



LARRY A. HOFF ePOST 2100



Corrected Issue #68 NOVEMBER, 2018

COMMUNICATION IS POWER

TO OPT OUT OF OUR NEWSLETTERS, E-MAIL cgoetz@myemc.net

OUR NEXT MEETING

November 15th, at 7:30 PM is slated for our next tele-meeting, by invitation, using GoToMeeting. E-mail me if you want an invite: commander@epost2100.org.

Our tele-meetings are provided for you to learn about and have input regarding your cyber Post. BTW, have you visited [Our Web site](#), lately?

YOUR CYBER POST OFFICERS

- Post Commander..... [ROBERT GREEN](#) 770-786-8702
- Senior Vice Commander..... [LES GREEN](#) 770-596-5635
- Junior Vice Commander[PAUL AUST](#) 770-315-2189
- Junior Vice Commander..... [MARK FENLEY](#) 678-661-1031
- Finance Officer..... [CHUCK GOETZ](#) 706-219-4209
- Judge Advocate..... [TED RICHARDS](#) 404-754-0415 (Moving to Indiana)
- Exec. Committee..... [RICK SCHIRMER](#) 678-687-7270
- Exec. Committee..... [ED MCMILLAN](#) 770-757-6136

OUR HELP DESK STANDS READY TO ASSIST US VETERANS WITH FREE COMPUTER-RELATED AID.

[ROBERT MCTUREOUS](#)

404-304-1772



COMMANDER'S CORNER

As veterans, it might do well to reflect on what will be our legacy. What and who will we leave behind for future generations?

Of course, there are memories, memorabilia, and things, but there are other important "things", one of which is freedom and all that it implies.



When we donned the uniform and surrendered years of our lives in defense of America, we also were helping perpetuate freedoms enumerated in our nation's [founding documents](#).

Those intangibles provide the many opportunities others enjoy and distinguish America from most other nations.

Can you imagine what life would be like for our families if our nation succumbed to the dictates of conquerors?

It has been shown that ancient Rome really fell, not from invading conquerors, but from within, from moral decay.

Perhaps our task for securing freedom does not stop with ending term of service, but, importantly, challenges us to become aware of and participate in civic activities and to speak up in defense of liberty.

Sadly, our elections at almost every level, are not fully participated in and many voters are not well-versed in the qualifications and issues before casting their ballots.

So "thank you for your service", but do continue to serve by familiarizing yourselves with the candidates, issues and activities. Your actions can help "secure the blessings of liberty to ourselves and our posterity"...sound familiar?

Thank you for your legacy, do participate in Veterans Day ceremonies and remember to vote!

Bob

commander@epost2100.org

WHAT DO WE DO?

Our cyber Post cannot function as a brick-and-mortar Post, but our members still have benefits, mailings, and help influence congress.

Our main function is to provide Internet-related opportunities for veterans who cannot or will not attend the standard Posts.

We should always be trying to reach out to those veterans who may be at home, in an assisted-living or nursing home facility to let them know we can be a part of their network. We have a monthly newsletter and Web site for them, and if they come up with a project to help veterans, we might be able to help.

Lack of mobility should not keep a veteran from their deserved benefits.

NATIONAL CONVENTIONS

2019 101st Annual National Convention,
Indianapolis, IN Aug 23- 29 2020

102nd Annual National Convention,
Louisville, KY Aug 28 - Sep 3

2021 103rd Annual National Convention,
Phoenix, AZ Aug 27- Sep 2

Below, are the eligibility dates for those veterans seeking membership in the American Legion:

WWI: 4/6/17 TO 11/11/18

WWII: 12/7/41 TO 12/31/46

KOREA: 6/25/50 TO 1/31/55

VIETNAM: 2/28/61 TO 5/7/75

LEBANON/GRENADA: 8/24/82 TO 7/31/84

PANAMA: 12/20/89 TO 1/31/90

GULF WAR /WAR ON TERRORISM: 8/2/90 TO THE PRESENT

If you have questions about eligibility, please contact Adjutant, [Ted Richards](#).

TED'S SORT-OF FAREWELL

Ted and Mary Lou will be moving back to Indiana, but they will not only remain in our hearts, but Ted will remain as our Adjutant/Judge Advocate! This might be seen as yet another advantage of being a cyber American Post! We gave the couple a farewell luncheon and some gifts.



MARK CALENDAR

NOVEMBER 11 VETERANS DAY

Be sure to commemorate !

FEBRUARY 24-27, 2019

WASHINGTON CONFERENCE

MARCH 29-31

DEPARTMENT SPRING/COLLEGE,
DULUTH

MAY 6-9, 2019

SPRING MEETINGS

JUNE 28-30

DEPARTMENT CONVENTION,
VALDOSTA

2018 VA COMPENSATION RATES

[Click here for chart](#)

PAY INCREASE

Looks like we retirees may be due a 2.8 per-cent COLA increase:

<https://www.militarytimes.com/news/pentagon-congress/2018/10/11/veterans-military-retirees-will-see-a-28-percent-cola-boost-for-2019/>

VETERANS SERVICES

Do you have service-related concerns and need help addressing them (getting free help)?

Have you tried the Dept. of Veterans Services office in Conyers? 770-388-5075, 983 Taylor St., M - F 9:00 - 4:30. They serve Rockdale, Newton and Walton Counties.

<https://veterans.georgia.gov/conyers>

Remember to turn clocks & watches back one hour, Saturday night (unless you have smart timepieces).



SOME PTSD WEB LINKS

- [REM Sleep Disturbances and PTSD](#): Patients with a PTSD diagnosis may also experience disturbed or reduced amounts of REM sleep, which may make symptoms worse.
- [Post-Traumatic Stress Disorder](#): Persistent thoughts and memories are hallmarks of PTSD, and these thoughts often bother people during both the daytime and nighttime hours.
- [Post-Traumatic Stress Disorder Treatment](#): Treatment of PTSD usually involves psychotherapy and prescription medication to relieve depression and anxiety.
- [Sleep Problems Persist After PTSD Treatment, Study of Active Troops Finds](#): Nightmares and insomnia are the two main complaints of people suffering from PTSD.
- [Sleep and Mental Health](#): Psychiatric patients with issues such as anxiety and depression usually also experience sleep problems, and this is thought to be due to a strong connection between sleep and mental health.
- [Conduct Disorder in Relation to Trauma and Sleep](#): People who have experienced a trauma may develop a conduct disorder that involves some sort of disruptive behavior.
- [Fear, Safety, and the Role of Sleep in Human PTSD](#): A patient struggling with insufficient or poor sleep quality may not benefit from PTSD treatments and interventions.
- [What Dreams May Come: Treating the Nightmares of PTSD](#): A psychiatrist examines the sleep problems that can accompany PTSD and what is being done to address them.
- [Post-Traumatic Stress Disorder](#): PTSD involves intrusive and recurring recollections of a traumatic event, which often leads to agitation, mood changes, and insomnia.
- [Improving Sleep Can Aid Recovery of Veterans With PTSD and TBI](#): The sleep disturbance and deprivation that usually accompanies PTSD often makes the condition much more severe.
- [Post-Traumatic Stress Disorder Overview](#): Typical symptoms of PTSD include detachment from loved ones, depression, irritability, intrusive thoughts, nightmares, and hypersensitive reactions.
- [Sleep Disorder Rates Six Times Higher Among Veterans](#): Estimates indicate that veterans are six times more likely to experience sleep disorders than people in the general population.

VA MOBILE APPS

<https://www.myhealth.va.gov/mhv-portal-web/web/myhealthvet/mobile-apps>

Is the VA health-related mobile apps site.

These health-related applications can be really beneficial for some of us, so please just check out the site.

Here's the URL for the VA mobile apps store:

<https://mobile.va.gov/appstore/veterans>

PURPLE HEART CITY

From Ted: Norcross will become a "Purple Heart City" at the regular Mayor and Council meeting on October 1.

A proclamation will be read by Mayor Newton and photos taken with attending veterans. All are invited to attend this historic meeting!!

As a Purple Heart City, Norcross will observe Purple Heart Day each August 7. Signs are currently being made by the Georgia Department of Transportation which will be placed at the entrance of the city limits, identifying Norcross as a Purple Heart City.

WHY JOIN THE AMERICAN LEGION ?

From *Legion.org*, <https://www.legion.org/membership/whyjoin>, we are given useful recruitment information and maybe some reinforcement for ourselves.

ARCHIVED NEWSLETTERS

If you ever find yourself wanting to reference or get one of our newsletters, you can retrieve past newsletters from our Web site: <http://epost2100.org/NEWSLETTERS.html>.

Archived newsletters are found at: <http://epost2100.org/archived%20newsletters.html>.

CALENDAR, COURTESY OF CONGRESSMAN PETE KING

OCTOBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

The Gen. Ulysses S. Grant Memorial at the eastern end of the National Mall honors the Civil War general and 18th President. The Cavalry Group (shown here) is one of several that make it the largest equestrian monument in the U.S. (Photograph by Carol M. Highsmith)

DECEMBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

NOVEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Among his many alterations to Latrobe's spaces, Bulfinch suggested suspending a glass ceiling in the House chamber to fix its acoustical problems. (<i>Prints and Photographs Division, Library of Congress</i>)			1	2	3
Daylight Saving Time Ends 4	5	Election Day 6	7	8	9	10
1818: Speaker Henry Clay, on visit to Boston, visits USS <i>Independence</i> .	1818: Birth of future Rep. Benjamin Butler (MA), manager of Andrew Johnson's impeachment (1868).	1818: Anthropologist Henry R. Schoolcroft embarks on exploration of Missouri frontier.	1818: Cabinet unanimously agrees to avoid official policy statement on South American independence.	1818: James Renwick, architect of Smithsonian "Castle," born in NYC.	1818: James Madison sends J.Q. Adams extracts from his notes on the Federal Convention.	1818: J.Q. Adams takes two-hour "solitary walk" before dinner, grieving Abigail Adams's death.
Veterans' Day 11	12	13	14	15	16	17
1818: John Walker forwards Alabama Territory's official request for statehood to Pres. Monroe.	1818: <i>Washington Gazette</i> (DC) prints letter criticizing city government for harsh anti-dog laws.	1818: Thomas Jefferson writes John Adams condolence letter for Abigail's death.	1818: <i>Washington Gazette</i> (DC) announces first steamboat service on Connecticut River.	1818: J.Q. Adams begins to draft account of Seminole War, to justify the Administration.	1818: Judge William Cranch submits to House the first code of laws devised for DC.	1818: J.Q. Adams urges President to ask for authority to continue holding forts in Spanish Florida.
18	19	20	21	Thanksgiving 22	23	24
1818: J.Q. Adams complains of Speaker Henry Clay's personal grudges against individual congressmen.	1818: House declines to seat John McLean (IL) because statehood bill not yet passed.	1818: Former Rep. Matthew Lyon petitions House for damages for his punishment under Sedition Act (1798).	1818: Capitol Architect Charles Bulfinch reports Supreme Court can occupy chamber in December.	1818: Gen. Jackson accuses Sec. of Treasury William Crawford of being enemy to him and Monroe.	1818: Sen. John Seaton (TN) is sworn in, two years below minimum age required by Constitution.	1818: Pres. Monroe submits state of union address to House and Senate.
25	26	27	28	29	30	
1818: Rep. John Spencer (NY) moves to investigate Bank of the U.S. for charter violations.	1818: Senate passes bill to temporarily relocate Library of Congress to north wing of Capitol.	1818: Pres. Monroe asks Senate to confirm recess appointment of new Sec. of the Navy.	1818: James Madison writes Pres. Monroe of increased respect towards US by Europe.	1818: Missouri Territorial legislature petitions Congress for larger statehood boundaries.	1818: Rep. James Tallmadge (NY) speaks against pro-slavery provisions of Illinois constitution.	1818: Thomas Jefferson writes that emigration west and south is "beyond anything imaginable."

SPEED UP YOUR COMPUTER

This Google search has many PC options you might want to check out:

<https://www.google.com/search?q=how+speed+up+pc&oq=how+speed+up+pc&aqs=chrome..69i57j0l5.3298j0j8&sourceid=chrome&ie=UTF-8>

This Google search has many MAC options you might want to check out:

<https://www.google.com/search?q=how+speed+up+mac&oq=how+speed+up+mac&aqs=chrome..69i57j0l5.5127j0j9&sourceid=chrome&ie=UTF-8>

There are programs/services you can pay for, too!

OUR FUTURE ?

- Auto repair shops go away.** A gasoline engine has 20,000 individual parts. An electrical engine has 20. Electric cars are sold with lifetime guarantees and are only repaired by dealers. It takes only 10 minutes to remove and replace an electric engine. Faulty electric engines are not repaired in the dealership but are sent to a regional repair shop that repairs them with robots. Essentially, if your electric "Check Motor" light comes on, you simply drive up to what looks like a car wash. Your car is towed through while you have a cup of coffee and out comes your car with a new engine.
- Gas stations go away.** Parking meters are replaced by meters that dispense electricity. All companies install electrical recharging stations.
- All major auto manufacturers have already designated 5-6 billion dollars each to start building new plants that only build electric cars. [continued on page 5]

The United States of America Flag

The United States of America's Flag is a sacred instrument. Everyone should show respect and honor for our Flag. The American Legion has brochures and books about the respect and honor for our American Flag. Everyone, especially Auxiliary Members, should read and abide by the booklet entitled "Let's Be Right on Flag Etiquette".

The American Legion Auxiliary Headquarters recently received a question asking the following:

It has been stated that embroidered stars are cut from the American Flag and placed in a small bag with a poem. The stars and poem are then sent to various veterans' groups as well as those currently serving our country.

The American Legion National Americanism Commission **DOES NOT** subscribe to the practice of cutting the United States Flag into individual pieces prior to its proper disposal no matter what the reason or occasion may be. The

Commission is of the opinion that when the flag is no longer a fitting emblem for display, it should be disposed of entirely, preferable by burning. The flag began as a whole therefore, it is to be disposed of as a whole. Contrary to what is found on some websites, **The American Legion does not endorse the use of the flag in this manner.**

The American Legion Auxiliary fully supports The American Legion's position on this subject.

I feel the Department of Georgia will adhere to these rules and regulations. We are all very proud and will respect and honor the United States of American Flag. Our veterans would be very unhappy with us if we did not abide with these rules.

For God and Country

Ann Parks

Department of Georgia
National Security Chairman

[CONTINUED FROM PAGE 4]

4. Coal industries go away. Oil companies go away. Drilling for oil stops.

5. Homes produce and store more electrical energy during the day and then they use and will sell it back to the grid. The grid stores it and dispenses it to industries that are high electricity users.

A baby of today will only see personal cars in museums.

1. The FUTURE is approaching faster than one can handle! In 1998, Kodak had 170,000 employees and sold 85% of all photo paper worldwide. Within just a few years, their business model disappeared and they went bankrupt.

What happened to Kodak will happen in a lot of industries in the next 5-10 years and, most people won't see it coming.

Did you think in 1998 that 3 years later you would never take pictures on film again?

Yet digital cameras were invented in 1975 The first ones only had 10,000 pixels, but followed Moore's law So as with all

exponential technologies, it was a disappointment for a time, before it became way superior and became mainstream in only a few short years. It will now happen again (but much faster) with Artificial Intelligence, health, autonomous and electric cars, education, 3D printing, agriculture and jobs.

Welcome to the 4th Industrial Revolution.

Welcome to the Exponential Age!!

2. Software will disrupt most traditional industries in the next 5-10 years.

3 Uber is just a software tool, *they don't own any cars, yet they are now the biggest taxi company in the world.*

4. Airbnb is now the biggest hotel company in the world, *although they don't own any properties.*

5. Artificial Intelligence: Computers become exponentially better in understanding the world. This year, a computer beat the best Go-player in the world, 10 years earlier than expected.

[continued on page 6]

[CONTINUED FROM PAGE 5]

6. In the U.S., young lawyers already don't get jobs. Because of IBM's Watson, you can get legal advice (so far for more or less basic stuff) within seconds, with 90% accuracy compared with 70% accuracy when done by humans. So, if you study law, stop immediately. There will be 90% fewer lawyers in the future, only omniscient specialists will remain.

6A. Watson already helps nurses diagnosing cancer, its 4 times more accurate than human nurses.

7. Facebook now has a pattern recognition software that can recognize faces better than humans. In 2030, computers will become more intelligent than humans.

8. Autonomous cars: In 2018 the first self-driving cars will appear for the public. Around 2020, the complete industry will start to be disrupted. You don't want to own a car anymore. You will call a car with your phone, it will show up at your location and drive you to your destination. You will not need to park it you only pay for the driven distance and can be productive while driving. The very young children of today will never get a driver's license and will never own a car.

8A. It will change the cities, because we will need 90-95% fewer cars for that. We can transform former parking spaces into parks.

1.2 million people die each year in car accidents worldwide. We now have one accident every 60,000 mi (100,000 km), with autonomous driving that will drop to 1 accident in 6 million miles (10 million km). That will save a million lives worldwide each year.

8B. Most car companies will doubtless become bankrupt. Traditional car companies try the evolutionary approach and just build a better car, while tech companies (Tesla, Apple, Google) will do the revolutionary approach and build a computer on wheels.

8C. Many engineers from Volkswagen and Audi are completely terrified of Tesla

9. Insurance companies will have massive trouble because, without accidents, the insurance will become 100x cheaper. Their car insurance business model will disappear.

10. Real estate will change. Because if you can work while you commute, people will move further away to live in a more beautiful neighborhood.

11. Electric cars will become mainstream about 2020. Cities will be less noisy because all new cars will run on electricity.

12. Electricity will become incredibly cheap and clean: Solar production has been on an exponential curve for 30 years, but you can now see the burgeoning impact.

13. Last year, more solar energy was installed worldwide than fossil. Energy companies are desperately trying to limit access to the grid to prevent competition from home solar installations, but that simply cannot continue... technology will

take care of that strategy.

14. With cheap electricity comes cheap and abundant water. Desalination of salt water now only needs 2kWh per cubic meter (@ 0.25 cents). We don't have scarce water in most places, we only have scarce drinking water. Imagine what will be possible if anyone can have as much clean water as he wants, for nearly no cost.

15. Health: The Tricorder X price will be announced this year. There are companies who will build a medical device (called the "Tricorder" from Star Trek) that works with your phone, which takes your retina scan, your blood sample and you breath into it. It then analyses 54 bio-markers that will identify nearly any disease. It will be cheap, so in a few years everyone on this planet will have access to world class medical analysis, nearly for free.

16. 3D printing: The price of the cheapest 3D printer came down from \$18,000 to \$400 within 10 years. In the same time, it became 100 times faster. All major shoe companies have already started 3D printing shoes.

17. Some spare airplane parts are already 3D printed in remote airports. The space station now has a printer that eliminates the need for the large amount of spare parts they used to have in the past.

18. At the end of this year, new smart phones will have 3D scanning possibilities. You can then 3D scan your feet and print your perfect shoe at home.

19. In China, they already 3D printed and built a complete 6-story office building. By 2027, 10% of everything that's being produced will be 3D printed.

20. Business opportunities: If you think of a niche you want to go in, first ask yourself: "In the future, do I think we will have that?" And, if the answer is yes, how can you make that happen sooner?

20A. If it doesn't work with your phone, forget the idea. Any idea designed for success in the 20th century is doomed to failure in the 21st century.

20B. Work: 70-80% of jobs will disappear in the next 20 years. There will be a lot of new jobs, but it is not clear if there will be enough new jobs in such a short time.

21. Agriculture: There will be a \$100 agricultural robot in the future. Farmers in 3rd world countries can then become managers of their field instead of working all day on their fields.

22. Aeroponics will need much less water. The first Petri dish produced veal is now available and will be cheaper than cow produced veal in 2018. Right now, 30% of all agricultural surfaces is used for cows. Imagine if we don't need that space anymore.

23. There are several startups who will bring insect protein to the market shortly. It contains more protein than meat. It will be labeled as "alternative protein source".

AMERICAN LEGION EPOST2100 (CYBER POST) MEMBERSHIP APPLICATION

YES! I'll help my fellow veterans by becoming a member of The American Legion. I certify that I served at least one day of active military duty during the dates marked below and was honorably discharged or am still serving honorably.

epost 2100 mailing address ----> Chuck Goetz
675 Washboard Road
Cleveland, GA 30528

Application may be made in any of the following methods:

1. Complete this application and mail it to Ted Richards, epost 2100 Adjutant along with a check in the amount of \$35.00 (payable to American Legion) and a copy of DD214
2. Simply call and make application telephonically (less than 5 minutes).
3. Visit our website at epost 2100.org and make application there

Please check applicable "Dates of Service" and "Branch of Service":

DATES OF SERVICE	BRANCH OF SERVICE
<input type="checkbox"/> AUG. 2, 1990 – OPEN	<input type="checkbox"/> U.S. ARMY
<input type="checkbox"/> DEC. 20, 1989 – JAN. 31, 1990	<input type="checkbox"/> U.S. NAVY
<input type="checkbox"/> AUG. 24, 1982 – JUL. 31, 1984	<input type="checkbox"/> U.S. AIR FORCE
<input type="checkbox"/> FEB. 28, 1963 – MAY 7, 1975	<input type="checkbox"/> U.S. MARINES
<input type="checkbox"/> JUNE 25, 1950 – JAN. 31, 1955	<input type="checkbox"/> U.S. COAST GUARD
<input type="checkbox"/> DEC. 7, 1941 – DEC. 31, 1946	
<input type="checkbox"/> APR. 6, 1917 – NOV. 11, 1918	
<input type="checkbox"/> U.S. MERCHANT MARINE — DEC. 7, 1941 – DEC. 31, 1946	

NAME

ADDRESS

CITY, STATE, ZIP

PHONE

E-MAIL ADDRESS

BIRTH DATE

SIGNATURE

Receipt of Dues
(Please Print)

From _____

\$ _____ for 20____ Post # _____

Recruiter's Name _____

Recruiter's Signature _____

Recruiter's Phone # _____

You can pay the annual dues of \$35.00 now or we will bill you later.

Make Checks payable to: "The American Legion ePost 2100"

If mailed send to:
Charles Goetz, Post Finance Officer
675 Washboard Rd
Cleveland, GA 30528

**TO JOIN
THE AMERICAN LEGION,
SUBMIT THE
MEMBERSHIP
APPLICATION,
A COPY OF YOUR DD-214 ,
AND A CHECK FOR \$35.00
TO:
Chuck Goetz
675 Washboard Road
Cleveland, GA 30528**