

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



MARCH 2024

POST EMAIL: COMMANDER@AMERICANLEGIONTHAILAND.COM

VOL. 7, ISSUE 03

LINKS CONCERNING ISSUES OF GENERAL EXPAT INTEREST IN THAILAND

US DOLLAR TO THAI BAHT EXCHANGE RATE (AS OF 06/03/24)

\$1.00 U.S.D.:35.70 THB

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



POST COMMANDER'S COMMENTS...BRUCE TEMPLEMAN

A word from the Commander...

Please keep in your prayers my friend, Comrade David L. Borchers who is terminally ill with cancer in Bangkok Hospital Chiang Mai. He is a faithful member of AL Post TH01 and the commander of VFW Post 10217 in Korat. Dave retired from the US Army and has been active in serving his fellow veterans. I thank our Post Service Officer Larry Haynie for assisting Dave's wife during this time.

Buddy checks are critical. No veteran is to be left behind, alone, or ignored. Please take the time to check up on your comrades and keep the Post informed if any need help.

Check with your financial advisors to know the process of estate settlement so that the beneficiaries can be made aware of their responsibilities. Then notify your beneficiaries of these processes to help them manage their expectations. Some estate settlement processes are tedious and lengthy, requiring your beneficiary

to spend a lot of time on the phone with the financial entity as well as filling out, notarizing, and mailing many documents. This is a good time to review your financial situation and streamline things for your loved ones.

The pressing issue on my mind is the upcoming post elections. The Post cannot run without members stepping into help. The officers have specific duties to keep the post running. Please do your part and become a post officer and leader. Without an effective leadership team, the Post cannot function. Many hands make light work, so please help where you can. Adjutant Jeff Ludwig will send out an officer listing with the position descriptions. Pitch in. Lend a hand. The Post needs you.

Bruce A. Templeman
Commander
American Legion Post TH01
Ubun Ratchathani, Thailand

POST HOLIDAYS AND EVENTS CALENDAR

01 March

1st Day of Women's History Month

https://en.wikipedia.org/wiki/Women%27s_History_Month

10 March

Daylight Savings Time starts

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

11 March

1st Night of Ramadan

<https://en.wikipedia.org/wiki/Ramadan>

12 March

American Legion Post THo1 Membership Monthly Meeting

15 March

American Legion Birthday

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

17 March

St. Patrick's Day

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

24 March

Palm Sunday

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

25 March

Holi

<https://en.wikipedia.org/wiki/Holi>

29 March

Good Friday

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

31 March

Easter Sunday

<https://en.wikipedia.org/wiki/Easter>



Greetings Comrades,

POST TH01 OFFICERS
2023 MEMBERSHIP YEAR

COMMANDER – Bruce Templeman
commander@americanlegionthailand.com

1st VICE COMMANDER & HISTORIAN – Ted Potyrala
1vice@americanlegionthailand.com

2nd VICE COMMANDER – John Skabry
2vice@americanlegionthailand.com

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

EXECUTIVE COMMITTEE

MEMBER-AT-LARGE – Billy Holland
billybholland@gmail.com

MEMBER-AT-LARGE – Michael Baines
mkbaines1@gmail.com

MEMBER-AT-LARGE – Michael Cook
meeting@americanlegionthailand.com

Wow its March already! This year has really flown by. The Post elections are just around the corner. What a better way to serve and guide the direction of your Post than to take an officer position. The list of elected officer positions is listed below. You do not need to wait for someone to nominate you. We encourage members to nominate themselves. So, step up to a fulling and rewarding challenge; nominate yourself for an officer position that interest you. The Post is always in need of the fresh ideas and the new perspectives you can bring to the table. Don't worry about being unfamiliar with the duties. The outgoing officer will assist you in your transition. Also, we will be there to assist and guide you. we tasked each officer to prepare a continuity guide on their respective position. In the Continuity Guides, we asked the officers to include their best practices and lessons learned. This will hopefully help you get started toward successful and rewarding year.

We need

you!



Summary of Post Officers Duties:

Source: The American Legion Post Officers Guide and Manual of Ceremonies 2021. This is not intended to be all-inclusive but to give a general idea of the duties of each elected position.

Commander

- Leads the Post in all affairs.
- Chairs the Executive Committee
- Interacts in Public Relations with the local community.
- Oversee the duties of the Post officers.
- Appoints Committee Chairman
- Chairs and conducts Monthly Post meetings.

1st Vice Commander

- Charge of the Post membership campaign
- Familiar with the ceremonial protocol for regular meetings
- Conduct meetings in the Commanders absence
- Fill in for the Commander in the commander's absence.

2nd Vice Commander

- Post Social director.
- Create a fun atmosphere in the Post.
- Develop the Social/Activities Calendar for the Post
- Ensure Patriotic holidays and observances are recognized and given the respect they deserve.
- The second vice commander should be looking for ways to involve members in post activities, operations, and programs to assist the first vice commander by providing improved member retention.

Finance Officer

- Should be honest and have experience in handling financial affairs.
- In charge of all receiving and disbursing of post funds
- Be prompt in remitting National and Department per dues fees.
- Maintain the Accounting Program GNU Cash
- Work Closely with Adjutant
- Develop Post budget.
- Chair Financial Committee
- Follow the Post Financial Management Standard Operating Procedures

Post Chaplain

- Chaplain need not necessarily be a clergyman.
- Should attend all meetings of the post executive committee.
- Chaplain is the moral leader.
- Work with the post historian on grave registration work and inspire the post to decorate veteran graves on Memorial Day.
- Officiate at post members' funerals when requested.
- *The American Legion Chaplain's Handbook*, available online

Post Public Affairs Officer

- Maintain the Post Facebook page and other Post social media.
- Prepare articles for the department newsletter when requested.
- Assist in preparation of the Post newsletter.
- Publicize Post events and activities.

Post Sergeant at Arms

- Arranges the meeting hall and assists the Post Commander and Adjutant in preliminary arrangements for meetings.
- Leads the color detail during presentation.
- Plays a leading role in the post color guard, burial detail, and other pageantry.
- He or she is the expert on flag etiquette and should know proper flag etiquette.
- Welcome new members make sure they are introduced and made to feel they are important to the Post.
- Encourages members to attend meetings and advises the commander on who should be acknowledged.

Post Judge Advocate

- Primary duty of the judge advocate is to supply professional advice in the conduct of post business.
- Procure proper counsel when requested.
- Guardian of the constitutional form of post government
- Supply valuable assistance to other post committees and officers.
- Maintain contact with local government officials when needed.
- Assist in auditing post financial accounts.

Members at Large

- Represent the members at the Executive Committee meetings.
- Conduct audit of local cash accounts quarterly.
- Elevate members concerns to the Post leadership.
- Act as liaison to the membership.
- Attend Post meetings.

Jeff Ludwig
Adjutant and Finance Officer
American Legion Post TH01

SAFETY MESSAGE

MARCH IS LADDER SAFETY MONTH

In the USA, each year there are more than 164,000 emergency room-treated injuries and 300 deaths that are caused by falls from ladders.

Falls from ladders are the leading cause of deaths on construction sites. The most frequent ladder injuries include broken bones, broken backs, broken pelvises and head injuries. Moreover, approximately 20 percent of fall injuries involve ladders, and among construction workers, an estimated 81% of fall injuries treated in hospital emergency rooms involve a ladder. According to Bureau of Labor Statistics, U. S. Department of Labor (2011) Work-related fatal falls, by type of fall, nearly two-fifths involved falls from roofs or ladders. Out of 646

falls, 20 percent were from the ladder, 18 percent were from the roof.

Therefore, it is a **must** to maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing, maintain your body near the middle of the step and always face the ladder while climbing and only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes ([OSHA 2021](#)). Additionally, it is important to secure the ladder firmly at the top to prevent it from slipping sideways or the foot from slipping outwards. Hook or tie your ladder (both stiles) to a sturdy anchor point to stop it from slipping.



FINANCE MESSAGE

REPORT OF FOREIGN BANK AND FINANCIAL ACCOUNTS (FBAR)

Every year, under the law known as the Bank Secrecy Act, you must report certain foreign financial accounts, such as bank accounts, brokerage accounts and mutual funds, to the Treasury Department. You must also keep certain records of those accounts. You report the accounts by filing a Report of Foreign Bank and Financial Accounts (FBAR) on FinCEN Form 114.

The FBAR is an annual report, due April 15 following the calendar year reported. You're allowed an automatic extension to October 15 if you fail to meet the FBAR annual due date of April 15. You don't need to request an extension to file the FBAR.

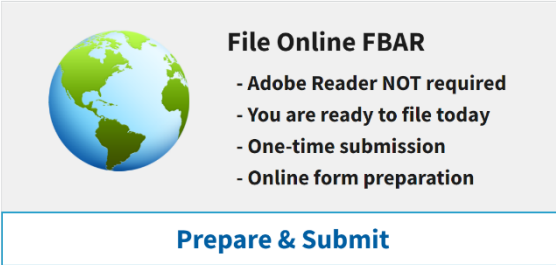
Who must File?

A United States person, including a citizen, resident, corporation, partnership, limited liability company, trust and estate, must file an FBAR to report:

1. A financial interest in or signature or other authority over at least one financial account located outside the United States, if

2. The aggregate value of those foreign financial accounts exceeded \$10,000 at any time during the reporting calendar year.

Generally, an account at a financial institution located outside the United States is a foreign financial account. Whether the account produced taxable income has no effect on whether the account is a "foreign financial account" for FBAR purposes. This means that many of our members residing in Thailand that have the bank funds required by their respective visa fall into this category and must file the FBAR report. The web address below will take you to the e-filing website



The graphic features a globe on the left and text on the right. The text includes the heading 'File Online FBAR' and a list of four bullet points: '- Adobe Reader NOT required', '- You are ready to file today', '- One-time submission', and '- Online form preparation'. Below the list is a blue button with the text 'Prepare & Submit'.

<https://bsaefiling.fincen.treas.gov/NoRegFBARFiler.html>. Just follow the instructions.

You must file the FBAR electronically through the Financial Crimes Enforcement Network's [BSA E-Filing System](#). You don't file the FBAR with your federal tax return. The FBAR is required by the Treasury Department and is separate from any IRS filing obligations.



1ST VICE COMMANDER AND HISTORIAN...*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 [***VoteBangkok@state.gov***](mailto:VoteBangkok@state.gov) if you live in the Bangkok consular district or [***VoteChiangMai@state.gov***](mailto:VoteChiangMai@state.gov) if you live in the Chiang Mai consular district.

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

HISTORY ARTICLE

WOMEN'S HISTORY MONTH

March is when Women's History Month is celebrated. It is a time for recognizing the contributions women have made to our country and society.

The founding of Women's History can be traced back to Sonoma, California school district. In 1978 dozens of schools and hundreds of students participated in a "Real Women" essay contest along with a parade held in Santa Rosa. In 1980 President Carter issued a presidential proclamation declaring the week of March 8th as National Women's History Week. Six years later congress expanded it to the entire month of March.

Since we are made up of former and current military members, I thought I would stick with women in or helped the military.



Margaret Corbin, disguising herself as a man, she followed her husband in battle during the revolutionary war helping to load the canon. After her husband was killed, she continued to fight even after being shot three times. She is buried at West Point with full military honors.

Clara Barton, who founded the Red Cross, was one of over 20,000 women that helped the Union during the Civil War. 3,000 of them were nurses. She drove her wagon right into battlefields tending to the wounded.



During WWI women, who did not have the right to vote, were allowed to openly serve in the military. By 1918 there were more than 3,000 American nurses deployed to British hospitals in France. They worked in very dangerous conditions helping both military and civilians. WWII opened all branches of service to women. Along with serving as nurses, they also work in many other fields such as mechanics, radio operators, laboratory, rigged parachutes, flew test flights, ferried aircraft and trained men in air combat.

Army Col. Ruby Bradely, who was a nurse, spent 37 Years in an internment camp in the Philippines. She performed 230 major surgeries and delivered 13 babies, 432 women paid the ultimate price and 88 were taken prisoners as POWs.



Korea brought women right up close to the front lines. MASH units were located close to the fighting. Even though they still could not serve in combat, they took up additional roles as military police officers and engineers.

Credit to National Archives



Around 11,000 women were stationed in Vietnam. Most of them volunteered to be there. They also worked as Air Traffic Controllers, intelligence officers, and clerks. In 1967, President Johnson opened up promotions to women to general and flag ranks. In 1972, women were allowed to command units that included men.

Photo Credit US Navy

There have been many “firsts” for women in the military. None of it was handed to them but fought for by being persistent in their goals. Comdr. Rosemary B. Mariner was one of the first six women to become a Naval Aviator and later to command a naval aviation squadron. Army Sgt Leigh Ann Hester was awarded the first Silver Star for her actions during direct combat action in an ambush in Iraq.

In 2015, the ban on women in combat was lifted, opening up thousands of jobs. One hundred women have graduated from Army Ranger school and others have completed Navy Seal Officer Assessment and Selection. Over 300,000 women have served in Afghanistan and Iraq. More than 9,000 have earned Combat Action Badges. Today women comprise 16% of our military.

Thank you for your service.

Photo credit(s)...

- (1) Margaret Corbin
- (2) Clara Barton
- (3) WWI nurse - Library of Congress

MARCH BIRTHDAYS

Kenneth Adams

Loyd Garmany

Maurice Hatzke, III

Thomas Maher

Joel Pearson



SERVICE OFFICER...LARRY HAYNIE

Greetings Comrades,

In this article I would like to address the issue of taxes. We as American Expats living in Thailand are still required to file Federal and, if necessary, State taxes as well. Most of veterans usually file a tax return because of taxes on our military retirement pensions. We also pay taxes on other income such as Social Security benefits and like me, pay Federal taxes on civilian retirement pensions as well. If a veteran receives VA Disability compensation, that is not taxable. However, when a veteran passes away and a Thai spouse is the beneficiary of a veteran's military, civilian and Social Security retirement pensions, the Thai spouse must still file a yearly tax return.

Many Thai spouses are unaware or not knowledgeable of our American tax system and how to file a US Tax Return. I personally use a tax consulting company in Bangkok that does all my tax preparation. The company name is Global US

Tax Plan Unlimited. Global US Tax has a staff of American and Thai tax consultant experts who handle all aspects of Federal and State taxes. Global US also files your taxes online directly to the IRS and State Tax agencies.

If veterans or their spouses have any concerns or questions about taxes and would like more information, please contact Post Service Officer Larry Haynie.

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>