

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 VETER-ANS 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 legisla-

tion. 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?

Bole

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 <u>TED RICHARDS</u>

404-754-0415

Exec Committee <u>ED MCMILLAN</u> (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

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

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 <u>Bob Green</u> or Adjutant, <u>Ted Richards</u>.

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

Application may be made in any of the following methods:

675 Washboard Road Cleveland, GA 30528

- 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
 - 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":

1	BRANCH OF SERVICE
	U.S. ARMY U.S. NAWY U.S. ARR FORCE U.S. MARRINES U.S. COAST QUARD

NAME	
ADDRESS	
CITY, STATE, ZIP	
PHONE	
E-MAIL ADDRESS	
BIRTH DATE	
SIGNATURE	

Receipt of Dues (Please Print)

From			
\$	for 20	Post #	
Recruiter's Na	me		
Recruiter's Sig	gnature		
Recruiter's Ph	one#		

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

511, NOT 911

Hope you never need to use the following information, but if you find yourself needing automotive help on some of the metro-Atlanta expressway, do not waste your time and state efforts by calling 911.

Call 511 for a Hero Unit. The response time is not only faster, but you would not be clogging up the more urgent 911 calls.

What IS 511?

https://www.fhwa.dot.gov/trafficinfo/511what.htm

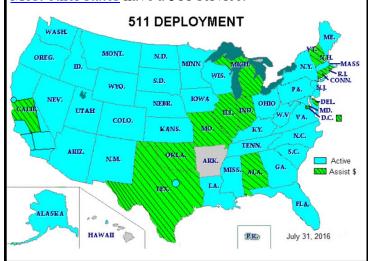
HEROs currently patrol the following metro Atlanta freeways:

- o I-20 between Thornton Rd. (Exit 44) and SR20/SR138/Stockbridge Hwy. (Exit 82)
- o I-75 between SR 155 (Exit 216) and Emerson-Allatoona Rd. (Exit 283)
- o I-85 between SR 74/Senoia Rd. (Exit 61) and SR 20 (Exit 115)
- o I-285 between Washington Rd. (Exit 1) and Old National Hwy. (Exit 62)
- o I-575 between Barrett Pkwy. (Exit 1) and Townlake Pkwy. (Exit 8)
- o I-675 between I-75 and I-285
- o I-985 between I-85 and Spout Springs Rd./Flowery Branch Rd. (Exit 12)
- o SR 166/Langford Pkwy. between I-285 and I-75/85

US 78 between Valley Brook Rd./N. Druid Hills (Exit 1) and West Park Place Blvd. (Exit 9)

SR 400 between Sidney Marcus Blvd/Piedmont Rd. (Exit 1) and Windward Pkwy (Exit 11)

Most other states have a 511 service:



ELKS VETERANS ASSISTANCE

Besides our American Legion Post's Service Officers, some emergency aid might be had by contacting the Benevolent Protective Order of Elks (BPOE) which uses monies and services from a special fund to help veterans.

If you are or know of a veteran in need of assistance, consider contacting your local Elk Lodge.

For a listing of those Lodges, check out http://gaelks.org/lodges.html.

Elks services for veterans: http://www.elks.org/cip/cipcentral/ veterans.cfm.

Short video of Elks assistance to homeless veterans:

https://vimeo.com/176186209.

If ever in Chicago, you can visit The Elks National Veterans Memorial which is located at 2750 N. Lakeview Avenue. The Elks National Veterans Memorial is located at 2750 N. Lakeview Avenue:

http://www.elks.org/memorial/planavisit.cfm. Admission is free.

Perhaps another often overlooked source of short and immediate assistance might come from your local houses of worship.

MY HEALTH VET, CHANGES

Good news: My HealtheVet has been making some revisions recently; some of them visible, some of them not. We have started using a new publishing system that will help us make updates more easily and quickly. We've made some changes in the health content. You may notice that our URLs are simpler and shorter. Most of the adjustments are 'behind-the-scenes,' and you won't need to re-learn how to use the features you rely on. Go to My HealtheVet today to see the new and improved site.

THANKSGIVING, REVISITED

<u>THANKSGIVING</u>— 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?

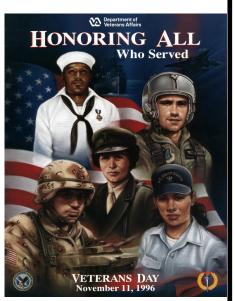
THE MANSIONS

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 cer-

tificates 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 news-letter?

Email me at

maito:commander@cyberpost2100.org

-Bob