



*Reverend Joseph  
Lamarre Memorial  
Post 2197  
Topsham, Maine*

**NO ONE DOES MORE FOR VETERANS.**

*Post Trumpeter*

**April 2024 - Pg #1**

**Volume VIII, Issue #2**

**Post Officer Nominations**

It's that time of year to nominate post officers. The following are current nominations for the year 2024 – 2025. Nominations will remain open until our April membership meeting. Nominations will be closed during the meeting & elections will follow.

**Elected Positions:**

Commander

Roger Stevens

Senior Vice-commander

Ed Harmon

1 year Trustee

Jim Eldridge

3 year Trustee

John Kennedy

Quartermaster

Jonathan {Dale} Brown

Junior Vice-commander

Lin Stevens

2 year Trustee

Davielle Hawks

**Appointed Positions:**

Chaplain

Richard {Archie} Pelley

Judge Advocate

Frank Slinger

Adjutant

Roger Stevens

Service Officer

Joe Obrin

Surgeon

Brad Drummond

*We do make a difference!*

**Volume VIII, Issue #2**

**Membership**



Post membership is at 101% with 96 current members! That makes 11 years in a row at 100% or better for our post. Great job to all! We have welcomed 4 new members into the post, Russell Bridges, Everett Jordan, James Singer, & Michael Snape. We can't stop here, we need new members, let's also work to get more female veterans into our post. Also, our district has hit 100% for the fourth year in a row. The state is at 96%, needing 253 for 100%.

**Veterans Plaza**

The Veterans Plaza Maintenance Trust Fund has a base principal of \$79,195.18 with \$2,374.12 currently available for repairs and/or upgrades.

There are no immediate needs to use any of the available funds. There does need to be some minor repairs made where the plaza merges into the sidewalk on the east side. Brunswick Parks and Recreation is talking to the original contractor about making the repairs. The plaza continues to be a showplace of downtown Brunswick. Our post can take a great deal of pride in participating in the development of a fitting monument to all veterans.

**Rifle Raffle**

The drawing for the Henry "VFW Tribute" rifle was held at our fund raising dinner on March 22nd. The winner was our Post Chaplain Archie Pelley. Later in the evening, he also won the 50/50 raffle for the night. Divine intervention? Thank you to everyone who purchased tickets for the rifle. The rifle was purchased by our District 7. The proceeds will go into the district account. Providing district awards for winners of our annual scholastic programs is the primary use of district funds. By the way, Archie is also a District Vice-commander.

**Volume VIII, Issue #2**

**Post Giving**

**V. E. T. S. Inc. doing training/rehab**

- \$300 donated to VFW National Home, with \$100 used to purchase brick in memory of long time Chaplain Henry Haley.
- \$200 donated to Mid Coast Hunger Prevention Program.
- \$250 to sponsor baseball team in Topsham youth sports.
- JVC Harmon's V. E. T. S. team volunteered 4153hrs, & logged 2262mi building & transporting mobile shelters.
- 6 members volunteered 95hrs at various community programs.
- 1 member donated blood platelets.



We have reported before on the fantastic project our JVC Ed Harmon & several of our members work to provide mobile homeless shelters for veterans. The project continues to excel at helping our less fortunate comrades across the state with 32 shelters now complete. Additionally, Ed & his team are now providing training in carpentry skills to Boy Scouts as well as training & rehab for folks from three different correctional facilities around the state. Our post is extremely fortunate & proud to have Ed's project & team affiliated with us.

**Volume VIII, Issue #2**

**Safety & Well Being**

As we get older, and we're all getting older, stuff shows up more & more on our skin. much of the stuff is just annoying signs of aging, but it might also be the beginnings of a cancerous growth. Skin cancer is the most common cancer in the U. S., but also one of the most treatable. The images below are from the American Academy of Dermatology Association. The first three are very slow growing, but can turn dangerous over time. If you notice any of these, have your doctor check them at your next physical. The last one, Melanoma, can be very serious however. If something like that that shows up, or a mole suddenly changes, get checked right away. Please take this seriously. Make sure your doctor checks any new growths and/or spots at your next scheduled visit. If you have a mole that suddenly changes or a dark spot like in the Melanoma picture, make an appointment as soon as possible. If you have had any of these types of cells in the past, you will probably get them again. See a Dermatologist. at least annually. more if necessary.



**Basal cell carcinoma:** This is the most common type of skin cancer. It looks like a flesh-colored, pearl-like bump, or pinkish patch of skin.



**Squamous cell carcinoma:** The second most common type of skin cancer. Often looks like a red firm bump, scaly patch, or a sore that heals and then re-opens.



**Actinic keratosis:** These dry, scaly patches or spots are precancerous growths.

**Melanoma:** The deadliest form of skin cancer. Frequently develops in a mole or suddenly appears as a new dark spot on the skin.

