

## Commander's Corner

Krista Abshure - Commander Post 116

Happy New Year! As you all know it is with a mix of gratitude and understanding, we bid farewell to our former Post Commander, Scott Quilty. After an incredible year of dedicated service, Scott has made the decision to step down to prioritize spending more time with his family. Let's come together and show our support for Scott, expressing our heartfelt thanks for his outstanding contributions to our Post.

In light of this transition, I am honored to assume the role of Commander. I am humbled by the opportunity to serve our Legion Family in this capacity until our regularly scheduled elections take place. Rest assured, I am committed to upholding the values and mission of our Post as we move forward.

Allow me to share a little about myself... my husband, Rick and I are both Air Force veterans and we are proud parents of two wonderful boys. Christian, our eldest, is 26, and Ethan, our youngest, is 23. In addition to being devoted to our family, we also own two local businesses: Happy's Country Club, which we established just a year ago, and I have been serving our community as a local Realtor for over 17 years and own Abshure Realty Group.

I have been actively involved in serving our Post 116 since 2017, taking on various roles such as Public Relations Chairperson 2019-2023, Membership Chairperson in 2023, Historian, 2nd Vice, and 1st Vice. Additionally, I have handled our Post's Social Media Marketing on platforms such as Facebook, Twitter, and Instagram. Over the past 7+ years, I have had the pleasure of meeting many of you at different Post events, and I eagerly look forward to meeting the rest of our members in person in the coming weeks and months.

I am here to listen, support, and serve you, my esteemed Legion Family. If you have any questions about our Post or suggestions on how we can better serve our members and community, please feel free to reach out to me directly at 919-753-6518 or via email at [commander@alpost116nc.org](mailto:commander@alpost116nc.org). Your input and feedback are invaluable to me.

For those of you who are interested in contributing your time and skills to our Post, our veterans, and our Legion Family, I kindly request that you provide me with your name, email, and phone number. This will allow us to create a volunteer list, which we will use monthly to send out a selection of volunteer opportunities. These volunteer opportunities range from annual events to bi-annual and monthly initiatives. Lastly, I would like to remind everyone that our General Meeting takes place on the 2nd Thursday of each month. We gather for dinner at 6pm, and the meeting commences at 7pm, typically concluding around 8 or 8:30pm. I would be absolutely

delighted to see each and every one of you there. It's a fantastic occasion to meet fellow members, forge new connections, and gain insights into the remarkable work our committees have undertaken to serve our veterans, our Post, and our community.

Thank you all for your unwavering support and dedication. Together, let's continue to make a positive impact and uphold the values that define our American Legion Post.

Warmest regards,

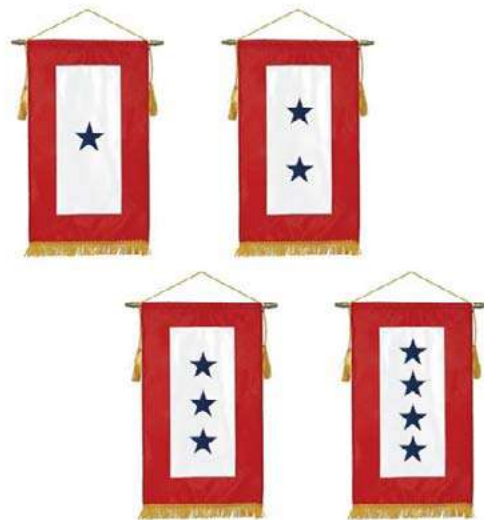
Krista Abshure - Commander





## Blue Star Service Banner About The Flag

- The Blue Star Service Banner was designed and patented in 1917 by World War I Army Capt. Robert L. Queissner of the 5<sup>th</sup> Ohio Infantry who had two sons serving on the front line. It quickly became the unofficial symbol of a child in the service.
- On Sept. 24, 1917, an Ohio congressman read the following into the Congressional Record: "...The mayor of Cleveland, the Chamber of Commerce and the governor of Ohio have adopted this service flag. The world should know of those who give so much for liberty. The dearest thing in all the world to a father and mother - their children."
- During World War II, the Department of War issued specifications on the manufacture of the flag as well as guidelines indicating when and by whom the Service flag could be flown or the Service Lapel button could be worn. The Department of Defense updated the 1967 with DoD Directive 1348.1, Congress authorizing a service (U.S.C. 179-182). The directive and folded into DoD Instruction Decorations and Awards Program, Dept. of the Army. It provides facture and display of both the button under the authority of 182).
- The Blue Star Service Banner an 8.5 by 14-inch white field red banner. The size may vary size of the U.S. Flag.
- The banner displayed in the front window of a home shows a family's pride in their loved one serving in the military, and reminds others that preserving America's freedom demands much.
- The blue star represents one family member serving in the armed forces. A banner can have up to five stars, signifying that five members of that family are currently in military uniform on active duty.
- If the individual symbolized is killed or dies while serving the star representing that individual will have superimposed on it a gold star of smaller size so that the blue forms a border. On flags displaying multiple stars, including gold stars, when the flags are suspended as against a wall, the gold star(s) will be to the right of, or above the blue star(s) a place of honor nearest the staff.
- Blue Star Mothers and Gold Star Mothers organizations were established during World War I and remain today.



typically displayed in windows is with a blue star(s) sewn onto a but should be in proportion to the

# VETERAN PEER SUPPORT GROUP

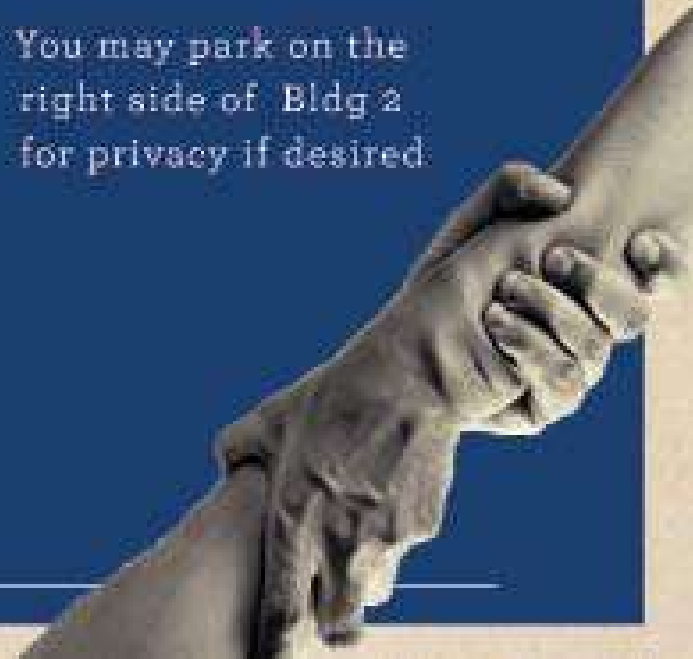
## WE'RE IN THIS TOGETHER

Returning to civilian life from the military can be a difficult transition. This peer support group provides our Veterans a private space amungst peers to share their experiences or struggles.

## JOIN US EVERY WEDNESDAY

JAN. 3	APR. 3	7p
JAN. 10	APR. 10	9a
JAN. 17	APR. 17	7p
JAN. 24	APR. 24	9a
JAN. 31	MAY 1	7p
FEB. 7	MAY 8	9a
FEB. 14	MAY 15	7p
FEB. 21	MAY 22	9a
FEB. 28	MAY 29	7p
MAR. 6	JUN. 5	9a
MAR. 13	JUN. 12	7p
MAR. 20	JUN. 19	9a
MAR. 27	JUN. 26	7p

- You do not need to be a member
- Coffee and donuts are provided
- Approximately 1 hour
- You may park on the right side of Bldg 2 for privacy if desired.





# SERVICE OFFICER ASSISTANCE

## You may be entitled to disability benefits from the VA

- Get help in filing a claim
- Overcoming obstacles
- Increasing your benefits status

MEET

**PAUL FERRIS**



Does the road to VA benefits appear foggy and obscured? Let us help you find the path. Contact your Service Officer for assistance.

### CONTACT

Service-Officer@ALPost116NC.org

### OFFICE HOURS

SATURDAYS 12p-4p

BUILDING 2 Museum

## Service Officer Snippet

*Congratulations to Alison Ortman and Terence Ellies for completion of The American Legion Service Officer School!*

### What is VA Disability Compensation?

*VA disability compensation is a tax-free benefit paid to Veterans who have a service-connected condition. A service-connected condition is an illness or injury that was caused by, or made worse by your active military service.*

### What are the elements of service-connection?

*To qualify for service-connection, you must have served on active duty and have an Honorable or General (Under Honorable Conditions) characterization of service.*

### You must also have the following:

1. An event in service. This can be shown through service treatment record (STR) entries showing you received treatment while on active duty or other evidence such as receipt of combat medals,
2. A current diagnosis of the condition you are claiming, **and**
3. A link between the event in service and the current diagnosis.

*Cary usually has their annual Veterans Experience Action Center (VEAC) in March. Start preparing now and get your claims in. More to follow as we get updated information.*

*If a skin medicine, prosthetic, or orthopedic device related to your service-connected disability damages your clothes, VBA may pay you to replace the damaged clothes. You'll need to submit your application on or before August 1, 2024, to get a clothing allowance for this year.*

### The Veterans Affairs & Rehabilitation (VA&R) Committee:

*Ann Zingarelli is holding a Creative Expression Workshop open to all Legion Family members on Friday, 22 March, from 10:00-12:00 in Building 2. The cost is \$5.00 per person. There are 8 seats available. See attached flyer.*



AMERICAN LEGION | POST 116

POST KARAOKE ★  
**FIRST FRIDAY**

FIRST FRIDAY



7-10p

POST KARAOKE ★  
**LIVE MUSIC**



**SUNDAY  
NFL  
COOK**

EVERY NFL  
SUNDAY  
1-5p

**MENU**

NAKED WINGS (Sauced the way you like) \$1 ea.  
Buffalo, Garlic Parm, Teriyaki, Mango Habanero,  
Rasmussen's Sweet & Spicy Bourbon Sauce,  
Post 116 Vinegar BBQ Sauce

1/3 lb. ANGUS BEEF CHEESEBURGER	\$6.00
TOASTED BLT SANDWICH	\$6.00
TOASTED THICK CUT FRIED BOLOGNA SANDWICH W/ CHEESE	\$6.00
ALL BEEF HOT DOG W/ CHILI	\$3.00
GRILLED CHEESE SANDWICH	\$4.00
ADD BACON	\$1.00

**SIDES**

FRENCH FRIES	\$3.00
ONION RINGS	\$5.00
GOUDA MAC-n-CHEESE BITES	\$5.00





**AMERICAN  
LEGION**

POST  
**116**

**EXECUTIVE  
MEETING**

**FIRST THURSDAY  
OF EVERY MONTH**

OPEN TO ALL MEMBERS



**AMERICAN  
LEGION**

POST  
**116**

**GENERAL  
MEETING**

**SECOND THURSDAY  
OF EVERY MONTH**

DINNER 6p ★ MEETING 7p

OPEN TO ALL MEMBERS





# THIRD THURSDAY NEW MEMBER MEET-UP

**5-6p**

NOV 16 MAR 21  
DEC 21 APR 18  
JAN 18 MAY 16  
FEB 15 JUN 20

**NEW MEMBERS GET THEIR FIRST  
DRINK ON THE COMMANDER!**

*Cheers!*



# SHIRTS ARE IN!



**SEE YOUR  
BARTENDER  
TO PICK YOUR  
ORDER UP**



SONS OF THE  
AMERICAN  
LEGION

POST  
116



# CORN HOLE

EVERY MONDAY

7p ★ \$10 BLIND DRAW

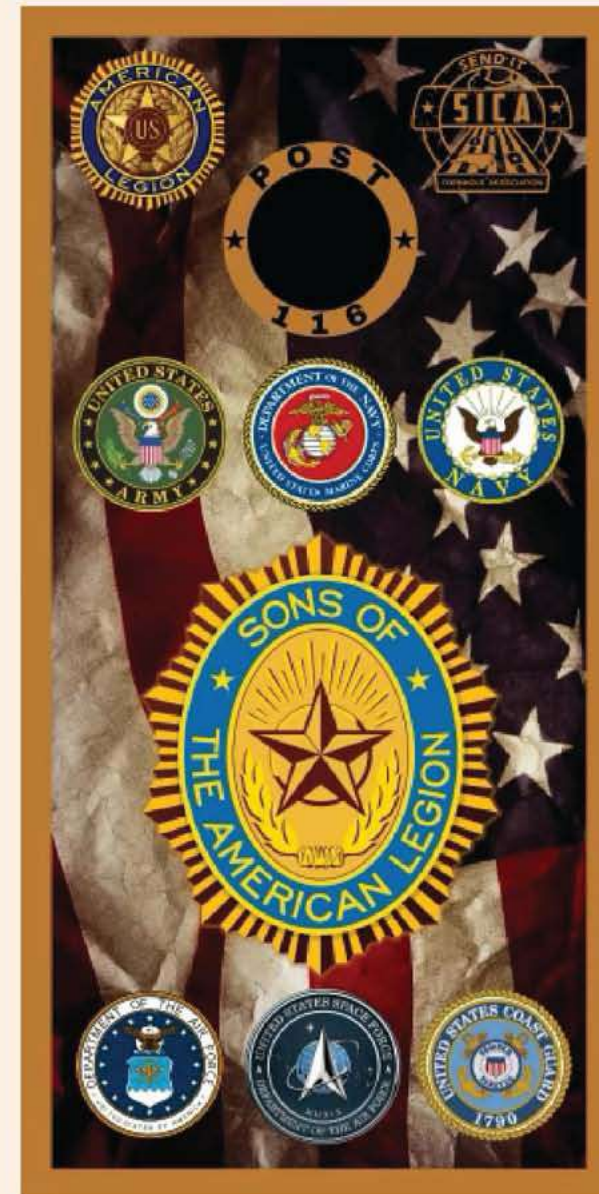
OPEN TO THE PUBLIC

6400 JOHNSON POND RD. FQY-NC

SONS OF THE  
AMERICAN  
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# CORN HOLE TOURNAMENT



JAN 19th  
7:30p

**\$50 TEAM\***

\*BRING YOUR OWN PARTNER

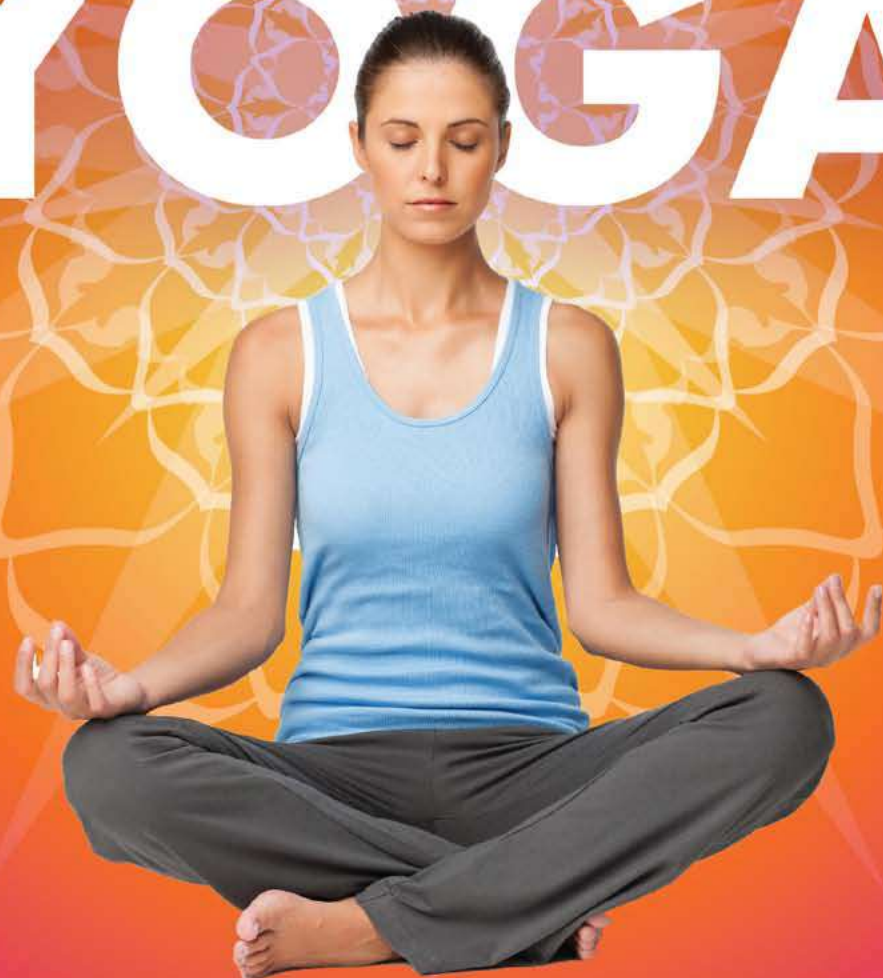
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# YOGA



MEMBERS ONLY

EVERY WEDNESDAY

BLDG 2 ★ 6:30p ★ \$10\*

\*First visit \$5



**MONDAY**  
CORN HOLE LEAGUE

**WEDNESDAY**  
DART LEAGUE

PEPPERONI \$3  
MEATLOVERS \$4

WHILE SUPPLIES LAST



AMERICAN LEGION | POST 116

# MASKELL FREEMAN BAND



**JAN 20 7-10p**

**OPEN TO THE PUBLIC**

6400 JOHNSON POND RD. FQY-NC



Cub Scout Pack 75  
Fuquay-Varina, NC



I promise to do my best.....  
....and to obey the Law of the Pack



— ★ ★ ★ —

# VETERANS *Breakfast*

— ★ ★ ★ —

When: Saturday, March 9<sup>th</sup>, 2024  
Time: 8:00am – 11:00am

Where: American Legion Post 116  
Fuquay Varina, NC 27526  
Building 2

**FREE TO ALL VETERANS OF POST 116**

**CUB SCOUT PACK 75 WOULD LIKE TO HONOR OUR  
VETERANS AND SAY “THANK YOU” FOR YOUR SERVICE.**

POC: Daniel Moreau, Cubmaster, cubmaster.p75@gmail.com



# January 2024 MONTHLY CALENDAR

- |                                    |        |                                    |        |
|------------------------------------|--------|------------------------------------|--------|
| - 1st Corn Hole                    | 7pm    | - 18th New Members Meet Commander  | 5pm    |
| - 2nd Aux. Exec. Meeting           | 7pm    | - Cruiser Meeting                  | 6pm    |
| - 3rd Veterans Peer Support Group  | 7-8pm  | - Music Bingo                      | 7pm    |
| - 4th Executive Meeting            | 7pm    | - 19th Crafters Bee/Stitches       | 1pm    |
| - 5th Karaoke wit DJ Liam          | 7-10pm | - Cornhole Tournament              | 6pm    |
| - 6th                              |        | - 20th Honor/Color Guard Practice  | 9am    |
| Band: Southern Misfits             | 7-10pm | - Service Officer Assistance       | 12-4pm |
|                                    |        | - Band: Maskell Freeman Band       | 7pm    |
| - 7th NFL Cooks                    | 1-5pm  | - 21st NFL Cooks                   | 1-5pm  |
| - 8th Corn Hole                    | 7pm    | - 22nd Cornhole                    | 7pm    |
| - 9th Rec Room Meeting             | 6:30pm | - 23rd SAL Exec. Meeting           | 6:30pm |
| - Veterans Affair Meeting          | 6:30pm | - SAL General Meeting              | 7pm    |
| - 10th Veterans Peer Support Group | 9-10am | - 24th Veterans Peer Support Group | 9-10am |
| - Ways & Means Meeting             | 6:30pm | - Finance Meeting                  | 7pm    |
| - Special Evernts Meeting          | 6:30pm | - 25th Riders Meeting              | 6:30pm |
| - 11th General Meeting Dinner      | 6-7pm  | - 27th Service Officer Assistance  | 12-4pm |
| - General Meeting                  | 7pm    |                                    |        |
| - 13th Service Officer Assistance  | 12-4pm | - 28th NFL Cooks                   | 1-5pm  |
|                                    |        | - 29th Cornhole                    | 7pm    |
| - 14th NFL Cooks                   | 1-5pm  | - 31st Veterans Peer Support Group | 7pm    |
| - 15th Corn Hole                   | 7pm    |                                    |        |
| - 16th Aux. General Meeting        | 6:30pm |                                    |        |
| - 17th Veterans Peer Support Group | 7-8pm  |                                    |        |

Want To Hear A Specific Band  
Send an email to Kelly: [RecRoom@alpost116nc.org](mailto:RecRoom@alpost116nc.org)

## REC ROOM NEW HOURS

**SUN 12-8pm**

**MON 2-9pm**

**TUE 2-9pm**

**WED 2-9pm**

**THUR 2-9pm**

**FRI 12-11pm**

**SAT 12-11pm**

Special Events subject to a later close



*Every 3rd  
Thursday  
Open To  
The Public*



# BACK PACK BUDDIES



## CAN FOOD DRIVE



DECEMBER TO MARCH

At Fuquay-Varina, Lincoln Heights and Cardinal Charter Elementary Schools

Serves up to 100 children from Pre-K to 5<sup>th</sup> grade who are in need of food on the weekends.

**NO GLASS.** Cans or plastic only. We are collecting the following items:

Peanut butter & jelly	oatmeal	cereal
Fruit cups	pudding	jello
Fruit/breakfast bars	spaghetti	tomato sauce in a can
Can chicken	rice	raisins
Raman noodles	tuna fish	hot dogs & beans
Vienna sausage	Soup	Snacks/juice boxes
Crackers/saltines - w/PB or w/cheese	Can vegetables	
Canned meat	canned pasta meals	Back Packs

Sponsored by the American Legion CRUISERS Post 116, Fuquay-Varina

THANK YOU. THANK YOU. THANK YOU.

If you need further information contact Kathy Koch at Slineykoch21654@gmail.com

Did You Know?  
*If you have TRICARE and/or private insurance, you could still be eligible for VA services.*

## VA WOMEN'S HEALTH REENGAGEMENT TRAINING

Connect with women Veterans in your community and learn what Veteran- and women-centered VA health care services are available to you:

- Women's health services
- Whole health & mental health services
- How to determine VA care eligibility and enroll in VA

To register, visit  
[calendly.com/WomensheaRT](https://calendly.com/WomensheaRT)

If you do not have access to internet or smartphone, call (971) 394-3270 to register.  
Contact [info@WomensheaRT.info](mailto:info@WomensheaRT.info) with questions.



Women Veterans Health  
Reengagement Training  
heaRT





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*Devil Dog*



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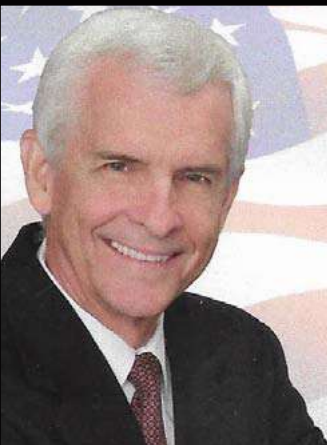
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RESIDENTIAL & COMMERCIAL SALES | PROPERTY MANAGEMENT

As an Air Force Veteran and an active member of Post 116, I would love the opportunity to help you find your dream home or sell your current property.



**25% COMMISSION REBATE OFFERED TO ALL VETERANS**

*I am proud to have rebated back over \$23,000 specifically to members of Post 116!*



*Krista Abshure*

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