



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho

Newsletter

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Happy Veterans Day – November 11th 2017



Commander:

I want to remind everyone to come to our annual Veteran Recognition Day event that we do to honor Veterans Day. It will be a special afternoon and I am hoping for a great turnout.

It's the beginning of the holiday season and Thanksgiving and Christmas are coming up quick. When we think of Thanksgiving we all should take time to reflect on the many blessings that God has bestowed on our country. And while many in the community only see the Thanksgiving Holiday as a long weekend to play, sleep in, watch Seattle play football or otherwise engage in distracting fun activities, we need to be aware of our forefathers and what Thanksgiving originally meant to them. While some of today's historians and politicians work to diminish their influence; it is more important than ever that we remember and offer thanks. To that end I have chosen to include George Washington's original Thanksgiving address. Reading it I found it striking that the words he spoke so long ago still apply.

God bless you and your families, God bless our troops and God bless America. - Commander Dee Sasse
Editor's Note: See address on the following page

Thanksgiving Proclamation of 1789

By the President of the United States of America, a Proclamation.

Whereas it is the duty of all Nations to acknowledge the providence of Almighty God, to obey his will, to be grateful for his benefits, and humbly to implore his protection and favor-- and whereas both Houses of Congress have by their joint Committee requested me to recommend to the People of the United States a day of public thanksgiving and prayer to be observed by acknowledging with grateful hearts the many signal favors of Almighty God especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness.

Now therefore I do recommend and assign Thursday the 26th day of November next to be devoted by the People of these States to the service of that great and glorious Being, who is the beneficent Author of all the good that was, that is, or that will be-- That we may then all unite in rendering unto him our sincere and humble thanks--for his kind care and protection of the People of this Country previous to their becoming a Nation--for the signal and manifold mercies, and the favorable interpositions of his Providence which we experienced in the course and conclusion of the late war--for the great degree of tranquility, union, and plenty, which we have since enjoyed--for the peaceable and rational manner, in which we have been enabled to establish constitutions of government for our safety and happiness, and particularly the national One now lately instituted--for the civil and religious liberty with which we are blessed; and the means we have of acquiring and diffusing useful knowledge; and in general for all the great and various favors which he hath been pleased to confer upon us.

and also that we may then unite in most humbly offering our prayers and supplications to the great Lord and Ruler of Nations and beseech him to pardon our national and other transgressions-- to enable us all, whether in public or private stations, to perform our several and relative duties properly and punctually--to render our national government a blessing to all the people, by constantly being a Government of wise, just, and constitutional laws, discreetly and faithfully executed and obeyed--to protect and guide all Sovereigns and Nations (especially such as have shewn kindness unto us) and to bless them with good government, peace, and concord--To promote the knowledge and practice of true religion and virtue, and the increase of science among them and us--and generally to grant unto all Mankind such a degree of temporal prosperity as he alone knows to be best.

Given under my hand at the City of New York the third day of October in the year of our Lord 1789.

Finance Officer:

We ended the month of September with a surplus of \$816.55 over expenses due to income from the Applebee's Breakfast fundraiser and Donations. Thank you to all of the members who took and sold tickets, those who supported us by working the event and attending, and especially to Bill and Helen Kinder who took on this fundraising project, arranged and organized it, and, with support from John and Sue Fevold expended its success by selling tickets at Super One and securing a number of very nice donations.

Our fundraising efforts this year have been well received and well supported by our members. Some of the funds are being held against the potential of acquiring our own space in the future. Other funds are being expended in support of our programs to assist Veterans, support the Community of Rathdrum and support our schools and students.

I will have the September financial reports published in our November newsletter, since we will not be having a full membership meeting until our Christmas Party in December. (See pages 6 & 7.)

Best wishes to each of you for a blessed Thanksgiving. - Len Crosby, Finance Officer

Legislative Chairman:

WHAT ARE WE DOING IN NIGER, WEST AFRICA?

Here are some answers to questions you might have about the U.S. military presence in Niger, West Africa, and the circumstances about the incident that killed the four U.S. soldiers and wounded two others, that I have been able to pull from news sources:

Why are Army Green Berets in Niger?

They are there as part of a counterterrorism mission to train Niger's military to help fight Islamic extremists in neighboring countries, namely [Mali](#).

When did US forces arrive in Niger?

They arrived in early 2013 to help the French military that had intervened in neighboring Mali the year before. The French had moved into Mali after an [Al Qaeda](#) affiliated group and tribal groups took over the vast northern part of the country and were moving toward the capital of Mali. As part of the U.S. effort to assist that mission then-President Barack Obama ordered 150 U.S. military personnel to set up a surveillance drone operation over Mali that would fly from Niger's capital of Niamey.

How many [U.S. troops](#) are there in Niger?

About 800, but the vast majority of them are construction crews working to build up a second drone base in Niger's northern desert. The rest run a surveillance drone mission from Niger's capital of Niamey that helps the French in Mali and other regional countries in the fight against Al Qaeda, Boko Haram and now [ISIS](#).

A smaller component, less than a hundred, are Army Special Forces units advising and assisting Niger's military to build up their fighting capability to counter Al Qaeda and ISIS. There are an additional 300 U.S. military personnel in neighboring [Burkina Faso](#) and [Cameroon](#) doing the same thing. They are there as part of what's known as the Army's mission in the Lake Chad Basin.

What was their mission/patrol when attacked two weeks ago?

There is still a lot of confusion about what happened on Oct. 4. One narrative describes a team of about 12 soldiers from a Green Beret unit accompanying 40 Nigerien soldiers to meet with locals at a village close to Niger's border with Mali. They had driven to a local village and were walking to or from the meeting when they were ambushed by about 50 fighters from ISIS in the Greater Sahara.

Another version of events indicates a team of eight to 12 American and Nigerien forces conducted the meeting in the village and were the ones that came under attack. The Nigerien platoon was nearby but not a direct part of the mission to the village nor was it involved in the firefight. Pentagon officials have said Army Special Forces have carried out 29 previous missions like this one over the past six months without encountering any problems.

Why were there so few Green Berets on patrol with Niger soldiers when they came under attack? Green Berets typically operate in 12-man teams known as ODAs (Operational Detachment Alpha). Not all of the soldiers on this patrol were actual Green Berets; they were a mix of Green Berets and support staff attached to the Green Beret unit. (cont. below)

Why was a soldier missing for more than a day following the firefight?

The ambush occurred in a remote area along Niger's border with Mali. Nigerien troops had the lead on the ground and a day later found the remains of Sgt. La David Johnson, 25, in the vicinity of the firefight. Johnson had gone missing in the immediate aftermath of the firefight. A large scale effort was conducted by U.S., French and Nigerien forces to find him. The firefight was apparently a fluid battle scene that extended over a large area and wasn't localized in one area. That is why the remains were found at the scene of the battle but possibly not at the site where the ambush initially happened.

Why didn't the Green Berets have overhead drone surveillance for their patrol?

A question that's been asked is why the mission did not have a drone overhead to provide reconnaissance. A U.S. Africa Command spokesman said last week that the ambush was not expected and if it had been anticipated "more resources would have been dedicated to it to reduce risk." French military aircraft arrived a half hour after the ambush began and provided combat air support though it did not drop bombs or missiles. - Len Crosby Legislative Officer

Chaplain's Pew:

As the last few months fade from view, I noticed my newsletter articles following a interesting path. In August I reminded folks to be grateful...did you find something to be grateful for? In September, the keynote was on courage...and finding courage even in small packages. In October, I shared a few thoughts on being thankful for the people around us.

All tied up together, if we are grateful human beings, and if we have some courage to face challenges and if we are thankful for whatever this day brings...then this Chaplain believes we have hope for tomorrow. Hope is what encourages us to face today; and hope allows us the space to anticipate each beautiful sunrise; and hope keeps us moving forward.

So, November my friends, is a great time to search and reveal thoughts of hope; and, if you are able, share some of the thoughts of hope you find with someone. Hope is a truly powerful and uplifting force when given from one person to the next.

How can I help? If you know of someone who needs a card of hope, or a helping hand at home, please call me. Waiting in the pews. Chaplain Paula Atwood



Our Chaplain, Paula Atwood and her husband Dale, with the cake they won in the Dessert Dash at the Honor Flight fundraiser held last month. Yes, that confection in the lower right is a cake decorated with a draped fondant flag and a gold "cord". Paula said it was delicious!

Cake made by Sherry Johnson, *Cakes by Rick*

Service Officer:

Good day to you, fellow Legionnaires! We are approaching the season of holiday happiness and joy.....which can come with its share of holiday heartburn and stress. So, this month...

B is for BLOOD PRESSURE:

#1 Start the DASH diet (Dietary Approaches to Stop Hypertension). It means piling on the whole grains, fruits and green leafy veggies, nuts, beans low-fat dairy and SKIPPING the sugar, saturated fat and cholesterol.

Basically, you'll be cutting out red meat, junk food, and white carbs (including "white" sugar, flour, noodles and potatoes, etc.). You don't have to go cold turkey, but the foods mentioned above should make up the vast majority of your diet.

#2 Work in the wonder foods. There are a few foods on this planet that are practically miracle workers. For high blood pressure, those are garlic, dark chocolate, and fish oil.

Fatty fish, like mackerel and salmon, contain those magical omega-3 fatty acids. Just [grill up some salmon](#) a few times a week (with a bit of olive oil to keep it healthy)!

Garlic can be used for everything from lowering blood pressure to eliminating ear aches. It's been linked to combating cancer and cholesterol, too! Just make sure what you're adding it to isn't pizza, creamy sauces, or fatty oils!

Dark chocolate that's at least 70% cocoa can lower blood pressure, according to a recent study. Have just half an ounce daily to reap the benefits. Yum!

#3 Reduce your sodium intake. Limit your sodium to about 2,300 milligrams (mg) per day. If you don't feel like you eat a ton of salt, it may just be an issue of not knowing what's in the food you eat. An easy way to cut out the salt is to skip on the processed foods; when you prepare your own food, you know just what goes into it. Start cooking!

Don't add salt to your foods! If that's an issue for you, start cutting back gradually. Believe it or not, your palate will adjust.

#4 Cut back on caffeine. Drinking beverages containing caffeine will boost your heart rate and can spike your blood pressure temporarily, in addition to potentially developing hypertension and promoting sleep disorders.

Do a test yourself, if you can. Certain people are more caffeine-sensitive. Drink a cup of coffee or a can of soda and check your blood pressure within 30 minutes. If your levels raise near 5 or 10 points, you may be extra caffeine-sensitive.

#5 Exercise 30-60 minutes almost every day of the week. Apart from losing that excess weight, regular [cardio exercise](#) can significantly lower your blood pressure within weeks. Weeks!

Even making small efforts helps. Squeezing in a 15-minute walk before work is definitely better than nothing. You don't have to get your workout in all in one go! Having an active lifestyle is all about finding small ways to get moving. It doesn't necessarily mean going to the gym!

So... whether it's cold turkey or hot turkey...just don't get TOO stuffed - Happy and blessed Thanksgiving! Ruth Aresvik, Service Officer

Medicare – Humana \$0 (ZERO) Premium Advantage Plan

Are you of Medicare age and looking to save money? While this Medicare plan is available everyone of Medicare age in Kootenai County it is particularly attractive for veterans who receive all medical care and prescription drugs from the VA. If you need prescription drug coverage, then this isn't the plan for you.

A few years ago, I switched to this plan when one of the other members of Post 154 told me about it and has saved me hundreds of dollars each year. I have it as a backup to my VA healthcare.

Chris Murphy of Humana supported Post 154 at the Harvest Festival this year and then she made a presentation at the DAV monthly meeting recently. If it sounds like something you would like to know about I encourage you to check into it by calling her at (208) 215-5817 or email cmurphy16@humana.com You may also go online and check it out at:

<https://www.humana.com/medicare/products/medicare-advantage/> Just put in your zip code to make sure it is offered where you live and check out the \$0 plan monthly premium option.

The time to change or enroll in various Medicare plans runs from November 1 through December 15 so don't delay. – Bryan Bledsoe, adjutant

AMERICAN LEGION POST 154 - FINANCIAL REPORT				
	MONTH:	SEPTEMBER	2017	
INCOME / EXPENSE STATEMENT				
Income				
	Donations			\$600.00
	Membership			\$95.00
	Food Convoy			\$22.00
	50/50 Drawing			\$0.00
	Flag Sales			\$0.00
	Hat Sales			\$0.00
	Shirt Sales			\$0.00
	Donations - Applebees			\$308.00
	Interest Income (money market)			\$0.46
	Poppy Distribution			\$0.00
	Total Income:			\$1,025.46
Expenses				
	Poppy program purchase of Poppys			\$0.00
	Membership (to Dpt of Idaho)			(\$65.00)
	Deposit for Applebees Fundraiser			\$0.00
	Food Convoy			\$0.00
	Shirt Sale Expenses			\$0.00
	Flag Purchase			\$0.00
	Youth Sponsorship			\$0.00
	Operating - Post Picnic			(\$143.91)
	Charitable Donations			\$0.00
	Total Expense:			(\$208.91)
	NET INCOME / LOSS:			\$816.55

<u>BALANCE SHEET</u>			
Assets:			
	Cash in bank account:		\$1,756.71
	Equipment and Inventory		\$1,500.00
	Capital Reserves:		<u>\$31,120.27</u>
	Money Market Account - WA Trust:	\$11,009.18	
	Savings Account - Idaho Central CU	\$30.00	
	12-Mo CD - Idaho Central Credit Union (1.35%):	\$10,081.09	
	18-Mo CD - Comm 1st Bank	\$10,000.00	
	Total Assets		\$34,376.98
Liabilities:			
	Uncleared checks		\$65.00
	Items Ordered with Debit Card (flags and nametag)		\$80.71
	Restricted Funds - Food Convoy		<u>\$218.44</u>
	Total Liabilities		\$364.15
Net Worth:			\$34,012.83
	Net Worth Last Month:	\$33,825.24	
	Difference:	\$187.59	

AMERICAN LEGION POST 154 - TRANSACTIONS - SEPTEMBER 2017					
<u>DATE</u>	<u>Ck #</u>	<u>MEMO</u>	<u>DEPOSIT</u>	<u>WITHDRAWAL</u>	<u>BALANCE</u>
		<u>Beginning Balance</u>			\$875.62
9/13/2017	D	Receipt of dues from American Legion National	\$15.00		\$890.62
9/18/2017	1134	Mary Crosby - Meat and Buns for Post Picnic		(\$143.91)	\$746.71
9/28/2017	D	Membership Dues	\$80.00		\$826.71
9/28/2017	D	Donations	\$600.00		\$1,426.71
9/28/2017	D	Applebees Donations	\$308.00		\$1,734.71
9/28/2017	D	Food Convoy	\$22.00		\$1,756.71
9/30/2017	1135	American Legion - Department of Idaho (membership dues)		(\$65.00)	\$1,691.71

Here is another delicious recipe passed on from Taste of Home magazine by Ruth Aresvik. She brought it to our meeting in October – fabulous! Thanks Ruth.



Pumpkin Spice Bread

Yield: 3 loaves, 16 servings each

Ingredients:

Filling:

2 8-ounce pkg. cream cheese, softened

¼ cup sugar

1 large egg

1 Tbsp. milk

Bread:

3 cups sugar

1 15-ounce can solid pack pumpkin

4 large eggs

1 cup canola oil

1 cup water

4 cups flour

4 tsp. pumpkin pie spice

1 ½ tsp. ground cinnamon

1 tsp. nutmeg

½ tsp. ground cloves

2 tsp. baking soda

1 tsp. baking powder

1 tsp. salt

1 cup chopped walnuts

Directions:

1. Pre-heat oven to 350°. Grease and flour 3 8"x5" loaf pans. For filling, in a small bowl, mix cream cheese, sugar, egg, and milk until smooth. Set aside.
2. For bread, in a large bowl, beat sugar, pumpkin, eggs, oil, and water until well blended.
3. In another bowl, whisk dry ingredients. Gradually blend into pumpkin mixture.
4. Stir in walnuts, raisins, and dates.
5. Pour half the batter into the pans. Spread the filling, evenly divided, over the batter. Cover filling completely with remaining batter.
6. Bake 65-70 minutes until a toothpick inserted into bread portion comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.
7. For topping, mix powdered sugar, vanilla, and milk until smooth and thin enough to drizzle. Drizzle over bread and sprinkle with chopped walnuts. Note: if you are freezing loaves, the topping can be added before serving.

Results of Recent Post Events:

- Applebee's Pancake Breakfast raised \$2109 for our Post. Thanks to Helen and Bill Kinder, who organized this event, and to all the volunteers who sold tickets, and worked at the breakfast to make it a success.
- The first Harvest Festival – in spite of cold, windy, and drizzly weather – was a success as a community event. We now have a jumping off point for next year, and lots of ideas for making this - hopefully – annual event even bigger and better! Thank you to the organizers, Dee Sasse, John & Sue Fevold, Helen & Bill Kinder, who have been working since June to make this event happen!



Left: Commander Dee Sasse and 1st Vice-Commander John Fevold in front of the banner at the site of the Harvest Festival.

Below: All the workers on a very chilly day at the Harvest Festival.



Mark Your Calendar:

November 5th - Daylight Savings Ends

November 7th - Election Day

November 8th - Post 154 Executive Committee Meeting

November 10th - Marine Corp Birthday

November 11th - Veterans Day

November 12th - Veterans Recognition Event at Lakeland High School @ 2 PM. See page 12 for details

November 19th - National Family Week

November 22nd - Post 154 Membership Meeting CANCELLED due to holiday

November 23rd



November 23rd - Holiday Donor Blood Drive begins

December 15th – 6 PM Post 154 combined Christmas Potluck and very short meeting.

Bits & Pieces

- Because of the damage done by storms in Texas, the Women Veterans National Summit was not held. Instead, below is a link for cyber seminars.
<https://www.va.gov/womenvet/acwv/summitNational2017.asp>
- Post 154's Christmas Potluck is coming up! Please save the date: December 15th at 6 PM! More details in next month's newsletter – and watch your mailbox too.
- **Rathdrum Lions Club's Nutritional Backpack Program could use your help.** There are 200 elementary school children in the Rathdrum area that are returning to school on Mondays, malnourished and non-attentive in class. The State of Idaho does not have a program to feed these children on the weekends. They are on the school's free Breakfast/Lunch program during the school week. We are currently helping all 200 children with the **Nutritional Backpack Program**. This is an ongoing problem and each year the number of kids fluctuate. Once a month, the Lions pack enough to last a month and could use some help. It is not hard. It does require standing but no lifting. **Please contact Marge Bega at 208-691-3476 or e-mail her at huddlhous46@frontier.com**

Many of the schools and businesses in our communities offer special presentations and meals for Veterans around Veterans Day. Please attend if you can. Here are just a few:

Veterans Day Events

- a. Nov 8th The Legends (across from Kroc Center) is providing a free breakfast to all veterans at 7:30 am
- b. Nov 8th Hayden Meadow's Elementary School in Hayden is celebrating Veteran's Day at 2:30 and invites all veterans to attend their program.
- c. Nov 9th Lakeland Senior High School – Rathdrum 8:30 am
- d. Nov 9th CDA Casino Free Dinner & program for all Veterans and families. Doors open at 4 pm Dinner starts at 5.
- e. Nov 10th Post Falls High School – breakfast at 7:30 am
- f. Nov 10th John Brown Elementary 8:45 am
- g. Nov 10th Garwood Elementary 1:30 pm
- h. River City Middle School in Post Falls is hosting a dessert reception on Friday, November 10th at 1:30 and a schoolwide assembly at 2:00
- i. Nov 11th Hayden City Hall 11 am – Harold Markiewicz is Hayden Veteran of the Year
- j. Nov 12th Veterans Recognition Event at Lakeland High School at 2 pm
- k. Nov 13th Golden Corral Free dinner for veterans 5 pm – 9 pm

A Healthier You: From The People's Pharmacy



How Can You Eat to Lower Your Blood Pressure?

Blood pressure is a key factor in good health, because it helps determine whether you will be susceptible to a heart attack or a stroke. There are a number of elements that can influence blood pressure, ranging from genetics to emotions such as fear. Diet can also play a role in affecting blood pressure. How can you eat to lower your blood pressure? [> Read Article](#)

Veterans Recognition Day Event

Please plan to attend this free event honoring all Veterans of Kootenai County. Bring your family and enjoy the special honors, entertainment, refreshments, and comradery. We are looking for Kootenai County's oldest and youngest Veterans as well as Korean War era veterans to give special recognition. If you are one, or know someone who is, or think you may qualify as the oldest or youngest, please call Jean at 509-981-3413. See details on the flyer below.

Please Join the Rathdrum Community

2017 Veterans Recognition Ceremony

Sunday November 12th at 2PM

- **In The Lakeland High School Commons Area**
 - **Doors Open at 1PM**
 - **Opening Ceremonies Start at 2PM**
- **Special Recognition For all Korean War Veterans**
- **Entertainment by James Adams & the Women's Acapella Quartet Amore'**
- **Door prizes for Veterans and Special Prizes for Kootenai County's Youngest & Oldest Veteran**
 - **Refreshments will be served**

Everyone is invited to this free celebration to meet, honor, & thank our Veterans. All Korean War Veterans & Veterans wishing to be considered for the oldest and youngest please call Jean at 509-981-3413 by November 1st.

Event is Sponsored by the American Legion Post 154, The N.W. Guardian Riders and the City of Rathdrum.



POST 154



Alcohol, Tobacco and Firearms Are Strictly Prohibited on School Property

For more information please call Jean Bledsoe at 509-981-3413



**MONDAY,
NOVEMBER 13
5-9 PM**

Free "Thank you" Dinner for any active or former military members who have served in the U.S. Military.

DINE-IN ONLY.



SH/MAN-TC-0917



YOUR CHOICE RULES