

VFW

VETERANS OF FOREIGN WARS.



*Reverend Joseph
Lamarre Memorial
Post 2197
Topsham, Maine*

NO ONE DOES MORE FOR VETERANS.

Post Trumpeter

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Volume IX, Issue #1

Veteran Appreciation Day

Friday Dinners



Post Chaplain Archie Pelley drops the first puck at the 2nd annual Veteran Appreciation Day by the Bowdoin College Hockey Team. Event organizer Luke Wheeler, team captain, to Archie's right takes the puck drop. A great day for veterans & active duty. The team raised over \$1400 for "Maine Paws for Veterans" service dog program. Bowdoin won 4 – 3 in overtime.

We will be in the kitchen at the Legion again in March. Right now we are thinking lasagna, pot roast, fried haddock, baked haddock, lobster rolls, Dr. Pepper steaks, & meat loaf. These dinners are our principal fun-raisers. Come on down for a good meal, & if you can spare a few hours come in to help on the counter, cooking, or doing dishes.



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Scholastic Programs



Evelyn Henke

Garret Fenton



Joshua Langworthy

Shari Tarleton

We proudly presented our annual scholastic awards at the January membership meeting. In the first three photos, CO Stevens & QM Brown congratulate our “Voice of Democracy” winners. 3rd place went to Evelyn Henke, receiving \$100 from the post. 2nd place to Garrett Fenton, receiving \$250, & 1st place to Joshua Langworthy receiving \$500. In the 4th photo, District CO Ed Harmon congratulates our Teacher of the Year, Shari Tarleton. In addition to receiving \$100 from the post, she was also the winner for our district, receiving \$100, plus a \$100 donation to the school program of her choice. She chose the music program at Brunswick Junior High school.

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Membership



Comrades our post is at 101% membership. That makes 12 years in a row that we have met or exceeded our previous year's total. We have 14 current members whose membership is due between now & June 30th. If all of them renew we will have an incredible year. We welcome new members Danielle Jefferson, Rafael Macias, & David Nery. Keep telling fellow veterans about us. Every member makes the post stronger & helps us in Washington.

Legacy Membership

What is Legacy Life Membership? It's an opportunity to be remembered & recognized for your commitment & belief in the VFW, after you are gone, & as long as the VFW exists. There are 3 levels of membership, bronze, silver, & gold. Costing \$400, \$800, & \$1200 respectively. Any level can be selected, lower levels can be upgraded. If you became a bronze member this year a couple of years down the road, you could upgrade to silver for the additional \$400. Your legacy provides annual payouts to your post, state department, & national. At the bronze level post, department, & national each receive \$6. At the silver level it's \$12 each, & at the gold level it's \$18 each. Besides the legacy you leave, you receive an engraved metal membership card, lapel & hat pins, certificate of recognition, & discounts on items purchased for personal use at the VFW store. Bronze members receive a 5% discount, silver 10%, & gold 15%. Post 2197 is proud to have 5 Legacy members: Dale Brown, Nicolas Hamlin, Archie Pelley, Roger Stevens, & Jeff Valkier. We are pleased to report that all 5 are alive & well. We hope & pray that they will be with us for many years to come. But, none of us live forever; we appreciate their eternal commitment to our post & organization.

We do make a difference!

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Safety & Wellbeing

January has been fairly cold, maybe we are having something close to a traditional winter. If so, February has always been the “snow” month. If you need to use a shovel. Don’t over exert. Take your time, take breaks, & don’t try to toss that shovel load into the next county.

Also remember as you’re cleaning the driveway or walkway, there maybe ice underneath. Make sure of your footing.

Let’s think about preventative care as well. For those of you at that age, are you getting colonoscopies? If you’re not quite that old yet, keep them on your radar. Nobody likes to think about them, but they are life savers. From personal experience, I had several family members die from stomach/intestinal cancer in the 60s & 70s. I have to go every 3 years, because there are always a few polyps that need to be removed. The procedure itself is really no big deal, I still don’t like drinking all the liquid to flush myself out, but at least it can be done with Gatorade nowadays. Don’t put it off. It’s a pretty easy way to possibly save your life.

Teddy Roosevelt Quote

“As a matter of fact, I have always been one of the first to urge that the country stand by the old soldier who has stood by his country in times of peril.”

Post Giving

During December & January our members volunteering at V. E. T. S. Inc. have put in 1413hrs & logged 6088mi building, maintaining, & transporting mobile homeless shelters.

Other members have volunteered 156hrs at local community programs. 6 members volunteered 12hrs visiting with students at Freeport High School. 1 member donated blood. \$802 were donated to programs assisting veterans, veteran families, youth and community.

