



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

January 2019
 Volume 3, Issue 1

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.

CALENDAR OF EVENTS

December 4 Post Meeting 10:00a.m.
 Vist by Hans Stockenberger, Department Adjutant
 December 25 Christmas



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

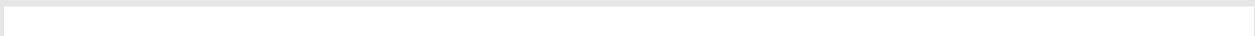


I want to take this opportunity to thank all of you who helped make this past year so successful. I would also like to encourage every Post member to get actively involved in the Post. There are many opportunities for each of you to make a difference. Post elections are just around the corner and that is a good time for you to consider one of the officer positions. In addition, we will be looking at chairman and members for the various committees.

A good way to start off the New Year is with our first activity of the year, Children's Day Open House at the Ubon Royal Thai Air Force Base, which takes place on 12 January. We will be serving ice cream to the children and will be meeting and greeting the local community. I will put more information out as we approach the 12th.

By now you have all heard about the changes in the income requirements for the nonimmigrant visas. I hope that you all had a chance to listen to the interview by the Consul General Timothy Scherer. As Mr. Scherer mentioned, the Thai Immigration is issuing a new Police order that will supersede the previous order. One of the changes in the new police order is that monthly income must go to a Thai Bank. Another change is the Embassy will no longer issue income verification letters as of 1 January 2019. As the Consul General Mr. Scherer stated, they are still in negotiation as to what type of paperwork the Thai Immigration will require for the monthly income verification. Another issue being kicked around is the requirement for visa holders to have health insurance.

So what should you do? Well the Embassy suggest placing the required funds in a Thai bank at least three months before you plan to renew your visa. For those who want or need to use the monthly income option and whose visa is going to expire within the next 6 months, Mr. Scherer suggests getting the income verification letter from the Embassy before 31 December. The Thai immigration Ministry has assured the Embassy that they will honor the letters up to 6 months. Finally, I would suggest that you keep in contact with one of the Bangkok American Embassy Citizen Liaison Volunteers such as myself, Wayne Wright, and Bruce Templeman. We will be in constant contact with the Embassy on these issues and will get the word out when we receive it.



December's Post Meeting with special guest
Hans Stockenberger, Department Adjutant



1st Vice / Membership Chairman:

Bruce Templeman



It's a brand New Year and the opportunities to for community service and good times abound. We kick it off with Children's Day on 12 January and our first Post meeting of the year on the 14th.

I would like to propose a membership goal for 2019 of bringing in 2 new members and have a 100% retention rate. I also ask every member to suggest a goal or activity at our January meeting Group participation is essential for us to make the Post of value to everyone.

Let's look out after each other and our families this year and be extra careful on the roads during this holiday season.

Adjutants Corner

Jeff Ludwig



Another new year is upon us filled with new opportunities and challenges. Looking back at the past year, we were highly successful both in membership and in event participation. It is this time of year individuals traditionally make New Year's resolutions. While we know our location here in Thailand limits our opportunity to participate in many of the traditional American Legion Programs, it does provides us with opportunities to support the Four Pillar in other ways. In this year's Post resolution, let's challenge ourselves to find ways more ways to support our veterans, youth, and local communities while remaining committed to the Four Pillars of the American Legion.

Good news for individuals wanting to transfer to our Post. National Headquarters Data Center has enhanced their online Membership program, myLegion.org. As of January, Post adjutants can process transfers online without an accompanied payment. This eliminates the need to send a Members Data Form to Department and then on to National reducing the processing time from months to days.

Service Officer:

Maurice (Rocky) Hatske



Calendar Year Costs for TRICARE Resets Jan. 1

Dec. 18, 2018

In 2018, TRICARE implemented a number of changes. These changes include improving access to care and simplifying costs. Most TRICARE costs limits also moved from a fiscal year cycle to a calendar year cycle. What does this mean for you? Your annual catastrophic cap and deductibles reset every Jan. 1.

VA-led study asks: Is alcohol healthy?

Study suggests even light drinking can shorten life



A new study finds that consuming alcoholic beverages daily—even at low levels that meet U.S. guidelines for safe drinking—appears to be “detrimental” to health.

The researchers found that downing one to two drinks at least four days per week was linked to a 20 percent increase in the risk of premature death, compared with drinking three times a week or less. The finding was consistent across the group of more than 400,000 people studied. They ranged in age from 18 to 85, and many were Veterans.

Dr. Sarah Hartz, a psychiatrist at the [VA Eastern Kansas Health Care System](#), led the [study](#). It appeared in November 2018 in the journal *Alcoholism: Clinical & Experimental Research*. She’s not too surprised by the findings, noting that two large international studies published this year reached similar conclusions.

Mounting evidence that light drinking isn’t good for your health

Posted on Tuesday, December 4, 2018 10:00 am Posted in [Health](#), [Inside Veterans Health](#) by [Michael Richman](#) 9k views

Ted Potyrala, Post Historian



We're are going to be starting our fifth year as a American Legion post. We have quite a bit of history going. If you have any photos or articles from the past or also in the future, please send them to me so I can include them on our post history page. This is a work in progress. I can add items from any year. If you send pictures, please tell me what they are from and date to go with them.

I want to get pictures of all of the members so I can include them. If you do not wish to have your picture included, that is ok. At this coming meeting, I will be taking more pictures and continuing until I get as many as possible.

If you want to view our history page, you can go to:

www.legion.org/centennial/france/postth01

If you see anything that is incorrect, please let me know.

My email address is: tpubon@gmail.com

Thanks and have a great year.

SAFETY MESSAGE:

With The millions of are preparing to travel to visit friends and family to celebrate, and the majority of holiday travelers will be driving. Here are a few safety tips to take with you on the road:

- **Get your vehicle road-ready:** Check your vehicle fluid levels, battery, tire pressure, and condition, and fill up your gas tank before starting your trip.
- **Plan your route:** Plan your driving route ahead of departing. Check for road construction and road closures along the way in case you need to reroute. If the weather is severe, consider postponing or canceling your travel plans.
- **Buckle up:** Wearing a seatbelt is one of the simplest and most effective ways to stay safe on the road. Remind everyone else in the vehicle to buckle their seatbelts as well.
- **Prepare for emergencies:** Be prepared for an unexpected emergency, such as a car accident, breakdown, flat tire, or medical issue, by keeping a stash of emergency supplies in your vehicle. Supplies should include a flashlight, blanket, extra gloves and hats, a first-aid kit, basic hand tools, a phone charger, snacks, and bottled water.
- **Don't drink and drive:** If you are going to be driving this holiday season, be sure to avoid the spiked eggnog. Never risk the safety of family, friends, or others on the road by drinking and driving.
- **Stay focused on the road:** Distracted driving is one of the leading causes of traffic accidents. Help yourself stay focused on the road at all times by assigning a navigator to handle any GPS device and refraining from talking on the phone or texting while driving. Take a short break every so often to revive your energy and focus, and split up driving responsibilities with others in the vehicle if possible.
- **Drive defensively:** Be aware of what other drivers around you are doing and keep an eye out for drivers who may be operating their vehicle recklessly due to distraction or the influence of alcohol. Give yourself plenty of space between other cars on the road and avoid sudden stops. Don't expect the other guy to stop at stop signs. Be vigilant and expect the unexpected because it will happen. Remember this is Thailand.
- **Go slow and be patient:** It may sound simple, but having a little extra patience while out on the road goes a long way in ensuring that you arrive safely at your destination. This is especially true if you are on one of the busy two lane roads behind one of the large trucks. Pass safely.
- **Watch out for motorbikes.** Unlike in the USA motorbike are prevalent throughout Thailand. Often the motorbikes are operated by unlicensed youths who have very little knowledge of the rules of the road.



Featured Members:

To honor their 50th wedding anniversaries, Commander Edmonds and his wife Pensri along with Maurice (Rocky) Hatske and his wife Pagua organized a charity luncheon at the Ubon Cancer Hospital on December 26. They along with friends and family provided a lunch for the patients, their families, and the staff at the hospital. The event brightened up the day for many of the patients and their families. It gave the patients and their families a reprieve from the daily struggles coping with the terrible disease, Cancer. Those having experienced this cancer know how important these positive events are for fighting the disease. Many of the families expressed their sincere appreciation to the group for taking the time to provide this lunch. For the volunteers it was rewarding just seeing the smiles and knowing they made an impact.

By Jeff Ludwig (cancer survivor)





Events:

Luncheon with Department Adjutant Celebrating the Holiday season:



An impromptu luncheon followed the Post meeting allowing Department Adjutant Hans Stockenberger to meet and greet many of our members and their families. A special thank you to all those who helped to prepared the luncheon. A good time was had by all.

Chaplain's Message

NEW YEARS

Lord, as we begin a new year, let us resolve to keep a promise, seek out a forgotten friend, listen, laugh, brighten the heart of a child, encourage the young, appreciate our elders, express our gratitude, take pleasure in the beauty and wonder of life, and speak Your love to others. Dear Lord, guide us in the New Year to grow closer together in our families, in our Units, in our world. Let us always strive to bring peace to the world. Let us live each day to the fullest. For all the blessings of the year, we give You thanks, O Lord. Amen.

Source: Manual of Ceremonies of American Legion Auxiliary

TAPS:

None



JANUARY Birthdays

- Paul McDermott,
- JC Molette Jr,
- Lee Montgomery,

A very happy birthday to all!

Upcoming Events:

- Children's Day Open House - 12 January
- Post Meeting - 14 January
- Martin Luther King - 21 January