

American Legion Post 116



District 11 Division 3, Dept. of North Carolina
6400 Johnson Pond Road, Fuquay-Varina, NC, 27526
919-552-0278, fval@alpost116nc.org

LEGION FAMILY



November 2023



Commander's Corner

Scott Quilty
Commander Post 116

Fall is in full swing and Thanksgiving is just around the corner. I thought this would be a good opportunity for the Executive Team of Post 116 to share some of the things we love about the Post, or reasons we are thankful to have Post 116 in our lives.

I'll go first. This team you see below, they are what

I love most about Post 116. This group of patriots comes together every day to give of their time, talents, and treasure to make our Post better. To serve veterans and their families. To bring joy to youth. To assist our community. The opportunity to serve alongside this team, and to serve you, the members of the Post, that is what I am thankful for this holiday season.

1st Vice Commander-Krista Abshure



The feeling of family when we walk in the door. It's has such a cohesiveness feeling that we all lost when we were no longer active duty.

2nd Vice Commander-Dave Rossner



The best thing about being a member Post 116 is the comradery among the members. People that you have a common interest with in your past and a common interest for the future of our veterans and youth of tomorrow.

Service Officer-Paul Ferris



I am definitely thankful for so many that selflessly give back to help and assist others.

Judge Advocate Paul Yeager



As an American Legion Member of Post 116 in Fuquay-Varina we are able to be part of and help our community. As veterans, we love our country, and will continue to promote Americanism as much as we can.

Post Chaplain- Wayne Sherrod



I love the group of people at the Post and I am very thankful for th Christian support all around the Post. It amazes me that when someone is in a bind, the group's love pours out.

Adjutant- Jim Cavaco

I am thankful for Post 116 for the love, respect, and anytime I need a shoulder to lean on.

Sgt-At-Arms-Chuck Feit

It's a comfortable place to hang out. Post 116 feels like a brotherhood and sisterhood. It's a family.

Sgt-At-Arms Myka Knox

I really appreciate the Post's involvement with our local community. I also love the growing diversity and equity among our membership.

Officer at Large-Diane Yager

I love the natural areas we have to help keep us grounded when we need it.

Officer-At-Large-Dave Avis

I am thankful for the comradery and light militray banter that feels like home.

Officer at Large-Jason Williams

The American Legion Post 116 is a great place of service, tradition, and history. We honor and remember those who have served our country, as we carry forward the legacy of service to current and future generations. It's a privilege to be part of an organization with such a rich history and promising future.

Officer at Large, Honor Guard Commander
Daniel Miltenberger

I am thankful for the hardworking, dedicated people who maintain our Post as a vibrant, and relevant organization that embodies the pillars of the American Legion. In addition, I am grateful for all who support the Honor Guard!

Historian - George Broneske

The thing I love most about Post 116 is the warm welcome I got when I transferred in. I also love the comradery and the feeling of belong.

Finance Officer
Mike Cortez

I'm thankful to be a Legionnaire; the opportunity to join a team dedicated to assisting veterans, youth and our community; and the friendship extended to me.

Sons Commander - Patrick Dunkle

I love Post 116 because it embodies a sense of robust community, patriotism, and shared values, rendering a platform for veterans and their families to connect, support, and create memorable experiences.

Auxiliary President- Stacey Rossner

One of my favorite things about Post 116 is the teamwork. Working with these great people to support our Veterans is the best.

Past Commander-Lee Johnson

Great People! Great place to get together and socialize with people that speak my language. Even though we have are ups and downs we generally all come back together, as a family, because of our mission to Veterans, Community, and Post.

Past Commander-Bill Slater

I love the view of the pond, and the family feel of the Post.

Past Commander-Callie Clark

I love the welcoming atmosphere where you can hangout with friends and family. I love that there is something for everyone, regardless of age.

JUDGE ADVOCATE GUIDE

J.A.G.

Post 116

Operations Guide

PAUL YAGER

pcyager@gmail.com



National Headquarters produces dozens of handbooks, brochures and other publications. These are generally available free through your department headquarters or can be downloaded online at legion.org/publications. In many cases, one copy of a publication can be provided per post without cost, but a modest charge may be required for additional copies. (See the Emblem Sales catalog for current prices of sale items.)

- The American Legion Magazine is mailed to all members; additional subscriptions are \$6 per year for posts. A spoken version of the magazine is available, at no charge, for visually impaired and physically disabled members of The American Legion, American Legion Auxiliary and SAL.

- The American Legion Dispatch is a free monthly e-newsletter providing post, district and department officers with news relevant to membership recruitment and retention, post activities and community support, American Legion programs, troop support, veterans benefits and more. The e-newsletter features headlines with clickable links to full stories on the Dispatch page at legion.org/dispatch. Subscribe at legion.org/newsletters

- A copy of the Officer's Guide and Manual of Ceremonies is sent free to each post and available online at legion.org/publications. (Check the Emblem Sales catalog or go online to emblem.legion.org for the price of additional copies.)

- A booklet of The American Legion National Constitution and By-Laws is available for download online at legion.org/publications

The American Legion and American Legion Auxiliary Poppy Program

The official flower of The American Legion is the poppy. As a nationally recognized symbol of sacrifice, the poppy is worn to honor the men and women who served and died for their country in all wars. Every May, Legion, Auxiliary and SAL volunteers distribute millions of bright red crepe paper poppies for contributions to assist disabled and hospitalized veterans. As the oldest and most widely recognized American Legion and American Legion Auxiliary program, this campaign provides multiple benefits to veterans and their communities. Resolution No. 20, "The American Legion Poppy Program," passed by the National Executive Committee in May 2013, outlines the proper use, manufacture and distribution of the poppies and raised funds. All funds are to be used for honorably discharged U.S. veterans; for the welfare of veterans' families; for the rehabilitation of hospitalized military personnel returning home and awaiting discharge who require treatment in service hospitals; and for the welfare of veterans, active military personnel and their families where financial and medical need is evident. Priority is to be given to veterans first in the manufacture of poppies. All American Legion posts and SAL squadrons are encouraged to establish a poppy program following the guidelines and procedures established by their respective departments. Per Resolution No. 4, passed by the National Executive Committee in October 2016, The American Legion and American Legion Auxiliary advocate for a congressional declaration establishing National Poppy Week, starting the Monday before and continuing through Memorial Day, to bring greater significance to the poppy as a symbol of veterans' sacrifices for freedom.

FIRST FRIDAY



HOT & TASTY

NOV 3 4-7p

Flounder, Hushpuppies,
Green Beans & Home-made Cole Slaw

CARRY OUT or CURBSIDE

Order from your car and we'll happily bring it out

PICK UP or DINE IN

Bldg 1 Hall will be open

THE AMERICAN LEGION FAMILY



AMERICAN LEGION | POST 116

POST KARAOKE ★
FIRST FRIDAY
FIRST FRIDAY



**Karaoke
party**

7-10p

POST KARAOKE ★
LIVE MUSIC

Brought to you by:

SONS OF THE
 AMERICAN
LEGION

POST
116

ANNUAL CHILI COOK-OFF

NOV. 4 1-3p





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

SERVICE OFFICER SNIPPET

What are VA priority groups and how do they affect me?

When you apply for VA health care, Veterans Healthcare Administration (VHA) will assign you to 1 of 8 priority groups. Your priority group may affect:

- 1) How soon VHA will sign you up for health care benefits, and
- 2) How much (if anything) you'll have to pay toward the cost of your care.

VHA assigns Veterans with service-connected disabilities the highest priority. VHA assigns the lowest priority to Veterans who earn a higher income and ***who don't have any service-connected disabilities qualifying them for disability compensation*** (monthly payments). See the attached VHA Priority Groups Chart for descriptions.

My HealtheVet is moving to VA.gov: What to know

With My HealtheVet on VA.gov, you'll be able to manage all of your VA health care in the same place you manage your other VA benefits and services.

What this change means for you

When you sign in to My HealtheVet on VA.gov, you'll continue to have access to the same health tools and information you use today. Over time, additional features, like the ability to manage your travel reimbursement claims, will become available. If you get your care at a VA health facility that uses the My VA Health portal today, you'll also be able to manage your care in the new My HealtheVet on VA.gov. This move will also make it even easier for you to manage your care and benefits from any digital device, like your smartphone or tablet. For example, you'll be able to pull up your medical records on your smartphone on the go. And if you use assistive technology such as a screen reader, the new My HealtheVet on VA.gov should be even easier for you to use.

When to expect changes

This transition will take time. VA is gradually building new versions of each tool on My HealtheVet onto VA.gov based and will provide notice when each tool is ready for Veterans who use both the existing My HealtheVet and My VA Health portals to try. Congratulations to Lowell Hardy for completion of The American Legion Service Officer School!

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

Ann Zingarelli is leading our first VA&R Art Therapy Workshop on November 14th. Ann brings expertise as an Art Therapist to the VA&R Committee with her history in New Jersey at The Rehabilitation Institute, Hunterdon Medical Center, and Kessler Institute as well as specific experience in assisting Veterans at Walter Reed Medical Center. The workshop, specifically for Veterans, will be on November 14th, from 10:00 AM – 12:00 PM in Building 2 and is limited to 8 participants. This workshop is being sponsored by Camp4heroes.org.

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

UNIT 116 ANNUAL CRAFT & VENDOR SHOW

NOV 11, 12-5p



COME FIND THAT UNIQUE AND SPECIAL HOLIDAY GIFT

Come check out the talent in our local community along with many direct sale vendors like: Norwex, Avon, Tupperware, Pampered Chef, Mary Kay, Scentsy, Colorstreet, artisan jewelry, vinyl crafts, plants, woodwork, diamond art, baked goods, crochet items and so much more.



RAFFLES and FOOD & DRINKS will be AVAILABLE

All Proceeds go to Support our Veterans and Community Programs

POST 116 HWY CLEAN-UP

Volunteers Needed

NEW DATE

NOV 18 10a



Meet at the Food Lion on Hwy 55

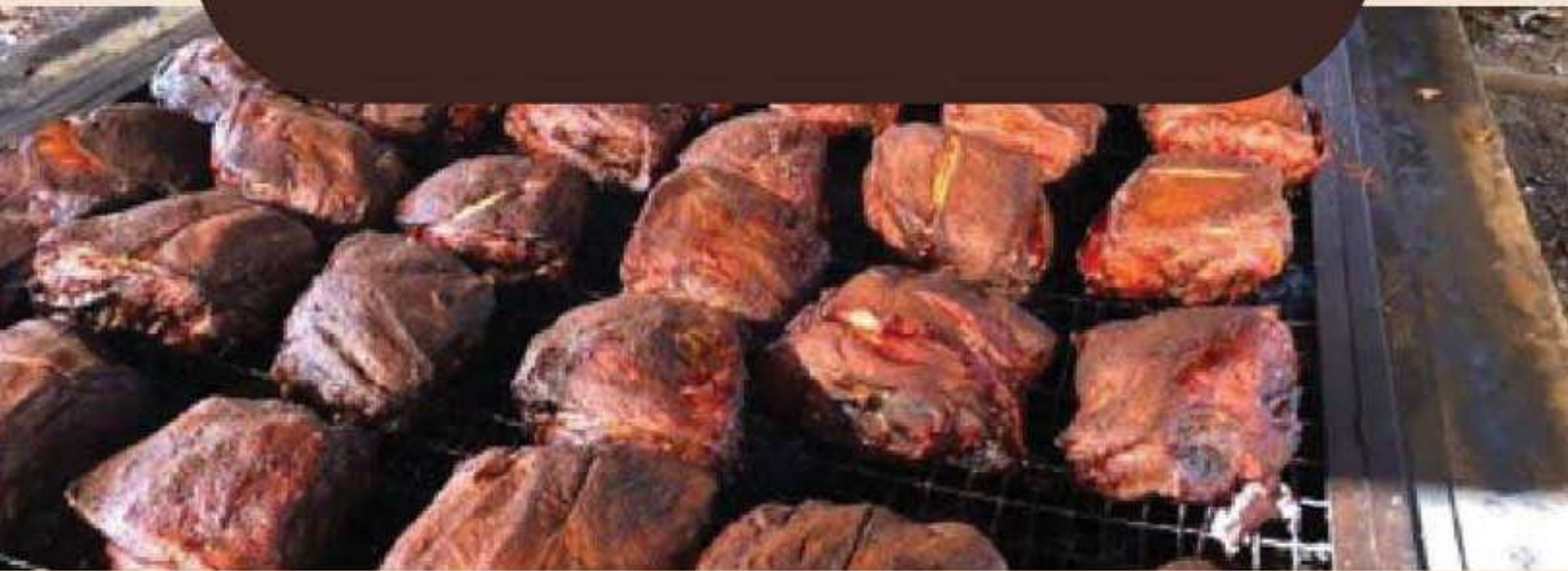
Every volunteer will be entered into
a \$50 raffle for their participation

AMERICAN
LEGION

POST
116

BOY SCOUTS
TROOP
75

Thanksgiving
SMOKED
PORK BUTTS



PRE-SALE

By: **NOV 14**

PICKUP

NOV 22 | 10a-12p

6400 JOHNSON POND RD.,
FLUQUAY VARINA, NC 27526

*Buy
Here* »»»



SHIRTS ARE BACK!



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+\$2 +\$3

2XL 3XL

**SEE YOUR
BARTENDER
FOR DETAILS**

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*



November 2023 MONTHLY CALENDAR

- | | | | |
|---|---------------|--|-----------------|
| - 2nd Executive Meeting | 7pm | - 14th Rec. Room Meeting | 6:30pm |
| - 3rd Fish Fry | 4-7pm | - 15th Veteran Peer Support
Finance Meeting | 9am
6:30pm |
| - Veterans Peer Support Group | 9am | | |
| - 4th Chili Cook Off | 1-3pm | - 16th New Members Meetup
Cruisers Meeting | 5-6pm
6:30pm |
| - 5th NFL Cooks | 1-5pm | Music Bingo | 7pm |
| - 6th Cornhole | 7pm | - 17th Blood Drive | 9am |
| - 7th Aux Exec. Meeting | 6:30pm | | |
| - 8th Ways & Means Meeting | 6:30pm | - 18th Highway Cleanup | 10am |
| - Veteran Peer Support | 7pm | - 19th NFL Cooks | 1-5pm |
| - 9th General Meeting Dinner
Post General Meeting | 6pm
7pm | - 20th Cornhole | 7pm |
| - 10th Marines Birthday Party | 4pm | - 21st Aux. General Meeting | 6:30pm |
| - 11th Veterans Peer Support Group
For the People Band | 9am
7-10pm | - 22nd - Veteran Peer Support | 7pm |
| - 12th NFL Cooks | 1-5pm | - 23rd Rec Room Closed Happy Thanks Giving | |
| - 13th Cornhole | 7pm | - 26th Nfl Cooks | 7pm |
| | | - 27th Cornhole | 7pm |
| | | - 28th Sons Meeting | 6:30pm |

Want To Hear A Specific Band
Send an email to Kelly: RecRoom@alpost116nc.org



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

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



Women Veterans Health
Reengagement Training
— heaRT —





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<http://eclsinc.com/>



Services: ECLS

At ECLS, we have an array of core competencies and technical expertise which enables us to offer quality services to clients throughout our local area, nationally, and internationally. Our staff of professionals has extensive and diverse experience and significant knowledge in various computer software utilities and hardware. Our field crews utilize a range of cutting-edge equipment to ensure we provide the utmost quality and precision. Explore the pages listed below to learn more about the trusted services provided by ECLS



[HTTP://4EVERBRICKS.COM/DONORS/POST116/](http://4everbricks.com/donors/post116/)

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

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Krista Abshure



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