



# Manuel Schneidmiller Post 154, Inc.

## Rathdrum Idaho

### Newsletter

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#### Commander:

If you asked someone on the street why we celebrate Veterans Day, do you think they could tell you? Really, probably not a lot of them...maybe half of them would know and they would most likely be over 50. Veterans Day (notice no apostrophe) is dedicated to those men and women who have honorably served, alive or passed. Formerly known as Armistice Day, it was originally observed on November 11, 1918 as a U.S. legal holiday to honor the end of World War I. In 1938, legislation was passed to make "Armistice Day" a legal holiday "dedicated to the cause of world peace and to be hereafter celebrated and known as "Armistice Day". Later, Veteran service organizations began to push congress to recognize veterans who served in both World War II and the Korean War. So, in 1954, the 83rd U.S. Congress replaced the word "Armistice" with "Veterans". On June 1, 1954, the new legislation was approved, and November 11<sup>th</sup> became a day to honor American veterans of all wars.

Of course, more legislation was coming. Federal employees wanting three-day holidays pushed for legislation to celebrate four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. And in 1963, the Uniforms Holiday Bill was passed. Under this Bill, Veterans Day would be observed on the fourth Monday of October. When the law finally went into effect, Veterans Day was observed on October 25, 1971. Many states were in an uproar and refused to change the date of celebration. (cont. below)

Thank goodness for President Gerald R. Ford, who on September 20, 1975 signed a law reverting Veterans Day back to its original date of observance, November 11<sup>th</sup>. On a side note, U.S. Resolution 143 establishes November 11<sup>th</sup> through November 17<sup>th</sup> as “National Veterans Awareness Week” which calls for educating elementary and secondary school children concerning the contributions and sacrifices of our veterans.

I look forward to seeing each of you at our Veterans Recognition Event on Saturday November 9<sup>th</sup> at the Lakeland High School. Please plan on attending and bring a fellow Veteran. Also, Post Falls High School is serving breakfast and two concerts on the morning of the 11<sup>th</sup>. One in the morning for the veterans that attend the breakfast and another one at 6:30 in our auditorium. Please check our local schools and plan to go and see other Veterans programs.

Here are some fun Thanksgiving facts.

1. President Thomas Jefferson thought making Thanksgiving a National Holiday was “a ridiculous proposition”.
2. Sarah Hale is considered the “Mother of Thanksgiving”. She urged President Abraham Lincoln to make it a National Holiday. She also wrote the popular song “Mary Had A Little Lamb.”
3. The Turkey was Ben Franklin’s vote for the national bird.
4. Domestic turkeys can’t fly — but they have been to outer space. Turkey was the first meal enjoyed by the Neil Armstrong and Buzz Aldrin.
5. Cranberries were once used for more than just sauce. Native Americans used them to treat wounds and dye arrows and...The best way to tell if a cranberry is ripe is to see if it bounces.
6. The very first TV dinners sold were turkey dinners.
7. Americans eat the weight of Singapore’s population in turkey every year — up to 690 million pounds!
8. Baby turkeys are called poults.

Have a great Thanksgiving. For God and Country - Dee Sasse, Commander



The new year is fast approaching and we still have quite a few people who have yet to renew. Our total paid membership is at 77 from a total assigned membership of 129. (58.91%) We still have a way to go, so let's keep after it. December is almost here, so let's focus on getting your dues in soon.

You may renew your membership online at [legion.org](http://legion.org), or mail your \$45.00 check to:

AMERICAN LEGION POST 154  
PO BOX 1116



## Finance Officer's Report:

The Post ended the month of September with a net income of \$29.36 which is typical for this time of year.

The Executive Committee authorized me to order 6,000 Poppies (same as last year) for our annual Poppy Distribution in the three weeks preceding Memorial Day. This is our major fundraiser, so plan to be in town and help us out by volunteering to distribute Poppies several times over that period (the three weekends will be May 8 and 9, May 15 and 16 and May 22 and 23 – these are Friday's and Saturdays). Memorial Day is May 25.

Please remember to contact Helen Kinder about renewing your American Legion membership for 2020. The sooner we get to 100% renewal the better we look to our State and National Commanders. - Len Crosby, Finance Officer



## Legislative Chairman:

VA Owes Veterans \$\$ for Emergency Treatment: A federal court has ruled that the [Department of Veterans Affairs](#) wrongly denied reimbursements to veterans who received emergency medical care at non-VA facilities, a decision that could result in payouts to veterans totaling billions. The U.S. Court of Appeals for Veterans Claims judges wrote Sept. 9 that VA's reimbursement regulations, which were instituted in 2018, violated a law that requires VA to approve veterans' claims for emergency room expenses not covered by private insurance.

The case, [Wolfe v. Wilkie](#), marked the second time VA has been overruled on its interpretation of its reimbursement policies. In 2015, the court ruled that a previous version of the VA regulation on emergency claims violated a 2010 law. According to the appeals court judges, the 2015 ruling was intended to require VA to act as a secondary payer for expenses not covered by an individual's primary private health insurance, but VA has not been doing that, they said in the Wolfe v. Wilkie decision.

"VA was informing veterans that they were not entitled to reimbursement for non-VA emergency medical care if they had any insurance covering the service at issue," wrote the judges. "In other words, the agency was telling veterans that the law was exactly opposite to what a federal court had held the law to be."

**GET YOUR FLU SHOT:** Veterans enrolled in VA and in need of a flu shot can receive it for free at their nearest VA health care facility or at their local [Walgreens](#). The Centers for Disease Control and Prevention, VA, and doctors suggest all individuals get their flu shot during the fall. This is particularly true for individuals over the age of 65, pregnant women, caregivers of infants or family members with health problems, health care employees, and people with heart problems and other chronic illnesses or conditions.

**Veterans' Compensation Cost-of-Living Adjustment Act of 2019 Now Law:** Last Monday, the president signed the Veterans' Compensation Cost-of-Living Adjustment Act of 2019 into law. The new law provides cost of living increases equal to the same increase granted for Social Security benefits. The increase will be for wartime disability compensation, compensation for dependents, clothing allowance, and dependency and indemnity compensation to surviving spouses and children. These 1.8% COLA increases will take effect on Dec. 1, 2019. (Cont. below)

**TRICARE Drug Costs Increasing for 2020:** As a result of skyrocketing prescription drug cost in recent years, TRICARE was mandated by Congress as part of the National Defense Authorization Act for Fiscal Year 2018 to bring their prescription costs compatible with actual costs of prescription drugs in the civilian medical domain. Starting on Jan. 1, 2020, TRICARE prescription drug costs for beneficiaries are set to rise as much as 42 percent. However, prescriptions filled on base will continue to be free. Copayments for Express Scripts mail-order pharmacy prescriptions will increase for generic drugs, brand name drugs, and non-formulary drugs for a 90-day supply. Cost at retail pharmacies for prescriptions will increase as well for generic drug, brand-name drugs, and non-formulary drugs will for a 30-day supply.

**Credit Reporting Agencies Agree to Provide Active Duty Members of the Military with Free Credit Monitoring:** The three credit reporting agencies have agreed to provide [free credit monitoring services](#) to all active duty members, going beyond the federal government's 2018 requirements. The free credit monitoring, which often costs \$30 a month or more, can help troops [stay on top of their finances](#), with information about new activity on their credit reports. With early detection, troops can take steps to nip [fraud and other problems](#) in the bud.

**Senate Issues "Motion To Instruct" regarding the "Widows Tax":** Sen. Doug Jones (D-Ala.) called for a Motion to Instruct (MTI) vote on including the elimination of the Widow's Tax into the final version of the National Defense Authorization Act for Fiscal Year 2020 (NDAA). With a vote of 94-0, the Senate unanimously voted to pass the MTI. This is a call to action and sends a message to the NDAA conference committee members that a permanent fix of the Widow's Tax is long overdue. While an MTI is a non-binding show of support, the elimination of the Widow's Tax has never made it this far in the annual Defense Authorization Bill process in the past 20 years.

**Veteran Bills Advanced for House Vote:** The week of Oct. 14 the House Committee on Veterans' Affairs advanced six bipartisan pieces of legislation to the full House for a vote. The six bills covered a wide range of veteran benefits and protections to include improvements for homeless veterans, student veterans, veteran-owned small businesses, and improved reporting transparency within VA. These six bills are just some of the important work the Veterans' Affairs Committee has worked on this session, and they have shown a commitment to work for veterans in a bipartisan manner. Now, the bills will be up for a vote by the full House of Representatives in the coming weeks.

**TRICARE Open Season (Update):** TRICARE Open Season will run from Nov. 11 to Dec. 9. It is important to note that new retirees have only one year to enroll for TRICARE Prime. If they forget to enroll in TRICARE Prime, individuals are no longer going to be automatically enrolled into TRICARE Select and will have to wait for the next Open Season enrollment period. If an individual is already enrolled, they can change their TRICARE coverage, if eligible. If you want to stay in your current TRICARE plan, you do not need to do anything. – Len Crosby, Legislative Chairman





A PRAYER OF THANKS FOR OUR MANY BLESSINGS

“Oh God, You are so good. You are faithful and gracious, and You have blessed us beyond measure. Thank you for everyday blessings to which we have become accustomed, but never want to take for granted: clean drinking water, electricity, food in our pantry’s, hot showers, a roof over our heads, and a bed to sleep in.

Thank you for legs that carry us where we need to go and hands that enable us to accomplish many things. Thank you for our hearing and our vision and for a sound, healthy mind.

Thank you for our families, our friends, our jobs, our neighbors. Thank you for freedom to attend our churches, for our pastors, and for our small groups and our many relationships.

Thank you for the things You are doing in our hearts and in our lives.

We are grateful that by the power of Your Holy Spirit, we are much different today than we were 10 years ago, or a year ago. We are even different than we were at the beginning of this year, and it’s because of Your power at work in us, continually transforming us into Your image.

We love and adore You, Lord, and our hearts overflow with gratitude for all these blessings. In the precious name of Jesus. Amen

By Julie K. Gillies

Submitted by Helen Kinder, Chaplain

**Sickness & Distress:**

Post 154 member Mike Warren and his wife were in an accident on October 21<sup>st</sup> in Indiana. Their car was hit from behind when they were stopped at a stoplight by a driver who was looking down at their phone. Mike experienced some chest pains and was taken to the hospital. Apparently, the collision caused a rupture in his sternum where they had replaced his heart valve a year or so ago. He and his wife are returning to Coeur d’Alene because of this, and he may have to have another operation on his heart. They will be back in early November. Please keep Mike in your prayers.

## Service Officer:

November greetings to you all! May this month bring blessings and family feasting. Make it eaZy. With Zeal and Zest. Zero stress. Zero stress? I'm feeling it now! Because November is the end to my alphabetical challenge! Zowie!! Lots to cover so settle in:

**The list of Urgent Care providers in support of the VA Mission Act** is constantly being increased to support veterans throughout the country. The most current Urgent Care Providers can be found at [vaurgentcarelocator.triwest.com/Locator/Care](http://vaurgentcarelocator.triwest.com/Locator/Care). In our area, these Urgent Care Providers are: Northwest Specialty Hospital on Dalton in Coeur d Alene, and on Syringa Street in Post Falls; and Lakeland Immediate Care in Rathdrum.

As a reminder, in order to be eligible for the Urgent Care Program under the Mission Act, a veteran must be current in their enrollment at the VA Medical Center (current in their enrollment within the past 24 months). There are co-pays for the use of Urgent Care. Priority Groups 1-5 receive the first (3) visits free, and each additional visit is \$30 per visit afterwards. Priority Group 6 receives the first (3) visits free, as long as the visits are related to their special condition which warranted the Priority Group 6 status. If not, visits are \$30 for each visit. Priority Group 7-8 will be charged a \$30 fee for each visit. For all groups, flu shots are free.

**LegionCare Progarm** is a NO COST death benefit for member of the American Legion, Auxiliary and SAL age 18 and older. As a member of the Legion Family, you're eligible for up to \$5,000.00 in NO COST to You coverage. But your Confirmation is REQUIRED for activation.

\$5,000.00 ACCIDENTAL DEATH PROTECTION MEMBER-ONLY BENEFIT:

Your beneficiary will receive a check for \$5,000.00 if you suffer a fatal covered accident while you are traveling to or from or participating in any covered event conducted for Legion business, or \$1,000.00 for all other fatal covered accidents. You pay nothing for this coverage.

Your Department of The American Legion endorses this coverage to stand by your family with up to \$1,000.00 cash benefits paid straight to your beneficiary, if you suffer a fatal covered accident at home, on the job, in your car, on vacation, while traveling, wherever you are. Go to <https://www.thelit.com/no-cost-legioncare> to sign up. Or call 1-800-235-6943.

**You will always find up to date information on the Idaho Division of Veteran Services** website - [veterans.idaho.gov](http://veterans.idaho.gov). For the Quarterly Veterans Service Bulletin, scroll over to "Advocacy" and down to "Quarterly Veterans Service Bulletin". Sometimes the most recent bulletin takes some time to be posted here, but you can get the bulletin in your in-box every quarter as a Word document, which will allow to you forward or print and disseminate as many copies as you like. In addition to receiving the quarterly bulletin, you will also receive our annual Veterans Resource Directory via email. Please email Jennel Binsky at [jennel.binsky@veterans.idaho.gov](mailto:jennel.binsky@veterans.idaho.gov). to sign up or call 1-208-780-1380. - Ruth Aresvik, Service Officer





# Faces of AGENT ORANGE

**Dayna Dupuis Theriot - By Jim Belshaw**

Dayna Dupuis Theriot writes a letter filled with questions, not the least of which is to whom she should send it for answers. She scours the Internet looking for such answers and finds only tantalizing clues, or more to the point, one clue, one connector between her son and the various abnormalities that have been visited upon him. The clue repeatedly shows itself, but never to the degree that she can say it is the answer with any certainty. "Every time I put in one of Keeyan's abnormalities with that information about my dad, Agent Orange in the first thing that would pop up," she said. With the exception of a too small body, his physical appearance gives no indication that her young son knows firsthand the medical mysteries that Dayna includes in her letter: "Esophageal Atresia/stricture "Dyslexia and learning disabilities "Speech and hearing problems "Asthma and allergies so severe that Keeyan is on Xolair injections (normally for people who are 12 years of age or older according to the Xolair Web site) "Illecolitis (a form of Crohn's disease) "Premature Ventricular Contractions (heart disease)."

Her father, a Vietnam veteran who served in the Army, is under treatment for PTSD, but has never been diagnosed with a disease connected to Agent Orange. Nonetheless, pointing to the presence of Agent Orange in her Internet research, Dayna finds yet another clue hard to pin down. "My father was in an area that was heavily sprayed with Agent Orange," she said. "He's been through a lot. I don't know how he would handle it if we found out this kind of thing was transferred from his body to us. It would have a powerful emotional effect on him. I would hate for him to blame himself. What I'm doing now is just looking for answers. You don't know who else is out there with the same problems." Dip in anywhere in her letter and "powerful emotional effect" becomes understatement. [Read the full story here.](#)



*Dayna and her son Keeyan  
- Keeyan is 8. He weighs 48  
pounds*



## **"Are You a Victim?"**

This month begins a series of articles on the health risks of various environmental toxins. I'm starting with benzenes, as they are such a common contaminant around military installations.

## Health Risks of Benzene Exposure

### What is benzene?

Benzene is a colorless liquid with a sweet odor. It evaporates into the air very quickly and dissolves slightly in water. It is highly flammable and is formed from both natural processes and human activities.

Benzene is widely used in the United States; it ranks in the top 20 chemicals for production volume. Some industries use benzene to make other chemicals which are used to make plastics, resins, and nylon and other synthetic fibers. Benzene is also used to make some types of rubbers, lubricants, dyes, detergents, drugs, and pesticides. Natural sources of benzene include emissions from volcanoes and forest fires. Benzene is also a natural part of crude oil, gasoline, and cigarette smoke.

### What happens to benzene when it enters the environment?

- Industrial processes are the main source of benzene in the environment.
- Benzene can pass into the air from water and soil.
- It reacts with other chemicals in the air and breaks down within a few days.
- Benzene in the air can attach to rain or snow and be carried back down to the ground.
- It breaks down more slowly in water and soil and can pass through the soil into underground water.
- Benzene does not build up in plants or animals.

### How might I be exposed to benzene?

- Outdoor air contains low levels of benzene from tobacco smoke, automobile service stations, exhaust from motor vehicles, and industrial emissions.
- Vapors (or gases) from products that contain benzene, such as glues, paints, furniture wax, and detergents, can also be a source of exposure.
- Air around hazardous waste sites or gas stations will contain higher levels of benzene.
- Working in industries that make or use benzene.

### How can benzene affect my health?

Breathing very high levels of benzene can result in death, while high levels can cause drowsiness, dizziness, rapid heart rate, headaches, tremors, confusion, and unconsciousness. Eating or drinking foods containing high levels of benzene can cause vomiting, irritation of the stomach, dizziness, sleepiness, convulsions, rapid heart rate, and death.

The major effect of benzene from long-term exposure is on the blood. Benzene causes harmful effects on the bone marrow and can cause a decrease in red blood cells leading to anemia. It can also cause excessive bleeding and can affect the immune system, increasing the chance for infection. Some women who breathed high levels of benzene for many months had irregular menstrual periods and a decrease in the size of their ovaries, but we do not know for certain that benzene caused the effects. It is not known whether benzene will affect fertility in men.

### How likely is benzene to cause cancer?

Long-term exposure to high levels of benzene in the air can cause leukemia, particularly acute myelogenous leukemia, often referred to as AML. This is a cancer of the blood forming organs. The Department of Health and Human Services (DHHS) has determined that benzene is a known carcinogen. The International Agency for Research on Cancer (IARC) and the EPA have determined that benzene is carcinogenic to humans.

### How can benzene affect children?

Children can be affected by benzene exposure in the same ways as adults. It is not known if children (cont. below) are more susceptible to benzene poisoning than adults.

Benzene can pass from the mother's blood to a fetus. Animal studies have shown low birth weights, delayed bone formation, and bone marrow damage when pregnant animals breathed benzene.

### How can families reduce the risks of exposure to benzene?

Benzene exposure can be reduced by limiting contact with gasoline and cigarette smoke. Families are encouraged not to smoke in their house, in enclosed environments, or near their children.

### Is there a medical test to determine whether I've been exposed to benzene?

Several tests can show if you have been exposed to benzene. There is a test for measuring benzene in the breath; this test must be done shortly after exposure. Benzene can also be measured in the blood; however, (cont. below)



since benzene disappears rapidly from the blood, this test is only useful for recent exposures.

In the body, benzene is converted to products called metabolites. Certain metabolites can be measured in the urine. The metabolite S-phenylmercapturic acid in urine is a sensitive indicator of benzene exposure. However, this test must be done shortly after exposure and is not a reliable indicator of how much benzene you have been exposed to, since the metabolites may be present in urine from other sources.

**Has the federal government made recommendations to protect human health?**

For more information, contact the Agency for Toxic Substances and Disease Registry, Division of Toxicology and Human Health Sciences, 1600 Clifton Road NE, Mailstop F-57, Atlanta, GA 30329-4027.  
Phone: 1-800-232-4636

The EPA has set the maximum permissible level of benzene in drinking water at 5 parts benzene per billion parts of water (5 ppb).

The Occupational Safety and Health Administration (OSHA) has set limits of 1-part benzene per million parts of workplace air (1 ppm) for 8-hour shifts and 40 hour work weeks.

#### **References**

Agency for Toxic Substances and Disease Registry (ATSDR) 2007. Toxicological Profile for Benzene (Update).

Atlanta, GA: U.S. Department of Public Health and Human Services, Public Health Service



## Important Bits & Pieces!

**On November 12 the Planning Commission** will be asked to approve a Special Use Permit required for the construction of the newly approved North Idaho Veterans Home. I have enclosed the notice of that hearing for your information. The meeting will take place at the Post Falls City Hall at 6:00. It would be wonderful if we could have a showing of support from local Veterans and Veteran Service Groups.

If you can attend, please wear your veterans cap or honor guard uniform. If you or a member of your organization cannot attend the meeting, I would ask that you send a letter to the Post Falls Planning Commission supporting the Special Use Permit. Your letters can be sent to the following:

**City of Post Falls Planning Division  
408 Spokane Street  
Post Falls, Idaho 83854**

You can also send a comment or letter via e-mail to [phnitice@postfalls.org](mailto:phnitice@postfalls.org)

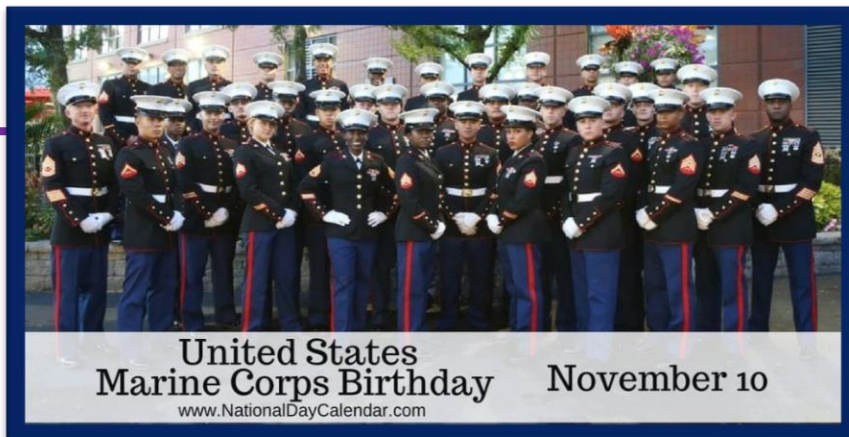
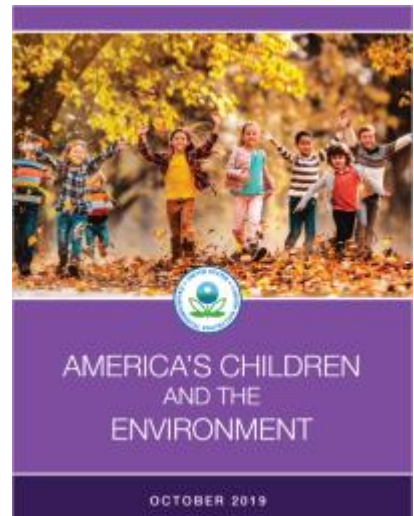
Please mark your calendars: **Tuesday, 12 November, at 6:00 p.m.**, Post Falls City Hall. Take Exit 5, turn left, go under the freeway to 4th Street, turn left. City Hall will be on your left.

If any of you can wear a legion hat, that would be great. We need to show lots of support at this meeting. Bring your spouses too. Thank you for your support and assistance. Please call me if you have any questions or concerns – [crosbylenmary@frontier.com](mailto:crosbylenmary@frontier.com) or 208-651-0697 - Len Crosby

## EPA Releases America's Children and the Environment Report

This week, the EPA announced the release of the first update to America's Children and the Environment since 2013. The purpose of the update, released October 16, is to compile – and make available to a broad audience – information that can help identify areas that warrant additional attention, potential issues of concern, and persistent problems. EPA hopes that the development and presentation of these indicators will motivate continuing research, additional data collection, and, when appropriate, necessary interventions.

[Read the Report](#)





And here's a delicious, quick and easy **Parmesan Batter Bread** compliments of your editor.



## Parmesan Batter Bread

Batter breads make a perfect accompaniment to soups. They're made with yeast but are beaten rather than kneaded. Also, batter breads rise only once. They can be baked in any sized pan, but I love a cast-iron skillet. It gives such a wonderful crust.

1 scant tablespoon or 1 (1/4-ounce) package active dry yeast  
 1/4 cup lukewarm (105°F to 115°F) water  
 2 cups Unbleached All-Purpose Flour  
 1 tablespoon granulated sugar  
 1/2 teaspoon salt  
 2 tablespoons dried dill (optional)

8 tablespoons butter, room temperature  
 1/2 cup lukewarm (105°F to 115°F) milk  
 1 large egg, beaten  
 1/2 cup shredded Parmesan cheese  
 1 3-ounce package cream cheese, cut in 1/2-inch dice

In a cup, stir yeast into water to soften.

In a large bowl, whisk flour, sugar and salt together to combine. Add softened yeast/water mixture, butter, milk, egg and Parmesan cheese. Beat vigorously for 2 minutes.

Turn batter into a well-seasoned 10-inch skillet or round pan. Dot top of dough with cream cheese. Cover with tightly woven towel and let rise for 1 hour.

Preheat oven to 375°F. Bake bread for 20 minutes, or until internal temperature of bread reaches 190°F on an instant-read thermometer. Remove bread from oven, cut into wedges, and serve immediately.

Hey, want some freebies for Veterans Day? [Check this out for meals and more.](#)

### Mark Your Calendar:

November 3<sup>rd</sup> National American Legion College (Commander Dee Sasse attending)  
November 3<sup>rd</sup> End of Daylight Savings Time  
November 5<sup>th</sup> Election Day  
November 9<sup>th</sup> Veterans Recognition Event – Lake City High School @ 11 am  
November 10<sup>th</sup> 100<sup>th</sup> Birthday of American Legion Auxiliary  
November 10<sup>th</sup> Marine Corps Birthday  
November 11<sup>th</sup> Veterans Day  
**November 12<sup>th</sup> Planning Commission Hearing – See details on page 10**  
**November 14<sup>th</sup> Post 154 Executive Committee Meeting @ 6 pm Lions Club**  
**November 28<sup>th</sup> NO Post 154 Membership Meeting**  
November 28<sup>th</sup> Holiday Blood Donor Drive



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



### When Should You Take Your BP Pills? Morning or Bedtime?

Do you want the biggest bang for your blood pressure buck? If so, you may want to ask your doctor whether you should take your BP pills before bed.



[Read the October issue of the bulletin here.](#)

**I did not know this, I bet you didn't either.** Don't let the sun go down without reading this about



Martha Raye. It was well recognized that Martha Raye endured less comfort more than any other Vietnam entertainer.

The most unforgivable oversight of TV is that her shows were not taped I was unaware of her credentials or where she is buried.

Somehow, I just can't see Brittany Spears, Paris Hilton, or Jessica Simpson doing what this woman and the other USO women, including Ann Margaret & Joey Heatherton did for our troops in past wars. Most of the old-time entertainers were made of a lot sterner stuff than today's crop of activist bland whiners.

The following is from an Army Aviator who takes a trip down memory lane:

"It was just before Thanksgiving '67 and we were ferrying dead and wounded from a large GRF west of Pleiku.

We had run out of body bags by noon, so the Hook (CH-47 CHINOOK)

was pretty rough in the back.

All of a sudden, we heard a 'take-charge' woman's voice in the rear. There was the singer and actress, Martha Raye, with a Special Forces beret and jungle fatigues, with subdued markings, helping the wounded into the Chinook, and carrying the dead aboard.

Maggie' had been visiting her Special Forces (SF) 'heroes' out 'west'.

We took off, short of fuel, and headed to the USAF hospital pad at Pleiku.

As we all started unloading our sad pax's, a USAF Captain said to Martha, "Ms. Raye, with all these dead and wounded to process, there would not be time for your show!"

To all our surprise, she pulled on her right collar and said "Captain, see this eagle? I am a full 'Bird' in the US Army Reserve, and on this is a 'Caduceus' which means I am Nurse, with a surgical specialty...now, take me to your wounded!"

He said, "Yes ma'am...follow me."

Several times at the Army Field Hospital in Pleiku, she would 'cover' a surgical shift, giving a nurse a well-deserved break.



Martha is the only woman buried in the SF (Special Forces) cemetery at Ft Bragg.

I did not know this about Martha Raye. I thought you might like to read it.

Life should NOT be a journey to the grave with the intention of arriving safely in an an attractive and well preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other- body thoroughly used up, totally worn out and screaming "Wahoo what a ride!!!"

It's not what you gather, but what you scatter that tells what kind of life you have lived. - Submitted by Paula Atwood



## **Digging a Perimeter Bunker:** by Len Crosby

In 1967, following three hard weeks in the jungle around Dak To, Vietnam, our Battalion (3rd of the 8th Infantry) was flown back to the 4th Infantry Division's Fire Base for resupply and replacements.

As was typical of REMF (a term I will gladly explain to the uninitiated – Rear Echelon MF) officers, someone decided that having several hundred extra bodies sitting around would be a great time to dig a new perimeter bunker on the sector of the base camp perimeter for which our Battalion was responsible.

As was the normal process, this great idea originated at the Brigade Commander level, and was passed down from Col. to Lt. Col. to Major to Captain and finally to me – a lowly 1st Lt. I assembled my platoon and arrived at the designated spot for the new construction and we set to digging. Perimeter bunkers start with a 4-foot hole in the ground – generally 10 feet wide and 12 feet long and build up from there. As we dug, we used the dirt to fill sandbags which would form the upper portion of the bunker and protect the log roof and a sandbagged machine gun position on top of the roof.

We were well into the digging process (it had rained for several days before we begin this process so we were butt deep in mud), when a very clean Major (probably recently arrived in country) appeared and - looking over those doing the work (officers and enlisted men all look the same when they are sweaty, shirtless, muddy and ass deep in a hole) – asked who was in charge. I hopped out of the hole, retrieved my shirt, flipped up my collar showing my rank, and crisply reported to the Major that I, Lt. Crosby was indeed in charge of this merry band.

He looked me up and down with some revulsion, and – staying clear of my muddy countenance - informed me that the bunker was in the wrong place and needed to be located 10 feet to the east of its present location. Recalling that one of the most important features of the Army is that whenever possible you pass a problem UP the chain of command. I crisply saluted and replied: "Sir, we will be pleased to move the hole for this bunker, however, we will first need to have Special Orders cut authorizing the Battalion Engineers to come and move the hole we have dug, since we don't have the heavy equipment required for hole relocation!"

The Major seemed satisfied, returned my salute, said he appreciated my affirmative response and that he would head for Brigade Headquarters forthwith and find out who would need to prepare those orders for the Engineers and their special hole relocation heavy equipment.

Needless to say, having sent him on this Snipe hunt, we returned to our hole and finished the Bunker that afternoon. Neither the Engineers nor the Major ever returned to bother us, and we gratefully returned to the jungle in about three more days where there were fewer rules and NO REMF MAJORS!





MANUEL SCHNEIDMILLER POST 154  
AMERICAN LEGION DEPARTMENT OF IDAHO  
PO BOX 1116, RATHDRUM ID 83858

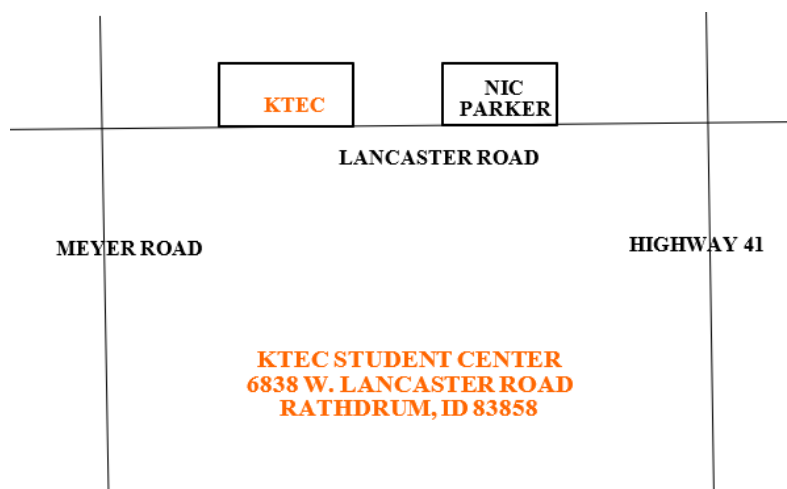
**American Legion Post 154  
Christmas Party 2019**

You and your family are cordially invited to attend the Fifth Annual Manuel Schneidmiller Post 154 Pot Luck Christmas Party to be held Friday, December 13, 2019, from 6:00-8:00 P.M. at KTEC Student Center, located at 6838 W. Lancaster Road, Rathdrum. Please come and enjoy an evening to celebrate the holidays with friends and family.

Again, this year we will have a visit from Santa and he will be reading *The Night Before Christmas* to the youngsters and oldsters. Please bring a wrapped, labeled gift, if you wish to have your children or grandchildren receive a present from Santa.

*The Post will provide coffee, tea, water, plates, napkins, and eating utensils. Please bring your favorite holiday dish to share. (suggestions might include turkey, ham, hot dishes, vegetables, salads or desserts.)*

Please RSVP by December 6th, with the number attending and what you are bringing. Direct responses to Helen Kinder at 208-772-7736, or [hlkinder41@gmail.com](mailto:hlkinder41@gmail.com).





## PRESS RELEASE

Vietnam Veterans of America

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IMMEDIATE RELEASE    October 23, 2019    No. 19-22

Contact: Mokie Porter  
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4000, Ext. 146

### **VVA Holds OMB, Director Responsible for Withholding Benefits for Agent Orange-Afflicted Vietnam Veterans**

(Washington, D.C)—“We hold the Office of Management and Budget and its director culpable in the deaths of those Vietnam veterans who went to their graves waiting for their government to do the right thing and grant service-connection for exposure to Agent Orange and other rainbow agents, as recommended by the VA Secretary based on findings of the Institute of Medicine.” John Rowan, National President, Vietnam Veterans of America

As confirmed by documents obtained through the Freedom of Information Act, in March 2018, when the then-VA Secretary set out to add bladder cancer, hypothyroidism, and Parkinson’s-like symptoms to the list of diseases eligible for VA benefits, he was stonewalled and then soon removed from his position in the administration.

The highly redacted documents obtained through FOIA by former Army Spc. Jeff O’Malley reveal that Mulvaney, Darin Selnick, and other OMB officials objected to the VA Secretary’s decision. Legible sections of the documents relay OMB’s determination that the Institutes of Medicine’s (now National Academy of Medicine) findings were based on “limited science,” as well as concern regarding the fiscal impact of the proposed additions.

“This is an outrage,” said VVA National President John Rowan. “We call on VA Secretary Robert

Wilke to delay no longer and act on the IOM’s findings by adding bladder cancer, hypothyroidism, Parkinson’s-like symptoms, along with hypertension and stroke, to the service-connected, presumptive list for those who served in Vietnam and elsewhere in the Southeast Asia theater of operations.

It has been more than three years since the March 2016, release of *Veterans and Agent Orange Update 2014*, the tenth biennial evaluation of relevant scientific studies on Agent Orange and other herbicides used during military operations in Vietnam. The Agent Orange Act of 1991 called for a decision by the VA Secretary *no later than 60 days* after receiving the IOM’s report and another 60 days after the Secretary’s decision to issue proposed regulations setting forth his determination.

The IOM review called for the upgrading of the status of bladder cancer and hypothyroidism to the Limited/Suggestive Category of Association; it clarified that individuals with Parkinson’s-like symptoms without other known etiology should be included in the presumption for Parkinson’s disease; and it firmly supported earlier findings still not recognized by VA as presumptive conditions: hypertension and stroke.”



Save the date and get your tickets!!



## Wanted Cowboys & Cowgirls – Rathdrum is gonna be scootin, rockin’, and rumblin’!

Saddle up and ride on over for the Rathdrum Chamber Event of the Year! The Annual Awards Dinner & Silent Auction on **Saturday, November 9** at the **Rathdrum Senior Center** is going to be a sellout!

The Chamber's Annual Awards Dinner is a time of celebration - A time that we honor businesses and volunteers who have demonstrated great leadership and commitment to the success of this Chamber and in the Rathdrum community. Click here to make your nomination on who we should recognize: <https://www.surveymonkey.com/r/6H7NCSB>

Not only is this Rathdrum's Event of the Year but this is our Chamber's biggest fundraiser. The funds raised at this event benefit the programs and opportunities for all of our members and our community in 2020. We raise funds through our Silent / Live Auctions, which are a great way to promote your business and attract new customers!

If you would like to make a donation to our Auction and promote your business, contact our Auction Coordinator (Executive Director) Jane Pierce at (208) 687-2866 or [director@rathdrumchamber.com](mailto:director@rathdrumchamber.com).

Don't miss this! Register for this night of fun, entertainment and memories right [HERE](#). We encourage attendees to dress in western attire and bring your dancin' boots!



Great American Smokeout

[www.NationalDayCalendar.com](http://www.NationalDayCalendar.com)

Thursday before  
Thanksgiving

LAKELAND LITERACY PROJECT IS  
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Dec 17

Jan 21

Feb 18

Mar 17

Join us for any or all dates.

Computer classes designed  
for seniors to support seniors  
with technology

Google Docs, Sheets, and  
Phone

All classes are  
3:30-5:00pm