THE LEADERSHIP LEDGER Vol. 6 Issue 12 JUNE 11, 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 140th 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: <u>legionme@mainelegion.org</u>

2025-26 Department Officers

Leroy McKenzie, Post 147	
Joseph Michaud, Post 147	
Ryan Coffin, Post 42	
Jason Hall, Post 86	Adjutant
Liam Nedredd, Post 98	Americanism
Mary Brown, Post 202	Finance Officer
Lou Marin, Post 24	Historian
Danielle Begert, Post 22	Sergeant-At-Arms
Sheryl Moore, Post 202	Chaplain
Julie Flynn, Post 86	Judge Advocate
Lloyd Woods, Post 147	NEC
Kirk Thurston, Post 24	NECA

2025-26 COMMANDER'S PROJECT: EMBER'S PAWS OF HOPE



See <u>Page 2</u> for more info on Department Commander Leroy McKenzie's Commander's Project and ways to donate.

District Meetings Be Connected · Be Heard · Be Informed

JUNE 2025

District 3 – Androscoggin: June 16, New Auburn Post 153, 6:30PM

District 8 - Sagadahoc: June 1, Brunswick Post 20, 6PM

District 12 – Hancock: June 10, Bucksport Post 93, Dinner at 6PM, Meeting at 7PM

106th National Convention

Tampa Bay, Florida August 22 – August 28, 2025

2025 National Convention Reservation/ Registration/Banquet Form

Find a printable Registration Form on <u>Pages 9-10</u>

For more information, please visit the <u>National Conv. Page</u> under NEWS & EVENTS at <u>www.mainelegion.org</u>

2025 Convention Yearbooks Now Available!



<u>Click Here</u> to check out the new 2025 Digital Convention Yearbook!

Explore new information, including hyperlinked business ads to websites, post and district photos, Legion programs, and more!

If you are interested in ordering a yearbook, please call Dept. HQ at 207-873-3229.

ATTENTION POST ADJUTANTS & COMMANDERS

2026 Membership Cards and Packets Available for Pickup at HQ Until Monday, June 23rd, Mon-Thurs. from 8 am to 4 pm.

If you do not pick up packets by the 23rd, Membership Cards ONLY will be mailed to you. Please call Dept. HQ at 207-873-3229 Ext. 2 if you have any questions. After June 23, only informational material will be available for pickup at Department HQ, Mon-Thurs. from 8 am to 4 pm.

Upcoming Holidays



The American Legion State Headquarters will be <u>closed on Thursday June 19 in</u> <u>observance of Juneteenth and on July</u> <u>3-4 for observance of Independence Day.</u> Please plan accordingly. Thank you!



COMMANDER'S PROJECT

Department Commander Leroy McKenzie asks that each Post and Legionnaire support his goal!

EMBER'S PAWS OF HOPE



EMBER'S PAWS OF HOPE: A nonprofit organization dedicated to providing emotional and mental support to veterans and first responders through the use of future certified therapy dog(s). Members of our team have a diverse background which include being trained in critical incident stress management and peer support, and we visit fire

stations, police stations, hospitals, and veterans facilities to offer comfort and companionship to those who serve our communities.

THE ANGEL: Ember was 9 weeks old when she moved in with Tim Nickels, the goal was to have Ember become a therapy dog. It was discovered that Ember was too attached to Tim but no one knew that would save him later on. Anytime Tim was having a hard day or a bad shift Ember would sit with Tim. Tim was diagnosed with PTSD in 2020,



Ember wouldn't leave his side. Ember knew something was up. Tim became suicidal and made attempts to end his life. Ember stopped him at least three times. When the days were dark, Ember wouldn't let him leave without her.

THE PROJECT: National American Legion asks Departments to partner with local organizations to support BE THE ONE.

Commander McKenzie has chosen to partner with Ember's Paws of Hope (EPOH), an organization committed to provide, comfort, support, and emotional healing to veterans and first responders through the unconditional love and companionship of therapy dog. EPOH is dedicated to enhancing the wellbeing of those who serve our communities and country, offering a source of solace in times of stress, trauma and hardship.

THE PLAN: THE PLAN

We are asking all American Legion Posts and/or members to financially contribute to Ember's Paws of Hope. This new 501-c-3 needs funding to provide more trained therapy dogs and make more appearances to provide physical, emotional and social well-being to others in need.

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: Ember's Paws of Hope or Commander's Project 2025-2026*

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



Colby College 4000 Mayflower Drive, Waterville 04901 Sunday, June 15, 2025 - Friday, June 20, 2025 Registration: Sunday, June 15 at noon Graduation: Friday, June 20 at 3:00 pm

For more information, please contact: Dirigo State Director, Matthew Leclair 207-693-7389 | <u>dirigostateme@gmail.com</u> or Dept. Adjutant, Jason Hall 207-522-5471 | jason@mainelegion.org

NEW! Maine Legion Challenge Coin & Lobster Lapel Pin! Click Here to Place Your Order Today!



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

Coins and pins are \$10 each plus \$5 shipping/handling. Coins and pins are also available for FREE PICKUP at Department HQ. For more information, please call Department HQ at 207-873-3229.

Order Forms are also available for your Post to print and utilize! See Page 11 to view and print the form.

PAST COMMANDERS CLUB

Please note that the annual dues for Past Commanders Club are \$5.00 per member. Click Here or visit www.



<u>mainelegion.org</u> under Forms/Application to download an application. *If you haven't paid your Past Commanders Club dues yet, please do so today!*

See Page 7 for PCC Form

Did You Know You Can Pay Your Labels Donation Online?

Donations for 2025 Labels can be made on our website by <u>Clicking Here</u>, scanning the QR code with your phone,

or by visiting <u>www.mainelegion.org</u> and clicking on the "Donate" button. *Please be sure to notate "Labels" in the notes so we can identify your donation.* Thank you!





<u>Click Here</u> to Listen to the Tango Alpha Lima Podcast: <u>https://tangoalphalima.</u> <u>fireside.fm</u>

\star \star DONATIONS \star \rightarrow The American Legion Department of Maine

Commander's Project "Ember's Paws of Hope"

Various People at Convention	\$405.01	
Commander's Project "Mission Working Dogs"		
Topsham Post 202	\$202	
Locke Mills Post 68	\$150	
Dale Bryant	\$20	

Dirigo State Shirts

Debra & Gregory Couture.....\$1500

Thank Gou! Congratulations 2025 Convention Sweepstakes Winners

Summer Sweepstakes Raffle Drawn at The Annual State Conference in Brewer, ME on June 7, 2025

Kenneth S Carter, Madison Post 39	. \$1,500
Frederick W Elwell, Phippsburg Post 216	500
Arthur R Kinney, Westbrook Post 197	300
Jeffrey A Young, Machias Post 9	200

Maine American Legion Baseball



Teams may begin online registration for the 2025 season.

Full Registration is Open for the 2025 American Legion Baseball Season

For more information please visit: baseballmaine.com

Register online at: legion.org/baseball

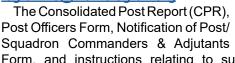
Teams registered after May 15 may be subject to a department late fee through the final deadline of June 1. Please note that each American Legion department may set an earlier deadline for registration.

> Maine Senior State Championship: July 26 - 30/31, Mansfield Stadium, Bangor Maine Junior State Championship: July 31 - Aug. 4/5, Mansfield Stadium, Bangor **Northeast Senior Regional Tournament:** Aug. 6-10, Manchester, NH Northeast Junior Regional Championship: Aug. 9 - 11*(Approx. dates) TBD, MA SR World Series: Aug. 14 - 19, Shelby, NC

For more information, please contact: Scott Bishop, Chairman Phone: 207-745-0555 Email: chairman@mainelegionbaseball.org

Attention Adjutants & Commanders:

If your Post has not done so already, please fill out the Annual Post Data Report form and mail it back to Dept. HQ ASAP, or scan & e-mail it to: legionme@mainelegion.org.





Form, and instructions relating to submission information and deadline requirements were mailed to Posts. Please return to Dept. HQ as soon as possible.

For more information, please call Department HQ at 207-873-3229. Thank you for your prompt reply!

> **Click Here to View the Status of Your Post/District Report and Form Submissions**

Resources Online to Support, Promote Flag Day (June 14)

June 14 is Flag Day and a prepared speech is available for Legion events along with three sets of flag social media graphics.

On Flag Day at 7:00 p.m. is the annual Pause for the Pledge.

The following resources are available to help Legion Family members promote Flag Day, share the



history of our flag, answer common questions about the flag, and more. Visit legion.org/flag for more information.

A prepared Flag Day speech. Download and print this speech for post, district or department Flag Day events. The speech doesn't have to be recited verbatim; members can amend it.

Social media graphics. There are three sets of U.S. flag social media graphics to share on Facebook, X and Instagram. These include Rally Around the Flag, which feature historical notes, fun facts and voices from history about Old Glory; Know Your Code graphics taken from the U.S. Flag Code; and Voices of Our Flag that feature quotes from veterans, Legion members, U.S. presidents, Olympians and others.

"Indivisible: The Story of Our Flag." This 112-page American Legion bookazine is a collector's item tells the story of the U.S. flag from the American Revolution to the Global War on Terrorism through colorful photos, illustrations, poems, fun facts and more. It is sold through Emblem Sales for \$9.99.

Visit legion.org/flag for flag FAQs, myths, flag-folding procedures and videos, and more.

Stay on Top of Your Membership!

QUICKLY & EASILY RENEW ONLINE TODAY!

Simply Scan the QR Code with the camera on your phone or visit: www.legion.org/renew



Member Discounts

American Legion members benefit not only from the Magazine, camaraderie, advocacy, and a wealth of support services, but also receive national discounts just for being a member!

YOUR MEMBERSHIP DISCOUNT PERKS, ALL IN ONE PLACE! <u>Click</u> <u>Here</u> to view your digital Discount Providers brochure to view savings for Legionnaires only.

Learn more about member discounts at <u>www.legion.org/member-services/</u>

discount-center



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.



Attention District Commanders and Post Adjutants

<u>MyLegion.org</u> training lessons are available at State Headquarters.

If you are interested in learning how to use the site, please call The American Legion, Department of Maine Headquarters at 207-873-3229 Ext. 2 or email <u>rachael@mainelegion.org</u> to set up an appointment. Training lessons last between 1-2 hours.



SONS OF THE Squadron Forms/

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 MPACT Reports

The American Legion's success depends entirely on active membership, participation and volunteerism. The following monthly reports located on: <u>www.legion.org/about/reports/membership-impact</u> 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 <u>submitting</u> <u>consolidated post reports online</u>. To visit the impact American Legion posts made throughout the year, visit: <u>www.legion.org/about/reports</u> or <u>www.legion.org/about/reports/membership-impact</u>

■★= Attention: District ==★= Commanders & Adjutants

District Meeting Calendar Form Available Online!

 March Sec.	Legion Departm	20 - 20
		And Address of the owner of the owner of the owner of the owner owner owner owner owner owner owner owner owner

<u>Click Here</u> or visit: <u>www.mainelegion.org</u> under Forms/Application

Warrant Templates All Post/District Officer Positions

.

Available online at: <u>mainelegion.org</u> or go to: <u>www.mainelegion.org/pages/</u> <u>formsapplications.php</u>

It's fast and easy!

Q. Who was the only U.S. Military servicewoman to have died from enemy action during the Vietnam War?



~ Submitted by Dwayne Hatfield, Mars Hill Post 118

Your Guide to Welcoming New Members

The American Legion's new member welcome toolkit features best practices and resources to actively connect with and engage new members.

Click Here to View the Toolkit

The toolkit also is available for

download and print at legion.org/

publications under Membership.

LEGION FGIO

WELCOME TO THE AMERICAN LEGION

MONOR

Honor Flight Maine will be hosting three charter flights in 2025:

Flight #1 from Bangor International Airport will be April 25-27th. Flight #2 from Portland International Jetport will be June 27-29th. Flight #3 from Portland International Jetport will be September 5-7th. Flight #4 from Bangor International Airport will be October 10-12th.

All Maine Veterans interested in going on a trip should go to HonorFlightMaine.org to apply. The site also contains applications for those wishing to be Guardian for a Veteran and for Volunteers. Honor Flight Maine is an all volunteer organization.

Legionnaire Insurance Trust (LIT) **No Cost LegionCare**

Your valued status as a member of the Legion Family makes you eligible for LegionCare.



Current members only are entitled to the \$5,000 No-Cost-To-You Accident Insurance Protection. If your membership was expired at any point, you will have to sign up again to receive coverage.

Click Here To Learn More and Sign Up

American Legion Cribbage Boards

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

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





BACK

Wellcare Delivers the Coverage You Need and More



Wellcare is honored and excited to be the exclusive Medicare Advantage partner to The American Legion. Wellcare Medicare Advantage plans work alongside your VA coverage to give you more of the things you

both want and deserve. More access. More benefits. More support. With clear answers to every question you may ask, and a willingness to help in any way we can. It's more of everything you need with no extra costs.

If you have Medicare and Medicaid, limited income, recently lost employer coverage, are turning 65 or you've just moved, you may be eligible for one of many qualifying events that allow you to enroll now.

For straight answers and help evaluating your coverage options, call 877-880-8196 (TTY: 711) 8 a.m.-8 p.m., 7 days a week, scan the QR code or click here.





USAA is proud to be the Preferred provider of Insurance and **Financial Services to** The American Legion. Please visit usaa.com/ legion or call 877-699-2654.



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.



Standard Operating Procedures From The Post Adjutant's Guide & **MyLegion.org Instructions**

QUICK REFERENCE GUIDE

AMMUNITION See the Officer's Guide and Guide of Ceremonies.

BURIAL FLAGS VA establishes eligibility. The local funeral director will assist you in obtaining a flag. Find more information online at https://www.va.gov/burialsmemorials/memorial-items/burial-flags/.

CONTINUOUS YEARS CERTIFICATES National Headquarters issues certificates recognizing 50, 60 and 70 years of membership (see Post Adjutants Guide page 14).

CERTIFICATION OF OFFICERS It is extremely important to provide the department with a list of all post officers immediately following their election. This must be done annually or whenever there is a change in officers.

CHANGE OF CONTACT INFORMATION Be sure to note any change of contact information (mailing, email, phone) for any member of the post by completing the Member Data Form or directly online through the post's MyLegion.org portal.

CONSTITUTION AND BY-LAWS The American Legion National Constitution and By-laws are available for download at legion.org/publications under "Organization, Membership & Awards Publications," then "General."

CUSTOMER SERVICE National Headquarters' customer service division handles member inquiries from individual members, posts, districts and departments. Inquiries may be submitted in writing to American Legion Customer Service, 5745 Lee Road, Indianapolis, IN 46216. Customer Service can also be reached by phone at (800) 433-3318 or (317) 860-3111 between 8 a.m. and 4:15 p.m. EST Monday through Friday, by fax at (317) 860-3130 or by email cs@legion.org. Note: These contacts are not for issues related to Emblem Sales or MyLegion.org.

EMBLEM SALES / SUPPLIES Each post commander and adjutant receive a copy of the latest Emblem Sales catalog. Additional copies may be obtained from Emblem Sales online at emblem.legion.org or call toll free at (888) 453-4466.

MYLEGION.ORG Contact the MyLegion.org Support Team by phone at (833) 253-9995, fax at (317) 860-3131 or email at mylegion@legion.org.

RESOLUTIONS See the Officer's Guide and Manual of Ceremonies.RIFLES (CEREMONIAL) See the Officer's Guide and Manual of Ceremonies.

SURPLUS MILITARY EQUIPMENT See the Officer's Guide and Manual of Ceremonies.

BASIC TRAINING

In 2017, The American Legion introduced an updated online, self-paced course outlining American Legion history, values and programs. Previously known as The American Legion Extension Institute (ALEI), the course is now called BASIC TRAINING and is the first of many self-paced online 6 courses to be offered under the training banner at legion. org/information-center/training. The course is intended to educate and empower American Legion, Auxiliary and Sons of The American Legion members.

The 90-minute course has six modules: History and Organization, Veterans Affairs & Rehabilitation, National Security, Americanism and Children & Youth, plus a course wrap-up and comprehensive final exam. BASIC TRAINING centers on The American Legion's four pillars, which offer a variety of programs that benefit veterans, servicemembers, their families, America's youth and citizens.

The course is free for American Legion and Sons of The American Legion members.

Post Service Officer Training

Presented by Department Service Officer Carl Curtis



Join us for training, free of charge, to learn more about the benefits afforded to veterans and dependents and to learn how to serve as valuable resources to veterans in your community.

Training Dates:

- Saturday, September 20
- Tuesday, October 28
- Saturday, November 15

Click Here For More Info & View Training Flyer on Page 8

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

BETTEONE 2025 TRAINING

August 16 | October 18 | December 20

Where: Dept. of Maine Training Room 5 Verti Drive, Winslow, ME 04901 For more details on the Be The One campaign visit: betheone.org To reserve your spot or for questions, email:

betheonedeptme@gmail.com

MILITARY TRIVIA

A. The only servicewoman killed in enemy action was nurse First Lieutenant Sharon Lane. The rest died of accidents and illness. Lane died from a shrapnel wound after her hospital was hit by an enemy rocket in Chu Lai Base Area.



DEPARTMENT OF MAINE THE AMERICAN LEGION

PAST COMMANDERS CLUB

It is with great pride and pleasure that we the membership of Post #______submit the names of all our living Past Commanders for membership to the Past Commanders Club. Along with the names, we have enclosed the annual dues of **\$5.00** per member with the understanding that this will continue to provide two (2) \$500.00 scholarships. The recipient must be the son/daughter, grandson/granddaughter of a member of The American Legion.

Membership in the Past Commanders Club goes from January 1 to December 31 of each year.

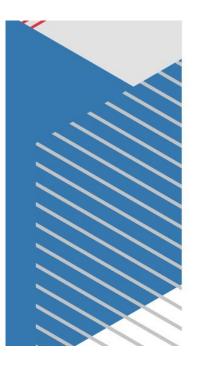
PLEASE PRINT OR TYPE	Post Adjutant
1	13
2	14
3	15
4	16
5	17
6	18
7	19
8	20
9	21
10	22
11	23
12	24

Use back side if additional space is required.

<u>SUBMIT</u> <u>TO:</u> The American Legion, Dept. of Maine 5 Verti Drive Winslow, Maine 04901-0727

MAKE CHECKS PAYABLE TO: PAST COMMANDERS CLUB

Past Commanders Club form is also available in fillable format by visiting www.mainelegion.org/pages/formsapplications.php





Post Service Officer Training

Presented by Department Service Officer- Carl Curtis

Department Service Officer Carl Curtis has announced four training dates for Post Service Officer training.

A Post Service Officer (PSO) is a very important volunteer position in your post. They are often the first Legionnaire your post members or dependents turn to for help with veteran benefit issues. The PSO's primary duty is to serve as a link between the veteran or dependent and an accredited Veteran Service Officers (VSO) in the Department of Maine.

Join us for training, free of charge, to learn more about the benefits afforded to veterans and dependents and to learn how to serve as valuable resources to veterans in your community.

Tuesday, 29 April

Saturday, 20 September

Tuesday, 28 October

Saturday, 15 November

All training will be at the training center at Department Headquarters (5 Verti Drive, Winslow) with a 10 am start.

Email the Department Adjutant to reserve your seat: Jason@Mainelegion.org



106th NATIONAL CONVENTION <u>TAMPA BAY, FL</u> AUGUST 22 – AUGUST 28, 2025

<u>HOUSING</u>: The Department of Maine's hotel will be the **Embassy Suites by Hilton, Tampa Downtown Convention Center, 513** S. Florida Ave. Tampa, FL 33602.

RATE SCHEDULE: King Rate (one bed) - \$149.00 or Two-Bedded Rate – 149.00; Tax Rate – 13.5% per room/night (subject to change); Additional Occupant in Room per Day – \$20.00/person; Rollaway Rate per Day – N/A; Parking Rate per Day – Valet ONLY \$29.00.

106th National Convention Location: Tampa Bay, FL Find it on the map by visiting <u>https://www.legion.org/convention/resources</u>

FLIGHTS: Everyone is responsible for their flight reservations.

<u>REGISTRATION</u>: Room TBD Friday, August 22 from 10 am – 12 pm and 2 pm – 4 pm

DEPARTMENT CAUCUS INFORMATION: TBD

<u>CONVENTION INFORMATION</u>: For Convention resources and information, please visit <u>www.legion.org/convention/resources</u>

Download the National Convention Mobile App with the most up-to-date schedule, floor agenda, and more: <u>www.legion.org/mobileapps</u>

S:\Natl Convention\2025\National Convention 2025.doc

2025 National Convention Reservation/Registration/Banquet Form Tampa Bay, FL – August 22 – August 28, 2025 Embassy Suites by Hilton, Tampa Downtown Convention Center 513 S. Florida Ave., Tampa, FL 33602 The American Legion, Department of Maine 5 Verti Drive, Winslow, ME 04901-0727 I will arrive on and depart on I will require a room for _____ people – 1 King _____ or 2 Bed _____ \$149.00 plus tax rate of 13.5% + (subject to change); Additional Occupant in Room per Day – \$20.00/person; Rollaway Rate per Day – N/A; Parking Rate per Day – Valet ONLY \$29.00. Names: Phone: Email: Credit card Number for one night's room deposit Type: Exp. date: Enclosed please find the following registration fee(s) payable to The American Legion: American Legion Delegates, Alternates, or guests (\$35 each): \$ I would like to reserve ______ tickets to the National Commander's Dinner at \$70 each, Check enclosed in the amount of \$_____, made payable to The American Legion, **Department of Maine. ALL INFORMATION & PAYMENTS MUST BE MADE BY JULY 18 DEADLINE**

Name

Address



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



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