



Brig. Gen. Robin Olds
 American Legion Thailand Post TH01
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Larry Edmonds, Commander Jeff Ludwig, Adjutant
 Post meetings held the 2nd Monday of each month at the
 Wing 21 Ubon Royal Thai AB
 Driving Range Club house at 10:00 a.m.
 All members are invited to attend.

August 2018
 Volume 2, Issue 6

CALENDAR OF EVENTS

August 10	Executive Meeting
August 13	Post Meeting &
August 13	Thai Mother's Day



COMMANDER'S MESSAGE

By Larry Edmonds



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Purple Heart Day is an observance that commemorates the creation of the Purple Heart Medal in 1782.

The Purple Heart medal is awarded to those who were wounded or killed while serving the US military. The holiday also encourages people to pay their respects to fallen soldiers, to listen to the stories of soldiers and veterans, and to thank them for their service to the nation.

The Purple Heart was first created on August 7, 1782 by the commander-in-chief of the Continental Army, General George Washington. Then known as the Badge of Military Merit, it was awarded to 3 Revolutionary soldiers in 1783.

After the end of the American War of Independence, no medals were awarded until 1932, when the medal was revived on the bicentennial anniversary of George Washington's birth. According to a circular dated February 22, 1932, Purple Heart Medals were to be awarded to those wounded or killed while serving in the United States Armed Forces as a result of enemy action on or after April 5, 1917. The United States officially joined the First World War on April 6, 1917.

At current estimates, about 1.8 million Purple Hearts have been awarded since then.

Today, in addition to being awarded to those who fight wars overseas, the Purple Heart is also given to military personnel who display bravery and valor as prisoners of war and while fighting certain types of domestic terrorists.

The Purple Heart is a heart shaped purple medal with a gold border. The front has a profile of George Washington, while the back has the words *for military*

merit inscribed on it. The medal is attached to a piece of purple silk with a silver border

The observance is also called the National Purple Heart Day, Purple Heart Appreciation Day, and Purple Heart Recognition Day.

Purple Heart Day is an unofficial observance. This means that businesses, government offices and public transport do not close on this day.

Veteran and military organizations hold remembrance meetings for fallen heroes and special events to thank soldiers, veterans, and Purple Heart recipients on this day. Many people fly the American flags at their homes and businesses as a way to show their solidarity with the troops.

The Purple Heart Foundation, the fundraising arm of the Military Order of the Purple Heart, recommends donating time and money to the foundation or to other organizations working with Purple Heart recipients and their families on this day. They also encourage people to listen to soldiers and veterans and learn more about their life stories and their military service.

This article courtesy of timeanddate.com

Membership:



By:
1st Vice
Bruce Templeman

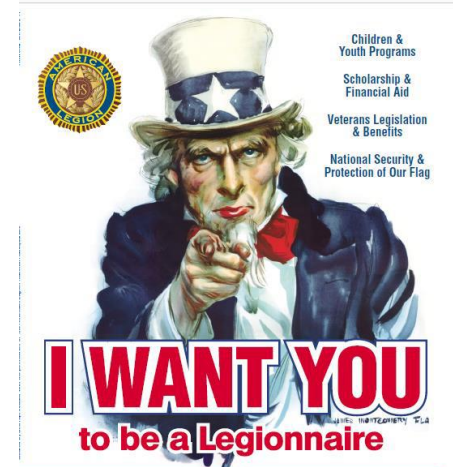
Hello from Cheltenham, Maryland, the beautiful Southern Maryland suburb of our Nation's Capital. I would like to get in a few thoughts about our membership and how we can keep our Post healthy.

Membership has two parts: recruiting and retention.

We face challenges in both

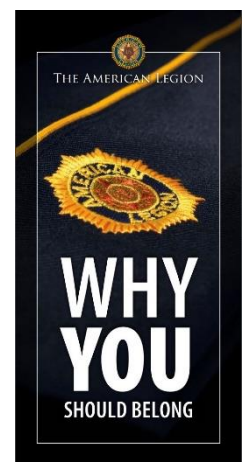
areas, of which I am confident we can successfully overcome.

Recruiting: In order to recruit new members, we must have something of value that a prospective member would want. We must ask ourselves what we get from being members and market that to new prospects. We must sell our programs and look for new markets to recruit. Where will we find our new members?



In a bold attempt to get a larger pool of prospective members, our Resolution committee is drafting a call for the American Legion HQ to present a resolution to Congress, changing our charter to accept membership from any and all military veterans that served honorably, regardless of during prescribed periods of war or conflict.

The second, and most critical part of membership, is **retention**. Without our current members, we have no recruiters. Each one of us is a potential recruiter. We must meet member expectations and increase participation. With participation in community service, each



of us receives the gift of self-fulfillment and this gift is contagious. Let us keep the spirit of camaraderie we have and spread it in the service of our American compatriots and the communities in which we live.

I look forward to being back with my fellow veterans next month and getting everyone's ideas and opinions on how we can make our American Legion service count.

Remember to look out after each other and see you soon.

Post Adjutant's Corner

By Jeff Ludwig

Renewing your membership has never been easier or quicker. You have several methods to renew.



Why should you renew your membership through the online website? Frankly because it is simple and easy to do and you can use almost any credit cards, even overseas credit cards. It also gives you a chance to review and if necessary update your personal data.

In addition to renewing online, you can also pay by bank transfer, check, money order, or cash. It is your choice to use whichever is most convenient to you. Now that the Adjutant can process your payment through the myLegion.org, it is quick & painless.

Service Officer



By Rocky Hatzke

This being National Immunization Awareness Month I thought this article from the CDC would be appropriate and informative.

"All adults should get recommended vaccines to protect their health. Even *healthy* adults can become ill and pass diseases on to others. Everyone should have their vaccination needs assessed by a health care professional. Certain vaccines are recommended based on a person's age, occupation, or health conditions (such as asthma, chronic obstructive pulmonary disease, diabetes, or heart disease).

Vaccination is important because it protects the person getting the vaccine and helps prevent the spread of disease, especially to those who are most vulnerable to serious complications (such as infants and young children, the elderly, and those with chronic conditions and weakened immune systems).

All adults should get an influenza (flu) vaccine each year to protect against seasonal flu. Some people are at high risk of serious flu complications and it is especially important these people get vaccinated. This includes older adults (65 and older), children younger than 5, pregnant women and people with certain long-term medical conditions like asthma, heart disease and diabetes.

Every adult should get one dose of Tdap vaccine (tetanus, diphtheria and

pertussis) if they did not get Tdap as a teen, and then receive a Td (tetanus and diphtheria) booster vaccine every 10 years. Women should get a Tdap vaccine during each pregnancy, preferably during their third trimesters (between 27 through 36 weeks of their pregnancy). For more information on maternal vaccination, check out

Adults 50 years and older are recommended to receive the shingles vaccine. Adults 65 and older are also recommended to receive both pneumococcal vaccines. Some adults younger than 65 years with certain conditions are also recommended to receive one or more pneumococcal vaccinations.

Adults may need other vaccines (such as hepatitis A, hepatitis B and HPV) depending on their age, occupation, travel, medical conditions, vaccinations they have already received or other considerations.”

Safety Alert!

By Jeff Ludwig

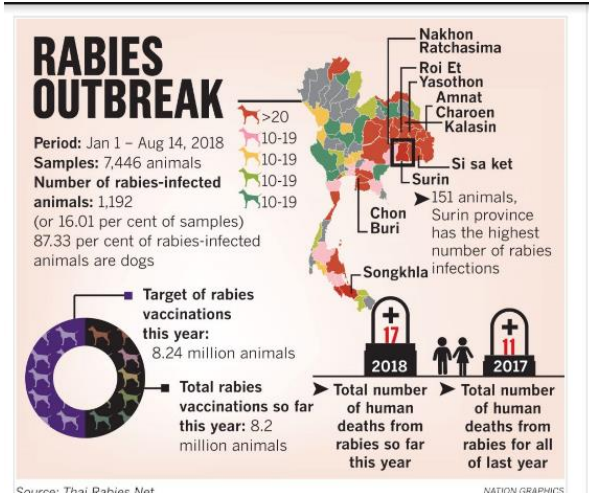
RABIES!

THE HUMAN death toll from rabies in Thailand has soared to 17 so far this year – 54 per cent higher than last year. That according to Pratch Rujivanarom in his August 15, 2018 article, in the publication, THE NATION. In the article, he sites Dr. Thiravat Hemachudha, head of the Emerging Infectious Disease Health Science Centre at Chulalong-korn University’s Faculty of Medicine, who stated that



efforts to control the disease this year have been ineffective. In a study of 7,446 animals tested, 1,192 were infected with 87 percent being dogs.

The chart below, shows Surin as having the highest instance of rabies infections. Other areas of concern are Yasothon, Amnat Charoen, Roi ET, Chon Buri, Si SA Ket, Songkala, Korat, and Kalasin.



The Centers for Disease Control and Prevention (CDC) estimates that worldwide, 90 percent of exposures are due to rabid dogs; those exposures cause 99 percent of the human deaths. However, rabies is not as rare as most people think, and it remains a disease of public health significance. According to the CDC, it exists in every continent except Antarctica. It’s difficult to assess the annual number of human rabies deaths worldwide due to under-reporting in developing countries (particularly Asian and African countries); however, it is estimated to be in the tens of thousands (possibly as high as 55,000).

So how can you protect yourself?

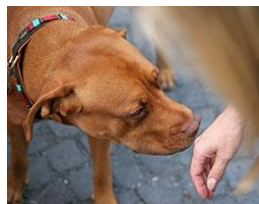
Unless you are certain, always assume any dog you encounter has not been vaccinated.

Do:

- Always ask if it is okay to pet someone else's dog before reaching out to pet the dog.
- When approached by an unfamiliar dog, remain motionless ("be still like a tree").
- If a dog knocks you over, curl into a ball with your head tucked and your hands over your ears and neck.
- Immediately let an adult know about any stray dogs or dogs that are behaving strangely.

Don't:

- Don't approach an unfamiliar dog.
- Don't run from a dog.
- Don't panic or make loud noises.
- Don't disturb a dog that is sleeping, eating, or caring for puppies.
- Don't pet a dog without allowing it to see and sniff you first.
- Don't encourage your dog to play aggressively.
- Don't let small children play with a dog unsupervised.
- Do not pet a dog without allowing it to see and sniff you first.



What to do if an unfamiliar dog approaches you and you do not want to interact with it:

- Stop! Stay still and be calm.
- Do not panic or make loud noises.
- Avoid direct eye contact with the dog.
- Say "No" or "Go Home" in a firm, deep voice.
- Stand with the side of your body facing the dog. Facing a dog directly can appear

aggressive to the dog. Instead, keep your body turned partially or completely to the side.

- Slowly raise your hands to your neck, with your elbows in.
- Wait for the dog to pass or slowly back away

In the event you are bitten, follow these steps:

1. Wash the wound thoroughly with soap and water.
2. Apply an antibiotic cream.
3. Cover the wound with a clean bandage.
4. See a healthcare provider if the wound becomes red, painful, warm, or swollen; if you develop a fever; or if the **dog** that **bit** you was acting strangely.

If possible, capture and isolated the animal. If the animal is healthy at the end of the 10-day period, then no **rabies** exposure occurred and the person bitten will not need rabies vaccination. If the animal is not a domestic dog, cat or ferret, it should be captured, humanely destroyed and the brain sent for rabies testing.

Although rabies incubation periods in humans can range from days to years, the average is 3 to 8 weeks. This range is why it is so important to promptly receive PEP vaccination (Rabies)



shots – but also why a person should still pursue PEP vaccination even if time has lapsed since the bite (possibly because they didn't initially consider the possibility of rabies). In this case, if the incubation period is on the protracted end, the PEP vaccination may still work.

Monthly Post Meeting



Post Officers and Executive Committee

Commander	Larry Edmonds
1st Vice Commander	Bruce Templeman
2nd Vice Commander	Wayne Wright
Adjutant	Jeff Ludwig
Finance Officer	Jeff Ludwig,
Service Officer	Maurice(Rocky) Hatzke
Sergeant at Arms	Neil Tufford
Historian	Theodore (Ted) Potyrala
Judge Advocate	Charles (Rusty) Wilson
Chaplain	Hugh(Charlie) Mason
Publicity Officer	Joe Reedy
Executive Committee:	
Members At Large	Anthony Francois
Members At Large	Salvatore (Sal) Salzarulo
Members At Large	William (Bill) Medley

Events:

Thai Mother's Day:

IN honor of the Royal Thai Mother's Day, the Post gave bouquets of flowers to Spouses, significant others and the Driving Range Staff.



The women enjoyed the moment.

Birthday Celebration:

Following the monthly meeting, post members, spouses, and friends enjoyed celebrating Commander Edmond's and Chaplain Mason's birthdays. Commander Edmonds and Chaplain Mason and their wives graciously provided a birthday luncheon with all the trimmings.



**Preamble to the Constitution
of the
American Legion.**

*FOR GOD AND COUNTRY, WE ASSOCIATE
OURSELVES TOGETHER FOR THE
FOLLOWING PURPOSES:*

- To uphold and defend the Constitution of the United States of America;
- To maintain law and order;
- To foster and perpetuate a one hundred percent Americanism;
- To preserve the memories and incidents of our associations in the Great Wars;
- To inculcate a sense of individual obligation to the community, state and nation;
- To combat the autocracy of both the classes and the masses;
- To make right the master of might;
- To promote peace and goodwill on earth;
- To safeguard and transmit to posterity the principles of justice, freedom and democracy;
- To consecrate and sanctify our comradeship by our devotion to mutual helpfulness.

TAPS:
None this month



Chaplain's message.

Prayer for United States

(Written by George Washington and included in a circular letter sent to the Governors of the States, now united, when the Army was disbanded in 1783)

Almighty God: We make our earnest prayer that thou wilt keep the United States in thy holy protection; that thou wilt incline the hearts of the citizens to cultivate a spirit of subordination and obedience to government; and entertain a brotherly affection and love for one another and for their fellow citizens of the United States at large. And finally that thou wilt most graciously be pleased to dispose us all to do justice, to love mercy and to demean ourselves with that charity, humility and pacific temper of mind which were the characteristics of the divine author of our blessed religion, and without a humble imitation of whose example in these things we can never hope to be a happy nation. Grant our supplication, we beseech thee, through Jesus Christ our Lord. Amen.

August Birthdays

Bill Bragg
Larry Edmonds
David Burns
John Eschenbaum
Charlie Mason
Bruce Postel
David Rice
Bruce Templeman
Henry Wolfskill
A very happy birthday to all!



Wishing you a happy birthday, from Gravity!!!
Have a nice time--