



LARRY A HOFF ePOST 2100



Issue #27 JUNE 2015

COMMUNICATION IS POWER

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

OUR NEXT MEETING

June 18 at 7:30, is slated for our next tele-meeting using [ooVoo](#) .

On ooVoo, I am **robertgreen00109**

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

Have you visited [Our Web site](#), lately?

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

TED RICHARDS: 404-754-0415

tkr1258@gmail.com

BOB GREEN: (770) 786-702

rgreen1@greenunicorn.com

COMMANDER'S CORNER

As Memorial Day comes to a close, I wonder why our great country does not celebrate our freedom more or is it just a thing of bygone days! It seems our country is becoming a country of can'ts instead of a country of cans! We are allowing our government to give handouts to the undeserving (yes, I said it) and our veterans who earned much more than we are receiving go begging for a pittance. We hear stories on the news, nearly every day, of a veteran being giving a raw deal of why the VA can't do something instead of why they can! Did he give a reason not to move off the beach at Normandy or Guadalcanal or other locations? No. He fulfilled his duty, more often than not, with valor and received a purple heart!



This month of June, we have Flag Day on the 14th, D-day on the 6th and Father's Day on the 21st. The first two, fly your flag and the last, honor your father if he is still with us and if he is a veteran, try and get him to tell his story. Record it if you can. Your grand and great-grand-children will appreciate, one day. Both my father and father-in-law have passed and served in WWII...mine in the Pacific and Pat's in Europe. Both were involved in some rough battles, but came home and we were born. Fortunately, we have a record of their stories, even though my father was somewhat reluctant to tell many details, but over time he succeeded.

Our recent election results are in and official! Most of the results are the same as last year, with very few changes. A few changes were made to the Executive Committee, such as Ted being Judge Advocate as well as Adjutant, and the JAG is on the Executive Council. Herschel Pilcher is on the EC, as well as Dorothy Heintz and Phil Galanti.

For next year, we need to concentrate on projects to get involved with helping more people...following our same mission, primarily. We are vets helping vets to expand help to spouses of deployed or downtrodden vets. Hopefully, we can secure grants for funding from different local and national sources.

We are working on expanding our cyber system to add new locations as a satellite location to us or us hosting for fees another post, partially or fully, on the Web. This can develop into a source of revenue for a VFW and Legion Post, if it works out. For us, it's a simple deal and could set up on a different day, other than ours, unless they join us.

We are also investigating many other revenue streams and recruiting

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FLAG DAY



It is to be expected that an organization dedicated to patriotic service should seek to promote a proper knowledge of, and respect for, the American Flag, and all that it represents.

The Benevolent and Protective Order of Elks has done this in many ways. Perhaps the most effective of its prescribed activities is the Flag Day Service. Each Subordinate Lodge is required to conduct this service, annually, on June 14th, the anniversary of the birth of the American Flag.

If you can, arrange to visit a local Elk Flag Day ceremony.

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.

SUPPORT LEGISLATION

On April 23, 2015, Senator Murray introduced S. 1085, the Military and Veteran Caregiver Services Improvement Act of 2015, and Representative Langevin introduced a similar bill in the House, H.R. 1969. This important measure would extend to all veterans with a serious service-connected injury or illness eligibility to participate in the Department of Veterans Affairs (VA) program of comprehensive assistance to family caregivers of such veterans. Under current law, such eligibility is limited to those veterans who incurred a serious injury, but not an illness, on or after September 11, 2001.

DAV supports this legislation, in alignment with Resolution No. 042, passed at our most recent National Convention, which calls for legislation that would expand eligibility for comprehensive caregiver support services, including but not limited to financial support, health and home-maker services, respite, education and training and other necessary relief, to caregivers of veterans from all eras of military service.

Please use the prepared e-mail, or draft your own message, to request your Senators support this important measure and ask that it be brought to the floor for a vote and passed into law as soon as possible. If you or someone you know could benefit from expansion of this program, please share your story with your Senators.

Once again, thank you for all you do for veterans and their families.

Click the link below to log in and send your message:
<https://www.votervoices.net/BroadcastLinks/VvkhqJ7nYtTVPc4ZXde71A>



My wife and I attended the Tenth District meeting in Statham, GA.

While it was good to see members from Post 32 and 77, it was disheartening to see so few from my former Posts.



What the meeting lacked in attendance, it more than made up for by fervor and camaraderie.

It was noted that, historically, armed forces personnel comprised 5% of our nation. That number is now, one-half of one percent. Also, Boys State may soon cease to exist due to lack of participation.

One member told me that Norway required all males to serve time in their armed forces and I told him that Israel has similar requirements.

It is my contention that more citizens should be serving for a period of time in the armed forces, in some capacity. Most would come out better for the experience, as would America. Do you remember something we once called, the draft? Sequestration will reduce funding, again, which gives me cause for concern. A government's major responsibility is defense of its citizenry, right?

Oh, by the way, not only did I not win the TV set raffled at Tenth District, but we got a flat tire on the way back. Life is tough!


Bob

770-786-8702

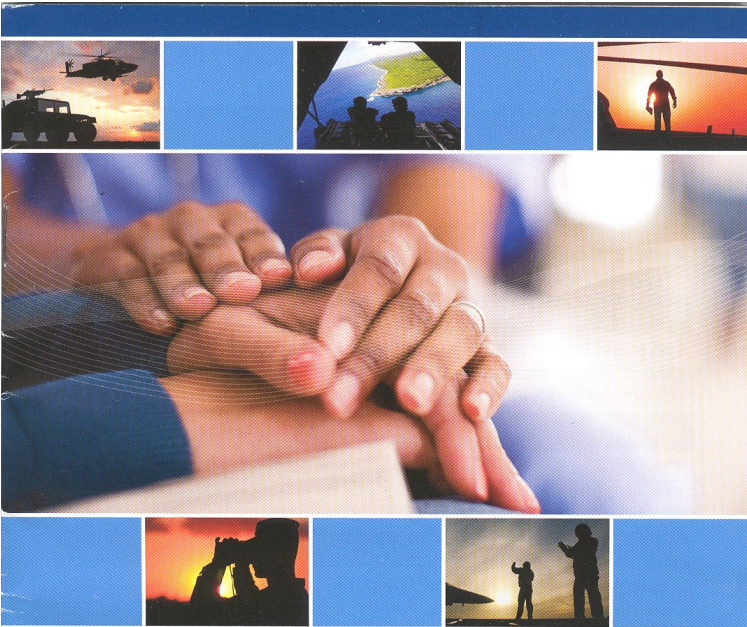
rgreen1@greenunicorn.com

SNIPPING TOOL

At our last meeting, Les used the SNIPPING TOOL to show us his business card example.

If you do not have a way to copy items appearing on your PC monitor, try the free Snipping Tool. 

To find it, use your computer's program search and enter, snip. It should appear and you can right-click on it and send it to your task bar.



Veterans Health Benefits Handbook

VA



U.S. Department of Veterans Affairs
Veterans Health Administration

Have you recently received this 72-page fact-filled and helpful booklet from the VA?

If not, you may want to check into getting the newest copy by calling 1-877-222-8387, Web site: www.va.gov/healthbenefits.

Our Web site, <http://epost2100.org/veterans-assistance-center/>, has many links to services for us veterans.



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

2015-2016 ELECTION RESULTS

ELECTED OFFICERS AND EXECUTIVE COMMITTEE

Commander	Ed McMillan (I)
Senior Vice Commander	Les Green (I)
Junior Vice Commander	Bob Green (I)
<i>Newsletter</i>	
Junior Vice Commander	Mark Fenley (I)
<i>Webmaster</i>	
Junior Vice Commander	Paul Aust (I)
Financial Officer	Chuck Goetz (I)
Judge Advocate	Ted Richards

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Executive Committee	Dorothy Heintz
Executive Committee	Phil Galanti
Executive Committee	Herschel Pilcher

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As per the ePost2100 Constitution and By-Laws, Appointments are at the sole discretion of the Post Commander:

Adjutant	Ted Richards
Service Officer	Phil Galanti
Historian	Ed McMillan
Chaplain	Mike Fuino
Sergeant-at-Arms	Herschel Pilcher

COMMANDER'S CORNER

Commander continued from page 1

methods to make our goals simpler and more efficient.

We have had poor attendance at our meetings, but a normal percentage for most posts. Remember, this is your ePost. We need your input and ideas. So I'm proposing a lunch for June 27 @ 3pm, place to be determined and a list will be sent around of several locations of mid-priced restaurants for your vote. Spouses are encouraged to attend. If you have a favorite, not on the list, keep in mind a location for everyone and e-mail me. If you have not attended one of our lunches, please try and come. We can even get a room for the members if the ladies [not members] want to shop.

Enough for this month. Next month, we celebrate the 4th of July!

Ed

NATIONAL MEMORIAL

<http://www.pbs.org/national-memorial-day-concert/home/>

You may find this Site a way to contribute and to honor our service members and families.

The PBS presentation was both informative and very moving.

God bless America!

POST OFFICERS

COMMANDER 770-757-6136	ED MCMILLAN
SENIOR VC 770-596-5635	LES GREEN
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>

NEED A CAR?

VetCar.org

Are you on the road to self-sufficiency but struggle with transportation? Are you ready to gain access to better employment opportunities and enjoy personal independence? VetCar may be able to help you get there! [Fill out the online application](#) or [download the application here](#). We purchase cars and receive car donations from the public, make them "road ready," and then sell them at affordable prices to eligible families in the Metro Atlanta area.

To qualify for a reduced price or specially financed vehicle, you must meet the following basic criteria:

You must have a verifiable job offer or be currently employed

You must have a current driver's license in the state of GA

You must have a clean driving record (no DWIs/DUIs) and be insurable (insurance is required to take possession of the vehicle)

You must be drug free and have no extensive criminal background

You must be able to cover fees for taxes, tags and title approximately an additional \$500)

You must be able to afford the ongoing cost of car ownership (insurance, fuel and repairs, as needed)

We have two types of vehicle sales: discounted sales to veterans and market rate sales to the general public.

Our main program, sells cars to qualifying low-income veterans for about \$2500. We provide a low-interest loan for qualified recipients regardless of their credit history. The program is primarily serving clients of social-service and job-readiness agencies with which

VetCar has partnerships. VetCar Sales to Public VetCar is working to establish our Public Sales program. These vehicles would be sold at market prices to help supplement the original funding received from the United Way. If you do not meet the requirements of our Special Sales Program and/or do not have a sponsoring agency, our Public Sales may work for you.

Antoinette R. Fields, BSW, SSVF Case Manager, (Supportive Services for Veterans Families) - HOPE Atlanta - Programs of Travelers Aid, 75 Marietta St, Suite 400, Atlanta, GA 30303, Tel. 404-856-3832

Cell 404-989-5359, Fax 404-223-0968, Email - afields@hopeatlanta.org, Website - www.hopeatlanta.org,

Phil Galanti

VETERANS HEALTH BENEFITS HANDBOOK

This month, out of the blue, I received in the mail, my 72-page *Veterans Health Benefits Handbook*. This is a very impressive and fact-filled free publication.

It covered many aspects of which I had known nothing and which could have saved me many needless expenses.

Check out <http://va.gov/healthbenefits/> for on-line information and/or call 1-877-222-8387.

YOUR SUBSCRIPTION

If you are not receiving *The American Legion* magazine, contact:

1-800-433-3318 or cs@legion.org, or

The American Legion

Data Services

P. O. Box 1954

Indianapolis, IN 46206

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If you wish to submit an article, contact:

1-317-630-1272 or magazine@legion.org.

CAN YOU READ THIS?

Remember, this newsletter is in a format

that allows you to

ENLARGE the text.

You can also select portions and save and/or print them! And, yes, this pdf attachment can also be sent to others.

IMPORTANT

A friend sent this to me and I felt it is one of the most important emails I've ever received or sent.

The message comes across loud and clear, though many may dismiss its importance.

The Backwards Brain Bicycle

<https://www.youtube.com/embed/MFzDaBzBIL0>



Bob

NEVER TOO OLD?

<https://www.youtube.com/embed/7tyT4gIkVbs>



I sent a friend a PowerPoint attachment, but he said he could not open it.

I renamed the file's .pps to .ppt and he was able to open it.

VA HEALTH POCKET CARD

The Department of Veterans Affairs (VA) has created a Military Health History pocket card with a comprehensive list of questions to help clinicians understand the medical problems and concerns of veterans; answers to the questions may also help to provide timely referral to specialized medical treatment.

The pocket card includes questions about veterans compensation and benefits, sexual harassment, assault and trauma; blood-borne viruses (hepatitis & HIV), and details about a veteran's living situation. Lists of exposure concerns, broken down by war era, are included on the card. Other recommended questions cover stress reactions and adjustment problems. The pocket card was originally developed in early 2014 and updated last March. Visit the VA website at www.va.gov/OAA/pocketcard/ to learn more about the pocket card and download it to your mobile device.

YMCA AND WARRIOR2CITIZEN WORK TO REHAB RETURNING VETERANS AND FAMILIES

<http://www.moultrienews.com/article/20150519/MN01/150519725/1370/>

The YMCA of Metro Atlanta and Warrior2Citizen, W2C, are teaming for military veterans throughout the Southeast. Georgia alone has 775,000 veterans, and the partnership between these two organizations paves the way for more to receive needed services as they reintegrate into civilian life.

Twenty-two veterans commit suicide each day, according to U.S. Department of Veterans Affairs Suicide Data Report (2012) estimates. Additionally, among combat veterans there is a 62 percent divorce rate who are in their first marriage, an 80 percent divorce rate among veterans returning from two deployments, and, a four times higher unemployment rate among veterans as compared to their civilian counterparts. The YMCA and Warrior2Citizen recognize the need for immediate and drastic change in how veterans and their families are supported and reintegrated into civilian life, and as such are working together to improve these statistics for service members in the local area.

Warrior2Citizen developed the Home Life Transition Program, HLTP, a retreat for at-risk couples that provides respite, counseling and allows them to practice skills that rebuild relationships. The intensive, four-day retreat is followed by six months of counseling and other professional services. Assessments of the program and participants' progress are conducted before and after the retreat to ensure its effectiveness.

Through its Home Life Transition Program, W2C helps veterans define their relationships and responsibilities while providing the skills and support to enable them to establish a "new normal" as they re-enter civilian life. This program was developed by chaplains, psychologists and therapists in partnership with Georgia State University, Georgia Tech Research Institute, Kennesaw State University, and all branches of the military.

Dr. Shean Phelps, M.D., MPH, was a U.S. Army Special Forces NCO and medical officer, serving as the senior Special Operations Forces surgeon in Europe on 9/11 and multiple combat tours thereafter. He serves as a military medical advisor for Warrior2Citizen and was an independent auditor for one of the four-day retreats. Currently, he is the lead physician for health-related technology research and development at a prominent Atlanta research institute.

"The retreat was nothing short of phenomenal," Phelps says. "As a combat veteran with multiple tours away from my family, I understood the problems of the veterans and their families – I experienced them myself. I saw the program offer possibilities for husbands and wives to reconnect and rediscover each other in a safe place where they could ask difficult questions about the guilt, anger, shame, stress, and sense of abandonment that comes with 'welcoming home' a loved one from war. Seeing the program in action provided a sense of hope and renewal: it helps married couples to remember the strength of communicating and working out difficult issues together."

The first Home Life Transition Program retreat in the Southeast will be held this fall at YMCA Camp High Harbour on Lake Allatoona in Cartersville, Ga. The Y camp is developing a Veterans Village designed for families of military veterans participating in therapeutic, marriage and respite programs at the camp. W2C will host 30 servicemen, servicewomen and their spouses at the Y's lakefront facility. W2C covers the cost for each couple to participate in this life-changing event.

Warrior2Citizen is a nonprofit disabled veteran's organization established in 2010, comprised of veterans, professionals and caring citizens. W2C is committed to enhancing the resilience of service members and their families throughout their transition from the war front to the home front. Currently, military members throughout the Southeast can participate in these programs.

The YMCA of Metro Atlanta is an association of men, women, and children of all ages and from all walks of life, working side by side to ensure everyone has the opportunity to live life to the fullest. Dating back to the Civil War and World Wars I and II, the Y has a rich history of aiding and serving military service members, making the Y a respected partner for W2C and military veterans.

**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)