



Rhein Main Post GR05

Postfach 2837, Moerfelden Walldorf

April 2020

Covered in this Months Newsletter:

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- March Meeting information
- Birthday's!!!
- Piece of the Post's past
- Reminders of Post Laws
- We can do it!' The history of women in military service
- Information on COVID-19
- History of our Post

Commander's Message

As your Post Commander, With the current World Crisis of the Corona Virus, within our Military Communities, it has been reported that Garrison Wiesbaden and Ramstein AB each had one report of an Individual testing positive. Most our Post members patron our local military community. I had to decide our current status, my top priority is the Health and Well Being of out Post Members and followed steps with other Posts and the Communities to postpone our monthly meeting till further notice. Be advice that I following all reports pertaining to this epidemic. USAG Rheinlandpfalz and Garrison Wiesbaden are holding town meetings on their Facebook pages every 2 days. I ask that you do not panic, most of us have survived other Virus in the past. Two of our Post Members have been put of self-quarantine. Doctors are only following protocol as it takes anything from 3 to 14 days, also those that can be affected are those over 60 with health issues. Together we will overcome this Virus. Lets keep our Post Members in our Prayers.



Commander Santos Alvarado



Elected Officers of PostGR05

- Post Commander: Santos Alvarado
- 1st Vice Commander: Quincy Foster
- 2nd Vice Commander: Stacey Krueger
- Adjutant: Bruce Cole
- Chaplain: John Jones
- Sergeant at Arms: Juan Barrencchea
- Judge Advocate: Stacey Krueger



- Executive committee members:
Ron Epps, Ernie Cojoe, Michael Blood,
Dallas Smith, and Walter Becker



Missing Man table at Thanksgiving Dinner

Post Meeting Postponed

Our next meeting will be held:

TBD

Location is the Flying Dragon, in Der Trift 5-7, 64546 Walldorf. All Members are asked to arrive at least 30 mins early for social hour, as the meeting starts promptly at 2 pm. The kitchen may not be open until later, so keep that in mind.

If you intend to be late or unable to attend, please RSVP your intentions to me by email or by 015114959970. The meeting will also be available by Skype on rheinmaingr05.



Happy Birthday to members of our Legion Family!



Roger Marshall (2 Apr)

Kevin Holt (3 Apr)

Richard Bolten(5 Apr)

Lewis Pullum (23 Apr)

Robert Lefebre (26 Apr)

Michael Garney (26 Apr)

John Bolinger (26 Apr)

Michael Skillings (29 Apr)

Piece of our Post's Past!

Before where we are now, at Die Flying Dragon, in Walldorf, American Legion Post GR05 once was located in the building to the right! It was a Post home for many years to us before its demolition in the early 2000's.

Please post on our Facebook of any memories you had here!



Mapping the Spread of the Coronavirus Outbreak Around the U.S. and the World

Since the first case of COVID-19 was identified in central China in December, the illness has spread across the world, leading to an outbreak that the World Health Organization has called a pandemic. The maps and charts below show the extent of the spread, and will be updated daily with data gathered from over a dozen sources by the Johns Hopkins University Center for Systems Science and Engineering.

Where COVID-19 has spread around the world

Over 110 countries and territories, representing every corner of the globe, have now reported at least one case of the novel coronavirus. In total, there are now over 125,000 cases and over 4,600 related deaths.

Which countries have the most COVID-19 cases?

China remains the country with the most coronavirus cases and related deaths, by a significant margin. However, in recent weeks, China has seen fewer and fewer new cases per day, while the count in places like Italy, Iran, Germany France and the U.S. have risen.

People who are at higher risk for severe illness

Group of people at higher risk

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Based upon available information to date, those at high-risk for severe illness from COVID-19 include:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- Other high-risk conditions could include:
 - People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - People who are immunocompromised including cancer treatment
 - People of any age with severe obesity (body mass index [BMI] >40) or certain underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, or liver disease might also be at risk
- People who are pregnant should be monitored since they are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk

Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications

Reminder for the New Post Laws for GR05

Post Fine Schedule	Fee
Foul Language	\$1 or €1
Talk out of Turn	\$1 or €1
Failure to Request Authority to Leave	\$1 or €1
Failure to Request Authority to Return	\$1 or €1
Ring or Sound From a Non Silenced Cellular Phone	\$1 or €1
(Exception Emergency or Exception from Commander)	
Eating With Cap On	\$1 or €1
Using Hat Instead of Cap When Describing our Cover	\$1 or €1

Following story from The American Legion website, at <https://www.legion.org/womenveterans/248582/%E2%80%98we-can-do-it-history-women-military-service>



'We can do it:' The history of women in military service

As we celebrate Women's History Month, this year marks the 100th anniversary of a historical victory for women – the ratification of the 19th Amendment.

While the amendment gave women the right to vote, “her-storyans” will be the first to tell you that the 19th Amendment by no means addressed or solved all the inequities for women in the 20th century – or even the 21st – but it was an important milestone in the broader story of equality in America.

The American Legion, which celebrated its 101st birthday March 15, was a step ahead of the nation as it allowed women members to vote since its beginning in 1919.

Thinking about these events in the same timeframe also highlights the brave women who served without the same recognition as their male peers. Women have disguised as men, worked for less pay, endured prejudice to break down barriers, and earned their place beside their fellow servicemen in all eras of conflict.

From the Revolutionary War to present day conflicts, women have proudly served in the U.S. Army, Navy, Air Force, Marines and Coast Guard as nurses, pilots, engineers, soldiers and other specialties. During World War I, about 35,000 women officially served as nurses and support staff. During World War II, 140,000 women served in the U.S. Army and the Women's Army Corps (WAC) performing critical jobs such as military intelligence, cryptography and parachute rigging. Over 1,000 women flew aircraft for the Women Airforce Service Pilots (WASP).

Her-storically speaking, it wasn't until World War II that women gained recognition as full-fledged members of the military. From the WASP, WAC, Coast Guard Women's Reserve (or SPARs), Marine Corps Women's Reserve and the Navy's WAVES (Women Accepted for Volunteer Emergency Service), women proved that this was their war too and that they embodied the “We Can Do It” attitude.

President Truman's determination to make changes within the military led to the Women's Armed Services Integration Act signed into law June 12, 1948. (also known as Women Veterans Day). With this act, for the first time women were recognized as full members of the armed forces. This meant they could finally claim the same benefits as their male counterparts, and it also allowed women to make a career in the Army or Navy. Since 2018, June 12 has been recognized as Women Veterans Day.

During the Vietnam War, 7,000 American military women served in Southeast Asia. In 1976, the first women were admitted to America's service academies – the U.S. Military Academy in West Point, N.Y., the U.S. Naval Academy in Annapolis, Md., and the U.S. Air Force Academy in Colorado Springs, Colo. During the Persian Gulf War in 1991, more than 41,000 women deployed to combat zones.

In 1990, nearly 40,000 American military women deployed for Operations Desert Shield and Desert Storm. Today, over 700,000 women have served during post-9/11 war, including Operation Enduring Freedom and Operation Iraqi Freedom.

Women continue to use the skills and experiences from their military service to make achievements in their careers, contributions to their communities, and to become public service leaders. They are leaving a blueprint to encourage and empower the next generation of young women to aspire to be anything they want to be.

Gender equality is not a female issue, it's a social and economic imperative that requires bringing visibility to women all over the country and creating metrics for accountability. The American Legion joins countless organizations in commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

I aquired these a few months ago, Post GR05 property. I had to pay to get our stolen property back. I have about 50 of them. They are almost over 40 yrs old. Cold War Era. I am trying to sell this to make money for the Post and also to get my money back. Own a piece of the Past.



Take everyday precautions

Avoid close contact with people who are sick.

Take everyday preventive actions:

- Clean your hands often
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
- Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- Avoid all non-essential travel including plane trips, and especially avoid embarking on cruise ships.

MERS-CoV



Consult a health worker if you have fever (38 °C or higher), cough or difficulty breathing. Inform them of your recent travel history



Avoid close contact with people if you are sick



Wash your hands regularly with soap and water and maintain good personal hygiene



Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing

Please submit any announcements or items for the newsletter to Comrade Krueger, Editor.

Request must be submitted no later than by the 20th of the month for the next edition @
rheinmaingr05@outlook.com

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**Click here
to go to our Facebook!**



Rhein Main Post GR05 received Temporary Charter on Oct. 18, 1972 then received their permanent charter on Apr 6, 1973 in the German State of Hessen. GR05 has contributed various donations to organizations such as Fisher House, CWF, and Legacy Fund. We currently support veterans from around the Rhein Main area and in addition have members in the United States. I

Join our FB page to see upcoming photo's from our Post's Past!

