



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho Newsletter

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Mailing Address: PO Box 1116, Rathdrum ID

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



The Post 154 Executive Committee is surveying our members as an aide to determining the direction of our American Legion Post 154 on a number of issues. Please take about 3 minutes to complete the survey, if you haven't already done so, by clicking on the link or cutting and pasting it into a browser.

<https://www.surveymonkey.com/r/ZBW7N3R>

Thank you! – Bryan Bledsoe, Adjutant

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:

Greetings my Legion Family! I know it's been cold of late but take heart, Spring is right around the corner. As we reflect on this month's 104th Birthday of The American Legion and our own Post's birthday, I have to say I am so proud to be a part of this organization and part of Post 154. We have done so much in the 8 years that we have been together. As the saying goes, "We have come a long way baby." WE really have. I want to thank each and every one of you for making Post 154 as great as it is.

Elections are coming up. If you are interested in any of the leadership positions, please let me know. Or, if you have any questions about a position, I can help you with finding the answers. Good leadership is what keeps our Post fresh and inviting to old and new members.

I want to send a big shout out to our Webmaster/Newsletter Editor and Training Officer Jean Bledsoe. She has been doing a great job. Thanks Jean. Also, when you receive this newsletter, PLEASE look at your dues card. If you haven't paid your dues for 2023, you are now DELINQUENT! This means that you are going to lose your continuous year's designation and Legion Insurance. Renew TODAY!

Just as a reminder, we have brought in a number of new members, please take the time to welcome them more importantly make them feel welcomed and get to know them. Not only are they part of our family network, but they may have connections to a North Idaho's Veteran network which could prove not only enlightening but useful as we continue to move our Post forward. We have a great Post; YOUR member contributions are what makes us GREAT!

Please do not hesitate to contact me – I am honored to be the American Legion Post Commander here in Rathdrum. The Rathdrum community supports our fellow veterans, and I look forward to more opportunities to contribute to that phenomenal support! For God and Country! – Dee Sasse, Commander

Finance Officer:

No Financial report for this newsletter, since I have been out of state for the month of February. I will have the full report available at our March membership meeting and will provide a summary for the next Newsletter. Our 2023 Post budget has been approved, and we are doing fine financially. Also, the Post Finance Committee (Mike Warren, Ken Johnson and Bryan Bledsoe) completed a full audit of our 2022 Financial Reports, our monthly income and expenses, investments, checkbook and our financial reports to the Members and the Executive Committee, and found no problems or errors. I will start on the Post's tax return in March.

A HUGE THANK YOU to Bryan Bledsoe for pinch hitting for me on finance matters while I have been out of town. We have a great team of engaged members and it is a honor to be a contributing member of Post 154!

Finally, a word of warning! Do not go to Tucson AZ in February and expect it to be sunshine and warm days. Had only 5 days of nice weather, but LOTS of cold, windy, and rainy days. Since I packed for 70-degree days, I froze my caboose off for most of February... (I know, poor me!) 🧊 I will be glad to get home to my

coats and gloves🧤 - Len Crosby, Finance Officer

March is Women’s History Month. It is a time to celebrate the countless contributions and achievements of women throughout history. Women lead the charge. We show our strength; in the military or supporting it, in our middle years or our more senior ones, as daughters, mothers, wives, grandmothers, and sisters to all women. So, women, celebrate what you have achieved. Feel pride and honor. Our contributions do not have to be illustrious or legendary. For every life we touch and every soul we inspire will ripple out in our world in ways we may never know. Soon those ripples will reach the shores to connect us all. Love who you are. Be strong and brave. And always share that love, strength, and bravery with anyone who finds themselves wearying. – Jean Bledsoe, A woman celebrating herself.

**“Hear me as a woman
Have me as your sister
On purpled battlefield breaking day,
So I might say our victory is just beginning,
See me as change,
Say I am movement,
That I am the year
And I am the era
Of the women.”**

Amanda Gorman, Won’t You Be My Sister

“Women are like teabags. We don’t know our true strength until we are in hot water.”

Eleanor Roosevelt

Important Legislation:

I am writing to ask that the members of Post 154 contact their Idaho Legislators and ask them to support House Bill 134. Currently Idaho Veterans who are 100% disabled or are being paid VA disability at the 100% rate, must file annually a form requesting the special property tax reduction (\$1,500) and a confirming letter from VA regarding their disability status. This Bill would limit that filing to an initial confirmation and any change in disability status.

Our Veterans who are 100% disabled sometimes have a difficult time making the annual updater filing. Annual filings also take the time of those in the Assessor’s office to assist Veterans and process these annual filings.

Please ask your State Legislators to support House Bill 134. Thank you, Len Crosby

Editor’s Note: Below is a link to Idaho State Legislators. Look for a box in the lower left corner and put in your address to find your legislators.

<https://legislature.idaho.gov/legislators/>

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



Sick Call & Taps:

Please offer Condolences to the families and friends of:

- Charlie Till, Post member & Service Officer.
- Laverne Decker, Post member.
- Scott Birge - Commander Dee Sasse's brother.

Sick Call:

- Mike Warren - arm surgery on 2/9 and a recent stroke.
- Lonnie Morse - recent hip replacement on 2/13.
- Sue Fevold - anticipating back surgery.
- Rich Hannah - back surgery scheduled for 3/2.
- Jean Bledsoe - diagnosis of breast cancer, surgery on March 8th with chemo and radiation to follow.
- Bonnie Warren - broke her foot and had arm surgery (relocated a nerve).
- Leo (Tuck) Calhoun - back problem, sciatica. He fell at Lakeland High when he went to pick up the Boys State applications. Said he was even using a cane. Got a student escort out. He also had a root canal.

Please remember all of them in your prayers as they go thru treatments and convalesce to good health. – Helen Kinder, Chaplain

Training Officer:

March training continues with "Basic Training" and the first part of the chapter on "Organization". This part explains how the American Legion is run from the national level, the Department, to the local Post. The handout for this section can be found [HERE](#). Add it to your notebook and start reviewing for the first quiz which will be coming up soon.

Also, if you missed the booklet on what to do before and after a veteran dies, it's [HERE](#).

– Jean Bledsoe, Training Officer

Service Officer:

The Department of Veterans Affairs will open enrollment for Veterans Affairs Life Insurance — the first new VA life insurance program for veterans in more than 50 years — extending VALife access to millions of veterans. VALife will provide up to \$40,000 of whole life insurance for all veterans, age 80 or under, with service-connected disabilities rated from 0-100%.

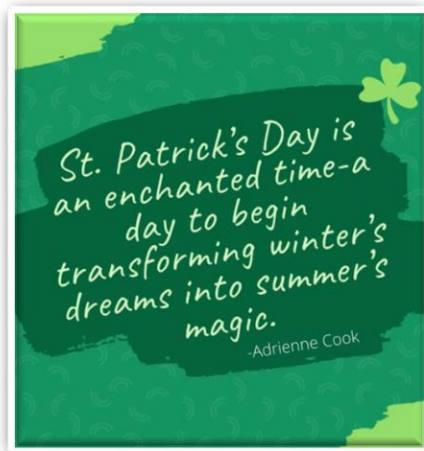
Acceptance in the program is guaranteed, and no medical underwriting is required. It will also allow veterans to complete their application online, receive instant decisions, and perform self-service functions — including electronic payments and beneficiary updates. “All veterans deserve to know that their families will have financial support when they pass away,” said VA Secretary Denis McDonough. “VALife is a critical step toward making that goal a reality, helping VA provide more life insurance to more veterans than ever before in our nation’s history.”

VALife will increase veteran access to life insurance in several ways:

- * There is no time limit to apply. The VA’s existing life insurance program for service-disabled veterans, Service-Disabled Veterans Insurance, required most veterans to apply for insurance within 2 years of receiving their disability rating. VALife has no such time constraint for veterans aged 80 and under.
- * There is no health requirement to apply. Under S-DVI, veterans had to be in good health except for service-connected conditions. VALife has no medical evaluation tied to it.
- * Veterans are eligible for more coverage than before. Under S-DVI, most veterans could only receive up to \$10,000 of coverage. Under VALife, all veterans are eligible for up to \$40,000 of coverage. VALife premium rates are competitive with, or better than, similar coverage available in the private sector, and \$40,000 of coverage is more coverage than other like products offered.
- * The policy will build cash value after the first two years of coverage when the face value goes into effect. If a veteran passes away during this two-year waiting period, the named beneficiary will receive all premiums paid plus interest. Unlike S-DVI, veterans will not be able to get a waiver for their premiums.

The VA currently serves nearly 6 million veterans, service members and their families with more than \$1.2 trillion of insurance. Veterans currently enrolled in S-DVI will have the option to keep their current coverage or switch to VALife. These veterans can apply for VALife at any time after January 1, 2023; however, if they apply between January 1, 2023, and December 31, 2025, they can also retain coverage under S-DVI during the two-year waiting period for the VALife death benefit to go into effect. Veterans will no longer be able to apply for S-DVI after VALife launches January 1, 2023. To learn more, visit:

www.va.gov/life-insurance/options-eligibility/valife. – Submitted by Ruth Aresvik, Service Officer



More from Your Service Officer:

The Department of Veterans Affairs announced it will begin processing PACT Act benefits claims for eligible terminally ill veterans. While the VA does not have the authorities or capabilities to begin fully processing PACT Act claims for all other veterans until January 1, 2023, the VA was able to expedite processing for terminally ill veterans to December 12th. This ensures terminally ill veterans will receive their earned benefits and health care on the earliest possible date. "These veterans have stepped up to serve our country in the times when we needed them most — and now it's our job to step up for them," said VA Secretary Denis McDonough.

"It's the right thing to do to get these heroes the world-class health care and benefits they've earned as soon as possible, and that's exactly what we're going to do."

December 12th is the earliest date the VA could begin processing claims for terminally ill veterans. Until January 1, 2023, the VA will only finalize decisions on PACT Act claims that result in a grant of benefits for terminally ill veterans. Claims that cannot be granted immediately will be held for further evaluation after publication of sub-regulatory guidance implementing the PACT Act. When the VA can begin processing all PACT claims January 1, 2023, they will continue to prioritize the processing of PACT Act claims for terminally ill veterans. At that point, the VA will also prioritize PACT Act claims filed by veterans with cancer, veterans experiencing homelessness, veterans older than 85 years old, veterans experiencing financial hardship, and Medal of Honor and Purple Heart recipients.

From the moment that the PACT Act was signed into law, the VA's priority has been getting veterans the benefits they deserve as quickly as possible. The VA sped up the timeline for veterans to get their PACT Act benefits by several years by deciding not to phase in PACT Act benefits through 2026, as written into the legislation, and instead make all conditions in the PACT Act presumptive on August 10th, the date President Biden signed it into law. Since President Biden signed the PACT Act into law on August 10th, more than 176,000 veterans have applied for PACT Act-related benefits.

The VA is currently executing the largest veteran outreach campaign in its history to inform veterans, their families and survivors about the PACT Act and encourage them to apply for the health care and benefits they have earned.

For more information about PACT Act and how to file a claim, visit www.va.gov/PACT. If veterans, their families, caregivers, or survivors have questions about the PACT Act and wish to speak with someone to help, they may call 800-MyVA411 at any time. – Submitted by Ruth Aresvik, Service Officer

"I'd rather regret the risks that didn't work out than the chances I didn't take at all."

Simone Biles

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 or by phone at 509-953-0885.

This month the Honor Guard provided a rifle salute for 4 US Navy veterans, 2 US Army veterans and 1 Air Force veteran. These ceremonies collectively required 142 manhours who drove 843 miles to accomplish their missions. These volunteers encountered bitter cold weather for one of the ceremonies but remained steadfast.

If you would like to find out about volunteering as an Honor Guard member, please contact Todd Halvorson at keltod11@gmail.com or phone 509-953-0885



WHY WE NEED “BUDDY CHECKS”.

It is perhaps more important now than ever before that we perform our Buddy Checks on a more frequent basis. The idea is to connect with veterans who may need assistance or just to talk to someone. The American Legion Family already reaches out to fellow Legionnaires, but it’s not enough to simply pick up the phone and call the veterans you know. It is important that we check on All Veterans in our area to be sure they are safe and healthy. If we hear of someone in need, we can offer someone a ride, deliver groceries, or just be there for them.

There are some people who will not ask for help. If you know veterans in your area, reach out and offer your assistance to them. Please, also pay attention to senior citizens as this is part of our population most susceptible to the effects of the virus.

You may have recently read about a local veteran who passed away, and it was a veteran neighbor that was concerned when he had not seen or heard from him, who called 911 and the police came to check and found him deceased. This is an example of someone noticing a small change in routine. Obviously, it is extremely helpful.

What is important is that “Buddy Checks” let the veterans in our community know we care and are there to provide assistance. It is what we do.

We need to get a few more members to call our veterans. Please join our Buddy Check Calling Team, it will be greatly appreciated.

Give me a call at 208-661-6850 or email me at wakinder74@gmail.com, if you will help. Thank you.

- Bill Kinder, 1st Vice Commander





104th AMERICAN LEGION BIRTHDAY CELEBRATION

This month we will celebrate The American Legion's 104th birthday. On Thursday, March 23, 2020, Post 154 will be honoring our members for their continuous years of service in The American Legion.

We wish to invite all our members to attend this special event.

Presently, we have eighty of our members receiving a certificate and continuous years membership star. The stars are given for each five years of continuous American Legion service. If you have been a member from five to 70 years you will receive recognition at this meeting.

We will begin the meeting with our Potluck Dinner at 5:30 pm. The General meeting will begin at 6:00 pm with our awards during this time.

I personally would like to see as many of you as possible enjoying this celebration. Please join us on the evening of Thursday, March 23, 2023.

Bill Kinder, 1st Vice Commander, Rathdrum Post 154 Membership Committee

"Do the best you can until you know better. Then when you know better, do better."

Maya Angelou

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**NOW IS THE TIME TO GET YOUR
MEMBERSHIP DUES
PAID FOR 2023!**

There are still 33 Post 154 members that have not yet renewed for 2023. Please do so as soon as possible.

To receive your certificate for every five years of continuous membership, this is the year that will count for many of you. Please renew now! Thank you.

Bill Kinder, 1st Vice Commander, Membership Committee Chairman

Did you know...

about the Crisis Hotlines?

Coaching Into Care is not a crisis line, but we do partner with the Veterans Crisis Line or **988 and press 1**.

If you are a veteran or calling about a veteran, the Veterans Crisis Line puts you in touch with VA-trained responders.

Part of their capability is to engage with police and active rescue if necessary.

They can put you in touch with Suicide Prevention Coordinators at your local VA if you wish.

For more information or local help, see the "North Idaho Resource Directory."

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Editor's Note: Directory can be found on page 11 of this newsletter.

"A really strong woman accepts the war she went through and is ennobled by her scars."

Carly Simon

Is a 10% service connected VA disability rating really worth it?

Many times we hear a veteran say that it is "too much trouble" or "is it really worth it?" to go to the trouble of applying for a disability? The facts are it can have a tremendous impact on you and your family.

- No cost health care and prescription medications for service-connected disabilities
- Travel allowance for scheduled appointments for care at a VA medical facility or VA authorized health care facility
- Waiver of VA funding fee for home loan
- 10-point veteran preference in federal hiring
- Vocational Rehabilitation & Employment (with a serious employment handicap)
- Burial and plot allowance
- Commissary and Exchange Privileges
- Use of commissaries, exchanges and morale, welfare and recreation (MWR) retail facilities, in person and online.
- \$165.92/month tax free for life for 10% service connected disability What are you waiting for? Examples of 10% service-connected disability:
 - Tinnitus
 - Small Hearing loss
 - Any limiting injury that is service connected

For more information, go to <https://www.va.gov/disability/eligibility/> For more local information, contact Spokane County Regional Veterans Service Center at 509-477-3609.

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Mark Your Calendar:

March 6th Department Service Officer School (DSO)

March 8th International Women's Day

March 9th Post 154 Executive Committee Meeting at 6 PM Rathdrum Lions Club

March 12th Daylight Savings Time – Spring Forward!

March 13th National Buddy Check program

March 15th American Legion Birthday

March 17th St. Patrick's Day

March 18th District 1 Meeting at Post 143 Registration \$3, 9-10 am Lunch \$10 call Bryan 509-990-6739

March 19th Start of Operation Iraqi Freedom (2003)


March 20th First Day of Spring

March 23rd Post 154 Membership Meeting 5:30 pm potluck 6 pm meeting at Rathdrum Lions Club

March 25th Congressional Medal of Honor Day

March 29th National Vietnam War Veterans Day

Bits & Pieces

- **Free coffee and donuts** Beginning Wednesday, February 15, American Legion Post 143, Post Falls, will offer all free coffee and donuts from 8 - 10 AM.
- **Veterans eligible to apply for PACT Act money** need to be skeptical of any offers by third parties, such as law firms claiming they'll help lock in the benefits for a percentage. The full name of the act, which went into effect in 2022, is the *Sergeant First Class Heath Robinson Honoring Our Promise to Address Comprehensive Toxics (PACT) Act*. It gave the potential to receive compensation to millions of veterans who were exposed to radiation and toxic chemicals while in uniform, going back to the 1960s. [Read More...](#)
-  **Post 154 is going to have a gun raffle!** Commander Dee Sasse has donated two never fired firearms for the raffle. Bob Flowers is donating a never fired pistol. If you own a firearm that is just taking up space, please consider donating it to Post 154 for our gun raffle. Contact Bryan Bledsoe by email at bryandbledsoe@gmail.com or call (509) 990-6739.
- **March 1st American Legion National Commander** Vincent J. Troiola will present the Legion's legislative priorities to a joint session of the Senate and House Committees on Veterans' Affairs. The presentation is scheduled for 10 a.m. Eastern Tune in to www.legion.org to watch live or view a replay.

A Healthier You:

March is Diabetes Awareness Month. Here is a short video about eating well.

Eating Wisely

Walter is like you. He can remember a time when he didn't worry about what or how much he ate. Do you know what else he remembers? Sitting in the doctor's office with his dad when the doctor diagnosed his dad with diabetes. His Dad was Walter's age. Walter is determined to improve his health, but he doesn't know where to start... so he begins by asking his doctor.

To view the video, go here:

www.veteranshealthlibrary.va.gov/Resources/VideoLibrary/?e=0#player:165,vanpcp004

North Idaho Resource Directory

Every county and state has a Veteran Affairs office to answer questions about benefits and provide assistance. There are also other useful resources for veterans in the Inland Northwest.

How can I get help?

1) ONLINE

a) VA Website: VA.gov (incredible resources on every topic) b) Local Website: DAV9.com (Great information and links to local and national help organizations. Prepared and managed by the Disabled American Veterans Chapter 9 Fort Sherman in Post Falls.)

2) IN PERSON

NOTE: COVID-19 has limited some in-person visits. Call or go online for specific new guidelines.

a) Community Based Outpatient Clinic CBOC, 915 W. Emma Ave., Coeur d'Alene, 208-665-1700

b) North Idaho Veteran Services and Benefits Office, 120 E. Railroad Ave., Post Falls, 208-446-1090. State and county veteran service officers and staff available to answer questions, help you with VA benefits enrollment and file claims.

c) Mann-Grandstaff Department of Veterans Affairs Medical Center, 4815 N. Assembly St., Spokane, WA 99205-6185, 509-4347000

d) VET CENTER: Spokane Veteran Center, 13109 E. Mirabeau Parkway Spokane, WA 99216, 509-444-8387. Vet centers are community based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling to eligible veterans (ie. combat veterans), active duty service members, including National Guard and Reserve components, and their families.

3) BY PHONE

a) North Idaho Veteran Services and Benefits office: 208-446-1092

b) Veteran Crisis Line: 1-800-273-8255, press 1

c) North Idaho Crisis Center: 208-625-4884 or 2195 Ironwood Court, Coeur d'Alene

d) Washington or Idaho: Call 2-1-1 Health and human resources referrals

e) Shoshone Veteran Service Office: 208-7523331 or email commsec@co.shoshone.id.us If you don't know who to call, the VA has a new "Single Access Point" phone number to all VA contact centers: 1-800-MyVA411 (1-800-698-2411).

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**"I raise up my voice—not so that I can shout, but so that those without a voice can be heard. ...
We cannot all succeed when half of us are held back."**

Malala Yousafzai



'Reflecting Back' – Military Memories

Competition. Your Chance to Win \$250!

Who or what influenced your decision to join the military? Which branch did you select and what do you remember most about joining up?

TEAM HONOR GUARD - A DETAIL OF ATTENTION

By Ruth Aresvik

Veterans Help-Net Correspondent

My five sisters and two brothers watched as the uniformed guard knelt to present the American flag to my mother. In a gentle unwavering voice and eyes locked on my mom, he said "On behalf of the President of the United States, the United States Navy and a grateful nation, please accept this flag as a symbol of our appreciation for your loved one's honorable and faithful service". And then there were taps, a final tribute. All is well. Safely rest. God is nigh. This time honored tradition provided to my father by a local American Legion Honor Guard will forever be remembered by my family.

The presence of an Honor Guard detail can have a strong impact - be it good ole American pride, patriotism, or gratefulness. Most parades are (or should be) led by members of an Honor Guard, more commonly known as a Color Guard, with uniformed marchers following behind the flags. These same members are routinely asked to post the national colors (along with a state flag or American Legion colors) at government or veteran events and ceremonies. And then there are the military funerals.

The amount of time and effort required to accomplish these honors is astounding. "The majority of our missions are in Kootenai County" says Todd Halvorson, Captain of the Honor Guard at the Manuel Schneidmiller American Legion Post #154 in Rathdrum.

"If we get a mission request from outside the county and can get a team together, we will do it. We don't want to refuse requests if possible." Halvorson, an Air Force veteran, has served in the Honor Guard for roughly 15 years. "This is my way to be in uniform and keep serving my fellow veterans. I also consider it an honor to provide military honors for veterans. They all served their country and deserved and earned that honor. The families are honored and respected as well."

According to Ken Johnson, Honor Guard co-captain and coordinator, the team logged 2,246 hours and 11,357 miles in 2022. They provided honors at 124 military funerals and performed at twenty four ceremonies. These extraordinary volunteers, fifteen veterans in all, are members of the Rathdrum American Legion and local VFW.

Every individual participates in "basic training" to practice funeral ceremonies, flag folding and presentation, rifle firing in sync as a team, and posting and retiring colors.

They are responsible for their own transportation and uniform costs. Rifles are provided by the American Legion. Donations and contributions from families that they serve help cover jackets, raincoats, and other expenses.

"I work with funeral homes and families to schedule and plan the final honors for the veteran" says Johnson, who has participated in Honor Guard ceremonies while assigned to Fort Bragg, NC and the Pentagon. "I ensure we have enough personnel to accomplish the mission." Johnson also records and reports hours and mileage, transports the rifles and equipment to and from all locations. "My greatest take-away from serving with the Honor Guard is giving respect to our fallen... seeing the pride through the families tears as the rifle salute is offered and taps is sounded."

Halvorson adds "We can fold and present the flag, but normally the veteran's branch of service will provide a two person team to fold and present." Johnson goes on to say if "the flag is presented by one of our team members, we present the recipient with 3 polished rifle cartridges and this is what we say "On behalf of the American Legion, please accept these 3 polished rifle cartridges in remembrance of the honors provided to your veteran this day. These 3 cartridges represent all that your veteran stood for: duty, honor, country. May God Bless."

Over the years, the Honor Guard has provided services to a highly decorated Navy Seal and the first female Seabee. "I would like to add that we desperately need members," said Halvorson. "Our current team is aging and without new blood, this team will fade away." Giving and receiving. And giving again. These

veterans provide a flag bearing start to a 4th of July parade. They provide heartfelt recognition at the loss of a loved one. Parades and funerals. Beginnings and endings. Honoring and Guarding.

For more information or interest in joining this Honor Guard, contact Todd Halverson at keltod11@gmail.com In addition to Halvorson and Johnson, current Honor Guard team members include Al Ogram, Bob Kernan, Bryan Bledsoe, Dan Neese, Greg Munden, Hal Donahue, Harold Markiewicz, Jeff Broadhead, Kelly McMahan, Len Crosby, Lew Allert, Maggie Ogram, and Roy Murdock.



Honor Guard members from left; Harold Markiewicz, Bryan Bledsoe, Hal Donahue, Lew Allert, Len Crosby, and Al Ogram.

- Ruth Aresvik, Service Officer & Writer Extraordinaire

This article appeared on the front page of the CDA Press February 21st edition



Update on the North Idaho Veterans Home in Post Falls

Good news all around! The home has passed all the necessary inspections and all other impediments to opening. The first 2 residents have been admitted and the staff is thrilled to be working!

The application for admission was updated as of January 1st of this year. It is available [HERE](#) as a fillable pdf or you can print it out and mail it.

For those who are interested in volunteering at the home, there will be a variety of opportunities available to suit your interest. The volunteer packets are being assemble and will be available soon. Stay tuned for further details. – Jean Bledsoe

“A strong woman knows she has strength enough for the journey, but a woman of strength knows it is in the journey where she will become strong.”

“Anonymous”

The Lion's Club big 2023 raffle is a 1988 Corvette this year. Below is a flyer with the information. Sharron McPhail or Lonnie Morse will have tickets. They are available now and the lucky winner will be drawn on Labor Day following the Labor Day Breakfast at the club. There is a limit of only 3,000 tickets, so they will go quickly. Good Luck!

2023 Rathdrum Lions Club Raffle



1988
Corvette

Red 350ci 5-spd automatic posi-traction new tires T-Top

Tickets: \$10.00/each or \$25.00/for three

Drawing: Labor Day, Monday, September 4th, 2023 at noon

Location: Rathdrum Lion's Clubhouse, Rathdrum, ID

1st place - Car (do not need to be present)

2nd place - \$100 (must be present)

3rd place - \$50 (must be present)

Also, join us for our famous Labor Day Breakfast!
Sausages, eggs, all you can eat pancakes, coffee/juice
8:00am -11:30am (\$7.50ea or \$30.00 family of five or more)

→ Your picture with car - \$5.00 when available ←

Ticket Info: Sharron McPhail 760-289-9266 mcphail05@msn.com

Happy Motoring!!

Hey Veterans!

Sign up to run, walk, ruck or roll with Old Glory!

[Team RWB](#) is launching its 9th [Old Glory Relay](#), a national movement showcasing the strength, grit, and commitment of America's Veterans in support of their well-being.

From April 1 - May 20, 2023, Veterans of all generations and supporters will move an American flag more than 4,000 miles from Seattle, Washington, to Atlanta, Georgia, stopping at many Department of Veterans Affairs facilities along the way. Team RWB invites you to join them and showcase the grit and the heart of the military and Veteran community. Be a part of showing the country that when Veterans come together, they can accomplish incredible things and inspire others along the way. There are no requirements for participants when it comes to speed or distance. The only requirement to be a part of this epic journey is you must show up.

Sign up now to walk, run, or cycle the American flag in Washington State, Oregon, California, Arizona, New Mexico, Texas, Arkansas, Tennessee, or Georgia.



[JOIN THE RELAY](#)



River Discovery is offering a FREE 3-Day Salmon River Float Trip July 5-7, 2023, for Veteran Cancer Survivors.

See details below and register at <https://www.riverdiscovery.org/camping/lower-salmon-adventure/>

This specialty trip is designed for cancer survivors who are also veterans (anyone who can show proof of military service; DD214 or equivalent, VA medical card, military ID, driver's license stamped with "veteran", etc.).

A 3-day adventure floating 39 miles of the Salmon River from Vinegar Creek to Lucille with [Rubicon Rafting](#). Perfect for newcomers and experienced rafters alike, the Salmon River drifts past miles of breathtaking mountains and craggy cliffs with world-famous rapids. Led by experienced guides, this trip will give participants the opportunity to meet and bond with other adult survivors. Campsites have sand, uneven terrain, and some rocky areas where participants access the river. The ability to self-ambulate and maintain balance with minimal assistance is mandatory for this extended-day river adventure.

"I got more out of this adventure than I could ever imagine. I have had serious medical issues and being with this group allowed me to open up and also absorb so much from others."

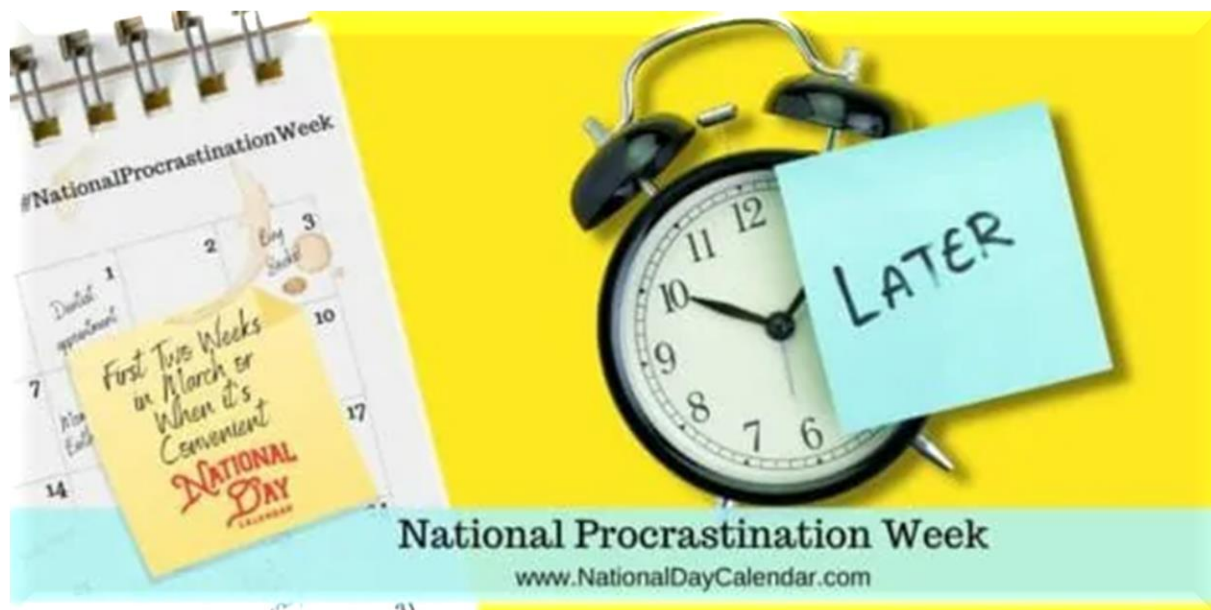
- No rafting/camping experience necessary
- Camping gear including sleeping bag, tent and life vest supplied
- The adventure is free but does require a \$50 registration fee
- Medical release from your physician required to participate

It is all set up.

Details and registration are here:

<https://www.riverdiscovery.org/camping/lower-salmon-adventure/>

Betsy Carver, Executive Director River Discovery



Veterans' Activity Groups

Veterans, Veteran's Families, and Veteran Supporters,

Check out all the events and activities that are available! If you would like more detail about any of these groups, contact Joe here: Office: (509) 893-4743 Mobile: (509) 919-2334 Eliseo.Dumlao@va.gov

<u>GROUP</u>	<u>PRESENTED BY</u>	<u>LOCATION</u>	<u>E-FLYER</u>
<u>SPOKANE VET CENTER GROUPS</u>			
All Vietnam Groups	Spokane Vet Center	Spokane Valley, WA	Yes
Cinema Group	Spokane Vet Center	Spokane Valley, WA	Yes
Guitar Group Therapy	Spokane Vet Center	Spokane Valley, WA	Yes
Here & Now Processing Therapy	Spokane Vet Center	Spokane Valley, WA	Yes
Modern Warrior Group	Spokane Vet Center	Spokane Valley, WA	Yes
MVC Availability	Spokane Vet Center	Anywhere	Yes
Project Healing Waters Fly Tying	Spokane Vet Center	Spokane Valley, WA	Yes
Sobriety Support Group	Spokane Vet Center	Spokane Valley, WA	Yes
VetTrans	Spokane Vet Center	Spokane Valley, WA	Yes
Work Study Recruitment	Spokane Vet Center	Spokane Valley, WA	Yes

Also, as a reminder, if you know of a Veteran or Veteran Friendly event and would like to share it, please send the flyer to me to spread the word to those in the Inland Northwest!

Eliseo "Joe" Dumlao, MSW

USAF (Retired)

Veterans Outreach Program Specialist

Spokane Vet Center

[Spokane Vet Center Website](#)

[Spokane Vet Center Video](#)

Office: (509) 893-4743

Mobile: (509) 919-2334

Eliseo.Dumlao@va.gov

Spokane Vet Center

Hours of Operation: Monday to Friday: 8am to 4:30pm



Mike "Budweiser"
Barkstrom

Bill "Big Spender"
Gates

CSM (Ret) Carey Pennington

The Honor Project Fundraiser

Hosted by Special Forces Association Chapter XLIII

This event will consist of three video autobiographies of Army Special Forces Soldiers with special guest: Medal of Honor Recipient MSG Earl Plumlee.

18 MAR 2023 from 10:00 to 11:30 am,
Mountain Lakes Bible Church, 2215 N 7th St
Coeur D Alene, ID 83814

All donations will help to support the health, morale and welfare of North Idaho Veterans, their Families and our local communities.



North Idaho
Military Retiree Social

MARCH 7, 2023 | 6-8PM
AMERICAN LEGION POST 143
POST FALLS

1138 E POLELINE AVE.
POST FALLS, ID 83854

Join us for the first North Idaho Military Retiree Social!
For info or questions call: 208-755-0982



AVIATION SCHOLARSHIP ANNOUNCEMENT



The No Greater Love Aviation Foundation is an approved 501 (C)(3) foundation which was formed to honor the memory of local Idaho Army aviators who were killed in the line of duty.

We are honoring their legacy by giving local high school kids ages 16 to 19 an opportunity to apply for and receive named scholarships for aviation training.

BASIC SCHOLARSHIP APPLICATION DETAILS

1. Idaho High School Student ages 16 to 19 with a 2.5 GPA or higher.
2. Enrolled in or ability to enroll in aviation training and use scholarship in 2023.
3. Complete and submit scholarship application online by March 31, 2023.



GREATER **LOVE** HAS NO ONE THAN THIS;
TO LAY DOWN ONE'S LIFE
FOR ONE'S FRIENDS.