

# THE LEADERSHIP LEDGER



Welcome to the 76<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 Department HQ via email at: [legionme@mainelegion.org](mailto:legionme@mainelegion.org).



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!***

Volunteers are needed to help with the program (judges, tabulators room monitors, etc.). Those who are interested are to please call Department Headquarters at 207-873-3229.

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

[Department of Maine Oratorical Brochure](#)

[2023 Oratorical Rules Brochure](#)

[Oratorical Promotional Brochure - National](#)

## NATIONAL COMMANDER'S VISIT TO MAINE

**Vincent J. "Jim" Troiola** will visit the Department of Maine October 19 - 23, 2022.



Click below for:

[National Commander Troiola's Tentative Itinerary](#)

To learn more about Vincent J. "Jim" Troiola, [click here](#) or visit [www.legion.org](http://www.legion.org).

## 9<sup>TH</sup> ANNUAL WOMEN VETERAN'S LUNCHEON

Rumford Post 24  
184 Congress St. Rumford, Maine  
November 19, 2022

For more information click on the link above  
or go to **Page 6**

## **EMAIL SCAM** !!!

### ATTENTION LEGION MEMBERS

If you received an e-mail from State Commander Kirk Thurston with the following e-mail address:

**Kirk Thurston** <[americanlegion4110@gmail.com](mailto:americanlegion4110@gmail.com)>

Please disregard and delete.

***This is a scam!***

***Repeat: THIS IS A SCAM!!!***

## HANNAFORD SUPERMARKETS

On Veterans Day, November 11, 2022, Hannaford Supermarkets will once again offer all veterans, active military, reserve, and service members a 10% discount on all purchases. There is no special code or coupon necessary to take advantage of the discount; all you need to do is identify as a veteran or military member at checkout and the discount will be applied.



## FROM THE NATIONAL COMMANDER



Dear American Legion Family Members and Friends,

The success of American Legion programs is directly related to those who orchestrate them on the grass-roots level. Programs such as American Legion Baseball, American Legion Riders and many others were conceived at the local level, grew in popularity and have generated significant impact on the lives of veterans, their families, children and youth, and others throughout our great nation.

The American Legion's [Be the One campaign](#) has the potential to not only change lives, but save lives. And the initiative will be successful through efforts from local posts, districts or counties, and departments with support from national.

Already, we are seeing successes at the post level. Events are being planned. Conversations are being started. Lives are being saved.

But there is so much more we can do. Thanks to the National Executive Committee, several resolutions approved during last week's Fall Meetings in Indianapolis create opportunities for doing more. These resolutions call for support for Be the One activities and research into veteran suicide prevention. Among them:

• **Resolution No. 7: American Legion Family Day.** This resolution creates a special day for all posts to honor community members who performed good deeds. On the last day in April each year, this event will be a wonderful opportunity to honor those who demonstrated how to "Be the One."

• **Resolution No. 14: Access to Care.** It calls on VA to improve the timeliness of primary care and mental health appointments for veterans. Some veterans wait months for appointments, which increases the risk of suicide, according to the U.S. Surgeon General and National Action Alliance for Suicide Prevention.

• **Resolution No. 16: Furthering Research Pertaining to PTSD, TBI and CTE (Chronic Traumatic Encephalopathy).** The resolution encourages veterans to continue their legacy of service to others and consider becoming a brain and/or body donor. Researchers would then be able to better study the effects of head trauma so doctors, combat medics, surgeons and others can better manage patients with PTSD and TBI, and therefore reduce the number of veteran suicides. (A recent episode of the Tango Alpha Lima podcast highlighted the work being done by the Concussion Legacy Foundation. [Listen to the episode here.](#))

• **Resolution No. 18: Mental Health Programs for Justice-Involved Veterans.** The American Legion is calling on Congress to pass legislation for establishing and funding evidence-supported programs and initiatives directed at providing mental health services to justice-involved veterans. Over half of justice-involved veterans have a confirmed mental health diagnosis such as PTSD, all of which require regular mental health support and treatment.

The **Be the One** initiative is in its infancy. Its success will depend on our combined efforts as the nation's largest and most influential veterans service organization. It's an honor to be part of this mission, and I thank you for your support and contributions toward saving the lives of our brothers and sisters in uniform.

National Commander

Vincent J. "Jim" Troiola



### Kirk Thurston Department of Maine Commander's Project Operation Reboot Outdoors



#### Support the American Legion Commander's Project!

Please send and make all donations payable to:

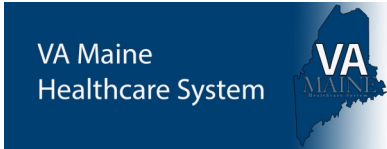
American Legion Dept of Maine

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!



## NO-COST VA FLU SHOTS FOR ELIGIBLE VETERANS

*It's time to get a flu shot!*

Getting a flu shot protects you, your family and your community. If available, you can also safely receive your COVID Booster at the same time you get a flu shot – one visit, two vaccines. (For VA Maine locations, see table below.)

### Flu Shots at VA Maine Locations

#### Drive-up Vaccine Events (preferred)

- At an existing face-to-face appointment beginning the week of 9/26/2022.
- By appointment only, starting the week of 10/17/2022 for a COVID or Flu vaccine, please call 207-623-8411 x-7490 to schedule.

### Get a No-Cost Flu Shot at a Community Provider in VA's Network

Eligible Veterans can choose from one of nearly 70,000 in-network retail pharmacies and urgent care/walk-in locations to get their flu shot from **Sept. 1, 2022, through April 30, 2023.**

#### How do I know if I am eligible?

- Call 800-MyVA411 (800-698-2411)  
Select option 1 (urgent care information)  
Select option 3 (urgent care information)

Or call your local [VA facility](#)

- Your state may have age & health-related restrictions.



***NOTE: Family members and beneficiaries are not eligible.***

#### Where can I get a no-cost flu shot?

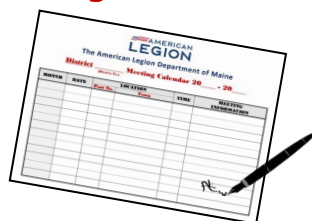
To locate a VA medical facility, in-network urgent care or retail pharmacy near you, use the [VA Locator](#).

For assistance with in-network community flu shots, call 877-881-7618 or your local [VA medical facility](#).

## Attention: District Commanders & Adjutants

District Meeting Calendar Form now available online!

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



## 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.

## 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>.

## HOW WILL YOU OBSERVE VETERANS DAY?



The American Legion, OCT 18, 2022

With Veterans Day less than one month away, many American Legion posts are well into planning for various ceremonies and events. Once again, The American Legion National Media & Communication Division is looking for potential coverage opportunities.

If your post, district or department is hosting, sponsoring or participating in a Veterans Day event, please share it with us. Email [sbrooks@legion.org](mailto:sbrooks@legion.org) with details that include the time, date, location and what the event will entail. We'll be looking for events to cover in person; other events may be featured in an advance Veterans Day story and follow-up after the events have concluded.

Posts, districts and departments also are encouraged to share stories and photos of their Veterans Day events on [Legiontown](#). And remember that if you are conducting an event and in need of a speech, a guideline speech for Veterans Day will be available by Oct. 21 at [legion.org/publications](http://legion.org/publications) under Media & Communications for posts, districts and departments to use.

## MILITARY TRIVIA

Q: When & why was USAA founded?

~ 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.



### How to Clean Your Cell Phone the Right Way

We all rely heavily on our cell phones and need them to work efficiently every day. For most of us, the first thing we think about when someone asks, "have you ever cleaned up your cell phone" is how to remove junk files and the hundreds of bad photos to gain some storage space.

But the first thing that should come to mind about cleaning a cell phone is removing the [microbes and bacteria](#) that are covering your phone every day. Each time you touch your phone, you transfer bacteria to and from your hands, face, and every surface that the cell phone has touched. Ever drop your cell phone in a public restroom? Yuck. While there are some ultraviolet light sanitizing devices available to buy, you can clean your phone with supplies you have on hand.

### WARNING

Never use the following items to clean a cell phone:

- Window or household cleaners
- Compressed air
- Aerosol spray cleaners
- Harsh Solvents (acetone, benzene, toluene)
- [Bleach](#)
- Ammonia
- Abrasive powders
- [Hydrogen peroxide](#)

It is essential to avoid excess moisture when cleaning, which can damage interior electronics. Most cell phone screens, especially smartphones' glass surfaces, have an [oleophobic coating that repels oils from hands and fingers](#). The coating's effectiveness will lessen over time but using anything abrasive on the glass will hasten the loss and scratch the surface permanent.

Cell phones should be taken out of their case and cleaned at least twice a week and even daily if used constantly. The cell phone case and accessories, including earbuds and headphones, should be cleaned as frequently too. According to a recent survey, the average American checks their phone a whopping 344 times a day, which amounts to once every 4 minutes! We have become so addicted to these mobile devices that they are in our hands constantly. So it is imperative that we not forget to take the time to clean these items that have become so essential to us and spend so much time in our hands.

~ By [MARY MARLOWE LEVERETTE](#)

## DISTRICT MEETINGS

*Be Connected • Be Heard • Be Informed*

**District 5 – Oxford:** Oct. 20  
Post 58, 7PM, Pumpkin Pie after.

**District 8 – Sagadahoc:** Oct. 23  
Bath Post 21, 1:00PM  
**(Rescheduled from Oct. 16)**

**District 3 – Androscoggin:** Nov. 15  
Turner Post 111, 2PM

**District 5 – Oxford:** Nov. 17  
Bethel Post 81, 7PM, Refreshments after.

**District 9 – Kennebec:** Nov. 11  
Waterville Post 5, 7PM

**District 10 – Somerset:** Nov. 9  
Madison Post 39, 6:30PM

**District 12 – Hancock:** Nov. 8  
SW Harbor Post 69  
Dinner at 6:30PM, Meeting at 7:30PM

**District 13 – Penobscot:** Nov. 6  
Bangor Post 12, Bangor Armory, 2PM

**District 14 – Piscataquis:** Nov. 19  
Monson Post 116, 12 noon lunch w/Mtg at 1PM

**District 16 – So. Aroostook:** Nov. 13  
Mars Hill Post 118, 1PM (Special Meeting)

**District 17 – No. Aroostook:** Nov. 6  
Fort Kent Post 133, 12pm Meal

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

*Stay Connected with  
Your Fellow Legionnaires!*

## ANNUAL REPORTS

👉 FROM THE FOLLOWING POSTS 👈

**NEEDED IMMEDIATELY**

**Annual Post Data Reports:** 27, 31, 51, 61, 66, 105, 111, 121, 126, 130, 157, 161, 164, 173, 187, 195, 201, 204, 208

**Notif. of Post/Squadron Cmdrs. & Adj. Reports:** 15, 27, 29, 31, 51, 63, 66, 82, 87, 110, 111, 121, 126, 130, 157, 161, 164, 173, 180, 183, 187, 195, 201, 202, 204, 208

**District & Post Officers Reports:** 8, 12, 27, 29, 51, 55, 66, 87, 121, 126, 130, 161, 164, 173, 183, 187, 188, 195, 201, 202, 204, 208 • Districts: 4, 10, 11

## MILITARY TRIVIA



**A:** USAA (United Services Automobile Association) was founded in 1922 in San Antonio, TX by a group of 25 U.S. Army officers, as a mechanism for mutual self assurance, when they were unable to secure auto insurance because of the perception that they, as military officers, were a high-risk group.

**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](http://www.mainelegion.org/media/misc/Job_Description)

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

**Print 2023 Membership Cards  
in MyLegion**

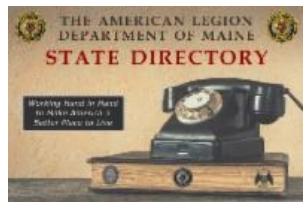
American Legion post and squadron group  
leadership can print a current membership card  
for Legion and Sons of The American Legion members.

**To start:**

1. Go to your My Account page in [www.mylegion.org](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.



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



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

*Stay Connected with  
Your Fellow Legionnaires!*

**Warrant Templates - All Positions**

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

or go to:

<http://www.mainelegion.org/pages/formsapplications.php>



*The August Edition of  
The Maine Legionnaire is Now Available!*

[Click Here for the Digital Version](#)

[Click Here for a PDF Version](#)

Or visit [www.mainelegion.org](http://www.mainelegion.org)

**Important Dates in  
Military History**

**November**

- ◆ [11/10 US Marine Corps Established](#)
- ◆ [11/11 Veteran's Day/WWI Armistice Signed \(1918\)](#)
- ◆ [11/23 USCG Women Reserve \(SPAR's\) Established \(1942\)](#)
- ◆ [11/21 Grenada Campaign Ended \(1983\)](#)



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.

**PAST COMMANDERS CLUB**

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



**American Legion Flag & Emblem**

5745 Lee Rd.

Indianapolis, IN 46216

(888) 453-4466

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



[See Page 7 for Big Credit Winners!](#)

**DONATIONS**

**THE AMERICAN LEGION  
DEPARTMENT OF MAINE**

**2022 Commanders Project – Thurston  
“Operation Reboot Outdoors”**

District 15.....	\$200.00
Pembroke Post 59.....	\$100.00
Unity Post 50.....	\$100.00
PDC Ron Sailor, Post 84.....	\$100.00



American Legion Post 24 and the  
American Legion Dept. of Maine,  
Women Veteran's Advisory Committee to  
Honor Women Veterans at the

9th Annual Women Veteran's Luncheon  
184 Congress St. Rumford Maine.

Saturday, November 19th, 2022

Schedule of events: 9:30 to 12:30  
Refreshments and a variety of activities while  
visiting with other women who have served.

Lunch 12:30pm

Guest Speakers will speak following lunch.

Please share with all women veterans.  
R.S.V.P. by November 17th. For more information  
contact Tricia Thurston 357-3289.

You do NOT need to be an Legion member to attend

Free Giveaways!!

The event is planned for all Women Veterans  
and is at no charge to them.



## RECOGNIZE YOUR POST'S FLAG CUSTOMERS & SPONSORS, ESPECIALLY YOUR LOCAL BUSINESSES

### Consider these ideas:

Download the free Citation of Appreciation from our web site:

- [Fillable PDF](#)
- [Microsoft Word document](#)

List your sponsors in your Post newsletter and encourage your members to thank them.

### Success Stories!



### Congratulations!

*The following Posts have earned big credit in 2022 to spend at Emblem Sales in 2023:*

#### Over \$2,000 earned

1. Libertyville, IA Post 494

#### Over \$800 earned

2. Mason, MI Post 148

#### Over \$700 earned

3. Enfield, CT Post 154

#### Over \$600 earned

4. Harrisville, RI Post 88

5. Watford City, ND Post 29

#### Over \$500 earned

6. Springfield, MI Post 298

7. Lake Kiowa, TX Post 265

8. Bay City, MI Post 18

9. Newburgh, IN Post 44

#### Over \$400 earned

10. Lily Dale, NY Post 1280

11. Newton, IA Post 111

12. Horseheads, NY Post 442

#### Over \$300 earned

13. Hudson, MI Post 180

14. Oelwein, IA Post 9

15. Jonesville, MI Post 195

16. Jefferson, IA Post 11

17. Mitchell, IN Post 250

18. Siloam Springs, AR Post 29

19. Tehachapi, CA Post 221

20. Glen Head, NY Post 962

#### Over \$200 earned

21. Watertown, SD Post 17

22. Columbus, MS Post 69

23. Lawrenceburg, IN Post 239

24. Easley, SC Post 52

25. Bogalusa, LA Post 24

26. Milledgeville, IL Post 553

27. Warsaw, NY Post 532

28. Dunkirk, NY Post 62

29. Honeoye, NY Post 1278

30. Scottsburg, IN Post 234

31. Newfane, NY Post 873

32. Swisher, IA Post 671

33. Oyster Bay, NY Post 4

34. Little Falls, MN Post 46

35. Farwell, MI Post 558

36. Sevier, UT Post 37

37. Brownsburg, IN Post 331

38. Putnam, CT Post 13

#### Over \$150 earned

39. Lake Linden, MI Post 90

40. Carroll, IA Post 7

41. Columbus Jct, IA Post 100

42. Napoleon, ND Post 72

43. Stockton, IL Post 449

44. St. Clairsville, OH Post 159

45. Carthage, NY Post 789

46. Basom, NY Post 626

47. Boiling Springs, SC Post 200

48. Ste. Genevieve, MO Post 150

49. Hingham, MA Post 120

50. Hominy, OK Post 142

51. Middlebury, VT Post 27

52. Albany, OR Post 10

53. Bryan, OH Post 284

54. Auburn, NY Post 1324

55. Logansport, IN Post 60

56. Baraga, MI Post 444

57. Wisconsin Dells, WI Post 187

58. Watertown, WI Post 189

59. Goose Creek, SC Post 166

60. Sullivan, IN Post 139

61. Roscommon, MI Post 96

62. Cicero, NY Post 787

63. Oneida, NY Post 169

64. Sebastian, FL Post 189

65. Taylorsville, NC Post 170

66. Peterborough, NH Post 5

**Remember: Your Post  
earns 10¢ for each \$1  
spent on American flags  
by your Post or sponsors!**





**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**