



The Howler

Cary American Legion Post 67 [July, 2018]

Commander's Report: Shelton Faircloth

No Report: My apologizes to the Post Commander for filling in for him while he is recuperating from his back issues.

- ◆ Volunteers needed for the VEAC event, both Post members and Auxiliary. A sign up sheet will be available at the August meeting.
- ◆ Military Ball on November 9, 2018 at the same location as last year, NC State University Club, Hillsboro St., Raleigh.
- ◆ Veterans Luncheon, free for veterans and spouse but must register with Cary Senior Center. This is normally a full seating event so register soon, November 9th at 11:30 AM.
- ◆ Installation of new Post Officers will be at this months meeting. Just because members have volunteered to serve, nominations will asked from the floor so if you want to be an Officer, speak up and be counted. Votes will decide the outcome.

Combined Report—Post Service Officer & 1st Vice Commander. At the time of the next Committee meeting on the 19th of July 2018 we will be 55 days out of the start of the event.

This is a reminder for that date. We will be holding the meeting at the American Legion Post 67 building at: 8523 Chapel Hill Road, (Hwy54) Cary, NC 27512. We are located between Harrison Ave and Academy St. in the red brick building with the flags in front. There is parking and entrance in the back of the building. We will start promptly at 1900 hours or 7pm.

It is hoped that everyone can attend as we will have some special guest present at this committee meeting. And getting so close we have a lot to cover.

I want to thank everyone for your support for this event it's a lot of hard work but the rewards in helping our follow veterans are greater. See you all on the 19th.

Richard Spyrison:

Curtis Leary, 2nd Vice Commanders Report:

10 pounds of pull tabs delivered to the Legion Convention, mostly from Coast Guard Reunion members. Thanks to all that brought them to the Post Home. Keep saving Pull Tabs.

Next GWG meeting is July 26th at 1400—1600, National Guard Headquarters. Go to the web site <https://ncveteransworkinggroup.org/> for details.

Frank Stancil, Adjutant's Report: Membership -

2019 Membership begins. Post dues are \$45.00 yearly and SAL dues are \$15.00 yearly. National has not sent the new SAL Membership cards to the department as yet. I will keep in contact with them and mail out the 2019 SAL as soon as received. Let's have a good membership year by inviting our veteran friends and neighbors to join our post so the good works we are doing in the community will continue. Remember, the many youth programs of The American Legion provide opportunities to our youth and future leaders to exposure with teamwork, Americanism, and citizenship.

We should encourage our young family members to volunteer when and wherever possible. There are volunteer opportunities everywhere and this helps our community, state and nation be one nation under God!

Thank each and everyone for your service to our country and for being a Legionnaire!!

Wayne House, Finance Officer: No Report but the editor says: Come to the meetings and listen to the report.

Chaplain's Report, Deidre LaCour: No Report Again.

Curtis Leary, Public Relations:

Business After Hours: Eye Opener Breakfast: July 25th at Prestonwood Country Club, 8AM to 9AM. I show up at 7:45. You must register, cost is \$10 each. Post 67 is a member and you are all invited to the Chamber events but you have to register if called for and pay if required.

Photos of the BAH at the Hilton Garden Inn this past week.



Food table with biscuits and honey baked chicken

Next BAH is at the Dail Club at Vaughn Towers, Carter-Finley-Stadium,4700,Trinity-Rd. Raleigh, NC 27607

Join us at NC State Athletics on August 2nd for Business After Hours! This is a great opportunity to network with other professionals from around the area while enjoying some food and beverages. Appetizers will be provided by City Barbeque, Kale Me Crazy, and Mellow Mushroom.

Must register with the Chamber for this BAH but still free.



Other end of food table, all types of cheese, smoked salmon, peppers, fresh sliced tomatoes, various crackers, deviled eggs with jalapeños.



Dessert Table

Preston Ruth, Athletic Officer:

Keep up to date with our teams at <http://www.carypost67baseball.com>. Try to attend several games this year. Due to the rain, several games had to be called off.

Sergeant At Arms: Vacant at this time but a member has been appointed and will be sworn in soon.

Post 67 meeting Agenda (sort of) for July 17, 2018:

1815: Blessing of the meal, dinner served.

1900: Regular Post opening.

Acting Chaplain Ray Martin leading us in our invocation.

Introduction of Legion guests.

Introduction of Past Department Commander Frank Stancil, Past Post 67 Commanders: Frank Stancil, Frank Rea, Wayne House, Curtis Leary, Jim Jansen, Bill Cozzolino.

Introduction of first time visiting Legionnaires:

Introduction of Guest Speaker if any:

2030: Begin Business Meeting.

2100: Meeting ends, clean up.

Note: Times are approximately.

Menu: Mixture of different salads prepared by the Auxiliary plus various drinks. May be different than the below photos. \$6.00 each, free to first time visitors.



Auxiliary Presidents Report: No report at this time.

Cindy Emens reported that a Bunco day will be forthcoming on October 27th at the Post Home so stay tuned for this event.

Wisdom: Nicotine - Many years before Columbus made the big discovery, native Americans smoked the leaves from tobacco plants, which they found relaxing. In France about 1560, Jean Nicot, got some tobacco seeds from sailors coming from the New World and tobacco was grown in France for the first time. Scientist discovered that there was a chemical substance produced by the tobacco plant to ward off predators, even though the effects on humans were unknown. The substance was named nicotine in honor of Jean Nicot.

In 1913 RJ Reynolds Tobacco Co. introduced the first mass produced cigarette, marketed as, "Camels", which were generally smoked by men. During WW I, cigarettes were supplied to soldiers much like food rations. In 2016 it was estimated that 5,700,000,000,000 (5.7 trillion) cig-

arettes were smoked worldwide. That is 181,000 per second.

The momentary feeling of relaxation, extra energy and euphoria caused by nicotine are not without cost.

An estimated 480,000 Americans die annually attributed to smoking cigarettes and its addition is harder to break than that of cocaine.

Witt: Bubba got a job trimming tree limbs and had business cards printed listing him as "Branch Manager".

Planning Stage:

Yard Sale: TBD

Imitation of New Members (no harassment for this event, see Officers Guide)

Pins for number of years as a Legionnaire (may be limited to certain number of years due to cost).

Legion College is this month but the cut-off date to register was June 30. However, if you still want to attend, perhaps you can still go if you ask the Department and explain you were just installed as a Post 67 Officer. No promises though, just a shot in the dark. Legion College is a must for new Officers to get the proper training. If not, order you an Officers Guide Book from Emblem Sales or go on line and print it out.

Free Legionnaire Insurance Trust LIT Program:

Please make sure that your post members are aware of the enhanced NO COST benefit of the new Legion Care. FREE AD&D insurance. Just fill out the form and mail it in for coverage. Nothing is automatic, so you must mail the form. \$5,000 in accidental Death coverage for covered accidents that occur if you are traveling on official Legion business. \$1000.00 for all other covered accidents. 24/7 protection that covers Legionnaires at home, work or while they are traveling away from home. This is available to all "current" Legion members. This is one thing that you just do not want to "put off".

The above was copied from the Legion Bulletin, June edition.

Legion Emblem Sales

To order Legion related items from Emblem sales, go to <https://www.legion.org/promos/230360/shop-online>.

Discounts: The Legion has a web page with lots of discounts. Go to <https://www.legion.org/veteransbenefits/military-veteran-discounts#retail>.

Even Space Available military flights for retirees and certain disable veterans and family. Now able to fly CONUS. Go to Transportation and look under **Air Mobility Command**.

Curtis Leary, Editor 919-469-3010

PS: If anyone wants this job, by all means, let me know.

I just filled in for Robin when he went to Post Everlasting.

If you have Legion related information that you want published, please send to me on Thursday before our regular scheduled meeting.



Winston-Salem VA Regional Office

will be serving Veterans and their families at the

Cary Veterans Experience Action Ctr.

Herbert Young Community Center

101 Wilkinson Ave, Cary NC 27513

September 13, 2018 from 9:00 AM to 3:00 PM

September 14, 2018 from 8:00 AM to 3:00 PM

September 15, 2018 from 8:00 AM to 2:00 PM

hosted by the American Legion &

*Wake County Veterans Office, with special thanks to
Congressman David Price and Senator Thom Tillis*



Important Information:

- Wait times will be long. At arrival, get a numbered ticket to be in line.
- Bring available supporting evidence
- If your SSN ends 00-33, please try to come 9/13/18
- If your SSN ends 34-66, please try to come 9/14/18
- If your SSN ends 67-99, please try to come 9/15/18 to reduce wait times.
- Refreshments Available

Representatives will assist with:

- **Face-to-face assistance with claims and appeals**
- **Health benefit information & assistance**
- **Information about benefit-related VA programs: Vocational Rehabilitation & Employment, education, home loans, insurance, pension & survivor's benefits**
- **Bereavement & military sexual trauma counseling; mental health screening & resources**
- **Dental Care**
- **Legal resources**
- **State & local Veteran benefits and resources**

visit <http://www.benefits.va.gov/winstonsalem/> or contact

rcspyrison@gmail.com or call (336) 251-0800 for more information

Veterans will be served in the order they arrive to the maximum extent possible. In-person assistance available daily at Veterans Affairs offices:

251 N Main St, Winston-Salem NC 27155 or

2843 Normandy St., Ft. Bragg NC 28307

VEAC

Veterans Experience Action Center

Frequently Asked Questions (FAQs)

What if my claim is already pending? Representatives will be able to provide up to date information on the status and next steps, potentially including completion.

Will a decision be made on site? Representatives will review all the available information and determine the next best step. If additional evidence is needed before a decision can be made (such as an examination, medical opinion or service treatment records), then a decision likely will not be made that day but the claim will be moving forward.

On occasion, the complexity or the jurisdiction of the claim or appeal may also prevent same-day action; however, representatives will provide up to date information and assist to expedite as much as possible.

How do I get in line for services? Upon arrival, get a numbered ticket from the hosts. You must have this number to receive services.

Which day should I come? Expect long wait times. To reduce wait times, we recommend coming on the day corresponding with the last 2 digits of your Social Security Number. This is not a requirement.

- 9/13/18 for SSNs ending 00-33
- 9/14/18 for SSNs ending 34-66
- 7/15/18 for SSNs ending 67-99

Who should attend? Services are offered for Veterans and eligible family members. If you have questions about what benefits may be available and how to apply, this event is for you.

How Does the Disability Claim process work? VA disability claims are completed in fewer than 100 days on average. See this site for more information:

<https://www.vets.gov/disability-benefits/apply/>