



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho Newsletter

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Mailing Address: PO Box 1116, Rathdrum ID

Meeting at: Lions Club 16114 N. Meyer Rd Rathdrum - Editor: Jean Bledsoe



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:

Well, frost will be on the pumpkin very soon. Where does the time go? I want to start out by saying we need to work on our Post's programs and projects. I feel that we have been doing a great job on the things we do but I want to get back to where we were before Covid. I want to reinvigorate what we do and why. First and foremost, we all belong to the American Legion because we want to help our fellow veterans, our community, our local children and don't forget ourselves. The four pillars of the American Legion really say it all:

I. Veterans Affairs & Rehabilitation

- VA Claims Backlog • Access to VA Health Care • Network of Service Officers • VA Vet Centers • Health-care Funding Formula • Veterans with Special Needs • Volunteering • Final Respects • Heroes to Hometowns • Careers for Veterans • Homelessness • GI Bill Benefits

II. National Security

- Support for the Troops • Size of the Armed Forces • Quality of Life • Homeland Security • POW/MIAs • Operation Comfort Warriors

III. Americanism

- Flag Protection • Illegal Immigration • Voter Registration and Participation • Boy Scouts of America • The Pledge of Allegiance • Establishment-Clause Lawsuits • Legacy Run • Boys Nation • American Legion Baseball

IV. Children & Youth

- Child Pornography • Catastrophic Illness • Intellectual Disabilities • Immunization • Family Integrity • Media Violence • Drug Abuse • Child Sexual Exploitation • Family Support Network • Temporary Financial Assistance • Samsung Scholarship • Child Welfare Foundation

I am soliciting ideas for projects that we can do to fulfill our obligation to the American Legion, our Post and our community. Here is a start. First, we are working on a sign and a flagpole for the Lion's property. Next, I am looking for a committee to get organized and restart our school flag education program. Also, I am looking for a committee for us to restart Truck N Treat in Rathdrum. This year's event is happening on Saturday October 28 th . We need to think outside the box. How about finding a piece of land and erecting a Veteran's Memorial, or a Memorial Park with a fitness trail. Another idea I had was to have an open house at the Lions Club and invite the community to see what the Post and the American Legion is all about. Please email me or call me with your ideas.

We are also going to be putting together a volunteer list that we can use to call members when we have an event, so we have enough help to make it fun for everyone.

Thank you so much for all that you do and let me close by saying how proud I am to be part of American Legion Post 154 and the people in it. - Dee Sasse, Post 154 Commander

Why I Am a Volunteer

I don't do it for the money nor fame,
And I don't do it for personal gain.
I volunteer to lend a hand
To the Veteran who served his land
It's just to give a tithe of self
The job that I do means more than wealth.
It's not for medals worn with pride.
It's for the rewards I feel inside.
My rewards are tucked deep in my heart,
to let know I've done my part,
In helping Veterans for and near.
I am proud to be a volunteer.

— Author Unknown

Finance Officer:

During the month of August 2023, Post 154 received income of \$666.67 and had expenses of \$1,566.40. Net loss for the month of August was (\$899.73). The majority of our income this month was from membership renewals (\$540), donations to our Honor Guard (\$400), and member donations for Boys State (\$13) and the North Idaho Veterans Home (\$13).

Expenses were for expenses associated with membership renewals (\$462.50), Honor Guard expenses for rifle stock refinishing and quarterly travel reimbursement (\$893.74), Picnic expenses (\$151.44) and the cost of a hat ordered for a member (58.72), for which we will be reimbursed.

We have \$85,748.20 in our checking account, our money market account and our six CD's with offsetting liabilities (for funds allocated to programs) of \$12,632.80 resulting in a Net Worth of \$79,939.10.

Our CD's have laddered maturity dates and interest rates ranging from 2.10% to 5.35%. Those CD's with the lower rates (reflecting the lower interest rates available in 2022) will all mature in the next three to six months and can be renewed at today's higher rates.

Of our six current CD's four (totaling \$53,861 have interest rates at or in excess of 5%.

Len Crosby, Finance Officer

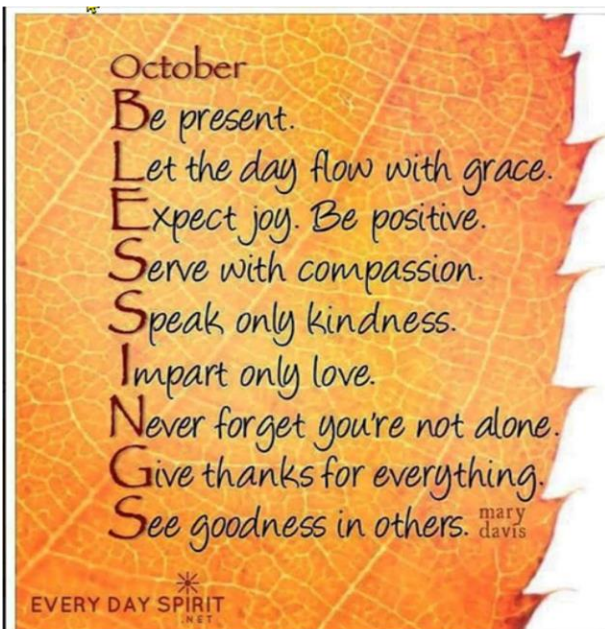
FINAL COST OF LIVING ALLOWANCE PROJECTION FOR 2024:

With just a few weeks before final calculations can be made, the annual cost-of-living allowance (COLA) for military retirees, VA disability recipients, Social Security beneficiaries, and others receiving certain federal payments for 2024 is settling in at a higher-than-expected figure ... one that's still well below last year's adjustment.

The Military Officers Association is now predicting that the upcoming 2020 COLA will be 3.2%, down 5.5 percentage points from last year's 8.7% increase. It's the smallest figure in three years, but it's just the fifth time in 20 years the adjustment has reached 3% or higher.

Len Crosby, Finance Officer

Chaplain's Pew:



Sick Call & Taps:

- Dan Neese will be undergoing back surgery soon.
- Bill Kinder continues his recovery under Helen watchful eye.
- Mike McPhail's wife Sharron will have surgery tomorrow for cataracts and glaucoma.
- Connie Stevenson, wife of member Phil Stevenson will be undergoing surgery and treatments for breast cancer.
- And Jean Bledsoe just successfully completed radiation treatments and will continue with other treatments for breast cancer.

Please keep these members and their spouses in your thoughts and prayers.

Service Officer:

Happy Fall fellow Veterans! I am in the joy and contentment of my season! Autumn is my favorite time of year. I love the colors and the crispness of the air. And, yes, I love the pumpkin pecan creamer in my coffee! We can bring out our fleece vests and put away our gardens and lawnmower. Maybe have a little more time to read. So here you go with some excellent material directly from the presenters at the Veterans Service Officer training which I attended in Boise.

The first program is from the [Pension Management Center](#). These slides will tell you about the PACT Act, entitlement, exclusions, and contact information.

The second program is from the [Debt Management Center](#). Here is a great overview of how a debt might occur and the options available for repayment. Not a fun job, but somebody has to do it.

The third program is the [VA Insurance](#). Veterans - active duty, reserve, discharged, retired - everyone should know what is available. It's a complicated mixture but it's worth the time to review and be familiar with your choices.

Over the next few months, I'll post all the presented programs. Most include contacts if you have questions or download links for further information. – Ruth Aresvik, Service Officer

Editor's Note: All three slide presentations are on one page of the Post 154 website. Just click on any of the links above, scroll down, and you'll find them all.

Training Officer:

Greeting my fellow Legionnaires of Post 154. As the basic training of all Legionnaires is very important for the good of the Post members I would invite you to read this Basic Training Part 1. I know some of you have read this before but it is very important and please read it again. If you have comments, please send them to me a theneeses@hotmail.com. Now here is your [LINK](#). - Dan Neese, Training Officer

A Healthier You:



October 10th is World Mental Health Day, and though mental health encompasses many issues, stress management is necessary to everyone's good mental health. Here is a [LINK](#) to a VA health video about recognizing and managing your stress.

On another health note, October 20th is National Mammography Day. Please get your annual mammogram. Then what do you do if you get a call telling you that you need an ultrasound or diagnostic mammogram, or "further testing"? You advocate for yourself! Get an appointment as soon as possible. Don't wait two months or six weeks or even one month. If you have breast cancer, you don't know without more tests what type it is, how large and aggressive it is, if it has already spread. Put on your big girl panties and insist on getting these answers as soon as possible! Remember, 1 in 8 women will get breast cancer in their lifetime.

ESTATE PLANNING – LESSION 2 – YOUR WILL

As you kick off your retirement journey, now is the time to review your will. If you don't already have a will, now is the time to write one.

Your will makes it clear what should happen to any children you have that are under 18 or need ongoing dependent care. You can also make arrangements for the proper distribution of your estate. If you care about your legacy, a will is a really important tool to let your loved ones know your wishes. If you don't have a will, then you may be leaving the decision of who gets your assets to the state.

Someone who dies without a will is called intestate, and every State has a plan of dealing with intestate distribution: the handling of the estate of someone who dies without a will. And it is important to note that in most States if you have children, your surviving spouse does not get the lion's share of your estate.

For example in New York, if you die without a will and are survived by a spouse and children, your surviving spouse gets the first \$50,000 of your estate plus half the balance, the children get everything else.¹ In fact, depending on your estate, the intestate distribution might certainly look like what you don't want to happen.

If you already have a will, retirement is a good time to review it, especially if you haven't looked at your will in several years. Some of the things to consider as you review your will include:

- Are your children grown and on their own? Do you still need to make guardian provisions for them?
- Has your own situation changed? Are you divorced or widowed? Have you remarried since your will was last updated?
- What about your grown children? Have they married or divorced since you last updated your Will? Do you have grandchildren? Do they have special needs or maybe disabled?
- If you are married, does your will protect your surviving spouse? Have you made provisions for your spouse?

Pay attention to the changes in your family situation over the years. Retirement is a good time to reflect on your life since you're embarking on a new journey with new challenges and changes. Your will should acknowledge what's different about your life now.

Types of Will

Depending on your situation consider the different types of wills available. They have different purposes in the way they fit into your estate plan.

There are four main types of wills:

A Simple Will

This is a straightforward will that includes how you want your assets distributed, as well as who should take care of your dependent children and pets. Most people think of a simple will when they consider a will. If you're looking for a will that covers the basics, this type can make a lot of sense. Simply list out who should receive what and name an executor who oversees the process after you pass. It's important to realize, though, that some of your financial accounts (primarily insurance, but also some CD's and bank accounts) may already designate a beneficiary. When you pass, the beneficiary you've designated on such investment accounts takes precedence over what's in your will. If you have been divorced and have remarried, it is VERY important to review these types of assets to insure that your former spouse is not a beneficiary. NOTE: Changing a beneficiary on these accounts is relatively simple, just contact the company and ask for a "Change of Beneficiary Form".

ESTATE PLANNING – LESSION 2 – YOUR WILL (cont.)

Testamentary Trust

Testamentary trusts are trusts that are created in your will. In your will, you can direct a part or all of your estate to be held in trust for the benefit of one or more of your beneficiaries in such amounts as you determine. During the term of the trust, the trustee can pay out income and capital to your beneficiaries at certain times or at the discretion of the trustee. If you do not want your beneficiaries to receive any assets until they reach a certain age or ages, or if you do not want your beneficiaries to receive a big lump sum because you don't think they will be good stewards with what you are giving them, a testamentary trust is a good choice. Testamentary trusts can also be a good choice when you have children with special needs. NOTE: You do need to hire an Attorney to put a Trust together, and you will need to move your assets (house, cars, bank accounts, investments, etc.) into the Trust (a fairly simple process. NOTE: It is NOT necessary to have an attorney or trust company act as Trustee (they will charge a number of annual and periodic fees) you can designate your spouse or another trusted family member as Trustee.

Living Will or Health Care Power of Attorney

Rather than focusing on what happens to your assets after you pass on, a living will is all about what type of medical care you want if you're no longer able to function or make decisions for yourself. With the living will, you decide in advance your medical wishes if you can no longer make such decisions; for example, deciding when it's time to stop extraordinary life-prolonging medical measures. As a retiree, having a living will is vital, since as you age there may be a point where you can no longer make healthcare decisions for yourself. It is also important to note that a living will is not a substitute for a will or a testamentary trust. A living will is effective only during your life, whereas your will and a testamentary trust are only effective after you die.

Joint Will

A joint will is inflexible and designed for spouses who want to have the same beneficiaries and provisions. In general, a joint will — sometimes called a mirror will — is meant to ensure that the surviving spouse inherits everything and that the assets are only distributed after the death of both. It's important to note that if you choose to enact a joint will, it can't be changed even if one of you passes away. That means that if the situation changes or you change your mind about an aspect of the will after your spouse dies, you won't be able to adjust the terms of the will.

Deciding Which Will is Right For You

Carefully think about which type of will is the right move for you. I strongly recommend that you consult with an estate planning attorney to determine which is right for you. There are several in our area and your initial visit (consult) is generally free. It can be expensive to set up a Trust, but it will also insure that in the event of your death you will be able to designate who gets your Stuff!

Written and submitted by Len Crosby



It's time to renew

Here we are.... getting closer to the end of another year, and yes, it's time to renew for 2024. In fact, we began renewing on July 1st and have either renewed or transferred in, 84 of 143 members for 2023. Good work members! This means we still have 59 members who need to renew their membership before December 31st, 2023. 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 PUFL's, New Members, Renewals, and Transfers by December 31st, 2023.

Large Posts = 250 and above = \$1000.00
Medium large Posts = 150 – 249 = \$500.00
Medium small Posts = 75- 149 = \$300.00
Small Posts = 10-74 = \$200.00

Three 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 2024 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

RENEW YOUR POST 154 MEMBERSHIP TODAY!

Online renewal is fast, convenient and safe

Go to legion.org: CLICK ON: RENEW

or

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

Useful Veteran Resources & What They Provide.

All states and some counties have a Veteran Affairs office to answer questions about benefits and provide assistance. There are also other useful resources for veterans in the Inland Northwest.

How can I get help?

1) ONLINE

a) VA Website: VA.gov Incredible resources on every topic

b) VA Welcome Guide: <https://www.va.gov/files/2023-02/vawk-black-and-white.pdf>

This is a benefits guide to everything VA. It covers all types of benefits and services available for all levels of your veteran journey, from a new recruit to active duty, family and survivor's benefits to retirement and more. Understand how VA can meet your needs.

c) Local Website: DAV9.com. Great information and links to local and national help organizations. Prepared and managed by the Disabled American Veterans Chapter 9 Fort Sherman in Post Falls.

2) IN PERSON

a) Community Based Outpatient Clinic CBOC, 915 W. Emma Ave., Coeur d'Alene, 208-665-1700. Services offered: Primary care, blood draw, addiction counseling, substance abuse treatment program, combat related post traumatic stress counseling, military sexual trauma counseling, psychiatry, social work, metabolic clinic covering diabetes and lipid management, nutrition for diabetics and lipid management, depression counseling, and patient orientation every Thursday morning.

b) Kootenai County Veteran Services Office, 120 E. Railroad Ave., Post Falls, 208-446-1090. County Veteran Service Officer and staff available to answer questions, help you with VA benefits enrollment, and file claims.

c) Idaho Division of Veteran Services: Office of Veterans Advocacy, 1182 S. Clearwater Loop, Post Falls, 208-415-3480. Two State service officers and staff are available to answer questions, help file compensation appeals or VA appeals, and help with VA Health Care enrollment.

d) Sandpoint VA Clinic Kaniksu Health Services, 30410 Highway 200, Ponderay

e) Bonner County Veterans Affairs Office, 1500 Hwy 2, Ste. 122, Sandpoint. Thomas Lindley, Veteran Service Officer, 208-255-5291, tlindley@bonnnercountyid.gov

f) Shoshone County Veteran Service Office: 208-752-1264

g) Idaho Veterans Home Admissions: 208-415-3480

h) Mann-Grandstaff Department of Veterans Affairs Medical Center, 4815 N. Assembly St., Spokane, WA 99205-6185, 509-434-7000

i) VET CENTER: Spokane Veteran Center, 13109 E. Mirabeau Parkway, Spokane, WA 99216, 509-444-8387. Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling to eligible veterans (IE. combat veterans), active duty service members, including National Guard and Reserve components, and their families.

j) Goodwill Support Services for Veteran Families SSVF. Idaho and Eastern Washington, 130 E. Third Ave., Spokane, WA, 509-828-2449. Immediate needs, basic needs and community resources. SSVF focuses on helping homeless veterans and families find housing but is an excellent entry point for most veteran services and they can help the veteran find the right organization to help them.

3) BY PHONE

a) Kootenai County Veteran Services and Benefits office: 208-446-1090

b) Bonner County Veterans Affairs Office: 208-255-5291

c) Shoshone County Veteran Service Office: 208-752-1264

d) Idaho Division of Veteran Services: 208-415-3480

e) Idaho Department of Labor Veteran Representative: 208-457-8789, ext. 3842

f) Veteran Crisis Line: 988, press 1

g) North Idaho Crisis Center: 208-625-4884 or 2195 Ironwood Court, Coeur d'Alene

h) Washington or Idaho: Call 2-1-1 Health and human resources referrals

Editor's Note: Print this page, fill it out, and give it to Dee.

Projects/Events for Post 154

1. Legionnaire of the Year
2. Supporter of the Year
3. Memorial Garden
4. Veteran's Statue
5. Veteran's Memorial Park and Fitness Trail
6. Trunk n Treat
7. Flag program in Grade schools
8. Champagne Brunch once a month or once a quarter
9. Certificates of Appreciation for Volunteers
10. School Award Medal Program
11. Scholarship for Lakeland High School \$500
12. *Veterans Recognition Event
13. *Wreaths Across America
14. *Memorial Day
15. *Rathdrum Chamber of Commerce Events
16. *Rathdrum Parade
17. *Rathdrum Days Booth
18. *Stand-Down
19. Center Target Community Celebration Booth
20. *Boys State
21. *Easter Egg Hunt

Ideas for our Post

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Suggestions to make our Post better:

1. _____

2. What projects and events do you want to volunteer for?

Toxic Exposure in the Military

Have you every asked yourself why we have so many friends, family members, and acquaintances who are or have battled cancer? Why so many children have learning disabilities, ADHD, autism, and cancers? Why we are seeing so much more mental health issues?

Ask yourself these questions:

- Were you and or family exposed to toxic chemicals during your military service?
- Were you raised on or near a military base?
- Do you have a parent or grandparent who served in the military?

For more information about toxic contamination in and around military establishments, follow this [LINK](#) to our website, the EPA's list of most contaminated military sites is [HERE](#), and VA's site, "Exposure to burn pits and other specific environmental hazards" is [HERE](#). – Submitted by Jean Bledsoe

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. If you are interested in participating in this very fulfilling activity, contact Todd Halvorson at keltod11@gmail.com or by phone at 509-953-0885.

These numbers for the Honor Guard are compiled from Membership Meeting to Membership Meeting. During this last time period, the Honor Guard participated in 5 funerals, 2 for Navy veterans, 2 for Army Veterans, and 1 for an Air Force veteran. They also presented the colors at a Suicide Prevention event, a 9/11 Remembrance, and a recognition ceremony for a Viet Nam veteran. These services and honors required 175 volunteer hours and 904 volunteer miles. – Submitted by Todd Halvorson, Co-Captain of the Honor Guard

Did you know...?

VA announced that Veterans, and their families, caregivers, and survivors now have access to expanded burial benefits to help with end-of-life expenses related to a Veteran's gravesite, burial, funeral, and transportation of remains to their final resting place. Burial benefits are available to individuals who pay for a Veteran's burial and funeral costs that are not reimbursed by any other organization. The updated burial benefits are explained [HERE](#).

VERY IMPORTANT!

Proposed changes to the Post constitution and bylaws were presented at the September membership meeting. The motion to accept the changes was tabled so they could be sent out to the membership as directed in the bylaws. Here is the [LINK](#) to those proposed changes posted on the website. These changes will be voted on at the October membership meeting. – Jean Bledsoe, Bylaws Committee Member

Mark Your Calendar:

October 7th Start of Operation Enduring Freedom (2001)

October 9th Native American Day & Columbus Day

October 10th World Mental Health Day

October 12th Post 154 Executive Committee Meeting @ 6 pm Lions Club

October 13th Navy Birthday (established 1775)

October 16th to 20th VA Buddy Check Week

October 20th National Mammography Day

October 25th Grenada Invasion (1983)

October 26th National Day of the Deployed

October 22nd District 1 meeting in Plummer starting @ 10 am registration starts @ 9 am

October 26th Post 154 General Membership Meeting @ 6 pm – Potluck @ 5:30 pm

Bits & Pieces

- **Let's Talk Shutdown.** As of now it is unclear whether a shutdown would occur, but if it does - this is how it would affect VA's customers. To see what VA services would, and would not be affected, go [HERE](#).
- **Lawmakers Demand Accountability After VA Loses Track of Vets' Claims**
As reported September 26 by Leo Shane III for *Military Times*, House Republicans on Tuesday called for employee discipline and potential firings after the discovery that tens of thousands of veterans' disability cases were lost for months or years in the VA claims systems due to software glitches. In August, VA leaders announced they had found roughly 32,000 veterans' disability claims delayed — some dating back years — due to technical flaws in the department's VA.gov filing systems. Two weeks later, officials acknowledged 57,000 more similarly delayed cases involving veterans trying to add dependents to their accounts. [Read More...](#)
- **The Flu and Vaccines: What Everyone Needs to Know**
It's flu season! Watch this series from the SITREP and learn everything you need to know about the flu, including: symptoms, how to treat, whether flu shots work, flu vs. cold, flu vs. pneumonia, flu vs. covid, flu vs. RSV, what is flu A, flu B and much more. Did you know? Veterans can get a [free flu shot](#) from a nearby VA clinic or within your community from one of nearly 70,000 in-network pharmacies or urgent care locations. [WATCH](#)
- **First-ever VA Buddy Check Week, Oct. 16-20 – Get Involved!**
Check in on your fellow Veterans during Buddy Check Week Oct. 16 to 20. Take time during this week to help organize and facilitate Veteran connections, outreach and education around peer wellness, crisis prevention and community. [LEARN MORE](#)
- **Also, please remember to send your volunteer hours** to Lonnie Morse so he can compile them. These include hours devoted to Veterans, Youth, Honor Guard and Community. His email address is: lionlonnie@gmail.com or you can just hand them to him at a meeting.

Please Join the Rathdrum Community

2023

Veterans Recognition Ceremony

Honoring all Veterans

Saturday, November 11

Lakeland High School

Commons Area

- **All Veterans and Families Welcome**
 - **Doors Open at 10:00 AM**
 - **Ceremony Starts at 11:00 AM**
 - **Free Lunch at 12:00 PM**
- **Special Recognition To All Veterans**

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.



POST 154



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.gov

ATTN: COEUR D'ALENE & E. WASHINGTON

ARE YOU A VETERAN?

ARE YOU IN NEED OF A
SERVICE DOG?

CANINES WITH A CAUSE
HAS DOGS AVAILABLE



ABOUT CANINES WITH A CAUSE

Canines With a Cause (CWAC) is a registered 501c3 nonprofit organization dedicated to assisting veterans and first responders living with PTSD and other psychological disabilities to gain independence through the process of training their own psychiatric service or assistance dog. CWAC provides training classes where the handler focuses on developing skills needed to train their own dogs and become an experienced handler. **We are able to offer our services at no charge** thanks to the generosity of individuals and businesses who donate with love and concern for our service men and women and medical professionals.

THESE PUPS SPENT TIME IN PRISON

Through our Orofino Prison Program, inmates are selected to help train and instill basic obedience in our rescue dogs for 8 weeks before leaving to be paired with a veteran.

INTERESTED IN PAIRING WITH ONE OF THESE PUPS? GET IN TOUCH WITH US!

If interested in our program, contact Geraldine at:
geraldine@canineswithacause.org



CHESTER (M)



RUNE (F)



LEXI (F)



CaninesWithaCause