



THE AMERICAN LEGION AT UBON RATCHATHANI, THAILAND

BRIGADIER GENERAL ROBIN OLDS

POST NUMBER TH01

Post Meeting: 2nd Wednesday of Every Month, At 10:00 A.M.

Post Location: PEPPERS RESTAURANT AND BAKERY



March 2025

POST EMAIL: COMMANDER@AMERICANLEGIONTHAILAND.COM

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Inside this Issue:

- Commanders Comments
- 1st Vice Commander: Membership Report
- Adjutants Corner: Contact Phone and Address validation
- Post Service Officer: Spreading the Word
- Finance Officer. FBAR reporting
- Safety: Burn Prevention Month
- Upcoming Events:
 - Tawanchai Ceremony and Social
 - March General Membership Meeting
- Chaplain's Prayer:
- Birthdays

Calendar for March 2025

March 11	Tawanchai Donation
March 12	Membership Meeting Kohn Kaen
March 17	St. Patrick's Day

2024/2025 POST TH01 OFFICERS

Commander – Rob Davis

<mailto:Commander@americanlegionthailand.com>

1st Vice Commander & Historian – Ted Potyrala

<mailto:1vice@americanlegionthailand.com>

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Adjutant & Finance Officer – Jeff Ludwig

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Service Officer – Larry Haynie

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Sergeant-At-Arms – Sal Salzarulo

<mailto:salzy48@hotmail.com>

Judge Advocate – Paul Ben-Yehuda

<mailto:renegademarine@icloud.com>

Chaplain – David Burns

<mailto:davidmburns804@gmail.com>

Public Affairs Officer & IT Dir.– Chris Lampert

<mailto:comms@americanlegionthailand.com>

EXECUTIVE COMMITTEE

Member-at-Large – Wayne Wright

<mailto:waywright@outlook.com>

Member-at-Large – Ernest(William) Knowlton

<mailto:ewilliamknowlton65@gmail.com>

Member-at-Large –Douglas Palzer

<mailto:dpalzer@rojana.org>

Commanders Comments:

Hello everyone. Hope you had a good month. Enjoyed all your Lunar New Year Celebrations, if you partook. Now it's March and Spring and the Heat are coming fast upon us.

As you all know it's time to send them nominations. Whether its for someone else or yourself. We have had a few but we need more. I think the Post has the opportunity for some serious growth, and I've heard a lot of discussion lately for some new ideas out there.

Also don't forget we have our next meeting in Khon Kaen again. The last two times have proven to be great opportunities to get us all together. Not only for the great cause we are supporting (The Tawanchai Foundation) but for the brotherhood and bringing together of families.

As I have said before this Post stays alive because of the members, so we need people to step up and volunteer for a position in the post. We have had the same brothers leading the post for many years, and we need to give them some relief.

Thank you all, for all you have done and for all we as a Post will do in the future.

For God and Country

Rob Davis

Commander

1st Vice Commander Ted Potyrala



I would like to thank the members who have renewed their membership. Your support of our post is an encouraging sign that we as a post are doing what you want us to do. There are only six members that have not yet renewed.

According to our Bylaws:

*“If the member is still delinquent after February 1st, he/she shall be suspended from all privileges and will be considered a member **NOT** in good standing. If the member is still under such suspension on June 30th of such year, his membership in The American Legion shall be forfeited.*

You still have time to renew and be back in good standing!

As of today, we are at 85.55% membership renewals. Your post has done some wonderful things. We want to continue to do what we do but we cannot do it without your support. Just read the article in this newsletter about Tawanchai. If this was the only project the post supported, my \$50 membership was well worth it. But it is not the only project the post supports. For me personally, I know that when I pass, I will be given Military Honor at my funeral. My wife will be supported in filing for benefits from my military service. If I file for disability with the VA, I will have help from the Service Officer, free of Charge. Not like the companies out there that say they will help you for a fee. Here in Thailand, there would be no one to help here if not for the American Legion Post TH01 and the other veterans Posts. I also get to assist with community projects such as the flooding in Ubon, supporting a handicap school, cancer hospital, distributing blankets and supplies to an orphanage. This is why I am a founding member of our post. Want to join me in a rewarding opportunity?



Adjutants Corner

My Fellow Members. We are in the new year and now is a good time to verify your contact information. You can do this by logging into your MyLegion.org account. If you have not yet registered please do so-- it easy and painless. Just make sure you use the email address that you used when you joined.

If for some reason you cannot log into your account, just give me your current contact information. (phone and address). I will check your account and make any necessary updates. A good way to know if your mailing address is correct is to see if you're getting your monthly American Legion magazine. If you are not getting it, then your address on record is probably wrong. Again, either go in and correct it or send me the correct address. Then let me know when you receive your magazine.

Remember an emergency is not the time to find out your contact information is incorrect. Help us help you.



POST SERVICE OFFICER...LARRY HAYNIE, POST TH01-Ubon, Thailand

The Post Newsletter for Post TH01 is a very important aspect of our contributions to all Thailand veterans and their families. Just as the membership of our post is more than just membership dues and attending post meetings, our Post Newsletter is a source of very valuable content. Information that can in many cases, be crucial to veterans and their families in times of crisis, emergencies or when a veteran passes away.

All Thailand American military veterans should explain to their families how the American Legion or the Veterans of Foreign Wars (VFW) organizations operate and what they do for veterans and their families. Spouses and families should be made knowledgeable of how to contact Veterans Service Organizations, and how to seek support and assistance from Post Service Officers.

With the new President Trump Administration, I foresee beneficial changes occurring within the Veterans Administration that should positively affect many veterans and their families.

Our Post Meetings also serve as a forum to help disseminate information and policy to all members, concerning American Legion affairs at the local, regional and national levels. Post meetings, whether in person or online, also offers members the ability to crosstalk and interact with other members who live in other regions of Thailand or even in other parts of the world, and share their Expat experiences.

Make your membership work for you, and for the sake of your family and loved ones!!!!

“We Serve Those Who Served”

Larry Haynie
Post Service Officer



Post Finance Officer
Jeff Ludwig

Report of Foreign Bank and Financial Accounts (FBAR)

Every year, under the law known as the Bank Secrecy Act, you must report certain foreign financial accounts, such as bank accounts, brokerage accounts and mutual funds, to the Treasury Department. You must also keep certain records of those accounts. You report the accounts by filing a Report of Foreign Bank and Financial Accounts (FBAR) on FinCEN Form 114.

The FBAR is an annual report, due April 15 following the calendar year reported. You're allowed an automatic extension to October 15 if you fail to meet the FBAR annual due date of April 15. You don't need to request an extension to file the FBAR.



Who must File? A United States person, including a citizen, resident, corporation, partnership, limited liability company, trust and estate, must file an FBAR to report:

1. a financial interest in or signature or other authority over at least one financial account located outside the United States, if
2. the aggregate value of those foreign financial accounts exceeded \$10,000 at any time during the reporting calendar year.

Generally, an account at a financial institution located outside the United States is a foreign financial account. Whether the account produced taxable income has no effect on whether the account is a "foreign financial account" for FBAR purposes. This means that many of our members residing in Thailand that have the bank funds required by their respective visa fall into this category and must file the FBAR report. The web address below will take you to the e filing website

<https://bsaefiling.fincen.treas.gov/NoRegFBARFiler.html> . Just follow the instructions.

You must file the FBAR electronically through the Financial Crimes Enforcement Network's [BSA E-Filing System](#). You don't file the FBAR with your federal tax return. The FBAR is required by the Treasury Department and is separate from any IRS filing obligations.



Safety Message: Ladder safety Month.

The OSHA Training Institute Education Center (OTIEC) **provide these Ladder Safety DOs and DON'Ts**

To prevent from being injured due to falls from various types of ladders, including extension ladders and stepladders, you are encouraged to adopt the following practices:



Safe Extension Ladder Use—



DO:

- Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when climbing/descending a ladder.
- Face the ladder when climbing or descending.
- Keep the body inside the side rails.
- Use extra care when getting on or off the ladder at the top or bottom.
- Avoid tipping the ladder over sideways or causing the ladder base to slide out.
- Carry tools in a tool belt or raise tools up using a hand line. Never carry tools in your hands while climbing up/down a ladder.
- Extend the top of the ladder three feet above the landing.
- Keep ladders free of any slippery materials.

Safe Extension Ladder Use—DON'T:

- Place a ladder on boxes, barrels, or unstable bases.
- Use a ladder on soft ground or unstable footing.
- Exceed the ladder's maximum load rating.
- Tie two ladders together to make them longer.
- Ignore nearby overhead power lines.
- Move or shift a ladder with a person or equipment on the ladder.
- Lean out beyond the ladder's side rails.
- Use an extension ladder horizontally like a platform.

Safe Stepladder Use—DO:



Read and follow all the manufacturer's instructions and labels on the stepladder.

- Look for overhead power lines before handling or climbing a ladder.
- Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when climbing/descending a ladder.
- Stay near the middle of the ladder and face the ladder while climbing up/down.
- Use a barricade to keep traffic away from the ladder.
- Keep ladders free of any slippery materials.
- Only put ladders on a stable and level surface that is not slippery.

Safe Stepladder Use—DON'T:

- Use stepladders for a purpose other than that for which they were designed.
- Use a stepladder with spreaders unlocked.
- Use the top step or cap as a step.
- Place a ladder on boxes, barrels or other unstable bases.
- Move or shift a ladder with a person or equipment on the ladder.
- Use cross bracing on the rear of stepladders for climbing.
- Paint a ladder with opaque coatings.
- Use a damaged ladder.
- Leave tools/materials/equipment on stepladder.
- Use a stepladder horizontally like a platform.
- Use a metal stepladder near power lines or electrical equipment.

Most falls (79%) resulted from excessive reaching or incorrect ladder placement.

How to make ladders safer?

The options are as follows:

1. Tie the ladder to a suitable point, making sure both stiles are tied.
2. Where this is not practical, secure the ladder with an effective ladder stability device.
3. If this is not possible, securely wedge the ladder (eg wedge the stiles against a wall)

One final note try to use this in unison of fall protection According to the CDC, each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again.

Falls are serious and costly

- One out of 10 falls results in an injury that causes the older adult to restrict their activities for a day or more or to seek attention from the healthcare system.
- Each year, there are about 3 million emergency department visits due to older people falls.
- Each year, there are about 1 million fall-related hospitalizations among older adults.[2](#)
- In 2019, 83% percent of hip fracture deaths and 88% of emergency department visits and hospitalizations for hip fractures were caused by falls.[3](#)
- Each year, nearly 319,000 older people are hospitalized for hip fractures.
- Falls are the most common cause of traumatic brain injuries (TBI).

Upcoming Events: by Ted Potyrala

Tawanchai Foundation Donation Ceremony March 11, 2025

We will be going to the Tawanchai Foundation to make our annual donation. The ceremony will be held on the 11 March at 1:00 p.m. (1300 hrs.) For the Tawanchai donation, we will meet at the School of Dentistry on the first floor coffee shop at 12:30. From there we will walk a short distance to the Foundation. I estimate the ceremony will last about one hour.



School of Dentistry Coffee Shop (Coffee Cat) left side behind light pole
Lat Long 16.4663 102.8283 or type in Google Maps
School of Dentistry Khon Kaen

Also there will be social at the King Kong restaurant on the 11th starting at 6:00 P.M. (1800 Hrs). If you are able to attend, RSVP John Skarby. State if you will be at both the social and meeting.



King Kong Restaurant
Lat Long: 16.4213 102.7966 or type King Kong
Restaurant into Google Maps

Post Membership Meeting - March 12 at Mark Faralli's house/farm:

The Post's meeting in March will be held in Khon Kaen at Mark Faralli's home on March 12th. At 10:00 followed by a luncheon provided by Mark. The last two times we did this everyone had a great time and Mark is a very good cook.



Mark Faralli's home
Lat Long 16.5890 102.8283

Mark Faralli's house is approximately 15 minutes North of Khon Kaen

As far as where to stay, Last time we stayed at the Kosa Hotel for around \$44 with breakfast ([Hotels.com](https://www.hotels.com)) There many hotels close by. Pullman \$55. Chada Veranda \$12.50 It's OK.

Contact John Skarby 2vice@americanlegionthailand.com or myself 1vice@americanlegionthailand.com

Tawanchai Foundation Donation



Before and After
Photo from Tawanchai Foundation

Could you imagine someone you know being born with this? Can you imagine their future, their quality of life? It's estimated that 5 out of 1,000 children in Thailand are born with a facial deformity. You may think 5 out of 1,000 isn't much but it is if it is your kid.

On March 11, 2025 members of our post will go to Khon Kaen University to meet with the Tawanchai Foundation to present a check for \$1,000. This will be our fourth year supporting the foundation. VFW Post 10217 Korat, Thailand will again be joining us for the third time in also donating \$1,000. We are both committed to supporting Tawanchai every year.

The Tawanchai Foundation provides corrective surgery, counseling, support and more, **FREE OF CHARGE** to any child born with a facial/cranial deformity. They do fantastic work! The photo above shows the result. I have seen photo's much worse than this and the outcome is unbelievable. One hundred percent of our donation goes to the child and family to finance their travel and stay while the child is undergoing treatment. The foundation does not stop there. They follow and provide counseling and medical support to the child into adulthood.

Our Post is committed to the fourth pillar of the American Legion which is all about children. There are many different programs for children and they are all good. This commitment we chose gives a child a shot at a normal life. It puts them on equal footing for whatever life holds for them. I cannot think of a better way to help them.

We are now looking at next year's donation. Currently we have 77 members. To reach our goal of \$1,000 would take \$12 from each of you. A small donation to give a child a shot at a normal life. From what I have been reading, that is less than a cheeseburger in the US.

Please find it in your heart to donate to this worthy cause. Any money over our \$1,000 goal will be put towards the following year's donation.

Donations can be made in cash or in the US, to First Command.

FIRST COMMAND BANK

Account Name: American Legion Thailand Post TH01

Routing Number: 111993695, Account Number: 5579818

After donating send an email to Jeff so he knows to look for it.

<mailto:adjutant@americanlegionthailand.com>

If you would like to read about the foundation, go to Tawanchai-foundation.org or Google Tawanchai Foundation. You will have to translate it to English.

Chaplain's Message

Dear Lord on this month 106 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 106 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 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:

- Kenneth Adams
- Mike Cook
- Loyd Garmany
- Maurice Hatzke, III
- Thomas Maher
- Joel Pearson



Important links

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

WEBSITE

<https://americanlegionthailand.com>

Facebook

<https://www.facebook.com/americanlegionthailandpostth01>

YouTube

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

LINKS CONCERNING ISSUES OF GENERAL EXPAT INTEREST IN THAILAND

US DOLLAR TO THAI BAHT EXCHANGE RATE

\$1.00 USD to 32.54 THB

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