



# LARRY A. HOFF ePOST 2100



Issue #105 JANUARY, 2022 *COMMUNICATION IS POWER*

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

## OUR NEXT MEETING

January 21st, 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](mailto: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

## NINTH DISTRICT MEETING DATES

- \* Sugar Hill 127 - February 5th
- \* Gainesville 7 - May 1st

## VA BENEFITS SITE

VA benefits:  
<https://choose.va.gov/>

## OUR VISITOR

Department Commander Mark Shreve paid a visit to our Internet meeting the 16th.

Besides showing appreciation for our cyber Post, Mark shared his vision for American Legion future contributions and encouraged us to share in the several ways the Legion matters to veterans and their families in our varied communities.

## YOUR CYBER POST OFFICERS

Post Commander.....	<a href="#">ROBERT GREEN</a>	770-786-8702
Senior Vice Commander.....	<a href="#">MARIA KLENHARD</a>	916-952-7691
Junior Vice Commander .....	<a href="#">ERIC PARSONS</a>	706 325-4047
Adjutant.....	<a href="#">MARIA KLENHARD</a>	916-952-7691
Finance Officer.....	<a href="#">MAC MCMILLAN</a>	404-277-4280
Judge Advocate.....	<a href="#">TED RICHARDS</a>	404-754-0415
Exec. Committee.....	<a href="#">ED MCMILLAN</a>	770-757-6136
Sergeant-at-Arms.....	DAVID GREEN	
Service Officer.....	<a href="#">ED MCMILLAN</a>	770-757-6136
Chaplain.....	<a href="#">ROBERT TEETER</a>	918-781-9328

## COMMANDER'S CORNER



Another year has passed and another year begins. This is represented by Janus, the two-faced Roman deity for which January was named. One face looks to the past and the other, to the future...quite apt for the month of January, the start of the Gregorian calendar.



As we, ourselves, look to the past, we may review the year gone by and ask ourselves how we might improve on the year ahead. This can result in making new year's resolutions, which is a good thing, but I wonder how many of us achieve fulfilling such resolutions? At least some of us will have tried, right?

If you do make resolutions, new year's or otherwise, a good practice is to write them down, review them (daily?), and be sure to make them measurable and improvements you can achieve (not world peace).

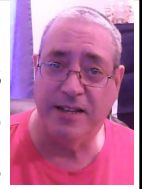
Accept the fact that not all resolutions can be fully achieved, but you can be proud that you tried and maybe achieved some measure of improvement.

Some people use a technique of sharing their goals with caring others who can support and encourage them in their efforts.

At any rate, we have been provided with another blank sheet upon which to write our resolved goals. I wish you and me successes as we face this coming year.

—*Bob* [Email](#)  
770-786-8702

# OUR CHAPLAIN'S PAGE



As I am writing this today, it is a reminder from family and friends that I turn a year older. Yes, I am 58 years young today, and what a journey it has been. I hope that everyone reading this was able to have a happy holiday season as well as safely ring in the new year. This year, during the Army/Navy game, I made it a point to watch the entire event, including pregame events. I was most fascinated by the opening prayer conducted by a Navy Chaplain. This Chaplain was a Captain in the United States Navy, praying in front of 65+ thousand mostly military, cadets, or Veterans. His prayer was just as neutral as one that I would say, invoking God, but not putting one religion above another.

There have been a great deal of comments made by Veterans in regard to religion. I had a conversation with an ordained Chaplain one day a little over a year ago, about the issues of being neutral with other religious faiths. I was greatly bothered by the answer provided, as he is not willing to set aside his religious beliefs to remain neutral in a Legion setting. This now provides me a greater understanding as to the potential rift within our family. We are and have been a military of great diversity. We all had to follow orders and wear the same uniforms within our respective branches of service. We did not give up our culture, racial, or religious identity. As a Chaplain in the American Legion, I recognize that there are those who believe differently than I and if they need help from me, I will gladly provide that help. I will not force my beliefs on anyone who believes differently than me. Years ago, prior to my wife's illness, I was going to enter a non-denomination seminary for the sole purpose of learning from leaders of the world's religions to better understand the world and Christianity within the world. Somewhere along the way, some members have come to the idea that the word God in the Preamble equates to Christianity, and as such the Legion should be grounded in the *Bible*. If I understand this change in thought correctly, it is fairly recent to within the last 4 years. It is a false belief, as to do so would be to alienate all of our brothers and sisters who have different religious beliefs and sacrificed just as much.

Continuing with the clauses of the preamble, the 4<sup>th</sup> clause of our preamble states: TO FOSTER AND PERPETUATE A 100 PERCENT AMERICANISM...Americanism is the gist of the American ideals of freedom, justice, individual rights and unfenced-in opportunities. It embraces all the freedoms we cherish and all the rights that are guaranteed to us. It is the very opposite of hatred, bigotry and intolerance. Americanism is the creed that has blazed the world-wide trail for justice, fair play, decency, belief in God, private enterprise, universal education, and progress in all human endeavors. It puts a premium on the virtues of loyalty, patriotism, hard work and thrift.

As you can see, this letter is a hot topic, but as your Chaplain I will remain neutral for you. If you should call me, please leave a message as my phone does ring for unknown numbers. My prayer: God above, please be with those who have suffered through the storms and survived. Help them to grieve the loss of life, home and way of life. Allow for relief to come and stop those who would prey on them. Father, lead us as we look into ways to become more active as we grow. Even though we are a cyber-Post, show us the way each of us can go out and make a difference in our community in the Post's name. Help us to become better versions of ourselves. In this I pray. Amen.

Next month, I will be talking about the [Four Chaplains](#).

*Bob Teeter*, Post Chaplain

## FROM VA PER OUR ADJUTANT



Greetings Veterans,

We want to wish you a very happy holiday season. For many, the holidays can be a very joyful time, but for some, it may lead to an increase in anxiety, stress, post-traumatic stress disorder (PTSD) and other mental health symptoms. Please know VA has several resources available and we are ready to help you cope.

VA is the world's leading research and educational center of excellence on PTSD and traumatic stress. VA has a National Center for PTSD and there are abundant resources available on the [website](#). By visiting this site, you can learn more about PTSD and available treatment options, as well as locate VA care centers near you.

VA also created "[PTSD Coach](#)," an app that provides tools and resources to help you learn about and manage PTSD symptoms. Additionally, VA has developed this helpful [guide](#) you can share with families and friends to help them understand PTSD and how they can support you.

Letting others know how you feel and asking for support can be extremely helpful. We encourage you to access information regarding mental health care and resources [here](#). allows this site, you can explore mental health resources by topic and locate VA and community resources near you. Additional assistance can also be found at this website, [Don't wait. Reach out.](#)

If you are experiencing a crisis, the [Veterans Crisis Line](#) or National Suicide Prevention Lifeline, is available by dialing 1-800-273-8255, (Veterans press 1). The crisis line is staffed around the clock by a caring, qualified responders, 24 hours a day, 7 days a week.

We care about you and encourage you to use these resources. Please do not hesitate to reach out to VA with any assistance you might need for a safe and joyful holiday season!

**If you know a Veteran who is in crisis, call the [Veterans Crisis Line](#) at 1-800-273-8255 and press 1.**

# I CRIED BECAUSE I HAD NO SHOES...

As the story goes, I cried because I had no shoes, until I saw a man who had no feet.

Our Nation has come through some very rough times and they are not over, yet. One sobering plight concerns those Americans who have lost everything due to weather events, such as tornadoes. Not only all things may have been lost, but lives were impaired and lives lost.

So for those of use who have not lost all or most things and/or loved ones, it behooves us to consider what is really important to us, during our short lives in this planet.



The above shows only part of Kentucky's tornado damage.

At this special onset of the new year, let us reflect on our relative good fortunes and be thankful for those things and people we cherish.

["No man is an island..."](#)

Some may ask why disasters such as these happen to good people.

Some may provide responses to such queries. I know my answers and pray that you know yours.



### The American Legion Membership Application

(Name)			(Date of Birth)	
(Mailing Address)			(Phone Number)	
(City)	(State)	(Zip)	(Post #)	
(E-mail)		<input type="checkbox"/> Male <input type="checkbox"/> 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. 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      |   |



30-009   Signature of applicant	Date	Name of recruiter

### Receipt of Dues *(Please Print)*

From _____	\$ _____	for 20 _____	Post # _____
Recruiter's Name _____	Recruiter's Signature _____		
Recruiter's Phone # _____			