

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



JULY 2022

POST EMAIL: [HTTP://AMERILEGIONTH01@GMAIL.COM](http://amerilegionth01@gmail.com)

VOL. 5, ISSUE 7

LINKS CONCERNING ISSUES OF GENERAL EXPAT INTEREST IN THAILAND

AMERICAN LEGION 2023 MEMBERSHIP RENEWAL

https://mylegion.org/PersonifyEbusiness/Membership/Renew?fbclid=IwAR3kG7akDFdUfEooHme5l1dHFeftSedZsFW6CUHwEXZQE1oqg_lgrq1K1Kg#legion-org

TRICARE & MEDICARE PART B INFO.

<https://americanlegionthailand.com/wp-content/uploads/2022/06/TRICARE-Medicare-Part-B-Thailand-1-Jun-2022-1.pdf>

SMART TRAVELER ENROLLMENT PROGRAM (STEP)

<https://americanlegionthailand.com/wp-content/uploads/2022/06/TRICARE-Medicare-Part-B-Thailand-1-Jun-2022-1.pdf>



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

A word from the Commander...

My Fellow Legionnaires,

Every 4th of July, we celebrate Independence Day. Our Founders were willing to risk all to break free of tyranny and create a free nation. They left to us and our children a new and unblemished Republic to keep and maintain in perpetuity. This form of government gives us the greatest degree of freedom, but comes with the grave responsibility to safeguard it and to offer those same blessings to all humanity.

Here in Thailand, I am reminded of lessons I learned from reading the book "The Ugly American": [https://en.wikipedia.org/wiki/The_Ugly_American.](https://en.wikipedia.org/wiki/The_Ugly_American)

How many have heard the term "Ugly American" and actually know what was meant by it in the book that gave us the phrase? It was not a garrulous, impolite foreigner in a strange land, but rather an ungainly looking man that went

to Southeast Asia and taught the indigenous people how to improve their lives. He was neither a colonialist, evangelist, or exploiter of the goods they produced. He was an engineer and his quiet and humble way of teaching gained him the trust and respect of the local people, which reflected highly on Americans and their way of life. He was referred to as "The Ugly American" in contrast to the manicured and well groomed US diplomats that were busy advancing progressive solutions to problems that had no impact on the lives of the common people. Needless to say, "The Ugly American" was most admired while the diplomats were ridiculed and ignored.

We in the American Legion exist in part to foster Americanism wherever we go. Here abroad, we are often judged by the perceptions people have of America. As we set the example with kindness, charitable giving, and good will, we improve our hosts' understanding of the goodness of our unique American culture. We are Ambassadors of America in our own right and can build bridges to good relations between our nation and our adopted home. Americans are

known throughout the world as being open and friendly. Let's keep and perpetuate those ideals.

WHAT WE CAN DO:

For Your Local Community

Donate time or money to local causes. Donate blood. Participate in local festivities and charity drives. Help at the local schools or temples. Help with the elderly. If you're an introvert, just pick an area that needs to be attended to and do it. For example, I discreetly repaired the flagpole at the local Sala and replaced the Thai flag twice. No good deed goes unnoticed for long. I never mentioned the issue to anyone, but it seems that a local person witnessed it and the word got out that it needed to be done. It is now regularly attended to by the local government.

For The Veteran Community

Demonstrate our close bonds with those that have served by inviting others to attend Post events. Take care of our veterans and families. Do frequent Buddy Checks. Visit or meet them as often as you can. Communication is the key to a solid network of camaraderie, support, and well-being.

Be friendly even when others aren't. Don't let how they act affect how you react. People are more likely to respond positively than negatively to a cheerful person.

We are Americans. No other nation in history has been able to offer the opportunities for self-fulfillment than the United States of America. Be proud of it. Happy Independence Day.

HEALTH AND SAFETY INFORMATION

The Ministry of Public Health has moved to wear a mask or cloth mask as a voluntary practice. It is recommended, but not mandated, to wear one in crowded areas, in large groups of people, and in poorly ventilated places. People at high risk of Covid-19, like the elderly, with pre-existing conditions, and at-risk should wear a mask properly at all times. However, this is not "mandated."

This being monsoon season, we have small thundershowers crop up with little to no warning. Be aware of your surroundings. If caught out in the open, make sure that you take cover. Avoid metal objects and high ground.

Another monsoon season issue to be aware of are rain puddles, some of which may be masking a pothole. Whether you are walking or riding, hitting a deep pothole that you

didn't see will make for a bad day. It's best to be a defensive driver, moving slowly and watching for the motor scooter riders drive recklessly to avoid the rain.

PERSONAL FITNESS AND HEALTH

Get up and move. It's as simple as that. A sedentary lifestyle will take its toll on you and cause more suffering than exercise will. Walking, bicycling, low weight or resistance training, just about anything is better than sitting and rusting. There are some simple tools that you can use to track your progress, but you have to take the first step and commit to move.

One tool that is available to track your health is a free website called [Fitday.com](https://www.fitday.com). With this, you simply type in the exercise you do and the time spent doing it. You can also track your food intake by typing in the type of food and amount eaten. The program will show you a graph of calories eaten versus calories expended. There are several reports that you can view to see the progress made with weight goals, exercise goals, vitamin and mineral intake. If you can measure it, you can attain a goal.

The bottom line is – get off your bottom. Just Move!

UBON RATCHATHANI CANDLE FESTIVAL 11-17 JULY

The 121st Annual Ubon Candle Festival celebrates two major Buddhist events: Asahna Bucha (12 July) and Khao Phansa (13 July). The date varies annually depending on the lunar calendar, but it usually falls in July. Asahna Bucha celebrates the day when Buddha delivered his first sermon at Benares, India. The following day is known as Wan Khao Phansa and marks the beginning of the three-month 'Phansa' (Buddhist Lent).

Sculptors from the local area and abroad come early to sculpt immense candles from wax and parade them in front of the crowd and a panel of judges. The entire area around Thung Sri Muang Park will be filled with artisans, vendors, food stalls, and exhibits of Thai and Isan arts and crafts. The parade of candles, musicians and costumed locals is a grand occasion not to be missed.

Yours in service,

Bruce A. Templeman
Commander
Post TH01



HOLIDAY & EVENTS CALENDAR

02 July

**American Legion Post TH01 Activities & Events
Committee Meeting**

12 July

**American Legion Post TH01 Media &
Communications Committee Biweekly Meeting**

<https://us02web.zoom.us/j/2487330260?pwd=MFc2dWl3MWN5bklPYXdLVnRkOzVRdz09>

04 July

Independence Day (United States)

[https://en.wikipedia.org/wiki/Independence_Day_\(United_States\)](https://en.wikipedia.org/wiki/Independence_Day_(United_States))

13 July

Asalha Puja Day (Thailand)

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

04 July

**American Legion Post TH01 Membership
Monthly Meeting**

<https://join.skype.com/vPPSpsIWgRrB>

14 July

Buddhist Lent Day (Thailand)

<https://en.wikipedia.org/wiki/Vassa>

04 July

**American Legion Post TH01 4th of July BBQ
Celebration**

<https://goo.gl/maps/DQamCtcz2spYdngy7>

15 July

Bridge Public Holiday (Thailand)

<https://www.bangkokpost.com/thailand/general/2209699/4-extra-holidays-next-year>

11-17 July

Ubon Ratchathani Candle Festival (Thailand)

[https://en.wikipedia.org/wiki/Ubon_Ratchathani_Candle_Festival#:~:text=The%20Ubon%20Ratchathani%20Candle%20Festival,Buddha's%20first%20sermon\)%20and](https://en.wikipedia.org/wiki/Ubon_Ratchathani_Candle_Festival#:~:text=The%20Ubon%20Ratchathani%20Candle%20Festival,Buddha's%20first%20sermon)%20and)

28 July

King Vajiralongkorn's Birthday (Thailand)

<https://en.wikipedia.org/wiki/Vajiralongkorn>

29 July

Bridge Public Holiday (Thailand)

<https://www.bangkokpost.com/thailand/general/2209699/4-extra-holidays-next-year>

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ADJUTANT'S CORNER...JEFF LUDWIG

Greetings Comrades,

Happy New Year, my fellow American Legion Post TH01 members!

I know what you're thinking, Jeff has lost it and gone bonkers: it's July the middle of summer. We celebrate Independence Day! That's true enough. However, July is also the start of a new membership year.

July is when we focus on the 2023 membership drive. It's also a time to reaffirm our commitment to the American Legion and our Post. You can do this by taking an active role in helping our Post fulfill the obligations directed in the 4 Pillars of the American Legion. In case you have forgotten, the 4 pillars are:



- I. **Veterans Affairs & Rehabilitation**
- II. **National Security**
- III. **Americanism**
- IV. **Children & Youth**

Each of these pillars encompasses a variety of programs that benefit our nation's veterans, its servicemembers, their families, the youth of America, and ordinary citizens. These programs make a difference in hundreds of thousands of lives each year. The programs, and the people who take the time to perform them, allow The American Legion and our Post TH01 to make a difference.

So, how do you renew your membership? There are a variety of simple ways to renew your membership. Just pick the method below that best suits you. If you have any difficulties, our Membership Chairman, Ted Potyrala and I, stand ready to help you in any way. The dues are \$45.00 for the year if paid in American currency or 1,500 Baht if paid in Thai currency. There are a multitude of methods to pay and renew your membership.

The easiest and quickest method is to renew online: <https://www.legion.org/renew>. Once you go there, the online instructions are easy to follow. Also, they have resolved the issue of renewing online with an overseas credit card and/or an overseas address. If you are uncomfortable with the online renewal, you can always simply

call the American Legion customer service phone number: **+1(800) 433-3318**. Just give them your name, American Legion membership ID number, credit card number, and our post: Post TH01. They'll gladly process your renewal over the phone.

You can also electronically transfer your membership dues directly to our Bank of America account, using the account number and routing number, per the info. below. If you have a Bank of America account, you can transfer by either direct account transfer, or an email transfer from your account to our Bank of America account. If you're in the USA, you can also just visit a Bank of America branch and deposit the \$45.00 in our Post account.

If, for whatever reason, you cannot use one of the above options, you can also mail us a check from an American banking institution to the address below. Unfortunately, we still cannot accept a check from a Thai Bank. However, you can send us a Thai money order in the name of the commander or myself.

Finally, you can always bring your dues to the monthly Post meeting or give it to one of the members coming to the meeting. **It's important that you let me know when you send your dues, and the method you use, so we can look for it.** If you have any problems, just call me, Commander Bruce Templeman, or 1st Vice Commander Ted Potyrala, and we will work with you to get you renewed.

We're counting on you!

Post Account

If you'd like to deposit the \$45.00 in our Post account, I'll be sending an email to all members, in the coming week, with all related Bank of America Post account details.

Post Mailing Address

American Legion Post TH01

P.O. Box 41

Wanarom Post Office

Ubon Ratchathani 34003 Thailand

Email: AmerilegionTH01@gmail.com

SAFETY MESSAGE

Rainy season is upon us and that means hazardous driving conditions out there, especially in Thailand. Here is an article I wrote several years ago; however, the message is current today.

Rainy Driving Tips

1. First and foremost: slow down! It takes longer to stop or adjust in wet weather.
2. Stay toward the middle lanes – water tends to pool in the outside lanes.
3. Maintain proper following distance:

3 SECOND RULE

<https://www.wikikeeps.com/what-is-the-3-second-rule-in-driving-answer/>

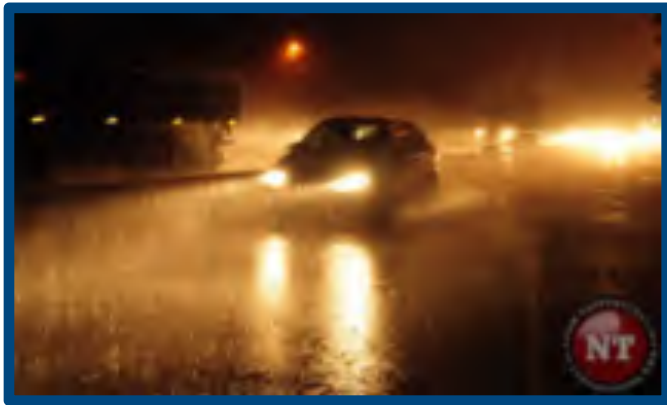
This needs to be increased in wet weather.

4. Drive in the tracks of a car ahead of you.
5. Don't follow large trucks or busses too closely. The spray created by their large tires reduces your vision. Take care when passing them as well; if you must pass, do so quickly and safely.



6. Be more alert when driving in wet or slippery conditions. Watch out for brake lights in front of you.
7. Avoid using your brakes; if possible, take your foot off the accelerator to slow down.
8. Turn your headlights on even in a light rain, or in gloomy, foggy or overcast conditions. Not only do they

help you see the road, but they'll help other drivers see you. If your car has daytime running lights you still should put them on, so vehicles behind you can see you better.



9. Before it starts to rain, replace old or brittle wipers.

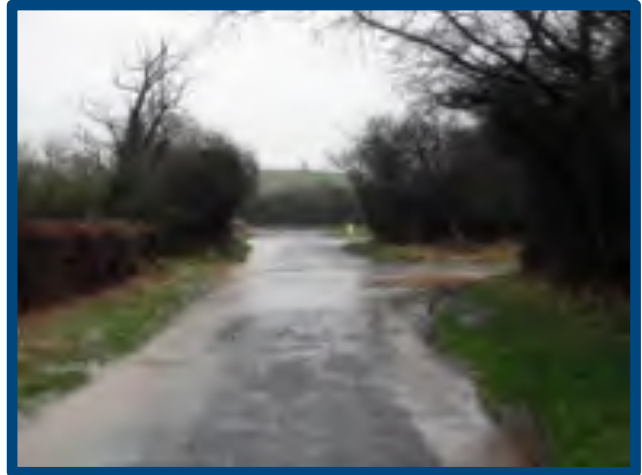
10. Avoid off-road driving: it's hard to judge the actual depth of puddles and you can easily become stuck, even in an SUV.

11. Never drive beyond the limits of visibility. At night rainy roads become especially treacherous. The glare of oncoming lights, amplified by the rain on your windscreen, can cause temporary loss of visibility while substantially increasing driver fatigue. In rainy conditions pedestrians, livestock, and wildlife are extremely hard to spot and even harder to avoid.

12. Never drive through moving water if you can't see the ground through it; your car could be swept off the road.

13. When driving through a puddle of uncertain depth, go slow. If it's deeper than the bottom of your doors, turn around and find another route. Deep water can cause serious damage to a modern car's electrical system.

14. Avoid splashing pedestrians.



15. If possible, stay off the road during heavy thunderstorms. Large flashes of lightning can temporarily blind and disorient drivers, and the accompanying high winds and heavy rain can create deadly driving conditions.





1ST VICE COMMANDER...TED POTYRALA

Greetings to all members of PostTHo1,

It's that time of year to renew your membership in the American Legion.

You may be thinking just what exactly am I getting for this \$45.00 a year? After all, many of you have been unable to attend a post meeting or were able to participate in any of our programs. You have read our newsletter letting you know what we are doing. The many programs you support on a local level such as donating money or food to the cancer hospital, handicap school, orphanage, children's day, helping a village with a pump so they have clean water and my favorite, the Tawanchai Foundation, which I'm sure you read in the newsletter that you are helping children who were born with a cleft palate and lip.

There is a lot more to the American Legion. Since 1919 when the legion was formed, many benefits for veterans have become available that did not exist before. After the civil war, the American public was starting to oppose benefits for war veterans. After WWI, veterans had very little in the way of benefits. Because of this, the American Legion and other veteran organizations were formed. Veterans coming home with Shell Shock, today it's called PTSD, were sent to hospitals for feeble-minded children because there was no space for them anywhere else. One of the first triumphs of the American Legion was to get substantial new funding to expand capacity of the system.

After WWII, because of the legion and other veteran organizations, veterans had the G.I. Bill which was written by the American Legion. Then came the Korean War which veterans found their benefits were being scaled back because of the president wanting to balance the federal budget. Next was the Vietnam War. Veterans were exposed to Agent Orange and other herbicides. The American Legion sponsored an independent study by Columbia University that established the effects of Agent Orange and other herbicides. Since then, the V.A. Has recognized 14 diseases related to Agent Orange and other herbicides. Today it's burn pit. All of this and much more has come

about because of the American Legion and other veteran organizations fighting for you.

Many benefits were given to veterans such as, Disability Compensation, Pension, Education and training (G.I. Bill), Vet Success, Life Insurance, Home Loans, Health Care, Burial, Dependents & Survivors, Veteran Readiness & Employment.

The American Legion itself has many programs for youth and community such as, Baseball, Boys State, Junior Shooting Training, Oratorical Contest, Scholarships and Scouting, American Legion Riders, Family Support, Homeless Vets, National Emergency Fund, and Temporary Financial Assistance.

Many of these benefits were not just handed out, they were fought for through the American Legion. They became possible because veterans took an interest in themselves and future veterans. Veterans from the past gave us what we have today. We owe it to them to keep up the work they have done and ensure that future veterans have these benefits and even new benefits.

I am a life member of the VFW Korat, Thailand Post. I have never been to a meeting. Why did I join? I joined because I believe in what they and the American Legion are all about. I thank the veterans that came before me who made it possible for me to enjoy the benefits I have today. I want to pay that foreword.

I'm asking you to continue in your support of our post and the American Legion. We exist because of veterans like yourselves. Also, if you know of a veteran that believes in helping other vets and communities, please let us know. Thank you for your support. We cannot do it without you.

Ted Potyrala
1st Vice Commander
Historian
Membership Committee Chairman
America Legion Post THo1

EVENTS AND ACTIVITIES

4TH OF JULY BBQ CELEBRATION



★ Happy Independence Day ★

Friends and neighbors, join us this 4th of July at a BBQ in celebration of American Independence Day! 1200 at the RTAB Wing 21 Golf Driving Range. Hamburgers, hotdogs and Thai food are available. Guests are encouraged to bring a dish and cheer! Event hosted by The American Legion, TH01 Ubon Ratchathani.



EVENTS AND ACTIVITIES

JULY BIRTHDAYS



Robert Beckner

Harold Cohen

Philip Jones

Robert Kane

Daniel Kelley

Byron Petrides

Robert Rositer





HISTORIAN...*TED POTYRALA*

WHY ARE FIREWORKS USED TO CELEBRATE THE 4TH OF JULY?

It dates back to the summer of 1776, during the revolutionary war. On July 2nd. John Adams wrote, "I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival... It ought to be solemnized with pomp and parade, with Shews (old fashion spelling of show, I had to look it up) Games, Sports, Guns, Bells, Bonfire's and illuminations from one end of the continent to the other from this time foreword, forever more"

The first organized celebration on Independence Day, took place in Philadelphia on July 4, 1777. Around noon, all armed ships and galleys in the river were drawn up before the city, dressed in the gayest manor with the colors of the United States and streamers displayed. Each ship fired a thirteen-canon salute in honor of the thirteen colonies. The evening was closed with the ringing of bells and a grand exhibition of fireworks, which began and ended with thirteen rockets. Also on July 4th 1777, fireworks were set off over Boston Common. In 1783, Boston was the first to designate July



4th as an official holiday. The United States Congress didn't make it an official holiday until 1870.

Unfortunately, fireworks bring numerous accidents with injuries and deaths. Many cities and states passed bans on certain types of fireworks. Even in John Adams beloved Massachusetts, they now ban all consumer fireworks. Still, Americans spend around one billion dollars on fireworks on July 4th.

I think most of that is spent in my neighborhood in Michigan.

Credit to the History Magazine

Ted Potyrala
1st Vice Commander
Historian
Membership Committee Chairman
America Legion Post TH01



Signing of the Declaration of Independence

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

CLICK FOR POST TH01 WEBSITE

[HTTPS://AMERICANLEGIONTHAILAND.COM/](https://americanlegionthailand.com/)

POST TH01 NEWSLETTER EDITOR



GREETINGS POST TH01,

HAPPY INDEPENDENCE DAY!

IF YOU'D LIKE AN ARTICLE INCLUDED IN THE POST TH01 MONTHLY NEWSLETTER, PLEASE SEND YOUR INPUT TO MY EMAIL: AMERICANLEGIONTH01@GMAILCOM BY THE 15TH OF EVERY MONTH.

IF YOU'VE GOT ACCOMPANYING PICS OR GRAPHICS, PLEASE SEND HIGH QUALITY VERSIONS.

I'LL SURELY INCLUDE ALL OF YOUR INPUT IN THE NEWSLETTER.

HAVE A GREAT 4TH OF JULY HOLIDAY!

CHRIS LAMPERT
JUDGE ADVOCATE
MEDIA & COMMS COMMITTEE CHAIRMAN
AMERICAN LEGION POST TH01