



The Howler

Cary American Legion Post 67 (November 2022)



Commander's Corner:

Happy November fellow Legionnaires! I hope life is treating you well. November is a month of Thanksgiving and reflection on how we show our thanks to our family, friends and strangers. All of you, by being members of the American Legion Cary Post 67, are helping other veterans and the Cary community. The American Legion is the largest wartime veterans service organization, committed to mentoring youth and sponsorship of programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow servicemembers and veterans.

Veterans Day, November 11, was originally known as Armistice Day and is a holiday for honoring military veterans of the United

States Armed Forces. This day celebrates YOU and your contribution to the freedom and security we have in the United States of America. Be proud of your contribution! Thank you so much from a fellow veteran and Legionnaire.

As I write this, Post 67 members have already attended the Town of Cary Veterans Luncheon and participated in the Veterans Day Parade in Cary. Cary Post 67 member and veteran Jack Smith was the MC for the luncheon. Cary Post 67 members presented the Colors and the service flags for the luncheon. (Pictures to follow)

Our Adjutant and Past Commander, Richard Spyrison was co-MC and helped organize the parade as part of his job as President of the Wake County Council of Veteran Organizations, Inc. and Cary Post 67. Post 67 Chaplain Marie Faulkner delivered the opening and closing prayer for the event. The Sons of the American Legion Commander, Jared Martin played Taps for the Veterans Day Parade Ceremony. (Pictures to follow)

The calendar for November is busy. The two events I discussed above have already taken place, of course. On the 8th of November we will have our Post Potluck Dinner and General Meeting. The Post Potluck Dinner will

start at 6:00pm and the meeting will start at 7:00pm. You do not have to come to the dinner to come to the meeting. This meeting will feature a speaker. Douglas Johnson II the Wake County Veterans' Service Administrator will be joining us for dinner and he will be presenting information on how VA Compensation benefits are established, information on VA Healthcare, and information on recent legislation that affect us Veterans. There also will be time for Questions and Answers. I am planning to give Doug as much time as he needs to present and to answer your questions.

Please use the link below to sign up for the Potluck Dinner. Bring your favorite dish and be ready to exchange recipes! **All you need to do is fill the sheet in and we will see your response.**

<https://docs.google.com/spreadsheets/d/1L2U9KeqUc63uwX2ZALfQ6aliTLqKYA4xxfR01bx3dOQ/edit?usp=sharing>

Veterans Day is November 11. Join us at Veterans Freedom Park for a ceremony honoring veterans of all wars and conflicts. 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. We will also be dedicating a new Blue Star Memorial Garden at Veterans Freedom Park. Marjorie K. Eastman is the speaker. Marjorie enlisted after the terrorist attacks on 9/11. Her ten years of post-9/11 military service include two combat deployments, one in support of Operation Iraqi Freedom, the other in support of Operation Enduring Freedom in Afghanistan.

Also on Veterans Day, many of the local restaurants are giving free meals to veterans.

Here is a link that lists many places that are offering free meals, discounts and offers to veterans on Veterans Day.

[Veterans Day 2022 free meals, discounts and offers - VA News](#)

We are planning to have a Food Drive at the Food Lion at 2420 SW Cary Parkway, Cary 27513 on 16 November. Details to come. We need non-perishable food donations and volunteers to help at the event. Please support! The food will go to the DORCAS Ministries Food Pantry.

The Post Christmas Party will be held on December 3rd at 3:00pm. We are planning on having the event catered and we will have a White Elephant gift exchange. We are limiting the cost of the gift up to \$20.00. You definitely can spend less and gag gifts are always fun.

On the morning of December 3rd we will be packing food boxes at DORCAS to take to the needy. Volunteers are needed with packing as well as delivery. Please let me know if you can support.

Please support Operation **Green** Light!

I have written a lot this month, but there is one more thing I must add. If you haven't voted yet, please VOTE on or before Tuesday November 8th.

Thank you for letting me serve as your Commander.

Dennis Tackett

Commander



Adjutant's Call

November 2022

I would like to remind everyone if your membership is due, please try and get it in prior to 1 January 2023. Currently our renewal is at 63% and on track to finish the year strong.

National Headquarters will be sending out a reminder in the next week or two. Those that have renewed their membership already, thank you.

Don't forget to light up your house green from November 7th to 13th - Operation Green Light. The Town of Cary is going to light up the Cary Arts Center. Apex, Morrisville, Raleigh, County and State buildings will be green in honor of our veterans and bring awareness to their struggles.

The Veterans Experience Action Center – Veterans Benefits Live is set for March 22nd to 25th 2023 in Cary. We will hold our first committee planning meeting soon. Anyone wishes to be on this committee please let me know.

I would like to say thank you to all of our members for your service to our county. There are a lot of events and free or discounted dinners available. So enjoy - you earned it.

Richard Spyrison
Adjutant

AMERICANISM

From the 2nd Vice Commander, David Christensen:

The Post Oratorical Contest will take place at the Cary Chamber of Commerce facil-

ity on January 14, 2023 beginning at 2:30 PM. The post winner will be one of the contestants at the District 11 contest. The place and time for this contest is TBD. The Division 3 contest is scheduled for noon on February 11, 2023 at the Chapel Hill American Legion Post 6 facility.

VETERANS AFFAIRS & REHABILITATION

From the Post Service Officer, Gene Meyle:

Please see the November Veterans Benefits Newsletter at this link:

[Veterans Benefits Newsletter | November 2022 \(govdelivery.com\)](https://www.govdelivery.com/newsletters/veterans-benefits-newsletter/November-2022)

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

[Veterans Day Video Game Tourney | 35% off Fitness Tracker | \\$1K Holiday Gift Giveaway \(govdelivery.com\)](https://www.govdelivery.com/newsletters/veterans-day-video-game-tourney-35-off-fitness-tracker-1k-holiday-gift-giveaway)



The stripes represent the original 13 Colonies and the stars represent the 50 states of the Union. The colors of the **flag** are symbolic as well; red symbolizes hardiness and valor, white symbolizes purity and innocence, and blue represents vigilance, perseverance and justice.

Auxiliary News



The Cary Auxiliary Unit 67 for many years has prepared Christmas stockings for the Salvation Army. We are sad to report that since the pandemic we have stopped preparing stockings. The Salvation Army is expecting over 7000 children in Wake County needing help! If you have already purchased items for the stockings or would like to donate toys, games, sweaters, hoodies, socks, caps, mittens, etc., please bring them to the Unit meeting next week or drop them off at Post on Wednesday, November 16 or 30 between 10:00 and 2:00. Do not wrap them. I will get them to the Salvation Army by Dec. 1.

Vivian Hammond, Unit C&Y Comm.

Special note from the Wednesday Workshop group

The Wednesday Workshop group has been busy making Christmas cards. We have distributed Fall cards to Asheville, Fayetteville, Durham, Butner, and Kinston.

We will raffle off a fall wreath at our General Meeting on the 8th of November. The proceeds will go towards the workshop expenses. The following is a picture of the wreath.



North Carolina Veteran Art Show

On Nov 10-13th, 2022, The Joel Fund and Heart2Hand Veteran artist Lt. Colonel (retired) Bernardine Donato will host the North Carolina Veteran Art Show at the Tobacco Wood Brewing Company Durham location. This free, family-friendly event will showcase artwork from North Carolina Veterans of all backgrounds, art levels, and branches of service. The exhibit features 45 pieces of original artwork by 19 NC Veteran artists including paintings, photography, pottery, woodworking, poetry, and more.

A Meet the Artist Reception will be on Veterans Day Friday, November 11 from 5 – 7 PM at Tobacco Wood Brewing Company. Please come out to Durham to appreciate original military veteran's artwork over Veterans Day weekend.

To learn more about each organization, visiting times, and directions, please visit: <https://www.thejoelfund.org/nc-veteran-art-show/>



Concurrent Receipt Update

The Senate Armed Services Committees has approved the Senate version of the annual NDAA (S.4543). The Senate bill will go to the Senate floor for approval. Senators Jon Tester (Mont.) and Michael Crapo (Idaho) will file a Senate floor amendment to add a provision to this “must-pass” bill to expand concurrent receipt.

In the House concurrent receipt legislation, the Major Richard Starr Act (H.R.1282) has more than 290 co-sponsors. House rules allow a member of Congress to file a motion with the House Clerk to place their legislation

on the Consensus Calendar once their legislation has accumulated 290 cosponsors. If the legislation maintains at least 290 cosponsors for 25 legislative days, and the committee of jurisdiction does not report the legislation to the House floor, it will be placed on the Consensus Calendar allowing House Speaker Nancy Pelosi to bring legislation to the House floor for a vote. The Fleet Reserve Association argues that retired pay is for years of arduous military service paid by the Department of Defense while disability pay is for lifelong injury paid by the VA. To reduce retirement pay because of a disability is an injustice.

Please urge your legislators to support concurrent receipt reform online.

Be The One

Today, the No. 1 issue facing the veteran community is suicide, according to the [National Veteran Suicide Prevention Annual Report](#). It is estimated that between 17 and 22 veterans or servicemembers take their lives each day. That’s more than 6,000 annually. The rate of suicide for veterans is more than 50% higher than that of non-veteran adults. As the Global War on Terrorism continues, there will be more veterans facing mental health issues such as post-traumatic stress disorder.

What will Be the One achieve?

At its core, 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.

If you are a veteran in crisis, resources are available 24 hours a day, seven days a week:

Call 988 and press 1

Text 838255

Visit the VA Crisis Line website <http://www.veteranscrisisline.net/>



**AMERICAN
LEGION**



BE THE ONE



North Carolina American Legion bringing VA benefits assistance to area veterans

In 2015, the American Legion Department of North Carolina began staging what it called at the time Veterans Benefits Action Centers throughout the state, bringing veterans needing benefits assistance and other help face to face with veteran service officers from all over the state, as well as staff from the Veterans Health Administration, Veterans Benefits Administration and the Vet Center program. Veterans could check on the status of pending VA claims and file new ones on the spot. Some received VA disability ratings while at the centers; the results were millions of dollars in VA benefits awarded through the centers.

COVID-19 put those on hiatus for more than a year, but in late 2021 they were able to resume, with one happening in Wilmington, N.C., and another happening last March in Cary. In the latter, more than an estimated 1,000 veterans came through the center over the course of the three days.

On Nov. 17-19, American Legion Post 10 in Wilmington will again host what is now known as a Veterans Experience Action Center (VEAC), teaming with VA and the North Carolina Division of Military and Veteran Affairs.

The event will again bring veterans face to face with service officers and claims adjudicators. And it couldn't come at a better time, says North Carolina Legionnaire and Wilmington VEAC chairman Tom Cerniglia.

Last summer the President signed into law the Sergeant First Class Heath Robinson Honoring Our PACT Act, which covers veterans from Vietnam through Iraq and Afghanistan, and is the most significant expansion of benefits and services for toxic-exposed veterans in more than 30 years and addresses a broad spectrum of toxic exposures. The Wilmington VEAC will allow veterans to file PACT Act claims, but they will not be able to be adjudicated until January 2023.

"Millions and millions of dollars have been given out in disability increases and compensation over the past few years that we've done this. And it doesn't look like we're going to stop," said Cerniglia, the commander of Post 551 in Southport and chairman of the Department of North Carolina's Internal Affairs Commission. "It's doing well. The average disability increase is about \$19,000 a year. That's given (a veteran) a road out of poverty. And nobody goes away unattended once they've been inside the building."

Veterans attending the VEAC will have the opportunity to:

- File a new claim with the VA.
- Ask questions about VA appeals or benefits to which they may be entitled.

- Ask questions about VA health care.
- Get assistance facilitating and expediting existing claims and appeals.
- Receive information regarding benefit related VA programs.

All veterans planning to attend are asked to bring the proper documentation about their case, including their DD 214, and all medical records related to their disability, both military and civilian.

The hours for the Wilmington VEAC are 9 a.m.-3 p.m. Nov. 17-18, and 9 a.m.-2 p.m. Nov. 19. The attendance suggestions are as follows:

- Those with a Social Security number ending in 00-33 should attend Nov. 17.
- Those with a Social Security number ending in 34-66 should attend Nov. 18.
- Those with a Social Security number ending in 67-99 should attend Nov. 19.

Cerniglia said putting on something like the VEAC is a team effort. "You can't do this by yourself," he said. "I've got 12 very dedicated people pretty much from the beginning of the five years we've been doing this that have stayed with this program and have used it as a tool to help the thousands of veterans that have gone through it."

Pictures from October — November



Girls State participants Rapely Henderson and Katie Broughton attend the Post 67 and Auxiliary October Dinner and discuss their experience while attending Girls State. The cake was provided by the Auxiliary. (Pictures by Chris Tackett)



Top: Cary Post 67 member and Cary Councilmember Jack Smith Emcees the Cary Veterans' Luncheon.

Right: Cary Post 67 members beside the Service Flags they carried into the Veterans' Luncheon.

(Pictures by Chris Tackett)

Pictures from October — November



Post 67 Members Posting the Colors at the Cary Veterans' Luncheon on November 4, 2022.

(Pictures by Chris Tackett)



Right: The Veterans Day Parade Ceremony in Raleigh on 5 November 2022. Cary Post 67 members helped plan and participated in the ceremony. Chaplain Marie Faulkner is on the far left. (Photo by Dennis Tackett)

Top: Sons of the American Legion Squadron 67 Commander Jared Martin plays TAPS at the Veterans' Day Parade Ceremony. (Photo by Ray Martin)

Post 67 Officers & Phone Numbers:

Dennis Tackett, Post Cmdr.: 919-703-9941
Richard Spyrison, Post Adjutant: 919-441-8295
Ernest Long, 1st Vice Cmdr.:
David Christiansen, 2nd Vice Cmdr.:919-650-3848
Curtis Leary, 3rd Vice Cmdr.: 919-270-2136
Liz Russell, Finance Officer: 919-302-2518
Ray Martin, Sgt-At-Arms: 919-481-4811
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
Adelfo Campos, At-Large: 540-246-7151

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.



Curtis Leary



**Chris & Dennis
Tackett**

Pictures from Cary Veterans Luncheon

5k Fundraiser for Morrisville Veterans Memorial

On Saturday, November 12 [the day after Veterans Day] at 9:00 am, the Morrisville Veterans Memorial Foundation will host a 5K walk to raise funds to build the veterans memorial. The cost is \$25. Veterans and active-duty servicemembers receive a \$5 discount.

The walk begins at the Indian Creek Trailhead, next to the site provided by the Morrisville Town Council for the memorial, at 9:00 am. The route follows north on Town Hall Drive to its intersection with Garden Square Lane (same intersection as the entrance to Cedar Fork Elementary School) then turns around and returns back to the trailhead. Traffic will be closed on the west side of Town Hall Drive to allow people to walk in the street instead of just the sidewalk.

Parking is available at Town Hall and other Town-owned lots nearby, and also at the First Baptist Church lot at 209 Church Street, but there will be competition for them with Farmers Market patrons. Best to arrive early. There are public restrooms at the trailhead.

Register Here

<https://brushfire.com/morrisvilleveterans/morrisvilleveteransmemorialfoundation/542150>





1ST ANNUAL
MORRISVILLE VETERANS MEMORIAL FOUNDATION

5K WALK

SATURDAY, NOVEMBER 12

INDIAN CREEK TRAILHEAD

101 TOWN HALL DRIVE, MORRISVILLE NC 27560



\$25/WALKER, \$20/VETERAN OR CURRENT ARMED SERVICES MEMBER
EVENT T-SHIRT INCLUDED
PROCEEDS TO BENEFIT CREATION OF A VETERANS MEMORIAL IN MORRISVILLE, NC
9AM OPENING CEREMONY AND WALK (RAIN OR SHINE)

REGISTER NOW USING THE QR CODE OR THE FOLLOWING WEBSITE:



[HTTPS://BRUSHFIRE.COM/MORRISVILLEVETERANS/MORRISVILLEVETERANSMEMORIALFOUDNATION5K/542150](https://brushfire.com/morrisvilleveterans/morrisvilleveteransmemorialfoudnation5k/542150)

Join Wake County in
shining a light on
the service of veterans!



Nov. 7 – 13, 2022

#OperationGreenlight
wakegov.com/greenlight

What is Operation Greenlight?

Operation Green Light is a new, national collaborative initiative to support military veterans, as well as raise awareness about the unique challenges they may face.



Wake County buildings will be lighting up green during the week of Nov. 7 – 13, and we encourage businesses and residents to do the same – change one light bulb in your business or house to a green bulb.

This can be an exterior light that neighbors and passersby see, or an interior light that sparks a conversation with friends.

By shining a green light, we let our veterans know that they are seen, appreciated and supported.

When should I go green?

Operation Greenlight is happening **Nov. 7 – 13, 2022!**

Where can I learn more?

Visit wakegov.com/greenlight for more information and links to resources available to veterans.



#OperationGreenlight
wakegov.com/greenlight

NORTH CAROLINA VETERAN ART SHOW



NOVEMBER 10TH - 13TH

TOBACCO WOOD BREWING CO
2500 MERIDIAN PARKWAY
DURHAM, NC 27713

CALL FOR ART

CALLING ALL NORTH CAROLINA VETERAN ARTISTS!

SCAN THE CODE

-OR-

VISIT THEJOELFUND.ORG/NC-VETERAN-ART-SHOW/



Important Dates

November 7-13, Operation **Green Light**

November 8, 6:15pm Dinner, 7:00pm General Meeting

November 11, Veterans Day Observance, Cary Veterans Freedom Park

November 16, Food Drive, Food Lion 2420 SW Cary Parkway, Cary 27513

December 3, Pack Food Boxes at DORCAS and Deliver

December 3, 3:00pm Cary Post 67 Christmas Party @ the Post

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