



# The Howler

Cary American Legion Post 67, (Mar. 2023)



## Commander's Corner:

Welcome to the March 2023 edition of The Howler. March brings National Women's History Month, St. Patrick's Day, the first day of Spring and many other events. One event that will occur this month is the Veterans Benefit Live. Details are presented on the flyers attached to this edition. For volunteer sign up you can use the QR Code on the flyer.

Our Oratorical contestant, Arjun Kamineni, came in second place in the Department Oratorical Contest and will receive a Scholarship of \$1,500 from the Department. Arjun is a very nice young man. He and his mother will join us for dinner on March 14.

March is Women's History Month. We honor the contributions of women serving in the military and all women that have served in the military. Please take the time to thank every woman veteran you know. A good synopsis of the history of women in the U.S. military can be found at:

<https://www.uso.org/stories/3005-over-200-years-of-service-the-history-of-women-in-the-us-military>

The General Meeting will be on the 14<sup>th</sup> of March at the Post Home. A Potluck Chili and Soup Dinner will precede the meeting. The dinner will start at 6:00pm and the meeting will start at 7:00pm. Please join us for fellowship with your fellow Legionnaires.

Legionnaire Wayne Leazer presented Nick Hall, the store manager of Food Lion at 2458 SW Cary Parkway, a Certificate and picture thanking him for allowing and supporting our food drive. We were able to provide DORCAS with \$648 cash and three and one-half truckloads of food because of the efforts of Wayne, Nick and all of the volunteers, Food Lion employees and those that donated. Pictures will follow.

Thank you for letting me be your Commander!

Dennis

## Adjutants Call

**March 2023**

I just wanted to remind everyone if you have not renewed your membership for 2023 time is running out, you don't want to have a lapse in your membership. The 2024 membership campaign will start this fall. Our dues are still and most likely will remain at \$45.00 for the year. We are currently at 81%.

The VBL is around the corner, volunteers are needed please see the attached sign-up flyer with the QR Code to sign up. Also please let your veteran friends know about this event. Flyer is also attached.

For the volunteers remember that on Saturday the 18th from 10 am to 12 noon we will have short training session about the VBL and what to expect and how it all works. Our committee has been working hard for several months putting this together.

The Durham VA Health Center will be doing toxic screening for the PACT Act during the event. And If you have never registered with the VA you will be able to do this and get an ID card on the spot.

Any questions please contact me at: [adjutant.alncpost67@gmail.com](mailto:adjutant.alncpost67@gmail.com)

Richard Spyrison

Post Adjutant



## CHAPLAIN'S MESSAGE

**The Power of Your Hands**

What if someone were to film a documentary on your hands? What if a producer were to tell your story based on the life of your hands? What would we see? As with all of us, the film would begin with an infant's fist, then a close-up of a tiny hand wrapped around mommy's finger. Then what? Holding on to a chair as you learned to walk?

Were you to show this documentary to your friends, you would be proud of certain moments: your hands extending with a gift, placing a ring on another's finger, doctoring a wound, preparing a meal, etc. And then there are other scenes....Hands taking more often than giving, demanding instead of offering.

Oh, the power of our hands. Leave them unmanaged and they become weapons clawing for power and strangling for survival. But manage them and our hands become instruments of grace - not just tools in the hands of God, but God's very Hands.

Let us strive for a united front at Post 67. God bless you and this is Grace for the Moment.

Chaplain Marie



## AMERICANISM

From the 2<sup>nd</sup> Vice Commander, David Christiansen:

Arjun Kamineni our Post 67 contestant was awarded a \$1500 scholarship for placing 2nd in the 2023 North Carolina Oratorical State Contest. We are very proud of Arjun, and his accomplishments, and we are pleased that he is considering representing our post in Boys State.

Although our Cary High School air rifle team did not accomplish its goal of competing further in the National Air Rifle competition, one marksman will be competing at the state level this weekend in Hickory, NC.

The post has been supportive of both of these Legion educational programs.



Arjun, with Division Commander Bo Durham after the Department Oratorical Contest



Post 67 Oratorical Contestant Arjun Kamineni with 2<sup>nd</sup> Vice Commander David Christiansen

## VETERANS AFFAIRS & REHABILITATION

From the Post Service Officer, Gene Meyle:

Please see the February Veterans Benefits Newsletter at this link:

<https://content.govdelivery.com/accounts/USVAVBA/bulletins/3487e04>

This month the main article is about scammers targeting Veterans and their VA benefits through misleading commercials, emails, texts, cold calls, or online ads. Some may even pose as someone from VA or an organization providing discounts on fees for services.

#VetResources is a weekly newsletter for Veterans, their Families, Caregivers, and Survivors.

<https://content.govdelivery.com/accounts/USVA/bulletins/34c0154>

## PUBLIC RELATIONS

From the 3<sup>rd</sup> Vice Commander, Curtis Leary:

### Upcoming Chamber of Commerce events:

The Chamber's Business Expo is March 22 at Prestonwood CC.

Business After Hours will be at The Reserve at Mills Farm on March 23<sup>rd</sup>. Enjoy some appetizers and beverages while networking with other professionals from around the area. Free but should register for this event on the Chamber's web page.

The Reverse Car Raffle and Silent Auction is on April 12<sup>th</sup>. A raffle ticket for the car is \$125. The Silent Auction items will be on-line this year.

April 26<sup>th</sup> is the Eye Opener Breakfast at the Prestonwood Country Club. You must register and the cost for members is \$20. Joy Ennis, General Manager, Cary Downtown Park will be the speaker.

**Boys State:** We currently have two boys that will be interviewed for Boys State.

## NATIONAL "BE THE ONE" CAMPAIGN

The American Legion is activating a national platform to reduce the rate of

veteran suicide. The Be the One campaign will:

- Destigmatize asking for mental health support, creating opportunity for those with mental health issues to speak freely and get the support they need.
- Provide peer-to-peer support and resources in local communities.
- Deploy FDA-approved therapeutics for veterans to identify issues and find resources for support.

The American Legion encourages you to Be the One to:

- Ask veterans in your life how they are doing.
- Listen when a veteran needs to talk.
- Reach out when a veteran is struggling

For more information, please visit <https://www.legion.org/betheone/about>

## 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/shop-online>

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 5:30 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 Zoom 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>

## Picture of Food Lion Presentation



PEC Member Wayne Leazer presenting Mr. Nick Hall a picture of Post 67's Food Drive

## For your information:

### Avoid PACT ACT Fraud, Scams

The PACT ACT has led to predatory companies filling the airways with offers to help veterans making claims.

Veterans should never have to pay someone to receive their earned benefits. It is recommended that veterans use and accredited veterans service organization (VSO) when dealing with the VA. VSO provide VA disability compensation claim and appeal services free of charge.

## CARY AMERICAN LEGION POST 67 OFFICERS 2022-2023

POSITION	NAME	PHONE#	EMAIL
Commander	Dennis Tackett	703-340-9941	<a href="mailto:commander.alncpost67@gmail.com">commander.alncpost67@gmail.com</a>
Adjutant	Richard Spyrison	919-441-8295	<a href="mailto:adjutant.alncpost67@gmail.com">adjutant.alncpost67@gmail.com</a>
1 <sup>st</sup> Vice Commander			
2 <sup>nd</sup> Vice Commander	David Christiansen	919-650-3848	<a href="mailto:dchristi7@gmail.com">dchristi7@gmail.com</a>
3 <sup>rd</sup> Vice Commander	Curtis Leary	919-270-2136	<a href="mailto:gssi36@earthlink.new">gssi36@earthlink.new</a>
Finance Officer	Elizabeth Russell	919-302-2518	<a href="mailto:finance.alncpost67@gmail.com">finance.alncpost67@gmail.com</a>
Service Officer	Eugene Meyle	417-234-7608	<a href="mailto:gmeyle29@gmail.com">gmeyle29@gmail.com</a>
Chaplain	Marie Faulkner	919-851-9838	<a href="mailto:calebfaulkner@bellsouth.net">calebfaulkner@bellsouth.net</a>
Sgt-At-Arms	Ray Martin	919-630-7052	<a href="mailto:remldm02@gmail.com">remldm02@gmail.com</a>
Historian	Dennis Tackett	703-340-9941	<a href="mailto:historian.alncpost67@gmail.com">historian.alncpost67@gmail.com</a>
At-Large	Adelfo Campos	540-246-7151	<a href="mailto:c.adelfo0893@gmail.com">c.adelfo0893@gmail.com</a>
At-Large	Wayne Leazer	919-319-9062	<a href="mailto:mleazer32@gmail.com">mleazer32@gmail.com</a>
Judge Advocate	John Ferdinando	919-469-5214	<a href="mailto:anna81mill@yahoo.com">anna81mill@yahoo.com</a>





# VETERANS BENEFITS LIVE VA IN MY TOWN CARY, NC

**YOU CANNOT AFFORD TO MISS THIS EVENT**  
Should any of the following apply :

- You would like to file a new claim with the VA.
- You have questions about VA appeals or benefits to which you may be entitled.
- You have questions about VA healthcare.

Veterans and dependents will be assisted by a combined team including Veterans' Benefits and Health Administrators, Vet Center, and Veterans' Service Officers.

They will assist with the following:  
Face-to-face explanation and assistance facilitating and expediting existing claims and appeals, filing new claims, and accepting all claims-related evidence for processing and providing information regarding benefit related VA programs. Updated information on the PACT Act will be available.

**Who:** All veterans and family members of veterans

**Where:** Herbert Young Community Center, 101 Wilkinson Avenue, Cary, North Carolina 27513

**When:** 23th, 24th, 25th of March 2023.  
Hours on Thursday and Friday from 9 am to 3pm, and Saturday 9 am to 2 pm.

Please bring with you the proper documentation about your case: DD 214, all medical records about your disability both military and civilian, and dependency documents if new or not already provided to the VA.

Wait times may be long, please be patient.  
Coffee, water, and snacks provided free of charge.

For more information contact Richard Spyrison at [CaryVEAC@gmail.com](mailto:CaryVEAC@gmail.com)



**I WANT YOU**  
TO VOLUNTEER FOR THE

**Veterans Benefits Live**

**Va Benefits Live in Cary NC**  
**March 23rd, 24th, and 25th**

**VOLUNTEER**

Scan the QR code to the Sign up



Or click on the link below  
<https://bit.ly/3YCFq10>

For questions contact  
[Caryveac@gmail.com](mailto:Caryveac@gmail.com)





**March 14, 2023, 6:00PM**

**Dinner &**

**General Meeting**

## Important Dates

**Mar 14, 6:00pm Chili & Soup Potluck Dinner 7:00pm General Meeting**

**Mar 18, 10:00am VBL Training Session**

**Mar 23-25 Cary VBL**

**Apr 4, 6:30pm PEC Meeting**

**Apr 11, 6:00pm Dinner, 7:00pm General Meeting**

## **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**

