

THE LEADERSHIP LEDGER



Welcome to the 93rd 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

Attention: Post Adjutants

The Membership Target Date to reach 100% 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 July 26th 2023 target date arrives!!!

CLICK HERE for the Latest Membership Report

2023 Digital Convention Yearbook Now Available Online!



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

Check it Out Today!

104th National Convention Charlotte, NC August 25 - August 31, 2023



2023 National Convention Reservation/Registration/Banquet Form

For more information, please visit:
Convention Resources

Find a printable Registration Form on Page 12-13.
For any questions or concerns, please contact convention@legion.org.

2023-24 DEPARTMENT OFFICERS

- Alfred McKay, Post 42.....Commander
- Patricia Thurston, Post 24.....1st Vice Commander
- Leroy McKenzie, Post 176....2nd Vice Commander
- Jason Hall, Post 86.....Adjutant
- Joseph Michaud, Post 147.....Americanism
- Eugene Connolly, Post 17.....Finance Officer
- Louis Marin, Post 24.....Historian
- Danielle Begert, Post 22.....Sergeant-At-Arms
- Carl Curtis, Post 20.....Service Officer
- Cathy Merrill, Post 155.....Chaplain
- Drew Goodridge, Post 28.....Judge Advocate
- Lloyd Woods, Post 147.....NEC
- Matthew Jabaut Post 202.....NECA

ATTENTION POST ADJUTANTS!!

2024 Membership Cards have been mailed to Posts who didn't pick them up a State Convention.

Adjutant's packets with informational material are available for **pickup only** at Department HQ Monday -Thursday from 8-4 pm. Please call 873-3229 if you have any questions. Thank you!

FOURTH OF JULY INDEPENDENCE DAY STATE HEADQUARTERS

State Headquarters will be closed on July 3rd & 4th in observance of Independence Day.



Please Plan Accordingly!

STAYING ON TOP

By Vincent J. “Jim” Troiola,
National Commander

JUN 14, 2023



Dear American Legion Family members and friends,

I have always been a guy who sees the glass as half-full, not half-empty. So, when it comes to our 2023 membership year, I'll start by celebrating the positive.

As of last week, The American Legion welcomed 77,074 new members to posts across the country and overseas. This exceeds the goal of 75,000 new members that I called for during my election on Sept. 1, 2022. There are still a few days left in this membership year, so I strongly encourage our posts to cross the finish line with a sprint rather than a stroll. [Here is an easy opportunity to join online.](#)

Notice I said “glass half-full.” On the flipside of this great growth of new members, our renewal rate needs dramatic improvement.

There are 172,850 members who paid dues to their posts in 2022 but have not yet renewed. At the department headquarters level, we have 21,343 non-renewals. The American Legion recognizes that every year some members will pass away and join post everlasting. This is why we set our renewal goal at 90%, instead of 100%. Even so, our current retention rate is 88.65%.

In theory, it's more difficult to recruit a new member than it is to keep an existing one. The existing member has already been convinced that The American Legion is worth joining. When people decide not to renew, chances are it's due to a lack of engagement from their posts and fellow Legionnaires. They at one time believed that The American Legion offered programs, advocacy, service and camaraderie which outweighed its reasonable annual dues. Or maybe they just need one more reminder, from you. [Online renewal is an easy click away.](#)

I absolutely believe that we can achieve 90% renewals through better engagement. If a post only reaches out to its members in the form of a renewal notice, the results will be predictable. Newsletters are nice, but phone calls and visits are even better. Let each and every veteran in your post know that they are valued members of your American Legion Family. Don't pressure people to go to meetings if they clearly have no desire to attend but let them know that you will always welcome their input and participation.

With more than 12,000 American Legion posts worldwide, not every post is a good fit for every Legionnaire. If conflicts or geographical issues are standing in the way, encourage the member to find a home at a post which is more convenient.

Don't listen to the naysayers who believe The American Legion is in decline. Major media outlets have been

predicting our demise for over a half-century now. While the veterans population is significantly smaller than it was following the Vietnam War, The American Legion is still the nation's largest and most powerful veterans service organization. Let's keep it that way.

Vincent J. “Jim” Troiola, National Commander

CELEBRATE WITH CONSIDERATION ON THE 4TH

The American Legion
JUN 29, 2023



Across the country, in communities large and small, American Legion posts play an important role in celebrating the nation's independence. In Indianapolis, American Legion Mall is the site of the city's main downtown fireworks show. The Newport Harbor, Calif., Post 291 Yacht Club is gearing up for its annual “Old Glory Boat Parade” on July 4. Hundreds of other communities enlist help from Legionnaires to put on their celebrations.

Fourth of July feuds, parades and celebrations frequently culminate with fireworks shows that light up the skies and produce bangs and booms. For veterans coping with post-traumatic stress disorder (PTSD), those displays can be a problem.

“As beautiful as they are, the sounds, smells and shockwaves of fireworks can be triggering for veterans with PTSD,” said Annie Tang, a staff psychologist at Edward Hines Jr. VA Hospital in Chicago. “These can bring up emotional and physiological reactions, and bring up trauma memories from the past, which can bring up intense anxiety and fear.”

[Blanton-Thompson American Legion Post 155 in Crystal River, Fla.](#), is offering its second annual “Escape the Fireworks” alternative event with music, food and beverages and no explosions, flashes or fire. The event was established last year following the suicide of a local veteran whose PTSD was presumed to have been triggered by fireworks explosions after Fourth of July displays.

VA's National Center for PTSD reports that Fourth of July events can trigger combat trauma. “Even though fireworks are meant to entertain us, it is not uncommon for the sounds, intense light or smells to cause distress,” [VA states on the center's web-site.](#) “Those who have gone through a trauma that included explosions, gunfire, loud noises or fire may be more likely to find fireworks to be a reminder – a trigger or cue – of such past events.”

WSBT 22 in Traverse City, Mich., reported in 2021 that for some veterans, it is not the scheduled fireworks shows that trigger PTSD “or even the days surrounding it. It's the ones that randomly go off weeks before expected.” In some communities, signs are placed in yards to alert neighbors to be considerate

of veterans who may have difficulty with 4th of July explosions and flashes.

The Montana VA Health Care System offered some tips and resources for veterans with PTSD who are concerned about the effects of the Fourth of July:

- If fireworks impact you, reach out to your loved ones and support systems. Let them know that you will need them to check in and be there for you.
 - Veterans in crisis and those concerned about them can call the Veterans Crisis Line at 988 (press 1) to talk with qualified responders or visit veteranscrisisline.net.
 - Veterans experiencing PTSD can access a free app on their smartphones called PTSD Coach, which includes coping mechanisms for PTSD.
- ★ Earplugs, headphones and white noise machines can help block out the noise of fireworks. Consider heading out of town to quieter places or where fireworks are not allowed.

PROTECT YOURSELF FROM AI SENIOR SCAMS

The American Legion - via Crescendo
JUN 23, 2023



Artificial intelligence (AI) is advancing rapidly and will have dramatic effects on society. While AI has potential benefits in many areas, including health care and education, there are also potential drawbacks. Haywood Talcove, chief executive of a major cybersecurity organization, cautions seniors that new AI capabilities are being used for romance scams, ransom efforts, and IRS or government collection scams.

Talcove stated, "You have all of these people building this technology for good and they are working really, really hard. And you have another group working equally hard at applying their craft on the bad side." The bad actors use AI to enhance their scams and victimize seniors. Many scams have taken millions of dollars from seniors who did not protect themselves from romance scams, requests for ransom or false claims that they owe payments to the IRS.

Romance Scams The new AI capabilities enable a scammer to create a visual image that appears to be real. The scammer can also craft a voice designed to appeal to a specific victim. The lifelike image and voice will encourage the victim to go on video dates. After the visual image and false voice have built a relationship with the victim, there will be the inevitable request for money.

Ransom Attacks Many individuals have short videos with their voice on various social media outlets. A fraudster can use a short recording to build a realistic duplicate of that voice. The scammer may use the voice of a child, grandchild or other family member and

create a conversation using their voice. Most individuals cannot tell that this is not their actual relative. The voice will claim that the relative is in serious trouble and must receive immediate funds to be rescued.

IRS Collection Letters While many scammers have been using both letters and phone calls to impersonate the IRS and fraudulently collect funds, AI capabilities greatly enhance the power of the letters. Many current AI systems can generate very realistic letters. While previous scammer letters often had typographical or grammatical errors that allowed them to be easily identified, the AI-enhanced letters look very realistic. Talcove stated, "It is very, very hard to tell. It is going to take a while for people to become aware of "something like ChatGPT." He warns seniors not to send money to anyone you have not met in person.

It is important to understand the best ways to protect yourself. As Lori Mars, deputy director of the National Center on Elder Abuse, notes, "Older people are definitely targeted. The overall concept is that everyone is vulnerable. But with age can come mild cognitive impairment that is associated with poor financial decision making, as well as social isolation and loneliness."

While most financial abuse of elders is not reported, AARP estimates that individuals over 60 lose more than \$28 billion per year through elder exploitation. Approximately three-fourths of that loss is caused by an individual personally known to the senior, but the other types of scams may involve up to \$8 billion per year.

There are several practical tips for protecting yourself. If you receive a ransom phone call from someone claiming to be a relative, ask for specific identifying marks on their person or a special family password. Note that the IRS or other government agencies do not request payments through phone calls or email.

An excellent protection method is for a senior to have a trusted family member who will co-manage their accounts. If the senior is contacted by an individual requesting funds, they may then discuss the request with the family member. This is an excellent way to protect a senior person.

Finally, seniors are urged to have their Social Security or government checks directly deposited in bank accounts. They should not give any personal information over the phone to an unknown person. If a request for funds is made, ask the individual to send you a written request.

MILITARY TRIVIA

Q. What three very well known musicians were also in the Service?

*~ Submitted by Dwayne Hatfield,
Mars Hill Post 118*

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.



FED UP WITH HIGH MOBILE PHONE BILLS? TAKE A HARD LOOK AT WHAT YOU'RE PAYING FOR

As carrier costs rise 4% annually, Americans could see their yearly wireless bill reach \$2,100 within the next two years. But you may be paying for features you're not actually using.

Are you concerned about the monthly cost of your mobile plan? You're not alone: A recent report indicates that 86% of Americans are worried they're paying too much for their wireless plan—and they probably are.

[WhistleOut](#), which makes a phone-plan search tool, surveyed 1,000 American adults who pay a phone bill. The results provide some insights into phone-plan overspending and offers a possible solution: switching to a [mobile virtual network operator \(MVNO\)](#).

Most Americans pay an average of \$160 a month for their wireless plans, or about \$2,000 per year. And with prices rising by an average of 4% annually, Americans could be seeing costs reaching \$2,100 in less than two years, WhistleOut says.

Nearly two-thirds (56%) of respondents use one of the three major providers—[T-Mobile](#), [AT&T](#), or [Verizon](#). They often sell “unlimited data” plans to customers who primarily use their home Wi-Fi, so customers are paying an extra \$50 per month or \$600 per year for unused data. Only 13% use their plan's data at home, and 18% say they need to learn how to check their data usage.

When customers opt for an unlimited plan, they often perceive it as a beneficial arrangement. But according to [Statista](#), the price per gigabyte has fallen 40% to \$2.75 from \$4.64 in 2018. And as that cost decreases, carriers incur higher expenses per plan. To compensate for this, carriers present unlimited plans at elevated prices, capitalizing on the fact that most customers don't closely monitor their data consumption.

By Christopher Janaro
[PCMagazine](#)
June 19, 2023



Attention: Commanders, Post Adjutants & Americanism Officers

The 2024 Oratorical Assigned Topics have been posted on Mylegion.org. Scroll to the bottom of the home page under Oratorical look for the Assigned Topics. This will be great information to give out to the schools and any possible candidate. Be proactive with this information.

Maureen Malley
Oratorical Chair, 207-557-3109

Stay Connected with Your Fellow Legionnaires!



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



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

IMPORTANT INFORMATION ABOUT THE STATE DIRECTORY!

Due to illicit use by scammers, the State Directory will **not** be posted on the Department Website until further notice. Instead, the State Directory will go out bi-weekly in the Leadership Ledger. Please call HQ at 873-3229 if you have any questions.



Attention: District Commanders & Adjutants

District Meeting Calendar Form now available online!

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



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.

POST/DISTRICT FORMS

[CLICK HERE](#)

To see which forms your post still needs to submit.

QUICKLY & EASILY RENEW ONLINE TODAY!

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

www.legion.org/renew



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>

PAST COMMANDERS CLUB

Please note that the annual dues for Past Commanders Club are \$5.00 per member. See Page 7 for an application.

SONS OF THE AMERICAN LEGION



[Squadron Forms/Applications](#)

[Print a SAL Membership Application](#)

[Squadron Officers Form](#)

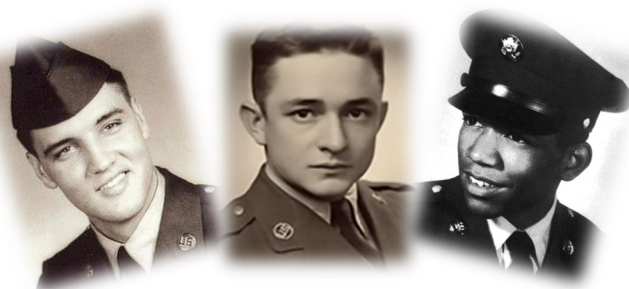
[Consolidated Squadron Report - fillable](#)

[Annual Squadron Data Report - fillable](#)

[Click here for the latest SAL Membership Report](#)

MILITARY TRIVIA

A. Jimi Hendrix (Army 1961-62), Johnny Cash (Air Force 1950-54), and the one nobody forgets, The King of Rock & Roll – (Army 1958-60)... (for the youngsters reading this...) Elvis Presley...of course!!





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 Post/District Officer Positions Available **on-line** at: MaineLegion.org

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

IMPORTANT DATES IN MILITARY HISTORY

July

- ★ [July 4, Independence Day](#)
- ★ [July 25, National Hire A Veteran Day](#)
- ★ [July 27, National Korean War Veterans Armistice Day](#)
- ★ [July 28, National Buffalo Soldiers Day](#)
- ★ [July 29, Army Chaplain Corps Anniversary](#)



*Leadership is a two-way street,
loyalty and loyalty down.
Respect for one's superiors;
care for one's crew."*

~ Rear Admiral Grace Hopper

*"It doesn't take a hero to order men into battle.
It takes a hero to be one of those men
who goes into battle."*

~ General Norman Schwarzkopf, U.S. Army

BE THE ONE



There's a NEW weblink for Maine Veterans Memorial Cemetery Association: <https://mevetscemetery.org/>



DONATIONS

THE AMERICAN LEGION DEPARTMENT OF MAINE

2023-24 Commanders Project – McKay Maine Veterans Cemetery

Debra Couture, Post 181..... \$500.00

General Fund

Harry & Anita Greene,
In Memory of Robert D. Hahn..... \$50.00
Nancy Perry, in Memory of
Robert D. Hahn..... \$25.00
Sharon Brown, in Memory of
Robert D. Hahn..... \$25.00
Elizabeth Woodward, in Memory of
Robert D. Hahn..... \$25.00
Gerald & Gayle Gifford, in Memory of
Robert D. Hahn..... \$25.00

THE AMERICAN LEGION

DEPARTMENT OF MAINE FOUNDATION

Janet Gibbons.....\$50.00

Thank you!!!

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

~ Winston Churchill.



**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

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____

- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____
- 19. _____
- 20. _____
- 21. _____
- 22. _____
- 23. _____
- 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)*****

POST-STIX.COM

American Legion Beef Stix!!!



“Great delivery!
Members are checking out the flavors and letting us know which ones they would like to have on hand. Most agree that the flavors are great and that there is something for everyone's taste buds.”

Find Us On
[FaceBook](#)

See who else is buying American Legion Branded Snack Stix from Post-Stix

American Legion Beef Stix!!!

We have 4 flavors of Stix each representing a different branch of the American Legion Family. We are currently retailed in over 300 locations in 40 states.

Great for bar sales or fundraising. **FREE** shipping on full case (100 sticks/\$100) orders, shipped to your Legion Post or home. Most posts sell them for \$1.50-\$2.00 each making them \$50-\$100 per case. Orders are placed online with a credit card.

Visit our [website](#) for more information. Also feel free to call or email us.

- Pete & Matt

Post-Stix
117 W Jackson St
Morton, IL 61550
sales@post-stix.com
www.post-stix.com



**The American Legion Auxiliary, Department of
Maine invites you to join us at the**

2022—2023 Homecoming for

Eastern Division National Vice President

Veronica Gurney

Join us on Saturday, July 15, 2023

Location: Fitzgerald-Cummings American Legion Post 2, 7 Legion Drive, Augusta, Maine

Time: 2 p.m. social with cash bar; 3 p.m. dinner, with program to follow. Entertainment will follow the program.

Menu: Appetizers

Entrees: Maine lobster (OR) Half barbeque chicken

Both entrees will be accompanied by fresh Maine clams, corn on the cob, potato salad, cole slaw, tossed salad and rolls. (Both meals are gluten free.) Dessert will be Maine blueberry or strawberry cobbler. A gluten free option will be offered of ice cream topped with berries.



Cost: \$45 per person

Mail reservations to: Joyce Thurlow, 1 Meadowrue Rd., Augusta, ME 04330 by **July 1, 2023**. Make Checks payable to American Legion Auxiliary Unit 2 and indicate your meal choice of lobster or chicken when making reservation. Also indicate if gluten free dessert is required.

Post 2 will also be open on Friday evening, July 14th, with entertainment as well.

Local Hotels:

Maine Evergreen Hotel, 65 Whitten Rd., Augusta, Maine (207) 622-3776

Senator Inn and Spa, 284 Western Ave., Augusta, Maine (207) 622-5804

Best Western Inn, 110 Community Dr., Augusta, Maine (207) 622-4751

Comfort Inn, 281 Civic Center Dr., Augusta, Maine (207) 261-5014



AMERICAN LEGION

2023

104th NATIONAL CONVENTION

CHARLOTTE, NC

AUGUST 25 – AUGUST 31, 2023

HOUSING: The Department of Maine's hotel will be **The Westin Charlotte**, 601 South College Street, Charlotte, NC 28202. The hotel room rate is \$159.00, plus a tax rate of 15.25% per room/night (subject to change) for one King bed or two Double beds; Additional Occupant in Room per Day – \$20.00 (Triple/Quad); Rollaway Rate per Day – \$15.00; Parking Rate per Day – \$20.00 Self / \$30.00 Valet.

104th National Convention Location: Charlotte, NC

Find it on the map by visiting <https://www.legion.org/convention/resources>

FLIGHTS: Everyone is responsible for their own flight reservations.

REGISTRATION: The Westin Charlotte – Harris Room

Friday, August 25 from 10 am -12 pm and 2 pm - 4 pm

DEPARTMENT CAUCUS INFORMATION: The Westin Charlotte – Harris Room

Saturday, August 26 from 1:30 pm - 3:00 pm

Sunday, August 27 from 11:00 am - 3:00 pm

NATIONAL CONVENTION SHIRTS: AUXILIARY

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

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

2023 National Convention Reservation/Registration/Banquet Form

Charlotte, NC – August 25 – August 31, 2023

The Westin Charlotte, 601 South College Street, Charlotte, NC 28202

The American Legion, Department of Maine

5 Verti Drive, Winslow, ME 04901-0727

I will arrive on _____ and depart on _____

I will require a room for _____ people – 1 King _____ or 2 Doubles _____ \$159.00 plus tax rate of 15.25% per room/night (subject to change); Additional Occupant in Room per Day – \$20.00 (Triple/Quad); Rollaway Rate per Day – \$15.00; Parking Rate per Day – \$20.00 Self / \$30.00 Valet

Names: _____

Phone: _____

Credit card Number for one night’s room deposit: _____

Type: _____ Exp. date: _____

Enclosed please find the following registration fee(s) payable to The American Legion:

American Legion Delegates, Alternates, or guests (\$35 each): \$_____

I would like to reserve _____ tickets to the National Commander’s Dinner at \$60 each,
Check enclosed in the amount of \$_____, made payable to **The American Legion,
Department of Maine.**

ALL INFORMATION & PAYMENTS MUST BE MADE BY THE JULY 21 DEADLINE.

Name

Address
