



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho

Newsletter

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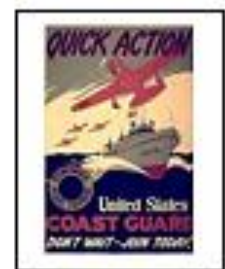
Website: Rathdrumpost154.org

Facebook: <https://www.facebook.com/RathdrumAmericanLegion>

Mailing Address: PO Box 1116, Rathdrum ID

Meeting at: Lions Club 16114 N. Meyer Rd Rathdrum

Editor: Jean Bledsoe



Commander's Comments

As I sit to write this month's newsletter article, I see in my mind's eye the war posters of the past with Uncle Sam's poster pointing and the words emblazoned "I Want You". This poster is an iconic symbol of our nations call to service. Many posters showed brave Marine's, skilled pilots of the Air force and fighting Coast Guard ships. They all say one thing. We need you! These simple slogans moved a nation to action and collectively we liberated the world from tyranny in two world wars; halted the spread of communism and even today continue to fight the war on terrorism. We can accomplish anything when we work as a team.

I have always admired the united will of the American people and no organization embodies that spirit more than The American Legion. I have said it many times and truly believe it in my heart that Post 154 members represent the best of the American spirit. The many community events such as Memorial Day and our Veteran's Recognition Event hails the heroes with every generation of warrior represented. This can only happen because you continue to serve. And because you do is the reason I am so proud to serve as your commander. Thank you for all that you do every day for our fellow veterans and the community in which we live.

I know that each of us knows someone who served honorably in the armed forces since December 7th, 1941. With the passing of the LEGION Act they are now eligible to join the Legion. Please do your part to recruit them. Remember the posters. Will you answer my call to action? I am counting on it and thank you in advance for joining me in our quest to make 100% membership goal as soon as we can. For God and Country - Dee Sasse, Commander

**It's time
to renew**

SUMMER'S GONE FALL IS HERE! HAVE YOU RENEWED FOR THE 2020 YEAR?

Early renewal is moving ahead. Since the 1st of July we have now renewed 66 of 128 members. We have 51.97% paid members at this time. Looking to do even better through the next 2 months and hoping to have our 100% by the end of December. You may pay your dues (\$45.00) either online at legion.org or mail your check to:

**American Legion Post 154
PO Box 1116 Rathdrum, ID 83858**

Thank you for your service to our country and our community. - Bill Kinder, 1st Vice Commander



VETERANS RECOGNITION EVENT

Veterans Day is fast approaching and the committee from the American Legion Post 154, the City of Rathdrum and the Northwest Guardian Riders have already begun the planning for this special occasion. Veterans Recognition Day will be at Lakeland High School on Saturday November 9, 2019, starting at 11:00 am. We will be recognizing our special guests who were in the Southwest Asia Theater of Operations (all conflicts since 1990). Those who served in other conflicts will also be recognized for their service at this time. We will be serving a light lunch following the ceremony. We hope you all can attend.

I am asking you to join me in supporting this event with a donation to help with the expenses. Any amount you wish to give will be greatly appreciated. If you make a donation, please mail your check to:

American Legion Post 154
PO Box 1116
Rathdrum, ID 83858

Your donation is tax deductible. Thanks for your support. - Bill Kinder, 1st Vice Commander

Finance Officer:

The Post ended the month of August with a break-even income / expense.

Our investments have been shielded from the recent turmoil in the stock market, and the dramatic reduction in interest rates. Our three CD's are earning an average of 2.65% well in excess of the 10-year Treasury bond.

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:

On-Base Shopping Eligibility Expands Jan. 1: Beginning in the new year more than 3 million service-connected disabled veterans with VA ratings from zero to 90 percent will be authorized on-base exchange and commissary shopping privileges, as well as access to certain MWR facilities, but you must have a VA-issued Veteran Health Identification Card, or VHIC, to gain access. The VHIC is issued only to veterans who are enrolled in the VA health care system. You can apply online, or in person at your local VA medical facility.

Family members of the newly eligible veterans will not be authorized to shop but will be permitted on-base as guests of the VHIC-carrying veteran. Veterans who do not reside near a military installation can still shop online at the four military exchanges. Search for stores at ShopMyExchange, Marine Corps Exchange, Navy Exchange, and Coast Guard Exchange.

Caregivers will be processed differently, initially, since they have no military or VA affiliation. The VA will post a memo to VA.gov for caregivers to be used for access at the front gate, along with a driver's license. This process is expected to transition to a caregiver-type ID card, which will have scanning swipe capability. One hundred percent disabled veterans, their spouses, and eligible dependents already have access because they are issued military identification cards.

DOD to Divert \$3.6 Billion to Fund Border Wall Projects: On Wednesday, DOD announced that \$3.6 billion will be diverted from 175 military construction projects in both the U.S. and overseas to fund 11 fencing and barrier projects along the southern U.S. border.

In total, this reprogramming will suspend programs in 23 states, three U.S. territories, and 19 nations. These projects include schools, dining and maintenance facilities, upgrades to flight line infrastructure, and upgrades to ballistic missile defense infrastructure.

The reprogramming of funds will significantly delay the start or completion of 127 military construction projects, half of which are overseas. The Veterans Service Organizations vowed to monitor the issue closely, as they are well attuned to the housing and associated quality of life construction project needs of the military community, to include the impact that the decision may have on some 3,000 active-duty military personnel and 2,000 National Guardsmen currently deployed to the southern border in support of Department of Homeland Security officials.

COLA updates for Veteran Benefits: On September 12, the Senate passed H.R. 1200, the Veterans' Compensation Cost-of-Living Adjustment Act of 2019, which would authorize a cost-of-living increase for certain VA benefits, equal to the same increase granted for Social Security benefits. H.R. 1200 was passed by the House earlier this year and now heads to the president's desk. The Senate also passed S. 1881, Veterans Expedited TSA Screening Safe Travel Act, which would make Transportation Security Administration (TSA) Pre✓® available for certain severely disabled veterans at no cost. (cont. below)

TSA Pre✓® is already offered to active duty, reserves, and National Guard service.

U.S. Appeals Court decision on Wolfe v. Wilkie: The U. S. Court of Appeals for Veterans Claims, correctly ruled for the plaintiffs in Wolfe v. Wilkie. The class action lawsuit was the result of the Department of Veterans Affairs failing to fully reimburse veterans for the emergency room care they received from non-VA facilities. The VA Office of Inspector General found that the non-VA emergency room claims of some 17,400 veterans were denied or rejected primarily due to a VA work culture that favored speed over accuracy, a number that accounts for nearly a third of the 60,800 claims examined during the IG's six-month nationwide audit in 2017. The first thing the VA tells people to do when calling is to hang up and dial 911 if it's an emergency, so the VA must reimburse the actual cost of emergency medical care, regardless of whether the veteran has secondary insurance or not. We hope the VA will abide by this decision, and reimburse payments made by Veterans. – Len Crosby, Legislative Chairman

Legislative alert!

At a recent meeting of the DAV Chapter 9, an informal poll was made to determine how many 100% disabled veterans qualified for the \$1,320 property tax reduction recently enacted by the State of Idaho. Only four of the twelve 100% disabled veterans were eligible because the Idaho Tax Commission narrowly defined what a 100% disabled veteran was.

This is not just an issue for the few 100% disabled veterans at the meeting, but for the many veterans in Idaho who have a 100% disability rating by the VA and are unemployable because of their disabilities. It is vital that we notify our Idaho legislators of our feelings on this matter. If you [follow this link](#), you will find 3 copies of a letter, each addressed to one of these law makers. If you agree that this issue needs to be addressed, please print the letters, sign them with your name and address on both the envelope and the letter (this is easily done with an address label), and mail them. Thank you. – Charlie Till, Post 154 Member



Chaplain's Pew:

PRAYER FOR THE BEGINNING OF AUTUMN

O God of Creation you have blessed us with the changing of the season.

As we welcome the autumn months,

May the earlier setting of the sun

Remind us to take time to rest.

May the brilliant colors of the leaves

Remind us of the wonders of your creation.

May the steam of our breath in the cool air

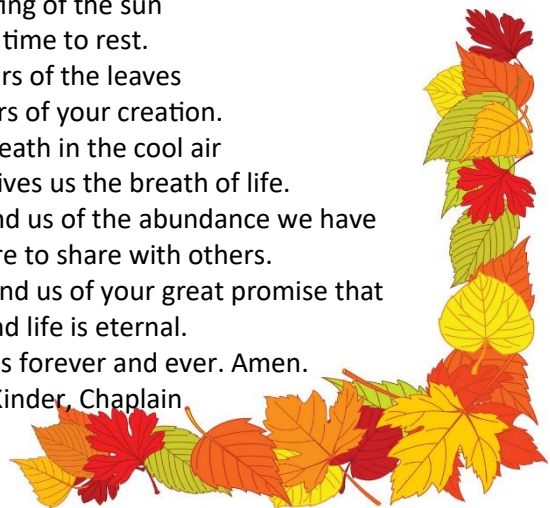
Remind us that it is you who gives us the breath of life.

May the harvest from the fields remind us of the abundance we have been given and bounty we are to share with others.

May the dying of summer's spirit remind us of your great promise that death is temporary and life is eternal.

We praise you for your goodness forever and ever. Amen.

Submitted by Helen Kinder, Chaplain



Service Officer:

One of the more comprehensive sessions presented at the 2019 VA Service Officer Training in Boise last month was about the Mission Act. This is important information for those of you who are receiving VA health care. Why? Or, this month, I should say "Y"? Because this law makes several improvements as of June 6, 2019, and provides more options, including community care and urgent/walk-in care.

#1 - HEALTH CARE ELIGIBILITY - VA provides a comprehensive medical benefits package to all Veterans who are enrolled through an annual patient enrollment system that categorizes Veterans based on different priority groups.

Eligible Veterans can use VA health care services nationwide, including through mobile health clinics that serve rural areas and via telehealth (care through a phone or computer) in your home or on the go.

#2 - COMMUNITY CARE ELIGIBILITY - You may be able to receive care from a provider in your local community if you meet specific criteria. Generally, Veterans must be enrolled with VA to receive care, although some Veterans are not required to enroll to receive care. Eligibility further depends upon your individual health care needs or circumstances. It is important to remember that under the Veterans Community Care Program, in most instances VA must authorize your care before you receive it. Under the MISSION Act, there are six different eligibility criteria for community care. Meeting any one of these criteria for the specific care you need means you are eligible to elect to receive that care either through direct VA care or a community provider in VA's network:

» The specific care you need is not provided by VA at any facility » You reside in a U.S. state (AK, HI, or NH) or territory (Guam, American Samoa, Northern Mariana Islands, or U.S. Virgin Islands) that does not have a full-service VA medical facility.

» "Grandfathered" eligibility based on residence and the 40-mile eligibility criterion from the Choice program

» You reside in a U.S. state (AK, HI, or NH) or territory (Guam, American Samoa, Northern Mariana Islands, or U.S. Virgin Islands) that does not have a full-service VA medical facility.

» The specific care you need is not available within designated access standards.

» You and your referring clinician decide it is in your best medical interest to receive the specific care you need in the community.

» VA has designated the VA medical service line delivering the specific care you need as not providing care that complies with VA's standards for quality.

#3 - URGENT/WALK-IN CARE - VA will offer an urgent/walk-in care benefit for minor injuries and illnesses, such as pink eye or ear infections. To be covered by this benefit, you must be enrolled in the VA health care system and have received care from VA within the 24 months prior to seeking this care to be eligible for this benefit.

Eligible Veterans can seek this care from an urgent care facility or walk-in retail health clinic that is part of VA's community provider network, but not all urgent care facilities or walk-in retail health clinics are in VA's network. VA will provide additional information on this benefit.

#4 - COPAYMENTS AND INSURANCE - Like other health care providers, VA may charge a copayment for health care. The copayment amount may be based on your enrollment priority group, the type of health care service you receive, and your financial situation. If a VA copayment applies, you are responsible for that amount whether your care is furnished directly by VA or through a community provider.
(cont. below)

VA may bill your health insurance for medical care, supplies, and prescriptions. As a result of the MISSION Act, VA no longer requires your permission to bill your health insurance carrier for health care related to a sensitive diagnosis. If you would like to submit a request to restrict this process, please contact your local VA facility's privacy officer. If you have other forms of health care coverage (such as Medicare, Medicaid, TRICARE, Indian Health Service, and tribal health), you can use VA health care benefits along with these plans.

#5 - ACCESS STANDARDS AND STANDARDS FOR QUALITY - VA is establishing designated access standards based on the type of care you need, how long you have to wait to receive that care, and your average driving time to receive that care. We are also establishing standards for quality that focus on domains such as timely care, effective care, safe care, and Veteran-centered care. Within each of these domains are specific quality measures. VA is applying both access standards and standards for quality of care it furnishes in VA facilities and is working to ensure care in the community also meets applicable standards. As VA continues to develop and refine these standards, we will provide additional information.

#6 - COMPLAINT AND APPEALS PROCESS - VA is committed to delivering an excellent care experience every time. We know that concerns arise, and we're here for you. Patient advocates at your facility can assist with almost any problem you may experience. VA has different processes for clinical and non-clinical appeals, and the patient advocate can ensure your concern is handled appropriately.

For more information:

» MISSION ACT – Visit www.missionact.VA.gov.

» APPLYING FOR VA CARE – Visit VA.gov or contact your local VA medical facility to apply for VA care.

» VA BENEFITS & SERVICES – Visit VA.gov/welcome-kit or contact your local VA medical facility for a VA Welcome Kit that provides a broad overview of services VA can offer you.

» VETERANS IN CRISIS – If you are or if you know a Veteran in crisis, visit veteranscrisisline.net or text 838255. If you do not have access to the internet, contact your local VA medical center for more information. – Ruth Aresvik, Service Officer

About Chronic Pain

Chronic pain occurs when a person suffers from pain in a particular area of the body for at least three to six months. This type of pain lasts beyond the normal amount of time that an injury takes to heal and can come from many things, including normal wear and tear, aging, and other medical conditions. However, chronic pain can also be the result of active duty military service. Specifically, research shows that chronic pain is more common in veterans than the non-veteran population. Chronic pain causes a number of debilitating symptoms, including the following:

Fatigue

Sleep impairment

Muscle aches and joint pain

Loss of stamina and flexibility, due to decreased activity

Mood problems, including depression, anxiety, and irritability

Overall, chronic pain can have a significant impact on a veteran's ability to work and perform activities of daily living. (cont. below)

Saunders v. Wilkie

In April 2018, the United States Court of Appeals for the Federal Circuit held that VA must award disability benefits for pain due to military service. Prior to this decision, the Court of Appeals for Veterans Claims (CAVC) had held that pain alone without an underlying diagnosis was *not* compensable. The Federal Circuit's decision means that if a veteran has pain related to their time in service, but does not have a medical diagnosis, they can still receive VA disability benefits. This ruling is significant because it overturns 19 years of precedent, opening up a previously closed avenue for veterans seeking VA disability compensation for chronic pain caused by their military service.

VA Service Connection Pain

Service connection or "service-connected" is the acknowledgment by VA that a veteran's current health condition is related to their military service. Veterans need to establish service connection in order to receive disability compensation from VA. Before the *Saunders* decision, in order to establish service connection on a direct basis, veterans typically needed to show the following:

A medically diagnosed condition;

An in-service event, injury, or illness; and

A medical nexus linking the current diagnosed condition to the in-service occurrence

The *Saunders* decision affects the first of those three criteria: a medically diagnosed condition. VA can now award service connection for chronic pain that lacks a specific diagnosis, as long as that pain is connected to an event that occurred or symptom that appeared while the veteran was on active duty. Furthermore, the veteran's chronic pain must cause functional impairment or loss. Subjective complaints of chronic pain are not enough to be awarded disability compensation.

How VA Rates Chronic Pain

VA does not have a specific diagnostic code or rating criteria for chronic pain. To receive VA disability benefits for chronic pain, the symptoms caused by the chronic pain disorder must be ratable. In other words, VA assigns ratings based on the functional impact from the service-connected condition. Here, functional loss or impairment refers to the inability to perform the working movements of the body with normal strength, speed, coordination, and endurance. For example, a veteran with a service-connected back condition that produces chronic pain should be able to receive VA disability compensation for problems with sleeping, standing, lifting, sitting, and walking. As such, VA will assign a rating based on those impairments related to the chronic pain.

Submit Evidence to Support Your VA Claim for Chronic Pain

It is important to submit evidence to support your claim for service connection for chronic pain. Evidence can be in the form of treatment records, lay statements, or nexus letters. Specifically, it may be beneficial to submit records indicating that you receive acupuncture or massage therapy for your pain to reflect a continuation of symptomatology that requires treatment. Veterans can also submit lay statements describing their pain and the functional loss they experience as a result. Finally, veterans can have their healthcare provider write a nexus letter linking their chronic pain and resulting limitations to their military service. Submitted by Ruth Aresvik, Service Officer



October is Agent Orange Awareness Month go [here](#) for a guide to Service-Connected Disability Compensation for Exposure to Agent Orange.

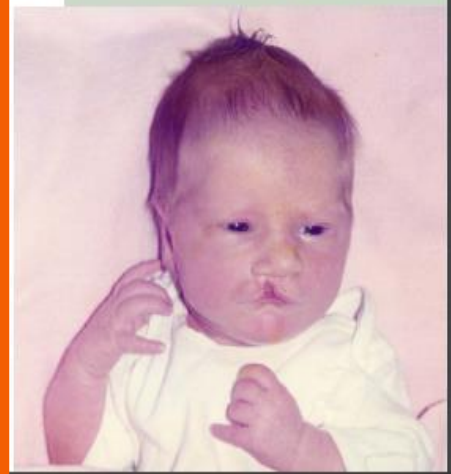


Pete Petrosky, Bien Hoa, 1967

The Petroskys By Jim Belshaw

Pete Petrosky and his wife had planned on having a large family. They talked about it before getting married. At least five kids, they agreed, a house full of kids. They stopped after two daughters. “I was not going to bring anyone else into this world,” Pete said. “We wanted to have a large family. But after those two kids came, I said something’s wrong. There’s either something wrong with me or something wrong with you [his wife], because we have no history of anything like this in either of our families.” Those “two kids” who came were his daughters, Lisa and Kimberly. Lisa was born with some kind of “soft tissue” growth covering the roof of her mouth. He remembers trying to get more information from doctors, but it never went beyond “a soft tissue growth.” Whatever it was, it did not belong there. Kimberly, his second daughter, was born with a cleft lip that would evolve into even more serious health issues and a long history of surgeries.

[Read the full story here.](#)



Toxic Contamination on Military Installations:

This month the “Agent Orange” column expands to include federal facilities on the EPA’s National Priorities List for contamination cleanup. Obviously, this means these facilities are on their list of toxic contamination sites. Below is a list of 41 states and Guam. If you, or a family member, lived in one of these states, click on your state to see the installations designated as contaminated with toxic chemicals. Much of this contamination also affects the area surrounding the base, such as the ground water contamination from Fairchild AFB. (cont. below)

- [Alabama](#)
- [Alaska](#)
- [Arizona](#)
- [California](#)
- [Colorado](#)
- [Connecticut](#)
- [Delaware](#)
- [Florida](#)
- [Georgia](#)
- [Guam](#)
- [Hawaii](#)
- [Idaho](#)
- [Illinois](#)
- [Iowa](#)
- [Kansas](#)
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- [Pennsylvania](#)
- [Puerto Rico](#)
- [Rhode Island](#)
- [South Carolina](#)
- [Tennessee](#)
- [Texas](#)
- [Utah](#)
- [Virginia](#)
- [Washington](#)
- [Washington, DC](#)
- [West Virginia](#)
- [Wyoming](#)

Clicking on a state will take you to a list of contaminated installations. A click on a base will give the background information and, in most cases, a link to a list of toxic chemicals found there. Future AO articles will include a discussion of the health problems being experienced by those exposed to these toxins. – Submitted by Jean Bledsoe



HOW TO OBSERVE

1. **Bulk up your food drive.** Canned goods, peanut butter, dry beans, brown rice, olive oil, nuts, and soups are all excellent foods to donate, and they won't put a dent in your bank account.
2. **Donate money.** Relief agencies like Action Against Hunger, the Hunger Project, Feeding America, and Share Our Strength are always accepting donations with a goal in mind to make sure nobody goes hungry.
3. **Support food banks** and make contributions of any kind, whenever you can. A little bit goes a long way when someone is going hungry.

One aspect of the new **VA MISSION ACT** is the sharing of a Veteran's medical information between the VA and community care providers. This is causing some concern and confusion. Here is a quick explanation of the information sharing. If you'd like more details, go [here](#) and [here](#). – Bryan Bledsoe, Adjutant



VETERAN NOTIFICATION FLYER

5 THINGS YOU NEED TO KNOW *about sharing your health information*

1. **The VA MISSION Act allows VA to now share your health information with participating community care providers** for your care and treatment as permitted by federal privacy laws. **You do not have to take any action** unless you choose not to share your health information electronically.
2. **Rest assured. Your health information is safe and secure as it moves from VA to participating community care providers.** VA uses a secure network called the Veterans Health Information Exchange (VHIE) to protect and easily share in real-time your health information.
3. **Sharing your health information saves you time, and improves your health.** By having all of your information available, your providers will have a more complete picture of your health history to better inform treatment decisions.
4. **You can always opt out of sharing your information.** If you don't want to share your health information electronically, complete and return VA Form 10-10164 (Opt Out of Sharing) to the Release of Information (ROI) Office at your VA Medical Center or by mail. If a community care provider requests your records in an emergency, information will be shared even if you have opted out of sharing. Traditional paper forms of health information sharing will remain available regardless of your preference to share or not share electronically. If you opted out of sharing, but change your mind, you can opt back in and authorize VA to share your health information by completing and returning VA Form 10-10163 (Opt In for Sharing) to your ROI Office or by mail.
5. **If you have previously signed VA Form 10-0484 to revoke your consent to share prior to September 30, 2019, that preference will be honored.**



↑ va.gov/vler

VA



U.S. Department
of Veterans Affairs

Bits & Pieces

Hey veterans, did you know...

Health care and disability rating are two separate processes? An application must be made for each. For instance, you may have qualified for VA health care with or without a disability rating. If your medical condition changes and the new condition would qualify you to receive a disability rating, you must apply in order to receive it. Go to our “How Can I Get Help?” section and call one of the Veteran Service offices listed; they can help with both application processes. This is free of charge.

A Healthier You: from The People’s Pharmacy



How to Keep Your Hair from Falling Out

Hair loss can be extremely distressing. There are a number of treatments that can help you keep your hair from falling out.

Do you love your hair the way it is? Many of us wish our hair were different—curlier, straighter, darker or lighter. But what people worry about most with their hair is when they lose it. Can you keep your hair from falling out? Why does hair loss affect some people, including women as well as men? Why do others seem relatively unaffected? [Read article here](#)

Mark Your Calendar:

October is Agent Orange Awareness Month

October 1st - National Disability/Employment Awareness Month

October 7th - Start of Operation Enduring Freedom (2001)

October 9th - Yom Kippur

October 10th - Post 154 Executive Committee Meeting at Lions Club @ 6pm

October 13th - Navy Birthday (established 1775)

October 14th - Columbus Day

October 20th - District 1 Meeting in Worley

October 23rd - Beirut bombing (1983)

October 24th - Post 154 Membership Meeting & Potluck at Lions Club @ 5:30 pm

October 25th - Grenada Invasion (1983)

October 26th - Rathdrum Trunk or Treat

October 27th - Navy Day is a day to salute all past and present members of the US Navy

October 31st - Halloween

November 9th - Veterans Recognition Event – see pages 2 & 15 for details.



Volunteer With Veterans Help Net

Veterans Help Net is a volunteer veteran support organization that serves veterans in Eastern Washington and North Idaho. It was conceived by a small group that believed that there were a lot of veterans out there who were not aware of the benefits and help available to them.

Some of our current projects include this publication, **VETERANS CHRONICLE**, a cooperative project with *The Spokesman-Review*, and **VETERANS PRESS**, in cooperation with the Coeur d'Alene Press.

WE ARE IN NEED OF VOLUNTEERS to help us spread the message of "Help and Hope" to local veterans. We are looking to fill the following volunteer opportunities:

1. Reporters to gather information, interview subjects, and help write 1-3 articles for our monthly print projects.
2. Social Media Coordinators to share stories and information for veterans through Facebook and other social media channels.

This opportunity is available to anyone who would like to help veterans, including non-veterans. If you are interested, please contact Don Walker at don@vethelpnet.com or (509) 655-9266, and visit our website veteranshelpnet.com.

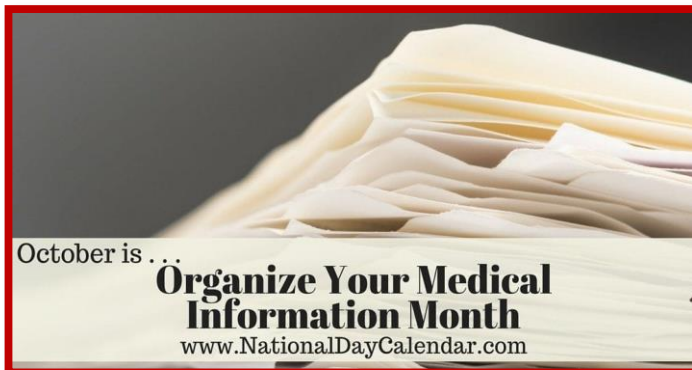
Do you have a story to share about help you've received through the VA? Contact Don@vethelpnet.com or call 509-655-9266.

If you or a family member has been battling with diseases and conditions caused by toxin exposure during your military service which you are willing to share, contact:

jeanbledsoe@gmail.com. We can write it up for you and publish it in the **Veterans Chronicle** and/or **Veterans Press** to help educate others about the long-term effects of these toxic chemicals.

[Click Here](#) to read the September edition of the Veterans Chronicle.

– Jean Bledsoe



October is . . .

**Organize Your Medical
Information Month**

www.NationalDayCalendar.com

To assist in organizing medical information, I used my nursing background to design a table-based medical history form which, when filled out, contains all the information any medical provider would need about you. It is in Word format and is a 2-page document which can be printed front and back, providing you with one page that can be easily carried with you folded in a plastic sandwich baggie. If you'd like a copy of this form, email me here jeanbledsoe@gmail.com and I'll send it to you. - Jean Bledsoe

The 3rd United States Infantry Regiment – “The Old Guard”

In July, my wife and I took our grandkids to Washington D.C. for their first visit to our Nation’s Capital. One of the spots we visited with the National Cemetery at Arlington, where their great-grandfather is buried, having qualified for Arlington by virtue of serving 32 years in the Army and receiving the Silver Star.

We toured the grounds and were privileged to observe the Changing of the Guard Ceremony at the Tomb of the Unknown Soldier. The Guard is changed every half hour and the guardians are all members of the 3rd Infantry Regiment, which is the oldest active duty infantry regiment in the United States Army, hence its nickname, “The Old Guard”.

The 3rd Infantry Regiment was commissioned in 1784, immediately following the American Revolutionary War and three years prior to the adoption of the Constitution of the United States. The Regiment was organized from veterans of the Revolutionary War and fought the British outside Niagara Falls in the War of 1812.

The Regiment was actively involved in the Mexican War in 1847 and participated in all of the battles commanded by Gen. Winfield Scott, who gave the regiment its nickname, commanding the Regiment to lead the Army’s victory march into Mexico City and telling the rest of the units to “take your hats off to the Old Guard of the Army.” The Regiment is the only unit in the United States Armed Forces authorized to march with fixed bayonets in all military ceremonies and parades in honor of the 1847 bayonet charge that the Regiment made during the Battle of Cerro Gordo, which won that battle. The charge was led by Captain Robert E. Lee who was a staff officer for General Scott.

The Regiment served as an active infantry unit throughout the Civil War and was involved in most of that war’s major battles: Bull Run, the Peninsula Campaign, Antietam, Fredericksburg, Chancellorsville, Gettysburg and the surrender at Appomattox. The unit also actively participated in the Indian Wars in the western United States, the Spanish American War and the Philippine Insurrection. During World War I the Regiment was assigned to guard the southern border of the United States and during World War II the Regiment defended Newfoundland.

In 1948, The Old Guard was designated as the Army’s official ceremonial unit and the official Escort of the President. Two battalions of the 3rd Infantry Regiment have performed these duties consistently since then. The mission of The Old Guard include both memorial duties and ceremonial duties.

Memorial duty missions include standard and full honors for military funerals in Arlington National Cemetery and dignified transfers of the fallen at Dover Air Force Base. Old Guard soldiers also perform all dignified transfers of fallen soldiers returning to the United States.

The Old Guard's ceremonial task list includes full honor arrivals for visiting dignitaries, wreath ceremonies at the [Tomb of the Unknowns](#), and full honor reviews in support of senior army leaders and retiring soldiers. Special events include the Twilight Tattoo, a weekly performance in the adjacent Washington area on Wednesday evenings from May to July, and the Spirit of America, a historical pageant presented at three national venues in September.

Specialty Units

In addition to the marching platoons, there are also elements of The Old Guard that serve special roles unique both to the regiment as well as the US Army. Among these include the sentinels of the Tomb of the Unknown Soldier, maintaining a twenty-four-hour watch over one of the nation's most sacred sites; the Continental Color Guard, which presents the nation's colors at special events; the Presidential Salute Battery, which renders honors to senior dignitaries at arrival and wreath ceremonies, reviews, and full honors funerals; and the US Army Caisson Platoon, which provides horses and riders to pull the caisson (the wagon that bears a casket) in military and state funerals.



The Old Guard's Caisson Platoon at Arlington National Cemetery



The Old Guard Fife and Drum Corps on parade in October 2006

The Caisson Platoon also provides the riderless horses used in full honors funerals and supports wounded warriors participating in the Therapeutic Riding Program. Other elements of The Old Guard include the Commander-in-Chief's Guard (Company A), replicating the personal guard of General George Washington; wearing Colonial blue uniforms, powdered wigs, and cocked hats; and bearing Brown Bess muskets and halberds at ceremonies and special events; the US Army Drill Team, which demonstrates its skill and precision around the nation, and Old Guard Fife and Drum Corps, which plays traditional arrangements of marching music, dating back to the time of the Continental Army.

The Old Guard Fife and Drum Corps marches in Colonial style red coated uniforms—to be "better seen through the smoke of battle"; the uniforms also include cocked hats and white powdered wigs. The drum major of the Fife and Drum Corps traditionally bears an Esponentoon (an historic pike-like weapon) in his right hand to direct and command his unit.- As such, he is the only soldier in all the U.S. Armed Forces authorized to bear an Esponentoon and to salute with the left hand (although U.S. Navy personnel are allowed to salute with the left hand under certain conditions).



Drum Major with Esponentoon

The Old Guard performs its duties on a zero-defect, no-fail basis. Performing more than 20 military honor funerals per day at Arlington and manning the post at the Tomb of the Unknown Soldier on a 24 / 7 basis with no exception for weather, Old Guard soldiers are held to the highest standards of perfection. During the Vietnam War and the surge in Iraq, Old Guard soldiers provided escort services for fallen military members arriving back to the United States aboard military planes on an almost daily basis, no matter the time of arrival or the conditions of the weather.

As quoted by Senator Tom Cotton in his recent book Sacred Duty: A Soldier's Tour at Arlington National Cemetery: No one summed up better what The Old Guard of Arlington means for our nation than Command Sergeant Major of the Army Dan Dailey. He was taking a foreign military leader through Arlington to lay a wreath at the Tomb of the Unknown Soldier. Sergeant Major Dailey said, 'I was explaining what The Old Guard does and he was looking out the window at all those headstones. He said "Now I know why your soldiers fight so hard for your Country. You take better care of your dead than we do of our living.'" Submitted by Len Crosby

URGENT CARE SERVICES IN THE COMMUNITY

As of June 6, 2019, the VA began offering eligible veterans an urgent care benefit in the community. This new benefit provides another option for the treatment of minor injuries and illnesses. Under the VA's urgent care benefit, veterans must seek care from the VA's contracted network of urgent care/retail locations.

Before seeking care, make sure you read the following. As part of implementing the VA Mission Act of 2018, the VA will start offering urgent care services to provide Veterans with greater choice and access to timely, high-quality care. Urgent care providers treat injuries and illnesses requiring immediate attention, but are not life-threatening, such as influenza, minor burns, and skin infections.

There are two types of urgent care network locations; Retail and Urgent. Retail locations include a walk-in health clinic (other than an office), urgent care facility, pharmacy, or independent clinic located within a retail operation. Reasons you would seek care at a retail location include treatment of an uncomplicated illness, such as a sore throat or earache. Urgent locations include an office or clinic whose purpose is to diagnose and treat illness or injury for unscheduled, ambulatory patients seeking immediate medical attention (aside from emergency rooms). Reasons you would seek care at an urgent location include treatment of more pressing illnesses or injuries that are not life-threatening, such as splinting, casting, lacerations, or wound treatment.

This benefit is considered open access, allowing veterans to access urgent care within the VA's community care network and receive care without prior authorization from the VA. The VA will pay for or fill prescriptions resulting from your urgent care visit. The urgent care provider may write a medically necessary prescription for up to a 14-day supply. Veterans will be able to fill their prescription at any in-network pharmacy with Express Scripts. The construction of the urgent care network is well underway with thousands of locations nationwide and will be fully complete by July 15, 2019. To ensure the most optimal user experience, you will continue to see refinements to this tool.

To check eligibility, call (833) 4VETNOW (833-483-8669). For a complete list of services covered, please visit missionact.va.gov.



Please Join the Rathdrum Community

2019 **Veterans Recognition** **Ceremony**

Honoring all Veterans

Saturday November 9th

Special Recognition For all Southwest Asia Veterans

- **Event will be at the Lakeland High School**
 - **All Veterans Are Welcome to Attend**
 - **Doors Open at 10 AM**
 - **Opening Ceremonies Start at 11 AM**
 - **Lunch at 12 PM**
 - **Live Music & Entertainment**
 - **2019 Distinguished Veteran Award**

Everyone is invited to this free celebration to meet, honor, & thank our Veterans. This Event is Sponsored by the American Legion Post 154, The N.W. Guardian Riders, and the City of Rathdrum.



For more information please call Barbara Williams at 208-691-7964 or Helen Kinder at 208-772-7736

**Alcohol, Tobacco and Firearms Are Strictly Prohibited
on School Property**

HOPE



October is... Breast Cancer Awareness Month
www.NationalDayCalendar.com

NATIONAL DAY
CALENDAR

ATTENTION:
Veterans and
Service Members



TO:
Our Fellow Moose
of Moscow and Pullman
Lodges and Chapters

1st Annual Veterans' Dinner and Ball

Benefiting:
Battle Buddies
Veterans Relief Fund
Toys for Tots

Band:
The Working Poor

Date: Saturday, November 9, 2019

Location: Moscow Moose Lodge Event Center, 210 N Main St, Moscow

Cost \$10 per person

Formal or casual your choice

RSVP Only Event

POW/MIA table presentation at 1800

Dinner immediately follows

Ball begins 2000 (8pm)

Raffles:
UI signed basketball
50/50
Growler

Senior (70+ yrs) Veterans or those Veterans with mobility issues have been given permission to park in the Corner Club parking lot and are invited to come on in to the Corner Club and have a cold one before the event begins.

RSVP by Tuesday, October 15, 2019 to hokensonbrenda@gmail.com or 208-596-2804
Names will be checked with IDs,
payment will be at door beginning 1700.



Have a Spooky Halloween!