form or another for more than 200 years. **They have had to overcome decades of obstacles to get to where they are today: serving in greater numbers, in combat roles and in leadership positions all around the world.**

Here is a look at the history of women in the military, and how their roles have changed over the years.

#### **Revolutionary War**

Although women were not always permitted to enlist in the U.S. Armed Forces, many still found ways to serve their nation.

During the Revolutionary War, as colonial militias armed themselves and joined George Washington's Continental Army, many of these soldiers' wives, sisters, daughters and mothers went with them. These women traveled alongside the Continental Army, where they boosted morale as well as mended clothes, tended to wounds, foraged for food, cooked and cleaned both laundry and cannons.



After her husband was killed in battle, Margaret Corbin continued to fight from his post at Fort Washington.

Some women found ways to join the fight for independence. Margaret Corbin, for example, disguised herself as a man and traveled with her husband to the front lines of the Battle of Fort Washington, where she helped him load his cannon. When her husband was shot by enemy fire, Corbin carried on fighting, even after being shot three times. She was given a military pension in acknowledgment

of her efforts, and years after her death was reburied at West Point with full military honors. Similarly, Deborah Sampson fought disguised as a man for years before her true sex was revealed. Other women, such as Lydia Darragh, also supported the war effort by spying on behalf of the Patriots. However, women's roles in the military became even more crucial during the Civil War, as their support expanded.

### Civil War

During the Civil War, nearly 20,000 women lent their skills and efforts in everything from growing crops to feed Union troops to cooking in Army camps. Other tasks included sewing, laundering uniforms and blankets and organizing donations through door-to-door fundraising campaigns.



Nurse Annie Bell with patients after the Battle of Nashville during the Civil War, circa 1864.

Notably, it was during the Civil War that women began to serve as nurses on a much larger and more official scale. Approximately 3,000 women served as nurses for the Union Army during the war. Legendary nurse and founder of the Red Cross Clara Barton even received a special "military pass" that permitted her to travel directly onto the battlefield,

where she drove her medical wagons straight into the fray to tend to wounded soldiers. Fellow trailblazer Dorothea Dix was even appointed superintendent of the United States Army Nurses for the Union Army, leading her own "army of nurses" over the course of the war. Dix is remembered for pushing

for high standards of behavior and training among her nurses, as well as providing ample opportunities for female nurses working in support of the military.

Meanwhile, some women even marched on the battlefields. **Historians estimate that about 1,000 women disguised themselves as men** and fought on both sides of the Civil War.

### World War I

The 20th century changed everything for women in the military.

At the onset of the United States' entry into World War I in April 1917, the U.S. Army Nurse Corps (ANC) – **formally established in 1901** – had only officially been in existence for less than 20 years, and only had 403 nurses in its active duty ranks. **By June 1918, just over a year later, there were more than 3,000 American nurses deployed to British-operated hospitals in France.** These nurses often worked in dangerous conditions near the front lines, caring for service members and civilians alike, and ensuring the health and safety of Allied troops.

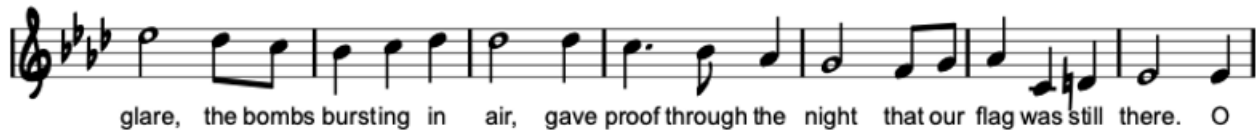


American nurses care for injured soldiers in France in 1918.

To read more history of women in the military - and maybe spark some memories - go [HERE](#)

Taken from USO.ORG

Submitted by Jean Bledsoe



### 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.

#### Honor Guard Report

This month there were nine Military Honor ceremonies for 3 Army veterans, 2 Air Force veterans, 2 Navy veterans, 1 Merchant Marine and 1 Marine. These ceremonies collectively required 51 volunteers who drove 969 miles and spent 185 hours.

The Honor Guard consists of three women and twelve men. They range in age from 52 to 90 years old with an average age of 72 years.

Each ceremony draws from the following pool of Post 154 Honor Guard volunteers:

Lew Allert, Paula Atwood, Bryan Bledsoe, Jeff Broadhead, Len Crosby, Hal Donahue, Todd Halvorson, Ken Johnson, Bob Kernen, Harold Markiewicz, Kelly McMahan, Roy Murdock, Bud Nutterville, Al Ogram and Margaret Ogram.

If you would like to find out more about volunteering as an Honor Guard member, please contact Todd Halvorson at [keltod11@gmail.com](mailto:keltod11@gmail.com) - Submitted by Bryan Bledsoe, Honor Guard Member

## Did you know...?

Last year approximately 40 local men over the age of 60 fell from ladders and suffered severe breaks to their back, hips, or other major bones. Their injuries required hospitalization and bracing or casting. If you are over 60 (or anywhere near there), ask yourself, "Do I really belong on that ladder?!"

This information came from a local orthotist/prosthetist who made the "armor" and prosthetics for a number of these men.

### Mark Your Calendar:

March 2<sup>nd</sup> - Ash Wednesday

March 3<sup>rd</sup> - National Anthem Day

March 8<sup>th</sup> - International Women's Day

**March 10<sup>th</sup> - Post 154 Executive Committee Meeting 6 pm @ Rathdrum Lions Club\***

March 13<sup>th</sup> - K9 Veterans Day (unofficial)

March 13<sup>th</sup> - Daylight Savings Time

March 15<sup>th</sup> - American Legion Birthday

March 17<sup>th</sup> - St Patrick's Day

March 19<sup>th</sup> - Start of Operation Iraqi Freedom (2003)

March 19<sup>th</sup> - District 1 Spring Meeting in St Maries

March 20<sup>th</sup> - 1<sup>st</sup> Day of Spring

**March 24<sup>th</sup> - Post 154 Membership Meeting - 5:30 Potluck & 6 pm meeting @ Lions Club\***

March 25<sup>th</sup> - Congressional Medal of Honor Day

March 29<sup>th</sup> - National Vietnam War Veterans Day

\*Both meetings are open to the public.



### Bits & Pieces

- ♣ VA to Overhaul Disability Evaluations for Mental Health, Other Conditions. Read story [HERE](#).
- ♣ As reported February 16 by Rebecca Kheel for *Military Times*, the Senate on Wednesday quickly and quietly approved a bipartisan bill intended to extend VA healthcare to more veterans suffering from conditions related to toxic exposure. Read more [HERE](#).
- ♣ Connect with Fellow Women Veterans, Learn About Available Veteran and Women-centered Health Care Resources Read story [HERE](#).
- ♣ Len Crosby gave an update at the meeting on the Highway 41 widening. I-90 interchange will start in the fall of 2022, 9 months ahead of schedule, and will take 3 years to complete.
- ♣ 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)



Congratulations to American Legion Post 154 Commander Dee Sasse for receiving an outstanding service award from the City of Rathdrum. Thank you, Dee, for your service and for all you do for the Rathdrum community.

Pictured from left to right: Mayor Vic Holmes, Park and Recreation Commissioner Sheri Holmes, Park and Recreation Commissioner Nel Hubbard, American Legion Post 154 Commander Dee Sasse.

## Not too big for small-town feel

Rathdrum council honors citizen, welcomes new city attorney

By ELLI GOLDMAN HILBERT Staff Writer

RATHDRUM — Rathdrum City Council took a break from regular business Wednesday night to honor American Legion Post 154 Commander Dee Sasse for her tireless work enhancing the lives of Rathdrum citizens.

Sasse, a retired member of the U.S. Coast Guard, is behind the planning of many of the events Rathdrum is known for. “Dee donates hours and hours of her time attending planning meetings and coordinating sponsorship, press coverage and logistics for events,” said Sheri Holmes, a Parks and Recreation commissioner and wife of Mayor Vic Holmes.

Sasse’s involvement brings to fruition the community Easter-egg hunt, the Memorial Day Remembrance and Veterans Recognition ceremonies, and Wreaths Across America.

Last year, as the 20th anniversary of 9/11 approached, Sasse reached out to the city with the idea of holding a community service.

“The event was a huge success, with many people coming out to honor and remember everyone affected by the attacks,” Sheri Holmes said.

The award may have her name on it, but Sasse credited the teamwork of all Post 154 members for her success.

Taken from the CDA Press February 26, 2022



## 2022 Poppy Project:

GREETINGS FABULOUS POST 154 MEMBERS.

I have made changes in our Poppy distribution that will not require so many volunteers and hours. Instead of three weekends we will do one. The stores have been reduced to Super-1 in Athol and Super-1 in Rathdrum. The activity at Rathdrum's Super-1 was high on Thursday last year so that date has been added. The signup sheet is ready so you can pick your dates and times early. We won't make \$6,000 this year but I am anticipating between \$4,000 to \$5,000 based on last year plus the addition of Thursday in Rathdrum. We have also received 6,000 poppy's. - Lonnie Morse, Poppy Chairman  
Editor's Note: there are only 7 slots left to fill. Let's take the burden off Lonnie and fill these up!

### 2022 POPPY PROJECT Lonnie Morse (208) 777-5157 [lionlonnie@gmail.com](mailto:lionlonnie@gmail.com)

#### RATHDRUM

##### Thursday, May 26, Super-1

0900 – 1300		1300 – 1700	
Bill Kinder	208-772-7736	Duane Smith	
Helen Kinder	208-772-7736	Chuck Fenton	1-509-669-1826

##### Friday, May 27, Super-1

0900 – 1300		1300 – 1700	
Bill Kinder	208-772-7736	Leo Calhoun	208-687-7000
Helen Kinder	208-772-7736	Helen Calhoun	208-687-7000

##### Saturday, May 28, Super-1

0900 – 1300		1300 – 1700	
Bill Kinder	208-772-7736	Leo Calhoun	208-687-7000
Helen Kinder	208-772-7736	Helen Calhoun	208-687-7000

#### ATHOL

##### Friday, May 27, Super-1 in Athol

0900 – 1300		1300 – 1700	
Marilyn Fisher	208-699-7973		
John Fisher	208-699-0025		

##### Saturday, May 28, Super-1 in Athol

0900 – 1300		1300 – 1700	
Bob Flowers	208-691-6420	Dee Sasse	
Leona Flowers	208-691-6420	Pete Williams	





# WHY DID YOU JOIN THE AMERICAN LEGION?

Let me begin by telling you why I joined The American Legion. After 35 years in education I was quite used to volunteering my time for a variety of projects, in school, church, and in the community. To fill up my time after retirement I joined the Legion. I first joined Post 143 in Post Falls and after a couple of years became disillusioned. Sadly, the Post began to go into a tailspin, and I stopped attending for a while. Under new leadership, I went back and became active with processing the Post membership and helping at a number of events. Yet, change did not come quite as expected. I will say that today they seem to be on the road to recovery.

In 2015, a group of 16 members decided to form a new American Legion Post in Rathdrum. This is where Post 154 was born. Since that time the Post has grown to over 160 members. This group takes an active role in quite a few community events, including the Rathdrum Easter Egg Hunt, our Poppy campaign, Memorial Day Event, Flay Day, Rathdrum Days, 9-11 Ceremony, Veterans Recognition Event, Wreaths Across America, and especially the work of our Honor Guard. There is a small number of members who have assisted at these functions, probably no more than 30 out of 160. To these people I say thank you.

Now I ask why did you join The American Legion? Did you join to be able to just say I am a Legionnaire, or did you join to be an active member and volunteer to help at some of our events? A lot of our workers are reaching a point where they are getting burned out. We need to see more of our members volunteering to help. There is a good amount of our members I have never met. Why? Because they have never attended a meeting or came to any of our events. I would like to see more of you give a few hours of your time to be a part of our Post.

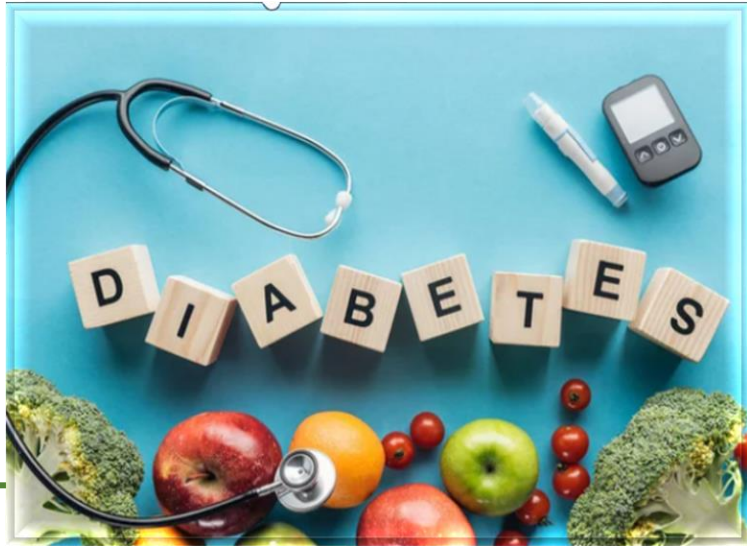
It would be nice to have you come to a meeting and find out what we are doing in the community. We meet on the 4<sup>th</sup> Thursday of each month with a *family potluck* at 5:30 pm and the meeting starting at 6:00 pm. Just come and bring your favorite dish.

The first major event of the year is the annual Rathdrum Easter Egg Hunt on Saturday, April 16<sup>th</sup> from 9 am until 12 pm - only 3 hours. This requires a large number of people to set up and monitor the event. This year we will put out 18,000 plastic eggs and it will take less than 5 minutes for the children to pick them up.

Please call me at 208 661 6850 or email me at [wakinder74@gmail.com](mailto:wakinder74@gmail.com) and let me know when you can help.

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

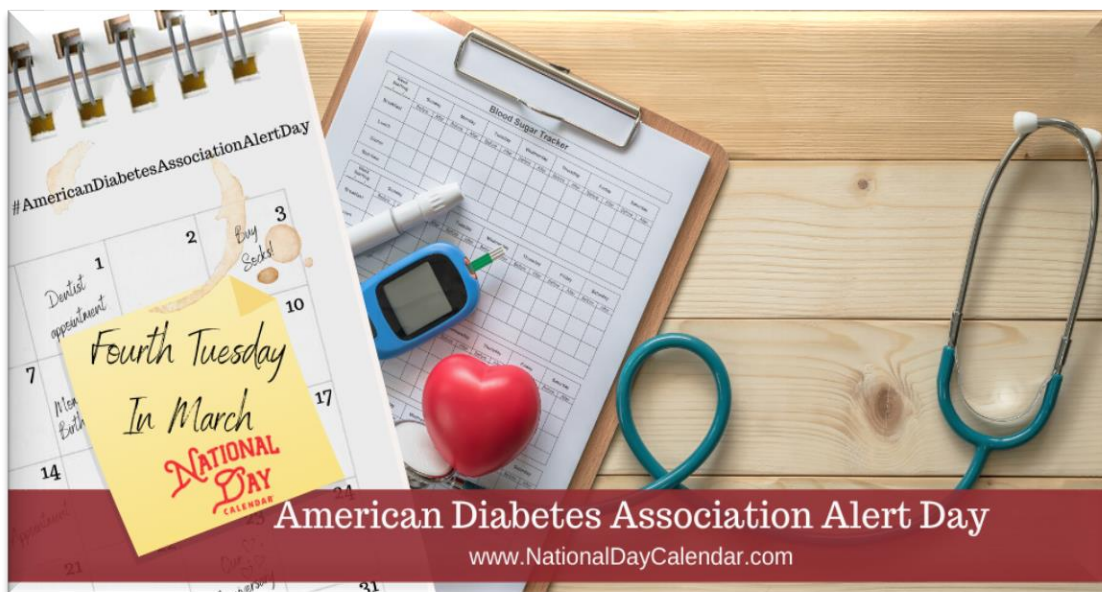





A Healthier You:

# UNDERSTANDING TYPE 2 DIABETES

To watch this short video, go [HERE](#). You will also find the full Diabetes library there as well.



This flyer was Submitted by Ruth Aresvik, Service Officer and Post 154 member. She said of the event, "They will feature and tell stories of four Vietnam Era Veterans. I've been picked as one! So honored..." Congratulation to Ruthie, who by the way, is a wonderful story teller. This newsletter as well as the Veterans Chronicle and Veterans Press have carried a number of her stories over the years. Please show up if you can, hear the stories, and support our friend & fellow Post member. Note that it will also be live streamed at 11:00.



DEPARTMENT OF DEFENSE  
UNITED STATES OF AMERICA

THE UNITED STATES OF AMERICA  
VIETNAM WAR  
COMMEMORATION

Lt. George Farragut Chapter, Coeur d'Alene, ID

**The Daughters of the American Revolution**

Invite You and Your Family To

**SOLDIERS OF VIETNAM –  
WELCOME HOME!!**

**Tuesday, March 29, 2022  
11:00 a.m. – 1:00 p.m.**

Candlelight Church  
5725 N. Pioneer Drive, Coeur d'Alene, ID 83815  
(NW Corner of I-95 and Dalton Ave.)

*Join the Nation.....  
As we thank our Vietnam Veterans for Their Service*

*U.S. Armed Forces personnel with active duty  
service between November 1, 1955 to May 15,  
1975, regardless of duty or location of service.*

**Doors Open 10:00 a.m.**  
**Vietnam Veterans are asked to arrive by 10:40 a.m.**  
**This event will be LIVE STREAMED at 11:00 a.m.**

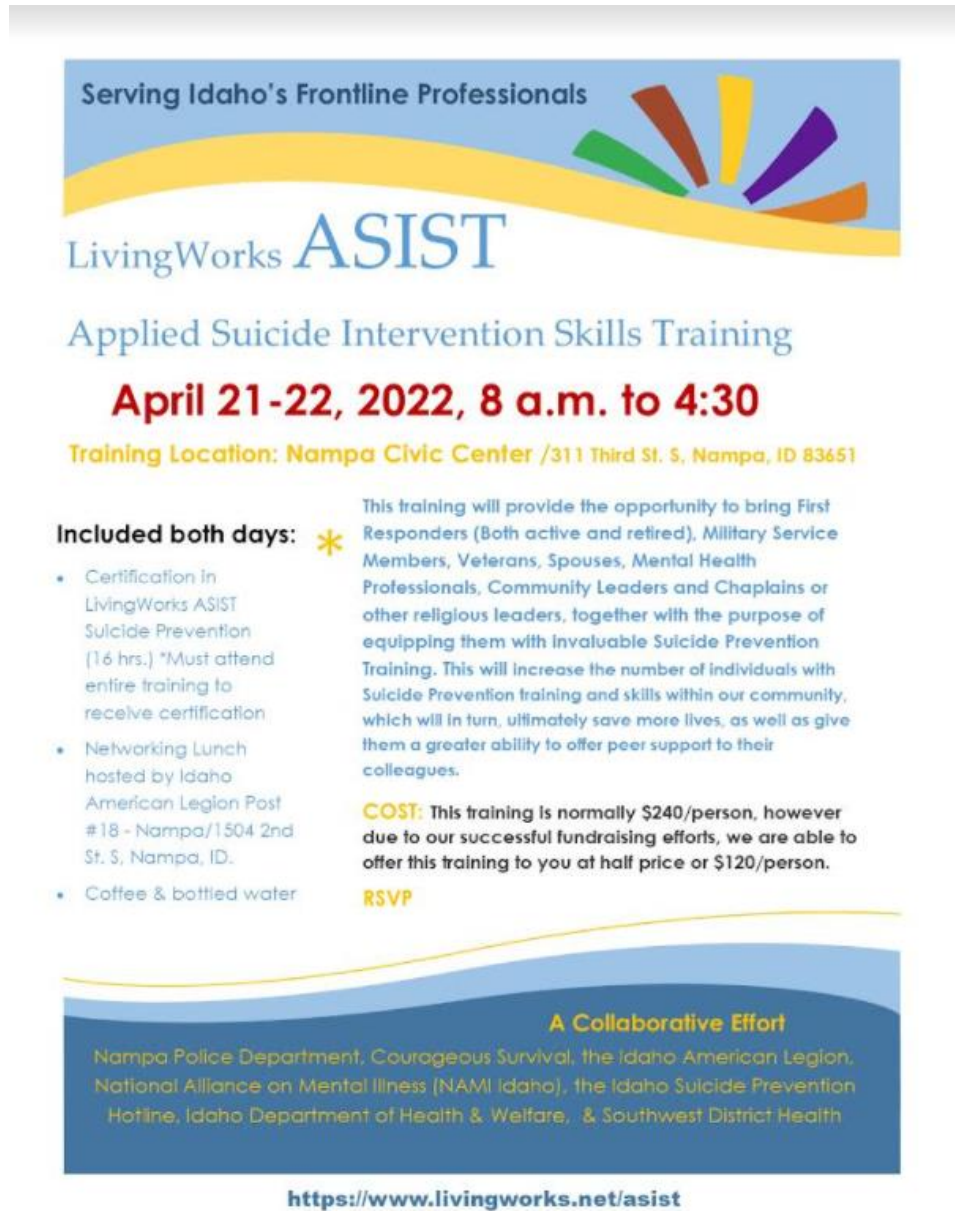
Go to: [Candlelight.org](http://Candlelight.org), and click on "Listen & Watch"  
Questions? [Barb2022Vietnam@gmail.com](mailto:Barb2022Vietnam@gmail.com)

**ALL Veterans and families are welcome!**



**NATIONAL  
VIETNAM WAR VETERANS  
DAY: 29 MARCH**

Here is an important note from Abe Abrahamson, Adjutant for the Department of Idaho: Good Morning all, well I wish it was a happy Monday morning but as you will read it's not. Those of you know that the Idaho American Legion One More Day program is out and available to the Legion Family. We have invested hundreds of hours in training and working with our teams. I received a phone call on Sat morning that set me back a little. One of our Auxiliary Units Vice President's son had attempted suicide. He is an active Army Reserve soldier. He attempted suicide at home in the bathroom with a firearm, he is at St. Als. in Boise being treated at their trauma center now. I just got off the phone with his mother and he is making a good but slow recovery. When I was notified, I activated our Emotional First Aid Teams to make them available to the family at the hospital and at home. We need people to be trained on what to look for and to listen to when talking to our Veterans and active duty. We will be holding a Applied Suicide Intervention Skills Training on April 21-22 in Nampa. Please see the attached flyer. The cost for the American Legion Family is only **\$20.00** please if you or anyone in the Legion Family can go, please do so. We need as many people trained as we can get. I want to leave you with this one little thought. If you were at your Post and the phone rang and you answered it American Legion Post ## and the caller said " *I am a Veteran sitting in my car with a loaded gun, tell me why I shouldn't kill myself.....*" **What would you say?**



**Serving Idaho's Frontline Professionals**

**LivingWorks ASIST**

**Applied Suicide Intervention Skills Training**

**April 21-22, 2022, 8 a.m. to 4:30**

**Training Location: Nampa Civic Center /311 Third St. S, Nampa, ID 83651**

**Included both days:** \*

- Certification in LivingWorks ASIST Suicide Prevention (16 hrs.) \*Must attend entire training to receive certification.
- Networking Lunch hosted by Idaho American Legion Post #18 - Nampa/1504 2nd St. S, Nampa, ID.
- Coffee & bottled water

This training will provide the opportunity to bring First Responders (Both active and retired), Military Service Members, Veterans, Spouses, Mental Health Professionals, Community Leaders and Chaplains or other religious leaders, together with the purpose of equipping them with invaluable Suicide Prevention Training. This will increase the number of individuals with Suicide Prevention training and skills within our community, which will in turn, ultimately save more lives, as well as give them a greater ability to offer peer support to their colleagues.

**COST:** This training is normally \$240/person, however due to our successful fundraising efforts, we are able to offer this training to you at half price or \$120/person.

**RSVP**

**A Collaborative Effort**

Nampa Police Department, Courageous Survival, the Idaho American Legion, National Alliance on Mental Illness (NAMI Idaho), the Idaho Suicide Prevention Hotline, Idaho Department of Health & Welfare, & Southwest District Health

<https://www.livingworks.net/asist>