

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



October 2023



Commander's Corner

Scott Quilty
Commander Post 116

September was National Suicide Prevention Month, and to mark the occasion I was asked to speak at Fuquay-Varina's "Out of the Darkness Community Walk," sponsored by the American Foundation for Suicide Prevention.

Ray and De O'Brien (both members of Post 116) began organizing this walk almost 10 years ago, and it has grown each year. Suicide is real and it disproportionately impacts our military and veteran community. It was an honor sharing what we are doing at Post 116 to raise awareness about suicide.

Below are my full remarks from the Walk.

Suicide was not on my mind as I boarded an aircraft headed to the War in Iraq in summer of 2006. It was not on my mind as I lay wounded at Walter Reed Army Medical Center. It was not on my mind as I left the Army and hospital behind to build a life here in Fuquay-Varina.

Watching so many men and women that I served with die by suicide, brought suicide to the forefront of my mind. Suicide--those that it impacts and those that it takes away from us, is on my mind today. I know it's on your mind today, perhaps most days.

I want to tell you my story, the story of two veterans I was close with, and how my American Legion Post is working to prevent suicide right here in Fuquay-Varina.

As an infantry platoon leader in the US Army in the Summer of 2006, my focus was finding the enemy. Finding those who would do us harm, and who were trying every day to do harm to the civilians we lived amongst. My focus was bringing my men home safely.

We operated in an area known as the Triangle of Death, but that was okay because we were in our early 20's and we were invincible.

While leading a patrol through the countryside, mud up to our shins, weighed down with gear, the sun just starting to peak over the horizon, I stepped on a bomb as it detonated.

In the explosion, I lost my right leg and right arm. The War was over for me. I woke up on an aircraft over the Atlantic, headed to Walter Reed Army Medical Center in Washington, DC. My new focus was getting back on my feet, and finding a way to be useful in this world as my men continued to slog their way through combat.

During my recovery at Walter Reed in 2006 and 2007, I met service members who were wounded in all corners of Iraq and Afghanistan. Many were missing limbs like me. Others suffered head injuries, burns, and blindness. Some of them I knew from before we were wounded, others I met for the first time.

I first met Brent Hendrix when he nearly mowed me down getting out of an elevator in his wheelchair. Brent grew up in Rutherfordton, North Carolina, and became an Army infantryman after high school. He

watched the Towers fall in his Sophomore English class.

Everyone called him Hoss. He towered over the rest of us at 6 foot 7. He lost a leg above the knee. He was a wild man, always testing the doctor's patience, playing pranks, and generally skirting the edges of what was acceptable in a rehab environment.

Brent left Walter Reed and the Army and settled in Cincinnati. He attended university, and became a fixture in Cincinnati's veteran community. His infectious enthusiasm lit up every room he was in, but his wounds plagued him over the years.

Ten years after leaving Walter Reed in 2020, after more than 100 surgeries, his pain was still near constant and he was off his leg, meaning that he could not wear his prosthetic and was restricted to a wheelchair. Hoss stopped conversing and connecting with his friends. He stopped lighting up rooms. He kept to himself, he stayed quiet. Hoss died by suicide on April 23, 2020.

Another of these men was Dan Duefield. I served with Dan in Iraq, He was young, he joined the Army right out of high school to see the world and make a difference. Dan was physically strong, standing about an inch taller than me. He loved to fish and play video games in his time off, as did most soldiers his age.

Over the 18-months Dan spent in Iraq, he had a handful of close calls. Bullets whizzing overhead, shrapnel kicking up the dirt around his feet, bombs detonating nearby, treating injured children, mortars landing as he slept. Dan made it home from his first experience in war seemingly unhurt. It was not long before Dan returned to Iraq for another year-long deployment. Dan spent more time in war than he did stateside. He left the service in 2008 and immediately began to struggle—with substances, depression, and PTSD. Dan completed suicide on November 17, 2010.

It is estimated that between 17 and 22 veterans or servicemembers like Hoss and Dan are lost to suicide each day. That's more than 6,000 annually. The rate of suicide for veterans is more than 50% higher than that of civilians. Seeing those numbers, feeling loss like that, loss that I know many of you have felt yourselves—It leaves one with a sense that nothing can be done. But that is an unacceptable answer to the military mind. We are supposed to take action, to press forward, to do what we can, to speak out.

While the wars in Iraq and Afghanistan were still raging, The American Legion launched the 'Be

The One' campaign in an effort to raise awareness about veteran and service member suicide. Here in Fuquay, at American Legion Post 116, we've done three things to take action:

- First, we conduct Buddy checks by phone of our one thousand members throughout the year. We ask how life is going, and we let them know that they have comrades-in arms at our Post should they ever need a shoulder to lean on or an ear to bend.

- Second, we conducted S.A.V.E. Training through the Veterans' Administration. S.A.V.E. Training helps us act with care and compassion when we encounter a veteran who is in crisis or experiencing suicidal thoughts. The acronym S.A.V.E. helps us remember the important steps involved in suicide prevention:

S--Signs of suicidal thinking should be recognized

A--Ask the most important question of all — "Are you thinking of killing yourself?"

V--Validate the Veteran's experience

E--Encourage treatment and expedite getting help

We held one S.A.V.E. training in the past year, and are planning more to come.

Lastly, we started the first veterans peer support group in Southern Wake County. We run two meetings a week at Post 116 for veterans that need to talk, or who may need to cross-load their concerns with someone who has been there.

Suicide was not on my mind as I boarded an aircraft headed to the War in Iraq. It was not on my mind as I lay wounded at Walter Reed Army Medical Center. It was not on my mind as I left the Army to come to Fuquay-Varina.

Watching soldiers like Hoss and Dan and so many others die by suicide, brought suicide to the forefront of my mind. Suicide is on my mind today. I know it's on your mind.

We are working every day at Post 116 to help veterans who may be considering suicide. If you know a veteran who may be struggling, send them to us so we can get them help. Or you can always dial 988 to talk with a professional who can offer help.

Thank you to our Walk Organizers for bringing us together today. As we walk in a short minutes, I hope that we can reminisce, reflect, and find some solace in our shared experiences.

AMERICAN LEGION

Since 1919, The American Legion has been represented by its emblem. As we look to the next era of The American Legion, the time has come for a new brand mark to be used in marking, communications and promotional materials.

The new brand mark does not replace the emblem. Instead, both the emblem and the brand mark are to be used in specific applications that will better serve The American Legion going forward. On this page, guidance is provided on the manner and types of applications that will apply to both the emblem and The American Legion brand mark.

Purpose of the Brand Mark

The American Legion brand mark was created to address the need to modernize The American Legion brand to appeal to the next generation of veterans. Moreover, the new brand mark takes into consideration a host of applications that the original emblem could never have anticipated. Those include digital and social media, special event and sports marketing, lifestyle apparel and more.

Brand Mark versus Emblem

Going forward, the brand mark is to be used in all marketing communications applications, while the emblem should be reserved for official documents and communications.

Usage Permission

Like the emblem, the brand mark is legally protected property of The American Legion. Any use outside of the organization – such as merchandising, marketing by groups unaffiliated with The American Legion or at political events – is legally restricted and requires authorization.

The same rules of permission to use the official emblem apply to the brand mark. Those rules, along with an online application form, can be found at <https://www.legion.org/brand/legion>



Brand Mark



Marketing, recruiting, & fundraising uses, such as:

- advertising
- apparel
- business cards, letterhead, email signatures
- credentials, event badges
- press releases
- digital (apps, web, social, PowerPoint presentations)
- promotional communications (flyers, handouts, etc.)
- events (signs, backdrops, tents, tablecloths, swag/giveaways)

Emblem



Official, legal, & historical uses, such as:

- uniform caps
- financial documents
- history books
- flags
- legal affairs
- internal manuals & guides
- reports & resolutions
- awards (option emblem or brand)
- building signage (option emblem or brand)
- formal government communications (option emblem or brand)

 AMERICAN
LEGION

POST
116

FIRST FRIDAY



HOT & TASTY

OCT 6 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



 AMERICAN
LEGION
RIDERS

 AMERICAN
LEGION
CRUISERS

Oktoberfest

AMERICAN LEGION AUXILIARY UNIT 116

Saturday, October 7, 2023 12-4 pm

**Beer, Brats, Kielbasa, Sauerkraut, German Potato Salad,
Hot Pretzels, Peppers & Onions**

**Prizes for Best
German Outfit
Male & Female**

**Polka Music
Chinese Auction
Games**

**Cooler of Cheer
Raffle Tickets on Sale
Drawing on Dec. 16th**



**COME JOIN US
GOOD TIMES, GOOD FOOD
&
GREAT FRIENDS!
FAMILY FRIENDLY**

American Legion Post 116
6400 Johnson Pond Rd. Fuquay-Varina
All proceeds go to CASA & Veteran Organizations



“FIRST IN THE NATION” American Legion Cruisers, Post 116, Fuquay-Varina, NC

The American Legion National Convention took place in Charlotte, NC during late August 2023. Several of the Cruisers from Post 116 (Fuquay-Varina, NC) attended the convention as exhibitors and alternates to the convention. Those attending included Lee Johnson, Harold Boettcher, Frank Sturino and Kathy Koch. David Baldwin, Commander of Post 288 (Coinjock, NC) also attended and brought a 1931 Ford that was put in place as part of the display.

During the opening days of the convention, Friday (8/25/23) through Tuesday (8/29/2023) we were



present in the exhibition hall talking with representatives from American Legion posts across the country and the world about the operation and benefits of having a Cruisers program at their post. Most of our contacts said “we have car shows at the post all the time..... Why didn’t we think of this”? While on the floor we talked to folks from 47 states and 2 additional countries. At every opportunity, during smoke breaks, lunch, hospitality rooms and dinners, we talked to people about the Cruisers. Everyone we talked to was excited about the potential to either bring in new members or to rejuvenate their existing membership.

So, why did we go? Post 116 has taken a lead-

ership position promoting the Cruisers concept because we see the benefits in fundraising and recruiting new members to the post. It also gives us another opportunity for those who are already members of the post. To move the Cruisers to a national level program, like the Riders, we need to have several states with Cruisers programs recognized as a state level program. Since everything in the American Legion starts at the bottom, we need states with Cruisers programs to introduce resolutions to their departments to have the Cruisers recognized within their states.



We have the initial concept in place. We have the documentation in place as a basis to establish Cruisers programs in all the states, with just a little cut and paste to customize the documents for each state. We have a car show package that provides step by step organization and operational support for any post that wants to run a car show as a fundraiser.

What do we need most? YOU! If you have a classic car, 20 years old or older, owned by you or an immediate relative, who is a member of the Post, SONS, or Auxiliary you can join. If you own a car that doesn’t meet those criteria, or just want to work with us, we can bring you into the group as a supporter.

Let’s keep it rolling!

Harold Boettcher- Director
American Legion Cruisers, Post 116
Fuquay-Varina, NC

 AMERICAN
LEGION

POST
116

POST KARAOKE ★
FIRST FRIDAY
FIRST FRIDAY



**Karaoke
party**

7-10p

POST KARAOKE ★
LIVE MUSIC

Service Officer Snippet

by Paul Ferris

Did you know that the Department of Veterans Affairs (VA) is broken into 3 separate, and distinct, administrations?

They are the Veterans Health Administration (VHA), Veterans Benefit Administration (VBA), and National Cemetery Administration (NCA). Just like the Department of Defense and the Service Branches, they don't necessarily talk to each other unless specifically told to do so!

What are VA priority groups and how do they affect me? When you apply for VA health care, 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.

What factors will the VA use to assign me to a priority group?

VHA will base your priority group on: Your military service history, Your disability rating, Your income level, Whether or not you qualify for Medicaid, and Other benefits you may be receiving (like VA pension benefits)

VHA assigns Veterans with service-connected disabili-

ties 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).

Veterans Experience Action Center (VEAC) in Wilmington, NC, October 19-21, 2023.

Great and unique opportunity for eligible Veterans and their dependents to be assisted by a team that includes: Veteran's Service Organizations Service Officers, Department of Veterans Affairs (VA) Benefit Officials, Department of Veterans Affairs Healthcare Officials. Contact your Post Service Officer for more details.

We need your input!

Please share your thoughts, ideas, and skills for an Art/Creative Therapy program for our Veterans at the Legion. We would like to know: what you are interested in; what is a reasonable price per session, if not free; do you have a creative skill you would like to teach; do you have items or supplies you would like to donate for projects; are you interested in participating in a community art project? Some ideas include leather or wood work, pottery, painting, drawing, and mosaic tile murals. Thank you for your input, we look forward to hearing from you.

VA Benefits Guide Download

Whether you're just getting out of the service, or you've been a civilian for years now, the VA Welcome Kit can help guide you to the benefits and services you've earned.

Based on where you are in life, your VA benefits and services can support you in different ways. Keep your welcome kit handy so you can turn to it throughout your life—like when it's time to go to school, get a job, buy a house, get health care, retire, or make plans for your care as you age.

Visit this link to download an excellent resource guide for all VA Benefits available to you and your family.

<https://www.va.gov/files/2023-01/vawk-color.pdf>

or

<https://www.va.gov/welcome-kit>

For more information contact Richard Spysison at CaryVEAC@gmail.com

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

Cruisers 2023 Fall Car Show

For the last ten years the American Legion Cruisers at Post 116 have been working to support veterans and the community in Fuquay-Varina. We continue on this mission today.

As a part of our mission, we raise money to fund our veteran and community programs, like Back-Pack-Buddies, by putting on two car shows each year. One in the fall and the other in the spring. Both of our shows have become very popular with car enthusiasts around the Raleigh area. We also use our shows as recruiting tools for the post and the Cruisers. I know of six applications provided at this show.

We are fortunate to have the support of many local businesses that provide sponsorships and donations to aid us in organizing and running our car shows. These businesses range from real estate agencies, auto parts stores, and restaurants to dentist. It's truly a community effort.

On September 24, 2023 we held our fall car show at Post 116. It was a beautiful day following a couple days of rain and wind from a tropical storm. Our new canopy provided shelter from the sun as well as being a great focal point in front of the building. Even before we finished setting up cars started rolling in to register. Most of these were "regulars" who

wanted the prime parking spots.

Our day got really busy with cars coming in one behind the other for the next few hours. At the end of our registration time we had 114 classic cars, trucks and newer model cars on our grounds to be judged. This is our second largest show. The previous fall we had 119. That is a lot of cars for our parking lot. It required us to be creative in where and how we parked our friends cars, their pride and joy rides.

During all of this, our cruisers were working hard to park cars, run the grill and get cars registered. Without their efforts this show would not be possible. Thanks to all those who came to help!

At the end of the day, after several hours of work by our judges, we awarded Top 20, 1st, 2nd and 3rd place Truck, 1st, 2nd and 3rd 2004 and Newer and Two Best of Show (a Plaque and a Trophy), 2nd and 3rd Classic 2003 and older. We also awarded a "Special Award" to an outstanding vehicle.

Look for us around town and the area at cruise-ins, car shows, Cars & Coffee, parades and town and post events.

Take a look at the photos for an idea of how big this show really was.



Girl Scouts

Hello Women Veterans and Women First Responders. There is a Girl Scout Gold Award applicant, Margaret Crevoiserat, from Troop 1948, hosting a Women Veterans and Women First Responders Luncheon on Sunday, October 15th from 1 to 3 pm at American Legion Post 116, 6400 Johnson Pond Rd, Fuquay-Varina.

She needs your help in attending this event. The cost is free. She needs a response by October 8th so she can insure there are enough food and refreshments and gift bags. Please consider attending this event and help her reach her goal of 50 participants. She is half way there. There is a guest speaker and raffles. There are all

branches of the Service and various Police and Fire Departments she is requesting attendance from. It is a great way to network and build the Sisterhood for women. You do not need to be a member of the Post, if you know someone please spread the word.

There are also Girl Scouts in attendance that need your support and encouragement to be strong women in the future. Please consider attending and reach out to her or me at the following numbers: Girl Scout Margaret Crevoiserat at 919-384-5557 or Girl Scout Liaison at Post116, Kathy Koch at 516-476-2528. Thank you



WOMEN VETERAN AND FIRST RESPONDER LUNCHEON

In honor of your service and to foster female sisterhood, Girl Scout Margaret Crevoiserat, Gold Award Candidate invites you to a Luncheon at American Legion Post 116 - 6400 Johnson Pond Rd, Fuquay-Varina on **Sunday October 15th from 1pm until 3pm.**

Please join us as we discuss topics concerning female veterans and first responders today.

Limited Seating Available

Please RSVP by September 20th to secure your seat.



RSVP at:
<https://tinyurl.com/46shaae8>



Please RSVP by October 8th. Or call Kathy Koch at 516-476-2528.

Or Girl Scout Margaret Crevoiserat at 919-384-5557.



International Plastic Model Society *Eagle Squadron Chapter*

Greetings to All,

The calendar says finally it is October and climatology forecasts say Fall began with the Equinox on Friday, Sept 22.

The Dog Days of summer provided us with a record breaking heat wave and a perfect reason to find a nice cool spot inside to spend those August days to being safe AND building our models.

In association with the Wilmington NC Plastic Modelers Chapter we are starting work on what is being called the "NC Aces Build". The build will consist of any aircraft flown by the 25 North Carolina military fighter pilots (WWI to Present) that reached the level of ACE - i.e. Major George Earl Preddy, Jr. These builds will be for display at the North Carolina Military History Museum in Kure Beach.

Major George Earl Preddy Jr. (February 5, 1919 – December 25, 1944) of Greensboro is considered the top scoring P-51 ace of WWII, credited with 26.83 enemy air-to-air kills, (number that includes shared 1/2 and 1/3 victory credits) on the list of all-time highest scoring American aces.

For those interested in seeing the museum, here is the website for more information:

<https://www.ncmilitaryhistoricalsociety.org/about>

The International Plastic Modelers' Society - USA - National Contest & Convention 2023 welcomed 3110 entries from IPMS/USA & IPMS International members' at San Marcos, TX, August 2nd - 5th, 2023.

National Contest participants represented all 12 IPMS/USA Regions with International members from Peru - New Zealand - Australia - Switzerland - New Guinea-Canada - Mexico - Spain - Argentina also participating.

National Main Model Display Room



We're back on track with another round of RDUCon action! **On Saturday, January 27, 2024 The Eagle Squadron will host RDUCon 2024 in Building 1 & 2 of the Post.**

The following is a tentative Schedule of Events. These will be finalized the closer we get to the show date.

RDUCon 2024 Schedule of Events (SOE)

TIME	ACTIVITY
0730	Start Final Setup detail activity Vendor arrival & setup Eagle Sqdn member display registration & setup
0900	Open Registration Begins
1200	Open Registration Ends
1215	Judges Meeting
1245	Judging Begins
1500	Judging Ends - Consolidation of Judging forms
1600	Awarding of Category winners
1700	RDUCon Ends - Show breakdown/cleanup activity begins

Out Of Your Comfort Zone Group Build and Contest:

The June meeting ended the Out Of Your Comfort Zone group build. Participants, Shanee, Derrick, Steve, Ryan, and Jeff Church, presented their builds for Club judging. Each of the participants got 5 minutes to give a presentation talk about their models. After much talk and answering questions, the time came for club members to vote on their top 3 models.





SONS OF THE AMERICAN LEGION



Sunday NFL Cook MENU

NAKED WINGS (Sauced the way you like) **\$1.00 EACH**

WING SAUCES

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 to any menu item for only \$1.00 more

SIDES

FRENCH FRIES **\$3.00**

ONION RINGS **\$5.00**

GOUDA MAC & CHEESE BITES **\$5.00**

**CASH OR
CARDS
ACCEPTED**

EVERY NFL SUNDAY FROM 1PM TO 5PM





AMERICAN LEGION

POST 116

6400 JOHNSON POND RD, FUQUAY-VARINA NC 27526

5th ANNUAL AMERICAN LEGION

WHOLE HOG & PORK SHOULDER COOK OFF

SATURDAY OCT 21st, 2023

JUDGING STARTS @ 9 AM PLATE SALES @ NOON

- 1ST, 2ND, & 3RD PLACE TROPHIES
 - \$500,\$250,\$150 PRIZE MONEY
 - PEOPLE'S CHOICE AWARD FOR **PORK SHOULDER COMPETITION**
 - TOP AMERICAN LEGION POST TEAM
 - TOP AMERICAN LEGION SAL TEAM
 - SANCTIONED BY THE NC PORK COUNCIL
- WINNERS WILL HAVE CHANCE TO COOK AT STATE COMPETITION

POST 116
CHALLENGES ANY AND
ALL OTHER NC AL POSTS
THAT "THINK" THEY CAN
COOK PORK !!



Noon – 7:00pm
Or until we sell out
\$10 Per Plate
Dine In or Take out
BBQ PORK, 2 SIDES & TEA

BRING
YOUR LAWN
CHAIRS AND
ENJOY THE
DAY!!

\$200 per Cook Team Entree

Lee Johnson (919) 427-0218

EMAIL: ALP116BBQ@GMAIL.COM

Brought to you by:

SONS OF THE
 AMERICAN
LEGION

POST
116

ANNUAL CHILI COOK-OFF

NOV. 4 1-3p



SHIRTS ARE BACK!



\$20 ea.

+\$2 +\$3
2XL 3XL

**SEE YOUR
BARTENDER
FOR DETAILS**

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 amongst peers to share their experiences or struggles.

JOIN US EVERY WEDNESDAY

SEPT. 6	9a	
SEPT. 13	7p	• You do not need to be a member
SEPT. 20	9a	• Coffee and donuts provided
SEPT. 27	7p	• Approximately 1 hour
OCT. 4	9a	• You may park on the right side of Bldg 2 for privacy if desired
OCT. 11	7p	
OCT. 18	9a	
OCT. 25	7p	
NOV. 1	9a	



TRUNK OR



**ALL YOU GOBLINS AND GHOULS
12 AND UNDER
COME ON OUT FOR SOME FUN AT:**



**THE AMERICAN LEGION
6400 JOHNSON POND ROAD
FUQUAY-VARINA, NC 27526**



**SATURDAY
OCTOBER 28, 2023
FROM 1:00PM
TO 3:00PM**



**WEAR YOUR SCARY COSTUMES
TO SCARE ALL THE LEGION MEMBERS
AND GRAB ALL THE TREATS YOU CAN!**



TREAT

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*



OCTOBER 2023 MONTHLY CALENDAR

- 1st NFL Cooks	1-5pm	-18th Veterans Peer Support Group	9am
- 2nd Cornhole	7pm	-19th Cruisers Meeting	6pm
- 3rd Aux. Exec. Meeting	6:30pm	Music Bingo	7-9pm
- 4th Veterans Peer Support Group	9am	New Members Meet Commander	5-6pm
Special events Cmte. Meeting	7pm	- 20th Band-Sixteen Penny	7-10pm
- 5th Executive Meeting	7pm	- 21st Service Officer Asst.	12-4pm
- 6th Fish Fry	4-7pm	Whole Hog Cookoff Peoples Choice 1	1-1p
Karaoke	7-10pm	Plate Sales 12-7p Awards 2p	
- 7th Post Clanup	8a-1p	- 21st Band- 2Digh4	7-10pm
Service Officer Asst.	12-4pm	- 22nd NFL Cooks	1-5pm
Oktoberfest	12-4pm	- 23rd Cornhole	7pm
- 8th NFL Cooks	1-5pm	- 24th SAL Meeting	7pm
- 9th Cornhole	7pm	- 25th Veterans Peer Support Group	7pm
- 10 Rec. Room Meeting	6:30pm	- 26th Riders Meeting	7pm
- 11th Veterans Peer Support Group	7pm	- 27th Steak Dinner	6-8pm
Ways & Means Meeting	6:30pm	Band- Southern Misfits	7-10pm
- 12th Post General Dinner	6pm	- 28th Service Officer Asst.	12-4pm
Post General Meeting	7pm	Trunk or Treat	12-3pm
-13th Navy Birthday		Goulish Gathering with DJ Jim	7-10pm
- 14th Service Officer Asst.	12-4pm	- 29th NFL Cooks	1-5pm
- 15th NFL Cooks	1-5pm	- 30th Cornhole	7pm
- 16th Cornhole	7pm	- 31st Monster Mash	2-8pm
-17th Aux. General 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 —





ECLS

ENVIRONMENTAL, CIVIL ENGINEERING, LAND SURVEYING, S.U.E.

Headquarters: 19 N. McKinley Street Coats, NC, 27521. 910-897-3257 - 910-897-2329

<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**

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



Krista Abshure



**THE ABSHURE
REALTY GROUP**
VETERAN*OWNED*BUSINESS

919-753-6518

AGENTKRISTA@GMAIL.COM

THEABSHUREREALTYGROUP.COM

201 S MAIN ST, FUQUAY-VARINA, NC 27526



J&D Contracting Service

Call for Free Roof Inspection

Veteran
Owned
&
Operated

Fully
Insured

919-427-0218