



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho Newsletter

Volume 7 Issue #10

August 2022

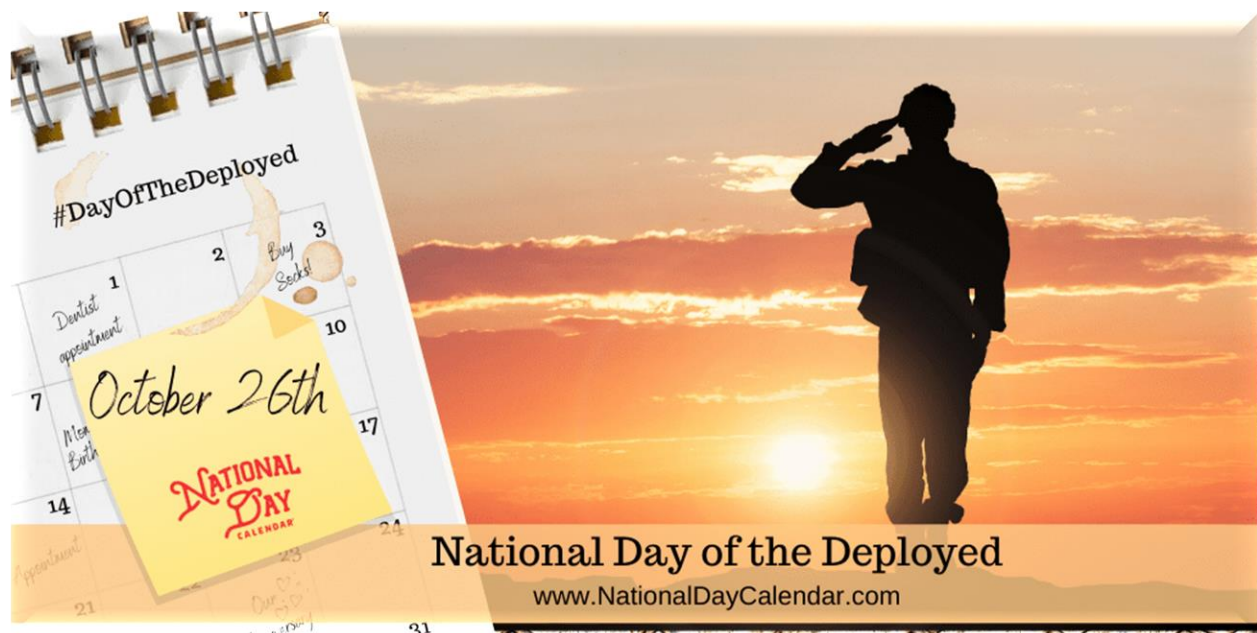
Email: rathdrum154@gmail.com

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



On October 26th, National Day of the Deployed annually honors the United States military personnel deployed around the globe.

The designation recognizes all the brave military personnel who have been deployed, are sacrificing, or have sacrificed their lives to defend our country. It also acknowledges their families who are separated from them during deployment and the sacrifices they make in order for their family members to serve our country. – National Day Calendar

Manuel Schneidmiller Post 154 Mission Statement

The American Legion Post 154 is a patriotic veterans organization devoted to mutual helpfulness to support Veterans and the Community at large. We are committed to mentoring and sponsorship of youth programs, advocating patriotism and honor, promoting a strong national security, and continued devotion to our fellow service members, veterans, and their families in our communities. Our success depends entirely on active membership, participation and volunteerism. This organization belongs to the people it serves and the community in which it thrives.

Commander:

Good day Legion Family

I want to open this month's comments with a great big BRAVO ZULU to the Welcome Aboard Committee and everyone that participated in the new member initiation meeting on Thursday, September 22ed. What a great event! I want to welcome each of the following new members of the American Legion: Tim Chandler, John Buffington, Mike Hill, Chuck Fenton, Don Meier, Doug Carson, Pete Williams. Welcome Aboard Post 154. We are glad to have you.

I also want to commend our Honor Guard for the great job they are doing. Please think about joining them and helping out with their missions assisting our fellow veterans and their families. It is one of the most sacred jobs that an American Legion member can participate in. Remember, we can't do it without you.

Fall is here so make sure you are getting things ready for winter. If you need assistance, please contact one of the officers of the post and we will see if we can help. Please mark your calendar for our Veteran Recognition event that will be held on November 5th, and the ribbon cutting ceremony for the new North Idaho Veterans Home on November 11.

For God and Country, Dee Sasse, Your Commander



REMEMBER the Fallen. . . HONOR those who Serve. . . TEACH our children the value of Freedom.

On Saturday, December 17, 2022, at 9:00 AM, Wreaths Across America will be at Pinegrove Cemetery to Remember and Honor our veterans through the laying of Remembrance wreaths on the graves of our country's fallen heroes and the act of saying the name of each and every veteran aloud.

Please help our location lay wreaths on 260 graves by Sponsoring a Wreath and help us to reach our goal of honoring every veteran at the cemetery.

Thank you so much for supporting Pinegrove Cemetery and Wreaths Across America!

Barbara Williams
208-691-7964

Editor's Note: You will find the sponsorship form on page 15. If you choose to fill it out online at the Wreaths Across America website, www.WreathsAcrossAmerica.org, be sure to use the Location ID & Fundraising Group ID that is on the form on page 15 of this newsletter.

Finance Officer:

September Financial Report: During the month of August, Post 154 received income of \$965.93 and had expenses of \$983.28. Net loss for the month of August was (\$17.35). Income was from donations to our Honor Guard (\$400), Membership renewals (\$425); Member donations to Coffee Fund (\$5.00) Boys State (\$55) and the Veterans Home (\$55). The Post received \$0.93 in interest income. Expenses were for membership renewals (\$313.40), Honor Guard expenses for mileage (\$439.40), Rathdrum Days expenses (\$73.49) and Post Summer Picnic Expenses (\$156.99). At 8/31/22 Capital reserves totaled \$74,501.03 and included a Money Market Account, and four Certificates of Deposit. Total assets were \$84,930.91 and Liabilities, including restricted funds set aside for specific programs and un-cleared checks, were \$12,451.64. As of the close of the month of August, 2022, Post 154 had a net worth of \$72,479.27. – Len Crosby, Finance Officer



Legislative Chairman:

Len Crosby has stepped down as Legislative Chairman for personal reasons. If anyone is interested in taking on the role of keeping our members informed on legislative issues that affect veterans and their families, please contact Commander Dee Sasse. You can reach her through the Post email: rathdrum154@gmail.com



Chaplain's Pew:



Sick Call & Taps:

- Post member Lonnie Morse is having a hip replacement on October 3rd. He'll be out for a while, but knowing Lonnie, it won't be long.
- Bill Kinder had a bad fall in the parking lot after the last meeting. Nothing broken, but he's still weak.
- Charles Lee is recovering from an angioplasty.

Please keep these members in your thoughts and prayers.



HONOR A VETERAN AND HELP THE NEW NORTH IDAHO VETERANS HOME:

The North Idaho Veterans Home is currently under construction on a 7.5 acre site in Post Falls. The Home will be available for occupancy in November of this year.

At the entrance of the Home, we are creating a "Walk of Honor and Appreciation". You can honor a Veteran (living or passed) or a person currently serving in our Armed Forces, by purchasing a Brick in that walk for \$200. The Brick will be inscribed with the Veteran's name, Branch of Service and Dates served or other messages. There are three lines on the Brick, and each line has spaces for only 16 characters. Businesses can purchase a Brick with the Business Name and a message of support for our Veterans. We have a limited number of bricks available. If you want to order one or several bricks, please follow this link to the IVAL website www.idahoveteransleague.com and go to the "Donation" page. You will see a space to print out the brick order form under the tab "Walk of Honor and Appreciation".

Send the completed form and your check to North Idaho Veterans Assistance League, Inc. Post Office Box 187, Post Falls, ID 83877. If you have questions, please don't hesitate to contact Len Crosby, Treasurer, Idaho Veterans Assistance League at 208-651-0697 or crosbylenmary@frontier.com. THANK YOU! – Len Crosby North Idaho IVAL Treasurer

Service Officer:

September was National Life Insurance Awareness Month. VA Insurance Service is highlighting its mission to provide our Nation's Veterans, service members and military families with [life insurance](#) products and services. There are several life insurance programs available for service-connected Veterans and upcoming changes will expand the benefit to even more Veterans in honor of their service.

What is Service-Disabled Veterans Life Insurance (S-DVI)?

S-DVI is VA's current life insurance program for Veterans with service-connected disabilities. The program offers up to \$10,000 in basic life insurance coverage. S-DVI also offers up to \$30,000 in supplemental coverage if a Veteran is totally disabled, unable to work and qualifies for a premium waiver.

S-DVI closes to new enrollment at the end of 2022

Both S-DVI and supplemental S-DVI will close to new enrollment after December 31. Veterans currently enrolled in S-DVI may keep their coverage after this date, if they choose. Veterans currently not enrolled in S-DVI may apply within two years of the date they separated from service, or by December 31, whichever comes first.

Veterans Affairs Life Insurance (VALife) launches in January 2023

On January 1, 2023, enrollment opens for VALife—a new VA life insurance program offering increased access for Veterans age 80 and under with any level of service-connected disability (0-100%). Veterans who are 81 or older may apply for VALife within two years of receiving notification of a new service-connected disability rating if they:

- Applied for VA disability compensation before age 81, and;
- Received a new service-connected disability rating after turning 81.

VALife offers the following benefits:

- Guaranteed acceptance whole life insurance up to \$40,000, available in increments of \$10,000.
- Premiums will never increase for the life of the policy and are competitive with similar private sector offerings.
- No medical requirements for enrollment. Due to the absence of medical requirements, there is a two-year waiting period for full coverage to take effect.
- Cash value that builds over the life of the policy after the first two years of enrollment.
- Fully automated online enrollment with instant approvals.
- No deadline to apply for Veterans age 80 and under.

If Veterans currently have S-DVI, how do they switch to VALife?

Once the application goes live on January 1, 2023, S-DVI-insured Veterans age 80 and under may switch to VALife at any time by applying on the VALife [website](#). There are, however, certain application time frames to be aware of:

- If a Veteran applies for VALife on or before December 31, 2025, they may keep their S-DVI coverage during the two-year waiting period for VALife coverage to take effect. The S-DVI coverage will end after the two-year waiting period and the full VALife coverage takes effect.
- If a Veteran applies for VALife on or after January 1, 2026, their S-DVI coverage ends on the day they enroll for VALife, and they will not have that coverage during the two-year waiting period for VALife coverage to take effect.

Learn more about S-DVI and VALife

Veterans and their families can learn more about S-DVI and VALife by visiting the following websites:

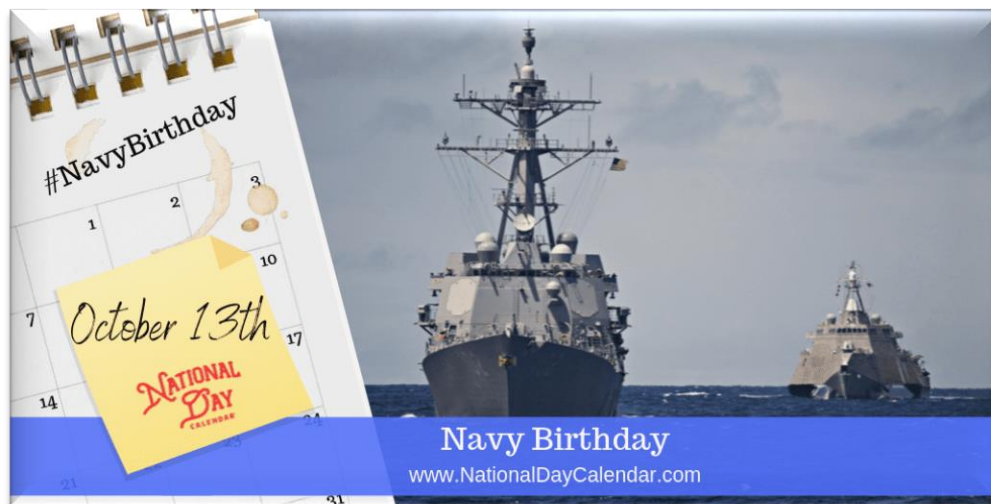
S-DVI: <https://www.va.gov/life-insurance/options-eligibility/s-dvi/>

VALife: <https://www.benefits.va.gov/insurance/valife.asp>

- Ruth Aresvik, Service Officer

Training Officer:

Training is being pushed out 1 month because of the New Member Initiation which was held at the September meeting. Part 3 of the History segment is on the website [HERE](#) if you want to get a jump on your training. Part 4 will go up next month with part 3 handouts available at the October meeting. – Jean Bledsoe, Training Officer



Post 154 Honor Guard:

Our Honor Guard is very active. They march in parades, present the colors at ceremonies, and most importantly, provide a rifle salute to honor Veterans at their funerals. However, more members are always needed to serve in this capacity.

This month there were twelve Military Honor ceremonies for Army veterans, one Air Force veteran, and six Navy veterans.. In addition, colors were posted for Break the Silence: 5k walk to end suicide. These ceremonies collectively required 35 volunteers who drove 918 miles and spent 163 hours to accomplish their missions.

If you would like to find out more about volunteering as an Honor Guard member, please contact Todd Halvorson at keltod11@gmail.com or phone 509-953-0885.

New Post 154 Member Initiation

At the September membership meeting, the following 7 members who joined since January 2022 were initiated and formally welcomed to the Post in a ceremony which highlighted the meaning and purpose of The American Legion:

Tim Chandler	John Buffington
Mike Hill	Chuck Fenton
Don Meier	Doug Carson
And Pete Williams	

Ray Newman is a brand new transfer 30-year member from western Washington. Welcome Ray.

It's time to renew

Here we are.... getting closer to the end of another year, and yes, it's time to renew for 2023. In fact, we began renewing on July 1st and have either renewed or transferred in 89 members of 169 for 2023. Good work members! Now! Here's the rub. This means we still have 80 members who need to renew their membership before December 31, 2022. And we need those renewals starting today. Here's why. The American Legion, Department of Idaho has just sent out a new renewal incentive for all Posts in Idaho. (We can sure use this) So here goes. This is for a Post to reach 100% membership to include Paid Up For Life's, New Members, Renewals, and Transfers by December 31, 2022.

Large Posts = 250 and above = \$1000.00

Medium large Posts = 150 – 249 = \$500.00

Medium small Posts = 75- 149 = \$350.00

Small Posts = 10-74 = \$200.00

Five hundred dollars would certainly help the Post, as we only receive \$7.50 out of the \$45.00 from our dues. I am asking those of you that have not yet paid dues for 2023 to do so at this time, rather than waiting until the end of December. If you renew online **do not** press anything that says JOIN, only press RENEW. National has had some problems with their computer system not distinguishing between the two and we have had some members ending up in Post 85 (Dept. Administrative Holding Post). National will send out another renewal notice in October if you do not wish to pay online. Thank you. - Bill Kinder, 1st Vice Commander, Membership Chairman



Cookie Baking Tips

Use these tips to make your next batch of homemade cookies the best batch ever:

- Most cookie recipes have butter or a fat component. The butter should be soft, but cool, almost room temperature.
- Cream the butter and sugar together to create a smooth, fluffy mixture, so the sugar isn't grainy.

- Beat in each egg separately.
- Use proper measuring cups for the job. Liquid measuring cups are larger than the amount needed, clear with lines for visual confirmation of the amount of liquid, and have a spout for pouring. Dry measuring cups are designed to be filled to the top with the exact amount.
- Measure your flour correctly. Don't scoop the flour out of the container. It will pack too much into the cup. Use a spoon to lightly sift the flour into the measuring cup, then carefully level the excess off with the edge of a knife.
- Line metal baking sheets with parchment paper or silicone mats to prevent the cookies from spreading too far. Or use a baking stone to have evenly baked cookies every time.

Mark Your Calendar:

October 6th - Yom Kippur

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

October 10th - Columbus Day

October 13th - Post 154 Executive Committee Meeting 6 pm @ Lions Club

October 13th – 247th Navy Birthday

October 15th – National Sweetest Day

October 16th - District 1 Meeting at Athol Post 149

October 23rd - Beirut Bombing (1983)

October 25th - Grenada Invasion (1983)

October 26th – National Day of the Deployed

October 27th - Post 154 Membership Meeting 5:30 Potluck & 6 meeting @ Lions Club

October 31st - Halloween



Important Bits & Pieces

- **Task Force Mission43** has identified an impactful volunteer opportunity to assist the newly constructed #VeteransHome in Post Falls as they prepare for residents to occupy the facility. This is an excellent way to give back to our Veteran community. We will be unloading truckloads of supplies on October 19, 2022, 12:00 PM - 4:00 PM which will be stocked throughout the facility. Please register and join the Mission43 team in serving the extended military community in northern Idaho. Looking for up to 50 volunteers to support this mission.
<https://www.mission43.org/m43-events/taskforce-mission43-post-falls>
- **After the smoke this summer, flags are looking grimy.** Did you know most dry cleaners will clean American flags for free? Why not get yours spruced up for the holidays.
- **Commissary Reminds Vets About Expanded Access to On-base Shopping** As reported September 12 by Frank Andrews for Stars and Stripes, the Defense Commissary Agency wants veterans with any service-connected disability, Purple Heart recipients, former prisoners of war, and individuals designated as the primary family caregivers of eligible veterans to know that they are permitted access to commissaries, exchanges, and Morale, Welfare and Recreation activities on U.S. bases.
[Read More...](#)
- **GAO Finds Fault with VA's System for Dealing with Agent Orange Claims** As reported September 2nd by Sara Samora for Stars and Stripes, the VA may have denied benefits to thousands of Vietnam veterans suffering from Agent Orange-related conditions because claims processors failed to understand what evidence could be used to validate the claims, the Government Accountability Office said. In a report released last week, the GAO investigated claims submitted in the 2003-2021 fiscal years by veterans suffering from nerve damage, skin cysts, and blistering which they believed were due to exposure to Agent Orange. Under VA regulations, the conditions must have appeared within a year of Vietnam service for the VA to presume a connection between the ailment and exposure to Agent Orange and other herbicides. [Read More...](#)

A Healthier You: October is breast cancer awareness month.

What Is Breast Cancer?

Having breast cancer means that some cells in your breast are growing abnormally. Learning about the different types and stages of breast cancer can help you take an active role in your treatment.

Changes in your breast

Your entire body is made of living tissue. This tissue is made up of tiny cells. You can't see these cells with the naked eye. Normal cells reproduce (divide) in a controlled way. When you have cancer, some cells become abnormal, changing shape. These cells may divide quickly and spread into other parts of the body.

Normal breast tissue is made of healthy cells. They reproduce new cells that look and work the same. Noninvasive breast cancer (carcinoma in situ) happens when cancer cells are only in the ducts. Invasive breast cancer happens when cancer cells move out of the ducts or lobules into the surrounding breast tissue. Metastasis happens when cancer cells move into the lymph nodes or bloodstream and travel to another part of the body.

For more information and explanatory graphics, go [HERE](#). – Jean Bledsoe, Editor


Coffee Table Talk

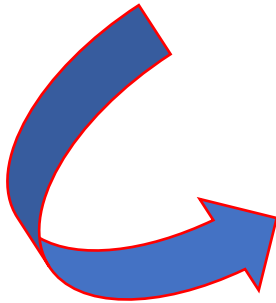
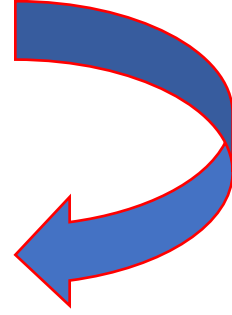
Got any fun information to share? A trip you just came back from or a cruise you're about to take? A new grand or great grandchild? Anything you would find of interest, others would too. Of course, no secrets unless they are yours, in which case they won't be secrets any longer.

- More "Things My Grandma Taught Me" from Sharron McPhail
 - A clean & tidy home was not a chore but a blessing
 - Dusting included the table legs and not just the tabletop
 - Old clothes were not thrown out but recycled into strips that were used to make rag rugs



This is a new column. If you have anything to sell, trade or give away, this is the place to be. Maybe you are looking for something. Another reader just might have it for you.

- The Post was given several hundred candles and related items to use as a fund raiser. All are soy candles and high-end products. We started accepting donations for them at the September meeting and again at the Center Target Sports event. So far, we've made over \$350! We will have the remaining inventory out at the October meeting. There are Jarred candle in fall and holiday scents, lots of wax pearls for melting in an infuser, and more. Be sure to bring your  They would make good Christmas gift. See some photos on the following page.



Did You Know...?

Newby-ginnings is an organization which provides essential household items, clothing, appliances, furniture, and food at absolutely no cost to active military, veterans, and Gold Star Families. Referrals to community resources are also available. This service to our veterans is only possible because of the generous donations of new or gently used items and monetary gifts.

The shop is manned by volunteers who give what hours they can to help the clients who come in. Would you like to be involved with this important mission? **Newby-ginnings** is always looking for donations in good condition, as well as dedicated volunteers who believe in the mission. If you can help, call them at 208-610-6996 Monday through Thursday 9am to 5pm. Visit their website at for more information:

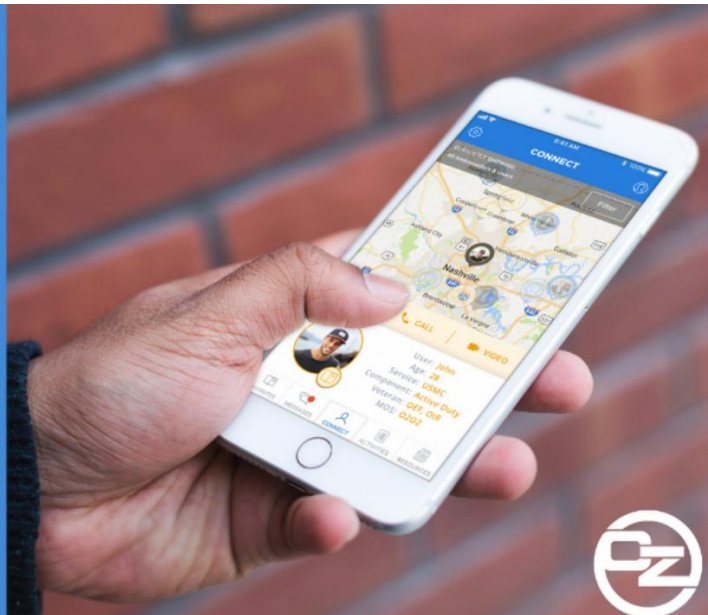
www.newbyginnings.org



**“HUMBLE SUPPORT AND STEADFAST HONOR
TO THOSE WHO SERVED AND SACRIFICED.”**

THE OBJECTIVE ZERO APP

FOR VETERANS, SERVICE MEMBERS,
THEIR FAMILIES, AND CAREGIVERS



Download Objective Zero App to Connect

The Objective Zero Foundation connects members of the military community — including Veterans, Service members, their families, and caregivers — with peer support and access to wellness and mental health resources. The free Objective Zero mobile app allows members to match and connect with the right peer supporter via voice, video, and text. Members may build unique profiles or choose to remain anonymous and enjoy activities, including meditation and yoga. The app is available on both iOS and Android smartphones, download it today!

[Learn More](#)



Please Join the Rathdrum Community

2022 Veterans Recognition Ceremony

Honoring all Veterans

**Saturday, November 5
Betty Kiefer Elementary**

- All Veterans and Families Welcome
- Doors Open at 10:00 AM
- Ceremony Starts at 11:00 AM
- Refreshments & Lunch

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



Alcohol, Tobacco and Firearms Are Strictly Prohibited on School Property

For more information please call Barbara Williams at 208-691-7964 or Helen Kinder at 208-772-7736. For more information call Rathdrum Parks and Recreation at 208-687-2399 or go to www.rathdrum.org/rec



National Sweetest Day

National Sweetest Day is observed on the third Saturday in October by people of all ages. For over 100 years, National Sweetest Day encourages everyone to be generous even in the smallest ways. From its inception as Candy Day in 1916, this day reminds us that even small tokens improve the lives of those

around us. While the observance started with candy and sweets given to our sweethearts and friends, the day is full of lessons in persistence, resilience, and doing small things greatly. On National Sweetest Day, take care of all those who need extra attention. Even those who need significant care, when given the smallest token, will feel the effects. A little treat, a card, a show of support during a time of need may be the sweetest gift on this day.


Pumpkin Dump Cake

Quick, Easy Dessert Recipe Loaded with Pumpkin, Spices and Yellow Cake Mix!

Prep Time 15 mins	Cook Time 1 hr	Total Time 1 hr 15 mins
----------------------	-------------------	----------------------------

Course: **Dessert**
Cuisine: **American**
Servings: **12 servings**
Calories: **576kcal**

Author: Julie Evink



★★★★★
4.70 from 13 votes

Ingredients

- 15 oz can pumpkin puree - or your own cooked-up pumpkin
- 2 tsp pumpkin pie spice
- 12 oz evaporated milk
- 3 eggs
- 1 c. white sugar
- 15.25 oz pkg. yellow cake mix
- 3/4 c. butter melted
- 1 1/2 c. chopped walnuts - optional

Instructions

1. Preheat oven to 350 degrees.
2. In a large mixing bowl mix together pumpkin, pumpkin pie spice, evaporated milk, eggs, and sugar. Pour into greased 9 x 14 in pan or 2.5 quart baking dish.
3. Sprinkle dry cake mix over the top of pumpkin mixture. Drizzle butter over the top of cake mix. Top with walnuts. Bake for 1 hour or until a knife inserted into the middle comes out clean.
4. Serve with Cool Whip or ice cream.

Submitted by Sharron McPhail, Post Volunteer Member

The Veterans Club is a life project to capture as many veterans telling their military service story as possible. The goal is to use the words of veterans to give strength to other veterans who are struggling with life.

If the words of veterans can help, then what about the effort of veterans? I see millions of veterans as a resource to help communities through these difficult times...in the process, the veterans helping others gain valuable personal satisfaction. Heck, veterans who help others gain purpose, joy, pride, and so many other great emotions. If this program can touch enough people, then I believe we can decrease the number of veterans who take their own life. - Ed Bejarana

Army Vet 1986-1989

3rd AD Band, Frankfurt, Germany



FREE VETERAN FOCUSED PODCAST

Available on Apple, Google, Amazon, Spotify, Pandora, and anywhere you download Podcasts



Created by Veterans for Veterans

For more information visit:

www.TheVeteransClub.org





WREATHS *across* AMERICA

Wreath Sponsorship Form

Sponsored wreaths are placed on grave markers at state and national veterans' cemeteries, as well as at local, community cemeteries each December. Wreaths may also be sponsored online at www.WreathsAcrossAmerica.org. If you wish to make your sponsorship with a credit card, please visit our website for a secure online transaction.

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Phone: _____
 Email: _____

Please make checks payable to:
Wreaths Across America
 PO Box 249
 Columbia Falls, ME 04623

Call 877-385-9504 with any questions.
*Thank you for your sponsorship and joining us in our mission
 to Remember, Honor and Teach!*

Sponsorship Type	Price	Quantity	Total
Individual = 1 Wreath	\$15.00		
Mailed "In Honor" card = If you wish to send a physical honor card telling someone of your sponsorship, please see "In Honor" section below. The \$2 fee is required for this mailing.	\$2.00		
Family = 4 Wreaths	\$60.00		
Small Business = 10 Wreaths	\$150.00		
Corporate = 100 Wreaths	\$1,500.00		
		Grand Total	

GRAVE SPECIFIC REQUESTS ARE NOT ACCEPTED ON THIS FORM

In Honor of:

Below, please provide email or mailing address of "In Honor of" recipient so we can notify them of your sponsorship in their honor. If you have a specific message please write it on the back of this sheet.

Email address: _____

Mailing address: _____

In Memory of:

This name will be listed on our online memory wall. Below, please provide name, rank, branch of service and state resided.

Branch of Service: _____

Rank: _____

State: _____

Please note, ALL sponsored wreaths are shipped directly to the location and NO wreaths are sent to the individuals purchasing sponsorships.

Location ID: ID0021 Fundraising Group ID: IDRCCR

FOR OFFICE USE ONLY:

Cash: _____ Total: _____ Date Received: _____

Total No. Checks: _____ Reconciled: _____

MO: _____

Entered: _____

GEN: _____