



St. Louis' own 138th Infantry Regiment returns from World War I with a parade through the city on May 9, 1919. Just out of view to the left was the Shubert-Jefferson Theater in the Union Electric Co. building, where organizers of the American Legion were holding their first meeting in America on the same day. The city had erected the pillars to make 12th Street a "hall of honor" for veterans returning from the Great War. (Photo by St. Louis Post-Dispatch)

It All Began in Paris
104 Years Ago

-Written by [The American Legion](#)

Milton J. Foreman was a distinguished general, a World War One hero and a founder of The American Legion. In 1921, Foreman provided a roadmap for service and national unity in an Armistice address at the University of Illinois.

“Between good and bad no armistice is possible; the fight goes on and on; the sound of its cannon can never cease, as it ceased three years ago in France,” he told the crowd. “We must develop our national feeling. We must get rid of ‘blocs’ – agricultural blocs, labor blocs, capitalistic blocs, -- and think of our country as a unit and ourselves as much a part of that unit as if we were the officers and the privates in an army. We must train ourselves in this national service, fight in it, die in it if necessary...You must have the courage and endurance for this.”

On the day of Foreman’s Armistice Day speech, fellow American Legion founder Hamilton Fish, Junior, a powerful member of Congress, stood at Arlington National Cemetery for the dedication of the Tomb of the Unknown Soldier. The Tomb was the culmination of Legion advocacy and Fish’s legislative determination.

Though Past National Commander (PNC) Foreman did not live to see the horrors of World War Two, his call for training, service, unity, courage and endurance would be answered by the next generation of Americans. It was the generation that would transform a start-up organization of Great War veterans into the largest and most powerful community service force in the country.

It was Foreman’s contemporaries in The American Legion who would create the greatest domestic legislation ever passed by Congress – the GI Bill of Rights. Legionnaires from World War One, led by Past National Commander Harry Colmery, understood that America had a duty to remember its newest veterans. The Servicemen’s Readjustment Act of 1944 would make higher education, home loans, vocational training and readjustment compensation available to those who honorably answered the nation’s call during what many viewed was a war for survival.

On the back of every American Legion membership card is the Preamble to our organization’s Constitution. In the Preamble, we pledge to “make right the master of might.” The American Legion has always believed in “might.” It is why our founders included a strong national defense as one of our Four Pillars. While many of America’s wartime enemies had strong militaries, The American Legion understood Foreman’s warning that between good and bad, no armistice was possible.

For too many veterans, the war does not end when the guns fall silent. Last year, The American Legion witnessed the signing of the Sergeant First Class Heath Robinson Honoring Our PACT Act. The law provides comprehensive health care and benefits to veterans with illnesses related to burn pits, atomic radiation, Agent Orange and other toxic exposures. Thousands of Legionnaires worldwide wrote, called, visited and messaged lawmakers. They reminded Congress that elected officials should serve veterans as well as veterans have served America.

The PACT Act wasn’t the only recent legislative achievement by The American Legion. The Department of Veterans Affairs is now mandated to conduct annual Buddy Check Weeks, an initiative started by The American Legion. Through our camaraderie, The American Legion has always appreciated the power of peers. Veterans share a common bond and can have a positive impact on those in crisis. Through Buddy Checks and the Be the One program, The American Legion has made suicide prevention its top priority.

Since our founding, The American Legion has understood that service encompasses far more than military duty and commitment to veterans. It is an obligation to our communities, and especially, the youth of America. From Boys & Girls State...to Shooting Sports...to Baseball...to Oratorical contests...The American Legion Family offers the finest programs and scholarship opportunities of any service organization in the country.

An important aspect of our American Legion Veterans & Children Foundation is its training of a strong corps of service officers but that is only part of its mission. The Veterans & Children Foundation also provides Temporary Financial Assistance to

Legion and military families in need due to expenses related to food, shelter, utilities and health. These are just a few of the programs in which The American Legion delivers on its motto of Veterans Strengthening America.

The American Legion’s true strength does not come from the corridors of Congress or from its national headquarters. It comes from the communities. It is on display when residents of a storm-stricken town take refuge at an American Legion post that is converted into a makeshift emergency shelter. The strength is in an American Legion job fair, post meeting or troop homecoming event. The American Legion’s strength is felt when a group of cap-wearing veterans visits patients at a VA hospital. The strength of the Legion resonates when volunteers speak about their military experience in school classrooms on Veterans Day. The American Legion strength is seen when an honor guard pays respects at a veteran’s funeral or a Rider’s chapter raises awareness for a worthy cause.

One hundred and four years ago, a committed group of World War One veterans from the United States met in Paris, France with a broad vision. Included among their goals was “to inculcate the duty and obligation of the citizen to the state.” It was repeated by PNC

Foreman’s expressed desire two years later to “develop our national feeling.” More than a century later – the duty, obligation and national feeling desired by the founders exists in abundance. It can be found at more than 12,000 American Legion posts around the globe. It is a feeling that has proven timeless over the last 104 years, one that matters deeply today and God-willing will endure for generations to come.



Major General (USA, ret) and Past National Commander of The American Legion, Milton J. Foreman



Tuesday, March 7th – Social hang @ Tobacco Wood Brewing Company (6-8pm), 2500 Meridian Parkway, Durham.
Tuesday, March 14th – TAL Membership meeting (no dinner, meeting at 7pm), 5419 S. Alston Avenue, Durham.
Tuesday, March 14th – ALA Membership meeting (no dinner, meeting at 7pm), 5419 S. Alston Avenue, Durham.
Tuesday, March 21st - Social hang @ Tobacco Wood Brewing Company (6-8pm), 2500 Meridian Parkway, Durham.
Thursday-Saturday, March 23-25 – Veterans Benefits Live (9a-3p Thurs and Fri, 8a-2p Sat), 101 Wilkinson Ave, Cary.
Tuesday, March 28th – TAL Membership meeting (no dinner, meeting at 7pm), 5419 S. Alston Avenue, Durham

TAL – The American Legion
ALA – American Legion Auxiliary
SAL – Sons of The American Legion

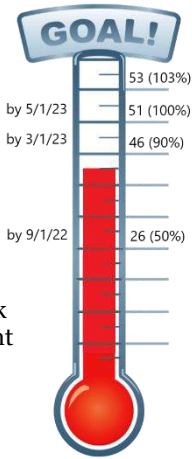
Membership Growth in February

- By Bill Granger, Membership Cmte Chair

Since last month’s update, we have improved from 44 to 45 members. Thanks to the following member who joined us during February for another year:

Malcum Massenburg

This moves us to 88.24% of our 2023 goal – short of our annual goal of 53. We have remain 5th in our district and 12th in the state for posts similarly sized. Much work remains to be done, and membership renewal in The American Legion has never been more convenient. You can mail a check to the Post’s P.O. Box, pay at a regular meeting, or go online through your www.mylegion.org account or on our own Post 416 website at <https://al416nc.wixsite.com/al416nc>. Don’t delay – renew today!



The Sentry is a free, monthly newsletter of the Lowe’s Grove, NC American Legion Post 416.

Commander, Johnny Clinton
Adjutant/Communication Cmte Chair/
The Sentry Editor, Bill Granger

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Scouts Host Pinewood Derby on Feb. 11



Calendar Reminders

- Mar 3: National Anthem Day
- Mar 4: National Hug a G.I. Day
- Mar 12: Daylight Savings Time Starts
- Mar 13: National K9 Veterans Day
- Mar 15: American Legion birthday (1919)
- Mar 17: St. Patrick’s Day
- Mar 19: Operation Iraqi Freedom (2003)
- Mar 20: Start of Spring
- Mar 25: Medal of Honor Day
- Mar 29: National Vietnam Veterans Day

Post Spring Cleaning

Post 416’s spring cleaning date is scheduled for Saturday, April 15th starting at 9am. All Post 416 Legion, Auxiliary and Sons members should block this date on their calendars and plan on attending.

“The cleaning session last fall was a huge success, and we wouldn’t have been able to move back into our building as quick as we did without the help of our members and support organizations,” said Post 416 Commander Johnny Clinton. “We set a goal this year to organize two cleaning sessions, and this will be our second. It’s just a way to say our physical property condition and appearance matters, and it demonstrates to our neighbors that we’re alive and kicking in the community.”

All able-bodied hands are welcome to join, so bring those family members with you. Should it be raining, a decision will be made around 8:30am that day, and the rainplan date will be the following Saturday, April 22 starting at 9am.



Spring BBQ Chicken Dinner







Post 416 is bringing back the spring BBQ chicken dinner sale on Saturday, May 6 from noon-2pm. The meal includes 1/2 BBQ chicken, slow cooked over our own cooking pit on property and generously coated with Eastern North Carolina-style BBQ sauce. The plate also includes baked beans, potato salad, and a dinner roll. For the first time since 2019, we’ll be bringing back the option of carryout or dining in.

“Barbeque chicken dinners have been a long-standing tradition at Lowe’s Grove Post 416, and we are very excited to continue the work of those members who came before us. Not to mention, we just love to eat together,” said 1st Vice-Commander Larry Strickland.

Advance tickets are required and are currently available on Post 416’s website at <https://al416nc.wixsite.com/al416nc> for \$12/meal.

Post 416 Hosts District 12 Meeting on Feb.4





VETERANS BENEFITS LIVE VA IN MY TOWN CARY, NC

YOU CANNOT AFFORD TO MISS THIS EVENT
Should any of the following apply :

You would like to file a new claim with the VA.
You have questions about VA appeals or benefits to which you may be entitled.
You have questions about VA healthcare.

Veterans and dependents will be assisted by a combined team including Veterans' Benefits and Health Administrators, Vet Center, and Veterans' Service Officers.

They will assist with the following:
Face-to-face explanation and assistance facilitating and expediting existing claims and appeals, filing new claims, and accepting all claims-related evidence for processing and providing information regarding benefit related VA programs. Updated information on the PACT Act will be available.

Who: All veterans and family members of veterans







Where: Herbert Young Community Center, 101 Wilkinson Avenue, Cary, North Carolina 27513

When: 23th, 24th, 25th of March 2023.
Hours on Thursday and Friday from 9 am to 3pm, and Saturday 8 am to 2 pm.

Please bring with you the proper documentation about your case: DD 214, all medical records about your disability both military and civilian, and dependency documents if new or not already provided to the VA.

Wait times may be long, please be patient.
Coffee, water, and snacks provided free of charge.

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




I WANT YOU TO VOLUNTEER FOR THE Veterans Benefits Live

Va Benefits Live in Cary NC March 23rd, 24th, and 25th

VOLUNTEER


For The

Scan the QR code to the Sign up




Or click on the link below
<https://bit.ly/3YCFqI0>

For questions contact
Caryveac@gmail.com



VEAC



LOWE'S GROVE AMERICAN LEGION POST 416 PRESENTS:

SOCIAL GATHERINGS


★ ★ ★

A FREE EVENT FOR ALL TO EAT, DRINK, TALK AND LAUGH WITH VETERANS
WORKING TO MAKE A DIFFERENCE IN OUR COMMUNITY

TUESDAYS FROM 6-8PM

JANUARY 3 AND 17
FEBRUARY 7 AND 21
MARCH 7 AND 21

TOBACCO WOOD BREWING COMPANY
2500 MERIDIAN PARKWAY
DURHAM, NC 27713



LOWE'S GROVE, NC POST 416



BBQ Chicken Dinner

\$12/meal
(Cash, check, or credit card)
Dine-In or Carryout from Noon-2pm
Advance Reservation Required



5419 S. Alston Avenue, Durham, NC 27713
<https://AL416nc.wixsite.com/AL416nc>