

March 1st, 2015



Newsletter Editors:

Richard R. Lopez

Sara Mary Lopez

Special points of interest:

- **Get to know your Members**
- **PTSD/OTH News**
- **SAV Act**

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The Franklin-Sloan Mail Call

Mail Call

VFW Commander's Brief

Comrades, Sisters, and Brothers, It seems as though Old Man Winter and Mother Nature won't give us a break which has forced us to reschedule the business meeting in February and officers meeting in March. Fear not, Spring is just around the corner which will hopefully bring us nicer weather. Nicer weather means we can hold more events at the Post that hopefully every-

one will enjoy. Several have mentioned they'd like to have more bands and cookouts. All of those are great ideas, but we still need some volunteers to chair the events. As always if you have any suggestions feel free to contact me. Last but not least, officer nominations open in the March meeting with elections taking place in April. If you're interested in any position, feel free to contact any of the officers or

Andy Zinkievich, who will conduct elections for the Post. Hope to see you at the Post soon.

David Watts
Commander Post 7383
Cary, NC



Ladies' Auxiliary President's Address

Hello Sisters, Brothers, Comrades,

I can't believe March is already upon us! I wanted to highlight some activities to keep an eye on in the upcoming weeks/months. Shortly we will be judging Patriotic Art, once we receive the submissions (due the end of March) we'll have a day that we cast votes - just like last year. I'll keep everyone posted on when this day will be, likely a Saturday so everyone can make it out to vote.

This year, the Ladies Auxiliary only needs 5 new members to be at 100%! What are we going to do about it? Well since the year is half way over, we'll be allowing new members to join us for a prorated

rate of \$12 for the 2014/2015 year. This way when dues come up again in 6 months we don't make them pay another \$30 right away. I want to URGE any VFW member who has a wife/mother/sister/daughter in the area who is not involved to please send me their contact info so I can reach out to them to see if they are interested. There is no reason that VFW direct family members should not be involved in our auxiliaries (both the Men's and Ladies).

The Ladies Auxiliary will sponsor another Softball team this year in Cary, once we get the schedule of games we'll be posting it at the canteen. If you can make it to any of the games that'd be great, your

support is always welcome. Also, keep in mind that if you attend any games it counts towards your reporting for Youth Activities!

April 25th is our next district meeting in Spring Lake about an hour away from Cary. The meeting runs starts at Noon so we will be meeting to carpool at the post. Be here at about 10:30 to carpool with us if you'd like to attend.

Our next business meeting is on March 17th at 7 PM in the VFW Hall. Hope to see you there!

Kerri Zinkievich
Ladies Auxiliary
President
Post 7383





MON-WED, FRI-SAT
Noon-8:00 PM
919.633-1801
www.shortiescafe.com



Sara Mary Lopez



The Cary VFW Thrift Store's
Hours are Wednesday
through Saturday from 10:00
am to 4:00 PM. There are
always great deals and new
merchandise every day.

Men's Auxiliary President's Address

The Men's Auxiliary hosted their first ever Super Chili Bowl just before kickoff. The Cash Prize Winner was LauraVerdon, and the runner up was Jillian Miller. Coming up in June, the Men's Auxiliary will be

hosting it's 5th Annual Golf Tournament. We are still looking for volunteers to get sponsors and/or track down donations. As always, if you have any ideas or would like to donate your time, we welcome it. If you're interested, please contact my-

self or Thomas "T.K." King. There will be a flyer to follow shortly. Thanks!!

William Wyrosdick
Men's Auxiliary
President
Post 7383



Getting to know your Members: Sara Mary Lopez

Sara Mary Lopez is a member of the Ladies Auxiliary to the VFW Post 7383, and she is our Post's Thrift Store Manager. She is originally from Gilbertsville, NY (Upstate NY), but moved to Wilmington, NC in 2005 to get away from the cold. She's married to Richard Lopez, who is a member of our VFW Post. She met Rich in Oneonta,

NY in 2002, and they were married in August of 2008 in Wilmington, NC.

While Rich was deployed with the North Carolina Army National Guard, she moved them to Cary, NC. She became a Life Member to the Ladies Auxiliary just over a year ago.

Sara Mary joined the Ladies

Auxiliary to connect to Veterans and their Families and to do fun events. Her advice to new members is get involved and have fun doing what you're doing. She has thoroughly enjoyed working at the thrift store and is looking forward to this coming year. Feel to stop in and seen her anytime at the Thrift Store!!

Chaplain's Corner

Post Chaplain:
James Samsel
seumastoo@juno.com

Ladies' Auxiliary
Chaplain:
Diane Waters
Dianejw13@att.net

Men's Auxiliary
Chaplain
Don Beebe
dbeebe85@gmail.com

Peggy Hood was a member of our post and transferred to the Swansboro post. She passed away February 24, 2014 at the age of 83. Her

complete obituary can be read at:



VFW Participates in Roundtable on Undiagnosed PTSD and OTH Discharges

the House Veterans Affairs Subcommittee on Disability Assistance and Memorial Affairs held a roundtable to discuss the use of administrative discharges in the military and the process for upgrading such discharges if veterans feel they were wrongly discharged because of mental health conditions. VFW Senior Legislative Associate Carlos Fuentes informed the Committee of the adverse effects administrative discharges have on veterans’ ability to access health care and the challenges VFW members have faced when upgrading their erroneous discharges. During testimony before the House Veterans Affairs Committee on November 19, 2014, VFW Deputy Legislative Director Aleks Morosky identified ways to address this critical issue. To read more go to: <http://veterans.house.gov/witness-testimony/aleks-morosky-0>

SAV Act Now Law

The VFW was in the White House to witness President Obama sign the Clay Hunt Suicide Prevention for American Veterans (SAV) Act into law. The new law allows the VA to hire more psychiatrists, collaborate with local non-profit mental health organizations, and expand its successful peer support networks. It strengthens and expands the mental health programs and services currently available to service members and veterans. What the SAV Act doesn’t do is go far enough, according to VFW National Commander John Stroud, who said dropped provisions from the final bill would have improved mental health partnerships between VA and the Reserve Components, and required DOD to review less-than-honorable discharges that may have been associated with undiagnosed PTSD. The VFW will work with Congress to insert those critically important issues into the next suicide prevention legislation.



Post T-Shirts are still for sale for \$10. Shirts are available at the Canteen!!

“What the SAV Act doesn’t do is go far enough...”

*–CDR John Stroud
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2AM Plumbing Company
 Charles A. Jackson
 Licensed Plumber
 Residential/Commercial
 New Installation/Repairs
 Licensed/Insured
 PO Box 1504
 Clayton NC, 27528
 (919) 796-2316
charles@2amplumbing.com
 NC License #29228

When any customer mentions this add, the owner will donate 25% of the bill to the Cary VFW Post 7383!!



THE CARY VFW POST 7383 IS HAVING A
FUNDRAISER AT
RUCKUS PIZZA
8111-208 Tryon Woods Drive
Cary, NC
ON MONDAY, MARCH 23RD 2015

15% GOES TO
CARY VFW!



DINE-IN OR
TAKE OUT!!!



Cary's Ruckus Pizza and The VFW are teaming up to raise funds for veterans in their local community.

The VFW of Cary's mission consists of serving our American veterans, their families, along with other local community organizations.

On Monday, March 23rd, from lunch (11am) to close (2am), Ruckus of Cary will donate 15% of your *TOTAL* (drinks included) bill to The Cary VFW Post 7383 when you present this flyer!

Present this flyer during your purchase and you can lend a helping hand to your local veterans.

Complete Menu at
www.ruckuspizza.com



RUCKUS PIZZA is located at:
8111-208 Tryon Woods Drive
Cary, NC
9198513999
www.ruckuspizza.com

March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Shortie's & Thrift Store Closed on Sundays	2 Officer's Meeting, 6:30 PM Thrift Store Closed on Mondays	3 Thrift Store open from 10:00-4:00	4 Thrift Store open from 10:00-4:00	5 Shortie's Closed Thursdays Thrift Store open from 10:00-4:00	6 Thrift Store open from 10:00-4:00	7 Shortie's Closed for Family Reasons Thrift Store open from 10:00-4:00
8 Shortie's & Thrift Store Closed on Sundays	9 Thrift Store Closed on Mondays	10 Thrift Store open from 10:00-4:00	11 Thrift Store open from 10:00-4:00	12 Shortie's Closed Thursdays Thrift Store open from 10:00-4:00	13 Shortie's Closing Early for Family Reasons Thrift Store open from 10:00-4:00	14 Shortie's Open Thrift Store open from 10:00-4:00
15 Shortie's & Thrift Store Closed on Sundays	16 Thrift Store Closed on Mondays	17 Thrift Store open from 10:00-4:00 Monthly Business Meetings 7:00 PM St. Patrick's Day	18 Thrift Store open from 10:00-4:00	19 Shortie's Closed Thursdays Thrift Store open from 10:00-4:00	20 Thrift Store open from 10:00-4:00	21 Shortie's Closed for Family Reasons Thrift Store open from 10:00-4:00
22 Shortie's & Thrift Store Closed on Sundays	23 Thrift Store Closed on Mondays	24 Thrift Store open from 10:00-4:00	25 Thrift Store open from 10:00-4:00	26 Shortie's Closed Thursdays Thrift Store open from 10:00-4:00	27 Thrift Store open from 10:00-4:00	28 Filipino Food Festival Thrift Store open from 10:00-4:00
29 Shortie's & Thrift Store Closed on Sundays	30 Thrift Store Closed on Mondays	31 Thrift Store open from 10:00-4:00				

**"2nd Annual Staff Sergeant Michael Sherrill
Memorial NCSGA Educational Foundation
Scholarship Golf Tournament – In Honor of
MSG James Helms' Retirement"**

Format: 4 Man Scramble / Captain's Choice

Where: Lincoln Country Club, Lincolnton, NC

When: Monday, 20 April 2015

Time: 10:00 Shotgun Start

Entry Fee: \$60.00 per individual



Please make plans to join us Monday, 20 April 2015 at the Lincoln Country Club for our 2nd Annual Staff Sergeant Michael Sherrill Memorial NCSGA Educational Foundation Scholarship Tournament. We are awarding our first \$1000 scholarship in honor of Mike this year. Mike sponsored many successful NCSGAEF fundraisers & we miss him.

This year's tournament honors MSG James Helms' retirement from the NCARNG. MSG Helms has been a long time supporter of the NCSGAEF and is a former member of the NCSGA Executive Council.

Proceeds from this fundraiser will benefit the North Carolina National Guard Association Educational Foundation (NCSGAEF). The first \$1000 raised will go to our annual 505ECB Staff Sergeant Michael Sherrill Memorial Scholarship. \$500 will be dedicated to the purchase of a brick in the NCSGAEF Walk of Honor in Raleigh in honor of MSG Helms. All additional funds raised will go to the NCSGAEF General Endowment Fund.

Entry fee includes golf, cart, beverages, lunch, door prize tickets, and 2 mulligans. Tickets will be put into the raffle box for door prizes when entry fee is paid. Lunch will be served during the round. Prizes will be awarded for 1st and 2nd place teams. All par 3's will have a closest to the pin prize and we will also have a long drive prize. Hole sponsorships may be purchased for a \$50.00 donation and will include a sign on the course. Fees and donations are tax deductible.

Sign up as a foursome or individuals will be paired up. Make checks payable to Donnie Mote, and mail to 4240 West Blvd, Charlotte, NC 28208. The address for the golf course is Lincoln Country Club, 2052 Country Club Road, Lincolnton, NC 28092. Phone = (704) 735-1382. (<http://www.lincolncountryclub.net/>)

Player A _____

Player B _____

Player C _____

Player D _____

Cary VFW Thrift Store



FRANKLIN-SLOAN
CARY VFW POST 7383

522 Reedy Creek Road
Cary, NC 27513

Phone: 919.467.1188
www.caryvfw.org



*Place Your Ad Here! This
Newsletter reaches over
300 People!*

Hey Y'all! So, how's the wonky weather? Right!? Anyhoo, this has been a real bad month for business with the snow related closings. But, March comes in like a lion and then out like a lamb, right? (If I'm remembering my 4th grade macaroni project correctly) So, I'm totally stoked for spring and with spring comes spring cleaning and all those glorious donations! So, I hope everyone had a safe last few weeks and I hope that these next few weeks are warmer. It'll be nice to be back on schedule!

Sara Mary Lopez
VFW Post7383
Thrift Store Manager



Upcoming Events/Important Dates



*Place Your Ad Here! This
Newsletter reaches over
300 People!*

- MAR1ST: Officers Meeting **RESCHEDULED TO MAR 2ND @ 6PM**
- MAR5TH: Bingo Night (Volunteers Needed)
- MAR12TH: Bingo Night (Volunteers Needed)
- MAR17TH: Business Meetings (All are encouraged, as important Post Business will be discussed and voted on. Let your Voice Be heard!!) **And St. Patrick's Day with \$3 Killian's Red Beer all day, and a special \$5 corned beef & cabbage meal right before the meeting!**
- MAR19TH: Bingo Night (Volunteers Needed)
- MAR26TH: Bingo Night (Volunteers Needed)

Note from the Editors:

We apologize for the lateness of this newsletter. Rich has been injured a few times, and has been sick for about a week. As always, if you have anything you'd like put in the newsletter, just contact Sara Mary or Rich. SML