



LARRY A. HOFF ePOST 2100



Issue #69 DECEMBER, 2018 *COMMUNICATION IS POWER*

TO OPT OUT OF OUR NEWSLETTERS, E-MAIL cgoetz@myemc.net

OUR NEXT MEETING

December 20, 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?

YOUR CYBER POST OFFICERS

- Post Commander..... [ROBERT GREEN](#) 770-786-8702
- Senior Vice Commander..... [LES GREEN](#) 770-596-5635
- Junior Vice Commander[PAUL AUST](#) 770-315-2189
- Junior Vice Commander..... [MARK FENLEY](#) 678-661-1031
- Finance Officer..... [CHUCK GOETZ](#) 706-219-4209
- Judge Advocate..... [TED RICHARDS](#) 404-754-0415
- Exec. Committee..... [RICK SCHIRMER](#) 678-687-7270
- Exec. Committee..... [ED MCMILLAN](#) 770-757-6136

COMMANDER'S CORNER

OUR HELP DESK STANDS READY TO ASSIST US VETERANS WITH FREE COMPUTER-RELATED AID. [ROBERT MCTUREOUS](#) 404-304-1772



Well, December is finally here! This is a month filled with a great many significant events.

Most folks may first think of Christmas, a time for buying stuff, putting up trees and decorations, buy and receiving gifts, and maybe, just maybe, reflecting upon the real meaning of the holiday...just maybe. For a minority, there is celebration of Chanukah and Kwanzaa and even Boxing Day!



YOUR MONEY ?

Thousands of veterans may qualify for a higher [Social Security payments](#) because of their military service.

Veterans who served active duty any time from 1957 through 2001 may be eligible for [extra Social Security money](#).

Additional income up to \$1,200 per year of earnings credit may be added to a veterans income for the period of time the veteran was in the military.

The extra \$1,200 credit per year of service can make a substantial difference in the calculation of [Social Security monthly payments](#) upon a veteran's retirement.

A veteran must bring their [DD Form 214](#) a nearby [Social Security](#) office and simply ASK for the benefit to be added to their account.

Merchants and businesses see the month as a financial boon. For a declining number, there is recalling the attack on Pearl Harbor.

Unfortunately, this is a time of depression and suicide for some, many are veterans, though it has been reported that 22 die from suicide every day, and what of the ever-increasing homeless people?

As we enjoy the positive things this month, it might behoove us to think about those who are called, the less-fortunate. America is a charitable nation, but sometimes it can seem we give much to foreign nations when we should give more to our own (charity begins at home?).

In Georgia, we experience nature's changing seasons, and December can be a cold month, in more ways than one, for some citizens.

December is a month in which families gather together, good food is enjoyed, and yes, gifts are given and received.

This month marks the end of a calendar year and preparations for possibly making self-improvement changes.

BTW, be sure to vote in the run-off elections!

From my family to yours, we wish you all (y'all), an enjoyable and meaningful month and an enjoyable and meaningful life.

Bob

commander@epost2100.org

NATIONAL CONVENTIONS

2019 101st Annual National Convention,
Indianapolis, IN Aug 23- 29 2020

102nd Annual National Convention,
Louisville, KY Aug 28 - Sep 3

2021 103rd Annual National Convention,
Phoenix, AZ Aug 27- Sep 2

MARK YOUR CALENDARS

FEBRUARY 24-27, 2019

WASHINGTON CONFERENCE

MARCH 29-31, 2019

DEPARTMENT SPRING/COLLEGE, DULUTH

APRIL 19-22 2018

NATIONAL COMMANDER'S VISIT

MAY 6-9, 2019

9TH DISTRICT CONVENTION

JUNE 22-24

DEPARTMENT CONVENTION, DULUTH

AUGUST 24-30

NATIONAL CONVENTION MINNEAPOLIS

ELIGIBLE MEMBERSHIP DATES

Below, are the eligibility dates for those veterans seeking membership in the American Legion:

WWI: 4/6/17 TO 11/11/18

WWII: 12/7/41 TO 12/31/46

KOREA: 6/25/50 TO 1/31/55

VIETNAM: 2/28/61 TO 5/7/75

LEBANON/GRENADA: 8/24/82 TO 7/31/84

PANAMA: 12/20/89 TO 1/31/90

GULF WAR /WAR ON TERRORISM: 8/2/90 TO THE PRESENT

If you have questions about eligibility,
please contact Adjutant, [Ted Richards](#).

**Wishing us all a meaningful
and joyous holiday season!**



SOME HELPFUL ITEMS?

Ed sent this link from the VA's Veteran Health Web site which contains several items he felt would be good to pass along to our members.

<https://content.govdelivery.com/accounts/USVHA/bulletins/21db311>

When you find things which could be of use to us vets, please do as Ed has done and pass it along to our newsletter editor at commander@epost2100.org.

VETERANS SERVICES

Do you have service-related concerns and need help addressing them (getting free help)?

[Have you tried the Dept. of Veterans Services office in Conyers? 770-388-5075, 983 Taylor St., M - F 9:00 - 4:30. They serve Rockdale, Newton and Walton Counties. https://veterans.georgia.gov/conyers](#)

OUR SUPPORT NETWORK

Those in need of temporary help may use the American Legion Family Support Network.

Family Support Network

Current Procedures

1. The call is received at the toll-free number: **800-504-4098** or e-mail: **familysupport@legion.org**
2. The name, address, telephone number of the caller, and reason for the call is collected.
3. The call is referred to the Department.
4. The Department refers the call to a local post.
5. The local Post contacts the family and provides the assistance if resources are available or refers the family to other local agencies.
6. In case of financial need, the Post provides the necessary funds or assists the family in applying for Temporary Financial Assistance if there are minor children in the home.

BASIC TRAINING

A self-paced Basic Training Course about and by the American Legion is at:

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

This is an excellent way to check what you know and to give more information about what we are and what we are about.

—Paul

VA'S MILEAGE CHANGE

Regarding the Veterans Choice Program, the VA will determine eligibility for the [Veterans Choice Program](#) based on the distance between your place of residence and the nearest VA medical facility using driving distance rather than straight-line distance.

This change has been published in the [Federal Register](#) for reference if needed.

The change from straight-line to driving distance roughly doubles the number of eligible veterans eligible for the program.

VA sent letters to the newly-eligible veterans to let them know they are now eligible for the Veterans Choice Program under this new expansion policy.

If you do not remember receiving a Veterans Choice Card or have other questions about the Choice Program, you may call 866-606-8198.



CALENDAR, COURTESY OF CONGRESSMAN PETE KING

NOVEMBER						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

The Capitol Christmas Tree has served as a beacon of light through the darkest December nights since 1964. Its route to DC is marked by community celebrations culminating in the lighting on the West Front Lawn. (Photograph by Gary Silverstein)

JANUARY 2019						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Bulfinch finished the Old Senate Chamber in 1819, the year it was reoccupied by the Senate. (Courtesy of the Architect of the Capitol)					1
Chanukah Begins at Sunset 2	3	4	5	6	Pearl Harbor Remembrance Day 7	8
1818: Alexandria Gazette (VA) prints letter protesting DC's lack of congressional representation.	1818: Congress approves resolution declaring Illinois statehood.	1818: Senate votes to investigate whether army clothing should be made in US.	1818: John Adams views John Trumbull's Declaration of Independence in Boston's Faneuil Hall.	1818: Hurricane and suspected tornado hit Philadelphia.	1818: House receives petition from Alabama Territorial legislature seeking statehood.	1818: J.Q. Adams suspects some "backstairs influence" at work on Pres. Monroe.
9	Chanukah Ends 10	11	12	13	14	15
1818: Senate votes against indemnifying prosecutions under Sedition Act of 1798.	1818: House passes military pension bill for widows and orphans.	1818: Sen. Charles Tait (GA) presents petition for Alabama statehood.	1818: First Lady and her daughter complain to J.Q. Adams about Washington protocol.	1818: Mary Todd, future wife of Abraham Lincoln, is born in Lexington, KY.	1818: Sen. John Eaton (TN) moves for a committee to consider improving prevention of slave trade.	1818: Sec. of War John C. Calhoun reports to House on reducing size of federal army.
16	17	18	19	20	First Day of Winter 21	22
1818: House defeats motion for discounted land sales to Irish immigrants.	1818: J.Q. Adams believes govt. is trying to influence future elections, like an "elective monarchy."	1818: Senate appoints special committee to investigate Gen. Jackson's actions in Florida.	1818: DC papers complain of surplus paper money such as "never existed in this country."	1818: Rep. John H. Farquhar (IN), future secretary of state of Indiana, is born in Union Bridge, MD.	1818: Woman advertises in Alexandria Gazette (VA) for husband, "(good sense not requisite)."	1818: Henry Clay complains of government's failure to recognize South American independence.
23	1818: Sen. Ben Ruggles (OH) presents Quaker petition for improving treatment of Indians. 24	Christmas 25	Kwanzaa 26	27	28	29
1818: Sen. Ben Ruggles (OH) presents Quaker petition for improving treatment of Indians.	1818: House passes bill for electing delegate from Michigan Territory.					
30	New Year's Eve 31	1818: Boston hosts first full performance of Handel's Messiah in America.	1818: Plymouth, MA celebrates Pilgrims' landing.	1818: Jefferson says feebleness makes him approach letter writing with the "sensations of the gallows."	1818: Rep. John Sergeant (PA) presents petition for abolishing slavery in DC.	1818: Pres. Monroe fears diplomats named by recess appointment may not have full powers.

PTSD RESOURCES FROM OUR WEB SITE'S [VETERANS ASSISTANCE CENTER](#)

REM Sleep Disturbances and PTSD: Patients with a PTSD diagnosis may also experience disturbed or reduced amounts of REM sleep, which may make symptoms worse.

Post-Traumatic Stress Disorder: Persistent thoughts and memories are hallmarks of PTSD, and these thoughts often bother people during both the daytime and nighttime hours.

Post-Traumatic Stress Disorder Treatment: Treatment of PTSD usually involves psychotherapy and prescription medication to relieve depression and anxiety.

Sleep Problems Persist After PTSD Treatment, Study of Active Troops Finds: Nightmares and insomnia are the two main complaints of people suffering from PTSD.

Sleep and Mental Health: Psychiatric patients with issues such as anxiety and depression usually also experience sleep problems, and this is thought to be due to a strong connection between sleep and mental health.

Conduct Disorder in Relation to Trauma and Sleep: People who have experienced a trauma may develop a conduct disorder that involves some sort of disruptive behavior.

Fear, Safety, and the Role of Sleep in Human PTSD: A patient struggling with insufficient or poor sleep quality may not benefit from PTSD treatments and interventions.

What Dreams May Come: Treating the Nightmares of PTSD: A psychiatrist examines the sleep problems that can accompany PTSD and what is being done to address them.

Post-Traumatic Stress Disorder: PTSD involves intrusive and recurring recollections of a traumatic event, which often leads to agitation, mood changes, and insomnia.

Improving Sleep Can Aid Recovery of Veterans With PTSD and TBI: The sleep disturbance and deprivation that usually accompanies PTSD often makes the condition much more severe.

Post-Traumatic Stress Disorder Overview: Typical symptoms of PTSD include detachment from loved ones.

AMERICAN LEGION EPOST2100 (CYBER POST) MEMBERSHIP APPLICATION

YES! I'll help my fellow veterans by becoming a member of The American Legion. I certify that I served at least one day of active military duty during the dates marked below and was honorably discharged or am still serving honorably.

epost 2100 mailing address ----> Chuck Goetz
675 Washboard Road
Cleveland, GA 30528

Application may be made in any of the following methods:

1. Complete this application and mail it to Ted Richards, epost 2100 Adjutant along with a check in the amount of \$35.00 (payable to American Legion) and a copy of DD214
2. Simply call and make application telephonically (less than 5 minutes).
3. Visit our website at epost 2100.org and make application there

Please check applicable "Dates of Service" and "Branch of Service":

DATES OF SERVICE	BRANCH OF SERVICE
<input type="checkbox"/> AUG. 2, 1990 – OPEN	<input type="checkbox"/> U.S. ARMY
<input type="checkbox"/> DEC. 20, 1989 – JAN. 31, 1990	<input type="checkbox"/> U.S. NAVY
<input type="checkbox"/> AUG. 24, 1982 – JUL. 31, 1984	<input type="checkbox"/> U.S. AIR FORCE
<input type="checkbox"/> FEB. 28, 1963 – MAY 7, 1975	<input type="checkbox"/> U.S. MARINES
<input type="checkbox"/> JUNE 25, 1950 – JAN. 31, 1955	<input type="checkbox"/> U.S. COAST GUARD
<input type="checkbox"/> DEC. 7, 1941 – DEC. 31, 1946	
<input type="checkbox"/> APR. 6, 1917 – NOV. 11, 1918	
<input type="checkbox"/> U.S. MERCHANT MARINE — DEC. 7, 1941 – DEC. 31, 1946	

NAME

ADDRESS

CITY, STATE, ZIP

PHONE

E-MAIL ADDRESS

BIRTH DATE

SIGNATURE

Receipt of Dues
(Please Print)

From _____

\$ _____ for 20____ Post # _____

Recruiter's Name _____

Recruiter's Signature _____

Recruiter's Phone # _____

You can pay the annual dues of \$35.00 now or we will bill you later.

Make Checks payable to: "The American Legion ePost 2100"

If mailed send to:
Charles Goetz, Post Finance Officer
675 Washboard Rd
Cleveland, GA 30528

**TO JOIN
THE AMERICAN LEGION,
SUBMIT THE
MEMBERSHIP
APPLICATION,
A COPY OF YOUR DD-214 ,
AND A CHECK FOR \$35.00
TO:
Chuck Goetz
675 Washboard Road
Cleveland, GA 30528**