



LARRY A HOFF ePOST 2100

Issue #23 FEBRUARY 2015

COMMUNICATION IS POWER



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

OUR NEXT MEETING

February 19th, at 7:30, is slated for our next tele-meeting using ooVoo .

I am **robertgreen00109**

Our tele-meeting is provided for you to learn about and have input regarding our Post.

Have you visited Our Web site?

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

CONTACT TED RICHARDS

tkr1258@gmail.com 404-754-0415 OR

BOB GREEN (770) 786-702

rgreen1@greenunicorn.com

Department of Georgia (DOG) Legion Conference (June 26-28 in Dalton).

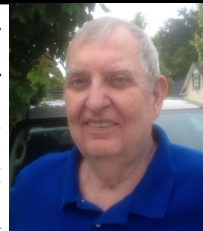
Let your voice be heard, find out what is going on & share your ideas. Tons off stuff can be found on the web about this. I wanted to give some of my insight. Many DOG topics are being discussed and happen and if you are not there many times you will not know is going on. The first time I heard anything about a GA ePost was from Larry Hoff at a conference in Macon.

Our National Commander, Michael D. Helm of Nebraska, will visit our Department during the period of March 26-29, 2015. He will be our guest at the Spring Conference / American Legion Department College at The Atlanta Marriott Northwest Hotel in Marietta, Georgia. This is a great opportunity to accomplish two things at once. As always your support in attendance at the Spring Conference / Department Legion College would be greatly appreciated. The 26th will be a DEC meeting and mostly a travel day. Probably the best day will be the 27th main meeting. 28th start of Legion training. 29th (Sunday) graduation our past adjutant prayer & current state chaplain Elliott Foss and travel home. The closer we get, Ted, our current adjutant should be able to put out additional information.

Put it on your calendar, if you can! *Paul*

COMMANDER'S CORNER

Here we are at the end of January, looking at our February agenda. Well, I am sitting in the Winder public library typing away on a pubic computer because I can't find my laptop among many boxes that are still unpacked and unmarked. I finally can park my car in the garage, but just barely. My office has 3 printers unpacked, 2 desktops unpacked and none working at this time.



My wife has more important projects for me at this time so I am slowly getting a 3-bedroom house setup from a 5-bedroom house which had one bedroom as a huge office. Ah, the simple retirement life. It is time for a cruise. I have a February 8 meeting in Ellijay or somewhere and our anniversary of 48 years is right there, so I believe a cruise will trump the Legion meeting. Any volunteers for representing our Post? Now is the time to speak up.

Chuck had a Lady contact me from the Lady Honda Gold Wings Motorcycle club looking for opportunities to help veterans and we talked about joint ventures and receiving donations from them! Excellent work, Chuck!

I have a \$30 donation from Red Lobster [gift cards] and membership dues from Mike Fuino \$25 which I will forward to Chuck. They were packed in my briefcase, thus lost in the move for a while.

Ted, will you be so kind as forward a few dates in February and March, excluding the 1-17 Feb, for Fort Benning excursion?

I also need suggestions for Senior Vice ASAP ! Other vacant posts need to be filled, as well.

In your travels, check out elder homes we might give a presentation to, especially active communities or just normal apartments for older self-sustained couples, etc.

Ed

MEMBERSHIP ELIGIBILITY 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 Commander Ed McMillan or Adjutant, Ted Richards.

FLORIDA'S CYBER POST



The American Legion
Department of Florida
Cyberpost 208

The future of the Nation's Largest Veterans' Organization

RALLY POINT MY PAGE LEGIONNAIRES PHOTOS VIDEOS FORUM EVENTS GROUPS BLOGS CHAT DEPARTMENT

please renew your membership!!!

Post 208 Members!! Please Renew your membership! Membership renewal is simple! Follow this link to Online Membership Renewal!!

If you prefer to do it the old fashion way feel free to contact Irene or Joann at the Department HQ at 407.295.2631.

Membership is everyone's responsibility!!

give us feedback!!

What do you like about the post? What do you dislike? What would you change? How can we inspire members to take action? Let us know. Give us feedback at jcooper@floridalegion.org or jmullenx@floridalegion.org. We'd love to hear from you!

latest activity

Post 208 posted a blog post

Welcome to the American Legion - Dept of FL - Cyberpost 208
Sign Up or Sign In

Online Cyber Post of the American Legion Dept of FL

renew your membership online!!

It is now possible to renew your membership to the American Legion, and Post 208 online! To do so, simply follow this link.

<http://cyberpost208.floridalegion.org/>

CHICAGO'S CYBER POST

Members of American Legion Post 623 say they see themselves as a "cyber post," largely because of this drastic shift in what it means to be part of a community. They do not have a building or formal space to meet, preferring to use the web as a base of operations and rent out space from another American Legion post to host in-person events.

<http://news.medill.northwestern.edu/chicago/news.aspx?id=229346>



Which month has twenty-eight days?

ALL of them!

I could not resist that oldie.



Regarding the passing of days, do you keep an electronic (Word/Pages) diary/log? Why do so?

- ◆ It can be searched using key words.
- ◆ It can be printed.
- ◆ Text can be enlarged and emphasized.
- ◆ It can assist recall of events and facts.
- ◆ Text can be copied into E-mail and letters.
- ◆ You can use Copy/Paste to avoid typos.
- ◆ It is a mini data base.
- ◆ Unlimited pages.

I use mine to list serial/model numbers, medications, installation dates, phone numbers, conversations, talking points for customer support and for recall for my failing memory.

You might come up with several other ways to use the daily diary or log.

However, if you do not use it, you lose out on all the benefits.

Bob

rgreen1@greenunicorn.com

LEGION WEB SITE

From time to time, check out our national Web site, <http://www.legion.org/>.

There is a wealth of information there, and you can use the Search field in the upper right to perhaps help you find stuff.



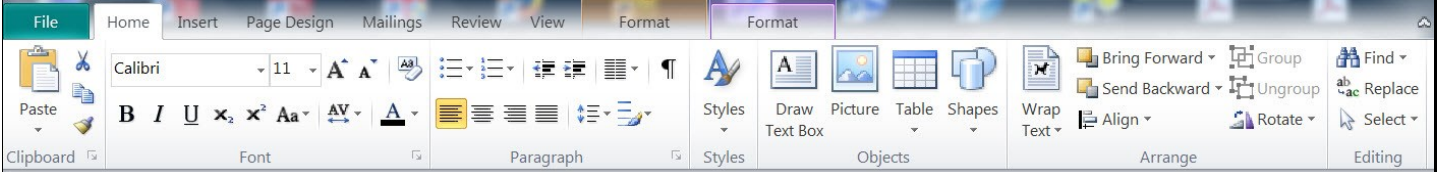
CONNECT [f](#) [t](#) [v](#) [y](#) [p](#) [i](#) [g](#)

SEARCH

FIND [A POST](#) [A SERVICE OFFICER](#)

SIGN IN [www.legion.org](#) [MyLegion.org](#)
[Baseball Teams](#) [MySal.org](#)

E-MAIL ENHANCEMENTS



This may be of no use to some of us, but for others, it might be helpful, so...

You can emphasize text in the body of E-mails. Highlight the text you want emphasized, then left-click on the menu item such as B for bold, I for Italic, U for underline, colors, etc., just as you might do for text in a word processor. The size option can be useful at times, too.

By the way, some folks use a word processor to compose text for the body of E-mails to not only check spelling/typos, but, also, check for correct grammar.

Most viruses are transmitted by attachments, so some people do not open attachments, as nefarious people hijack a person's address book so the bogus E-mail has that trusted sender's name/address. If possible, include a photo or copied text into your E-mail's body to avoid sending an attachment. You can use a scanner to copy photos/text and then insert the photo in the E-mail.

Be sure to use the Bcc... (not To...) when sending E-mail to hide addresses of others in the mailing.

If you want, you might delete the > in forwarded E-mails. I have seen some with >>>> per line.

Remember, you can insert (copy/paste URLs) external links in your E-mail to share references from your text.

Besides inserting photos in your text, you may find that using clip art can enhance bland text.

HELPFUL SITES, MAYBE?

THIS OLD HOUSE:

<http://www.thisoldhouse.com/toh/>

DO IT YOURSELF:

<http://www.doityourself.com/>

HOME DEPOT:

<http://www.homedepot.com/>

LOWE'S:

<http://www.lowes.com/>

REMEMBER, UNDERLINED TEXT USUALLY LINKS TO OUTSIDE SOURCES, SO CLICK ON THOSE TO GET FURTHER INFORMATION.

OUR TV COMMERCIAL

Have you seen the TV spots featuring The Oak Ridge Boys from our American Legion promoting supportlegion.org? It was tastefully well done in order to not only get the points across, but to solicit monthly funding for the efforts.

In case you missed the spots, they were asking for \$19/month (63 cents/day) to help our veterans and their families:

<https://www.supportlegion.org/>.

At first, I was suspicious, but our emblem was used so I checked with our Legion's Judge Advocate's assistant, Mary Kay Rutledge, who confirmed the site and appeal are *bona fide* (genuine).

NO-PAIN FUNDRAISER

[https://www.kroger.com/
communityrewards](https://www.kroger.com/communityrewards)

YOUR PHOTO SECURITY

[http://www.youtube.com/embed/
xvZF-yP ceU?
feature=player_detailpage](http://www.youtube.com/embed/xvZF-yP ceU?feature=player_detailpage)

POST OFFICERS

COMMANDER 770-757-6136	ED MCMILLAN
SENIOR VC	BARTON IMMINGS
JUNIOR VC 770-786-8702	BOB GREEN
JUNIOR VC	MARK FENLEY
JUNIOR VC	PAUL AUST
FINANCIAL OFFICER 706-219-4209	CHUCK GOETZ
JUDGE ADVOCATE	KIB SHOREY
EXEC COMMITTEE	LES GREEN
EXEC COMMITTEE	PHIL GALANTI
ADJUTANT 404-754-0415	TED RICHARDS
CHAPLAIN 770-355-2320	MICHAEL FUINO
SGT-AT-ARMS	HERSCHEL PILCHER
SERVICE OFFICER 404-944-5281	PHIL GALANTI

OUR WEB PRESENCE

Our Post's Web site: <http://epost2100.org/>

Our Post's Facebook Page: [https://
www.facebook.com/ePost2100?fref=ts](https://www.facebook.com/ePost2100?fref=ts)



Bob prepared a PPT slide show about our cyber Post to residents of Hearthside Johns Creek.



Ed presided over our program.

PETE MECCA'S NEW TV SHOW

Sean Kimball, the production coordinator of our local Channel 23, and I have been working on the TV production of "A Veteran's Story." So far, we've taped 4 shows. Sean gave me credit as the "Producer" but I will give credit where credit is due: Sean did 90% of the work, and did a great job

vimeo.com/116554788

Pete Mecca

THE DAY THE MUSIC STOPPED

When the Music Stopped... (For those who are unaware: At all military base theaters, the National Anthem is played before the movie begins.)

This was written from a Chaplain in Iraq:

I recently attended a showing of 'Superman 3' here at LSA Anaconda. We have a large auditorium we use for movies, as well as memorial services and other large gatherings.

As is the custom at all military bases, we stood to attention when the National Anthem began before the main feature. All was going well until three-quarters of the way through The National Anthem, the music stopped.

Now, what would happen if this occurred with 1,000 18-22 year-olds back in the States?

I imagine there would be hoots, catcalls, laughter, a few rude comments, and everyone would sit down and yell for the movie to begin. Of course, that is, if they had stood for the National Anthem in the first place.

Here in Iraq, 1,000 Soldiers continued to stand at attention, eyes fixed forward. The music started again and the Soldiers continued to quietly stand at attention. But again, at the same point, the music stopped. What would you expect 1000 Soldiers standing at attention to do?? Frankly, I expected some laughter, and everyone would eventually sit down and wait for the movie to start.

But No!!... You could have heard a pin drop, while every Soldier continued to stand at attention.

Suddenly, there was a lone voice from the front of the auditorium, then a dozen voices,

and soon the room was filled with the voices of a thousand soldiers, finishing where the recording left off: "***And the rockets' red glare, the bombs bursting in air, gave proof through the night that our flag was still there. Oh, say does that Star Spangled Banner yet wave, o'er the land of the free, and the home of the brave.***"

It was the most inspiring moment I have had in Iraq and I wanted you to know what kind of Soldiers are serving you. Remember them as they fight for us!

Pass this along as a reminder to others to be ever in prayer for all our soldiers serving us here at home and abroad. Many have already paid the ultimate price.

Written by Chaplain Jim Higgins LSA Anaconda is at the Ballad Airport in Iraq, north of Baghdad.

Please share only if you are so inclined.

God Bless America and all of our troops serving through out the world.

OUR BODIES, HEALTH AND LIFE

The Human Body is a treasure trove of mysteries -- one that still confounds doctors and scientists about the details of its working. It's not an overstatement to say that every part of your body is a miracle. Here are 50 facts about your body, some of which may leave you stunned.

1. It's possible for your body to survive without a surprisingly large fraction of its internal organs. Even if you lose your stomach, your spleen, 75% of your liver, 80% of your intestines, one kidney, one lung, and virtually every organ from your pelvic and groin area, you wouldn't be very healthy, but you would live.

2. During your lifetime, you will produce enough saliva to fill two swimming pools. Actually, saliva is more important than you realize. If your saliva cannot dissolve something, you cannot taste it.

3. The largest cell in the human body is the female egg and the smallest is the male sperm. The egg is actually the only cell in the body that is visible by the naked eye.

4. The strongest muscle in the human body is the tongue and the hardest bone is the jawbone.

5. Human feet have 52 bones, accounting for one quarter of all the human body's bones.

6. Feet have 500,000 sweat glands and can produce more than a pint of sweat a day.

7. The acid in your stomach is strong enough to dissolve razor blades. The reason it doesn't eat away at your stomach is that the cells of your stomach wall renew themselves so frequently that you get a new stomach lining every three to four days.

8. The human lungs contain approximately 2,400 kilometers (1,500 mi) of airways and 300 to 500 million hollow cavities, having a total surface area of about 70 square meters, roughly the same area as one side of a tennis court. Furthermore, if all of the capillaries that surround the lung cavities were unwound and laid end to end, they would extend for about 992 kilometers. Also, your left lung is smaller than your right lung to make room for your heart.

9. Sneezes regularly exceed 100 mph, while coughs clock in at about 60 mph.

10. Your body gives off enough heat in 30 minutes to bring half a gallon of water to a boil.

11. Your body has enough iron in it to make a nail 3 inches long.

12. Earwax production is necessary for good ear health. It protects the delicate inner ear from bacteria, fungus, dirt and even insects. It also cleans and lubricates the ear canal.

13. Everyone has a unique smell, except for identical twins, who smell the same.

14. Your teeth start growing 6 months before you are born. This is why one out of every 2,000 newborn infants has a tooth when they are born.

15. A baby's head is one-quarter of its total length, but by the age of 25 will only be one-eighth of its total length. This is because people's heads grow at a much slower rate than the rest of their bodies.

16. Babies are born with 300 bones, but by adulthood the number is reduced to 206. Some of the bones, like skull bones, get fused into each other, bringing down the total number.

17. It's not possible to tickle yourself. This is because when you attempt to tickle yourself you are totally aware of the exact time and manner in which the tickling will occur, unlike when someone else tickles you.

18. Less than one third of the human race has 20-20 vision. This means that two out of three people cannot see perfectly.

Continued on Page 7

19. Your nose can remember 50,000 different scents. But if you are a woman, you are a better smeller than men, and will remain a better smeller throughout your life.
20. The human body is estimated to have 60,000 miles of blood vessels.
21. The three things pregnant women dream most of during their first trimester are frogs, worms and potted plants. Scientists have no idea why this is so, but attribute it to the growing imbalance of hormones in the body during pregnancy.
22. The life span of a human hair is 3 to 7 years on average. Every day the average person loses 60-100 strands of hair. But don't worry, you must lose over 50% of your scalp hairs before it is apparent to anyone.
23. The human brain cell can hold 5 times as much information as an encyclopedia. Your brain uses 20% of the oxygen that enters your bloodstream, and is itself made up of 80% water. Though it interprets pain signals from the rest of the body, the brain itself cannot feel pain.
24. The tooth is the only part of the human body that can't repair itself.
25. Your eyes are always the same size from birth but your nose and ears never stop growing.
26. By 60 years of age, 60% of men and 40% of women will snore.
27. We are about 1 cm taller in the morning than in the evening, because during normal activities during the day, the cartilage in our knees and other areas slowly compress.
28. The brain operates on the same amount of power as 10-watt light bulb, even while you are sleeping. In fact, the brain is much more active at night than during the day.
29. Nerve impulses to and from the brain travel as fast as 170 miles per hour. Neurons continue to grow throughout human life. Information travels at different speeds within different types of neurons.
30. It is a fact that people who dream more often and more vividly, on an average have a higher Intelligence Quotient.
31. The fastest growing nail is on the middle finger.
32. Facial hair grows faster than any other hair on the body. This is true for men as well as women.
33. There are as many hairs per square inch on your body as a chimpanzee.
34. A human fetus acquires fingerprints at the age of three months.
35. By the age of 60, most people will have lost about half their taste buds.
36. About 32 million bacteria call every inch of your skin home. But don't worry, a majority of these are harmless or even helpful bacteria.
37. The colder the room you sleep in, the higher the chances are that you'll have a bad dream.
38. Human lips have a reddish color because of the great concentration of tiny capillaries just below the skin.
39. Three hundred million cells die in the human body every minute.
40. Like fingerprints, every individual has an unique tongue print that can be used for identification.
41. A human head remains conscious for about 15 to 20 seconds after it has been decapitated.

Continued on Page 8

42. It takes 17 muscles to smile and 43 to frown.

43. Humans can make do longer without food than sleep. Provided there is water, the average human could survive a month to two months without food depending on their body fat and other factors. Sleep deprived people, however, start experiencing radical personality and psychological changes after only a few sleepless days. The longest recorded time anyone has ever gone without sleep is 11 days, at the end of which the experimenter was awake, but stumbled over words, hallucinated and frequently forgot what he was doing.

44. The most common blood type in the world is Type O. The rarest blood type, A-H or Bombay blood, due to the location of its discovery, has been found in less than hundred people since it was discovered.

45. Every human spent about half an hour after being conceived, as a single cell. Shortly afterward, the cells begin rapidly dividing and begin forming the components of a tiny embryo.

46. Right-handed people live, on average, nine years longer than left-handed people do.

47. Your ears secrete more earwax when you are afraid than when you aren't.

48. Koalas and primates are the only animals with unique fingerprints.

49. Humans are the only animals to produce emotional tears.

50. The human heart creates enough pressure to squirt blood 30 feet in the air.

There comes a time in life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh, forget the bad, and focus on the good.

So, love the people who treat you right.

Think good thoughts for the ones who don't.

Life is too short to be anything but happy.

Falling down is part of LIFE...Getting back up is LIVING...

These were sent to me from a respected source/person, but not verified.

--Bob

MAINTAIN AMERICAN LEGION MEMBERSHIP

If dues are not paid by January 1st of each calendar year, the member becomes DELINQUENT. The individual is not a Legionnaire in good standing and privileges are lost.

If dues are not paid by February 1st, the member is SUSPENDED, but nevertheless, a member with no privilege except that of reinstatement by vote of the Post and payment of dues; and dues not being paid, such membership continues for a period of 5 months, to June 30th, at which time the member is dropped from the roll by constitutional mandate and their membership forfeited.

The most expedient method to reinstatement is to simply call/email the Adjutant (Ted Richards (404) 754-041) and make arrangements.

Ted

NO HASSLE FUND-RAISER

I RECEIVED THIS FROM Kroger:

Congratulations on your enrollment into our Kroger Community Rewards Program. Your participants may begin enrolling online 48 hours after receipt of this email. Just go to the appropriate website mentioned below and begin enrolling. **You have been assigned a new NPO number 72481.** Please refer to this number in all future correspondence.

TO USE THE KROGER COMMUNITY REWARDS PROGRAM:

Simply encourage your members to register online at krogercommunityrewards.com.

- ⌚ Be sure to have your Kroger Plus card handy and register your card with your organization after you sign up.
- ⌚ If a member does not yet have a Kroger Plus card, please let them know that they are available at the customer service desk at any Kroger.
- ⌚ Click on Sign In/Register
- ⌚ Most participants are new online customers, so they must click on SIGN UP TODAY in the 'New Customer?' box.
- ⌚ Sign up for a Kroger Rewards Account by entering zip code, clicking on favorite store, entering your email address and creating a password, agreeing to the terms and conditions
- ⌚ You will then get a message to check your email inbox and click on the link within the body of the email.
- ⌚ Click on My Account and use your email address and pass-word to proceed to the next step.
- ⌚ Click on Edit Kroger Community Rewards information and input your Kroger Plus card number.
- ⌚ Update or confirm your information.
- ⌚ Enter NPO number or name of organization, select organization from list and click on confirm.
- ⌚ To verify you are enrolled correctly, you will see your organization's name on the right side of your information page.
- ⌚ REMEMBER, purchases will not count for your group until after your member(s) register their card(s).
- ⌚ Do you use your phone number at the register? Call 800-576-4377, select option 4 to get your Kroger Plus card number.
- ⌚ Members must swipe their registered Kroger Plus card or use the phone number that is related to their registered Kroger Plus card when shopping for each purchase to count.

Thank you, The Community Rewards Team

=====

(You do not have to CHARGE on the card, just use it to scan when buying at Kroger, like their gasoline!)

Bob

**SUBMIT THE MEMBERSHIP APPLICATION, BELOW, DD-214 AND CHECK FOR
\$25.00**

TO: CHUCK GOETZ

706-219-4209

675 WASHBOARD ROAD, CLEVELAND, GA 30528

Your Name (required)

Email (valid email required)

Phone Number (required)

Mailing Address (required)

City (required)

State (required)

Zip Code (required)

\$25.00 Membership Fee

Please check the Appropriate eligibility dates and branch of service :

Aug 2, 1990 - Cessation of hostilities as determined by the U.S. Government
 Dec. 20, 1989 - Jan. 31, 1990
 Aug.24 1982 to July 31, 1984
 Feb. 28, 1961 - May 7, 1975

June 25, 1950 - Jan. 31, 1955
 Dec. 7, 1941 - Dec. 31, 1946
 April 6, 1917 - Nov. 11, 1918

U.S. Army
 U.S. Navy
 U.S. Air force
 U.S. Marines

U.S. Coast Guard
 Merchant Marines
12/7/41 - 8/15/45 (Only Eligibility)