



*Reverend Joseph
Lamarre Memorial
Post 2197
Topsham, Maine*

NO ONE DOES MORE FOR VETERANS.

Post Trumpeter

February 2023 - Pg #1

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Friday Dinners

We'll be in the kitchen again Fridays this March, at the Topsham Legion. We'll be doing our best to put out good meals for you to enjoy. Tentatively, we're planning to have steak in the always popular Dr. Pepper marinade, fried haddock, lobster rolls, spaghetti, & baked scallops. We will also be raffling off a beautiful handmade blanket. Checkout our face book page for dates & final selections .

Membership

We are pleased to welcome new member Jamie Hall-Osborne to the post. She brings us to 98% of last year's total, needing only 2 more people to hit 100%. It should be easy to hit & surpass as we still have several people due between now & the end of June.

Taps

Sadly, we report he passing of Past Commander David Dearborn. Dave took over as Commander during the mid 90's & kept the position for 15 years. When he took over, the post was barely functioning with less than \$100 in its account. Dave providing the long term stability that allowed the post to re-establish & re-energize itself. We all owe a debt of gratitude to Dave. The post might not still exist without him.

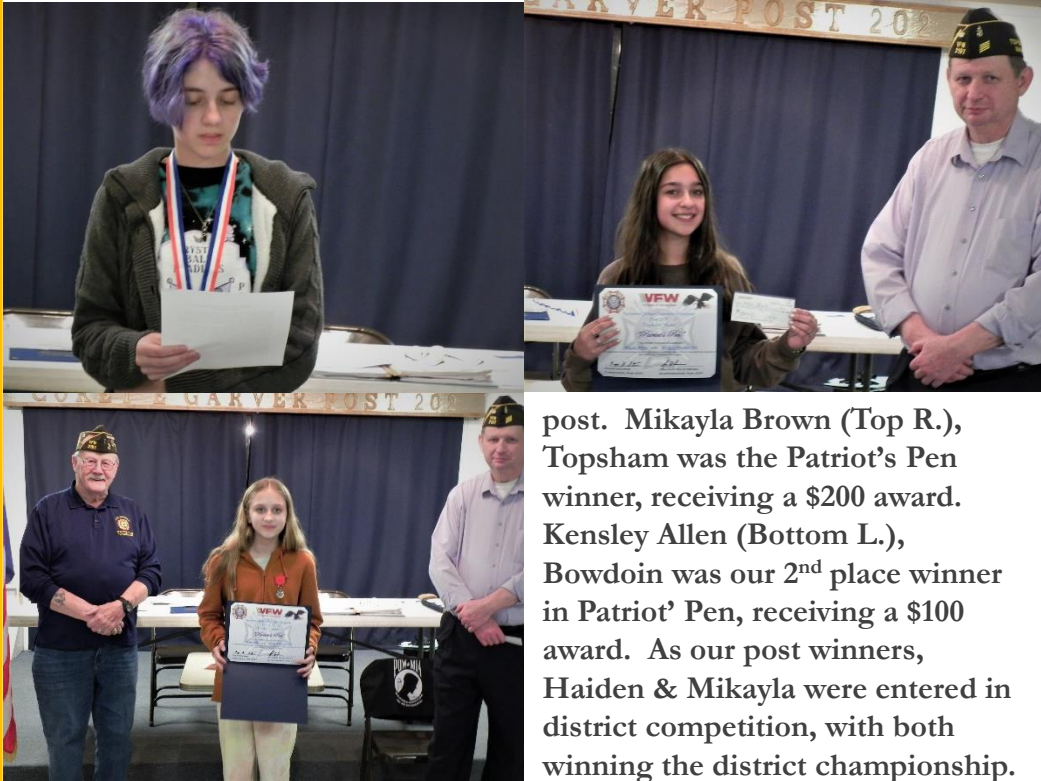


We do make a difference!

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Scholastic Champions

Congratulations!



Our scholastic champions were recognized at the December membership meeting. Haiden Allen (top L.), Bowdoin was our Voice of Democracy winner, receiving a \$500 award from the

post. Mikayla Brown (Top R.), Topsham was the Patriot's Pen winner, receiving a \$200 award. Kensley Allen (Bottom L.), Bowdoin was our 2nd place winner in Patriot' Pen, receiving a \$100 award. As our post winners, Haiden & Mikayla were entered in district competition, with both winning the district championship. District awards were \$300 for Haiden & \$150 for Mikayla, both moved on to state competition. We are excited to announce that Mikayla took 2nd place at the state competition.

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Post Giving

We've been busy in 2022. We should all be proud of our Post's activities. We do

make a difference!

We donated \$11,131 last year with \$4936 going to community programs, \$2290 to veterans & veteran programs, & \$3905 going to youth activities. Our members also volunteered 2281hrs of their time at local veterans programs, hunger prevention programs, church, community clean-up, & needy individuals. The bulk of the hours, 1587, were accumulated by JVC Harmon & Sgn MacWalters at the V. E. T. S. Inc. mobile shelter program for veterans in Boothbay.

Web Page



Have you checked out our Web Page yet? If not, you really need to. Our Web Master & Post Surgeon, Dan MacWalters has done an outstanding job putting it together. He has a wealth of information about our post, state & national VFW, the VA & more. There are numerous links to other web sites of value to veterans & their families. Dan continues to go above & beyond keeping the page current. Tell fellow veterans about our webpage even if they aren't members. The information is valuable to all veterans. If they are eligible to join, this may make them consider joining us. If they aren't eligible, they are still fellow veterans. All of us went where we were told & pretty much(?) did what we were told. Everyone trained to be ready to answer the call if necessary. All veterans deserve equal respect from us & from our nation. So again, encourage every veteran you know to take advantage of our excellent web page. Another thing for Post 2197 to be proud of!

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Safety & Well Being

How to Fall Without Injury

Just about all of us have taken a fall at some point. Winter ice can be tough to deal with, especially if there is snow covering it. The big concern is hitting your head & getting a concussion, but as many of us get up in years, our bones don't flex like they used to either. It can be hard to think when you're on the way down, but if you can remember some of the tips below, you may very well come out with just a few bruises. These tips are from Harvard Medical School.

Plan for a soft landing

Simple trips over curbs or small objects—often our own shoes or clothing—are common occurrences. Aside from taking the steps to prevent them, when you feel yourself going down, you can take control of your fall. Fall prevention courses may be available in your community. These courses that will show you not only how to prevent falls but how to fall safely. You can also try the following techniques.

Think of yourself as a pilot and use the two to three seconds going down to actively plan a soft landing.

- Lean forward into the fall—this gives you some control over direction.
- Fall sideways, if possible.
- Aim toward open areas and toward grass or dirt rather than concrete.
- Aim away from other people and away from objects that can cause puncture wounds or fractures.
- Swing your arms sideways to direct your fall.
- Twist your shoulder to protect your head.
- Keep your knees bent and your feet down.
- Fall like a sack of beans—relax everything.
- Fall on the soft, fleshy places, like your butt and thighs. These areas have more protection and are lower to the ground.
- As you complete the fall, try to roll to your side in a ball. This will spread the impact to reduce injury and stop you from rolling further.