

THE LEADERSHIP LEDGER



Welcome to the 121st 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

SEPTEMBER 2024

District 5 – Oxford: Sept. 17
Oxford Post 112, 7PM, Refreshments after

District 9 – Kennebec: Sept. 11
Oakland Post 51, 6PM

District 12 – Hancock: Sept. 10
Stonington Post 102, Dinner at 6PM, Mtg at 7PM

District 13 – Penobscot: Sept. 8
Etna Carmel Post 107, Lunch at Noon, Mtg at 2PM

District 14 – Piscataquis: Sept. 21
Milo Post 41, 12PM lunch, 1PM Mtg

District 17 - N. Aroostock: Sept 7
Stockholm Post 136, 12pm Meal, Mtg. at 1pm

AMERICAN LEGION DEPARTMENT OF MAINE FALL CONFERENCE

South Paris Post 72
12 Church Street, South Paris, Me. 04281
September 28, 2024

Service Officer Training

September 14, 10 am, 5 Verti Drive, Winslow

The Department of Maine will be offering Post Service Officer training on Sept. 14, 10 am. The training will focus on providing information on benefits to veterans and survivors, claims processes, education and assistance to veterans in need, do's and don'ts, and help one become more versed in state and local benefits.

Great course for new PSOs or any member that would like to learn more. Department Service Officer Carl Curtis from Togus VA will be the lead facilitator.

To book your seat, email: jason@mainelegion.org

2024 Digital Convention Yearbook Now Available Online!



Lots of New Information Including
Hyperlinked Business Ads to Websites,
Photos, Legion Programs & More!

Check it Out Today!

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

Deadline for Submission May 9, 2025

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 \$100 or more and receive a Maine American Legion Convention Yearbook as well as one of our most popular centennial coins to add to your collection. To donate with Debit/Credit Card, simply scan the QR code with your phone or click the button below. 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 visit www.mainelegion.org, or call 207-873-3229 Ext. 2, or email: rachael@mainelegion.org



State Headquarters will be closed on
September 2nd for Labor Day.
Please plan accordingly!

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 04091

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.

Make sure to type
"Commander's Project"
in the Note section.



CONGRESS.GOV



**PUPPIES ASSISTING WOUNDED
SERVICEMEMBERS ACT OF 2021**

OR THE PAWS ACT OF 2021 (H.R.1022)

PAWS ACT
www.pawsact.org H.R.1022

This bill requires the Department of Veterans Affairs (VA) to implement a grant program for the purpose of pairing service dogs with eligible veterans. Organizations that receive grants must provide veterinary health insurance coverage, hardware, and travel expenses for each service dog and veteran participating in the program.

Eligible veterans are those who (1) are enrolled in the VA health care system, (2) have been evaluated and treated for post-traumatic stress disorder (PTSD) but remain diagnosed with PTSD, (3) may benefit from a service dog, and (4) agree to successfully complete training provided by an eligible organization. Veterans are required to see a VA health care provider at least once every six months to determine whether the veteran continues to benefit from a service dog.

Any improvement in PTSD symptoms as a result of the provision of a service dog shall not affect the veteran's eligibility for any other VA benefits.

The Government Accountability Office must report on the grant program.



The American Legion, Department of Maine High School Oratorical Scholarship Program

Thomas College

180 West River Rd. Waterville, Maine 04901

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

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

Snow Date: February 15, 2025

[CLICK HERE](#) for topics



**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](#)

BE THE ONE

TRAINING - 2024

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2024 Training Date: Nov. 30th

Where: Dept of Maine Training Room
5 Verti Drive, Winslow, ME 04901.

For more details on the **Be The One** campaign
visit: bethetheone.org

[American Legion Be the One Campaign](http://bethetheone.org)

To Reserve Your Spot Email: jason@mainelegion.org

Today, the #1 issue facing those who served is veteran suicide. According to the National Veteran Suicide Prevention Annual Report. 17 veterans still die by suicide each day, or more than 6,000 each year. The rate of suicide for veterans is more than 50% higher than that of non-veteran adults.

The American Legion is activating a national platform to end veteran suicide. The Be the One campaign will: Destigmatize asking for mental health support, creating opportunities for those with mental health issues to speak freely and get the support they need; Provide peer-to-peer support and resources in local communities; Deploy FDA-approved therapeutics for veterans to identify issues and find resources for support.

AMERICAN LEGION CRIBBAGE BOARDS

Purchase yours today
at:

**The American Legion
Department of Maine
HQ**

**Headquarters
5 Verti Drive
Winslow, ME 04901**

\$30/each - Pickup Only



FRONT



BACK

Proceeds Support Warren Post 218 Members

***"There is more to life than making a living.
Do not work more than you live.***

~ Mokokoma Mokhonoana

2024 AMERICAN LEGION COLLEGE

DEPARTMENT OF MAINE

***"Life is a moving, breathing thing.
We have to be willing to constantly evolve.
Perfection is constant transformation."***

-Nia Peebles

The Maine American Legion College originally was a student commitment to 3 weekends per year. To assist Legion members with their busy schedules and other commitments, the 2024 American Legion College will assess a condensed 3-day college. Evaluating the waters to see what is best for members.



This year's college will be **Friday, October 18th to Sunday, October 21st**.

Maine American Legion College will enhance knowledge and appreciation of The American Legion and teach the core values and contributions of the organization. The coursework prepares Legionnaires for leadership positions in posts, districts, and departments through education, development, and motivation. The curriculum challenges student leaders to think critically and creatively about issues confronting The American Legion.

The curriculum is administered by graduate facilitators of the National American Legion College. We will cover Legion history, leadership traits, putting good practice to use, and active participation in practice ceremonies and hands-on exercises. Topics include public outreach, fundraising strategies, community relations, and a bonus is the network created with fellow students.

The course work makes students more valuable to their posts and departments, increasing effectiveness and productivity.

Maine American Legion College takes place in the Training Center at Department Headquarters (5 Verti Drive, Winslow).

Limited space, reserve your spot today by email:
jason@mainelegion.org



Q. In the Military, what are female service members known as?

~ Submitted by Dwayne Hatfield
Mars Hill Post 118



MEMBERSHIP **IMPACT REPORTS**

The American Legion's success depends entirely on active membership, participation and volunteerism. The following monthly reports located on: <https://www.legion.org/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: <https://www.legion.org/bythenumbers> or <https://www.legion.org/membership/impact>



*Check out the
Department & National Legion Per Capita
on Page 11*

QUICKLY & EASILY RENEW ONLINE TODAY!

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

www.legion.org/renew



THE AMERICAN LEGION 2025 MEMBERSHIP RENEWAL SCHEDULE

Cutoff Dates

May 15, 2024
September 11, 2024
October 16, 2024
December 11, 2024
February 12, 2025
April 9, 2025

Renewal Mail Dates

July 1-8, 2024
October 5-11, 2024
November 9-15, 2024
January 4-10, 2025
March 1-7, 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.

Find a printable copy of this information on Page 14.

PAST COMMANDERS CLUB

Please note that the annual dues for Past Commanders Club are \$5.00 per member. See **Page 10** for an application. If you haven't paid your Past Commanders Club dues yet,
please do so today!

MyLegion Q&A

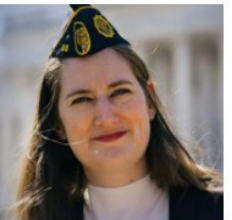
***MyLegion.org is a One-Stop-Shop for
Managing Your American Legion Membership!***

MyLegion.org is a free and secure website for American Legion and Sons of The American Legion members to manage their membership profile and benefits; and for administrative officers of posts, districts and counties to access membership tools.

[VISIT MYLEGION.ORG](http://www.mylegion.org)

CLICK HERE to find a MyLegion "How To" Overview presentation.

Multiyear Membership is Now Available



**Take Advantage of Our Online
Multiyear Membership Option by Visiting:**
www.legion.org/renew

RENEW TODAY

Here are a few things to know about multiyear membership:

- The three-year membership sign-up is only available on the National American Legion website. Current or potential members cannot renew or join for a three-year membership at the post level or thru MyLegion.org
- Payment for the three-year membership is upfront.
- There is not a discounted rate with the three-year membership.
- Membership cards will still be sent annually by Legion posts.
- Those who sign up for a multiyear membership will not receive a renewal notice during the time they have signed up for the multiyear membership

Attention: District Commanders & Adjutants

**District Meeting Calendar
Form now available online!**

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



Warrant Templates
All Post/District Officer Positions
Available on-line at:
MaineLegion.org

or go to:
<http://www.mainelegion.org/pages/formsapplications.php>. *It's fast and easy!!!*



**Wellcare Medicare Advantage
Plans & More Everyday
Benefits for Veterans.**

Wellcare wants to make your Medicare Advantage experience easier by focusing on affordability and more security giving you the benefits you don't get with Original Medicare.

Designed to work right alongside your VA benefits, Wellcare Medicare Advantage plans could offer you added coverage for dental, vision, hearing and mental health services. Plus, if you meet certain qualifications, **you may not even have to wait until October to enroll in a Wellcare plan.**

We encourage you to take a minute today and discover the many great reasons why Wellcare is The Official Medicare Advantage Provider of The American Legion. For straight answers and help evaluating your Medicare coverage options: **Scan the QR code or call 844-917-1167 (TTY: 711) 8am-8 pm, 7 days a week for more details.**



SE5-EP221 Tango Alpha Lima:
WARRIOR CANINE CONNECTION
with Rick Yount and Joe Ouellette

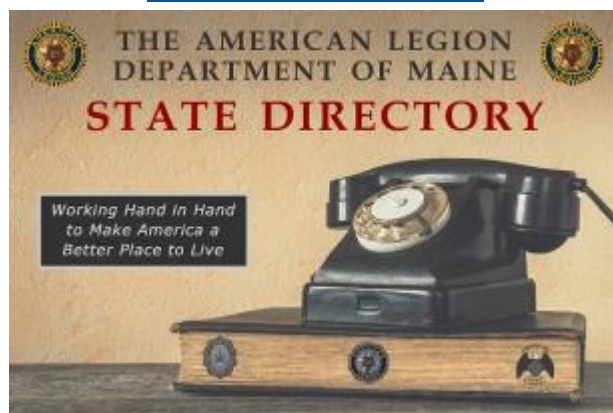
LEGIONTOWN Guitars for Veterans – using the healing power of music to restore feelings of joy and purpose THE INTERVIEW Rick Yount, founder and executive director, Warrior Canine Connection and veteran Joe Ouellette and his dog Wells, join the podcast to talk about the organization's mission to enlist recovering warriors in a therapeutic mission of learning to train service dogs for their fellow veterans. The guests also talk about WCC's legislative work surrounding the PAWS for Veterans Therapy Act (PAWS Act), and the healing power of a connection with a dog.

<https://tangoalphalima.fireside.fm/221@WarriorCanineConnection>

**Stay Connected with
Your Fellow Legionnaires!**



**[Click here to see the
Latest Post Events](#)**



Call Dept. HQ at
873-3229 or e-mail:
legionme@mainelegion.org
to get the Password!!

**[Click Here
for the State
Directory!](#)**



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**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.

POST/DISTRICT FORMS

CLICK HERE

To see which forms your post still needs to submit

AMERICAN FLAG ETIQUETTE

The United States flag has served as a symbol of pride and freedom in America since its adoption in 1777. It's such an iconic symbol (just look at all the [American flag pictures](#)



out there!) that it even has its own **flag etiquette** code. Yep, there are certain things that, technically, you can't do with the American flag.

You know American history, can recite patriotic quotes and always celebrate Memorial Day and the [Fourth of July](#). But do you know what you should (and shouldn't) do with the flag? If not, this article has you covered.

Read on for flag etiquette mistakes you didn't realize you were making with Old Glory—and what the official [etiquette rules](#) say to do instead.

Flag etiquette mistake: You carry the flag horizontally during a parade

It's tempting to mimic the pregame ceremonies at football games and carry a giant flag horizontally. But the U.S. flag etiquette code is pretty clear on this (and on other [American flag facts](#)). The flag should be held "always aloft and free."

Flag etiquette mistake: You wear the flag as a shirt or swimsuit

The flag's a flag, not clothing. The etiquette code states that the flag should never be used as apparel, bedding or drapery. So no, wearing a flag is not an ideal way to [celebrate Flag Day](#). But there is an important apparel rule to note about T-shirts emblazoned with the American flag: The nonprofit Independence Hall Association puts them in the same category as wearing the flag, whereas the [American Legion](#) says that, because the design is only a "representation," not the actual flag, there's no problem with wearing it.

Flag etiquette mistake: You buy American flag napkins for your Fourth of July picnic

It's [Independence Day](#), so naturally you should celebrate with hamburgers, hot dogs and American flag napkins, right? Not so fast! Consider some other design for wiping up your messes. As with athletic uniforms, the code is very specific when it comes to wiping mustard off your mouth: "[The flag] should not be ... printed or otherwise impressed on paper napkins or boxes or anything that is designed for temporary use and discard."

Flag etiquette mistake: You fly the flag at half-staff for a fallen friend

You may be breaking this flag [etiquette rule](#) if you're honoring a fallen soldier or veteran by flying the flag at half-staff. Find another way to honor your

friend. According to the flag etiquette code, only the president or your state governor can order the U.S. flag lowered to half-staff.

Flag etiquette mistake: You throw away an American flag

If you're thinking about tossing a tattered American flag in the trash, think again. One of the biggest points to remember about U.S. flag etiquette is that Old Glory [doesn't belong in the garbage](#). Here's what the flag code has to say about it: "The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning."

The [American Legion](#) points out that some American flags may be made from materials that, when burned, can create hazardous gases. It's even illegal in some states to burn materials like nylon. In that case, the organization says flags made from synthetics may be buried instead of burned.

Flag etiquette mistake: You burn a dirtied flag

Your flag has touched the ground—uh-oh! According to the flag code, that's a no-no. "The flag should never touch anything beneath it, such as the ground, the floor, water or merchandise," it says.

If the flag is now dirty, you may be tempted to light it up. After all, the etiquette code says that a flag unfit for display should be destroyed by burning. But as noted, that's not the best idea.

There's no need to trash a flag that has touched the ground. And if it happens to be dirty? According to the [American Legion](#), you can wash or dry-clean it — just pay attention to the material before you do so.



Flag etiquette mistake: You sew an American flag patch onto your sports uniform

There's nothing more American than baseball. And to reflect that, you've sewn an [American flag](#) patch onto your baseball uniform. Per U.S. flag etiquette, consider removing it. The flag code actually references this: "No part of the flag should ever be used as a costume or athletic uniform."

Flag etiquette mistake: You replace the stars with another image

For the same reason as the previous slide, don't replace the stars with anything else. An image of a favorite candidate, [Fourth of July quotes](#)—nothing should replace those symbolic stars.

Flag etiquette mistake: You've left your flag flying in a rainstorm

Unless you have an all-weather flag, American flag etiquette states it should never be displayed in inclement weather, lest it get ruined.

Flag etiquette mistake: You fly the flag at night without proper lighting



If you have an American flag flying in your yard, you may keep it up 24/7. We get it: It's much easier than taking it down each night and up each morning.

Technically, though, [flying the flag](#) after sunset and before sunrise without proper lighting violates the flag code. For flag display etiquette, the code states: "It is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flagstaves in the open. However, when a patriotic effect is desired, the flag may be displayed 24 hours a day if properly illuminated during the hours of darkness."

If you're flying the flag in your yard, though, it's understandable if you don't have professional lighting or don't want to illuminate your yard when you're trying to get some shut-eye. Instead, you can put garden lights or other ambient lighting fixtures near the flag so people passing by can properly see Old Glory.

Flag etiquette mistake: You ask a celebrity to sign your flag

It may be tempting to ask a governor, mayor, president or even a famous actor to autograph your flag. But this is a big no-no in flag etiquette. The flag code stipulates, "The flag should never have placed upon it, nor on any part of it, nor attached to it any mark, insignia, letter, word, figure, design, picture or drawing of any nature."

Flag etiquette mistake: You display another flag and the American flag on the same staff

It's OK to fly different flags—such as other national or [state flags](#)—in addition to, or instead of, the American flag. According to the flag code, however, the American flag must fly on a separate staff. The code also references this: "No other flag or pennant should be placed above or, if on the same level, to the right of the flag of the United States of America."

~ [Reader's Digest](#)



OFFICIAL VETERAN SERVICE ORGANIZATION OF AMERICA'S GAME

The American Legion

Aug 28, 2024

With the announcement of [American Legion sponsorship of the Army-Navy Football Game presented by USAA](#), the Legion also will be offering special merchandise that reflects the Legion sponsorship.

American Legion Family members can scan this QR code with their phone camera to sign up to receive updates of the availability of the merchandise, as well as a sneak peek at what will be available.



SCAN ME

The American Legion has secured a multi-year deal alongside presenting sponsor USAA and participating partners Chevrolet, Exchange, Duke Cannon Supply Co. and Palantir. The American Legion will also be participating in year-round sponsorships of both Army West Point Athletics and Navy Athletics. The agreement starts with this year's game at Commanders Field in Landover, Md., and helps The American Legion raise awareness about its [Be the One](#) mission to reduce the number of veterans and service-members lost to suicide.



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.

BE THE ONE

*"Everyone has his burden.
What counts is how you carry it"*

~ Merle Miller

FLAG REWARDS

Tips & Suggestions

Giant Flags Pay Off

Ever see a business flying a **large American flag**? Giant flags are very expensive. Even one of these flags can give your Post a big financial boost through Flag Rewards. Consider approaching these businesses and ask them to support your Post with a flag purchase. Don't wait!



Success Stories

Congratulations! The following Posts have earned big credit in 2024 to spend at Emblem Sales in 2025:

Over \$150 earned

Brunswick, ME Post 20

Madawaska, ME Post 147



Remember: Your Post earns 10¢ for each \$1 spent on American flags by your Post or sponsors!



American Legion Flag & Emblem

5745 Lee Rd.

Indianapolis, IN 46216

(888) 453-4466

emblem@legion.org



"Looking back over a lifetime, you see that love was the answer to everything."

~ [Ray Bradbury](#)

IMPORTANT DATES IN

MILITARY HISTORY

SEPTEMBER

- **September: Suicide Prevention Month.** [Learn more about suicide prevention on Military.com.](#)
- **September 1:** On the first day of every month, Legion Family members are encouraged to wear a Be the One item to show their commitment to reducing the stigma around mental health issues among veterans and servicemembers. And to start a conversation about what Be the One is and how to save the life of a veteran. Legion posts should also promote Be the One on the first day of every month. Visit legion.org/betheone.
- **September 2: V-J Day.** Commemorates the Allied victory over Japan in World War II. [Read more on Military.com.](#)
- **September 11: Patriot Day.** Commemorates the anniversary of the terrorist attacks on Sept. 11, 2001. [Honor Sept. 11 with Military.com.](#)
- **September 14-16 Air Force Association Air Space Cyber Conference.** [Visit the conference page on Military.com.](#)
- **September 16:** In recognition of The American Legion's 90th birthday, the Senate and House of Representatives passed a resolution designating Sept. 16 as "American Legion Day." The measure was shepherded through the Senate by then [Sen. Olympia Snowe, R-Maine](#), who praised the Legion for its continued aid to wounded veterans and military families, legacy of community volunteerism and significant role in establishing important national legislation.
- **September 18: Air Force Birthday.** Now the second-youngest of the service branches, the Air Force was officially founded as an independent service in 1947, although the U.S. military deployed aerial components even back in World War I. [Learn more on Military.com.](#)
- **September 20: POW/MIA Recognition Day.** Remembers and honors service members who were Prisoners of War (POW) or are Missing in Action (MIA). [Read more on Military.com.](#)
- **September 22-24: Modern Day Marine.** Visit the Military.com [Modern Day Marine conference show page.](#)
- **September 29: Gold Star Mothers Day.** Each year the members of American Gold Star Mothers gathers in Washington, D.C. to honor Gold Star Mother's Day. [Learn more on Military.com.](#)

TECHNOLOGY 101

is 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.



Finally! A Definitive List of What Those F1 – F12 Keys Do

Haven't you always wondered what those little function keys at the top of your keyboard do? You've probably only used them to adjust your volume or screen brightness, but they actually do a lot more. Keep in mind that some of these function key shortcuts are different depending on the type of computer you have. You are also able to change these features, and some computers come with pre-set functions for these keys that you have to change manually.

So before slamming the keyboard in frustration trying to get them to work, go into your settings and see how your computer has been set up. Pressing the fn button with the F keys will typically enable them to work. [These 11 other keyboard shortcuts will make your life easier, too.](#)

Here's the answer to the mystery of those function keys. You'll be surprised by how much they can do.

F1

- Opens help menu when pressed with Windows button
- Hides/displays ribbon menu in Excel and Word when hit with Control button

F2

- Alt + Ctrl + F2 opens Document Library in Microsoft Office
- Allows you to edit the selected folder or file name in Windows Explorer
- Edits the active cell in Microsoft Excel
- Ctrl + F2 displays a print preview in Microsoft Word

F3

- Opens search feature in Windows Explorer
- Shift + F3 lets you change from lowercase to upper-case to all caps in Word
- Opens find feature in Firefox and Chrome
- Opens Mission Control on an Apple computer running macOS X

F4

- Alt + F4 closes window
- Places the cursor in the address bar in Explorer

F5

- Starts slideshow in PowerPoint
- Refreshes Internet browser pages
- Ctrl + F5 will completely refresh a web page, clearing the cache and downloads all content again
- Opens Find and Replace in Microsoft Office

F6

- Goes to the next page in a split screen in Microsoft Word
- Ctrl + Shift + F6 lets you easily switch between Word documents

F7

- Alt + F7 does a spelling and grammar check in Microsoft Word
- Shift + F7 open Thesaurus in Microsoft Word

F8

- In Excel, enables extend mode for arrow keys
- Enables safe mode in Windows
- Displays a thumbnail image for all workspaces in macOS

F9

- Refreshes document in Microsoft Word
- Sends and receives emails in Outlook
- Ctrl + F9 inserts empty fields into Word
- Displays a thumbnail for each window in a single workspace in macOS 10.3 or later

F10

- Opens menu bar
- Ctrl + F10 maximizes window in Word
- Shift + F10 does the same thing as a right-click

F11

- Exits and enter full-screen mode in browsers
- Shift + F11 adds a new spreadsheet in Excel
- Hides all open windows and shows the desktop in macOS 10.4 or later

F12

- Opens Save As in Word
- Shift + F12 saves Word document
- Ctrl + F12 opens Word document
- Ctrl + Shift + F12 prints Word document
- In macOS 10.4 or later, F12 shows and hides the dashboard

~ Morgan Cutolo, Readers Digest

MILITARY TRIVIA

A. In the Army, all are Soldiers, in the Navy, all are Sailors, in the Marine Corps, it's Marine for all, but in the Air Force, all their service members are called Airmen (male or female — an awkward problem they hopefully can fix in the space service.

"A gender-equal society would be one where the word 'gender' does not exist: where everyone can be themselves."

~ [Gloria Steinem](#)





**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.

Post Adjutant

PLEASE PRINT OR TYPE

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Use back side if additional space is required.

SUBMIT TO:

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

**MAKE CHECKS PAYABLE TO:
PAST COMMANDERS CLUB**

This form may be filled out on-line at: www.mainelegion.org/pages/formsapplications.php

***** Please note that the annual dues for Past Commanders Club have increased to \$5.00/member)*****

Please join us in celebrating you!

*2nd annual Female
Veterans Luncheon and
High Tea*

Sunday September 8th, 2024 | 11-4 PM
American Legion Post 132
52 Carding Machine Rd. Richmond,
Maine 04357

RSVP by August 25th via QR code, Facebook page,
or email alaunit132deptofmaine@gmail.com



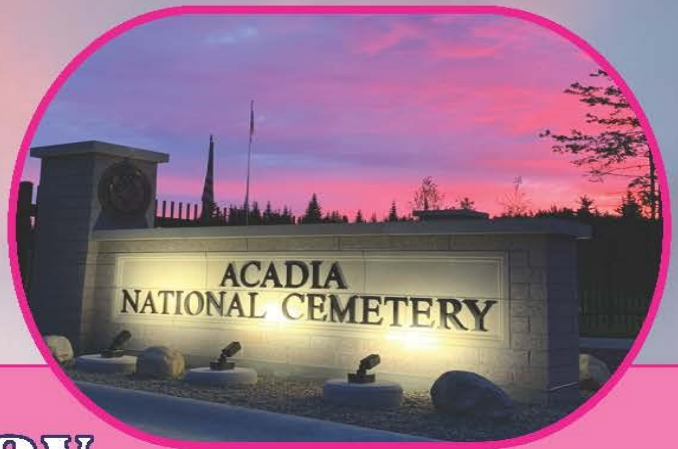
Join us for delicious food, crafts,
massages, speakers, comradery and tea!



“Planning Your Legacy”

Veterans and Community Connection Expo

1799 U.S Route 1, Jonesboro, ME



Saturday
September 14
10AM - 2PM

**FREE & Open to Veterans, Survivors,
Service Members and their families**

REGISTER



ONSITE

- Pre-arrangement Planning
- File a claim for benefits
- Connect with Veteran-centric organizations
- Enroll in healthcare
- Meet with a VSO
- Learn about state Veteran benefits

ON-SITE Organizations

Disabled Veterans of America (DAV), Gold Star Mothers/Families, Health Affiliates of Maine, Honor Flight of Maine, HOPE Program, Maine Bureau of Motor Vehicles, Maine Bureau of Veterans' Services, Maine Department of Labor, Maine Veterans Homes in Machias, Maine Veterans in Need, Military Womens' Memorial, National Cemetery Administration, Paralyzed Veterans of America (PVA), Quilts of Valor, Veterans Benefits Administration, Vet Center, Veterans Health Administration, Veterans Upward Bound, Wabanaki Public Health and Wellness, and many more.

VA



**U.S. Department
of Veterans Affairs**

Securing the Future, Remembering the Past

DEPARTMENT & NATIONAL LEGION PER CAPITA

No. of Cards	Amt. of Check	No. of Cards	Amt. of Check
1	\$41.00	26	\$1,066.00
2	\$82.00	27	\$1,107.00
3	\$123.00	28	\$1,148.00
4	\$164.00	29	\$1,189.00
5	\$205.00	30	\$1,230.00
6	\$246.00	31	\$1,271.00
7	\$287.00	32	\$1,312.00
8	\$328.00	33	\$1,353.00
9	\$369.00	34	\$1,394.00
10	\$410.00	35	\$1,435.00
11	\$451.00	36	\$1,476.00
12	\$492.00	37	\$1,517.00
13	\$533.00	38	\$1,558.00
14	\$574.00	39	\$1,599.00
15	\$615.00	40	\$1,640.00
16	\$656.00	41	\$1,681.00
17	\$697.00	42	\$1,722.00
18	\$738.00	43	\$1,763.00
19	\$779.00	44	\$1,804.00
20	\$820.00	45	\$1,845.00
21	\$861.00	46	\$1,886.00
22	\$902.00	47	\$1,927.00
23	\$943.00	48	\$1,968.00
24	\$984.00	49	\$2,009.00
25	\$1,025.00	50	\$2,050.00

S:\Membership\Department and National Per Capita

Make checks payable to: The American Legion, Department of Maine. Mail cards and checks to:

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

THE AMERICAN LEGION

2025 MEMBERSHIP

RENEWAL SCHEDULE

CUTOFF DATES

MAY 15, 2024

SEPTEMBER 11, 2024

OCTOBER 16, 2024

DECEMBER 11, 2024

FEBRUARY 12, 2025

APRIL 9, 2025

RENEWAL MAIL DATES

JULY 1-8, 2024

OCTOBER 5-11, 2024

NOVEMBER 9-15, 2024

JANUARY 4-10, 2025

MARCH 1-7, 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.