



The Howler

Cary American Legion Post 67, (November 2023)



COMMANDER'S CORNER

Welcome to the November 2023 edition of The Howler.

November is National Gratitude Month. Many studies have shown gratitude helps alleviate stress and improve healing. Thanksgiving is a day in this month of gratitude. In addition, Veterans Day is observed on November 11. President Woodrow Wilson established Armistice Day on November 11, 1919, a year after the end of World War I to honor the soldiers who fought and died in the "war to end all wars". In 1926 Congress adopted a resolution requesting that President Coolidge issue annual proclamations on November 11, making Armistice Day a legal holiday. After World War II, veteran Raymond Weeks got an idea to expand the holiday to celebrate all veterans, rather than just those who died in World War I. As you know, Veterans Day honors all veterans while Memorial Day pays tribute to those who lost their lives in the service of their country. I am thankful for you and your service to this country. The Town of Cary is having a ceremony to honor veterans of all wars and conflicts at Veterans Freedom Park. The ceremony starts at 11:00am. The ceremony will feature remarks from Cary

Town Council members, special guest speakers from local veteran organizations, and patriotic music from the Old North State Band.

Our General Meeting will be on November 14 at the Post Home. We will be getting turkey breasts from City Barbbque. We are asking people to bring a side or dessert, if they can. If not, the dinner will cost \$8.00. The dinner will start at 6:00pm and the meeting will start at 7:00pm. We will have a speaker from the Triangle USO at our meeting.

We are holding our annual Food Drive on November 15 at the Food Lion at 2428 SW Cary Pkwy in Cary. Please volunteer if you have time. We plan to be there from 8:30am to about 3:30pm. A flyer is attached.

The Christmas Party is planned for December 9th at 4:00pm. Please mark your calendars. Of course, we will need help in setting up the Post Home for this event. More to come.

Thank you for letting me be your Commander!

Dennis



Adjutants Call for November 2023

Post 67 membership has slowed down at this point. The NC Department of the American Legion is holding at 64.79%. This is as of the 8th of November 2023. Division 3 is currently 62.11%, District 11 is 62.88%, and our Post 67 is 65.52%. We have achieved all the goals set by the Department to date.

There are currently 92 post members that have not renewed their membership yet. Please don't forget, you can do this online or send your check to Cary American Legion Post 67, PO Box 67, Cary, North Carolina 27512-0067.

I know many of you heard that the Veterans Parade in Downtown Raleigh was canceled by the City of Raleigh just days before the event. As President of the Wake County Council of Veterans Organizations we had to make a quick decision and respond quickly as we only had three (3) days. We decided to cancel the parade side of the event and still proceed with the ceremony.

This was held on the 4th of November at the Old NC State Capital Building. We had a great time, and the crowd was fantastic. I would like to thank all the members of Post 67 who attended the event.

Operation Green light begins on November 6th and runs through the 12th. So light up your house, place of business to bring awareness to our veterans and their struggles.

Richard Spyrison, Adjutant



CHAPLAIN'S CORNER

Psalm 103 recounts some of the benefits the Lord has bestowed upon us. As a refresher, go back and read this Psalm again and then count your many blessings to remind you of all the reasons we have to feel blessed this Thanksgiving season and every day.

King David reminds the people of God and himself always to remember to praise the Lord with wholehearted concentration for His love, goodness, compassion, forgiveness, and salvation.

So give God thanks for the loving grace in our life from Him. For truly God gives us so many blessings each and every single day.

Count your blessings, name them one by one

Count your blessings, see what God hath done

Count your blessings, name them one by one

And it will surprise you what the Lord has done.

God bless you and Happy Thanksgiving,

Chaplain Marie

1st VICE COMMANDER'S CORNER

Please bring soda can tabs to the General Meetings.

The Joel Fund hosts a veteran's coffee connection on the fourth Wednesday of every month at 8:30a. You can participate in person or virtually. You can learn more or register at

<https://www.thejoelfund.org/north-carolina-veterans-coffee/>.

Please put a spot on your calendar for 9a to 3p on 15 November for the Food Drive. It will be held at the Food Lion located at 2458 SW Cary Parkway. We cannot hold this food drive without volunteers. We need at least two trucks for transporting donations to Dorcas. Please reach out to me directly at 919-319-9062 or mleazer32@gmail.com if you can volunteer.

Thank you,

First Vice Commander,

M. Wayne Leazer

AMERICANISM

The Cary High Air Rifle team of four has been registered in the Legion 2024 Postal Round 1 national competition. The team and other members of the Air Rifle Squad of Navy cadets train weekly at our post facility. We submitted the final report for the NRA Foundation merchandise grant that was provided at our behest to the Cary High NJROTC on June 30, 2023.

Announcements for the 2024 Legion Oratorical Contest have been announced to various High Schools in our area. The Third

Vice Commander (Curtis Leary) has also been involved in publicizing this important youth program.

Second Vice Commander,

David Christiansen



AUXILIARY WORKSHOP

Feeling thankful

What better time to express my appreciation to all the members of our workshop. I'm so thankful to each of you who give your time, energy, and supplies each week to make cards for our veterans.

In case you don't know, our group meets every Wednesday from 10 AM to 2PM and we make 720 cards every quarter. We just sent out our Fall cards and we are now working on our Christmas cards. Our cards go to Asheville VA Medical Center, Durham VA Medical Center, Fayetteville VA Medical Center, Kinston NC State Veterans Nursing Home, Salisbury VA Medical Center, and the Veterans Life Center of NC.

Our group stays very busy, but we all enjoy our time together.

Please feel free to join us as we continue to remember our veterans throughout the year.

Jo Spyrison

Selma Railroad Festival Parade

On October 7th Post 67 members Bruce and Jill Dale participated in a military vehicles convoy during the Selma NC Railroad Festival Parade. Other participants in the military convoy consisted of members from the US Veterans Corps and Military Vehicles USA organizations.

Following the parade, the Legion members manned veterans displays and information table targeted at festival attendees.



TOWN of Cary

VETERANS LUNCHEON

Many Post 67 Legionnaires were at the Town of Cary's Veterans Luncheon on November 3rd at Prestonwood Country Club. Post 67 members presented the Service Flags as well as the American Flag. Post 67 member and Council member Jack Smith was the emcee for the event.

The event was great, and we owe the Town of Cary a great THANK YOU!



WAKE COUNTY COUNCIL OF VETERANS ORGANIZATIONS VETERANS DAY CEREMONY

The Wake County Council of Veterans Organizations (WCCVO) held their annual Veterans Day Ceremony at the Old State Capital Building. Our Post 67 Adjutant is the President of the WCCVO and was in charge of leading the event with other member of the Council.



INFORMATION FOR NEW POST MEMBERS

To all new Post 67 members, thank you for joining. We encourage you to purchase Legion hats and shirts from Emblem Sales so when we are at Legion meetings or taking part in a community activity, you will be in uniform. For Color Guard, Rifle Detail, funerals, and other more formal activities, the uniform will be your Legion hat, gray pants, white shirt, and blue jacket with tie, black shoes, and socks. At other times the Legion hat, a polo or golf type shirt with the Legion emblem is usually worn by most Legionnaires. This may be called Business Casual dress. **Emblem Sales:** <https://www.legion.org/promos/230360/sh-op-online> If you need help, contact a PEC member.

POST 67 MEETINGS

We hold the monthly meeting the second Tuesday of each month starting at 7:00 pm at the Post. Usually, we have dinner at 6:00 pm before the monthly meeting.

The Post Executive Committee (PEC) meets on the first Tuesday of each month at 6:30 pm at the Post Home. We encourage members to come and speak of any concerns or recommendations concerning Post business at that time.

We may need to hold Post meetings using virtual meet from time to time, due to the viruses and guidelines, so be on the lookout for announcements via email. If you need assistance in setting up your computer

or tablet for Zoom meetings, please contact a PEC member.

POST 67 HOME INFORMATION

8523 Chapel Hill Rd., Cary, NC 27513

Post Home Phone: 919-481-4811

Post Home Web & Facebook Page:

<https://www.alncpost67.org> Facebook Page:

<https://www.facebook.com/alncpost67.org>

HISTORY WITH JOSH QUACKENBUSH

The history of World War II 80 years ago will resume in January and cover the Battles of Monte Cassino and Anzio. I had the privilege and honor of interviewing dozens of veterans who participated in these campaigns including Bill Simpson pictured below.



Being that open enrollment for Medicare is from October 15th to December 7th it is fitting to go over the history of this

important system that brings medical care to the elderly and disabled.

“Medicare” in the United States originally began as a program for the families of those serving in the military. It was part of the Dependents’ Medical Care Act that was passed into law by President Dwight Eisenhower in 1956. The roots of Medicare however go back further. Before signing the Social Security Act in 1935, Franklin D Roosevelt had considered trying to include in it a plan for universal health care. FDR dropped the idea when he realized how difficult it would be to pass through Congress.

In 1945 Truman tried to carry out FDR’s goal stating, “Our new Economic Bill of Rights should mean health security for all... in the United States. We should resolve now that the health of this Nation is a national concern; that financial barriers in the way of attaining health shall be removed; that the health of all its citizens deserves the help of all the Nation.” Truman’s plan was that all Americans would pay a certain amount in fees and taxes each month to cover the new healthcare program’s costs. It was quickly shot down as people feared increased taxes. Some people even feared the program would be a “Communist” act, giving too much control to the federal government.

From 1900 to 1950 the aged population in the United States had grown from 3 million to 12 million. Advances in medicine raised the cost of hospital care several times to that of the annual cost of living. The debate intensified in 1960 when it

became clear that private insurers were becoming increasingly incapable of providing affordable health care coverage.

On July 30, 1965, President Lyndon B. Johnson signed Medicare, the health insurance program for elderly Americans, into law. It was an amendment to FDR’s Social Security Act of 1935. Former President Truman showed up to the bill-signing ceremony and was enrolled as Medicare’s first beneficiary.

The most significant change to Medicare since the program began was in 2003 with passage of a new federal law called the Medicare Modernization Act. This law passed by George Bush led to the formation of two privatized programs called Medicare Advantage and Part D Prescription Drug plans. With Medicare Advantage an enrollee could choose different plans with different insurance companies on a year to year basis. Although these plans could limit care to certain HMO or PPO networks, no restrictions could be placed on emergency care. The Medicare Modernization Act prohibited the federal government from negotiating discounts with drug companies.

Under the Inflation Reduction Act passed on August 16, 2022 Medicare is now allowed to negotiate drug prices with pharmaceutical companies. There is a big battle taking place right now over this. The good news is that those taking extremely expensive medications in 2024 will notice a reduction in their cost as they will now pay 0% for medications after they enter the catastrophic phase. 2025 is when prices for

medications are really going to dramatically improve for those on expensive prescriptions. At this time both a Medicare Advantage with medication coverage or a separate Part D Prescription Drug plan will be capped at \$2,000 annually.

Veterans receiving full VA benefits and military retirees on Tricare for Life may want to consider a Medicare Advantage plan that provides benefits like dental, hearing, free gym memberships, and Part B Medicare rebates. These include Humana's Honor (PPO), Wellcare's Patriot (PPO), Aetna's Eagle (PPO), Blue Cross Blue Shield's Freedom (PPO), Cigna's Courage (HMO), and United Healthcare's Patriot (HMO POS). The Annual Enrollment Period (AEP) for Medicare runs from October 15th through December 7th. During this time Medicare beneficiaries can make changes to their current coverage.

If you do not receive full VA benefits or are not on Tricare for Life I also help people with Medicare Supplements and separate Part D Prescription Drug plans. Understanding these plans and how they will benefit you is well worth your time. Feel free to contact me at (919) 446-1884. There are no fees for my services.

I am contracted with United Healthcare, Blue Cross Blue Shield, Allstate, Aetna, Cigna, Mutual of Omaha, Physicians Mutual, First Medicare Direct, Wellcare, Alignment, and Humana and can sell their Medicare Supplement, Medicare Advantage, or Prescription Drug plans.

Specifically for Medicare Advantage and Prescription Drug Plans

I do not offer every plan available in your area. Currently, for plan year 2024, I represent 8 organizations which offer 87 products in your area. Please contact www.medicare.gov or 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

FOOD DRIVE

There are two flyers for the Food Drive. The first flyer provides the details of the Drive and the second flyer provides items that DORCAS Ministries needs this year.

Food Drive for the Dorcas Food Pantry

During the Holidays the demand for food has more than doubled!!

Where: Food Lion Parking Lot at Parkway Point Center, 2458 SW Cary Parkway (Old Apex Rd and Cary Parkway)

When: Wednesday, November 15, 2023

Time: 9:00 AM to 3:30 PM

Sponsored by: Cary American Legion Post 67, another Cary Community program supporting those in need. Help us help your neighbors and military families in need by donating food to the Dorcas Food Pantry. Just drop off at our truck in the Food Lion parking lot and we will Deliver to Dorcas.

Thanks to Food Lion for supporting this event.

Contact Cary American Legion Post 67 at 919-481-4811 if you have questions.



 **AMERICAN
LEGION**

Post 67, Cary NC



2023 Fall Food Drive

Join Dorcas Ministries by donating the following items so together we can help nourish families throughout the fall season!



- | | |
|-------------------------|-----------------------|
| Instant Potatoes | Peanut Butter / Jelly |
| Applesauce | Hot and Cold Cereal |
| Canned Beef Stew | Cooking Oil |
| Canned Fruit | Sugar |
| Canned Chicken / Tuna | Flour / Masa |
| Diapers (Sizes 4, 5, 6) | Paper Products |



Now until November 30th



www.dorcasnc.org
193 High House Road, Cary, NC 27511

Wreaths Across America Commemoration

Sponsored by National Society Daughters of the American Revolution – Yates Mill Chapter



The Yates Mill Chapter of the Daughters of the American Revolution will commemorate the annual Wreaths Across America event at noon, on Saturday, Dec. 16, at Hillcrest Cemetery in Cary. There will be a ceremony honoring service members buried in the Hillcrest Cemetery and the First Christian Church Cemetery of Cary. The Hillcrest Cemetery contains graves of veterans starting from the 1700's. The Cary First Christian Church Cemetery was nearly lost and has recently been restored. Attendance is free and all are welcome to help place the wreaths on the graves of all veterans in both historic cemeteries.

In addition, anyone is welcome to sponsor a wreath for \$17 each. When purchased through the Yates Mill Chapter sponsor page, our chapter earns \$5 for each wreath. We use this money to support military active duty and/or veteran causes. Use the URL or scan the QR code to purchase a wreath directly through our organization. <https://www.wreathscrossamerica.org/pages/20568/Overview/?relatedId=0>



The chapter referred to in the above paragraph is the Yates Mill Chapter of the DAR.

CARY AMERICAN LEGION POST 67 OFFICERS 2023-2024

POSITION	NAME	PHONE#	EMAIL
Commander	Dennis Tackett	703-340-9941	commander.alncpost67@gmail.com
Adjutant	Richard Spyrison	919-441-8295	adjutant.alncpost67@gmail.com
1 st Vice Commander	Wayne Leazer	919-319-9062	mleazer32@gmail.com
2 nd Vice Commander	David Christiansen	919-650-3848	dchristi7@gmail.com
3 rd Vice Commander	Curtis Leary	919-270-2136	gssi36@earthlink.net
Finance Officer	Elizabeth Russell	919-302-2518	finance.alncpost67@gmail.com
Service Officer	Lee Wood	843-301-9663	LWoodhhi@aol.com
Chaplain	Marie Faulkner	919-851-9838	calebfaulkner@bellsouth.net
Judge Advocate	John Ferdinando	919-469-5214	anna81mill@yahoo.com
Sgt-At-Arms	Bruce Dale	919-602-7393	advracin@hotmail.com
Historian	Dennis Tackett	703-340-9941	historian.alncpost67@gmail.com
At-Large	Joe Veilleux	919-454-3348	joeveilleux@gmail.com
At-Large			



Dinner Before General Meeting

Turkey Breast from City BBQ,

Potluck Sides & Dessert

\$8.00/person unless you bring a side/dessert

**Please let us know you are coming for dinner
by 6:00pm Sunday, if you don't RSVP and
come for dinner you will eat last and may miss
out on turkey breast.**

November 14, 2023, 6:00PM

**Heather Rossi, Center Manager, USO NC
Triangle will be speaking.**

**Josh Quackenbush will provide an update on
Medicare.**

POST 67
CHRISTMAS PARTY

Saturday

DECEMBER 9, 2023

POST HOME

4:00PM

MORE INFO TO COME

- WHITE ELEPHANT GIFT EXCHANGE
- DINNER
- DESSERT
- FUN
- COMMRADRENSHIP



Wake County Veterans Services

Need help navigating the complex world of veteran's services?

Wake County's Veterans Service Division can assist eligible veterans, dependents and/or surviving spouses, children of deceased veterans, members of the Reserve, National Guard, and active-duty service members in two major ways:

- ✓ Veteran homelessness, prevention and housing support
- ✓ Assistance applying for benefits and services from the Department of Military & Veterans Affairs (NC DMVA) and the Department of Veterans Affairs (VA).

Our Veteran Service Officers (VSOs) are highly trained and accredited. VSOs can assist with:

- Disability and compensation benefits
- VA healthcare enrollment
- Survivor and dependent benefits
- VA home loans
- DMV tags
- Employment
- Housing
- Legal assistance
- Discharge upgrades
- DD-214/military records request
- And more!



Wake County Veterans Service Division

4401 Bland Road
Raleigh, NC 27609



919-212-8356



wake.gov/veterans



Walk-ins welcome but appointments are strongly encouraged.

Are you experiencing a housing crisis?

Contact the Raleigh/Wake Partnership Access Hub to get connected to services such as emergency shelter, street outreach and financial assistance programs to prevent homelessness.



919-443-0096



AH@partnershipwake.org



Any additional questions related to veteran housing services can contact 919-856-5250.

Important Dates

Nov 11, Veterans Day

Nov 14, 6:00pm Dinner, 7:00pm General Meeting

Nov 15, 8:30am-3:30pm Food Drive at Food Lion (see flyers)

Nov 23, Thanksgiving Day

Dec 5, 6:30pm PEC meeting

Dec 9, 4:00pm Post Christmas Party (see flyer)

Dec 17, Wreaths Across America (see flyer)

Dec 25, Christmas Day

Purpose and Mission of The American Legion

As the nation's largest wartime veterans service organization, the American Legion is devoted to mutual helpfulness, and is committed to:

- mentoring youth and sponsorship of wholesome programs in our communities,**
 - advocating patriotism and honor,**
 - promoting strong national security,**
- continued devotion to our fellow service members and veterans.**

Mission

"To enhance the well-being of America's veterans, their families, our military, and our communities by our devotion to mutual helpfulness."

Vision

Veterans Strengthening America