



LARRY A HOFF ePOST 2100

Issue #22 JANUARY 2015

COMMUNICATION IS POWER



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

OUR NEXT MEETING

January 15th, 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

OR

BOB GREEN

rgreen1@greenunicorn.com

(770) 786-8702

COMMANDER, CONTINUED

ing with the spouses of wounded veterans who the spouses are giving continuous care to and need a break, once in a while, for the spouse and veteran to get out for a movie, dinner etc. or just the spouse. We could help secure donations. They have an Atlanta chapter and we can certainly aid them in many ways without having to use our meager funds. It would also give us a cause to ask for grant money.

(continued on Page 2)

COMMANDER'S CORNER

Here we are at the start of another year! It seems 2014 flew by and was full of both downturns and upturns for our Post. We had a change of command, and as a result, this year we have lost a few members. On the plus side, of the members we have gained, many have been very involved in our Post and contributing their time and talents for the common good. Of course, our 'regulars', Bob Green, Chuck Goetz, Ted Richards, Mark Fenley, Les Green and Paul Aust, have been with the Post from the start and are at almost all post meetings and most hold very important positions in the operation of the Post. Our new additions (Phil Galanti, Cecil Jenkins, Randi Williams and Mike Fuino – Chaplain-elect) have or will be contributing as they can. Our Chaplain is having an operation this week so he will not be able to attend, but he will be starting the new year with us. He sends his regrets, but since we have been absent a chaplain, I have been standing in and another month will be ok. Randi is an extremely busy parish nurse but has contributed ideas with her dad (Cecil) and does what she can. Phil and Cecil are doing great work for the Post.



I truly hope every one of you and your families had a wonderful Christmas and Hanukkah. Our Christmas was great. We always enjoy our family get together, which was the 14th with my brothers and all (40 or so).

Looking forward to 2015, we want to schedule a Fort Benning trip for the middle to end of January-early February, and just do it. I have a January 13th event scheduled for a meet and greet with veterans, spouses and widows of veterans at a Johns Creek active adult community. We have been trying to work this out since Veterans Day, to no avail. A slide show of some patriotic scenes with music presentation would be great. If anyone knows of how to do this, let me know. Two people and I could do this ideally or at least one other person. I hope to get a representative from Hugs for Soldiers there as well. They mentioned bringing goody bags for November. Perhaps someone would know two or three musicians who could donate an hour at 1 pm.

Another project for 2015 is working with Hearts for Valor, which is help-

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.

Commander, continued from Page 1

Now let's talk about the Auxiliary. If the ladies at Johns Creek are interested, we can use that location as a base and outlying members can use the Internet just as we do. Bob can train me and some other volunteer to run the meeting from somewhere and make this happen. We are an Internet Post, after all. It is at least worth investigating.

We have a SAL expert in Paul with no assigned duty to 2100, now. We can locate a building somewhere that will work (I can do that). Dee will help as well. We have to give Dee a yes or no by sometime in February. That may well bring in dads, also to our Post.

I'm sure I'm running out of space, but not ideas! I feel good and need to make up for lost time. I truly appreciate you Post members keeping the Post running so smoothly while I was out. It was like I wasn't needn't and that is the way it should be. Thank you so much; you know who you are. I'm indebted to you all.

God Bless,

Ed McMillan

LETTERS TO THE EDITOR

As the muse or spirit moves you regarding veteran-related things in your life, consider sharing via letters to the editor. Yes, I correct spelling and grammar (ha ha).



The start of a new calendar year reminds me of the old saw, "Tomorrow is the first day of the rest of your life."



As we might reflect upon what the past year has wrought, we can see ways in which we might improve our own lives and the lives of others. Maybe not, eh?

Thoughts can be nice, but of no real value unless acted upon. The implementation of the thought is what counts. How might we show by our deeds what we feel inside?

New years resolutions are normally not validated by deeds. They are more like wishes than plans of action.

Have you used introspection to look at yourself in a different light? Have you thought of ways to make your life better? More importantly, have you taken steps to put those thoughts into actions?

It is difficult to change ways of thinking and living, but the efforts can reap wondrous results.

Review this past year's worthy objectives of our ePost and how you could have contributed. We have some fine leadership in our ePost, but that cadre is seldom shown open appreciation of their dedication, hard work and funding.

Fine leaders are of little value unless they have adequate numbers of followers. Fine leaders must pass the baton of leadership to others, but such potential candidates must step forward and make *bona fide* efforts to help our ePost.

Bob

rgreen1@greenunicorn.com

COMPENSATION

This year the Veterans Disability Compensation and Veterans Pension payments will increase by 1.7%.

The increase is based on the 2014 rate of inflation (consumer price index).

Take a look at the VA's rate tables to see what your 2015 Disability and Compensation payments will be at the [2015 Disability Compensation Rates](#) page.

WHAT WE REPEAT AT OUR MEETINGS



I pledge Allegiance to the flag
of the United States of America
and to the Republic for which it stands,
one nation under God, indivisible,
with Liberty and Justice for all.

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To uphold and defend the Constitution of the United States of America;
To maintain law and order;
To foster and perpetuate a one-hundred percent Americanism;
To preserve the memories and incidents of our associations in the
Great Wars;
To inculcate a sense of individual obligation to the community, state
and nation;
To combat the autocracy of both the classes and the masses;
To make right the master of might;
To promote peace and goodwill on earth;
To safeguard and transmit to posterity the principles of justice,
freedom and democracy;
To consecrate and sanctify our comradeship by our devotion to mutual
helpfulness.

LARRY HOFF PINS FOR SALE



Chuck 1-706-219-4209, has 35 Larry Hoff Pins left for sale (at cost), \$5.00. Mine is on my service cap and serves as a very distinctive promo for our ePost 2100.

DEPARTMENT OFFICERS

Commander



Randy Goodman
P.O. Box 1652,
Powder Springs, GA 30127
678-360-8072 (cell)
siugrad1990@aol.com

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

[http://www.galegion.org/assets/
department_officers_-2014_2015-new.pdf](http://www.galegion.org/assets/department_officers_-2014_2015-new.pdf)

WINTERIZE YOUR VEHICLES

To get your vehicles ready for winter, have all the fluids checked and topped off. You can do this yourself or take the car to a garage. Brake fluid, antifreeze, washer fluid (don't add water to the washer fluid tank as it could freeze), power steering fluid, etc. Consult your manual for your vehicle for locations of each reservoir, and types of fluids you

should be using.



Replace your windshield wiper blades. Do this yourself by referring to your car's manual for the right size blades. Check your tires, make sure the air pressure is right. If you haven't done so in awhile, have the tires rotated.

POST OFFICERS

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



Check all your lights. Make sure brake lights, head lights, turn signals, fog lamps, and any other lights have good working bulbs and fuses.

Have an oil change and tune up done to your car - to keep it running smoothly through the winter.



Make sure your car emergency kit is updated. Everyone should have a small bag in the car with a flashlight with good batteries, pocket hand warmers, and a blanket. Check you car emergency essentials too - spare tire, jack, flares, tire iron, etc.

COMMISARY OPERATIONS

OUR WEB PRESENCE

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

Our Post's Facebook Page: <https://www.facebook.com/ePost2100?fref=ts>

House and Senate conferees negotiating a package to fund the Department of Defense through September 2015 have protected commissary operations by restoring 90 percent of a planned \$100 million cut.

HAD A HEALTH EXAM?

Purposes of a periodic health examination

As primary prevention

To identify risk factors for common chronic diseases

To detect disease that has no apparent symptoms (secondary prevention)

As a way for the doctor to counsel people to promote healthy behavior

To update clinical data since last checkup

To enhance the relationship between you and your doctor

VETERAN DISCOUNTS ?

It seldom hurts, when making purchases, buying meals, cars, and hotel/motel accommodations, etc., to inquire if they offer a military or a veteran discount.

Of course, you always carry your American Legion membership card with you, right?

Yes, other discounts might also be available, but never forget your time in service might also help reduce costs.

Therefore, look into your other sources of possible benefits, besides being a veteran.

Another ploy is to just ask if they provide discounts, such as AARP, veteran, credit card, senior citizen, etc.

Bob

USING OOVOO

SITE: <http://www.oovoo.com/home.aspx>

DOWNLOAD: <http://www.oovoo.com/Next.aspx?os=downloadwin>

KNOWLEDGE BASE (HELP): <http://support.oovoo.com/ics/support/KBResult.asp?search->

[For=INSTALL&button=&task=knowledge&basicSearch=1](http://support.oovoo.com/ics/support/KBResult.asp?search-For=INSTALL&button=&task=knowledge&basicSearch=1)

You can take advantage of free ooVoo for your own personal use, not just for our meetings.

Check out features you might not realize are available by perusing the ooVoo site.

At some point, we may outgrow ooVoo. Initially, we were using [GoToMeeting](#), which allowed 24 folks at a time, but it was costly to our small fledgling ePost.

If you know of competitive resources, please let me know: rgreen1@greenunicorn.com.

I am using ooVoo on an iMac, but it runs on other platforms, such as PC, iPad, phone, etc. Check out the site to select your best option(s).

You may need a headset with mic.

ED'S USEFUL LINKS

Veterans Information Web site <http://www.veteransinfo.org/>

Veterans Information Facebook Group <https://www.facebook.com/groups/122517557879338/>

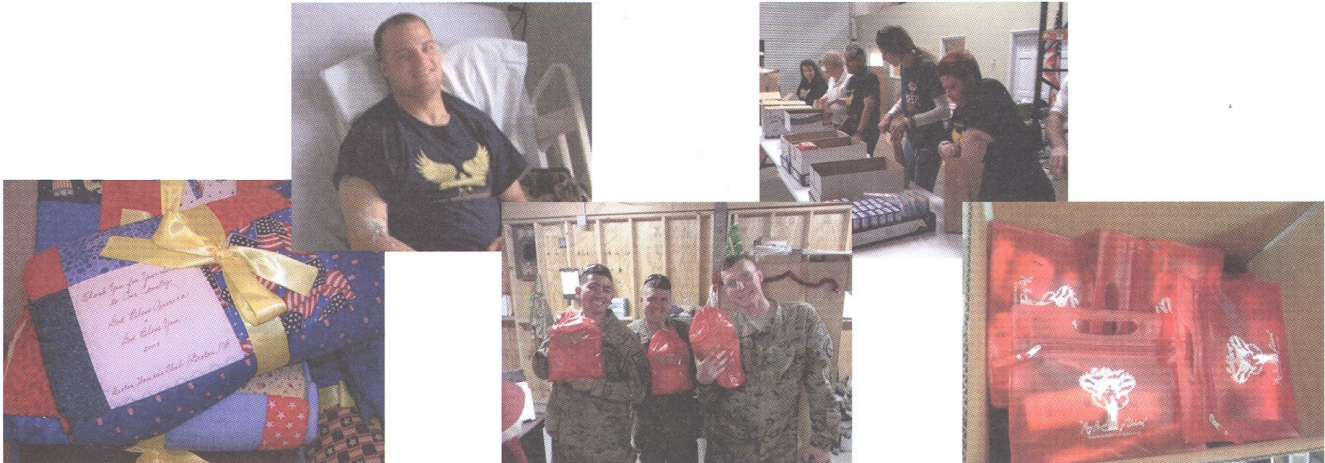
Veterans Information Face Book Page <https://www.facebook.com/VeteransInformation>

Veterans Information Yahoo Group <https://groups.yahoo.com/neo/groups/veteransinfo/info>



Soldiers' Angels

"May No Soldier Go Unloved"



Over 75,000 deployed Georgia troops served for over a decade... now serving thousands of ill, wounded, and homeless veterans in Georgia's VA Hospitals!

**For more information, contact: Dianne Moore, GA Service Area Director
dmoore@soldiersangels.org 770-949-8352 www.soldiersangels.org**

A FITTING TRIBUTE BY THE DUTCH

About six miles from Maastricht, in the Netherlands, lie buried 8,301 American soldiers who died in "Operation Market Garden" in the battles to liberate Holland in the fall and winter of 1944.

Every one of the men buried in the cemetery, as well as those in the Canadian and British military cemeteries, has been adopted by a Dutch family who mind the grave, decorate it, and keep alive the memory of the soldier they have adopted.

It is even the custom to keep a portrait of "their" American soldier in a place of honor in their home. Annually, on "Liberation Day,"

memorial services are held for "the men who died to liberate Holland."

The day concludes with a concert. The final piece is always "Il Silenzio," a memorial piece commissioned by the Dutch and first played in 1965 on the 20th anniversary of Holland's liberation. It has been the concluding piece of the memorial concert ever since.

This year the soloist was a 13-year-old Dutch girl, Melissa Venema, backed by André Rieu and his orchestra (the Royal Orchestra of the Netherlands). This beautiful concert piece is based upon the original version of taps and was composed by Italian composer Nino Rossi.

<http://www.flixyy.com/trumpet-solo-melissa-venema.htm>

20
minutes



Your heart rate and blood pressure drop.

12
hours



The carbon monoxide level in your blood drops to normal.

2 - 3
weeks months



Your circulation improves and your lung function increases.

1-9
months



Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1
year



The excess risk of coronary heart disease is half that of a continuing smoker's.

5
years



Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10
years



The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15
years



The risk of coronary heart disease is that of a non-smoker's.

From The American Cancer Society, [Great American Smokeout](#)

Ooey Goopy Butter Brownies

Preheat oven to 350 degrees

1 Box Brownie or Cake Mix
(any kind - store brand works fine - 9"x13" pan size)*
1 stick butter or margarine, melted
2 eggs

Mix together and spread in bottom of greased 9"x13" pan. (I line mine with aluminum foil.)

1 8-oz. Package of Cream Cheese, softened
2 eggs
1 Box Powdered Sugar

Cream cream cheese until light (don't bother cleaning mixing bowl.) Add eggs, then sugar. Mix well and pour on top of brownie mixture.

Bake at 350 for 45-50 minutes, until topping is golden brown. Don't bother using a cake tester because the topping will be very liquid-y and will run from side to side if the pan is tilted. Cool. (This recipe works best if baked a day ahead of time.) Cut into small squares ... these are VERY rich!

I cut mine 8 times on the long side and 6 times on the short side. I have cut the smaller, but I think this is about the best size. Our son made some for a party when he was about 20 and called the next day and said he knew the why I cut them so small ... nobody could eat a whole one! OH! I also use a plastic knife- they're a LOT less messy for some reason - I used to keep a tall glass of water to dip the metal knife in, but I don't have to do that with the plastic one!

* the chocolatier the better

FROM CHUCK, RE VA CONTACTS

Veterans Affairs Secretary Bob McDonald
Cell phone: 513-509-8454. Make sure when you
make contact... call him Bob.....

Director of the Atlanta VA Medical Center
Ms. Leslie Wiggins
Direct number: 404-728-7601

Ron Hill's friend Mike Roby. Mike is there for all veterans, he will get you in contact with the
proper person.

Assistant Commissioner, Georgia Department of
Veterans Services
404-656-2307
email: mroby@vs.state.ga.us

YOU MAY FIND THIS A USEFUL RESOURCE

<http://www.whitehouse.gov/joiningforces/>

NEW VA LOAN LIMITS RELEASED

The 2015 VA loan limits have been released. On December 9, 2014, the Department of Veterans Affairs announced that the VA's loan limits would be the same as FHFA conforming loan limits.

The limit for most areas where VA loans are available is \$417,000. The highest limit on the FHFA's conforming list is \$625,500, except for Hawaii where special legislation exists for higher limits. Many areas on the VA high-cost list last year had limits exceeding \$625,500 — all the way up to \$1,094,500. By complying with conforming limits, the VA limits are going down in 84 counties of 14 states when compared to 2014.

"Limit" speaks to the amount of loan the VA will back. The VA backs, for the lender, 25 percent of the loan limit in the county, region or territory where the property is located. The word "limit" is a bit misleading, as the VA doesn't actually limit how much you can borrow. That's a figure left to the VA-approved lender, based on factors like an applicant's eligibility, debt-to-income ratio and credit history.



**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)