



The Howler

Cary American Legion Post 67, (July, 2022)



Commander's Corner:

This will be my last Commander's Corner for the Howler as the new Commander will be installed on July 12th at the July General Meeting.

I do want to thank everyone who supported us over the last three years. It's been a difficult time for us during the pandemic and trying to keep the post together and informed. We went many months without doing anything during the lockdown, then started to have meetings on Zoom. We tried to return to post meetings only to be set back with different variants of the virus. I hope that we the PEC made an impact on the future of our Post. We gained a few new members and lost a lot of our good friends and veterans over the last 3 years. I feel we have laid a good foundation for the incoming board to work from and continue to grow the membership and the post involvement in our community. Our Veterans programs suffered during the pandemic but are bouncing back. Our work with the County and State Veterans Councils have produced some good work and this will continue.

I will be giving the new board and Commander elect Dennis Tackett all my support and will fulfill my new duties as Post Adjutant as best I can.

Now on to some fun that is coming up. On August 27th Saturday and the 28th Sunday Cary's Lazy Daze Arts and Crafts Festival is back. This is our biggest fund-raising project of the year. We will need volunteers to assist Sat from 0900 hours to 1800 hours (6 pm). Sunday from 12:30 pm to 5 pm. All we need is a little bit of your time. We provide parking for festival attendees for \$10.00 a car. We are using our lot at the post and the old church lot across the street. If you can give us a half a day or all day or both days your time is appreciated. More to come on this subject but mark the dates on your calendar.

I am going to close by saying thank you for your support over the last 3 years and please give the new Commander the same support you have given me.

Richard Spyrison
Commander



Post Chaplain:

Through All Life's Changing Seasons

In the springtime of our youth, we take for granted the sunny, happy moments of our days. Then summer comes, with its love and warmth and laughter, and life seems one extended song of praise.

But those rainbow seasons cannot last forever and one day we realize we're growing old; the springtime of our years has finally faded, and the summer sun has turned to autumn's gold.

We seem to feel life slipping through our fingers and we clutch each moment tightly til it's gone, wishing we could somehow stop time's passing and make this present joy shine on and on.

Let us be thankful that our lives were planned and fashioned by a God of no beginning and no end. A God to whom a lifetime is a brief touch, no more than one soft whisper on the wind.

For this God, Lord of all life's changing seasons, Lord of everything that's been and what will be, has promised us - when winter is finally over - an endless spring in His eternity.

Enjoy each day, make the best of relationships, cherish your loved ones, and always honor your commitments. God bless America.

God bless you,

Chaplain Marie

If you know a Veteran who is in crisis, call the [Veterans Crisis Line](#) at 1-800-273-8255 and press 1.

Resolution:

The 2nd Vice Commander, David Christian-sen, has requested that the Resolution on the following be page be included in the "Howler" for the membership's consideration. If the PEC approves this Resolution and the membership approves this Resolution at the August General meeting, it will be signed by the Adjutant and the Commander and forwarded to the Department for approval. By way of background, this resolution was prompted by a request by the previous Department Commander at the recent convention. The Resolution concerns the transfer of the Junior ROTC Program to the Americanism Department of the American Legion. Please review.

Rifle Cleaning:

The rifles have been used several times and are due for a cleaning. The Sergeant-at-Arms will be scheduling a rifle cleaning day and let you know. Volunteers are welcome to help clean our rifles.

Post 67 Website QR Code:



**THE AMERICAN LEGION
DEPARTMENT OF NORTH CAROLINA**

Post Resolution No. _____
Date Approved _____

Department Resolution No. _____
Date Received _____
(Dept. Use Only)

A Resolution Concerning the Transfer of the Junior ROTC Program between National Headquarters Departments

Preamble: Whereas the Junior ROTC Program is designed to develop leadership skills, maturity, self-discipline and character; Whereas this program instills in youth a sense of civic duty and patriotism; Whereas the program provides opportunities for youth to develop skills useful to academia and other professions including the service academies and the active duty military; Whereas the development of these youth skills are inherently the objectives of the Americanism Department of the American Legion National Headquarters; Now therefore, be it resolved that management of the Junior ROTC Program be transferred from the National Security Department to the Americanism Department.

Whereas the Junior ROTC Program mirrors the mentoring objectives of youth programs that are administered by the Americanism Department at National Headquarters;

Whereas the Junior ROTC Program can be enhanced by the obvious potential of the STEM and Junior Shooting Sports Programs managed by the Americanism Division;

Whereas the organizational oversight of the Americanism Department may encourage more parents, and school boards to accept a Junior ROTC Program;

Whereas the Junior ROTC Program is dwarfed and ill-fitted within the National Security Department by that Department's overarching strategic responsibilities and its pressing concern for supporting the active military;

Now, therefore, be it resolved by Post 67, The American Legion, Department of North Carolina, in regular assembly in the Post Building in Cary, North Carolina on August 9, 2022, that the American Legion transfer management of the Junior ROTC Program from the Headquarters, National Security Department to the Headquarters, Americanism Department.

The above resolution was approved by American Legion Post _____, Department of North Carolina at a meeting held at _____, NC on the _____ day of _____, 20_____.

ATTEST BY POST ADJUTANT

SIGNED BY POST COMMANDER



July 12, 2022 6:15pm

Dinner &

General Meeting

Please Come & Have Fun

With Your Fellow Legionnaires

Veteran Celebrates his 100th Birthday

Post 67 had the privilege to present a Certificate of Honor to a 100 year old WWII Army veteran on June 13th at 1:30 PM.

We presented a Certificate, a specially made Army clock and a Legion Challenge coin.

The veteran's name is TSgt. Quincy Watson who served in the Army from 1942 to 1946.



Post 67 member Curtis Leary presents Tsgt. Quincy Watson the Certificate and specially made Army clock.



Army clock made by Curtis Leary for Tsgt. Watson

(Photos by Barry Biagini)

Post 67 member Bruce Dale had the honor of attending the Carthage NC American Legion Post 12 for their 100th Anniversary event on Saturday June 18th. As part of the celebration they set up a complete WWII encampment including jeeps, period weapons and equipment used by WWII paratroopers.

The day was spent mingling with many fellow legion members celebrating their rich history! Photos with Legion Post 12 Commander Phil Vandercook and a fellow paratrooper of the 82nd Airborne, 505th PIR Veteran (1971-74.). What a great day!



Community Events:

submitted by Curtis Leary, Post 67 Public Relations Officer

July Chamber Events:

The Chamber is not having an Eye Opener Breakfast this month.

Also the Chamber is not having a Business After Hours as of this date. That may change.

Several Ribbon Cuttings this July and Curtis hopes to attend them all.

August Chamber Events:

August 1. The Chamber is having an Education Golf Tournament at MacGregor Downs Country Club if interested. \$200 for individual or \$650 for a foursome.

Business After Hours to be at The Pendleton of Cary on August 25 from 5 to 7 PM. It is appreciated if you register on the Chamber's web page under Calendar. This is a no cost event.

Located at [215 Brightmore Dr. Cary, NC 27518](#)

Community Food Drive for Dorcas Ministries 315 E. Chatham Street, St. 100

HELP US RESTOCK THE PANTRY!! Food pantries are in critical need of non-perishable supplies and our office is hosting a community FOOD DRIVE, July 1 - July 29. Please drop off (10) non-perishable items anytime during our normal business hours and you will be entered into a drawing for our July giveaway basket, which includes a host of items for your next picnic and a \$150 WEGMANS gift card. **(Note: Post 67 is not part of this Community event but you are welcome to help out).**

The VA Health and Benefits mobile app

The VA is making it easier to take charge of your [benefits](#) and [health care](#) with its new Health and Benefits mobile application.

Download [VA Health and Benefits](#) with the click of a button and get access to the resources you need – wherever you are and whenever you want them.

The VA Health and Benefits mobile app is a smarter, more convenient way to manage your VA health and benefits information. You can enable face or finger ID to skip the login, view and cancel health care appointments, view claims and appeals status, upload documentation, message your doctor, locate facilities, and access the [Veterans Crisis Line](#) – right from your phone. The app also makes it easy to prove your status as a Veteran so you can take advantage of available retailer discounts.

New features expected in the coming year will allow you to:

- Refill prescriptions;
- Request appointments;
- Manage debt.

Learn more about the service already discovered by many Veterans. VA Health and Benefits is available via the [Apple App Store](#) or [Google Play Store](#). Download today! See a picture of the VA Health and Benefits mobile app on page 7.

Post 67 Officers & Phone Numbers:

Richard Spyrison, Post Cmdr.: 919-441-8295
Wayne Leazer, 1st Vice Cmdr.: 919-319-9062
David Christiansen, 2nd Vice Cmdr.:919-650-3848
Ray Martin, Post Adjutant: 919-481-4811
Shelton Faircloth, Financial Officer: 919-539-1421
Tim Kenny, Athletic Officer: 919-481-4811—X7
Marie Faulkner, Post Chaplain: 919-851-9838
Eugene Meyle, Post Service Officer: 417-234-7608
Dennis Tackett, Post Historian:703-340-9941.
Curtis Leary, Public Relations: 919-270-2136

Post 67 Home Address:

8523 Chapel Hill Rd., Cary, NC 27513
Post Home Phone: 919-481-4811
Post Home Web Page: <https://www.alncpost67.org>
Facebook Page:
<https://www.facebook.com/alncpost67.org>
Cary Post 67 Legion Baseball:
<https://www.carypost67baseball.com/>

Post 67 Meeting date and time:

Second Tuesday of each month starting 7:00 PM at the Post Home with dinner starting around 6:00 PM. The Post Executive Committee (PEC) meets on the first Tuesday of each month at 6:30 PM at the Post Home. Members are invited to come and speak of any concerns or recommendations concerning Legion business at that time. Post meetings may be held using Zoom from time to time due to the virus 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.

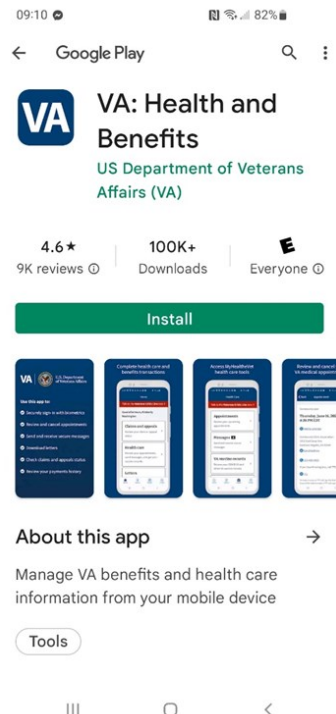
Editor: Dennis Tackett
Articles should be sent to Dennis no later than the Thursday morning following our PEC meeting on the 1st Tuesday of the month.
dennistackettpost67@gmail.com

New Post 67 Members: To all new Post 67 members, thank you for joining. You are encouraged 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 worn by most Legionnaires. This may be called Business Casual dress. **Emblem Sales** can be reached at <https://www.legion.org/promos/230360/shop-online> Need help, contact a PEC member.

Please keep **Behavioral and Mental Wellness** in your mind – please reach out to your fellow military members, veterans, and family. Even those who appear to be strong on the outside can be struggling on the inside.

Share or reach out if you or others need help: **Veterans Crisis Line, (800) 273-8255, then select 1. Or text 838255. Hearing loss TTY: (800)799-4889.**

VA Health and Benefits Mobile App



4 Ways to Improve Fall Safety

From JOHNS HOPKINS MEDICINE

Submitted by Chaplain Marie

Every year, nearly one in three adults age 65 and older fall, according to the Centers for Disease Control. Your risk of falling increases as you age. Although many falls don't cause serious injury, falls remain the cause of nearly all hip fractures and the most common cause of traumatic brain injuries. Still, almost half of the adults who fall don't tell their doctor or family, fearing a loss of independence or a potential move to an assisted living facility.

While falls are a real danger for older adults, they aren't an inevitable part of aging. Simple precautions can reduce your fall risk long before an injury happens. In fact, careful adaptation can allow you to stay in your home and in control of your life even after a fall.

1. Stay active

Staying active is the simplest way to reduce fall risk. "Anyone aging from midlife on should keep up regular activity to maintain core muscle and leg strength as they transition into early old age and beyond," says Hopkins ElderPlus Medical Director [Matthew McNabney, M.D.](#) It's important to stay mobile and avoid a sedentary lifestyle, according to McNabney. Instead of engaging in strenuous exercise, choose "activities that are pleasurable" such as walking or [yoga](#).

2. Watch for warning signs

Falls rarely happen without warning. Often, people will start showing signs of instability, balance or frailty, says Dr. McNabney. However, your primary care provider may not focus on balance issues and fall risk. If you have questions or concerns, be sure to ask your doctor. Recognizing these warning signs can reduce the risk of falls and the hospitalizations that may accompany them:

- **Unsteadiness walking.** Unsteadiness over uneven surfaces—even the difference between a rug and a hardwood floor—can present a fall risk. After a safety evaluation, your primary care provider may recommend physical therapy or a mobility aid such as a cane or walker.
- **Vision problems.** Worsening eyesight makes it harder to see obstacles and maintain balance. An eye exam can help you identify any vision problems.
- **Medication side effects.** The medications you take may have side effects that could compromise your stability and balance. For example, blood pressure medicine, diuretics and antihistamines may cause lightheadedness or dizziness. You should do a careful review of your medications—both prescription and nonprescription—with your primary care provider.

3. Remove risks at home

The key to living at home is to “acknowledge and adapt to limitations instead of suppressing them,” says Dr. McNabney. Rather than improving their surroundings, many older adults “become fearful and decrease their personal space” even before a fall. This reduction in activity increases the risk of falling further and has psychological risks. A physical therapist can help identify any unique risks in your home to provide both peace of mind and greater physical safety. The following are the most common risk areas in the home:

- **The bathroom.** The bathroom is uniquely risky since it requires moving between many varied positions. Toilets and bathtubs are often not arranged well for people with mobility issues. Shower or bath chairs and hand bars are common adaptations.
- **Uneven floors and stairs.** Thresholds, rugs, thick carpets and floor clutter can be dangerous for adults with balance issues or reduced step height. Once you’re aware of these areas, the removal of rugs, floor clutter and other uneven surfaces will reduce your fall risk.
- **The kitchen.** Working in the kitchen often requires many changes in position, including bending down, turning and pivoting. Rearranging kitchen items can help minimize risk.
- **Low light.** The ability to see in low light decreases with age. Adding brighter light bulbs or more lights to the home can reduce fall risk.
- **Stairs.** Stairs should be used as long as it remains safe to do so. Adding a hand rail increases security and confidence.

4. Report a fall

Reporting a fall is essential. “Being as open as possible about your fall is vital to your long-term safety,” says Dr. McNabney. “Since many people think that falling is an indicator of decline, they may try to keep it quiet so they won’t have to leave their home.” However, covering up your fall means that there’s no opportunity for your doctor to understand the circumstances surrounding the fall. This increases the chance of another, potentially more serious fall in the future. Your physician will help you take the steps necessary to continue to live your life as fully as possible.

Vets To Vets United 5K9 Dog Jog!!
Invite friends and family to participate to Honor our Veterans!

We pair veterans with disabilities with rescued dogs for an enhanced quality of life.



Why we are so passionate about Veterans and rescue service dogs:

- * Approximately 20 Veterans commit suicide every day.*
- * PTSD is associated with higher suicide rates in Veteran and Active Duty service members.*
- * Increased # of Veteran and Active Duty suicides due to pandemic.*
- * Evidence shows service dogs are associated with lower PTSD symptoms among Veterans including suicidal thoughts and attempts.*
- * 1.5 million animals in the US are euthanized annually at shelters.*
- * NC ranks 3rd in the US for animal shelter euthanasia.*

Registration is now open. Virtual race option also available!



[Register on-line here!](#)

SPONSORSHIP PACKAGES AND VENDOR SIGN UP ARE AVAILABLE NOW!!. **CLICK THE LINK ABOVE TO LEARN MORE**

Sunday, September 25

Check-in begins at 9:00AM

Race Time: 10:00AM

Run, jog, or walk with, or without your dog!

There will be dog activities, and plenty of local vendors!

Join us at the WakeMed Soccer Park 5K Course:

Soccer Park Dr, Cary, NC 27511

Important Dates

July 12, 6:15pm Dinner, 7:00pm Post 67 General Meeting & Installation of Officers

August 2, 6:30pm Post 67 PEC Meeting

August 9, 6:15pm Dinner, 7:00pm Post 67 General Meeting

September 6, 6:30pm Post 67 PEC Meeting

September 10, 4:30pm First Responder's Dinner, Post 67 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