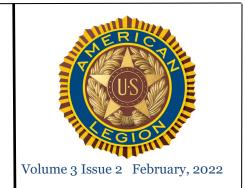
Lloyd E Hutcheson

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PROFESSOR CAVALIERI



The professor is the guy at the lectern...in case you got confused. Food and a class all for the price of admission. It doesn't get too much better than that.

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To remove your name from our mailing list, please e mail me at ridees@aol.com.

Questions or comments? Email us at mail@americanlegionpost113.com or call 208 870 9029

IN THIS ISSUE:

- Commanders Notes
- · Chaplin's Corner
- Radio Club
- Honor Guard
- Lloyd"s Koffee Klatch
- Service Officer report
- Didja Know
- AND MORE

A Few Months Out

February 19—Department Oratorical Contest

February 26—Lloyds Koffee Klatch

April 23, 2022—District 3 Spring Meeting at Post 18

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THE PROFESSOR IS IN THE BUILDING

By: Yers Trooly

if you attended the meeting last month, you were a part of the Post 113 educational program. Ralph Cavalieri conducted the first of a series on the American Legion. In the coming months, he will present the many different aspects of our organization including the programs and pillars of The American Legion. We are doing this in part to provide insight into the organization called "The American Legion" and provide members an idea of what we are all about and how they can be involved.

Each month Ralph will present a short session about some aspect of the American Legion. The sessions will be conducted while we are eating downstairs. As a bonus, these lessons count as education for the Department Commanders Challenge. Apart from that, it's good to know what the American Legion is really all about.

If you want to dig deeper, please consider taking the on-line American Legion Basic Training course. It's free and easy. Search "The American Legion Basic Training" for how to sign-up and take the course.

Commanders Call

By: Doug Hanks

Things are off to a great start for year 2022. Lots of things going on.

If you want to hear, see, be involved come out to your Post meetings and volunteer or you might be 'voluntold'. Your Post needs lots of input, help and volunteers to make programs successful. Meetings are on the 3rd Tuesday of each month @1900 with food and conversation at 1800.

Elections for officers are coming up soon. If you want to help, investigate positions and get nominated.

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Honor Guard

By: Doug Hanks



Post 113 Honor Guard in January has Honored Veterans on 10 occasions, 137 hours and 1027 miles.

Fiscal year 2021-2022 your Honor Guard so far have made 68 Honors, 977 miles and 6734 miles.

Most have been in very cold and windy conditions but we performed in fine form. When we have 7 rifles all sound like one it shows how much your Honor Guard cares about doing a great job. Below is a picture of your Honor Guard at ISVC in the snow.

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"I Wonder What The 4 Chaplains Are:" "Sunday Feb 6, 2022"

"4 Chaplains Sunday"



Each year on the first Sunday of February, this day of remembrance is celebrated across the country for the last 79 years. It honors four military chaplains who sacrificed their own lives to save the lives of their fellow service members during WWII

Photo by Master Sgt. Chris Botzum

Military service often entails sacrifice. Service members must sacrifice time with loved ones in order to carry out orders. Families must sacrifice stability in residence in order for service members to be stationed where they are needed.

Troops must sacrifice creature comforts and familiar surroundings in order to forward deploy. In addition, at times, men and women of the military might have to make the ultimate sacrifice for their fellow soldiers, sailors, aviators, or Marines. However these sacrifices may be acknowledged, whether honored publicly or observed privately, they are a part of the reality that is serving in the military.

If you would like to know, more about the 4 Chaplains just contact me and I will send you further information about them.

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From Previous Page: Chaplin

A Prayer for Hope:

Dear God, please give me strength when I am weak, love when I feel forsaken, courage when I am afraid, wisdom when I feel foolish, comfort when I am alone, hope when I feel rejected, and peace when I am in turmoil. Amen.

Remember to always:

Be Grateful, Give Thanks, Be Honest, Stay Humble, Be Kind, Laugh, Dream Big, Be You and always Love One Another.

Blessings from

Chaplain Dan Pruett

Lloyd's Koffee Klatch

By: Rich Dees

The name belies what this new activity is all about. Starting Saturday, February 26, 2022, an event suggested by David Richey will open up the Post to any and all veterans for the morning to enjoy coffee, doughnuts, and great comradery. It's named after Lloyd E. Hutcheson, the same person our Post is named after. The event will start at 9:00 AM and continue until 11:30 AM (or so). David intends to invite vets from across the valley including those active duty people at Gowen Field. Always looking for help, if you would like to join in, or just come for coffee, contact Dave at: westpac65@sonic.net.

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American Legion Post 113 Service Officer Announcements

By: John Brekke

The following summarizes the January 2022 Service Officer announcements for American Legion Post 113:

Suicide Prevention

The Veterans Crisis Line is a free, confidential resource available to anyone, even if you're not registered with Veterans Administration (VA) or enrolled in VA health care. Between 2005 and 2017, nearly 79,000 veterans killed themselves, more than the total number of troops who died in Vietnam, Iraq, and Afghanistan combined (about 65,000). In 2021 the White House published a Reducing Military and Veteran Suicide document that brought together the DOD, VA and Department of Health and Human Services to address five priority goals. Some goals may not popular. Such as making efforts to reduce access to lethal methods to commit suicide including firearms and medications. In 2019 50.4% suicides were by a firearm, 28.6% were by suffocation. Poisoning came in third @ 12.9%. Research shows that suicide crises are often brief. Specifically, 25 percent of suicide attempts advance from thought to action within 20 minutes or less; 75 percent of suicide attempts advance from thought to action within 60 minutes or less.

https://www.legion.org/suicideprevention/254643/one-more-day-idaho-american-legion%E2%80%99s-suicide-intervention-program%C2%A0

https://www.veteranscrisisline.net/about/what-is-vcl

https://suicidepreventionlifeline.org/

https://sprc.org/scope/means-suicide

Wreaths across America

~500 people participated in laying the wreaths at the Idaho State Veterans Cemetery (ISVC) on December 18, 2021. ~5600 wreaths were donated. There is a wreath cleanup event scheduled sometime later this month

https://www.wreathsacrossamerica.org/

Post-Pandemic VA Health Care Issue

Like other hospitals the VA health care system is "tired and exhausted". We may see significant retirements that will challenge the system. The good news is since March of 2021, VHA has hired 60,000 employees, and increased its nursing ranks by 11,000. The bad news is there will continue to be delays for routine procedures and treatments. Other bad news is the GOA has found cases where the VA failed to thoroughly vet medical providers for its community care program, resulting in doctors with revoked or suspended medical licenses being approved to treat veterans.

https://www.stripes.com/veterans/2022-01-14/veterans-affairs-doctors-revoked-suspended-licenses-health-care-4294508.html

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FROM SERVICE OFFICERPREVIOUS PAGE

Military Medical Teams sent to US Hospitals

Since Thanksgiving, over 800 military and federal emergency personnel have been deployed to 24 states, Native American tribes and U.S. territories. In addition to the active-duty assistance, more than 15,000 National Guard troops are activated in 49 states to aid the pandemic response in areas including clinical care, testing and vaccinations.

https://www.military.com/daily-news/2022/01/13/more-military-medical-teams-sent-us-hospitals-overwhelmed-

VA Trust Report - December 2021

The VA's most recent trust report shows a majority of Veterans trust the VA. The VA Trust report for the fourth quarter of fiscal year 2021 indicates that more than 75% of Veterans trust the VA. The current VA-wide Trust score stands at 76%, which is 2% lower than last quarter.

https://www.va.gov/initiatives/veteran-trust-in-va/

COLA Hike

Beginning this month, veterans will see a 5.9% cost-of-living adjustment (COLA) increase in their monthly VA benefits—the highest jump in decades. On October 8, the President signed into law the Veterans' Compensation Cost-of-Living Adjustment Act of 2021 (Public Law 117–45), which authorized the increase for all disability compensation, clothing allowance and Dependency and Indemnity Compensation (DIC) payments. The Department of Veterans Affairs adjusts veterans' monthly disability compensation amounts based on the yearly change in the cost of living as determined by the Social Security Administration.

https://www.dav.org/learn-more/news/2022/cola-receives-a-hike/

https://www.forbes.com/sites/johnwasik/2021/10/13/why-the-social-security-cola-hike-isnt-a-bonanza/?sh=7be8ca364f1a

Blood Shortage

We have our worst blood shortage in more than a decade. COVID-19 has resulted in a ~10% overall decline in donations. Dangerously low blood supply levels are posing a concerning risk to patient care and forcing doctors to make difficult decisions about who receives blood transfusions and who will need to wait until more products become available. Blood and platelets donations are critically needed to help prevent further delays in medical treatments, and donors of all blood types – especially Type O – are urged to make an appointment now. If you can donate blood or platelets please make an appointment by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

Free Elk Hunt

The Idaho Division of Veteran Services (IDVS) will coordinate an all-expenses-paid deer or elk hunt for two disabled Idaho Veterans in 2022. The purpose of the hunt is to offer disabled Veterans (with a 40% Service-Connected Disability Rating or higher) an opportunity to participate in a big-game hunt when they might otherwise be prevented from doing so by the seriousness of their disability. To be eligible for this hunt you must be a resident of Idaho and have a disability rating from the Department of Veterans Affairs. For more details and application go to: https://veterans.idaho.gov/.../disabled-veterans-elk-hunt/

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Didja Know — Legion History

By: Yers trooly

Sept. 3, 1997

The Legion presents its first National Law Enforcement Officer of the Year award at the 79th National Convention in Orlando, Fla.

2000s

March 29, 2000

Senate Joint Resolution 14, the constitutional amendment that would return the people's right to protect the U.S. flag from physical desecration, falls four votes short of the necessary 67 to override a presidential veto.

Sept. 5, 2000: The American Legion presents the first "Spirit of Service" Awards to active duty service members for their off-duty volunteer activities.

Aug. 28-30, 2001: The American Legion passes resolution to rekindle Blue Star Service Banner program.

Sept. 12, 2001: The American Legion reactivates the Family Support Network following terrorist attacks in New York City and Washington, D.C.

Oct. 10-11, 2001: The American Legion creates the American Legacy Scholarship Fund for children of military members killed on active duty on or after Sept. 11, 2001.

Sept. 11, 2002: The American Legion takes lead in conducting "A Day To Remember" events to mark the anniversary of the terrorist attacks on the nation.

November 2002

The Legion launches the national "I Am Not A Number" campaign to identify and document the delays veterans face in obtaining medical care from VA.

Oct. 17, **2003**: American Legion efforts on Capitol Hill break the deadlock on the Disabled Veterans Tax when Congress creates a 10-year phase-in for service-connected disabled retirees to receive military retired pay and VA disability compensation without subtraction from either. Legion efforts also result In passage of the Military Family Tax Relief Act.

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N7LGN—Post 113 Amateur Radio Club

By: Rich Dees





The radio club is getting ready for another active year. This month we will conclude how to use and become involved with a thing called C4FM or Fusion radio. Last month David Hunter told the basics of the digital mode. This month he will do a show and tell illustrating the power of this mode. If you didn't know, the repeater we have upstairs in our radio room is on the air and there is daily worldwide communications taking place.

Activities for February include a Fox Hunt. The fox is actually a small hidden transmitter located somewhere in Meridian. The idea is to find the location of the critter using RF direction finding techniques. If you've never been a part of one of these, now is your chance. Team up with someone and see if you find the illusive critter. This month the hunt will be February 26, 2022. We will start at the Post or from your home if you like at 0900. We will stop at noon no matter what. If someone finds the fox (which usually happens) that will be great. If not...the critter will reappear at a future time.

The month of March marks the time when we will have a special guest talk to us about the sun. If you didn't know, the sun affects radio communication worldwide. In our case it's called cycle 25. You and your family will be treated to an evening with Professor Carl Schmidt from Boston University where he is a planetary science professor. The event is on March 3, 2022 at Bob's Restaurant in Nampa (1411 E. Shilo Dr., Nampa) starting at 7:00 PM. come and have a bite to eat and meet the professor.

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Random Thoughts

By: Rich Dees

Lots going on. We have an educational program conducted each month taught by Professor Cavalarie, a Saturday coffee session for veterans, and the Department Oratorical Contest just to name a few things. These activities are actually opportunities to get involved. Your involvement in most cases is really easy. All you need to do is join in! Couple of things to make note of:

If we want the Americanism committee to take root, we need volunteers. This gets right to the heart of one of the American Legion Pillars. I really think we need to get formed and start involving the Post and community in Americanism activities. Please consider joining the group. See me at the next meeting, or e-mail me.

During the next Post meeting, I'll be asking people to respond to the question: why do you belong to the Legion? If you received the newsletter from National, you saw the question and some answers.

COVID is still raging in our community. We offer Zoom sessions for each meeting, but it's not well used. It is a great alternative to actually being there. If you can't make the meeting, please consider joining us on Zoom. If you need help connecting, just drop me a line.

Finally this. The groundhog saw his shadow which means we have six more weeks of winter. If he would not have seen his shadow, winter would have only lasted another month and a half. If the weather is keeping you pinned in, give us a call. You never know what we can do to break up the winter doldrums.

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Post 113 Officers for 2020— 2021

Commander	Doug Hanks	208 506 7801	dandghanks@q.com
Adjutant	Walter Thornton	208 362 9107	livelong1115@gmail.com
1st Vice Commander	Kip Higby	208 941 2108	isp4bpd@gmail.com
2 nd Vice Commander	Rich Dees (Yers Trooly)	208 888 1343	rjdees@aol.com
Finance Officer	Ernest Cook	408 858 1995	ernestdcook@gmail.com
Service Officer	John Brekke	801 989 6764	brekke1@msn.com
Chaplin	Dan Pruett	208 890 3384	dan@anywhereusa.org
Past Commander	Steve North	208 631 5291	snorth5401@gmail.com