The GOLD STANDARD

Upcoming Events

February 13-15, 2025

The NC American Legion will hold the 106th Annual Department Mid-Winter Conference in Raleigh at the Hilton Raleigh North Hills. Information about the conference is located ***here***.

February 22, 2025

Post 6 will host the ***Marathon Jam*** in support of ***Fisher House***.

March 15, 2025

Post 6 will host ***Dr. Curt Fields portraying General U.S. Grant***. This performance has been postponed in October due to the hurricane.

CPR/AED Training

Go to https://sors.us/cpr/ to sign up for the class "CPR for Family and Friends." Classes refresh on the first of the month.

Questions? contact Dr. Dave McKenas at *davidmckenas@gmail.com*

January 2025

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
5	6	7	8	9	10	11
Venue Tour 2 PM	Honor Guard 6 PM		Wed. Social 5 PM			Rental 2 PM
12	13	14	15	16	17	18
	Honor Guard 6 PM	Post Social, Dinner & Meeting		Leg. Riders 5 PM SAL 6 PM		
19	20	21	22	23	24	25
			Wed. Social 5 PM			
26	27	28	29	30	31	1
			Wed. Social 5 PM			

Wishing a bright and prosperous New Year to all Post 6 families. Please Join us for the next Wednesday Social on January 8th. It is a great time to reconnect with fellow Legion and Auxiliary members.

American Legion Post 6 Officers 2024 to 2025

Post Commander:	Robert Medred	**1st Vice Commander:**	Clifton Baldwin
2nc Vice Commander:	Martha Avery	**3rd Vice Commander:**	Jason Dickens
Adjutant:	Erica Head	**Finance Officer:**	Chuck Pope
Veteran Service Officer:	William Munsee	**Parliamentarian/Judge Advocate:**	Charles Weinberg
Historian:	Matt Attaway	**Chaplain:**	Ken Williams

Sergeants-at-Arms

○ Wally Washburn ○ Lance Kress ○ Robert Sweeney ○ Edward Gerhardt ○ Michael Hatcher ○ Lonny Kylander

All photos courtesy of Angela Howard





The Honor Guard will be practicing a **"Folds of Glory"** Ceremony with hopes of performing it for the rest of the Legion membership soon. You can read about the meaning of the 13 folds performed during a flag folding ceremony as explained in an article by the **National Flag Foundation**.



The meaning behind each of the 13 folds has also been printed out for you here.

American Legion Post 6 Honor Guard has had a busy month in December. Between representing the Post at parades, athletic events, memorial services and community honoraria, the Honor Guard has also found time to relax and enjoy comradeship with fellow Honor Guard members. The Honor Guard is always looking for new members who can dedicate time to practice routines and drills as their presence becomes more requested within the veteran community. Membership is open to all American Legion affiliated sub-groups. If interested, see the Captain of the Honor Guard, Lance Kress, or any Honor Guard member.





If you've ever attended a military funeral, perhaps you noticed that the honor guards pay meticulous attention to folding the U.S. flag that once draped the casket. Guards make crisp, precise folds a total of 13 times to complete the ceremony. Much like every other aspect of our nation's greatest symbol, each of the 13 folds holds a special significance.

Flag etiquette dictates that every time an American flag is to be stored or presented during a ceremony, its handlers should fold it in half twice lengthwise; then starting with the end opposite the blue field, make a taut triangular fold. Handlers continue to fold the flag in triangles until the flag has formed a triangular "pillow" with the blue field showing on the outside. It's a dignified way to treat the flag, and gives a powerful touch to patriotic ceremonies.

This 13-fold procedure was common long before the more modern assigned meanings. The source and date of origin of the meanings is unknown, but for those who participate or witness a formal flag folding ceremony, whether it be on Flag Day, Memorial Day, July 4th, Veterans Day, or at a military funeral, the 13 meanings can create an uplifting experience.

This is what the 13 folds mean:

1. The first fold of our flag is a symbol of life.
2. The second fold signifies our belief in eternal life.
3. The third fold is made in honor and tribute of the veteran departing our ranks, and who gave a portion of his or her life for the defense of our country to attain peace.
4. The fourth fold exemplifies our weaker nature as citizens trusting in God; it is to Him we turn for His divine guidance.
5. The fifth fold is an acknowledgement to our country, for in the words of Stephen Decatur, "Our country, in dealing with other countries, may she always be right, but it is still our country, right or wrong."
6. The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.
7. The seventh fold is a tribute to our armed forces, for it is through the armed forces that we protect our country and our flag against all enemies.
8. The eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor our mother, for whom it flies on Mother's Day.
9. The ninth fold is an honor to womanhood, for it has been through their faith, love, loyalty, and devotion that the character of men and women who have made this country great have been molded.
10. The 10th fold is a tribute to father, for he, too, has given his sons and daughters for the defense of our country since he or she was first-born.
11. The 11th fold, in the eyes of Hebrew citizens, represents the lower portion of the seal of King David and King Solomon and glorifies, in their eyes, the God of Abraham, Isaac, and Jacob.
12. The 12th fold, in the eyes of a Christian citizen, represents an emblem of eternity and glorifies, in their eyes, God the Father, the Son, and Holy Ghost.
13. The last fold, when the flag is completely folded, the stars are uppermost, reminding us of our national motto, "In God We Trust."