



LARRY A. HOFF ePOST 2100



Issue #88 JULY, 2020

COMMUNICATION IS POWER

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

OUR NEXT MEETING

JULY16th 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.....	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

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

[ROBERT MCTUREOUS](#)

404-304-1772



COMMANDER'S CORNER

I wonder how many of us are "retired"? I wonder how many of us are just plain tired?

Before I retired, I was concerned for my financial wellbeing, but did not closely consider other factors, which is the reason for This month's column.



The sheltering-in-place may have allowed many people to have time to evaluate our current situations and to consider options for the future.

One of the most important options is monitoring our health, its current and future cost, its probable changes and how we can best deal with things.

Another option is financial ...is it OK now, will it increase, and if so, how much and how quickly?

As military veterans, we have the good fortune to rely on retirement pay (for some), disability pay (for some) and medical facilities, medicines, durable equipment, etc.

Another of the options is dealing with the emotional aspect of retirement. A counselor friend of mine was divorced, had no pet(s), hobby, outside interests, but he had no employment, due to retirement and it was driving him crazy. Hopefully, we veterans have interests and activities which we can enjoy during our retirement.

One of those interests is our own membership in the American Legion and all it has to offer us and others.

Retirees have the freedom to engage in volunteerism, re-entering the job market, strengthening religious, family, friends and neighborhood ties.

Finally, as retirees, we should take it upon ourselves to educate/warn others coming along about the pros and cons of retirement, as many Americans are ill-prepared for retirement.

I am wishing our retirees a long, enjoyable and worthwhile retirement and for those not retired (and not wanting to), I wish you the best, also.

Bob Green

770-786-8702

NEXT DOOR

Nextdoor is a privately-held company based in San Francisco, California. The company was founded in 2008 and launched in the United States in October 2011, and is currently available in 11 countries: the United States, the United Kingdom, France, Germany, the Netherlands, Italy, Spain, Australia, Denmark, Sweden, and Canada. It provides social networking service for people that helps people communicate with their neighbors. This is free, and it's easy to sign up. Users of Nextdoor submit their real names and addresses (or street without the exact number) to the website; posts made to the website are available only to other Nextdoor members living in the same neighborhood. It provides a way to build relationships with neighbors without knocking their doors. It develops an app that people can download and use on their phones. By using the Nextdoor app, you can discuss anything with your neighbors, such as organize a hike with neighbors, release a second-hand trading information, recommend your favorite restaurants, and share your travel experience. There were over 10 million users as of February 2018.

If interested in this, check into your local Nextdoor. Visit www.nextdoor.com.

Beware there is much commercialism, but you can use this site in many ways.

VETERANS HEALTH BENEFITS HANDBOOK

The Department of Veterans Affairs (VA) is committed to informing enrolled Veterans about VA health benefits and services they have earned and deserve. All new enrollees will receive a personalized [Veterans Health Benefits Handbook](#), generally two weeks after enrollment has been confirmed. The handbooks are tailored specifically for each Veteran and provide detailed, updated information about the VA health care benefits the Veteran may be eligible to receive, such as medications, prosthetics and dental care.

[The handbook](#) also provides answers to common questions, contact information for the Veteran's preferred facility, instructions on how to schedule appointments, information regarding the Affordable Care Act, the Veteran's copay responsibilities, if any, and much more.

When you receive a new, replacement Handbook, we encourage Veterans to destroy their old handbook by cutting it up or shredding it, since the handbook contains personal information.

For information about the Handbook or to request a replacement, contact at 1-877-222-8387.

INDEPENDENCE DAY

Independence Day...no, not [the great movie](#) and not when the bank and post office closes, but a national holiday on which we should celebrate and appreciate the birth of our nation, a unique experiment in self-government, but at a cost in human lives.

In the past, we had no compunction to gathering at celebrations, watching and participating in parades, getting together with friends, but a pandemic has limited our gatherings and human contacts.

If you look into the history of our founding as a nation, you would see a few instances in which, but for the grace of God, there would have been failure and the words to the strains of "My Country Tis of Thee" would have been replaced by "God Save the Queen".

In the notes of Dr. James McHenry, one of Maryland's delegates to the Constitutional Convention, a lady asked Dr. **Franklin** "Well Doctor what have we got, a republic or a monarchy." **Franklin** replied, "A republic . . . if you can keep it." That was our challenge then, now, and in the future.

Not all Americans have registered to vote and not all registered voters vote, and not all who vote are well-informed, but we have managed to get along, so far.

As we commemorate Independence Day, let us veterans share its importance with others so that we might continue to maintain our Republic (no, it is not a Democracy).

Wishing you and yours a meaningful July 4th! —*Bob*

The American Legion Membership Application

LEGION ACT

(Name) (Date of Birth)

(Mailing Address) (Phone Number)


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

(E-mail) Male Female (Gender) (Dues)

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	



Signature of applicant Date Name of recruiter

30-009

Receipt of Dues
(Please Print)

From _____ for 20____ Post # _____

\$ _____

Recruiter's Name

Recruiter's Signature

Recruiter's Phone #

Dear American Legion Family Members and Friends,

In this era of uncertainty, one thing remains absolute: No community service organization responds more effectively [in times of despair than The American Legion](#).

The coronavirus has placed barricades around nearly every facet of our way of life in America. It has halted social gatherings, closed our schools and many businesses, and threatened our nation's blood supply.

[But American Legion Family members](#) have admirably served our communities, states and nation through this turbulent time. And perhaps there was no greater evidence of this than on our most hallowed holiday, Memorial Day.

Post members were active in their communities by making sure that flags adorned the graves of veterans. In Bozeman, Mont., American Legion Post 14 placed more than 2,500 flags on gravesites. "It's a pretty special time to gather with others in this community and it gives us all, especially those of us who've served, a moment to thank the community for the way they support us year after year when we do the events this week," [Post 14 Legionnaire Rick Gale said](#).

Legion Family members and community friends from around the nation joined me in honoring the fallen at dusk [in the first Candles of Honor](#). I look forward to growing this into an annual tradition.

And American Legion posts continued to help families [get food safely](#).

Flag Day, too, will be a different celebration this year. Gone will be face-to-face lessons in flag etiquette that Legionnaires regularly provide to Sons of The American Legion members, Boy Scouts and other youth groups. And Flag Day ceremonies will be different, perhaps virtual or scaled back to adhere to social distancing norms.

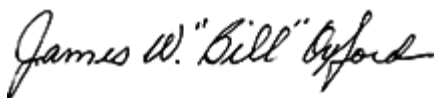
But these obstacles won't deter The American Legion from continuing to serve our communities. We adapt. We overcome.

Keep sharing the stories of how your post is persevering during these challenging times [on our Legiontown page](#) and let us know how you [plan to honor Flag Day this year](#).

There are many other ways that Legionnaires can have a meaningful impact on their communities while adhering to social distancing guidelines. Among them:

Keep checking on veterans in your communities to see if they need any assistance. If you have not already, please reference the [new Buddy Check kit](#), which has been enhanced to better serve senior members of our veteran community, who are at the highest risk of COVID-19.

Work with your local American Red Cross chapter on [sponsoring a blood drive](#) to help fill the critical need.
Stay safe, my friends and comrades.



James W. "Bill" Oxford
National Commander

CONTACTS

Many or most citizens are not able to name their state and federal senators and representatives, let alone, contact them, so: <https://www.congress.gov/>

Georgia's 1st district: [Buddy Carter](#) (R) (since 2015)

Georgia's 2nd district: [Sanford Bishop](#) (D) (since 1993)

Georgia's 3rd district: [Drew Ferguson](#) (R) (since 2017)

Georgia's 4th district: [Hank Johnson](#) (D) (since 2007)

Georgia's 5th district: [John Lewis](#) (D) (since 1987)

Georgia's 6th district: [Lucy McBath](#) (D) (since 2019)

Georgia's 7th district: [Rob Woodall](#) (R) (since 2011)

Georgia's 8th district: [Austin Scott](#) (R) (since 2011)

Georgia's 9th district: [Doug Collins](#) (R) (since 2013)

Georgia's 10th district: [Jody Hice](#) (R) (since 2015)

Georgia's 11th district: [Barry Loudermilk](#) (R) (since 2015)

Georgia's 12th district: [Rick W. Allen](#) (R) (since 2015)

Georgia's 13th district: [David Scott](#) (D) (since 2003)

Georgia's 14th district: [Tom Graves](#) (R) (since 2010)

STATE SENATORS

[Kelly Loeffler](#) (Republican Party)

[David Perdue](#) (Republican Party)

EMERGENCIES

Consider this AARP list for an emergency Go-Bag:

- 1. Basic electronics** Pack an extra phone charger in case you're fortunate enough to have electricity, and a portable battery pack in case you're not. Also stash a long-lasting LED flashlight. Pack a small hand-cranked or battery-operated AM/FM radio (with extra batteries).
- 2. Personal needs** While getting ready for a typical day, list every toiletry you use, then buy a [travel-size version](#) of each. Pack backup eye-glasses, as well as a first-aid kit, baby wipes and a multipurpose tool with a knife and can opener.
- 3. Clothing** Pack a few days' worth. Include layers you can add or remove, plus lightweight rain gear and waterproof boots.
- 4. Your meds** Pack about three days' worth of each of your [prescriptions](#), which should last until you can get to a pharmacy that's open. If you need larger items, such as an oxygen tank, make sure you have a portable version.
- 5. The perfect bag** Think small and portable. A backpack is ideal, but a lightweight suitcase with wheels will also do. Just remember, you may literally be running with it.
- 6. Paperwork** Fill a zip-top waterproof bag with photocopies of your birth certificate; driver's license; Social Security and Medicare cards; power of attorney and will; any marriage, adoption or naturalization certificates; proof of address; insurance, medical and immunization records; and information about your credit and ATM cards.
- 7. Food and drink** Bottled water is essential. Granola or energy bars are great because they are small and filling, and they come in a variety of flavors.
- 8. Cash** In addition to enough money for a few days, include small bills and a roll of quarters. If you need to buy something out of a vending machine, you don't want to start asking equally desperate strangers for change.