



## Post 416 and 2023: A Year in Review

-Written by Bill Granger, Post 416 Adjutant

There are many traditions I find fascinating related to the new year. Customs common worldwide include watching fireworks and singing songs to welcome the new year, including the ever-popular “Auld Lang Syne” in many English-speaking countries. The practice of making resolutions for the new year is thought to have first caught on among the ancient Babylonians, who made promises to earn the favor of the gods and start the year off on the right foot. One practice I find highly useful is looking back at the previous year’s highlights, remembering and reflecting upon the past to make the upcoming year full of hope and promise.



### January 2023

- 2 social hangs sponsored at Tobacco Wood Brewing Company
- Flag retirement ceremony held
- Post 416 website redesigned to include online memberships

### February 2023

- 2 social hangs sponsored at Tobacco Wood Brewing Company

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## UPCOMING ACTIVITY REMINDERS

**Tuesday, Jan 9** – TAL/SAL Membership meeting @ 7pm, 5419 S. Alston Avenue

**Tuesday, Jan 23** - TAL/SAL Membership meeting @ 7pm, 5419 S. Alston Avenue

**Tuesday, Feb 13** – ALA Membership meeting @ 1:30pm, 5419 S. Alston Avenue

**Tuesday, Feb 13** - TAL/SAL Membership meeting @ 7pm, 5419 S. Alston Avenue

**Tuesday, Feb 27** - TAL/SAL Membership meeting @ 7pm, 5419 S. Alston Avenue

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

## Meeting Schedule Announced for 2024

All TAL/SAL meetings start at 7pm. All ALA meetings start at 1:30pm unless otherwise noted. All events held at the post can be viewed online using our post website at <https://al416nc.wixsite.com/al416nc/events>. Mark your calendar today!

TAL/SAL	ALA
January 9, 23	
February 13, 27	February 13
March 12, 26	March 12 (7pm)
April 9, 23	April 9
May 14, 28	May 14 (7pm)
June 11, 25	June 11
July 9, 23	July 9 (7pm)
August 13, 27	August 13
Sept 10, 24	Sept 10
October 8, 22	October 8
Nov 12, 26	Nov 12
December 10	December 10 (7pm)

## Membership Dinners Announced for 2024

All quarterly membership dinners will start at 6pm. All events held at the post can be viewed online using our post website at <https://al416nc.wixsite.com/al416nc/events>. Mark your calendar today!

March 12  
May 14  
July 9  
December 10

# BE THE ONE

## Don't Forget About These Benefits... Just for Post 416 Members!

Everyone should already know about the many discounts and free memberships available through [The American Legion](https://al416nc.wixsite.com/al416nc/events), but did you know there are some exclusive benefits for belonging to Lowe's Grove, NC American Legion Post 416 you can't get elsewhere?

1. All Post 416 members can reserve the facility for private events for FREE, pending availability (first come, first served). Just contact the Adjutant at [AL416NC@gmail.com](mailto:AL416NC@gmail.com) with the necessary details to block it in the post calendar.
2. All Post 416 members can have a bagpiper perform at a funeral/memorial service of an immediate family member for FREE, pending the piper's schedule availability. Again, please contact the Adjutant at [AL416NC@gmail.com](mailto:AL416NC@gmail.com) with the necessary details.
3. Any Post 416 member can use the FREE notary public services provided by the Adjutant. Contact him at [AL416NC@gmail.com](mailto:AL416NC@gmail.com) with a proposed meet time *in advance* so he can bring the required tools of the trade.

If there are any other members who are entrepreneurial and wish to offer exclusive memberships or discounts to fellow Post 416 members, please contact the Adjutant to add your offerings to this list!



### 2024 Membership Drive Update

- Written by Bill Granger, Post 416 Adjutant

We have exceeded our 2024 TAL membership goals! As a reminder, we set out to grow to 51 members and do so by 5/1/2023. As of December 27, 2023, we are currently at 52 members – congratulations to everyone who helped make this happen! Lowes Grove is the only post in District 12 who is currently at or above 100% for total membership AND renewals. What a fantastic accomplishment!

Thank you to the following members who joined or renewed during December:

TAL – Amos Cooper

TAL – Bill Orchard-Hays

To the lower right of this page is our thermometer graphic for the Post's 2023-24 goal to standup a new Sons of the American Legion squadron in 2024.

Unfortunately, the news here is not as joyful. We are below all of our goals so far in establishing a new SAL squadron at 416. To charter a new squadron, the Department of North Carolina requires 10 eligible members (all male descendants adopted sons, and stepsons of veterans) as a minimum. December saw our SAL membership stagnate at 4 members where we have been since October. Annual dues are set very low at \$25 annually, and enrollment can be done easily on the Post website at <https://al416nc.wixsite.com/al416nc> . Since many current members have sons or grandsons, would you consider sponsoring a SAL membership at Post 416 for them? You would be creating a legacy by having members of your family on a post chart document as one of the original 10 members at Post 416!

Sign up for the SAL today at <https://al416nc.wixsite.com/al416nc>





## Mid-Year Check In on 2023-24 Post Goals

-Written by Bill Granger, Post 416 Adjutant



continuing the mission of The American Legion in our local community. Follows is a recap of each goal as well as where we currently stand in achieving each goal.

### **Goal #1: Recruit at least 3 new TAL members, and standup a new SAL squadron of no less than 10 members.**

According to the North Carolina Department of Military & Veterans Affairs, the average age of the NC veteran in 2022 was 65.3 years old. That means most NC veterans are from the Vietnam era or older. This trend is expected to continue through 2046, as the percentage of U.S. citizens who served in the armed forces decreases. In World War Two, 11.2% of all U.S. citizens served. In the Korean and Vietnam Wars, 4.3% served. That trend has continued to decrease to less than 1% serving in Desert Storm or the Global War on Terror. We have seen that trend reflected in our own post membership, as our average age has crept upwards and is comprised of a majority of Vietnam-era veterans. To complicate matters more, Durham County is in the bottom five NC counties (out of 100) in terms of veteran population percentage, further challenging future recruitment of area veterans not currently participating in The American Legion.

Post 416 officers accepted the challenge from the TAL Department of North Carolina to grow our membership by three persons, but this in itself does not set the post up for long-term sustainment as unfortunately transfer of more members to post everlasting will likely accelerate as our average age increases. Given the above challenges, one idea was identified to spark growth of younger membership: charter of a new Sons of the American Legion squadron at Lowe's Grove, NC. This would have the benefits of decreasing the average age of our post by a generation, and immediately adding no less than 10 new members to our roster (as required by the Department of NC).

The officers for the 2023-24 term met in June 2023 to set the course of Post 416 for the next year, specifically in terms of identifying the challenges most pressing to the continuation of The American Legion at Lowe's Grove, NC. All officers in attendance identified four main goals that will have the most long-term impact toward

#### **Goal 1a: Recruit at least 3 new TAL members**



Achieved by  
12/31/2023, 5 months  
ahead of goal.

#### **Goal 1b: Standup new SAL squadron of no less than 10 members**



In progress. 4 new  
SAL members  
registered, 6 more  
remaining to goal.

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**Goal #2: Book an average of three facility rentals per quarter.****Goal 2: Book and average of 3 rentals per quarter**

Only 2 rentals for the first two quarters, with 2 rentals pre-booked for the third quarter.

This idea was conceived as a way to forge potential new partnerships in our community and reach new audiences, complementing our recruiting and marketing efforts. For those who aren't aware, the post recently received a \$1,000 donation from RTP business Becton-Dickinson/Parata Systems. While this donation wasn't provided for a rental, the concept of serving our community by utilizing one of our prime assets – our facility – reaches new audiences who are not aware of Lowe's Grove Post 416 or what we do, such as local RTP business and organizations. In May 2023, we hosted a health care event through a facility rental by Lifeline Health Services, which exposed Post 416 to attendees who never have been exposed to us previously. Staging more facility rentals for community events is a way to compliment our first goal, with the added benefit of growing additional income for an asset that would otherwise be vacant.

**Goal #3: Reach an average of five veterans monthly with some type of welfare check.**

Did you know that for those who served in Desert Storm or the Global War on Terror, 86% knew someone who was injured or killed? Furthermore, 75% reported a team member becoming a casualty, and 65% saw dead or seriously injured Americans during their service. It's not surprising to veterans, as we know firsthand the high personal cost of serving in the U.S. armed forces. For this reason, one of our goals this year will be to focus more on providing support for our comrades in arms, whether they are current post members or just area veterans. If we are successful in reaching other veterans in our community who are not current members, our actions will not only provide a very valuable service to them but may be an encouragement for joining our efforts at Post 416.

**Goal #4: Reach at least 45 community youth through sports sponsorship.**

According to multiple studies, participation in youth sports is associated with:

- Lower rates of anxiety, stress, and depression
- Less substance abuse behaviors
- Increased cognitive and creativity performance
- Improved cardiovascular health and decreased body fat %
- Improved teamwork, social skills, and life skills
- Direct decrease in health care costs (up to \$28B annually in the U.S.)

**Goal 3: Reach an average of 5 veterans monthly**

The "Be The One" drive in October alone reached 60 veterans, plus the Veterans Benefits Fair held in November already reached this goal (not to forget Leo Scrivner's extra efforts as well).

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### Goal 4: Reach at least 45 youth through sports sponsorships



No sponsorships year-to-date, but all sports partnerships are in the spring/summer months. Consider this on track.

Among the value principles of The American Legion include family and community engagement, which requires meeting the needs of local communities. Through sports sponsorships, Post 416 intends to meet the needs of our youth by increasing opportunities for participation, and in turn, compliment our first three goals through improved membership recruiting and marketing.

As you can see, it's been a productive first half of the 2023-24 term but much remains to be achieved. For those TAL/ALA members with sons or grandsons, would you please consider gifting them a charter membership in the SAL? You would be creating a legacy by having members of your family on a post chart document as one of the original 10 members at Post 416! Sign up for the SAL today at <https://al416nc.wixsite.com/al416nc>. Perhaps serving other veterans was a motivating reason for joining The Legion Family at Post 416. In that case, please reach out to Leo Scrivner to contribute your efforts to that cause. In addition, if you feel you have some ideas to help create outreach to RTP businesses and organizations and in-turn generate more rental opportunities, please contact Rob Kaufman. We need all our members' help to achieve our 2023-24 goals so please do your part today!



# AMERICAN LEGION

## VETERANS STRENGTHENING AMERICA

Lowe's Grove, NC Post 416

[AL416NC.wixsite.com/AL416NC](https://AL416NC.wixsite.com/AL416NC)

**Join Now**

*-(‘Year in Review’ continued from page 1)*

- District 12 meeting hosted at Post 416
- Pinewood Derby hosted by Cub Scout Pack 495

### **March 2023**

- 2 social hangs sponsored at Tobacco Wood Brewing Company
- Supported Veterans Benefits Live in Cary
- 1<sup>st</sup> quarter membership dinner held

### **April 2023**

- Post 416 spring cleanup held
- South Durham Little League (SDLL) baseball team sponsored
- Membership tent at SDLL Slugfest

### **May 2023**

- Spring BBQ chicken dinner held
- Lifeline Health Screenings held at Post 416
- 2<sup>nd</sup> quarter membership dinner held
- U.S. flags planted at Lowes Grove Baptist Church Cemetery in honor of Memorial Day

### **June 2023**

- 3<sup>rd</sup> season of American Legion baseball begins. Concession sales held at 5 games with profits shared between the ball team and Cub Scout Pack 495

### **July 2023**

- Post 416 awards Jordan H.S. rising senior Rowan Hughes with a scholarship to attend 2023 Tarheel Boys State
- Post 416 receives \$1,000 grant from BD/Parata Systems
- Communication survey results returned, resulting in format change of ‘The Sentry’ newsletters

### **August 2023**

- Officers for 2023-24 term installed
- Boys State scholarship winner Rowan Hughes speaks with Post 416 at 3<sup>rd</sup> quarter membership dinner

### **September 2023**

- Fall BBQ chicken dinner held

### **October 2023**

- Post 416 fall cleanup held
- “Be The One” buddy call drive held reaching 60 veterans
- Post 416 completes updates to Cub Scout Pack 495 trailer
- ‘The Sentry’ newsletter wins 3<sup>rd</sup> place in state-level competition for best newsletter

### **November 2023**

- 1<sup>st</sup>-ever Veterans Benefits Fair held at Post 416 in conjunction with Durham County Veterans Services office, Durham VA, and Durham County Register of Deeds
- Post 416 sponsors 2<sup>nd</sup> annual 5K walk to benefit Morrisville Veterans Memorial construction
- 111 U.S. flags planted at Lowes Grove Baptist Church Cemetery in honor of Veterans Day

### **December 2023**

- Annual holiday membership meal held



LOWE'S GROVE, NC POST 416

