



LARRY A. HOFF ePOST 2100



Issue #114 OCTOBER, 2022 **COMMUNICATION IS POWER**

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

OUR NEXT MEETING

October 20th, at 7:30 PM, is slated for our next tele-meeting, by invitation, using GoToMeeting. E-mail me if you want an invitation:
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.

[Commander](#)

770-786-8702

SUBMISSIONS

This newsletter is YOUR newsletter, meaning that you have a voice in what is published each month.

Our submission deadline is the last five days of each month to allow for editing, emailing to our Adjutant and then her sending it out. Just FYI 😊

UPCOMING DATES

9th District Meeting

Saturday,

November 5, 2022

Post 201, Alpharetta,
GA

[201 Wills Rd. Alpharetta.](#)

[GA 30009](#)

YOUR CYBER POST OFFICERS

Post Commander.....	ROBERT GREEN	770-786-8702
Senior Vice Commander.....	MARIA KLENHARD	916-952-7691
Junior Vice Commander	MAC MCMILLAN	404-277-4280
Adjutant.....	MARIA KLENHARD	916-952-7691
Finance Officer.....	ERIC PARSONS	706 325-4047
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

It was with a heavy heart that I approached writing this month's Commander's Corner.



My heart ached for the lives of those lost in battle.
My heart ached for the lives lost in unsuccessful surgery.
My heart ached for the lives lost due to ravages of diseases.

But my heart also aches for the lives taken by their owners, the 17 veteran suicides lost (maybe twice as high) per each and every day.

On TV, I watched information provided regarding veteran suicide by the efforts of the [americaswarriorpartnership.org](#). It made an indelible impression on me.

Our Web site outreaches by publishing the VA Crisis Chat Line: 1-800-273-8255 then press 1 or people can text 838255, the [veteranscrisisline.net](#).

We also list the 24/7 CRISIS MENTAL HEALTH LINE 998 resource.

The National Guard members take their lives at a 10% higher rate than active duty personnel.

Reservists take their lives at 45% higher rate than active duty personnel.

Active duty personnel have more resources than do our veterans.

The VA is too overburdened to effectively help at risk veterans

As a sad footnote, 135 individuals in a veteran's life are impacted by the one suicide. Is there some actions you might take to help our veterans?

Bob

[Email](#)

770-786-8702

CHAPLAIN'S CORNER

Happy Fall finally to all and maybe some cooler weather. Here in Oklahoma, the grass is brown from lack of rain and better than 90 percent of the state is dealing with moderate drought. The weather has been difficult this year, and the area has recorded the 6th hottest year on record for the last 100 years. Even the trees are stressed and as a result there won't be much of a color palate to see with the Fall foliage.

Here is the 10th and final clause of our Preamble. The explanation is quite lengthy and so I will provide snippets and direct you to Legion.org to read the entire breakdown:

TO CONSECRATE AND SANCTIFY OUR COMRADESHIP BY OUR DEVOTION TO MUTUAL HELPFULNESS...The last or 10th clause of our Preamble is the most important ideal expressed in our Preamble. It marked a new concept in America--a concept that made The American Legion the greatest force for social betterment in all the history of the United States. Let us be factual and examine this.

When the veterans of World War I came marching home, they found the nation utterly unprepared to care for the combat casualties of the war. The wounded, the shell-shocked and the sick were lodged in poor houses, jails, asylums, or what-have-you.

The American Legion wrote such laws, had them introduced in the Congress, went out over the land to arouse the conscience of the people of America and mobilize support for its legislative aims. It did both with a sacrificial fervor that overcame all obstacles.

When the New Deal Program was being developed, the government planners looked at what The American Legion, through its vast rehabilitation program, had done for the veteran of World War I and they decided to do the same thing for all American people. So out of the rehabilitation brainchild of The American Legion, there came the Social Security System with its retirement benefits and old age assistance programs for all the people. The planners looked at The American Legion program of temporary emergency aid to needy children of veterans and there was born-with the support of Legionnaires-the state and federal program of aid to dependent children.

Last month, I was on a rant, and this month I have been practicing being self-aware, mindfulness, and meditation. As I have let you know, I am on a journey to achieve a Master of Social Work and am now just past the halfway point. This is an incredible journey and requires a great deal of self-reflection and evaluation. I pray daily and even during a drought I look for God's gifts that He puts in my path every day, and I give thanks for every one of those gifts.

My prayer in closing: God, please let us be open to see and know the gifts that you provide to us each day, no matter how small or insignificant. Let us remember to be gracious and thank You for these gifts. Oh God, I ask that You also let us feel Your presence in our lives, especially those who are ill. Comfort them and grant them peace. For this I pray, Amen.

Bob Teeter

2023 Membership Renewal Status



Our goal is to reach 100% membership renewal for year 2023 by December 31, 2022. Post 2100 Membership is 70 and 46 have renewed by mail or utilized www.MyLegion.org.

The American Legion Membership Application

(Name) _____ (Date of Birth)

(Mailing Address) _____ (Phone Number)

(City) _____ (State) _____ (Zip) _____ (Post #)

(E-mail) _____ Male Female _____ (Dues)
(Gender)

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. Space Force
<input type="checkbox"/> Korea	<input type="checkbox"/> U.S. Coast Guard
<input type="checkbox"/> WWII	<input type="checkbox"/> Merchant Marines (WWII only)
<input type="checkbox"/> Other Conflicts	



Signature of applicant _____ Date _____ Name of recruiter

30-009

Receipt of Dues (Please Print)

From _____

\$ _____ for 20 _____ Post # _____

Recruiter's Name _____

Recruiter's Signature _____

Recruiter's Phone # _____

MEET OUR NEW NATIONAL COMMANDER

In case you missed this article from https://www.legion.org/commander/bio?utm_source=Adestra&utm_medium=email&utm_content=BIO&utm_campaign=Source+Code+Here&utm_term=newsletter

Vincent J. "Jim" Troiola, National Commander of The American Legion

Vincent J. "Jim" Troiola (pronounced Tree-Ola) was elected national commander of the nation's largest veteran service organization on Sept. 1, 2022, in Milwaukee during The American Legion's 103rd national convention. His theme as national commander is "V.E.T.S., Veterans, Education, Teamwork and Sponsor."

A life member of American Legion Post 1682 in Rockland County, N.Y, he served in the U.S. Navy and Navy Reserves from 1969 to 1974. He completed a tour aboard the USS *Nitro*, an auxiliary ammunition ship with the Sixth Fleet. He was honorably discharged as a boatswain's mate third class. He is also a member of Sons of The American Legion Squadron 1682 based on the World War II service of Jim's father.

Jim spent his entire working career in the automotive service industry, where he began as a parts manager at a local Chevrolet dealership and went to serve in many capacities of management. At the time of his retirement in 2017, he was director of service and parts at a New York Metro Mercedes Benz dealership. After a brief time at home, he began an entirely new career as a school bus driver for the Falmouth School District and part-time motor coach operator.

Jim served in many offices at every level of The American Legion. He was elected department (state) commander of New York for 2010-2011, and chaired several national commissions to include the National Security Commission, Legislative Commission, Veterans Employment and Education Commission and the Membership and Post Activity Committee. He was elected national vice commander for 2016-2017.

He married his wife Saveria (pronounced Sa-Vare-ee-ah) in 1973. They have two daughters, Laura and Jeanette; a son-in-law, Michael; and three grandchildren, Alexander, Abigail and Natalia. The Troiolas include three generations of American Legion, American Legion Auxiliary or Sons of The American Legion membership.

Jim currently lives in Maine to be close to a daughter and his grandchildren, while still being within driving distance to the Department of New York.

GEMA'S NATIONAL PREPARADNESS MONTH LISTING

Your family may not be together when disaster strikes. Make a plan today with your family, friends, or household. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find. Address the unique needs of [pets](#), [older loved ones](#) and family members with [special needs](#) in your plan.

Download and fill out our [Family Emergency Plan](#).

Recommended Items

- **Water.** One gallon per person per day, for at least 3 days, for drinking and hygiene
- **Food.** At least a 3-day supply of non-perishable food
- **Can opener.** For food, if kit contains canned food
- **Radio.** Battery-powered or hand crank radio and a [NOAA Weather Radio](#) with tone alert, and extra batteries for both
- **Emergency charger** for mobile devices

- **Flashlight and extra batteries**

- **First aid kit**

- **Whistle.** To signal for help

- **Face mask.** To help filter contaminated air and plastic sheeting and duct tape to shelter in place

- **Disinfectant wipes**

- **Hand sanitizer**

- **Moist towelettes, garbage bags** and plastic ties. For personal hygiene

- **Wrench or pliers.** To turn off utilities

- **Local maps**

Additional Items

- **Prescription medications and glasses**
- **Infant formula and diapers**
- **Pet food, extra water, pet supplies, toys and vaccination forms**
- **Important family documents** such as copies of insurance policies, identification and bank account records in a water-proof, portable container
- **Cash or traveler's checks and change**

- **Emergency reference material** such as a first aid book
- **Sleeping bag or warm blanket** for each person. Consider adding bedding in cold weather.
- **Complete change of clothing.** Include a long sleeved shirt, long pants and sturdy shoes. Consider adding clothing in cold weather.
- **Household chlorine bleach and medicine dropper**
- **Fire extinguisher**
- **Matches** in a waterproof container
- **Feminine supplies and personal hygiene items**
- **Mess kits, paper cups, plates, plastic utensils and paper towels**
- **Paper and pencil**
- **Books, games, puzzles or other activities for children**

For a list of community preparedness resources, view GEMA's [Online Toolkit](#).

There are many options for staying in touch with changing weather conditions:

[NOAA Weather Radio:](#) Watches and Warnings issued by National Weather Service (NWS) air on these radios.

County Alert Systems: Some counties use outdoor warning sirens while others may use a telephone notification system. [Contact your local EMA](#) director to find out what warning system is used.

- **Television Stations:** Local or national news stations monitor and broadcast weather alerts.
- **AM/FM Radio:** Radio stations are required to air [Emergency Alert System \(EAS\)](#) messages.
- **Smartphone Applications:** Numerous free and paid smartphone applications have been created to notify the public of severe weather. Some of these applications use GPS tracking on your phone and will notify you of severe weather warnings based upon your location.

[Wireless Emergency Alerts \(WEA\):](#) Are emergency messages sent by authorized government alerting authorities through your mobile carrier. The alert system requires no need to download an app nor subscribe to a service. The WEA message will usually provide the category and time, the agency issuing the alert and what action you should take.