



*Reverend Joseph  
Lamarre Memorial  
Post 2197  
Topsham, Maine*

**NO ONE DOES MORE FOR VETERANS.**

*Post Trumpeter*

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**Volume VII, Issue #6**

### **VFW Maine Service Officer in Brunswick**

Department of Maine Service Officer Cornelius [James] Ware is taking office appointments at the Mid-Coast Veterans Resource Center in Brunswick on the 2<sup>nd</sup> Wednesday of the month. This is on a trial basis right now, but if there is sufficient interest it could become a regular event. If you are having issues with a VA claim, or just have questions about VA & state benefits, you don't have to go all the way to Togus, come in to see James. From Jan. to Sep. this year, James & Asst. Service Officer Jo Ann Maynard have filed 320 claims recovering more than \$3.3 million for their fellow veterans. Tell all your fellow veterans; they don't have to be a VFW member to get help. Call the resource center at 207-406-4103 to make an appointment. He will also take walk-ins in between appointments, call the resource center when he his here, to see if he has an opening.

### **Rifle Raffle**



Raffle tickets for this beautiful VFW Tribute rifle are still available. \$10ea, only 300 tickets. Proceeds to support our local VFW District. Contact us.

***We do make a difference!***

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**Veterans Day at “The Rock”**



Top left, post members Jim Eldridge, Joe Obrin, & Frank Slinger conducted our annual Veterans Day wreath laying ceremony at the Brunswick High School “Memorial Rock.” Frank has been researching the histories of the students listed on the rock, all KIA from WWII through Vietnam. This year he paid special homage to CM3 Rudolphe Favreau & TSGT Leon Bamforth. Several family members of these local heroes were present. Post Service Officer Joe Obrin opened the ceremony with a touching tribute to all of those named on the rock’s plaques. Top right, it was our great honor to have Rudolphe’s brothers Paul & Leo Favreau place our wreath at “The Rock.” Topsham American Legion Post 202 places a wreath at “The Rock” every Memorial Day, we do every Veterans Day, & Brunswick American Legion Post 20 places one on “Wreaths Across America” day.

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**Veterans Day at “The Veterans Plaza”**



Post Quartermaster Jonathan [Dale] Brown & Post Junior Vice-commander Ed Harmon place a wreath by the “Purple Heart” memorial at the Brunswick Veterans Plaza. Post Commander Roger Stevens offers a few words on the importance of comradeship among veterans. He also explained the mission of the Mid-Coast Veterans Resource Center & its relevance to veterans. Our post is a member of the council that oversees Resource Center activity. At the close of the ceremony, our Post Trustee, Davielle Hawks, who is also President of American Legion Post 202’s Auxiliary led her auxiliary members & many others on a walk-a-thon raising funds to combat veteran suicide.

**Membership**



Post membership stands at 88%. We have 88 members on the books & need 11 to make 100%. We’re looking good as we still have quite few members who aren’t due yet. We welcome new members Brad Drummond & Terick Colman.

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**Safety & Well Being**

For us here in the north, winter increases the odds of having a heart attack. Shoveling snow is a very strenuous activity. The large snow shovels available now-a-days are great for pushing away light powdery snow, but a shovel full of wet snow is extremely heavy. Besides the effort to pick up a shovel full, the motion to swing and throw it is also very stressful on our bodies. Don't fill those shovels up all the way when the snow is heavy. Take a break frequently when shoveling, & be aware of the warning signs of a possible heart attack.

From The American Heart Association:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This may occur with or without chest discomfort.
- **Other signs:** These may include breaking out in a cold sweat, nausea or lightheadedness.

**Taps**

Since our last issue, we have sadly lost two more post members: Robert Hatch & Conrad Lebourdais. Donations in their memory have been made to the V. E. T. S. Inc. mobile homeless shelter program.

**Post Giving**

5 members were at Topsham's "Halloween Trunk or Treat" giving out candy, coloring books, & crayons. Donations of \$1000 - Mid Coast Hunger Prevention, \$500 - veterans at Togus, \$500 - Tedford Housing, \$100 - prevention of veteran suicide, & \$100 - V. E. T. S. Shelter program. Volunteering - V. E. T. S. program 1773hrs, & community programs - 151hrs.