



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho

Newsletter

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Happy Fall!

Commander's Message:

Good day Legion Family,

Welcome to "Fall". Wow, what happened to summer? I do know that the fall in North Idaho is exceptionally beautiful with warm days and cool nights. Also, I don't know about you but I am getting my firewood in and preparing for our wonderful Idaho winter; unless you are a snow bird then you should be breaking out the sunscreen. You snow birds have a safe trip!

Our up and coming first Harvest Festival will be great for our Post and for the community. Please tell everyone to come and enjoy the day. In addition, I want to say a special thank you to the Harvest Festival Committee for all your hard work. "Great Job".

October also means we are preparing for our Veteran's Recognition Event in November. Please plan to attend. It is a great event.

I hope to see you at our general membership meeting and at our events.

God Bless you and our Country. Dee Sasse, Commander

Meet the Secretary of Veterans Affairs:



The Honorable David J. Shulkin was nominated by President Trump to serve as the ninth Secretary of Veterans Affairs (VA) and was confirmed by the United States Senate on February 13, 2017.

Prior to his confirmation as Secretary, Dr. Shulkin served as VA's Under Secretary for Health for 18 months, leading the Nation's largest integrated health care system, with over 1,700 sites of care serving nearly nine million Veterans.

Before he began his service with VA, Dr. Shulkin held numerous chief executive roles at Morristown Medical Center, and the Atlantic Health System Accountable Care Organization. He also served as President and CEO of Beth Israel Medical Center in New York City.

Dr. Shulkin has held numerous physician leadership roles including Chief Medical Officer of the University of Pennsylvania Health System, Temple University Hospital, and the Medical College of Pennsylvania Hospital. He has also held academic positions including Chairman of Medicine and Vice Dean at Drexel University School of Medicine. As an entrepreneur, Dr. Shulkin founded and served as Chairman and CEO of DoctorQuality, one of the first consumer-oriented sources of information on quality and safety in healthcare.

A board-certified internist, Dr. Shulkin is also a fellow of the American College of Physicians. He received his medical degree from the Medical College of Pennsylvania, and he completed his internship at Yale University School of Medicine and a residency and fellowship in General Medicine at the University of Pittsburgh Presbyterian Medical Center. He also received advanced training in outcomes research and economics as a Robert Wood Johnson Foundation Clinical Scholar at the University of Pennsylvania.

Dr. Shulkin has been named as one of the "50 Most Influential Physician Executives in the Country" by *Modern Healthcare*. He has also previously been named among the "One Hundred Most Influential People in American Healthcare." He has been married to his wife, Dr. Merle Bari, for 29 years. They are the parents of two grown children.

Those of you who were at the membership meeting in November were treated to delicious, peanutty, chocolaty brownies brought in by our Service Officer, Ruth Aresvik. That was service above and beyond, Ruth. Since everyone raved about them – and tried not to eat seconds – Ruth provided me with the recipe for this newsletter. Here it is:

RUTHIE'S LEGION BROWNIES

- 1 family sized (13x9) brownie mix (eggs, oil, water)
- 1 cup chopped nuts (I used half walnuts/half pecans)
- 1 cup coconut (more, if desired)
- 10-12 snack sized Reese's peanut butter cups, roughly chopped

In large bowl, combine brownie mix, nuts, and coconut. Add eggs, oil and water according to box directions. Gently fold in chopped peanut butter cups. Line a 13x9 pan with parchment paper, or spray well with cooking spray. Bake according to box directions. Cool.

Peanut Butter Frosting:

- 1 cup peanut butter (I prefer extra chunky)
- 1/2 cup soft butter
- 2-3 T milk - more or less as needed
- 2 cups powdered sugar

Beat peanut butter and butter with electric or stand mixer. Add powdered sugar (I sift it in to avoid lumps) and add milk to desired consistency. Frost cooled brownies.

Optional: drizzle with chocolate** and top with chopped peanuts.

Editor's Note: To my mind, this part is *not* optional!

** In microwave, melt about 1/2 cup chocolate chips in sealed sandwich baggie. Snip off a tiny bit of the corner and drizzle onto brownies.

Bits & Pieces

- **Operation Veteran Smiles:** Veterans in need of dental work. Generations Dental and Implants Northwest providing support. Will provide free treatment for a procedure to homeless and in-need military veterans. Volunteers will be here to aid those individuals that day, but can make appointments for Nov 10th, 2017 as well. Call 208-664-9225 or visit our website for contact info. GenerationsDentalCDA.com Will need proof of status, DD214, VA ID card etc. Dr. Justin Rader, DDS is a member of Post 154. If you know of other dentists who are willing to help with Operation Veteran Smiles, please let Dr. Rader know.

Chaplain's Pew:

As we start our Fall season, the leaves change colors and we can take the time to discover so much to be thankful for in our lives. And I have a 'thankful' saying I would like to share with you.

Having someone who understands you is HOME.

Having someone who loves you is BELONGING.

Having both is a true BLESSING.

And this Chaplain can only say Amen to that.

I truly believe that among God's best gifts to us are the people who love us...and they love us each and every day just as we are. Not looking at the outer frills or other special trappings...just us...no matter what happens. And it really matters most when we start to have special issues or health problems and just need a bit of extra support to make it thru an hour, a day, a week or a month.

Look around, see if there is someone who needs a helping hand at home, a card of cheer, a prayer, a friendly hug from another human being. If you are able, give what assistance you can. If you need help, that is what our Post is there for...giving a hand to not only each other, but those in our families and communities. Please call if you know of someone in need. Your Chaplain is available. Waiting in the pews. - Chaplain Paula Atwood

Theresa Hart, Gold Star Mother and founder of Newby-ginnings, shared her story – and the story of her organization - this week at the November Membership Meeting. Many in the room, including this editor, were moved to tears by her tragedy. But out of tragedy came her mission to help veterans and their families by providing free household goods, clothing, medical equipment, and anything else she can come up with. Newby-ginnings is located in a 5700-square foot building near the Greyhound Park in Post Falls. In the past year, they served over 2000 veterans. They survive solely on donations, and their needs change from day to day, week to week. Right now, they need warm winter outerwear for children. They have coats for teen and adults, but very few coats, boots, waterproof gloves (kids like to play in the snow) and hats for young ones. If you can help, call Newby-ginnings at [\(208\) 610-6996](tel:2086106996).



Theresa receiving a certificate of appreciation and a Purple Heart Highway commemorative coin from Post Commander, Dee Sasse.

Service Officer:

Has anyone read the alphabet books by Sue Grafton? Her "Y is for Yesterday" came out in August, and her "Z is for Zero" will be published in 2019. Although I am not a private investigator (maybe in my dreams), I've done some research to present you with an A to Z series for your reading pleasure. This month we begin with.....A is for ARCH.....

The Department of Veterans Affairs (VA) is implementing a pilot program to provide health care services through contractual arrangements with non-VA care providers. This pilot, Project ARH (Access Received Closer to Home), intends to improve access for eligible Veterans by connecting them to health care services closer to home.

Eligibility for the pilot program is based on specific criteria including Veterans enrollment for VA health care and distance from VHA for primary care, secondary care or acute care. The number of Veterans who are eligible to participate in Project ARCH will depend on the specific pilot site and the Veterans' health care needs.

Five pilot sites have been established across the country. Project ARCH services will be offered in Northern Maine, Farmville, Va., Pratt, Kan., Flagstaff, Ariz., and Billings, Mont.

Veterans can find out if they are eligible by contacting their Care Coordinator at their VA Medical Center, who will work with them to assess their eligibility. The Care Coordinator will assist interested eligible Veterans to complete an application and will work closely with the non-VA providers. The Care Coordinator will also monitor the Veterans' care while they are being seen by the contracted providers.

VA will pay a negotiated contract rate for the services provided by non-VA providers. All Veterans who participate in Project ARCH will still have responsibility for co-payments, if applicable.

Veterans are eligible to participate in the program if they reside in a location where a pilot site is located and if they are enrolled for VA health care when the program starts, and meet any of the following criteria:

Live more than 60 minutes driving time from the nearest VA health care facility providing primary care services, or

Live more than 120 minutes time distance from the nearest VA health care facility providing acute hospital care, or

Live more than 240 minutes driving time from the nearest VA health care facility providing tertiary care.

Operation Enduring Freedom/Operation Iraqi Freedom Veterans and Veterans who served on active duty in a theater of combat operations or in combat against a hostile force during a period of hostilities after November 11, 1998, do not need to be enrolled for VA health care when Project ARCH starts. They will need to meet the above mentioned drive time criteria and enroll in VA in order to participate in the program. For additional questions on eligibility at the pilot locations, Veterans may contact their Care Coordinator.

Each Project ARCH pilot site will contract with specific providers for each service covered under the Pilot. Veterans must use those providers to participate in Project ARCH. However, participation in Project ARCH does not affect eligibility for Fee-Basis services.

Care Coordinators will work closely with the contracted non-VA provider to ensure that they have all of the necessary clinical information from a Veteran's medical records. The Care Coordinator will also ensure that the VA receives information from the non-VA provider to keep your medical records up-to-date. - Ruth Aresvik, Service Officer

Mark Your Calendar:

October is National Disability Employment Awareness Month

October 9th - Columbus Day

October 11th - Post 154 Executive Committee Meeting

October 21st - Harvest Festival at the Pumpkin Patch – see details page 8

October 25th - General Membership Meeting

October 27th & 28th – 3 Hour Defensive Cane Seminar

November 12th – 2 PM. The 3rd Annual Veterans' Recognition Day Event! All Veterans in Kootenai County – and their friends and family - are invited to this free event at Lakeland High School in Rathdrum. Special honor group is Korean War Veterans. Cake, entertainment, and door prizes! Watch for further details.

A Healthier You:

What Happens If You Eat Saturated Fat? – The People's Pharmacy

When people eat saturated fat, their risk of stroke drops. If they are also avoiding refined carbohydrates, their triglycerides also come down.

At least since the middle of the 20th century, Americans have been warned not to eat saturated fat. The idea was that fats that are solid at room temperature, like butter or the fat found in meat like beef or lamb, would raise cholesterol and clog coronary arteries. More recent research reveals, however, that saturated fats are not all alike in their effects (Santaren et al, Journal of Lipid Research, online Sep. 19, 2017). In addition, other components of the diet as well as the microbes that reside in the intestines have an important impact on the effects of eating saturated fat (Li & Tang, Current Atherosclerosis Reports, Aug. 25, 2017). A diet containing saturated fat does not necessarily result in sky-high cholesterol, as one reader reports.

Lab Results When You Eat Saturated Fat:

Q. I enjoyed your article about saturated fats. My husband and I have been eating saturated fat and avoiding all the “white stuff” like flour and sugar. We have been separating “fuels” by having protein and fats, or lean protein with healthy carbs at our meals. I have lost 30 pounds. My cholesterol went from 204 to 160 and my triglycerides from 140 to 41.

A. For decades, nutrition scientists have told us that people who eat saturated fat end up with [...] [> Read Article](#)

Sixth Annual
Inland Northwest Honor Flight
Fundraiser

Saturday, October 7, 2017
Doors open at 5:00 p.m.



Spokane Convention Center
334 W. Spokane Falls Blvd.
Spokane, WA 99201

Tickets: \$65 each

To make your reservation, donate, or become a sponsor, go to:
www.blacktie-northwest.com and enter **Event Code INHF2017**.

Dress: Business

Our fundraiser helps send our veterans, free of charge, to Washington, D.C., to thank them for their service and to visit the memorials erected in their honor.

Inland Northwest Honor Flight is a 501(c)(3) organization.

www.inwhonorflight.org

If you would like to pay by check instead of making your reservation online, please make your check payable to INW Honor Flight and mail it to

Barb Nelson (This is my personal box – Please do not mail it to INW Honor Flight at this box.)

PO Box 1120

Coeur d’Alene, ID 83816

208-930-1661

Please include your phone number, so I can call you if I have questions.

Please include your entrée choice for dinner:

Chicken Parmesan

Rosemary Garlic Marinated Pork Loin

Tortilla Crusted Tilapia

DRESS: Business Casual

All reservations must be made by October 1, 2017.

You will not receive a “ticket” for your reservation. Please check in at the event.



On the follow pages are some very interesting statistics on America's wars. Especially note the ages at which the last surviving veteran of each war died. Thanks to Ruth Aresvik for passing this along.

American Revolution (1775-1783)

Total U.S. Servicemembers ¹	217,000
Battle Deaths	4,435
Non-mortal Woundings	6,188

War of 1812 (1812-1815)

Total U.S. Servicemembers	286,730
Battle Deaths	2,260
Non-mortal Woundings	4,505

Indian Wars (approx. 1817-1898)

Total U.S. Servicemembers (VA estimate)	106,000
Battle Deaths (VA estimate)	1,000

Mexican War (1846-1848)

Total U.S. Servicemembers	78,718
Battle Deaths	1,733
Other Deaths (In Theater) Non-mortal Woundings	11,550 4,152

Civil War (1861-1865)

Total U.S. Servicemembers (Union)	2,213,363
Battle Deaths (Union)	140,414
Other Deaths (In Theater) (Union)	224,097
Non-mortal Woundings (Union)	281,881
Total Servicemembers (Conf.) ²	1,050,000
Battle Deaths (Confederate) ³	74,524
Other Deaths (In Theater) (Confederate) ^{3,4}	59,297
Non-mortal Woundings (Confederate)	Unknown

Spanish-American War (1898-1902)

Total U.S. Servicemembers (Worldwide)	306,760
Battle Deaths	385
Other Deaths in Service (Non-Theater)	2,061
Non-mortal Woundings	1,662

World War I (1917-1918)

Total U.S. Servicemembers (Worldwide)	4,734,991
Battle Deaths	53,402
Other Deaths in Service (Non-Theater)	63,114
Non-mortal Woundings	204,002

World War II (1941 –1945)

Total U.S. Servicemembers (Worldwide)	16,112,566
Battle Deaths	291,557
Other Deaths in Service (Non-Theater)	113,842
Non-mortal Woundings	670,846
Living Veterans ⁵	1,711,000

NOTES:

- Exact number is unknown. Posted figure is the median of estimated range from 184,000 – 250,000.
- Exact number is unknown. Posted figure is median of estimated range from 600,000 – 1,500,000.
- Death figures are based on incomplete returns.
- Does not include 26,000 to 31,000 who died in Union prisons.
- Estimate based upon new population projection methodology.

Korean War (1950-1953)

Total U.S. Servicemembers (Worldwide)	5,720,000
Total Serving (In Theater)	1,789,000
Battle Deaths	33,739
Other Deaths (In Theater)	2,835
Other Deaths in Service (Non-Theater)	17,672
Non-mortal Woundings	103,284
Living Veterans	2,275,000

Vietnam War (1964-1975)

Total U.S. Servicemembers (Worldwide) ⁶	8,744,000
Deployed to Southeast Asia ⁷	3,403,000
Battle Deaths ⁸	47,434
Other Deaths (In Theater) ⁸	10,786
Other Deaths in Service (Non-Theater) ⁸	32,000
Non-mortal Woundings ⁹	153,303
Living Veterans	7,391,000

Desert Shield/Desert Storm (1990-1991)

Total U.S. Servicemembers (Worldwide)	2,322,000
Deployed to Gulf	694,550
Battle Deaths	148
Other Deaths (In Theater)	235
Other Deaths in Service (Non-Theater)	1,565
Non-mortal Woundings	467
Living Veterans ^{5, 10}	2,244,583

America's Wars Total (1775 -1991)

U.S. Military Service during Wartime	41,892,128
Battle Deaths	651,031
Other Deaths (In Theater)	308,800
Other Deaths in Service (Non-Theater)	230,254
Non-mortal Woundings	1,430,290
Living War Veterans ¹¹	16,962,000
Living Veterans (Periods of War & Peace)	23,234,000

Global War on Terror (Oct 2001-)

The Global War on Terror (GWOT), including Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF), are ongoing conflicts. For the most current GWOT statistics visit the following Department of Defense Website:

<https://www.dmdc.osd.mil/dcas/pages/casualties.xhtml>

6. Covers the period 8/5/64 - 1/27/73 (date of cease fire)
 7. Department of Defense estimate
 8. Covers period 11/1/55 - 5/15/75
 9. Excludes 150,341 not requiring hospital care
 10. Defense Manpower Data Center (DMDC) estimate, as of 4/09, does not include those still on active duty and may include veterans who served in Iraq and Afghanistan.
 11. Total will be more than sum of conflicts due to no "end date" established for Persian Gulf War.
- Source:** Department of Defense (DOD), except living veterans, which are VA estimates as of Sep 2010.

<p>American Revolution Last Veteran, Daniel F. Bakeman, died 4/5/1869, age 109 Last Widow, Catherine S. Damon, died 11/11/1906, age 92 Last Dependent, Phoebe M. Palmeter, died 4/25/1911, age 90</p>	<p>Mexican War Last Veteran, Owen Thomas Edgar, died 9/3/1929, age 98 Last Widow, Lena James Theobald, died 6/20/1963, age 89 Last Dependent, Jesse G. Bivens, died 11/1/1962, age 94</p>
<p>War of 1812 Last Veteran, Hiram Cronk, died 5/13/1905, age 105 Last Widow, Carolina King, died 6/28/1936, age unknown Last Dependent, Esther A.H. Morgan, died 3/12/1946, age 89</p>	<p>Civil War Last Union verified Veteran, Albert Woolson, died 8/2/1956, age 109 Last Confederate verified Veteran, Pleasant Crump, died 12/21/1951, age 104 Last Union Widow, Gertrude Janeway, died 1/17/2003, age 93 Last Confederate Widow, Maudie Hopkins died 8/1/2008, age 93</p>
<p>Indian Wars Last Veteran, Fredrak Fraske, died 6/18/1973, age 101</p>	<p>Spanish-American War Last veteran, Nathan E. Cook, died 9/10/1992, age 106</p>
<p>World War I Last Veteran, Frank Buckles, died 2/27/2011, age 110</p>	

VA estimates the number of living World War II U.S. veterans will be:*

9/30/21.....223,727	9/30/22.....177,734	9/30/23.....141,416	9/30/24.....112,692
9/30/25.....89,934	9/30/26.....71,878	9/30/27.....57,531	9/30/28.....46,116
9/30/29.....37,017	9/30/30.....29,757	9/30/31.....23,955	9/30/32.....19,311
9/30/33.....15,589	9/30/34.....12,601	9/30/35.....10,200	9/30/36.....8,267

* Estimates have changed based on new population projections.

**U.S. Veterans and Dependents on
Benefits Rolls as of
April 2017**

	VETERANS	CHILDREN	PARENTS	SURVIVING SPOUSES
Civil War	-	1	-	-
Spanish-American War	-	40	-	44
Mexican Border	-	2	-	6
World War I	-	1,434	-	1,055
World War II	120,240	8,920	9	167,378
Philippines	1,548	150	3	2,366
Korean Conflict	172,837	2,165	20	75,717
Vietnam Era	1,544,274	4,682	1,032	266,807
Gulf War ¹	2,160,897	4,927	1,935	28,586
Peacetime	726,238	1,373	667	36,793
Non service-connected ²	281,501	9,653	-	190,960
Service-connected ²	4,444,533	14,041	3,666	387,792

1. For compensation and pension purposes, the Persian Gulf War period has not yet been terminated and includes Veterans of Operations Iraqi Freedom, Enduring, and New Dawn.

2. This total includes peacetime veterans receiving benefits