

THE LEADERSHIP LEDGER



Welcome to the 98th 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

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>



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.*

FALL CONFERENCE

Westbrook Community Center
426 Bridge St., Westbrook, ME 04092
September 23, 2023



Attn: Legion Members

The Department Executive Committee meeting will be held at the Westbrook Community Center on Saturday, Sept. 23 at approx. 3:00 pm

Auxiliary DEC will be held on Sunday as noted on the form (See page 9)

Fall Conference Agenda Coming Soon
Fall Conference Meal & Hotel Reservations

Hotel: Fireside Inn & Suites, 81 Riverside St., Portland (207-774-5601)

**The hotel is just off Westbrook Exit 48.
(The American Legion rate is \$175.00 per night).**

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.
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



ONE MISSION: BE THE ONE

SEP 06, 2023



Dear American Legion Family members and friends,

When contemplating my first message as national commander of The American Legion, there was consistently one topic I wanted to address: our [Be the One initiative](#).

Nothing is more important than our effort to reduce the number of veterans who die by suicide.

Seventeen, 22 or even more a day. Even one is one too many.

As I said in [my acceptance speech last week](#), "... with all this talk about numbers on this very subject, the only number I want us to push is 'one,' as in Be the One to save one, yes, one veteran, or even their spouse, from taking his or her own life."

The life of one veteran saved makes all the difference in the world.

That gets to the heart of the Be the One mission. While the initiative was only launched two years ago, it is already starting to make a difference. I can feel the momentum. It's an honor to be part of this organization-wide effort.

You, too, can help build on this momentum to raise awareness about the issue, guide resources to those in need and eliminate the stigma sometimes associated with mental health counseling — all of which will contribute to reducing the veteran suicide rate.

Here are some ways that you and/or your post can play a vital role:

- Host a fitness-related event to raise awareness about Be the One, as well as improving one's physical and mental wellbeing. Posts across the nation have hosted 5K walk-runs and other similar events, [including this one](#) from my home state of Wisconsin.
- Put together a symposium or resource fair where local service providers can share their resources with veterans in your community. Posts in Illinois, Massachusetts and elsewhere have put on events like these to bring together veterans and those who can assist them with resources.
- Be creative and spread the word about Be the One in your communities, especially on Be the One days – the first day of every month. And share how you are driving Be the One awareness by posting the story on our [Legiontown web page](#).

Above all else, talk about it. Learn what to do when a fellow veteran needs help. And — above all else — **Be the One...**"

~ National Commander, Daniel J. Seehafer

COMMANDER'S PROJECT 2023



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. In 1960, The American Legion learned of a plan for joint State-Federal cemeteries, by State Convention in 1962 (in Old Orchard Beach), a resolution was passed attested by Department Adjutant Nathaniel Cobb. The resolution was to establish a Legion committee at the Maine Veterans Cemetery in Augusta since the burial space at Togus was closed. The Committee was tasked with finding land, deciding on building designs, placing flag poles, deciding on marker types, and working on getting legislation passed to support this massive project.

Fast forward to 2023 - A chapel that had stood at the well-established cemetery 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.

Commander McKay states "This is a very much-needed building to provide a dignified space for our veterans, their spouses, and their families. The building renovations will allow protection from the elements year-round and ensure The American Legion, continuing with their Maine Veterans Memorial Cemetery history, remains a frontrunner in honoring all veterans who enter Post Everlasting".

If you would like to support Commander McKay's project in renovating this necessary building, 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

and click on the Donate button.



Make sure to type:

"Commander's Project"
in the Note section.

Thank you!

SHARE HOW YOU WILL COMMEMORATE 9/11

The American Legion
SEP 06, 2023



Sunday marks the 22nd anniversary of the Sept. 11, 2001, terrorist attacks. It's a time in history that The American Legion will never forget.

For two decades, American Legion posts have conducted ceremonies on 9/11 to ensure that their communities don't forget the lives lost that day or those lost while fighting the global war on terrorism prompted by the attack. The American Legion wants to hear how posts are remembering the 22nd anniversary of Sept. 11. Please email sbrooks@legion.org with details about your event, and then share your stories and photos on [Legiontown](#).

A few events already scheduled:

In New Jersey, Longport's annual 9/11 ceremony will be held 9 a.m. at Thomas B. Reed Park at the foot of the Longport bridge. Firefighters, police and members of American Legion Post 469 will place wreaths in memory of those lost in the 9/11 attacks, and those fighting the war on terror for many years after those attacks.

★ In Connecticut on Sept. 10, American Legion Post 48 will dedicate its memorial stone and plaque, Tribute to Freedom Monument, at the town marina at 11 a.m. The organization placed the monument last year to honor the personnel and everyday people who lost their lives on 9/11. The Freedom Monument pays tribute to the military, first responders, government employees, and ordinary citizens who, on 9/11 and thereafter, responded to the war on terror to ensure the preservation of our freedoms.

★ In Nebraska, A "Remember 9/11 Patriot's Walk" will take place Sept. 10, at 5 p.m. in Fuller Park, Albion. Sponsoring organizations are American Legion Post 162 and its entire American Legion Family, and VFW Post 736, their auxiliaries, Sons of The American Legion and the American Legion Riders. Everyone is encouraged to attend and honor the lives lost on 9/11.

In 2021, The American Legion Tango Alpha Lima podcast did a special series of 20 memorable, inspiring and captivating stories related to the 20th anniversary of the Sept. 11, 2001, terrorist attacks. [Listen to those stories here.](#)

*"If we learn nothing else from this tragedy,
we learn that life is short
and there is no time for hate."*

~ Sandy Dahl
Wife of Flight 95 Pilot Jason Dahl



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

Thomas College
180 West River Rd.
Waterville, Maine 04901

February 10, 2024, at 9:00 a.m.

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

(Snow Date: February 17, 2024)

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

[Department of Maine Oratorical Brochure](#)

[2024 Oratorical Rules Brochure](#)

[Oratorical Promotional Brochure - National](#)

VOLUNTEERS NEEDED!

Volunteers are needed to help with the program (judges, tabulators room monitors, etc.).

Those who are interested, please call Department Headquarters at 207-873-3229



MILITARY SEXUAL TRAUMA: TRIUMPH IN TRAGEDY

The American Legion [Tango Alpha Lima podcast](#) is publishing a special six-part series, Military Sexual Trauma: Triumph in Tragedy, starting Sept. 5.

National Guard veteran and American Legion member Ashley Gorbulja, an original Tango Alpha Lima co-host, returns for this special series that strives to raise awareness about MST, share stories of overcoming the trauma and pinpoint solutions for those seeking help. [CLICK HERE](#) to listen to the series.

MILITARY TRIVIA

Q. What specific thing actually triggered Congress & President Wilson to bring the US into the 1st World War?

~ 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.



SMARTWATCHES

Smartwatch technology might seem daunting—or even redundant to people who are already laden with smart devices—but these devices can be life-changing and potentially life-saving pieces of equipment.

Older adults in particular may benefit from a multitude of smartwatch features, such as access to medical alerts, fall detection, heart rate monitoring and a slew of other health and wellness metrics.

Why Wear a Smartwatch as a Senior?

Despite being a relatively new technology, smartwatches aren't particularly difficult to set up or integrate into your wellness routine. Think of it as one more high-tech bulwark in your line of healthy aging defense—all in a very convenient, comfortable package.

“Smartwatches empower seniors to have social connectivity with the world, safety and reassurance for their loved ones, and autonomy to remain independent—all right at their wrist,” says Ardeshir Hashimi, M.D., an Ohio-based geriatrician and Forbes Health Advisory Board member.

Depending on your budget, smartwatches offer similar levels of protection, power and potential as smartphones. It's an affordable way to increase your peace of mind, whether on the go or at home.

What to Consider When Buying a Smartwatch for a Senior

When purchasing a smartwatch for an older adult, it's important to look at their individual needs. How would they typically use the device? Are there any specific health metrics they're interested in monitoring, such as heart rate or blood oxygen levels? And if they plan to wear it mostly for safety, it's important to prioritize features like fall detection, GPS tracking and the ability to send medical alerts. Determining these factors can help you find the best option for your loved one.

Shopping for a smartwatch for an older adult: A User-Friendly Focus

When purchasing a new smartwatch, seek out options that are easy to set up and use—or devices that use the same operating system the person is already familiar with from their phone or tablet. For example, if someone is already familiar with Apple products or has used a Fitbit previously, that experience might enhance their ability to adapt to a device that operates with similar technology.

And if no one in your immediate circle is particularly tech savvy, don't fear—tech help for seniors is available from nonprofits like Cyber-Seniors and Generations on Line.

Communication Preferences

If keeping in touch with friends and family members is a priority, look for a device that can send and receive text messages and calls. Extra data storage, as well as phone syncing and texting capabilities are available with higher-priced smartwatch options

Health and Wellness Concerns

Most smartwatches, regardless of price, offer basic health monitoring features like step counters and sleep trackers. Meanwhile, higher-end products can monitor heart rhythms and keep tabs on blood oxygen levels, among other more advanced metrics.

Size, Weight, Wearability and Comfort

Some smartwatches emphasize sleek, lightweight designs, so be sure to verify the weight of your desired device before purchasing. Read consumer reviews as well to learn about any potential issues with a smartwatch's band or fit.

Safety Features

If safety is a concern, look for a device that offers fall detection, reliable connectivity (including well-supported apps that aren't prone to crashing) and emergency medical alerts.

Safety-minded shoppers may also want to ensure their smartwatch offers precise GPS tracking and seamless device syncing.

Final Thoughts

A smartwatch may not be right for everyone, but this increasingly ubiquitous wearable technology can enrich, enhance and possibly even save your life or the life of a loved one. Seniors, especially, can benefit from the safety and well-being features embedded in smartwatches.

But as with any device, it's all about finding something that offers the specific bells and whistles that meet your unique needs and preferences.

~ [Forbes Health](#)

Warrant Templates

All Post/District Officer Positions

Available **on-line** at: [MaineLegion.org](http://www.mainelegion.org)

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

PAST COMMANDERS CLUB

Please note that the annual dues for Past Commanders Club are \$5.00 per member. See Page 9 for an application.

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
to get the Password!!

IMPORTANT INFORMATION ABOUT THE STATE DIRECTORY!

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



BE THE ONE



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](#)

[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!](#)

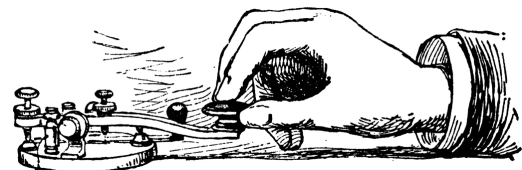


No Veteran should go through a crisis alone. Save the new Veterans Crisis Line number—Dial 988 then Press 1—in your phone in case you or a Veteran loved one needs support.

MILITARY TRIVIA

A. The "[Zimmerman telegram](#)", in which that German Foreign Minister sent a secret message to the German Ambassador in Mexico, suggesting to the Mexicans that if they declared war on the US, they could regain Arizona, New Mexico & Texas, lost during the [Mexican-American war](#) of 1846-48, back to their possession.

The British discovered the telegram, gave it to President Wilson who gave it to the press & the rest is [history](#).



DISTRICT MEETINGS

Be Connected • Be Heard • Be Informed

District 5 – Oxford: Sept. 19

Oxford Post 112, 7PM, Refreshments after

District 12 – Hancock: Sept. 12

Stonington Post 102, Dinner at 6PM, meeting at 7PM

District 13 – Penobscot: Sept. 10

Carmel Post 107, 1PM

District 14 – Piscataquis: Sept. 16

Guilford Post 119, 12 Noon Lunch
w/Business Meeting at 1PM

District 16 – S. Aroostock: Sept. 9

Mars Hill Post 118 – 12PM, Meal provided - \$10.00

Attention: District Commanders & Adjutants

District Meeting Calendar Form now available online!

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



EIGHT TIPS TO MEMBERSHIP RECRUITING, RETENTION SUCCESS

As a Legionnaire, how many of you see a veteran and ask them, “Are you a veteran?”



“First mistake,” said Terry Hanson from the Department of South Dakota during the National Membership Workshop recruitment and retention track last month. “Here is why I’m going to say that. Some National Guardsman don’t consider themselves a veteran. (Instead) ask them, ‘Did you serve in the military?’ If they say yes, ask what branch. I start building a report. Because he might be an Army like I was. Build the report. Talk to them. Ask them, ‘Do you know about The American Legion? We are the worlds largest veterans organization, and we are protecting your benefits.’ That’s what we’re here for; that’s what every one of us are here for to protect veterans serving veterans. That’s what it’s all about.”

National Recruiter of the Year for 2024 Patricia Liddell of Georgia shared that she is always looking for veteran license plates or people wearing a military hat or shirt. Then “I ask them, ‘Who is the veteran? Is it you, your wife, or both of you?’ I’m always wearing an American Legion shirt. They ask me to tell them about the emblem. Tell me about The American Legion. I’ll ask them, have you used the GI Bill? They’ll say, ‘Of course I used the GI Bill.’ You wouldn’t have the GI Bill without The American Legion. Then they’ll say, ‘Tell me how to join.’”

Other membership recruitment and retention best practices that were shared by Hanson and Laurie Bowman from the Department of Indiana include:

- Know what you’re going to share with a potential new member about why they should join before you approach them.
- Know The American Legion programs – they drive membership.
- Give post leadership names to the new member that you sign up.
- Take your recruit to their first post meeting.
- Sit down with new post members to [take the online Basic Training course](#).
- Go where younger veterans are – at youth sporting events. Ask the athletic directors if you can set up a membership table.
- Give special incentives for recruiting. In South Dakota, every time a Sons member recruits a Legion member they received a special Legion shirt. “The first day of our state convention, all SAL members who recruited a Legionnaire came to the general session wearing these green shirts. We had a sea of green; it was awesome to see,” Hanson said.
- Conduct a new member initiation ceremony [found in the Officer’s Guide and Manual of Ceremonies book](#).

The 2023 National Membership Workshop Power-Points for this membership and recruiting track, along with the others, [are available online](#).

~ The American Legion, AUG 15, 2023

DONATIONS

THE AMERICAN LEGION DEPARTMENT OF MAINE

Sisters to Arms (Formerly Betsy Ann Ross House)

ALR Winthrop Chapter 40.....	\$1000.00
ALR Oakland Chapter 51.....	\$500.00
ALR Sabattus Chapter 135.....	\$250.00
ALR Madawaska Chapter 147.....	\$60.00

Homeless Veterans

ALR Oakland Chapter 51.....	\$500.00
ALR Dover-Foxcroft Chapter 29.....	\$200.00

Legacy Fund

ALR Winthrop Chapter 40.....	\$500.00
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Flag Fund

ALR Newport Chapter 105.....	\$100.00
ALR Sabattus Chapter 158.....	\$100.00

Thank you!!!

American Legion Family Fall Conference

Saturday, September 23th

All meetings will be at Westbrook Community Center (WCC)

Luncheon at WCC- \$10.00 per person

Corn Chowder
Assorted Sandwiches and Wraps to include: Turkey Club, Chicken Caesar, Chicken Salad, Egg Salad, Tuna Salad
**sandwiches can be made gluten-free*

Homemade Potato Chips
Assorted Cookies to include: Snickerdoodle, Chocolate chip and Oatmeal Cream Pie
**gluten-free chocolate tart*

Reception and Dinner at Post 197- \$25.00 per person

Cocktail Reception prior to dinner:
White Cheese Fountain *GF with assorted Veggies, Bread and Pretzels
Antipasto Skewers
Shrimp Cocktail *GF

Plated Dinner (Choice*):
Tossed Salad, Rolls & Butter
*Cheese Stuffed Glazed Meatloaf *GF
*Bacon Wrapped Stuffed Pork Tenderloin
Garlic Mashed Potatoes and Vegetable
*Creamy Broccoli Alfredo Pasta *GF with Garlic Bread

Dessert will include a Chocolate Fountain *GF with Assorted Fruit and Treats: Pumpkin Whoopie Pies and Apple Pie Cheesecake

Sunday, September 24th

All DEC meetings will be at Westbrook Community Center (WCC)

More exciting information, agenda, and times will be provided soon via facebook and chatter - stay tuned!

Lodging

Fireside Inn and Suites

81 Riverside Street
Portland, Maine
207.774.5601

American Legion Family Rate - \$175.00 per night, plus 9% lodging tax



To book online!



Mail In and Submit Payment
by **September 15th**



Name: _____

Post/ Unit _____

Lunch Yes No # of People _____

Dinner Yes No # of People _____

Do you need a Gluten-Free option? Yes # of people _____

Dinner: Circle Choice

Meatloaf Pork Tenderloin
Broccoli Alfredo Pasta

*Lunch - \$10.00 per person
Dinner- \$25.00 per person*

_____ Amount Enclosed
Make checks payable to ALA Unit 197

Mail to: ALA Unit 197 Attn: Cathy Clements - 300 Conant Street, Westbrook ME 04092
Questions? Email Cathy Clements at caticlem02@icloud.com

HOMELESS VETERANS' MOBILE STAND DOWNS



SEPT. 6

10 A.M. - 2 P.M.

**FEDCAP-VETERANS FORWARD
242 STATE STREET, BREWER, MAINE**

SEPT. 13

10 A.M. - 2 P.M.

**FEDCAP-VETERANS FORWARD
25 SWEEDEN STREET, CARIBOU, MAINE**

SEPT. 20

10 A.M. - 2 P.M.

**VETERANS MEMORIAL PARK
2-20 MAIN STREET, LEWISTON, MAINE**

OCT. 4

10 A.M. - 2 P.M.

**HANNAFORD
295 FOREST AVENUE, PORTLAND, MAINE**

OCT. 18

10 A.M. - 2 P.M.

**MAINE BUREAU OF VETERANS' SERVICES / VET CENTER
634 MAIN STREET, SPRINGVALE, MAINE**

OCT. 25

10 A.M. - 2 P.M.

**TOGUS
1 VA CENTER, AUGUSTA, MAINE**

Events Sponsored by: VA Maine Healthcare System, VA Maine Homeless Veterans Program, Veterans Benefits Administration, Vet Center, Maine Bureau of Veterans' Services, FedCap-Veterans Forward, VFW, Operation Brotherhood, Elks Lodge, Maine Veterans in Need, Maine DOL CareerCenters, Wabanaki Public Health & Wellness, Volunteers of America Northern New England, Preble Street, and V.E.T.S. Trailers.



**VETERANS
FORWARD**





**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.

PLEASE PRINT OR TYPE

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Post Adjutant

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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 *****

HOMECOMING CELEBRATION TRENTON ACADIANS

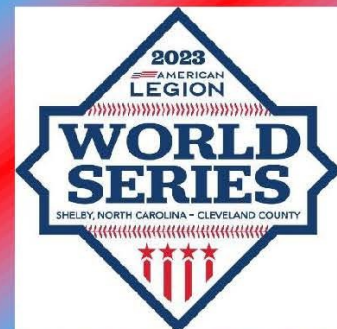
**Come celebrate the accomplishments of Maine
Legion Baseball's Regional Champs
and World Series team!!!**

When: Saturday, September 9th, Noon-2 pm

**Where: 419 Main Street, Ellsworth, ME (VFW Post
109/American Legion Post 63)**

**Meal: \$10 per person Spaghetti Feed (athletes and
coaches eat FREE)**

**Agenda: Guest speakers from the ME Baseball
Committee, American Legion Dignitaries, Team
Coaches, and an awards ceremony.**



FMI: email: jason@mainelegion.org or call: 207-522-5471

