



*Reverend Joseph  
Lamarre Memorial  
Post 2197  
Topsham, Maine*

**NO ONE DOES MORE FOR VETERANS.**

*Post Trumpeter*

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**Volume VIII, Issue #3**

### **Membership**

We have reached a milestone! The post has passed the 100 member mark, currently having 105 members. That is 110% of the number we finished with last year. 30 years ago we were on the verge of closing. Thank you to every single member! Since the last issue we have welcomed new members Christopher Armstead, Brannon Carter, Michael Cronin, David Houle, & Wayne Johnston. Thanks to Al Bourque, Dale Brown, Brad Drummond, Ed Harmon, Louis Larios, Dan MacWalters, & Roger Stevens for recruiting new members this year.



*We do make a difference!*

### **Breakfast Anyone?**

Several of our post members also belong to the Boothbay American Legion, and a few of them put on breakfast every other Sunday. They offer an awesome all you can eat buffet for \$15. Several of us from Brunswick & Topsham have checked it out, & it's well worth the trip. They serve 0700 until 0930. Next breakfast will be on June 2<sup>nd</sup>, then every other Sunday until November.





### **July Dinners**

We'll be back in the kitchen, Friday nights in July putting out good dinners and fund raising so we can continue making a difference in our community. Right now we're thinking about doing haddock a couple of times, once baked & once fried. Cheese burgers, steak in Dr Pepper marinade, German rouladen, pot roast, lobster rolls, & fried shrimp. Check our face book page for final selections & dates. If anyone can spare a few hours, we can always use help in the kitchen, and/or come on down for a good meal. These suppers are our principle fund raisers. [Meals good enough for an Air Force mess hall!](#)

### **Auxiliary?**

Comrades, we have a great post, one of the most active & successful in Maine. But, we have one big void in our operation. We do not have an auxiliary unit. Auxiliaries provide strength as well as a tighter family presence to any post. Please reach out to your family members for interest in forming a Post 2197 Auxiliary. Our post stands ready to help an auxiliary get started procedurally & financially. Spouses, parents, children, grand children, & siblings of members can be auxiliary members. Post 2197 would be an even more dynamic group with an auxiliary. Let's make it happen!

### **Claim Sharks**

Maine is the 3<sup>rd</sup> state to enact a law preventing legal claim sharks, who are not accredited by the VA, from taking advantage of veterans. New York & New Jersey have passed similar laws. Before signing with a law firm, about a claim, check with our Maine VFW Service Office at 207-623-5723. Your VFW led the effort to get this law passed. Hats off to Maine VFW Legislative head Steve San Pedro & several Dept members for this win for all veterans. By the way, Travis Mills, who has done much for veterans, testified against this law. Hard to understand that.

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**Post Giving**

No money donated the past 2 months, but the members have been busy out in the community.

- Our Boothbay members have put in 1698hrs & logged 3909mi. That's just 5 people! Everyone of their shelters is in use, & they are still building.
- 10 members put in 147hrs in community programs including MCHPP, Meals on Wheels, People Plus, Mid-Coast Veterans Resource Center, Bristol Food Pantry, Memorial Day ceremonies, & Topsham Fair prep.
- 5 members held 2 sessions with students at Freeport H.S.

**Veterans Resource Center**

The Mid-Coast Veterans Resource Center, located at 62 Pegasus St. in Brunswick, is an information source for all veterans & their families. It is staffed entirely by volunteers who are mostly veterans. Most local veterans organizations including our Post 2197 & VFW Post 7738 in Bath are members of the council that oversees center operation. Our Post Commander is the current Commander of the council. The center strives to have information regarding VA & state benefits, as well as programs available from other non-profit programs in Maine. Someone is at the center to take your calls from 9 – 4, 5 days a week. Call 406-4103 for information. In house appointments are also available for several services. A VA Mental Health Councilor is available weekly, A Martin's Point Tri-care representative is in twice a month, VA Benefits Representatives are in once a month, & our VFW State Service Officer, James Ware, holds sessions at the center several times a year.



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**Safety & Well Being**

Overall the weather has been pretty good lately. We are all getting out more, & there are motorcycles, bicycles & pedestrians everywhere. Take the time to make a 2<sup>nd</sup> check at intersections. Even though motorcycles have headlights on, they can still be difficult to see, especially if you are looking into the sun. Bikes & pedestrians are close to the side of the road & may be in shadows. Unfortunately, too many people today have forgotten, or were never taught that people should walk facing traffic & bikes should be ridden in the same direction as traffic (they are a vehicle). If you have children or grandchildren, check to see if they understand & follow these rules. Then there are the pedestrians walking with their nose down staring at their phone, and/or oblivious to sounds around them because they are wearing ear buds. Be cautious that they don't dart out in front of you. 2 summers ago, I witnessed a teenage girl on a skateboard(oh yeah, watch out for skateboarders as well) cruising down the sidewalk with her phone & ear buds. She came to an intersection, came off the sidewalk without stopping or looking up, made a sudden left turn into the road. She was about 2 feet in front of a delivery truck. The truck driver didn't have a prayer of stopping in time. She didn't know the truck was there until it hit her. One last thing, be on the lookout for pedestrians at night wearing dark clothing.

**Grand Marshall**

Post member Joe Trippi was the Grand Marshall at this year's Memorial Day Parade. Thank you for representing us Joe!

**State Convention**

Post Commander Roger Stevens will be running for the position of Department Judge Advocate.

**Taps**

We just learned, as we were completing this edition, that we have lost our comrade Thomas Fritschy. No details as yet.