

# THE LEADERSHIP LEDGER



Welcome to the 123<sup>rd</sup> 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](http://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](mailto:legionme@mainelegion.org)

## DISTRICT MEETINGS

*Be Connected • Be Heard • Be Informed*

**OCTOBER 2024**

**District 2 – Cumberland:** Oct. 13  
Windham Post 148, 2PM, Lunch at 1PM

**District 3 – Androscoggin:** Oct 21  
Auburn Post 31, 6:30pm

**District 5 – Oxford:** Oct. 15  
Buckfield Post 58 7PM, Pumpkin Pie after

**District 9 – Kennebec:** Oct. 9  
Winthrop Post 40, 6PM

**District 12 – Hancock:** Oct. 8  
Bar Harbor Post 25 Dinner at 6PM, Meeting at 7PM

**District 14 – Piscataquis:** Oct. 19  
Milo Post 41, 12PM lunch, 1PM Meeting

**District 15 – Washington:** Oct. 13  
Pembroke Post 59, 2PM, 1PM meet and greet

**District 17 - N. Aroostook:** Oct. 13  
Fort Kent Post 133, 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

Start Time: 9:15 am

Registration: None for Legion Members

Lunch: Catered by DADDY-O's

See Page 10 for Meeting Agenda

## NATIONAL COMMANDER'S VISIT TO The Department of Maine October 14-18, 2024

★★★ Itinerary ★★★

James A. LaCoursiere, Jr. (La coursey air) was elected national commander of the nation's largest veterans organization on August 29, 2024, in New Orleans, during The American Legion 105th national convention. An Air Force veteran, LaCoursiere has been a long-time field representative for The American Legion Department of Connecticut's Soldiers, Sailors, and Marines Fund, which assists veterans and their families. As national commander, LaCoursiere is strongly committed to raising awareness for The American Legion's "Be the One" efforts to prevent veteran suicide.

★ CLICK HERE ★

for information about the Tailgate Party on Oct. 17 at Post 31, Auburn, in honor of Comd. LaCoursiere

See Page 12 for a Printable Copy of the Itinerary

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

## LACOURSIERE PRAISES CONGRESS FOR DOING 'RIGHT THING' WITH PASSAGE OF VA BUDGET SHORTFALL LEGISLATION

The American Legion  
Sep 20, 2024



**National Commander James LaCoursiere Jr. thanks Legionnaires for thousands of messages through Grassroots Action Center, other VSOs for their advocacy.**

American Legion National Commander James LaCoursiere Jr. today issued his gratitude to Congress – and thanks to members of the nation's largest veterans service organization for rallying support – after Thursday's passage of an emergency spending bill that covers a nearly \$3 billion shortfall for the Department of Veterans Affairs. Had the measure not passed, more than 7 million veterans stood likely to see delays in VA disability benefits payments after Oct. 1.

"We are pleased that our elected representatives and senators did the right thing for our nation's veterans by passing legislation to cover a \$3 billion gap in VA's budget," LaCoursiere Jr. said. "Without the last-minute approval, veterans would have stopped receiving their benefits within days. We are also grateful for our members who pressed the issue with Congress by sending more than 44,500 emails, calling for the emergency spending bill to be approved.

"The American Legion is also thankful for our brothers and sisters in other veteran service organizations that have largely been on the same page regarding the budget crisis. Now that Congress has provided the benefits veterans have earned, they should also fix the issue and ensure proper oversight within the VA to prevent another accounting crisis in the future."

VA Secretary Denis McDonough told Legionnaires at the organization's 105th National Convention in New Orleans Aug. 27 that the department will also need an additional \$12 billion or more beyond its current budget recommendation for the next fiscal year to meet fast-rising demand. VA enrollment increased 34% in 2024, attributable largely to the increased number of veterans eligible for benefits and care under the PACT Act of 2022, which opened the system up to more than 3.5 million veterans exposed to toxic contamination while serving in the U.S. Armed Forces.

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*"No voice is too soft when that voice speaks for others."*

~ [Janna Cachola](#)

## 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](http://www.mainelegion.org) and click on the  
**DONATE** button.



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



## 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](http://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 Dr., Winslow, ME 04901-0727.

For more information,  
please visit

[www.mainelegion.org](http://www.mainelegion.org),

or call 207-873-3229 Ext. 2,

or email: [rachael@mainelegion.org](mailto:rachael@mainelegion.org)



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](#)**



### **Membership FAQs**

**How much does it cost to belong to the SAL?**

Each squadron establishes its dues requirements. Annual dues normally run between \$10 and \$30.

**I am moving to a new town and want to transfer my membership there. How do I get a new card?**

- 1) Go here: <https://mylegion.org> (Opens in a new window)
- 2) Click "Login"
- 3) Type in your email address and password
- 4) Click MyAccount
- 5) Menu on the left, look for Membership
- 6) Click Membership Card
- 7) Click View SONS membership card

**Can an SAL member sign up a new American Legion member and vice versa?** Yes. The same applies to Auxiliary membership.

## **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 Peeples*

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 18<sup>th</sup> to Sunday, October 20<sup>th</sup>**.

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](mailto:jason@mainelegion.org)



**Q.** Why do Naval seamen stand on deck, when a ship is leaving port?

~ Submitted by Dwayne Hatfield  
Mars Hill Post 118





# DONATIONS

## THE AMERICAN LEGION DEPARTMENT OF MAINE

### Commander's Project "Mission Working Dogs"

|                            |          |
|----------------------------|----------|
| Brewer Post 98.....        | \$604.00 |
| Brewer Post 98 (Hats)..... | \$285.00 |
| Berwick Post 79.....       | \$200.00 |

*Thank you!!!*



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.



### SE5-EP232 Tango Alpha Lima:

### THE PACT ACT'S 'ONE THROAT TO CHOKE' GUY

**IN THIS EPISODE:** Retired Army Col. Steven Miska tells the Tango Alpha Lima podcast how he was about to board a plane when he became charged with implementation of the biggest expansion to VA benefits.

**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!!!*

*"No one has ever become poor by giving."*

~ Anne Frank

# BE THE ONE

## TRAINING - 2024

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**2024 Training Date:** Nov. 30<sup>th</sup>

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

For more details on the **Be The One** campaign visit: [betheone.org](http://betheone.org)

### American Legion Be the One Campaign

**To Reserve Your Spot Email:** [jason@mainelegion.org](mailto: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*

*"Play is the brain's favorite way of learning."*

~ [Diane Ackerman](#)

*"Necessity may be the mother of invention,  
but play is certainly the father."*

~ [Roger Von Oech](#)

## QUICKLY & EASILY RENEW ONLINE TODAY!

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

[www.legion.org/renew](http://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.*

The American Legion is exploring options for creating pre-built new member welcome kits featuring Legion items.



Does your post provide new members with Legion-branded apparel, certificates, key chains, coffee mugs or baseball hats? We want to hear about it!

The American Legion is exploring options for creating pre-built new member welcome kits featuring Legion items. There currently is one new member welcome kit option through Emblem Sales for \$6.99 that includes a welcome letter from the national commander, a certificate of initiation, an American flag window decal and a Legion-branded lapel tack, key ring and window decal.

But as part of the new member welcome process, we want to provide more pre-built kit options. And we want to hear what Legion-branded items posts currently give new members. And see what interest post have for purchasing pre-built new member welcome kits from Emblem Sales.

**Take this short survey** to help us out!

### PAST COMMANDERS CLUB

Please note that the annual dues for Past Commanders Club are \$5.00 per member. See **Page 8** 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)

**Multiyear Membership  
is Now Available**



**Take Advantage of Our Online  
Multiyear Membership Option by Visiting:**  
[www.legion.org/renew](http://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!**

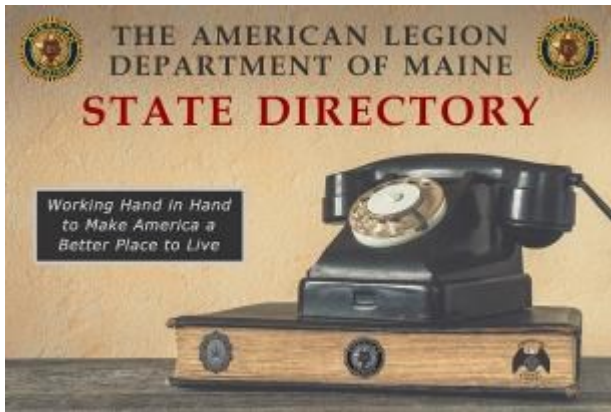
**Click Here** or visit:  
[www.mainelegion.org](http://www.mainelegion.org)  
under Forms/Application



## 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](mailto: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](mailto: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



Find those businesses that **fly American flags**, thank them for their patriotism, & ask them to support their local veterans by **purchasing their flags** from The American Legion. (Be sure to mention the great prices!)

Congratulations! The following Post has 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!

## FLAG REWARDS

[American Legion Flag & Emblem](#)

5745 Lee Rd.  
Indianapolis, IN 46216  
(888) 453-4466

[emblem@legion.org](mailto:emblem@legion.org)

### IMPORTANT DATES IN

### MILITARY HISTORY

#### OCTOBER

- Oct. 13, 2024: [Navy Birthday](#)
- Oct. 26, 2024: [National Day of the Deployed](#)
- Oct. 27, 2024: [Navy Day](#)



*"The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding, go out to meet it."*

~ Thucydides

*"The best way out is always through."*

~ Robert Frost



## 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.



### How to Check if Your Information Was Compromised in the Social Security Number Breach

Billions of personal information records may have been exposed in April after a hacking group gained access to records from the background check service National Public Data (NPD), prompting warnings from cybersecurity experts. NPD confirmed this week that a security incident within their company resulted in a leak of personal information, including social security numbers for millions of people.

In their statement on Friday, NPD warned that the “the information that was suspected of being breached contained name, email address, phone number, social security number, and mailing address (es).” It recommended the public to take a number of steps to safeguard their identities, including freezing their credit and putting fraud alerts on their files at big credit bureaus.

The breach came to public awareness after a class-action lawsuit was filed August 1 in U.S. District Court in Florida, which was first reported by Bloomberg Law.

National Public Data did not share how many people were at risk, but hackers, who have been identified as part of the hacking group USDoD, have been offering, for sale, what they claimed were billions of NPD records since April, though the Washington Post reported that “security researchers who looked at the trove said some of the claims were exaggerated.”

Read More: [How To Freeze Your Credit If Your Information Was Leaked in the Social Security Breach](#)

According to David Brumley, a professor of electrical and computer engineering at Carnegie Mellon University, these breaches will become more popular with centralization of data.

“We are not talking about a startup here,” Brumley said. “Looking forward, we have to have higher standards for the custodians of our data.”

### How to check if your social security information has been compromised

NPD has not notified specific people whose data has been compromised. In their statement, they say they are working with law enforcement to review affected records and “will try to notify you if there are further significant developments applicable to you.”

Cybersecurity firm Pentester compiled a free database after the breach with the information in it—redacting social security numbers and dates of birth—and created a search tool for people to see if their information was involved. People can enter their name, state, and year of birth here, and the search will instantly look for information in the billions of records leaked online in the massive data breach.

### What to do if you're affected by the leak

If your social security number was breached, the best thing to do is to freeze your credit files through creating an account with one of the three consumer credit reporting agencies: Equifax, Experian or TransUnion. This can prevent identity theft. Credit reporting agencies also have services for those who set up accounts to check if their social security numbers have been compromised.

Even if your social security number was not leaked, Brumley says there are protections that should become the norm in this era of data breaches.

He urges people to set up two-factor authentication on as many online accounts as possible, or use an authentication app to secure your online accounts. He also advises to set up account alerts with your bank, including any and all charges outside of your home country and ATM withdrawals.

Brumley says his major piece of advice is to “be vigilant.”

Vigilance, he says, includes checking your credit score constantly, especially before large purchases like car loans and mortgages. It also includes awareness of phishing scams, since Brumley says leaks of this size open up the space for scammers to pose as banks and those trying to help.

He also says people should be double checking with their banks, even if they have alert services on for large purchases and withdrawals. He says that even though some banks have regulations where they require extra identification, people can now engineer ways to fool these checks. He adds that it's up to each individual to keep a watchful eye on their credit, their identity, and their bank information.

“There's not much more you can do when this much data has been compromised,” Brumley adds.

~ Time

## MILITARY TRIVIA

**A.** Manning the deck is a method of “saluting” or rendering honors used by naval vessels. The custom evolved from “manning the yards” which dates from the days of sails.





**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](http://www.mainelegion.org/pages/formsapplications.php)

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



# **THE AMERICAN LEGION**

## **2025 MEMBERSHIP**

### **RENEWAL SCHEDULE**

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#### **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

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## FALL CONFERENCE MEETING AGENDA

Foster-Carrol American Legion Post 72  
12 Church Street, South Paris, Me. 04281  
September 28, 2024

### Opening Ceremony (9:15 am):

1. Post Colors
2. Prayer
3. POW – MIA
4. Pledge of Allegiance
5. Preamble
6. Welcome by Past National Commander Anthony Jordan

### Introduction:

- Americanism Reports- Americanism Officer Liam Nedredd
  - a. Oratorical Report- Chair Maureen Malley
  - b. Dirigo State Report- DJA Julie Flynn
  - c. Legion Baseball- DA Jason T. Hall
- Women Veterans Advisory Committee Report- Co-Chair Caroline Yarmala
- Warren Post 218- District Commander Ray Lewis
- Award Presentation to PDC Al McKay by Jerry Dewitt
- National Convention Report– National Executive Committeeman Lloyd Woods
- Greetings from American Legion Auxiliary President Stasi Brule
- Greetings from Sons of The American Legion Detachment Commander Steve Doyle
- BE THE ONE, Department Judge Advocate Julie Flynn
- Legionnaire Insurance Trust- Department Adjutant Jason T. Hall

### Lunch Break- Daddio's Catering (pre-order required)

### Afternoon Session (1:00 p.m.):

- Membership- *Operation Outreach*, First Vice Commander Leroy McKenzie
- Recognizing and Avoiding Internet Scams, Department Judge Advocate Julie Flynn
- Remarks from Commander Thurston
  - Commander's Project Mission Working Dogs
- Announcements- Department Adjutant Jason T. Hall (National Leadership Fund)
- Sweepstakes Drawing- Department Adjutant Jason T. Hall

### Closing Remarks/Ceremony

*DEC Meeting Tentatively Scheduled for 15 minutes after Fall Conference ends.*

## **DEPARTMENT & NATIONAL LEGION PER CAPITA**

| <b>No. of Cards</b> | <b>Amt. of Check</b> | <b>No. of Cards</b> | <b>Amt. of Check</b> |
|---------------------|----------------------|---------------------|----------------------|
| 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**





## Department of Maine

### Itinerary National Commander's Visit *James A. LaCoursiere, Jr.* October 14-18, 2024

**Arrival:** Portland 10/14

**Lodging:** Hilton Gardens Auburn

#### **Itinerary:**

**October 15:** leave hotel at 9 am.

1. 9:45 am Oxford Post 112- pastries/coffee
2. 11 am Norway Post 82- meet and greet
3. 12:30 pm - Mechanic Falls Post 150- lunch
4. Hotel Auburn for afternoon
5. 5:30 pm Slider's Sports Pub for food and games

**October 16:** leave hotel at 9:10 am

1. 10 am Bath Post 21- pastries/coffee
2. Noon- Damariscotta Post 42- Lunch
3. 3 pm- back to hotel
4. 6:30 pm dinner Auburn (Mac's Grill)

**October 17:** leave hotel at 8:30 am

1. 9:15 am Livermore Post 10- pastries/coffee
2. 11 am Farmington Post 28
3. 1 pm Winthrop Post 40
4. Leave for Hotel Auburn
5. 5:30 pm Auburn Post 31-Banquet/Speech/Entertainment

**October 18:** Departure

Join our virtual education seminar to learn more about Medicare Advantage and get clear answers to your questions.



THE OFFICIAL MEDICARE ADVANTAGE PROVIDER  
OF THE AMERICAN LEGION

Dear Legionnaire,

The Annual Enrollment period runs from October 15th through December 7th and we're here to help you understand your options as well as select the plan that best suits your needs. Join us to learn about the enrollment period and how Wellcare Medicare Advantage plans work alongside your VA benefits to provide more coverage than Original Medicare.

As a veteran, you deserve access to the right doctors, the benefits you can use every day to stay healthy, and straight answers about your coverage. You'll find those answers at our upcoming virtual events.

**Date:** 9/26/2024

**Location:** Virtual Webinar

**Time:** 4:00 PM EST

**During the session, your host will:**

- Give an overview of the Medicare Annual Enrollment Period (AEP)
- Review the requirements of joining a Medicare Advantage plan
- Talk about the different types of plans available
- Provide suggestions to prepare for AEP

**REGISTER NOW**

**Date:** 10/3/2024

**Location:** Virtual Webinar

**Time:** 5:00 PM EST

**During the session, your host will:**

- Give an overview of the Medicare Annual Enrollment Period (AEP)
- Review the requirements of joining a Medicare Advantage plan
- Talk about the different types of plans available
- Provide suggestions to prepare for AEP

**•REGISTER NOW**

Don't wait! If you'd like to attend this informational session, please register now!

If you have any issues accessing the session, please reach out to [brittany.a.grambo@wellcare.com](mailto:brittany.a.grambo@wellcare.com).

Thank you,  
The Wellcare Team

'Ohana Health Plan, a plan offered by WellCare Health Insurance of Arizona, Inc. For accommodations of persons with special needs at meetings, call 877-699-3552 TTY 711. There is no obligation to enroll.

The American Legion  
700 N. Pennsylvania St. P.O. Box 1055  
Indianapolis, IN 46206



**AMERICAN LEGION ALDEN M. GAYTON POST 31 AUBURN  
WELCOMES  
AMERICAN LEGION NATIONAL COMMANDER  
JAMES LACOURSIERE**

**WHEN: OCTOBER 17, 2024**

**WHERE: 462 WASHINGTON Avenue N, AUBURN**

**TIME: SOCIAL 4:30-5:30 - 5:30 PRESENTATION - 6 PM MEAL**

**THIS IS A FOOTBALL THEMED EVENT, WEAR YOUR FAVORITE  
FOOTBALL JERSEY.**

**MUSICAL ENTERTAINMENT AND THURSDAY NIGHT FOOTBALL TO  
FOLLOW**

**RESERVE YOUR SPOT BY MAILING \$12**

**(NO LATER THAN OCTOBER 11 or dropping off at the Post Tuesday-Saturday 4-8 pm)**

**TO: AMERICAN LEGION POST 31**

**462 WASHINGTON Avenue N, AUBURN, ME 04210**

**FOR MORE INFORMATION CALL: 783-6992**