



Brig. Gen. Robin Olds
 American Legion Thailand Post TH01
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Larry Edmonds, Commander Jeff Ludwig, Adjutant

Post meetings held the 2nd Monday of each month at the
 Wing 21 Ubon Royal Thai AB
 Driving Range Club house at 10:00 a.m.
 All members are encouraged to attend.

February 2019
 Volume 3, Issue 2

CALENDAR OF EVENTS

- February 11 Post Meeting 10:00a.m.
- February 14 Valentines Day
- February 18 President's Day

Post Officers:

<u>Name</u>	<u>Office</u>
Larry Edmonds	Commander
Bruce Templeman	1st Vice Commander
Wayne Wright	2nd Vice Commander
Ted Potyrala	Historian
Maurice(Rocky) Hatzke	Service Officer
Hugh Mason	Chaplain
Jeff Ludwig	Adjutant/Finance Officer
Neil Tufford	Sergeant at Arms
Charles (Rusty) Wilson	Judge Advocate
Joe Reedy	Public Affairs Officer
Salvatore (Sal) Salzarulo	Members at large
Tony Francois	Members at large
Bill Medley	Members at large

COMMANDER'S MESSAGE

By Larry Edmonds



Just a reminder that this month we have two special days to celebrate. February 14th is Valentine's Day. A day we recognize our wife's, that special someone and the ones that made this past year something to remember. Don't forget the flowers, chocolates or a special gift. Remember, if you forget, we may not see you at our March meeting.

President's Day is the other. Celebrated on the third Monday in February, it was made a federal holiday in 1879. Originally it was to celebrate George Washington's birthday; now it's a day to celebrate all U.S. presidents' birthdays.

So take a moment to wish your loved one a Happy Valentine's Day and to wish all Presidents', past and present, a Happy Birthday.

1st Vice / Membership Chairman:
Bruce Templeman



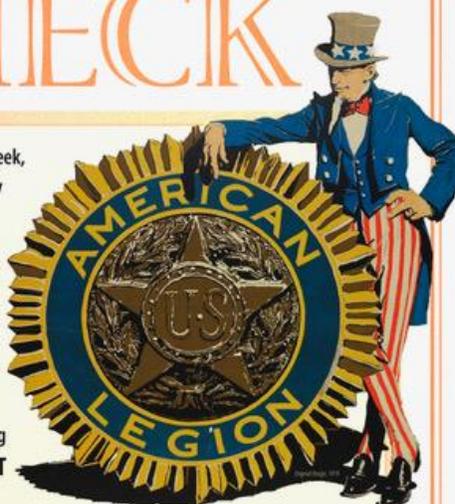
As a reminder, please check with your buddies that you haven't heard from in a while and see how they are doing. A Buddy Check is the best way that we can let our friends know that we care. Perhaps, at our roll call at the beginning of each Post meeting, someone can tell us if any of our members are having problems attending. We can work offline to see if we can help them in any way. No one needs to air out any personal problems of our members in front of the group, but a discreet word in the right place and moment can really help someone going through a difficult time. Let's look out after each other and get this Centennial Celebration going!

MARCH 11-18, 2019

BUDDY CHECK

During Buddy Check week, take time to call on any member or former member who may have lost touch with the post. We need them, and they may need us.

Honor the vision of our founders by making **PERSONAL CONTACT** with fellow veterans.

The American Legion logo is a circular emblem with a gold border and a blue center. It features a gold star with 'U.S.' in the center, surrounded by the words 'AMERICAN LEGION'. To the right of the logo is a stylized illustration of Uncle Sam in a blue suit, red and white striped pants, and a top hat with stars and stripes. He is leaning on the top of the logo.

#TEAM 100
WWW.LEGION.ORG/MEMBERSHIP

Adjutants Corner

Jeff Ludwig



Are you thinking about running for a Post Officer position? It is a good opportunity to get involved in your Post. The Elections are just around the corner. The positions that will be up for election include: Commander, 1st Vice Commander, 2nd Vice Commander, Sergeant of Arms, Chaplain, Finance Officer, Public Affairs Officer, Post Judge Advocate, and three Members at Large. As a reminder if you desire an election by ballot, it must be requested and voted on at the February meeting. Nominations have to be in by close of business at the March meeting. The elections will take place at the April meeting.

Want to know more about the American Legion and what you can do for the Post on this our centennial year? One way is to take the American Legion Basic Training course. It is a great way to learn about the history of the Legion, the organization of the Legion, the various programs of the legion and the four Pillars of the American Legion. It is informative and interesting and best of all it's free. To get to the Basic training course just paste this link "<https://www.legion.org/alei>" into your browser and sign in with your email and password that you use to access the Members portal of myLegion.org. If you are not registered, you can do it right at the website. Just click on the register button and follow the simple instructions. You will be glad you did.

A screenshot of the American Legion website. The top navigation bar is blue with the American Legion logo on the left and three yellow buttons labeled "Join", "Renew", and "Donate" on the right. Below the navigation bar is a dark grey menu with links for "ABOUT", "PROGRAMS", "SERVICES", "MEMBERS", "MEDIA", and "CONTACT", along with a search bar. The main content area features a large image of a man in a white uniform saluting in front of an American flag. Overlaid on the image is the text "Basic Training" in large white font, followed by "Learn about The American Legion in this self-paced online course" in smaller white font. On the right side of the page, there is a "Sign In or Register" section with a grey background. It contains the text "You must be registered on the website to access the educational content." and "Sign in with any American Legion website login, including your myLegion.org login." Below this text are two yellow buttons: "Sign In" and "Register".

Service Officer:
Maurice (Rocky) Hatske



Stroke is the leading cause of serious, long-term adult disability in the United States. The effects of a stroke range from mild to severe and can include paralysis, problems with thinking, difficulty with speaking, and emotional problems.

According to the National Institutes of Health, each year nearly 800,000 Americans experience a new or recurrent stroke. Approximately 610,000 of these are first attacks, and 185,000 are recurrent attacks. Stroke is the fifth leading cause of death in the US, killing nearly 133,000 people a year and accounting for one of every 19 deaths. Nearly three-quarters of all strokes occur in people over the age of 65 and the risk of having stroke more than doubles each decade after the age of 55.

Americans have shown that stroke is preventable and treatable. In recent years, a better understanding of the causes of stroke has helped Americans make lifestyle changes that have cut the stroke death rate nearly in half.

To protect yourself and your loved ones from the serious effects of stroke:

- Learn your risk factors
- Reduce your risk factors
- Learn the warning signs of stroke
- Know what to do if you notice the warning signs

This question and answer guide from NIH explains stroke, stroke causes and symptoms, and how to reduce your risk of a stroke.

What is a stroke?

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. Brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients they need to function.

What causes a stroke?

A blockage of a blood vessel in the brain or neck, called an ischemic stroke, is the most frequent cause of stroke and is responsible for about 80 percent of strokes. When a weakened blood vessel ruptures and spills into brain tissue, it's called a hemorrhagic stroke. The most common cause for the rupture is uncontrolled hypertension or high blood pressure.

What is a TIA?

A transient ischemic attack is considered a "warning stroke." A TIA is a type of stroke where the stroke symptoms last only a few minutes and generally stop. A TIA is a serious medical event that needs prompt medical attention.

What are the symptoms of a stroke?

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

What should you do if a stroke occurs?

If you believe you are having a stroke, or someone you know is having a stroke – Call 911 immediately. Making the decision to call for medical help can make the difference in avoiding a lifelong disability.

How can I reduce my risk of stroke?

Some risk factors for stroke you can't control such as increasing age, gender, family history and race. The best treatment for stroke is prevention. You can reduce your risk of having a stroke by taking action to improve your health. The following risk factors can be managed with lifestyle changes, such as diet, exercise and medications, if needed:

- High blood pressure or hypertension-High blood pressure is the leading cause of stroke and the most significant controllable risk factor. If you have been diagnosed with high blood pressure, work with your healthcare provider to reduce it.
- Smoking- Cigarette smoking is the number one preventable risk factor for stroke. Using oral contraceptives combined with cigarette smoking greatly increases stroke risk.
- Physical inactivity and obesity- Physical inactivity and obesity can increase your risk of stroke, heart disease, high blood pressure, diabetes and high blood cholesterol.
- Eat healthy- Limit foods high in saturated fat, trans fat and cholesterol. Diets high in sodium can increase blood pressure, and diets with high calories can lead to obesity.
- Diabetes-If you have Type 1 or Type 2 diabetes, keep blood sugar controlled. Having diabetes increases one's risk for stroke.
- Illegal drug use- cocaine and heroin use have been associated with an increased risk of stroke.

Where can I learn more about stroke?

Talk to your doctor about your personal risk factors for having a stroke.

REF: Article courtesy of Air Force Materiel Command Wellness Support Center.

SAFETY MESSAGE:

While focusing on Valentine's Day don't forget to do something special for your home this month—check it for safety!

- **Bedroom/Living Areas**
- Dry clean or heavy duty wash your bedspread and shams. Dust mites that cause allergies, mold, and more can accumulate on your bedding and drapery. Wash everything this February so it's spick and span.
- Upgrade your locks (smart locks). Smart locks provide better security and peace of mind by connecting you to your home wherever you are.
- **Sanitize hand-held devices.** Wipe down your phone, remote controls, tablets, garage door openers, and other small electronics to remove germs, and dust.
- Deep clean floors, blinds, ceiling fans, and fixtures. Take a duster or damp cloth to clean off the surprising amount of dust that builds up on floors, blinds, and light fixtures so you don't breathe it in.
- Fill holes in your drywall. Holes may turn into bigger cracks and cost you a ton for repairs.
- Familiarize yourself electric and water shut-off valves. If water starts leaking or there's an electrical problem, you'll want to shut these off quick!
- Vacuum and dust your HVAC system. This will help with efficiency, cut down on overheating dangers, and allow your heating and cooling system to blow cleaner air.
- Test and reset all ground fault circuit interrupter receptacles and check all extension cords. If any cords have damage or exposed wires, throw them out and buy news ones. **

Bathrooms

Clean out your medicine cabinet. Leaving excess medication around could lead to substance abuse if it falls into the wrong hands.

- **Sanitize faucets.** Use bathroom spray with bleach or a homemade vinegar-based cleaner to get rid of germs and restore shine.
- Check for leaks in your plumbing on supply lines to sinks and toilets. Look at the piping behind toilets and under sinks to ensure water isn't getting out.
- Check caulking in bathrooms. If there's mold, scrub it away. If there's a leak, call a repairman or recaulk it yourself.

Kitchens

- **Deep clean your fridge and garbage disposal.** Nasty germs creep up in the kitchen, so empty your fridge and wipe it down with a disinfectant. You may also use white vinegar and baking soda to clean both your refrigerator and garbage disposal.

- **Clean out your spice cupboard.** Expired spices and herbs won't add much flavor to your food and might actually harbor mold or other bacteria. Clean out your spice cabinet twice a year to ensure freshness.
- **Organize the junk drawer, dishes, and tupperware.** Decreasing clutter cuts down on stress, so give your mental state a break by organizing drawers and tupperware storage.

Hallways

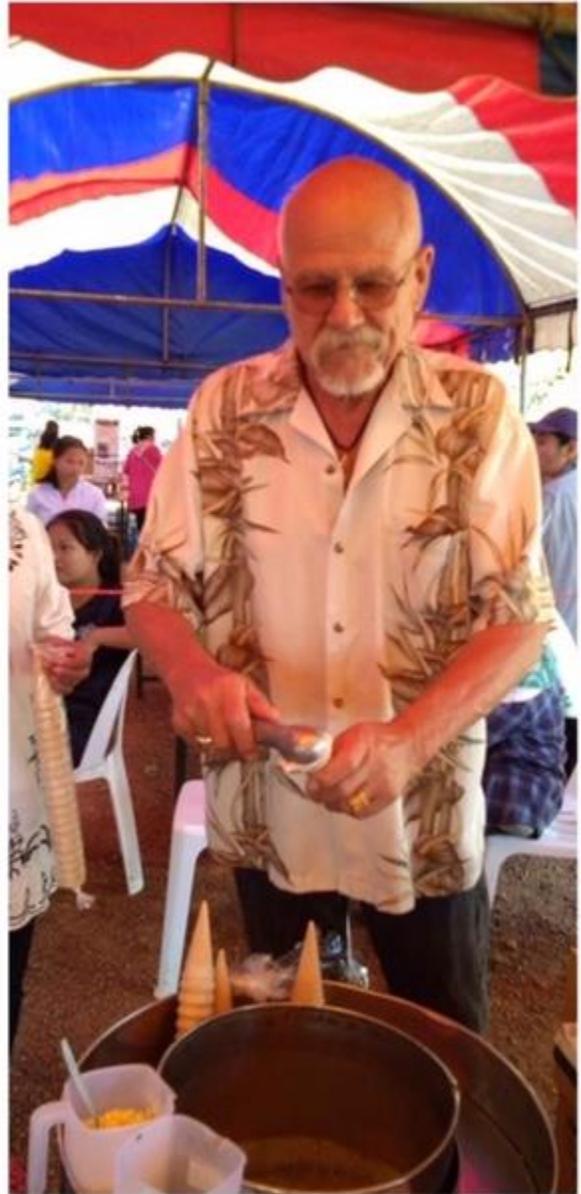
- **Test CO and smoke detectors and replace the batteries.** These save lives, so check batteries once every two to three months. Or, upgrade to smart smoke detectors and carbon monoxide detectors so you'll always know when something isn't right.

You have the whole month of February to get these safety and maintenance tasks done, but the sooner you do the safer you'll be!

Featured Member:

Neil Tufford

Saturday January 11, Neil Tufford and his wife participated in the annual children's day events at the Ban Dawn Wong School in the small village of Ban Dawn Wong. They donated and helped pass out gifts to the children.





Featured Member:

Bruce Templeman

Wat Phu Tham Chang is located in eastern Loeng Nok Tha District, Yasothon Province atop Phu Tham Chang Mountain. Difficult to access, the area is slowly being developed into a retreat for monks of the Buddhist faith. The founding monk, Phra Wiroj, suffered a stroke and is immobile. He is being cared for by other monks in a small room on the temple grounds overlooking the valley. A Buddhist nun, Maechee Ratre, has organized his care, as well as events to support the local community. The local community of Nong Khaen Noi is eager to help the monks create the temple and to make merit. In return, the clergy organize a day of fun for the village children and distributed donated sweets, toys, and clothing to them. Comrade Bruce Templeman and his wife Noi donated food and money, while their friends, Suzy and Sam Samsen donated 2 large sacks of clothing.



Events:

Children's Day Open House at the Wing 21 Royal Thai Air Base. The Wing graciously invited the Post to participate in this annual event. This was the third year the Post participated. This year the Post provided free Popsicles to the children. The Post displayed a large Post banner as well as the American flag and POW/MIA flag. The wing staff expressed their appreciation.







Chaplain's Message

Four Chaplains Prayer

Gracious Lord, we ask your blessing upon this gathering. We join together as people of many faiths. We join together as people of different experiences and backgrounds. Yet, we have all come to this sanctuary to share in this time of worship. Catholics, Jews and Protestants – we come together in the house of the Lord to worship, to praise your name, to thank you for your constant presence in our lives. And, we come together to honor four men – men who had gone to war as chaplains – to be the human touch of your love and caring among troops called upon to risk their lives for their country.

We honor four chaplains who know how to love their neighbors as themselves. We are thankful for the lesson they give to the generations – a lesson of self-sacrifice; a lesson of true brotherhood. With thankfulness, we ask your blessing upon the souls of Clark Polin and Alexander Goode, of John Washington and George Fox. We pray also for the souls of the men who joined these chaplains in death that February day many years ago. More than 600 men saw the end of their hopes and dreams that icy morning in the effort to sustain the hopes and dreams of their families at home. May our hearts feel a special kinship today with those who were aboard the *Dorchester* when it was hit by a torpedo... and yet who live and remember the experience, and the loss. We know they must recall the morning with sadness which has remained with them through the decades

TAPS:

None



February Birthdays

- Philippe Colombey
- Anthony Francois
- Thomas Hughes
- Joseph Reedy
- Kirby Raines *

*Special guest



A very happy birthday to all!

Upcoming Events in March:

- American Legion Centennial
- Nominations for 2019 Officers
- Vietnam War Veterans Day