

### THE SENTRY







Issue #39, May 2023



### 2023 American Baseball Season At Post 416 Announced

-Written by Bill Granger, Post 416 Adjutant

Lowe's Grove American Legion Post 416's third season of American Legion baseball has been set. Headlining this season is a special Flag Day game at the Historic Durham Athletic Park on Wednesday, June 14<sup>th</sup>, as well as two games versus one of North Carolina's perennial powerhouse Legion baseball teams, Fuquay-Varina Post 116. Here's the lineup (as of publication date):

Wednesday, May 31 vs Pitt County Post 39 (Away)
Tuesday, June 6 vs Chatham County Post 93 (Away)
Wednesday, June 7 vs Chatham County Post 93 (Home)
Tuesday, June 13 vs Louisburg Post 105 (Home)
Wednesday, June 14 vs Pitt County Post 39 (Home)
Thursday, June 15 vs Louisburg Post 105 (Away)
Tuesday, June 20 vs Wayne County Post 11 (Away)
Wednesday, June 21 vs Wayne County Post 11 (Home)
Thursday, June 22 vs Fuquay-Varina Post 116 (Away)
Tuesday, June 27 vs Fuquay-Varina Post 116 (Away)

All baseball games start at 7:00 p.m. and are free to everyone, except the Flag Day game on Wednesday, June 14<sup>th</sup> which will be \$10/person (free for all Post 416 members and Cub Scout Pack 495 members/leaders in uniform). A season flyer is included in this newsletter with locations and addresses. It's going to be another great season of American Legion baseball at Post 416!

### Post Officer Slate Presented for 2023-24 Term

Lowe's Grove American Legion Post 416 is approaching our annual requirement to elect officers for the term starting July 1, 2023 and ending June 30, 2024. Here is the slate of members for your consideration:

- Commander James Lowe
- 1st Vice-Commander Larry Strickland
- 2nd Vice-Commander Leo Scrivner
- Finance Officer James Snyder
- Adjutant Bill Granger
- Sergeant-at-Arms Rob Kaufman
- Chaplain David Hartmetz
- Historian Manfred Emmrich

Per our bylaws, any Post 416 member in current standing can choose to write-in any Post 416 member for any officer position. There is no requirement to accept the complete slate if that is not your wish. Elections for the 2023-24 term will be held inperson at the next business meeting scheduled for Tuesday, May  $9^{th}$ . If you are unable to attend in person, any member can submit an online electronic absentee ballot at <a href="https://forms.office.com/r/xSoeMbcbe4">https://forms.office.com/r/xSoeMbcbe4</a> until 4 p.m. on May  $9^{th}$ .

### Wallace Inscoe Transfers to Post Everlasting

Mr. Wallace Reid Inscoe, 96, of Durham, NC, passed away March 28, 2023. Wallace was born May 8, 1926, and enlisted in the United States Navy at age 18, proudly serving his country in the Pacific Theater during World War II. Afterwards, he continued supporting the armed forces as a charter member in the American Legion Post 416 for over 70 years. Wallace returned from war and joined his father in the family meat packing and wholesale business, then known as H.O. Inscoe and Sons, servicing grocers and restaurants with wholesale meat products. In the 60's, he founded Bethesda Provision Co. Inc.,



best known for their country sausage. He was famous for his grilling talents and known for his BBQ sauce, Brunswick Stew, and Liver Pudding. Wallace was always very supportive in his community, and of the surrounding small businesses.

Wallace was an avid John Wayne fan and demonstrated similar traits of loyalty, self-reliance, grit, patriotism, honesty, and generosity. He was a huge sports fan, especially of his beloved Duke Blue Devils, Atlanta Braves, and Durham Bulls. Annual family vacations at Carolina Beach were always a priority, for a week of relaxation, surf fishing, and fun. Wallace cared deeply for friends and family and loved them unconditionally. He was affectionately nicknamed "Grubworm," "Lil General," "Peanut," and "The Original Meatman." He will be missed by all.



Saturday, May 6<sup>th</sup> – BBQ Chicken Dinner, dine-in or carryout (noon-2pm), 5419 S. Alston Avenue, Durham NC 27713

Tuesday, May 9<sup>th</sup> – TAL Membership meeting (dinner at 6pm, meeting at 7pm), 5419 S. Alston Avenue, Durham NC 27713

Tuesday, May 9<sup>th</sup> – ALA Membership meeting (dinner at 6pm, meeting at 7pm), 5419 S. Alston Avenue, Durham NC 27713

Saturday, May 13<sup>th</sup> – TAL District 12 meeting at Chapel Hill Post 6 (11am – 1pm), 3700 NC Hwy 54 West, Chapel Hill NC 27516

Saturday, May 23<sup>rd</sup> – TAL Membership meeting (no dinner, meeting at 7pm), 5419 S. Alston Avenue, Durham NC 27713

Tuesday, June 13<sup>th</sup> – TAL Membership meeting (no dinner, meeting at 7pm), 5419 S. Alston Avenue, Durham NC 27713

TAL – The American Legion

**ALA** – American Legion Auxiliary

> **SAL** – Sons of The American Legion

### THE SENTRY

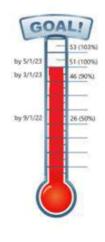
### 2023 Membership Drive Ends Up Short

- By Bill Granger, Membership Cmte Chair

Since last month's update, we have improved from 46 to 48 members. Thanks to the following members who joined us during April for another year:

### Alan Mangum (new) and Jack Swanson

This moves us to **94.12**% of our 2023 goal – short of our annual goal of 53. We finished 5th in our district and 12<sup>th</sup> in the state for posts similarly sized. The 2023 membership drive ends in May as we prepare to start the 2024 membership drive in August. If you are one of the three remaining unrenewed Post 416 members, you can mail a check to the Post's P.O. Box, pay at a regular meeting, or go online through your <a href="https://al416nc.wixsite.com/al416nc">www.mylegion.org</a> account or on our own Post 416 website at <a href="https://al416nc.wixsite.com/al416nc">https://al416nc.wixsite.com/al416nc</a>.





### Post 416 At SDLL Slugfest

On Saturday, April 22<sup>nd</sup>, Finance Officer James Snyder attended the South Durham Little League "Slugfest" and setup a table with promotional materials about Lowe's Grove American Legion Post 416. For the brief time he was there before it was called on account of rain, he reported some very positive contacts and identified this as a future recruiting event we need to support. Well done, Jim!





### **Don't Forget - BBQ Chicken Dinner**

Post 416 is hosting our 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 Carolinastyle BBQ sauce. The plate also includes baked beans, potato salad, and a dinner roll. We are bringing back the option of carryout or dining in. Advance ticket sales have closed (as of April 28th).



### Legionnaires warned to not download unauthorized My Legion app

- Written by <u>The American Legion</u>

American Legion National Headquarters IT staff has become aware of an unauthorized "My Legion App" currently available from the Android and Apple stores. The app was created by organizations identified as "Giant Killer" (Apple App Store) and "Feel Good 7" (Google Play).

Please do not engage with these sellers or download the app, as they do not have permission to use our name and likeness, and they are charging a monthly fee. The American Legion's intellectual property attorney is exploring legal options.

American Legion National Headquarters has no plans produce a fee-for-service app. We are actively working on a mobile application focused on helping local posts and individual members.



### **Calendar Reminders**

May 6: National Explosive Ordinance Disposal (EOD) Day

**May 8:** V-E Day (1945)

May 12: Military Spouse Appreciation Day

May 14: Mothers' Day

May 20: Armed Forces Day

May 26: National Poppy Day

May 29: Memorial Day



When our official app is ready, it will be announced through official Legion channels and will be identified with The American Legion as the "seller" once published to the app stores.





Rainouts will be announced on https://www.rainedout.net/team\_page.php? a=2672a55ee05dfcc9958d





### regular checkups to look inside your arteries for signs of plaque build-up Life Line Screening goes beyond



# All 4 Screenings for \$149

### Carotid Artery Disease:

one of the leading causes fatty plaque. This buildup, neck that deliver blood to your brain) for buildup of called atherosclerosis, is performed to screen the of blood vessels in the carotid arteries (a pair An ultrasound is

legs. It is important to

screen for PAD

cuffs on the arms and using blood pressure

### Abdominal Aortic Aneurysm (AAA): Peripheral Arterial

Disease (PAD)

to a ruptured aortic artery, aneurysm. AAA can lead performed to screen the abdominal aorta for the presence of an enlargement or An ultrasound is An Ankle-Brachial Index because

(ABI) test is performed

### Atrial Fibrillation:

electrocardiogram (EKG) stroke, and heart failure, is performed by placing can lead to blood clots. and other heart-related Atrial Fibrillation. AFib and legs to screen for sensors on the arms complications.2 which is a life-threatening

# We will be in your neighborhood soon Wednesday, May 24th

medical emergency.

disease

coronary artery

it increases the risk of

neart attack, or stroke.1

Alston Avenue, Durham 5419 S.

American Legion Post 416

Lowe's Grove

# Get your special Community Circle pricing!

Three ways to register and receive the special discount: Call toll-free: 1-800-679-5191

Online: LLSA.SOCIAL/HC

6-279-1607 Text: the word circle to 21



# **Getting Screened is Simple!**

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No single screening can detect all risk factors for all conditions, such as and including the presence of coronary artery disease https://www.heart.org/en/health-topics/peripheral-artery-disease/about-peripheral-artery-disease-pad https://www.heart.org/en/health-topics/atrial-fibrillation

lirect all participants with abnormal results to take the report to their physician. Appropriate s, smoking, heart disease, diabetes and poor diet) is also necessary for cardiovascular of stroke risk or cardiovascular disease. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Price does not include any applicable review fees, Insurance Note. Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. If you are unable to attend the screening for any reason whatsoever, we will issue a gift card for the full amount to be used by you, or anyone you choose, for future screening services. Screening results are provided to you in about 14 days. We dimodification of risk factors (including high blood pressure disease prevention, our screenings cannot detect all forms





## All games start at 7:00 p.m.

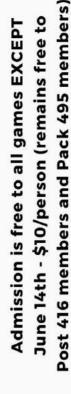
Thurs, June 22 vs Fuquay-Varina Post 116 (Away)

123 Middle Creek Park Ave, Apex NC 27539

Jordan H.S., 6806 Garrett Rd, Durham NC 27707

Tues, June 27 vs Fuquay-Varina Post 116 (Away)

123 Middle Creek Park Ave, Apex NC 27539



LOWE'S GROVE, NC POST 416

**EAMERICAN** 

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