



Rhein Main Post GR05

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Postfach 2837, Moerfelden Walldorf

August 2020

Commander's Message

Greetings Comrades,

I hope you and your families are doing well. I am proud to be elected as your new Commander. Thank you all for having faith in me to keep up the outstanding work that Past Commander Alvarado has done. However in order to do that I need each and every one of your help. The main thing I want us to do is be a TEAM and look out for all our members, vets and friends. I am looking forward to working you all. I will be forming a committee to come up with ideas on how we can build our membership and fellowship. I am here for you and will help you or get help any-way that is possible. -Thank you all



Commander Quincy Foster

Click [HERE](#) to take a little time and learn about the Legion in the Basic Training Course.



From Left to Right: John Jones, Commander Foster, and Santos Alvarado receiving certificates from the German Army Reserves for becoming the Elected Department of France Officers. Congratulations!

Elected Officers of Post GR05

- Post Commander: Quincy C. Foster
- 1st Vice Commander: Richard Perez
- 2nd Vice Commander: Terry Woodard
- Adjutant: Bruce Cole
- Chaplain: Joe A. Davis
- Sergeant at Arms: Juan Barrenchea
- Judge Advocate: Ernie Cojoe
- Finance Officer: Santos Alvarado
- Historian: Johnny Arriaga
- Executive committee member: Walter Becker



Click on picture to go to the Post's Facebook



Post's Missing Man table

Upcoming Post Meeting

Our next meeting will be held:

8 Aug at 1400

Location is the Flying Dragon, in Der Trift 5-7, 64546 Walldorf.

All Members are asked to arrive at least 30 mins early for social hour.

All American Veterans are welcome to come and visit!



Happy Birthday to members in our Legion Family!

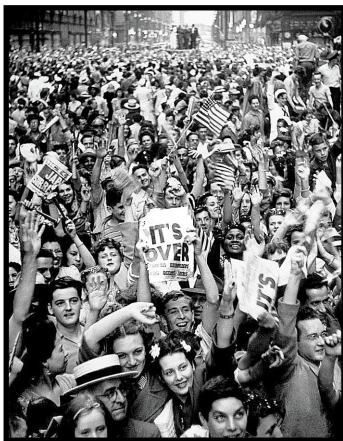


Quincy Foster (Aug 7th)
 Jerald Bass (Aug 7th)
 Stanley Johnson (Aug 18th)



Happy Birthday Quincy!

This Month in History



Celebration of VJ Day!

- **2 Aug:** In Philadelphia, most of the 55 members of the Continental Congress signed the parchment copy of the Declaration of Independence.
- **3 Aug:** War correspondent Ernie Pyle (1900-1945) was born in Dana, Indiana. He received a Pulitzer Prize for his reports of the bombing of London in 1940 and later war reports from Africa, Sicily, Italy and France.
- **4 Aug:** The Coast Guard was established
- **7 Aug:** Purple Heart Day, Congress approves all necessary actions in Vietnam (1964)
- **13 Aug:** The Berlin Wall came into existence after the East German government closed the border between east and west sectors of Berlin
- **14 Aug:** V-J Day, commemorating President Truman's announcement that Japan had surrendered to the Allies.
- **18 Aug:** The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.
- **21 Aug:** Hawaii became the 50th state of the Union

Department of France's 1st DEC new 2020/2021 members!



The 1st DEC was held in Walldorf and GR05 pulled in THREE slots to the Department of France!
The members are: Department Commander Santos Alvarado, Vice Commander Quincy Foster, and Department Chaplain John Jones.

COVID 19 Safety Information

The COVID19 situation had us on lockdown since March, but with the help of everyone following directions and being considerate, we happily are able to begin our Post Meetings again. Let's keep safe, healthy, and protected!

- For a current heat map of Germany that displays areas with high infection rates, click [HERE](#)
- For a current list of countries considered international risk areas, click [HERE](#).
An English version is at the bottom of the page.
- To learn more about each EU country's public health measures, border status, and facility reopenings, click [HERE](#)



COVID-19

Coronavirus Disease

HELP STOP THE SPREAD

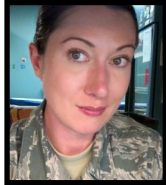
<p style="text-align: center; font-weight: bold; font-size: 0.8em;">AVOID CLOSE CONTACT</p> <p style="font-size: 0.8em;">Avoid close contact with sick people, and when you're sick- Maintain distance at least 6-ft</p>	<p style="text-align: center; font-weight: bold; font-size: 0.8em;">STAY HOME WHEN YOU ARE SICK</p> <p style="font-size: 0.8em;">If you feel sick, go home to prevent the spread of germs, and remain at home until better</p>
<p style="text-align: center; font-weight: bold; font-size: 0.8em;">COVER YOUR MOUTH AND NOSE</p> <p style="font-size: 0.8em;">Cough or sneeze into a tissue, then throw the tissue in the trash</p>	<p style="text-align: center; font-weight: bold; font-size: 0.8em;">CLEAN YOUR HANDS</p> <p style="font-size: 0.8em;">Wash your hands with soap and water for 20 seconds. Or use an alcohol-based hand rub</p>
<p style="text-align: center; font-weight: bold; font-size: 0.8em;">AVOID TOUCHING, YOUR EYES, NOSE, OR MOUTH</p> <p style="font-size: 0.8em;">Prevent touching something contaminated with germs, and then to eyes, nose, or mouth</p>	<p style="text-align: center; font-weight: bold; font-size: 0.8em;">PRACTICE OTHER GOOD HEALTH HABITS</p> <p style="font-size: 0.8em;">Routinely clean and disinfect frequently touched objects and surfaces</p> <ul style="list-style-type: none"> • Get Sleep • Be Physically Active • Manage Your Stress • Drink Plenty of Fluids • Eat Nutritious Foods

Source: Centers for Disease Control and Prevention

More information can be found at The American Legion website, at <https://www.legion.org>

Why did you join the American Legion?

Members of Rhein Main GR05 were asked the question “Why did you join the American Legion?”. Everyone’s answer’s show the diversity and dedication that each member of this Post holds proud.



Stacey Krueger: I joined the Legion because I basically grew up in them; both my Grandfather and Great Grandfather were Commander’s of my hometown’s Post. Having a Post to belong to feels like home, especially during my active service. It’s a brotherhood/sisterhood that I’m extremely proud to be a part of, 10 years as a member and counting!



Quincy Foster: I joined the Legion because this is a way I can give back to my Brothers and Sisters of the Armed Forces. You see I grew up in the military because, I came in before I turned 20. The military was basically the only family I knew after joining, for over 20 years. So when I see young military men and women going through some of the this I went through in the military my heart goes out to them and I want to help them anyway I can. With that being said I believe that is what the Legion is all about. We can make a difference!



Richard Perez: I joined the American Legion exactly 1 year ago next week. I had heard about the American Legion for many years from a friend in Wiesbaden and he was trying to get me to join for a long time. I liked what the Legion is all about, veterans helping each other. That was not my only reason for joining though. I joined because I have been in Germany 17 years now and I wanted more American friends. I had very few American friends before and now I have so many.

More reasons on why to join:

- **Together, we make a difference**

The American Legion provides life-changing assistance and guidance for veterans, military personnel, their families and communities in thousands of ways every day around the world. Help comes in the form of personal assistance, cash grants, donated goods, disaster relief, labor, networking, volunteerism and advocacy.

- **Benefits Assistance**

The American Legion offers expert advice, support and representation for veterans and families seeking government benefits they are eligible to receive at the federal, state and local levels.

- **Career Assistance**

Hundreds of job fairs and career events every year, all across the map, are coordinated, sponsored, promoted or produced by The American Legion. American Legion business workshops also help veterans and their families pursue their entrepreneurial dreams.

- **Education Assistance**

The American Legion conducts student-veteran roundtables, networks with Student Veterans of America as well as college campuses, and works with agencies to better apply military experience toward professional and vocational licenses and certification credits

- **Honor and Remembrance**

American Legion honor guards provide official services at thousands of veteran funerals around the world each year. The Legion is also a leader at every level in the establishment and maintenance of memorials and monuments that honor military sacrifice.

What do you think of the U.S. pulling 12,000 troops out of Germany?

29 July — WASHINGTON (Reuters) - The U.S. military on Wednesday unveiled plans to withdraw about 12,000 troops from Germany, in fallout from President Donald Trump's long-simmering feud with Berlin but said it will keep nearly half of those forces in Europe to address tension with Russia.

Trump announced his intention last month to cut by about a third the 36,000-strong U.S. troop contingent in Germany, faulting the close U.S. ally for failing to meet NATO's defense spending target and accusing it of taking advantage of the United States on trade.

"We don't want to be the suckers any more," Trump told reporters at the White House on Wednesday about the decision. "We're reducing the force because they're not paying their bills; it's very simple."

Defense Secretary Mark Esper has not portrayed the pullout in those terms and said the military's plan would prevent the troop movements from undermining NATO and its efforts to deter Russian intervention, following Moscow's 2014 annexation of the Crimean Peninsula.

In remarks likely to irk Moscow, Esper said some U.S. troops would reposition to the Black Sea region and some could temporarily deploy in waves to the Baltics.

Other forces leaving Germany would permanently move to Italy and the U.S. military's European headquarters would relocate from Stuttgart, Germany, to Belgium.

In total, just under 6,000 troops of the 12,000 leaving Germany are expected to remain in Europe. Many of the other forces will be based in the United States but will rotate into Europe for temporary deployments without their families.

"I'm telling you that this is going to accomplish what the president said with regard to getting us down to a lower number in Europe, and it meets his other objectives I outlined with regards to the strategic piece," Esper said.

(More of the article can be found at the source: [Reuters](#))



The American Legion online is asking for your opinion of the matter! Cast your vote by clicking on the Flag

Upcoming Post Service Officer Training



AMERICAN LEGION
DEPARTMENT OF FRANCE

Post Service Officer Training



August 29 - 30, 2020
Katterbach, Germany

THE AMERICAN LEGION, DEPARTMENT OF FRANCE
IS PRESENTING THEIR
POST SERVICE OFFICER TRAINING COURSE.

THIS TRAINING COURSE IS TO PROVIDE
GUIDANCE FOR THE PSO TO BE ABLE TO BETTER
ASSIST THE VETERAN WITH THEIR
VA BENEFIT CLAIM.

INSTRUCTOR
Frank Phillips: Department Service Officer

REGISTRATION:
REGISTRATION IS REQUIRED!
Please send an e mail to the Department Service Officer
[Frank.Phillips: Francis.Phillips2@va.gov](mailto:Frank.Phillips2@va.gov)
Priority is for Post Service Officers
then on a First come, First served basis.

MAXIMUM PARTICIPANTS IS LIMITED TO 30!
UPON COMPLETION OF THIS TRAINING, THE PARTICIPANTS WILL BE
ABLE TO TAKE A TEST.
ALL PARTICIPANTS THAT PASSED THE TEST, WILL RECEIVE A „TRAINED“
CERTIFICATE

LOCATIONS
Training Seminar
[Legion Post 1982 Home](#), 91522 Katterbach
Dinner, August 29, 2020
Gasthaus Goldener Stern, Ansbacher Str. 3, 91560 Heilsbronn

Hotel rooms are available at:
www.goldner-stern-heilsbronn.de
SINGL: 47€ /DBL 70€
(7 miles to Post)
www.hotel-windmuehle.de
DBL 70€
(9 Miles to Post)

Gasthof Zum Löwen
Marktplatz 6, 91560 Heilsbronn
SINGL: 45€ /DBL 75€
(7 miles to Post)

PROGRAM
0730-0800
CHECK-IN /REGISTRATION

Topics

PSO DUTIES / RESPONSIBILITIES

VA POLICIES

SMART CLAIM
Basic claim - step by step

C&P EXAMINATION TIPS

LUNCH BREAK - LEGION HOME

VA PRESUMPTIVES

TDIU
Individual Unemployment

DJC
Dependency and
Indemnity Compensation

Burial Benefits

Foreign Medical Program
DINNER IN HEILSBRONN
with
DSO, ADSO
DPT COMMANDER
0800 hrs August 30 Sunday
TEST / Discussion
1300 hrs
Completion of Course

BE ON TIME!
We have limited time
to complete the
training

Please submit any announcements or items for the newsletter to Comrade Krueger, Editor.

Request must be submitted no later than by the 20th of the month for the next edition @
rheinmaingr05@outlook.com

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Rhein Main Post GR05 received Temporary Charter on Oct. 18, 1972 then received their permanent charter on Apr 6, 1973 in the German State of Hessen. GR05 has contributed various donations to organizations such as Fisher House, CWF, and Legacy Fund. We currently support veterans from around the Rhein Main area and in addition have members in the United States. I

Join our FB page to see upcoming photo's from our Post's Past!

