

# THE LEADERSHIP LEDGER



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

Thomas College, 180 West River Rd., Waterville, ME  
February 10, 2024, at 9:00 a.m.

**\*All contestants should arrive between 8 and 8:30 am\***

(Snow Date: February 17, 2024)

**For More Information Please Visit:**

<https://mainelegion.org/pages/programs/oratorical.php>

## ATTENTION ADJUTANTS & COMMANDERS

Post forms will be mailed **next week**, please be on the lookout! The forms include the: Annual Post Data Report, Notification of Post/Squadron Commanders & Adjutants Form, Consolidated Post Report (CPR), and Post Officers Form. Please read the instructions carefully on all 4 forms and fill them out accordingly. Deadline requirements and submission information will be included.

**Please note** that the **Annual Post Data Report** will need to be filled out as soon as possible and mailed back to Department HQ no later than **April 15. THIS IS THE ONLY FORM NOT AVAILABLE ONLINE.** All other forms can be obtained by visiting [www.mainelegion.org](http://www.mainelegion.org) under Forms/Applications.

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

## 2024 WINTER CONFERENCE

### SWEEPSTAKES WINNERS

❄️ Winter Sweepstakes Raffle Drawn at ❄️  
The Mid-Winter Conference in Brewer, ME  
January 13, 2024

James Farragher, Falmouth Post 164.....	\$1,500
Wayne G. Thibodeau, Brunswick Post 20.....	500
Raymond E. Vance, Westbrook Post 197.....	300
Yvan D. Gagne, Greenville Post 94.....	200

*Congratulations!* ❄️

Welcome to the 107<sup>th</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 [www.mainelegion.org](http://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 Dept. HQ via email at: [legionme@mainelegion.org](mailto:legionme@mainelegion.org)

## 2024-2025 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

Patricia "Trisha" Thurston, Rumford Post 24

### 1<sup>st</sup> Vice Commander

Leroy McKenzie, Madawaska Post 147

### 2<sup>nd</sup> Vice Commander

Danielle Begert, Lewiston Post 22  
Joseph Michaud, Madawaska Post 147

### Americanism Officer

Liam Nedredd, Etna-Carmel Post 107

### Historian

Louis Marin, Rumford Post 24  
Jeff Sukeforth, Camden Post 30

### Sergeant-at-Arms

Ryan Coffin, Damariscotta Post 42  
Ryan Simpson, Etna-Carmel Post 107

### Finance Officer

# AMERICAN LEGION MULTI-YEAR MEMBERSHIP IS HERE

The American Legion  
Dec 04, 2023

Eliminate the yearly hassle of remembering to renew your American Legion membership by taking advantage of the new multiyear membership available to current and potential members. Legionnaires needing to renew for 2024 or veterans joining the organization for the first time can lock-in a three-year membership by visiting [legion.org/renew](https://legion.org/renew) / [legion.org/join](https://legion.org/join).

A multiyear membership was approved by the National Executive Committee of The American Legion during the organization's Spring Meetings last May. Resolution 1: Purchase of Multiple Years of Membership approves "a five-year pilot program offering the purchase of three consecutive 12-month member terms at the then current dues rate."

## Here is what you need to know about the three-year membership:

- Multiyear 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](https://MyLegion.org).
- Renew now with a three-year membership by visiting [legion.org/renew](https://legion.org/renew).
- Join now with a three-year membership by visiting [legion.org/join](https://legion.org/join).
- **Legionnaires already renewed for 2024, can now take advantage of the multiyear membership starting with the 2025 membership year.**
- Payment for the three-year membership will be up-front.
- 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.

Please note that the multiyear membership will work just like PUFL. Whatever rate the member renews at is the what the post/department/national will receive for the duration of that timeframe. For example, if a member renews today (before national per-capita \$5 dues increase come July 1, 2024), National will receive \$18.50 for the next three years. Let's say the department's per capita is currently \$10 and is going to raise to \$15 come July 1, 2024. The department will receive the \$10 for the next three years. Once the member renews after the three year renewal is up, the renewal rate will adjust to the rate at that time.

# NATIONAL COMMANDER CAMPAIGN DONATIONS

January 13, 2024



Dear Legion Members,

Each year, the Department of Maine supports the incoming National Commander with a donation to their campaign seeking such position. Our own Tony Jordan, when seeking the position of National Commander received financial support from the various departments of The American Legion for his campaign and it is only appropriate that we do the same for anyone seeking that position.

As a part of the process of supporting the individuals seeking the National Commander position, we like to present the donations of individuals who have submitted support of the campaign to the individual as soon as we possibly can after receipt. Sometime we have presented the check to the individual at the Fall Meetings or the Spring Meetings or at our Department Convention. Generally, individuals who have been selected to receive an official call in to the Washington Conference are ones of the first to donate to the campaign. We wish to present the donations as soon as we possibly can.

Individuals who have been selected to receive an official call or are listed as members in the National Commission/Committee book are asked and encouraged to donate to support the campaign. Donations from posts are encouraged as well.

Please make the check payable to The American Legion, Department of Maine and note in the "Memo" section "National Commander's Campaign".

Your assistance in this matter will be greatly appreciated.

Sincerely,

Lloyd Woods  
Nat'l Exec. Comm

Anthony "Tony" Jordan  
Past National Commander

*For God and Country*

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***"We can't help everyone,  
but everyone can help someone."***

~ Ronald Reagan

***We make a living by what we get,  
but we make a life by what we give.***

~ Winston Churchill

## ATTENTION!

### POST COMMANDERS & ADJUTANTS

**Starting July 1, 2024, all Posts will need to send Department \$41.00 per member.**

Please remember to add this to your Post meeting agenda, reflect it in your minutes, and if you have “dues” in your bylaws, you must make appropriate changes.

When completing the Annual Post Data Report for the **2025** Membership Year, make sure your Post fills out the Current Annual Post Dues section and has enough to cover the per capita dues. Please also make sure the effective date is 07/01/2024.

The Annual Post Data Report, which will be mailed to all Posts in February 2024, must be completed, and returned to Department HQ no later than **April 15, 2024**, in order for the information to be processed in time for the first 2025 Renewal Notice.

Please call or email Department Headquarters if you have any questions. 873-3229.

### ONE YEAR, \$18.8 BILLION IN VETERANS BENEFITS CLAIMS



The American Legion  
JAN 24, 2024

There are more than 18 billion reasons why our nation’s veterans gave thanks to The American Legion during Fiscal Year 2023, which ended in September.

That’s because American Legion accredited service officers secured nearly 19 billion dollars – \$18,800,997,141.62 to be precise — in benefits claims for veterans. That amount exceeds the \$16 billion that veterans received in the previous fiscal year.

Three sites secured more than \$1 billion in FY 2023:

- St. Petersburg, Fla., \$2.4 billion.
- Columbia, S.C., \$1.1 billion.
- Montgomery, Ala., \$1.1 billion.

Also, in the most recent fiscal year, the Legion’s Board of Veterans’ Appeals Unit represented more than 11,234 appellants – helping them to secure more than \$89,616,242 in retroactive VA claims benefits.

The American Legion’s 3,000 accredited service officers provide this expertise at no cost to any veteran, whether they are a Legionnaire or not. Some organizations charge for this service but do not get better results.

“I could not be more pleased with the extraordinary and selfless work of our team of service officers,” American Legion National Commander Daniel J. Seehafer said. “This represents one of the core values of our organization: assisting our brothers and sisters. It is, in fact, a value that changes lives and saves lives.”

## 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](https://www.legion.org/membership/impact). To visit the impact American Legion posts made throughout the year, visit:

<https://www.legion.org/bythenumbers> or <https://www.legion.org/membership/impact>

### 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



### 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)



### Warrant Templates

All Post/District Officer Positions Available **on-line** at: [MaineLegion.org](http://MaineLegion.org)

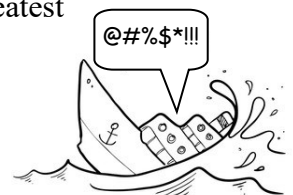
or go to:

<http://www.mainelegion.org/pages/formsapplications.ph>. *It’s fast and easy!!!*



**Q** When & where was the greatest loss of US ships in history?

~ Submitted by Dwayne Hatfield  
Mars Hill Post 118





## COMMANDER'S PROJECT 2023-24

Department Commander Al McKay asks that each Post and Legionnaire support his goal!



The American Legion, Department of Maine has a long history with the Maine Veterans' Cemeteries across the State. A chapel that had stood at the Maine Veterans Cemetery in Augusta since the burial space at Togus was closed, fell into disrepair and was torn down years ago. The committal building that replaced it is heavily utilized and in need of some massive structural renovations. The committal building is an essential tool needed to conduct an interment Service for our fallen comrades. If you would like to support Commander McKay's project in renovating this necessary building, please mail checks to:

**The American Legion Department of Maine**  
Attn: Committal Building  
5 Verti Drive, Winslow, ME 04901-0727

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.

**Thank You!!!**

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

**Donate \$100 or More and Receive  
Yearbook and Centennial Coin!**

**Deadline for Submission May 10, 2024**



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 2024 Maine American Legion Yearbook made available in print and online in digital format by visiting: [www.mainelegion.org](http://www.mainelegion.org).

To donate with Debit/Credit Card, scan this QR code with your phone or visit [www.mainelegion.org](http://www.mainelegion.org) and click on the Maine American Legion Convention Yearbook Donations Welcomed button to donate today. 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 info, please call HQ at 873-3229 Ext.2 or email: [rachel@mainelegion.org](mailto:rachel@mainelegion.org).



## MyLegion Q&A

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

### More Eligibility Questions

- Q. I'm currently in the National Guard/Reserve. My unit was activated under Title 10 orders during a qualifying time period. Am I eligible?
- A. Yes, you are a veteran. Title 10 orders are issued by the Secretary of Defense and therefore are federal orders.
- Q. My National Guard unit was activated for crowd control under Title 32 orders during one of the qualifying periods. Am I eligible?
- A. No. Title 32 orders are issued under a governor's authority, whereas Title 10 orders are issued from the Secretary of Defense.
- Q. I'm currently a cadet at one of the U.S. Military Academies. Am I eligible?
- A. Yes, you are a veteran. The American Legion has considered service in the military academies as eligible for membership since WWI.
- Q. Can I be an honorary or social member of The American Legion?
- A. No. Per National Constitution and By-laws, no form or class of membership is authorized except regular active or paid up for life.
- Q. I served my entire military career in the National Guard/Reserves, and only have a DD214 from my Active Duty for Training that I was in during one of the qualifying dates. Am I eligible?
- A. Yes, you are a veteran. In the mid-60s all basic training and occupational training schools were considered federal active duty service.

### Contact us:

Customer Service: (800) 433-3318

E-mail: [mylegion@legion.org](mailto:mylegion@legion.org)

The American Legion National Headquarters

5745 Lee Road, Indianapolis, IN 46216

Fax: 317-860-3001

### Print 2024 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](http://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.

# SONS OF THE AMERICAN LEGION

*A Message from the Detachment of Maine  
Sons of The American Legion*

**W**ord of the Month: Membership. The total number of members belonging to an organization.

Please help our memberships grow by recruiting, renewing, and retaining members.

*George Rice*

The Detachment of Maine Adjutant  
E-mail [jbg@rice@gmail.com](mailto:jbg@rice@gmail.com)  
Cell 207-841-9148

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## 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](#)

**M**aine American  
Legion Baseball



**Volunteers  
Needed for 2024  
State Tournaments  
Mansfield Stadium  
Bangor, ME**

**Senior League State Championships, July 27 – 30/31**  
**Junior League State Championships, August 3 – 6**  
**Junior Regional Championships, August 9-11**  
(CT, MA, ME, NH, NY, RI, VT)



**The 100th Anniversary of  
American Legion Baseball**

The 100th Anniversary of American Legion Baseball will be recognized during the 2025 season. Every Post in the state is invited to do something special and now is the time to brainstorm any ideas!

For more information contact American Legion  
State Adjutant Jason Hall at:  
207-873-3229 | 207- 522-5471 or  
via e-mail at [jason@mainelegion.org](mailto:jason@mainelegion.org)

*“Baseball is dull only to dull minds.”*

~ Red Barber

# BE THE ONE

**TRAINING - 2024**

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## 2024 Training Dates

January 27<sup>th</sup>                      March 30<sup>th</sup>  
May 25<sup>th</sup>                              July 27<sup>th</sup>  
September 28<sup>th</sup>                  November 30<sup>th</sup>

## Training Location

Department 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.



## LEGIONNAIRES ENCOURAGED TO ENGAGE IN PROMOTING VOTING BUT REMAIN NON-POLITICAL DURING ELECTION CYCLE



The American Legion  
JAN 18, 2024

This year ushers in a presidential election. And while American Legion posts are encouraged to promote “Get Out the Vote” (GOTV) efforts, it is important to remember to remain nonpartisan in the process.

The American Legion is a nonpolitical, nonpartisan organization but advocates for all U.S. citizens to register and vote in all elections. The American Legion does not show preference for or against any particular candidate or political party.

With that mind, here are some dos and don'ts for Legionnaires and posts to follow during the election cycle.

1. **Can I wear my American Legion cap to a political event?** No. The American Legion cap is considered the official legion uniform (see p. 38 of 2024 Officer's Guide). If attending a political event, The American Legion cap, or any clothing with The American Legion emblem visible, must be removed so as not to imply any endorsement by The American Legion.

2. **Can we use our American Legion post for a political event?** When using post facilities to host any candidates, the post must remove American Legion emblems and American Legion flags to avoid any impression of endorsements. Candidates for all parties must be presented equal opportunity to use the facilities on the same terms and conditions as other competing candidates.

3. **Can I get The American Legion at the local, state and national level to support a candidate running for Congress or any political office?** No. In Article II, Section 2, of the Constitution of The American Legion, “The American Legion shall be absolutely nonpolitical and shall not be used for the dissemination of partisan principles nor for the promotion of the candidacy of any person seeking public office or preferment.” Additionally, the National Charter, approved by Congress, stipulates The American Legion as an organization is nonpolitical. Therefore, The American Legion as an organization is never to help or endorse a candidate. However, you, as a private citizen and not speaking for the organization, can do whatever is legal and ethical to advance his/her candidacy.



## NAT'L VETERANS EMPLOYMENT & EDUCATION AWARDS



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

The awards include:

- Employer of the Year - Small Business, Mid-Sized Business and Large Business
- Employer of the Disabled Award
- Employer of Older Workers Award
- Local Veterans Employment Representative of the Year
- Outstanding Disabled Veteran Outreach Program Specialist of the Year
- Outstanding Employment Service Office of the Year
- Michael Guty Homeless Veterans Outreach Award

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

**For more information:**

(202) 263-5771 | [ecruz@legion.org](mailto:ecruz@legion.org)



### The Doctor is in the Podcast Studio

U.S. Surgeon General Vivek H. Murthy is the special guest on this week's episode of The American Legion Tango Alpha Lima podcast, co-hosted by Ashley Gutermuth and Stacy Pearsall.

Murthy talked about how he has prioritized mental wellness and identified loneliness and isolation as predictors of depression and suicidal ideation.

Acknowledging his own struggles with mental health, Murthy complimented The American Legion for allocating and promoting resources aimed at fostering connection, community and camaraderie. “Mental health is health,” he said. “And there should be no shame in asking for help.”

Murthy praised The American Legion for initiating regular wellness checks on veterans.

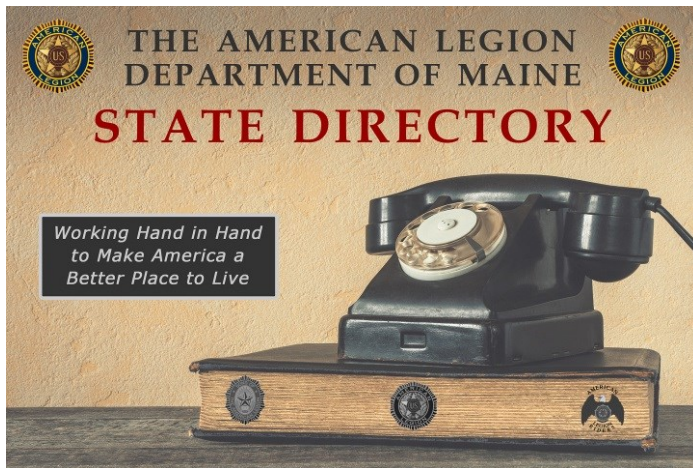
[Click Here to Listen!](#)



## Stay Connected with Your Fellow Legionnaires!



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



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

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



### IMPORTANT INFORMATION ABOUT THE STATE DIRECTORY!

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

*"Honesty is the first chapter in the book of wisdom."*

~ Thomas Jefferson

## PAST COMMANDERS CLUB

Please note that the annual dues for Past Commanders Club are \$5.00 per member. See Page 12 for an application.

## 2024 Digital Catalog:

*A New Way to Shop!*



Full printed catalog arriving in mailboxes soon!

**American Legion Flag & Emblem**

5745 Lee Rd.

Indianapolis, IN 46216

(888) 453-4466

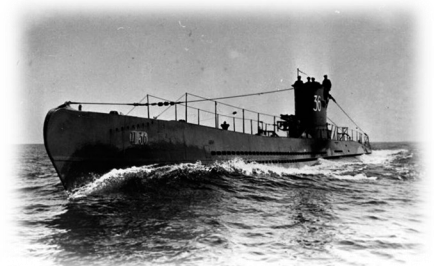
[emblem@legion.org](mailto:emblem@legion.org)

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## MILITARY TRIVIA

A. From Jan. – June, 1942, over 360 ships were lost to German U-Boats off the US east coast, including the Gulf of Mexico. Because the US Navy did not believe, at that time, in warship escorted supply convoys, the U-boat captains found it “easy pickings”. They were so comfortable coming close to shore, that one U-boat sunk 2 ships off Virginia Beach, while holiday revelers watched.



## 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.



### This is The Right Way to Charge Your Phone

For all the ease and convenience of smartphones, they sure can cause a headache.

Here's a shortlist of updated tips and ideas for getting the best performance from your phone's battery. Don't worry, it's actually pretty easy!

#### Make the Switch to USB-C

If you've bought a phone or tablet in the last year or two, you may already be familiar with the latest-and-greatest charging device, the USB-C.

Like its predecessors, USBs A and C, the USB-C cable attaches to a "brick" adapter that plugs into a wall socket. However, either end of the cable can plug into your phone or into the brick, unlike previous generations, and it charges fast.

Like, really fast. The New York Times tested it out on iPhones in 2019, and found that an 18-watt USB-C charger sent a dead phone from 0% power to 80% in an hour. Pretty great if you've been stuck with the lower-wattage USB-A or B chargers for a while.

#### It's OK to Charge Overnight-For the Most Part

Modern phone batteries can't get "overloaded" with charge, so charging your phone overnight is fine. Phones will stop accepting charge once the battery has reached 100%.

However, it's not the best practice: When the battery inevitably drops down to 99%, the phone will recharge back up to 100%, and keep doing that, over and over, as long as it's plugged in. This ping-ponging is what can wear down the battery over time.

If you must be at full power in the morning, go for the overnight charge. But perhaps don't make it a nightly habit.

#### Aim for the Middle of the Charging Range

Rather than going from one extreme to the other, try to keep your phone's charge in the 50% to 80% range.

Lithium-ion batteries perform best when they're given shorter charges, rather than going all-or-none. Go ahead and give it a little nudge if the power is dwindling down into the 20% range - no need to send it skyrocketing back up to 100%.

Best of all, Androids and iPhones both come with settings that can manage your battery charge for you.

On iPhone it's called Optimized Battery Charging, and it's Adaptive Battery on Android. One less thing to worry about!

#### Give Your Phone a Break

Just as humans need rest and refreshment, so do smartphones.

Whether you're actively using it or not, your phone is always doing a little something in the background, slowly draining down power. Turning it off now and again saves some wear and tear on the battery. Not to mention that shutting down gives your phone a chance to cool off (heat is a battery killer).

How often you should do this is debatable. Some say you should do it once a day, others once a week, still others claim it's only necessary once a year. Whenever you get the urge, it's probably a fine idea - for the life of your phone's battery, and for a tiny tech vacation for you.

~ This article originally appeared on SimpleMost and was syndicated by MediaFeed.

 **AMERICAN LEGION** | Thank You Thursday

**Special Offer From Spot Pet Insurance**



Join our mission to provide the best possible care for your pets, ensuring they live happy, healthy lives alongside you.

Accidents and illnesses can happen at any time, but Spot Pet Insurance gives you peace of mind that you'll have the financial support you need to give your furry friend the best possible care. Customize a policy that works for your pet and your budget, so you have help focusing on your pet, instead of costly vet bills. Plan for your pet's health today!

- **Special Up to 20% American Legion Discount\***

Receive a special 10% discount on every policy, plus a 10% multi-pet discount on all additional pets.

- **Up to 90% Back on Eligible Vet Bills**

Spot's customizable plans allow you to choose your annual limit, deductible, and reimbursement rate. This can help you say 'yes' to the best care for your pet and save you thousands on covered costs.

- **Bonus: \$25 Amazon Gift Card when you sign up**

As an added gift, receive a treat for your pet by signing up for a Spot plan.



**U.S. Department of Veterans Affairs**  
**Thursday, Feb. 8, 2024 | 2 P.M. (ET)**

**PHONE: +1-404-397-1596 USA Toll Number**  
**+1-833-558-0712 USA Toll-free Number**  
**ACCESS CODE: 276 455 83103**

# **Black History Month**

**Virtual Outreach Symposium**

Link: [Bit.ly/3Rm3Jjb](https://bit.ly/3Rm3Jjb)

**VA**



U.S. Department  
of Veterans Affairs



**Veterans  
Crisis Line**  
DIAL 988 then PRESS 1

## How to File a Claim

### How can a Veteran prepare before starting their application?

- Be sure to fill out their claim completely.
- Gather any evidence (supporting documents) they'll submit themselves when they file their VA disability claim. We encourage them to send in all their supporting documents along with their claim. This will help us process their claim quickly. [Learn about fully developed claims](#)
- Find out if they'll need to turn in any additional forms with their claim. [Learn about additional forms Veterans may need to file](#)

### What evidence does a Veteran need to support their claim?

They can support their VA disability claim by providing these documents:

- **VA medical records and hospital records.** These could relate to their claimed illnesses or injuries or they could show that their rated disability has gotten worse.
- **Private medical records and hospital reports.** These could relate to their claimed illnesses or injuries or they could show that their disability has gotten worse.
- **Supporting statements.** These could be from family members, friends, clergy members, law enforcement personnel, or people they served with. These statements could tell us more about their claimed condition and how and when it happened or how it got worse.

Depending on the type of claim a Veteran files, they may gather supporting documents themselves, or they can ask for our help to gather evidence. We'll also review their discharge papers (DD214 or other separation documents) and service treatment records.

[Learn more about the evidence we'll need for their claim](#)

### Does a Veteran need to submit evidence with their claim?

No. A Veteran doesn't have to submit any evidence to support their claim. But we may need to schedule a claim exam so we can learn more about their condition.

[Learn more about VA claim exams \(C&P exams\)](#)

A Veteran should also know that they have up to a year from the date we receive their claim to turn in any evidence. If they start their application and need time to gather more supporting documents, they can save their application and come back later to finish it. We'll recognize the date they started their application as their date of claim as long as they complete it within 365 days.

### Should a Veteran submit an intent to file form?

If they plan to file for disability compensation using a paper form, they may want to submit an intent to file form first. This can give them the time they need to gather their evidence while avoiding a later potential start date (also called an effective date). When they notify us of their intent to file, they may be able to get retroactive payments (compensation that starts at a point in the past).

**Note:** If they file for disability compensation online, then they don't need to notify us of their intent to file. This is because their effective date gets set automatically when they start filling out the form online— before they submit it.

[Find out how to submit an intent to file form](#)

## How to File a Claim (cont.)

### How does a Veteran file a claim for compensation?

They can file for disability compensation in any of these 5 ways:

#### 1. Online:

Veterans' can file a claim online now at [www.va.gov](http://www.va.gov) [File for disability compensation online](#)

#### 2. By Mail:

File a Veteran's claim by mail using an Application for Disability Compensation and Related Compensation Benefits (VA Form 21-526EZ).

[Get VA Form 21-526EZ to download](#)

Print the form, fill it out, and send it to this address:

Department of Veterans Affairs  
Claims Intake Center  
PO Box 4444  
Janesville, WI 53547-4444

#### 3. In Person:

Bring the application to a VA regional Office near them. [Find a VA regional office](#)

#### 4. By Fax:

If they're in the U.S., fax their application to [844-531-7818](tel:844-531-7818)

If they're outside the U.S., fax their application to [248-524-4260](tel:248-524-4260)

### With the Help of a Trained Professional:

A Veteran can work with a trained professional called an accredited representative to get help filing a claim for disability compensation.

There are five Veterans Service Organizations located on the Togus Campus: American Legion, Disabled American Veterans, Maine Veterans' Services, Paralyzed Veterans of America, and Veterans of Foreign Wars

[Get help from an accredited representative](#)

### What happens after a Veteran files their VA disability claim?

[Find out what happens after a Veteran files](#)

A Veteran doesn't need to do anything while they're waiting unless we send them a letter asking for more information. If we schedule exams for them, they should be sure not to miss them.

[Check a VA claim status](#)

#### Look for a Togus Representative at one of the following locations:

January 16, 2024 – Veteran Employment and Resource Event, Clinton Town Office  
27 Baker St., Clinton, ME, Time: 10:00am to 3:00pm, Open to the Public

January 19, 2024 – Veteran Employment and Resource Event, University of Farmington  
246 Main St., Farmington, ME, Time: 10:00am to 3:00pm, Open to the Public





**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

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**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 \*\*\***