

November 1st, 2015



Special points of interest:

- Veterans Day Events
- Pres. Vetoes NDAA
- Upcoming Events
- Meet Your Members

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The Franklin-Sloan Mail Call

VFW Commander's Brief

Happy November!! Thanks to everyone that joined us for our Halloween party and membership drive. A big thanks goes to Kerri Zinkievich & Rich Lopez for coordinating everything plus a HUGE thanks goes to Bill Carrington-Smith and OTB for playing fabulous music. It's truly great to see the Post packed and everyone having a great time. By the way, I've already heard a few plans about making next year bigger and better. November looks like another busy month for us. Several schools have asked for Veterans to speak to small groups of kids about their experiences and why they

joined the military. The problem is we can't get enough Veterans to volunteer to speak. Remember the kids today are our future Soldiers, Marines, Airmen, and Seamen which are also the future of the VFW. Please contact Lacy Jo Evans or myself if interested. Not all of the details have been worked out, but we will have a flag retirement and a cook out on Veterans Day. Please keep a close eye on your email and Facebook for updates. Don't forget to stop by Abbey Road Monday Nov. 9th and make sure you mention VFW as Abbey Road is donating 15% of food sales to us. Last but not least we've been

invited to sell raffle tickets, buddy Poppy drive, take donations, and promote upcoming events at Bass Pro Shop Nov. 6th, 7th, and 8th. We need everyone's help with this event. Times aren't set in stone, but we've been given the green light to setup a table inside all three days. This event will give us great exposure to the community plus raise funds that we need. We'll have signup sheets and more information posted by Monday if not sooner. Please take a few hours out of your busy schedule to come help. David Watts Post Commander Cary Post 7383



Ladies' Auxiliary President's Address

Hello Sisters, Brothers and Comrades,
I hope everyone had a chance to stop by the VFW for the AWESOME Halloween Party we had on October 30th! A big thank you to all of those that stopped out to help us set up and decorate.

November is a month full of opportunity to volunteer! Patriots Pen and Voice of Democracy appli-

cations are due November 1st, we'll be judging the essays the first week of November so if you can spare an hour or two to help we'd appreciate it, more info on date/time for judging will be out soon.

November 11th is Veterans Day this year so please join us on this day of remembrance to honor all veterans who served.

Please keep in mind that

if you're not busy all day on Thanksgiving I'm sure there are some people in the VA hospital who'd love to have a visitor for an hour or two.

Our next business meeting is Tuesday, November 17th at 7 PM, I hope to see you there. If not, I hope you all have a happy and healthy Thanksgiving!

Kerri Zinkievich Ladies Auxiliary





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



Rich Grimes, ADJ/QM



Cary VFW Thrift Store

The Cary VFW Thrift Store's
Hours are Wednesday
through Saturday from 10:00
am to 4:00 PM. And 10:00-
7:00 on Thursdays. Always
great deals! Come on in, y'all!

Men's Auxiliary President's Address

We appreciate the prayers and well wishes for Linda as she goes through this difficult time with her Grandmother.

If any of the present members who have not paid their 2015 fees wish to continue as members please pay as soon as possible. You may bring a check to the Treasurer, or

myself at the Post pay at the canteen. If you pay cash at the bar please keep your receipt. The Treasurer must send the money to State Headquarters in order to receive new 2015 membership cards for every paid member.

Thank you, and hope to see you soon!

**Wil Wyrosdick
President Post 7383
Men's Auxiliary**



Meet Your Members: Rich Grimes

Rich Grimes served 24 years in the United State Air Force, beginning in Supply and finishing up in Technical Control, aka Communications. He served in the Gulf War and is our current Adjutant and Quartermaster, and our previous Assistant Quartermaster.

He is married to our beloved Lilian (Shortie) for 36 years now, and has two daughters, Raquel (Rocky), and Desiree' (Desi). His father served in the US Army at the end of WWII, and was a guard at Sugamo Prison, Japan. He was one of the primary guards of former Japanese Prime Minister Hideki Tojo - the person responsible for the bombing of Pearl Harbor. Originally from Elizabeth,

NJ, Rich retired in NC back in 1998 to work for WorldCom, which is now Verizon, where he is currently a Network Analyst at Verizon. He joined the VFW in 2002 as a Life Member at Large, and transferred to Cary Post 7383 a few years later to help Veterans get what they deserve, and more importantly, what they need.

His hobbies include brewing and drinking beer, fishing, camping, and riding motorcycles. He is also a 32 yr. member of the American Legion, 16 yr. member of AMVETS, a Life Member of DAV, an American Legion Rider, and a member of the Combat Veterans Motorcycle Association.

His advice to new members is:

"GET INVOLVED!! Don't use the excuse "I did my time, now I am done." Other vets need your help and guidance." He also says, "It's great we have a place where everyone can sit around drinking, smoking, and telling stories, but that is not what should be our most important feature. Our role as VFW members is to reach out and help the veterans in our community. Our actions and deeds to help our fellow veterans should be what we are most proud of. Those are the things that have the most lasting impact and will draw more vets in to join our Post - not what a nice canteen we have."

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

Please keep Linda Paci in your thoughts and prayers. Her Grandmother recently passed away.

President Obama Vetoes National Defense Authorization Act

As expected, President Obama vetoed the 2015 National Defense Authorization Act (NDAA) on Thursday because it kept sequestration in place and blocked his ability to close the U.S. detention facility at Guantanamo Bay, Cuba. The \$611.9 billion defense bill contained a number of VFW-supported provisions ranging from an enhanced military retirement system and the repeal of the 1 percent cost-of-living adjustment penalty on new retirees, as well as keeping the Guantanamo facility open, which is supported by VFW National Resolution. The bill also contained provisions that the VFW opposed, such as the gradual reduction of military housing allowances. Ending sequestration is the VFW's top legislative goal, as it directly impacts military readiness and could affect all discretionary-funded programs that are provided by the Department of Veterans Affairs and other agencies with veterans-oriented programs, such as Labor. Congress has the authority to override the veto should there be a two-thirds majority vote. The House is expected to vote on it Nov. 5. Stay tuned to the Action Corps Weekly for updates on this important bill.*** See Editors notes

The Season of Honor and Thanks

As we enter into another November, we will all, at some point, reflect on the things we are most Thankful for. While we all make plans to celebrate Veterans Day at events, such as parades, festivals, and parties, please Honor our Servicemen and Servicewomen who have sacrificed for our safety, security, and our Freedom in any way you can. Let us also not forget that just

because our Soldiers, Sailors, Marines, and Airmen have made it home, does not mean the War is over for them. Many struggle with TBI and PTSD. We have a sad statistic of approximately 22 Veterans that commit suicide every day. So, while you're making your Holiday plans, remember there may be Veterans who are alone, and dealing with their inner battles. If you know anyone

like this, please open your homes and hearts to them.

I extend my personal gratitude to all the Veterans, Patriots, and their families that have served before, beside me, and for those who will serve after me for our continued Freedom. God Bless America.

Rich Lopez
Jr. Vice Commander

Gulf War Illness Research Update

The Department of Veterans Affairs War Related Illness and Injury Study Center currently has several research studies that may be of interest to Operation Desert Shield/Storm veterans

and non-deployed Gulf War Era veterans at their East Orange, N.J., medical campus. If you are a veteran from the 1990-91 era, or if you have Gulf War Illness or would like to know more about the

research, please call [1-800-225-5170](tel:1-800-225-5170) or visit their Gulf War Research page at: <http://1.usa.gov/1LpLQ2o>.



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

*President Obama
vetoed the 2015
National Defense
Authorization Act
(NDAA)
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**Like us on Facebook
@ Cary VFW Post 7383!**

Pay & Benefits Uncertainty Tops New Family Survey

Military pay and retirement benefits changes are the top two concerns of the just released Blue Star Families' 2015 Military Family Lifestyle Survey. The uncertainty in budget and continued opportunity to serve in uniform has created a theme of "eyes on the exits," said Cristin Orr Shiffer, the nonprofit group's deputy director of research and policy, in a Military

Times article. The VFW-supported survey, now in its sixth edition, surveyed almost 6,300 military service members, spouses and veterans. Regarding obstacles to financial readiness, respondents cited uncertainty in military life, spouse employment, and benefits uncertainty and changes as their top three concerns. 75 percent of spouses reported that

being a military spouse negatively impacted their ability to pursue a career. On the upside, 87 percent of respondents reported the military did prepare them to be a leader in the civilian workplace and community, and 97 percent felt pride in their accomplishments during their service.

Download the survey at: <http://www.bluestarfam.org/>

ABBNEY ROAD

1195 W. CHATHAM STREET
CARY, NC
(919) 481-4434
www.abbneyroadcary.com

"75 percent of spouses reported that being a military spouse negatively impacted their ability to pursue a career"

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EAT AT ABBNEY ROAD IN CARY

MONDAY, NOVEMBER 9TH

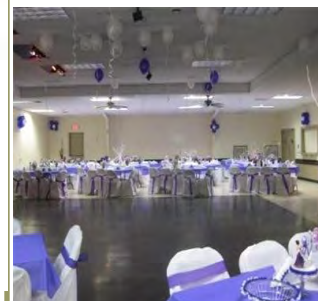
TO HONOR OUR U.S. VETERANS
ABBNEY ROAD WILL DONATE

15% OF YOUR FOOD BILL TO SUPPORT

CARY'S **VFW** POST 7383

VETERANS OF FOREIGN WARS

WHEN YOU MENTION VETERANS OF FOREIGN WARS TO YOUR SERVER



Memorial Banquet Hall Rentals

Host up to 292 People!

Meetings, Banquets, and More!

Contact Jillian Miller at

9194671188

<http://www.caryvfw.org/Banquet>

November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Thrift Store Closed On Sundays Officers Meeting, 10:30am	2 Thrift Store Closed On Mondays	3	4	5 Bingo	6 Bass Pro Shop Fundraiser	7 Bass Pro Shop Fundraiser
8 Thrift Store Closed On Sundays Bass Pro Shop Fundraiser	9 Thrift Store Closed On Mondays Abbey Road Fund Raiser at Abbey Road, Cary, NC!!	10 USMC Birthday 	11 Veteran's Day Flag ceremony at 11am. Cook- out at 5pm.	12 Bingo	13	14
15 Thrift Store Closed On Sundays	16 Thrift Store Closed On Mondays	17 Post Business Meeting, 7PM	18	19 Bingo	20	21
22 Thrift Store Closed On Sundays	23 Thrift Store Closed On Mondays	24	25 Thrift Store Closed	26 No Bingo Thanksgiving Day Thrift Store Closed 	27 Thrift Store Closed	28 Thrift Store Closed
29 Thrift Store Closed On Sundays	30 Thrift Store Closed On Mondays 			 Cary Vets Thrift Store		



SUPPORT YOUR LOCAL VETERANS

WHILE ENJOYING ONE OF THE
TRIANGLE'S BEST BURGERS

EAT AT **ABBEY ROAD** IN CARY

MONDAY, NOVEMBER 9TH

TO HONOR OUR U.S. VETERANS
ABBEY ROAD WILL DONATE

15% OF YOUR FOOD BILL TO SUPPORT

CARY'S **VEVW**  POST 7383
VETERANS OF FOREIGN WARS

WHEN YOU MENTION VETERANS OF FOREIGN WARS TO YOUR SERV



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!*

Cary VFW Thrift Store

October was a great month for sales and new faces. I'm looking forward to this holiday season!

The VFW Thrift Store will be closed November 25-30 & December 23-28.

NOVEMBER & DECEMBER SALE
For every \$10 you spend, get \$3 off.

I would like to make a crafting/ repurposing post for our Facebook page. So, if you would like to be featured email me a picture of the item (decorative, tool, etc) and what it's made from. There is no send by date.

If you are a veteran, you will receive an additional 10% off your purchases. (Please ask at checkout to get your additional 10% off)

Tue-Sat 10-4pm/ Thurs 10-7pm (Bingo Night)
Sara Mary Lopez
VFW Post7383



Upcoming Events/Important Dates



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

- Nov. 1st: Officers Meeting. (First Sunday Every Month) Everyone is invited
- Nov. 5th: Bingo Night (REALLY NEED VOLUNTEERS!!!)
- Nov. 6th, 7th & 8th: We'll be fundraising, passing out Buddy Poppies, and recruiting at the Bass Pro Shop in Cary. Volunteers still needed.
- Nov. 9th: Eat at Abbey Road and 15% of your food check goes to the Post!!
- Nov. 10th: USMC Birthday
- Nov. 11th: Veterans Day \$2.00 bottled Beer at the canteen. There will be a flag ceremony at 11:00 AM and hamburgers and hot dogs at 5:00 PM. Also, Volunteers needed to speak at Cary Academy. Contact Lacy Jo Evans or David Watts for more details.
- Nov. 12th: Bingo Night (REALLY NEED VOLUNTEERS!!!)
- Nov. 17th: Post Business Meeting @ 7:00 PM (Third Tuesday of Each Month)
- Nov. 19th: Bingo Night (REALLY NEED VOLUNTEERS!!!)
- Nov. 26th: Thanksgiving Day. (No Bingo, No Volunteers!) 😊