



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho

Newsletter

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Commander:

Good day Legion Family. I was very lucky to speak to a group of Vietnam veterans last week. It was a great experience for me because I was able to talk about my career, my fondest memories, about my feelings concerning the Vietnam war and the military today. I spoke about the differences of when they were in the service and the many things that are still the same. I told them "thank you for your service and welcome home." I spoke about 9/11 and what it meant to me. I expressed my concern about Agent Orange and PTSD. I wanted to express that the story of courage and sacrifice are certainly not limited to the Vietnam War, but is part of the continuing saga of all wars that Americans have fought bravely. Whether you are one of the soldiers, sailors or airman that helped liberate the Jews from the unimaginable insanities of Hitler, or whether, you were one of the soldiers, sailors or airman that helped stop Communism dead in its tracks along the 38th parallel in Korea, or whether you were one of the soldiers, sailors or airman that delivered an entire nation from the evils of a self-serving dictator in the Middle East, or whether you are one of the soldiers, sailors or sailors that fought to keep a country free for democracy. To all of you War Veterans, and to all the families that have lost a loved one to war, "thank you, and may God bless you and your families!" Your sacrifice and courage will never be forgotten. - Dee Sasse, Commander

Adjutant

American Legion National Report

The American Legion issues a National report for 2016 that is 56 pages in length. It includes many of the National programs and how they are implemented at local Posts plus the audited financial report. We have a couple of hard copies at the Lions Club but you may access the 2016 Annual Report online at <http://www.legion.org/annualreport>

FREE Dental Care on Veterans Day

On Friday November 11th, Woodland Family Dental in Post Falls is offering free dental care for any veteran. Service includes only exams, cleanings, fillings and extractions. If interested, please call them directly at 208-777-9599. – Bryan Bledsoe, Adjutant

2nd Vice-Commander:

We are in the last quarter of the year and are starting to plan for next year. What do you want OUR Post to look like next year? What fundraisers should we consider and how should we allocate the funds we raise to assisting our members and our fellow Veterans.

These are the questions we need to be asking each other. We need YOUR suggestions and YOUR ideas. We have an amazing group of Veterans and an even more amazing group of Volunteers who get actively involved in our activities and work hard to make things happen. Let's think about how much we can accomplish if we have a plan to focus on for 2017 and can harness that energy and that drive for our Post.

In a few short years, we have accomplished so much and our Post is a true credit to the Rathdrum Community and has set a high bar for other American Legion Posts in our District. Let's make that a tradition. **We don't want to be the biggest, we just want to be the BEST!** I would welcome your ideas and your suggestions as we start the budget process for next year! Thank you.

– Len Crosby, 2nd Vice-Commander

Finance Officer:

As noted by the Second Vice, we are starting our budget process, which involves looking back at how we raised funds to support our Post and the activities we support for Veterans and for our Community, and how we spent those funds. Some of that money goes to pay Post operating expenses and to purchase items we need from the American Legion, but a significant amount of that goes to support our Veterans and to support activities within our Community.

Our finances remain stable. We need to be selective and 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. – Len Crosby, Finance Officer

Legislative Chairman:

Like many of you, I have been disappointed in the fact that little has been said about Veteran Issues and National Defense in the three presidential debates. It is ironic that our Country continues to have multiple threats from abroad and so little has been focused on how the candidates to be our next Commander in Chief will respond to those threats.

We are fortunate that two of those representing us in Congress are strong supporters of our military and of Veterans. Sen. Crapo and Rep. Simpson have both been active supporters of Veterans and supporters of a strong national defense. Sen. Crapo has actively sought comments from Idaho Veterans as to ways to improve the services provided by the Veterans Administration, and has recently introduced a bill aimed at improving Veterans health care (*Senate Bill 3401 – Improving Veterans Care in the Community Act of 2016*). The bill will streamline several of the alternative health care programs available to Veterans living more than 40 miles from a VA healthcare facility.

I hope that each of you will exercise your right to have a say in who represents our Country and VOTE.

Thomas Jefferson once said, ***“We in America do not have government by the Majority. We have government by the majority who participate.”*** That certainly holds true today. In the U.S. it has become unfortunately commonplace for less than 50% of eligible voters to cast votes. Do not let that be you! Change that statistic with your vote! – Len Crosby, Legislative Chairman

Service Officer:

Title 38 U.S.C. 1151 Claims

Title 38 U.S.C. Section 1151 allows VA to pay **compensation for death or disability** "as if service-connected." Don't be confused with this subtle difference. The disability is not considered service-connected. Under Section 1151, benefits may be paid for:

Injuries incurred or aggravated while receiving VA-sponsored medical treatment.

Injuries incurred or aggravated while pursuing a course of vocational rehabilitation under 38 U.S.C. Chapter 31 or participating in compensated work therapy under 38 U.S.C. 1718.

If eligibility is established under Section 1151, the disability is considered service-connected for payment purposes ONLY.

Eligibility Requirements

You must be a Veteran

You must have a disabling condition that is the result of or has been aggravated due to VA sponsored medical treatment or training

Evidence Requirements

As a result of VA hospitalization, medical or surgical treatment, examination, or training, the evidence must show you have:

An additional disability or disabilities, OR

An aggravation of an existing injury or disease, AND

The disability was:

The direct result of VA fault such as carelessness, negligence, lack of proper skill, or error in judgment, OR

Not a reasonably expected result or complication of the VA care or treatment OR

The direct result of participation in a VA Vocational Rehabilitation and Employment or compensated work therapy program.

Example:

A Veteran was pursuing training under VA's Chapter 31 Vocational Rehabilitation and Employment program. He was receiving on-the-job training as a car mechanic. During training, a jack slipped from a car and crushed his left foot. Disability compensation may be paid for his foot injury because the injury occurred while the Veteran was pursuing training under a VA Vocational Rehabilitation and Employment program.

How to Apply

Apply online using VONAPP Direct Connect on [eBenefits](#) OR

Work with an accredited [representative](#) or [agent](#) OR

Go to a VA regional office and have a VA employee assist you. You can find your regional office on our [Facility Locator](#) page. – Ruth Aresvik, Service Officer

Chaplain's Pew:

Wake up all ye Americans! It's time to live and vote and choose our direction.

Why? Because we live in a country where we are able to vote freely, speak freely, worship freely, and live as we choose. Why do we have these rights and choices? Because we live in this great land, designed from the convictions of our forefathers.

And after you vote, give thanks to those who had a vision for our nation, thanks to those who support those ideals, thanks to those who have died bravely for our nation. And, when you are tired from all the voting and thinking on our government, sit back, give thanks for our national Thanksgiving Day, thanks for the hands that prepared your holiday meal, and enjoy a bit of turkey and pumpkin pie.

Note: Be sure to save a piece of pie for your Chaplain....she is still sitting in the pews waiting for you to call with news of someone in need of a prayer or note of cheer, a word of encouragement or a helping hand. In the pews, Paula Atwood, Chaplain

p.s. Is it ok if you eat pie while sitting in the pews?

2017 Cola, Tinnitus and Whooshing In Your Ears

Injured and ill veterans their dependents and survivors in receipt of VA compensation benefits will receive a 0.3% Cost of Living Adjustment (COLA) increase beginning January 1, 2017.

On July 22, 2016, H.R. 5588, the Veterans' Compensation COLA Act of 2016, was signed into law by the President and became Public Law 114-197. The bill did not contain the contested round-down provision, which would have resulted in compensation rates being rounded down to the nearest whole dollar. Instead, VA compensation beneficiaries will receive their full COLA.

On October 19, 2016, the Social Security Administration announced that Social Security beneficiaries would receive a 0.3% COLA increase. Because veterans' COLAs are tied to Social Security adjustments, veterans compensation rates will increase by 0.3% effective December 2016 and will be realized in compensation payments beginning January 1, 2017. (Information from DAV)

Tinnitus and Whooshing

I've included links to information about these problems. Many of our comrades suffer from these two possibly dangerous afflictions. Special thanks go out to Bryan Bledsoe for researching tinnitus, his efforts led to the information about the whooshing problem and tinnitus management.

This woman's struggle to diagnose the 'whooshing' in her ears:

Seven years ago, New York lawyer Emma Greenwood awoke to the beat of a pulse on one side of her head. The internet told her she had tinnitus, often called ringing in the ears. So did her doctor.

She knew that wasn't right. When she listened to the "sounds of tinnitus" online, they reminded her of a whistling teakettle or squealing brakes. The sound dogging her days, by contrast, was a low-pitched rhythmic whoosh, pulsing in sync with her heartbeat.

It took a few months, but Greenwood finally found a doctor who understood what she was hearing and diagnosed her with a vascular condition. Her "whoosh" was, in medical terms, a "bruit" — the sound of turbulent blood flow through a narrowed vein in her brain.

More can be found here:

1. <http://www.pbs.org/newshour/rundown/tinnitus-whooshing-ears/>
2. <http://whooshers.com/curedwhooshers.html>

Tinnitus Causes and Management:

3. <http://www.mayoclinic.org/diseases-conditions/tinnitus/symptoms-causes/dxc-20180362>
4. http://www.fayettevillelear.va.gov/services/audiology/Tinnitus_Management.asp
5. <http://www.ncrar.research.va.gov/Education/Documents/TinnitusDocuments/TinnitusQuestionnaires.asp>

- Submitted by Charlie Till

Mark Your Calendar:

November 8th – Election Day

November 9th – Post 154 Executive Committee Meeting 6 PM at Lions Club

November 10th – Veterans’ Day Dinner at the CDA Casino 5 PM

November 11th – Veterans Day and World War I armistice

1. 8:45 am John Brown Elementary School – 15574 N Washington
2. 8:45 am Garwood Elementary School – 17506 N Ramsey Road

November 13th – Veterans Recognition Day in Rathdrum - see details page 8

November 14th – American Education Week – cooperative effort with Legion & National Education Association, drawing attention to the importance of education while recognizing teachers and students who perform above the norm.

November 20th – National Family Week

November 23rd – CANCELLED Post 154 Monthly Membership Meeting

November 24th – Thanksgiving

November 24th – Dec 31st – Holiday Donor Blood Drive

December 7th - Pearl Harbor Day

December 9th – Post 154 Christmas Party and *short* Executive/Membership Meeting – see details page 9

December 15th – End of Operation Iraqi Freedom (2011)

December 17th - National Wreaths Across America Day - See details in “Bits & Pieces” below

December 20th – Panama/Operation Just Cause

December 25th – Christmas & Hanukkah

December 28th – CANCELLED Post 154 Monthly Membership Meeting

December 31st – New Year’s Eve

Bits & Pieces

1. This is a very interesting and well done video about the veteran’s program at the gym, With Performance, where a number of our members workout. How many people do you recognize?

https://youtu.be/Ntsd_n8-GNI

2. **National Wreaths Across America Day** – December 17th – 9AM sharp at Pinegrove Cemetery, 6693 ID-53, Rathdrum. Program about 30 minutes followed by laying of wreaths on veterans’ graves. For more information on the Wreaths Across America, go here: <http://www.wreathscrossamerica.org/>

For Your Health: This is the first of a new column for the newsletter. I hope you find it of value. – Editor



[What Is the Trouble with Too Much Testosterone?](#) – The People’s Pharmacy

The FDA has just issued a stronger warning about the hazards of too much testosterone. The previous warning from January, 2014, told men that taking testosterone could put them at risk for heart attacks and strokes. It restricted testosterone prescriptions to men with medical conditions that interfere with hormone production. The Risks of Too Much Testosterone: <https://goo.gl/P0DEZt>

Winter Safety Tips for Seniors

When winter comes, cold temperatures, snowy walkways and icy roads make life a bit more difficult for everyone. Homes must be heated, driveways shoveled and cars equipped to handle the cold and stay on the road. Seniors are especially prone to the dangers of winter, as they are more sensitive to extreme temperatures, less able to keep their balance on slick or uneven surfaces, more prone to fractures from falls and less likely to be able to see well when visibility is poor. Everyday activities such as getting the mail, driving to the grocery store and turning on the heat have the potential to be problematic. Here are seven tips to help seniors prepare for the winter season and stay safe and healthy throughout it.

Prevent Hypothermia

Older adults are more prone to hypothermia, as more than 50 percent of hypothermia deaths are seniors. Because of this fact, measures must be taken to ensure that the body temperature remains within the normal range. To prevent hypothermia, indoor temperatures should not be allowed to dip too low. In addition, seniors should dress in layers and wear scarves, gloves, heavy jackets and thick socks when going outdoors. All skin should be covered in extreme temperatures below 20 degrees Fahrenheit. Temperatures this low can even damage the lungs during inhalation, so seniors should breathe through a scarf to prevent injury.

If the body temperature drops below 95 degrees Fahrenheit, immediate medical attention is necessary to prevent serious health implications. It is especially important for elderly individuals to be prepared for cold weather, both indoors and out.

Be Prepared for Power Outages

Winter blizzards with heavy snow and high winds can knock out the electricity in affected areas. Without heat, even indoor temperatures can dip to dangerously low levels. To prepare for power outages, make sure there are plenty of warm blankets and a flashlight with fresh batteries in the house. It is also a good idea to keep non-perishable food items that can be prepared without electricity around. If the power stays out for extended periods of time, dress in outdoor clothing and move around a lot to keep the body temperature elevated.

Keep Walkways Clear

Snow and ice on driveways and walkways present a significant danger to seniors. Older adults are more prone to falls and much more likely to sustain serious injuries from a fall. Hip fractures, head trauma and major lacerations can occur during a fall, and bad falls can even be fatal.

All walkways should be shoveled and salted following snowfall to prevent accidental falls. In addition, seniors should wear shoes with adequate traction and use a cane or another walking aid if necessary. Walkways are particularly dangerous if warmer temperatures allow snow to melt before plummeting mercury re-freezes it into ice.

Winter Driving

Driving in bad winter weather is dangerous for everyone. Snow and ice prevent tires from keeping traction on the road and often lead to vehicles sliding unintentionally. Older people who lack the quick reflexes of their youth are especially prone to driving accidents when road conditions are bad. Seniors should avoid driving when the roads are not clear. It is also important to make sure all vehicles are adequately serviced for the winter and have good tires, fresh windshield wipers and a working battery.

Eat a Varied Diet

An often-overlooked problem for seniors during the winter is improper nutrition. Lack of variety can lead to deficiencies, especially in vitamin D, which is obtained from sun exposure during warmer months. Vitamin D is essential for proper immune function and healthy calcium absorption, so foods that contain it must be consumed during the winter months to prevent deficiency. These foods include fortified milk, grains and cold water ocean fish. Be sure they drink plenty of water as well as the winter months can be very dry. (cont. below)

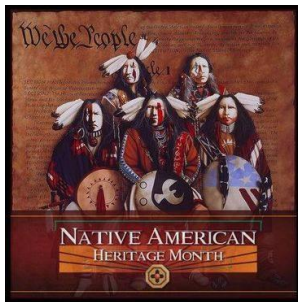
(cont.) Avoid Isolation

Inclement weather makes it more difficult for seniors who live alone to get out and have social contact with others. This isolation can lead to feelings of loneliness, isolation, and even depression. This makes it important for family members and friends to check in with seniors on a regular basis and make sure they are in good spirits. Something as simple as a daily phone call can mitigate negative feelings and prevent seasonal depression in seniors.

Heating Home Safely

Many homes have lanterns, gas heaters and fireplaces to heat indoor spaces in cold weather. These devices are safe when they are working properly, but can release dangerous levels of carbon monoxide when in need of repair. It is crucial that all homes are equipped with a carbon monoxide detector, especially if these types of heaters are used.

Seniors often require assistance with many of these tasks, so family members and caregivers should help ensure that the homes and vehicles of elderly individuals are adequately equipped for the winter. They may require help shoveling snow, maintaining vehicles, changing the batteries in carbon monoxide detectors, making social contact and obtaining adequate clothing. – Submitted by Jeff Broadhead



November is Native American Heritage Month. Here are five interesting and surprising facts regarding American Indians and the military:

#1 - Stan Watie (Cherokee) joined the Confederate Army to become a notoriously fearsome General and the last Confederate General to Surrender. Ely S. Parker (Seneca) whose father fought in the War of 1812, enlisted into the Union Army rose to become General and served on the staff of Ulysses S. Grant.

#2 - Fewer than 3,600 Native Americans served in the Union Army during the Civil War.

#3 - When World War I started, American Indians were not considered U.S. citizens, but that did not stop approximately 12,000 Natives from volunteering to serve in the U.S. military. In addition, four American Indian soldiers serving in the 142nd Infantry of the 36th Texas-Oklahoma National Guard Division received the Croix de Guerre medal from France.

#4 - War Department officials have stated, that during WWII, if the entire population had enlisted at the same rate American Indians did, Selective Service would have been unnecessary. According to the Selective Service in 1942, at least 99 percent of all eligible Indians, healthy males aged 21 to 44, had registered for the draft. The annual enlistment for Native Americans jumped from 7,500 in the summer of 1942 to 22,000 at the beginning of 1945.

#5 - Throughout the Vietnam Era, American Indians enlisted in the military to the tune of more than 42,000 – 90 percent of them were volunteers, with the others serving through draft selection. After Vietnam, Natives have continued to serve in high numbers. Since that time, Native service members have seen military action and combat in Grenada, Panama, Somalia, the Gulf War, and in Operation Enduring



Freedom (OEF), Operation Iraqi Freedom (OIF) and Operation New Dawn (OND). – Submitted by Ruth Aresvik

PHOTOS From Left: Ruth with Todum Hair, Cherokee National Holiday, Tahlequah Oklahoma 1982; Ruth with Walisi, Miss Cherokee 1995

**Please Join the Rathdrum
Community on
November 13th @ 2:30 pm for
VETERANS' RECOGNITION
DAY!**

The citizens & merchants of Rathdrum wish to recognize & thank all our Kootenai County veterans at this FREE event!

- Held at the Lakeland High School Commons at the convergence of highways 41 & 53 in Rathdrum. Doors open at 2PM opening ceremony begins at 2:30.
- Special Prizes for Kootenai County's Youngest & Oldest Veteran!
 - Special recognition and surprises for WWII Veterans!
- The honorees will be chauffeured to & from the event by limo!
 - All veterans attending will be entered in prize drawings!
 - Enjoy cake, ice cream, and cookies.
- Entertainment by the women's acapella quartet Amore!

Everyone is invited to this free celebration
to meet, honor & thank our veterans.

WWII Veterans and veterans wishing to be considered for
oldest or youngest call Jean at 509-981-3413 by November 1st.

Sponsored by:

American Legion Post 154 – Northwest Guardian Riders - City of Rathdrum



Note: No guns, liquor, or tobacco on school grounds.



American Legion Post 154 Christmas Party

You and your family are cordially invited to attend the Second Annual Manuel Schneidmiller American Legion Post 154 Pot Luck Christmas Party to be held Friday December 9, 2016 from 6:00 – 8:00 PM at the Rathdrum Lions Club, 16114 N. Meyer Road. Last year, many post members and their families participated in this gala, please join us again this year to celebrate the holidays and socialize with friends. If you know a veteran who is not already a member of the American Legion, please invite them to attend.

A Toys for Tots bin will be available for donations of unwrapped toys.

The Post will provide coffee, tea, water, plates, napkins and eating utensils. Please bring your favorite holiday dish to share. Suggestions might include: hot dishes, desserts, vegetables, salads, and potatoes.

Please RSVP by December 5th and direct questions to John or Sue Fevold at 208-916-5148, 208-916-5149 or email: schoolmarm66@hotmail.com