



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



March 2019
 Volume 3, Issue 3

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 encouraged to attend.

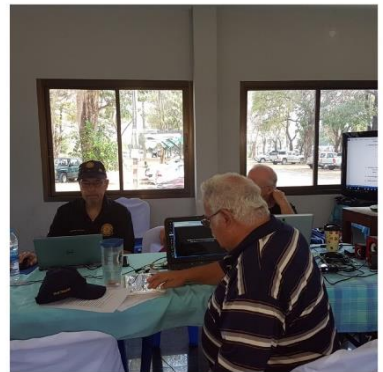
CALENDAR OF EVENTS

- March 11 Post Meeting 10:00a.m.
- March 11 Nominations for 2019 Officers
- March 15 American Legion 100 year birthday. Lunch and Cake at the Post meeting

Post Officers:

<u>Name</u>	<u>Office</u>
Larry Edmonds	Commander
Bruce Templeman	1st Vice Commander
Wayne Wright	2nd Vice Commander
Ted Potyrala	Historian
Maurice(Rocky) Hatzke	Service Officer
Hugh Mason	Chaplain
Jeff Ludwig	Adjutant/Finance Officer
Neil Tufford	Sergeant at Arms
Charles (Rusty) Wilson	Judge Advocate
Joe Reedy	Public Affairs Officer
Salvatore (Sal) Salzarulo	Members at large
Tony Francois	Members at large
Bill Medley	Members at large
Phil Colombey	IT Officer

February 11, 2019 Post Membership meeting



COMMANDER'S MESSAGE

By Larry Edmonds



As indicated above, our March meeting will be held on the 11th . This and the April meetings will be very important. March we nominate the officers for the coming year. Great thought should be put on your nominations. These will be the officers that will lead the Post for the next year. Their judgement will determine the direction this Post will take for the 2019/20 year. Make sure your nominee is aware of your nomination and accepts it. Members may "self-nominate" themselves. The April meeting will be the meeting to elect all nominees to their respective offices. There will also be time for late nominations before the voting begins. It is my desire to see as many nominations as possible for the different officer positions. Member participation is the main stay of our Post. Without the participation of our members, the Post will sit stagnant and eventually begin to crumble. I know we are spread out around the country and that in itself makes participation difficult. All I ask is that each member do their best to help the Post prosper. Hope to have a good turnout at this and the April meetings. See you at the meeting.

1st Vice / Membership Chairman:
Bruce Templeman



I have left Thailand for a short time in order to be with my mother, who has been admitted to the hospital in Washington, DC. I am thankful that she and I had the time and the inclination to discuss end of life matters when we were together last.

This issue is difficult for many, given the morbidity of the subject, but it is an important fact of life. As such, most parents, regardless of age don't want to discuss this with their children, even after all have become adults. My opinion is that, if you truly care about your family, you will make sure that they know your opinions on issues such as extraordinary life prolonging techniques, In this day and age, a person can be kept clinically alive for weeks or months with a very slim chance of recovering. It is this slim chance that some family members will cling to while others in the family would prefer to have a dignified peaceful ending. It is up to each one of us to make sure that our family members know our desires so as to assuage the consciences of those left behind to make the decision for us. To do otherwise simply creates conflict and has a negative effect on our families that will last long after we pass.

Commander Larry Edmonds had recommended to me to use a document called "What My Family Should Know" in the event that something should happen to me. This is a great document to have in Thailand, but it would be of better service to let a trusted friend know of its existence and location should you be incapacitated and unable to communicate. I am providing a link to this document for all of our members. Feel free to distribute this to your friends. <http://www.crisisresponse.org/uploadedFiles/19%20What%20My%20Family%20Should%20Know.pdf>

I hope that it will be a long time before any of our families have to consult this document, but they will be comforted to know that we have thought of them and made our loss easier to accept.

Adjutants Corner

Jeff Ludwig



The Nominations for the upcoming Officer elections are due at the March meeting. The positions that will be up for election include:
Commander,

1st Vice Commander
2nd Vice Commander
Sergeant of Arms
Chaplain, Finance Officer
Public Affairs Officer
Post Judge Advocate
Three Members at Large.

Nominations need to be in by close of business at the March meeting. You can email your nominations to the Adjutant now or you can bring your nominations to the meeting. We ask that you confirm your nominee will accept the nomination before declaring your nomination. This will not only speed up the meeting but also prevent pressuring or embarrassing the nominee. Per our By Laws, we will hold an open election at the April meeting.

Service Officer:

Maurice (Rocky) Hatske



Written By: Military Health System Communications Office

Eyes may be the window to the soul, as William Shakespeare reportedly said, but in the military, eyesight is essential to remain fit for duty. Here are seven tips for maintaining good eye health:

Protect those peepers. "I think wearing eye protection is the most important thing anybody can do to protect their vision for the long term," said Dr. Robert Mazzoli, a retired Army colonel and an ophthalmologist at the Vision Center of Excellence, or VCE. Of the approximately 2,000 eye injuries that occur in the United States daily, he said, 90 percent would have been prevented by wearing proper eye protection.

The VCE offers guidance on [activities that call for wearing eye protection](#). In addition to obviously risky activities, such as grinding and hammering, Mazzoli said playing sports, working with bungee cords, and using household cleaning products or other chemicals are also risky. The [Authorized Protective Eyewear List](#) details items that provide the highest level of eye protection.

If an injury does occur, the worst thing to do is to put pressure on the eye, Mazzoli said, such as patching it. This could lead to further injury, including loss of vision and even loss of the eye itself. A rigid shield protects against further damage, he said. If a shield is not available, he suggested donning a pair of glasses to serve as a shield and then taping them in place before seeking immediate medical help.

Get shaded. The sun's ultraviolet, or UV, rays can affect vision and lead to conditions such as macular degeneration and cataracts, Mazzoli said. Macular degeneration, which permanently damages the retina over time, is the leading cause of age-related blindness. Cataracts are the clouding of the lens, the part of the eye that focuses light.

Sunglasses labeled UV 400 offer the best protection, and should be worn even on overcast days because UV light can go through clouds, said Mazzoli.

Step away from the smartphone. "When you're using smartphones, both the screens and what we're trying to see are typically very small, and [this taxes an individual's ability to focus on and resolve the content being viewed](#)," said Dr. Felix Barker, an optometrist with the Department of Veterans Affairs who works with the VCE.

Barker also said smartphones increase demands on vision because they're held close to the eyes for reading. "The eyes try to converge, meaning that they turn closer together," he said. "When you spend an excessive amount of time on smartphones, you can put a lot of stress on your vision and cause blurred or even double vision."

Here come those tears again. Dry, itchy eyes are common among allergy sufferers, Mazzoli said. But he recommends against overusing products that contain redness relief ingredients such as potassium chloride and tetrahydrozoline, because they may eventually damage the eyes. Instead, look for products that advertise themselves simply as artificial tears, which provide lubrication.

Kick the habit: According to the American Cancer Society, smokers are at increased risk for developing vision loss and eye disease such as Dry Eye Syndrome, which appears as damaged blood vessels and causes itchy and burning sensations.

Take care with contact lenses. Contact lenses can damage eyes if they're worn for too many hours or not cleaned or stored properly, according to the Centers for Disease Control and Prevention. [The CDC's recommendations include](#) not sleeping in contact lenses unless your eye doctor has prescribed this, and removing lenses before swimming, showering, and using a hot tub.

Get regular vision exams. Active-duty service members can get routine eye exams as needed to maintain fitness for duty. Their covered family members are eligible for one routine eye exam per year and may be eligible for more robust coverage. The [TRICARE website](#) has information about eligibility and coverage for all MHS beneficiaries.

IT Corner:

By
Phil Colombey,
IT Officer



We are working hard to transition our Google Hangout conference calling to Skype conference calling. This is necessitated for several reasons. First Google Hangouts quality has been fair at best lately mainly because it is a data bits hog. It uses 10 times as much data as does Skype. Most important reason is free Hangouts may be going away in the very near future. The good news is Skype claims to have free group video calls for up to 25 members.

Our IT team has been aggressively creating and testing Skype group calls. Based on our testing, we recommend members download Skype to their phone, tablet, or PC before joining the group calls. Skype is a free download and greatly simplifies joining the group calls. While it is possible to join a group call without installing Skype, it is much more complicated. Most phone, tablets, and PCs already come with Skype installed. You just need to create a free account by typing in your email and creating a password. Just like with Google hangouts we will send a link to you via email and you will just need to click on the link and join the conversation.

So far, the tests have been encouraging. The Quality seems better and we use much less data. We hope the move to Skype will encourage more of our members who cannot come to the meetings to join the group call. We will keep you all posted on our progress and when we will transition to Skype.

SAFETY MESSAGE:



March is National poison awareness month. This is the time to make sure you are prepared should an emergency occur. Know whom to call. In the USA or even in Thailand you can call the hotline below. Skype allows you to call toll free numbers. Also, know the local numbers to call. In Thailand, call Poison Control Center – **1554**. This is also a good time to poison proof your home.

In Thailand, call 1554

In USA, call 1-800-222-1222

When accidents happen with chemicals, medicine, or household items, call **Poison Help**. Get help right away from poison experts.

Poison Proof Your Home

More than 90 percent of the time, poisonings happen in people's homes.¹The majority of these poisonings occur in the kitchen, bathroom and bedroom.² That is why it is important to follow simple steps to prevent a poisoning from happening at home.

Teach your family to never touch or put anything in their mouths unless they know what it is. Below are additional tips on how to keep poisonous items safe in your home. Remember, if you suspect that you or someone you know has been poisoned, immediately call the toll-free Poison Help line (**1-800-222-1222 USA or 1554 Thailand**), If in Thailand, you can call **1554** but if you are not well versed and are having difficulty in translation you may want to call the USA help line **1-800-222-1222**. It's a free call on Skype.

Medicines

- Keep medicines in their original containers, properly labeled, and store them appropriately.

Carbon monoxide (CO)

- Have a working carbon monoxide detector in your home. The best places for a CO detector are near bedrooms and close to furnaces.

Household products

- Keep products in their original containers. Do not use food containers (such as cups or bottles) to store household cleaners and other chemicals or products.
- Keep all laundry products locked up, high, and out of the reach of children

Chemicals

- Keep antifreeze and all chemicals and household products in their original containers.

Back to school/art supplies

- Some art products are mixtures of chemicals. They can be dangerous if not used correctly. Make sure children use art products safely by reading and following directions.
- Do not eat or drink while using art products.
- Wash skin after contact with art products. Clean equipment. Wipe tables, desks, and counters.

- Keep art products in their original containers.

Food

- Wash hands and counters before preparing all food.
- Store food at the proper temperatures. Refrigerated foods should not be left out at temperatures above 40 degrees F (5 degrees C).
- Use clean utensils for cooking and serving.

Animals/insects

- Know what poisonous snakes live in your area and wear proper attire (boots, etc.) when hiking outdoors.
- Check the label on any insect repellent. Be aware that most contain DEET, which can be poisonous in large quantities.

Plants, mushrooms and berries

- Be sure that everyone in your family can identify poisonous mushrooms and plants. Remember when it comes to poison ivy, "*leaves of three, let it be.*"

Emergency Checklist

If someone may have been poisoned, call the toll-free [Poison Help line](#) (**in Thailand – 1554, in USA 1-800-222-1222**), which connects you to a poison center, to speak with a poison expert right away. This expert can give you advice on first aid and may save you from a visit to the emergency room.

Below is a checklist to help you in the event of a poisoning.

First steps

- If the person is not breathing, if in USA call 911 If in Thailand call 191 or 1669.
- If the person inhaled poison, get him or her fresh air right away.
- If the person has poison on the skin, take off any clothing the poison touched. Rinse skin with running water for 15 to 20 minutes.
- If the person has poison in the eyes, rinse eyes with running water for 15 to 20 minutes.
- **Do not use activated charcoal when you think someone may have been poisoned.**

Calling Poison Help

- **Do not** wait for signs of poisoning before calling Poison Help (**Thailand 1554 or USA 1-800-222-1222**). Stay calm. Not all medicines, chemicals, or household products are poisonous. Not all contact with poison results in poisoning.
- **Make sure to have the container** of the product you think caused the poisoning nearby. The label has important information.

Be ready (if you can) to tell the expert on the phone:

- The exposed person's age and weight
- Known health conditions or problems
- The product involved
- How the product contacted the person (for example, by mouth, by inhaling, through the skin, or through the eyes)
- How long ago the poison contacted the person
- What first aid has already been given
- Whether the person has vomited
- Your exact location and how long it would take you to get to a hospital

Events:

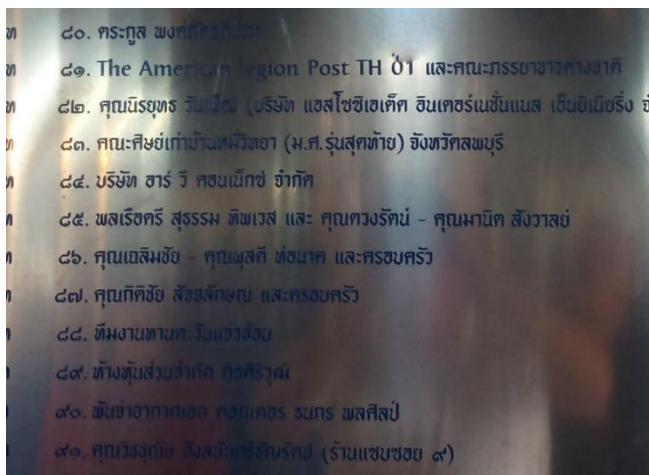
Wing 21 Chapel Dedication Ceremony

On February 16, 2019, members of the Brig Gen Robin Olds American Legion Thailand Post TH01 participated in the dedication ceremony of the recently renovated Ubon royal Thai Air Base chapel. The base chapel was built by the American Military Forces in 1967. This iconic chapel with its unique sky lodge design is instantly recognizable by the thousands of military who served on the Ubon Royal Thai Air Base during the Vietnam War. In Keeping with the American Legion's Preamble to their constitution



particularly the following clauses: **“...FOR GOD AND COUNTRY, WE ASSOCIATE OURSELVES TOGETHER... and “...TO PRESERVE THE MEMORIES AND INCIDENTS OF OUR ASSOCIATIONS IN THE GREAT WARS,”**

many members of the Post TH01 donated to the preservation of this historic building and dedicating it in the memory of all the service men and women who served during this time of conflict and were comforted by entering these sacred walls.



Chaplain's Message

Dear Lord on this month 100 years ago you guided a small group of caring men who desired to help our war veterans and their families heal from the effects of the Great War. You gave them the determination and perseverance to forge this great organization. Your loving wisdom guided them in formulating and writing a solid preamble, constitution and most importantly the 4 pillars which have stood the test of time. Through your divine grace the men and women of the American Legion have accomplish much these past 100 years, We ask you Lord to continue look in favor on the American Legion while it continues to fight and care for our veterans. We pray that you will bolster our resolve to stand up and fight against those who would wish to desecrate and destroy our war memorials that have religious symbols. We ask that you look in favor on our continued alliance with the Liberty Legal Institute and the Alliance Defense Fund to defend and protect our nation's war memorials from the legal attacks from the American Civil Liberties Union, American atheist and their allies. We pray that through your continued guidance we can achieve so much more the next 100 years. Finally, we pray for your guidance and grace for the members and officers of Brig Gen Robin Olds American Legion Thailand Post TH01 as we strive to maintain the high standards of the American Legion supporting our local veterans, their families, and our local communities.

TAPS:

None



March Birthdays

- Ken Adams
- David Bell
- Rocky Hatzke
- Thomas Maher
- Joel Pierson,



A very happy birthday to all!

Upcoming Events in April:

April 8 - Officer Elections.

April 13 - Songkran Thai New Year