

Manuel Schneidmiller Post 154, Inc.



Rathdrum Idaho

Newsletter

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Commander's Message

Good day Legion Family. I hope our newsletter finds you happy and healthy. I can't believe its September already. Time for kids to go back to school and the changing of the leaves. Time is going by fast, everyone get ready for those leaves to fall and the cold. We had a great August highlighted by our annual picnic. Thank you to all that made it a success and to all that made our Legion and community events in August great. I went for the first time to our National Convention. What a great experience. I brought back lots of pictures, information and ideas. Please remember to renew as soon as you can and hope to see you at the monthly potluck and meeting. - Dee Sasse, Commander

1st Vice-Commander:



Our early renewal is doing quite well. Since the 1st of July we have renewed 47 members. We have about 40% right now. Looking to do even better through the Fall and hoping to have our 100% by December. You may pay your dues (\$45.00) either online at legion.com 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

Finance Officer:

The Post ended the month of July with a positive net income. We received a substantial donation from one of our members and also had income from membership renewals (our Post receives \$7.50 of the \$45 annual membership dues).

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.

Also remember to spread the word and the fundraising flyer about our Panda Express fundraiser. Our Post will receive 20% of the sales that the Panda Express at Highway 95 and Wilbur Avenue (400 West Wilbur Avenue) in Coeur d'Alene makes on Saturday September 21 from 11:00 A M until 4:00 P.M.

Plan to eat lunch and dinner there and ask all of your friends to do Chinese on that date between 11:00 a.m. and 4:00 p.m. Remember the food freezes really well, so buy a lot and put it away for a cold, snowy winter day when you want to eat out but stay home!! - Len Crosby, Finance Officer

A digital fundraiser event ticket for Panda Express. The top section has a green background with the Panda Express logo on the left and the text "FUNDRAISER EVENT" in large white letters. Below this, it says "Raise Money For: American Legion Post 154" and features the American Legion logo. The ticket is divided into three columns: "When" (Saturday, September 21, 2019, 11:00 AM - 4:00 PM), "Where" (Panda Express at Hwy 95 & Wilbur, 400 W. Wilbur Ave., Coeur D'Alene, ID 83815), and "How" (In-store: Show paper or digital version of this flyer; Online: Enter 264092 in the promo code box during online checkout). At the bottom, it states "20% of event sales will be donated to: American Legion Post 154". There is also a small disclaimer and copyright notice at the very bottom.

Here is the ticket for the Panda Express fund raiser. Note it is at the CDA Panda Express, not the Post Falls location. You can take a picture of this with your smart phone and show it at the door. You can also print it out, make copies for your friends and family and spread the joy! Whichever way you choose, please support this event.

Legislative Chairman:



Idaho receiving grant to build fourth State Veterans Home in Post Falls

Idaho Department of Veterans Services

Idaho will be officially be receiving a VA grant opportunity towards establishing a State Veterans Home in Post Falls. The Post Falls Veterans Home would be the fourth in the state, along with Boise, Pocatello and Lewiston.

“The effort to build a fourth State Veterans Home in north Idaho is all about improving our veterans’ quality of life by providing them a safe, home-like environment. They deserve our commitment to this project,” Governor Brad Little said. “Thank you to the many partners who continue to press forward in making the Post Falls Veterans Home a reality, including the Veterans groups, Idaho Division of Veterans Services, federal government, businesses, locally elected leadership, and our state legislators.”

The Veterans Home is set to be located on 7.3 acres of land donated by the Jacklin Land Company to the state back in May. The property is adjacent to BioPol Laboratory and Buck Knives.

Preliminary construction costs for the proposed fourth home are estimated at \$49 million, with about \$31 million covered by the federal government. The Idaho Division of Veterans Services will use funds set aside from the Veterans Recognition Fund to cover the additional costs.

Marv Hagedorn, Chief Administrator of the IDVS, praised the work of his team. “I am proud of the work team IDVS has done to secure this grant for the state of Idaho, and for northern Idaho’s Veterans. The work of my Deputy Chief Tracy Schaner and Financial Officer Debbie Spence particularly stand out.”

Tracy Schaner, Deputy Chief Administrator of the Idaho Division of Veterans Services, provided the following statement:

This is a day that I’ve been looking forward to for a longtime now and I was absolutely elated when I received the official notification from our federal VA partners that Idaho is receiving a grant fund opportunity in federal fiscal year 2019. As a nation, we owe a debt of gratitude to our Veterans who deserve the best care possible. This funding will provide our northern Idaho Veterans with just that, and they deserve nothing less.

*We are sincerely grateful for the support received from the Kootenai County communities and their leaders who have all been instrumental in making this project a reality. These include but are not limited to **former Post Falls Mayor Clay Larkin; former Senior Vice President of Community 1st Bank and current Managing Member of Financial and Real Estate Consulting, LLC Len Crosby; former Senator Robert Nonini; CEO of Riverbend Commerce Park Tom Stoesser; and current Post Falls Mayor Ron Jacobson.** Most notably, the appreciation and gratitude towards the Jacklin Family for their ongoing support, generosity and philanthropy is nothing short of heartwarming. The Jacklin Land Company’s generous donation of land will make a difference in the lives of so many of north Idaho’s Veterans and their families for decades to come.*
(cont. below)

VA Updates the Schedule for Rating Disabilities: VA has updated three portions of the VA Schedule for Rating Disabilities: infectious diseases, immune disorders, and nutritional deficiencies. VA started to rewrite all of the fifteen regulations in 2017 in order to reflect modern medicine as the regulations have not been updated since the original code was written in 1945. Any claims in these three areas pending on Aug. 11, 2019, will be considered under both the new and old rating schedule with the more favorable rating result going to the veteran. All claims filed on or after Aug. 11, 2019 will be rated on the new standards.

Senate Confirms Gilday as New CNO: The Senate voted this month to promote Vice Adm. Mike Gilday to the rank of admiral and confirm his presidential nomination to be the next chief of naval operations. Gilday, the current director of the Joint Staff, is a native of Lowell, Mass., the son of a career sailor, and a graduate of the U.S. Naval Academy. According to his [Navy bio](#), Gilday is a surface warfare officer by trade, having deployed aboard the USS Chandler, USS Princeton and USS Gettysburg, commanded the destroyers USS Higgins, USS Benfold and Destroyer Squadron 7, and was the sea combat commander for the Ronald Reagan Carrier Strike Group. As a flag officer, he served as commander of Carrier Strike Group 8, embarked aboard USS Dwight D. Eisenhower, and as commander, U.S. Fleet Cyber Command and U.S. 10th Fleet, among many others. Gilday is expected to be sworn in once the current CNO, Adm. John Richardson, retires next month after serving out his four-year tour.

National Defense Authorization Bill: The House and Senate passed their respective versions of the *National Defense Authorization Act* (NDAA) for Fiscal Year 2020. The next step is for Senate and House members to meet in conference to settle on a finalized bill. Both versions include a 3.1 percent pay raise for troops and increasing reimbursement rates for military spouse occupational licenses. Other important provisions include expanding Arlington National Cemetery's southern border, granting full military honors for Medal of Honor or Prisoner-of-War Medal recipients, directing DOD to conduct post-deployment medical assessments for burn pits, toxic airborne chemicals, and other airborne contaminants, and incorporating blast exposure history into service member's medical records.

Easier Student Loan Forgiveness for Disabled Veterans: This week, the president directed the Department of Education to find easier ways to wipe out the federal student loan debt of 100 percent permanently & totally disabled veterans. "The debt of these disabled veterans will be entirely erased. It will be gone. They will sleep well tonight," said President Trump. Veterans who are 100 percent permanently & totally disabled are already eligible to have their federal student loan debt completely erased, but government officials have struggled to get all eligible veterans to take advantage of the program. Earlier this year, Rep. Connor Lamb (D-Pa.) and Senate Veterans' Affairs Committee Chairman Johnny Isakson (R-Ga.), each sponsored legislation to make loan forgiveness automatic, putting the impetus of clearing the debt on federal agencies instead of veterans. The president's announcement this week is aiming to fix the same issue. The VFW has called for automatic forgiveness of the student loan debt for these disabled veterans for years and applauds the president and our members of Congress for making this a priority.

AFSM Authorized for Southern Border Troops: Thousands of U.S. service members assisting U.S. Customs and Border Protection along our southern border have now been authorized to receive the Armed Forces Service Medal, which was created in 1996 as a non-combat equivalent to the Armed Forces Expeditionary Medal. Eligibility extends to troops operating within 100 nautical miles – roughly 115 miles – from the Mexico border in Texas, New Mexico, Arizona and California, as well as those operating in San Antonio, where the mission headquarters is located, and those at sea within 24 nautical miles of the coast. In the order of precedence, the Armed Forces Service Medal falls below the Korea Defense Service Medal and above the Humanitarian Service Medal. - Len Crosby, Legislative Chairman



National Grateful Patient Day on September 7 provides an opportunity to show appreciation for the hard-working professionals in the medical industry as well as the families/caregivers of anyone receiving life-giving medical care. It also honors the indomitable spirit of these courageous patients who are grateful to be alive.

Service Officer:

Hello all post members. The last bits of summer will fade soon - there is already a little nip in the air some late nights into early morning. Ahh! Just as the calendar year sees the end of the tunnel, my series of articles based on the alphabet is near a close. This month...September is X! Oh dear, one must think...however can there be a Legion article connected with veteran rehabilitation and benefits that starts with X?!? All I can say is...I had an Xcellent time at the annual Service Office Training Conference in Boise in late August. The presenters with their subject matter were timely and clear. Still no representative from the Spokane Medical Center but that's no surprise. The Chairman of the Board of Veterans Appeals took time to come to Idaho. The Pension Management and Debt Management Center folks from St. Paul MN gave Xcellent coverage. Appeals Modernization and Mission Act were covered in depth. I'll be working on getting a boat load (that's Navy talk) of current booklets for available use. I'll be reporting in more detail on subjects at future membership meetings. I'll be honored to continue as your Service Officer as I approach Y and Z, and work into 2020 with relevant information. – Ruth Aresvik, Service Officer

Chaplain's Pew:

A PRAYER FOR SUMMER

"Summer's lease hath all too short a date," said William Shakespeare in his famous Sonnet 18 ("Shall I compare thee to a summer's day?"). Boy, does it ever. Another summer will soon be gone, seemingly before it even got started. Where did it go?

As short as summer's lease is, the change of seasons gives us the opportunity to mark and measure ourselves and our lives in prayer. To that end, here is a prayer that may be appropriate as your summer comes closer to an end.

A PRAYER OF THANKS

Thank you, God, for the pleasures of summer,
the bright sunny days and perfect moonlit evenings,
the smells of mowed grass and air thick with rain,
Thank you for days at the lake and evenings by the fire,
for vacations and festivals, picnics and cookouts,
baseball and concerts and swimsuits and popsicles,
Thank you for the fireworks of thunderstorms,
for watermelon sweetness,
for summer's pace and summer's grace,
for all your beauty, power and faithfulness
displayed in summer, we thank you God. AMEN

From: Guideposts Submitted by Helen Kinder, Chaplain



Toxic Exposure in the Military: Are You A Victim?

Agent Orange/Dioxin Presumptive Diseases

After years of advocacy led by Vietnam Veterans of America, Congress enacted into law the Agent Orange Act of 1991. This legislation empowered the Secretary of Veterans Affairs to declare certain maladies as “presumptive” to exposure to Agent Orange/dioxin and enable Vietnam veterans, as well as some veterans who served along the demilitarized zone in Korea during the late 1960s, to receive treatment and compensation for these health conditions. Service-connected benefits, however, may also be granted for other maladies not yet recognized as presumptive service-connected health conditions.

Presumptive Service-Connected Illnesses Recognized by the VA as Connected to Agent Orange Herbicide Exposure:

- Acute Peripheral Neuropathy (“tingling” or numbness in the extremities)
 - Adult Onset Type II Diabetes Mellitus
 - AL Amyloidosis (abnormal deposition of a protein called amyloid in various tissues of the body)
 - *Chloracne: an acne-like eruption on the skin
 - Hodgkins Disease (a tumor found in the lymph nodes)
 - Ischemic (or ischaemic) heart disease (blocked arteries of the heart)
 - Non-Hodgkins Lymphoma (cancer which causes malignant tumors of the lymph nodes)
 - Parkinson’s disease (a neurological disease which causes loss of control of some muscles)
 - *Acute Peripheral Neuropathy (can cause sensory loss, atrophy, and muscle weakness in extremities)
 - Chronic Peripheral Neuropathy
 - *Porphyria Cutanea Tarda (skin lesions on portions of the body and pigment changes in the skin)
- * subject to time requirements for purposes of filing claims

Cancers –

- Cancer of the Bronchus
- Cancer of the Larynx (voice box)
- Cancer of the Lung
- Cancer of the Prostate
- Cancer of the Trachea (windpipe)
- Soft Tissue Sarcoma (malignant tumors which develop on muscles, connective tissue, or in body fat)
- Adult Fibrosarcoma (a tumor formed from connective tissue)
- Alveolar Soft Part Sarcoma (found in the sac-like ducts in the lungs)

[To read the complete list and more detail, go here.](#)



Faces of AGENT ORANGE

The Hansens by Jim Belshaw

Karl Hansen's son, Adam, had been dead five years before questions about Agent Orange arose. Until then, Karl had not given the herbicide a thought in all the years that followed his Vietnam tour of duty. But after Adam's death, he found himself reconsidering not only the tragedy that befell his son, but health problems faced by other of his children as well.

Burkitt's lymphoma, a form of cancer so rare that only 300 cases a year are reported in the United States, led to Adam's death. He was 25 years old. The exceptionally aggressive disease killed him so quickly that Karl had little time to investigate the rare cancer's mystery. After Adam died, Karl needed answers and began researching Burkitt's. It was in the course of that search that Agent Orange unexpectedly entered the discussion.

Karl served with the Army in Vietnam in 1968-69. He remembered the spraying, but thought little of it, even when he was in Vietnam. "I didn't have a clue," he said. "I knew there was spraying going on, but I didn't know if it was for mosquitoes or what it was for. I didn't think about it at all when I was there. What caught my attention was the stuff I saw on the Internet and after I joined VVA and saw some of the articles on Agent Orange being written." [Read the full story here.](#)



Karl Hansen in Vietnam, 1968



Adam loved the outdoors



Adam with Mom and Dad; despite all, he fought with a smile



Air Force Birthday
www.NationalDayCalendar.com

September 18

Mark Your Calendar:

September 2nd – Labor Day

September 4th – National Wildlife Day

September 6th – National Food Bank Day

September 7th – National Grateful Patient Day

September 8th – National Grandparents Day & National Hug Your Hound Day!

September 11th - Patriot Day & National Emergency Responders Day

September 12th - Post 154 Executive Committee Meeting at Lions Club @ 6 pm

September 14th - Star Spangled Banner written by Francis Scott Key, 1814

September 16th - The American Legion Day

September 17th - Citizenship Day & Constitution Day

September 18th - Air Force Birthday (established in 1947)

September 20th - POW MIA Remembrance Day

September 21st - Post 154 Panda Fund Raiser

September 22nd - Constitution Week & Employ the Older Worker Week

September 23rd – Autumnal Equinox

September 24th – Voter Registration Day

September 26th - Post 154 Membership Meeting at Lions Club @ 5:30 pm

September 28th – National Hunting & Fishing Day

September 29th - Gold Star Mothers' Family Day & VFW established, 1899

September 30th - Rosh Hashanah

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 Southwest Asia Services.

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:

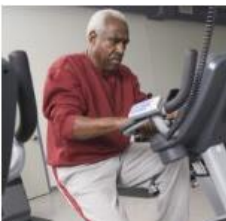
American Legion Post 154

PO Box 1116

Rathdrum, ID 83858

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

A Healthier You:



[Do Older People Improve Their Memories with Exercise?](#)

Some older volunteers were able to improve their memories with a single exercise session. To make the benefits last, they needed to keep exercising.

[Read this article](#)

11 Things You Need to Know About the Legion Act

The Centennial Anniversary of the American Legion is coming to an end in November. A lot has happened during the past year, and this legislation is a major step forward for the Legion. This information should help us to better understand the changes made through the Legion Act. Happy Anniversary!!!

For a long time, The American Legion has been responsible for getting Congress to pass legislation, known as the Legion Act. On July 30th, President Trump signed the bill. This is something that many of us have been wanting to see happen for quite some time. Here are a few informative facts regarding this important piece of legislation.

With President Trump's Signature on the LEGION ACT, the extension of the ongoing declared period of war was extended back to Dec. 7, 1941. The congressionally approved act is a way to honor thousands of veterans who were killed or wounded on duty during periods not previously considered a time of war.

"Finally, Congress has acknowledged the service and sacrifice of at least 1600 veterans who died or were wounded in previously undeclared periods of war," said American Legion National Judge Advocate Kevin Bartlett. "This new law honors the memories of those veterans while allowing other veterans from those previously undeclared eras to receive all the American Legion benefits they have earned through their service."

The LEGION ACT – Let Everyone Get Involved in Opportunities for National Service Act – also redefines The American Legion's membership eligibility dates. The eligibility now spans from Dec. 7, 1941, until a time when the U.S. is no longer at war, as determined by Congress.

Here are answers to 11 key questions about the new law and what it means for the American Legion.

Question: [How does this change the eligibility requirements for The American Legion?](#) *Answer: The only change is that Congress has reduced the number of eligibility periods from seven to two. They are April 6, 1917 to Nov.11,1918 and Dec. 7, 1941 and continuing. No other restrictions are changed.*

Question: [What is the impact on veterans who previously were not eligible for American Legion membership?](#) *Answer: Veterans who were honorably discharged but whose service did not fall into the previous defined war eras may now join The American Legion immediately. To do so, eligible members may sign up at www.legion.org/join.*

Question: [I am among the veterans who were not allowed to join.](#) *Answer: The American Legion's founding fathers believed, "a veteran is veteran," an axiom that has held true throughout the organization's more than a century of service. Some veterans were ineligible to join because of the war eras that were defined by Congress. The recent bill passage and president's signature changed that.*

Question: [So how does this differentiate The American Legion from AMVETS?](#) *Answer:*

The American Legion's eligibility criteria states that veterans must have served during "wartime." When a Congress decides the U.S. is no longer in a state of war, the Legion's membership eligibility period will close, while AMVETS will still be open to those who served.

Question: [Who can I contact for more information about this change as it applies to membership and recruiting?](#)

Answer: Contact the National Membership Division. Visit the web page to find the representative in your state. Contact the National Membership Division. Visit the web page to find the representative in your state. <https://www.legion.org/membership/contact-us>

Question: [How does this affect the Sons of The American Legion \(SAL\)?](#) *Answer: The Son's eligibility*

criteria will change along with that of The American Legion. Any son or grandson of a living American Legion member will be able to join the SAL program. (Sons and grandsons of deceased veterans are also eligible.) For example, a son of a veteran who served between 1985 and 1988 previously would not have been eligible. With the extension of the war period, that veteran would immediately be eligible for The American Legion and the son would be able to join the SAL.

Question: [How does this affect the eligibility for The American Legion Auxiliary?](#)

Answer: This follows the same concept as the SAL, as noted previously. Membership in the American Legion Auxiliary is currently open to grandmothers, mothers, sisters, wives, and adopted female descendants of eligible veterans.

Question: [How does this affect membership for departments, districts and posts?](#) *Answer: This*

change opens up American Legion membership to thousands more veterans who likely live in your communities. They may become members immediately.

Question: [The current membership applications don't address the eligibility change. How do we process those members?](#)

Answer: **New membership materials** will be developed and provided as quickly as possible. Until then, it is recommended that prospective members from a previously undocumented war era write "Other Conflicts" in the eligibility date section and send it in to their department with the appropriate dues.

Question: What steps should departments, districts and posts focus on?

Answer: A good first step would be to review all recruiting materials to look for eligibility dates. Information on electronic media (websites, social media channels, etc.)

should be changed immediately. It is up to departments to decide on the best way to handle printed materials while updated ones are being produced.

Question: How does this change the Paid Up For Life program?

Answer: The American Legion's eligibility criteria states that veterans must have served during "wartime." When a Congress decides the U.S. is no longer in a state of war, the Legion's membership eligibility period will close, while AMVETS will still be open to those who served.

From legion.org

Submitted by Bill Kinder, 1st Vice-Commander & Membership Chairman



For a list of very useful publications for Idaho veterans and their families, [click here](#).

Together We Served



Too often, the stories of service and sacrifice of those who've borne the battle are never told. When they pass away, all that remains are some faded photos, a few medals and perhaps an old uniform. To help preserve such memories, [TogetherWeServed.com](#), or TWS, offers a digital platform to capture a Veteran's entire military service from boot camp to separation. Each military service page displays a Veteran's photos, rank insignia, medals, awards, badges, patches, dates and locations of boot camp, training schools and unit assignments. The page also shows any combat or non-combat operations.

Unlimited photographs from military service can be scanned and uploaded to a personal photo album. A step-by-step self interview called "Reflections" enables Veterans to recall memories of people and events that made an important impact on their lives. The result is a rich, visual presentation of a Veteran's entire military service, displayed in a unique shadow box format.

These shadowboxes are available online to be downloaded or printed. Veterans can purchase a printed version of the shadow box as an 18" wide poster. - Submitted by Ruth Aresvik, Service Officer

We Are Growing! And we're now ready to expand our Post 154 Legion family to potentially include an *American Legion Auxiliary* unit, as well as a *Sons of the American Legion* squadron if there is enough interest. You'll find information about these groups on the next 2 pages. There have been some changes to the Legion constitution which broadens the eligibility in these organizations. So, if you, or someone you know, is interested in either of these groups, please contact the person noted below the organization's information.

WHO WE ARE: THE AMERICAN LEGION AUXILIARY

Patriotism and veterans advocacy are so important to the American Legion Auxiliary that for nearly a century, we've been serving, educating, and giving to America's finest—our servicemen and women. We answer the call of *Service Not Self*.

We are the three-quarters of a million wives, mothers, daughters, sisters, grandmothers, granddaughters, and direct descendants of veterans who served our great country during times of war. Some of us are veterans ourselves.

We are the American Legion Auxiliary. And we're women who make a difference. You'll find us in more than 8,000 local communities in the USA and in foreign countries.

Founded in 1919 during the first National Convention of The American Legion, the ALA has grown to be the world's largest women's patriotic service organization. And we'd love for you to be part of our mission outreach.



WHY JOIN THE ALA?

If you value patriotism, responsible citizenship, volunteerism and advocacy for veterans, the military, and their families, you will feel right at home in the American Legion Auxiliary.

You can educate school children about our nation's flag, assemble care packages to send to our troops, or volunteer at your local VA medical center.

As a member of a local Auxiliary unit, you'll have a ready-made support system and many hands-on opportunities to serve the ALA mission. In addition to your annual membership dues, there are many ways to participate in making a difference in the lives of those we serve.



ALA FAST STATS

- ★ 6.2 million hours volunteered in serving veterans and military
- ★ \$1.1 billion value of members' mission outreach
- ★ More than 8,000 local units
- ★ 504,771 volunteer hours spent on and at ALA Girls State
- ★ \$1.6 million presented in annual scholarships
- ★ \$4.4 million collected from distributing handmade poppies to benefit veterans programs
- ★ Learning opportunities through Mission Training and ALA Academy
- ★ Part of a membership that makes up The American Legion Family

Interested or want more information? Contact: Kelly Halvorson 509-954-6122



ELIGIBILITY

The following is membership eligibility criteria for SAL:

All male descendants, adopted sons and stepsons of members of The American Legion, and such male descendants of veterans who died in service during World War I, World War II, the Korean War, the Vietnam War, Lebanon, Grenada, Panama, and the Gulf War/War on Terrorism, during the delimiting periods set forth in Article IV, Section 1, of the National Constitution of The American Legion or who died subsequent to their honorable discharge from such service, shall be eligible for membership in the "Sons of The American Legion."

There shall be no form or class of membership except an active membership.

Since the age eligibility begins from date of birth, activities and programs of any squadron should be determined by: (1) age groupings of those eligible; (2) needs of those eligibles; (3) needs of the community for the programs and activities which could be provided by the SAL; and (4) capabilities of those serving as leaders and advisers.

Just as each Legion post determines the extent of its services to the community, state and nation, each squadron is permitted flexibility in planning programs and activities to meet the needs of its own age groups.

Sons of The American Legion

Preamble to the National Constitution

Proud possessors of a priceless heritage, we, male descendants of Veterans of the Great Wars, associate ourselves together as "Sons of The American Legion" for the following purposes:

To uphold and defend the Constitution of the United States of America; to maintain law and order; to foster and perpetuate a true spirit of Americanism; to preserve the memories of our former members and the associations of our members and our forefathers in the Great Wars; to inculcate a sense of individual obligation to the community, state and nation; to combat the autocracy of both the classes and the masses; to make right the master of might; to promote peace and good will on earth; to safeguard and transmit to posterity the principles of justice, freedom and democracy; to consecrate and sanctify our friendship by our devotion to mutual helpfulness; to adopt in letter and spirit all of the great principles for which The American Legion stands; and to assist in carrying on for God and Country.



THE AMERICAN LEGION NATIONAL HEADQUARTERS

Sons of The American Legion

P.O. Box 1055
Indianapolis, IN 46206
317-630-1205
sal@legion.org

 www.legion.org/sons

Interested or want more information? Contact: Bryan Bledsoe at 509-990-6739 or email to: bryandbledsoe@gmail.com

POW★MIA

National Day of Remembrance

Missing Man Ceremony



Chicken ala King Dinner
\$15.00

September 20, 2019
6:00 p.m.

at Christ the King Lutheran Church

1700 Pennsylvania, Coeur d'Alene, ID

For tickets call Larry Carstensen at 208-777-9684

Donations accepted

Hosted by Christ the King Military Ministry

Tickets are not available at the door. They must be purchased in advance!
Call Larry Carstensen at the number above, or Barb Nelson at 303-246-8784 for tickets.

The Changing of the Guard at the Tomb of the Unknown Soldier in Arlington National Cemetery

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 35 years as an officer in the Army and receiving the Silver Star during WW II.

We toured the grounds and were privileged to observe the Changing of the Guard Ceremony at the Tomb of the Unknown Soldier. The guard 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 Changing of the Guard is a truly impressive ceremony. The Tomb of the Unknown is guarded 24 hours a day, 365 days a year in ALL weather conditions. The Tomb contains the remains of Unknown Soldiers from World War I, World War II and Korea. Until recently, the Tomb also contained the remains of an unknown soldier from the Vietnam War, but those remains were identified using DNA and moved at the family's request.

The guard on the Tomb is always dressed in Army Dress Blues with all medals and badges displayed. The guard is armed with an M-14 rifle that has a chrome bayonet attached and is at shoulder arms during the entire guard tour. The rifle is always carried on the shoulder that is away from the Tomb signifying that the guard stands between the Tomb and any threat. The guard walks a prescribed 21 steps south, across a black mat at the front of the Tomb (think 21-gun salute), stops, does a crisp 90 degree turn in two movements (not an about-face) and faces east for 21 seconds. The guard then executes a second 90 degree facing movement and faces north for 21 seconds. The guard then executes a crisp "shoulder-arms" movement which again places the rifle on the shoulder away from the Tomb. After the change in the placement of the rifle, the guard again paces 21 steps north and repeats the process.



Tomb guards are changed every thirty minutes between 8 AM and 7 PM during the period from April 1 through September 30, and every hour between 8 AM to 5 PM the rest of the year. At all other times (i.e., while the cemetery is closed), the guard is changed every two hours.

The changing of the guard ceremony starts with the Sargent of the Guard and the relief guard approaching from the south along the front of the

Tomb. The Sargent of the Guard and the relief guard are both in Dress Blues with all medals and badges. The Sargent of the Guard is armed with a Colt 45, and the relief guard is armed with an M-14 rifle with bayonet affixed.

The ceremony consists of a thorough inspection by the Sargent of the Guard of the relief guard. The relief guard's rifle is thoroughly inspected in a series of impressive movements, and then the relief guard's uniform is carefully inspected.



Once the inspection is completed, the ceremony consists of a series of marching and facing movements by the two guards and the Sargent of the Guard. During the ceremony military salutes (rifle salutes from each of the guards with weapons at “Present Arms”) are rendered twice to the Tomb. At no time during the ceremony is the Tomb unguarded, with either the current guard or the relief guard continuing the 21-step guard procedure, except when all three members of the guard render the two salutes to the Tomb.

The ceremony is completed when the relief guard advances to the black mat and resumes the guard process of the guard being relieved, who accompanies the Sargent of the Guard marching to the north and away from the Tomb.

I had a chance to speak with the Sargent of the Guard after the ceremony and he shared some interesting information:

Guards moisten their white gloves to ensure that they maintain a firm grip on their rifles during their tour of duty.

To be chosen as a Guard for the Tomb, a soldier must be in superb physical condition, possess an unblemished military record and be between 5 feet, 10 inches and 6 feet, 4 inches tall, with a proportionate weight and build. Guards are required to have no greater than a 30-inch waist.

Tomb Guards typically serve a one-year period in that position but can move to other positions available in the 3rd Infantry Regiment. Guards are not required to live on post.

Tomb Guards wear specially made low quarter shoes with very thick soles to insulate them from the heat and cold weather. The shoes have metal heel plates that extend to the top of the shoe. These plates provide the loud “click” when the Guards halt or do a facing movement. During the changing of the Guard there are several of those facing movements all of which are performed in unison by the Tomb Guard, the relief guard and the Sargent of the Guard. These are so carefully timed that you only hear one loud “click” as they are performed.

The guard’s shoes also have a built-up sole, so that the sole and heel of each shoe are equal in height. This allows the Guard to stand in a manner that straightens the back and ensures that the guard is perpendicular to the ground. A side effect of the sole build up is that the Guard can “roll” on the outside of each shoe’s build up as the guard walks down the black mat, allowing them to move in a fluid fashion with hat and bayonet never appearing to move or “bob up” with each step. This produces a formal smooth look to the Guard’s walk.

The guard’s shoes also have a steel tip on the toe and a “horseshoe steel plate on the heel which prevents wear and allows the guard to make smoother facing movements.

Tomb Guards dress before each tour of guard duty before a full-length mirror. They are also carefully inspected to ensure that there are no wrinkles, folds or lint on the uniform.

Tomb Guards must continuously undergo rigorous training, including several hours a day of marching, rifle drill and uniform preparation, and every Tomb Guard is expected to be completely versed in the history of both the Tomb and of Arlington National Cemetery (including knowing how to find the graves of all the prominent person buried in the cemetery). That makes for a full day, even on days where they are not on guard duty at the Tomb. Submitted by Len Crosby, Finance Officer & Legislative Chairman

Editor’s Note: Watch next month for Len’s report on “The 3rd United States Infantry Regiment – “The Old Guard””

Lakeland Literacy Project is proud to announce our newest set of computer classes available to all adults in our community! Classes are free, but we do need everyone to register to select which classes and location you would like to attend.

I hope you can join us! Please feel free to forward this email to anyone you think may benefit from these classes! I have also attached a flyer if you would like to share with others. You can register online by clicking [HERE](#) or at our website www.sd272.org -->click Programs -->Lakeland Literacy Project or register on our Facebook Page: Lakeland Literacy Project

If you have any questions or need more information please contact me by responding to this email or call me at 687-4371!



FREE Computer & Smartphone Classes

Classes meet weekly
for more information
call-687-4371

Each class will meet on the following days.
Attend one,two or stay for all three classes!

SPIRIT LAKE
TIMBERLAKE JR
HIGH SCHOOL
5830 Blackwell Blvd
Spirit Lake, ID

Wednesday,
September 4

Wednesday,
September 11

Wednesday,
September 18

4:30-5:30 Smartphone
5:30-6:30 Google Docs
6:30-7:30 Google Sheets



RATHDRUM
LAKELAND JR
HIGH SCHOOL
15601 ID-41
Rathdrum, ID

Thursday
September 5

Thursday
September 12

Thursday,
September 19

Kat Gilmore B.A.,
M.A.

***Lakeland Literacy
Project***

***Community Literacy
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Lakeland School District

208-687-4371 (direct line)

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208-687-1884 (fax)

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You can sign up for classes on our website at www.sd272.org under Programs or on our Lakeland Literacy Project Facebook page Events

Sprint CapTel Connects Veterans

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With a no-cost Sprint CapTel phone, it's easy to catch virtually every word. You see captions of your call, so you can always follow what's being said. The phone, captioning service, and installation are free, and it works with your existing home phone service. So, use the phone like you always have, and connect with all your friends again. **vets@sprint.com • vets.sprintcaptel.com • 877-207-0833**

Or bring the form on the back to your certifying professional to qualify for your no-cost phone.

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