



WORLD Mental Health DAY, OCTOBER 10



Be the One at Post 416!

Written by Bill Granger, Post 416 Adjutant

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The Day also provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

In conjunction with The American Legion's "Be The One" initiative, **October 10-20** is also National Buddy Check week. All members of Post 416 are strongly encouraged to reach out and talk to ten veterans in their circle of influence just to see how they're doing. Once you're done, please contact 2nd Vice-Commander Leo Scrivner at leo.scrivner@gmail.com and let him know who you talked with, so we can celebrate your efforts. So, on **ten-ten** (October 10th), reach out and talk with **ten** vets, Be the ONE at Post 416 who makes a difference in someone's life!



Tuesday, Oct 10 - TAL Membership meeting (no dinner, meeting @ 7pm), 5419 S. Alston Avenue

Saturday, Oct 14 - Post Clean-Up Day, 9am-noon, 5419 S. Alston Avenue

Tuesday, Oct 17 - ALA Membership meeting, 1:30pm start, 5419 S. Alston Avenue

Tuesday, Oct 24 - TAL Membership meeting, 7pm start, 5419 S. Alston Avenue

Saturday, Nov 4 - Veterans Claim Clinic, 9am-3pm, 5419 S. Alston Avenue

Saturday, Nov 11 - Morrisville Veterans Memorial 5K walk, 8:30am registration, 9:30am start,
101 Town Hall Drive, Morrisville

Tuesday, Nov 14 - ALA Membership meeting, 1:30pm start, 5419 S. Alston Avenue

Tuesday, Nov 14 - TAL Membership meeting (no dinner, meeting @ 7pm), 5419 S. Alston Avenue

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

Fall Post Cleanup Scheduled for Saturday, October 14

We are still on for our fall post cleanup, scheduled for Saturday, October 14th from 9am-noon. Tasks such as indoor cleaning, weed control, and roadside trash pickup will be accomplished, as well as any other chores that present themselves before the event. Light breakfast items will be provided. Please block your calendar now, as many hands make light work!



Cub Scouts Start New Year

Our very own Cub Scout Pack 495 has started a new season at Lowe's Grove American Legion Post 416! They have already started their annual popcorn sales, and you may have even seen some of them at local stores. They are also planning their first camping trip soon, so the Pack is very busy already!



AMERICAN LEGION
LOWE'S GROVE, NC POST 416

The Sentry is a free, monthly publication of Lowe's Grove American Legion Post 146, NC.

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2024 Membership Drive Update

- Written by Bill Granger, Post 416 Adjutant



As a reminder, the Post's goal for the 2024 membership drive is a total of 51 TAL members by May 1, 2024. We now have **40** members "on the books" for 2024. The good news to report is we have successfully reached the 'Cardinal Award' for 50% of the total goal reached by September 1, 2023. There's still room for improvement as there are 10 TAL members who have yet to renew. We'll be updating everyone monthly with the handy thermometer graphic to the upper left as we progress through the membership drive.

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

TAL - Michael Fenning
 SAL - Steven Goode (NEW)
 SAL - Patrick Granger (NEW)
 SAL - William Granger (NEW)
 TAL - Paul Judge (NEW)
 TAL - Wayne Wrenn

To the lower right of this page is our thermometer graphic for the Post's goal to standup a new Sons of the American Legion squadron in 2024. 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. September marks the first time we're "on the board" with 3 new members. Annual dues are set at \$25 annually, and enrollment can be done easily on the Post website at <https://al416nc.wixsite.com/al416nc>.

For the remaining 10 Post 416 TAL members who renew annually, \$35 payment is due. You can renew the following easy and convenient ways:

- Pay via check or cash in person at any membership meeting
- Mail in a check to: American Legion Post 416,
P.O. Box 12202, Research Triangle Park, NC 27709.
- Pay via credit card at <https://mylegion.org/PersonifyEbusiness/Home> using your MyLegion login information
- Pay via credit card at <https://al416nc.wixsite.com/al416nc>



Post 416 Sponsors Veterans 5K Walk

- Written by Bill Granger, Post 416 Adjutant

Lowe's Grove American Legion Post 416 will once again serve as a sponsor of the Morrisville Veterans Memorial Foundation 5K Walk, scheduled on Veterans Day 2023 (November 11). This will be the second consecutive year Post 416 has sponsored the event, as we continue our partnership providing financial services as a pass-through agent with our credit card capability to benefit the creation of a future Morrisville Veterans Memorial.

This year's event starts at 8:30am with event registration, a special Veterans Day commemoration at 9am featuring Congresswoman Deborah Ross, and the walk begins around 9:30am. All those who register will receive a gratis t-shirt for the walk. Registration can be done online at <https://brushfire.com/morrisvilleveterans/morrisvilleveteransmemorialfoudnation5K/562521>. Each walker registration is \$25, and is a fantastic way to stay healthy and pay tribute to all veterans on November 11th.

For anyone interested, you can learn more about the plans for a future Morrisville Veterans Memorial on the internet at <https://www.morrisvilleveteransmemorial.com/>

Post 416 Completes Another BBQ Chicken Dinner

Another fall is nearly in the books and Post 416 has completed another BBQ chicken dinner! Thank you to all who contributed and worked hard that day!





2ND ANNUAL
MORRISVILLE VETERANS MEMORIAL FOUNDATION

5K WALK

SATURDAY, NOVEMBER 11

INDIAN CREEK TRAILHEAD

101 TOWN HALL DRIVE, MORRISVILLE NC 27560



\$25/WALKER, EVENT T-SHIRT INCLUDED

PROCEEDS TO BENEFIT CREATION OF A MORRISVILLE VETERANS MEMORIAL

8:30 A.M. REGISTRATION OPENS

9 A.M. COMMEMORATION CEREMONY, REMARKS BY CONGRESSWOMAN ROSS

9:30 A.M. WALK (RAIN OR SHINE)



[HTTPS://BRUSHFIRE.COM/MORRISVILLEVETERANS/MORRISVILLEVETERANSMEMORIALFOUDNATION5K/562521](https://brushfire.com/morrisvilleveterans/morrisvilleveteransmemorialfoundnation5k/562521)

WE BELONG TO LOWE'S GROVE AMERICAN LEGION POST 416



WHAT'S YOUR SUPERPOWER?

If you're ready to enhance the well-being of our community, help families, and support our military, we need you!

**THE AMERICAN LEGION FAMILY AT LOWE'S GROVE INVITES
ALL GRANDPARENTS, PARENTS, CHILDREN, SPOUSES, AND
DIRECT OR ADOPTED DESCENDANTS OF VETERANS
TO JOIN OUR RANKS.**



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LOWE'S GROVE, NC POST 416

POST CLEAN-UP DAY



INDOOR
CLEANING



WEED
CONTROL



TRASH
PICKUP



Saturday, October 14
9am - Noon