



The American Legion, Department of Maine  
5 Verti Drive, Winslow, Maine 04901-0727

[www.mainelegion.org](http://www.mainelegion.org) | [legionme@mainelegion.org](mailto:legionme@mainelegion.org) | 207-873-3229

Facebook: [www.facebook.com/maineamericanlegion](https://www.facebook.com/maineamericanlegion)

Volume 3 Issue 19

October 6, 2022

# THE LEADERSHIP LEDGER



Welcome to the 75<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](#)

Vincent J. "Jim" Troiola was elected National Commander of The American Legion on Sept. 1, 2022, during the organization's 103rd National Convention in Milwaukee, MN. His theme as national commander is **"V.E.T.S., Veterans, Education, Teamwork and Sponsor."** To learn more about Vincent J. "Jim" Troiola, [click here](#) or visit [www.legion.org](http://www.legion.org).

[About National Commander Troiola Pin Incentive Program and Form](#)

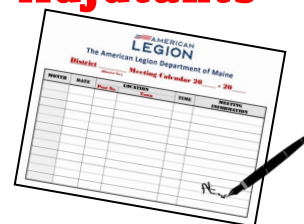
[About National Commander Troiola Honor Ribbon Program and Form](#)

[About National Commander Troiola's 103 Percent Membership Pin Incentive Program and Form](#)

## **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



## **PLEASE NOTE!! HOLIDAY CLOSING**

HQ Will Be Closed on Monday, October 10th, in observance of Columbus/Indigenous Peoples Day

***Please plan accordingly!***

**Tell Your Senators to Pass  
the STRONG Veterans Act**

The STRONG Veterans Act (Support The Resiliency of Our Nation's Great Veterans Act) calls on the Department of Veterans Affairs (VA) to designate a “National Buddy Check Week.” It is modeled after The American Legion’s successful Buddy Check program, which nearly 4,000 local posts a year have used to help veterans in need since 2019. It also includes dozens of provisions that come from standalone pieces of legislation The American Legion supports.

A Buddy Check Week designation is vital because it will be a concentrated effort, with the support of VA, to improve mental health outreach. That, of course, also ties in to the Legion’s “Be the One” campaign to reduce the rate of veteran suicide.

The legislation promises to bring additional improvements to the mental health care of our nation’s veterans. Those include:

- Funding research on veterans mental health & treatment.
- Making the Peer Specialist Support program permanent.
- Increasing full-time staffing at VA Vet Centers and expanding eligibility for treatment.
- Expanding existing scholarship and loan programs for students and mental health providers.

In June, the U.S. House of Representatives approved the measure in a bipartisan voice vote. It now awaits action in the Senate. With only a few months left in the 117th session of Congress, we cannot afford to let this opportunity to improve mental health care for veterans lapse. You can help prevent this from happening by urging your Senators to support H.R.6411 - the STRONG Veterans Act. It takes just a few moments by [visiting this link](#).

The American Legion proudly supports this legislation, and asks that you call on your Senators to pass H.R. 6411 today!

<https://www.collins.senate.gov/newsroom/bipartisan-bill-cutting-administrative-red-tape-for-veterans-at-colleges-and-universities-signed-into-law>

**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.

**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!

**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>.



# 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)

DRIVE-THRU FLU CLINICS		
LOCATION	DATES	HOURS
CARIBOU	Sept. 30th	1000-1400
TOGUS	October 1st & 15th	0730-1430
PORTLAND		0900-1300
LEWISTON		0900-1300
BANGOR		0900-1300
CALAIS		0800-1200
RUMFORD	Oct. 14th	1000-1400
<small>Note: Lincoln Clinic will post clinic dates/times.            COVID Bivalent Booster will be offered at            Togus - Bangor - Lewiston - Portland            Drive-Thru Clinics</small>		

- 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.

### Flu Shots in Your Community:

**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.**

#### Who can get a flu shot at a community provider?

**You are eligible to receive a flu shot at in-network retail pharmacy/urgent care if:**

- You are enrolled in the VA health care system, AND,
- You received care from a VA provider or an in-network community care provider within the past 24 months

#### 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)  
 Select option 1 (check urgent care eligibility)

The system will verify your eligibility for the community urgent care benefit, which includes the flu vaccination.

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](#), here's how:

- Enter the city, state or postal ZIP code for your location.
- Choose a Facility Type from the drop down:
- Select VA health for VA medical center locations
- Select Urgent Care, for "All in-network urgent care"
- Select Community pharmacies (in VA's network)
- Click search
- Choose a provider

### What Should I Know Before I Go?

#### Before you go:

- Call ahead to ensure the vaccine type you are seeking is available.

#### When you arrive:

- Tell the provider you are a Veteran enrolled in VA health care.
- Tell them you would like to receive the flu shot paid for by VA.
- Show your government-issued ID and the billing information flyer located above. (Print, take a screenshot or pull up this page at time of vaccine.)
- NO cost to you if your visit is **only** for a flu shot.
- You should not pay a copay if you **only** get a flu shot.

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

### Who updates my medical records?

The community provider will send your flu shot vaccination documentation to VA or you can also request a copy of your flu shot documentation and provide it to your VA provider. (Please know a processing delay will occur in updating medical records.)

#### Related links

- Flu shot page: [prevention.va.gov/flu](http://prevention.va.gov/flu)
- [cdc.gov/flu](http://cdc.gov/flu)
- [Video, 60 seconds - People depend on me](#)
- [Video, 60 seconds - To protect and serve](#)



## 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.

## MILITARY TRIVIA

**Q:** Why does a "[Lieutenant-General](#)" outrank a "[Major-General](#)"?

~ 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.



### ICE Contacts In Case of Emergency



An ICE or 'In Case of Emergency' contact is a number or group of numbers that you designate in your phone to be called should you be in a crisis.

They are often called the Emergency Contacts. The valuable thing is that once an emergency contact is set, even if your phone is locked, you can simply select 'emergency call' to be able to see and call ICE numbers.

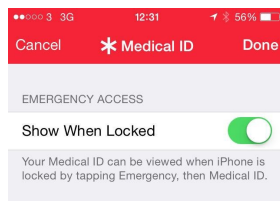
The Process of setting up your ICE contacts will depend on the type of phone you use. This article will concentrate on using an iOS device.

### How to Set Up Medical ID in the Health App on Your iPhone

To make your important health information accessible in case of emergency (ICE) you should set up your medical ID in the Health app. To do this, tap **Emergency SOS** in your settings then open **Set up Emergency Contacts in Health**. In 'Health' tap **Medical ID > Edit**

Now you can enter your emergency contacts and health information.

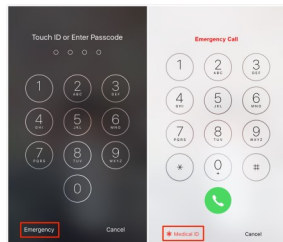
Turn on **Show When Locked** to make your Medical ID available from the Locked screen. In emergency this gives people your important information and the emergency contacts that you have entered. When you're finished tap **Done**.



### How to Access Emergency ID or Make an Emergency Call:

To view the Medical ID, open the Health app and tap Medical ID. If the iPhone is locked, follow these steps:

- Press the **Home** button.
- Tap **Emergency**.



On the Emergency call screen, you can make a call or tap Medical ID to see ICE Contacts and any medical information stored on the device.

**This accessibility is very important for emergency situations especially when your iPhone is locked.**

[https://medium.com/@n.craig\\_62483/how-to-set-up-ice-on-your-iphone-cbf6ca250ff0](https://medium.com/@n.craig_62483/how-to-set-up-ice-on-your-iphone-cbf6ca250ff0)

## DISTRICT MEETINGS

*Be Connected • Be Heard • Be Informed*

**District 3 – Androscoggin:** Oct. 11  
Auburn Post 31, 2PM

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

**District 8 – Sagadahoc:** Oct. 16  
Bath Post 21, 1:00PM

**District 9 – Kennebec:** Oct. 12  
Winthrop Post 40, 7PM

**District 12 – Hancock:** Oct. 11  
Bar Harbor Post 25  
Dinner at 6:30PM, Meeting at 7:30PM

**District 14 – Piscataquis:** Oct. 15  
Milo Post 41, 12 Noon Lunch  
w/Business Meeting at 1PM

**District 15 – Washington:** Oct. 9  
Pembroke Post 59, 2PM

**District 17 – No. Aroostook:** Oct. 9  
Eagle Lake Post 176, 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, 119, 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:** At one time, (in the 14th Century) the highest ranking military commanders were known as "Captain-Generals", with the next lower rank known as a "Sergeant-Major-General". In the 18th Century, the "Captain" was dropped, then the "sergeant" from the rank designations resulting in our present day "General" classifications.



**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**

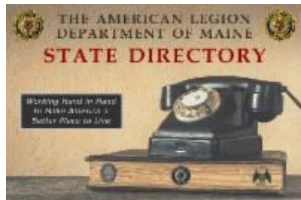
American Legion post and squadron group  
leadership can print a current membership card  
for Legion and Sons of The American Legion members.

**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)

**Congratulations!**



**Fall Sweepstakes Raffle Winners**

Drawn Oct. 1st at Millinocket Elks Lodge!

**Grand Prize - \$1,500**

Raymond E. Vance  
Westbrook Post 197

**2nd Place - \$500**

Morris E. Wright  
Windham Post 138

**3rd Place - \$300**

Mary L. Lee  
Williamsburg TWP

**4th Place - \$200**

Chet Abbott  
Rumford Post 24



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 6 for an application.

**DONATIONS**

**THE AMERICAN LEGION  
DEPARTMENT OF MAINE**

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

Sons of the American Legion, Post 42....	\$1100.00
Sons of the American Legion.....	\$1000.00
American Legion Auxiliary.....	\$500.00
Tenants Harbor Post 34.....	\$100.00
Phippsburg Post 216.....	\$50.00

**Oratorical Fund**

Phippsburg Post 216.....	\$50.00
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**Camp Sunshine Fund**

Phippsburg Post 216.....	\$50.00
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**General Fund**

Millinocket Post 80.....	\$500.00
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*Thank you!*



**DEPARTMENT OF MAINE  
THE AMERICAN LEGION**

**PAST COMMANDERS CLUB**

It is with great pride and pleasure that we the membership of Post # \_\_\_\_\_ submit the names of all our living Past Commanders for membership to the Past Commanders Club. Along with the names, we have enclosed the annual dues of \$5.00 per member with the understanding that this will continue to provide two (2) \$500.00 scholarships. The recipient must be the son/daughter, grandson/granddaughter of a member of The American Legion.

Membership in the Past Commanders Club goes from January 1 to December 31 of each year.

\_\_\_\_\_  
Post Adjutant

**PLEASE PRINT OR TYPE**

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**SUBMIT TO:**

The American Legion, Dept. of Maine  
5 Verti Drive  
Winslow, Maine 04901-0727

**MAKE CHECKS PAYABLE TO:  
PAST COMMANDERS CLUB**