



LARRY A. HOFF ePOST 2100



Issue #76 JULY, 2019 *COMMUNICATION IS POWER*

TO OPT OUT OF OUR NEWSLETTERS, E-MAIL cgoetz@myemc.net

OUR NEXT MEETING

July 18th, 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?

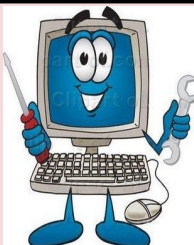
YOUR CYBER POST OFFICERS

Post Commander..... [ROBERT GREEN](#) 770-786-8702
 Senior Vice Commander..... [LES GREEN](#) 770-596-5635
 Junior Vice Commander[PAUL AUST](#) 770-315-2189
 Junior Vice Commander..... [MARK FENLEY](#) 678-661-1031
 Finance Officer..... [CHUCK GOETZ](#) 706-219-4209
 Judge Advocate..... [TED RICHARDS](#) 404-754-0415
 Exec. Committee..... [RICK SCHIRMER](#) 678-687-7270
 Exec. Committee..... [ED MCMILLAN](#) 770-757-6136
 Sergeant-at-Arms..... DAVID GREEN

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

[ROBERT MCTUREOUS](#)

404-304-1772



COMMANDER'S CORNER

July might bring to our minds the 4th of July, Independence Day. People celebrate (or not) this unique birth of our nation in various ways. Traditions are established and some might feel obligated to participate in events, but each year we are given the opportunity recall our revolt from England and the formation of a different kind of governance.



We now enjoy the freedoms which were provided by our republic's new form of government and it is up to us to retain and protect those cherished freedoms.

I fear we are failing to inculcate our principles and ideals into the hearts and minds of upcoming generations. You may have seen TV shows which purportedly interviewing folks who have no idea of our history and Constitution.

As veterans, we should take every opportunity to tell the story of our founding, explaining the responsibility of citizens to become informed before voting, and to peruse the words of our Constitution, ourselves.

Well, I hope I am preaching to the choir, but with the passage of time, comes the laxity and taking for granted the values for which we put our lives on hold to defend America.

Yes, "Eternal vigilance is the price of liberty." Ours is the obligation to maintain the bright light of liberty and to share it with others. The Fourth of July provides an excellent time in which to do so.

What will you be choosing to do?

Bob Green 770-786-8702

MISSED DISABILITIES ?

From www.veteranprograms.com/ and contains ads, but valid information re disabilities:

Many [veterans](#) are familiar with the [Presumptive Disability](#) list, but, not many [veterans](#) are aware of the many other compensable [disabilities](#). Sometimes, if in the right place at the right time, a veteran might, if he is lucky, hear of a [disability](#) he has never heard of before and didn't know it was possible to receive [compensation](#) for the [disability](#).

Top 10 Overlooked Compensable Disabilities many [VSOs](#) miss and many [veterans](#) never consider:

1. [Erectile Dysfunction](#)
2. [Sleep Terror Disorder](#)
3. [Agoraphobia](#)
4. [Keloids](#)

VA MISSION ACT

<https://missionact.va.gov/>

THE LEGION ACT EXTENDS TERMS OF SERVICE

MARK YOUR CALENDARS

See full text at:

<https://www.govtrack.us/congress/bills/116/s504/text>

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3. Eligibility for membership in The American Legion

[Section 21703 of title 36](#), United States Code, is amended—

(1) in paragraph (1)—

(A) in subparagraph (A), by striking during any period from— and all that follows through the end of clause (vii) and inserting the following: “during—

; and

(B) in subparagraph (B), by inserting or time after a period; and

(2) in paragraph (2), by inserting or time after that period.

AUGUST 23-29, 2019

NATIONAL CONVENTION, INDIANAPOLIS

ELIGIBLE MEMBER- SHIP DATES

Below, are the eligibility dates for those veterans seeking membership in the American Legion:

WWI: 4/6/17 TO 11/11/18

WWII: 12/7/41 TO 12/31/46

KOREA: 6/25/50 TO 1/31/55

VIETNAM: 2/28/61 TO 5/7/75

LEBANON/GRENADA: 8/24/82 TO 7/31/84

PANAMA: 12/20/89 TO 1/31/90

GULF WAR /WAR ON TERRORISM: 8/2/90
TO THE PRESENT

If you have questions about eligibility, please contact Adjutant, [Ted Richards](#).

THE CONSTITUTION



Want to have your own digital option for review, print, copy, edification, etc.?

Try this URL at:

<https://constitutionus.com/>

JULY HOLIDAYS

SOME CRDP INFORMATION

This may not apply to you, but maybe others?

The Concurrent Retirement and Disability Payments (CRDP) is designed to remove the offset of VA and DoD payments.

This program provides a ten-year phase-out of the offset to military retired pay from receiving VA disability compensation for members who have a combined disability rating of fifty percent or greater.

Besides the most important holiday this month, [Independence Day](#) (July 4th), there are many, many “holidays” this month. Enjoy this plethora of named holidays:

<https://nationaldaycalendar.com/july/>

Just wait for August's!



DID YOU GET THIS EMAIL ?

Dear My HealtheVet member:

At VA, Veterans are at the center of everything we do. We are constantly working to make sure you know about the health care and benefits you have earned through your service to our country.

A new law, called the MISSION Act, strengthens VA's ability to provide you with state-of-the-art care and services through a network of providers and cutting-edge technology. The law makes several enhancements to VA care that begin on June 6, 2019.

With the MISSION Act, you will see VA continue to be a trusted, caring partner. We are focused on providing an excellent experience of care to you and the important people in your life. You'll see us expand our efforts to meet you where you are, with the right care at the right place and the right time - including through tele-health and in your community.

To help you learn more about your VA health care options, we have created a booklet that provides information on:

- Enrollment and health care eligibility;
- Expanded community care eligibility;
- Accessing new Urgent Care benefits for minor illnesses;
- Information on how copayments and insurance will be used;
- Learning more about VA's access and quality standards and how those relate to you;
- Awareness of the complaints and appeals process for health care delivery.

You can view the booklet at https://www.missionact.va.gov/library/files/MISSION_ACT_Community_Care_Booklet.pdf

We appreciate that you choose VA for your health care and we are honored to serve you.

Sincerely,

Richard Stone, MD

Executive in Charge

Office of the Under Secretary for Health

For more information about the MISSION Act visit www.missionact.va.gov .

You can keep up with your health care issues by subscribing to the bi-weekly 'My HealtheVet Update' at <https://www.myhealth.va.gov/subscribe> .

OUR DECLARATION OF INDEPENDENCE

When in the Course of human events it becomes necessary for one people to dissolve the political bands which have connected them with another and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. — That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, — That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn that mankind are more disposed to suffer, while evils are sufferable than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security. — Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world.

He has refused his Assent to Laws, the most wholesome and necessary for the public good.

He has forbidden his Governors to pass Laws of immediate and pressing importance, unless suspended in their operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them.

He has refused to pass other Laws for the accommodation of large districts of people, unless those people would relinquish the right of Representation in the Legislature, a right inestimable to them and formidable to tyrants only.

He has called together legislative bodies at places unusual, uncomfortable, and distant from the depository of their Public Records, for the sole purpose of fatiguing them into compliance with his measures.

He has dissolved Representative Houses repeatedly, for opposing with manly firmness his invasions on the rights of the people.

He has refused for a long time, after such dissolutions, to cause others to be elected, whereby the Legislative Powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the mean time exposed to all the dangers of invasion from without, and convulsions within.

He has endeavoured to prevent the population of these States; for that purpose obstructing the Laws for Naturalization of Foreigners; refusing to pass others to encourage their migrations hither, and raising the conditions of new Appropriations of Lands.

He has obstructed the Administration of Justice by refusing his Assent to Laws for establishing Judiciary Powers.

He has made Judges dependent on his Will alone for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of New Offices, and sent hither swarms of Officers to harass our people and eat out their substance.

He has kept among us, in times of peace, Standing Armies without the Consent of our legislatures.

He has affected to render the Military independent of and superior to the Civil Power.

He has combined with others to subject us to a jurisdiction foreign to our constitution, and unacknowledged by our laws; giving his Assent to their Acts of pretended Legislation:

For quartering large bodies of armed troops among us:

For protecting them, by a mock Trial from punishment for any Murders which they should commit on the Inhabitants of these States:

For cutting off our Trade with all parts of the world:

For imposing Taxes on us without our Consent:

For depriving us in many cases, of the benefit of Trial by Jury:

For transporting us beyond Seas to be tried for pretended offences:

For abolishing the free System of English Laws in a neighbouring Province, establishing therein an Arbitrary government, and enlarging its Boundaries so as to render it at once an example and fit instrument for introducing the same absolute rule into these Colonies

For taking away our Charters, abolishing our most valuable Laws and altering fundamentally the Forms of our Governments:

For suspending our own Legislatures, and declaring themselves invested with power to legislate for us in all cases whatsoever.

He has abdicated Government here, by declaring us out of his Protection and waging War against us.

He has plundered our seas, ravaged our coasts, burnt our towns, and destroyed the lives of our people.

He is at this time transporting large Armies of foreign Mercenaries to compleat the works of death, desolation, and tyranny, already begun with circumstances of Cruelty & Perfidy scarcely paralleled in the most barbarous ages, and totally unworthy the Head of a civilized nation.

He has constrained our fellow Citizens taken Captive on the high Seas to bear Arms against their Country, to become the executioners of their friends and Brethren, or to fall themselves by their Hands.

He has excited domestic insurrections amongst us, and has endeavoured to bring on the inhabitants of our frontiers, the merciless Indian Savages whose known rule of warfare, is an undistinguished destruction of all ages, sexes and conditions.

In every stage of these Oppressions We have Petitioned for Redress in the most humble terms: Our repeated Petitions have been answered only by repeated injury. A Prince, whose character is thus marked by every act which may define a Tyrant, is unfit to be the ruler of a free people.

Nor have We been wanting in attentions to our British brethren. We have warned them from time to time of attempts by their legislature to extend an unwarrantable jurisdiction over us. We have reminded them of the circumstances of our emigration and settlement here. We have appealed to their native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which would inevitably interrupt our connections and correspondence. They too have been deaf to the voice of justice and of consanguinity. We must, therefore, acquiesce in the necessity, which denounces our Separation, and hold them, as we hold the rest of mankind, Enemies in War, in Peace Friends.

We, therefore, the Representatives of the united States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these united Colonies are, and of Right ought to be Free and Independent States, that they are Absolved from all Allegiance to the British Crown, and that all political connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. — And for the support of this Declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes, and our sacred Honor.

ED PROVIDES THIS FROM MYHEALTHVET

Urgent Care – Where and When You Need It

You've probably seen news about the MISSION Act, which expands same-day services in primary care and mental health, as well as expanded telehealth to Veterans in their homes. Under the MISSION Act, urgent care is now a supplemental benefit for eligible Veterans. Urgent care in VA or the community (i.e., non-VA) is for those minor injuries and illnesses that do not require emergency room care. This support for urgent care does not *replace* the important relationship that you have with your VA health care team.

If you need to use the new urgent care benefit, it is important that you go to an urgent care location in your community that is within the newly established VA contracted network. It is also important to know the following details about the prescription component of the benefit:

- If the urgent care provider gives you a prescription, you can fill a 14-day supply of that medication at the VA or in a pharmacy within the VA contracted network.
- If you choose to fill an urgent care prescription at a pharmacy outside of the VA network, you will be required to pay for the prescription at the time of pick up and then file a claim for reimbursement at your local VA medical facility.

This [special publication about urgent care and the MISSION Act](#) provides all the details for you.

If you arrive at an urgent care network location and have any difficulty receiving care, you can call 866-620-2071 to receive assistance.

You can also call [your local VA facility](#) 24/7 for advice, or logon to My HealthVet and send a [Secure Message](#) (*login required*) to your health care team. Any Secure Message should get a response within 3 business days (usually fewer).

Read More

[Urgent Care](#) (VA)

[VA Launches New Health Care Options under MISSION Act](#) (VA)

[Veteran Community Care: Eligibility](#) (YouTube)

[MISSION Act](#) (VA)

Having trouble viewing this email? [View it as a Web page](#).

[Log In to My HealthVet Today](#)

AMERICAN LEGION EPOST2100 (CYBER POST) MEMBERSHIP APPLICATION

YES! I'll help my fellow veterans by becoming a member of The American Legion. I certify that I served at least one day of active military duty during the dates marked below and was honorably discharged or am still serving honorably.

epost 2100 mailing address ----> Chuck Goetz
675 Washboard Road
Cleveland, GA 30528

Application may be made in any of the following methods:

1. Complete this application and mail it to Ted Richards, epost 2100 Adjutant along with a check in the amount of \$35.00 (payable to American Legion) and a copy of DD214
2. Simply call and make application telephonically (less than 5 minutes).
3. Visit our website at epost 2100.org and make application there

Please check applicable "Dates of Service" and "Branch of Service":

DATES OF SERVICE	BRANCH OF SERVICE
<input type="checkbox"/> AUG. 2, 1990 – OPEN	<input type="checkbox"/> U.S. ARMY
<input type="checkbox"/> DEC. 20, 1989 – JAN. 31, 1990	<input type="checkbox"/> U.S. NAVY
<input type="checkbox"/> AUG. 24, 1982 – JUL. 31, 1984	<input type="checkbox"/> U.S. AIR FORCE
<input type="checkbox"/> FEB. 28, 1963 – MAY 7, 1975	<input type="checkbox"/> U.S. MARINES
<input type="checkbox"/> JUNE 25, 1950 – JAN. 31, 1955	<input type="checkbox"/> U.S. COAST GUARD
<input type="checkbox"/> DEC. 7, 1941 – DEC. 31, 1946	
<input type="checkbox"/> APR. 6, 1917 – NOV. 11, 1918	
<input type="checkbox"/> U.S. MERCHANT MARINE — DEC. 7, 1941 – DEC. 31, 1946	

NAME

ADDRESS

CITY, STATE, ZIP

PHONE

E-MAIL ADDRESS

BIRTH DATE

SIGNATURE

Receipt of Dues
(Please Print)

From _____

\$ _____ for 20____ Post # _____

Recruiter's Name _____

Recruiter's Signature _____

Recruiter's Phone # _____

You can pay the annual dues of \$35.00 now or we will bill you later.

Make Checks payable to: "The American Legion ePost 2100"

If mailed send to:
Charles Goetz, Post Finance Officer
675 Washboard Rd
Cleveland, GA 30528

**TO JOIN
THE AMERICAN LEGION,
SUBMIT THE
MEMBERSHIP
APPLICATION,
A COPY OF YOUR DD-214 ,
AND A CHECK FOR \$35.00
TO:
Chuck Goetz
675 Washboard Road
Cleveland, GA 30528**