

THE LEADERSHIP LEDGER

Vol. 6 Issue 01
Jan. 02, 2025

The American Legion, Department of Maine
5 Verti Drive, Winslow, Maine 04901-0727
www.mainelegion.org | legionme@mainelegion.org | 207-873-3229
www.facebook.com/TALDepartmentofMaine



Welcome to the 129th Edition of The Leadership Ledger. It includes Post, Department and National reports, leadership training events, upcoming conferences/conventions as well as rules and regulations pertaining to local, state and national laws. The Ledger is available by visiting the Department's website at mainelegion.org under "News & Events" or on the home page. If you have any information to be published in The Leadership Ledger, please forward to Dept. HQ via email at:

legionme@mainelegion.org

District Meetings

Be Connected · Be Heard · Be Informed

JANUARY 2025

District 3 – Androscoggin: Jan. 20
Mechanic Falls Post 150, 6:30PM

District 5 – Oxford: Jan. 21
South Paris Post 72, 7PM
Oratorical Contest, Refreshments After

District 9 – Kennebec: Jan. 8
Augusta Post 2, 6PM

Department of Maine Annual Mid-Winter Conference

January 11th, 2025
Jeff's Catering & Event Center
15 Littlefield Way, Brewer, ME 04412

REGISTRATION REMINDER!

Special Rate for Legion Family for Hotel Reservations:

Holiday Inn: 404 Odlin Rd, Bangor, ME 04401.

Phone: 207-947-0101

Room Rate: \$114 + sales tax

[Click Here to Reserve Your Room](#)

Please state "American Legion" when calling for reservations. Hotel Reservations are to be made by each individual. Deadline: Jan. 5, 2025

Registration Fee: \$10.00 per person

Lunch Buffet: \$10 per person (to be paid to Jeff's Catering by noon)

Please mail registration fee to:

The American Legion Department of Maine
5 Verti Drive, Winslow, ME 04901-0727
(Notate "MWC" in memo field)

To pay by debit/credit card, [Click Here](#) or visit www.mainelegion.org, and select **Winter Conference** listed in the News & Events dropdown menu.

[VIEW EVENT AGENDA](#)

For questions, please call Department HQ at 207-873-3229 or email legionme@mainelegion.org.

The American Legion Department of Maine High School Oratorical Scholarship Program

Attention District Commanders & Adjutants:

Please submit Oratorical Scholarship Application of the winner representing your District to Deptment HQ no later than Jan. 24, 2025.

Any questions contact Maureen Malley 207-557-3109 or Dept. HQ 207-873-3229.

[Maine HS Oratorical Scholarship Application](#)

[Department of Maine Oratorical Brochure](#)

[2025 Oratorical Rules Brochure](#)

[Oratorical Promotional Brochure - National](#)

February 8, 2025 at 9:00 a.m.

Thomas College
180 West River Rd. Waterville

All contestants should plan to arrive between 8 and 8:30 am

Snow Date: February 15, 2025



Help Support the Maine American Legion Oratorical Scholarship Program by Donating Today!

To Donate By Debit or Credit Card: Click or scan the QR Code with your phone.

By Check: Please make checks payable to: The American Legion, Dept. of Maine. Write "Oratorical Program" on the check and Mail to: 5 Verti Drive, Winslow, ME 04901-0727





COMMANDER'S PROJECT 2024-25

Department Commander
Tricia Thurston asks that each
Post and Legionnaire support her goal!

Mission Working Dogs

Their MISSION: To improve the lives of their community members who are living with a disability by providing them with properly trained service dogs to help them live more independently despite a physical disability and by providing therapy dogs which will bring mental well-being to the people of Maine such as those in nursing homes, hospitals, and schools.

Their VISION: At Mission Working Dogs, we train purpose-bred dogs to aid individuals with disabilities so that the handler can live a life to the fullest and more independently.

Their GOAL: Service dogs can assist those with physical disabilities such as mobility impairments by fetching dropped items, opening doors, and turning on and off lights. They can also help individuals with PTSD by learning to recognize an increase in anxiety, carrying medications, and providing deep pressure therapy to calm or redirect the handler. Dogs working as facility dogs are often trained to recognize a patient's affected side in the case of a stroke and to approach on the side the patient is able to pet with or throw the ball. Patients are able to work on fine motor movements in petting or caring for the dog as well as gross motor skills playing fetch with a dog that's able to bring the ball exactly to where the patient needs, such as on a side table or directly into their hand, rather than on the ground or trying to play tug with it inappropriately.

Their PLAN: Service dogs are generally trained for approximately two years and undergo a wide range of assessments on their physical health, temperament, and tasks or skills to make sure they can properly support their handler throughout life.

Donations can be made to **The American Legion Dept. of Maine, 5 Verti Drive, Winslow, ME 04901-0727**



Please place in the memo line of the check: **Commander's Project 2024-2025**

If you would like to donate with a Debit or Credit Card, please call 207-873-3229 or visit: www.mainelegion.org and click on the DONATE button.

Show Your Support to Maine Veterans by Donating Today & Make Your Name Part of American Legion History

Deadline for Submission May 9, 2025

| | | |
|---|---|---|
| DONATE \$25 Receive NEW Challenge Coin & Name in Yearbook | DONATE \$50 Receive NEW Challenge Coin, Lobster Lapel Pin & Name in Year- book | DONATE \$100 Receive NEW Challenge Coin, Lobster Lapel Pin, Name in Yearbook, & 2025 Convention Yearbook |
|---|---|---|



NEW! Maine American Legion BE THE ONE Challenge Coin, left, and Maine American Legion Lobster Lapel Pin, right.



Show your support to Veterans in the state of Maine! Become a sponsor today by donating to the Maine American Legion Convention Yearbook Program and make your name part of The American Legion history! Your name will be listed in our 2025 Maine American Legion Yearbook made available in print and online in digital format by visiting www.mainelegion.org.

Donate \$25 and receive our newest Maine American Legion Challenge Coin, \$50 and receive our new challenge coin and lobster lapel pin, or donate \$100 and receive our new challenge coin, lobster lapel pin, and a 2025 Maine American Legion Convention Yearbook. To donate with Debit/Credit Card, click the button below, or simply scan the QR code with your phone. You may also visit www.mainelegion.org and click on the Maine American Legion Convention Yearbook Donations Welcomed button. If donating by check,



please make payable to The American Legion, Department of Maine earmarked "Yearbook Program" and mail to:

The American Legion, Department of Maine, 5 Verti Drive, Winslow, ME 04901-0727.

For more information, please call 207-873-3229 Ext. 2 or email rachael@mainelegion.org.



Email Scam Alert!

****Attention Legion Members****



Commander Thurston is not sending out emails requesting your time or for you to purchase gift cards! Please do not respond and do not use the email they are using. Past Commanders are still being scammed as well. Some people are using the emails that they've received from the scammers thinking they are actually sending out emails to these Commanders.

Please check the emails when you are sending out legitimate emails trying to reach past Commanders or when sending group emails that include past Commanders.

Be The One Challenge Coin & Lobster Lapel Pin Order Form

Order forms are **now available** for your Post to utilize, giving members multiple ways to order! Simply print and provide the forms at your Post.

[See Page 9 for Order Form](#)



★ ★ **DONATIONS** ★ ★
The American Legion Department of Maine

Commander's Project "Mission Working Dogs"

| | |
|------------------------|-------|
| Anonymous..... | \$160 |
| Wiscasset Post 54..... | \$100 |

2025 Annual Convention Yearbook

| | |
|--------------------|-------|
| Jeffrey Young..... | \$100 |
|--------------------|-------|

General

| | |
|-------------------------------|-------|
| Portland Plastic Pipe..... | \$500 |
| Clyde Smith Jr..... | \$100 |
| Robert Riley..... | \$50 |
| Richard B ODonnell Jr OR..... | \$15 |
| Alfred H Marin..... | \$10 |

National Commander's Campaign (Dan K. Wiley)

| | |
|-------------------------------|-------|
| Kirk & Tricia Thurston..... | \$200 |
| Scott Paradis..... | \$125 |
| Jarrold S. Crockett, Esq..... | \$100 |
| Amedeo J. Lauria..... | \$100 |

American Legion Department of Maine Foundation

| | |
|--|-------|
| Julie Flynn (National Leadership Fund)..... | \$300 |
| Judith Golek (<i>In Memory of Juanita Lee Bouchard</i>)..... | \$50 |

Thank You!

Nat'l Veterans Employment & Education Awards

The National Veterans Employment & Education Commission annually presents several awards at The American Legion's national convention to honor employers who hire veterans, disabled veterans and older workers. Those who help veterans find employment are also recognized.

Nomination forms for the Veterans Employment and Education awards are available through American Legion department headquarters. There are five available awards.

The awards include:

- **National Employer of Veterans Award**
Small Business, Mid-Sized Business and Large Business
- **National Employment Service Award**
Local Veteran Employment Representative (LVER) of the Year; Disabled Veteran Outreach Program Specialist (DVOP) of the Year; Employment Service (ES) Local Office of the Year.
- **Enhance the Lives of Disabled Persons Award**
- **Employer of Older Worker Award**
- **Michael Guty Homeless Veterans Outreach Award**

Nomination forms for each award are available through American Legion department headquarters or by [clicking here](#). All entries must be accompanied by an official nomination form with no more than two pages of narrative, along with supporting documents. Departments will send reminders to all posts about nominations.

For more information: (202) 263-5771 | ecruz@legion.org

www.legion.org/information-center/calendar/deadline-for-veterans-employment-education-awards

Stay Connected with Your Fellow Legionnaires!



[CLICK HERE TO SEE THE LATEST POST EVENTS](#)



[CLICK HERE FOR THE STATE DIRECTORY](#)

Call Dept. HQ at 873-3229 or email: legionme@mainelegion.org to get the password!



IMPORTANT INFORMATION ABOUT THE STATE DIRECTORY!

The State Directory has been posted on the Department Website in the past however it is now password-protected. Please call Dept. HQ at: 873-3229 or e-mail legionme@mainelegion.org to get the password, or if you have any questions or concerns.

PAST COMMANDERS CLUB

Please note that the annual dues for Past Commanders Club are \$5.00 per member. [Click Here](#) or visit www.mainelegion.org under Forms/Application to download an application. If you haven't paid your Past Commanders Club dues yet, *please do so today!*



Q. Elvis Presley was drafted on Dec. 20, 1957

into the U.S. Army, serving with a tank battalion in Germany & was Honorably Discharged as a Sergeant in March of 1960, but he also received a second offer from another military branch, which promised him "duty" in Las Vegas....which other Military Branch tried to recruit him?

~ Submitted by Dwayne Hatfield, Mars Hill Post 118



Attention Post Leadership!

If your Post is below the per capita dues rate of \$41 then your Post is considered upside-down, and your members will not be able to pay their dues online.

Is Your Post Utilizing Its' Sales Tax Exemption?

All Legion Posts in the state of Maine qualify for Sales Tax Exemption.

If your Post currently does not have a Certificate for Sales Tax Exemption, please call Dept. Headquarters for assistance at 207-873-3229 so we can send you a packet containing detailed instructions on how to obtain this status.



THE AMERICAN LEGION 2025 MEMBERSHIP RENEWAL SCHEDULE

| Cutoff Dates | Renewal Mail Dates |
|--------------------|---------------------|
| May 15, 2024 | July 1-8, 2024 |
| September 11, 2024 | October 5-11, 2024 |
| October 16, 2024 | November 9-15, 2024 |
| December 11, 2024 | January 4-10, 2025 |
| February 12, 2025 | March 1-7, 2025 |
| April 9, 2025 | May 3-9, 2025 |

Transmittals not received by the cutoff date may not prevent a subsequent renewal notice from being delivered at or around the renewal date. Please note, renewals transmitted and received by the cutoff (which is also a National Target Date) will be updated prior to printing renewal notices, assuming they can be successfully scanned. Membership that must be hand-keyed (new members and renewals that can't be scanned) will take longer to process. Please transmit as early and as often as possible in advance of the Target Dates to help avoid delays in processing.



SONS OF THE AMERICAN LEGION Squadron Forms/ Applications

[Print a SAL Membership Application Squadron Officers Form](#)

[Consolidated Squadron Report - fillable](#)
[Annual Squadron Data Report - fillable](#)

[Click Here for the Latest Membership Report](#)

District Awards

American Legion Jacket: Awarded to District Commanders who reach 100% by Dec. 31, 2024.

American Legion Ball Cap: Awarded to District Commanders who reach 100% by March 12, 2025.

NEW Highest District Overall Membership Percentage (1st Place - \$500 | 2nd Place - \$250): Awarded to District Commanders who reach the highest overall membership percentage 30 days prior to National Convention (July 24, 2025).

NEW Highest District Overall Membership Renewal Percentage (1st Place - \$500 | 2nd Place - \$250): Awarded to District Commanders who reach the highest overall membership renewal rate 30 days prior to National Convention (July 24, 2025).

For more Information [Click Here](#) and find: **2024-25 Membership Goals & Awards Manual**

Membership **IMPACT** Reports

The American Legion's success depends entirely on active membership, participation and volunteerism. The following monthly reports located on: www.legion.org/about/reports/membership-impact provide a summary of membership, participation and volunteerism making an impact in the lives of veterans, families and communities. American Legion Posts can share the many ways Legionnaires are making a difference in their communities by [submitting consolidated post reports online](#). To visit the impact American Legion posts made throughout the year, visit: www.legion.org/about/reports or www.legion.org/about/reports/membership-impact

Warrant Templates All Post/District Officer Positions

Available online at:

MaineLegion.org or go to:
www.mainelegion.org/pages/formsapplications.php

It's fast *and* easy!



TANGO ALPHA LIMA PODCAST

[Click Here to Listen to the Tango Alpha Lima Podcast:](#)
<https://tangoalphalima.fireside.fm>

QUICKLY & EASILY RENEW ONLINE TODAY!

Simply Scan the QR Code with the camera on your phone or visit:

www.legion.org/renew



American Legion Cribbage Boards

Get your American Legion Cribbage Board in time for the holidays!

Purchase yours today at:

The American Legion
Department of Maine
Headquarters, 5 Verti Drive
Winslow, ME 04901-0727

\$30/each - Pickup Only
Proceeds Support Warren
Post 218 Members



FRONT



BACK

Legionnaire Insurance Trust (LIT)



[Click Here to watch a short video about No Cost Legioncare](#)

Grouper

Subject: Get Paid for Being Socially Active with Grouper Partnership

Dear Member,

The American Legion has teamed up with Grouper to support our Legionnaires in a way like never before! This collaboration is designed to get eligible participants, 65 or older, paid for engaging in our community, ensuring you stay healthy and connected.

What Does This Mean for You? Participants with an eligible health plan can get an initial payment of \$50 sent to them for being a part of The American Legion. For each three months of activity after that, Grouper will send \$20, if you stay active and keep Grouper updated on your in-person social activity!

Check Your Eligibility: It's easy! [Click here \(hellogrouper.com/al\)](#) to check your eligibility in just a few simple steps. You'll find out right away if your health plan covers this social benefit.

Is Grouper an Insurance Company? No! Grouper doesn't sell insurance. Their mission is to encourage healthy living through activities that build meaningful social connections and shared experiences. They accomplish this by partnering with health plans to pay you for having fun with friends. This program is free to you and American Legion and we have not shared any of your personal information.

We look forward to sharing more about how this partnership with Grouper is designed to enhance your overall well-being. If you have any immediate questions, feel free to contact Grouper at 833-445-2400. Wishing you a healthier, happier future together!

[For More Information See Page 8](#)

Flag at Half-Staff



The United States flags should be flown at half-staff effective immediately until sunset on Tuesday, January 28, 2025, in honor of the life and legacy of President Jimmy Carter, who passed away Sunday afternoon in Plains, Georgia.

[Click Here](#) to view flag display FAQs.

Donate to the National Commander's Campaign (Dan K. Wiley)

Donations for the 2025-26 National Commander's Campaign are greatly appreciated! Scan the QR code with your phone or [Click Here](#) to make a donation. On the donation page, please choose "Other" from the "Use this donation for" dropdown menu and notate "National Commander's Campaign" under the notes. Thank you! [See the Letter on Page 7 for More Information.](#)



BINGO Game For Sale at Milo Post 41

The BINGO game we have for sale is in working order. It needs to be cleaned. The large number board has had most of the bulbs recently replaced. We are starting at \$500 but will consider any reasonable offer. I have contact info for a supplier who can clean it and a member from Greenville may be available to help set it up if needed. Please contact Milo Post 41 (207) 943-9135 or email milolegionpost41@gmail.com for more information.

[Click Here to See Photos](#)



No Veteran should go through a crisis alone. Save the new Veterans Crisis Line number—Dial 988 then Press 1—in your

phone in case you or a Veteran loved one needs support.



The American Legion Legacy Scholarship

The American Legion Legacy Scholarship is a needs-based scholarship designed to fulfill a financial gap remaining after all federal and state educational grants/scholarships available to an eligible applicant have been utilized. The 2025-26 tuition is capped at \$28,937.09 which is the maximum amount the VA will pay out per academic year. <https://www.va.gov/education/benefit-rates/post-9-11-gi-bill-rates/#how-much-of-the-full-benefit-r>

The application deadline is NO LATER THAN Wednesday, March 26, 2025.

[View Scholarship Information](#)
[Scholarship Application](#)

TECHNOLOGY 101

a resource for those who wish to learn basic skills with the powerful technology of today's world. Increased proficiency with computers and cell phones et al is good both personally and professionally.

A Smart Way to 'Watch' Your Heart Rate: It's a Key to Your Well-Being

Technology to monitor and improve your wellness has long been used in hospitals and medical clinics. Now it's on your wrist.

"The smartwatch is my favorite thing for clients to use," says Robert Linkul, owner of Training the Older Adult, a website for personal trainers.

Apple, Fitbit or Garmin smartwatches can track nearly all your activity throughout the day and give you reports on your fitness progress over time via your smartphone. Some models can detect changes in your gait or call for help when you fall.

They also include heart rate monitors and can track your sleep, including how much time you spend in each sleep phase and how often you wake up during the night.

"I encourage clients to get a charging station to use when they're working, sitting or watching television so they can charge their watch during the day and wear it when they sleep," Linkul says.

Monitor your heart rate without a lot of effort

Tracking your heart rate can be helpful for anyone, not just those with a heart condition. First, calculate your maximum heart rate — defined broadly as the maximum number of times your heart should beat during activity — by subtracting your age from 220.

Then learn your heart rate zones:

Zone 1. Light exercise, 50 percent to 60 percent of maximum heart rate

Zone 2. Moderate exercise, 60 percent to 70 percent

Zone 3. Moderate to intense exercise, 70 percent to 80 percent

Zone 4. Intense exercise, 80 percent to 90 percent

Zone 5. Very intense exercise, 90 percent to 100 percent

The American Heart Association recommends at least 2.5 hours a week of activity in zones 1 to 3. A smartwatch can determine your personal zones by monitoring your heart rate over time.

"If you have two 60-year-olds, each 6 foot and 200 pounds, but one is conditioned and has trained their whole life and the other one has not, their ranges are not going to be the same," Linkul says. A smartwatch will track how much time you are spending in each zone.

Set goals and check out fitness apps

Most smartwatches will allow you to set fitness goals. You can also download apps on your smartphone like Nike Training Club or Fitbod to help you set up specific exercise schedules.

Or take it a step further by downloading apps to track your calories, such as Lose It! or Yazio calorie counters. The MyFitnessPal app even lets you scan an image of your food to give you a nutritional breakdown.

If you don't want to invest in a smartwatch, get a dedicated heart-rate monitor, such as one from Polar, 4iiii or CooSpo. These devices, which sit on a soft band you can wear around your waist or wrist, sync to a smartphone app. Or try MindMics, a set of noise-canceling, wireless earbuds that track your heart through the low-frequency sounds inside your ears.

The pedometer: A low-tech device that still works

"Old-school pedometers are still great devices for telling the steps taken daily," says Meredith Chen, a certified fitness trainer and founder of Senior Fitness With Meredith.

She suggests the 3DFitBud to her clients, a simple stand-alone device that doesn't require a smartphone to operate. Similar devices include the iGANK Simple Walking Pedometer and Realalt's 3DTriSport.

How many steps? Starting out, aim for 3,000 to 5,000 a day. Then work up to 10,000 a day.

What happens to the data your smartwatch tracks?

"The biggest widespread risk is that the data people think is private on these devices — heart rate, menstrual cycle information, location — gets used for something they don't expect," says Thorin Klosowski, a security and privacy activist with the Electronic Frontier Foundation. That might include targeted advertising or even public data leaks.

Klosowski's recommendations:

Set up a strong, unique password for each device to lower the risk of the wrong person accessing it.

Limit your smartwatch shopping to brands you've heard of.

"These sorts of larger companies tend to have more eyes on them and therefore tend to have better accountability if something does go wrong," he says. "If it's a cheap, no-name brand or a start-up, there's also just the more concrete risk of them not existing in a couple years and thus no longer offering support, which can mean no more security updates or warranty help."

Continue reading the article: <https://www.aarp.org/home-family/personal-technology/info-2024/tracking-heart-rate-smartwatches.html>

By Chris Morris and Lexi Pandell, AARP
Published July 26, 2024

Training Tuesdays

The last Tuesday of each month American Legion National Headquarters staff will present 60 to 90-minute sessions on topics aimed at post commanders and adjutants. Each session will be recorded and made available for later viewing.

[Click Here to Watch Previously Recorded Sessions](#)

MILITARY TRIVIA

A. The U.S. Navy tried to bring Elvis "on board" and did indeed offer him a chance to perform in Las Vegas as a member of the "Elvis Presley Company" comprised of friends and fellow service members from Memphis. The Army offered him the opportunity to travel to various military bases around the world to support troop morale, but Elvis also declined their offer saying he just wanted "to serve as a traditional soldier."

Learn More: <https://news.va.gov/84046/veteranoftheday-army-veteran-elvis-presley/>



The American Legion

Department of Maine, 5 Verti Drive, Winslow, Maine 04901-0727

Tel: (207) 873-3229

FAX: (207) 872-0501

E-mail: legionme@mainelegion.org

Website: mainelegion.org

December 5, 2024

To Our Fellow Legionnaires:

As you may be aware, each year we request donations to give to the leading candidate for the position of National Commander of The American Legion. The individuals do a lot of traveling and have expenses that they may need assistance in covering.

Each department donates to this cause, and we are not the only ones to do so. The many departments also supported our own Tony Jordan when he was campaigning for National Commander and it is only right that we, the Department of Maine, do so also.

This year, I am asking those who are listed in the National book and have received appointments or reappointments to any of the National Committees or Commissions to donate at least \$75.00 to help defray the cost of seeking that position. Your support in this matter will be greatly appreciated. If you are capable of and inclined to do so you may donate a larger amount.

This year, the leading candidate is Dan Wiley of Kansas for the year 2025-2026. He is presently scheduled to attend our Department Convention in June 2025.

Your donations will be greatly appreciated. Please send them to the Department of Maine Headquarters at **5 Verti Drive, Winslow, ME 04901**, and earmark your check or money order to the "National Commander's Campaign"

Thank you and let us make this one a great one.

Lloyd Woods
National Executive Committeeman

Anthony G. "Tony" Jordan
Past National Commander

Life's Too Long Not to Belong

AMERICAN
LEGION

Research shows that being active and enjoying time with friends is good for your health.

The American Legion and Grouper have partnered to reward eligible members for staying socially active!



LEGIONNAIRES 65+ WITH AN ELIGIBLE MEDICARE ADVANTAGE OR SUPPLEMENT PLAN RECEIVE:

✓ **\$50 initial payment upon confirming eligibility**

✓ **\$20 every 3 months of reported social activities**



To see if your plan covers Grouper, please visit:

hellogrouper.com/al



No personal information needed to check eligibility - just your health plan name and your age!

GROUPER IS PROUD TO BE INCLUDED IN:

Renew Active
by UnitedHealthcare

OnePass

Grouper

Call 833-445-2400 Email info@hellogrouper.com

AMERICAN
LEGION
DEPARTMENT OF MAINE



Challenge Coin
(Front & Back)



Limited Edition



Lobster Pin

BE THE ONE CHALLENGE COINS
& LOBSTER LAPEL PINS
ONLY \$10 EA

Choose How You Want to Pay:

SCAN THE QR CODE
& pay with a card.



OR

VISIT WWW.MAINELEGION.ORG
and click on the Challenge Coin &
Lobster Lapel Pin order form image
to pay by card.



OR

PAY BY CHECK OR
MONEY ORDER

Fill out and return the
order form below along
with your check or money
order. Please include \$5 for
shipping and handling.



ORDER FORM (CHECK OR MONEY ORDER)
BE THE ONE CHALLENGE COIN & LOBSTER LAPEL PIN

Return This Form and Payment To:
The American Legion Department of Maine
5 Verti Drive, Winslow, ME 04901-0727

| | |
|------------------------------------|----------------------|
| QTY COINS \$10 EA. | QTY PINS \$10 EA. |
| Please Include \$5 Shipping | |

FIRST NAME

LAST NAME

SHIPPING STREET ADDRESS

CITY

STATE

ZIP CODE

()

PHONE

EMAIL

FOR QUESTIONS, PLEASE CALL (207) 873-3229

Veterans and Community Connection Expo

Univ. of Maine @ Orono

Wells Conference Center, 131 Munson Rd., Orono, ME 04469

For Veterans, Survivors, Service Members and their families

- MUSIC
- FREE GIVEAWAYS
- ACTIVITIES FOR THE KIDS
- PRESENTATION FROM QUILTS OF VALOR
- FIRST 150 VETERANS/SERVICE MEMBERS & THEIR FAMILIES

WHO ATTEND WILL RECEIVE A FREE GAME TICKET TO THE
MAINE BLACK BEARS WOMEN'S BASKETBALL GAME AT 2PM
AT THE UNIV. OF MAINE, ORONO.

Register for the Event



9AM to 1PM

Boothbay V.E.T.S., Bureau of Motor Vehicles, Disabled American Veterans (DAV), Guitars for Vets, Health Affiliates, Honor Flight of Maine, House in the Woods, Irreverent Warriors, Maine Veterans in Need, Maine Bureau of Veterans' Services, Maine Department of Labor, Military Womens Memorial, Music for Military "Freedom Band," National Cemetery Administration, Penquis Maine Families, Penquis Prevention, Paralyzed Veterans of America, Quilts of Valor, Sweetser, The Summit Project, Travis Mills Foundation, Veterans Benefits Administration, Vet Center, Veterans Health Administration, Wabanaki Public Health and Wellness, Wellness Mobile, Wreaths Across America, and many more.

VA



U.S. Department
of Veterans Affairs
Veterans Benefits
Administration