

THE AMERICAN LEGION AT UBON RATCHATHANI, THAILAND



BRIGADIER GENERAL ROBIN OLDS

POST NUMBER TH01

POST MEETING: 2ND WEDNESDAY OF EVERY MONTH, AT 10:00 A.M.
POST LOCATION: PEPPERS RESTAURANT AND BAKERY



FEBRUARY 2024

POST [EMAIL: COMMANDER@AMERICANLEGIONTHAILAND.COM](mailto:COMMANDER@AMERICANLEGIONTHAILAND.COM)

VOL. 7, ISSUE 02

LINKS CONCERNING ISSUES OF GENERAL EXPAT INTEREST IN THAILAND

US DOLLAR TO THAI BAHT EXCHANGE RATE (AS OF 05/03/24)

\$1.00 U.S.D.:35.84 TH.B.

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



POST COMMANDER'S COMMENTS ... *BRUCE TEMPLEMAN*

A word from the Commander...

I'm just getting back on my feet after spinal surgery and sincerely thank all of you that wished me well. Special thanks to John Skabry and Peppers. The roast beef dinner was fantastic. I hadn't expected to eat so well in the hospital. I'll be mending slowly to get the nerve endings to repair themselves, but I'm blessed to be able to walk again. Thank you all again. It's good to know that I have people that care.

Coming up are our Post elections, which are so important as to the life of our organization. While these positions carry some responsibility, not filling them leaves the tasks to a few, resulting in burn-out. I would encourage everyone to volunteer for a Post officer position and spend a year getting to know the duties. After the year, it's either your cup of tea or it's time to try something else. Remember, the person that filled the job before you has experience that you can draw from as well as the myriad of online lessons and training classes available through National. As the

Post Commander, I have learned a lot this way as well as through contacting commanders of other posts and the Department of France. Also, by contacting other commanders at the different American Legion Posts, I have been convinced that American Legion Post TH01 provides a great value to everyone. Please jump in during the nomination session at our March meeting and help guide the post to another successful year.

National is increasing their portion of the annual dues by \$5 in July. Before this happens, I encourage everyone to renew for multiple years at the lower rate. While you're at it, set your membership to auto renew so you won't have to think about it each year. If you have questions regarding this, please contact Ted Potyrala, our 1st Vice and Membership Chair.

Many of you have done very good things in your community and I would like the Department and National to recognize the valuable work that you do. Helping your local temple, donating blood, spending time with shut-ins, donating money, food, and supplies to schools and orphanages, the

list is long. While you may not wish to be a "self-promoter", let me do this for you. Please remember that the Post needs to let outsiders know that we are the type of people they want to be. That we are Americans, the most generous people in the world. Our best way to recruit others to do the work of the American Legion is to be examples of good Americans. Please help in this by replying to a community service email that I will send out to you each month. If nothing occurred, then reply with "Nothing to report." Otherwise, reply with a short statement of what, when, where, and estimated cost in time and money. At the end of the year, you will be surprised at the impact that you and the other members of the Post have had on the community.

I would like the Activities Committee to look into having a social gathering in a central area to our widely dispersed members. If given enough time,

we could have a very good time meeting all our Post members face to face at least once each year. Camaraderie is vital to our organization and, while we have come a long way in linking the post by email and teleconference, it would be fun to bring us and our families to meet, wine, and dine together.

Post Officers and Committee Chairs, please submit your budgets to the Finance officer, Adjutant Jeff Ludwig, this month. It is a planning tool, and we need this to form and achieve our annual goals. Thank you.

Bruce A. Templeman
Commander
American Legion Post THo1
Ubon Ratchathani, Thailand

USEFUL INFORMATION FOR MEMBERS

HERE ARE THE RULES ABOUT VAPING IN THAILAND

“The Thai Government introduced a ban on electronic cigarettes (e-cigarettes or ‘vaping’), shisha smoking, and electronic shishas in 2014, for “health reasons and to discourage young people from starting to smoke”. The Tourism Authority of Thailand (TAT) is reminding visitors to the country about this ban, which is part of the Tobacco Control Law, and the law prohibiting smoking in public areas.”

<https://phuket-go.com/phuket-news/national-news/here-are-the-rules-about-vaping-in-thailand/>

MESSAGE FOR U.S. CITIZENS IN THAILAND (22 JUNE 2022) RECREATIONAL USE OF MARIJUANA IN PUBLIC IS ILLEGAL IN THAILAND

“Thailand made marijuana legal for medical purposes on June 9, 2022. However, according to a health directive announced in the Royal Gazette on June 14, anyone smoking cannabis and hemp in public for recreational purposes shall face imprisonment of up to three months or a fine of up to 25,000 baht if they cause a public nuisance or pose health hazards to others.”

<https://th.usembassy.gov/message-for-u-s-citizens-in-thailand-june-22-2022/>

CONSUMING CANNABIS IN THAILAND: WHAT TOURISTS NEED TO KNOW ABOUT MARIJUANA RULES

“After easing the ban on the recreational drug, Thailand has created a ‘weed Wild West’ with confusing rules. So, what are tourists allowed to do?”

<https://www.theguardian.com/society/2023/jan/10/consuming-cannabis-in-thailand-what-tourists-need-to-know-marijuana-weed-rules>

THAILAND MOVES TO BAN RECREATIONAL CANNABIS USE, 18 MONTHS AFTER HISTORIC DECRIMINALIZATION

It looks like the recreational use might be going away. This article explains the direction the legislative winds are blowing.

<https://www.msn.com/en-us/news/world/thailand-moves-to-ban-recreational-cannabis-use-18-months-after-historic-decriminalization/ar-AA1mJWzZ>. 2 - .

POST HOLIDAYS AND EVENTS CALENDAR

02 February

Groundhog Day

https://en.wikipedia.org/wiki/Groundhog_Day

10-12 February

Lunar New Year

https://en.wikipedia.org/wiki/Lunar_New_Year

13 February

American Legion Post THo1 Membership Monthly Meeting

14 February

Ash Wednesday

https://en.wikipedia.org/wiki/Ash_Wednesday

14 February

Valentine's Day

https://en.wikipedia.org/wiki/Valentine%27s_Day

19 February

President's Day

https://en.wikipedia.org/wiki/Presidents%27_Day

24 February

Makha Bucha Day (Thailand)

https://en.wikipedia.org/wiki/Māgha_Pūjā

26 February

Day off for Makha Bucha Day (Thailand)

<https://www.bangkokpost.com/thailand/general/2617450/cabinet-approves-extra-day-off-allows-6-day-holiday?v=0434>

POST TH01 OFFICERS 2023 MEMBERSHIP YEAR

COMMANDER – Bruce Templeman
commander@americanlegionthailand.com

1st VICE COMMANDER & HISTORIAN – Ted Potyrala
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2nd VICE COMMANDER – John Skabry
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ADJUTANT & FINANCE OFFICER – Jeff Ludwig
adjutant@americanlegionthailand.com

SERVICE OFFICER – Larry Haynie
larryjoedog@yahoo.com

SERGEANT-AT-ARMS – Sal Salzarulo
salzy48@hotmail.com

JUDGE ADVOCATE – Paul Ben-Yehuda
renegademarine@icloud.com

CHAPLAIN – Rob Davis
robdavis19@outlook.com

PUBLIC AFFAIRS OFFICER – Chris Lampert
comms@americanlegionthailand.com



ADJUTANT'S CORNER ... JEFF LUDWIG

Greetings Comrades,

I would like to welcome all our new and returning members who join our Post this Past year. You are encouraged to bring your talents and help elevate your Post to the next level. Your fresh perspectives and new ideas are needed. If you are hesitant to step up to an officer position or feel you don't have the knowledge level to take on the role, we can help. First step is to take the American Legion Basic Training. It's a non-pressure course that will provide you wealth of knowledge on the American Legion. The course covers five topics: history and organization; Veterans Affairs & Rehabilitation; National Security; Americanism; and Children & Youth. Each topic offers ways in which you can help advance the Post's values and services in our local communities. Just click on this link = [American Legion Basic Training Course](#) .

In addition to the basic training course, we have asked the incumbent officers to create Continuity /Transition guides for their successors. This will help ensure a smooth transition and have a document that highlights the lessons learned and best practices. The Post elections are just around the corner in April. To the current officers if you haven't completed your continuity guide, we urge you to do so as soon as possible. Do not worry about format, we can take care of that later. Just get it down on paper. If you need help contact me, we can work together. We owe it to your successor.

To make it easier and less stressful to the new officers The Executive Committee decided to change our business year from the calendar year to (July – June). This will agree with both the Department and National reporting periods. Most of our reports such as the Annual Consolidated Post Report (CPR) due dates are in June of each year. Also, our next year's membership drive starts in July 1st and ends in May. (*Note: Not to be confused, the membership is a calendar year, i.e. 2024 membership starts January 1st and expires on December 31, 2024.*) Most importantly this allows the new incoming officers over two months to transition with the outgoing officers. It also allows the new officers a chance to develop their program, form their committee, and formulate their budget before the start of the business year. It is a win for the new officers and a win for the Post.

Nominations for the elected officer positions start in March. We highly encourage self-nominating for the position you are interested in. We urge all of you to look at not only the elected positions but also the appointed positions. If you are not comfortable at taking over any of the positions, consider being an assistant where you can learn the position first hand. A post cannot survive on its own, it must have members willing to do their part. We need YOU!

SAFETY MESSAGE

FEBRUARY IS HEART HEALTH AWARENESS MONTH

The best way to survive a heart attack is to never have one. How can you prevent becoming one of the millions of Americans who suffer a heart attack? There is actually a lot you can do to protect your heart. Knowing the risks and symptoms of heart disease is a good start.

Key risk factors for heart disease are:

- High Cholesterol;
- Hypertension;
- Smoking;
- Diabetes;
- Unhealthy body weight;
- Too much alcohol; and
- Lack of physical activity.

An important risk factor that none of us has control of is our age. The medium age of our Post members is 69. Your risk for heart disease goes up as you age. In fact, heart disease is the leading cause of death in people 65 and older. The good news is there are lifestyle choices and changes you can make to lower your risk. When you control your risk factors, you help protect your heart. It's easy to get started.

Here are a few ideas:

- Eat healthy meals.

- Add exercise to your life.
- If you smoke, quit.
- Drink alcohol moderately

Heart disease is the leading cause of death for men and women. The most common type of heart disease is coronary artery disease, which can lead to a heart attack. While some heart attacks are sudden and intense, others can start slowly with mild pain or discomfort. Often people aren't sure what's wrong and wait too long before getting help.

Pay attention to any of the following warnings of a possible heart attack:

- Chest pain or discomfort;
- Pain or discomfort in the jaw, neck or back;
- Feeling weak, light-headed or faint;
- Pain in arms or shoulder;
- Shortness of breath; and
- Nausea (an extra symptom in women).

If you experience any of these symptoms get help immediately! In the USA call 911. In Thailand call Medical Emergency 1669 or for ambulance and rescue call 1554. If they cannot be reached, have a friend or family member take you to the nearest hospital.



1ST VICE COMMANDER AND HISTORIAN ... TED POTYRALA

Greetings fellow Legionnaires,

Once again, the post provided treats to the children during an open house at the RTAFB in Ubon. Every January Thailand has a day for the children. They open their military bases to the public where the families come out to see air shows, demonstrations and games. Schools also participate in celebrating children.





Ted Potyrala
1st Vice Commander, Historian, and
Membership Committee Chairman
American Legion Post TH01
Ubon Ratchathani, Thailand

HISTORY ARTICLE

HERE ARE SOME HISTORIC HAPPENINGS IN THE MONTH OF FEBRUARY

Feb 1,2003: The space shuttle Columbia broke apart in flight.

Feb 2,1848: The treaty of Guadalupe Hidalgo was signed ending the Mexican-American war.

Feb 3,1943: Four US Army Chaplains gave their life jackets to frightened soldiers as their ship sank. The Chaplains went down with the ship.

Feb 4,1861: Apache Chief Cochise was arrested and escaped declaring war which lasted for 25 years.

Feb 10,1942: The first Medal of Honor during WWII was awarded to 2nd. Lt Alexander Nininger for heroism during the battle of Bataan.

Feb 9,1943: The battle of Guadacanel ended after six months at a cost of 6,000 Japanese and 2,000 Americans.

Feb 13,1945: British and American planes bombed Dresden, Germany causing a firestorm that lasted for four days and killed an estimated 135,000 German civilians.

Feb 15,1898: The USS Maine with 260 crew members was blown up while in Cuba. War was declared in Spain on April 25th.

Feb 19,1942: 110,000 Japanese American citizens were sent to internment camps.

Feb 23,1942: The first attack on the US mainland occurred when a Japanese sub shelled an oil refinery near Santa Barbara, California resulting in minor damage.

Feb 27,1991: Desert Storm ended when allied troops entered Kuwait after launching the offensive four days earlier.

FEBRUARY BIRTHDAYS

Philippe Colombey

Anthony Francois

Thomas Hughes

Marleen Madding

Kirby Raines



SERVICE OFFICER ... LARRY HAYNIE

I would like to touch on a subject that is very important to me, as well as it should be to all American military veterans who are married to a Thai spouse. I believe we all deeply care for the welfare of our loved ones, The best way we can do this, especially living in Thailand, is for us to make a "Last Will and Testament".

A Will helps to provide provisions for your family's financial well-being, should a veteran unexpectedly pass away. A Will can name an Executor, who will be responsible for the disposition of your financial assets and personal property, in a manner you deem fit. Thai spouses must go through the Thai Probate Court system to obtain access to your assets, but this can be very time consuming and stressful. This may put a hardship on your spouse and family, especially if

they need financial assistance to help sustain their health and safety. I have personally used a legal advisory service called "ThaiLawOnline". They offer services such as Wills, legal consultations, Notary services, dealing with the Thai Legal system. I highly recommend ThaiLawOnline for all your legal issues.

If you would like more information about ThaiLawOnline, please contact Post Service Officer Larry Haynie for further assistance.

Larry Haynie
Service Officer
American Legion Post THo1
Ubon Ratchathani, Thailand

CLICK THE FOLLOWING LINKS FOR POST TH01...

WEBSITE

<https://americanlegionthailand.com>

Facebook

<https://www.facebook.com/americanlegionthailandposttho1>

YouTube

<https://www.youtube.com/channel/UC74pEhMUgz5KmGcs7RMEXyA>

