

Hubert M Smith

MONTHLY NEWSLETTER

MAR2025

American Legion Post 77



Back to
the
Moon⁺



New and improved Post 77 website:

legion77.org



Canteen Open Daily!

March Newsletter
Powered By Community Partners:

Hendersonville, NC

Department Midwinter Conference



Several members from Post 77 attended the American Legion Department of North Carolina Midwinter Conference in Raleigh 2025.

Flag Donations



American Legion Post 77 replaces flags of local schools damaged by the hurricane.

Canteen Events

March 1- Marley's Chain 6-9pm
 March 5,12,19,26- Bingo
 March 7,14,21,28- Karaoke
 March 8- Republican Buffet (AM)
 Shaggers (PM)
 March 20- Free Vets Breakfast Buffet
 March 22- Local Gossip 7-10pm
 March 29- Fine Line 7-10pm
 March 30- Barnyard Bingo

March Post Meetings

March 6- Auxiliary Meeting
 March 11- Executive Board Meeting
 March 13- General Membership Meeting
 March 15- SAL Meeting
 March 17- Marine Corps League Meeting
 March 22- 40 & 8 Meeting
 March 27- AL Riders Chapter 77 Meeting

**Washington Conference:
 02-05March2025**



American Legion
Post 77
Canteen
H e n d e r s o n v i l l e , N C

Stay updated with Events and specials:

Follow our new Facebook page by scanning
or search

[American Legion Post 77 Hendersonville North Carolina](#)



Wednesdays

American Legion Post 77

BINGO

\$2500 in giveaways



The Legion Bulletin

FEBRUARY 2025

Hours - 8:00 AM - 4:00 PM
Email - adjutant@nclegion.org
Website - www.nclegion.org

PO Box 26657
Raleigh, NC 27611
919-832-7506

Oratorical Contest

Division I Mar 1, 2025, 11:00 AM Post 38 Roanoke Rapids
Division II Feb 22, 2025, 10:00 AM St James Comm Ctr
Division III Feb 22, 2025, 11:00 AM, Post 1 Raleigh
Division IV Feb 22, 2025, 12:00 PM, Post 321 Huntersville
Division V Mar 1, 2025, Victory Christian School, Sylva
March 29, 2025 - Dept. Final, Post 6 Chapel Hill, 12:00 PM.
Students, family and volunteers please arrive at 11:00 AM. If any contests are not listed above, please call.

Post Data Forms

Post Data Forms will be mailed first class to Post Adjutants in March. They will be available to pick up at the Mid-Winter Conference. Please look them over carefully. Make any changes to mailing addresses or dues structure, sign and return to Department Headquarters by April 15, 2025. This is the way National gets any changes for the direct mail renewal notices that will go out in July, including any changes in dues. **If we do not have them back by April 15, the first renewal notices will not reflect any changes to your post dues.**

2025 Consolidated Post Report

It is important for every post to complete this new report because it shows individual post activity, but when it is combined with the efforts of all posts reporting, it makes our impact, on behalf of veterans, in the halls of Congress, a voice to be taken serious. The Consolidated Post Report forms are available on the national website, department website, and also by paper copy upon request. Please fill them out and return to Department Headquarters as early as possible. Remember, in order for your Post to be considered for any awards presented by Community Service, Children and Youth or Americanism Commission at the Convention, this form must be completed and returned to Department Headquarters by the **May 31**. **Those who complete their forms online are responsible for forwarding to Department Headquarters if your post wishes to be considered for any of the above awards.**

Mid Winter Conference

The Department Mid-Winter Conference will be held **February 13-15, 2025**, at the North Raleigh Hilton, 3415 Wake Forest Rd, Raleigh, NC. Schedule is included. Our Guest is National Commander Candidate Dan Wiley from Kansas. An Italian Dinner buffet banquet will be held on Friday evening with entertainment being furnished by the Don & Mary Duo who performed at our convention last June.

Student Trooper Program

The twenty ninth session of the Student Trooper will be held at the NC Highway Patrol Training Center in Raleigh, **June 22-26, 2025**. Up to 40 students who have successfully completed their junior or senior year can be accommodated at the training center, so be sure to get applications in early. The fee will be **\$200.00** per student this year. Applications and forms needed for this program will be sent in a separate email.

85th Tarheel Boys' State 2025

We urge Posts to get involved with this important program of The American Legion. Please take an active part in selecting the young men who represent your Post as delegates.



There is no better way to assure the survival of our great country than to train our young people in the ideals and objectives of American government. This is an American Legion Program. This year's session will be held **June 15 - 21, 2025 at Catawba College**. Please email your requests to Department Program manager John Duvall at jduvall@nclegion.org or Boys State Director Dustin Pittman at director@tarheelboysstate.org. All Boys State information is also available on our website at www.nclegion.org

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| 6 | Student Trooper Information |

ROTC Medals Available

Requests for ROTC medals for deserving cadets will be coming in from schools across the state. Department Headquarters will provide medals for colleges and universities. It is customary for the Posts to supply the medals for the local high schools. You may order your medals for high schools direct from the Emblem Sales Catalog. (1-888-453-4466)

Baseball 2025

As with last year, all baseball registration will be handled online by National Headquarters. There are no exceptions to this. If you do not register at the National designated website, your team cannot play American Legion Baseball. This is also true for the insurance. Proof of insurance must still be submitted to the Department. Any team who fails to purchase insurance from S.A. VANDYKE shall be disqualified. **Any new team, Jr or Sr, must submit a forfeit fee of \$500 to Department Headquarters.** All teams must have insurance purchased from S.A. VANDYKE. Fees for Sr will be \$200 Department fee and \$50 National fee. Jr will be \$100 Department fee and \$25 National fee. If anyone is interested in starting a new team, please call Department Headquarters for new team form and online registration information, and State Chairman John Duvall for league information. The American Legion National Executive Committee adopted Resolution 16 which mandates a background check screening for coaches, managers and volunteer staff of all Jr. and Sr. American Legion Baseball teams. There are no exceptions!



Membership Messages, Transfers

Attention: Post Adjutants: Let's Talk about transfers! Please understand the department will only process the following transfers:

Member requests from

Out of state

Post to Post

1981 to Post

DMS to Post

Please send in signed Member Data Forms or indicate that member has requested by email, phone or in person. Thank you. If you have any questions, please call or email Loree at department headquarters. 919-832-7506 ext 2, lmiller@nclegion.org.

Very Important Reminders

Make sure that you file your post taxes each and every year. If you do not, and you are audited by the IRS, you will be fined and also you could lose your post charter and exempt status. We keep reminding you to file your taxes because we do not want to lose your post and post members.

The Legion Bulletin

Make sure your post is incorporated to help protect your post members from the liability of a law suit. You will not realize how important this is until your post gets sued. Make sure there are more than one signature required on all post written checks and that your post bank knows that it takes more than one member/officer's signature to borrow money against your post property. Make sure to document all business during your post meetings. This is for a clear record of why and when events happen at your post. Always indicate the number of members that attend your post meetings and document by name who makes a motion and who seconds that motion. You are important and all of your post members are important and your post is important. All the things stated in this article are for you, your post members and for your posts protection. Please listen and take all of this seriously. **As always, please advise if we can assist you in any way to accomplish these requirements.**

Initiation of New Members

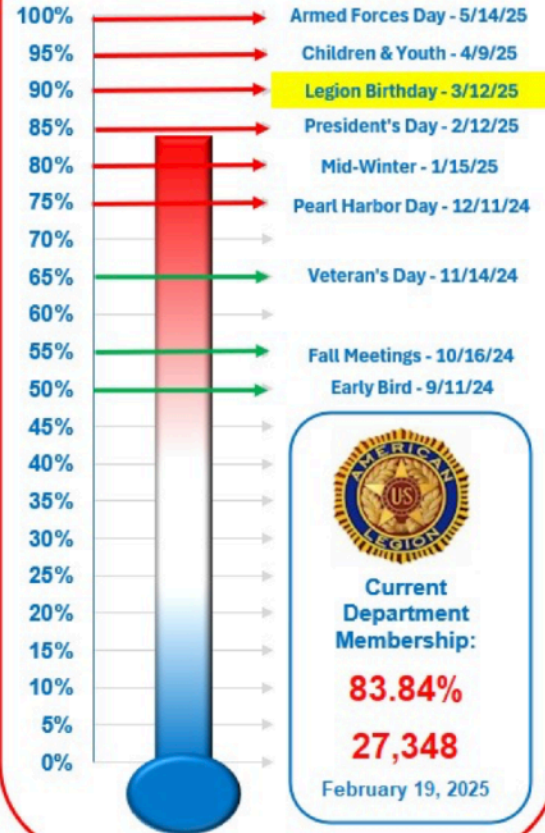
When was the last time that your post welcomed new members with an initiation ceremony? Every new member should receive some form of Initiation. The post Commander or an appointed member, assisted by the post Chaplain, shall conduct the ceremony. Small US Flags, The American Legion emblems, Legion publications, and other appropriate items used in the regular initiation ceremony shall be presented by the officiating officers. Certificates of initiation are available from your Department headquarters. This ceremony is located in the Officers Guide, provided to each post Commander, each year. This ceremony is important to your new members because it shows them that they belong and are welcomed to your post. There is a good possibility that this ceremony could help with your post membership retention.

LIT/Legion Care No Cost Benefit

Anyone enrolled in LegionCare will be covered as long as they maintain their membership in the Legion Family. - TAL, ALA, & SAL. This new One and done approach will save you from needing to re-enroll every 5 years. The LegionCare program will continue to cover you for \$1,000 of AD&D coverage. If the accidental loss occurs when on official Legion Family business, we will cover you for \$5,000 of AD&D coverage. New members can activate online at: www.TheLIT.com/LegionCare2.

Sweepstakes Rifle Drawing
Saturday February 15, 2025
DEC Meeting
1:00 PM

Department of North Carolina Current Membership vs Target Dates



Join Our Team Today!

America's Mission to the Moon and Mars: The Role of American Companies and SpaceX's Accomplishments

-Grok

America's renewed focus on lunar and Martian exploration is not just a testament to human curiosity but also to the robust partnership between government agencies, particularly NASA, and the private sector. This partnership has evolved, with companies like SpaceX playing pivotal roles in what is now becoming a new era of space exploration. Here, we delve into the involvement of American companies and spotlight SpaceX's contributions to these ambitious goals.

NASA's Artemis program aims to return humans to the Moon by 2026, with the long-term goal of setting up a sustainable presence there as a stepping stone to Mars. The strategy involves international and commercial partnerships to reduce costs, stimulate innovation, and expand the scope of human space exploration.

Key American Companies Involved:

SpaceX:

Starship: SpaceX's Starship is at the forefront of NASA's plans for lunar landings. Selected as the Human Landing System (HLS) for the Artemis III mission, Starship will carry astronauts from lunar orbit to the Moon's surface. The craft is designed to be fully reusable, drastically reducing the cost of space travel. SpaceX's development includes the Super Heavy rocket, which combined with Starship, promises to be the most powerful launch vehicle ever built.

Dragon: Before Starship, SpaceX's Crew Dragon successfully transported astronauts to the International Space Station (ISS), marking the first crewed commercial spaceflight. This technology is foundational for further human space missions.

Falcon 9 and Falcon Heavy: These rockets have been instrumental in launching satellites and cargo to orbit, including NASA's payloads, showcasing SpaceX's capability in providing reliable, reusable launch vehicles.

Accomplishments: SpaceX has achieved numerous firsts, including the first private company to successfully return a spacecraft from orbit, the first to launch a crewed spacecraft to the ISS, and pivotal milestones in rocket reusability which directly support cost-effective lunar and Mars missions.

Blue Origin: Blue Origin, founded by Jeff Bezos, has been developing its own lunar lander, the Blue Moon, aiming to be part of NASA's lunar strategy. Although not selected for the initial Artemis landing, Blue Origin's technology continues to be developed with future missions in mind.



Dynetics: A subsidiary of Leidos, Dynetics proposed a human landing system for Artemis, featuring innovative approaches to landing and ascent operations from the lunar surface. While their design wasn't chosen for initial missions, their concepts contribute to the broader ecosystem of lunar exploration technology.

Intuitive Machines: Known for their Nova-C lander, Intuitive Machines has been contracted under NASA's Commercial Lunar Payload Services (CLPS) to deliver scientific and technological payloads to the Moon. Their successful IM-1 mission in 2024 marked the first American lunar landing since Apollo, emphasizing private sector capabilities in lunar exploration.

Lunar Outpost Inc.: This company works on lunar rovers and mobility systems, crucial for surface exploration and logistics, which are integral for establishing a lunar base and for future Mars missions.

Challenges and Innovations

- **Reusability:** SpaceX's focus on reusable rockets has set a precedent, making space travel economically viable for repeated missions to the Moon and Mars. This concept is central to reducing the cost barrier for space exploration.
- **In-Situ Resource Utilization (ISRU):** Developing technologies to use local resources on the Moon and Mars for fuel, water, and construction materials is another area where companies like SpaceX are innovating, aiming to make long-term habitation feasible.
- **Public-Private Collaboration:** The model where government sets the vision and private companies execute, innovate, and compete has proven effective. However, it also brings challenges like ensuring safety standards, coordinating timelines, and managing intellectual property rights.

Future Outlook:

- **Mars:** SpaceX's ultimate goal is human settlement on Mars, with Starship being central to this vision. The plan involves not just short visits but establishing a self-sufficient colony, with initial uncrewed missions scheduled for the late 2020s to test landing and habitat technologies.
- **Moon:** Beyond Artemis III, regular lunar missions are anticipated, with a focus on building infrastructure for a sustainable human presence, which could involve commercial activities like mining or tourism.

SpaceX has significantly shaped America's path back to the Moon and towards Mars through pioneering reusable rocket technology, innovative spacecraft design, and strategic partnerships with NASA. While other companies like Blue Origin, Dynetics, and Intuitive Machines contribute uniquely, SpaceX's accomplishments stand out for their transformative impact on the economics and feasibility of space exploration. As these partnerships evolve, the synergy between public ambition and private innovation continues to push the boundaries of what's possible in space, aiming for a future where humans are not just visitors but residents of the cosmos.

Ensuring America's Freedoms: The Strategic Partnership of SpaceX and Other American Companies with the U.S. Space Force and Air Force

The landscape of national defense has expanded beyond Earth's atmosphere, with space becoming a critical domain for strategic military operations. The U.S. Space Force, established to protect U.S. interests in space, has found robust partners in American private sector entities, particularly SpaceX, but also other key players. This partnership aims at safeguarding America's freedoms both on Earth and in space, through a combination of technological innovation, infrastructure development, and operational support.

SpaceX's Starshield initiative is specifically tailored for military applications, providing secure satellite communications for the U.S. Department of Defense (DoD). Starshield leverages the technology behind SpaceX's Starlink to offer capabilities like high-speed broadband, space domain awareness, and alternative positioning, navigation, and timing (PNT). The Space Force has awarded SpaceX contracts worth \$70 million for this service, highlighting its importance in military

SpaceX has been a vital part of the National Security Space Launch (NSSL) program, which includes launching sensitive national security payloads into orbit. Through multiple contracts, SpaceX has been awarded tasks for launching military satellites, including those for missile warning, intelligence, and communications. This role is crucial for maintaining the U.S.'s space-based strategic advantages.

In a groundbreaking move, SpaceX has been contracted to demonstrate technologies for point-to-point space transportation, which could revolutionize military logistics by delivering cargo anywhere on Earth quickly. This project, under the Air Force Research Laboratory, explores using SpaceX's heavy rockets for global logistics, emphasizing humanitarian aid and disaster relief.

SpaceX is developing a network of spy satellites under a classified \$1.8 billion contract with the National Reconnaissance Office (NRO). This initiative aims to enhance U.S. intelligence-gathering capabilities in space with hundreds of satellites forming a network for persistent Earth observation.

SONS OF THE
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LEGION**

Other American Companies' Involvement:

Blue Origin: While not as deeply integrated into military operations as SpaceX, Blue Origin has competed for launch services under the NSSL program. Their New Glenn rocket is anticipated to play a role in future national security launches, potentially diversifying the launch options for military payloads.

United Launch Alliance (ULA): A joint venture between Boeing and Lockheed Martin, ULA has maintained a significant role in national security launches. Their Vulcan rocket is designed to meet the specific needs of the military, offering another pillar of launch capability alongside SpaceX for critical missions.

Northrop Grumman, Rocket Lab, Astra, Virgin Orbit: These companies are part of the broader ecosystem expanding the capabilities of the U.S. in space. They offer various services from small satellite launches to innovative propulsion systems, contributing to the resilience and diversity of U.S. space operations. The Space Force has expressed interest in leveraging these capabilities to ensure operational flexibility and innovation in space.

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Strategic Benefits:

- **Enhanced Space Situational Awareness:** Through partnerships with these companies, the U.S. can better monitor space activities, detect potential threats, and manage space traffic, ensuring that America's space assets are protected.
- **Rapid Deployment and Resupply:** The ability to quickly deploy satellites or other assets in response to global events is enhanced, providing strategic advantages in terms of intelligence, surveillance, reconnaissance (ISR), and communication.
- **Innovation and Cost Reduction:** By fostering partnerships with commercial space companies, the military benefits from cutting-edge technology developed by the private sector, often at a lower cost due to competition and innovation.
- **Security of Communication and Navigation:** The reliance on space for GPS, secure communications, and intelligence gathering means these partnerships are vital in maintaining and defending these capabilities from adversaries.

Challenges and Considerations:

- **Security and Control:** The integration of private sector capabilities into military operations raises concerns about control over critical infrastructure and the security of sensitive operations.
- **Dependence on Private Entities:** The military's increasing reliance on private companies for space missions could pose risks if commercial interests diverge from national security needs.
- **Regulatory and Legal Frameworks:** Ensuring that these partnerships operate within the bounds of international space law and national security regulations is crucial.

Summary:

SpaceX, alongside other American companies, is pivotal in the U.S. Space Force's and Air Force's strategy to defend America's freedoms in both terrestrial and extraterrestrial domains. Through innovative technologies, launch services, and specialized programs like Starshield, these companies not only support military operations but also contribute to a broader vision of space as a domain of national power, security, and freedom. The partnership reflects a new model of defense where commercial innovation and military needs converge to ensure dominance and security in the increasingly contested space environment.

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Webpages:

spacex.com
en.wikipedia.org
nasa.org
phys.org
pewresearch.org
britannica.com
reg.co.uk
nasdaq.com
npr.org

Arranged: P77 Co-Editor 1

Hubert M Smith

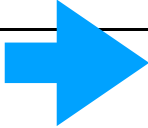
American Legion Post 77

Hendersonville, NC

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DISTRICT-DIVISION MEETING DATES FOR 2024 - 2025					
November 22, 2024 * Final District Meeting in bold, last column					
	MEETING 1	MEETING 2	MEETING 3	MEETING 4	MEETING 5
DIVISION I	Sat, July 6, 2024 Post 263 Washington 11:00 AM	Sat, Oct 12, 2024 Post 58 Rocky Mount 11:00 AM	<i>Div Oratorical Contest Sat, March 1, 2025 Post 38 Roanoke Rapids 11:00 AM</i>		
DISTRICT 1	Sat, Aug 24, 2024 Post 223 Elizabeth City 12:00 PM - Lunch 1:00 PM - Meeting	Sat, Nov 9, 2024 Post 362 Hertford 12:00 PM - Lunch 1:00 PM - Meeting		Sat, Feb 8, 2025 Post 102 Ahoskie 12:00 PM - Lunch 1:00 PM - Meeting	Sat, April 26, 2025 Post 288 Coinjock 12:00 PM - Lunch 1:00 PM - Meeting
DISTRICT 2	Sat, Sept 21, 2024 Post 131 hamilton 11:00 AM	Sat, Nov 16, 2024 Post 34 Scotland Neck 11:00 AM	<i>Dist Oratorical Contest Sat, Feb 8, 2025 Post 38 Roanoke Rapids 10:00 AM</i>		Sat, May 3, 2025 Post 164 Plymouth 11:00 AM
DISTRICT 3	Sat, Aug 17, 2024 Post 289 Ayden 10:00 AM	Sat, Oct 5, 2024 Post 39 Greenville 10:00 AM	<i>Dist Oratorical Contest Sat, Feb 1, 2025 Post 39 Greenville 11:00 AM</i>	Sat, Jan 25, 2025 Post 15 Washington 10:00 AM	Sat, May 3, 2025 Post 151 Farmville 10:00 AM
DISTRICT 4	Sat, July 20, 2024 Post 58 Rocky Mount 10:00 AM	Sat, Oct 19, 2024 Post 13 Wilson 10:00 AM	Sat, Jan 18, 2025 Post 17 Wilson 10:00 AM	Sat, March 8, 2025 Post 293 Nashville 10:00 AM	Sat, May 17, 2025 Post 19 Tarboro 10:30 AM
DISTRICT 5	Sat, Sept 14, 2024 Post 547 Warrenton 11:00 AM	Sat, Dec 7, 2024 Post 52 Franklinton 11:00 AM	<i>Dist Oratorical Contest Sat, Feb 8, 2025 Post 138 Roxboro Time TBD</i>	Sat, Feb 22, 2025 Post 52 Franklinton 11:00 AM	Sat, Apr 12, 2025 Post 60 Henderson 11:00 AM
DIVISION II					
DISTRICT 6			<i>Dist Oratorical Contest Sat, Feb 8, 2025 Post 24 New Bern 11:00 AM</i>		
DISTRICT 7	Sat, Sept 14, 2024 Post 536 Snow Hill 9:00 AM	Sat, Dec 7, 2024 Post 43 Kinston 10:00 AM	<i>Dist Oratorical Contest Sat, Jan 18, 2025 Post 103 Mt Olive 11:00 AM</i>	Sat Feb 8, 2025 Post 379 Albertson 10:00 AM	Sat, May 17, 2025 Post 219 Kinston 10:00 AM
DISTRICT 8	Sat, July 13, 2024 Post 525 Fayetteville 9:00 AM	Sat Dec 7, 2024 Post 202 Fayetteville 12:00 PM	<i>Dist Oratorical Contest Sat, Jan 18, 2025 Post 230 Spring Lake 11:00 AM</i>	Sat, Feb 22, 2025 Post 32 Hope Mills 12:00 PM	Sat, April 26, 2025 Post 202 Fayetteville 12:00 PM
DISTRICT 9			<i>Dist Oratorical Contest Sat, Jan 25, 2025 St James Comm Center 10:00 AM</i>		
DISTRICT 10	Sat, July 17, 2024 Post 5 St Pauls 12:00 PM - Lunch 1:00 PM - Meeting	Sat, Oct 26, 2024 Post 5 St Pauls 12:00 PM - Lunch 1:00 PM - Meeting	Sat, Jan 25, 2025 Post 5 St Pauls 12:00 PM - Lunch 1:00 PM - Meeting	Sat, April 26, 2025 Post 5 St Pauls 12:00 PM - Lunch 1:00 PM - Meeting	Sat, June 14, 2025 Post 5 St Pauls 12:00 PM - Lunch 1:00 PM - Meeting
DIVISION III					
DISTRICT 11	Sat, Aug 17, 2024 Post 141 Selma 12:30 PM	Sat, Oct 19, 2024 Post 1, 2024 1:00 PM		Sat Feb 1, 2025 Post 187 Wake Forest 1:00 PM	Sat, May 17, 2025 Post 71 Clayton 1:00 PM
DISTRICT 12	Sat, Aug 10, 2024 Post 6 Chapel Hill 11:00 AM	Sat, Nov 2, 2024 Post 63 Burlington 11:00 AM		Sat, Feb 8, 2025 Post 427 Haw River 11:00 AM	Sat, May 10, 2025 Post 95 Mebane 11:00 AM

DISTRICT-DIVISION MEETING DATES FOR 2024 - 2025					
November 22, 2024 * Final District Meeting in bold, last column					
	MEETING 1	MEETING 2	MEETING 3	MEETING 4	MEETING 5
DISTRICT 13	Sat, Sept 7, 2024 Post 436 Angier 2:00 PM	Sat, Nov 16, 2024 Post 93 Siler City 2:00 PM		Sat, Feb 8, 2025 Post 382 Sanford 2:00 PM	Sat, May 2, 2025 Post 59 Dunn 2:00 PM
DISTRICT 14					
DISTRICT 15	Sun, Sept 15, 2024 Post 45 Asheboro 1:15 PM Meal Served	Sun, Nov 17, 2024 Post 255 Lexington 1:15 PM Meal Served			Sun, May 18, 2025 Post 8 Lexington 1:15 PM Meal Served
DIVISION IV					
DISTRICT 16			<i>Dist Oratorical Contest</i>		
DISTRICT 17					
DISTRICT 18	Sat, Nov 2, 2024 Post 128 Winston-Salem 11:00 AM			Sat, Feb 22, 2025 Post 522 Lewisville 11:00 AM	Sat, May 17, 2025 Post 505 Yadkinville 11:00 AM
DISTRICT 19	Sat, Aug 17, 2024 Post 14 Salisbury 12:00 PM Refreshments	Sat, Oct 19, 2024 Post 327 Faith 12:00 PM Refreshments	TBD Post 342 Salisbury 12:00 PM Refreshments	Sat, Jan 25, 2025 Post 66 Mooresville 12:00 PM Refreshments	Sat, May 17, 2025 Post 401 Troutman 12:00 PM Refreshments
DISTRICT 20	Sat, Oct 12, 2024 Post 321 Huntersville 11:00 AM	Sat, Jan 11, 2025 Post 262 Charlotte 11:00 AM	<i>Dist Oratorical Contest</i> <i>Sat, Jan 25, 2025</i> <i>Post 353 Paw Creek</i> <i>11:00 AM</i>		Sat, May 17, 2025 Post 380 Charlotte 11:00 AM
DIVISION V					
DISTRICT 21			<i>Dist Oratorical Contest</i> <i>Sun, Feb 2, 2025</i> <i>1st Baptist Ch, Tentative</i> <i>Time TBD</i>		
DISTRICT 22		Sat, Dec 14, 2024 Western Steer Rest at Noon Post 16 for meeting at 1:00 PM			
DISTRICT 23	Sat, Oct 19, 2024 Post 155 Kings Mtn 12:00 PM - Meal 1:00 PM - Meeting				
DISTRICT 24	Sat, Sept 21, 2024 Post 77 Hendersonville 12:00 PM - Lunch 1:00 PM - Meeting	Sat, Dec 21, 2024 Post 250 Tryon 12:00 PM - Lunch 1:00 PM - Meeting		Sat, March 15, 2025 Post 70 Asheville 12:00 PM - Lunch 1:00 PM - Meeting	Sat, May 17, 2025 Post 2 Asheville 12:00 PM - Lunch 1:00 PM - Meeting
DISTRICT 25	Sat, Aug 17, 2024 Post 532 Hayesville 12:00 PM-Lunch 1:00 PM - Meeting	Sat, Nov 16, 2024 Post 104 Sylva 12:00 PM-Lunch 1:00 PM - Meeting		Sat, Feb 15, 2025 Post 370 Highlands 12:00 PM-Lunch 1:00 PM - Meeting	Sat, May 17, 2025 Post 143 Cherokee 12:00 PM-Lunch 1:00 PM - Meeting

Spring Cleaning



Spring Cleaning: A Fresh Start for Your Home

As the warmth of spring begins to melt away the remnants of winter, it's the perfect time to rejuvenate your living spaces. Here's your guide to tackling both the interior and exterior of your home with some essential spring cleaning tips.

Inside the House

1. Declutter Each Room:

- **Living Room:** Sort through books, magazines, and decorative items. Donate or recycle what you no longer need.
- **Kitchen:** Empty cabinets, check for expired goods, and organize your pantry and fridge.
- **Bedrooms:** Go through closets, donate clothes you haven't worn in years, and refresh your linen collection.
- **Bathrooms:** Clear out old toiletries and organize under-sink storage.


2. Deep Clean:

- **Dusting:** Use microfiber cloths to dust all surfaces, including often overlooked spots like ceiling fans and blinds.
- **Floors:** Vacuum carpets thoroughly and mop or steam clean hard floors.
- **Windows:** Clean windows inside and out for maximum light penetration.
- **Appliances:** Clean your refrigerator, oven, dishwasher, and washing machine according to manufacturer guidelines.

3. Refresh:

- **Air Out:** Open windows to let fresh air in, helping to clear out winter's stale air.
- **Freshen Up:** Use natural deodorizers like baking soda or essential oils to keep your home smelling fresh.





Outside the House

1. Garden and Yard:

- **Prune:** Trim back dead branches from trees and bushes to encourage new growth.
- **Weed:** Clear garden beds of weeds to prepare for new planting.
- **Plant:** Start your spring planting, focusing on hardy annuals and perennials.

2. Exterior Cleaning:

- **Pressure Wash:** Clean driveways, decks, and patios. Be cautious with the pressure to avoid damage.
- **Gutters:** Clear out leaves and debris to prevent water damage.
- **Windows:** Don't forget the outside of your windows; they can accumulate a surprising amount of grime over winter.

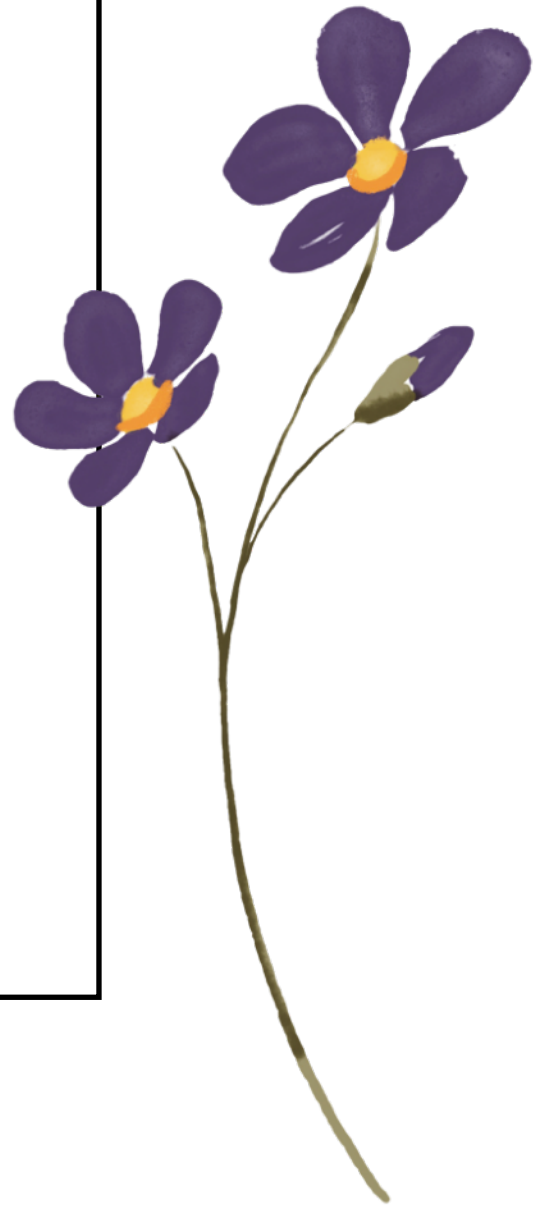
3. Maintenance Checks:

- **Inspect Roof:** Look for loose or missing shingles.
- **Check Outdoor Furniture:** Clean and repair if necessary, or consider restaining wood pieces.
- **Examine Fencing:** Repair or paint to keep it looking new.

Tips for Efficient Cleaning:

- **Set a Schedule:** Break your cleaning tasks into manageable chunks over several days or weekends.
- **Gather Supplies:** Have all your cleaning products ready to avoid interruptions.
- **Safety First:** Wear gloves and use masks when dealing with harsh chemicals or dust.
- **Enjoy the Process:** Put on some music or an audiobook to make the cleaning less of a chore.

As you embark on your spring cleaning journey, remember that it's not just about tidiness but also about creating a welcoming environment where you can thrive. Here's to a cleaner, fresher start to your spring!



Spring Cleaning

CHECKLIST

Every Room

- ☐ Wipe down Baseboards, door ceilings, window sills, doors, and walls.
- ☐ Vacuum and wash vents
- ☐ Dust and/or vacuum light fixtures and lamp shades.
- ☐ Dust and shine overhead lights - replace burnt light bulbs.
- ☐ Dust blinds.
- ☐ Wash window treatments (drapes, etc.).
- ☐ Wash Windows - inside and out

Kitchen

- ☐ Clean out pantry.
- ☐ Wipe down kitchen cabinets.
- ☐ Deep clean fridge inside - wipe down outside.
- ☐ Vacuum coils on fridge.
- ☐ Move fridge - vacuum and mop behind it.
- ☐ Deep clean oven.

Bedroom

- ☐ Purge anything stored under bed you don't need anymore.
- ☐ Wash all bedding & throw pillows.
- ☐ Flip Mattress - if using pillow top, rotate mattress.

Living Room

- ☐ Dust and wipe any and all mirrors, frames, and decorative items.
- ☐ Vacuum all lamp shades
- ☐ Vacuum all upholstery.
- ☐ Dust furniture and fixtures.
- ☐ Polish furniture.
- ☐ Wash all throw pillows and blankets (use steam).
- ☐ Vacuum and shampoo carpets - mop and wax floors

Bathroom

- ☐ Clean and disinfect tub and shower.
- ☐ Dust and replace decorative items.
- ☐ Wash and/or replace shower liners and shower curtains.
- ☐ Wash bathmats.

Other

- ☐ Discard old and expired makeup. Clean your makeup holders
- ☐ Update all your house first aid kits. Toss expired medication while sorting other medication.
- ☐ Donate any unused clothes items to Goodwill, The Salvation Army, or other local community organizations.
- ☐ Dry clean any necessary winter clothing or items. Store all winter items for next year.

you got this!



Suggested Medical Journal

Sleep Patterns:

- 1) When do you go to bed?
- 2) When do you fall asleep?
- 3) Do you wake up during sleep? If so:
 - (a) What caused you to wake up
 - (b) How many times on average to you wake per during sleep

Recording your health:

- 1) Health concern or condition
 - A) How bad is the condition? Pain 1-10 (10 most painful) and/or the number of times condition happens on a weekly average
 - B) What limitations does the condition cause?

Example:

- Veteran X:**
- 1) Back
 - a) pain scale of 8 of 10 per week, bad "gives out" 2-3 times per week
 - b) Limitations are: distance walked - 40 yards then take a 3-5 rest
time standing - average 30min then take a 3-5 rest
time sitting - average 1 hour take stand 3-5

Try to avoid the words: Can't, sometimes, kinda, better as this words do not provide an accurate description to your health provider.

Rosie The Riveter

Rosie the Riveter: Symbol of Women's Strength and Industrial Might

In the annals of American history, few icons are as enduring or emblematic of a transformative era as Rosie the Riveter. Born from the necessity of World War II, Rosie became not just a figure but a symbol of women's capability, resilience, and the shift in gender roles during a time of global upheaval.

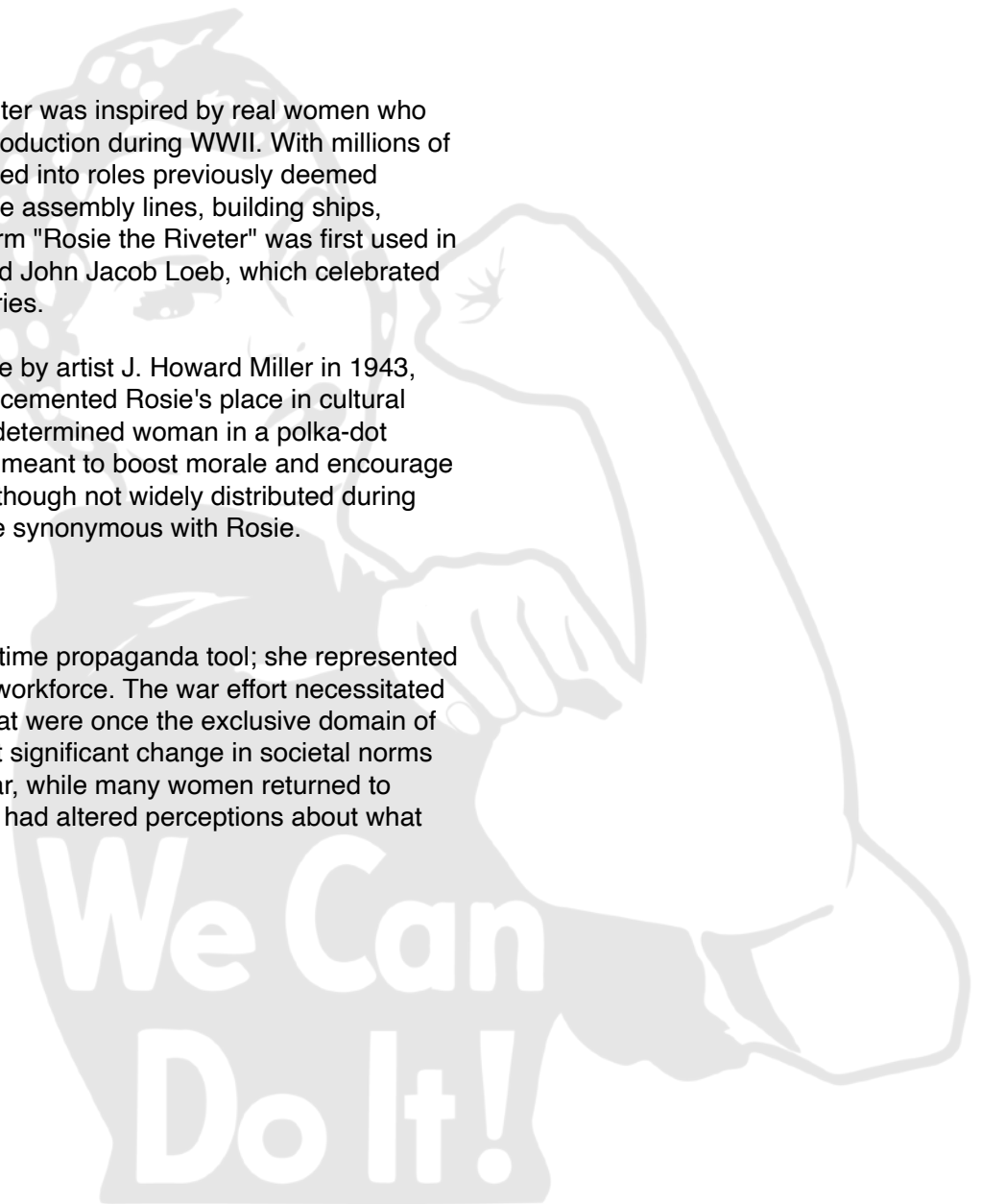
The Origin of Rosie

The character of Rosie the Riveter was inspired by real women who worked in manufacturing and production during WWII. With millions of men away at war, women stepped into roles previously deemed unsuitable for them, manning the assembly lines, building ships, planes, and much more. The term "Rosie the Riveter" was first used in a 1942 song by Redd Evans and John Jacob Loeb, which celebrated the women working in the factories.

However, it was the iconic image by artist J. Howard Miller in 1943, titled "We Can Do It!", that truly cemented Rosie's place in cultural history. The poster, featuring a determined woman in a polka-dot bandana flexing her bicep, was meant to boost morale and encourage women to join the workforce. Although not widely distributed during the war, the image later became synonymous with Rosie.

Impact Beyond the War

Rosie was more than just a wartime propaganda tool; she represented a seismic shift in the American workforce. The war effort necessitated women's participation in jobs that were once the exclusive domain of men, leading to a temporary but significant change in societal norms about gender roles. After the war, while many women returned to traditional roles, the experience had altered perceptions about what women could do.





The legacy of Rosie continued to resonate through subsequent generations. In the 1970s, the image of Rosie was adopted by the feminist movement to symbolize women's empowerment and the ongoing fight for equality in the workplace. Today, Rosie the Riveter stands as a multifaceted symbol:

- **Labor Rights:** She represents the fight for better working conditions and equal pay.
- **Feminism:** An emblem of women's strength and their right to work in any field they choose.
- **Cultural Icon:** Beyond gender, Rosie symbolizes American resilience and the collective effort in times of need.

Rosie's Modern Echo

In modern times, Rosie's image appears on merchandise, in art, and in pop culture, reminding us of a time when American society harnessed the full potential of all its citizens. Educational programs like the Rosie the Riveter Trust work to preserve the stories of these women, ensuring their contributions are not forgotten.

Rosie the Riveter, therefore, is more than a character from the past; she is a beacon of what can be achieved when society unites for a common cause, and she continues to inspire conversations about gender, labor, and identity in America. Her image, with its simple yet powerful message, "We Can Do It!", continues to resonate, symbolizing not just the power of women, but the power of unity in the face of adversity.

-Grok



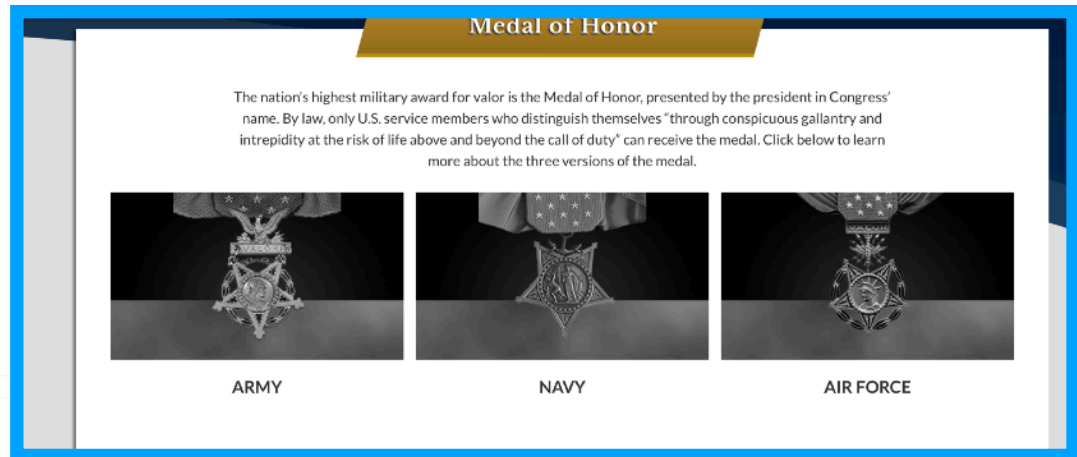
Kimberly W. McDowell RN, BSN, CAPA, CPAN

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VA Asheville health care

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Medal of Honor Day: A Tribute to Extraordinary Valor

Every year on March 25th, the United States observes Medal of Honor Day, a special occasion dedicated to recognizing the nation's highest military decoration for valor in action. Established in 1862, the Medal of Honor is awarded to members of the armed forces who distinguish themselves through acts of bravery and selflessness far beyond the call of duty.

The Origins of Medal of Honor Day

Medal of Honor Day was officially recognized in 1990 when the U.S. Congress designated March 25 for this observance. The date was chosen to coincide with the anniversary of the first Medal of Honor action, which took place during the Civil War. This day serves not only as a tribute to the recipients but also as a reminder of the sacrifices made by all service members.

What Does It Mean?

The Medal of Honor is more than just an award; it's a symbol of the highest personal sacrifice one can offer for their country. Recipients are often those who have faced extreme peril, sometimes giving their lives or enduring severe injuries to protect others or complete their mission. Their stories are tales of courage, integrity, and an unwavering commitment to their fellow soldiers and the ideals of the nation.

Celebrations and Observances

On Medal of Honor Day, various activities take place across the country. Here are some ways this day is commemorated:

Medal of Honor day:
25March2025



CHARLESTON, SC



Greg's Traveling Destination:

**USS YORKTOWN
(CV10)**



PATRIOTS POINT NAVAL & MARITIME MUSEUM

The Medal of Honor Museum

Located on board the historic aircraft carrier USS Yorktown, The Medal of Honor Museum features interactive exhibits that tell the stories of the brave Americans who have served and protected the U.S. with remarkable courage.

Included with admission.

<https://www.patriotspoint.org/things-to-do/uss-yorktown>

ONLINE | ONSITE

Adult (Age 13-61)	\$28	\$30
Senior (Age 62+)	\$25	\$27
Military (with ID)	\$22	\$24
SC Teacher (with ID)	\$23	\$25
SC First Responder (with ID)	\$23	\$25
Child (Age 6-12)	\$23	\$25
Military in Uniform & Children Under 6	Free	

Ticket Prices can vary from this publication :: Informational content : NOT affiliated with Post 77

American Legion Bday 15March2025

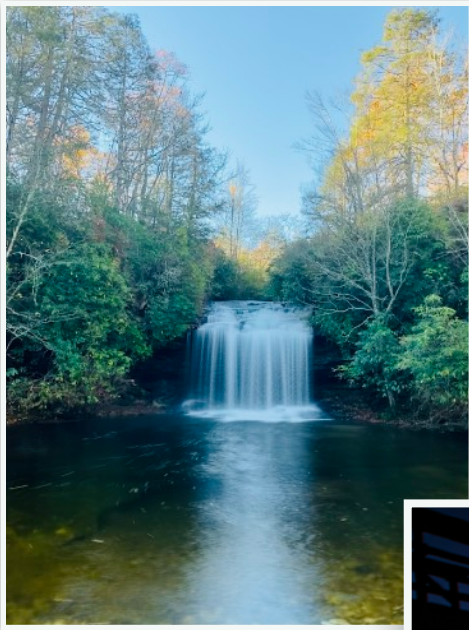
US Navy Reserve Birthday
03March

US Navy Seabees Birthday
05March

US Medal Of Honor Day
25March

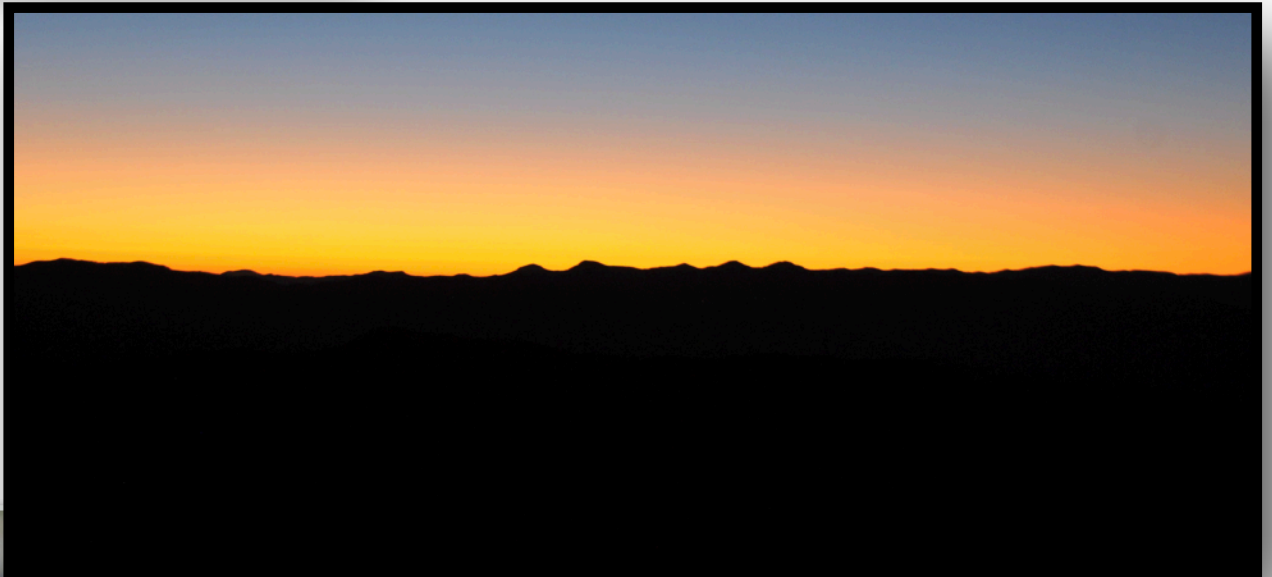
VIETNAM WAR VETERAN DAY
29March

Photo credits: Greg Bias P77 Photojournalist





AMERICAN LEGION RIDERS



Military Working Dogs

According to -Grok2

Legislative
Recap: 2025

NCGA

- HB35
- HB57
- HB39
- HB36

119th Congress

- Military Quality of Life Standards
- Pay The Coast Guard
- Pass VA Budget

Military Working Dogs: The Unsung Heroes of the U.S. Armed Forces

In the vast and complex operations of the U.S. Armed Forces, a group of silent but vital warriors often goes unnoticed by the general public: the military working dogs (MWDs). These four-legged heroes have been serving alongside American troops for centuries, with their official recognition dating back to World War II. Today, they are crucial to the success and safety of military missions around the globe.

Historical Roots and Modern Roles

Dogs have been utilized in warfare since ancient times, with documented use by Egyptians, Greeks, and Romans around 600 BC. In the United States, the military formally recognized the service of these canine warriors during World War II with the establishment of the K-9 Corps on March 13, 1942. Since then, MWDs have evolved from simple messengers and sentries to highly specialized units trained for diverse and critical tasks. Their roles include, but are not limited to, explosive and drug detection, patrol work, tracking, and search and rescue.

The U.S. military employs various breeds, with German Shepherds, Belgian Malinois, and Labradors being among the most common due to their intelligence, agility, and temperament. These dogs undergo intensive training at facilities like the 341st Training Squadron at Lackland Air Force Base in San Antonio, Texas, which is responsible for the procurement, training, and assignment of all military working dogs across the Department of Defense.

Vital Contributions to Missions

The value of MWDs in military operations cannot be overstated. For instance, during combat in Afghanistan, dogs like MWD Troll

 AMERICAN
LEGION

According to -Grok2

demonstrated their worth by detecting improvised explosive devices (IEDs), potentially saving scores of lives. The effectiveness of these dogs often surpasses that of technological devices, especially in environments where electronic detection is compromised by clutter or interference. They provide a unique combination of sensory capabilities, intuition, and loyalty that machines simply cannot replicate.

In recent conflicts, MWDs have served in detection roles, alerting troops to dangers like explosives or enemy combatants, thereby reducing casualties. Their ability to operate in environments where technology might fail, such as in dense vegetation or subterranean settings, makes them indispensable. Moreover, their psychological impact should not be underestimated; they boost morale, provide companionship, and have been known to share a bond with their handlers that is unmatched in human military partnerships.

Post-Service Life and Adoption

The life of a military working dog doesn't end with their service. Once they retire, MWDs are eligible for adoption, often by their handlers, which ensures they enjoy a well-deserved peaceful life after years of service. Programs like the DoD Military Working Dog Adoption Program help transition these dogs from warriors to family pets, albeit with considerations for their specialized training and potential behavioral adjustments needed for civilian life.

Recognition and Legacy

The commitment and bravery of military working dogs have begun to receive broader recognition. Monuments like the Military Working Dog Teams National Monument at Lackland Air Force Base stand as tributes to their service. Additionally, there are ongoing efforts to provide better medical care, retirement benefits, and public acknowledgment of their contributions.



National K9 Veterans Day is observed annually on **March 13th** in the United States to honor the service and sacrifices of military, law enforcement, and other working dogs. Here are some key points about this day:

Historical Context: The date was chosen because on March 13, 1942, the U.S. Army officially began training dogs for its War Dog Program, also known as the "K-9 Corps." This marked the first official recognition of dogs as part of the U.S. Armed Forces, although dogs have been used in military roles for centuries.

- **Purpose:** The day aims to recognize the contributions of K9s in various capacities, including search and rescue, bomb detection, patrol duties, and providing emotional support to troops.

- **Celebration:** Observances can include ceremonies, memorial services for fallen K9s, special events at military bases, and social media campaigns to raise awareness. Many use this day to thank both active and retired service dogs and their handlers.

- **Notable Dogs:** Dogs like Sergeant Stubby from WWI, Chips from WWII, and Cairo from the bin Laden raid are often mentioned as examples of K9 heroism.

- **Legislation:** While not a federal holiday, several states have recognized National K9 Veterans Day through legislation, and there are ongoing efforts to make it an official national holiday.

- **Public Engagement:** The public is encouraged to participate by donating to or volunteering with organizations that support military and working dogs, sharing stories and photos on social media with hashtags like #NationalK9VeteransDay, or supporting adoption programs for retired military dogs.

- **Recognition:** This day also acknowledges the bond between handlers and their dogs, highlighting stories of their joint service and sometimes the adoption of dogs by their handlers post-retirement.

-Grok2

National K9 Veterans Day

13 MARCH

 AMERICAN
LEGION

Featured Color Activity



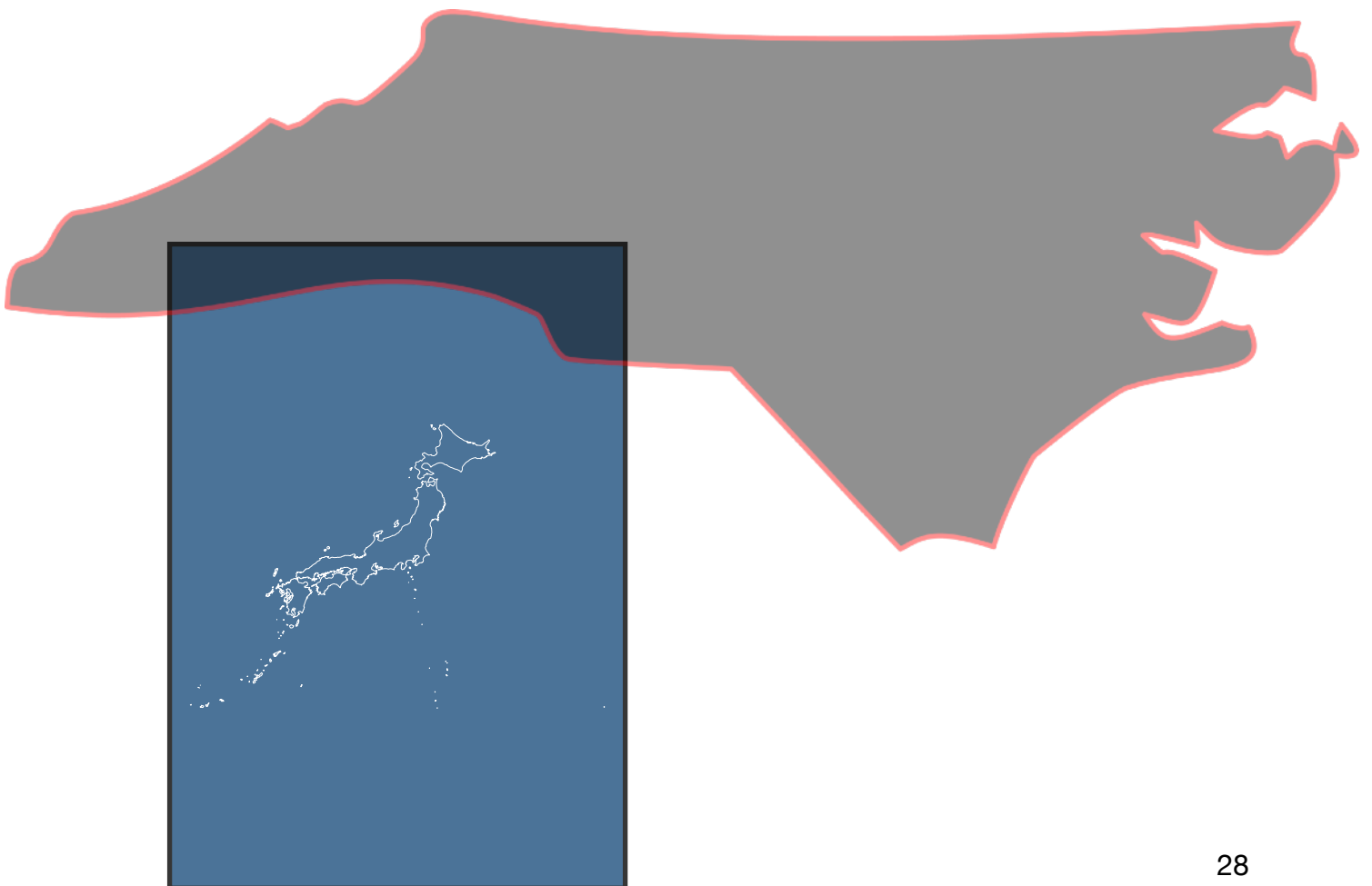
This Day in North Carolina General Assembly History:

date:

22 March 2023

House Resolution 352 was adopted:

Expressing Japanese Friendship



GENERAL ASSEMBLY OF NORTH CAROLINA
SESSION 2023

H

Simple
Resolution
Adopted

HOUSE RESOLUTION 352
Adopted 3/22/23

Sponsors: Representatives Reives, Bell, Penny, and Cervania (Primary Sponsors).

For a complete list of sponsors, refer to the North Carolina General Assembly web site.

Referred to: Rules, Calendar, and Operations of the House

March 14, 2023

- 1 A HOUSE RESOLUTION URGING THE UNITED STATES CONGRESS TO WORK MORE
2 CLOSELY WITH JAPAN ON TRADE ISSUES AND FOREIGN INVESTMENT,
3 EXPRESSING SUPPORT TO THE UNITED STATES CONGRESS FOR THE UNITED
4 STATES-JAPAN ALLIANCE AND REMORSE AT THE SLAYING OF FORMER
5 JAPANESE PRIME MINISTER ABE SHINZŌ, CELEBRATING ONE HUNDRED
6 THIRTY YEARS OF FRIENDSHIP BETWEEN NORTH CAROLINA AND JAPAN, AND
7 REAFFIRMING THE BONDS OF FRIENDSHIP AND COOPERATION BETWEEN THE
8 STATE OF NORTH CAROLINA AND STATE OF JAPAN IN THE REIWA ERA.
9 Whereas, North Carolina and Japan have enjoyed 130 years of friendly relations since
10 Japan sent its first student nationals, Mogi Shinzaburō, to attend the University of North Carolina
11 at Chapel Hill in 1893, and Sugishita Teisaku, to attend North Carolina State University (then
12 "North Carolina State College") in 1894; and
13 Whereas, Japan is North Carolina's second-largest foreign investor, with nearly \$5
14 billion invested by Japanese companies in North Carolina's economy to date and nearly \$7 billion
15 in investment announced since 2018; and
16 Whereas, more large companies investing in North Carolina come from Japan than
17 any other foreign nation; and
18 Whereas, Japan employs over 24,000 North Carolina workers, or roughly 10% of all
19 North Carolina workers employed by foreign companies, with over 5,000 additional jobs
20 announced by Japanese companies since 2018; and
21 Whereas, trade with Japan annually accounts for nearly \$4 billion in economic
22 activity for the State of North Carolina; and
23 Whereas, Japan and the United States have been close allies since 1952, safeguarding
24 peace in the Pacific; and
25 Whereas, the post-war order of which both the United States and Japan have been
26 resolute defenders and beneficiaries, an order which rests soundly on democracy and friendly
27 trade, faces subversion by rogue actors and disaffected nations; and
28 Whereas, Japan is a vibrant, wealthy democracy and a model for democracies
29 throughout Asia; and
30 Whereas, Abe Shinzō was a stalwart friend of the United States, an adamant supporter
31 of the US-Japan alliance, and a leading voice for stability and cooperation in the Indo-Pacific
32 region; and



Whereas, Abe Shinzō was the longest-serving prime minister in Japan's history, who worked alongside four Presidents of the United States—George Bush, Barack Obama, Donald Trump, and then-Vice President Joe Biden—on trade relations, peace, and security in Asia; and

Whereas, Abe Shinzō was assassinated in Japan on July 8, 2022, while campaigning in the oldest democracy in Asia; and

Whereas, the use of violence, whether by foreign nations or rogue actors, to attack democratically elected officials and disrupt international peace is profoundly evil; and

Whereas, North Carolina remains committed to its friendship with Japan and to the US-Japan alliance and peaceful trade between the nations; Now, therefore, Be it resolved by the House of Representatives:

SECTION 1. The House of Representatives recognizes the historic significance of the friendship and alliance between the United States and Japan.

SECTION 2. The House of Representatives commends the people of Japan for their incredible achievements over 75 years of peaceful friendship with the United States, in building the oldest democratic system in Asia and the second-largest democratic economy in the world, and for serving as a valuable pillar of stability in Asia and for world peace.

SECTION 3. The House of Representatives applauds Japan for its continued commitment as a friend and economic partner to the State of North Carolina.

SECTION 4. The House of Representatives expresses profound grief over the death of former Prime Minister of Japan, Abe Shinzō, and condemns his killing as an attack on Japan's democracy and on its unparalleled friendship with the United States.

SECTION 5. The House of Representatives affirms the continuing friendship and cooperation between Japan and the State of North Carolina and expresses heartfelt optimism for deeper ties between the people of Japan and the people of North Carolina.

SECTION 6. The House of Representatives urges Congress to work more closely with the nation of Japan on mutually beneficial trade relations to encourage the reciprocal flow of foreign direct investment and participation of Japanese and American companies in the economy of both the United States and Japan, respectively.

SECTION 7. The House of Representatives expresses to Congress its full support of the 70 year old alliance between the United States of America and Japan, which has served as a pillar of stability and security in the Indo-Pacific throughout the Cold War to the current day.

SECTION 8. The House of Representatives urges Congress to recognize the strategic importance of the Indo-Pacific region to the economies of the United States and North Carolina and the necessity of a Free and Open Indo-Pacific to safeguard the sanctity of friendly trade and international law.

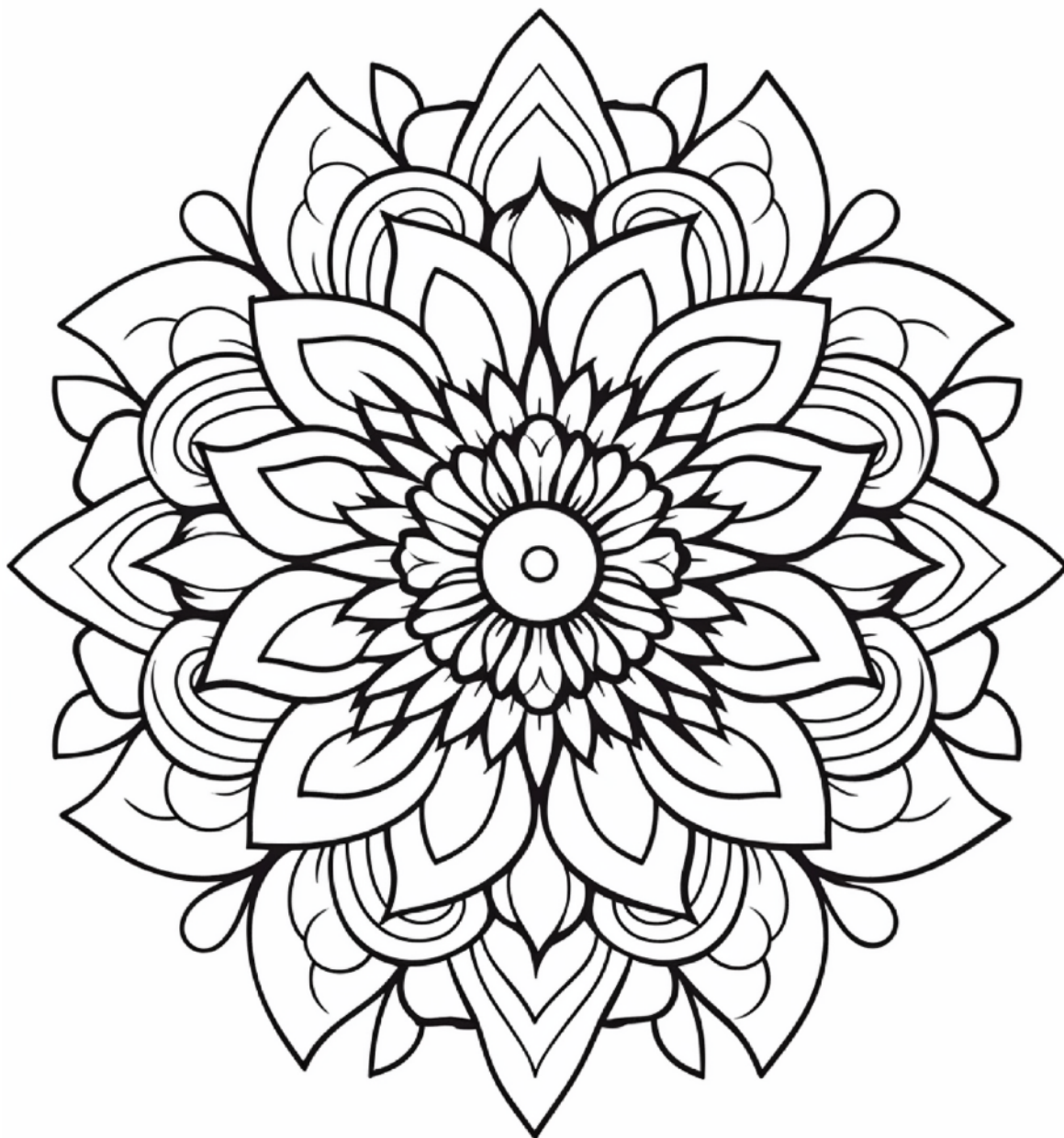
SECTION 9. The Principal Clerk shall transfer a printed copy of this resolution to a committee designated by the North Carolina Legislative Caucus on Economic Development and Foreign Trade to be hand-delivered to a representative of Japan in a ceremony in Raleigh.

SECTION 10. If the committee referenced in Section 9 of this act is unable to hand-deliver this resolution in the manner described above by March 31, 2023, the Principal Clerk shall transmit a copy of this resolution to the Embassy of Japan in Washington, D.C., and the Consulate-General of Japan in Atlanta, Georgia.

SECTION 11. The Principal Clerk shall transmit copies of this resolution to each member of North Carolina's Congressional Delegation, to the Clerk of the United States House of Representatives and the Secretary of the United States Senate, and to the President of the United States.

SECTION 12. This resolution is effective upon adoption.











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03MARCH: Happy Birthday Navy Reserve

05MARCH: Happy Birthday Seabees: USN

17MARCH: St. Patrick's Day

25MARCH: National Medal of Honor Day

29MARCH: Vietman Veteran Day

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