

November 1st, 2014



Special points of interest:

- Veterans Day Events
- VA Flu Shot Program
- Upcoming Events
- Member of the Month

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The Franklin-Sloan Mail Call

VFW Commander's Brief

Happy November!!!! After a month on hiatus our newsletter is back in full swing. I'd like to thank Sara Mary and Rich Lopez for volunteering to put the newsletter together. I also want to give huge thanks to Beth Roberson for all of the time she has spent putting together the newsletter in the past. Thank you Beth, we all appreciate it!

Recently the house committee met and elected Danny Immediato as the house committee chairman. As always, we're looking for suggestions on how to make the Post a better place. Feel free to pass along your suggestions to Danny or any other house committee member (David "Chainsaw" Wrench, David Holcomb, Charles "CJ" Jackson, or David Watts). Please give Danny and the entire House Committee your full support as we go

through a learning curve. We're striving to make the Post a place you'll want to always "hang out" at. The canteen is also looking for bartenders to cover a few shifts, if you're interested please email a resume to CaryVFW7383@gmail.com so the house committee can review them. If we don't get some folks willing to help out it's possible we may need to close the canteen at times due to lack of bartenders, which of course is not a desired outcome.

Please make sure you check out our upcoming events listed in the newsletter. I'd like to remind everyone of the officers meeting Sunday Nov. 2nd @ 9am, everyone is welcome to attend. Our annual Chili cook-off will be Saturday Nov. 8th. Yes it's normally held on a Sunday, but due to a clerical error the 8th was listed on our

flyers, which was broadcast on Facebook and the UNC student bulletin board as an event they could attend. Several folks have showed interest of attending on Saturday so the decision was made to keep it Nov. 8th.

I want to thank everyone that supports the Post, now more than ever we need everyone's support no matter what day it is. As everyone knows, we're still catching up with some bills of the past. We'll get all of this taken care of it's just taking a bit longer than we hoped it would, but with your support and donations we can get everything paid off sooner. Last but not least, please don't forget to change your clocks Sunday Nov. 2nd at 2:00am back one hour.

David Watts
Post Commander



Ladies' Auxiliary President's Address

I hope everyone had a safe and happy Halloween!

The ladies auxiliary had a successful Cancer Aid and Research Walk on Saturday, October 25th. We raised about \$600 so far, which we will be contributing to needed funds to the UNC Lineberger Comprehensive Cancer Center Campaign that annually sponsors a \$100,000 Postdoctoral Cancer Research Fellowship to further promising cancer research. In addition, this fund provides grants to Ladies

Auxiliary members who are ill with cancer. I'd like to thank all the ladies for their hard work and support and for coming out on a chilly morning to walk with us!

Also, the ladies auxiliary has been approved for our fundraiser with City BBQ to be held on Saturday, November 29! Please feel free to distribute the flyer on the canteen and letter explaining our fundraiser. Along with printed versions at the canteen I'll also be emailing out electronic versions to distribute on social

media site. City BBQ will donate money to the auxiliary from all of the sales that a flyer is presented at time of purchase. Flyers cannot be passed out on City Barbeque property so we are planning on plastering them over windshields the day before and that morning in local shopping centers.

As always - big thanks to everyone who participates and volunteers their time to help us obtain our mission and sustain our successful organization.

Kerri Zinkievich
Ladies Auxiliary President, Post 7383





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



SSG Richard R. Lopez



Cary VFW Thrift Store

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

I thank the Men's Auxiliary members who have stepped up as bartenders during the present shortage.

At this time we have 34 paid up through 2015 Men's Auxiliary members. If any of the present members who have not paid their 2015 fees wish to continue as members please pay as soon as pos-

sible. You may mail a check to Tom Breslin, Treasurer, or myself at the Post address or pay at the bar. If you pay cash at the bar please keep your receipt. Tom must send the money to State Headquarters soon in order to receive new 2015 membership cards for every paid member.

Thank you,

Curtis Morris
President Post 7383



Member of the Month: Richard R. Lopez

I am originally from Delaware, but I only lived there for about three months; so I claim Florida as my home state. I joined the Army in 1997 to become a Paratrooper. I became a Supply Specialist, and spent my 3 years of Active Duty in Italy in the 173rd PIR.

I left active duty to join the Florida National Guard in 2000,

and transferred to the NY National Guard in 2001. My unit and I responded to the cowardly terror attacks on September 11th, 2001. Shortly after, I was part of Operation Noble Eagle, patrolling the US/Canadian Border.

I met my best friend and wife, Sara Mary, in 2002 in upstate NY before my first deployment to Iraq. Upon return, we decided to

move away from the cold, and settled in Wilmington, NC., and I joined the NC National Guard 2008, and I deployed again to Iraq in September of the same year.

Sara Mary and I moved to Cary in 2009, and we've loved it here ever since. We're both life members and look forward to being a part of our post's mission to help veterans and their families.

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

Jane Rockwell had knee surgery last Monday, is now home and getting physical therapy. Hopefully she will have a quick recovery. We ask that everyone keep her in their prayers.

Richard Lopez is still recovering from surgery to his left leg and complications following this surgery. He's recovering at home under the care of his wife Sara

Mary. He's now able to get around on crutches .

Chris Lapolice is also recovering from an injury he received during a marathon.

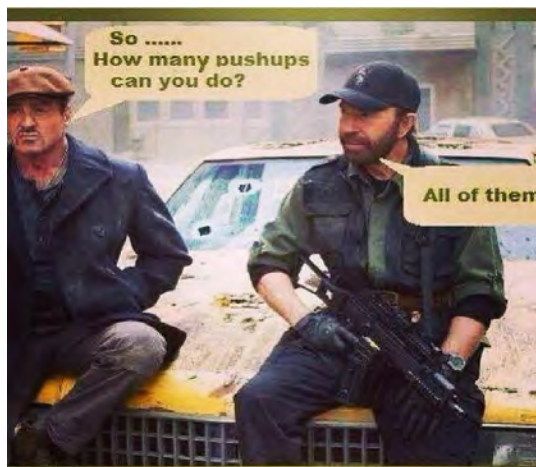
If you know of any Comrade, Sister or family members that are sick, ill or in distress, please contact your Chaplain.

Agent Orange Registry

VA offers eligible Veterans a free Agent Orange Registry health exam for possible long-term health problems related to exposure - See more at:

<http://www.publichealth.va.gov/exposures/agentorange/#sthash.pW4fX2r2.dpuf>.

Military Humor



The Season of Honor and Thanks

It is this time of year that we Americans generally gather with our friends and family to celebrate Veterans Day and Thanksgiving. Some of us will congregate at church, some will be seated at the family's dining room table, others out at bars and restaurants. Wherever you find yourself, please remember the spirit of the season: to Honor our Country's Heroes

and to give Thanks for that which we are grateful for.

During this Veterans Day and Thanksgiving, let us remember and be Thankful for those that have come before and risked their lives for us, and in some cases, made the ultimate sacrifice for our Freedom. Let us give thanks for those who still place their lives on the line for our great Country.

To close this on a lighter note: if you can read this, thank a Teacher. If you can read this in English, thank a Veteran! Happy Veterans Day, and Happy Thanksgiving! God Bless you, and God Bless the USA!!

Rich Lopez
Post Surgeon

NC Military Retirees Losing Tax Exemption (VFW Webmail News Release)

Raleigh, NC (July 23, 2013) – The NC General Assembly eliminated the tax exemption for military retirees who had the first \$4000 of their retirement income free from state tax in North Carolina making our state not so veteran

friendly beginning this tax year. Retirees' income from military government pensions will now be subject to full dollar income taxation.

For more information go to:

<http://myvfw.org/northcarolina/>

department-news/vfw-nc-news-release-nc-military-retirees-losing-tax-exemption/



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

The VA is Now Offering Free

Flu shots at Walgreen's

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919-388-1632
220-F Dominion Dr
Morrisville, NC 27560



Like us on Facebook
@ Cary VFW Post 7383!

“Army Sgt. Cameron M. Flack, 18, of Union Mills, N.C, missing from the Korean War, have been identified and will be returned to his family for burial with full military honors.”
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North Carolina's 2014 Veteran's Day Parade

The Annual North Carolina Veterans' Day Parade in Raleigh will be held on November 8th, 2014 and will begin at 0930 on Salisbury Street in Downtown Raleigh.

The parade will conclude around 1030 on the north side of

the State Capital Building. Between the end of the Parade and the start of the Ceremony at 1100 there will be music provided by the Historic Oakwood Second Line Band and also the Chesterbrook Academy Children's Choir will be performing several songs.

For questions concerning the 2014 Veteran's Day Parade and ceremonies participation and sign up, contact Mr. Terry F. Chatfield, 919-265-8558, email:

terry_chatfield@bellsouth.net

VA Offers Free Flu Vaccinations at Walgreen's Stores

VA Enrollees Can Now Get Vaccinations at Walgreens: This week, VA announced that enrolled veterans may begin receiving flu shots and other vaccinations recommended by the Centers for Disease Control and Prevention (CDC) at Walgreens retail pharmacies nationwide. The program, based on a successful pilot program in Florida, will help expand veterans' access to vaccines just in time for flu season. The vaccines are subject to availability,

and the program's funding will allow Walgreens to administer approximately 75,000 flu shots this year. Under the agreement, Walgreens will provide the vaccinations at no charge, and will electronically add them to the veteran's VA health record. The vaccines are available daily during normal Walgreens pharmacy hours with no appointment necessary. Veterans may still receive their vaccinations from VA facilities if they choose. For more infor-

mation about the program, click here: <http://www.ehealth.va.gov/Immunization.asp>.



Soldier Missing from Korean War Accounted For

The Department of Defense POW/Missing Personnel Office (DPMO) announced today that the remains of a U.S. serviceman, Army Sgt. Cameron M. Flack, 18, of Union Mills, N.C, missing from the Korean War, have been identified and will be returned to his family for burial with full military honors.

Army Sgt. Cameron M. Flack, 18, of Union Mills, N.C. will be bur-

ied Nov. 2, in Union Mills, N.C. [In November 1950, Flack was a member of Company L, 3rd Battalion, 31st Regimental Combat Team \(RCT\), 7th Infantry Division, operating along the eastern banks of the Chosin Reservoir in North Korea. From Nov. 27 - Dec. 1, 1950, the Chinese People's Volunteer Forces overwhelmed U.S. positions and U.S. troops were forced to withdraw](#)

south to more defensible positions. Following the battle, Flack was one of many men reported missing in action.





*Bingo Night
Every Thursday Starting at
7:00 PM in the Memorial
Banquet Hall*

*“Annually, the 2.1
million members of
the VFW and its
Auxiliary contribute
more than 11 million
hours of volunteerism
in the community”*

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Growing our Posts

The Veterans of Foreign Wars and its many posts are active in our communities.

“Annually, the 2.1 million members of the VFW and its Auxiliary contribute more than 11 million hours of volunteerism in the community, including participation in Make A Difference Day and National Volunteer Week.” We also provide \$2.5 million in college scholarships and savings bonds to students every year.

To continue this tradition, we need to grow our posts. How do you do that? Build on your successful programs and demonstrate to the community that your post is active, interesting, and welcoming.

Here are some ideas and new procedures announced at the recent (July) Flying Squadron Training session. VFW Program information handouts will be available at the upcoming district meetings in your area.

Organization: District Commanders are the local, direct line representative of the Department of North Carolina. Have a question about policy, procedures, or just need help? Contact them first. If your District Commander doesn't have the answer, they will work with the Department to assist you and your post.

Veterans of Foreign Wars Community Programs: Deadlines for application submission to the posts are November 1st. This includes Voice of Democracy, Patriot's Pen and Teacher of the Year. Application forms are now available for download from National. [Learn more from National.](#)

Posts need to be advertising and soliciting participation now. Schools are about to reopen and teachers are preparing for school year programs and projects.

Home School students are an excellent source for program participation. District Posts

have found that they are eager to enter.

All State Team: There is a new, additional requirement for All State Post. It is New Member Sponsorship. When a new member is recruited and approved, a member of the post is now assigned as his sponsor. This should be the recruiter of the new member. Duties include (1) providing information on post and its elected officers, (2) post and VFW programs, and (3) upcoming events. The sponsor should stay in touch with the new member to see how they are doing. They should also be available to answer questions or assist anyway that is needed.

Adopt a Unit: If your post has adopted a unit, but did not file a program report on adopt a unit activity for the last year, then the information was purged from the system and a new application needs to be filed out. Contact Jim Clark, 910-425-0915, to check if your unit is still active for your post.

Deployed Units: Funds are available for “coming or going party” for deployed units. Coming home parties must be within 3 months of returning. This is a great opportunity to build a relationship with local National Guard units in our district.

Post Inspections:

Post bylaws now must be available for review by the district commander. If none are available for viewing it will be deemed that there are no bylaws for your post. All post members should have a copy of the Post bylaws. A copy should also be available at each post meeting.

Bingo inspections will be con-

ducted at each post, where applicable. The appointed managers are to be present for these inspections.

Membership: A DD Form 214 *is not the only source of proof of eligibility.* Other examples are: copies of orders, medals (purple heart, bronze star), in uniform with patches, letter with return address with APO/FPO address, theater locale photos of candidate showing presence. Do not let anyone advise you that the DD Form 214 is mandatory for membership.

Post vfwnc.org websites and news weblogs. Your blog master can assist your post with your new vfwnc.org website and weblog. Email your blog master and ask for assistance, but first, ask your post blogger or webmasters to take a look at some of his tricks and resources by checking out his on-line [Toolbox](#). Avoid long distance phone charges. Sign up for a [Skype account](#) and you can call him toll-free. If you have a webcam, you can do a video chat with him. You will be surprised at how easy the training session will go. Work k on your site as you learn.

This article was edited for space. To read the entire article, please go to <http://myvfw.org/northcarolina/latest-news/growing-our-posts/>



*Memorial Banquet Hall Rentals
Host up to 292 People!
Meetings, Banquets, and More!
Contact Rick Hagen 9194671188
<http://www.caryvfw.org/Banquet-Hall-Rental.html>*

Shortie's Out of Sight Café Calendar

November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Open Grilling Outside
2 Closed on Sundays	3 Open	4 Open	5 Open	6 Closed on Thursdays	7 Open	8 Closed for Chili Cook-off
9 Closed on Sundays	10 Open	11 Closed for Post Event Veteran's Day	12 Open	13 Closed on Thursdays	14 Open	15 Open Filipino Food Fest!!
16 Closed on Sundays	17 Open	18 Open	19 Open	20 Closed on Thursdays	21 Open	22 Open Grilling Outside
23 Closed on Sundays	24 Open	25 Open	26 Open	27 Closed on Thursdays	28 Closed for Family Matters	29 Open Grilling Outside
30 Closed on Sundays				Thanksgiving		

*Shortie's Out Of Sight
Café
Presents their
Filipino Food Fest!*



*Saturday November 15, 2014
Noon – 4 PM*

Two items with white rice - \$7

Three items with white rice - \$8.50

(Prices are recommended donations)

*Cary VFW Post 7383
522 Reedy Creek Road
Cary, NC 27513*





FRANKLIN-SLOAN
CARY VFW POST 7383

522 Reedy Creek Road
Cary, NC 27513

Phone: 919.467.1188
www.caryvfw.org



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Cary VFW Thrift Store

Howdy Y'all! I'm very happy to have the opportunity to take over as Thrift Store Manager. I hope that I can live up to the same example that was set for me by Beth. When this store first opened, it was no more than just four walls and a roof. But, Beth and others have made it the ever changing wonderful success that it is today. I am very sad to see her go, but I know that she will never be that far. I plan to keep with the same spirit of donations and giving that has been the current standard as well as open it up to new ideas as they come. As always, we do this for our post, our members, our veterans, as well as our community. Thank you everyone for your support and I hope to see more of you in the time to come!

Sara Mary Lopez
VFW Post7383
Thrift Store Manager



Upcoming Events/Important Dates



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- Nov. 2nd: Officers Meeting. (First Sunday Every Month) Everyone is invited
- Nov. 7th: Town of Cary is Hosting its Annual Veterans Luncheon at Herbert Young Community Center starting at 1130. Prior Registration required at: 919.469.4081
- Nov. 8th: Annual Chili Cook-Off (Volunteers Still Needed!!); Veterans Day Parade-Raleigh, NC; US Armed Forces Band is hosting a special concert at night in Fayetteville. For More Information, contact David Watts.
- Nov. 10th: USMC Birthday
- Nov. 11th: Veterans Day (Specials at the Post) NCSU ROTC has invited us to attend a Veterans Day Ceremony, beginning with a 0600 Run, 0630 Ceremony, followed by a light Breakfast. All interested must contact SSGT Roshod Browning prior to Monday, November 3rd.
- Nov. 15th: Filipino Food Festival
- Nov. 15-16: Superior Gymnastics in Morrisville has invited us back in honor of Veterans Day, and we'll also be having Buddy Poppy Drive there. Please volunteer an hour or two of your time.
- Nov. 18th: Member's Meeting @ 7:00 PM (Third Thursday Every Month)



VFW Thrift Store Hours

November 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						 Open 10:00 AM to 4:00 PM
2 Closed on Sundays Officers' Meeting	3 Closed on Mondays	4 Open 10:00 AM to 4:00 PM	5 Open 10:00 AM to 4:00 PM	6 Open 10:00 AM to 4:00 PM	7 Open 10:00 AM to 4:00 PM	8 Open 10:00 AM to 4:00 PM Chili Cook-off Veteran's Parade
9 Closed on Sundays	10 Closed on Mondays USMC Birthday	11 Open 10:00 AM to 4:00 PM Veteran's Day	12 Open 10:00 AM to 4:00 PM	13 Open 10:00 AM to 4:00 PM	14 Open 10:00 AM to 4:00 PM	15 Open 10:00 AM to 4:00 PM POPPY Drive @Superior Gymnastics Filipino Food Festival
16 Closed on Sundays POPPY Drive @Superior	17 Closed on Mondays	18 Open 10:00 AM to 4:00 PM Member's Meeting @ 7:00PM	19 Open 10:00 AM to 4:00 PM	20 Open 10:00 AM to 4:00 PM	21 Open 10:00 AM to 4:00 PM	22 Open 10:00 AM to 4:00 PM
23 Closed on Sundays 30 Closed on Sundays	24 Closed on Mondays	25 Closed for Thanksgiving Vacation	26 Closed for Thanksgiving Vacation	27 Closed for Thanksgiving Vacation Thanksgiving	28 Closed for Thanksgiving Vacation	29 Closed for Thanksgiving Vacation





Cary VFW Post 7383 INVITES YOU TO OUR ANNUAL CHILI COOK-OFF!

November 8th, 2014 from 12-3PM



The Local Cary VFW Franklin-Sloan Post 7383 is hosting its Annual Chili Cook-off to Support our Local VFW Post. There will be a cash prize for 1st Place! There is no entry fee; however a small donation is requested for those who wish to judge and or sample the chili.

This event is open to the public.
Helping Veterans is our Mission.
Join us to help accomplish this Mission!



For more information, contact us below.

522 Reedy Creek Road
Cary, NC 27513
9194671188

Like us on Facebook
@ Cary VFW Post 7383!

Veterans of Foreign
Wars Post 7383



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