



Brig. Gen. Robin Olds
 American Legion Thailand Post TH01
 Email: amerilegionth01@gmail.com



Bruce Templeman, 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 encouraged to attend.

Post email address: amerilegionth01@gmail.com

November 2020
 Volume 4, Issue 10

Calendar of Events for September

- **November 11 - Veterans Day Multi National Ceremony**
- **November 11 - Post Membership Meeting**
- **November 26 - Thanksgiving**

2020 Post Officers:

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Kirby (Cosmo) Raines	Members at large	cosmotyson@yahoo.com

October 12, 2020 Post Membership Meeting



COMMANDER'S MESSAGE

Bruce Templeman



There are a myriad of reasons why people join the military. However, from the moment they touch down in basic training until the time they separate from the service, those reasons begin to be bolstered by the sense of purpose, mission focus, and the realization of serving the greater good.

Veterans understand these three words; **Freedom, Sacrifice, and Honor**

Few have personally given so much as the United States Military Veteran. The veteran has served the nation in it's time of need, doing the work that others could not or would not. The Veteran has trained body and mind to do what is necessary, occasionally the impossible, and in conditions unspeakable. This is why the Veteran is deserving of national recognition each year.

If you wonder why veteran organizations are often at the center of Veterans Day events, it can be explained like this...

We understand those three words, Freedom, Sacrifice, and Honor and set the example for our fellow citizens on how to express the value we find in them. Lest we forget.

I look forward to seeing our Post setting the example at Thung Si Muang Park on Veterans Day. Please review the flyer that was sent out earlier. I plan to leave the Wing 21 driving range at 0900 and can take 3 passengers with me to the Remembrance Day event. Dark slacks and Post uniform shirt is the attire for those that wish to present the wreath as a group. We will reconvene for a short meeting at the Wing 21 driving range at noon.

If you have any questions, call or email me. (092)6059661
or bruce.templeman@gmail.com

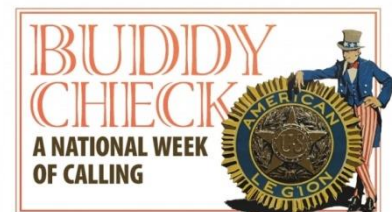
Post Adjutant Corner:
Jeff Ludwig



This Month the American Legion National Headquarters staff kicked off a new initiative called Training Tuesday. In these 90 60 minutes session they will present a variety of topics all designed to assist us at all levels of the American Legion. This month the topics included changes & Updates to Online Membership Processing and Buddy Checks.

In the first topic, the IT Department briefed us on the coming changes and enhancements of the online membership system. In an effort to enhance Post and Departments ability to process and manage the membership programs, the IT Department will soon release enhancements that allow members to login to the system using a two-factor authentication system. The level that members can access will be determined by the member's position in the Department or Post. They have also streamlined the online membership processing screens and enhanced the reporting features. What does that mean for the Post? Greater flexibility, simplified membership processing, enhanced reports, miscellaneous tools, and online guides all designed to help us effectively manage our membership programs. More to come on this in the very near future.

The second Topic dealt with the Buddy Check system. The American Legion is activating its **Buddy Check** program to save veteran lives through peer support check-in calls. They are also urging Congress to pass the Buddy Check Bill, which will make wellness checks a national priority for the Department of Veterans Affairs. With military suicides up 20% over this time last year, Legionnaires will make thousands of check-in calls to at-risk veterans to offer support and



access to health and wellness programs in the week surrounding Veterans Day and into the weeks ahead. National Commander Oxford said. "We need all hands on deck and all boots on the ground to fight for our nation's veterans, just like they fought for us."

The Buddy Check program encourages Legionnaires to make contact, lend a listening ear, and direct their peers to critical services. For Buddy Check information, visit legion.org/buddycheck. For urgent help, contact the Veterans Crisis Line at **1-800-273-8255**.

Cost-of-Living Adjustment (COLA) Information for 2021



Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 1.3 percent in 2021.

The 1.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 64 million Social Security beneficiaries in January 2021.

Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2020. (Note: some people receive both Social Security and SSI benefits)

The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$142,800.

The earnings limit for workers who are younger than "full" retirement age will increase to \$18,960. (They deduct \$1 from benefits for each \$2 earned over \$18,960.) The earnings limit for people reaching their "full" retirement age in 2021 will increase to \$50,520. (They deduct \$1 from benefits for each \$3 earned over \$50,520 until the month the worker turns "full" retirement age.) There is no limit on earnings for workers who are "full" retirement age or older for the entire year.

To read more go to the Social security website.



More than 22k Claims granted to Blue Water Navy Veterans in 2020

The National Archives is digitizing more than 1,800 deck logs to determine ship locations, which helps VA confirm service. VA estimates there are between 420-560k Vietnam-era Veterans who may be considered Blue Water Navy Veterans.

TRICARE Open Season

TRICARE Open Season is the annual period when you can enroll in or change your health care coverage for the next year. This year, TRICARE Open Season begins Nov. 9 and ends Dec. 14. Any enrollment changes you make will go into effect on Jan. 1, 2021. Open season applies to anyone enrolled in or eligible for a TRICARE Prime option or TRICARE Select.

If you're eligible to participate in TRICARE Open Season, you have three options:

- **Stay in your plan.** If you want to stay in your current TRICARE health plan, you don't have to re-enroll. You'll continue in your current health plan through 2021 or as long as you're eligible.
 - **Note:** Are you a **Group A** If you or your sponsor's initial enlistment or appointment occurred before January 1, 2018, you are in Group A. retiree or family member enrolled in TRICARE Select?
 - Act now to set up payment for a new monthly [TRICARE Select enrollment fee](#) to keep your TRICARE Select coverage. These fees go into effect Jan. 1, 2021.
- **Enroll in a plan.** If you're eligible for a TRICARE Prime option or TRICARE Select but not enrolled, you can enroll in a plan now.
- **Change plans.** If you're already enrolled in a TRICARE Prime option or TRICARE Select, you can switch plans and switch between individual and family enrollment.

Important Benefit Update

As a [TRICARE Select Group A Retiree](#) you will have to pay a monthly enrollment fee to maintain coverage starting Jan. 1, 2021. Learn more about [TRICARE Select Enrollment Fees](#).

This fee doesn't apply to TRICARE For Life beneficiaries.

Take action today to set up a monthly payment plan.

If you	Then
Get your retirement or other pay from a military pay center	You'll pay your TRICARE Select fees via a monthly allotment, where feasible
Don't get your retired pay through a military pay center	You'll pay your fees by a recurring credit or debit card transaction. You can also pay your monthly fees through electronic funds transfer (EFT). Your EFT must be from a U.S. bank.
Are an unremarried former spouse	You'll pay your fees by a recurring credit or debit card transaction. You can also pay your monthly fees through electronic funds transfer (EFT). Your EFT must be from a U.S. bank.

Call your **regional contractor** by Nov. 20 to set up your automatic payments starting in January 2021. If you wait until after Nov. 20, you may have to pay for one or more months up front if you don't want a break in coverage.

If you fail to pay your enrollment fees by Dec. 31, 2020, you'll be disenrolled from TRICARE Select. You'll have 180 days from your last paid through date to request reinstatement. You're also responsible for past enrollment fees. You must contact your regional contractor to request reinstatement. If you don't take action, you'll only be able to get care from a military hospital or clinic if space is available.



Safety Topic

Jeff Ludwig

November is disease prevention month so I thought it would be appropriate share an article on prevention of communicable diseases. We have undated with advice on protecting ourselves during the COVID pandemic but let us not forget that there are other disease out there that are just as deadly to those in the risk groups. November usually sees a spike in many of these diseases including the common influenza. We need to take the precautions outlined in the article below to protect our loved ones, our veterans, our community, and ourselves. This article is provided courtesy of the University of California.

PREVENTING THE SPREAD OF COMMUNICABLE DISEASES



www.cdc.gov/h1n1flu »
Pictures Courtesy of CDC

Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal influenza (flu) complications. You can help keep yourself, your family, and your co-workers healthy and prevent the spread of seasonal colds, flu, and other communicable diseases by practicing some simple measures at home and in the workplace. Over the past few years, novel influenza viruses have emerged, including H1N1 (also known as swine flu) and H5N1 (also known as avian influenza). The precautions to protect yourself and others from these novel influenza viruses are the same as those recommended for seasonal flu or other common communicable illnesses.

The Centers for Disease Control and Prevention (CDC) urges you to take the following actions to protect yourself and others from the flu:

Take time to get vaccinated for seasonal influenza

- CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza. While there are many different flu viruses, the seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease, and people 65 years and older. Seasonal flu vaccine is also important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk.
- People who have ever had a severe allergic reaction to eggs may be advised not to get vaccinated. People who have had a mild reaction to egg—that is, one which only involved hives—may receive a flu shot with additional precautions. Make sure your health care provider knows about any allergic reactions.



Take everyday preventive actions

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is not available, cough or sneeze into your sleeve. An informative and amusing video on covering your sneeze can be viewed at: <http://www.coughsafe.com/>
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, try to avoid infecting others. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- Visit the CDC website (<http://www.cdc.gov/flu/index.htm>) to find out what to do if you get sick with the flu and how to care for someone at home who is sick with the flu.



Stay Informed

In addition to the precautions above, it is important that you stay informed, especially during the annual flu season. Health officials will provide additional information as it becomes available. UC ANR Risk & Safety Services has links on our website at http://safety.ucanr.edu/safety_notes that lead to up-to-date information from CDC and other agencies. When new diseases emerge, we will keep this site current with national, state, and local guidance about influenza or other communicable disease. Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.



Historian
Ted Potyrala



THANKSGIVING

Thanksgiving will be here shortly. Every year on the last Thursday in November, family and friends gather in the tradition of eating and celebrating family, friends, and gratitude for what they have.

We were taught that back in 1621, the Plymouth colonists and the Wampanoag Indians gathered to celebrate a day of Thanksgiving for the autumn harvest, which became known as the first Thanksgiving although no one at the time referred to it as “Thanksgiving”.

It wasn't until 1863 when President Lincoln proclaimed a national day of thanks, but it had nothing to do with the Thanksgiving at Plymouth. He was referring to asking God to “Commend to his tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife "and to heal the wounds of the nation. He scheduled thanks for the last day of November. It stayed that way until 1939 when President Franklin Roosevelt move it a week ahead to boost the economy during the Great Depression. It became known as Franksgiving. It was met with passionate opposition and in 1941 he reluctantly signed a bill moving it back to the last Thursday of November where it remains ever since.

During the American Revolution, the Continental Congress designated one or more days of thanksgiving per year. In 1789 President Washington issued the first Thanksgiving proclamation. Again, it had nothing to do with Plymouth. This proclamation was to express gratitude for the conclusion of the war for independence and the successful ratification of the constitution.

Sarah Josepha should get much credit for having Thanksgiving recognized. She started a campaign that lasted 36 years to get it recognized until President Lincoln issued his proclamation.

For some, the jury is still out on when the first day of thanksgiving took place. In 1565, the Spanish explorer Pedro Menendez de Avile, invited members of the Timucua tribe to a dinner in St. Augustine, Florida after having a mass to thank God for their safe arrival. In December of 1619, 38 British settlers reached a site known as Berkeley Hundred on the banks of the James river. They made a proclamation designating the day as a day of Thanksgiving to Almighty God. Regardless of who started the first Thanksgiving Day, it remains a treasured American holiday for all to enjoy and reflect on their good fortune.

Hope your Thanksgiving is full of happiness.

Chaplain's Message:

- *God, when I have food,
help me to remember the hungry;*
- *When I have work,
help me to remember the jobless;*
- *When I have a home,
help me to remember those who have no home at all;*
- *When I am without pain,
help me to remember those who suffer,*
- *And remembering,
help me to destroy my complacency; bestir my compassion, and be
concerned enough to help;*
- *By word and deed, those who cry out for what we take for granted.*

TAPS:

None



November Birthdays:

- Chris Lampert
- KC Marshment
- John Skabry
- Doug Steuart
- Neil Tufford

A very happy birthday to all

