

THE MAINE Legionnaire



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OFFICIAL NEWSPAPER

AMERICAN LEGION

DEPARTMENT OF MAINE

32 Pages

Legion Family Day Can Be a Life Saver

“Family” is a word that we use frequently in The American Legion. As far as this organization is concerned, it’s right up there with “veteran.”

Nothing can devastate a family like the loss of a veteran. It’s yet another reason why The American Legion has made suicide prevention its top priority. The National Executive Committee unanimously passed Resolution No. 7: American Legion Family Day at its meeting October 12-13, 2022, in Indianapolis. It establishes American Legion Family Day to be observed annually on the last Saturday of April. It encourages posts to open their doors to members of their community for a day and celebrate the accomplishments of Legionnaires, Sons of The American Legion members, and the American Legion Auxiliary. Among the goals is education.

Let visitors to your Family Day event know the issues that are important to The American Legion. Tell them about our Be the One program and our efforts to de-stigmatize the courageous decision to seek mental wellness. Include an information table at your post so veterans know that resources and help are available to cover all kinds of needs through American Legion Charities and other great programs. Brochures can be downloaded at legion.org/publications and betheone.org.



NATIONAL COMMANDER
VINCENT J. "JIM" TROIOLA

It is a mistake for them to believe they have no family. Whether they know it or not, they have an American Legion Family. We care about them. Legionnaires have also worn the uniform of the U.S. military and many of us have endured similar experiences.

Veterans don’t often advertise their personal crises. Prevention requires listening. Even trained professionals sometimes miss the signs. If you know a veteran who may be struggling, encourage a call to the 988 national crisis line. Follow up and ensure that the veteran knows that you are available as a friend and as a listener. In short, let him or her know that you are family.

Vincent J. "Jim" Troiola
National Commander
legion.org | Jan. 18, 2023

Ask a Veteran to JOIN Maine American Legion Today!



Let’s get word out to our Veterans in honor of the New Year and 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 and click JOIN.

A Special Presentation Delivered at Mid-Winter Conference in Brewer

Something special happened at the Annual Mid-Winter Conference in January this year at Jeff’s Catering & Event Center, Brewer.

It came as a complete surprise and an incredible honor to Department Commander Kirk Thurston on January 14, who received a special grant during the conference, in support of his Commander’s Project "Operation Reboot Outdoors". This munificent grant, in the amount of \$43K came from the Operation Comfort Warrior’s program.

Commander Thurston’s project this year is focusing on support for Operation Reboot Outdoors (ORO). ORO concentrates on getting Veterans, LEOs, and service members out of the house and into nature, providing healing through hunting, fishing, and other outdoor recreational activities. ORO is made up of veterans and Registered Maine Guides who help other veterans reset their back azimuth to True North. ORO creates an atmosphere of camaraderie and brotherhood and gives veterans a sense of purpose again.

Unbeknown to Commander Thurston, Department Executive Committeeman Alternate Matthew Jabaut and HQ staff had been in contact with The American Legion’s program Operation Comfort Warriors. Operation Comfort Warriors (OCW) was created to provide "nonessentials" - items that help wounded warriors’ recovery. Through the generous grant, OCW and The Department of Maine were able to support the Commander’s project and partner with Operation Reboot Outdoors in purchasing a self-enclosed trailer (for transport of supplies to events), a utility trailer (to haul four wheelers or backhaul a harvested moose), and a container (to keep ice fishing traps, tents, and hunting gear safe). We are not done! Keep an eye out in the spring for more support from The American Legion and Operation Comfort Warriors in supporting the Commander’s Project Operation Reboot Outdoors.

Congratulations Commander and congratulations Operation Reboot Outdoors!



A Presentation Of Complete Surprise: Department Commander Kirk Thurston receives a check from the Operation Comfort Warrior’s Program in the amount of \$43K in support of his Commander’s Project "Operation Reboot Outdoors". The Presentation took place Jan. 14 during the Annual Mid-Winter Conference at Jeff’s Catering & Event Center, Brewer. Left to right, Past National Commander Anthony "Tony" Jordan, Department Commander Kirk Thurston, Department Judge Advocate Jason Hall, National Executive Committeeman Lloyd Woods, and National Vice Commander Paul Kennedy. Looking on is National Executive Committeeman Alternate Matthew Jabaut.

Commander's Comments

Thank you to all that attended the Mid-Winter Conference. It was great to see you there safe and sound. I am sure that there were some harrowing rides to and from Bangor. Even with the weather, approximately 150 members of the American Legion Family attended. That alone speaks volumes of how important it is for us to meet in person.

Hope everyone enjoyed the program delivered that day. The reports given by the Chairman of various committees were very informative and positive. The interaction between you and our two guest speakers, Dr. Ruth Moore and Christy Gardner were great. With Ms. Gardner, we found out who in the audience are the dog lovers. Past Department Commander Scott Paradis's dog Molly was very jealous when he got home.

As mentioned, the Conference was very informative and to say the least, a big surprise. Apparently, a few Department Officers along with Dan and Nicole Waite have been working on this surprise since last October. I am not usually one to be without words, but when NECA Jambaut announced what had happened and



**KIRK
THURSTON**

what will happen, I was speechless. That shows me the program Operation Reboot Outdoors (ORO) is just as important to Team Maine as it is to me. It is nice to see other members of Team Maine are able to think outside the box and reached out to Operation Comfort Warrior (OCW) at National. I thank all that were involved and able to share it with all in attendance at the Conference.

Another thing that made me especially proud to be your Department Commander is the way you responded to Auxiliary President Debra Rumery's challenge. You accepted the challenge and within five minutes, over seven hundred dollars was collected. I proudly delivered to the American Legion Auxiliary masses in attendance the stack of money for her President's Project. Once again, the American Legion Family of Maine came together for common causes.

The other day I was on National's webpage (legion.org) and thought the following information would be helpful. It is important to periodically check the websites provided by both National and Department (mainelegion.org). It is a good way to stay informed.

New materials for Be the One promotions

Additional resources have been created for posts, districts, and departments to support The American Legion's Be the One initiative. (<https://www.legion.org/betheone>) Among them:

- Sample press release: A template

[More on "COMMANDER'S COMMENTS" Page 7](#)

POW/MIA Stadium Chairs

Made by Hussey Seating Co., No. Berwick, Me.

The POW/MIA stadium chair is made and provided by Hussey Seating of North Berwick, Maine. They supply chairs for the POW/MIA "National Chair of Honor" program. A POW/MIA chair in any location is to remain perpetually empty to help people remember that

even though our soldiers are not here, there is always space for them. POW/MIA Chairs of Honor can be found in public spaces ranging from professional sports stadiums to small-town city halls, and everywhere in between.



the efforts of the POW/MIA Chair of Honor program and the service members of our armed forces. Left to right, Dept. Finance Officer Eugene "Gene" Connolly, Dept. Commander Kirk Thurston, District 9 Commander Maureen Malley, and Dept. Adjutant Paul L'Heureux.

Hussey Seating Donates POW/MIA Chair to State HQ: District 1 Service Officer, Lynn K. Rendell presented this POW/MIA chair to Dept. Commander Kirk Thurston last fall to be present at all meetings at State HQ. The chair is located in the Training/Educational Building at HQ. The POW/MIA chair is at all official meetings/events of The American Legion as a symbol of many American POW/MIAs still unaccounted for from all wars.

Hussey Seating Company supports

A 'First' Look

Greetings comrades! I hope the winter has treated you well. The Mid-Winter Conference is over, and we are turning our attention and plans toward spring projects.

I want to thank everyone that attended the conference this year. We had great attendance, with Posts from all over the state represented and great guest speakers.

We, as the Department, have made the 80% membership goal set by National HQ. Congratulations on that achievement to all. Now we have the task of getting the remaining 20% before the 17th of May, I believe we can do it!

Please continue to do the all important Buddy Checks. The Buddy Checks need to be conducted year-round, not just during the winter months. They can



**ALFRED
MCKAY**

be a simple phone call and conversation, or better yet, someone goes to visit them and listens to what they have to say. A simple act of kindness and a cup of coffee just may save a life, and you will "BE THE ONE" that made that happen. Remember to listen also to what they are not saying. Are they sitting in a dark house wearing heavy sweaters because they are cold; do they have food or need prescription medication? Sometimes they won't ask for your help because they are too proud to do so. Your visit may also just be the reason they feel needed and wanted as a member of the Legion family, and it's a good way to get the new members involved in Post activities and keep them coming back.

On another note, we need to be training our replacements and other future officers at the Post and District levels. After you train them, turn the reins over to them and continue to mentor and praise them on their performance.

Thank you for allowing me the privilege and honor of being your Department 1st Vice Commander. I hope to see you at the Department of Maine's Annual State Convention in June.

A 'Second' Look

It was great to see everyone at the Mid-Winter Conference. It was nice to welcome some we haven't seen in a while and also welcome people who attended their first conference. The one thing I hope we can all agree on is that the conference was pretty amazing.



**PATRICIA
THURSTON**

If you missed it, you missed a good one. Our guest speakers were wonderful with their presentations. Army Veteran Christy Gardner spoke on her organization "Mission Working Dogs". She has built a remarkable organization that supports those who may be in need of a "MISSION WORKING DOG to aid individuals with disabilities so that the handler can live a life to the fullest and more independently". For more information check out her site <https://www.mission-workingdogs.org/> you will not regret it. Christy has also written two children's books "Lucky, Little Guy Big Mission, and Lucky 2". I also challenge you to go to this website <https://www.womansday.com/life/inspirational-stories/a59386/christy-gardner-alive-day/> to learn more about her life and read about the challenges she has overcome to be where she

is today. She has been added to my list of heroes. Her story is both powerful and uplifting.

Our other speaker was Navy Veteran Dr. Ruth Moore who wrote the book "Building Resiliency: 32 Days to a Better You". She gave a commanding presentation on veteran suicide. It, of course, goes along the same line as our "BE THE ONE" campaign. The bottom line to all of this is "BE THE ONE to ASK Veterans in your life how they are doing, To LISTEN when a Veteran needs to talk, to REACH out when a Veteran is struggling. Know the number 988 ext. 1 when needing to call support for you or for a fellow veteran. You are important to us. Reach out if you need support.

Forgive me for repeating information from the last TML but I feel this information needs to be shared again. For those who may not have been able to read the last Maine Legionnaire online or for those who were unable to attend the Conference in January. After all, a quick reminder doesn't hurt so everyone continues to be educated on the importance of these reports.

Post Commander/Adjutants will receive the 'Annual Post Data Report' form from the department. This report is due back to Department in April. This is one of four reports that have to be completed and sent to the Department each year. The following is a breakdown of each

[More on "A SECOND LOOK" Page 3](#)

NEC Update

Hello fellow Legionnaires. Well, here we are again in another new year with much to look forward to and at. I would like to thank you all for all that you do and will do this



**LLOYD
WOODS**

year for our great organization. It is really appreciated by many. As I have said many times in the past, we are ordinary people doing and completing extraordinary things.

This past weekend, specifically January 14, in Brewer at our Mid-Winter Conference, we heard many great reports and had some great speakers and/or presenters. The conference was well attended by our members. One of the speakers was the Northeast Region National Vice Commander Paul M. Kennedy from the State of Pennsylvania. He reaffirmed what we have been doing in the state with our programs and said there isn't anything I can recommend for the department to work on as you are already doing what I would normally talk about. You are to be commended. Paul also requested that I relay to you all that he was very impressed with our hospitality this weekend and that he enjoyed visiting our department.

I gave a report on the National Executive Committee and the Fall Meetings in Indianapolis this past October. We reviewed 26 various resolutions with

25 being passed and 1 rejected. We also heard reports from the chairmen of the various commissions such as the Marketing Commission, Finance Commission, Convention Commission, and Legislative Commission. We also heard a report from the Ad Hoc Committee to study membership processing during the 2022-2023 year.

Also reviewed were reports pertaining to the Sons of the American Legion regarding the Constitution and Bylaws and other matters pertaining to them.

The NEC also reviewed the confirmation of the National Commanders' interim appointments as well as the confirmation and/or cancellation of post and squadron charters. Finally, the NEC confirmed the dates of future meetings as well as significant gifts to the Legion Library.

The National Executive Committee is scheduled to meet, at a minimum, four times a year, in the spring generally in May, pre-national convention, post-national convention, and in the fall, usually in October. We are also subject to meet on an emergent or as necessary situation arises. Each Department of The American Legion has one NEC and one Alternate NEC member. The NEC also has the Past National Commanders as members with a voice but no vote. The alternates have a voice and vote if the NEC him/herself is absent. As the Department Executive Committee (DEC) is to each department the National Executive Committee is to the national organization.

Until next time, please be safe and healthy and I wish each a prosperous New Year.

"PROUD TO SERVE"



NEC Update: National Executive Committeeman Lloyd Woods gives a brief synopsis of the National Executive Committee as well as introduces the National Vice Commander Paul M Kennedy to those attending Mid-Winter Conference in Brewer on Jan. 14.

On the Agenda

MARCH 2023 MEETINGS

District 3 – Androscoggin: March 12, Sabattus Post 135, 2PM
District 9 – Kennebec: Mar. 8, Gardiner Post 4, 7PM
District 13 – Penobscot: Mar. 5, Etna/Carmel Post 107, 2PM
District 14 – Piscataquis: Mar. 18, Brownville Junction Post 92, 12 Noon Lunch w/Business Meeting at 1PM
District 16 – So. Aroostook: March 12, Location TBD, Time: TBD

APRIL 2023 MEETINGS

District 2 – Cumberland: Apr. 11, Gray Post 86, 5PM
District 3 – Androscoggin: Apr. 16, Lewiston Post 22, 2PM
District 9 – Kennebec: April 12, Richmond Post 132, 7PM
District 12 – Hancock: Apr. 13, Blue Hill Post 85, Dinner at 6:30PM, Meeting at 7:30PM
District 13 – Penobscot: Apr. 2, Corinna Post 73, 2PM
District 14 – Piscataquis: Apr. 15, Dexter Post 53, 12 Noon Lunch w/Business Meeting at 1PM
District 17 – No. Aroostook: Apr. 16, St. Francis Post 180, St. Francis Community Ctr., 857 Main St., St. Francis, 1pm Meal, Nominations

MAY 2023 MEETINGS

District 2 – Cumberland: May 21, Scarborough Post 76, 2PM
District 3 – Androscoggin: Discretion of Incoming Commander
District 5 – Oxford: May 15, Norway Post 72, 7pm, Annual Election Meeting
District 9 – Kennebec: May 10, Augusta Post 2, 7PM
District 12 – Hancock: May 8, Ellsworth Post 63, Dinner at 6:30PM, Meeting at 7:30PM
District 13 – Penobscot: May 7, Howland Post 97, 2PM
District 14 – Piscataquis: May 20, Greenville Post 94, 12 Noon Lunch w/Business Meeting at 1PM
District 15 – Washington: May 21, Baileyville Post 23, 2PM
District 17 – No. Aroostook: May 7, Madawaska Post 147, 12pm Meal, Elections

■ "A 'SECOND' LOOK" (Continued from Page 2)

report. Annual Post Data Report – This form shows all post information currently on file at National and Department HQ. Please review and make any necessary changes or corrections and submit them to Department HQ. The due date for this form will be included in the letter that accompanies it. Reminder: the Annual Post Data Report is not available online.

Consolidated Post Report (CPR) – There are two ways to submit this form. You can go to the website myl-egion.org or submit by mail using the paper form which can also be found on the Department website. This report is due at National July 1st, if mailed it is due to Department by May 29th. The following is information shared on the first page that explains the CPR. "The CPR may be the most beneficial document the post will complete. The post's information, combined with that of other posts, is used when the National Commander and others testify on Capitol Hill as mandated by our federal charter. Each post has a story to tell and when we speak collectively our strength is magnified". If you are submitting online, please remember you can add info and save it as you do things throughout the year. You will then be very ready to hit the submit button before the deadline.

Notification of Post/Squadron Commanders & Adjutants Form – Submit as

soon as new officers are elected for the current year but no later than July 1st. The Post Adjutant is to complete the form and submit it to Department even if the Post does not have a Squadron. This report can be found on the Department website.

Post Officers Form – This form must be filled out even if there are no changes from the previous year. This form is due to Department by July 1st. The District Officers Form is to be filled out by the District Adjutant and submitted even if there are no changes from the previous year. This form is also due as soon as new officers are elected or to Department by July 1st.

The last three reports mentioned can be found on the Department's website at www.mainelegion.org under FORMS/APPLICATIONS. Remember, all of the above-mentioned reports need to be submitted each year even if there are no changes. These reports are important. The information contained in them goes into updating the Department Directory and mylegion.org.

I won't repeat the information in the award manual, but I will say this. There are people at your Post and District level who shine every day. Working and doing the workload of many. Do them a favor, find an award that fits their hard work, and submit them for an award. It seriously does not take long to do this. Let them know what they do has meaning.

I look forward to seeing those out and about at upcoming events.

Thank you for reading!

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WINTER SWEEPSTAKES WINNERS

Congratulations to the Following Sweepstakes Winners!

Winners of the Winter Sweepstakes Raffle drawn January 14 at Jeff's Catering & Event Center, Brewer. Hubbard, Machais Post 9; \$500 to Terri Mingo, Gray Unit 86; \$300 to Danny Blanchette, Lisbon Post 158; and \$200 to Robert Cameron, Trenton Post 207. Grand Prize winner of \$1500 was awarded to Harold "Ike"

CONGRATULATIONS!



MWC Drawing: Department 2nd Vice Commander Patricia "Tricia" Thurston, right, holds the drum for the Winter Sweepstakes drawing held at Jeff's Catering & Event Center Jan. 14 while Department Chaplain Ethan McKenney draws out the name for the Grand Prize winner of \$1500, Harold "Ike" Hubbard of Machais Post 9.

The Adjutant Speaks



**PAUL
L'HEUREUX**

Happy New Year to all members of the Legion Family. We are also hoping that a new energized attitude is one of your resolutions to make sure we succeed in our Legion programs and activities that we do at the local & state level. I know it has been a rough couple of years and some of our posts have struggled to get ahead of many issues related to Covid. On the other hand, many have adapted and overcome these obstacles and have set the bar even higher than before.

We started off the 2023 year with the Winter Conference scheduled for January 14th at Jeff's Catering & Event Center in Brewer. We arrived at the Center to set up for Saturday morning in a parking lot covered with snow & ice. It took the team about 1 ½ hours and we were ready. Saturday morning, I arrived at the Center and the weather was not getting any better. The Legion and the Auxiliary rooms were set up for 50 people each and I did not think we would get that many. I also received a call from the county (17th District) that it was snowing heavily with over a foot on the ground and still coming down. As the Department Officers came to me wondering about the turnout, we still had 30 minutes before we started, and I told them we would know soon. Then it happened! We had to bring in more tables and chairs with no end in sight! Between the Legion, Auxiliary, and the Sons of The American Legion, we had over 175 in attendance! The atmosphere inside was incredible and the attitudes of all present were heartwarming. The Legion Family had arrived to conduct business and not even the weather could hold us back.

Opening this Conference was our own Past National Commander Tony Jordan who seems to get everyone pumped up for the day's events. The normal business

of the Legion went smoothly as all our programs were reviewed and discussed for the new year. The Oratorical Chairperson, Maureen Malley, Baseball Chair Jeff Sukeforth, and the Director of Dirigo State Jason Hall, started the morning off, followed by Law & Order Chair Ethan McKenney, and "Buddy Checks" and membership by Vice Commander Al McKay. Vice Commander Tricia Thurston explained the importance of the paperwork and our own NEC Lloyd Woods gave us updates on resolutions at National HQ. NECA Matt Jabaut spoke on Legislative issues. Our first Guest Speaker, Dr. Ruth Moore (who is also a Legionnaire) spoke to a full house on the effects of depression, loneliness, and other causes of suicide. There was a constant engagement of questions between the attendees and Dr. Moore for the entire presentation. The presentation was well received as it will be an important issue with the "BE THE ONE" program to bring awareness to end the veteran suicide rate in this country. Thank You, Dr. Ruth Moore.

As the morning came to an end our NECA Matt Jabaut took to the podium and called up the State Commander, Kirk Thurston, and spoke about the Commander's project, Operation Reboot Outdoors. He then presented him with a Grant from Operation Comfort Warrior worth \$43,000 for his project! The Commander was speechless and those in attendance could not believe what had just happened. I think I saw a tear or two from our Commander, and definitely from his Vice Commander and wife!

After lunch, our next guest speaker was Christy Gardiner to talk about Mission Working Dogs. She spoke about the challenges in life that she had to overcome while serving our country and how she has taken that energy to a new level to assist other veterans working with her dogs. She had 2 of her dogs present and talked about the difference between Service Animals and Emotional Support Animals, and how she works to match up the dog with the veteran in need. Again, the interaction between her and those in attendance was exceptional. She is currently based in Oxford with plans on going

[More on "ADJUTANT SPEAKS" Page 5](#)



MWC Guest Speaker:

Dr. Ruth Moore speaks to those in attendance at the Winter Conference in Brewer on Jan. 14. Dr. Moore is a veteran of the US Navy and over a period of three decades after her discharge, she transitioned from being identified as a "disabled veteran" to becoming a doctor of MindBody Medicine. As she was completing her Dissertation, she also earned a prestigious postgraduate certificate in Integrative Medicine. Looking on is State Adjutant Paul L'Heureux.

Judge Advocate

Mid-Winter Conference was a huge success. Thanks for joining us and it was great to see all of you.

Though the conference information provided was valuable, my favorite portion was Christy Gardner speaking. She touched on her military career, her life-altering accident, and her new non-profit Mission Working Dogs.

I am a little biased, Christy and I both grew up in Auburn a decade-plus apart. I have seen her in action, read all the news articles on her, ran into her at events, and was super excited to hear she was coming.

Christy showed a slide that intrigued me, it showed the types of service dogs in Maine. She also touched on a few laws and discussed certified animals. I wanted to share a little information about service dog laws in Maine.

There are multiple laws that govern the use of service dogs; specially trained dogs that are used by people with disabilities. One of these is the ADA (Americans with Disabilities Act). The ADA is a federal law, so the basic laws for service dogs are the same for all states.

However, to make things more confusing, each state may or may not also have additional – or their own – service dog laws.

Let's define Maine's service animal definition: A Service Animal is a dog that has been deemed necessary by a doctor, psychologist, physician's assistant, nurse, or licensed social worker for someone living with a disability. The animal helps to mitigate the effects of a person's physical or mental disability. Or, a service animal is a dog that has been individually trained to benefit a person who lives with a physical or mental disability, by doing work or performing certain tasks.

- Examples of that type of work:
- Guiding someone who is blind or can't see well
 - Alerting someone who is deaf or hard of hearing to sounds or intruders
 - Providing reasonable protection
 - Pulling a wheelchair
 - Grabbing dropped items
 - Assisting someone during a seizure
 - Providing physical support and/or balance and stability



JASON HALL

- Reminding someone with an intellectual disability to take a medication
- Helping someone with a psychiatric or neurological condition by interrupting problem behavior

Think of a

service dog as an aid that helps someone with a disability to better access services, much like a wheelchair or cane. Service animals are not pets.

ADA's definition of service animals: A Service Animal must be a dog that has been individually trained for a person living with a disability, to do work or perform tasks. The work or task(s) that the dog performs must directly relate to the person's disability.

Places of public accommodation in Maine are known as PAs. The Act requires public places of accommodation to allow the use of service animals by people who are living with disabilities.

There are a few exceptions. But generally speaking, the law is one of inclusion and requires that PAs allow the use of service animals at their premises, facilities, or place of business. Examples of PAs in Maine are:

- State or town buildings
- State or town agencies
- Professional offices
- Movie theatres
- Grocery stores
- Other stores
- Public and private schools
- Trains and other types of transportation
- Airplanes
- Hotels and motels and other places of lodging
- Hospitals
- Restaurants

When someone enters your PA and you are curious if it is a legit service dog, there are only two questions you can ask:

1. Is the animal required because of a disability?

2. What work or task has the animal been trained to perform?

That's it. You cannot ask:

- about a disability, including the nature or extent of a person's disability.
- about the service dog if the purpose of the dog is obvious, such as witnessing a dog pulling a wheelchair.
- for any kind of documentation that shows that the dog has been certified, trained, or licensed as a service animal. People who use service animals have the right to train the animal themselves.
- Ask that the dog show a special collar or identification tag.

People living with disabilities must be allowed in with service dogs and offered the same as others in public:

- Not be put in separate or designated areas.
 - No fees or charges for entering with a service dog.
- There are also situations when you can ask the service dog to leave:
- If the service animal is out of control and the handler does not take effective means to control it.
 - If the service animal is not housebroken (i.e., it "goes to the bathroom" inappropriately).
 - If the service animal is a direct threat to the health and safety of others.
 - If the service animal being there would result in substantial physical damage to the property of others.
 - If the service animal would be interfering with the reasonable enjoyment of the PA (a public accommodation) by others.

In cases where a service dog has been excluded, the business, entity, or another place of public accommodation (PA)

must offer the person with the disability a chance to use the facility or receive the goods, services, or other benefits without the dog being there. In other words, excluding the dog does not automatically exclude the person.

Service animals must generally be on a halter, tether, or leash as means of control, unless, due to the nature of the disability, or the nature of the work that the dog needs to do, prevents this.

If a halter, tether, or leash is not possible, then the service animal must still be under the control of the handler via voice, signals, or another method.


This graphic stuck in my head. Emotional support animals aren't considered service animals under the Americans with Disabilities Act laws for public access rights and can be excluded from public places. However, support animals may have rights under the Fair Housing Act (FHA) for residential situations, and as a reasonable accommodation for employment situations.

The State of Maine, Maine Human Rights Commission has a fantastic pamphlet that highlights everything:

https://www.maine.gov/mhrc/sites/maine.gov/mhrc/files/inline-files/Service%20animal%20pamphlet_201910.pdf

For more information or specific questions, they ask you to call them at 207-624-6290

Hope the information helps, it's a touchy subject. We are all for assisting veterans (or anyone) in need, we also understand there are limits on certain things and we need to be aware of the situation.

	SERVICE ANIMALS	EMOTIONAL SUPPORT ANIMALS
PUBLIC ACCESS RIGHTS	✓	✗
AIR TRAVEL RIGHTS	✓	✗
HOUSING RIGHTS	✓	✓
TRAINED	✓	✗
REGISTERED/CERTIFIED	✗	✗

"ADJUTANT SPEAKS" (Continued from Page 4)

to build a new facility in the near future.

We then reviewed Constitution & By-laws by Jason Hall, and the State Director of The Legion Riders, Mike Lallemand, spoke on fundraising and future activities. Service Officer Carl Curtis gave us updates on VA benefits. The American Legion Auxiliary President, Debra Rum-

ery, welcomed everyone and thanked all present for donating to her project which has been very successful! The Sons of The American Legion Adjutant, Dickie Huntly thanked everyone for the support given and reviewed the order of business during their meeting. Our Department Finance Officer, Gene Connolly reviewed required IRS forms that must be completed on a yearly basis, and Vice Commander Tricia Thurston talked about the yearly Women Veterans Event. The last speaker

was National Vice Commander Paul Kennedy from Pennsylvania and his strongest words were that everything he had written down after talking with the National Commander and staff at HQ was already happening in Maine. Imagine that!

We ended the day with the DEC meeting and had a great crew to assist in packing all our equipment. The comments were positive and the agenda was well received by all in attendance. Considering the weather, this Conference went

extremely well and we appreciate the attendance and all the risks folks took just to get to it! Good job Commander Kirk & Vice Commander Tricia. The comments were well-deserved to you both.

Thank you to all who attended to make this a success. Your support is the energy that allows us to continue on the mission that The American Legion stands for. Stay FOCUSED and keep moving FORWARD even in the snow.

President's Message

A new year has brought The American Legion Auxiliary Department of Maine a refreshed feeling and the energy to raise more money for our projects and programs. It will



DEBRA RUMERY

be hard to beat the over \$736,000 that was reported in 2022, but we have a lot of fun trying! Just for our Maine Veterans Homes alone, Units have raised over \$14,000 since May 2022. Donations that filter through Headquarters have now exceeded \$70,000 including over \$42,000 for the President's Proj-

ect, You Will Never Walk Alone for Veteran Suicide Awareness and Prevention.

Our members continue to amaze us with their creativity with the fundraisers that they hold every day, following through with our mission to support our Veterans, Military, and their families.

Membership is on the rise as well with over 227 new recruits and 44 Units that have reached or surpassed their 80% membership goal. We do this year after year without mention because it is who we are, what we do, and why we matter. Our Veterans that we honor every day will always be our focus, and we have proven they will go above and beyond for you as you have done for us and our Country.

For God and Country,
Debra Rumery, President

Suicide Awareness and Prevention 2022—2023 Department President's Project YOU WILL NEVER WALK ALONE

In 2022 it is estimated that 17 veterans commit suicide on a daily basis.

How do we help?

Togus VA Unit 63 is home to some of Maine's vulnerable veterans. There are a multitude of ideas and needed items your donations can help with for Unit 63. We are not asking for items to be donated, only monetary donations to purchase items requested by Togus as the needs change on a regular basis.

Ideas for Unit 63

Stationary items, Slippers, Greeting cards (use 200-300 per month), Puzzles, Toiletries (full-size), DVDs, Paperback books, Games, Possible creation of a library on Unit 63, Sensory items, Christmas gifts for residents, Therapeutic fish tank, Sponsor events, such as pizza parties; movie nights, Bait/tackle boxes, Drawing pads (non-spiral bound), Nintendo Switches w/extra controllers.

Additionally, when patients are discharged they are given resource bags and some receive clothing and shoes. Donations can help purchase items to go into the resource bags, such as sunscreen, bandages, informational pamphlets and other basic necessities.



We will also be working with VA Maine Suicide Prevention Program and Outreach at Togus.

This office works with veterans on Unit 63, but they also have a massive community outreach working with local police, NAMI, DHHS, CBOCs and other agen-

cies working on suicide prevention statewide.

Your donations can assist with creating resource kits that are distributed statewide to help in prevention efforts.

Start your plans today to hold a fundraiser for this much needed project for our veterans.

We're kicking off fundraising efforts with the idea of holding walk-a-thons; please see the walk-a-thon flyer for further information. However, that is only one idea of how to raise funds. Be creative as you always are.

Send all donations to Maine ALA, earmarked "President's Project" to Maine ALA, 5 Verti Drive, Suite B, Winslow, ME 04901.

**SUICIDE PREVENTION IS
EVERYBODY'S BUSINESS**



A Donation Well

Received: Department Commander Kirk Thurston presents Auxiliary President Debra Rumery \$750 to go towards her President's project "Suicide Awareness and Prevention". The money was collected from various Legionnaires in attendance at Mid-Winter Conference on Jan. 14.

AMERICAN LEGION FAMILY DEPARTMENT TESTIMONIAL May 20, 2023

Join us on Saturday, May 20, 2023 as we honor our 2022-2023 leaders: American Legion Department Commander Kirk Thurston, American Legion Auxiliary Department President Debra Rumery, and Sons of The American Legion Detachment Commander Mike Hustus.

Location: Napoleon-Ouellette Post 24, 184 Congress St., Rumford, Maine. Post doors open at 2 p.m.

Time: 4 p.m. social; 5 p.m. dinner, followed by a ceremony and possible entertainment.

Menu: Choice 1: Maple, bacon wrapped pork loin.

Choice 2: Shrimp stuffed Haddock

Both choices include green beans, mashed potatoes, gravy, roll and dessert. Either meal can be requested gluten-free.

Cost: \$25 per person

Mail reservations to: American Legion Post 24, Attn: Tricia Thurston, 184 Congress St., Rumford, ME 04276 by **May 5, 2023**. Make checks payable to American Legion Post 24 and indicate on the check your meal choice when making reservation.

Local Hotels:

Best Western - (207) 507-4061

Hotel Rumford - (207) 364-3621

Blue Iris - (207) 364-4495

Sons Encouraged to Support 'Be The One' Through American Legion Family Day

Greetings, Sons of The American Legion,

We often talk about "The American Legion Family." It's such an important part of how we support our veterans.

The American Legion's National Executive Committee unanimously passed Resolution No. 7 last October to create an event called American Legion Family Day. Prompted by a resolution from the Detachment of Maryland that was initially approved by the SAL NEC, this resolution establishes the event to be observed annually on the last Saturday in April, with posts opening their doors to the community and cele-



**CHRISTOPHER
CARLTON**

brating the accomplishments of Legionnaires, Sons, and members of the American Legion Auxiliary.

The resolution also calls on the Legion Family to use the day to promote "Be the One." The terrible impact a veteran's suicide can have on his or her family is devastating.

That's why I encourage you to not only participate in your post's American Legion Family Day event, but to use the event to "Be the One." Share with the community why the program is so important and how your squadron and post are helping reduce and eliminate veteran suicide.

Brochures can be downloaded at legion.org/Publications and BeTheOne.org.

Thank you all for your efforts to support our veterans and the entire Legion Family!

Be the One!

With passion and purpose.

SAL National Commander Christopher Carlton
FEB 10, 2023

■ "COMMANDER'S COMMENTS" (Continued from Page 2)

for a press release to promote your event. Download the Word document, (<https://www.legion.org/betheone/257987/betheone-sample-press-release>) update it with your specific event information, and distribute it to local media, community partners, and others.

- **Wallet cards:** A collection of printable business-card sized with Be the One branding and QR codes. They can be used as single-sided cards, combined with double-sided cards, or added to the back side of a personal business card.

It is that time of year, elections are held at Posts and Districts. Remember to elect people that are qualified to fill the position. Try not to just fill the postilion with a warm body. This does not always work. Once elections are held and installation is completed, fill out the Post or District Officer's Form and send to Department. These forms are very important to keep the Department's Directory updated. You have elected these officers, now it is so important to support them by attending meetings. Post and Districts throughout the Department are having a hard time holding meetings due to no quorum. Communication up and down the chain of command is so important. Keep the meetings informative and interesting. Try to keep the meeting to one hour. Have a copy of the meeting agenda for each member in attendance.

The following was in the previous Maine Legionnaire, but bears repeating:

District Commanders; **remember you are the first line of defense against troubled Posts.** During your Post visits use the Post Audit as a tool and sit with the Post Officers before or after their meeting to discuss the audit. This tool will help you identify problems/issues occurring at the Post and help create a path to correct those issues. Usually, by the time Department hears about a Post in trouble, it is too late. Revitalization needs to happen as soon as possible. More and more Posts, for some reason, think they can sell their Post and the last member standing gets the rest. Not so, refer to the Department's Constitution & By-Laws for guidelines as follows:

Commander Troiola's theme is "V.E.T.S., Veterans, Education, Teamwork, and Sponsor." He talked about staying informed with legislative issues by signing up for alerts through the American Legion website <https://www.votervoice.net/AmericanLegion/home>. It is so important for all of us to sign up and notify our elected officials of what is important to veterans. He also talked about the 'Be the One' campaign through <https://www.legion.org/betheone> to keep informed and sign up for their updates as well. Remember 'Buddy Checks' work hand and hand with 'Be the One' campaign. What better way to help a fellow veteran that may be in need of a friend.

Until we meet again, "Fair Winds and Following Seas".

Kirk Thurston Department of Maine Commander's Project OPERATION REBOOT OUTDOORS Show Your Support by Donating Today!

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!

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 check for
Commanders Project O.R.O.



9th Annual Women's Veteran's Luncheon A Huge Success!

On Sat, Nov 19, 2022, our 9th Annual Women Veteran's Luncheon was held at the Rumford American Legion Post 24 and had a great turnout with some amazing women in attendance. Thank you, Sue Richard, Pam Marcellino, Carol, Kim, and Rena Nichols for supporting me with Christmas trees! The hall had been set up with the help of Rena, Kirk Thurston, and myself and then beautifully decorated by Carol Roach, Don Roach, Rose Dyke, Kim Sequoia, and Shannon Glover. Don helped in many ways with this event.

Our veterans were treated to a morning of wreath making provided by Carol, Rose, Lynn McAloney, Kim, and Tina Erwin. Reiki was provided by Birdie and Tori Rocray, coffee and donuts from Dunkin Donuts, and fruit salad (Val)! We had surprise visits from Santa (Dan Richard) and his amazing Elf (Louie Marin). Santa hung out for a while and helped with passing out presents and taking individual photos with our veterans. Much appreciation to Santa and his Elf for taking the time out of their day to be there.

Jennifer Bover from the VBA joined us for the day and shared information with our veterans and then held a question-and-answer session. Thank you, John Brinzow, for having a table and for providing for our veterans. Lunch was served by more surprise guests!! Captain America (Dawson), Robin (Louie Marin), and our amazing Auxiliary helped to serve our veterans treating them to a sit-down meal that consisted of delicious barbecue chicken prepared by Mike Malak and his wife Julie. Along with the chicken were side dishes of potato salad, pasta salad, beans (Rena), and biscuits prepared by Rena, Val, Jo and me. Dessert was provided by Hannaford and was beautifully decorated as you can

see in the picture.

JoAnn Maynard and Teresa Drag attended and presented three Quilts of Valor quilts to Cindi Bailey, Alola Morrison, and M. Mike Wilson. This moment was so meaningful to so many. JoAnn and Teresa have made numerous quilts to give on behalf of the Quilts of Valor.

We ended with more raffles and were able to get group photos as well. It was a hugely successful event and could not have been done without the support of the following people: Mike and Julie Malak, Jo Gaudet, Carol and Don Roach, Gloria Worthley Morton, Valerie Scott, Rena Nichols, Kelly Deroche, Rose Dyke, Kim Sequoia, Lynn McAloney, Shannon Glover, Tina Erwin, Barbara Arsenault, Sue Richard, Pam Marcellino and Kirk Thurston. Reiki providers Tori and Birdie Rocray. Thank you, Louie Marin, for taking photos throughout the day; you captured some amazing moments. Thank you again to all who dropped off or sent gifts for our raffles. We have the most amazing volunteers at Post/Unit/SAL who support these luncheons year after year. It was a feel-good event and I know it takes a lot out of us at the end of the day. I appreciated each and every one of you who are able to be there to help and support another fantastic year!! I thank you from the bottom of my heart.

My hope is that I have not forgotten anyone who volunteered or gave towards this event. You are all amazing! We have two more events planned at the Brunswick and Topsham Posts. We look forward to our 10th Annual coming your way in November 2023.

Please reach out if your Post would like to host a Women Veterans Luncheon.

Women Veterans Advisory
Committee Chairperson Tricia Thurston



Women Veterans in attendance at the 9th Annual Women Veterans Luncheon held at the American Legion Post 24 in Rumford on Nov 19, 2022.

All Photos by Louie Marin



Quilt Of Valor:
Three Women Veterans receive the Quilt of Valor provided by Teresa Drag and JoAnn Maynard. Left to right, Cindi Bailey, M. Mike Wilson, Alola Morrison, and Sarge in the front.



Unit 24 Members supporting the 9th Annual Women Veterans Luncheon. Front row, Rena Nichols, Valerie Scott, Julie Malak Middle Rose Dyke, Lynn McAloney. Back row, Gloria Morton, Tina Erwin, Kim Sequoia, Carol Roach, and Tricia Thurston.



Serving Those Who Served Our Nation

Our nation owes American veterans an enormous debt, one that can never truly be repaid. Honoring our commitment to those who served our nation in uniform involves continuing to support them when they return home and meeting the needs of veterans who are disabled.

Last Congress, I authored a bill with Senator Joe Manchin (D-WV) that will make a positive difference in the lives of disabled veterans who require adaptive modification of their vehicles long after they are discharged or retire from active duty. I am delighted that our legislation received overwhelming bipartisan support from our colleagues, and it was signed into law in January.

The provisions of the bipartisan Advancing Uniform Transportation Opportunities (AUTO) for Veterans Act, enacted into law as part of the Veterans Auto and Education Improvement Act of 2022, will make these veterans eligible to receive a grant to help purchase a new adaptive vehicle once every ten years, helping them to drive safely and



**SENATOR
SUSAN COLLINS**

maintain their independence. This is especially important for states such as Maine, where many veterans live in rural communities and must travel

for some of the health care they have earned through their service.

Under the previous law, the U.S. Department of Veterans Affairs was authorized to provide eligible veterans with a one-time grant of approximately \$21,400 to be used to purchase a new or used automobile and necessary adaptive equipment, such as specialized pedals or switches. The grant is often used together with the VA Special Adaptive

Equipment Grants, which help veterans purchase adaptive equipment, such as powered lifts, for an existing automobile or van to make it safe for a veteran's use. The Department of Transportation estimates that the average cost to replace modified vehicles ranges from \$20,000 to \$80,000 when the vehicle is new.

Although veterans could receive multiple Special Adaptive Equipment Grants over the course of their lives, they were limited to a single grant to purchase a vehicle. The AUTO for Veterans Act addressed this limitation, which failed to take into account that a disabled veteran may need more than one vehicle in his or her lifetime.

According to the Department of Transportation, the average age of a household vehicle is 11.8 years, and a vehicle that has been modified structurally tends to have a shorter useful life. The substantial costs of modified vehicles, coupled with inflation, present a significant financial hardship for many disabled veterans who need to replace

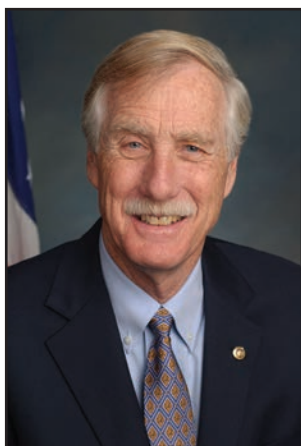
their primary mode of transportation once their car, or van, or truck reaches the end of its lifespan.

A Maine veteran whom I know well, Neal Williams of Shirley, used a VA automobile grant in 1999 to purchase an adaptive vehicle, a Ford Econoline van. He also had to purchase several adaptive vehicles since 1999, with each one lasting more than 250,000 miles until they simply were no longer road-worthy. He told me that purchasing a new van will cost him well over \$50,000, which is more than he paid for his home.

The AUTO for Veterans Act will relieve an enormous burden for many veterans throughout the country who need to purchase expensive adaptive vehicles in order to drive safely or to drive at all. This is an important step that we have taken to meet this need and help those who have made so many sacrifices to serve our nation.

Caring for Our Veterans in Maine

Caring for our veterans is among America's most solemn obligations and one that Maine people have always taken seriously. As we work to meet this sacred



**SENATOR
ANGUS KING**

promise of service, I wish to extend a hearty welcome to Sharon Fusco, the new CEO of Maine Veterans' Homes (MVH). I'm confident that Sharon will build on the tremendous success Kelley Kash achieved and build on MVH's track record as a national standout in

veterans' care.

As I'm sure you know, MVH is one of Maine's leading veteran nonprofit organizations, and is independent from the Veterans Administration and the Maine Bureau of Veterans' Services. The organization provides world class rehabilitative and care services at six homes in Maine: Augusta, Bangor, Caribou, Machias, Scarborough and South Paris. But, perhaps most importantly, MVH provides peace of mind for Maine veterans and their families.

This reputation for success and service has earned MVH Gold Excellence in Quality certifications through the American Health Care Association/National Center for Assisted Living (AHCA/NCAL) National Quality Award Program. MVH Bangor received the Gold certification in 2021, MVH Scarborough in 2016, and MVH Machias in 2018. These homes are three

of only 49 organizations nationwide to reach the Gold status in 25 years, and the only ones in Maine – a true testament to their hard work and dedication.

This success has been in no small part due to the work of Kelley Kash, who had an extraordinary 23-year career in the Air Force before spending the last fifteen years serving Maine veterans as the head of MVH. I want to congratulate Kelley and sincerely thank him for everything he's done for Maine and our nation. Together with the entire community, I wish him all the best on the next chapter of his life. I somehow suspect that we'll still be seeing him around.

As much as we all will miss Kelley, I know that MVH is in good hands with Sharon Fusco. Sharon brings an extensive background and understanding of aging care policy and leadership, and approaches challenges with excitement,

opportunity, and a strategic vision. She is the first woman and military spouse to lead MVH and is well positioned to lead the organization on the next chapter of its mission caring for veterans and their dependents across the state of Maine.

Married to an Air Force veteran of 26 years, Sharon has experienced firsthand the difficulties that Maine veterans and their families face and has the right experience to help address these challenges. She most recently led Redwood in Fort Mitchell, Kentucky, which specializes in providing therapeutic, educational, and vocational services to persons of all ages with disabilities.

A huge congratulations to Sharon and a thank you to Kelley. I look forward to working in collaboration with MVH's leadership to ensure that the essential nonprofit has the tools it needs to serve Maine veterans like you.

Service Office Update

Hello from the Service Office. Since the last article, we have had a Mid-Winter Conference. What a great time to get to see so many Legionnaires in one place. I was asked by several when I would hold a PSO training session. I am looking at the last Saturday in March. That is the 25th and it will be at the headquarters in Winslow. Look for additional information on the Facebook page. If the interest is high, I will conduct a course once a month.



**SERVICE OFFICER
CARL CURTIS**

The big news is still about the PACT act. A good idea is to add information from the Pact Act to your call script. If you are calling a Vietnam-era veteran, start off the call with the added locations and conditions. It may help to get a good conversation started.

There are still questions on the PACT Act so I will again list some of the major changes due to the act passing and becoming law. For the Vietnam veterans, the act added these locations: Guam or American Samoa, Johnston Atoll, Cambodia, Thailand, and Laos. For the Gulf War and 911 veterans, the act added these locations: from 1990 Bahrain, Iraq, Kuwait, Oman, Qatar, Saudi Arabia, Somalia, and the United Arab Emirates. Then from 2001 Afghanistan, Djibouti, Egypt, Jordan, Lebanon, Syria, Uzbekistan, and Yemen.

The act also added 2 presumptive conditions for exposure to agent orange and over 20 for exposure to burn pits and toxic exposure. If you have any questions, please call the office.

PLEASE READ AND RESPOND

TO YOUR MAIL FROM THE VA!

APPEALS OF CLAIMS. The appeals process is no longer the strict structure it was. If your decision was after the 19th of February, you fall under the AMA. There are now five lanes you can choose from. The first two are at the regional level. They are called supplemental review and higher-level review. Then there are three ways to appeal directly to the Board of Veterans Appeals. They are direct, evidence only, and hearing. The time limit is now one year from each decision.

Contacting the DSO for Assistance by Telephone - Please just leave your name, phone number, and who you are working with.

Financial Assistance. Keep in mind that requests for financial needs should be directed to your town/city for general assistance (GA), and either a local Legion post for a possible fundraiser or the American Legion Department Headquarters. In addition, we can make referrals to other service organizations, **but we do not have the funds to pay rent, mortgage, credit card bills or other ongoing bills.** **If you have children, mention TFA to the Department Adjutant when you call to see if you are eligible to apply.**

PSO Training Seminar. You do not have to be a Post Service Officer to attend training. You just have to care and want to make a difference.

PSO Contact Information. Post Service Officers, as a minimum, please send us your full name, Post, telephone number (your phone number will not be released) and email address. The purpose

is so that members of your post can contact you for local assistance and also so that I can contact you, by phone or email, if we hear from a member in your post that needs assistance.

INTENT TO FILE. Some veterans are not ready to file a claim or are looking for additional information. In that case, you can execute an Intent to File with our office. That is NOT a claim for benefits. You have 1 year to file your claim; one year period! Failure to file in one year starts the clock on your claim from the day you file. **DO NOT FORGET TO FOLLOW UP AND FILE YOUR CLAIM!**

NEW AND MATERIAL EVIDENCE.

VA claims that are denied and have not been appealed within the appropriate time frame require "New and Material Evidence" to be reopened. It is sometimes futile and frustrating to the veteran to keep resubmitting the same claim as it will most likely be denied.

NEW WAYS TO APPLY FOR VA HEALTHCARE

Sign up for VA Healthcare. Sign-up for VA Healthcare can now be done three ways! The Department of Veterans Affairs (VA) announced today it has eliminated paper signature requirements for veterans wishing to enroll in VA health care. Effective immediately, VA has amended its enrollment regulations to allow veterans to complete enrollment applications for enrollment in VA health care by telephone without the need for a paper signature.

By adding this telephone application option to VA's regulations with this

amendment, VA will now offer three ways to enroll. This option provides Veterans a convenient third enrollment option.

1. Paper - VA Form 10-10 EZ.
2. Call 1-877-222-VETS (8387), Mon-Fri between 8 am and 8 pm, EST.
3. On-Line at www.vets.gov!

TOGUS VA WOMEN'S CLINIC. If you haven't already heard, there is a Women Veterans Clinic here at Togus. It specializes in women's health issues. Please keep in mind that there are medical conditions that may be claimable for the children of women veterans who served in certain areas and/or on certain ships that are presumptive for Agent Orange. If you are a woman veteran, it is a good idea to give us a call or look for more information on www.va.gov.

PLEASE USE THE DSO TO TRANSMIT YOUR CLAIMS/EVIDENCE TO THE VA THIS ENSURES A PAPER TRAIL AND EVIDENCE IT WAS SUBMITTED! You can either mail it or drop it off in the office!

DSO CONTACT INFORMATION. We are located at Togus VA Medical Center, Building 205, Room 318. You can contact us by telephone at 207-623-5726, Fax at 207-621-4821, or by email at carl.curtis2@va.gov, or julie.kern@va.gov. We are here to assist you Monday through Thursday, 9:00 am – 3:00 pm, on Friday the hours are from 9:00 am to 12:00 pm. We are closed on Federal Holidays and Patriot's Day. Just a reminder, it is always a good idea to make an appointment rather than drop in as we may be seeing other veterans and would hate to miss you. That said, you are always welcome to stop in the DSO Office.

REQUESTING A DSO PRESENTATION AT YOUR AREA/DISTRICT OR SPECIAL EVENT. If you are interested in having us speak at your area, district meeting or event, just contact us to set up a time and date! Requests are handled on a first come first serve status, subject to the availability of travel funds. Please set aside at least **30 minutes** of your agenda for the presentation.



Service Office

Update: Department Service Officer Carl Curtis gives a Service Office update to those in attendance at the Mid-Winter Conference held at Jeff's Catering & Event Center, Brewer Jan. 14.

HELP WANTED!

PART-TIME JOB POSITION FOR AMERICAN LEGION ASSISTANT DEPT. SERVICE OFFICER

Immediate part-time job opening for Assistant Department Service Officer at The American Legion, Department of Maine. This position entails working a 4 day work week up to 28 hours/week.

For a full job description and qualifications visit:

https://www.mainelegion.org/media/misc/Job_Description_-_ADSO_07122022.pdf

Resumes can be sent to Department Headquarters,

5 Verti Drive, Winslow, 04901 or emailed to: legionme@mainelegion.org

Your Letters

Thankful for Maine Hospitality

Dear Kirk,

Thank you so much for the LL Bean gift certificate, hunting cap, and Post 24 license plate during my recent visit. I really appreciate you thinking of me in this special way. Thank you, too, for the hospitality extended to me during my recent visit to the Department of Maine.

My theme for the year is “Be the One” – the Legion’s veteran suicide prevention initiative. While the Legion continues to celebrate its past, it does so while also marching toward an evolving future, discovering ways to stay relevant and add even greater value to the lives of younger veterans.

Vincent J. “Jim” Troiola
National Commander
2022-2023

Generous Support Appreciated

Dear Commander Thurston,

Thank you and the American Legion for your generous support of the Veterans and Family Expo. It was greatly appreciated!

Sincerely,
Sarah Sherman
Maine Bureau of Veterans’ Services

A Moment of Thanks

Good morning,

I was recently elected Chair of the Kennebec Valley District of Scouting (Kennebec, Franklin, Knox, Lincoln and Somerset Counties). I wanted to take a moment to thank the Legion and all of her veterans for their service to our nation and for their support of Scouting over the years. Scouting got its start here in the United States in 1910 and the Legion started nine years later. Both organizations strive to see young people become active citizens who love their country and take time to recognize and show appreciation for all that our veterans have done for America.

Our veterans have defended our freedoms during times of conflict and the American Legion and Auxiliary have continued to serve after their military careers ended. It is so important that this fact not be lost on the next generation.

Scouting in Kennebec Valley District owes a tremendous debt for the close relationship the Legion Posts around the area have forged with our Cub Packs and Scout Troops. This partnership has made a difference in young people in our area and as we start a new year, I didn't want the calendar to change before sharing our appreciation for your support.

Yours in Scouting,
Chuck Mahaleris, District Chair
Kennebec Valley District

Quilts of Valor

When you hear the word ‘quilt,’ what do you think of? Most of us envision a warm and thick bed covering or blanket with padding enclosed between layers of richly colored, decorative fabric that may have laid on a grandparents’ bed or was received as a gift from some older relative, or perhaps joined together fabric or padding with lines of stitching to form a warm bed covering or garment.

The history of quilts began long before European settlers arrived in the New World. People all over the world had used padded fabrics for clothing, bedding, and even armor. With the arrival of the English and Dutch settlers in North America however, quilting took on a new life and flourished.

The quilt, as we know it in America, was originally a strictly utilitarian article, born of the necessity of providing warm covers for beds. Quilts were also used as hangings for doors and windows that were not sealed well enough

to keep out the cold.

These thick, cozy coverings, in all their definitions, can also be used to cover service members and veterans touched by war with comfort and healing, as is the mission of an organization known as Quilts of Valor.

The National Quilts of Valor Foundation tells us their quilts are only presented to service members and living Veterans of the U.S. Armed Forces. QOVF acknowledges and appreciates the support of their families and strives to remember and honor those who have given their lives for our freedoms, but they do not award QOVs posthumously.

Quilts are to be awarded, not just passed out like magazines or videos. A Quilt of Valor says unequivocally, “Thank you for your service, sacrifice, and valor” in serving our nation in combat.

The nomination process for a Quilt of Valor asks if the potential recipient

has been touched by war and a Quilt of Valor would bring comfort and healing, and that the recipient has not previously been awarded a Quilt of Valor.

The award is not intended as a surprise, gift, or present for a birthday, anniversary, retirement, or other celebration.

Donna Brookings of Gorham, Maine, State Coordinator of Maine Quilts of Valor learned to sew while growing up in Mississippi. She says, “I loved to sit and watch my mother, grandmother, and great-grandmother sew and make quilts by hand.” She started helping them at an early age. While in college she stayed with her great-grandmother on the weekends where they made several during her college years. However, she didn’t start quilting on her own until the passing of her mom in May 2016.

She learned about QOV while attending a quilt show in New Hampshire with her husband, a Navy Veteran, her daughter, and her grandson. She loves to travel the state of Maine and visit quilt shops.

Quilting is still a family affair with the Brookings, she and her husband, who taught himself how to quilt by using YouTube tutorials.

Since joining QOV, Donna has overseen the gifting of nearly 1500 quilts to Veterans. Though all quilting ceremonies are an amazing experience, Mrs. Brookings says her favorites are the ones where the veterans say that it is the greatest honor they could ever get and as important as the awards they got during their service time.

JoAnn Maynard is one of the mid-Maine coordinators. She says, “The ceremonies that stick out in my mind are the ones where I get to wrap my sister veterans in a quilt, as we are often overlooked in our service.” She adds, “Any time I get to give that “quilt hug” and that validation to a sister is extremely important to me.” She primarily makes quilts for Quilts of Valor. When she makes them for fundraisers, she makes it perfectly clear that in no way shape or form are the blankets associated with a Quilt of Valor.

In her opinion, QOV quilts are “Earned awards, much like a Purple Heart. I am personally humbled to be able to use my talents in this way.”

JoAnn is a U.S. Navy veteran and was looking for a way to give back. She says, “Maine Quilts of Valor, thank you for giving me this way to serve!”

She states, “The recent ceremony at Rumford American Legion was amazing, I just wish we could have honored more female veterans there.”

Theresa Drag, JoAnn’s fellow mid-Maine coordinator has been in her cur-

rent position since August 2021 when she invited State Coordinator Donna Brookings to give a presentation about QOV and gift a veteran’s quilt at VFW Post 9787, in South Paris.

She says, “All quilt awarding ceremonies are awesome! But I was blessed to award one to an older veteran in southern Maine whose wife coordinated to have it done. His family came for a reunion. He was definitely touched and appreciative.”

Theresa adds, “We awarded another quilt a week or so before Veterans Day. The recipient loved it so much he asked to bring it to the Veterans Day event so we could tell everyone about QOV after the program.”

Tricia Shanahan Thurston, an officer at Rumford American Legion Post 24 hosted The Ninth Annual Female Veterans Luncheon recently says, “QOV is relatively new to our luncheons, however, the first Maine quilt was presented at the 1st Annual Women Veterans Luncheon at the Litchfield Post with the second being at the 9th Annual Luncheon at our Post.”

JoAnn Maynard and Theresa Drag crafted and presented Super King-size quilts to Cindi Bailey, M. Mike Wilson, and Alola Morrison. Mrs. Thurston says, “I am so thankful for the talents of the people who create these beautiful quilts for all the right reasons. I have never quilted but admire the beautiful work these women create.”

She adds, “I watched the faces of the women who were awarded the quilts at the luncheon and was in awe of the feelings that came over them as well as myself. You could tell that all in attendance were happy for them as well.”

M. Mike Wilson says, “I had mixed emotions about being gifted a quilt. I was honored yet felt undeserving. My career involved trauma that surfaced as they wrapped the Quilt of Honor around me, but somehow, there was so much comfort in that act.”

Wilson adds, “I felt a little guilty as I looked at all the other female veterans there because they deserved the honor as much as I did.”

What is the future of Mike’s Quilt of Valor? “At first, I planned to display my quilt for family and friends to admire. But as my military trauma touches my day-to-day life; I feel that I am using the quilt as it was intended.”

Thurston says, “The quilt drapings were an amazing addition to our luncheon. I chatted with JoAnn Maynard and she shared that they would like to make it an annual event to join us and present a quilt, which will be amazing!”

Submitted by Dept. Historian Lou Marin

‘Quality over quantity’: Army’s top general says lowering requirements to boost recruiting could be dangerous



DoD Image

‘Quality over quantity’: Army’s top general says lowering requirements to boost recruiting could be dangerous

The Army’s top general warned Wednesday that lowering entry requirements for recruits is dangerous as the U.S. military looks for ways to attract troops who want to serve and can pass the physical and academic tests.

Gen. James McConville, the Army’s chief of staff, said the challenges to increase recruiting numbers are formidable. By the end of 2022, the Army was hoping to have 473,000 troops, but ended up with about 465,000 after lowering its goal twice.

It’s not just the Army. The other service branches are also having difficulty finding recruits who can meet physical and academic requirements.

“Here’s what we do know. We have a lot of young men and women who want to serve — and they can’t pass the ac-

ademic requirements or they can’t pass the physical requirements,” said McConville, who became the Army’s chief of staff in 2019.

To join the Army, a recruit must be between the ages of 17 and 35, medically and physically fit, and in good moral standing. Further, they must be a high school graduate, or the equivalent, and pass the Army’s placement exam known as the Armed Services Vocational Aptitude Battery test. According to Pentagon data, 23% of Americans between the ages of 17 and 24 meet all eligibility requirements.

“We are facing unprecedented challenges recruiting new soldiers. Among a myriad of causes, America’s youth are less qualified for service than ever before,” said Army Brig. Gen. Patrick Michaelis, commander at Fort Jackson, S.C. “Since the all-volunteer force was established in 1973, this is the hardest

Recruiting Command has had to work to meet recruiting goals.”

Army officials have said the coronavirus pandemic has also made recruiting more difficult, as ASVAB test scores are down almost 10% since the start of the crisis.

“They just can’t pass it,” McConville said. “It’s harder for people today to pass it than it was before.”

He also pointed to a university study done that found about half of high school ROTC students are also failing the ASVAB test. But despite these recruiting hurdles, he said he remains opposed to relaxing entry requirements because the standards are there for a reason.

“This could be a very dangerous time and unimaginable things can happen,” McConville said, stressing the importance of troops’ intellect and physical capabilities during conflict.

“What we are not willing to do is ... we don’t want to lower standards,” he said, noting Defense Secretary Lloyd Austin shares his opinion. “We think that quality is more important than quantity.”

“What we are willing to do is we’re willing to invest in young men and women. We have started what we call the Future Soldier’s Prep Course at Fort Jackson, and we’re getting ready to stand one up at Fort Benning [in Georgia].”

The pilot prep course started last year and its chief goal is to train young Americans to pass the entry require-

ments when they’re ready to join. To test its effectiveness, the Army put about 3,000 young men and women through the prep course and saw remarkable improvement.

“It got about a 95% success rate. Either they are improving their scores or they are losing body fat,” McConville said. “When they go into initial military training, they have got a heads up on their peers.”

He said the prep course could save the Pentagon money by helping to weed out recruits before they get to the stage where the military starts investing in their futures.

“I think we are going to have to do this if we don’t want to lower standards,” McConville said. “We want to give people an opportunity to do great things.”

“In fact, we want them to be all they can be,” he added, harking back to the Army’s “Be All You Can Be” slogan from the 1980s and 1990s — a slogan so fondly remembered that the service is bringing it back in 2023 as part of its evolving recruiting plans.

Another avenue that the Army wants to follow, McConville said, is finding recruits in families that don’t have a lot of military connections. He emphasized more than 80% of recruits have traditionally come from military families.

“We really need to make it not a military family business — but an American family business,” he said.

By Douglas D. Ware/Stars and Stripes
Jan. 19, 2023 | www.legion.org

Legion Baseball Team Registration is Open

Registration for the 2023 American Legion Baseball season is open at baseball.legion.org.

The early deadline for registration is May 15. Teams registered after May 15 may be subject to a department late fee through the final deadline of June 1. Please note that each American Legion department may set an earlier deadline for registration.

Teams may begin to pay registration fees and insurance premiums beginning Feb. 15.

To learn more about your specific department’s state fees and deadlines, contact your department chairmen.

As part of the education and training requirements of Public Law 115-126, the Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017, all coaches, managers and volunteer staff members must complete the Abuse Awareness course

either through Protect Youth Sports or USA Baseball. All coaches, managers and volunteer staff members must also have a completed and passed background check. Click here to download the American Legion Baseball Risk Management Guidebook. To download the American Legion Baseball Management Guidebook visit <https://www.legion.org/publications/212564/risk-management-guide-baseball>.

Jan. 13, 2023

<https://www.legion.org/baseball/254945/full-registration-open-2022-american-legion-baseball-season>



The American Legion Baseball Scholarship

The American Legion awards between \$22,000 and \$25,000 in scholarships to deserving baseball players each year. Each Department Baseball Committee may select a player from its department to receive this scholarship. The American Legion will award several scholarships each year depending on the number of applicants and interest earned from the trust fund.

Award Amounts

Department Baseball Scholarship Winners receive \$500.

Each certified Department Baseball scholarship winner shall be considered for The American Legion All-Academic Team sponsored by Diamond Sports, annually.

Eight players selected by a scholarship selection committee at The American Legion World Series will receive an

additional \$2,500 scholarship.

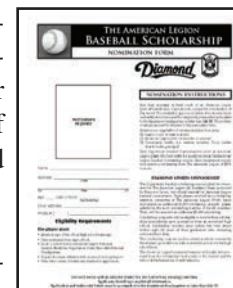
A ninth player, selected as the most outstanding member of the All-Academic Team, will be awarded an additional \$5,000 scholarship.

All-Academic Team winners will retain their \$500 scholarship from their department.

Scholarship recipients will be eligible to receive their scholarships immediately upon graduation from an accredited high school. Scholarship winners must utilize the total award within eight (8) years of their graduation date, excluding active military time.

Print the application by visiting https://www.legion.org/documents/baseball/Baseball_Scholarship_Form.pdf

Learn more about American Legion Baseball - visit <https://www.legion.org/baseball>



THE AMERICAN LEGION, DEPARTMENT OF MAINE

OFFICIAL CALL FOR

ONE HUNDRED & FOURTH ANNUAL CONVENTION

In accordance with Article IV of the Constitution and By-laws of the Department of Maine, The American Legion, the One Hundred and Fourth Annual State Convention is hereby called to convene in Brewer, Maine, June 9-10, 2023.

The first business session will be called to order at 12:00 p.m. daylight savings time, on the afternoon of Friday, June 9, 2023, with the final business session scheduled for Saturday morning, June 10, 2023, at 9:00 a.m. All general business sessions of the convention will be held at Jeff's Catering & Event Center, Brewer, Maine.

PURPOSE

The convention is called for the purpose of electing department officers for the ensuing year; to elect delegates and alternates to the 2023 National Convention to be held in Charlotte, NC; to receive reports of all department officers and standing committees; to consider the resolutions and actions of subordinate bodies and to transact any other business properly brought before the convention.

REPRESENTATION

Each post is entitled to one delegate and one alternate, and one additional delegate and alternate for each one hundred members or fractional part thereof paid up to May 10, 2023. A post with less than 15 members is not entitled to any delegates. All department officers, district commanders, area commanders, and past department commanders, in good standing, shall be entitled to vote and have all the rights of delegates in the convention. These officers and past department commanders are delegates-at-large and must not be named as post delegates.

Alternate delegates are entitled to a seat in the convention but will have the right to vote only in the absence of the duly elected delegates. The decision of the selection of alternate delegates to represent absent delegates is a matter of decision within the respective delegations. All Legionnaires, Auxiliary members, Sons of the American Legion, and guests are invited to attend the convention as guests but have no voice or vote unless delegates.

RULES OF ORDER

The rules of procedure at the Department Convention shall be those set forth in Robert's Rules of Order, newly revised.

MEETINGS

The Resolutions Committee shall hold a public hearing on all resolutions submitted in accordance with the Constitution and By-laws at

Jeff's Catering & Event Center on Friday, June 9, 2023, at 9 a.m. All delegates and alternates and members of The American Legion are invited to attend the session. Following this public hearing, the Committee on Resolutions will go into an executive session to vote on resolutions to be brought before the body.

The Department Executive Committee will hold the first meeting at Jeff's Catering & Event Center on Saturday, June 10, 2023. All department officers, district commanders, area commanders, and past department commanders are requested to attend.

CREDENTIALS

Each post will fill out the credential blank submitted by the department adjutant and return same to the Department Headquarters listing the delegates and alternates elected to represent the post. All delegates' registration must be prepaid.

All credentials must be verified by the Credentials Committee, which will be in session at Jeff's Catering & Event Center, Brewer, Maine, from 8:00 a.m. to 10:00 a.m. on Saturday, June 10, 2023.

The department adjutant shall issue to each post, 30 days prior to the convention, a statement of the number of 2023 membership cards, accompanied by state and national dues, received at Department Headquarters on May 10, 2023. Listed with the membership report will appear the number of delegates allowed for each post.

Credential reports should be filed with the department adjutant as soon as possible to allow for inspection and checking, thus correcting any errors.

If there should be any changes in personnel on the list of delegates or alternates, corrections should be made with the Credentials Committee. Delegates must be registered with the convention in order to vote (1975 Convention Mandate). A registration fee of \$10

for each delegate and alternate may be paid by sending a check made payable to The American Legion, 5 Verti Drive, Winslow, Maine 04901-0727.

NOMINATION AND ELECTIONS

At the first session of the Department Convention on Friday, June 9, 2023, nominations shall be made for the offices of Department Commander; Department Adjutant; Department First Vice Commander; Department Second Vice Commander; Department Historian; Department Americanism Officer; and Department Sergeant-at-Arms; National Executive Committeeman, and National Executive Committeeman Alternate.

Nomination of officers shall be made

will be issued after 10 a.m. Delegates will cast ballots immediately. Delegate's card, badge, convention registration, and your 2023 membership card must be displayed during voting.

Ballot Boxes will close promptly at 10:15 a.m.

UNIFORM OF THE DAY

The uniform of the day during the convention sessions will be the American Legion cap. Only the official representative of another veterans group may wear the cap of that organization in the convention hall.

MEMORIAL SERVICE

The department chaplain of The American Legion will conduct a Memorial Service to be held just prior to the conclusion of the Saturday session, June 10, 2023. Posts wishing to have deceased members included in the Post Everlasting Ceremony are requested to submit a list of the honored dead to Department Headquarters. Lists must include the name of deceased comrades and conflicts served. If your post files a Post Everlasting list for The Maine Legionnaire and said list is up to date, a second list is not necessary.

LAW AND ORDER

Order will be maintained at all times in the convention hall under the direction of the department sergeant-at-arms and his/her assistants. Delegates, alternates, and members attending the convention are requested to be courteous to all speakers and visitors to the convention.

PRESS

The department adjutant's staff will maintain press facilities during Convention sessions. The department adjutant must approve all communications from the Department Convention.

INSTALLATION OF OFFICERS

A formal installation ceremony will be held Saturday, June 10, 2023, at 5:30 p.m. All department officers and district commanders will be sworn into office at that time and will automatically become members of the Department Executive Committee.

RAFFLES OR SALES ITEMS

There will be NO sales items or raffles at the Department Convention without the specific permission of the department adjutant.

This call will be read in all posts and district organizations and posted up on the bulletin boards of all posts. This call is being sent to the officers on record. If new officers have been elected, please transmit this information to them.

Official:

Paul L'Heureux, Department Adjutant
Kirk Thurston, Department Commander

THE AMERICAN LEGION
104TH ANNUAL
STATE CONVENTION
June 9 - 10, 2023
Jeff's Catering and Event Center, Brewer
PLAN NOW TO ATTEND!

Resolutions to Be Presented by May 1st

All resolutions to be presented for action at any Convention shall be presented to the office of the Department Adjutant on or before May 1 of the subject year. Said resolutions shall be published and printed in the official organ of the Department of Maine, The American Legion in the next issue following said date of May 1. Resolu-

tions must be presented to the Department Adjutant's office in writing, dated and signed by the Commander and Adjutant of the sponsoring groups or Chairman and Secretary of sponsoring committee. Resolutions may be presented by two-thirds majority of the Resolutions Committee meeting at the convention.

Candidates Deadline: May 10

Anyone wishing to run for a Department Office must submit a letter of intent and a copy of his or her discharge papers making them eligible for The American Legion to the Department Adjutant's office on or before May 10, 2023 to be included on the official ballot at convention in June. If you wish to be included in The Maine Legionnaire, the above information, plus a photo of you must be at Department Headquarters by April 21, 2023.

Also be advised that the Department Constitution and By-Laws state: All current and future Department Officers elected at the Annual State Convention will within forty-five (45) days following the conclusion of the Annual Department Convention, take the "American Legion Extension Institute Course" and successfully complete said course. Previous graduates of the course upon providing confirmation would be exempted.

What a Delegate Should Bring to the Annual State Convention

This is a short reminder to all legionnaires attending the 104th Annual State Convention in Brewer, June 9th and 10th. If you are a delegate or alternate to this year's convention, please remember to bring your current American Legion membership card or PUFL card. Attend-

ees should go to the registration table immediately upon arrival to pick up your delegate or alternate name tag. Only registered delegates are allowed to vote or address the convention. The official uniform of The American Legion is the Legion cap.



Print 2023 Membership Cards in MyLegion.org

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.



Humanitarian Sought

The Humanitarian Award Committee is again seeking nominations for the annual Humanitarian Award. The Humanitarian Award, considered one of the most prestigious awards bestowed by The American Legion, is presented annually at our State Convention.

An American Legion Post must endorse applicants for the annual Humanitarian Award. Accomplishments of the individual must be over and above his or her usual vocation; in most cases his/her deeds would not be in their chosen field of endeavor; but consideration would be given to someone whose activities in their field of work was far in excess of what one would expect in that field. Applicants may be male or

female, veteran or non-veteran, legionnaire or non-legionnaire. A majority vote of the Humanitarian Award Committee will be final.

If an individual was previously submitted and not selected, please submit it again. We will consider anyone who has not received the award previously. Nominations should be received by May 1, 2023. Nomination forms can be obtained by contacting The American Legion, Department of Maine, 5 Verti Drive, Winslow, Maine 04901-0727; Tel: (207) 873-3229; e-mail: legionme@mainelegion.org or on the web at www.mainelegion.org under [Forms/Applications](#).

Legionnaire of the Year Sought

Is that exceptional Legionnaire, the one with unquestionable leadership ability, a member of your Post? Do you have that member within your post that seems to stand above the rest in all phases of your post activities? Does he or she aspire to higher positions within the American Legion?

If your post has that member who would qualify for the honor and prestige for the Past Department Commanders Award, why not submit their name and resume? Being chosen for this award is indeed a great honor. When in doubt, ask those who were previously chosen. It is a title you will be known for during your entire Legion career.

Maybe your Post has previously sent a candidate for this award who was not chosen. Why not submit the name again? There are no rules stating how many times you can apply. Your candidate could be this year's winner. Remember, everything in life is a gamble. The deadline for applications is May 1, 2023. Applications can be obtained through Department Headquarters or on-line at www.mainelegion.org

Send completed applications to The American Legion, State Headquarters, Attention: Past Department Commanders Award Chairman, 5 Verti Drive, Winslow, Maine 04901-0727.

Scholarships Available

Applications are now available for the Department of Maine Children and Youth Scholarships, the Daniel E. Lambert Memorial Scholarship, and the James V. Day Scholarship. Any Post, individual or school who would like to receive a copy may obtain one by visiting www.mainelegion.org located under Forms/Applications or by contacting us via email at legionme@mainelegion.org or by phone at 207-873-3229.



****Attention District Commanders and Post Adjutants****

MyLegion.org training lessons are available at State Headquarters. If you are interested in learning how to use the site, please call The American Legion, Department of Maine Headquarters at 207-873-3229 Ext. 2 or email rachael@mainelegion.org to set up an appointment.

Training lessons last between 1-2 hours.

WHAT'S HAPPENING IN YOUR DISTRICT...

District 1

Sanford Post 19; Biddeford Post 26; Limerick Post 55; York Post 56; Old Orchard Post 57; Kennebunk Post 74; Berwick Post 79; North Berwick Post 87; Saco Post 96; Kezar Falls Post 123; Bar Mills Post 120; Alfred Post 134; Wells Post 143; Kennebunkport Post 159; Dayton Post 177; Eliot Post 188; Lebanon Post 214; Wilton Post 117; Rangeley Post 120

Special Ceremony For Veterans

On Veterans Day, 11 November 2022. The veteran residents of the Pinnacle Health and Rehabilitation home were honored with a special Flag Ceremony and Certificates of Appreciation for their service.

Sharon Dean, Director of Events for the home, contacted Sanford Post 19 2nd Vice Commander Kevin Wordan to see if a special ceremony for the housebound veterans at the Pinnacle Rehabilitation Center could be done the afternoon of Veterans Day. Kevin suggested a Flag Folding Ceremony with an explanation of what each fold meant. Sharon felt that was a great idea and a time of 3:00 PM was set for the event.

Kevin contacted all the other veteran organizations in Sanford, as well as the Air Cadet Sanford Troop. On Veterans Day at 3:00 PM, a Flag Procession led by the Patriot Riders, Rolling Thunder Chapter 1, and the Military Veterans Motorcycle Club marched in the Pinnacle Function Hall along with veterans from AMVETS, American Legion and VFW Posts, plus the Air

Cadets Sanford Troop. Kevin introduced all the veterans and cadets to the assembled group from the Pinnacle Center and they were warmly welcomed by the assembled crowd and the resident veterans.

The Flag Ceremony was conducted by the Amvets and VFW Honor Guard, and Kevin explained to the audience what each fold meant. The veterans of the Pinnacle were delighted with the presentation and gave the Honor Guard a standing ovation. To the surprise of the resident Veterans, each was then presented with a Certificate of Appreciation for their Service to the Country and a hand salute. Upon completion of the Ceremony, the Folded Flag was presented to Sharon Dean for the Pinnacle Center to display in the Memory Case.

Special Thanks to the Amvets, VFW, American Legion, Patriot Riders, Rolling Thunder, and the Air Cadets for making it such a special event. It was a special day for the residents and even more so for all the participants.

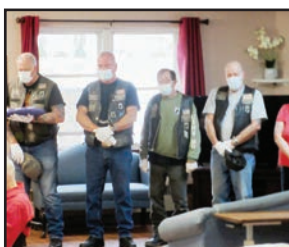
Submitted by Sanford Post 19
Adjutant Dale Midgley



Flag Ceremony



Flag Folding



Presentation

Joseph "Ray" Paquette
Remembered and Honored

Joseph "Ray" Paquette was laid to rest, on Oct 13, 2022, at the Southern Maine Veterans Memorial Cemetery, Springvale, Maine. "Ray" was an Air Force veteran, a resident of the Scarborough Veterans Home and had no family members to make funeral service arrangements after his passing in early October 2022.

The Southern Maine Veterans Memorial Committee was notified by the funeral home in Saco that his remains would be delivered to the cemetery on 13 October 2022. Immediately the committee went to work to make sure that this Air Force Veteran was properly remembered and honored. A military service for "Ray" was quickly organized and a program was put together to honor him.

Dick Langlais, President of the Committee, along with Kevin Worden, a member of the committee, and 2nd Vice Commander of the American Legion Post 19, Sanford spearheaded the organization of the service and every veteran's organization in Sanford was invited to participate in the service for "Ray". The service was scheduled for 11:00 A.M. on 13 October 2022. Shortly after 11:00 the hearse from the Saco Funeral

Home arrived with "Ray's" remains. A flag processional was provided by the Patriot Riders, Sanford Air Cadet Troop and Military Veterans Motorcycle Club. The urn was brought to the Committal Shelter by Kevin Worden and placed on the table with a wreath from the American Legion. The Service was conducted by Dale Midgley, Adjutant for the American Legion Post 19. Tim Peaslee, from the Scarborough Veterans Home, delivered the eulogy. The VFW & Amvets Honor Guard with the Military Veterans Motorcycle Club conducted the Flag Folding and Rifle Salute followed by Taps. A Bag Piper led the Recessional to the Crypt for the Committal.

There were well over 130 people present from the local veterans community, citizens from local towns, the Sanford Police, Fire Department and EMTS', plus students from Wells High School in attendance. Residents from the Scarborough Veterans Home who knew "Ray" were bussed to the ceremony and also recognized for their service.

Submitted by
Sanford Post 19 Adjutant Dale Midgley



Processional



Flag Folding Ceremony



Rifle Salute



Recessional

Webber-Lefebvre Post 74 Dollhouse Raffle

For the third year in a row, John Dulude, a member of American Legion Webber-Lefebvre Post 74 in Kennebunk, has constructed and donated a beautiful dollhouse to be raffled off to benefit the Post's Kennebunk High School Scholarship Fund. The Post, in conjunction with Kennebunkport Post 159 and a donation in the name of Melanie Hilton provides a \$1500 scholarship to a worthy Kennebunk High School senior to further their education.

The Post sells tickets at \$10 each to the public at craft fairs, farmers' markets and

other venues. The sale for this dollhouse was limited to 150 tickets. This year's winners of the dollhouse were Lance and Debbie Gaudette, pictured below. Armand Boucher, Debbie's Dad, purchased the ticket at Bentley's Restaurant in Arundel for his grandchildren. The couple were very happy to be the lucky recipients of the dollhouse dubbed "The Foxcroft Estate" and noted that their children would be very happy with this unexpected gift. The beautifully constructed dollhouse has 9 rooms and a large wrap-around porch with gazebo.



Kennebec Post 74 Dollhouse Winners, left to right, John Gouveia, Lance Gaudette, Debbie Gaudette, and John Dulude.

Southern Maine Guard of Honor
Sets New Record

Berwick -Under the leadership of Honor Guard Captain Forrest Davis, the Charles S. Hatch Post #79 Honor Guard had a record year in 2022. The nine current Honor Guard members are Army, Navy and Air Force veterans who served tours in Korea and Vietnam, several of whom have been active Legionnaires for 45+ years.

During the past year, Post #79 Honor Guard members completed 383.5 person-hours of public service at 37 separate events, an increase of 64 hours from the previous year. Their "tours of duty" required travel to the New Hampshire State Veterans Cemetery in Boscawen, the Southern Maine Veterans Cemetery in Springvale, Maine and multiple locations in York County, Maine and Strafford Coun-

ty, New Hampshire.

While the vast majority of their work was done in support of military honors funerals, Honor Guard members stood tall at Post 79's National Vietnam War Veterans Day observance, at Berwick's Memorial Day Parade and most recently in Eliot, Maine at the Wreaths Across America celebration and kick-off.

All of them, without exception, would say that being part of the post honor guard is an honor in itself. To pay a final, respectful tribute to the service and sacrifice of our departed veterans and show the thanks of a grateful nation. For the members of this post's Honor Guard, there is no higher honor.

Eliot Post 188 Sanctions

District 1 Oratorical Contest Competitor

Conor McPherson, a senior at Traip Academy in Kittery, Me., has earned the opportunity to compete in the Department of Maine American Legion Oratorical contest.

On Jan 11, Conor gave his oratorical pre-

sentation to members of the Eliot / Kittery Memorial Post 188 of Eliot, Me. Post members and guests were very pleased with his presentation. The post gladly sanctioned

[More on "ORATORICAL" Page 15](#)

WHAT'S HAPPENING IN YOUR DISTRICT...

District 1 continued

■ "ORATORICAL"
(Continued from Page 14)

him as a candidate for the 1st District Oratorical Contest.

As we learned more about Conor; we discovered that he serves as his class president at Traip Academy, is a member of the National Honor Society, and an Eagle Scout. He is a tri-varsity athlete; playing Basketball, Soccer, and Baseball. In addition, we learned that his sister, Rory, had competed in the Oratorical contest just a few years ago.

On Jan 15, Conor and his mother; Molly, arrived at the T. W. Cole Post 19 of the American Legion and were welcomed by the 1st District Commander Paul Moessner. Post 188 Commander Dana Norton, 1st Vice Commander Donald G. Hands,

and Post Adjutant Kim Richards were also there to support him.

His prepared oration was excellent. He spoke on America and how we, the United States, are a lighthouse of freedom. He spoke of the development of the constitution and how our society evolved with the evolution of the Constitution and vice versa. From the feedback I heard, legionnaires were impressed with the organization, clarity, and relevancy of his oration. His "assigned topic" was equally impressive.

After the presentation, he received some sage advice to help him prepare for the State contest and a certificate from District Commander Paul Moessner. He is one to watch as he will be a strong competitor at the Department of Maine Oratorical Competition.

Submitted by
District 1 Historian Donald G. Hands



District 1 commander Paul Moessner, right, congratulates Conor McPherson for winning the District 1 Oratorical contest held at Eliot Post 188 on Jan 11.

Eliot Post 188 selects oratorical candidate for District 1 contest, Conor McPherson, after his presentation on Jan 11 at the post home.

WHAT'S HAPPENING IN YOUR DISTRICT...

District 2

Portland Post 17; So. Portland Post 35; Gorham Post 60; Westbrook Post 62; Bridgton Post 67; Scarborough Post 76; Freeport Post 83; Gray Post 86; Yarmouth Post 91; Standish Post 128; Harrison Post 139; Peaks Island Post 142; Windham Post 148; Naples Post 155; Portland Post 161; Falmouth Post 164; Portland Post 168; Westbrook Post 197

Thanksgiving Wreath at Post 35

Adjutant Michael Pock contacted the local representative, Jennifer Kirk, for Wreaths Across America about a wreath for the Post. On Wed, Nov 23, Jennifer and Michael removed the wreath from the box and assembled the wreath with small flags provided by WAA. The small flags were for each branch of the service plus the Coast

Guard, Merchant Marines and the POW/MIA flag. The little flags were placed into a small wooden star according to a layout provided by WAA.

Wreaths Across America had a parade thru Portland at 6:00PM on Dec 11.

Post 35 Adjutant Michael R. Pock



South Portland Post 35 Thanksgiving Wreath: Jen Kirk, left picture, and Post 35 Adjutant Mike Pock, right picture, pose with the wreath the post received from Wreaths Across America.

Homeless Veterans Project 2022

Recently, before Christmas, 1st Vice Commander Wes Splettstoesser from South Portland Post 35 was contacted by Catherine Dorrington who runs Coastal Care Solutions. Catherine started, this year, a group of people to provide for Homeless Veterans. Working with about six other local business owners and non-profits, she, with the help of others, started "The Homeless Veterans Project 2022". The goal of the project this year, is to provide and distribute fifty "Warmth Kits" to local Homeless Vets.

Each kit contains a warm hat, mittens/gloves, socks, 2 granola bars, a bottle of water, toothbrush/ toothpaste and deodorant – as well as a "letter of love"- a handwritten note of hope, positivity, and kindness.

1st Vice Commander Splettstoesser contacted South Portland Post 35 Adjutant Michael Pock in time to bring this communication before the Post members at

their monthly December meeting. Since we were unable to give any physical support, we offered \$300 in financial support. Additionally, with the gift of around 100 small tubes of toothpaste and toothbrushes from the Southern Maine Agency on the Aging, that part of the package was taken care of. Today, at the Post, Wes, Catherine and some friendly volunteers collected all the needed items.

Catherine works with the Maine Homeless Veterans Alliance to identify veterans who would benefit from these items and deliver the kits.

Post 35 was glad that they could play some small part in directly helping Veterans and this project will be brought before the Finance Committee as a suggested line item in the 2023/2024 Post budget.

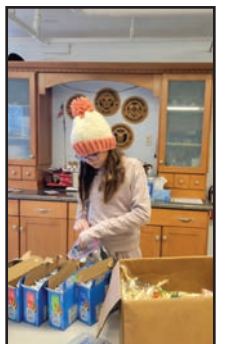
Submitted by
So. Portland Post 35 Adjutant Mike Pock



Gloves for warmth kits: Lily Dorrington, left, & Samantha Dorrington, right, prepare gloves for the "Warmth Kits" for the Homeless Veterans Project 2022.



Homeless Veterans Project Donations Box, left to right, Abigale, Samantha, Lily, and Catherine Dorrington pose with the "Warmth Kits" Donation Box at South Portland Post 35.



Volunteer helper, Abigale Dorrington, packs granola bars into the "Warmth Kits".

Tech Students Learning Opportunity

Peter Wilson, with a cherry wood "Thank You" plaque presented to him on Wednesday, Sept 7, by the Officers, Executive Board, and members of the Stephen W. Manchester American Legion Post 62 in Westbrook. The Sept 7 meeting was the first regular in-person Post meeting on the traditional "First Wednesday" of the month, since the Feb 5, 2019 regular in-person meeting with a guest speaker. That was Colonel Andrew Gibson, the Maine Army National Guard's Senior Chaplain.

Peter Wilson and his junior and senior Electrical Technology students at Westbrook HS's Vocational Technical Center, with his guidance and instruction, upgraded the internal and external wiring of the Stephen W. Manchester's Post 62 American Legion Hall at 17 Dunn Street in Westbrook. Many of his students came from different greater Portland Area High Schools, not only Westbrook HS.

This was a wonderful "hands-on" training and educational opportunity for these young people. We are forever grateful to Peter and his Students for all of their work.

The engraved text on the plaque reads as follows: "A Tribute and Thank You to PETER WILSON for his Teaching, Guidance, Dedication, Safety Awareness, in Working with Electrical Students in the Repair and Upgrades to the Electrical Wiring of the Stephen W. Manchester Post 62 American Legion Hall Westbrook, Maine." Also on



Peter Wilson

Photo by Denise Wilson

the plaque is a picture of Peter working with some of his students outdoors on a frosty December morning, installing new energy saving LED Security Lights, that replaced incandescent filament Lights. The new LED lights are all on an Eye turning them ON at night and OFF at Sunrise. On the upper right corner of the Plaque are two handy circular decals with electrical OHM's Law Formulas for AC and DC Wiring. Plaque photo by Dennis Marrotte, Post 62, who also studied Electrical Technology at WHS under the late Mr. John Pratt, graduating from Westbrook HS in 1969. Mr. Wilson added his own personal thoughts with the portrait - "of working with his young Learners outdoors and inside Post 62."

Submitted by Westbrook Post 62
Commander Dennis Marrotte

WHAT'S HAPPENING IN YOUR DISTRICT...

District 2 continued**Westbrook Post 62 Holds Graveside Commitment & Service**

Nine members of Westbrook's American Legion Stephen W. Manchester Post 62 attended the Graveside Commitment and Service, with full Military Honors, on Monday, Dec 5, 2022, at Woodlawn Cemetery, for Post 62 member Blanche Elizabeth Kelley, US Army MSgt., Ret. She preferred being addressed as "Kelley." Kelley enlisted in 1950 in the US Army, serving until 1972, in several locations. She joined the American Legion in 1972. She was a native of Indiana but came to love serving in Maine at the former Fort Williams near Portland Head Light. She

was selected as the National Women's Recruiter 3 times, earning the authority to wear a Dress White Uniform. She was the appointed Chauffeur for Generals Eisenhower, MacArthur, President Truman and French President DeGaulle. Kelley proudly served as Co-Grand Marshal, with Roy McPherson, US Army Vietnam Veteran and a member of Westbrook's American Legion Memorial Post 197 in Westbrook's Memorial Day Parade this past May 2022 - the first Memorial Day Parade in Westbrook since 2019.



Graveside Service & Full Military Honors for MSgt Ret Blanche Elizabeth Kelley. Left to right, Roger Barr, Gerry Doyon, Phil LeClerc, Nelson & Susan Graham, Michael Thomas, Greg Beane, Richard Galipeau. To the far right with American Flags, are members of the Patriot Riders and an official from the Jones, Rich and Hutchins Funeral Home, Portland. Not in the picture is the photographer, Post 62 Commander Dennis Marrotte.

Cherrywood Thank You Plaque

Presentation: Westbrook Post 62 presents a cherrywood "Thank You" plaque to Edward Symbol, President of the Cornelia Warren Community Association, for their help with Post 62's upgrading of their building's first floor heating and air conditioning and the second floor's heating, during the "First Wednesday" monthly meeting of the Stephen W. Manchester American Legion Post 62 on Nov 2, 2022, Left to right, Post 62 Commander Dennis Marrotte and Edward Symbol.

Photo by Westbrook Post 62 Americanism Officer Phil Spiller, Jr



Singers are Lizzie Thompson, Gail & Isabella DeSimio, Anthony Vasquez, Lily Sawyer, Olivia Haggerty, Suzanne Prou.

Westbrook Post 62 WAA

Ceremony: Westbrook Post 62 held a Wreaths Across America Ceremony on Sat, Dec 17, 2022, at Veterans Rest in Westbrook's Woodlawn Cemetery. The Westbrook FD Color Guard stand at Attention as the Westbrook Chamber Singers sing the "Star Spangled Banner". The Westbrook Chamber



Wreath For POW/MIAs: Sgt. James Bourke, USAF, Ret. 20 yrs, and Chapter 2 Rolling Thunder member, salutes after placing the wreath for MIA's - POW's.



Thanks: Westbrook Mayor Michael T. Foley welcomes and thanks everyone for participating in and attending this year's Wreaths Across America Ceremony.



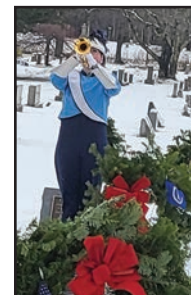
Wreath Placement: U.S. Navy Wreath is placed on a shepherd's hook by 4 year old Cassidy and her Dad, U.S. Navy Sonar Technician Submarines Senior Chief Andrew Reyes.



Flag Folding Ceremony: Start of Flag folding ceremony by members of Chapter 2 Rolling Thunder. Flag folders, far left clockwise, David Cox, holding the Flag at the blue field and white stars, and far right, Andrew Rediker, opening the Flag at the red and white stripes. Assistants, Jim Bourke, with black knit hat, back to camera, and Charles Limoggio, facing camera.



Flag Folding Completed: Andrew Rediker, right, receives the Flag from David Cox, left, with assistants, Jim Bourke, center and Charles Limoggio, facing camera.



TAPS Performed by Graceland Gauvin, Westbrook HS Marching Band Freshman.

Gorham House Invites Westbrook Legion Posts to Veterans Day Breakfast**Veterans Day Breakfast Invite:**

Gorham House Assisted Living Center, welcomed members of Westbrook's two American Legion Posts, 62 and 197, to their Veterans Day Breakfast and Roll Call of GH Residents who served their Country in the various branches of the Military for the first time since Veterans Day 2019.

Four members from the Stephen W. Manchester Post 62 are seen here enjoying their Veteran's Day breakfast with Gorham House Resident and US Navy Veteran Jack Nugent. Left to right, Westbrook Post 62 members Harry Gorham, Nelson & Susan Graham, Gorham House resident and US Navy Veteran Jack Nugent, and Westbrook Post 62 member Richard Galipeau.

Photos by Janis Rodgers, Gorham House

**Mr. & Mrs. Frederick & Catherine**

Bliss: Fred is a Gorham House Resident and a WW2 U.S. NAVY Veteran. In the center background, is Post 62 Commander Dennis Marrotte, a USAF Veteran, talking with GH Staff. GH Staff had a Full House for Breakfast & Roll Call!

**Mr. & Mrs. Philip & Mary**

LeClerc: Phil is a USMC Veteran, serving during the Vietnam War and stationed in Japan. Both are members of the SW Manchester American Legion Post 62. Mary is an Auxiliary member.

Frederick Bliss, WW 2 US NAVY Veteran, with his Wife Catherine's right hand on his shoulder. Fred is a Gorham House Resident. Presenting the collage to Fred is Donna Davis, GH Director of Programs and Activities. He created a Morse Code System for Communications. The Lady seated at the table is Beverly Barton, Wife of Robert Barton, former SW Manchester Post 62 Commander. Beverly is an Auxiliary member.



Flag Raising Ceremony by five Girl Scout Troops in the Nonesuch Service Unit GSME, covering Westbrook, Gorham, and Scarborough, for the new flagpole at the revitalized "Veterans Rest" in Woodlawn Cemetery on Veterans Day. The Girl Scout Troops were from Troop 1201 in Gorham, Troop 1733 in Scarborough, Troop 1051 in Westbrook, Troops 2403 & 2300 in Gorham/Westbrook. Left to right, Troop 1733 Maria Fortunato, Troop 2300 Emily Donnelly, Troop 2300 Amy-Elizabeth Thompson, Troop 1201 Madeline Musser, Troop 2403 Gwen Johanning, Troop 2403 Adna Johanning, Troop 1051 Autumn Thibault, Brownie Girl Scout Katherine Fortunato. Raising the flag, Pam Irish, Nonesuch Service Unit Program Coordinator and Leader for Girl Scout Troop 2300, and Troop 1201 Brooke Lafferty.

Photo by Westbrook Post 62 Commander Dennis Marrotte

WHAT'S HAPPENING IN YOUR DISTRICT...

District 2 continued

Windham Post 148 Special

Guest: Carl Hinkson, a local racing engine builder, with his NASCAR #48 Lowes Jimmy Johnson stock car, was a visitor to the Wednesday Vet Coffee. Carl is a regular visitor to local activities in and around Windham and joined the Post for Coffee recently. The Number 48 stock car is street configured but maintains most of its racing trim and was a winning car for Jimmy Johnson in 2009. Left to right, Tom Theriault, Gerald Beaulieu, Carl, Dick Graves and David Scamman.



Photo by Windham Post 148 Dave Tanguay



Windham Post 148 & SLAA Gifts Ice

Shed To ORO: Operation Reboot Outdoors (ORO) receives the gift of a fully handicapped configured Ice Shed, compliments of the Sebago Lake Anglers Association (SLAA) of Naples and the Field-Allen Post 148 in Windham. For the last five years, the Post has collaborated with the SLAA to provide ice fishing opportunities on Long Lake Naples Maine for disabled vets. The shed is fully configured with an aluminum ramp, two fishing holes, dual heat (propane and wood), a flagpole and

is fully stocked with an ice augur and traps. Photo is on Dec 22, when the shed was picked up by, left to right, Ken Blaisdell board member of ORO, Dan Waite Founder of ORO, Glen Gisel of SLAA. After some minor repairs, the shed will be used by ORO for their Veterans outreach programs and will fly the American Flag proudly over the shed and will keep the SLAA and Legion signs on the shed in honor of the Vets on the ICE Program.

Legion Family Awards Night:

The Field-Allen Legion family held their 9th annual awards night dinner and recognition on Dec 7 at the WVC. The guest speaker for the evening was Department of Maine Commander Kirk Thurston. Following opening ceremonies and an Italian-style dinner, a range of awards and recognitions were presented by the ALA Unit President Pam Whynot and Post Commander Tom Theriault. Awards range for longevity recognition and pins, to Red Cross blood drive staff support, The Citations of Appreciation and Meritorious Service Citations, to Recruiter awards, to the Don Rogers Past Commander's Service Award (Craig Pride) and the Post nomination for Legionnaire of the Year for 2022-23 (Larry DeHof). The Ceremonial Cake was cut by WWII and Post past Commander Carroll MacDonald and Commander Kirk Thurston.



Windham Post 148 & Pearl Harbor Day 81st Anniversary: The Field-Allen Post 148 held two ceremonies as we remember Pearl Harbor Day. Due to some rather nasty weather, the Windham Vet Center was held in two parts. A gathering of approximately two dozen veterans gathered inside the Center with the Post Honor Guard for a reading by Post Adjutant Dave Tanguay, followed by an evergreen wreath placement in the WVC Memorial Garden by Honor guard members, Larry DeHof, Craig Pride, David Rendall, and Dick Drapeau. The Honor Guard then traveled to Windham High School to place a commemorative floral wreath at the Town of Windham, Veterans Stone. Wreath was placed by Jerry Black assisted by the Honor Guard.

WHAT'S HAPPENING IN YOUR DISTRICT...

District 3

Livermore Falls Post 10; Lewiston Post 22; Auburn Post 31; Lisbon Falls Post 66; Turner Post 111; Sabattus Post 135; Mechanic Falls Post 150; Auburn Post 153; Lisbon Post 158; Lewiston Post 210

District 3 Oratorical Winner: Congratulations go out to Kassidy Cote who received 1st place in the District 3 Oratorical Contest held at Mechanics Falls Post 150 on Jan. 8. Left to right, Sabattus Post 135 Americanism Officer/Chaplain Tracey Rancourt, Kassidy Cote, and District 3 Commander Danielle Berube-Begert.



"Big Lift" For A M60A3 Tank: Jerry DeWitt Commander of The American Legion Post 22 located in Lewiston and the Chairmen of The LA Veterans Council (left) stands with the American Legion Department of Maine State Adjutant (right) the day of the "big lift" of the M60A3 tank as it will find its new home in Lewiston's Veterans Memorial Park. Both of these members of the American Legion agreed that the TEAM effort was incredible to make this challenge a reality.



Tank Finds New Home At Lewiston Post 22: This M60A3 Tank was once on display at the former building of the American Legion Post 5 in Waterville. With the property sold, there was a need to find a new home to display this unit and the history that it represents to all veterans.

Locating a place was not as much of a challenge as to moving it to its future home in The Veterans Park located in Lewiston. Thanks to the determination of a few people who, along with the support of people that specialize in moving this type of equipment, made it happen.

Auburn Post 153 Surprise Donation:

Auburn Post 153 Service Officer Michael Spaulding, left, owner of Spaulding Public Accounting Firm, presents the Department Adjutant Paul L'Heureux, right, a check in the amount of \$500 to assist veterans in need using the VEFAP Program (Veterans Emergency Financial Assistance Program) administered by the Department of Maine. Mr. Spaulding has seen the worth of this program and wanted to help the veterans in Maine. Standing to the far right during the presentation is Auburn Post 153 Commander John Pape.



Lisbon Post 158 Helps Fundraise for Travis Mills Foundation

I recently participated in a fundraiser for Maine's own Travis Mills Foundation. Travis is a quadruple amputee Army veteran and motivational speaker who, along with his wife, now owns a retreat that hosts injured veterans and their families.

On a gorgeous autumn day in Portland ME about 2,000 people congregated on the taxiway as 41 teams raised a ton of money for the Travis Mills Foundation (TMF) and

competed against each other for bragging rights. Each team of 20 people pulled a 330,000-lb Boeing 767 twenty feet. I was a "team ambassador" (volunteer coordinator) and was not intending to pull given my problematic middle-aged knee. But with two no-shows, the L.L. Bean team only had 19. So, I signed a waiver and grabbed an L.L. Bean green t-shirt.

The event was very well organized, and everyone seemed to have a great time. Our rag-tag team, of many people well past their physical prime, managed to take 8th place! The event's fundraising goal was \$175K, but the final tally was \$270,383! I will be volunteering at a TMF event next month and have a feeling I'll be doing this plane pull again next year.



Travis Mills and Post 158 Team Ambassador Eric Cooper, at the team tent after the L.L. Bean Team pulled a Boeing 767 at Portland (ME) Jetport on Oct 22, 2022, helping to raise over \$270,000 for the Travis Mills Foundation.

Submitted by Lisbon Post 158
Finance Officer Eric Cooper

[More on "FUNDRAISE", Page 18](#)

WHAT'S HAPPENING IN YOUR DISTRICT...

District 3 continued

■ **"FUNDRAISE"**
(Continued from Page 17)

Early Team lining up to pull the Boeing 767.



On Deck Under The Wing: The L.L. Bean Team (with Lisbon Post 158 help) staging under the FedEx 767 just before the team tugged the plane 20 feet in 5.22 seconds.



Staging Area Pose: L.L. Bean Team (with Lisbon Post 158 Ambassador, Eric Cooper) pose in the staging area about ten minutes before pulling a Boeing 767, as part of a 41-team fundraiser.



LL Bean Team Places 8th out of 42 Teams.



Lisbon Post 158 Donates Food: Post 158 donates five frozen turkeys plus \$200 to the Lisbon Area Christian Outreach (LACO) food pantry on Nov 18, 2022. Left picture, Post 158 Finance Officer Eric Cooper hands check to the LACO volunteer coordinator. Right photo, on Nov 21 we followed up with a shopping cart of non-perishable food items, also to LACO food pantry.

WHAT'S HAPPENING IN YOUR DISTRICT...

District 4

Farmington Post 28; Kingfield Post 61; Phillips Post 64; Strong Post 78;
Wilton Post 117; Rangeley Post 120

Farmington Post 28 Happenings & Events

Summer closed in spectacular fashion leading to fall in the western foothills. October opened with a community spaghetti supper at the Legion Hall. Quickly following the spaghetti supper, Post 28 Legionnaires held a lunch honoring ALA Unit 28 members for their unwavering support to veterans and Post 28. Commander Stephan Bunker offered heartfelt remarks of gratitude on behalf of Post 28 Legionnaires.

One example of collaboration between Post 28 and Unit 28 members is the Halloween trick-or-treat event, which was a first-time relationship with downtown Farmington businesses. Over 150 children visited the Legion Hall as part of the 3rd Annual Small Business Halloween walk, with over 20 local Farmington businesses participating. Everyone enjoyed the spooky costumes and cheerful revelry.

November arrived with Post 28 prepar-

ing for the annual Farmington Veterans Day observance. This year proved special for Legionnaires with the theme honoring the Post 28 namesakes – Lt Thaddeus Roderick and Cpl George Crosby. Commander Bunker delivered remarks during the public event recounting the beginning history of Post 28 in July 1919 wherein approximately 50 local Great War veterans assembled to form the Post. Those veterans voted to name the Post in honor of the sacrifice of Lt Thaddeus Roderick, the only Farmington casualty of World War I. Commander Bunker spoke of the Post's contributions in the community and the subsequent name change to Roderick-Crosby Post 28 in honor of Corporal George Crosby, the first Farmington casualty of World War II. Commander Bunker unveiled new plaques honoring Lt Roderick and Cpl Crosby to be displayed in the Legion Hall. Several Post 28 members were interviewed by lo-

cal television and media outlets after the wreath laying ceremonies at Meetinghouse Park and the Teague World War I Memorial Arch.

In continuation of Veterans Day, Post 28 Legionnaires visited Sandy River Run nursing home and presented service appreciation certificates to the veteran residents, staff and volunteers in a small ceremony. The highlight of the visit was speaking with the veteran residents about their service to our nation.

The Post 28 Color Guard was invited to participate in the November public memorial service of Sergeant Zelwood Alpha Gravlin, previously missing from World War II during Operation TIDAL WAVE. Post 28 Legionnaires were in attendance at the community service hosted at the Phillips Post as well as the graveside internment in Avon.

Earlier in the year, Post 28 collaborated with the Mt Blue Area Garden Club (MBAGC) and other public entities in the restoration of the Teague Memorial Arch which involved meetings with the Franklin County Commissioners soliciting funding and stakeholder assemblies to decide how funding towards the renovations would be allocated. The park landscaping was renewed with new grass, removal of invasive trees, planting of Meyers spruces, new handicap accessible parking lot, cleaning of the Arch, and a new interpretive sign. In early November, MBAGC and Post 28 representatives delivered a presentation to the Farmington Rotary Club highlighting the restorative efforts and initial plans for a 100th Anniversary dedication of the Arch in 2024. The Farmington Rotary Club generously donated \$500.00 toward the anniversary celebration. Post 28 will lead the anniversary planning with the celebration

occurring on Memorial Day 2024.

Thinking of veterans in need during the Thanksgiving holiday, Post 28 Legionnaires collaborated with the Care and Share Food Closet in Farmington to deliver 18 food boxes in the community.

Post 28 closed out November with its monthly Coffee and Checkers with Vets event. The following weekend was the annual Chester Greenwood Day, a Farmington-wide celebration of a local entrepreneur who invented the earmuff. The Legion Hall was open for the annual ALA Unit 28 Craft Fair which drew hundreds of shoppers looking for unique handcrafted items. The Post 28 Color Guard led the Chester Greenwood Day parade in downtown Farmington marching past the Legion Hall on a drizzly day.



Farmington Post 28 Color Guard: Chester Greenwood Day Parade on Dec 3, 2022.

Also in December, Post 28 held a well-attended Christmas Dance to kick-off the holiday celebrations. Near the end of December, Post 28 hosted a ServSafe Manager's course with two members attending among the local area restaurants, schools and outside Posts. As Post 28 continues to revitalize its kitchen and operations, having newly certified ServSafe Food Managers will enhance capabilities and food safety. As 2022 closed out with veteran outreach, community service and memorable events, Post 28 gears up for an ambitious 2023 slate.

Submitted by Farmington Post 28 Adjutant Drew Goodridge



Post 28 Color Guard: Sergeant Zelwood Gravlin memorial service. Left to right, Legionnaire Eric Bowen, 1st Vice Commander Matt Smith, Sergeant-At-Arms Bob Hallman.



Wreath Laying at Lt Thaddeus Roderick gravesite (left photo), left to right, Membership Chair Peter Tracy, Sadie the Golden Retriever, and Commander Stephan Bunker. Right photo, at Corporal George Crosby's gravesite, left to right, Finance Officer Jennifer Bowser-Kimble, and Commander Stephan Bunker.

Photos by Farmington Post 28 Adjutant Drew Goodridge

WHAT'S HAPPENING IN YOUR DISTRICT...

District 5

Rumford Post 24; Buckfield Post 58; Lockemills Post 68; So. Paris Post 72; Bethel Post 81; Norway Post 82; Dixfield Post 100; Oxford Post 112; Fryeburg Post 137; West Paris Post 151; Peru Post 199



Rumford Post 24 Supports Community Center: Post 24 held a spaghetti supper Oct 19 with support from the Auxiliary & SAL members. This supper helps to support the Greater Rumford Community Center with the high cost of winter oil this year. With the support of our Legion Family and the Community, \$1,500 was raised. Left to right, Mike Malak, Tricia Thurston, Gary Dolloff, Ed Perry, Nick Kelley and Bill Hobson.

WHAT'S HAPPENING IN YOUR DISTRICT...

District 5 continued



Rumford Post 24 Holds Eagle Scout Ceremony: Lily True became an Eagle Scout on Sunday, Sept 26, 2022. She is the first female Eagle Scout in the River Valley Area. Her ceremony was held at the American Legion Post 24 in Rumford. Previously to her ceremony, Lily sat with her mom and Tricia Thurston to see what was needed in the area and to plan for her Eagle Scout project. Lily then created 4 Flag Disposal Box/Containers for different areas in the Rumford and Mexico area. Post 24 was lucky to be one of the recipients. Left photo, left to right, Lily True and Tricia Thurston presenting the Good Citizen Citation on behalf of the American Legion Department of Maine. Right photo, Unit 24 Treasurer Rena Nichols, right, supports by presenting the Eagle Feather to Lily True, left, on behalf of the Department of Maine.

Photos by Louie Marin



Rumford Post/Unit 24 Dirigo State Supper: Department Vice President Pat Grant and DDVP Patricia Hackett attended the Dirigo State Supper where a group of Unit and Post members paused for a photo. Front row, Carol Roach. Middle row, left to right, Kim Sequoia, Rena Nichols,

Rose Dyke, Brenda James, Bertha Kelley, Judy Sanborn, and Tricia Thurston. Back row, left to right, Mitzi Sequoia, Shannon Glover, Lynn McAloney, Patti Hackett, Pat Grant, Leslie Skibitsky, Kirk Thurston and Tina Erwin.

All photos by Louie Marin

Rumford Post 24 Dirigo State Supper Recognition:

On Sunday, Jan 8th, the American Legion Post 24 held their Dirigo State Supper recognizing delegates who attended. Kathryn Rice, Jackson Huard, and their families joined Post 24 for supper and shared their experiences at Dirigo State. Each delegate received a certificate for attending. Left to right, Kathryn Rice and Jackson Huard address the crowd to share their experiences on Dirigo.



Dirigo State Delegates & Family:

Left photo, Dirigo State Delegate Kathryn Rice and family. Right photo, Dirigo State Delegate Jackson Huard, right, and Tina Erwin, left.



Certificate of Appreciation For Dirigo State Donation: Select person, Randy Canwell, center, accepts a Certificate of Appreciation on behalf of the Town of Mexico for donating to the Dirigo State Program. Also pictured, are Post 24 Commander Ed Perry, left, Unit President Rose Dyke, right, and State Commander Kirk Thurston, back.



Rumford Post 24 Holds Fundraiser/Cornhole Tournament: The fundraiser for the Commander's Project "Operation Reboot Outdoors" was held at both the Leparesseux Snow Shoe Club and the American Legion Post 24 in Rumford on Jan. 28. The cornhole tournament was held at the Snow Shoe Club and everyone then came over to the Legion for the awards presentation, supper, and entertainment. It is the first time everyone could remember two places coming together to partner for a good cause. The total raised for the project was over \$11,000. The photo was taken at the Operation Reboot Cornhole fundraiser for the Commander's project next to the trailer that was donated to the ORO project from a grant received from the Comfort Warrior Program. Left to right, Department Commander Kirk Thurston, Nicole Waite, and Daniel Waite.

Locke Mills Post 68 Christmas Craft Fair

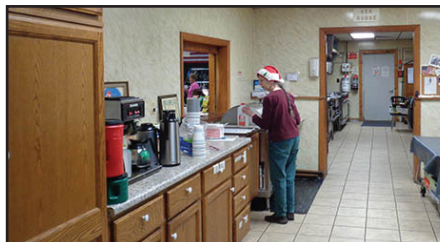
Locke Mills Post 68 was transformed on Nov 12, from its Bingo/Veterans Day layout of neatly arranged tables and chairs into a country flea market venue of vendor tables, separate or grouped, piled high with

potential Christmas gifts. This was another community outreach event, organized by our Post Special Programs Director, Unit 68 member Marie Bartlett.

View Of The Great Room Craft Fair: Before the onslaught of guests, one view of the Great Room Craft Fair vendor tables with hand crafted and holiday food items available for sale.



Another View: The rack in foreground, holding US Armed Forces clothing donated by a Rumford veterans resident was available on a "Make an Offer" basis. At every subsequent Post event, concluding with the Kora Oxford County Shrine Club Festival of Trees, the clothing was sold until it was all gone. Post 68 appreciates this most unusual but useful donation.



Unit 68 Secretary Susan Vacca catering to guests in another superlative Post 68 Canteen operation.

Locke Mills Post 68 is Cleaning Up

Jackson-Silver Post 68 has been operating at its present location at 595 Gore Road, in Locke Mills, for 40+ of its 103 years of existence. The forced Wuhan virus lockdown for almost a year resulted in a marked deterioration within, especially, the Great Hall and Kitchen of the Post, as regular maintenance routines could not be conducted. As has been the custom of the Post since it was Chartered in 1919, members have stepped forward to address the situation, and a Building Committee was formed. Those few active members have devoted hundreds of hours to both addressing the renovation needs of the Post that had become apparent when operations recommenced in the recent past and seek-

ing funding to complete it. Additionally, both Legionnaires and Unit 68 Auxiliary showed up Sunday, Nov 13, to do the initial work, commencing with the reorganization and cleaning of the Kitchen and Pantry. A professional cleaning company was hired to follow up.

On Monday, Dec 19, the Post/Unit teams returned to take on the momentous task of cleaning more than 230 chairs and 35+ tables, and taking down Great Room wall décor, all stored in the Post Auxiliary Room. After the cleaning company worked their magic throughout the Great Hall, the wall décor was put back and the ceiling tiles, approximately 50 by 100 feet of them, were

[More on "CLEANING UP", Page 20](#)

WHAT'S HAPPENING IN YOUR DISTRICT...

District 5 continued

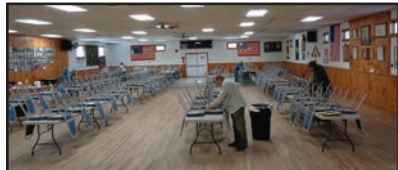
■ "CLEANING UP" (Continued from Page 19)

taken down and replaced with new tiles. What did all of that cost? Don't ask.

Presently we are exploring all options to secure funding, that will allow us to completely upgrade the Post to modern standards, so that it can support another 40 years of community activities.



Pantry Room Cleanup: Unit 68 Kitchen Manager Marleen Twitchell is assisted by member Betty Christenson and Unit Secretary Susan Vacca in cleaning the food storage (pantry) room, before moving on to the Post kitchen.



Every Chair And Table, top photo, was cleaned and moved to the Auxiliary room. Bottom photo, The room is ready for a professional thorough cleansing.



Final Craft Fair Donations: While engaged in the food storage – kitchen area cleanup, Special Project Director extraordinaire Marie Bartlett entrusted her final Craft Fair table donations to Post member Al Lake for deposit.

Exemplary Service:

During the Post Veterans Day ceremonies, Jackson-Silver Post 68 ladies, both veterans and Unit 68 Auxiliary, were recognized for their exemplary service in support of Post activities. Unit 68 Members receiving Meritorious Service Awards, left to right, Special Programs Director Marie Bartlett, Kitchen Manager Marleen Twitchell, Unit 68 President Hazel Cole, Secretary Susan Vacca, with presenter Post Commander Harry G. Orcutt.



Meritorious Service Citation awarded to Past-Post Commander, Service Officer Kelly Bickford.

Jackson-Silver Post 68 3rd Annual Feztival Of Trees



Donated Trees: Left, Clean Cut Painting, won by a Locke Mills Unit 68 Family. Middle, Frank's Bar And Grille, won by a Locke Mills Unit 68 Family. Right, Crossroads Diner, won by a Bethel Post 81 Family.

Pictures by Oxford County Kora Shrine Club



Santa & Mrs. Claus Visits Locke Mills Post 68:

Members Al Lake, Tim Twitchell, and Harry Orcutt with their distinguished North Pole visitors.

6th Graders Make the Grade for West Paris Veterans at Agnes Gray Elementary School

Patriotic appreciation for US armed forces service was on full display following a breakfast, the reciting of the Pledge of Allegiance, hand crafted cards and colored posters being presented to veterans, mostly from Ring-McKeen Post 151 in West Paris.

The event was held on Thursday, Nov 10, hosted by the 6th grade students of Agnes Gray Elementary school. It is reported by the Post 151 correspondent that the occasion was "Very Nice."



West Paris Post 151 Veteran's Breakfast Event Posters



Post 151 members David Brost and Wayne Theofrastou enjoy one of the cards created by the students.



Around the circle, left to right, in the plaid shirt, South Paris VFW Post 9787 Trustee Llyod Record, West Paris Post 151 members Charlie McAllister, Wade Rainey, and Unit 151 member Dian Rainey.



Back to camera, Post 151 member Randy Jack, across from him, left to right, Post 72 member Les Rogers, and Post 151 Commander Harold Wilbur.



West Paris Post 151 Veterans Day Ceremonies: On a spectacular autumn Nov 11 morning, members of Ring-McKeen Post 151 gathered about the West Paris Veterans Monument to conduct their annual Veterans Day ceremonies. Left photo, left to right, front row, Randy Jack, Post Commander Harold Wilbur, Wayne Theofrastou, facing, left to right, Charlie McAllister, Wade Rainey, Wally Vickerson, Erwin Kennison, and David Brost. Right photo, left to right, front row, Wally Vickerson, Wade Rainey, Erwin "Dooley" Kennison, and Kristy Basso. Back row, Wayne Theofrastou, David Brost, Charlie McAllister, Rand Jack, and Harold Wilbur.

WHAT'S HAPPENING IN YOUR DISTRICT...

District 6

Rockland Post 1; Vinalhaven Post 18; Camden Post 30; North Haven Post 33; St. George Post 34; Thomaston Post 37; Union Post 110; Warren Post 218



Camden Post 30 Raises Funds For Commander's Project:

Camden Post 30 Adjutant Jeff Sukeforth, center, presents a check to Department Judge Advocate Jason Hall, left, and Maine's Past National Commander Anthony "Tony" Jordan, right, in the amount of \$670 for the Department Commander's Project, Operation Reboot Outdoors, on Nov 15, 2022, at The American Legion State Headquarters in Winslow. Post 30 members raised the funds by holding two Sunday breakfasts at the Post home.

WHAT'S HAPPENING IN YOUR DISTRICT...

District 7

Boothbay Harbor Post 36; Damariscotta Post 42; Wiscasset Post 54; Waldoboro Post 149

'Why We Do It': Planning an American Legion Event

When Bradford-Sortwell-Wright Post 54 of the American Legion observes Veterans Day and other occasions at Wiscasset's veterans wall or elsewhere, months of planning have gone into it. And much of that planning happens over the post's weekly, Wednesday morning coffee and donuts, Cmdr. William Cossette Jr. and Adjutant Cliff Hendricks said in phone interviews Oct. 27.

Planning tends to start in meetings the post holds the third Monday of every month, Hendricks said. "We're thinking about who's going to be around (on event day), who can be here, who's going to do what, is anybody going to be gone ... We're starting to put the pieces of the puzzle together." So in the September meeting, for example, they noted Veterans Day is Nov. 11, and those questions could then start to be asked, he explained.

Plans firm up week by week in the Wednesday gatherings, then get reviewed at the last monthly meeting before the event, including the event time, plans for the gun salute and flags, and if a bugle will be played, Hendricks said.

He called the planning for events at the wall of veterans' names "pretty easy," because the format is more or less the same each time, and the post coordinates with the auxiliary unit on the wreath-layings.

Preparing for the July 4 parade takes longer and is more involved, Hendricks said. He said member Mike Barnes led this year's effort starting around April getting the trailer and float ready. "You don't just up and do that sort of thing just two weeks prior, for a few hours," Hendricks said. He said Johnny's Auto Repair on Gardiner Road near the parade lineup emptied one of its stalls for the Legion to finish decorating the float.

Why? "Because they do a lot of good for us," owner Johnny Rice said when reached by phone Oct. 31.

"Hats off to him," Hendricks said about Rice helping. Hendricks is also thankful for public turnout at Memorial Day and Veterans Day services. He noted many at-

tendees have family who have served in the military. He would also be pleased at any new attendees – and new members for the post. The July 4 parade route can be a little long for members sometimes, he said. "We're not getting any younger. And we're honored to do it, but having some younger folks there, to walk that, would be really nice."

As for attendance at the 9 a.m. Friday, Nov. 11 Veterans Day observance at the wall, on the lawn of the town office at the corner of Routes 1 and 27, Wiscasset Newspaper invited Hendricks to address readers. He said veterans from the Revolutionary War on have fought for, and some have died for, freedom, "so that they, we, us, could have barbecues on the Fourth, we can talk ill about our politicians if we want ... We enjoy the freedoms that we have for that ... So that's why we do it," he said of the annual observances. "So, if someone has never been (to one) and they show up, that's what it's all about. We're honoring ... those who sacrificed, and some gave the ultimate sacrifice."

The Auxiliary, meanwhile, helps however Cossette asks the morning of the ceremony, President Diane Munsey said Oct. 27. "All of us that are usually there, we do something, even if it's just standing in the line and saluting." And usually the Auxiliary lays one of the wreaths, she said.

"It's just the greatest thing to be able to do this stuff," because she has had several family members in the service and "if it wasn't for the veterans, we wouldn't be where we are," she said.

To ask about joining the Legion, call Hendricks at 607-1860 or send a letter to American Legion, P.O. Box 214, Wiscasset, ME 04578; to ask about joining the Auxiliary, call Munsey at 737-2997. "We can certainly use some more members," she said. "We're building our unit back up, but we could use some more."

['Why we do it': Planning an American Legion event | Wiscasset Newspaper](#)

Article by Susan Johns, Wiscasset Newspaper



Wiscasset Post 54 Memorial Day:

From left, Post 54's Cliff Hendricks, Greg Curtis and Mike Barnes take part in the Memorial Day 2021 observance.

File photo

WHAT'S HAPPENING IN YOUR DISTRICT...

District 8

Brunswick Post 20; Bath Post 21; Harpswell Post 171; Topsham Post 202; Phippsburg Post 216



District 8 Heating Raffle: District 8 (Sagadahoc) regularly conducts an annual 'First Responder Breakfast' each April at Topsham Post 202. This event is funded by an annual District 8 "Heating Raffle" wherein 500 raffle tickets are offered for a donation of \$5 each. The raffle winner receives a check for \$500 to pay towards his/her next heating bill. For this District-wide fundraiser, each of the five Legion Posts in District 8 are provided with 100 of these raffle tickets to sell. If the Post sells all 100 tickets, they in return receive \$100 and are exempt from paying their annual dues of \$50. It's a win-win for the Posts. This year, only 3 Posts sold all 100 tickets. District 8 Commander Joe Donahue, right, is presenting Brunswick Post 20 Adjutant Marty Diller with their \$100. Harpswell Post 171 and Phippsburg Post 216 also received their checks.



Brunswick Post 20 WAA State House Recognition Day: Brunswick Post 20 once again conducted State House events supporting Wreaths Across America State House Recognition Day on Dec. 12, 2022. This happens on the Monday of Wreaths Across America week nationwide in all 50 states. Left to right, VFW of Maine Department Commander Jennifer Lane, Director Bureau of Veterans Service for Maine Dave Richmond, Pastor Mark Rockwood Brunswick PD Police Chaplain. Partially obscured is Maine American Legion Brunswick Post 20 Commander W. David Watson.

Submitted by Brunswick Post 20 Richard Barter



Flag Bearers from Harpswell Maine Post 171 with Commander Mike Doyle leading. Also supported by Patriot Riders of Maine Chapter 2 with Greg Lozier leading the way.

Brunswick Post 20 Wreath

Placement: The George T. Files Post 20 finished placing wreaths at various locations on Dec 31, 2022, in and around the town of Brunswick, Maine with Post 20 Commander Watson running the show. Thank you to everyone that helped out. Left to right, Greg Loizer, District 8 Commander Joe Donahue, Brunswick Post 20 Commander W. David Watson, and Richard Barter.



Veterans Plaza
& Wreath



Brunswick Memorial Rock
at the High School in memory of a
student, veteran, that gave his life
for his country.



Joshua
Chamberlain
Memorial

Phippsburg Post 216 Happenings & Events

As fall arrived and the holiday season started, Phippsburg American Legion Memorial Post 216 still continued to stay busy.

In Sept, Post members removed the 230 US Flags that were placed in May 2022 on veteran graves in 42 public and private

cemeteries located in Phippsburg. The flags will be stored until they can properly be disposed of at our annual Flag Day Ceremony in June.

[More on "216 EVENTS" Page 22](#)

WHAT'S HAPPENING IN YOUR DISTRICT...

District 8 continued

■ "216 EVENTS" (Continued from Page 21)

On Nov 10, the Post held its annual initiation ceremony for new Legion members Peter Gagnon, Rob Martinez, Bill Nicholson, Ron Paquin, Keith Sikora, and Bill Turek. These members were sworn in and presented with their Legion Pin, Initiation Certificate, American Flag, and U.S. Flag Etiquette Booklet. The ceremony was followed by a reception in their honor. District 8 Commander Joe Donahue was present to welcome the new members aboard and presented Post 216 with a "Goal to Grow Certificate of Achievement."

On Nov 11, members of Post 216 went to the Plant Home in Bath and visited with Veteran residents for Veteran's Day. Also, Long Island School and Phippsburg Elementary School sent cards to the Post members honoring them on Veterans Day. Letters of appreciation were sent to the schools.

In Dec, all thoughts were focused on community service. Post members assisted the Town in preparation of its annual Town Hall open house where Santa arrives by fire truck to visit with the local children. Mem-

bers gathered on Sunday Dec 4 to decorate the inside and outside of Town Hall and also the Veterans Memorial Park.

In Dec, the Post also held its annual Christmas Dinner for members and their families at the Small Point Baptist Church. A silent auction was held for a patriotic quilt which was handmade and donated by Emily Swizdor (wife of Comrade Larry Swizdor). Comrade Joe Byrnes was the high bidder at \$300. The proceeds went to organizations that support our active duty and veterans. Donations were also made to Post 20 to help provide Christmas boxes to active-duty members serving abroad and to the Bath Senior Citizen's "Willy Knitters" who knit afghans for veterans at Togus.

Also in Dec, Finance Officer Reddinger's sister Miss Cheryl Bauch and friend Mrs. Cathy Sproull donated a Marine Veteran vest and apron and an Army Veteran vest and apron to the Post that they had made. The Marine set was presented to Comrade Larry Swizdor and his wife Emily. The Army set was presented to Comrade Tiffany Brown and her daughter Kiara. Finance Officer Reddinger made the presentation.

Submitted by Post 216 Adjutant, Historian, & Public Affairs Officer Mike Young

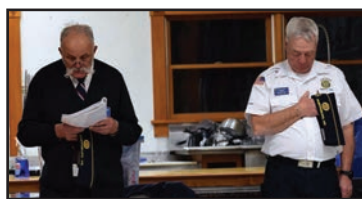
Initiation Ceremony



Post 216 Receives 100% Membership Award: Commander Ken Kellogg, left, is presented a "Goal to Grow Certificate of Achievement" by District 8 Commander Joe Donahue, right.



New Legion Members who have joined Post 216 over the past year are initiated. Left to right, front: District 8 Commander Joe Donahue and new members Bill Turek, Keith Sikora, Peter Gagnon, Bill Nicholson, Rob Martinez, and Ron Paquin. Left to right, back, Post 216 First Vice Commander Scott Miller, Commander Ken Kellogg, and Chaplain Richard Spear.



Chaplain Richard Spear, left; gives a prayer during the Post Initiation Ceremony with Commander Ken Kellogg, right.

Photos by Phippsburg Post 216 Finance Officer Debra Reddinger

Veterans Day Visit to the Plant Memorial Home in Bath



Post 216 Visits: Comrade David Barnes visits with veterans. Front to back, Comrade David Barnes, Veteran Steve and Veteran Larry.



Post Members, left to right, Commander Ken Kellogg, Comrade Alice Kolczynski, Comrade Chet Kolczynski and Chaplain Richard Spear.



Plant Memorial Home Veterans: Left to right, Chaplain Spear, Veteran Monty, Veteran Steve, Commander Ken Kellogg, and Veteran Ken.

Decorating Town Hall & Veterans Memorial Site for Christmas



Post Members Decorate Town Hall and Veterans Memorial Park for Christmas. Left to right, Adjutant Mike Young, Commander Ken Kellogg, Comrades Rob Martinez, Bill Turek, Keith Sikora, Tiffany Brown and daughter Kiara, and Bob Belben.

Photo by Phippsburg Post 216 Finance Officer Debra Reddinger



Decorating The Anchor: Left to right, Commander Ken Kellogg, Comrade Rob Martinez and Comrade Keith Sikora decorate the Memorial Park Anchor.



Flagpole: Commander Ken Kellogg, front, and Comrade Rob Martinez, on ladder, decorate the Town Hall flagpole. Comrade Bill Turek is behind flagpole.



Veterans Memorial Park: Left to right, Comrades Bob Belben, Tiffany Brown and daughter Kiara decorate the Revolutionary War/Civil War Monument in the Veterans Memorial Park.

Photos by Phippsburg Post 216 Adjutant Mike Young

Post Christmas Dinner



Serving Table Assistance: Left to right, Comrade Alice Kolczynski and Chilloa Young (wife of Adjutant Mike Young) help at the serving table.



Members Line Up for Christmas dinner.



Christmas Dinner Attendees: top photo, Comrade Dave Barnes, left, and his wife Gloria. Bottom photo, Comrade Tom Totman, left, and his wife Bette.



Donated Quilt: Commander Ken Kellogg makes announcements at the beginning of the Christmas dinner. To his right on the podium is a quilt handmade by Emily Swizdor (wife of Comrade Larry Swizdor) that she donated to the Post for a fundraising raffle for Veteran Organization donations. On the other side of the podium is the POW ceremonial table.

Photos by Phippsburg Post 216 Adjutant Mike Young

Couple Receives Handmade Marine Vest & Apron: Left to right, Comrade Larry Swizdor is presented a Marine Veteran vest and his wife Emily was presented a handmade Marine Veteran apron. The vest and apron were handmade by PO Reddinger's sister Miss Cheryl Bauch and friend Cathy Sproull. Finance Officer Reddinger made the presentation.

Photo by Phippsburg Post 216 Finance Officer Debra Reddinger



WHAT'S HAPPENING IN YOUR DISTRICT...

District 9

Augusta Post 2; Gardiner Post 4; Waterville Post 5; Hallowell Post 6; Winthrop Post 40; Oakland Post 51; Togus Post 90; Vassalboro Post 126; Richmond Post 132; So. China Post 179; Litchfield Post 181; Clinton Post 186; China Post 195; Monmouth Post 204; Augusta Post 205

Hallowell Post 6 Presents

Certificate Of Appreciation:

Goodrich-Caldwell Post 6, Hallowell, presents a Certificate of Appreciation to long time member Timothy McGuire for his extra support of the recent 2022 Veteran's Day Breakfast and Raffle during the Post meeting held Nov 28, 2022.

Left to right, Legionnaire John Mosher, Tim McGuire, and Post 6 Adjutant Maureen Malley.



Hallowell Post 6 Celebrates Eagle Scout Achievements: The Goodrich-Caldwell American Legion Post 6 in Hallowell celebrated these three young men on achieving their Eagle Scout award. Due to covid, the celebration was put on hold. Then college and military service conflicted with their schedules. So, on Jan 5, a dinner and awards ceremony was held. Zack Ellis earned his Eagle Scout

award 10/18/2020 then joined the US Army Guard and is attending the University of Maine. Zack Truman earned his Eagle Scout award 10/30/2019 and has entered the workforce. Corbin Eldridge earned his Eagle Scout award 02/21/2021 and is attending Thomas College. Congratulations to these outstanding young men. The future holds many endeavors. Left to right, Zackery Ellis, Zachary Truman and Corbin Eldridge.

Submitted by Hallowell Post 6 Adjutant Maureen Malley



Vassalboro Post 126 Receives Donations From Local Cub Scouts: On Mon, Nov 21, 2022, the Webelos of Vassalboro Cub Scout Pack 410,

on behalf of the entire Pack, met with Post 126 Adjutant Jim Kilbride. The Cubs delivered a donation of "Forever Grateful" notebooks and pens to be placed into the stockings provided to veterans at the Veterans Administration (VA) Hospital at Togus by the Legion Post. Left to right, Post 126 Adjutant Jim Kilbride, Cub Scout Pack 410 members Christopher Santiago, Hunter Brown (up front), William Vincent, and Elliot Rafuse.



Vassalboro Post 126 Delivers Christmas Stockings To Veterans: North Vassalboro Post 126 filled and delivered 200 Christmas stockings for veterans at Togus. They would like to thank Waterville Elks Lodge 905, Winslow Connected Credit Union, Vassalboro United Methodist Church ladies' group, Cub Scout Pack 410, Sew for a Cause, and community members who helped support this project.



Litchfield Post 181 Donations: The William R. Bold Post 181 and Unit 181 presented the Maine Veterans Home at Augusta (MVHA) with over 300 items on Pearl Harbor Day, Dec 7, 2022. The items included toiletries, blankets, and gifts for the patients. Left to right, Post & Unit 181 dual member Greg Couture, Post 181 Tony Morgan, Post 181 Commander Glenn Bowman, Post & Unit 181 dual member and Unit 181 President Debra Couture, Post & Unit 181 dual member Denise Emery, and Unit 181 Kathryn Alexander. Members also took a tour of the MVHA and visited with patients on Pearl Harbor Day.



Cherryfield Post 8 WWII Vet Shows Off His Coin From The National Commander: Orlando King is a resident of the Maine Veterans Home and was presented the challenge coin by Post 8 Adjutant Peter Duston at the facility. King served in the US Navy during WWII. He appeared quite pleased with this token of his service.

WHAT'S HAPPENING IN YOUR DISTRICT...

District 10

Fairfield Post 14; Skowhegan Post 16; Pittsburg Post 32; Madison Post 39; Bingham Post 99; Jackman Post 122; Hartland Post 141; New Portland Post 173; Athens Post 192



Skowhegan Post 16 Celebration Of Life: A celebration of life took place July 31 for Skowhegan Post 16 Commander

Steve Spaulding. Steve held the position as Commander for 14 years and did the job well at Peters-Shortier Post 16. He will be missed, and his shoes will be hard to fill!! Left photo, a Marine giving the flag to Steve's son Steve. Right photo, depicts Steve of when he was in the service.



Certificate Awarded For 53 Continuous Years: First Vice Commander Tina Richard, left, filling in as Commander for Peters-Shortier Post 16 in Skowhegan, presents a certificate of 53 years of membership to H.D. Richardson at their meeting on Nov 7.

Madison Post 39 Flag Retirement Ceremony

Madison Post 39 provided a Legion Formal Flag Retirement Ceremony for the proper disposal of over 1000 flags of various sizes at their burn pit on Nov 11, 2022, supported by youth from the Post's three sponsored organizations: NCB39 Battalion, US Naval Sea Cadet Corps, the Boy Scouts and the Girl Scouts.



Flag Folding: Two members of Post 39 sponsored US Naval Sea Cadet unit, CPO Will Price & CPO Alex Hood, Post 39 Sgt-of-Arms Phil Daigle, 1st Vice Bob Demchak seated behind the flag, Chaplain Rich Robinson & Commander Will Price.



Pick-up Loaded With Flags For Disposal



Retired Flags Into The Burn Pit: Madison Post 39 Commander Will Price and Adjutant Bob Washburn.

All photos by LCDR Coulombe NSCC, NCB39 Battalion Commander

WHAT'S HAPPENING IN YOUR DISTRICT...

District 10 continued



Madison Post 39 Celebrates Post's Oldest WWII Veteran: Sponsored by Madison Post 39, Sea Cadet Unit salutes the Post's oldest WWII veteran, Clara Gilbert, at her 102nd Birthday Party at Madison Post 39 on Dec 3, 2022.

Athens Post 192 Sends Condolences

It saddens me to report that Athens Post 192 has lost one of their Auxiliary members and past Presidents. Linda Doiron passed away on Dec 24, 2022, at St. Joseph Hospital in Bangor. Wife of Bob Doiron, the Post Commander. Speaking for the

Post, we all send our condolences to Bob and his family. Linda was pretty well known and will be missed by many.

Submitted by Athens Post 192
Service Officer Gerald A Boulette

WHAT'S HAPPENING IN YOUR DISTRICT...

District 12

Bar Harbor Post 25; Ellsworth Post 63; SW Harbor Post 69; Blue Hill Post 85; Bucksport Post 93; Stonington Post 102; Seal Harbor Post 103; Ellsworth Post 207



District 12 Christmas Party: District 12 held their annual Christmas Party and meeting on Dec 13. It was hosted by Julie and Hank from Post 103 at the Seal Harbor Firehouse. They made a wonderful ham dinner that was enjoyed by everyone and they even had Santa Claus visit as a special guest. Left photo shows District 12 Adjutant Albert Scott and District 12 Finance Officer Robert Broussard talking to each other before the meeting. Middle photo shows Polly Scott, her son and friends, and District 12 1st Vice Commander Robert Kramp.



District 12 Honors WWII Veterans: Four WWII veterans were honored with a special dinner and ceremony at the George Edwin Kirk Post 25 in Bar Harbor during the American Legion District 12 meeting held Oct 11. Jay Sutter, Robert Broussard and Eugene Walls, pictured left to right, were presented with

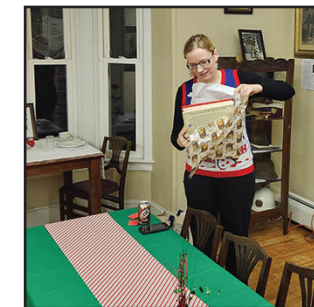
a certificate of appreciation from Department of Maine First Vice Commander Alfred McKay, standing. District 12 Commander Paul Blackstone, Secretary of State Shenna Bellows and Senator Grohoski awarded the honorees with an official expression of sentiment on behalf of the 130th Maine Legislature. Each recipient also received a 24-karat gold plated commemorative coin, mugs and hats and a \$75 gift card donated by Hannaford.



More In Attendance For Special WWII Ceremony: Left photo, left to right, Secretary of State Shenna Bellows and Senator Nicole Grohoski. Middle photo, left to right, Eugene Walls, sitting, and Albert Scott, standing. Right photo, left to right, Jay Sutter, Secretary of State Shenna Bellows, and Senator Nicole Grohoski.



Special Presentation: Henry Scherer, seated, from Southwest Harbor was not present due to medical issues, so on Oct 20, a special presentation was made at his home. Left photo, left to right, Mrs. Scherer, Albert Scott, Paul Blackstone, and Mr. Scherer. Right photo, left to right, Mrs. Scherer, Barbara MacPike, Albert Scott, and Mr. Scherer.



Bar Harbor Post 25 Christmas Party: Post 25 from District 12 held their annual Christmas Party on Dec 5 at the George Edwin Kirk Legion Hall. Left photo, left to right, Beth Macul, Arthur Macpike and Barbara Macpike. Middle photo, Sam Wanner opening a gift during the Yankee Swap. Right photo, Robert Broussard opening a gift as well.



Veterans Day Open House At Bar Harbor Post 25: The George Edwin Kirk Post 25 in Bar Harbor had an Open House on Veteran's Day from 9-11 am. Light refreshments were served and Ms. Harding McGuire, CEO at MDI Hospital was present as well. Ms. Harding McGuire, is seen here, talking to Post 25 Chaplain Barbara MacPike and Post 25 member Bill Mahoney.



Open House Attendees: Some of those in attendance, left photo, left to right, Bar Harbor Post 25 member Don Johnson, Ellsworth Post 63 Adjutant Albert Scott, and NE Harbor Post 103 Adjutant Robert Moore. Right photo, ladies from the Auxiliary and members of Post 25, left to right, Bernie, Sam Wanner, Barbara MacPike and Elizabeth Macul.

WHAT'S HAPPENING IN YOUR DISTRICT...

District 12 continued



Ellsworth Post 63 & NE Harbor Post 103 Flag Demonstration:

Ellsworth Post 63 & NE Harbor 103 Demonstration: Members of District 12, to include Ellsworth Post 63 Commander Frank Butler, Adjutant Albert Scott, member Colon

Smith, and Adjutant Robert Moore from NE Harbor Post 103, demonstrated the thirteen folds of the USA Flag and their meaning to the Daughters of the American Revolution (DAR) at the Ellsworth Library on Nov 11, Veteran's Day. Left to right, Robert Moore, Colon Smith, DAR Regent Kerry Zimmerman, Albert Scott and Frank Butler. Not in the picture was District 12 Commander Paul Blackstone.

WHAT'S HAPPENING IN YOUR DISTRICT...

District 13

Bangor Post 12; E Millinocket Post 13; Corinna Post 73; Old Town Post 75; Lincoln Post 77; Millinocket Post 80; Orono Post 84; Howland Post 97; Brewer Post 98; Newport Post 105; Etna-Carmel Post 107; Corinth Post 115; Lee Post 160; Herman Post 200; Dixmont Post 201; Glenburn Post 211; Hampden Post 213

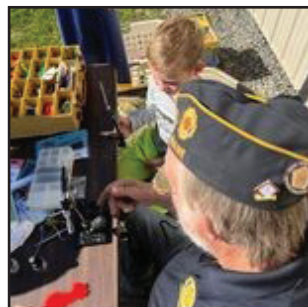
Brewer Post 98 Shared Coffee & Donuts prior to the annual Veterans Day Parade. Left to right, Romain Seymour, Kevin O'Connell, George Maxsimic, David Burke, Ed LaChance, and Ron Hanson.



Etna/Carmel Days Parade: Members of Post 107 ready for Carmel Days parade, left to right, Carl Rudnicki, Steve Luzzi, Ryan Simpson Don Candage, Ansel Zetterman and Jim Thorne.



Post 107 Helps With Firewood: Etna/Carmel American Legion Post 107 Post members help a brother put in his winter firewood.



Tie A Fly: Aetna/Carmel Post 107 Adjutant/Commander Don Candage teaches a young fisherman to tie a fly.

WHAT'S HAPPENING IN YOUR DISTRICT...

District 14

Dover-Foxcroft Post 29; Milo Post 41; Dexter Post 53; Brownville Post 92; Greenville Post 94; Monson Post 116; Guilford Post 119; Sangerville Post 165



Dover-Foxcroft Post 29 Receives Generous

Donation: Dover-

Foxcroft Post 29 American Legion received a very generous donation from long-time member Charles "Charlie" Foss (center) at a recent Post-Get-Together. The Post hosts a Community Coffee event

for members as well as community friends and families. Front row, left to right, Gordon "Bob" Robinson, David Leighton, Charles "Charlie" Foss, and Luis Ayala. Second row, left to right, Andrew Johnston, and Wesley Mallett. Third row, left to right, Charles "Chuck" Daughton, and William "Bill" Siemerling.

Local Legion Post Awards High School Oratory Speaker From Western Maine

MILO - Department of Maine American Legion asked posts such as Post 41 in Milo and Post 92 in Brownville around the state January 14 to host extra students from other post districts when conducting their district and local competitions for the pending state oratorical finals on February 11 to be held this year at Thomas College.

Alecssander Freitas arrived from Naples, Maine and Lake Region High School to

present the same before an audience and a 5-member committee of judges requested and organized by the Post Gavel Club Committee, at the Milo post home on West Main Street. The Sebago Lake region student was awarded an equal amount of money from the host post and the district for a commendable meeting of Department criteria in a two-part session, formal and extemporaneous.

Milo Post 41 & Brownville Post 92 participated in hosting western Maine speaker. Milo Post 41 First Vice Commander Wally Sinclair presents award, a \$100 check from American Legion District 14, to Oratorical contestant Alecssander Freitas of Naples and Lake Region High School. Judges, left to right, Jeff Barnes of Bangor, Penquis English

teacher Shannon Fowles, Post 92 Commander Christopher Crockett with Bruce Benoit of the Brownville Post, Heather Lux McGary representing the Gavel Club Organizing Committee, Penquis student observer Thomson Crockett with judge Sue Libby representing the Milo Select Board.

Milo Post 41 PA photo



Milo Post 41 Adjutant

Richard Quirk presents \$100 from Joseph P Chaisson Post 41 to Alecssander Freitas for his prepared Oratorical address with extemporaneous segment judged by, left to right, Jeff Barnes of Bangor, Shannon Fowles, Penquis English teacher, Post 92 Commander Christopher Crockett with Bruce Benoit representing the Brownville Post, Heather Lux McGary representing the Gavel Club Organizing Committee, Penquis student observer Thomson Crockett with judge Sue Libby representing the Milo Select Board.

Milo Post 41 PA photo



WHAT'S HAPPENING IN YOUR DISTRICT...

District 14 continued

Milo Post 41 & Wilderness Walk For Warriors

On Sat, Nov 12, Wilderness Walk for Warriors distributed 118 boxes of food to veterans or widows of veterans in Piscataquis County. The distribution center was Post 41 in Milo. Wilderness Walk for Warriors, alongside District 14 members, worked hard to accomplish this honorable, gracious task. Recipients were very grateful, and everyone present had an enjoyable time getting together. A dedication and moment of silence was observed for prior Commander Richard Graves who passed; his widow, Mary, was present and very appreciative. Please see below photos of Milo Post 41 Wilderness Walk For Warriors event.



Guilford Post 119 Special Presentation: A Senior from Piscataquis Community High School in Guilford, Samantha Goodwin, did a presentation on Sunday, Dec 18, 2022, to Guilford Post 119 on her attendance at American Legion Dirigo State in June 2022. Samantha was sponsored by Post 119. Dirigo State is a combination of the previous Dirigo Boys State and Dirigo Girls State. It is held annually for high school juniors to learn about the process of government. It is mainly student led and includes elections of officials and presenting and passing bills. Samantha was her town's Clerk and was elected to the House of Representatives. Guest Speakers included Gov. Janet Mills and 2nd District Congressman Jared Golden. Left photo, Samantha Goodwin holding up one of the Dirigo State shirts and wearing another one. Right photo, left to right, Guilford Post 119 Adjutant Steve Deane, Samantha Goodwin, and Post 119 Commander Brian Knowlton.

Submitted by Guilford Post 119 Commander Brian J Knowlton

WHAT'S HAPPENING IN YOUR DISTRICT...

District 15

Calais Post 3; Cherryfield Post 8; Machias Post 9; Eastport Post 11; Baileyville Post 23; Danforth Post 45; Pembroke Post 59; Lubec Post 65; Jonesport Post 108; Vanceboro Post 172; Topsfield Post 191

Cherryfield Post 8 Display Honoring Veterans: Cherryfield Post 8 has a big Christmas display every year that fills the downstairs of the Cherryfield Academy Community Center Hall. Legion Post 8 participates every year with a display to remember our veterans, and honor those still serving.



Cherryfield Post 8 Remembers A Loyal Member, Retired Warden Phil White. Right photo, receiving the Flag at his service is one of his son's, Sy White. Presenting is Post 8 Adjutant Peter Duston. Phil White was a long-time member of Post 8 and a loyal member of the local Scout Committee of Troop 139. It was only fitting that a Scout should help fold Phil's Flag. Jr. Asst Scoutmaster Ethan Harter does his duty to honor Phil. A large assembly of retired and active wardens were there to honor their fellow warden.



Cherryfield Post 8 Honors Vets: Cherryfield Post 8 discovered three forgotten veterans in a rural assisted care home. Commander Jon Gay, new Vice Commander Dan Green, Finance Officer Rob Gibson and Adjutant Peter Duston came together to honor the three, photos left to right, Army Veteran AJ Koss, Marine Veteran Ted Burgess, and Navy Veteran Al little. Each vet received a branch cap, pin and framed certificate recognizing their service - smiles all around. One of the vets is in Hospice!!!



Cherryfield Post 8 Places Wreaths On WAA Day: A group of volunteers gathered at Narraguagus Post 8 on Wreaths Across America (WAA) Day, Dec 17, to remember our deceased veterans and fallen warriors. Hosted by Cherryfield Post 8 and Scout Troop 139, over 400 wreaths were placed in some 20 cemeteries, some with a single grave far in the woods. In the photo is Commander Jon Gay looking over a portrait of SGT Nick Golding who was killed in Afghanistan with the US Army.

Lubec Post 65 Opens Its Doors to Help Community

The American Legion Post 65 located in Lubec opened its doors to help the community this winter. After the severe wind and cold weather on Feb. 4, the local school roof developed a serious leak and then the sprinkler system froze, causing water to leak into all the classrooms.

It forced the community to seek help during this challenging time. The school committee found a couple of small places but still needed more help. Because the American Legion Post had a kitchen, hall, and bathroom facilities, this was exactly what was needed. The

[More on "LUBEC", Page 27](#)

WHAT'S HAPPENING IN YOUR DISTRICT...

District 15 continued

■ "LUBEC" (Continued from Page 26)

Legion family opened their doors to the post home immediately and offered any

help needed. This is another example of what The American Legion does, for not only veterans but their community as well. Keep up the great work Post 65.



Lubec Elementary School Gr. 5-8 Science/Social St. Technology Coordinator Cathy Moore and students utilize Lubec Post 65 as a classroom thanks to the Post's willingness to help provide the space after serious conditions developed at the school that attributed to bad weather.

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>



MONDAY, MAY 29

ICE Contacts in Case of Emergency

ICE - 'In Case of Emergency' We all carry our mobile phones with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends.



If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence this 'ICE' (In Case of Emergency) Campaign

The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As cell (mobile) phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' (In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as 'ICE.'

For more than one contact name simply enter ICE1, ICE2 and ICE3 etc. A great idea that will make a difference!

Let's spread the concept of ICE by storing an ICE number in our Mobile phones today! !

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.

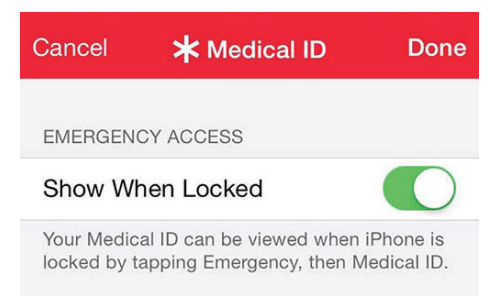
The Process of setting up your ICE contacts will depend on the type of phone you use. This article will concentrate on using an iOS device.

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.

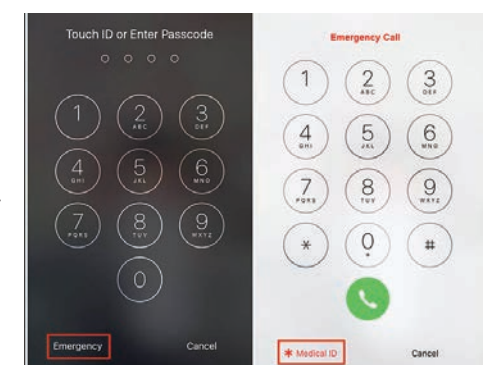
Turn on Show When Locked to make your Medical ID available from the locked screen. In emergency this gives people your important information and the emergency contacts that you have entered. When you're finished tap Done.



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

2023 State Oratorical Contest Yields Great Turnout

A very successful 2023 State Oratorical Contest took place at Thomas College in Waterville on Feb. 11. This American Legion program, which was developed primarily to instill a deeper knowledge and appreciation of the U.S. Constitution in high school students, not only was successful, but yielded a high turnout as well. Over 75 plus legionnaires, family members, and guests attended this event to watch contestants compete for a chance to win scholarship monies and a chance to compete at the national level.

Congratulations once again to Shawn Jiminez of West Gardiner for winning the contest. Shawn represented District 9 and Litchfield Post 181 at the state competition winning \$1500. The title of his oration was "March 4th 1789." In April he will travel to Indianapolis for a

chance to win up to \$25,000.

Congratulations also goes out to Kylie Thibodeau - 2nd place, representing District 2 and Gray Post 86 - \$500; Alecssander Freitas - 3rd place, representing District 14 and Milo Post 41 - \$300; Conor McPherson - 4th place, representing District 1 and Eliot Post 188 - \$125; Emily Reed - 5th place, representing District 5 and South Paris Post 72 - \$50; Kassidy Cote - 6th place representing District 3 and Lisbon Post 158 - \$50, and Grace Cooley - 7th place representing District 10 and Pittsfield Post 32 - \$50.

The American Legion, Department of Maine thanks everyone who took the time out of their busy schedule to volunteer, including the hard work and dedication from posts and districts around the state making this yet another successful year.



State Oratorical Winner Receives Awards: State Commander Kirk Thurston, right, awards this year's American Legion, Department of Maine HS Oratorical winner Shawn Jiminez of West Gardiner with a 1st Place Patrick Henry Oratory medal, Certificate of Achievement, and a check in the amount of \$1500.



Maine Legion College Class 2023

The Department of Maine invites you to take part in the Maine Legion College. The curriculum is spaced out over 3 separate week-ends with Phase I scheduled for April 15th and 16th at Department of Maine headquarters.

Maine Legion College introduces or refreshes the students' knowledge of American Legion history, enhances knowledge and appreciation of The American Legion, and teaches the core values and contributions of the organization.

Classes are designed to prepare Legionnaires for leadership positions in Posts, Districts, and Department through education, development, and motivation. The curriculum challenges student leaders to think critically and creatively about issues confronting The American Legion.

The curriculum centers on communication and involvement in

small-group sessions supervised by National American Legion College graduate facilitators and staff members. Students review The American Legion's core values, develop new ideas and consider the future of our organization. An emphasis is placed on programs, management techniques and leadership skills, conflict resolution, increased visibility of programs, growth in membership, fundraising, and public awareness of the Legion and its corresponding organizations.

To reserve your spot, email:

Jason@MaineLegion.org

Space is open to Legion members first; if space permits, Squadron and Unit members will be accepted.

Those interested in attending must complete American Legion Basic Training prior to April 15-16. Visit: <https://www.legion.org/alei> for more information.

Happy Easter Day
April 9, 2023





Opportunity until April 18 to fund IRAs

Learn How Your Planned Gift Can Help The American Legion

Individuals with earned income may fund an IRA up to the 2022 limits on or before April 18, 2023. The 2022 funding amount may be the lesser of earned income or \$6,000 (\$7,000 if the individual is over 50). The regular IRA contribution amount increased to \$6,500 in 2023.

A traditional IRA may be funded this year, but if you are covered by a company plan there are phase-out limits. A single person who is an active participant in a company retirement plan may contribute to the IRA if their income is less than \$68,000. The ability to contribute is phased out between \$68,000 and \$78,000 for single individuals or heads of household. A married individual has a phase-out limit from \$109,000 to \$129,000. However, if the married

individual is not an active participant but has a spouse who is an active participant in a qualified plan, the phase-out is from \$204,000 to \$214,000.

Roth IRAs may also be funded for the 2022 tax year with after-tax cash until Apr. 18. An individual also needs earned income to transfer \$6,000 (or \$7,000 if over 50) into a Roth IRA. The Roth IRA has additional benefits during 2023. Roth contributions may be withdrawn at any time without penalty. If you have taxable income, you may add to your Roth after reaching 73. Unlike the traditional IRA, a Roth IRA does not have required minimum distributions (RMDs) after 73. This "no RMD" rule will also be expanded to include Roth 401(k) accounts in 2024.

The Roth contribution is also limited for high-income individuals, regardless of participation in a company retirement plan. The Roth IRA phase-out for a single person is from \$129,000 of adjusted gross income (AGI) to \$144,000 of AGI. The married limit is from \$204,000 to \$214,000, provided you are filing jointly.

An IRA must be managed by an approved trustee or custodian. Many banks, savings and loans or credit unions are qualified to be IRA custodians. Most financial services firms, including insurance companies, also serve as IRA custodians.

If you contributed nondeductible amounts to a traditional IRA, you will need to track your basis. Your basis is generally your total nondeductible IRA contributions and

any additional basis from plans you have rolled over into your IRA. If you make a nondeductible IRA contribution, you must file IRS Form 8606. This will help you track your IRA basis. IRS Publication 590-B is a worksheet that will help you calculate the amount of taxable and non-taxable distribution from this IRA.

The American Legion's Planned Giving program is a way of establishing your legacy of support for the organization while providing for your current financial needs. Learn more about the process, and the variety of charitable programs you can benefit, at legion.org/plannedgiving. Clicking on "Learn more" will bring up an "E-newsletter" button, where you can sign up for regular information from Planned Giving.

Via Crescendo
www.legion.org | Feb22, 2023

Specially Adapted Homes for Veterans to Be Built in York County, Maine

Seacoast Land Acquisitions and Home Innovations are planning to build a number of Specially Adapted Homes (SAH) for severely injured Veterans from all conflicts who live in Maine and qualify according to Veterans Administration guidelines.

The single-family homes will be

built in a small subdivision and will include a community center where Veterans and their families can gather for special events and socialization. All applicants for SAH will have to apply to the Veterans Administration to determine their eligibility.

In addition, special SAH grants

are available to eligible Veterans to assist in the purchase of these homes. A VA approved lender will be able to provide additional financing for the purchase of these homes, if needed.

All Veterans, who are interested, are urged to email Dale Midgley at midgleyd@earthlink.net to request

information and an application for the Specially Adapted Housing. You can also call the Downing

Real Estate Agency at 207-985-3328 or email: info@downingagency.com, attention Dale Midgley.

Sincerely,
Dale Midgley
US Army Veteran, Captain
Medical Service Corps
Cell: 207-590-3532

Show Your Support to Veterans in the State of Maine by Donating Today!



To Donate, visit <http://www.mainelegion.org/pages/foundation.php> and select the DONATE TODAY! button, or simply click the image to the left if using the digital version of The Maine Legionnaire. If you choose to mail your donation, checks should be made payable to American Legion Department of Maine Foundation and

mailed to: American Legion Department of Maine Foundation, 5 Verti Drive, Winslow, ME 04901-0727.

Please make sure to provide your name and address so that we may send you a tax receipt.

Thank you in advance for your generous contribution!

The American Legion, Department of Maine Foundation is a non-profit 501 (c)(3) organization exclusively for charitable purposes including the making of distributions to organizations that qualify as exempt organizations described under section 501(c)(3) of the Internal Revenue code, or corresponding section of any future federal tax code.

All donations to the foundation are tax-deductible under the United States Tax Code and Internal Revenue Service.



Subscribe To Our Emails and receive instant email updates including our bi-weekly newsletter "The Leadership Ledger" and The Maine

Legionnaire newspaper by visiting <https://form.jotform.com/RachaelJ/maine-al-email-subscription-form>



USAA is proud to be the Preferred Provider of Insurance and Financial Services to The American Legion. Please visit usaa.com/legion or call 877-699-2654.

Legionnaire Benefits

As a Member of the Legion Family, You Know How Important It Is to Help Protect Those in Need ...

Now We Can Help

The LIT Plans can help with

- Hospital HELP Plan
- Cancer Care
- Accidental Death Protection
- On-The-Move Travel Accident
- Emergency Assistance Plus
- Medicare Supplement Insurance
- Health Insurance
- Dental Insurance
- Long-Term Care
- Lifeline Medical Alert Service



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AMERICAN LEGION
DEPARTMENT



- **Hospital HELP Plan** — Provides benefits for hospital stays including intensive care, cardiac care, care for cancer, rehabilitative facilities, and V.A. hospitals.*
- **Cancer Care** — Provides important protection and a daily benefit if you are hospitalized due to cancer.*
- **Accidental Death** — Helps provide financial protection for you and your family. Up to \$5,000.00 LegionCare AD coverage at no cost to Legionnaires is available: (activation required).* You can also purchase additional Accidental coverage up to \$100,000.00.
- **On-The-Move Travel Accident** — Provides up to \$200,000.00 coverage when fatally injured in a covered accident while traveling, plus \$500.00 per day if a covered accident lands you in the hospital.*
- **Emergency Assistance Plus** — Provides you with 24/7 emergency medical and travel assistance services should something happen to you or your family while traveling away from home.
- **Medicare Supplement Insurance** — Supplements your Medicare Coverage at group rates.
- **Health & Dental Insurance** — Request a quote on various Health & Dental Insurance Plans designed with you in mind.
- **Long-Term Care** — Can help provide home health care, supervised adult care, and more.
- **Lifeline Medical Alert Service** — Provides fast access to help in the event of a fall or medical emergency so you can live confidently and independently.

To Learn More and Enroll, Visit

www.TheLIT.com

For Questions Call 1-800-235-6943

*The Accidental Death, Cancer Care, Hospital Help Plan, and On-The-Move Accident Insurance Plans are underwritten by Securian Life Insurance Company, St. Paul, MN. Plans may not be available in all states. These policies contain limitations and exclusions. Please visit www.TheLIT.com to review plan details.

If You're a Member In Good Standing With Your Department of The American Legion...



Endorsed by
Your Department of
The American Legion

You are eligible for LegionCare; \$5,000.00 in Accidental Death Insurance at NO COST TO YOU if a covered accident occurs while traveling on official Legion business*, or \$1,000.00 at NO COST TO YOU for all other covered accidents. This has been arranged on

your behalf by Your Department of The American Legion.

As soon as your enrollment is received, LegionCare will take effect. Your acceptance is guaranteed, so mail your coupon today.

For immediate coverage, enroll online at www.TheLIT.com/No-Cost-LegionCare

Cut out this section and mail it in today to enroll in LegionCare.

NAME _____	
ADDRESS _____	
CITY _____	STATE _____ ZIP _____
DATE OF BIRTH _____	MEMBERSHIP CARD NO. _____
EMAIL _____	
MAKE SURE YOU INCLUDE YOUR DATE OF BIRTH <input checked="" type="checkbox"/> SIGNATURE _____ DATE _____	

Have you filled out all the above information?

Please mail to: **Legionnaire Insurance Trust • P.O. Box 26720 • Phoenix, AZ 85068-6720**

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Complete details of the coverage are contained in accident only Master Policy MZ0933569H0000A/0001A underwritten by Transamerica Premier Life Insurance Company Cedar Rapids, IA. This plan is not available in all states.

*For Purposes of the Legionnaire Insurance Trust, a member of The Legion Family, with current year's dues paid, could be eligible for the \$5,000 Accidental Death benefit if he/she is traveling to, attending, or returning from an official function at which the Legionnaire represents his/her Post, District, Department, or National Organization in an official capacity.

Taps Column

POST	NAME	CONFLICT	POST	NAME	CONFLICT
Post 1 – Rockland	Michelle Sawyer	Persian Gulf	Post 62 – Westbrook	Blanche E Kelley	WWII
Post 2 – Augusta	Richard R Brann	Vietnam	Post 65 – Lubec	Eugene Tinker	Korea
Post 2 – Augusta	David C Erickson	Vietnam	Post 67 – Bridgton	David I Goldrup	Korea
Post 2 – Augusta	Daniel Gorgone	Korea	Post 69 – S W Harbor	Jack H Gilley Sr	Korea
Post 5 – Waterville	Valmond H Cabana	Korea	Post 72 – South Paris	Donald R Cummings	Other
Post 5 – Waterville	Roland A Gilbert	Vietnam	Post 72 – South Paris	Onni Raasumaa	Vietnam
Post 6 – Hallowell	Maurice L Dube	Vietnam	Post 72 – South Paris	Roland L Sutton Jr	Korea
Post 9 – Machias	Melrose W Beal	Korea	Post 74 – Kennebunk	Brian R McBride	Vietnam
Post 9 – Machias	Donald A Dinsmore	Vietnam	Post 76 – Scarborough	Warner L Garland	Korea
Post 9 – Machias	Kenton R Feeney	Vietnam	Post 77 – Lincoln	Donald A Belanger	Vietnam
Post 9 – Machias	Kenneth P Getchell	Vietnam	Post 77 – Lincoln	Hervey E Clay	Vietnam
Post 9 – Machias	Francis J Hallissey	Vietnam	Post 77 – Lincoln	Christopher F Flynn	Vietnam
Post 9 – Machias	Craig Rumery	Vietnam	Post 77 – Lincoln	Arvid L Good	Vietnam
Post 10 – Livermore Falls	Douglas Smith	Vietnam	Post 79 – Berwick	Neil E Hokinson	Vietnam
Post 12 – Bangor	Roland S Andrews	Korea	Post 80 – Millinocket	Bernard R Angotti	Vietnam
Post 12 – Bangor	Charles B Knowlen	Vietnam	Post 84 – Orono	Walter I Thomas	WWII
Post 12 – Bangor	Gerald Rolnick	Other	Post 84 – Orono	Claude Z Westfall	WWII
Post 13 – E. Millinocket	Franklin A Dentremon	WWII	Post 86 – Gray	Douglas C Brown	Vietnam
Post 15 – Caribou	Gary L Oneal	Vietnam	Post 88 – Presque Isle	Duane S Curtis	Vietnam
Post 16 – Skowhegan	Richard Goulette	Korea	Post 88 – Presque Isle	Thomas E Volovski II	Grenada/Lebanon
Post 19 – Sanford	Donald W Littlefield	WWII	Post 88 – Presque Isle	Burns A Weeks	Korea
Post 19 – Sanford	Raymond B McCall	Vietnam	Post 93 – Bucksport	John L Barnes	Other
Post 19 – Sanford	Leon J Tanguay	WWII	Post 98 – Brewer	Ronald L Albrecht	Vietnam
Post 20 – Brunswick	Vernon A Roy	WWII	Post 98 – Brewer	Merrill Muncey	Korea
Post 22 – Lewiston	Normand M Cote	Korea	Post 110 - Union	Raymond E Dinsmore	WWII
Post 22 – Lewiston	Bertrand A Dutil	Korea	Post 112 - Oxford	HJ Bernard Jr	Vietnam
Post 22 - Lewiston	Gregory R Mease	Vietnam	Post 112 – Oxford	Robert Roakes	Korea
Post 23 – Baileyville	Chester McCray	Vietnam	Post 112 – Oxford	Robert L Tripp Sr	Korea
Post 24 - Rumford	Wilfred J Belanger	WWII	Post 116 – Monson	William J Ranta	Vietnam
Post 24 – Rumford	Maurice C Canwell	Vietnam	Post 123 – Kezar Falls	Donald F Brown	Korea
Post 24 – Rumford	Ralph E Fafard	Vietnam	Post 133 – Fort Kent	Joseph L Paradis	Vietnam
Post 24 – Rumford	Marcel L Martineau	Vietnam	Post 145 – Frenchville	Donald Daigle	Vietnam
Post 24 – Rumford	Willard “Will” Shurtleff	Other	Post 145 – Frenchville	Elmer Daigle	Vietnam
Post 26 – Biddeford	Donald Andrews	WWII	Post 145 – Frenchville	Ronald E Lavoie	Korea
Post 27 – Ft Fairfield	Charles-Nancy Goff	Vietnam	Post 149 – Waldoboro	David A Lawrence	Korea
Post 29 – Dover-Foxcroft	Charles A Foss	Korea	Post 149 – Waldoboro	Charles E York	Vietnam
Post 29 – Dover-Foxcroft	Randall M Medeiros	Vietnam	Post 150 – Mechanic Falls	Raymond W Poulin	WWII
Post 30 - Camden	Vernon B Huneter	Korea	Post 153 – Auburn	Thomas P Abraham	WWII
Post 30 - Camden	Ralph A Pease	WWII	Post 153 – Auburn	Eugene Dipirro	Vietnam
Post 32 – Pittsfield	Edgar R Paradis	Korea	Post 153 – Auburn	Kenwood J Kimball, Sr	Vietnam
Post 42 – Damariscotta	Forrest C Hunt	Vietnam	Post 153 – Auburn	Robert R Laganieri	Korea
Post 42 - Damariscotta	Robert E Johnson	Korea	Post 155 - Naples	Paul D Bubier	Vietnam
Post 42 – Damariscotta	Arthur W Poland	Korea	Post 155 – Naples	Donald W Jordan	Korea
Post 42 – Damariscotta	Richard Wilshire Sr	Korea	Post 157 – Stockton Springs	Charles R Clapp	WWII
Post 43 – Belfast	Philip B Crosby Jr	Korea	Post 161 – Portland	Louis Distasio	
Post 43 – Belfast	Gary P Philbrick	Vietnam	Post 163 – Palermo	Ernest K Decosta	Vietnam
Post 45 – Danforth	Maurice S Cowan	Vietnam	Post 178 – Winslow	Robert A Dunphy	Vietnam
Post 49 – Van Buren	Donald J Michaud	Lebanon/Grenada	Post 178 – Winslow	Paul Husson	Vietnam
Post 51 – Oakland	Edward Clark	Vietnam	Post 178 – Winslow	Frank Ranta	WWII
Post 51 – Oakland	Paul E Dubois	Other	Post 178 – Winslow	Ernest T Thompson Jr	Korea
Post 51 – Oakland	Gary Grant	Korea	Post 180 – St Francis	Leonard H Kelly	Korea
Post 51 – Oakland	Jibryne E Karter	Vietnam	Post 192 – Athens	John G Brown	Korea
Post 51 – Oakland	Joshua L Michaud	GWOT	Post 197 – Westbrook	Howard W Baker	Vietnam
Post 51 – Oakland	Leroy E Murphy Jr	Vietnam	Post 197 – Westbrook	Albert P Mercier	Vietnam
Post 51 – Oakland	Raymond E Shorty	Korea	Post 200 – Hermon	John K King	Vietnam
Post 59 – Pembroke	Richard L Bibber	Vietnam	Post 200 – Hermon	David P Traenkner	Vietnam
Post 59 – Pembroke	Michael A Brown	Vietnam	Post 204 – Monmouth	Joseph H Fogg	Korea
Post 59 – Pembroke	William A Redding	Korea	CN09 – Canada	David G Cook	



Monday
April 17



TAPS Corrections

Post 171 Harpswell - Lee **Chipman** (~~Chapman~~) - WWII
Name spelling error from The Maine Legionaire, Nov 2022 Edition.

Attention: Next Deadline is April 14

The deadline for material, stories and/or pictures to be submitted for consideration for use in the **May 2023** issue of The Maine Legionnaire will be **April 14, 2023**.

Please be reminded that only those articles and/or pictures which are sent in proper form will be considered for publication.

Illegible stories or pictures that cannot be reproduced will be returned to you. A reminder that stories must be in story format; we are unable to compose your information for you.

As always, the editorial staff may edit all submissions at its discretion.

We are once again asking for input from all posts, auxiliary units, S.A.L.

squadrons, individuals, etc. To make this paper informative to you, it is imperative that we receive submissions from the membership.

Photo(s) should include the following: who is in the photo (left to right), what the photo is about, where the event took place, and who took the picture (optional). All photos will be returned for clarification and submission of the required information if the above mentioned is not provided.

Anyone interested in submitting a guest editorial should contact The Maine Legionnaire business office at:

(207) 873-3229 or via email at:

legionme@mainelegion.org or

rachael@mainelegion.org

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

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Remarks _____

To update your address, complete all sections of the above form and mail to: The American Legion, Department of Maine, 5 Verti Drive, Winslow, Maine 04901-0727.

Show Your Support to Maine Veterans & Make Your Name Part of American Legion History
Donate \$100 or More & Receive a **FREE** Yearbook & Centennial Coin!
Deadline for Submission May 6, 2023



Show your support to our Veterans in the State of Maine! 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 in digital format by visiting www.mainelegion.org.

NEW!!! Donate \$100 or more and receive a FREE yearbook as well as one of our most popular Centennial coins to add to your collection. Visit www.mainelegion.org and click on the Maine



American Legion Convention Yearbook Donations

Welcomed button 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.



Mission Working Dogs: Christy Gardner, a guest speaker at the Annual Mid-Winter Conference at Jeff's Catering & Event Center, Brewer, moved the crowd with her inspiring presentation "Mission Working Dogs". Christy is a retired Army Sergeant and founder and President of Mission Working Dogs. She is also the founder of the New England Warriors Ice Hockey Program. While serving as a Sergeant in the United States Army Military Police in Asia, Christy survived an injury in 2006 which eventually led her to accept her golden retriever service dog named Moxie in 2010. Mission Working Dogs trains purpose-bred dogs to aid individuals with disabilities so that the handler can live a life to the fullest and more independently. Christy is seen here talking with Legionnaires after her presentation with her dog Moxie by her side. To learn more about Mission Working Dogs, please visit <https://www.missionworkingdogs.org/>

DISCLAIMER

Neither The Maine Legionnaire editorial director, nor managing editor is responsible for misinformation, discrepancies, or embellishments, intentional or unintentional that may be contained in communications in any form that appear in The Maine Legionnaire.

Due to time constraints and staff limitations to fact check all material sent in, we depend on the honesty and integrity of those who submit material for publication and on the expertise of our members and readers to correct misstatements or misinformation whether intentional or not.