



LARRY A. HOFF ePOST 2100



Issue #96 APRIL, 2021

COMMUNICATION IS POWER

TO OPT OUT OF OUR NEWSLETTERS, E-MAIL [MARIA KLENHARD](mailto:MARIA.KLENHARD)

OUR NEXT MEETING

APRIL 15th at 7:30 PM, is slated for our next tele-meeting, by invitation, using GoToMeeting. E-mail me if you want an invite:

commander@epost2100.org

Our tele-meetings are provided for you to learn about and have input regarding your cyber Post. BTW, have you visited [Our Web site](#), lately?

OUR HELP DESK STANDS READY TO ASSIST US VETERANS WITH FREE COMPUTER-RELATED AID.

[ROBERT MCTUREOUS](#)

404-304-1772

DEEP FAKES

Very sophisticated "[Deep Fakes](#)" are becoming more evident.

These fakes are merged graphics and audios which convincingly make it appear that people are saying (and doing) things they have not said and done.

In the past, the fakes were easily discerned, but now they are becoming almost impossible to distinguish from the originals.

As users of the Internet, we veterans have to be ever alert to avoid believing and acting upon fake words and fake deeds.

If you see and/or hear something that just does not seem right, do not immediately spread it or act upon it before trying to verify the source.

YOUR CYBER POST OFFICERS

Post Commander.....	ROBERT GREEN	770-786-8702
Senior Vice Commander.....	MARIA KLENHARD	916-952-7691
Junior Vice Commander	OPEN	
Adjutant.....	MARIA KLENHARD	916-952-7691
Finance Officer.....	MAC MCMILLAN	404-277-4280
Judge Advocate.....	TED RICHARDS	404-754-0415
Exec. Committee.....	ED MCMILLAN	770-757-6136
Sergeant-at-Arms.....	DAVID GREEN	
Service Officer.....	ED MCMILLAN	770-757-6136
Chaplain.....	ROBERT TEETER	918-781-9328

COMMANDER'S CORNER

Easter and Passover will soon be upon us. We all know the future dates for Christmas, December 25th, but what about knowing the future dates for Easter? Those dates vary, as does Passover's, for they are based on a Biblical Hebrew lunar calendar while Christmas is based on the Roman Gregorian calendar, which is based on the Sun.



Regardless of when the holidays appear, we consult our calendars to know when to celebrate the events.

Most of our members are growing long in the tooth, so birthdates might be viewed as both joyous and also ominous.

With the passage of time, it would serve us well to evaluate how we not only relate to our fellow human beings, but also how we deal with ourselves.

The American Legion utilizes a Buddy Check process to not just check on our buddies, but to let members and their families know that they are not taken for granted, not forgotten and that those in leadership care, ergo, the annual Buddy Check.

But should we check more or less often? Have you received a Buddy Check from one of our cadre? The members I have contacted were courteous and appreciative of the contact (phone call), as most of us are suspicious of unrequested calls from numbers or called ID's we do not recognize.

Maybe we should use E-mail addresses, which are less intrusive, but also less personal. The calls are not a one-way street. You can make it a point to call those for whom you care, just to see how they are doing and to let them know you still care.

—Bob

OUR CHAPLAIN'S PAGE



I love the sunrise as it obviously means I made it out of bed another day. Throughout the years I have managed to see incredible sunrises. Some while in the Navy and deployed at sea, others while camping, some while driving east to visit family, and of course views like this while standing alone on my back

porch on a cold winter morning.

What makes a sunrise so special? Truthfully, I will leave that explanation up to the scientists and meteorologists. I just believe that each one is different and a gift from God.

As I was sharing this picture with the town on our local page, I began to think about the Creation Story. We are told how God Created the Heavens and the Earth. While hovering over the dark surface of the waters said "Let there be Light."

Now when I joke and turn on a light and make that statement my wife looks at me and tells me to "shut up".

As members of the military, we have been often called upon to serve in places far from home, and at times not very friendly. Some of those places we would like to forget, and there are things that were seen or heard that may never be forgotten.

There were a few things that remained con-

stant though, one was change as every time we took a breath or blinked it seemed like we were being told to do something differently.



Another was the sunrise. Even if we could not see it happen, like clockwork the sun rose. God was letting us know that he was there and would watch over us.

I had no idea how my life would turn out when I went in the Navy, I had faith I would see my wife and daughter again when I left West Virginia to go to the Middle East.

I was scared but kept the faith when one of our 4 ship detachment was hit by missiles and 37 sailors were killed. We do not know what will happen in the next 5 minutes.

It is up to us to live the best life we can, does that mean we have to be perfect? I certainly hope not, or I am in big trouble. I sit here and talk about these things, but the truth is I deal with and have PTSD and anger issues from my time in the Navy, and those are not even the issues I am service connected for.

I am in therapy and take medication but riding a bicycle has been the best medicine and I ride with a group of other veterans, so we also have a peer support group amongst each other for support outside of walls.

So, I really am far from perfect, but I believe in God. It is said our God is a loving and forgiving God. Therefore, I will continue to do the best I can and enjoy every sunrise I can.

Grace and Peace, *Bob Teeter*

FROM U.S. VETERAN COMPENSATION PROGRAM

Did you know the [Department of Veteran Affairs \(VA\)](#) is raising public awareness about a tool to protect [veterans](#) and claimants from companies who may be targeting them or their potential [benefits](#)?

[VA](#) has created an [Accreditation Search Index](#) that helps [veterans](#) find [VA](#) approved claims processors.

The index provides [state-by-state](#) contact information, as well as a downloadable list of [Veterans Service Organization \(VSO\)](#) representatives, [attorneys and claims agents](#) who are ready to assist with preparing [VA](#) claims in an ethical and lawful manner.

DID YOU GET ONE LIKE THIS?

Dear Veteran,

How to follow-up and upgrade your new My HealthVet account to Premium.

If you've already upgraded, congratulations!

If you haven't, note that online prescription refills, Secure Messages to your doctor and other health care team members, as well as lab test results and other health records are ONLY available with a Premium account.

Take a few minutes and review this YouTube video that walks you through your options. You only need to upgrade once.

Watch: Upgrade Now!

<https://www.veteranscrisisline.net/>

The My HealthVet Team at the U.S. Department of Veterans Affairs

Are you a Veteran in crisis or concerned about one? Connect with the Veterans Crisis Line at 1-800-273-8255 and (PRESS 1). Learn more:

<https://www.veteranscrisisline.net/>

The American Legion Membership Application

(Name) (Date of Birth)
 (Mailing Address) (Phone Number)
 (City) (State) (Zip) (Post #)
 (E-mail) Male Female (Gender) (Dues)

I certify that I served at least one day of active military duty since December 7, 1941 and was honorably discharged or am still serving honorably.

Please check appropriate service era and branch of service below

- | | |
|---|---|
| <input type="checkbox"/> Global War on Terror | <input type="checkbox"/> U.S. Army |
| <input type="checkbox"/> Gulf War | <input type="checkbox"/> U.S. Navy |
| <input type="checkbox"/> Panama | <input type="checkbox"/> U.S. Air Force |
| <input type="checkbox"/> Lebanon/Grenada | <input type="checkbox"/> U.S. Marines |
| <input type="checkbox"/> Vietnam | <input type="checkbox"/> U.S. Coast Guard |
| <input type="checkbox"/> Korea | <input type="checkbox"/> Merchant Marines (WWII only) |
| <input type="checkbox"/> WWII | |
| <input type="checkbox"/> Other Conflicts | |



30-009 Signature of applicant Date Name of recruiter

SPACE FORCE ON APPLICATION

If your service branch is the new Space Force (not added to the application for membership, on the left), please add it when filling out the form.



Our Earth's Population, in Perspective

The population of our Earth is around 7.8 Billion people.

For most people, it is a large figure, and that is all that it is.

However, if you condensed 7.8 billion in the world into 100 persons and then into various percentage statistics, the resulting analysis is relatively much easier for us to comprehend.

Based On Out of 100:

11 are in Europe
5 are in North America
9 are in South America
15 are in Africa
60 are in Asia

49 live in the countryside
51 live in cities

12 speak Chinese
5 speak Spanish
5 speak English
3 speak Arabic
3 speak Hindi
3 speak Bengali
3 speak Portuguese
2 speak Russian
2 speak Japanese
62 speak their own language.

77 have their own houses
23 have no place to live.

21 are over-nourished
63 can eat full
15 are under-nourished
1 ate the last meal, but did not make it to the next meal.

The daily cost of living for 48 is less than \$2.00.

87 have clean drinking water
13 either lack clean drinking water or have access to a water source that is polluted.

75 have mobile phones
25 do not.

30 have internet access
70 do not have conditions to go online

7 received a university education
93 did not attend college.

83 can read
17 are illiterate.

33 are Christians
22 are Muslims
14 are Hindus
7 are Buddhists
12 are other religions
12 have no religious beliefs.

26 live less than 14 years
66 died between 15 - 64 years of age
8 are over 65 years old.

If you have your own home, eat full meals & drink clean water, have a mobile phone, can surf the Internet, and have gone to college, you are in the miniscule privileged lot. (in the less than 7% category)

Amongst 100 persons in the world, only 8 can live or exceed the age of 65.

If you are over 65 years old, be content & grateful. Cherish life, grasp the moment.

You did not leave this world before the age of 64 years like the 92 persons who have gone before you. You are already the blessed amongst mankind.

Take good care of your own health.
Cherish every remaining moment.