



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho

Newsletter

Volume 2 Issue #9

September 2016

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Commander's Message:

Greeting to all our Post members and their families. I hope everyone has enjoyed their summer activities and vacations. With the coming of September, we are headed into the fall and with that, school is back in session. Please be careful out there driving as the days get shorter and the young people are walking to and from their buses and school.

We had some great Post activities for the months of July and August. The Post and Honor Guard outdid themselves in July with the float and the parade for Rathdrum Days. Due to my illness I was not really able to properly say THANK YOU ALL!!

Also, in August there was a great turn out for Center Target Customer Appreciation Days. We really work well with the other veterans' organizations and that makes our post stronger.

One of our outstanding post support group members has outdone herself with putting together Post t-shirts that are for sale. They are going to be awesome. Thank you Sue!

Please don't forget that we have our FIRST Post picnic on September 25 at 2 p.m. Folks have really worked hard on putting this together. I would love for everyone to come and enjoy themselves.

Thank you to those people who continually step up and make us proud to be members of Post 154. And, as always, please take care of yourselves and look out for others.

For God and Country, Dee Sasse, Commander



Center Target Sports: Commander Dee Sasse, & Jeff Broadhead working for DAV 9 at the next table.



Adjutant Bryan Bledsoe & Commander Dee Sasse

Adjutant:

A big thanks to Helen and Bill Kinder for mailing transfer requests out to 79 members of Idaho Department Post 85. Post 85 is a “holding” Post for those that haven’t joined a local American Legion Post. Some of these people have been members. If you know a veteran be sure to ask them to join our Manuel Schneidmiller Post. Be sure to greet, include and welcome new members to our Post meetings and gatherings.

We currently have 67 members and continually need to add and involve new members to grow. Our current membership is comprised of 25 who live in Rathdrum, 12 from Hayden, 11 from Post Falls, 8 from Coeur d’Alene, 5 in Washington, 1 each from Spirit Lake, Athol, Hauser, Texas, California and Oregon.

Post 154 had a booth at Center Target Sports Customer Appreciation Day

About 9,000 thousand pounds of food was collected for the Post Falls Food Bank, toys for Toys for Tots and 89 units of blood was given.

Our popup was next to DAV 9 with Bob Hunt, Charlie Till, Jeff Broadhead and Lew Allert. All are members of the Legion too and Charlie, Jeff and Lew are officers at our Post so they were doing double duty between DAV and our Post 154 popup with Dee Sasse, Paula Atwood and Bryan Bledsoe.

We connected with a number of veterans and it was great to have the DAV 9 group right next to us as we were able to easily refer people back and forth. Thanks to Charlie for getting us a spot on such a short notice!

We met lots of people and think we have recruited a transfer who moved from Oregon a few months ago and was a Post Commander there.

Paula made a display of scrolls that we handed out. They were very well received. Plus, Paula donated blood at one of the two blood mobiles. If you can donate, please do so as there is a severe shortage of blood.

\$55 in donations were received from the 10 small flags that were picked up. We also sold 1 3x5 flag. Remember that we have flags for sale. Click here for the [FLAG PRICE LIST](#)

About 9,000 thousand pounds of food was collected for the Post Falls Food Bank, Toys for Tots and 89 units of blood was given. – Bryan Bledsoe, Adjutant

2nd Vice-Commander:

Many of you have read articles complaining about the Spokane VA closing its physical therapy area to local veterans who were using the facility to stay physically fit.

At a recent veterans’ function, Bryan Bledsoe and I had the opportunity to speak directly with a DAV member who volunteers in that area of the Spokane VA. The story we got was much different. A small group of local veterans who live close to the VA facility, were using the physical therapy equipment, but were not only making a nuisance of themselves, but were also interrupting the VA’s physical therapists when they were actively working with Veterans who had real PT needs, were not cleaning up after themselves and were abusing the privilege in other ways. The veteran with whom we spoke is wheel-chair bound and disabled, but still volunteers approximately 15 hours a week maintaining the PT room and assisting veterans who are dealing with having to accommodate limited mobility and get used to a wheel chair.

We all recognize that there are two sides to every story, and it is unfortunate that the VA did not provide these sorts of details when a local reporter was contacted about the decision to close the PT facility and restrict its use to those veterans actively undergoing PT for recovery from injuries. We want the best care for our veterans and if any veterans are misusing a VA facility and detracting from its mission to assist veterans, we should understand the reasons, and if they are valid and mission-driven (which I believe to be the case in this instance), support the VA’s decision. – Len Crosby, 2nd Vice-Commander

Finance Officer:

We continue to be in good financial condition with income that equals or slightly exceeds our monthly operating expenses. Our total assets are \$32,300, of which \$29,000 is invested. The Finance Officer did a six-month comparison of our income and expense for the first half of the year versus our budgeted projections. So far this year, due to a reduced level of expenses, we are running \$757 ahead of our budget projections. The key area that is under-performing, is our projected income. We had a number of fundraising events included in the budget, which have not occurred (sales of food and water during Rathdrum Days, quilt raffle, gun raffle and wine tasting).

Some of these activities have been sidelined because of the level of participation by members makes them impossible, so we need to consider some additional fundraising activities in the second half of this year, which are fully supported by the membership, to make up a projected deficit of approximately \$3,000 – assuming that our projected expenses expand to the level projected in the budget.

Finance and fundraising are the areas that members need to recognize are painful, but VERY necessary to the health and success of the organization. We all hate to ask for donations, but we all need to participate and bring ideas to the Post to assist in this important effort. – Len Crosby, Finance Officer

Legislative Chairman:

Bryan Bledsoe and I represented our Post at a meeting with Ms. Sierra Robinson, the Legislative Aide to Senator Mike Crapo for Veterans Issues. Ms. Robinson has been a strong advocate for our local Veterans and has assisted us in a number of issues dealing with the VA, including our efforts to get a new Veterans Home in N. Idaho.

The meeting, held last week, lasted approximately two hours and was attended by approximately 25 Veterans, many of whom represented Veteran Service Organizations. Ms. Robinson gave us an update on her work with the local and national VA, the quality of care report that has just been issued by the independent commission appointed to review the VA, and the status of legislation pending to address Veteran issues. Sen. Crapo is in the process of drafting two legislative initiatives that will further clarify Veteran issues and increase oversight of the VA, and hopes to bring them to Congress with a number of co-sponsors during the next Legislative Session.

Senator Crapo, Ms. Robinson and others on Sen. Crapo's staff have been strong advocates for Veterans and continue to provide important input to the discussion of these issues on the floor of the Senate. Many of you have participated in the annual Veterans survey that Sen. Crapo's office does to identify problems with the VA, responsiveness to appointments and many other issues. The data generated from these surveys provided ground-level data for problems and enhances the Senator's voice when he speaks about Veteran issues in Idaho.

Those of us who follow the support for Veterans provided by the representatives we send to Congress believe that Sen. Crapo and his staff provide Idaho Veterans with an important voice in Congress and commend him for his consistent support for our Veterans. – Len Crosby, Legislative Chairman

Service Officer:

Tinnitus is Number One Disability for Veterans

The following information is from [military.com](http://www.military.com) and describes a major health concern for veterans. Tinnitus can be a service related disability, rated at a maximum of ten percent. If claimed and granted this establishes a service connection, which in turn makes obtaining other VA health care easier. The full article and veteran comments can be found here: <http://www.military.com/benefits/veterans-health-care/tinnitus-is-number-one-disability-for-veterans.html>

Tinnitus is the number one disability among Veterans and it affects at least one in every 10 American adults.

Veterans have higher rates of tinnitus than the general public due to the noise levels they encounter while in the service, including gunfire, machinery, aircraft, and much more. Over 150,000 veterans were diagnosed with tinnitus in 2015 and nearly 1.5 million veterans are currently receiving disability benefits for it.

What is Tinnitus?

Tinnitus is defined as the perception of ringing, hissing, or other sound in the ears or head when no external sound is present. For some people, tinnitus is just a nuisance. For others, it is a life altering condition.

Tinnitus is classified in one of two categories:

subjective tinnitus is a condition whereby only the sufferer can hear the noise produced within their head.

objective tinnitus is a condition whereby others are able to hear sounds like clicks or crackling inside the middle ear.

Some describe ringing sounds, a buzzing sound, a high-pitched whistle, or numerous other sounds. The causes and effects of tinnitus vary from individual to individual.

Can Tinnitus Be Cured?

In most cases, there is no specific cure for tinnitus. If your doctor finds a specific cause of your tinnitus, they may be able to eliminate it. Determining the cause may require extensive testing including X-rays, balance tests, and laboratory work. Many causes cannot be identified. Occasionally, medicine may help the noise and medication options are varied. Alternatively, behavioral medicine treatments may be tried based on research that suggests that tinnitus can be induced or made worse by stress, anxiety, fatigue, frustration, etc.

Tinnitus Treatment Options

Since there is no cure for tinnitus, VA doctors recommend an interdisciplinary approach. The goal is for patients to learn to self-manage their reactions to the tinnitus.

Concentration and relaxation exercises can help to control muscle groups and circulation throughout the body. The increased relaxation and circulation achieved by these exercises can reduce the intensity of tinnitus in some patients, particularly under the guidance of a behavioral health clinician.

White Noise may help mask tinnitus and make it less noticeable. Since tinnitus is usually more bothersome in quiet surroundings, a competing sound at a constant low level, such as a ticking clock or radio static (also known as "white noise") may mask the sound. Products that generate white noise are available online. Some veterans have also used things like small fountains or water walls, and they say the sound of falling or bubbling water helps them forget the ringing of tinnitus.

Hearing aids may also help. If you experience hearing loss, a hearing aid may reduce or temporarily eliminate head noise. It is important to set the hearing aid at moderate levels, because excessively loud levels can worsen tinnitus in some cases. You should always discuss the use of a hearing aid with your VA doctor. The VA may be able to provide you with one for free. Tinnitus maskers can be combined within hearing aids. They emit a competitive but pleasant sound that can distract you from the head noise. Some people find that a tinnitus masker may even suppress head noise for several hours after it is used.

The majority of people with tinnitus, about 80 percent, are not bothered by it; it doesn't affect their sleep or their ability to concentrate. The small percentage of people who struggle with the noise in their head can be more prone to other debilitating mental health problems, like depression and anxiety. It is not yet understood why tinnitus affects people so differently.

What to Do If You Notice Tinnitus Symptoms

If you are a veteran, and think you may have the symptoms of tinnitus, the first and foremost thing to do is to apply for disability benefits from the VA. You can do this online at the VA's eBenefits website. Once you apply for disability benefits, the VA will schedule an exam for you with an auditory specialist. The doctor will determine if you have tinnitus or any related conditions and make any treatment recommendations, they will also recommend payment of disability benefits if you are entitled. Even more importantly, the VA will have your hearing data on file so any future changes can be tracked and treated if necessary. - Charlie Till, Service Officer

Chaplain's Pew:

September is one of my favorite months of the year. Why, you ask? It is time for children to start their engines and get started in their next grade of school. And, it is also a time for finishing the harvest of crops and preparing the fields for winter. It is a time for gearing up and also for winding down.

For us at Post 154, the emphasis on 'Veterans Helping Veterans' has no seasonal beginning or end. It is what we do each and every day. Our focus is to find a way to help one another in any way we can....and we need to continually look for ways to be useful and contribute what we can.

So with that thought, look around you and see if you can find a way to contribute or participate.... whatever time, energy, talents, creativity, or even funding you can share.

September....surely it is time to be a veteran who is also an American Legion partner.

Thank you for those who send me information regarding our own members or others who need a card of cheer or sympathy. This is one of those important jobs that help keep our Post involved in the lives of our members. Keep them coming. If I do not know of a need, it doesn't get done.

So, until I hear from you, I am still sitting in the pews as Paula Atwood, your Chaplain

Children & Youth:

Boys' and Girls' State:

The Post 143 winner of the oratorical contest, Jason Whitehead, stopped by. He took second place in the Department Oratorical Contest. He used the same speech at the national NCSFA (National Christian Forensics and Communication Association) and took 3rd place.

What he was most excited about was being sponsored to attend Boys State this year. It is all about learning the legislative process at the local, county and state levels. He ran for various offices, won some and lost some. They debated their legislative bills on the floor of the House/Senate in Boise. He said that they started at 6 am and many nights he didn't get to bed until 2 am during that week.

The Post should budget and send 1 or more boys this coming year. It is \$350 per boy. Girls State has a similar program that is run through the Department Auxiliary.

Oratorical Contest:

The purpose of The American Legion's National High School Oratorical Contest is to develop a deeper knowledge and appreciation of the Constitution of the United States on the part of high school students. Other objectives of the contest include the development of leadership qualities, the ability to think and speak clearly and intelligently, and the preparation for acceptance of the duties and responsibilities, the rights and privileges of American citizenship. This is accomplished through preparing and presenting two speeches on the U.S. Constitution and By-laws. Participants in the contest have the potential of winning increasing amounts of money/scholarships at the local, area, district, state and national levels. To watch a 5 minute video of the 2016 National winner's speech, go here: by the way, he is from Washington State. <http://www.legion.org/legiontv/PLD1D27913E787209F/f39XorSYVFQ>

Though the contests are held beginning in February, our Post will start visiting the local high schools shortly after school begins, to encourage participation. This program is exciting and fun for both the students who participate as well as the adults who help with judging and score-keeping at the event. If you would like to serve on the committee or help at the event, please call Jean Bledsoe at 509-981-3413 or email me at jeanbledsoe@gmail.com.

Veterans' Recognition Day Event:

What: A FREE PARTY to recognize and honor the contributions to our freedom from ALL KOOTENAI COUNTY VETERANS. Special honorees include the OLDEST and YOUNGEST VETERANS in the county, and ALL WWII VETERANS in the area as well.

Honorees and their significant others will be chauffeured to and from the event, and will receive special gifts. ALL VETERANS ATTENDING will be included in a drawing for door prizes donated by local merchants and citizens.

When: Sunday, November 13th. Doors open at 2 pm with program beginning at 2:30 pm.

Where: Lakeside High School commons in Rathdrum.

Sponsors: Manuel Schneidmiller American Legion Post 154, North West Guardian Riders, and the City of Rathdrum.

For more information, to sign up as oldest, youngest, or a WWII vet, or to donate prizes, call Jean Bledsoe at 509-981-3413, or email at jeanbledsoe@gmail.com.

Mark Your Calendar:

Sept 5th – Labor Day Pancake Breakfast – Rathdrum Lions Club (see below)

Sept 11th – Patriot Day

Sept 12th – 9/11 Day of Service & Remembrance Post Falls City Hall @ 9 am

Sept 13th – Washington State Cemetery abandoned or unclaimed remains ceremony 1 pm

Sept 14th – Post Executive Committee Meeting @ 6 pm

Sept 16th – POW-MIA Dinner (see page 9 for details)

Sept 25th – Post 154 Picnic (see page 8 for details)

Sept 17th – Citizenship Day – commemorates the formation and signing of the Constitution of the US on September 17, 1787

Sept 19th – Honor Guard participating in up to 7 veteran service at Washington State Cemetery

Sept 25th – Post 154 Picnic at Majestic Park – 1 pm to 4 pm

Sept 28th – Post Membership Meeting @ 6 pm

Oct 8th – Honor Flight Benefit Dinner & Auction (see page 10 for details)

Annual Pancake Labor Day Breakfast and Mustang Raffle:

Mon.-Sept. 5, 2016-Rathdrum Lions Club

"Annual Pancake Labor Day Breakfast and Mustang Raffle"

Location: Rathdrum Lions Clubhouse, Rathdrum, Idaho

Time: 7 a.m. to 11 a.m.

Menu: Pancakes, Sausages, Eggs, Juice and Coffee

Cost: \$5.00 each or \$20.00 for a family of 5 or more!

MUSTANG RAFFLE-TICKETS ARE ON SALE NOW!

Cost: \$5.00 each or \$20.00 for 5 tickets!

The winning ticket will be drawn at noon on Labor Day, September 5,

Manuel Schneidmiller Post 154 Shirts:

A variety of shirt designs are available with the American Legion patch surrounded by “Manuel Schneidmiller Post 154 Rathdrum Idaho”. Checks should be made out to American Legion Post 154 and turned in with orders by September 28th, the next membership meeting. Orders will be placed after that meeting. Questions, call Sue Fevold at 208-916-5149 or email her at <mailto:schoolmarm66@hotmail.com>

Post Member’s Name _____

* Remember to add \$1.50 to **any** shirt for Tall sizes*

T – SHIRTS: T shirts are 100% cotton

<u>NO</u> Pocket T – Shirt		# of shirts	total cost
Sm - X L	\$26	_____ =	_____
2 X	\$29	_____ =	_____
3 X	\$32	_____ =	_____
4 X	\$38	_____ =	_____

Pocket T – Shirt		# of shirts	total cost
Sm - X L	\$29	_____ =	_____
2 X	\$30	_____ =	_____
3 X	\$35	_____ =	_____
4 X	\$41	_____ =	_____

POLOS: Polos are 65% polyester, 35% cotton. Machine wash cold, tumble dry low

<u>NO</u> Pocket Polo		# of shirts	total cost
Sm – X L	\$ 31	_____ =	_____
2 X	\$ 33	_____ =	_____
3 X	\$ 36	_____ =	_____
4 X	\$ 38	_____ =	_____

<u>Pocket</u> Polo		# of shirts	total cost
Sm – X L	\$ 34	_____ =	_____
2 X	\$ 35	_____ =	_____
3 X	\$ 39	_____ =	_____
4 X	\$ 42	_____ =	_____

HOODIE: 50% cotton, 50 % polyester, *wash in cold water*

		# of shirts	total cost
Sm – X L	\$ 42	_____ =	_____
2 X	\$ 46	_____ =	_____
3 X	\$ 48	_____ =	_____

*Note: 4 X not available in this brand of Hoodie.

FULL BUTTON SHIRT:

		# of shirts	total cost
Sm – X L	\$33	_____ =	_____
2 X	\$35	_____ =	_____
3 X	\$38	_____ =	_____
4 X	\$40	_____ =	_____
5 X	\$44	_____ =	_____
6 X	\$46	_____ =	_____



POST POTLUCK PICNIC!!

Please join us at our Post Potluck Picnic to socialize,
make new friends,
and celebrate our accomplishments of the past year!

Sunday, September 25, 2016 from 1:00 - 4:00 PM at
Rathdrum's Majestic Park, 5400 W Majestic Ave.

The Post is providing: Hamburgers, Hot Dogs, Buns,
Condiments, Chips, Water, Coffee,
Cups, Plates, Napkins and Utensils.

Please bring a side dish or dessert to share.
If you prefer another beverage, please bring your own,
but NO ALCOHOL and NO GLASS containers.

Please RSVP by September 15th,
to John or Sue Fevold
at (208)916-5148, (208)916-5149, or email:
schoolmarm66@hotmail.com

NOTE: We will have access to the kitchen, refrigerator,
sheltered pavilion/picnic area,
and indoor restrooms.

Feel free to bring your favorite picnic chair.





POW★MIA

National Day of Remembrance

Roast Pork Dinner

September 16, 2016, 6:00 p.m.

Christ the King Lutheran Church

1700 Pennsylvania Ave., Coeur d'Alene, ID

Speakers:

John & Stacey Holley

Gold Star parents and authors.
Instrumental in The Holley
Provision Legislation.

Benefitting:

- Inland N.W. Honor Flight
- Newby-ginnings
- CTK Military Ministries

Tickets \$ 14.00 Table of 8: \$ 100.00
(additional donations accepted)

For tickets call 208-777-9684,
208-664-9231. Hosted by Christ the
King Military Ministry.

WHEN THE BUGLE CALLS HAVE FADED,
AND THE HONOR GUARD HAS GONE,
ALL THAT'S LEFT ARE...

The True Story of
"The Holley Provision"
and an American Family's
Quest to Honor a Fallen Hero

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Inland Northwest Honor Flight
2016 Benefit Dinner & Auction
“Honor the Bravest of the Brave”

What: *Inland Northwest Honor Flight Auction Committee* will be hosting its fifth annual dinner, silent and live auction fundraiser on October 8, 2016. Come prepared to join us for a fun and elegant evening while supporting a great cause.

Where: Mirabeau Park Hotel & Convention Center, 1100 N Sullivan Rd, Spokane Valley, WA 99037

When: Saturday, October 8, 2016. Doors will open at 5:30 p.m.

Who: Community and business leaders who want to honor the Bravest of the Brave. We are anticipating 300-350 generous supporters, as well as new friends who care about Honor Flight’s mission.

Why: *Inland Northwest Honor Flight* is a non-profit 501(c)(3) organization whose mission is to transport local war veterans to Washington, D.C. so they may visit the memorials dedicated to honor their service and sacrifices. This is a deeply meaningful and emotional journey for our veterans. They visit these memorials not only for themselves, but to honor their fallen comrades.

Unfortunately, time is not our friend. Over 1,000 WWII veterans nationwide leave us each day, and our Korean War and Vietnam Vets are beginning to leave us as well. Our heroes have given so much for our country, and this is one small way we can say, “Thank you for your service.”

We are asking your company to assist in our cause, as each sponsored trip costs approximately \$1,000. By making a cash or auction item donation, you will be making a tax-deductible contribution that will help *Inland Northwest Honor Flight* continue to send all of our local heroes to our nation’s capital.

*100% of the proceeds raised at this event go toward our Veterans.
We thank you in advance for your caring, consideration and support.*

Tickets are \$60 each.

Sponsorship tables are available: \$1,000 - \$2,500 and receive special perks.

To purchase tickets or donate auction items,
please contact Barb Nelson, 208-930-1661, IdahoBarb208@gmail.com