



*Reverend Joseph
Lamarre Memorial
Post 2197
Topsham, Maine*

NO ONE DOES MORE FOR VETERANS.

Post Trumpeter

August 2023 - Pg #1

Volume VII, Issue #4

Why Tell People About us?

Membership is critical to our success in getting veterans benefits passed in Washington. Virtually every significant program or benefit passed since WWII has been because of the VFW & other service organizations. Congress listens when we have strong membership because they know that veterans vote. We know that a lot of younger veterans have families & full time jobs, but their membership helps. In 1994, Maine VFW had 17831 members. This year ended at 6533. There are a lot of Post 9/11 veterans out there who are eligible, also many Korean veterans who don't realize we are still officially at a state of war, & are eligible. Our post donates to Mid Coast Hunger Prevention, Tedford Housing, Maine Paws for Veterans, local youth sports, & other local programs. We hold annual scholastic competitions, support the Mid-Coast Veterans Resource Center, & the Brunswick Veterans Plaza.

We do make a difference!

Membership

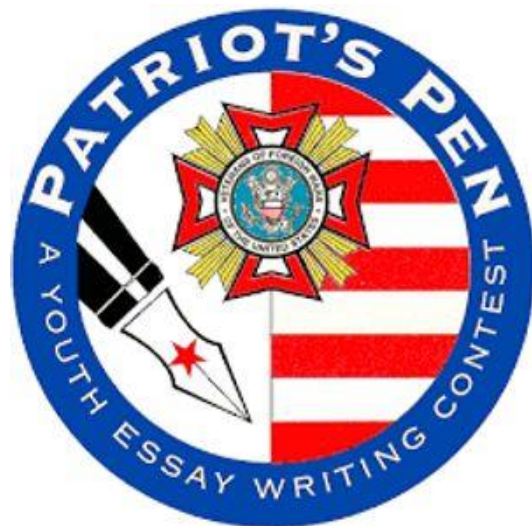
We finished the year with 95 members which was 109% of last year's total. As we move into the new year, our goal is to hit at least 105%. Please tell fellow veterans about us. We need more members, especially younger ones. We have a great post that does a lot for fellow veterans & the community.



Volume VII, Issue #4

Scholastic Programs

VFW's scholastic programs are back, & we are looking for students to participate. Students from SAD 75, Brunswick, Lisbon, Durham, & Home schooled in the area are invited & encouraged to enter. The Topic for this years high school level, the "Voice of Democracy" program is : "What Are the Greatest Attributes of Our Democracy?" For Junior High students, the "Patriot's Pen" program topic is "How Are You Inspired by America?" We will award 1st, 2nd, & 3rd place cash awards for each program & sponsor the winner of each in District competition. Last year we had entrants in both programs, & both of our winners also won our District competition. Both went on to state competition, & our "Patriot's Pen" champion was awarded 2nd place at the state level. **Deadline for entry is Oct 31st.** Please make your children, grandchildren, & neighbor kids aware of these programs. We will have entry forms available, contact us. They can also be downloaded from the VFW website.



Volume VII, Issue #4

Taps

Sadly, we report the passing of life members Ronald Koslowski & Robert LeBourdais. A moment of silence was held for them during post meetings, & memorial donations for each of them were made to the V. E. T. S. Inc. mobile homeless shelter program.

Dept Surgeon

At this year's Department of Maine convention, Post 2197 Commander Roger Stevens was elected as the Surgeon for Maine. As the surgeon, he will be monitoring blood, safety, & well being activities & programs across all of Maine's posts.

Post Giving

During the past 2 months, we donated \$250 to sponsor a soccer team in the Topsham youth soccer league, \$100 to sponsor a local woman who participated in the Portland building descent event with all proceeds going to veteran programs. She raised \$1600 total, & did it in honor of her 102 year old grandfather who is a WWII vet, & \$100 to the V. E. T. S. Inc. program in memory of our 2 deceased comrades. As for volunteering, folks at V. E. T. S. Inc. logged 1577hrs & 4371mi. Other members volunteered 120hrs in various community programs. We also had 1 member donate a pint of blood.

VFW Magazine

Did you notice the announcement on Page 2 of the August VFW magazine. A gradual transition to online publication will begin in 2024. To continue receiving paper copies of all magazines, you need to call, or write national. See the contact info at the bottom of the announcement.

Life Membership

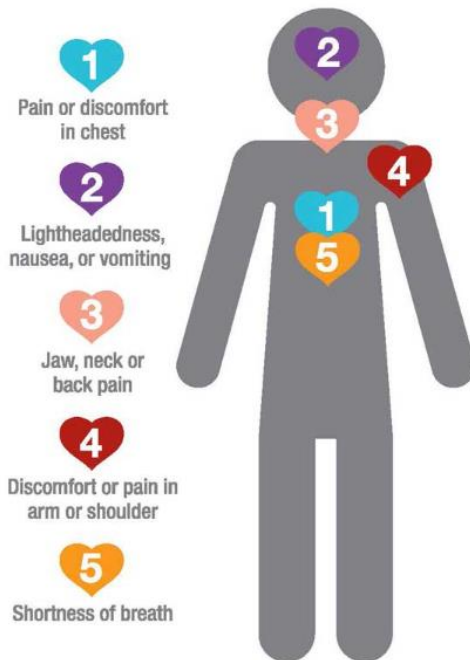
If you pay dues annually, consider life membership. The cost is age based, It may be paid as a check to the post, or with a credit card to National. An installment plan is also available through National. Up to age 30 - \$425, 31 - 40 - \$410, 41 - 50 - \$375, 51 - 60 - \$335, 61 - 70 - \$290, 71 - 80 - \$225, 81 up - \$170.

Volume VII, Issue #4

Safety & Well Being

The diagram below is from the American Heart Association. If you or a family member are experiencing any of these symptoms, call 911. Time is critical! According to the Heart Association, #3 seems to be more prevalent in women, but all apply to everyone. Share this diagram with family & friends.

Common Heart Attack Warning Signs



Congratulations!



The Dept. of Maine American Legion Auxiliary has awarded our Trustee & Asst. Adjutant Davielle Hawks their “Courage Award” for her work to prevent veteran suicide. Davielle put together a massive fund-raising walk-a-thon lasting a good part of last year. Congratulations & well done Davi! *We (You) do make a difference!*