



LARRY A. HOFF ePOST 2100

Issue #44 NOVEMBER 2016

COMMUNICATION IS POWER



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

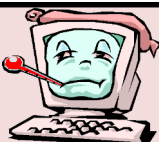
OUR NEXT MEETING

November 17th at 7:30 PM is slated for our next tele-meeting using [ooVoo](#) . Click on [robertgreen00109](#).

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

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

commander@cyberpost2100.org

DONATIONS

You may know of people who would like to show their support of veterans in a tangible way. Tell them they can make a charitable tax-free donation to our ePost 2100 by sending money to

Chuck Goetz

675 Washboard Road
Cleveland, GA 30528

MEMBERSHIP RENEWAL

If you need to renew your membership, send your \$35.00 check to:



Chuck Goetz
675 Washboard Road
Cleveland, GA 30528

COMMANDER'S CORNER



This is a very important month for Americans, and especially us veterans who have sacrificed so much for America.

This month, we exercise the precious right of voting for our president, vice-president, state and local representatives and legislation. Well, at least SOME of us will turnout to cast our votes, though many will not be as well-informed as others. Decisions might be based on items other than those affecting our effective leadership.

I have downloaded a sample ballot from our state of Georgia and share the link for you and others to perhaps use: <https://www.mvp.sos.ga.gov/MVP/mvp.do>.

It is a sad irony that so few Americans will vote in the process that determines people and policies which will impact our futures. It is also a sad commentary that of those who will vote, will not do so as part of an informed electorate.

This month's column is my attempt to influence those Americans who will cast ballots, to do so after researching and considering which candidates and policies will be best for them. I recall the term "yellow dog", which defines a voter as considering political party over, perhaps, a better qualified candidate, so they would choose to vote for a yellow dog over that candidate of another political party. What sort of voter will YOU be?

Bob

commander@cyberpost2100.org

770-786-8702

OUR OFFICER CADRE

Commander	Robert (BOB) GREEN 770-786-8702
Senior Vice Cmdr.	LES GREEN 770-596-5635
Junior Vice Cmdr .	PAUL AUST 770-258-5043
Junior Vice Cmdr.	MARK FENLEY 678-661-1031
Finance Officer	CHUCK GOETZ 706-219-4209
Judge Advocate	TED RICHARDS 404-754-0415
Exec Committee	ED MCMILLAN (Past Commander) 770-757-6136
Exec Committee	RICK SCHIRMER 678-687-7270

YOUR? PAINLESS DONATION

By shopping at Kroger, we not only get discounted gasoline and seniors get a discount on Wednesdays, but our Post can get rebated funds based on our purchases. Go to

<https://www.kroger.com/account/enrollCommunityRewardsNow>

Our Organization Number is 72481.

Anyone can do this, not just ePost 2100 members or veterans.

Ted got this \$21.00 check from Kroger:



It has been said that a smile can increase one's face value. 😊

Well, be that as it may, having a sense of humor does have its benefits.

How we look at things and how we react can have an effect on our emotional and even physical health.

My wife's aunt was able to brighten up an entire room of people by her leaving. Along that same line, we had dinner with a couple who showed opposites can attract. The husband was taciturn, never smiling, always somber, while the wife was cheery and smiling and even laughing.

I recall my father-in-law complaining to me about his wife always reading her *Bible*, **religiously!**

Finding the humorous aspect in some events can even diffuse a situation and improve communication.

Most people are drawn to happy and smiling folks, more than to grim jaw-setting individuals, though many leaders feel a stern and unsmiling approach works best when dealing with subordinates.

No, I am not advocating we force ourselves to become insincere Pollyannas, but it often pays to stop and evaluate ourselves and our interactions with others.

I don't know why, but somehow I can hear [Mary Poppins singing](#) about a spoonful of sugar making the medicine go down! This is often a good approach to take when facing an onerous task.

Editor *Bob*

GET A FLU SHOT ?



Want to get a (free) flu shot?

In the past, my wife and I felt that when we got the shot, we got the flu, but when we did not get the shot, we did not get the flu.

However, today's flu shots seem to be of a better ilk, so you might want to look into it, if you have not already done so.

<http://www.publichealth.va.gov/flu/vaccination/index.asp>

LEGION 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 Commander [Bob Green](#) or Adjutant, [Ted Richards](#).

PTSD APP



The PTSD Coach App provides Veterans and their caregivers with information on the symptoms of Post-Traumatic Stress Disorder (PTSD).

Together with professional medical treatment, the PTSD Coach provides you with resources you can trust.

From reliable information on PTSD and treatments that work, to tools for screening and tracking your symptoms, the PTSD Coach app seeks to provide you with facts and self-help skills.

Family and friends can also learn about PTSD and coping from this app.

<http://www.ptsd.va.gov/public/materials/apps/PTSDCoach.asp>

Download the free mobile app at

[iTunes \(iOS\)](#) and [Google Play](#)

WE ARE IN THE DEPARTMENT OF GEORGIA'S 9TH DISTRICT

We are a part of Georgia's Ninth District. You might want to visit on one of the Posts?

<http://gadistrict9americanlegion.weebly.com/>

FROM DEPARTMENT

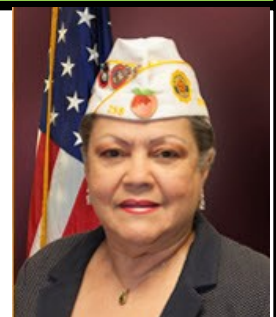
Mr. Green:

I have not forgotten about getting together at the Department.

It has just been a very hectic schedule and I have not had a chance to work it out.

Will get back to you soon.

Commander *Streit-Smith*



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**

THANKSGIVING, REVISITED

THANKSGIVING— Each year, we celebrate an event where the Pilgrims held a three-day feast celebrating the harvest. It is now highly commercialized, but still promotes the spirit of giving thanks to God, something we all should probably do each day, but...

When I rise in the morning, I expect the room temperature to be at the setting I chose, previously. I expect the lights to come on when I flip a switch. I expect water (hot or cold) to flow from the bathroom sink. I expect to be safe in our home.

Yes, I/we have lots of taken-for-granted expectations, but seldom are properly thankful for our many blessings.

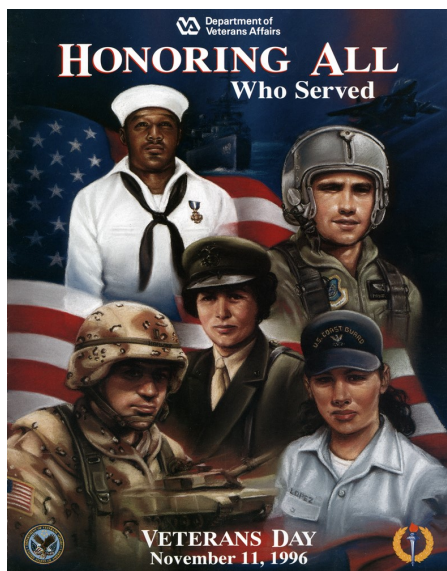
This, Thanksgiving, maybe we can put a special effort into being more completely...THANKFUL?

THE MANSIONS

Once, again, Ed has arranged for us to give a Veterans Day presentation to the senior living facility at Johns Creek, but has added their other location in Sandy Springs, too!

I will lug a heavy projector screen, computer, projector, speakers and required cabling and give my Power-Point presentation. Ed will hold forth on the importance of Veterans Day and give thanks to and for those vets. Last year, Ted made and distributed certificates to the veterans in attendance.

We hoped to garner a few new members at last year's event, but that did not happen. This year, we also hope to acquire more members, but if not, it will be a service we gladly perform.



JUNK OR NOT JUNK ?

My wife found some important emails in her JUNK folder.

You may be experiencing similar ills.

Check your junk folder (always?) to see if you need to change the JUNK designation, for some, to NOT JUNK or SAFE.

Do you have computer-related tips to pass on to us?

Do you have veteran-related information to pass on through our newsletter?

Email me at maito:commander@cyberpost2100.org

—Bob