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Bruce Templeman, Commander      Jeff Ludwig, Adjutant

Post meetings held the 2<sup>nd</sup> 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](mailto:amerilegionth01@gmail.com)**

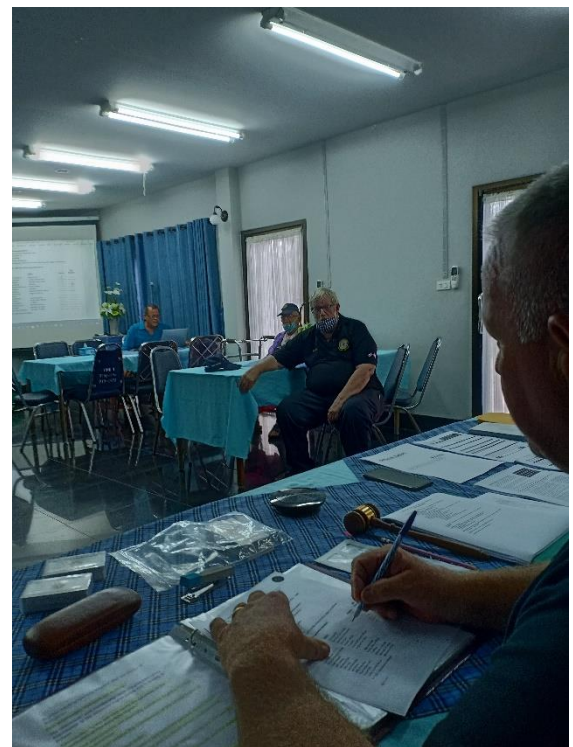
*Calendar of Events for September*

- **October 12 - Columbus Day**
- **October 12 - Post Membership Meeting**
- **October 31 - Halloween**

**2020 Post Officers:**

<u>Name</u>	<u>Office</u>	<u>Email</u>
Bruce Templeman	Commander	<a href="mailto:bruce.templeman@gmail.com">bruce.templeman@gmail.com</a>
Wayne Wright	1st Vice Commander	<a href="mailto:waywright@outlook.com">waywright@outlook.com</a>
Billy Holland	2nd Vice Commander	<a href="mailto:billybholland@gmail.com">billybholland@gmail.com</a>
Ted Potyrala	Historian	<a href="mailto:tpubon@gmail.com">tpubon@gmail.com</a>
Maurice(Rocky) Hatzke	Service Officer	<a href="mailto:mrhatzke3@gmail.com">mrhatzke3@gmail.com</a>
Hugh Mason	Chaplain	<a href="mailto:htmmason@aol.com">htmmason@aol.com</a>
Jeff Ludwig	Adjutant/Finance Officer	<a href="mailto:Jgludwig2@gmail.com">Jgludwig2@gmail.com</a>
Salvatore (Sal) Salzarulo	Sergeant at Arms	<a href="mailto:salzy48@hotmail.com">salzy48@hotmail.com</a>
Larry Edmonds	Judge Advocate	<a href="mailto:ldedmonds@aol.com">ldedmonds@aol.com</a>
Joe Reedy	Public Affairs Officer	<a href="mailto:joereedy4@gmail.com">joereedy4@gmail.com</a>
Phil Colombey	IT Officer	<a href="mailto:pcolombe@gmail.com">pcolombe@gmail.com</a>
Paul McDermott	Members at large	<a href="mailto:paulny54@hotmail.com">paulny54@hotmail.com</a>
Dave Bell	Members at large	<a href="mailto:davebell211@hotmail.com">davebell211@hotmail.com</a>
Kirby (Cosmo) Raines	Members at large	<a href="mailto:cosmotyson@yahoo.com">cosmotyson@yahoo.com</a>

## September 14, 2020 Post Membership Meeting



## **COMMANDER'S MESSAGE**

Bruce Templeman



If you haven't received an election ballot from your state and, given the unavailability of the mail to the US during this period of Covid-19, you may download and print a Federal Write-In Absentee Ballot. Once completed, you may mail your ballot to the US Embassy Bangkok to be sent via diplomatic post to the US. Questions concerning this can be found here:



<https://www.fvap.gov/guide/appendix/faq>

I'm available to assist you and have envelopes for your ballot. These envelopes are US postage prepaid so that they will be delivered to your registrar's office in your state.

It looks to be a dismal international tourist season this year in Thailand. Looking on the bright side, the prices and availability of tourist destinations are very affordable for those of us in country. Support the economy and visit those places that were previously overpriced. Thailand bucket list destinations have never been this good. No crowds and reasonably priced.

If you're out and about the provinces taking in the good deals on hotels and restaurants, try to keep in mind that we are looking for US veterans to join our eclectic society. Bring some membership information cards with you and perhaps, we'll get lucky. Let's keep the Post vibrant and healthy. Our next community event on the calendar will be the Remembrance Ceremony on 11 November at Thung Si Muang Park in Ubon. I would like to get a tentative head count for that event during the October Post meeting or via email by 12 October. Perhaps we can move our Post meeting from 9 November to the 11th to maximize our attendance. We can discuss this at the October meeting. I look forward to seeing you all then. Be safe.

## 2<sup>nd</sup> Vice Commander



It's said knowledge is power and that is certainly true when it comes to your VA claims and records. You may be wondering where your records and claims are stored at the VA. They are stored in your C-file.

So what exactly is a VA C-File and how do you get a copy? A VA C-File, is a folder that was created by the VA and it contains all relevant information on you. Many feel that every veteran should request a copy of their C-File. Once you receive your C-File, go through it carefully to verify the information in this file is correct and is yours. You might be surprised to see what's in it! Sometimes what the C&P examiner wrote may be the reason that your claim was denied. If so, that is information you need to know, so you can submit additional evidence to prove that the information on the exam was incorrect.

**What is in my C-File.** A veteran's C-file is a folder created by the VA that contains all relevant information on a veteran, such as their service medical records, post-service treatment records, VA correspondence, C&P exam request letters, and other relevant information. When they say everything about you, they mean it.

For your purposes, we can separate the contents of a C-file into 11 different Categories.

1. **Miscellaneous:** basic information can be found here like birth certificates, employment information, and more.
2. **Military Administration:** This area pertains to everything from your discharge to your awards and personal records.
3. **Compensation and Pension Exams:** Any records pertaining to your C&P Exams
4. **VA Medical Records:** Record for any occasion in which you have sought treatment at any VA facility.
5. **Private Medical Records:** Any medical records from non-VA facilities, or from your active duty period.
6. **Military Medical Records:** Any medical records from your time in service.
7. **Entrance and Separation exams:** These exams are performed when an individual enters and when they exit the military.
8. **Ratings Decisions and Statements of the Case:** This section is rather large and will contain your application for benefits, appeals, decisions, statements of the case, and so much more.
9. **Statements in Support of Claim:** Any statements or questionnaires that you may fill out will be located here.
10. **Transcripts:** This simply pertains to transcripts from hearings.
11. **Social Security Administration Records:** Any applications, decisions, and records pertaining to Social Security.

## **How to request your C file.**

You can request your C-File in three different ways:

1. Visit your VA Regional Office after making appointment. Do not expect to obtain a copy of your C-file upon your arrival, as it may take some time.
2. Complete VA Form 3288 and mail it to your regional office.
3. Submit a Freedom of Information Act (FOIA) to the VA.

## **What Is VA Form 3288?**

This form is used to obtain your records (C-files) from the Department of Veterans Affairs (VA). VA Form 3288 is also used for consent to release your information. You can use pdfFiller at [pdfFiller.com](http://www.pdfFiller.com) to fill in the information and print/save the form or you can visit <http://www.va.gov/vaforms/va/pdf/VA3288.pdf> to print and sign the form.

### **How to Complete VA Form 3288?**

1. Enter the address of the VA office in the "To" box.
2. Enter your name and your Social Security number.
3. Enter your VA file number.
4. Veteran's Request. Enter your name in the "Name" box.
5. Provide complete information as to why you need the data, as well as specify what kind of information you need exactly, example would be "complete C-File".
6. The form should be signed by **you** or by a person authorized by you to do so.
7. Avoid delays by faxing your request to the:

DEPARTMENT OF VETERANS AFFAIRS  
CLAIMS INTAKE CENTER  
PO BOX 4444  
JANESVILLE, WI 53547-4444  
FAX TOLL FREE: 844-531-7818

Please note the VA is not allowed by law to send records via email.

Currently, the VA RMC has a large inventory of Privacy Act / Freedom of Information Act (FOIA) requests. Average turnaround time to respond is approximately 120 days; the requests are processed in the order in which they are received.

The RMC will provide your records on a compact disc (CD) for use on a personal computer. Only records of 10 pages or more are eligible for CD printing. The CD is able to be viewed on all computers through the use of Adobe Reader software, which is available online.

I hope this has help you understand the C-File. I cannot stress the importance that you know what is inside this file and verify the accuracy of the documents contained within.

**Post Adjutant Corner:**  
**Jeff Ludwig**



I would like to thank all the members who renewed their membership this month. We are currently sitting at 63% of our members renewed. Good news is, we are on target to have another strong membership drive. We only need 24 more members to renew their dues to reach 100% and join Department's 100 club. If we do it before 31 December, we will be eligible for a monetary award. I am confident we can do this. For those of you have yet to renew your membership, please consider renewing your membership as soon as possible. We need you and the American Legion needs you. So **please** invest in us (your Post) and help us help our fellow veterans and local communities here in Thailand. You will not only be helping your Post TH01, but also our Department and fellow Posts.

## **Awards:**

**Continuous Membership Awards:** Membership is the lifeblood of the American Legion. It is what has made the American Legion one of the strongest champions of veterans and their families. **Strength in Numbers!** This month we are proud to award 3 of our members the Continuous Membership certificate and pin. Congratulations to you all.

The members are as follows:

- Byron Petrides      5 years
- David Rice          5 years
- Bob Kane            5 years



This month is a great time to review your profile in the Members Portal, especially your address. A good way to know if your address is correct is if you are getting your American Legion Magazine and the American Legion Dispatch. If you are not, then you need to review and modify your address. For those that have a Thailand address, note that there are only two lines for the address with a max of 26 characters, including spaces for each line. The country goes on a separate line; however, the zip code must go on one of the two address lines. Most Thai addresses are quite long and must be abbreviated.

As we stated in our email to all of you, Thailand is currently not sending air and surface mail to the USA. They will only send express mail. A regular letter sent by express mail is 800 baht or approximately 25 dollars. Unfortunately, until Thailand lifts its emergency decree we cannot send membership cards to those of you are currently residing in the USA. We recommend you go to the members portal profile page and print your membership card from there. If you cannot get to the members portal, we can email you a temporary member ID card for you to print.



## Safety Topic

Jeff Ludwig



Is your workplace or home fire proof? Each year, the National Fire Protection Association (NFPA) celebrates National Fire Safety Month in October with Oct. 7<sup>th</sup>-13<sup>th</sup> being national fire prevention week and Oct. 13<sup>th</sup> being National Home Fire Drill Day. According to the Bureau of Labor Statistics, in 2016, there were 88 occupational fatalities as a result of workplace fires or explosions. This is down from 2015, in which there were 121. While the statistics show that the number of fatalities due to fires or explosions in the workplace is on a downward slope, any number other than 0 is unacceptable and demands the attention from management, safety professionals, and employees in every company. Not only do fires present a severe life safety hazard, they also can be detrimental to business success due to the possible destruction of business equipment and facilities. This campaign serves as a reminder to us all of the importance of fire safety awareness in both the workplace and our home lives.

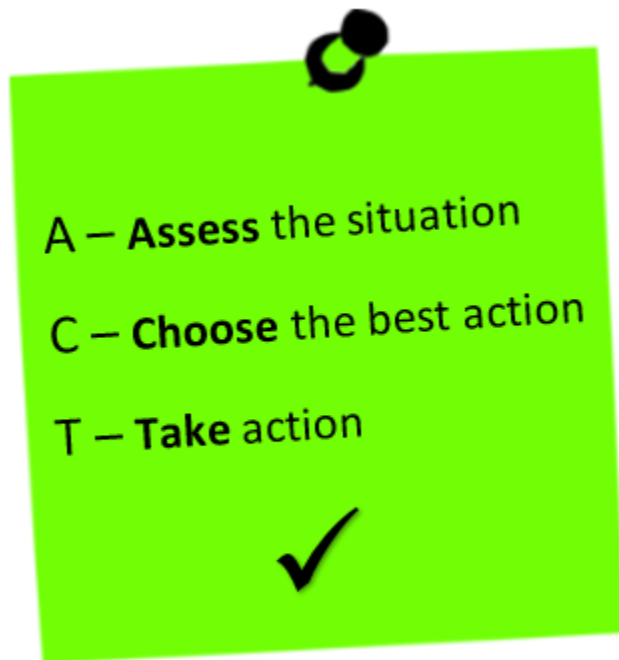
Fire safety awareness in the workplace should be second nature and should be translated into our personal lives to keep our loved ones safe in the event of a fire as well. Take time this month to have a fire safety talk with your department at work. Review your emergency action plan, communicate supervisory roles, and walk evacuation routes with your team. In times of crisis, it is of human nature to rely on memory created through practice. October is the perfect time to conduct a fire drill before a real-life event occurs. Ensure nobody is left behind and all are in tune with their fire safety route!

The safety reminders communicated in the work place can be easily translated to fire safety in the home. Establish a family emergency action plan, discuss escape routes with family members, and locate fire extinguishers in your home. Additionally, conduct a mock fire drill with your family members to ensure you and your loved ones know how to get out safely. During this drill, outline meeting places that are at a safe distance from the home. Designate a neighbor to contact for help in the event of an emergency. Simple exercises such as the aforementioned could mean the difference maker in your family making it out alive in the event of a fire in your home.

Below are key components to ensuring your workplace and home are fireproof:

1. **Eliminate Clutter** – Exercise good housekeeping. Clutter can easily become a fuel source in the event of a fire, allowing a fire to spread quickly. Furthermore, clutter can restrict access to emergency equipment and exit routes.
2. **Designate Smoking Areas** – Permit smoking only in designated smoking areas and provides means for extinguishing smoking materials safely.
3. **Fire Extinguishers** – Maintain the appropriate type and number of fire extinguishers. Conduct monthly and annual extinguisher inspections to ensure they are in good, working condition. Provide training for employees on the correct use of fire extinguishers.
4. **Chemical Safety** – Use and store chemicals safely. Read hazard warning labels and safety data sheets to determine flammability and other fire hazards. Ensure your chemical storage areas provide adequate ventilation for the storage of chemical or other hazardous substances.
5. **Waste Control & Storage** – Limit the accumulation of flammable or combustible materials and residues as to prevent the risk for such materials contributing to a fire emergency.
6. **Exits** – Ensure emergency exit route diagrams are posted and accessible in all areas of the facility for all employees to easily view. Additionally, ensure means of egress are well-lit with regulated exit signs and free from debris or clutter.
7. **Contact Information** – Employees should have access to a list of emergency contact phone numbers in case of emergency. Remember that human nature is to panic in emergency situations; therefore, basics such as the company address, important phone numbers, and building floor plan should be posted on or with the emergency action plan.

Remember it is always better to be *proactive* rather than *reactive* and it is best to alleviate hazards or hiccups in times of peace than in times of chaos. Utilize the above tips to reduce the risk for catastrophe or at least minimize the damage. The reality is that fire emergencies and disaster situations can strike anyone, anytime, anywhere. So, remember, if a fire occurs in your workplace or home, don't panic, **A-C-T**:



## *Featured member. Bruce Templeman*

For Bruce service to others is in his blood. So when he heard that the Temple in the Loeng Nok Tha District, Yasothon, Thailand was in need of volunteers to served lunch and refreshments to monks during four days of intensive examinations, Bruce jumped at the chance to volunteer. Women are forbidden to touch the Buddhist monks (and vice versa), so men are needed to attend to the monks. Even with the stifling heat and humidity, Bruce thoroughly enjoyed giving of his time to help. With all the work he still found time to enjoy some refreshments himself.

The monk's exam subjects included Thai language, Pali language, Buddhism, and Thai law. Pali is an ancient Sanskrit language in which many of the Buddhist canons are written. Buddhism is the national religion of Thailand and is supported by the King and the Parliament; therefore, the need for familiarity with Thai law.



## Chaplain's Message:

*Loving God, creator of this world who is the source of our wisdom and understanding, watch over this nation during this time of election.*

*Help us to see how our faith informs our principles and actions.*

*We give thanks for the right to vote. Help us to hold this privilege and responsibility with the care and awareness it merits, realizing that our vote matters and that it is an act of faith.*

*Guide us through this election as a nation, state, and community as we vote for people to do work on our behalf and on the behalf of our communities. Help us to vote for people and ballot initiatives that will better our community and our world so it may reflect the values Christ taught us*

*Help us create communities that will build your kingdom here on earth – communities that will protect the poor, stand up for the vulnerable, advocate for those who are not seen and heard, and listen to everyone's voice.*

*We pray for this nation that is deeply divided. May we come together for the common good and do as you have called us to do – to act justly, love mercy, and walk humbly with you through creation.*

*Help us act out of love, mercy, and justice rather than out of arrogance or fear.*

*Lord, continue to guide us as we work for the welfare of this world. We pray for places that are torn by violence, that they may know peace.*

*We pray for communities who are struggling with inequality, unrest, and fear. May we all work toward reconciliation with one another and with God.*

*Help us to listen in love, work together in peace, and collaborate with one another as we seek the betterment of our community and world.*

*Grant, O God, that your holy and life-giving Spirit may so move every human heart [and especially the hearts of the people of this land], that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ our Lord.*

**TAPS:**

None



**October Birthdays:**

- Jeff Ludwig
- Don Ford
- Ronald Monninger



A very happy birthday to  
all