

THE AMERICAN LEGION AT UBON RATCHATHANI, THAILAND



BRIGADIER GENERAL ROBIN OLDS

POST NUMBER TH01



POST MEETING: 2ND WEDNESDAY OF EVERY MONTH, AT 10:00 AM
POST LOCATION: WING 21 ROYAL THAI AIR FORCE (RTAF) AIRBASE
POST VENUE: WING 21 GOLF DRIVING RANGE CLUBHOUSE

JANUARY 2023

POST EMAIL: [HTTP://AMERILEGIONTH01@GMAIL.COM](http://AMERILEGIONTH01@GMAIL.COM)

VOL. 6, ISSUE 1

LINKS CONCERNING ISSUES OF GENERAL EXPAT INTEREST IN THAILAND

AMERICAN LEGION 2023 MEMBERSHIP RENEWAL

https://mylegion.org/PersonifyEbusiness/Membership/Renew?fbclid=IwAR3kG7akDFdUfEooHme5l4dHFeftSedZsFW6CUHwEXZQE1oqg_lgrq1K1Kg#legion-org

US DOLLAR TO THAI BAHT EXCHANGE RATE (AS OF 31/12/22)

\$1.00:฿34.53

<https://www.x-rates.com/calculator/?from=USD&to=THB&amount=1>



POST COMMANDER'S COMMENTS...*BRUCE TEMPLEMAN*

A word from the Commander...

It's time to close out the year and begin anew. Please, renew your membership, now, so we can get the monetary award and another streamer for our flag.

While I'm on the subject of money and dues, please find it in your heart to give a donation to our Post Welfare Fund. We've just about depleted everything to assist the homeless and hungry during the recent flood in Ubon Ratchathani. We're also committing ourselves to support children with cleft palates through the Tawanchai Foundation. Comrade Dave Burns kicked off the fundraising by donating 10k baht at our Christmas Party, and we hope that everyone can do something, as well. It's for a good cause, and you can be a part of it.

This is the season of compassion and giving. Besides giving to charity (See paragraph above), please give some of your time and call a Post member to check on

their welfare. Buddy checks are always appreciated and strengthen our bonds as veterans.

It's with sadness that I report that a friend to our Post, American citizen, John W. Sarff, passed away, 13 December, the day before our Christmas Party. Although he wasn't a US military veteran, John always came to our Post socials to share food and conversation. His presence at our socials will be missed. Our Post will assist his widow however we can. It's the American way.

Looking toward the New Year with the following goals:

1. Raise 45,000 baht for the Tawanchai Foundation.
2. Recruit 5 new members.
3. Try to sponsor the Fulbright US Scholar Program.
4. Refine and standardize videoconference capability.
5. Hold in-person meetings with outlying members.

We've got a request for assisting a **Veteran in distress**. Michael McKnight, a Vietnam veteran living here in Thailand, has had a medical situation that leaves him and his wife nearly destitute. A member of the Post has asked us to assist him with his Tricare and VA paperwork, but that doesn't feed him and his family, right now. I ask that anyone that reads this to have compassion and send some money to help this veteran. He's unable to care for himself, and his wife is doing superhuman work caring for him at home while he attempts to recover.

Please send what you can to:

FINANCIAL INSTITUTION: BANGKOK BANK
ACCOUNT NAME: MALIPORN MCKNIGHT
ACCOUNT NUMBER: 188-034438-5
SWIFT CODE: BKKBTHBK

ADDRESS: 111/88 MU 2 BANG LUANG, MUANG PATHUMTHANI, PATHUMTHANI 12000 THAILAND

UPDATE: *The request for financial assistance was made, on 14 December, at our Post meeting by Comrade Dave Burns. Several donations were made to assist MSgt McKnight and his spouse with his medical bills. Our partner Post, VFW 10217 made a \$1,000 donation from their Post Relief Fund, which helped immensely. Unfortunately, MSgt McKnight passed away, on 20 December. His wife is still in a bad situation and donations are still welcome and appreciated. The RAO in Bangkok is assisting Mrs. McKnight with benefits issues.*

Bruce A. Templeman
Commander
American Legion Post TH01
Ubol Ratchathani, Thailand

USEFUL INFORMATION FOR MEMBERS

UPDATE: OVERSEAS MILITARY SERVICE COORDINATORS

Due to COVID-19, Overseas Military Service Coordinators (OMSCs) have extended virtual support operations to overseas Veterans, Service Members, and their Dependents. OMSCs will be responding to emails and arranging phone interviews for those seeking assistance with all VA benefits.

We invite all Veterans, Service Members, and their Dependents who would like to speak to a VA representative about VA benefits to send your contact information to the email address listed below for your location to set up a virtual appointment with an OMSC.

~For Veterans Residing in Asian Countries~

OMSCJAPANOK.VBAVACO@VA.GOV

~For Veterans Residing in European Countries~

OMSCGER1.VBAVACO@VA.GOV

MESSAGE FOR U.S. CITIZENS IN THAILAND (22 JUNE 2022) **RECREATIONAL USE OF MARIJUANA IN PUBLIC IS ILLEGAL IN THAILAND**

"Thailand made marijuana legal for medical purposes on June 9, 2022. However, according to a health directive announced in the Royal Gazette on June 14, anyone smoking cannabis and hemp in public for recreational purposes shall face imprisonment of up to three months or a fine of up to 25,000 baht if they cause a public nuisance or pose health hazards to others."

<https://th.usembassy.gov/message-for-u-s-citizens-in-thailand-june-22-2022/>

HOLIDAY & EVENTS CALENDAR

01 January

New Year's Day

https://en.wikipedia.org/wiki/New_Year's_Day

02 January

Substitution Holiday for New Year's Day (Thailand)

11 January

American Legion Post TH01 Membership Monthly Meeting

16 January

Martin Luther King Jr. Day

https://en.wikipedia.org/wiki/Martin_Luther_King_Jr._Day

22 January

Lunar New Year's Day (Thailand)

https://en.wikipedia.org/wiki/Lunar_New_Year

23 January

2nd Day of Lunar New Year (Thailand)

24 January

3rd Day of Lunar New Year (Thailand)

POST OFFICERS 2022MY

COMMANDER Bruce Templeman
bruce.templeman@hotmail.com

ADJUTANT Jeff Ludwig
jgludwig2@gmail.com

1st VICE COMMANDER Ted Potyrala
tpubon@gmail.com

2nd VICE COMMANDER John Skabry
dive.safely@gmail.com

CHAPLAIN Hugh Mason
htmmason@aol.com

HISTORIAN Ted Potyrala
tpubon@gmail.com

FINANCE OFFICER Jeff Ludwig
jgludwig2@gmail.com

SERVICE OFFICER Maurice Hatzke
mrhatzke3@gmail.com

JUDGE ADVOCATE Christopher Lampert
americanlegionth01@gmail.com

SERGEANT-AT-ARMS Salvatore Salzarulo
salzy48@hotmail.com

PUBLIC AFFAIRS OFFICER Joe Reedy
joereedy4@gmail.com

MEMBER AT LARGE Billy Holland
billybholland@gmail.com

MEMBER AT LARGE John Eschenbaum
john_eschenbaum2003@yahoo.com

MEMBER AT LARGE Kirby Raines
cosmotyson@yahoo.com



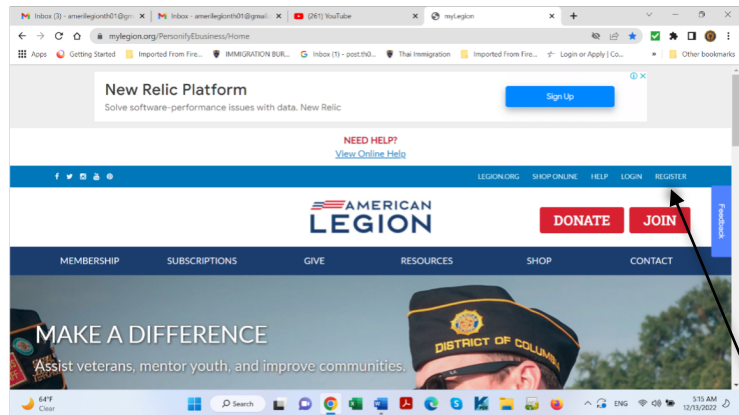
ADJUTANT'S CORNER...JEFF LUDWIG

Greetings Comrades,

Happy New Year, to you all!

I hope everyone had a happy and safe holiday. The start of the new year is always a time for getting ready for tax season: checking records and account information. It is also an excellent time to review your American Legion record to ensure your contact information is correct. Especially, your address.

How do you do that? Simply, logon to your [MyLegion.org](https://mylegion.org) account and review your information. If you do not have an account, not a problem. Registering and creating an account is simple. You just go to this link: [MyLegion.org](https://mylegion.org) and click on register at the top menu bar.



Just follow the simple instructions, and you are in. If you find your contact information is wrong, you can edit and correct it right there. You can also contact me with the correct information, and I can update it.

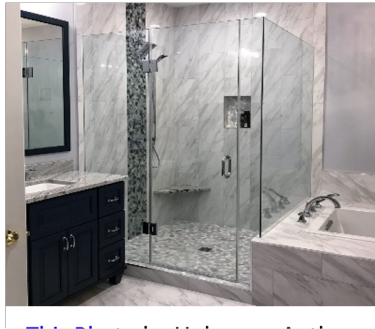
Are you getting your monthly American Legion Magazine? If you are not getting the magazine, then something must be wrong with the address on file in [MyLegion.org](https://mylegion.org). Contact me, and we can go over your address.

Jeff Ludwig
Adjutant & Finance Officer
American Legion Post TH01
Ubon Ratchathani, Thailand

SAFETY MESSAGE

SAFETY DURING THE HOLIDAYS

This January is Bath Safety month, reminding you to take some extra precautions and save yourselves from home injuries. Bathing is such a routine activity that we often neglect to take proper precautions while we're in what is absolutely one of the most dangerous places in our homes bested only by the kitchen. This is especially true as we get older.



According to the Centers for Disease Control, every year, an estimated 235,000 people in the USA are injured in the bathroom. Sixty six percent of injuries that take place in bathrooms occur when people are either in the tub or the shower. The studies also report that for people aged 65 and older, falls account for approximately 60 percent of all injury-related emergency department visits and over 50 percent of injury-related deaths annually. If you fall in a bathroom, there is a good chance that in addition to the impact of hitting the floor, you will hit some part of your body: head, knee, shoulder on a cabinet or fixture.

But there are things you can do to minimize the risk of injury in the bath. And, many of these precautions are especially important for the very young and the very old.

Installing safety features is a relatively easy and inexpensive way to help prevent you falling in the bathroom.

- Install grab bars in the shower, beside the tub and at the toilet.

- Falls often occur when people are getting in and out of the tub or shower or standing up after using the toilet. Place a non-slip mat or decals on the floor of the shower or bathtub and a non-slip rug on the floor outside the tub or shower. Or, non-slip mats rather than fluffy rugs.



- Around the toilet, place and in front of sinks also place the non-slip mats.
- For seniors, use a shower chair, so you can sit while showering and prevent slips and falls. Make sure the chair has a non-slip seat and rubber tips on the feet, so it won't slide in the shower or tub.
- Install a high-profile toilet, or a raised toilet seat, which raises the seat height by 3 to 4 inches, to reduce the amount of effort needed to sit and stand when using the toilet.
- Regular Cleaning. Soap scum and build up from condensation can leave surfaces slippery. Scrub tubs, showers, grab bars, and mats, regularly, to prevent a slick residue build-up.
- Use a nightlight or motion-sensor lighting to ensure you have adequate light for nighttime visits to the bathroom. Use a nightlight in any hallway along the path to the bathroom from the bedroom or living areas.
- If you are building or remodeling the bathroom, consider non-slip tiles and adequate lighting.

Following these tips will help mitigate the hazards in the bathroom and hopefully prevent you falling and injuring yourself.

EVENT ARTICLE

POST TH01 CHRISTMAS LUNCHEON

The Post held its annual Christmas Luncheon, on December 14, 2022, at Peppers Restaurant in Ubon Ratchathani, Thailand.

Peppers Restaurant served a traditional Christmas dinner which included turkey and stuffing. We

were even treated to Carolers, singing Christmas songs. Members and guests had a great time.

A big thank you to Peppers and their staff for hosting and preparing a wonderful event and meal.



JANUARY BIRTHDAYS

John Dustman

Mark Faralli

Jc Molette, Jr.



SERVICE OFFICER'S MESSAGE

Greetings Comrades,

If you wish to get your documents mailed to the USA quickly, be advised that USPS Priority Express Mail International guaranteed delivery has been suspended, so save your money and find another guaranteed delivery company to send your documents to the USA. Mail delivery during Covid-19 had been suspended for a time and although it has been resumed, it is not efficient as before. Make sure that you allow at least 30 days for delivery from Thailand to the USA. Plan ahead and avoid the stress.

Please, download and fill out the document, "What My Family Should Know," from our website. Tell your friends and family to do it as well. Your loved ones will appreciate the time you spent caring for their future.

Service Officer
American Legion Post TH01
Ubon Ratchathani, Thailand

[CLICK THE FOLLOWING LINKS FOR POST TH01...](#)

WEBSITE

<https://americanlegionthailand.com>

Facebook

<https://www.facebook.com/americanlegionthailandposttho1>

Twitter

https://twitter.com/Post_TH01

Instagram

https://www.instagram.com/post_tho1/

YouTube

<https://www.youtube.com/channel/UC74pEhMUgz5KmGcs7RMEXyA>

ASEAN Now

<https://aseannow.com/profile/277159-american-legion-post-tho1/>