

# THE AMERICAN LEGION AT UBON RATCHATHANI, THAILAND



BRIGADIER GENERAL ROBIN OLDS

POST NUMBER TH01

POST MEETING: 2<sup>ND</sup> WEDNESDAY OF EVERY MONTH, AT 10:00 A.M.

POST LOCATION: PEPPERS RESTAURANT AND BAKERY



APRIL 2024

POST EMAIL: [COMMANDER@AMERICANLEGIONTHAILAND.COM](mailto:COMMANDER@AMERICANLEGIONTHAILAND.COM)  
VOL. 7, ISSUE 04

## [LINKS CONCERNING ISSUES OF GENERAL EXPAT INTEREST IN THAILAND](#)

US DOLLAR TO THAI BAHT EXCHANGE RATE (AS OF 15/03/24)

**\$1.00 USD to 35.38 THB**

<https://www.x-rates.com/calculator/?from=USD&to=THB&amount=1>

My fellow members of Brig General Robin Olds Thailand, Post TH01 by now you are all aware that our Commander Bruce Templeman suddenly passed away. Bruce was a true patriot who deeply believed in helping other veterans and their families here in Thailand. Bruce was also the acting commander of VFW Post 10217 in Korat.

Constantly on the move, Bruce made it his life mission to help any veteran in need. The day of his death, he was helping a bed ridden veteran prepare the paperwork for a visa extension. Bruce talked the talk and most importantly walked the walk. Bruce was more than just our commander, for some he was their mentor, for some he was their leader, for some he was their staunch supporter, but for all he was our friend. We will miss him greatly!

To honor his memory, we present his last article for our Newsletter. Post Everlasting you just received one of the good ones! RIP Bruce, we will miss you.

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**Post Commander** ..... Bruce Templeman

A word from the Commander...



Volunteerism makes us a vibrant and significant organization.

On 14 March, the US Embassy announced they would conduct a consular outreach in Korat on 25 March. Given the short notice, I asked for volunteers to attend and pass out membership applications. I can assume that there will be many more opportunities like this to recruit new members, so I ask that everyone keep their telephone numbers and email addresses up to date.

A special thanks to Comrade Dave Burns for his generous donation at the March Post meeting for the Tawanchai Foundation. His donation is a great kickstart for next year's donation. Please ask your family and friends to donate to this worthy cause.

Our annual donation to Tawanchai Foundation on 10 April will be a great time to get out and meet our Khon Kaen based Post members. Our thanks to the Tawanchai Foundation for allowing us to hold our Post meeting in their facility prior to the donation event. I look forward to making this an annual event and to possibly hold an off-site post meeting in other areas convenient to our members living outside of Ubon Ratchathani.

A reminder that nominations are still open for the Post officer positions. I'm happy to say that there is a good amount of interest in filling these and that this is the time to put your ideas into action. Pick the area in which you feel you can improve the operation and camaraderie of the post and step in to help. The previous officers that held that position will be glad to help you succeed. The elections in May will be soon upon us, so don't be shy. The post can't run without you. It needs people with ideas and a willingness to lead.

American Legion Riders Iowa has come up with a program for veterans that we can take a lesson from. They are providing US flags to veterans before they pass away. They also provide care packages for them. [ALR Iowa Flag Program](#)

I believe that we, with our vast network of TH01 members spreading across Thailand, are in a unique position to accomplish something similar. The upcoming 2nd Vice Commander might want to take this program and adapt it to the ALR Thailand and other members.

I'm looking forward to the first off site post meeting and hope that everyone will attend. If not in person, then certainly via Google Meet.



**TED POTYRALA -  
ACTING COMMANDER**

The passing of Commander Templeman leaves an important vacancy among our officers. In May, we will have our elections. Until then, I am filling in, as per our Bylaws, as acting commander. I encourage any of you to consider running for this office or any of the other officer positions.

You may think you have no experience to hold a position. When we started this post, none of us had experience. We grew as we learned. Help from the Department was basically non-existent, but we managed to take our post from fumbling around to one of the top posts in the department.

Many people were responsible for attaining this. Our commander at that time, Larry Edmonds, led the way. When he went back to the USA, Bruce Templeman took over and guided us to where we are today. All it takes to be an officer is to have an interest, a commitment, and a desire to learn the job. The post needs new blood to keep it moving forward. No one will go in blind. Training is available online and by the person you are replacing. Do not think that you must be located in Ubon to be an officer. We do our meetings online. You can be anywhere in Thailand or in the USA.

The best run posts are the ones have had many members in officer positions. They gain experience in all the different positions. So again, run for an office. Nominate yourself. We will be there to help.

## **POST TH01 OFFICERS 2023 MEMBERSHIP YEAR**

Acting COMMANDER – Ted Potyrala  
[1vice@americanlegionthailand.com](mailto:1vice@americanlegionthailand.com)

1<sup>st</sup> VICE COMMANDER & HISTORIAN – Ted Potyrala  
[1vice@americanlegionthailand.com](mailto:1vice@americanlegionthailand.com)

2<sup>nd</sup> VICE COMMANDER – John Skabry  
[2vice@americanlegionthailand.com](mailto:2vice@americanlegionthailand.com)

ADJUTANT & FINANCE OFFICER – Jeff Ludwig  
[adjutant@americanlegionthailand.com](mailto:adjutant@americanlegionthailand.com)

SERVICE OFFICER – Larry Haynie  
[larryjoedog@yahoo.com](mailto:larryjoedog@yahoo.com)

SERGEANT-AT-ARMS – Sal Salzarulo  
[salzy48@hotmail.com](mailto:salzy48@hotmail.com)

JUDGE ADVOCATE – Paul Ben-Yehuda  
[renegademarine@icloud.com](mailto:renegademarine@icloud.com)

CHAPLAIN – Rob Davis  
[robdavis19@outlook.com](mailto:robdavis19@outlook.com)

PUBLIC AFFAIRS OFFICER – Chris Lampert  
[comms@americanlegionthailand.com](mailto:comms@americanlegionthailand.com)

## **EXECUTIVE COMMITTEE**

MEMBER-AT-LARGE – Billy Holland  
[billybholland@gmail.com](mailto:billybholland@gmail.com)

MEMBER-AT-LARGE – Michael Baines  
[mkbaines1@gmail.com](mailto:mkbaines1@gmail.com)

MEMBER-AT-LARGE – Michael Cook  
[meeting@americanlegionthailand.com](mailto:meeting@americanlegionthailand.com)



**Ted Potyrala - Membership Chair**

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Fellow Legionnaires,

We have about two and a half months left in the 2024 membership drive. We currently have 87 members of which 84 count towards the award that the Department is offering for the top three posts.

As of 3 March, we are sitting in third place with 115.07%. Our sister post TH02 is firmly in first place with 126.44% followed by second place post John F. Kennedy at 116.67%. In fourth place is post Flanders Field at 114.46%. As you can see, the difference between us, Flanders Field and John F. Kennedy is extremely close. One member can cause us to drop down to fourth or even fifth place. Just two more members would put us at 117.80 % which would put us in 2nd Place.

There has been an interest in joining our post. We are just waiting for the potential member to produce a DD Form 214 or other means of eligibility. As I said in the past, talk about our post. If you golf or wear a baseball cap, wear the post's baseball cap. It is free advertisement. All you need to do is a name and contact information and turn it over to Adjutant Jeff Ludwig or myself. We will take it from there.

Some of the reasons people have joined our post include, having someone help their wife when they die. Especially here in Thailand, unless their wife is knowledgeable about all benefits she may be entitled to; she could lose out on the benefits she deserves. Do not leave her out there on her own. Another reason join is to support the American Legion in general. The American Legion has fought for and gained many benefits for our veterans. Maybe the Legionaries used some of the benefits or maybe they just wanted to pass on to future veterans those benefits that have been fought for by veterans before them. Everything we have today was made possible by veterans before us wanting to be sure that all veterans get the benefits they deserve. One more reason to join our post is that we do not have a bar. Prospective members can be assured that their dues are going towards helping our veterans and community that need our help.

We have had 14 of our members die since 2015 when we formed the post. For the family to see a military service is beyond words especially here in Thailand. The folding of the flag and the presentation of the flag means so much to the family. We are letting them know that their loved one was someone special. To me this alone is a major reason to belong to our post. Because of the way we are spread out it's impossible to attend all funerals but we will get with other legion posts to be sure that the veteran has a service and that their family can see how special they were.

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## **POST HOLIDAYS AND EVENTS**

### **CALENDAR**

**April 1** – April Fool's Day

**April 7** – World Health Day

**April 6** – Chakri Memorial Day

**April 9** – Post Social in Khon Kaen

**April 10** – Tawanchai Foundation donation ceremony

**April 13-15** – Sonkran Festival (Thai New Year)

**April 26** – Arbor Day

## **Adjutants Corner**

by Jeff Ludwig



We are all tremendously saddened by the sudden death of our commander and friend Bruce Templeman. While we should all take time to remember and mourn our fallen brother, Bruce would be the first to say we need to move on. Bruce was passionate about growing his and our Post. Bruce focused on getting more of our members actively involved in the operation of the Post.

What better way to honor Bruce's memory and to get involved with the Post than to run for one of the elected positions or volunteer for chairperson of one or more of the post committees. Nominations are open and will close just prior to the elections at the Post membership meeting in May. Self-nomination is not only acceptable but encouraged. However, you are free to nominate other individuals if the individual has agreed to accept the nomination. Below is the list of positions up for election. For those members who have not served, we encourage you to step up. We need your ideas and your fresh perspective. You will find the experience rewarding; we promise you.

- a. Post Commander
- b. Post 1<sup>st</sup> Vice Commander
- c. Post 2<sup>nd</sup> Vice Commander
- d. Post Finance Officer
- e. Post Chaplain
- f. Post Judge Advocate
- g. Sergeants at Arms
- h. Public Affairs Officer
- i. Three Members at Large

**We need you!**

**POST SERVICE OFFICER...LARRY HAYNIE**

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Greetings Comrades,

My Fellow Comrades;

I am sure by now that most of our American Legion post TH01 and VFW Post 10217 members know of the passing of our Post commander and Senior Vice Commander Bruce Templeman. We have truly lost a Dear Comrade and especially a Dear Friend!!!

Bruce's sudden passing was unexpected as we all believed Bruce was in the prime of his life and in good health. This is a sad reminder to the rest of us of how we may take our health for granted, and not be aware of medical conditions that creep up on us and rob us of our health and even our lives.

I firmly believe there are some preventive measures we can take to minimize medical issues that threaten our health. I have 3 medical evaluations done every year. They are a Complete Blood Count (CBC), an Echocardiogram, and a Prostate-specific Antigen (PSA) test. We veterans who are at least 60 years and older, should have these three tests done at either a hospital or clinic. They are relatively inexpensive and can help determine if our bodies and internal organs are functioning properly. These tests may also help discover a medical issue, that if ignored or left untreated, can progress into a more serious medical condition.

Give yourself and your family "peace of mind" by having yourself tested at least a minimum of once a year. I sincerely wish you all much happiness, peace and good health in the future. Commander Templeman will be truly miss by all of us who knew him. May he find eternal rest and peace!!! God Bless His Soul

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## **Events:**

### **THE AMERICAN LEGION birthday:**

At the March 13<sup>th</sup> Post monthly membership meeting, the members recognized and celebrated The American Legion birthday with a delicious birthday cake. The Baker at Peppers Restaurant designed and decorated the cake which looked awesome. While the cake looked great, it tasted even better. A special thanks to Peppers Restaurant and their skillful baker for creating fantastic looking and splendidly delicious cake.



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### • **April Birthdays**

- **Sal Salzarulo**
- **Rhoutsong, David**
- **Steve Jacobs**
- **Ed Sostack**
- **Hoyet Brown**
- **Doug Bull**
- **Jerry Churchill**
- **Robin Barker**





## Funeral of our beloved Commander Bruce Templeman:



On March 19, 2024 at approximately 2000 hours our commander Bruce Templeman suddenly suffered a fatal heart attack and died. Bruce's funeral was held at Wat Sumang Khalaram, Loeng Nok Tha, Yasothon Province of Thailand on Saturday March 23. In



attendance were Bruce's wife (Noi), Thai family members, and local friends. Also in attendance were many members of Brig Gen Robin Olds American Legion Thailand Post TH01. Bill Ahlberg the Commander of American Legion Thailand Post TH02 also was in attendance. Members of the VFW also attended the funeral including Randy Riggs the District 5 Commander and Rick Rees. Visitation and prayer service were held at Bruce's home. At 1:00 o'clock Bruce's body was moved to the village temple for the final service.



A special Honor Guard was form Comprised of members of Post TH01, member of Post TH02 and members of the VFW. The Honor Guard preform the traditional flag folding ceremony and presented the flag to Bruce's widow.



Acting Commander Ted Potyrala presented the eulogy highlighting Bruce's impact to our Post. Chaplain Rob Davis delivered a touching prayer for Bruce. Post TH02 Commander Bill Ahlberg and his wife recited in both English and Thai a moving poem titled Miss Me, But Let Me Go.



For those that wonder why we perform the honor guard duties and want to know how it impacts the family, friends, and community this one picture tell it all.

We will miss Bruce greatly. Bruce left a large void in the Post and in our hearts that will be hard to fill. Rest in peace our Comrade and Brother in Arms:



Bruce A. Templeman  
Commander Of American Legion Post Thailand Post TH01  
A video Tribute to Bruce

[https://www.youtube.com/watch?v=CJNNHob1\\_0Q&authuser=0](https://www.youtube.com/watch?v=CJNNHob1_0Q&authuser=0)



*Miss me, but let me go.*

*Now I have come to the end of the road.  
And the sun has set for me.  
I don't want rites in a gloom filled room.*

*Why cry for the soul set free?  
Miss me a little, but not too long.  
And not with your head bowed low.  
Remember the love of life we shared.  
Miss me - but let me go.*

*For this is a journey we all must take.  
And each must go alone.  
It's all part of the Master's plan.  
A step on the road to home  
When you are lonely and sick at heart  
Go to the friends we know.  
Bury your grief in doing good deeds.*

*Miss me, but let me go.*

## Chaplain's Prayer



O Judge of the nations, we remember before you with grateful hearts the men and women of our armed forces at home <sup>[L]</sup><sub>[SEP]</sub> and abroad who in the day of decision ventured much for the liberties we now enjoy. We commend them to your gracious care and keeping and we pray that day by day you will defend them with your heavenly grace; strengthen them in their trials and temptations; give them courage to face the perils which beset them; and grant them a sense of your abiding presence wherever they may be. Grant that we may not rest until all the people of this land share the benefits of true freedom and gladly accept its disciplines. Receive Lord all who have died in the hope of the resurrection, and those whose faith is known to you alone, that, with all the saints, they may have rest in that place where there is no pain or grief, but life eternal. We pray for those who joined you in your heavenly kingdom this week, esp.

*Bruce Templeman, Commander of Brig Gen Robin Olds Thailand Post TH01*



**FINAL TAPS:** Our Commander Bruce A Templeman

**Upcoming Event:** by Ted Potyrala



### Tawanchai Foundation Donation Ceremony April 10, 2024



Before and After  
Photo from Tawanchai Foundation

Could you imagine someone you know being born with this? Can you imagine their future quality of life? It is estimated that 5 out of 1,000 children in Thailand are born with a facial deformity.

This April 10th. Members of our post will go to Khon Kaen University to meet with the Tawanchai Foundation to present a check for \$1,000. This will be our third year supporting the foundation. Last year the VFW Post 10217 Korat, Thailand joined us in also donating \$1,000 and committed to supporting Tawanchai Foundation every year.

The Tawanchai Foundation provides corrective surgery, counseling, support and more, **FREE OF CHARGE** to any child born with a facial/cranial deformity. They do fantastic work. The photo above shows the result. I have seen photo's much worse than this and the outcome is unbelievable. One hundred percent of our donation goes to the child and family to finance their travel and stay while the child is undergoing treatment. The foundation does not stop there. They follow and provide counseling and medical support to the child to adulthood.

Our Post is committed to the fourth pillar of the American Legion which is all about children. There are many different programs for children and they are all good. This commitment we chose gives a child a shot at a normal life. It puts them on equal footing for whatever life holds for them. I cannot think of a better way to help them.

We are now looking at next year's donation. Currently we have 86 members. To reach our goal of \$1,000 would take \$11.63 from each of you. A small donation to give a child a shot at a normal life. From what I have been reading, that is less than a cheeseburger in the US.

Please find it in your heart to donate to this worthy cause. Any money over our \$1,000 goal will be put towards the following year's donation.

I would like to thank Comrade David Burns for his generous donation of 5,000 baht (\$139) today's rate.

Donations can be made in cash, bank transfers (Contact our Adjutant Jeff) or in the US, to First Command Bank.

FIRST COMMAND BANK

Account Name: American Legion Thailand Post TH01

Routing Number: 111993695, Account Number: 5579818

After donating send an email to Jeff so he knows to look for it.

<mailto:adjutant@americanlegionthailand.com>

If you would like to read about the foundation, go to

<https://www.tawanchai-foundation.org/> or Google Tawanchai Foundation.

You will have to translate it to English.

Thank you,

## **SAFETY MESSAGE**

### **Heat Stroke and Heat Exhaustion can kill you!**

Heat stroke and heat exhaustion led to 1670 deaths in the USA nationwide last year, according to federal data — the highest rate in at least two decades.

### **Heatstroke signs and symptoms include:**

- **High body temperature.** A core body temperature of 104 F (40 C) or higher, obtained with a rectal thermometer, is the main sign of heatstroke.
- **Altered mental state or behavior.** Confusion, agitation, slurred speech, irritability, delirium, seizures and coma can all result from heatstroke.
- **Alteration in sweating.** In heatstroke brought on by hot weather, your skin will feel hot and dry to the touch. However, in heatstroke brought on by strenuous exercise, your skin may feel dry or slightly moist.
- **Nausea and vomiting.** You may feel sick to your stomach or vomit.
- **Flushed skin.** Your skin may turn red as your body temperature increases.
- **Rapid breathing.** Your breathing may become rapid and shallow.
- **Racing heart rate.** Your pulse may significantly increase because heat stress places a tremendous burden on your heart to help cool your body.
- **Headache.** Your head may throb.

### **When to see a doctor**

If you think a person may be experiencing heatstroke, seek immediate medical help. Get to the nearest Emergency Room!

Take immediate action to cool the overheated person while waiting for emergency treatment.

- Get the person into shade or indoors.
- Remove excess clothing.
- Cool the person with whatever means available — put in a cool tub of water or a cool shower, spray with a garden hose, sponge with cool water, fan while misting with cool water, or place ice packs or cold, wet towels on the person's head, neck, armpits and groin.

### **Causes**

Heatstroke can occur as a result of:

- **Exposure to a hot environment.** In a type of heatstroke, called nonexertional (classic) heatstroke, being in a hot environment leads to a rise in core body temperature. This type of heatstroke typically occurs after exposure to hot, humid weather, especially for prolonged periods. It occurs most often in older adults and in people with chronic illness.
- **Strenuous activity.** Exertional heatstroke is caused by an increase in core body temperature brought on by intense physical activity in hot weather. Anyone exercising or working in hot weather can get exertional heatstroke, but it's most likely to occur if you're not used to high temperatures.

In either type of heatstroke, your condition can be brought on by:

- **Wearing excess clothing** that prevents sweat from evaporating easily and cooling your body
- **Drinking alcohol**, which can affect your body's ability to regulate your temperature
- **Becoming dehydrated** by not drinking enough water to replenish fluids lost through sweating

### Risk factors

Anyone can develop heatstroke, but several factors increase your risk:

- **Age.** Your ability to cope with extreme heat depends on the strength of your central nervous system. In the very young, the central nervous system is not fully developed, and in adults over 65, the central nervous system begins to deteriorate, which makes your body less able to cope with changes in body temperature. Both age groups usually have difficulty remaining hydrated, which also increases risk.
- **Exertion in hot weather.** Military training and participating in sports, such as football or long-distance running events, in hot weather are among the situations that can lead to heatstroke.
- **Sudden exposure to hot weather.** You may be more susceptible to heat-related illness if you're exposed to a sudden increase in temperature, such as during an early-summer heat wave or travel to a hotter climate.

Limit activity for at least several days to allow yourself to acclimate to the change. However, you may still have an increased risk of heatstroke until you've experienced several weeks of higher temperatures.

- **A lack of air conditioning.** Fans may make you feel better, but during sustained hot weather, air conditioning is the most effective way to cool down and lower humidity.
- **Certain medications.** Some medications affect your body's ability to stay hydrated and respond to heat. Be especially careful in hot weather if you take medications that narrow your blood vessels (vasoconstrictors), regulate your blood pressure by blocking adrenaline (beta blockers), rid your body of sodium and water (diuretics), or reduce psychiatric symptoms (antidepressants or antipsychotics).

Stimulants for attention-deficit/hyperactivity disorder (ADHD) and illegal stimulants such as amphetamines and cocaine also make you more vulnerable to heatstroke.

- **Certain health conditions.** Certain chronic illnesses, such as heart or lung disease, might increase your risk of heatstroke. So can being obese, being sedentary and having a history of previous heatstroke.

## Complications

Heatstroke can result in a number of complications, depending on how long the body temperature is high. Severe complications include:

- **Vital organ damage.** Without a quick response to lower body temperature, heatstroke can cause your brain or other vital organs to swell, possibly resulting in permanent damage.
- **Death.** Without prompt and adequate treatment, heatstroke can be fatal.

## Prevention

Heatstroke is predictable and preventable. Take these steps to prevent heatstroke during hot weather:

- **Wear loose-fitting, lightweight clothing.** Wearing excess clothing or clothing that fits tightly won't allow your body to cool properly.
- **Protect against sunburn.** Sunburn affects your body's ability to cool itself, so protect yourself outdoors with a wide-brimmed hat and sunglasses and use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously, and reapply every two hours — or more often if you're swimming or sweating.
- **Drink plenty of fluids.** Staying hydrated will help your body sweat and maintain a normal body temperature.
- **Take extra precautions with certain medications.** Be on the lookout for heat-related problems if you take medications that can affect your body's ability to stay hydrated and dissipate heat.
- **Never leave anyone in a parked car.** This is a common cause of heat-related deaths in children. When parked in the sun, the temperature in your car can rise 20 degrees F (more than 11 C) in 10 minutes.

It's not safe to leave a person in a parked car in warm or hot weather, even if the windows are cracked or the car is in shade. When your car is parked, keep it locked to prevent a child from getting inside.

- **Take it easy during the hottest parts of the day.** If you can't avoid strenuous activity in hot weather, drink fluids and rest frequently in a cool spot. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening.
- **Get acclimated.** Limit time spent working or exercising in heat until you're conditioned to it. People who are not used to hot weather are especially susceptible to heat-related illness. It can take several weeks for your body to adjust to hot weather.
- **Be cautious if you're at increased risk.** If you take medications or have a condition that increases your risk of heat-related problems, avoid the heat and act quickly if you notice symptoms of overheating. If you participate in a strenuous sporting event or activity in hot weather, make sure there are medical services available in case of a heat emergency.



# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### HEAT STROKE

- High body temperature (103°F or higher)
  - Hot, red, dry, or damp skin
  - Fast, strong pulse
  - Headache
  - Dizziness
  - Nausea
  - Confusion
  - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
  - Move the person to a cooler place
  - Help lower the person's temperature with cool cloths or a cool bath
  - Do not give the person anything to drink

### HEAT EXHAUSTION

- Heavy sweating
  - Cold, pale, and clammy skin
  - Fast, weak pulse
  - Nausea or vomiting
  - Muscle cramps
  - Tiredness or weakness
  - Dizziness
  - Headache
  - Fainting (passing out)
- Move to a cool place
  - Loosen your clothes
  - Put cool, wet cloths on your body or take a cool bath
  - Sip water
- Get medical help right away if:**
- You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

### HEAT CRAMPS

- Heavy sweating during intense exercise
  - Muscle pain or spasms
- Stop physical activity and move to a cool place
  - Drink water or a sports drink
  - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
  - You're on a low-sodium diet
  - You have heart problems

### SUNBURN

- Painful, red, and warm skin
  - Blisters on the skin
- Stay out of the sun until your sunburn heals
  - Put cool cloths on sunburned areas or take a cool bath
  - Put moisturizing lotion on sunburned areas
  - Do not break blisters

### HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
  - Keep the rash dry
  - Use powder (like baby powder) to soothe the rash



## Voting Overseas: by Ted Potyrala



Greetings fellow Legionnaires,

### **U.S. EMBASSY BANGKOK, THAILAND 2024 ABSENTEE VOTING INFORMATION FOR U.S. CITIZENS IN THAILAND**

Voting overseas is now easier than ever before! The U.S. Embassy in Bangkok and U.S. Consulate General in Chiang Mai are here to help you exercise your right to vote and answer your voting questions.

#### **Absentee Voting Basics**

Absentee voting is a simple two-step process:

1. To vote from abroad, you must register with local election officials in your state of voting residence AND request an absentee ballot. To do so, submit a completed [Federal Post Card Application \(FPCA\)](#) to your local election officials. They will:

- 1.1 Confirm your eligibility to vote and put your name on a list to receive absentee ballots for any elections held that calendar year.
- 1.2 Send you a blank absentee ballot electronically or by mail.

2. Complete and return the ballot so it arrives before your state's ballot return deadline. If you have not received your blank ballot 30 days before an election, use the [Federal Write-in Absentee Ballot](#) to vote.

**IMPORTANT: U.S. citizens abroad must submit a new FPCA each year, every time you move, and whenever you change your address, email, or name to vote in U.S. elections.** Submit your FPCA at the beginning of the calendar year, or at least 45 days before an election, to allow ample time to process your request and resolve any problems. Once approved, your name will be put on a list of voters to receive absentee ballots.

#### **Voting and Returning Your Ballot**

Complete your ballot carefully, legibly, and as early as possible. Make sure to return it to local election officials in time to meet your state's deadline.

Overseas voters have several options for returning completed ballots:

- **Local mail** – If you have a reliable mail service to the United States, put your ballot in the mail with appropriate international postage.



- **Fax, Email, or Internet** – Some states permit electronic transmission of completed ballots. Consult the [Voting Assistance Guide](#) for options in your state.
- **Express Courier Service** – If time is short or local mail unreliable, you can use professional courier services such as FedEx, DHL, or UPS at your own expense. **NOTE:** FedEx does not deliver to P.O. boxes.
- **U.S. Embassy Diplomatic Pouch** – You can submit your ballot request (FPCA) or completed ballot at the U.S. embassy or consulate for return to the United States. It must be addressed to your local election officials and have sufficient U.S. postage or be in a postage-paid envelope. A postage-paid envelope is available on the [FVAP website](#).
- **Drop-off Ballots:** Voters may drop off voting materials at the voting box located near the consular entrance of the U.S. Embassy Bangkok or at the U.S. Consulate General in Chiang Mai, 24 hours per day, without an appointment.
- **Mail Ballots:** Voters can mail ballots to the U.S. Embassy or Consulate General at the addresses below. The U.S. Embassy or Consulate will forward the ballots to your district office in the United States. Please utilize Thai Post or DHL to mail ballots; other methods are not reliable.

#### § **U.S. Embassy Bangkok**

American Citizens Services  
 Attn: Voting Assistance Officer  
 95 Wireless Road  
 Bangkok, Thailand 10330

#### § **U.S. Consulate General Chiang Mai**

American Citizens Services  
 Attn: Voting Assistance Officer  
 387 Wichayanond Rd  
 T. Chang Moi, A. Muang  
 Chiang Mai 50300, Thailand

#### **Using an Emergency Write-In Ballot**

If you completed all required steps but have not received your ballot 30 days before an election, submit a completed [Federal Write-in Absentee Ballot \(FWAB\)](#). Contact the voting assistance officer at the U.S. embassy or consulate for help or visit the FVAP website to complete an FWAB using the [online assistant](#). Write in the candidates of your choice, then print, sign, and send the FWAB to your local election officials. If your regular absentee ballot arrives after submitting a FWAB, you should still complete and return it. Your FWAB will be counted only if your regular ballot does not reach local election officials by your state's deadline. This will not invalidate your vote or result in casting two votes.

## **Assistance**

For voting resources, forms, and information on key voting dates, please visit the [\*\*Federal Voting Assistance Program\*\*](#) (FVAP) website. If you have any additional questions, please send an email to [\*\*mailto:VoteBangkok@state.gov\*\*](mailto:VoteBangkok@state.gov) if you live in the Bangkok consular district or [\*\*mailto:VoteChiangMai@state.gov\*\*](mailto:VoteChiangMai@state.gov) if you live in the Chiang Mai consular district.

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