



MANUEL SCHNEIDMILLER POST 154, INC. RATHDRUM IDAHO NEWSLETTER

Volume 10 Issue #6

June 2024

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Mailing Address: PO Box 1116, Rathdrum ID

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

Click on the picture below.



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

Commander's Comments:

Greetings to all Post 154 members and supporters – The new slate of officers was installed at the last General Membership Meeting. Please offer them your help and support as we embark on a new American Legion year.

I appreciate the nine years that Past Commander Dee Sasse has served our Post and now the new Training Officer. She continues as the Department Area A Vice Commander as well as serving on the Children and Youth committee at American Legion National. Also, much appreciation for Bill Kinder's past service as 1st Vice Commander and his continuing important contributions to Post 154 membership.

Since I am serving as Commander this year the Post adjutant position needs to be filled. If you might have an interest, please call me at 509-990-6739 or email bryandbledsoe@gmail.com to find out more about it. This is a great way to be involved with all that the Post does as well as learn about the American Legion. It's a very interesting and rewarding position.

Each year the day before Memorial Day, Jean and I make it a point to watch the National Memorial Day Concert on public TV. It brings out a range of emotions from the poignant stories told, sadness for the families and friends of each of our military KIA and wounded, admiration in each individual survivor's recovery, hopefulness inspired by the wonderful music, and pride in each of our branches of military. If you missed it, look on page 12 of this newsletter and take the time to watch it. I think you will be inspired.

I would like to thank the City of Rathdrum for hosting the Memorial Day Ceremony at Pinegrove Cemetery, Northwest Guardian Riders for their active participation and Post 154 members and Honor Guard for their participation and/or attendance each year.

Stand Down just completed its 29th anniversary event. Over 400 veterans attended including 9 homeless, 94 service providers participated, 4,000 pounds of food distributed and 754 free breakfast and lunches served. Our Post 154 Honor Guard posted colors and I received lots of positive comments about how great they looked and the job they performed. Kelly McMahan volunteered her services and was the DJ for the event. The breakfast and lunch were prepared and served by Aloma Cardoza and Barb Williams. Pete Williams and Steve Cardoza helped with security. Rick Stills drove one of the golf carts. The Post 154 booth stood out and I would like to thank Helen Kinder, Ruth Aresvik, Mike McPhail and new member Tommy Parkhill for being there to represent us. A few of the other booths offering services were:

1. SHIBA where Janine Wilson is one of the counselors that offers objective information about Medicare
2. Easter Seals Goodwill that helps those 55+ looking for work. Call 208-454-8555 or email infor@esgw.org
3. Service Peace Warriors that train dogs to donate to honorably discharged veterans diagnosed with PTSD a service dog valued at \$32,000. Call 509-537-2530 or www.servicepeacewarriors.org
4. Elizabeth Dole Foundation Caring for America's Hidden Heroes is dedicated to serving, empowering, and honoring the millions of spouses, parents, family members, and loved ones who care for America's wounded service members and veterans at home. Find out more at Hiddenheroesidaho.org
5. Dogsmile which offers free sailing for veterans, and you can find out more at dogsmileadventures.org All of these aforementioned volunteers are members of Post 154. I thank them for their commitment to our community and willingness to represent our Post. There were lots more booths that offered wonderful services to veterans and their families!

Our Post will put up a booth at the Rathdrum Community Event at Majestic Park on June 25th from 4-7 pm. Come out and join us meeting the community that day.

I thank each of you for your military service and what you continue to do in the community throughout the year. I look forward to seeing you at our next Membership Meeting on June 27th with potluck at 5:30 pm and the meeting at 6 pm. – Bryan Bledsoe, Commander

Chaplain's Pew:

Father, as we observe Flag Day here in the United States of America, we are reminded of more than a piece of material but of the great nation that was started in Your honor. We thank You for the men and women of the original thirteen colonies that stood together in the formation of this great nation. We thank You for the thousands that have fought and stood to defend the Constitution of our country. We are reminded that we are to stand united with the 50 states of America as we continue to live out our lives with valor, vigilance, innocence and justice. Throughout scripture, You have always used symbols to remind Your people of the great things You have brought us through. Let us never forget that it's not about a piece of cloth but instead about the greatness we have become as a nation because of You. You Lord, have truly shed Your grace upon us and we ask most especially now for Your wisdom, guidance and covering as Americans for the challenges we are facing as individuals and as a nation. Please keep Your covering over us today and always. So on this Flag Day, we give a You thanks and praise for the Flag of the United States of America and all that it represents. I pray in Jesus name, Amen!

Submitted by Helen Kinder, Chaplain

Sick Call & Taps:

Connie Stevenson, Betty Potter, Bill Kinder, Desire Johnson, and Butch McGee are all battling serious health issues and are in need of your prayers, cards, and support. – Helen Kinder, Chaplain

The annual Post Everlasting ceremony

was held at the May membership meeting.

The following Post 154 members who passed in the previous year were commended to Post Everlasting:

- Kenneth H. Phillips, US Air Force – October 16, 2023.
- Charles Somer, US Air Force – December 7, 2023
- Robert Rohde, US Army – December 24, 2023
- Richard I. Cackowski, US Navy – January 9, 2024
- Dale Miller, US Army – February 23, 2024

Their names have been placed on our Post Everlasting plaque.



Service Officer:

If you have been wondering if there is transportation to the Coeur d'Alene CBOC or Mann-Grandstaff VA Medical Center, there is.

A DAV van is available for rides to the CBOC or Medical Center on Tuesday, Wednesday, and Thursday, from 9 AM to 1 PM. Please note that it is not wheelchair accessible. To arrange for the DAV van, you must call (509) 434-7019.

If you require wheelchair access, call Veteran Transportation Service, at (509) 434-7537. Appointments for this service must be made up to two weeks in advance, and your medical appointment must be between 9 AM to 2 PM. If your medical appointment is later or earlier than the aforementioned, the transportation office may be able to arrange with your medical provider a time that fits, or an overnight stay at a motel.

VA Updates Disability Rating Schedule for Digestive System- Recently, the VA announced an update to the VA Schedule for Rating Disabilities specifically pertaining to digestive conditions. These changes add or modify rating criteria for 55 medical conditions in the rating schedule that incorporate medical advancements for treating certain disabilities and modern medical knowledge to compensate veterans more accurately. The three biggest changes that will impact veterans include the new evaluations for celiac disease, irritable bowel syndrome, and hemorrhoids. This change only changes rating criteria and does not do anything in the way of changing any presumptive conditions. - Ruth Aresvik, Service Officer

Have you heard this rendition of "Old Glory"? If not, you need to take these few moments to watch this video. Just click on the arrow button in the middle of the picture below.

Old Glory YouTube Alhambra Theatre April 10, 2020

Click on the picture below.



Now, please plan to come to the Post Flag Retirement Ceremony (see page 8) where we show our continued respect for Old Glory and be sure to bring your children and grandchildren to this event.

RENEWALS FOR 2025!

At last year's American Legion Convention, it was decided to raise our national dues by \$5.00 beginning with the 2025 year. Post Dues for next year will be \$50.00 instead of \$45.00. You are now able to renew for 3 years at the old rate of \$45.00 but it must be paid in one payment, at a cost of \$135.00.

This rate will be good through June 28, 2024. After that you will have to renew at the new rate of \$50.00/yr. The \$50.00 fee will remain in effect until National or Department increases annual dues again.

(Please view the article below regarding 3-year renewals.)

Bill Kinder, Membership Chairman

208.661.6850

wakinder74@gmail.com



LOCK IN YOUR 3 YEAR MEMBERSHIP

More than 8,000 American Legion members have taken advantage of the new multiyear membership option for renewals and new joins. Ready to lock-in a three-year membership before the national per-capita dues increase goes into effect? It's easy. Here's how:

- For renewals, visit legion.org/renew and select the three-year membership option.
- For new joins, visit legion.org/join and select the three-year membership option.

"We have wanted this multiyear option for our members, and now that it's here, the excitement for it shows in the number of Legionnaires who have taken advantage of it," National Membership & Post Activities Committee Chairman Matt Jabaut said. "The multiyear membership option saves members from receiving renewal notices every year, and it's another great benefit to being an American Legion member." The American Legion's national per-capita dues will increase from \$18.50 to \$23.50 starting with the 2025 membership year. The \$5 increase will go into effect July 1, 2024. Our Post 154 has raised its dues from \$45.00 to \$50.00 in order to keep the Post share at \$7.50.

If you pay for three years before July 1, 2024, you will get the current price of \$45.00 per year for the next three years 2025, 2026, and 2027. This has to be paid in a lump sum of \$135.00 by June 30, 2024.

Reminders about multiyear membership:

- Multiyear membership sign-up is only available on the national American Legion website (legion.org/renew and legion.org/join). Current or potential members cannot renew or join for a three-year membership at the post level or through MyLegion.org.
- Payment for the three-year membership is upfront. There is not a discounted rate with a three-year membership. Membership cards will still be sent annually by Legion posts.
- Those who sign up for a multiyear membership will not receive a renewal notice during the time they have signed up for the multiyear membership.

Submitted by Bill Kinder, Membership Chairman

SAVING LIVES OF VETERANS, THEIR FAMILIES, AND COMMUNITIES WITH THE COLUMBIA PROTOCOL

Click on the picture below.



IMPORTANT NOTE: All attendees will be asked to complete an online survey before the class and upon completion. These surveys help track the effectiveness of the training and allow us to plan for future development.

UPCOMING ONLINE SESSIONS

May 30, 2024

2:00pm - 3:30pm Eastern

[CLICK HERE TO REGISTER](#)

June 6, 2024

2:30pm - 4:00pm Eastern

[CLICK HERE TO REGISTER](#)

July 11, 2024

2:30pm - 4:00pm Eastern

[CLICK HERE TO REGISTER](#)

July 18, 2024

2:30pm - 4:00pm Eastern

[CLICK HERE TO REGISTER](#)

July 25, 2024

2:30pm - 4:00pm Eastern

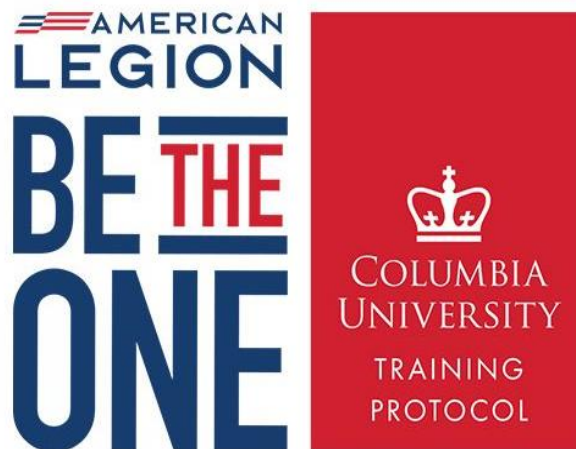
[CLICK HERE TO REGISTER](#)

As part of The American Legion **Be the One** mission to end veteran suicide, we have joined forces with Columbia University to develop training for those who want to learn more about interacting and responding with veterans who may be in crisis.

After the training, participants will be able to:

- Use the Columbia Suicide Severity Rating Scale to determine at-risk individuals.
- Identify risk factors and warning signs
- Outline the types of suicidal ideation and four behaviors that indicate imminent risk.
- Communicate effectively with an individual who may be at risk of hurting themselves.

Members of The American Legion Family are encouraged to take part in this training and share the training with their communities. Check back to this page or subscribe to [The American Legion Online Update newsletter](#) to receive information about new training opportunities as they become available.



Toxic exposure screening: Myths and facts There's plenty of misinformation out there.

The VA launched toxic exposure screening nationwide in 2022 as part of the PACT Act. Since then, millions of veterans have had their screening. But there are still many misconceptions about what it is. Let's start with the basics.

What is the toxic exposure screening?

The screening typically happens during routine health care appointments. It only takes an average of 5-10 minutes. You and a VA clinician will talk about toxic exposures you may have had during your military service. The clinician may connect you to more support and resources if you answer "yes." If you're enrolled in VA health care, you'll receive the screening at least once every five years. If you're unsure if exposures happened, your care team will offer the screening every year. This allows them to ensure your health hasn't been affected.

During your military service, you may have experienced several types of possible exposures. These include open burn pits, Agent Orange, radiation, and others. To see more, visit

www.publichealth.va.gov/exposures/index.asp to learn more about known potential exposures.

Now let's talk about some common misconceptions, or myths, about the screening.

Myth or Fact?

Here are some common myths around the screening and the facts to debunk them.

Myth #1: The toxic exposure screening is a comprehensive exam.

Fact #1: Getting your screening starts a conversation about your exposure concerns. This way your health care team can consider any future symptoms alongside your exposure history. No diagnostic tests or physical exams happen as part of the screening. Still, discussing potential exposures may lead to early diagnosis of exposure-related conditions.

Myth #2: Getting a toxic exposure screening could change your VA disability compensation.

Fact #2: The screening doesn't play a role in determining VA disability rating or compensation. Suppose you report an exposure during your screening. You'll be offered information about related benefits, registry exams, and clinical resources. You'll also get information on how to file a claim.

Myth #3: The toxic exposure screening provides legal and medical verification of exposure.

Fact #3: You won't receive any legal or medical verification of exposure as part of the screening. However, your response will be added to your VA medical record. Exposure concerns will then be included as a key part of your care across your lifetime. This is called exposure-informed care.

Myth #4: The screening is only for older veterans.

Fact #4: The screening is for all veterans enrolled in VA health care regardless of age. If you're not enrolled, apply at www.va.gov/health-care/apply/application/introduction

Myth #5: You don't need the screening if you've already joined a VA environmental health registry.

Fact #5: The toxic exposure screening isn't part of VA's environmental health registries. And it doesn't serve as a registry evaluation.

Myth #6: You don't need to get your toxic exposure screening if you're already service-connected.

Fact #6: No matter your service-connection status, the screening helps make your exposure concerns a focus of your health care. This allows your health care team to provide exposure-informed care throughout your lifetime.

You can ask about the toxic exposure screening at your next VA health care appointment. If you don't have an upcoming appointment, you can use secure messaging to request a screening. For more information about the PACT Act, visit VA.gov/PACT. Taken from Veterans Chronicle - Spokesman Review May 26, 2024

American Legion Rathdrum Post 154



Our ceremony begins at 10:00 A.M. Rathdrum Lions Club 16114 N Meyer Road Rathdrum, Idaho We accept worn and tattered flags to be disposed of in a dignified and respectful manner. Bring used flags to the ceremony or drop them off at our Flag Box in front of Rathdrum City Hall on Main Street before June 14th. (Flags in flag box will be picked up at 4:00 p.m. June 13th). We encourage young people to attend this ceremony to see how our American flag is retired with dignity. All age children should be aware of our commitment to respect *Old Glory*.



New flags may be purchased through American Legion Post 154 by calling Bill or Helen Kinder (208)661-6850 or Email: wakinder74@gmail.com, or contact Commander Bryan Bledsoe at (509)990-6739 or email at bryandbledsoe@gmail.com.

Training Officer:

Good day Legion Family! I want to say thank you for electing me as your new training officer. I want to start out by saying I hope this information is useful and if you have anything you would like me to do on Legion training, please let me know.

I want to inform you that there is a link to the National Legion Training, you can just click on this link <https://www.legion.org/training> Secondly, I want to help all of our Legion family understand how the Legion functions. I will be conducting a short training session at each of our general membership meetings. I look forward to seeing you there.

My first newsletter lesson about is Legion Basic Training and who should do this online training.

Basic Training is not just for new members or longtime Legionnaires. Basic Training is for everyone. This training is designed to remind or educate all of us about the extraordinary accomplishments of Legionnaires past and present. It's also designed to align all of us to the strategic mission of The American Legion. Here is the link to take this training. I really enjoyed learning about the history of the American Legion.

<https://www.legion.org/alei>

How Does it Work?

Course Structure

The Course is arranged into 5 major topic areas and 1 concluding section. Each section will present information about the topic via text, images, and video.

Evaluation

At the end of each topic area there is a quiz that will help gauge your understanding of the material. When you've completed each section quiz, you'll be able to take the final exam. The exam will take roughly ~30 minutes to complete. Happy Training! - Dee Sasse, Training Officer

2024 Poppy Project

ATHOL SUPER-1 (\$1,786.99)

Thursday am	- 187.60	Thursday pm	- 336.19
Friday am	- 86.00	Friday pm	- 391.11
Saturday am	- 409.35	Saturday pm	- 376.74

RATHDRUM SUPER-1 (\$843.21)

Thursday am	- 8.00	Thursday pm	- 0.00
Friday am	- 0.00	Friday pm	- 0.00
Saturday am	- 488.06	Saturday pm	- 347.15

RATHDRUM ACE HARDWARE (\$516.32)

Friday am	- 216.60	Friday pm	- 299.75
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PINEGROVE CEMETERY (\$92.00)

Monday noon	- 92.00
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Our **Grand Total** for this year is **\$3,238.55**. I would like to give a **BIG SHOUTOUT** to our following volunteers:

Ruth Aresvik, Lonnie & Kathy Morse, Wayne & Marsha Henderson, Dee Sasse, Rich Hannah, Stefanie Cove, Rick & Patti Stills, John & Sue Fevold, Mike Hill, Bob & Leona Flowers, Pete & Barbara Williams, Bill & Helen Kinder, Bryan & Jean Bledsoe, Tim Chandler, Bob Kernan, John & Kathy Lamb, Mike & Sharron & Alice McPhail

Our volunteers are what make Post 154 a success. Thanks again to all of you!

Lonnie Morse, Chairman 2024 Poppy Project

Flag Etiquette: Proper folding of the American Flag and what each fold means.

Two people will hold the flag, one hand holding each corner, or four people, each holding one corner. Hold the flag in half lengthwise bringing the striped half up over the blue field. Then fold it in half again.

Bring the lower striped corner to the upper edge forming a triangle.

Then fold the upper point in to form another triangle. Continue until the entire length of the flag is folded.

When you get near the end - nothing but the blue field showing - tuck the last bit into the other folds to secure it.

To watch the correct military folding of the American Flag, go [HERE](#).

Why the American Flag is Folded 13 Times

Have you ever noticed on TV or at military funerals that the honor guard pays meticulous attention to correctly folding the American flag 13 times? Each fold of the U.S. flag has an important meaning.

1. The first fold of our flag is a symbol of life.
2. The second fold is a symbol of our belief in eternal life.
3. The third fold is made in honor and remembrance of the veterans departing our ranks who gave a portion of their lives for the defense of our country to attain peace throughout the world.
4. The fourth fold represents our weaker nature, for as American citizens trusting in God, it is to Him we turn in times of peace as well as in time of war for His divine guidance.
5. The fifth fold is a tribute to our country, for in the words of Stephen Decatur, "Our Country, in dealing with other countries, may she always be right; but it is still our country, right or wrong."
6. The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with Liberty and Justice for all.
7. The seventh fold is a tribute to our Armed Forces, for it is through the Armed Forces that we protect our country and our flag against all her enemies, whether they are found within or without the boundaries of our republic.
8. The eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor mother, for whom it flies on Mother's Day.
9. The ninth fold is a tribute to womanhood; for it has been through their faith, their love, loyalty and devotion that the character of the men and women who have made this country great has been molded.
10. The tenth fold is a tribute to the father, for he, too, has given his sons and daughters for the defense of our country since they were first born.
11. The eleventh fold, in the eyes of a Hebrew citizen represents the lower portion of the seal of King David and King Solomon, and glorifies in their eyes, the God of Abraham, Isaac, and Jacob.
12. The twelfth fold, in the eyes of a Christian citizen, represents an emblem of eternity and glorifies, in their eyes, God the Father, the Son, and Holy Spirit.
13. The thirteenth fold, or when the flag is completely folded, the stars are uppermost reminding us of our nation's motto, "In God We Trust."

After the flag is completely folded and tucked in, it takes on the appearance of a cocked hat, ever reminding us of the soldiers who served under General George Washington, and the sailors and marines who served under Captain John Paul Jones. Those who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for us the rights, privileges, and freedoms we enjoy today."

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.

Todd Halvorson reported on the Honor Guard. Since the last meeting they have conducted 13 funeral ceremonies which consisted of 6 Army veterans, 4 Navy veterans, 2 Air Force veterans, and 1 Marine veteran. They also posted colors at Stand Down. This required 73 personnel who volunteered 271 hours and drove 1,475 miles to accomplish their missions. There are also 3 additional services scheduled in May, 6 scheduled for June, and 4 for July with more to come.

Did you know...?

... The VA doesn't pay for funerals or cremations.

The only thing that is free of charge is burial or interment at a state or national veterans cemetery (spouses are \$300). Veterans that qualify must either be cremated or in a casket and the VA pays for neither. They do not pay for caskets, embalming, cremation, urns, memorial, or funeral services. For those veterans who do qualify for VA death benefits, there is a partial reimbursement after the fact. The amounts provided are a fraction of actual costs in most cases. To learn more, contact Kellie Richardson by email at KellieR91@yahoo.com or by phone at (509) 714-7482.

Veterans Chronicle -Spokesman Review May 24, 2024

New Post 154 Members

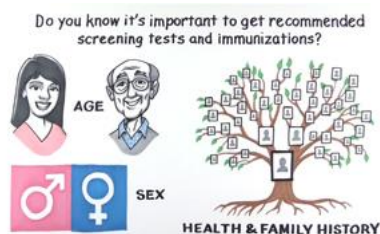
Michael Tachell - Marine Corp

Don Cheize - Navy

James Hodge – Navy

When you see these new members at meetings, please make them feel welcome in our Post.

A Healthier You: June is Men's Health Month. Here are some ways to stay healthier.



As we age, we are at higher risk for certain diseases. Screening tests for, and immunizations against, these conditions become more important. To learn more about recommended screenings and immunizations specific to your age, gender, health, and family history go [HERE](#).

Did you miss this?



Here's another chance to watch this amazing event.

America's national night of remembrance, PBS' NATIONAL MEMORIAL DAY CONCERT, returns live from the West Lawn of the U.S. Capitol for a special 35th anniversary broadcast. A tradition unlike anything else on television, the 90-minute broadcast honors the service of our men and women in uniform, military families and all those who have given their lives for our country. Hosted by Tony Award-winner Joe Mantegna and Emmy Award-winner Gary Sinise. Both steadfast champions of veterans' causes and active service members, the NATIONAL MEMORIAL DAY CONCERT will air on PBS and stream nationwide on www.pbs.org/national-memorial-day-concert and YouTube on Sunday, May 26, 2024 at 20:00 E.T.

Are you rated at 100% disabled by the VA? Or do you think you might be but just haven't gone through the rating process? Here is an update on benefits you could be receiving. Just click on the video below.

Click on the picture below.



VAU.S. Department
of Veterans Affairs

VA News Release: Construction Season at VA

4815 N. Assembly Street

For Immediate Release

April 29, 2024 **Mann-Grandstaff VA Medical** (509) 434-7000 (800) 325-7940 www.va.gov/spokane-health

Construction season starting on the Spokane VA Medical Center campus this week!

(Spokane, WA) Veterans, employees, and guests arriving at Spokane's Mann-Grandstaff VA Medical Center should plan ahead and understand construction season is starting and parking and travel around the campus will require some extra time and effort.

Starting this Thursday, May 2nd, the medical center will close and re-purpose some of the patient and employee parking areas at the medical center. The biggest impact is closure of parking lot "A" in front of the main hospital building. Another impact is the creation of additional disabled (ADA) parking areas near the Physical Therapy (PT) clinic (Bldg-31) and Audiology Clinic (Bldg.-41) – now marked with new signage and designated parking areas for the handicapped and disabled.

Construction on campus will occur in phases, with this initial closure needed in front of the hospital to install additional utilities and infrastructure for future needs, including the eventual construction of a new Primary Care clinic.

Volunteers at the medical center are providing additional on-site parking-lot shuttle service to transport Veterans from their vehicles to the main entrance and back. Veterans can call ahead to (509) 434-7748 to coordinate their shuttle ride once on-campus. In addition, construction maps and updates can be obtained at the Ambassador's desk inside the main hospital.

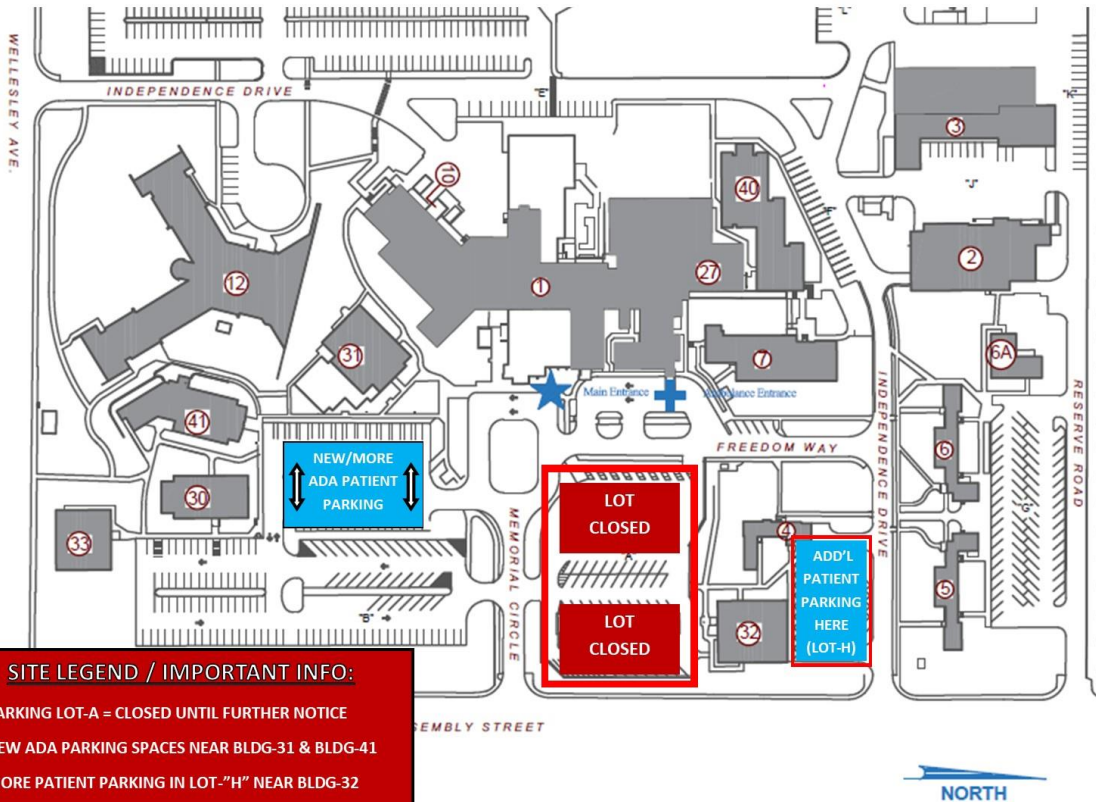
The construction start-up will also mean some areas previously used by employees for parking, will now be designated for Veteran-use only (Lot-H – North of Bldg.-32) for example. Another change that will happen in the months ahead, is a new Spokane Transit Authority bus-stop and shelter, which will move from the current area near parking lot-A and be permanently placed just north of Bldg-40 and near the old boiler-plant along Independence Ave.

These are just the first in a series of on-campus parking and route changes to accommodate several new capital improvement projects on campus over the next several years. VA apologizes for any inconvenience caused by the construction and understands the impacts from these projects will cause extra time for parking and travel on-campus.

For more information, please contact Bret Bowers, VA Public Affairs Officer at (509) 434-7378.



Editor's Note: A map of SVAMC parking is on the following page.



SITE LEGEND / IMPORTANT INFO:

- * PARKING LOT-A = CLOSED UNTIL FURTHER NOTICE
- * NEW ADA PARKING SPACES NEAR BLDG-31 & BLDG-41
- * MORE PATIENT PARKING IN LOT-"H" NEAR BLDG-32
- * ON-SITE SHUTTLE SERVICE - CALL: [509-434-7748](tel:509-434-7748)

Mark Your Calendar:

June 2nd – National Cancer Survivors Day

June 6th - D Day (1944)

June 9th – National Childrens' Day

June 9th – National Strawberry Rhubarb Pie Day – Ready to bake?

June 11th – National Call Your Doctor Day

June 13th - Post 154 Executive Committee Meeting 6 PM Lions Club – open to the public

June 14th - Flag Day – Flag Retirement @ 10 am at Rathdrum Lions Club

June 14th - US Army Birthday

June 14, 1775 “the Continental Congress authorized enlistment of expert riflemen to serve the United Colonies for one year.”

June 16th – Fathers' Day

June 19th - Juneteenth commemorates the emancipation of enslaved Black Americans.

June 20th – First day of summer – the summer solstice

June 25th - Korean War starts 1950.

June 25th - Rathdrum Community Event at Majestic Park from 4-7pm

June 27th - Post 154 General Membership Meeting @ 6pm – Potluck @ 5:30

June 27th – PTSD Awareness Day

Bits & Pieces

- **Find Your Sport with VA's Adaptive Sports and Arts Programs**

Did you know VA offers sports and creative arts programs at VA facilities nationwide? Check out this episode of the New Horizons in Health podcast and learn more about the National Disabled Veterans Winter Sports Clinic, one of many opportunities for Veterans interested in sports and art programs. [WATCH](#)



- **All honorably discharged Veterans are eligible for the online military exchange shopping benefit**, and Veterans with disabilities have in-store military exchange, commissary and MWR resale facility shopping privileges. Learn more about your exchange shopping benefits. [LEARN MORE](#)
- **The Idaho Department of Veterans Services bulletin for May 2024** has been published. It's full of information and resources for veterans. It is posted on the Post website [HERE](#).
- **Guard Yourself Against Scammers Impersonating VA**
Scammers often send official-looking posts or emails trying to hijack your personal information and steal your benefits as well as health care and other identifying information. Learn about precautions you can take to guard your benefits. [LEARN MORE](#)
- **VA Benefits that Pass on to Family Members**
Can your loved ones use your VA benefits when you pass? Here are six VA benefits that are available to Veterans' surviving family members. [WATCH](#)
- **Vets Bill Would Expand Caregiver Support, Boost In-home Care Options**
As reported May 14 by Leo Shane III for Army Times, this week House and Senate lawmakers unveiled a bipartisan package of veterans bills which would dramatically expand in-home care for aging veterans, boost assistance for homeless veterans, and mandate specific progress points for the department's electronic health records overhaul. [READ MORE...](#)
- **Don't Miss Out on Maximum Backpay!**
Finish your claim today! Check out this video to learn more about the deadline to submit your claim for disability compensation and maximize your potential backpay. [WATCH](#)
- **Manage Your VA Care While Traveling**
Traveling this summer? From telehealth options to filling your prescriptions, check out these five tips to ensure your health care needs are met while you're away. [LEARN MORE](#)
- **Find What You're Looking for with VA's New Resource Navigator**
- Are you looking for a quick reference guide to the most popular and frequently sought-after VA tools and resources? Check out the VA Resource Navigator. [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.

HOW CAN I GET HELP?

Every county and state has a Veteran Affairs office to answer questions about benefits and provide assistance. There are also other useful resources for veterans in the Inland Northwest.



GO ONLINE

[VA.gov](https://www.va.gov)

The Department of Veterans Affairs website has resources on every topic relevant to veterans.

[VA.gov/welcome-kit](https://www.va.gov/welcome-kit)

The VA Welcome Guide covers all types of benefits and services available for veterans, new recruits, active service members and their families.

[Explore.VA.gov/benefits-navigator](https://www.va.gov/benefits-navigator)

Explore VA benefits and discover which ones you and your family may be eligible to receive.

If you don't know who to call, VA has a new "Single Access Point" phone number to all VA contact centers
1-800-MyVA411
(1-800-698-2411)



IN PERSON

Spokane County Regional Veteran Service

1117 N. Evergreen Rd.,
Spokane Valley, WA
(509) 477-3690

Apply for emergency services, or have any benefits or service questions answered by 5 Veteran Service Officers (VSO) and staff.

Kootenai County Veteran Services and Benefits Office

120 E. Railroad Ave.,
Post Falls, ID (208) 446-1092
Meet with a VSO or staff for help with VA benefits enrollment, claims or other veteran needs.

Goodwill Support Services for Veteran Families (SSVF)

130 E. Third Ave.,
Spokane, WA (509) 828-2449
SSVF helps homeless veterans and their families find housing and connects veterans with other support organizations.

Healthcare for Homeless

Veterans (HCHV)
504 E. Second Ave.,
Spokane, WA
(509) 435-2019

Provides healthcare and outreach for housing, job opportunities and counseling.



BY PHONE

Spokane County Regional Veteran Service

(509) 477-3690

Kootenai County Veteran Services and Benefits Office

120 E. Railroad Ave.,
Post Falls, ID
(208) 446-1092

Veteran Crisis Line 1 (800) 273-8255, press 1

North Idaho Crisis Center (208) 625-4884

Washington or Idaho 2-1-1 Dial "2-1-1" for health and human resources referrals.

IDNG J9- Service Member & Family Support Presents



NORTH IDAHO
Military Family
**APPRECIATION
DAY**

JUNE 8 | 12-3PM
MOUNTAIN LAKES BIBLE CHURCH
2215 N 7TH, CDA

Military, Veteran &
Retiree families are
invited to join us for a
complimentary day
filled with food,
community resources,
games & fun!



For more information contact:
Brandi Stordahl | 208-272-7580 | brandi.s.stordahl.nfg@army.mil

This is an event our member Tim Chandler, a talented and artistic blacksmith, participates in. the public is welcome on the weekend.

2024 NORTH IDAHO COLONIAL ENCAMPMENT



Thursday August 15th thru Tuesday Aug. 20th
1700-1800 Historical Period Starter Encampment
Near Oldtown Idaho - TRADERS WELCOME!

COME ONE! COME ALL!

PUBLIC WELCOME Sat-Sun Aug. 17-18th 10am-4pm



Oldtown
Idaho 83822

Encampment Field marked access. Watch for signs! For more information contact Tim at info below.

Planned activities include: Presentations, hatchet throwing, potluck, hiking, marksmanship, games, archery, and swimming

AMENITIES: Outhouses, Firewood, RV Parking, Washwater

Haul out your own trash. Dogs permitted if leashed etc.

PLEASE RSVP by August 1st 2024 to Tim Chandler (858) 229-7085 or email mtnmantim@hotmail.com

TENT/CAMPSITE PRICE
\$25 gate price (to cover restroom facilities)

Come join us for our 3rd event in beautiful North Idaho! Our event is located just outside of Oldtown, Idaho, just a short drive from Spokane, WA. We have ample parking, RV camping areas, and Colonial encampment areas, all situated near the serene Pend Oreille River!



Directions: In Oldtown, turn onto La Clerc Rd, go 0.5 mile and follow signs. Turn right onto