

Louis S. "Lou" Cook, Jr.

Department of NC Commander 2009 - 2010

Lou Cook is a Past Commander of The American Legion Department of North Carolina for the years 2009-2010. He began his American Legion career in 1995 shortly after retiring from military service. He was a member of Post 504, Falling Creek serving as Service Officer, Adjutant, Second Vice Commander, and Commander. He was named North Carolina Post Commander of the Year in 2000 after serving in this capacity. He transferred his membership to Post 94, Snow Hill in 2001 where he served as Chaplain, Judge Advocate, Second Vice Commander and Commander once again. He also served as Division and District Oratorical Chairman several times.

During his years with The American Legion, he has been District 7 Commander as well as member and Chairman of the New Post Organization and Development Committee, member of the Rehabilitation Committee, member of the Veterans Affairs and Rehabilitation Commission, member of the Financial Resolution Committee and the Reorganization Committee, as well as member and Chairman of the Membership Committee. He has also served as a member of the Americanism Council and was recently appointed to serve on the Membership and Post Activities Committee at the National level.

Originally from Memphis Tennessee, Lou Cook is the Administrator for the Village of Walnut Creek. He served in the US Air Force for over 27 ½ years before retiring at the rank of CMSgt and accepting a position as District Officer for the North Carolina Division of Veterans Affairs. He remained with the Division for over eight years before accepting his current position with Walnut Creek.

Mr. Cook attended college while on active duty and graduated from St. Leo University Magna cum Laude with a Bachelors of Arts degree in Human Resources Administration. He continued his educational pursuit through Central Michigan University graduating with a Masters of Science degree in Administration.

While on active duty, Mr. Cook completed tours of duty in Viet Nam, Thailand, Turkey and England and deployed to Oman and Saudi Arabia for Operations Desert Shield and Desert Storm. During his career, he was awarded the Bronze Star, the Meritorious Service Medal with two Oak Leaf Clusters and the Air Force Commendation Medal with two Oak Leaf Clusters in addition to numerous other medals and citations.

Mr. Cook is married to the former Pam Jones of Roxboro North Carolina and they have two sons, Chris and Aaron, and five grandchildren.