

THE LEADERSHIP LEDGER



Welcome to the 78th 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.

Show Your Support to Maine Veterans This Thanksgiving & Make Your Name Part of American Legion History!



Donate \$100 or more &
Receive a **FREE**
2023 Yearbook
& Centennial Coin!
**CLICK HERE TO
DONATE TODAY!**

Deadline for Submission, May 6, 2023

Click the 2022 Yearbook above to check it out!

Become a sponsor today by donating to the Maine American Legion Convention Yearbook Program and make your name part of The American Legion history! Your name will be listed in our 2023 Maine American Legion Yearbook made available in print and online at www.mainelegion.org. Donate \$100 or more and receive a FREE yearbook as well as one of our most popular centennial coins. Click the above link to donate today, or send a check payable to The American Legion, Department of Maine earmarked "Yearbook Program." Mail to: The American Legion, Department of Maine, 5 Verti Drive, Winslow, ME 04901-0727. For more information, please call 207-873-3229 Ext. 2 or email:

rachael@mainelegion.org.

THANK YOU IN ADVANCE FOR YOUR SUPPORT

9th 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 9**

Attention: Post Adjutants

The **Membership Target Date** to reach 75% 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 December 14th target date arrives!!!

CLICK HERE for the Latest Membership Report!

Let's Get Word Out to Our Veterans!



In honor of Thanksgiving,
ask a Veteran to **JOIN**
Maine American Legion!

Have them Scan the QR Code with the camera on
their phone or visit: www.mainelegion.org



QUICKLY & EASILY RENEW ONLINE TODAY!

Simply Scan the QR Code with
the camera on your phone or
visit: www.legion.org/renew



Thanksgiving!

American Legion State Headquarters
will be closed
Wednesday Nov. 23 - Friday Nov. 25
for the Thanksgiving Holiday!

Please plan accordingly!



A PERFECT TIME TO REACH OUT TO VETERANS

Vincent J. "Jim" Troiola
National Commander
NOV 07, 2022



Dear American Legion Family members,

The holiday season is upon us. While it is a joyous time, for many this time of year often brings sadness, loneliness and depression. And these feelings can lead to thoughts of suicide for our veterans. This is where we need to Be the One to ask our veterans how they are doing, listen when they need to talk and reach out when they are struggling. We can help save the life of a veteran by putting our Be the One initiative into action.

There are excellent resources on the Be the One web page, betheone.org, to help you share this message and carry it with you always, especially in these next few months with the holidays. Let's all Be the One to save the life of a veteran.

This season also is an opportunity for American Legion members to reach out and perform Buddy Checks. A simple phone call will go a long way as some veterans and Legionnaires are home bound, lonely and could use a visit for camaraderie. You can invite them to your post's holiday meals or events. A little recognition and showing of care goes a long way.

A Buddy Check kit can be downloaded at legion.org/buddycheck.

When you reach out to veterans, share about the many American Legion programs that can provide needed assistance at this time. That might be The American Legion's Temporary Financial Assistance program if they have young children in the home and are facing a financial hardship with paying a bill, or they may need to speak with an American Legion service officer to help file a VA claim. Whatever the need may be, our veterans must know that we will Be the One and they are not alone

Attention: District Commanders & Adjutants

District Meeting Calendar Form now available online!

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



Kirk Thurston
Department of Maine
Commander's Project

Operation Reboot Outdoors

AMERICAN LEGION



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!



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](#)

'BE THE ONE' WALLET CARDS FOR DOWNLOAD

A new "Be the One" resource has been created for American Legion Family members to always have on hand when they share with others what the initiative is and help save the life of a veteran.

Four "Be the One" wallet cards can be downloaded and printed to keep with you at all times or to hand out. The business-size cards include:

Card 1 – Be the One logo and QR code (directing to betheone.org)

Card 2 – Be the One logo, Legion brandmark and QR code

Card 3 – Be the One logo, Legion brandmark and How to Be the One list

Card 4 – Be the One logo, Legion brandmark, How to Be the One list and QR code

These cards can be used as single-sided cards, combined for double-sided cards, or added to the back side of a personal, post or American Legion business card.

The American Legion's Be the One initiative aims to eliminate the stigma associated with mental health wellness and, in turn, reduce the rate of veteran suicide. There are more Be the One resources such as customizable brochures, videos and a QR code at legion.org/betheone/resources.



For more information about [Be The One](http://betheone.org), please see pages 6-7.

MILITARY TRIVIA

Q: How did "Lucky Strike" brand cigarettes get that peculiar name during WWII?

~ 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.



The Best Way to Charge Your Device Will Make Its Battery Last Way Longer

As the batteries in our electronics endure daily wear and tear, their ability to hold a charge becomes weaker and weaker—leaving us with a dead smartphone or laptop at the worst possible moment.

"The life of a lithium-ion battery is generally 500 cycles (about a year and a half). A battery cycle is measured by one full charge of 0 to 100. So, the more full cycles your phone goes through, the sooner you have to change it," says Liz Hamilton, Director, People and Customers at [Mobile Klinik](http://MobileKlinik.com), a mobile phone repair business. We can thank chemical reactions—which create atomic buildup while the device charges—for batteries' limited lifetimes. Tech experts say [these sneaky things are killing your smartphone battery](http://these-sneaky-things-are-killing-your-smartphone-battery), too.

Hamilton says that you should only be partially charging your phone to slow down the depletion of your batteries life cycle. She says the sweet spot to keep your battery charged is at 25-85 percent.

"Lithium-ion batteries can be stressed at the extremes. One of the biggest contenders for destroying your phone's battery health is letting the phone charge past 100 percent," says Hamilton. "Many people have this habit and don't realize the damage it causes to their battery."

So, the trick: Don't let your phone's battery drain completely to zero, and when charging it, only let it reach about 85 percent and then unplug. If you do fill your battery completely, don't leave the device plugged in; doing so constantly can cause your electronics to age faster in the long run.

Hamilton also recommends turning down your screen's brightness, disabling features that you don't use such as location, certain apps, and notifications, and using low power mode to extend the life of your battery.

Of course, these are just suggestions; you're in no danger if you keep your phone charging overnight. But following the guidelines could make your battery last much longer, which ultimately saves you money down the road. To save even more money, use [these tech tricks to save data](http://these-tech-tricks-to-save-data) and lower your cell phone bill.

~ Brooke Nelson - Readers Digest 11/9/22

DISTRICT MEETINGS

Be Connected • Be Heard • Be Informed

District 6 – Knox: Nov. 20
Thomaston Post 37, 1PM

District 14 – Piscataquis: Nov. 19

Monson Post 116, 12 noon lunch w/Mtg at 1PM

[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: 12, 27, 29, 55, 66, 87, 121, 126, 130, 161, 164, 173, 183, 187, 188, 195, 201, 202, 204, 208 • Districts: 4, 10, 11

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

A: To be fair, there were many different cigarette brands supplied to American GIs fighting in WWII, but none were as iconic at the time as Lucky Strikes. These smokes helped troops in WW2 enjoy some relief from war and calm their nerves. The U.S. military superstition of flipping a “lucky cigarette” upside down is thought to have stemmed from troops during the war flipping a cigarette upside down in their packs. This was known as the “lucky cigarette” and was carried with the troops only to be smoked after all others in the pack were consumed. Smoking your “lucky cigarette” without clearing the rest of the pack was not only frowned upon but believed to bring you bad luck in smoking and on the battlefield. Considering Lucky Strike was a prominent brand during the time, it’s not crazy to see where this name and trend came from.



THE GREAT AMERICAN SMOKEOUT®

November 17th 2022



Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let [The Great American Smokeout](#) event on the third Thursday in November be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit.

History of The Great American Smokeout

The inception of the Great American Smokeout stems from a 1970 event in Randolph, Massachusetts. High school guidance councilor Arthur P. Mullaney asked people to give up cigarettes for one day and donate the money they would have spent on buying cigarettes to a high school scholarship fund. A few years later in 1974, newspaper editor Lynn R. Smith led Minnesota's first Don't Smoke Day. The two efforts caught on and on November 18, 1976, the California Division of the American Cancer Society got 1 million people to quit smoking for the day. This marked the first official Smokeout before the American Cancer Society took it nationwide in 1977. As a result, there was a dramatic change in the public view of tobacco advertising and use. Many public establishments and work places are now smoke-free to protect non-smokers and support people trying to quit.

Every year the Great American Smokeout draws attention to preventing deaths and chronic illnesses caused by smoking. From the late 1980s to the 1990s, many state and local governments have raised taxes on cigarettes, limited promotions, discouraged teen cigarette use, and taken further action to counter smoking. States with strong tobacco control laws saw up to a 42% decrease of smoking in adults.

Though smoking rates have dropped, almost 38 million Americans still smoke tobacco, and about half of all smokers will encounter smoking related deaths. Each year, more than 480,000 people in the United States die from a smoking related illness, meaning smoking causes 1 out of 5 deaths in the US alone.

[~ National Today](#)

PAST COMMANDERS CLUB

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

The PACT Act: Save the Date – We are “PACT up” and headed to Bangor!

Location: Anah Shriners, 1404 Broadway, Bangor ME
Date: Saturday, February 25, 2023
Time: 10:00 a.m. – 2:00 p.m

The PACT Act is historic legislation that expands benefits for Veterans and eligible family members. In an effort to ensure all Veterans are aware of this information and given the recent success of the Veterans and Family Outdoor Expo in September 2022, we are planning a similar event in the northern part of Maine in February 2023.

While we are still working out some of the details, we want to provide all of you with advanced notice to “Save the Date.” It will be wonderful to not only inform Veterans on the benefits the PACT Act offers, but to also continue informing the community about all of the amazing Federal, State and Community Veteran Resources that are available. **We hope you will join us!**

For more information [CLICK HERE](#) or turn to Page 10

Print 2023 Membership Cards in MyLegion

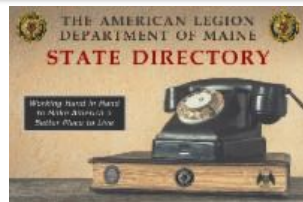
American Legion post and squadron group leadership can print a current membership card for Legion and Sons of The American Legion members.

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.



[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

or go to:

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



The November 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

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>

DONATIONS

THE AMERICAN LEGION DEPARTMENT OF MAINE

2022 Commanders Project – Thurston “Operation Reboot Outdoors”

Windham Post 148.....	\$200.00
American Legion District 9 Kennebec.....	\$100.00
Camden Post 30.....	\$670.00

General Fund

James Gill.....	\$20.00
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Homeless Vets

Alfred Cichon.....	\$25.00
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OMK Fund

Damariscotta Post 42.....	\$500.00
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Veterans & Children’s Foundation

Caribou Post 15.....	\$130.00
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Background

- The American Legion is the nation's largest veterans service organization with more than 1.8 million members in more than 12,000 posts across the country and has its National Headquarters in Indianapolis, Indiana.
- The American Legion's mission is to enhance the well-being of America's veterans, their families, our military, and our communities by their devotion to mutual helpfulness.
- Throughout its more than 100-year history, members of The American Legion have tackled the most important issues and challenges facing our nation's veterans with each generation focused on solving the challenges faced before the ones that preceded them.
- The American Legion is racing to the future. New Era. New Look. Same Mission.
 - **New Era.**
 - As the military changes, so does The American Legion. Today's service members and veterans come from diverse communities, have had different experiences, and enjoy wide-ranging interests.
 - **New Look.**
 - New logo is embodiment of where The Legion has been, where it is now and most importantly, where it is racing to in the future.
 - **Same Mission.**
 - Continue to address the toughest challenges facing our nation's veterans and their families.
- Today, the #1 issue facing those who served is veteran suicide.
 - According to the National Veteran Suicide Prevention Annual Report. 17 veterans still die by suicide each day, or more than 6,000 each year.
 - Rate of suicide for veterans is more than 50% higher than that of non-veteran adults.
- The American Legion is activating a national platform to end veteran suicide.
- The Be the One campaign will:
 - Destigmatize asking for mental health support, creating opportunity for those with mental health issues to speak freely and get the support they need.
 - Provide peer-to-peer support and resources in local communities.
 - Deploy FDA-approved therapeutics for veterans to identify issues and find resources for support.

What To Know

1. The stigma associated with mental health issues is a barrier to veterans seeking assistance. They fear loss of their job, think they can handle their situation themselves, or don't think others can understand their situation.
2. Family members may be the first to recognize the signs that their veteran needs help, but they may lack the knowledge of how to approach the situation.
3. There are several innovative programs either funded by the government or private nongovernmental organizations that help veterans in crisis, but they often lack funding or broad-based visibility.
4. Veteran service organizations, like The American Legion, provide a well-established peer support network that is ready, willing, and able to help in local communities.
5. The Legion is also willing to explore partnerships with other like-minded organizations where the opportunity exists to amplify and/or complements one another's strengths.

Messages

Public

The American Legion needs your help in ending veteran suicide.

Be the One to:

- Ask veterans in your life how they are doing.
- Listen when a veteran needs to talk.
- Reach out when a veteran is struggling.

Pledge to Be the One at [betheone.org](https://www.betheone.org) by signing up for email updates.

Veteran

Be the One to:

- Talk with others about how you are feeling.
- Ask for help when you know you need it.
- Know there are millions of people ready to help you.
- Remember your family and friend's care.

If you are a veteran in crisis:

- Call 1-800-273-8255 and Press 1
- <https://www.veteranscrisisline.net/>
- Know there are millions of people ready to help you.

AMERICAN
LEGION



AMERICAN
LEGION

BE THE ONE



**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.

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Post Adjutant

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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**



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

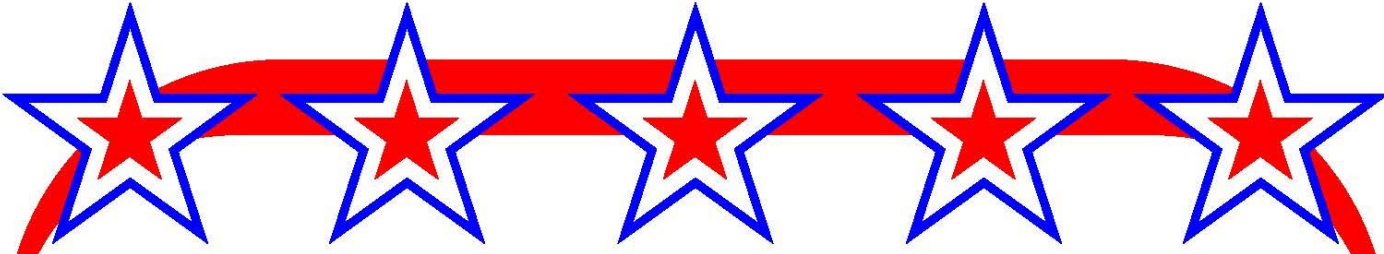
Guest Speakers will speak following lunch.

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.



This Act is a new law signed on August 10, 2022, expanding benefits for Veterans and eligible family members. The Togus Regional Office encourages Veterans and survivors to file a claim now. Select this link to find out more information on the [PACT Act](#) or visit www.va.gov/PACT.

PACT Act Highlights:

- Adds 20+ new presumptive conditions for Gulf War and Post 9/11 Veterans
- Adds 2 new presumptive conditions for Veterans serving in Vietnam and those exposed to herbicides elsewhere
- Expands locations that presume exposure to radiation, herbicides and toxins

Promise to Address Comprehensive Toxics (PACT) Act

Contact the Togus Regional Office: 207-621-6938

Q: Does it cost anything to file a claim?

A: No. Filing claims is 100% free. Togus encourages Veterans to work with a qualified Veterans Service Organization (VSO) at no cost to review their VA disability compensation benefits and submit new claims for conditions that are not already service connected. On the Togus campus there are five VSOs: American Legion, Disabled American Veterans, Maine Veterans' Services, Paralyzed Veterans of America, and Veterans of Foreign War. For tips on how to avoid scams, please visit [PACT Act Scams](#).

Q: Will filing a new claim for benefits affect my current benefits?

A: No. Veterans currently receiving compensation for a service-connected conditions will not have their previously awarded claims re-adjudicated simply by filing a new claim for benefits under the PACT act.

Q: What if I have previously been denied?

A: Veterans and survivors previously denied are encouraged to file a supplemental claim. Once a supplemental claim is received, VA will review the claim under the new law.

