



LARRY A. HOFF ePOST 2100



Issue #85 APRIL, 2020

COMMUNICATION IS POWER

TO OPT OUT OF OUR NEWSLETTERS, E-MAIL [MARIA KLENHARD](mailto:MARIA.KLENHARD)

OUR NEXT MEETING

APRIL 16th at 7:30 PM, is slated for our next tele-meeting, by invitation, using GoToMeeting. E-mail me if you want an invite:

commander@epost2100.org

Our tele-meetings are provided for you to learn about and have input regarding your cyber Post. BTW, have you visited [Our Web site](#), lately?

OUR HELP DESK STANDS READY TO ASSIST US VETERANS WITH FREE COMPUTER-RELATED AID.

[ROBERT MCTUREOUS](#)

404-304-1772



SCHEDULED EVENTS

Tentative?

National Commander's Visit to Georgia April 19-22

Commander's Project-Fundraiser, Augusta, GA April 25-25

National Spring Conference Meetings, Indianapolis, IN May 4-7

Department Convention, Duluth, GA June 19-21

National Convention, Louisville, KY August 28-September 3

VET CENTER

Keep this major resource in mind, if not for yourself, for others: [VET CENTER](#)

YOUR CYBER POST OFFICERS

Post Commander.....	ROBERT GREEN	770-786-8702
Senior Vice Commander.....	MARIA KLENHARD	916-952-7691
Junior Vice Commander	OPEN	
Adjutant.....	MARIA KLENHARD	916-952-7691
Finance Officer.....	MAC MCMILLAN	404-277-4280
Judge Advocate.....	TED RICHARDS	404-754-0415
Exec. Committee.....	ED MCMILLAN	770-757-6136
Sergeant-at-Arms.....	DAVID GREEN	
Service Officer.....	ED MCMILLAN	770-757-6136

COMMANDER'S CORNER

Income Tax Around The World

Highest rate of income tax in selected countries in 2019



I've always been happy to be an American and also happy to pay income taxes (compare with some other people in other lands, above). Other proud Americans complain of our tax rates, but they are really not that bad, especially when compared with the benefits of living in America.

Yes, paying income taxes can be cumbersome, *taxing*, and even expensive, if using a CPA or tax preparer companies.

We have no way to control how our taxes are spent, but trying to elect responsible officials is our best hope, assuming we do vote.

[Bob Green](#) 770-786-8702

INCOME TAXES

You may find this resource useful:

<https://irs.treasury.gov/rpo/rpo.jsf>



VIRTUAL HEALTH CARE

VA can make it easier and safer to get back to health with virtual care through My HealtheVet and the [VA Video Connect App](#) on your smartphone, tablet or computer.

<https://mobile.va.gov/app/va-video-connect>

My HealtheVet Help Desk

You can call Monday - Friday, 7:00 a.m. - 7:00 p.m. (Central Time)
1-877-327-0022
1-800-877-8339 (TTY)

Contact My HealtheVet for any questions or concerns about this site.

FILE FREE OF CHARGE ?

IRS Free File allows taxpayers to file their taxes for free.

For those earning \$69,000 or less during 2019, they qualify for free brand-name software offered through a partnership between

the IRS and leading tax software providers. Some of these providers offer free federal and free state return preparation and electronic filing.

For those making more than \$69,000, they can use Free File Fillable Forms, electronic versions of IRS paper forms.

This option is best for someone experienced in return preparation. Free File is a private-public partnership between the IRS and the Free File, Inc.

For [active duty service members and their spouses](#), Free File has a special offer. Individuals and their families who meet the income limitation may choose from any of nine companies without regard to additional eligibility requirements.

To access the right option use the internet search term "IRS Free File Program."

The American Legion Membership Application

(Name) (Date of Birth)

(Mailing Address) (Phone Number)

(City) (State) (Zip) (Post #)

(E-mail) (Gender) (Dues)

Male Female

I certify that I served at least one day of active military duty since December 7, 1941 and was honorably discharged or am still serving honorably.

Please check appropriate service era and branch of service below

- | | |
|---|---|
| <input type="checkbox"/> Global War on Terror | <input type="checkbox"/> U.S. Army |
| <input type="checkbox"/> Gulf War | <input type="checkbox"/> U.S. Navy |
| <input type="checkbox"/> Panama | <input type="checkbox"/> U.S. Air Force |
| <input type="checkbox"/> Lebanon/Grenada | <input type="checkbox"/> U.S. Marines |
| <input type="checkbox"/> Vietnam | <input type="checkbox"/> U.S. Coast Guard |
| <input type="checkbox"/> Korea | <input type="checkbox"/> Merchant Marines (WWII only) |
| <input type="checkbox"/> WWII | |
| <input type="checkbox"/> Other Conflicts | |



30-009 _____
Signature of applicant Date Name of recruiter

Receipt of Dues

(Please Print)

From _____ for 20____ Post # _____

Recruiter's Name _____

Recruiter's Signature _____

Recruiter's Phone # _____

CORONAVIRUS INFO

VA spokesperson Christina Mandreucci reported that the VA is coordinating with federal health officials to ensure veterans "benefit from the latest prevention, testing and treatment protocols and develop emergency management plans for all medical centers."

DO YOU GET THE VA NEWSLETTERS?

If you do/did not get the VA Newsletter(s), go to: the VA News at: [\[veteransaffairs@public.govdelivery.com\]](mailto:veteransaffairs@public.govdelivery.com).

FEDERAL INCOME TAX FILING EXTENSION EXTENDED TO JULY 15TH

DO YOU GET THE MY HEALTH eVET INFORMATION?

INFO FROM THE CDC RE THE CHINESE VIRUS

If you do/did not get the monthly MyHealtheVet information, go to:

WWW.MYHEALTH.VA.GOV

<https://www.coronavirus.gov/>

Specific Resources from the CDC:

[Travelers](#)

[Households](#)

[Pregnant Women & Children](#)

[People Who are Sick](#)

[Small Business Owners](#)

[Schools](#)

[Businesses](#)

[Healthcare Professionals](#)

[Health Departments](#)

[Laboratories](#)

FROM THE CDC RE YOU IF ARE SICK

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, you should take steps to help prevent the disease from spreading to people in your home and community.

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.

NEW GA PRIMARY DATE

The primary was originally scheduled for March 24, but was delayed until May 19 because of the coronavirus outbreak.

I would like to personally thank everyone for their continual support and prayers during this time of crisis. Meanwhile at Our inpatient programs asked if I could add their immediate needs to a request for community support. Things that are needed at our VAMC at present are as follows:

§ Medical staff immediate needs are:

N95 Mask.

Hand Sanitizer.

Touchless thermometers.

Splash Proof Face Shields.

§ Community Living Centers (Veterans Nursing Homes) are closed to family members and visitors; our CLC staff is doing our Veterans laundry, cutting hair and provide daily entertainment. Their immediate needs are:

- o 8 Devices for Face-Time with family members and friends (4 device at each CLC).
- o HE Laundry Detergent (PODS) - Tide or Gain brands.
- o Fabric Softener.
- o Hair Clippers.
- o Small gifts for prizes when they play games.

The CBOC at Ft McPherson Domiciliary is closed to family members and visitors as well. The Domiciliary residents vary in age and more active than our CLC residents. Their immediate needs are:

- o 5 Devices for Face-Time with family members and friends.
- o High Efficiency (HE) Laundry Detergent (PODS) -Tide or Gain brands.
- o Fabric Softener.
- o Small gifts for prizes when they play games.
- o Sponsor Pizza Parties and/or Ice Cream socials on Saturday or Sundays.
- o Disinfecting wipes (Super Sani-Cloth, Sani-Cloth Bleach, ...).

If you can help in any way Please do not hesitate to contact me,

If you have any questions. You can contact me:

Rick Conn, Ga State Co ordinator MSANA HVP

rickconn@bellsouth.net Or 678-873-3491

you can also contact the VA direct by contacting

Dr. Anthony G. Cooper

Chief Voluntary Service

Atlanta VA Health Care System

1670 Clairmont Road,

Decatur, GA 30033

404-406-8697 (Cell)

Main VA Volunteer office number is: 404-728-7728 Thanks Rick Conn, Ga State Coordinator Jerry Moss, MSA Rep VAMC Decatur Victor McKelvey Dep Rep VAMC Decatur



DEPARTMENT ADJUTANT'S

NEWSLETTER

MARCH 2020

<><><><> ZESTE C. DEBRO: THE ADJUTANT <><><><>

We are three months into the new year and things are moving at a fast pace. So many of you are working hard and doing all you can to keep Team Georgia in the race to the top. Georgia is fortunate to have you on its Team. The Department is so grateful and appreciative for all you do to take care of the Veterans in Georgia. Our Veterans deserve our help and assistance. No greater service can we render than to continue to serve those who have served. It's a revolving cycle that has a powerful impact on The American Legion. Let us continue to inspire positive change and help our fellow comrades. Let us continue to conduct "buddy checks. Let us continue to pay tribute to those who have transition to Post Everlasting. Let us continue to hear the issues of our Veterans by listening to their concerns. Let us continue to lend a helping hand to the Veteran's family. Let us continue to show our humanity by doing our part to mitigate the population of Veterans who are homeless and hungry as well as those who are not clothed in their right state of mind. Let us continue to recognize the "burden to bear" as we carry the weight and lighten the load of our fellow Veteran. Together, we are Stronger; we are Better; we are the Agents of Change.

For God & Country...

AA

What Is a Coronavirus? A coronavirus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat. Most coronaviruses are not dangerous, but some types of coronaviruses are serious, though. In early 2020, following a December 2019 outbreak in China, the World Health Organization identified a new type, 2019 novel coronavirus (COVID-19). Often a coronavirus causes upper respiratory infection symptoms like a stuffy nose, cough, and sore throat. You can treat them with rest and over-the-counter medication. The coronavirus can also cause middle ear infections in children. Coronaviruses were first identified in the 1960s, but we don't know where they come from. They get their name from their crown-like shape. Sometimes, but not often, a coronavirus can infect both animals and humans. Most coronaviruses spread the same way other cold-causing viruses do: through infected people coughing and sneezing, by touching an infected person's hands or face, or by touching things such as doorknobs that infected people have touched. Almost everyone gets a coronavirus infection at least once in their life, most likely as a young child. In the United States, coronaviruses are more common in the fall and winter, but anyone can come down with a coronavirus infection at any time.

Common Symptoms The symptoms of most coronaviruses are similar to any other upper respiratory infection, including runny nose, coughing, sore throat, and sometimes a fever. In most cases, you won't know whether you have a coronavirus or a different cold-causing virus. If a coronavirus infection spreads to the lower respiratory tract (your windpipe and your lungs), it can cause pneumonia, especially in older people, people with heart disease, or people with weakened immune systems.

What to Do About Coronavirus? There is no vaccine for coronavirus, but the National Institutes of Health is working on one and hopes to begin testing in several months. To help prevent a coronavirus infection, do the same things you do to avoid the common cold:

- Wash your hands thoroughly with soap and warm water or with an alcohol-based hand sanitizer.
- Keep your hands and fingers away from your eyes, nose, and mouth.
- Avoid close contact with people who are infected.

You treat a coronavirus infection the same way you treat a cold:

- Get plenty of rest.
- Drink fluids.
- Take over-the-counter medicine for a sore throat and fever. Do not give aspirin to children or teens younger than 19; use ibuprofen or acetaminophen instead.

YOUR POST CAN: JUST DO IT!!!

National Commander's Honor Ribbon

American Legion National Commander James W. "Bill" Oxford will award his 100 percent American Legion **Family Ribbon** to any American Legion Family that achieves 100 percent membership by May 30, 2020. For this award, the Legion Family is defined as a post and any combination of an Auxiliary unit, Sons squadron or Legion Riders chapter. Each branch must achieve 100 percent membership to qualify for the award.

103 Percent Membership Award

American Legion National Commander James W. "Bill" Oxford will award his national commander "A Foundation for the Future" **membership incentive pin** to any post, district, county, division, department commander or membership chairman who achieves 103 percent of their assigned membership goal for 2020.

National Commander's Pin Incentive Program

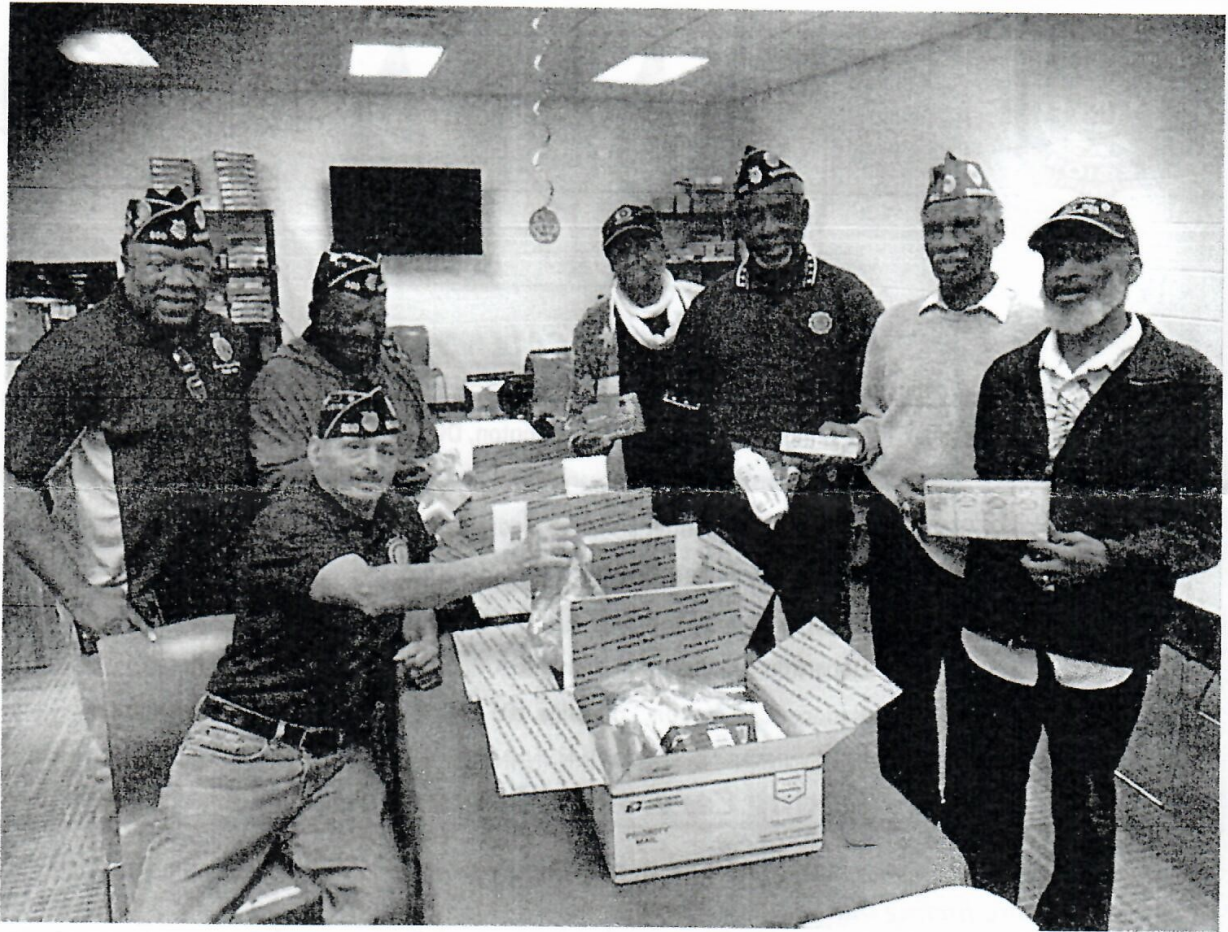
American Legion National Commander James W. "Bill" Oxford will award his national commander "A Foundation for the Future" **membership excellence pin** to any Legionnaire who obtains three new members into The American Legion. A new member is any eligible person joining for the 2020 membership year who was not a member of The American Legion during the 2019 membership year. Each member listed must be eligible for membership in The American Legion. Forward names of Sons of The American Legion members or Auxiliary members to your detachment or unit for use in their respective incentive programs. Only one pin will be awarded per individual. Upon receipt, national membership staff will confirm the names and mail the pin directly to the person who earned it.

Post Excellence Award

The American Legion's **Post Excellence Award** has added new criteria. To qualify for the Post Excellence Award, a post is required to achieve excellence in four areas: membership, submission of the Consolidated Post Report (CPR), attaining a 90 percent renewal rate and community activity.

The purposes of this award is membership growth, exposure of American Legion values to the youth of the community, and increased visibility of the American Legion Family through service projects. A post achieving this qualification will have had numerous post members involved in planning and achieving these goals. Many posts are most likely already active in these areas and will qualify without extra effort. Others, however, will need to increase their efforts in one or more areas to qualify for the award. The standard to be achieved in each area is as follows:

- **Membership:** Post must attain at least 103 percent of their membership goal. At least one post officer attends district meetings.
- **Consolidated Post Report:** CPRs must be submitted by July 1. The American Legion's federal charter requires the submission of an annual report to Congress on activities for the year. MyLegion.org has made it simple for a post to submit its CPR in a timely manner.
- **90% Renewal Rate:** The post must renew at least 90 percent of their members that were on the 2019 roster.
- **Community Activity:** The post must conduct an event that connects the local community with The American Legion post. The objective is to open your doors, welcome the community in, and educate them on what The American Legion is all about and how the post is an asset to the community. Posts do not need to have a physical building to accomplish this. This activity can be held in a park, a community center, or anywhere the post can welcome and interact with the local community.



A SNAPSHOT OF THE LEGIONNAIRES IN ACTION POST 500 DISTRICT 1

TAL *Georgia Post 500*'s 2020 project is to send a package to each member of a deployed U.S. Army unit. Working with students and staff from Brock Elementary School in Savannah, Georgia Post 500, family members packed boxes and letters for soldiers in Afghanistan. The unit has 150 members and 40 of the assigned soldiers are females. Late last year this unit was attacked with missiles and a ground probe. Fortunately, there were no fatalities but there were injuries. The initial increment shipment of 25 packages were mailed Wednesday February 26, 2020. Post 500 plans to mail remaining packages every 2 weeks until each soldier receives a package.

Pictured are Post 500 members are: SAL Commander Tony Watts, Chaplain Eddie Paterson, Past Post Commander G. John Parker, Legionnaire General Cope, Past SAL Commander Willie Bradley and current Commander James Putney.