

THE LEADERSHIP LEDGER



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

Thomas College
180 West River Rd., Waterville, ME
February 11, 2023 at 9:00 a.m.

****All contestants should plan to arrive
between 8 and 8:30 a.m.****

Snow Date: February 18, 2023

VOLUNTEERS NEEDED!

Please call Department Headquarters
at 207-873-3229 for details.

[Department of Maine HS
Oratorical Scholarship Application](#)

[Department of Maine Oratorical Brochure](#)

[2023 Oratorical Rules Brochure](#)

[Oratorical Promotional Brochure - National](#)

Welcome to the 82nd 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 www.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 Department HQ via email at: legionme@mainelegion.org.

2023-2024 OFFICER CANDIDATES

The following individuals have announced their candidacy and intent to seek election to the Department office indicated at the upcoming annual convention in June at Jeff's Catering and Event Center in Brewer:

Department Commander

Alfred McKay, Damariscotta Post 42

Department Adjutant

Jason Hall, Gray Post 86

1st Vice Commander

Patricia "Trisha" Thurston, Rumford Post 24

2nd Vice Commander

Leroy McKenzie, Eagle Lake Post 176

Americanism Officer

Joseph Michaud, Madawaska Post 147

Sergeant-at-Arms

Danielle Berube-Begert, Lewiston Post 22

Historian

Louis Marin, Rumford Post 24

David Slagger, Greenville Post 94

NEC

Lloyd Woods, Madawaska Post 147

NECA

Matthew Jabaut, Topsham Post 202

2023

MID-WINTER

SWEEPSTAKES WINNERS

**Winners of the Winter Sweepstakes Raffle Drawn
at The Mid-Winter Conference in Brewer, ME
on January 14th, 2023:**

Ike Hubbard, Machais Post 9.....	\$1,500
Terri Mingo, Gray Unit 86.....	500
Danny Blanchette, Lisbon Post 158.....	300
Robert Cameron, Trenton Post 207.....	200

Congratulations!

LEGION FAMILY DAY CAN BE A LIFE SAVER

By Vincent J. "Jim" Troiola
National Commander

JAN 18, 2023



"Family" is a word that we use frequently in The American Legion. As far as this organization is concerned, it's right up there with "veteran."

Nothing can devastate a family like the loss of a veteran. It's yet another reason why The American Legion has made suicide prevention its top priority. The National Executive Committee unanimously passed [Resolution No. 7: American Legion Family Day](#) at its meeting October 12-13, 2022, in Indianapolis. It establishes American Legion Family Day to be observed annually on the last Saturday of April. It encourages posts to open their doors to members of their community for a day and celebrate the accomplishments of Legionnaires, Sons of The American Legion members, and the American Legion Auxiliary. Among the goals is education.

Let visitors to your Family Day event know the issues that are important to The American Legion. Tell them about our [Be the One program and our efforts to de-stigmatize the courageous decision to seek mental wellness](#). Include an information table at your post so veterans know that resources and help are available to cover all kinds of needs through American Legion Charities and other great programs. Brochures can be downloaded at [legion.org/publications](#) and [betheone.org](#).

Too many veterans take their lives while feeling isolated and alone. Some have no close relatives to whom they can reach out. It is a mistake for them to believe they have no family. Whether they know it or not, they have an American Legion Family. We care about them. Legionnaires have also worn the uniform of the U.S. military and many of us have endured similar experiences.

Veterans don't often advertise their personal crises. Prevention requires listening. Even trained professionals sometimes miss the signs. If you know a veteran who may be struggling, encourage a call to the 988 national crisis line. Follow up and ensure that the veteran knows that you are available as a friend and as a listener. In short, let him or her know that you are family.

Vincent J. "Jim" Troiola, National Commander

*"How beautiful a day can be
when kindness touches it."*

~ George Elliston

Kirk Thurston Department of Maine Commander's Project

AMERICAN LEGION



Operation Reboot Outdoors

Support the American Legion Commander's Project!

Please send and make all donations payable to:
American Legion Dept of Maine
5 Verti Drive - Winslow, Maine 04901.

Remember to earmark for Commanders Project O.R.O.

Operation ReBoot Outdoors invites you to join in their Mission to provide outdoor recreational therapy to Veterans, service members, and law enforcement personnel who struggle with trauma from war or traumatic events serving our nation and our communities. Operation ReBoot Outdoors shows these heroes they can find purpose after service through the outdoors as well as empowerment in camaraderie. We hope you will be the one to join our Mission to stop the high percentage of suicides that plague our families, community, and country.

We hope that you will *"Be the One"* to reach out to a veteran and to support Operation Reboot Outdoors!



Let's Get Word Out to Our Veterans!

In honor of the New Year,
ask a Veteran to JOIN
Maine American Legion!



Have them Scan the QR Code with the camera on
their phone or visit: www.mainelegion.org

QUICKLY & EASILY RENEW ONLINE TODAY!

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

www.legion.org/renew



HOW TO COMMEMORATE FOUR CHAPLAINS DAY

The American Legion
Jan 12, 2023



Every year, American Legion posts nationwide commemorate the selfless acts of the Four Chaplains on or near Feb. 3, designated Four Chaplains Day by Congress in 1948.

On Feb. 3, 1943, the United States Army Transport Dorchester tragically sunk while crossing the North Atlantic, transporting troops to an American base in Greenland. A German U-boat fired a torpedo that struck the Dorchester, killing 672 of the 902 officers and enlisted men, merchant seamen and civilian workers aboard. Many of those survivors owe their lives to the courage and leadership exhibited by four chaplains of different faiths, who, in sacrificing their lives, created a unique legacy of brotherhood.

As soldiers rushed to lifeboats, Reverend George Fox (Methodist), Jewish Rabbi Alexander Goode, Reverend Clark Poling (Dutch Reformed) and Father John Washington (Roman Catholic) comforted the wounded and directed others to safety. One survivor watched the chaplains distribute life jackets, and when they ran out, they removed theirs and gave them to four young men.

As the Dorchester sank, the chaplains were seen linked arm in arm, praying.

The following is an example of how to conduct a Four Chaplain's service. Additional information is available in our [Four Chaplains Sunday guide](#).

Location: The service can be held at a post, fraternal hall, auditorium, church, synagogue or chapel.

Media: Spread the word about your Four Chaplains service through local newspapers, radio and TV stations, and social media. Encourage reporters to write about the upcoming service or to do a follow-up story.

Program: Printed programs add to the dignity and importance of the occasion.

Suggested format:

- Posting of the colors
- Pledge of Allegiance
- "America the Beautiful" (assembly or solo)
- Welcome
- Invocation
- Introduction of guests
- Message (focused on the Four Chaplains & sacrificial service)
- Tributes to the Four Chaplains (wreath laying or candle lighting by four clergy, one of each faith)
- "Let There Be Peace on Earth" (assembly)
- Benediction
- Retirement of colors

To symbolize the tragic sinking of the Dorchester, there can be any number of focal points for the service such as four lifejackets or four empty seats.

FIVE THINGS TO KNOW, JAN. 17, 2023

The American Legion
JAN 16, 2023



1. [Starting Jan. 17, veterans in acute suicidal crisis will be able to go to any VA or non-VA health care facility for emergency health care at no cost](#) – including inpatient or crisis residential care for up to 30 days and outpatient care for up to 90 days. Veterans do not need to be enrolled in the VA system to use this benefit. This expansion of care will help prevent veteran suicide by guaranteeing no cost, world-class care to veterans in times of crisis. It will also increase access to acute suicide care for up to 9 million veterans who are not currently enrolled in VA
2. [The U.S. military's new, expanded combat training of Ukrainian forces began in Germany on Sunday](#), with a goal of getting a battalion of about 500 troops back on the battlefield to fight the Russians in the next five to eight weeks, said Gen. Mark Milley, chairman of the Joint Chiefs of Staff.
3. [The death toll from a weekend Russian missile strike on an apartment building in the southeastern Ukrainian city of Dnipro has risen to 37](#), authorities said Monday, as Western analysts pointed to signs indicating the Kremlin was preparing for a drawn-out war in Ukraine after almost 11 months of fighting.
4. [Feb. 1 benefits checks won't have the so-called "widow's tax" reducing income for the surviving spouses of military retirees who participate in two programs](#). Until 2020, survivors couldn't receive the full amount of two survivor benefits at the same time. Under the rule known as the Survivor Benefit Plan "offset," the government reduced payments that were part of that program by the amount of Dependency and Indemnity Compensation that beneficiaries received from the Department of Veterans Affairs.
5. [A portion of staff at Norfolk Naval Shipyard will be required to wear masks indoors on federal facilities again today — for at least a week](#). The mandate was issued Saturday after the Centers for Disease Control and Prevention rated Portsmouth as an area with high community transmission of COVID. The shipyard said masks will be provided for those who need any.

MILITARY TRIVIA

- Q.** What was the first aircraft in the world to shoot down a satellite?



~ Submitted by Dwayne Hatfield, Mars Hill Post 118



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.

DISTRICT MEETINGS

Be Connected • Be Heard • Be Informed

District 2 – Cumberland: Feb. 12
S. Portland Post 35, 1PM

District 3 – Androscoggin: Feb. 12
Lisbon Post 158, 2PM

District 9 – Kennebec: Feb. 8
Oakland Post 51, 7PM

District 10 – Somerset: Feb. 13
Madison Post 39, 6:30PM

District 14 – Piscataquis: Feb. 18
Dover-Foxcroft Post 29, 12 Noon Lunch w/Bus. Mtg. at 1PM

District 15 – Washington: Feb. 12
Machias Post 9, 2PM

District 17 – No. Aroostook: Feb. 5
Van Buren Post 49, 12pm Meal Meeting at 1PM. 4 Chaplains

[Click Here](#) to view all District Meetings!

Attention: District Commanders & Adjutants

District Meeting Calendar Form now available online!

[Click Here](#) or visit:
www.mainelegion.org
under Forms/Applications



Attention: Post Adjutants

The Membership Target Date to reach 85% is fast approaching and we still have a ways to go! Please **PROCESS** your membership at the Post level or **SUBMIT** to Department Headquarters before the February 15th 2023 target date arrives!!!

[CLICK HERE](#)
for the Latest Membership Report!

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>

Print 2023 Membership Cards in MyLegion

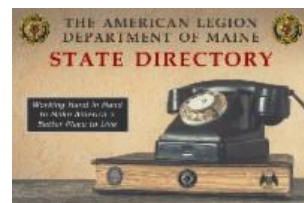
American Legion post and squadron group leadership can print a current membership card for Legion and Sons of The American Legion members.

To start:

1. Go to your My Account page in www.mylegion.org.
2. Enter My Groups to access Group Profile.
3. Click on "View Members."
4. Search the member and click on their name from the list to view Member Profile.
5. Click "Membership Cards" and click on the link to view and print card image.



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



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

*Stay Connected with
Your Fellow Legionnaires!*



Click [HERE](#) for More Information or go to:
www.legion.org/benefits

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 is good both personally and professionally.



Why Does Restarting Your Computer Help? Reasons to Restart Your Computer

1. Slowness or RAM Problems
2. Application Errors or Memory Leaks
3. Internet Connectivity
4. Performance Issues
5. Updates

1. Slowness or RAM Problems. One of the most common reasons to restart your computer is to clear the RAM cache. Your computer contains decades worth of technology advancements, one of those is called RAM. Without going into too much detail, RAM provides temporary storage for applications and programs as they run. Unfortunately, as they run, some of this data begins to pile up even though it's not being used. A restart can clear the RAM cache (unnecessary saved data) and have your computer back to work at full capacity.

2. Application Errors or Memory Leaks. Why does restarting your computer help? Because application developers are human, too, and sometimes the software they create can have some unintended side effects. A memory leak is one of these, where a program doesn't allow its unused memory to be overwritten. This can lead to slowness, like our first example, or even prevent the software from operating correctly. While a restart can't fix the leak itself, it may clear the cache associated with it.

3. Internet Connectivity. Sometimes the Wi-Fi just doesn't work, try restarting! Network connectivity is another common reason to restart your computer. This can refresh the network settings for your computer without completely resetting them. It can be easy to get bogged down in all of your network settings, so try this before taking any additional, complex steps.

4. Performance Issues. 100% CPU usage? Is RAM full? Any idea what this means? Restart. Our computers are complex, and for the untrained individual, it could take hours to reach a solution. Restarting has the benefit of doing this for you. You may not know exactly what caused the issue, but there's a good chance a restart will clear it up.

5. Updates. Your computer lives on patches and updates. Whether it's security, usability, or otherwise, the most recent updates are paramount to your computer operating as expected and are most likely one the first things your IT department will look at when you bring

a computer issue to them. Most of the time these updates download automatically but require a reboot to install. Recently downloaded updates are one of the most common reasons to restart your computer.

Other Things to Do

While there are many reasons to restart your computer, it's not just the only thing that can help save the day. Here are a few other tips to keep you secure and your work uninterrupted:

Lock Your Computer – If you step away for coffee or to speak to a coworker, it's best to lock your computer. If you're logged in, anyone on your computer can have free reign. Locking it provides one additional roadblock. It's as simple as pressing the "Windows Key + L" on Windows 10

~ [5 Reasons to Restart Your Computer | Dataprise](#)

JOB OPENING

AMERICAN LEGION

ASSISTANT DEPT. SERVICE OFFICER

Part-time position, 28 hours (4-day work week)

Term of Office. [CLICK HERE](#) for a full job description and qualifications or go to:

http://www.mainelegion.org/media/misc/Job_Description

Resumes can be sent to Department Headquarters,
5 Verti Drive, Winslow, 04901

Attention: Post Commanders & Adjutants

If you are currently processing your dues on MyLegion.org, you will no longer have to submit the 2-part card to HQ. All other Posts mailing dues to HQ will still have to submit the 2-part card along with \$31.00 per member.

Warrant Templates - All Positions Available on-line at: [MaineLegion.org](http://www.mainelegion.org)

or go to: <http://www.mainelegion.org/pages/formsapplications.ph>

MILITARY TRIVIA

A. In 1985, a USAF F-15A Eagle, ascended to 35000 ft. and fired an experimental anti-satellite missile at a Solwind P78-satellite. It is the only air-to-space "kill" in history.



PAST COMMANDERS CLUB

Please note that the annual dues for Past Commanders Club are \$5.00 per member. See Page 10 for an application.



**SHOP “AMAZONSMILE”
& GIVE WHILE YOU SHOP!**

Support the American Legion Department of Maine Foundation when you shop on AmazonSmile. It's the same as shopping on Amazon with the extra bonus that Amazon will donate a portion of the price of eligible purchases.



How to shop AmazonSmile:

1. Go to <http://smile.amazon.com> and sign in with your Amazon.com credentials. If you already have an Amazon account, there is no need to create another one.
2. In the search box, type American Legion Department of Maine Foundation and start shopping. Amazon will donate 0.5% of the price of your eligible purchases to the American Legion Department of Maine Foundation.
3. Add a bookmark for smile.amazon.com. You must log in through the AmazonSmile portal each time you shop in order for our Foundation to receive the donation, so remember to add a bookmark to make it easier to return and start shopping on AmazonSmile.

The funds go directly to the “American Legion Department of Maine Foundation to help Maine Veterans in need and support Legion programs in Maine!”

Please help us get the word out to your friends and family!

Shop “[AmazonSmile](#)” and make a difference Today!



*“You’re much stronger than you think you are.
Trust me.”*

~ [Superman](#)

Show Your Support to Maine Veterans in the New Year & Make Your Name Part of American Legion History!



Donate \$100 or more & Receive a **FREE** 2023 Yearbook & Centennial Coin!

CLICK HERE TO DONATE TODAY!

Deadline for Submission, May 6, 2023

Click the 2022 Yearbook above to check it out!

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 2023 Maine American Legion Yearbook made available in print and online at www.mainelegion.org. Donate \$100 or more and receive a FREE yearbook as well as one of our most popular centennial coins. Click the above link to donate today, or send a check payable to The American Legion, Department of Maine earmarked “Yearbook Program.” Mail to: The American Legion, Department of Maine, 5 Verti Drive, Winslow, ME 04901-0727. For more information, please call 207-873-3229 Ext. 2 or email:

rachael@mainelegion.org.

THANK YOU IN ADVANCE FOR YOUR SUPPORT

DONATIONS

THE AMERICAN LEGION DEPARTMENT OF MAINE

2022-23 Commanders Project – Thurston “Operation Reboot Outdoors”

The American Legion	
Operation Comfort Warrior.....	\$43,000.00
Machias Post 9.....	\$200.00
Joanne Gaudet	\$50.00
Ronald & Debra Ann Marr.....	\$100.00
Jocelyn Mosher-Collins.....	\$150.00
Gray Unit 86.....	\$250.00
Scarborough Post 76.....	\$500.00

Thank You!

We are all **'PACT'** up and headed to Bangor!

For a family friendly event for Veterans to learn about the PACT Act and other benefits and resources available through the state and community.



Saturday February 25th

10AM – 2PM

- Agent Orange, Radiation, Toxic Exposures
 - Expanded locations to presume conditions
- New presumptive conditions
 - Respiratory conditions, MGUS, Cancers, Hypertension

Veterans and Family Indoor Expo

Anah Shriners, 1404 Broadway, Bangor, ME

Sponsored by Masons, Bethlehem Lodge #35

Stop in to see the: **VBA, VHA, Bureau of Motor Vehicles, CDC - Suicide Prevention, Department of Labor - Career Center, Disabled American Veterans, Hope for Healing, House in the Woods, Maine Bureau of Veteran's Services, Maine Veterans Project, Maine Veterans' Services, Marine Corps League, Martin's Point, Travis Mills Foundation, Vet Center, Vet2Vet Maine, Wabanaki Public Health and Wellness, and many other Veteran-centric organizations**

VA



U.S. Department
of Veterans Affairs

3RD ANNUAL RUNNING OF THE SLEDS! LEGION LUGE

HOSTED BY THE SONS OF THE AMERICAN LEGION,
DETACHMENT OF MAINE

Prizes for Best Costumes

Prizes for Best Run



Saturday, Feb 11, 2023
9am- 1pm Camden Snowbowl
20 Barnestown Road, Camden

All proceeds benefit Operation Reboot Outdoors. ORO concentrates on getting Veterans healing through outdoor recreational activities. There number one priority is creating an atmosphere of camaraderie and brotherhood and giving our ReBoot Veterans a sense of purpose again.

Join Us For
3RD ANNUAL RUNNING OF THE SLEDS!

LEGION LUGE



Friday, February 10th

\$10.00 per person

5pm - Spaghetti Dinner at American Legion Post #1

7pm 335 Limerock Street, Rockland ME

hosted by the Sons of the Legion, Squadron 1

Saturday, February 11th

\$25.00 per person

8am Registration at Camden Snow Bowl

9am- Races will begin at Camden Snow Bowl

1pm 20 Barnestown Road, Camden ME

If the weather prevents us from sledding. Notice will get out via Facebook and to registered Guests. However special arrangements have been made at Post #1 for alternative plan of EXCITING Legion Olympics of fun games and prizes

ACCOMODATIONS: Special hotel rate has been set up with the beautiful Rockland Harbor Hotel of a rate of \$99.00 per night and includes breakfast. Just let them know you are with the American Legion Luge

520 Main Street, Rockland ME 207.594.2131

All checks should be made out to:
American Legion Detachment of Maine
5 Verti Drive, Winslow ME 04901-0727

Attn: George Rice.

Please make a note in the memo line: Luge



**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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- 24. _____

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) *****