



*Reverend Joseph
Lamarre Memorial
Post 2197
Topsham, Maine*

NO ONE DOES MORE FOR VETERANS.

Post Trumpeter

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We do make a difference!

We have much to be proud about at Post 2197. We will be recognized at the national convention this year for our commitment to community service. Combining our donations & the value of our volunteer hours, we are the #1 post in Maine. In fact our totals are more than all of the other posts in Maine combined. Our Quartermaster Dale Brown & Junior Vice-commander Ed Harmon will be attending the national convention to receive our award. Dale & Ed lead the way at the post. Dale works for the VA & at the recent Disabled Veterans State Convention he was recognized as the VA Outstanding Representative of the year. Ed's non-profit, V. E. T. S. Inc. continues to build mobile shelters for homeless veterans. He has them placed through out the state currently. It's a team effort however. We have many members who participate in our fund raising activities & volunteer their time at local community programs. Be proud of Post 2197!

Membership

A great year! We're at 108% of last year's total, with 94 members. Our district is at 105%, & the state is at 99% needing only 23 more people. Nationally, the VFW just hit 100%. Our year runs until Jun 30th, there's still time to add a few more. Tell your veteran friends about the great post you belong to.



Dedication of POW/MIA Chairs at MSAD 75



Just prior to Memorial Day, our post led the dedication of POW/MIA Chairs, 1 at the Mt. Ararat High School gym, & 1 at the Orion Performing Arts Center at Mt. Ararat Middle School. We were joined by participants from the Bath VFW, Topsham, Harpswell, Brunswick, & Lisbon American Legions, & the Brunswick DAV. Post Commander Stevens provided an overview of the importance of remembering our POW/MIA comrades & presided over a dedication ceremony, at each location, which involved the placing of a red, a white, & a blue flower on each chair while describing the significance of each color for our missing comrades. At both sessions Harpswell Legion CO Mike Doyle placed the POW/MIA cover on an empty chair in front of the veterans in attendance prior to the dedication. At the high school, Topsham Legion 1st Vice-Commander Louis Larios placed the red flower, Brunswick Legion CO David Watson placed the white flower, & Post 2197 member Frank Slinger placed the blue flower. At the middle school, Topsham Legion CO Sheryl Moore placed the red flower, Post 2197 Chaplain Archie Pelley placed the white flower, & Brunswick DAV Adjutant Maggie Plaisted placed the blue flower. In the photos: CO Stevens on the left, on the right CO Moore, CH Pelley, & ADJ Plaisted join CO Stevens in saluting those unaccounted for, at the close of the ceremony. Post members Craig Caffery, Eric Cooper, Louis Larios, Archie Pelley, & Frank Slinger attended one or both sessions. Special thanks to post member Craig Caffery for arranging these events.

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Friday Dinners

Our tentative plans for July include cheese-burgers, crab cake sandwiches, steak in DR. Pepper marinade, a German night, had-dock fried in batter, & lobster rolls. Check our face book page for selections & dates. As always, we can use help in the kitchen & come have a meal. This is the principal fund raiser for our General Fund. If you aren't a Legion member, ask one of us who is to sign you in as a guest.

Maine Memorials

If you're in Lincoln, check out their Veterans Memorial Park, There is a nice tribute to MSgt Gary Gordan, Medal of Honor recipient, who was portrayed in the movie "Blackhawk Down." The park is behind the Hannaford store off of Route 6. Just up the road is a newly opened military museum.

Post Giving

Since the last newsletter, we've donated \$100 to Mid Coast Hunger Prevention Program, \$100 to Maine YMCA Summer Camp for military children, \$100 to the VFW National Home & \$200 toward a memorial bench for long time Department Adjutant Andres Dumas, who passed away earlier this year.. The bench will be in the Wreaths Across America Park in Columbia Falls. \$200 was provided to a veteran family in need of help with their electric bill, & \$100 worth of hygiene items for the Veterans Inc. facility in Lewiston, Folks at the V. E. T. S. Inc. mobile shelter program have rolled up 1485hrs & logged 1175mi providing & retrieving shelters. Other members have volunteered 126hrs in various community programs & 10hrs assisting an elderly veteran in need.



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Safety & Well Being

A repeat from last issue as ticks are as thick as mosquitos this year, Lyme disease can be truly dangerous. Don't forget to protect & check your dog as well. Wear long sleeves, long pants, & socks. If your going to be in thick grass or undergrowth, consider wrapping sleeves & pant cuffs with duct tape. When you come in check yourself out. If you have an attached tick, deer or other type, use the method below.

How to remove a tick:

- Use fine tipped tweezers, grasp the tick as close to your skin as possible. Grasp it firmly, but not tight enough to crush it.
- Pull straight up with even pressure. Don't twist or jerk, as this may break the tick leaving mouth parts behind. If mouth parts do remain, leave them. Your skin will heal over them.
- After removal, clean the area around the bite well with rubbing alcohol and/or soap & water.
- If a rash develops around the bite area, see your doctor.

The above guidelines & diagrams below were taken from the CDC web site.

