



# Manuel Schneidmiller Post 154, Inc.

## Rathdrum Idaho

### Newsletter

Volume 4 Issue #5

May 2018

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### In Flanders Fields

BY [JOHN MCCRAE](#)

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

*Composed at the battlefield on May 3, 1915  
during the second battle of Ypres, Belgium*

Poem submitted by Paula Atwood, Chaplain  
See the rest of her article on page 4.



## Commander:

Well, I think spring is finally here!! All the trees are budding, and tulips are coming up!! I'm so thankful for this time of year!! Everything is new, fresh and clean!! Here we are into May, the month brings us the surrender of Germany in WWII, Mother's Day - don't forget mom, Armed Forces Day, Memorial Day and the 500. May also means that the elections have been done at the post and we have new officers for the next year. I want to say thank you to all that have answered the call to duty when you were asked (recruited). I also want to say thank you to the new officers stepping into their shoes (they won't pinch too bad). Don't worry you will do a great job!!

With all of events ramping up for the summer please think about this. DO YOU JUST BELONG? Are you an active member? The kind that would be missed, or are you just contented that your name is on the list. Do you attend the meetings and mingle with the crowd, or do you stay at home and crab long and loud? Do you take an active part, or are you satisfied to be the kind to just belong? There's quite a few events scheduled, that means success if done, and it can be accomplished, with the help of everyone. So, attend the meetings regularly, and help with hand and heart, don't just be a MEMBER, but TAKE an ACTIVE PART. Thanks for letting me grumble a bit. We have a fantastic Post and we just need a little help.

Blessed are those who can give without remembering and take without forgetting.  
~Anonymous

God Bless America. Dee Sasse, Commander



**ARE YOU A PART OF THE CIRCLE?**

## Finance Officer:

Not to beat a dead horse, but as we approach the lusty month of May, I must remind you that we have our major fundraiser coming up. Our **annual MEMORIAL DAY POPPY Distribution**. This event provides us with the funds to do all the things our Members ask us to do in approving our annual Budget, so it is VITALLY IMPORTANT!!

This is also an event that greatly increases our profile in the Community by allowing us to remind the public of the service and sacrifice those we lost in wars made, and the service and sacrifice of those currently serving in our Armed Forces and of our Veterans. It also allows us to reach out and connect with more Veterans in our Community.

WE WILL BE DISTRIBUTING POPPIES AND TAKING DONATIONS ON FRIDAY AND SATURDAY OF THE SECOND, THIRD AND FOURTH WEEKENDS OF MAY, AND **WE NEED YOU TO PARTICIPATE.** I have signed up for three shifts and I work full time, set up and take down every day we have volunteers out, and count and deposit the donations every Sunday.

We still need Volunteers – this can be anyone – you, your spouse, your significant other, friends etc.

### **We need folks to step up and Volunteer for the following dates**

Friday May 11	<b>5 Volunteers needed</b> - Wal-Mart in Hayden.
Saturday May 12	<b>3 Volunteers needed</b> -Wal-Mart in Hayden.
Saturday May 19	<b>4 Volunteers needed</b> -Super One in Post Falls.
Friday May 25	<b>4 Volunteers needed</b> - Yokes Fresh Market in Post Falls.
Friday May 25	<b>8 Volunteers needed</b> - Wal-Mart in Post Falls.
Saturday May 26	<b>2 Volunteers needed</b> -Yokes Fresh Market in Post Falls.
Saturday May 26	<b>7 Volunteers needed</b> - Wal-Mart in Post Falls.

Call or e-mail me and VOLUNTEER 208/651-0697 or crosbylenmary@frontier.com

Surely over that three-week period YOU can help - **PLEASE - DO YOUR PART!**

- Len Crosby, Finance Officer

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## Legislative Chairman:

The Idaho Primary Election is Tuesday, May 15. This is an important one, because it will determine who will represent your Party in November's election. This year we will choose who will represent our Party in the November race for Governor, Lt. Governor, State Treasurer, Secretary of State, two of our three County Commissioners, all other County elected offices and EVERY position in the State Legislature (both Senators and Representatives) is on the ballot. If you like your representative, **vote** to retain them. If you don't, **vote** to throw the bum out. EVERY RACE could impact your life in some way from your property tax bill to how much State money is allocated to education and keeping our roads in good repair.

Congressmen Dan Lipinski (D-IL) and Walter Jones (R-NC) recently introduced H.R. 5467, the Purple Heart and Disabled Veterans Equal Access Act. This bipartisan bill would extend on-base military exchange, commissary, and lodging facility privileges to all Purple Heart recipients, veterans with a compensable VA disability rating, and their eligible caregivers. The Military Order of the Purple Heart and other Veteran Service Organizations strongly support this legislation. It would not only grant a valuable benefit to Purple Heart recipients, disabled veterans and their families, but also provide needed growth to the customer bases of the exchange and commissary systems, keeping them viable for all beneficiaries well into the future.

**REMEMBER TO VOTE – WE FOUGHT FOR THAT RIGHT AND PRIVILEGE AND IF WE DON'T USE IT, WE HAVE NO RIGHT TO COMPLAIN ABOUT THE GOVERNMENT WE GET!** - Len Crosby, Legislative Chairman

## Chaplain's Pew:

May...the time to put away winter and welcome springtime. A time of planting and hope for things to grow. A time to think and reflect on times past and times to come. It is also the traditional time to pass out our poppies to conserve the link with the past... remembering World War I; a defining war that was fought 100 years ago. And think about the soldiers and people from more than 50 different countries and cultures who came together to fight in Flanders and other unforgettable battlefields.

Did you know there is a whole museum is dedicated to this Belgium battlefield, Flanders. It is called 'In Flanders Fields Museum' and features the historical story of the West Flanders front region. The exhibition talks about the invasion of Belgium and the first months of 'the movement war', the four years' trench war in the Weshoek...from the beach of Nieuwpoort to the Leie in Armentieres...and about the end of the war and the permanent remembrance since. And as you enter the museum, you receive a poppy...a poppy bracelet that has a microchip with language choices and enables the visitor to discover many stories throughout the permanent exhibition.

You ask, what is it about the poppy that is so significant to endure over 100 years. Yes, we have the famous poem 'In Flanders Field', written by a Canadian physician Lt Col, John McCrae, but it didn't just pop into his head from nowhere. It was the result of viewing one of the bloodiest battlefields, the whole earth ripped to shreds by bombardments from many directions. Soon afterward, that same battle field burst into brilliant color of blooming poppies, poppy flowers that can lay dormant in the earth for a very long time. But when the ground is disturbed, as it was in this field during WW1, they spring to life in the devastated landscape where little else can grow.

Here is that famous poem, with its historical and personal setting...something to read from time to time and remember those who bravely fought this and many other battles thru the years.

Wear your poppy with remembrance. Respectfully submitted, Paula Atwood, Chaplain

On May 2, 1915, John McCrae's close friend and former student Alexis Helmer was killed by a German shell. That evening, in the absence of a Chaplain, John McCrae recited from memory a few passages from the Church of England's "Order of the Burial of the Dead". For security reasons Helmer's burial in Essex Farm Cemetery was performed in complete darkness.

The next day, May 3, 1915, Sergeant-Major Cyril Allinson was delivering mail. McCrae was sitting at the back of an ambulance parked near the dressing station beside the Yser Canal, just a few hundred yards north of Ypres, Belgium. As John McCrae was writing his *In Flanders Fields* poem, Allinson silently watched and later recalled, "His face was very tired but calm as he wrote. He looked around from time to time, his eyes straying to Helmer's grave."

Within moments, John McCrae had completed the *In Flanders Fields* poem and when he was done, without a word, McCrae took his mail and handed the poem to Allinson.

Allinson was deeply moved:

"The (Flanders Fields) poem was an exact description of the scene in front of us both. He used the word blow in that line because the poppies actually were being blown that morning by a gentle east wind. It never occurred to me at that time that it would ever be published. It seemed to me just an exact description of the scene."

**Editor's Note: See the poem on page 1.**

## Sick Call & Taps:

Please keep the following members in your thoughts and prayers as they recover from medical issues:

- Paula Atwood, recovering from knee replacement.
- Mike Warren, recovering from having a stint placed in a coronary artery.

We wish them both a speedy and uneventful recuperation.

## Easter Egg Hunt Wrap-Up:

Here are some fun facts about the Easter egg hunt held on April 7<sup>th</sup> at Majestic Park in Rathdrum.

- About 1,200 kids aged 12 and under gathered 12,000 pre- filled candy eggs and an additional 311 special prize eggs in less time than it takes to say, "Easter Egg Hunt."
- Last year we had about 800 kids
- Twenty-Six Local businesses and individuals either provided the funds for the special prizes or donated prizes. The value of these prizes was approximately \$3,239. Expenses to Post 154 was ZERO. Everything was DONATED.
- The Easter Bunny and his escort were on hand again this year distributing small prizes to children as parents snapped their own picture. (The Easter Bunny distributing prizes was a new component this year, and very well received!!).
- We are already planning for next year!

Huge thank you's go out to our own Easter Bunnies, John and Sue Fevold who spend so many hours throughout the year on this project!



## **VA & U.S DIGITAL SERVICE LAUNCH NEW WEB TOOL TO TRACK BENEFIT APPEALS**

News Release, March 23, 2018.

The U.S. Department of Veterans Affairs (VA) and the U.S Digital Service announced their launch of an improved Appeals Status tool to increase transparency and enable veterans to track the progress of their benefits claims appeals. “It’s important that our veterans have the opportunity to track their appeals process in a timely and efficient manner,” said VA Secretary David Shulkin. “For the first time ever, veterans can see their place on the Board of Veterans’ Appeals’ docket, including the number of appeals that are ahead of them.” The tool, which went live March 21st on the VA’s Vets.gov website, will allow veterans to access detailed information about the status of their benefits appeals and will include alerts about needed actions, as well as estimates of how long each step of the process takes. Some veterans who have previewed the new tool said it had given them hope and helped them understand that the process might take longer than expected.

- Ruth Aresvik, Service Officer



## **THE HISTORY OF MEMORIAL DAY**

Memorial Day, originally called Decoration Day, is a day to remember those who have died in our nation's service. After the Civil war many people in the North and South decorated graves of fallen soldiers with flowers. In the Spring of 1866, Henry C. Welles, a druggist in the village of Waterloo, NY, suggested that the patriots who had died in the Civil War should be honored by decorating their graves. General John B. Murray, Seneca County Clerk, embraced the idea and a committee was formed to plan a day devoted to honoring the dead. Townspeople made wreaths, crosses and bouquets for each veteran's grave. The village was decorated with flags at half-mast. On May 5 of that year, a processional was held to the town's cemeteries, led by veterans. The town observed this day of remembrance on May 5 of the following year as well. Decoration Day was officially proclaimed on May 5, 1868 by General John Logan in his General Order Number 11 and was first observed officially on May 30, 1868. The South did not observe Decoration Day, preferring to honor their dead on separate days until after World War I. In 1882, the name was changed to Memorial Day, and soldiers who had died in other wars were also honored. In 1971, Memorial Day was declared a national holiday to be held on the last Monday in May. Today, Memorial Day marks the unofficial beginning of the summer season in the United States. It is still a time to remember those who have passed on, whether in war or otherwise. It also is a time for families to get together for picnics, ball games, and other early summer activities. – submitted by Ruth Aresvik

## **Service Officer:**

It was Benjamin Franklin who said, "Early to bed and early to rise makes a man healthy, wealthy and wise". I suspect there is some wisdom to that. But I'm a night owl rarely seeing my bed before 11pm....and I enjoy some lazy mornings in bed with my book and coffee. Being healthy, wealthy and wise takes work, luck and education. May I give you wisdom in this month of May with a wealthy dose of "H"....."H" is for Home Health Care.....

Home Based Primary Care is health care services provided to Veterans in their home. A VA physician supervises the health care team who provides the services. Home Based Primary Care is for Veterans who have complex health care needs for whom routine clinic-based care is not effective.

The program is for Veterans who need skilled services, case management and help with activities of daily living. Examples include help with bathing, dressing, fixing meals or taking medicines. This program is also for Veterans who are isolated, or their caregiver is experiencing burden. Home Based Primary Care can be used in combination with other Home and Community Based Services. Since Home Based Primary Care is part of the VHA Standard Medical Benefits Package, all enrolled Veterans are eligible IF they meet the clinical need for the service and it is available.

A copay for Home Based Primary Care may be charged based on your VA service-connected disability status and financial information. You may have a basic copay each time a VA staff team member comes to your home for a medical visit (the same as if you went to a VA clinic).

If you qualify for Home Based Primary Care, your care plan includes:

Primary care visits at home by a physician, nurse practitioner or physician's assistant

Care management through a nurse practitioner, physician's assistant, or nurse

Coordination of your services by a social worker

Therapy visits from a physical, occupational, or speech therapist

Mental health services

Nutrition counseling from a dietitian

Help managing your medicine

Your physician or other primary care provider can answer questions about your medical needs and whether or not you may be eligible for Home Based Primary Care.

Some important questions to talk about with your social worker and family include:

How much assistance do I need for my activities of daily living (e.g., bathing and getting dressed)?

What are my caregiver's needs?

How much independence and privacy do I want?

What sort of social interactions are important to me?

How much can I afford to pay for care each month?

Your VA physician or social worker can tell you if a Home Based Primary Care program is available in your area. - Ruth Aresvik, Service Officer

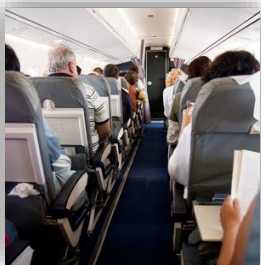
## Mark Your Calendar:

May 8 <sup>th</sup>	VE Day – WWII
May 9 <sup>th</sup>	<b>Post 154 Executive Committee Meeting 6 pm at Lions Club</b>
May 11 <sup>th</sup> & 12 <sup>th</sup>	<b>Poppy Drive – Post members needed to be at the tables</b>
May 12 <sup>th</sup>	Stand Down @ Kootenai County Fairgrounds 8 am
May 13 <sup>th</sup>	Mother's Day
May 15 <sup>th</sup>	Peace Officer's Memorial Day
May 18 <sup>th</sup> & 19 <sup>th</sup>	<b>Poppy Drive – Post members needed to be at the tables</b>
May 19 <sup>th</sup>	Armed Forces Day
May 22 <sup>nd</sup>	National Maritime Day
May 23 <sup>rd</sup>	<b>Post 154 Potluck and Membership Meeting 6 pm at Lions Club</b>
May 25 <sup>th</sup>	National Poppy Day
May 25 <sup>th</sup> & 26 <sup>th</sup>	<b>Poppy Drive – Post members needed to be at the tables</b>
May 28 <sup>th</sup>	<b>Memorial Day – Noon Pinegrove Cemetery in Rathdrum &amp; 10 am Evergreen Cemetery in Post Falls</b>

## Bits & Pieces

- Oops... Last month I asked for utensils to be donated for our monthly potlucks. But I forgot to ask for things like salt and pepper shakers (filled please).
- This article, featuring some of our own members, appeared in the CDA Press on March 29<sup>th</sup>. [http://www.cdapress.com/local\\_news/20180329/vietnam\\_vets\\_we\\_salute\\_you](http://www.cdapress.com/local_news/20180329/vietnam_vets_we_salute_you)

## A Healthier You: from The People's Pharmacy



### Will You Catch a Cold on Your Next Flight?

Are you likely to catch a cold, the flu or some other infectious disease when you get on an airplane? A lot of people believe that the close quarters in the cabin make it very easy to pick up a bug. How to Reduce the Chance You Will Catch a Cold: A new study that involved observation and measurement of air on ten different flights suggests that air travel is not really as risky in terms of infection as many people think (Hertzberg et al, *PNAS*, March 19, 2018). There are some precautions that make sense, however. [...]

[> Read Article](#)



In honor of our annual Poppy Campaign and as a thank you to those who are volunteering for it, I thought a poppy seed recipe would be appropriate. Your Editor

## Easy Lemon Poppy Seed Loaf



### Ingredients

**1** box Betty Crocker™ SuperMoist™ white cake mix  
**2** containers (6 oz each) Yoplait® Original yogurt lemon burst  
**1/2** cup butter, melted

**1** tablespoon grated lemon peel  
**2** eggs  
**2** Tablespoons poppy seeds  
**2** teaspoons coarse sugar, if desired

### Directions

1. Heat oven to 350°F. Grease 9x5-inch loaf pan with shortening; lightly sprinkle with flour.
2. In large bowl, beat cake mix, yogurt, melted butter, lemon peel, poppy seeds and eggs with electric mixer on low speed until ingredients are moistened; scrape bottom and side of bowl. Beat 2 minutes on medium speed. Pour batter in pan. Sprinkle with coarse sugar.
3. Bake 40 to 50 minutes or until toothpick inserted in center of loaf comes out clean. Cool in pan on cooling rack 10 minutes; run metal spatula around edge of loaf to loosen. Remove from pan to cooling rack. Cool completely, about 1 hour.  
**Enjoy!**



## Memorial Walk/Run 5k

# WALK MEMORIAL 5K RUN

*"A hero is someone who has given his or her life to something bigger than oneself" - Joseph Campbell*

### Registration:

March 5th - May 11th,  
or until Full

### Race:

May 26th, 2018

9:00 am Check In Time

10:00 am Start Time

### Start Line:

Majestic Park

5400 W. Majestic Ave.  
Rathdrum, Id 83858

### Costs:

Individual - \$30

Veterans/Active Military - \$20

Family - \$100

*(Includes 2 adults and 2 children)*

Event T-Shirt & Post Run Events

# REGISTER NOW!

At Rathdrum Parks & Recreation

Or [rathdrum.org/rec](http://rathdrum.org/rec)

Questions? Call 208-687-2399



Join us for the first Annual Memorial 5K: A Run For Remembrance

"As we express our gratitude, we must never forget that the highest appreciation is not to utter the words, but to live by them." - John F. Kennedy

### Registration:

March 5th - May 11th,  
or until Full

### Race:

May 26th, 2018

### Time Frame:

Check In Time: 9:00 am

Runners Start Time: 10:00 am

Lunch: 11:15 am

### Start Line:

Majestic Park

5400 W. Majestic Ave.

Rathdrum, Id 83858

### Costs:

Individual - \$30

Veterans/Active

Military - \$20

Family - \$100

(Family Includes 2 adults and 2 children)

### **A Note from a New Member:**

I would like to express my gratitude to the members and families of American Legion Post 154. I have desperately wanted to help Veterans and be a part of a Veteran organization for a long time. It seemed to be the only place that I fit in. I greatly appreciate the acceptance you have given me as a veteran and single mom to allow my daughter, Cheyenne to be a part of the Post as well.

We love Camp Fire as well and I really think it is awesome that you have requested Cheyenne to be a part of the official meetings in saying the Pledge of Allegiance. She is somewhat shy in some respects but loves that she can be a part as well. I have taught her that three of the most important things to show respect to in life are the American Flag symbolizing freedom in this country, our Veterans (those who have sacrificed their lives, and those are here now), and seniors.

In that respect I am also passionate about sharing anything about the American Flag, our Veterans, and anyway that we as a Camp Fire club can help others. Our National Camp Fire motto is, "Give Service." I believe in this and will do all I can to teach this to my Camp Fire kiddos.

My daughter and I would like to ask you one favor. Camp Fire provides two locations for summer camp to children to attend, Camp Sweyolakan on Lake Coeur d'Alene and Camp Dart-Lo in North Spokane. Camp Fire kids sell candy in February as a major fundraiser to help earn their way to camp. My daughter participated in the sales. Because the kids were not able to sell all of their candy they were given the opportunity to sell more in a "second chance sale" from now until the 14th of May. My daughter would like to know if you would like to help her earn her way to a week at Camp Sweyolakan. We would appreciate it very much.

The candy is only \$6 a box and she can accept cash, check, and credit card. She will also accept donations. Cheyenne has 4 types of candy.

They are Mint Patties (like York Patties), Almond Roca, Almond Caramel Clusters (like Turtles), and P-Nuttles (Toffee covered peanuts). We can deliver the candy to you personally at your convenience.

Thank you for your time and consideration.

If you have any questions please call me, Heather Hiebert at 509-710-4819. If I don't answer, please leave a message and we will get back to you.

**Editor's Note:** Can we help Cheyenne get to camp? This promotes leadership and Americanism as much as we do in the legion.