



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho

Newsletter

Volume 3 Issue #5

May 2017

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Commander:

Hello from your Commander. I want to start off by saying thank you to our Easter Egg Committee, the City of Rathdrum and everyone that helped on Easter Egg Hunt day. We had a wonderful turnout and I know everyone in the community treasured it. A Big Bravo Zulu to you all.

Similarly, I want to thank everyone that is participating and/or chairing committees that have been working diligently on the following projects: Stand Down, Post 154 Poppy Program Committee, Rathdrum Days Parade Committee and the Pumpkin Patch Gang. I know that it seems like the work never ends but it is appreciated by our veterans and the community.

We have some very busy months coming up so I would like to personally request all our members please volunteer to help, even if it is just for an hour. We really need YOUR help!

This month we will be observing Memorial Day. It's a day that many Americans view as the official beginning of summer, marked by picnics, BBQs, and relaxing with friends and family. But Memorial Day is a very important holiday established to give us a time to honor and remember the men and women who have served in the armed forces and the ones that gave the ultimate sacrifice. We need to be there for them – not just as members of The American Legion family – but as American citizens.

Nobody can replace these fallen heroes – especially in the eyes of their families – but we can offer shoulders to cry on, assistance programs and assurance that their loved one's sacrifice will not be forgotten. So in addition to our picnics and BBQs, here are five great ideas for things we can do around our homes and towns to observe Memorial Day and our heroes:

1. Attend a parade. Many towns have parades on Memorial Day and some events even conclude with a memorial service. So take some time out from prepping for BBQs or relaxing with friends and family and take advantage of what your town has to offer on this important day.
2. Decorate with Flags. Break out the red, white and blue! For many, many years it has been a tradition to decorate the graves of fallen soldiers with flags on Memorial Day. So why not bring that tradition home and decorate your house and lawn with the stars and stripes! Another tradition is to fly the flag at half-staff from dawn until noon local time. So if you have a flag pole, consider joining the tradition this year.
3. Support your local Poppy Program. During the days leading up to Memorial Day, members of the Post 154 will be at the area's supermarkets reminding folks about Memorial Day and taking donations for poppies. The poppy's significance to Memorial Day is the result of the John McCrae poem "In Flanders Fields".
4. Participate in the National Moment of Remembrance. In an effort to restore Memorial Day as the sacred and noble holiday it was meant to be, the National Moment of Remembrance, established by Congress, asks Americans wherever they are at 3 p.m., local time, on Memorial Day to pause in an act of national unity (duration: one minute). The time 3 p.m. was chosen because it is the time when most Americans are enjoying their freedoms on the national holiday.
5. Thank A Veteran. While Memorial Day is a time for remembering and honoring our fallen soldiers, it's also a wonderful time to thank those soldiers past and present who are right here in our midst today! Thank them for all they have done to protect our country and our freedoms.

Thank you very much and God Bless our Country. Dee Sasse, Commander

2nd Vice-Commander:

We have finished the quarter of the New Year and have already accomplished much. Our participation in the Community is high, and the turn-out of our members to assist in the City of Rathdrum's Easter Egg Hunt was more than double what we had last year. The old saying "Many hands make light work!" was proven to be very true, as we put out more than twice as many eggs as last year in half the time. A HUGE BUNNY HUG to Sue and John Fevold for all their work in planning and organizing this event, and a tasty Easter Egg to all our members and their spouses who turned out to make this a great success. Considering how long it takes to put this together and get the eggs distributed, it is always amazing to see how short a period it takes for the kids to scoop them all up.

Paula Atwood and Len Crosby have all the planning and organizing done for our major fundraiser and another Community event that greatly increases our profile in the Community – our Annual MEMORIAL DAY POPPY DISTRIBUTION. This year we have secured permission to hand out Poppies to remind our Community members of the sacrifices made by our men and women in uniform in our many wars and conflicts, including those currently on-going. Donations this year are anticipated to be more than \$5,000 and with the stores we have lined up I think this is a realistic goal. WE NEED YOU TO PARTICIPATE. PLEASE SIGN UP FOR AT LEAST ONE SHIFT PER WEEK OVER THE LIMITED TWO WEEK PERIOD WE RUN THIS PROGRAM. If a time or store you want is taken, SIGN UP ANYWAY – we can always use more than two members or spouses per shift and that allows some of our volunteers to take a bathroom break. This program is very important in keeping our Post and the sacrifices of our Veterans in the forefront of our fellow Citizens. PLEASE - DO YOUR PART! – Len Crosby, 2nd Vice-Commander

Finance Officer:

Our budget is approved and in place, and our expenses are slightly less than we forecast for the first quarter. Unfortunately, our income is slightly less also. The Fundraising Committee has come up with some great ideas for FUN FUNDRAISERS, and I am very encouraged by the work and planning that they have done. Thanks to all our members who participated in that day of planning and discussion.

Our finances remain stable. We need to be pro-active in our fundraising and prudent in our expenditures, but we remain on a solid footing, as noted in the monthly financial reports submitted to the Membership. SIGN UP TO HELP IN THE MEMORIAL DAY POPPY DISTRIBUTION OR RISK A VISIT BY SCROOGE MCDUCK!
Len Crosby, Finance Officer

Legislative Chairman:

The Idaho Legislature is out of session, and little of consequence was accomplished. There was strong support for an increase in Education spending – especially for Community Colleges (NIC) and Continued Technical and Professional Training – which strengthens our workforce. Having a strong and technically proficient workforce is a major incentive to attracting new employers and in retaining our existing employers and helps our young people stay in our Community because they can find good paying jobs here. – Len Crosby, Legislative Chairman

Adjutant:

All about this Memorial Season:

- Memorial Day Ceremonies will take place at Pinegrove Cemetery in Rathdrum at noon on Monday, May 29th. This event is open to the public. The ceremony is to honor members of the military who died while serving in the US military. American Legion Post 154 Commander, Dee Sasse, will provide opening remarks. Wreaths will be laid in honor of each branch of the military. The combined Honor Guard of Post 154 and Post 143 will provide a rifle salute.

Here is a story found on line regarding the meaning and wearing of the poppy.

“A lovely military man selling poppies stopped me today and asked if he could reposition mine - while doing so he told me that women should wear their poppy on their right side; the red represents the blood of all those who gave their lives, the black represents the mourning of those who didn't have their loved ones return home, and the green leaf represents the grass and crops growing and future prosperity after the war destroyed so much. The leaf should be positioned at 11 o'clock to represent the eleventh hour of the eleventh day of the eleventh month, the time that World War One formally ended. He was worried that younger generations wouldn't understand this and his generation wouldn't be around for much longer to teach them.”

- Beginning this Memorial season, Post 154 is offering a way for friends and families to set up a memoriam to beloved veterans who have passed. The program is also designed to allow the public to help support the work of our American Legion Post, providing assistance to local veterans, their families, and the community. For more details on this program and how a memoriam can be established, see the flyer on page 9 of this newsletter.
- Post 154 is conducting a Poppy Remembrance drive on May 19th & 20th and the following week on May 26th & 27th. It is a great opportunity to remind the public just before Memorial Day of the sacrifices made by those who died in military service. This is also an excellent opportunity to reach out to other veterans in our community who might be underserved.

Most of the time slots are filled but we need some help filling up the last few below. We are manning two stores each day. If you can take one or two of these times please contact Paula Atwood by email snip2sew@gmail.com or phone [\(208\) 446-6293](tel:(208)446-6293). It is very easy, no selling involved but we do accept donations.

Friday May 19th at Super 1 in Post Falls 9am to 1 pm – need 1 more with Len Crosby.

Friday May 26th at Super 1 in Rathdrum 1pm to 5 pm – need 1 more with Jeff Broadhead.

Saturday May 27th at Super 1 in Rathdrum 9 am to 1 pm – need 1 more with Craig King.

Saturday May 27th at Super 1 in Rathdrum 1 pm to 5 pm – need 2 for this shift.

– Bryan Bledsoe, Adjutant

Chaplain's Pew:

Director Rudy Lopez gave a seminar at the North Idaho College a few weeks ago. The slide presentation and information provided was especially opportune as we enter the month of May and our focus on Memorial Day remembrance.

Part of the information given had to do with the need to pre-register for eligibility determination for using the Veterans Cemetery near Medical Lake (or any veterans' cemetery facility). It is not automatically given upon your immediate need and could take up to 7-10 working days to get your registration papers/eligibility determination in place.

Also, it was stressed that the military does not pay for your funeral costs up front. It does not pay for any of the usual and customary funeral home services (cremation, caskets, urns, etc). And very frankly, those specific kinds of services need to be paid in full up front. So the word is out right now....do not wait until the last minute to decide the where, how, costs, and other decisions involved. Make some of these decisions by yourself or with your spouse...but make them before they are needed.

The Medical Lake cemetery is 120 acres. The grounds are beautifully maintained and the Veterans' Cemetery provides in-ground interments, cremation niche, a scattering garden, and even burial-at-sea options.

See www.dva.wa.gov/cemetery for lots more specific information and eligibility forms needed to submit to the VA.

Check out 'Missing in America'. It is a program that Director Rudy Lopez uses that specifically seeks to locate, identify and inter unclaimed veterans in the United States and move them to a veterans' cemetery with proper honors.

Kellie Richardson spoke briefly at the seminar, too. She, a veteran of Desert Shield/Storm and with a degree in Mortuary Science, conducts free seminars and meetings for local area veteran organizations, agencies and individuals. Note: she does NOT sell anything or represent any business interest. Providing information freely is her personal ministry and way of giving back to fellow veterans and their families. If you want to contact her personally, email is best at KellieR91@yahoo.com. Or, we could contact her and have her give a presentation at one of our general meetings.

This article is only scratching the surface of all the information available for veterans. The time is now to at least start answering some of the questions your family will face...don't wait and simply believe that the VA is going to pay for everything and plan everything for you. You didn't get any voice in planning your entry into this world, didn't always get to decide if you wanted to serve the military or not, but you do have a voice in how you will depart. Take time...do the research...talk openly...find those papers...make this Memorial Day month one in which you do your homework...and get this job done.

And as always, if you know of someone who is ill or in distress, please contact me. I am available to make phone calls, visits, or send cards of cheer or sympathy for those in need. Sitting the pews, Paula Atwood, Chaplain

Editor's Note: Here is the link to the Medical Lake Veterans' Cemetery: <http://www.dva.wa.gov/cemetery>
And the preregistration form: http://www.dva.wa.gov/sites/default/files/cemetery_preregistration.pdf

Service Officer:

On April 18, 2017, VA announced the launch of the Center for Compassionate Innovation (CCI), which will explore emerging therapies that may enhance Veterans' physical and mental well-being.

In addition, VA is accepting proposals to fulfill CCI's mission of finding innovative approaches to health care, which may support those Veterans who are unsuccessful with conventional treatment. Proposals may be submitted through <https://www.va.gov/healthpartnerships/> and will be evaluated through a rigorous algorithm that critically assesses the safety and efficacy of the innovation.

"VA is unique in our approach to health care," said Veterans Affairs Secretary Dr. David J. Shulkin. "We are committed to offering Veterans cutting-edge and innovative care. That means carefully exploring every avenue that will promote well-being."

CCI explores innovations in the health-care industry as well as innovative practices currently being piloted on a small scale within the Veterans Health Administration. CCI is primarily interested in innovations that address [post-traumatic stress disorder](#), [traumatic brain injury](#), chronic pain and [suicidality](#). However, CCI will explore any safe and ethical innovation intended to improve Veterans' health and well-being.

CCI is not an implementation office intended to conduct research, clinical treatment or establish a vendor relationship. CCI is strategically positioned to spotlight cutting-edge therapies and treatment modalities emerging in private industry. CCI is an example of VA's quest to continue as a leader in providing innovative and effective treatments for Veterans.- Ruth Aresvik, Service Officer

A Healthier You:



[Pickle Relish Will Do in a Pinch Against Leg Cramps](#)

Over the years, we have collected quite a number of home remedies for sudden painful muscle cramps. Often these are leg cramps, but occasionally muscles in the hands or arms cramp as well. One favorite remedy that coaches love is pickle juice. A few sips of pickle juice can chase a cramp away. But what about pickle relish? Does it work as well? [...]

[> Read Article](#) from The People's Pharmacy

Mark Your Calendar:

May 8th - VE Day (Victory in Europe 1945)
May 10th - Post 154 Executive Meeting
May 13th - Stand Down – Kootenai County Fairgrounds 8 am – 2 pm
May 14th - Mother's Day
May 20th - Armed Forces Day
May 19th & 20th - Poppy Program – Sign up to help please
May 24th - Post 154 Membership Meeting & Officer Installation
May 26th & 27th - Poppy Program – Sign up to help please
May 29th - Memorial Day
 a. Program at Evergreen Cemetery in Post Falls @10 am
 b. Program at Pinegrove Cemetery in Rathdrum @ noon

Bits & Pieces

Post 154 member Craig King will be riding 63 miles (or 43 depending on training progress) along the Trail of the Coeur d'Alene's From the Snake Pit Restaurant to Harrison and back in support of ALS research. Charolette King's father died of ALS in the VA hospital in Roseberg. OR. It was speculated by the VA that service members serving on Guam during WWII were at greater risk of having this horrible disease. I would like you to donate to the ALS foundation in my name for this ride. Donations can be as little as \$5. Every dollar helps, if donations in my name reach \$250, I will get a nifty riding jersey which I will proudly wear to the following Post 154 membership meeting. Use the following link to go directly to the donation page.
http://webwa.alsa.org/site/TR?fr_id=12530&pg=pfind. Or go to the Silver Valley Ride to defeat ALS Facebook page. Thank you in advance, Craig King


Elections were held at the general membership meeting on April 26th. Here are the results:

Commander: Dee Sasse
1st Vice-Commander: John Fevold
2nd Vice-Commander: Larry Carstensen
Service Officer: Ruth Aresvik
Finance Officer: Len Crosby
Historian: Lonnie Morris
Chaplain: Paula Atwood
Judge Advocate: Jeff Broadhead
Sergeant-At- Arms: Bill Kinder
3-Year Committeeperson: Craig King
2-Year Committeeperson: Todd Halverson
1-Year Committeeperson: Helen Kinder

Thank you to these members who give so much of their time and talent to our Post. These new officers will be installed at the May membership meeting on the 24th at 6 PM.

As a member of the American Legion, you are eligible for free life insurance. All you have to do is sign up. They will not share your information or inundate you with junk mail. Below is a sign-up form you can mail to the address given, or use the online sign up at <https://www.thelit.com/No-Cost-LegionCare>. Another benefit of being a Legionnaire!

If You're a Member In Good Standing With Your Department of The American Legion...



Endorsed by
Your Department of
The American Legion

You are eligible for LegionCare; \$5,000.00 in Accidental Death Insurance at NO COST TO YOU if a covered accident occurs while traveling on official Legion business*, or \$1,000.00 at NO COST TO YOU for all other covered accidents. This has been arranged on your behalf by Your Department of The American Legion. As soon as your enrollment is received, LegionCare will take effect. Your acceptance is guaranteed, so mail your coupon today.

For immediate coverage, enroll online at www.TheLIT.com/No-Cost-LegionCare

Cut out this section and mail it in today to enroll in LegionCare.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DATE OF BIRTH _____ MEMBERSHIP CARD NO. _____

EMAIL _____

MAKE SURE YOU INCLUDE YOUR DATE OF BIRTH

X _____
SIGNATURE DATE

Have you filled out all the above information?
Please mail to: **Legionnaire Insurance Trust • P.O. Box 26720 • Phoenix, AZ 85068-6720**

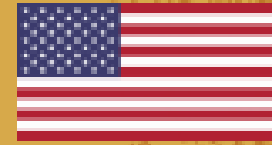
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Complete details of the coverage are contained in accident only Master Policy MZ0933569H0000A/0001A underwritten by Transamerica Premier Life Insurance Company Cedar Rapids, IA. This plan is not available in all states.

*For Purposes of the Legionnaire Insurance Trust, a member of The Legion Family, with current year's dues paid, could be eligible for the \$5,000 Accidental Death benefit if he/she is traveling to, attending, or returning from an official function at which the Legionnaire represents his/her Post, District, Department, or National Organization in an official capacity.

Cut it out

North Idaho Veterans Stand Down



A DAY OF APPRECIATION FOR VETERANS AND FAMILIES

Services:

- VA Medical
- VA Benefits Advocacy
- Job Fair
- Legal Services
- Counseling
- Dental Services
- Heritage Health
- Veterinary Care
- Bike Repair
- Haircuts
- Hot Breakfast, Lunch & Coffee
- (Most Services Available to All Family Members)

May 13, 2017

0800 to 1400hrs

Kootenai County Fairgrounds
4056 N. Government Way
Coeur d'Alene, ID 83814



ADMISSION:
MILITARY or V.A ID or DD214

If transportation is needed, call 208.215.1007

Paint Ball Arena Buck Knife Raffle Equine Therapy
Military Vehicle Exhibition Free Ice Cream (12 & Under)



Thank You To Our Proud Sponsors!

For more information, contact (208) 664-3095 or eric@stvincentdepaulida.org



THIS MEMORIAL DAY – YOU CAN:

- REMEMBER A VETERAN WHO TOUCHED YOUR LIFE
- HELP OUR LOCAL AMERICAN LEGION POST

Please consider donating to American Legion Post 154 in remembrance of your loved one, either:

- _____ a dollar a day (\$365)
- _____ a dollar a week (\$52)
- _____ a dollar a month (\$12)
- _____ or some other amount you choose

The American Legion Post 154 in Rathdrum will include the name and service details of the Veteran you wish to remember on its website and in each of its Monthly Newsletters throughout the year, and include any details you wish to share about their service to our Country and our Community. We will also send an electronic copy of our monthly Newsletter to you. **This is a perfect way for you to HONOR and REMEMBER your special Veteran and support the work that the American Legion does to help our local Veterans and those from our Community actively serving in our Military.**

THANK YOU!

MANUEL SCHNEIDMILLER AMERICAN LEGION POST 154

POST OFFICE BOX 1116

RATHDRUM, ID 83858

For more information contact us at Rathdrum154@gmail.com

YOUR DONATION IS TAX-DEDUCTABLE



The Final Roll Call