



# Manuel Schneidmiller Post 154, Inc.

## Rathdrum Idaho

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### Commander:

Dear Fellow Legionnaires and Legionnaire Family,

Greetings to you all, once again I am opening this month's comments with a big thank you for everything our members do for the Post and for the community. We really do have the best post in Idaho! I know we have a very busy summer coming up and I just wanted to touch on a few events that you may want to attend or even volunteer to assist with. First is Stand Down which is next Saturday the 7th. We will have a table to greet folks and let them know that we support them and can assist them if possible. Next, is the Armed Forces Day at the Fedora Outdoor Festival in Coeur d' Alene on May 21st. We hope to have a table set up for meet and greet. It looks like it might be a blast! And as you all know at the end of the month is Memorial Day. We will be doing a remembrance ceremony at the cemetery in Rathdrum at noon. Please come and make this event special.

The following paragraph has been taken from the 2016 American Legion Memorial Day Speech. "The Preamble to the Constitution of The American Legion charges our organization to "Preserve the memories and incidents of our association in the Great Wars." It serves as a reminder that while some gave their all, we should more willingly give much to help keep our nation worthy of their sacrifices." Remember this is one of the reasons we belong to The American Legion.

I hope to see you all soon and have a great May. - Commander Dee Sasse

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### Service Officer:

I have had a number of Veterans contact me with copay, choice and other VA payment problems. The VA has a number of ways to address these issues, but you must not just forget or ignore the letters they send. They now send debts they can't collect to the Treasury Department. There are waivers, forgiveness, and payment programs available, but just forgetting about the problem makes things worse. Following are some links which can describe and help solve debt problems:

#### How to Dispute Charges

<http://www.va.gov/HEALTHBENEFITS/cost/disputes.asp>

#### VHA First Party Debt Management Treasury Cross-Servicing Program

<http://goo.gl/L8h2k6>

#### Veteran's Copayment Responsibility for VA Health Care • Frequently Asked Questions

<http://goo.gl/18LRge>

I hope this information helps you or a veteran you know. Please do sometime about a debt problem, keeping in mind the Treasury Department will not stop looking for the money to satisfy a VA debt.

- Service Officer Charlie Till

## Adjutant:

**Post 154 Elections:** Manuel Schneidmiller Post 154 elections took place at the last General Membership Meeting and the new officers will serve for the 2016 – 2017 year. They will be installed at the next General Membership Meeting on May 25th.

<b>Position:</b>	<b>Name:</b>
Commander	Dee Sasse
1st Vice Commander	John Fevold
2nd Vice Commander	Len Crosby
Adjutant	Bryan Bledsoe
Service Officer	Charlie Till
Finance Officer	Len Crosby
Historian	Lonnie Morris
Chaplain	Paula Atwood
Sergeant-at-Arms	Bill Kinder
Judge Advocate	Jeff Broadhead
3 Year Committeeperson	Todd Halvorson
2 Year Committeeperson	Lew Allert (moved down from 3-year position)
1 Year Committeeperson	Helen Kinder (moved down from 2-year position)

### **Employer Support of the Guard and Reserve:**

As the North Idaho Area Chairman of the ESGR I had an opportunity to spend two days last week on Gowen Field in Boise with the Senior Officers and NCO's of the Army National Guard, Air National Guard, Navy Reserve, Army Reserve and Marine Reserve. There are approximately 5,000 men and women serving on behalf of the State of Idaho and the federal government. Major General Sayler has overall responsibility and is appointed by the Idaho Governor.

Col. Timothy Donnellan commands the 124<sup>th</sup> Fighter Wing of the Air National Guard and he told us that over half of the brigade had deployed to Iraq with more going to Africa soon. It is unprecedented for this large a contingent to deploy at one time. Twenty-one A-10 Warthogs along with all of the support crew were sent to Iraq. Upon arriving they seamlessly integrated and began flying missions the very next day with no additional training. This demonstrates their high level of readiness. They have been given high marks for their performance and for the fact that they are returning with all ordinance used up after each mission. He said that maintaining this air wing is about one-third the cost of a traditional full time unit.

We heard a great patriotic speech from Major Nathan Ingam who is the Commanding Officer of the Marines Company C, 4th Tank Battalion in Boise. I am going to see if I can get a copy of his speech. I thought it was terrific. He deployed twice to Iraq. The first time as a Rifle Platoon Commander and then as a Mobile Assault Platoon Commander.

Our guard and reserves account for about 50% of our military. They are an important component of our military defense. Their high level of training means that they are ready to deploy immediately as demonstrated by the account given by Col. Donnellan.

This was my fourth visit to Gowen Field over the past year and every time I leave there impressed by our guard and reserve personnel. – Adjutant Bryan Bledsoe

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## Finance Officer:

Very few expenses this month, and a wonderful donation [\$115 for the Legion and \$10 for use in the event next year] from those who attended the Easter Egg Hunt that the Post assisted with, so we had a positive net income.

Our Post continues to operate on budget and we are looking forward to a great Poppy Program associated with our Memorial Day Remembrance and ceremony.

A huge thank you to Paula Atwood, Sue Fevold and Maryellen Decker who have spearheaded the Poppy Program, and to all of the volunteers who risked sore fingers and artistic critics to assemble thousands of Poppies at the two “Poppy Assembly Parties” hosted by Maryellen.

We have approval to distribute Poppies at both Steins Market and Super 1 on Friday, May 20 and Saturday, May 21, and at the new Ace Hardware Friday, May 27 and Saturday, May 28. These locations are all in Rathdrum. Lots of preliminary work has been done to make this project come together – NOW WE NEED YOU TO VOLUNTEER TO PARTICIPATE WITH YOUR BROTHERS AND SISTERS AND MAN OUR TABLES ON THESE IMPORTANT POPPY SALE DATES. IF YOU HAVE TIME TO GIVE, PLEASE CALL ME AT [\(208/651-0697\)](tel:2086510697) OR E-MAIL ([crosbylenmary@frontier.com](mailto:crosbylenmary@frontier.com)) - Finance Officer Len Crosby

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## Legislative Chairman:

**Veterans Home for N. Idaho:** Our work with the Jacklin Family, the City of Post Falls and Jacklin Land has resulted in the Jacklin family members increasing the land site that they have donated for this facility. Our site is now approximately 8 acres in size. We also received word that the Idaho Division of Veteran Services has completed and submitted its initial application to get this facility on the VA Construction Grant funding list. All good news, but we still have between five and seven years before we can expect to get that VA Construction Grant.

Now our focus needs to move to our members of Congress. I urge you to send letters to Rep. Labrador, Senator Crapo and Senator Risch urging them to support this application.

### NATIONAL ISSUES:

**Veterans Compensation and Disability COLA:** On March 17, 2016, Representative Ralph Abraham (LA), Chairman of the House Veterans' Affairs Subcommittee on Disability Assistance and Memorial Affairs, introduced H.R. 4782, the Veterans' Compensation Cost-of-Living Adjustment (COLA) Act of 2016. This measure would increase veterans' disability compensation, survivor benefits and clothing allowances by the same percentage as Social Security benefit increases scheduled to take effect on December 1, 2016, and would affect payments beginning January 1, 2017.

Unfortunately, H.R. 4782 contains a “round-down” provision which Veteran Service Organizations, including The American Legion adamantly oppose. Specifically, the practice of rounding-down compensation increases to the nearest whole dollar is unfair. This practice, established over 20 years ago as a temporary measure, has siphoned millions of dollars annually from disabled veterans, their families and survivors and jeopardizes the ability of those relying on these benefits to maintain an adequate standard of living.

I urge you to contact your Representative in Congress (Rep. Labrador) and ask him to co-sponsor and support passage of this bill, and to inform Rep. Labrador that the practice of rounding-down compensation increases is unfair to veterans their families and survivors. - Legislative Chairman Len Crosby

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## Chaplain's Pew:

Heading into the month of May is always exciting. Why? Because it's full of promises for fresh starts and beautiful blooms bursting into the sunshine each day.

For our American Legion, we too are ready to experience a blooming. Our newly elected executive board officers begin their new positions. I need to ask...did you consider the idea of stepping up to take on a job for one year? Did you offer your services?

Each executive board member shares in the responsibilities for the operation of our Post (that sounds kind of boring), but there is always the hope that someone will bring fresh opportunities, ideas we haven't seen or tried before, some seed to help us grow.

Look around. We all have talents, every one of us. We just need to step forward and take advantage of each opportunity to help our American Legion bloom to its fullest potential.

Note: Your American Legion Chaplain does not need to be ordained formally in any way. A Post Chaplain is simply a lay person who is willing to step forward to do a job for the betterment of an American Legion Post. If you ever want to consider doing a job, ask me about being a Chaplain some time. And if you know of someone needing a card or a visit from a Chaplain, please give me a call.

P. Atwood

Your Chaplain, sitting in the pews

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## Sick Call & Taps:

- The Post 154 member and Honor Guard Captain, Todd Halvorson, fell off the back of his truck breaking both arms. His left arm is broken in several places and is in a cast. The right arm is broken too high to cast and is in a sling. Please call Todd and offer any help you can. With Todd "wingless" that leaves our honor guard down three people. Ever thought of helping to provide honor, respect, and support on a veteran's final journey? Call Todd and offer your service. (509-226-5355)
- Jean Bledsoe is recovering well from her bout of sepsis which interrupted her vacation in California last month. Though she has recovered from the infection she is still undergoing medical tests and being treated for a blood clot which is occluding her left internal jugular vein. Her doctors are recommending that she avoid any potential infection risks, which means no interacting with groups. This is the worst part of her recovery as she misses her legion family and participating in Post events.

## Mark Your Calendar:

May 2<sup>nd</sup> - Dedication open house for Newby-ginnings – see flyer page 10

May 7<sup>th</sup> - Stand Down – see article on page 6.

Poppy campaign is scheduled for Steins Market and Super 1 on Friday, May 20<sup>th</sup> and Saturday, May 21<sup>st</sup>, and at the new Ace Hardware all in Rathdrum Friday, May 27<sup>th</sup> and Saturday, May 28<sup>th</sup>.

May 21<sup>st</sup> - Fedora Outdoor Festival – See flyer on page 9

May 30<sup>th</sup> – Memorial Day Remembrance at Pine Grove Cemetery in Rathdrum at noon.

## Memories:

Ruth Aresvik submitted the following just in time for "Poppy Days".

The first photo is from 1966 with my sisters Dawna and Vicky. They were the poppy girls that year. The second photo is my dad Charles Mogensen in July 1963. He served four years as commander of Post #46 in Jerome, Idaho. This was the first year since 1958 that the post had reached it's 100% membership goal. The third photo shows my sisters Lori and Carla as poppy girls, circa 1964.



**American Legion Poppy...**Legionnaire Ralph Peters, WW II veteran gets "pinned" by Dawna Mogensen, left, and Vicki Mogensen, 1966 Poppy Girls for the Auxiliary. The two young ladies assisted the Auxiliary last weekend with the sale of poppies in Jerome. Proceeds go to disabled veterans and aid the unit's rehabilitation program. By means of a unique skit the girls told the Poppy story, promoting the sale at Rotary club, Jerome Civic Club, Jerome Grange, Kiwanis Club, BPW and St. Benedict's hospital Guild.



**Legion Post Honored...**Commander Charles Mogensen of the Jerome American Legion post examines the trophy he recently received for outstanding membership activities. Mogensen is serving his second term as leader of the Jerome organization.



### Jerome Legion Receives Honor at State Meet

Jerome American Legion Post No. 46 and its commander, Charles Mogensen, came in for special honors during the organization's recent convention at Boise.

Mogensen, who is serving his second term as Jerome commander, was awarded a special trophy for his membership activities. He was also given a pin.

In addition, a small American Legion [flag] and American flag were presented to the troop for membership activities. It is the first year since 1958 that the Jerome unit has reached its 100 per cent quota.

[Article taken from the North Side News, Jerome, Idaho, July 25, 1963.]

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## Stand Down:

Stand Down will again be held at the Kootenai County Fair Grounds on Saturday, May 7<sup>th</sup>. Opening ceremonies will begin at 8 am. As always, all veterans are welcome and encouraged to attend. There will be many services – all free - available on site to all vets, including health assessments by the VA Hospital Mobil Unit, veterinary services, haircuts, dental care, massage, vision checks, employment opportunities, and many more.

As in the past 2 years, only homeless vets are eligible to receive DOD surplus goods. If you know of a homeless vet, please help them get to Stand Down this year. It is a **HUGE** help to them!

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**Fedora Pub and Grill** is celebrating ARMED FORCES DAY by having a huge outdoor event on Saturday May 21st from noon until 8 pm. The purpose is to show Kootenai County how important and valuable vets and veteran organizations are to the community.

Some great entertainment is lined up with five live bands playing throughout the day. There will be food and drink with happy hour prices for veterans all day.

All the Veteran Service Organizations in our area plan to be there to support this event by setting up booths in the space provided outside for free by Fedora. This is a great opportunity to meet and greet the public and tell them about The American Legion and Post 154.

If you can't do that please come and plan on supporting this event. Most importantly, tell your friends and family to come out and show their support for the military and veterans. It's anticipated that parking will be limited so there will be parking close by with shuttles provided.

Fedora Pub and Grill is located at 1726 W. Kathleen Ave off of Ramsey Rd in Coeur d'Alene and the event will be held in their parking lot. [See flyer page 9 for more details.]

Please contact me if you would like to participate in manning the booth that day.

- Adjutant Bryan Bledsoe (509) 990-6739 or email at <mailto:BryanDBledsoe@gmail.com>
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**Military Order of the Purple Heart:** Have you, or a Veteran you know, received a Purple Heart for wounds suffered in Combat? The Idaho Division of the Military Order of the Purple Heart ("MOPH") is seeking medal recipients to form a N. Idaho Chapter of the MOPH. Currently there are two chapters of the organization in Idaho, both in southern Idaho. American Legion Post 143 has offered to provide a place for the Chapter to meet, once it is formed. The MOPH only has one class of membership – Life Member, and lifetime dues are only \$50. Those who need financial assistance can apply to the Idaho Commander and receive help with payment of the one-time dues.

If you are interested, or know of another Veteran who might be interested, please contact Len Crosby by phone (208-651-0697) or e-mail ([crosbylenmary@frontier.com](mailto:crosbylenmary@frontier.com)). Len is working to form the N. Idaho Chapter.

**Planning an event for the Post?** Need publicity? Send the details – in plenty of time – and it can go in the Rathdrum weekly paper, the CDA Press, and possibly other outlets. Send the information to [rathdrum154@gmail.com](mailto:rathdrum154@gmail.com). Thanks. - Publicity Chairman Jean Bledsoe

## VA helping migraine sufferers with new treatment



*VA helping migraine sufferers with new treatment*

Posted on April 7, 2016 Posted in Health by Tom Cramer

We've all experienced a really bad headache at some point in our lives. But what if you were having a real head-splitter three or four times a week?

The good folks at the Salisbury VA in North Carolina might have discovered a cure for all that pain.

### *Oh What a Relief It Is*

"One of my patients told me about this new device that was approved by the FDA in 2014," said Dr. Alton Bryant, a neurologist at Salisbury. "I've been prescribing it for about six months now. I think it's a solid treatment, certainly as good as our standard migraine medicines."

*So what the heck is it, anyway, and how does it work?*

"It's a futuristic-looking device that you place on your head, like a metallic headband," Bryant explained. "It sends electrical impulses back into your brainstem, where they interrupt your pain circuits. You need to wear it every day for at least 20 minutes. You can wear it more than that, if you want, but 20 minutes is the minimum."

He added: "Using electrical impulses to control pain is called neuromodulation and it's a big focus in medicine right now."

The mysterious device goes by the name of Cefaly –pronounced *Sef-a-lee*— and looks like it was beamed down from the Starship Enterprise.

"I call it my 'Geordi device,' because that's what it looks like," said Marine Corps Veteran Rodney Harrington. (Lt. Commander Geordi La Forge, blind since birth, was the chief engineering officer on the USS Enterprise. He wore a special visor that enabled him to 'see.')

"I was kind of skeptical, but I gave it a try," Harrington said. "I went from having two to four migraines a week to having maybe two per month. It really works. I usually wear it in the afternoon or evening. It's very calming. It's kind of a good way to end the day."

**"I've had migraines for 20 years, and this is the first thing that's really made a difference for me."**

### *Zombie Land*

Harrington, 44, said his Geordi device is a welcome alternative to the various pills he was taking daily to control his pain.

"The meds I was taking would make me feel like a zombie," he said. "I call them knock-out pills. But this thing just relaxes me. And it's small and lightweight, so whenever I go out of town I just throw it in my bag and take it with me."

"I haven't taken my meds in quite some time now," he added, "so this has definitely been a benefit. I've had migraine problems for 20 years and this is the first thing that's really made a difference for me."

"It's a preventative," observed Dr. Alton Bryant. "And like any migraine preventative it will work extremely well for some people, moderately well for others, and not well at all for some. I can say it's been beneficial for most of my patients. Well over half my patients have a moderate to very good response."

*Only half? So why doesn't it work for everyone?*

“That’s true of any treatment,” said the neurologist. “That’s why we have 10 different pills for epilepsy. That’s why we have so many different kinds of blood pressure medications. Everyone’s different, and everyone will respond to a given treatment differently.”

Bryant said migraines are the single biggest reason people visit a neurologist. “More people see a neurologist for migraines than dementia, stroke, or Parkinson’s,” he said. “We’re fortunate to have Cefaly as an optional treatment, because here at VA we’re trying to avoid prescribing meds whenever possible.

“You always have to worry about your patients not taking their meds correctly,” the neurologist continued, “so we’re always open to trying alternatives like Cefaly. Because even when your patients take their meds correctly, there’s always side effects or interactions with other meds they’re taking. Side effects can add up. But when you use electrical impulses to prevent pain, you don’t have to worry about any of that.”

### No Cure-All

“I was taking a lot of over-the-counter pain killers,” said another of Bryant’s patients, 53-year-old Randy Stegall. “And some of the prescription meds I was taking made me feel funny. I won’t say this new device is a cure-all, but it’s given me a lot of relief. You have to get used to the sensation, though. It kind of puts you in a very relaxed state. It’s almost like meditating. You might not want to drive a car or operate heavy machinery right after using it.”



*Army Veteran Brenda McClennaham gets acquainted with neuromodulation with a little help from Dr. Alton Bryant, a neurologist at the Salisbury VA in North Carolina.*

Stegall, an Army Veteran, said the Cefaly device has only one notable drawback.

“When you first see it, you have to refrain from making a comical remark about it,” he laughed. “It’s definitely different-looking. When I put it on, I just tell people I’m going to take a few minutes to shock my brain and I’ll be right back.”

Different looking though it might be, but Cefaly appears to have had a distinct impact on the quality of Stegall’s life.

“It’s reduced the amount of meds I’m taking,” he said. “When you’ve had a headache for 14 days, you’re willing to try anything to get relief, and this thing works. If you’re having issues with headaches, it’s worth a try. It’s a comfort, having it here, knowing I can use it whenever I need it.”

### *Six on the Richter Scale*

“Initially, in the doctor’s office, it felt kind of funny,” said 49-year-old Army Veteran Mark Brooks. “I didn’t think I would like it. But I wanted to give it a fair shot. So I took it home and kept using it. My migraines are real severe, but when I started using it consistently I stopped getting the severe ones as much.

“If my migraines were at a 10, they’re probably at a six now,” he added. “Six is better than ten.”

Brooks said his pain never really goes away, which is why he’s on three different medications in addition to his daily Cefaly treatment. He said he hopes the science of neuromodulation continues to advance so that perhaps one day he can be pain free.

“When I first started getting migraines, back in the 90s, I felt there was no way I could live with it,” he said. “The pain was so severe. I felt like maybe I had a tumor or something and that I was going to die. But now I feel like there’s more hope for me.”





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# ARMED FORCES DAY

SATURDAY MAY 21, 2016 • 12:00pm - 8:00pm

**Come Out and Celebrate Our Local Active Military and Veterans!**



**A Family Friendly Outdoor Festival!**

- Beer Garden • Outdoor Concert
- Full Honor Color Guard
- Military Vehicles

Fedora thanks the following groups for making this event possible



**The Fedora Bar & Grill**

1726 W Kathleen Ave.  
Coeur d'Alene, Idaho

SATURDAY, MAY 21, 2016 12:00PM TO 8:00PM

# WE ARE MOVING!



## GRAND OPENING CEREMONY!

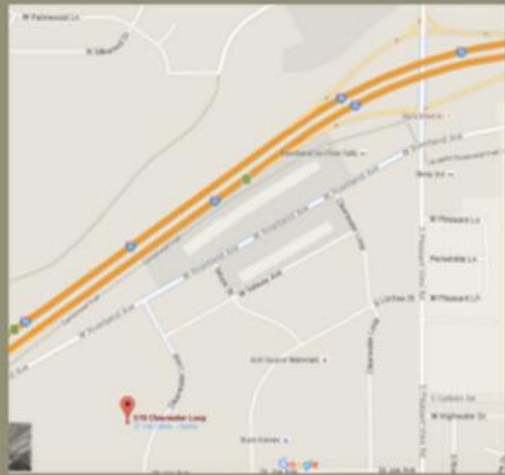
**MONDAY  
MAY 2, 2016**

**12:00 PM**

570 S. Clearwater Loop Unit A  
Post Falls, Idaho, 83854  
208-610-6996

**Directions from Spokane:** East on I-90, take Exit 1 Beck Road in Post Falls. Take a right at the light then a left at the end of the road. Follow the road around in front of the Greyhound park then take a right on S. Clearwater Loop then your first right into our parking area. We will be on your left after the Kaniksu Building.

**Directions from Coeur d'Alene:** West on I-90, take Exit 2 Pleasant View in Post Falls. Take a left at the light then a right on W Riverbend Ave. Take a left on S. Clearwater Loop then your first right into our parking area. We will be on your left after the Kaniksu Building.



Lunch graciously provided by Texas Roadhouse!  
Posting of the Colors by AL Post 143 Post Falls and Post 154 Rathdrum  
Music brought to us by Rock 94.5.  
Media coverage provided Dan Kleckner and KHQ News  
MC - Lew Allert of the AL Post 154 and the DAV  
And more!