POST 77 NEWSLETTER



JUNE2025

D-DAY: 06JUNE

Women Veterans Day 12JUNE

> Flag DAY: 14JUNE

National PTSD Awareness Day: 27JUNE



legion77.org

Canteen Events

June 4, 11, 18, 25: Bingo June 6, 13, 20, 27: Karaoke

June 14: Shaggers

June 19: Free Veteran's Breakfast Buffet

June 28: The Brue Band 7-10pm Upstairs

HAPPY 250TH BIRTHDAY UNITED STATES ARMY!

June Bingo Promotion



Meetings

June 5: Auxiliary

June 10: Executive Board

June 12: General Membership

June 14: Republican Men's Breakfast

June 16: Marine Corps League

June 18-20: American Legion Department

NC Convention in Raleigh

June 21: SAL Cancelled for Convention June 26: American Legion Riders Ch 77

American Legion Post 77 Bingo is offering the opportunity for members to receive a free extra pack with the purchase of a starter pack after presenting membership card through the month of June.



American Legion Post 77 June Email Briefing

June 06: D-Day June 12: Women Veteran's Day June 14: Flag Day + Army's 250th Birthday

EAMERICAN

BETHEONE









HOW YOU CAN BE THE ONE

Everyone can become part of The American Legion's Be the One mission that aims to reduce the number of veterans and servicemembers lost to suicide.

Together, we can — and will — change lives and save lives.

We will achieve this goal by raising awareness that it is "OK to not be OK," elevating available resources in our communities for those who need them, conducting suicide prevention training by experts and continuing to prioritize this critical mission.

How veterans can participate

- . Talk with fellow veterans about how you are feeling.
- · Ask for help when you think you need it.
- · Remember your family and friends care.
- Take the training so you can help a fellow veteran in crisis.

How non-veterans can participate

- Ask veterans in your life how they are doing.
- · Listen when a veteran needs to talk.
- · Reach out when a veteran is struggling.
- Take the training so you can help a veteran in crisis.

BeTheOne.org

How American Legion posts can participate

- Educate members, other veterans and civilians on how to help.
- Host awareness events to promote resources in your community.
- Conduct Buddy Checks to perform wellness
- checks on local veterans.

 Share events or success stories at legiontown.org

How community partners can participate

- · Educate the public about Be the One.
- Share resources about Be the One
- Partner with American Legion posts on awareness events.
- · Celebrate the veterans in your community.



Honoring D-Day and Its Heroes

D-Day: A Turning Point in History

On June 6, 1944, the Allied forces launched Operation Overlord, the largest amphibious invasion in military history, on the beaches of Normandy, France. Known as D-Day, this pivotal event marked the beginning of the liberation of Western Europe from Nazi control during World War II. Over 156,000 American, British, Canadian, and other Allied troops stormed five beaches—Utah, Omaha, Gold, Juno, and Sword—facing intense German resistance. The bravery and sacrifice of these soldiers turned the tide of the war, paving the way for victory in Europe. By the end of August 1944, the Allies had liberated Paris, but the cost was steep: approximately 10,000 Allied casualties on DDay alone, with over 4,000 confirmed deaths.

Why D-Day Matters

D-Day symbolizes courage, unity, and the resolve to confront tyranny. The veterans who fought—and those who gave their lives—ensured freedom for generations. For members of American Legion Post 77, honoring D-Day is a call to remember the sacrifices of our comrades and to educate future generations about their legacy.

Ways to Honor D-Day Veterans

- Attend Commemorative Events
- Visit Memorials:
- Support Veterans' Organizations:
- Share Their Stories:

Works Cited

- "D-Day." The National WWII Museum, www.nationalww2museum.org/war/articles/d-day-allied-invasionnormandy-june-6-1944. Accessed 15 Apr. 2025.
- "Operation Overlord." Encyclopædia Britannica, www.britannica.com/event/D-Day. Accessed 15 Apr. 2025.
- "The National D-Day Memorial." National D-Day Memorial Foundation, www.dday.org. Accessed 15 Apr. 2025. American Legion Post 77—Duty, Honor, Remembrance



828-693-3922

Memorial Day 2025



















American Legion Post 77

C a n t e e n

Hendersonville, NC



AMERICAN LEGION POST 77 MEN 216 4th Avenue West, Hendersonville, N.C. 28739 Phone: (828) 693-3922

Served Monday - Friday 9 a.m. - 11 a.m. Saturday 8 a.m. - 11 a.m.

SANWICHES & BISCUITS Choice of Grits, Hashbrowns or

BREAKFAST PLATTERS

-2 Egg Breakfast- 2 Eggs, Potatoes or Grits, Bacon Sausage, & Biscuit or Toast	
-1 Pancake, 2 Eggs, & Bacon or Sausage	\$9.50
-2 Pancakes, 2 Eggs, & Bacon or Sausage	\$11.00
-2 Pancakes-	\$6.50
-French Toast Platter- 3 Pieces of Thick Sliced Tex French Toast, 2 Eggs, & Sausage or Bacon	
-French Toast- 3 Pieces	\$7.00
-French Toast (2), 2 Eggs & Bacon or Sausage	\$9.00
-French Toast (1), 2 Eggs & Bacon or Sausage	\$8.00
-Biscuit & Gravy- 2 Eggs & Bacon or Sausage	\$8.50
-Ribeye Steak- 2 Eggs, Choice of side & Bread	\$18.00

LEGION OMELETTES

Served with Potatoes or Grits, & Biscuit or	Toast
-Cheese Omelet	\$8.00
-Ham & Cheese	\$10.00
Western Omelet Ham, Onions, Peppers, Tomatoes & Cheese	
-Meat Omelet- Ham, Bacon, Sausage & Cheese	\$12.00
-Sausage & Cheese	\$10.00
-Veggie Omelet	\$9.50

Home Fries	VIIS UI
-Good Ol' BLT- Bacon, Lettuce, Tomato, & Mayo	\$6.00
-Egg & Cheese Sandwich- 2 Eggs with Cheese	\$5.50
-Bacon, Ham, or Sausage, Egg & Cheese	\$5.50
-Sausage or Bacon, Egg, & Cheese	\$5.50
-Egg & Cheese	\$4.50
-Sausage or Bacon	\$3.50
-2 Biscuits Smothered in Sausage Gravy	\$6.00
-1 Biscuit Smothered in Sausage Gravy	\$4.00
A La Cart	
-Home Fries or Hashbrowns	\$2.50
-Toast\$2.00, Biscuit	\$2.00
-2 Biscuits Smothered in Sausage Gravy	\$6.00
-1 Biscuit Smothered in Sausage Gravy	\$4.00
-Grits	\$2.00
-Sausage Gravy	\$2.50
-Bacon, or Sausage	\$3.50
-1 Pancake	\$4.00
-1 Slice of French Toast	\$2.50
-1 Egg any way	\$1.25
-Sliced Tomatoes	\$2.00

DRINKS

Juice...\$1.65...\$1.65...\$2.20 - Soda...\$1.50 - Can Soda....\$1.50

Sweet Tea, Unsweet Tea & ½ & ½...\$1.50 - Coffee ... Sm.....75... Lg.... \$1.50 - Hot Tea... Sm... 75 .. Lg.\$1.50

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.



AMERICAN LEGION POST 77 MEN 216 4th Avenue West, Hendersonville, N.C. 28739 Phone: (828) 693-3922

LUNCH & DINNER

Served Monday-Saturday 11:00 a.m.-5:00 p.m. Dinner Served Monday- Thursday & Saturday 5:00 p.m.-8:00 p.m. 5:00 p.m.-9:00 p.m. Lunch

Friday SANDWICHES
(Served with Choice of 1 Side)

Bread Choices:

Pork Rinds	\$7.00
House Wings (8) w/ Celery & Blue Cheese	\$15.00
Chicken Tenders Basket w/ 1 Side	\$11.00
Basket of Fries	\$8.00
Basket of Tater Tots	\$8.00
Basket of Seasoned Fries	\$8.00
Basket of Fried Mushrooms	\$9.00
Basket of Corn Nuggets	\$9.00
Basket of Onion Rings	\$9.00
Basket of Fried Okra	\$9.00
Cheese Quesadilla\$8.50Add Chicken	\$3.50
Jalapeno Poppers (6)	\$8.50

APPETIZERS

HOMEMADE SOUPS DAILY

SALADS

House Salad\$1	0.5
(Iceberg Lettuce, Tomato, Cucumbers, Shredded	
Cheddar Cheese & Red Onion)	
Chef Salad \$1	3.0
(Mixed Greens, Hard Boiled Egg, Ham, Turkey, Tomato,	

(Mixed Greens, Hard Boiled Egg, Ham, Turkey, Tomato, Cucumbers, Shredded Cheddar Cheese, Shredded Carrots, Peppers & Red

7

Bread C	noices:
White, Wheat, Rye, Sourdough	
Side Items: Fries, Seasoned Fries, Tater Tots, Fried Okra, Cur	of Soup.
Veggie of the Day, Cole Slaw, Cottage Cheese	
Patty Melt	\$12.00
(8oz. Patty on Rye Bread with Swiss, Grilled Onion)	
Legion Club	\$11.50
(Ham, Turkey, Bacon, American Cheese, Lettuce, Toma & Mayo)	
9-7	co oo
Good ol' BLT	59.00
(Bacon, Lettuce, Tomato & Mayo)	
Grilled Cheese	\$7.50
(Choice of American, Swiss, Cheddar or Provolone)	
Grilled Ham & Cheese	.\$9.50
(Choice of American, Swiss, Cheddar or Provolone)	
Grilled or Fried Chicken	.\$11.00
(Lettuce, Tomato, Red Onion, Mayo)	
Philly Cheesesteak or Chicken Cheesesteak	.\$13.50
(Grilled Onions, Peppers & Provolone Cheese	
on a Toasted Hoagie Roll)	
Tuna Salad	.\$9.50

DRINKS

Juice...Sm.....\$1.65...Lg.....\$2.20 - Soda....\$1.50 - Can Soda.....\$1.50

Sweet Tea, Unsweet Tea & 1/2 & 1/2...\$1.50 - Coffee...Sm.....75 cents...Lg....\$1.50 - Hot Tea...Sm.. 75 cents. Lg.\$1.50

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Celebrating Flag Day with Pride and Patriotism

On June 14, we proudly celebrate Flag Day, a day dedicated to honoring the Stars and Stripes, a symbol of our nation's freedom, unity, and sacrifice. For American Legion Post 77, Flag Day is not just a commemoration but a vibrant reflection of our commitment to the Americanism pillar, a cornerstone of our organization's mission. This article explores the significance of Flag Day, basic U.S. flag etiquette, the American Legion's storied history in defending the flag, and how our dedication to Americanism shines brightly on this special day.

Flag Day: A Time to Honor Old Glory

Flag Day marks the adoption of the U.S. flag by the Continental Congress on June 14, 1777. Established as a national observance by President Woodrow Wilson in 1916, it serves as a reminder of the flag's enduring role as a beacon of liberty. At Post 77, we celebrate Flag Day with ceremonies, flag retirements, and community events that foster respect for the flag and educate the public about its significance. These activities embody the American Legion's mission to promote patriotism and honor the sacrifices of those who have defended our nation.

BASIC U.S. FLAG ETIQUETTE Proper flag etiquette is a meaningful way to show respect for the flag and what it represents. The U.S. Flag Code, largely influenced by the American Legion, provides guidelines for its display and care. Here are some key points of flag etiquette: **DISPLAY TIMES**: The flag should be flown from sunrise to sunset, or 24 hours a day if properly illuminated during darkness. It should be displayed on all major holidays, including New Year's Day, Memorial Day, Independence Day, and, of course, Flag Day. **POSITION OF HONOR:** When displayed indoors, the flag should be placed to the speaker's right (the audience's left) or above and behind the speaker if flat. Outdoors, it should be flown at the position of superior orominence. HANDLING AND CARE: The flag should never touch the ground or be used as clothing, bedding, or drapery. If it becomes soiled, it may be washed or dry-cleaned, depending on the material. **RETIREMENT**: When a flag is worn or tattered, it should be retired in a dignified manner, preferably by burning. Post 77 hosts annual flag retirement ceremonies, ensuring unserviceable flags are disposed of with respect.

THE AMERICAN LEGION'S HISTORY DEFENDING THE FLAG

Since its founding in 1919, the American Legion has been a steadfast defender of the U.S. flag. In 1923, the Legion played a pivotal role in establishing the U.S. Flag Code. On Flag Day that year, representatives from 68 patriotic organizations, under the leadership of the Legion's National Americanism Commission, convened in Washington, D.C., to draft a standardized code of flag etiquette. This code was adopted as public law by Congress on June 22, 1942, and remains the foundation for flag protocol today.

The Legion's advocacy extends beyond etiquette to protecting the flag from desecration. In 1989, when the U.S. Supreme Court ruled that flag desecration was protected as free speech, the Legion strongly disagreed, asserting that such acts are conduct, not speech, and should be regulated. The organization has since led efforts to secure a constitutional amendment to prohibit flag desecration, with support from all 50 state legislatures and approximately 80% of Americans, according to polls. Although the amendment has passed the House of Representatives six times, it has narrowly missed the required two-thirds majority in the Senate. The Legion remains unwavering in its commitment to this cause, viewing the flag as a sacred symbol of national unity and sacrifice.

THE PILLAR OF AMERICANISM ON FLAG DAY

The American Legion's pillar of Americanism—dedication to patriotism, moral values, and citizenship—shines brightly on Flag Day. This pillar reflects our mission to uphold the cultural and patriotic values that define our nation, especially in the face of challenges to symbols like the flag, the Pledge of Allegiance, and religious references in public life.

On Flag Day, Post 77 brings Americanism to life through community engagement and education.

Works Cited

- "Flag Etiquette." American Legion Auxiliary, www.legion-aux.org.[](https://member.legion-aux.org/Flag-Etiquette) (http://www.legion-aux.org.[](https://member.legion-aux.org/Flag-Etiquette))
 - "United States Flag Code." Wikipedia, en.wikipedia.org.
- "Pillar 3: Americanism." The American Legion, www.legion.org.[](https://www.legion.org/information-center/news/pillars/2012/august/pillar-3-americanism) (http://www.legion.org.[](https://www.legion.org/information-center/news/pillars/2012/august/pillar-3-americanism))
- "American Flag Display FAQ." The American Legion, www.legion.org.[](https://www.legion.org/flag/faq) (http://www.legion.org.[] (https://www.legion.org/flag/faq))
- "10 common Q&As about the American flag." The American Legion, www.legion.org.[](https://www.legion.org/information-center/news/flag/2023/june/10-common-qas-about-the-american-flag) (http://www.legion.org.[](https://www.legion.org/information-center/news/flag/2023/june/10-common-qas-about-the-american-flag))
- "Frequently Asked Questions." The American Legion, www.legion.org.[](https://www.legion.org/advocacy/flag-advocacy/frequently-asked-questions) (http://www.legion.org.[](https://www.legion.org/advocacy/flag-advocacy/frequently-asked-questions))

Recognizing National PTSD Awareness Day and Supporting the "Be the One" Mission

On June 27, we observe National PTSD Awareness Day, a vital opportunity to raise awareness about post-traumatic stress disorder (PTSD) and its impact on veterans and service members. At American Legion Post 77, we are committed to supporting our comrades by promoting mental health resources and advancing The American Legion's "Be the One" initiative to eliminate veteran suicides. Together, we can break the stigma surrounding PTSD and save lives through connection and action.

The Reality of PTSD

PTSD is a mental health condition triggered by traumatic experiences, such as combat, military sexual trauma, or other high-stress events common in military service. Symptoms, including flashbacks, avoidance, heightened anxiety, and negative changes in mood, can persist for years, deeply affecting veterans' lives. The National Center for PTSD notes that veterans are at higher risk for PTSD than civilians, and the U.S. Department of Veterans Affairs reports that approximately 16.8 veterans die by suicide daily, often linked to untreated mental health challenges like PTSD. At Post 77, we believe one loss is too many, and National PTSD Awareness Day reminds us to act.

The "Be the One" Initiative: Saving Lives

Launched in April 2022, The American Legion's "Be the One" program is a nationwide effort to reduce veteran suicides by destigmatizing mental health care, fostering peer support, and empowering communities to intervene. The initiative calls on everyone—veterans, families, and civilians—to "be the one" to recognize signs of crisis, listen without judgment, and connect veterans to resources like the Veterans Crisis Line (Dial 988, then press 1).

At Post 77, we're proud to champion this mission. To We are distributing "Be the One" materials at our canteen, including brochures, wallet cards with the Veterans Crisis Line number, and bracelets inscribed with betheone.org. These resources, updated in 2024 and expanding in 2025, are designed to spark conversations about suicide prevention and provide immediate access to help. Stop by the canteen to pick up these materials and share them with fellow veterans and community members.

How Post 77 Members Can "Be the One"

Every member of Post 77 can make a difference in the fight against veteran suicide. Here's how you can get involved:

- TAKE THE TRAINING: Enroll in free suicide prevention training through The American Legion's partnership with Columbia University's Lighthouse Project at legion.org/betheone. Over 11,000 Legion Family members have completed this training since February 2024, learning the Columbia Suicide Severity Rating Scale to identify and respond to at-risk individuals. Our goal is 100,000 trained by the end of 2025.
- **CONDUCT BUDDY CHECKS**: Reach out to veterans regularly to ask, "Are you OK?" A simple call or visit can provide hope, as seen in stories like a Vietnam veteran at Post 182 in Indiana who found renewed purpose after a Buddy Check.
- **SHARE RESOURCES**: Promote the Veterans Crisis Line and betheone.org in your networks. Share your "Be the One" experiences at legiontown.org to inspire others.
- ADVOCATE FOR CHANGE: Support American Legion resolutions, like Resolution No. 14 for improved VA mental health access and Resolution No. 16 for increased PTSD research, to address systemic barriers.

A CALL TO ACTION

National PTSD Awareness Day is a reminder that mental health matters, and seeking help is a sign of strength. At Post 77, we're dedicated to fostering a community where veterans feel valued and supported. By embracing the "Be the One" mission, we can ensure no veteran faces their struggles alone. Visit the canteen to grab "Be the One" materials, start a conversation, and take the first step toward saving a life.

Together, we can make a difference—one veteran, one connection, one life at a time.

Works Cited

- "About Be The One." The American Legion, www.legion.org/betheone/about.
- \bullet "Be The One." The American Legion, www.legion.org/betheone.
- "Resolved: Fighting for the lives of veterans." The American Legion, www.legion.org/magazine/258351/resolved-fightinglives-veterans.
- "Alabama post empowers others to save lives." The American Legion, www.legion.org/magazine/257972/alabama-postempowers-others-save-lives.



- "American Legion Posts Host 'Be the One' Seminar to Teach Signs of Mental Health Issues." nned.net, www.nned.net/ american-legion-posts-host-be-the-one-seminar-to-teach-signsof-mental-health-issues/.
- "Veteran Suicide Data and Reporting." U.S. Department of Veterans Affairs, www.mentalhealth.va.gov/suicide_prevention/data.asp.
- "PTSD Support & Resources for Veterans." Wounded Warrior Project, www.woundedwarriorproject.org/programs/mentalwellness/ptsd-veterans-support.
- "Be the One training tackles how to help those in suicidal crisis." The American Legion, www.legion.org/magazine/256559/be-onetraining-tackles-how-help-those-suicidal-crisis.
- "100,000 suicide prevention goal." The American Legion, www.legion.org/magazine/258849/100000-suicide-preventiongoal



How to promote Be the One

RESOURCES

A regularly updated resources page for Be the One materials is available for posts, members and others. Visit **betheone.org/resources**

Among the available resources and promotional items:

- How-to videos about hosting an event, identifying an at-risk veteran and many more.
- Sample press release and media advisory.
- Physical displays such as pop-up banners, table covers and more.
- · Social media graphics for promoting an event.

Free 90-minute suicide prevention training

The American Legion has joined forces with Columbia University to conduct training for those who want to learn more about interacting and responding with veterans who may be in crisis.

The free training takes less time than it does to watch a movie or sporting event — and it has proven to save the lives of veterans with suicidal ideation.

Learn more, review options for upcoming training dates and times, and sign up for a session:

legion.org/betheone/training

Crisis line

Veterans experiencing a crisis can call **988** and press **1** for mental health assistance. Counselors are available 24/7. They may also text **838255** or visit the VA crisis line website veteranscrisisline.net





Follow Post 77 Canteen on Facebook

New Page!

American Legion Post 77 Hendersonville North Carolina

*Post 77 Social Media accounts are for entertainment



HONOR GUARD AMERICAN LEGION POST 77

JOIN THE TEAM TODAY!

For Honor Guard Services Call: 828-693-3922

At least 2 day notice is requested

American Legion Post 77 Hendersonville, North Carolina

June 2025



Dear Legion Family,

As I reflect on my time as Commander of American Legion Post 77 over the past 12 months, I am filled with both solemn pride and unwavering gratitude for our shared resilience and accomplishments. This year has tested us in profound ways, yet our Post, with over 100 years of service to veterans and our community, has risen to meet every challenge with courage, unity, and dedication.

The devastation wrought by Hurricane Helene left deep scars across our region, destroying homes, businesses, and livelihoods. Many of our neighbors faced unimaginable loss. Yet, in the face of this tragedy, Post 77 stepped up. Our members and volunteers worked tirelessly to provide disaster relief supplies to the community, ensuring that those in need received critical support. This effort exemplified our commitment to service beyond our walls.

We have also endured personal losses within our Legion Family. Sickness and the passing of cherished members have weighed heavily on our hearts. Their absence is felt deeply, but their legacy of service inspires us to carry on. Additionally, like all Americans, we've navigated economic challenges that have strained budgets and tested resolve. Despite these hardships, Post 77 has remained a steadfast pillar for our veterans and community.

Amid these trials, I am proud to share our remarkable achievements. We met our membership goals, welcoming new members who strengthen our mission. We provided emergency relief grants to veterans in crisis, offered vital support to programs at the Charles George VA Medical Center, and saw robust attendance at Department and National Conventions, where our voice and presence were felt.

These accomplishments reflect the unwavering commitment of our Post to the principles of the American Legion.

A special thanks goes to our incredible volunteers and staff who keep our Canteen thriving as a welcoming hub for fellowship and support. Your dedication ensures that Post 77 remains a beacon of camaraderie. And to our Honor Guard Team, I offer a heartfelt shoutout. Your professionalism and reverence in honoring our fallen heroes embody the very best of our values. Thank you for your service.

As we look to the future, let us continue to stand together, honoring our past, supporting our veterans, and serving our community. I am deeply honored to serve as your Commander and am grateful for every member of this Legion Family. Together, we will face any challenge and continue to make a difference.

For God and Country,

Terry Banks

Commander, American Legion Post 77 Hendersonville, NC

LEGION 77 Bingo: Every Wednesday

\$2500 in total giveaways



HONORING COURAGE AND SERVICE: CELEBRATING WOMEN VETERANS

On <u>June 12th each year</u>, we come together to celebrate Women Veterans Day, a special occasion dedicated to recognizing the invaluable contributions of women who have served in the United States Armed Forces. This day marks the anniversary of the Women's Armed Services Integration Act, signed into law by President Harry S. Truman on June 12, 1948, which granted women the right to serve as permanent, regular members of the Army, Navy, Marine Corps, and Air Force. As we commemorate the 77th anniversary in 2025, we reflect on the courage, resilience, and trailblazing spirit of the nearly two million women veterans across the nation.

A Legacy of Service

Women have played vital roles in America's military history since the Revolutionary War, serving as nurses, spies, and even disguised soldiers. During the Civil War, over 400 women fought in the Union and Confederate armies, often concealing their identities to serve. By World War I, approximately 35,000 women served as nurses and support staff, including the "Hello Girls," who operated critical telephone lines. The 1948 Act was a pivotal moment, formally acknowledging women's essential contributions and opening doors for careers in the military. Today, women serve in every military occupational specialty, from combat pilots to intelligence analysts, making up about 10% of the veteran population.

Connect with a care coordinator



Kimberly W. McDowell RN, BSN, CAPA, CPAN

Women Veterans Program Manager VA Asheville health care

Phone: 828-298-7911, ext. 15208

Email: kimberly.mcdowell1@va.gov

Why Women Veterans Day Matters

Women Veterans Day, also known as Women Veterans Recognition Day or Appreciation Day, is not a separate Veterans Day but a tribute to the historic legislation that transformed opportunities for women in the military. It's a day to honor the unique challenges women veterans have faced, from breaking barriers in male-dominated fields to advocating for equitable healthcare and benefits. This day also serves as a call to action. The VA's Center for Women Veterans and Women Veterans Health Care program work tirelessly to ensure women veterans receive the care and recognition they deserve. Events like the annual celebration at the Military Women's Memorial in Arlington, Virginia, bring together veterans, service members, and supporters for music, recognition, and community, fostering a space to share stories and celebrate achievements.

Join the Celebration

Communities across the country mark Women Veterans Day with ceremonies, proclamations, and events. States like California, Michigan, New Jersey, and Texas have officially recognized June 12th through legislation, while others, like Virginia and North Carolina, issue gubernatorial proclamations. You can participate by:

- Attending Local Events: Join celebrations at venues like the Military Women's Memorial or local VA centers.
- **Sharing Stories:** Post tributes or photos of women veterans on social media with #WomenVeteransDay to amplify their voices.
- **Supporting Advocacy:** Learn about resources through the VA's Women Veterans Program Managers or connect with organizations like the Women Veterans Alliance.
- **Educating Others:** Share the history of women's military service to inspire future generations.

A Commitment to Equity

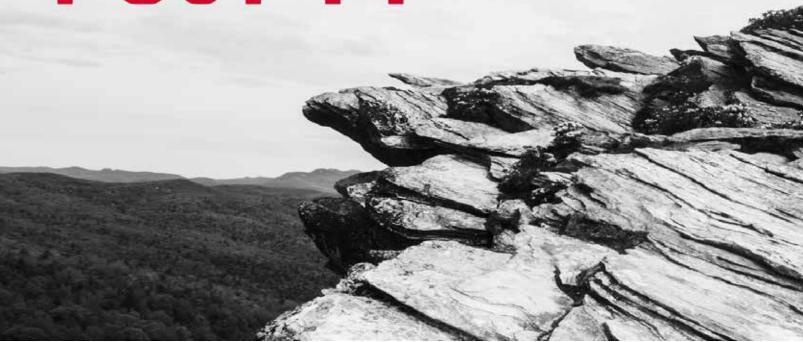
This Women Veterans Day, let's salute the women who have served with honor and continue to shape our nation's future. Their stories of bravery and dedication remind us that a veteran is a veteran, regardless of gender, and their legacy strengthens us all.

Works Cited

- "National Women Veterans Recognition Day Celebration." Military Women's Memorial, 11 June 2024, womensmemorial.org.
- "The Origin of Women Veterans Day." VA News, 12 June 2021, news.va.gov.
- "Women Veterans Day." Wikipedia, 13 June 2020, en.wikipedia.org.
- "Women Veterans Day." Texas Veterans Commission, 9 Apr. 2025, tvc.texas.gov.

- \bullet "Women Veterans Recognition Day." VA News, 12 June 2023, news.va.gov.
- "Women Veterans." Michigan.gov, www.michigan.gov.[](https://www.michigan.gov/mvaa/underserved-veterans/womenveterans) (http://www.michigan.gov.[](https://www.michigan.gov/mvaa/underserved-veterans/women-veterans))
- "Governor Proclaims Women Veterans Day 2024." NC Governor, 6 June 2024, governor.nc.gov.
- "It's Time to Federally Recognize Women Veterans Appreciation Day." Congresswoman Mikie Sherrill, 13 June 2023, sherrill.house.gov.

HUBERT M SMITH EMAMERICAN LEGION POST 77



LEGION
POST 77 BINGO

\$2500

HENDERSONVILLE WEDNEDSAYS

DOORS OPEN 5PM











Greg's Photography Picks







The Legion Bulletin

MAY 2025

Hours - 8:00 AM - 4:00 PM Monday - Friday 919-832-7506 (Phone)

Email - adjutant@nclegion.org Website - www.nclegion.org PO Box 26657 Raleigh, NC 27611 919-832-6428 (Fax)

2025 Department Convention

The 2025 Department Convention will be held June 18-21 at the North Raleigh Hilton Hotel, Raleigh, NC. Reservations can be made by calling, 1-800-445-8667 or online: https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=RDUNHHF&groupCode=AMLEG&arrivaldate=2025-06-18&departuredate=2025-06-22&cid=OM The code is AMLEG. Reminder to change your arrival and departure date at the top of the page. Parking is complimentary. Be sure to get a parking pass for your car. Room rates are \$115 plus tax, single or double. The cut-off for rooms at this rate is May 19, 2025.

Convention Delegate Certification

The Department Constitution requires that all Post Officers, Delegates, and Alternates to the Department Convention shall be elected annually at a Post meeting held not more than 45 days prior to the Department Convention and that all Post Officers, Post Delegates and Alternates to the Department Convention shall be certified to the Department Headquarters not more than 30 days nor less than 10 days prior to the Department Convention, certification to be made on forms furnished or prescribed by the Department. Delegates and Alternates to the Department Convention must be certified to the Department Headquarters not less than 10 days prior to the Department Convention regardless of whether their registration fee is paid in advance or not. In order to vote, every Post in the Department must comply with this requirement and be sure to certify their Department Convention Delegates and Alternates.

This form must be completed and received at department headquarters no later than June 10, 2025.

The Department Judge Advocate has ruled that in order for a delegate or alternate to vote at the convention, the person's name must be on the original Certification form

submitted to department headquarters, and no changes may be made after June 10, 2025. Also, you may only list as many alternates as you are authorized delegates.



Convention Banquet

There will be a Convention Banquet on Friday evening, June 20, 2025. Tickets are available \$50.00. Menu to follow later in May. Our Convention VIP Guest will be National Vice Commander Joe Lysaght.

Post Officers for 2025-2026

It is extremely important to take the time to fill out the Post Information Form and return it to Department Headquarters. This is how we update our mailing list for monthly mailings, emails, as well as our Post Officers Roster. Pay close attention to your phone numbers, being sure to include your area code. Please provide your email address in legible handwriting. This form also has a section for notifying the Department where the monthly mailing is to be sent, or new this year, on the back, where we can email the mailing. Also remember, the Monthly Mailing is also posted on our Legion website at www.nclegion.org.

Student Trooper Program

Incide This Issue

The Student Trooper Program will be held at the North Carolina Highway Patrol Training Center in Raleigh the week of <u>June 22-27, 2025</u>. Forty (40) students who have just successfully completed their junior or senior year can be accommodated at the facility, so be sure to get applications in early. The fee is \$200.00. Applications may be obtained by calling Department Headquarters. Deadline for this program is June 10, 2025 or until filled.

шыс	THIS ISSUE
1	Convention Delegate Certification, Legion and SAL
2	Tentative Convention Schedule
3	District/Division Meeting Schedule
4	Convention Call 2025
5	LIT Benefits Information
6	Post Information Form
7	Award Forms are available online or by calling headquarters
8	Legion College Registration Form
9	National Convention Registration Form

2

Boys' State Program

Check to see that all applications are completed with the correct information and that a completed medical form is attached. Only students just completing their Jr year will be permitted to attend the program. The fee for 2025 is \$500. The SAMSUNG application is completed on the national website. Once submitted, the delegate needs to print out and bring to Catawba College. They will turn it in at registration. Please do not mail with the applications.

Post Everlasting

It is customary to honor the memory of our departed comrades each year at this time by listing the names of all Legionnaires who have passed away during the FY2025 year in the Convention Memorial Service Program. We will hopefully be able to access a listing from MyLegion. In the meantime, please check to be sure you have marked as deceased post members who have passed away since July 1, 2024.

Legion College

This year's Legion College will be held at the Hilton Raleigh North Hills. The dates are July 11-12, 2025. Room rates are \$115.00 per night plus tax. There will be a dinner and entertainment event on Friday evening. Ticket price to be \$50. Registration form is enclosed in this mailing. A schedule of classes will be available at a later date. For reservations, call 919-872-2323. Be sure to mention you are with the American Legion.

Final District Meetings

Please see enclosed District Meeting Schedule for the date and time of your District's final meeting. It is very important to have a Post representative attend. Election of District Commander and National Convention Delegates will take place at this meeting. All District Commanders and District Vice Commanders must have a copy of their DD-214 on file at Department Headquarters before being installed.

Membership Awards Deadlines

May 17, 2025
New Recruiter of the Year
Department Recruiter of the Year
May 17, 2025
Commander's Coin Award
May 17, 2025
Silver and Gold Brigade
National Recruiter of the Year
All forms and manual available on www.nclegion.org or contact lmiller@nclegion.org, 919-832-7506 ext. 104.

The Legion Bulletin

Legionnaire Insurance Trust

For information about a full range of Insurance products, call 1-800-235-6943. These include Medicare supplement, Long Term Care, Hospital Income Plan, Cancer Care, Dental Plan, Accident Protection, Travel Accident, Auto and Homeowners, and much more. Be sure that all of your post members have signed up for the Free \$5,000.00 accidental death benefit through LIT. Extra forms are available to you at Department Headquarters. Please don't buy any insurance until you have received a quote from LIT. Thanks!

There is a new Emergency Assistance Plus plan now being offered by LIT. It provides you with 24/7 emergency medical and travel assistance services should something happen to you or your family while traveling away from home. Something to consider for those who love to travel!

Convention Awards

The following awards are some of the awards that will be selected at the convention:

- Legionnaire of the Year
- Community Service Award
- Service to God and Country
- Children and Youth Narrative
- Children and Youth Service Award
- Patriotic School Award
- There are other awards based on the Consolidated Post Reports, so be sure to submit your CPR before Tune 1

If you would like an application for any of the awards above, please call Department Headquarters and we will get one to you, or access on our website at www.nclegion.org.

National Convention Tampa

The National Convention will be held in Tampa this year, August 22-28, 2025. Our hotel will be the Hilton Tampa Downtown. Room rates will be \$129.00 per night plus tax, (13.5%) for a total of \$146.42 per night. The registration form is included with this mailing.



We now accept credit cards.

To pay with credit card, check the back side of our registration forms

Department Convention Banquet

Friday evening, June 20, 2025

Dinner and Entertainment

Tickets - \$50.00

AMERICAN LEGION BOYS NATION

Be a part of the most respected and selective educational programs of government instruction for U.S. high school students.

"A WEEK THAT SHAPES A LIFETIME"

Founded in 1935, American Legion Boys State and Boys Nation are a highly respected, hands-on programs where high school juniors learn about local, state, and federal government by running mock governments and participating in civic activities.

Two participants from each Boys State are chosen to attend Boys Nation in Washington, D.C., where they take part in a weeklong deep dive into federal government by acting as U.S. senators. Boys Nation includes mock legislative sessions, political party conventions, and visits to national landmarks, and many alumni have gone on to hold public office or work in politics.

HOW TO PARTICIPATE

Boys State and Boys Nation are designed for students who show leadership, character, academic excellence, and a commitment to their school and community. High school students who haven't attended the program before are eligible to apply for Boys State, and must participate in Boys State to be eligible for Boys Nation. Selection is based on merit and may vary slightly from state to state.

All programs follow federal disability guidelines, and most require a consent form signed by a parent or guardian and a licensed physician.

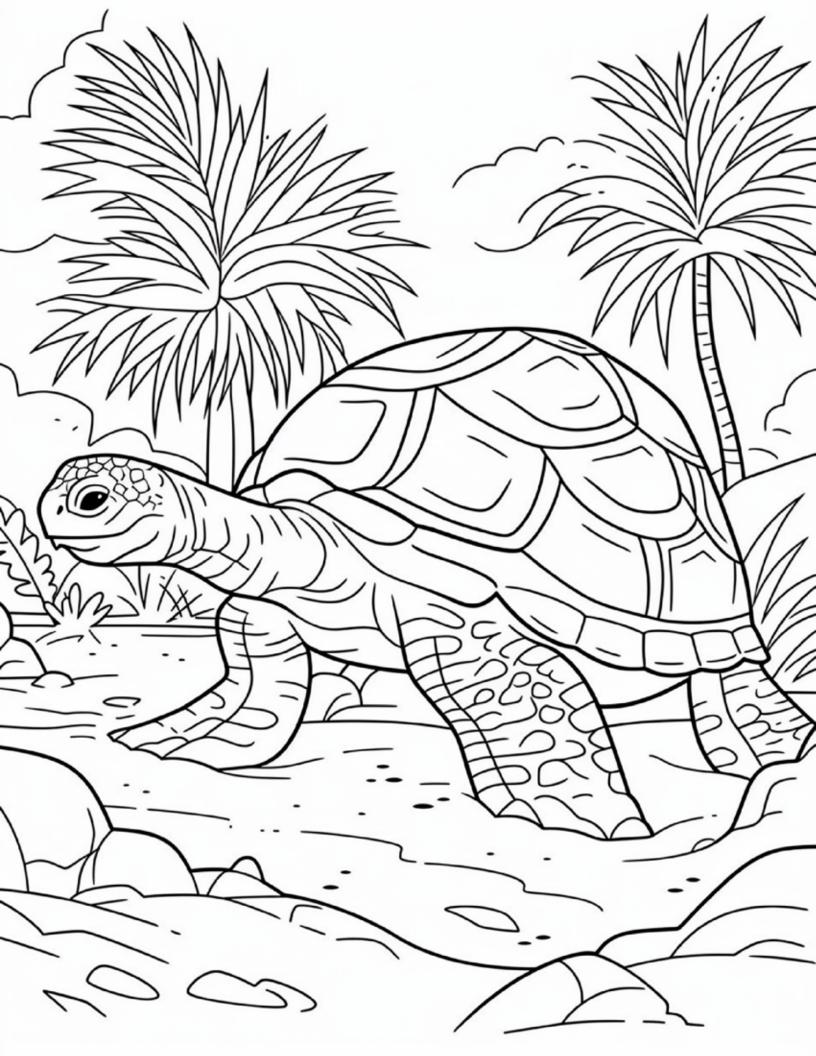
In most cases, schools recommend students to their local American Legion post, which then interviews and selects the delegates who will attend.

CONTACT YOUR STATE TO LEARN MORE



PROMINENT ALUMNI

"A week that shapes a lifetime" are the simple, yet powerful, words that illustrate the significant value of The American Legion Boys State and Boys Nation programs. For the past 78 years, these six words have positively affected the lives of more than a million high school boys, including famous alumni Tom Brokaw, Bill Clinton, Neil Armstrong, Michael Jordan and many more.







Credits:

Co-Editor: Ash Co-Editor: Andrew Photography: Greg Contributor: Bob Bar Manager: Amanda

x.com (Grok 3)
Google (Gemini)
vavs+ (content licenses)
Adobe (Generative ai)

Contact Public Relations Committee:

Post77PublicRelations@gmail.com

General inquiry:

info@legion77.org

Canteen Bar Manager:

alfvbarmanager@gmail.com





828-693-3922

Canteen

Hendersonville, NC

LEGION

Open Daily!

*Subject to change without notice

American Legion

Hurbert M Smith American Legion Post 77 Hendersonville, NC