



*Reverend Joseph
Lamarre Memorial
Post 2197
Topsham, Maine*

NO ONE DOES MORE FOR VETERANS®

Post Trumpeter

June 2025 - Pg #1

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Officer Elections

Elections were held at the April membership meeting, Post Officers for 2025 – 2026 are:

Elected Positions:

Commander – Roger Stevens

Senior Vice Commander – Ed Harmon

Junior Vice-Commander – Brad Drumond

Quartermaster – Dale Brown

1 year Trustee – Danielle Jefferson

2 Year Trustee – John Kennedy

3 Year Trustee – Jim Eldrige

Appointed Positions:

Chaplain- Eric Cooper

Adjutant – Brad Drummond

Service Officer – Dale Brown

Judge Advocate Frank Slinger

Surgeon – Gary Ouelette

District elections were also held during April.

The District Commander is our SVC Ed

Harmon, QM is our QM Dale Brown, ADJ is

our CO Roger Stevens. Also, CO Stevens will be

running for Maine Junior Vice-commander at

this year's state convention.

Membership



We're having a great year. It is fantastic seeing more "Post 9/11" veterans beginning to join. Our post is at 111% with 112 members, our District is at 113%, & the state of Maine is at 100% with June to go. Since the last newsletter, we have welcomed new members Michael Lamarca & Jason Morgan.

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Member Involvement

Since January, we have averaged 17 members to our monthly membership meetings. That's 15% of our current total of 112. We respect that everyone has differing abilities & commitments to be involved. Some folks don't live locally, some may work 2nd shift, some probably are supporting family activities. Some may have transportation issues. If you have transportation issues, let us know we might be able to help. Some of you may not like meetings, or are afraid you will be asked to do something.

Well, we try hard to keep our meetings to an hour & are pretty good at that. We focus on post business & activities. The membership decides where to provide support & how much. We decide on what to serve at our fund-raising dinners, & what activities to support. We will ask who can participate in activities, but we don't single anyone out & ask them to do it. At each meeting we review the volunteer efforts various members do in the community. You belong to the VFW because you are proud of your service. If you haven't been to a meeting in a while, or never been, consider attending one. It won't be painful; take the opportunity to come meet & spend a little time with your fellow proud veterans. We always meet on the 2nd Thursday of the month @ 6pm at the Topsham American Legion.

Friday Dinners

We're up to bat again in July at the Topsham American Legion. We will be featuring our regular choices, & a couple of new ones, chicken cordon-bleau, & pulled pork sandwiches. In addition to the chicken & pulled pork, we're planning fried shrimp, schnitzel, fried haddock, steak in Dr. Pepper marinade, & lobster rolls. Check our face book page for final selections & dates. We can always use an extra hand in the kitchen. This is our principal fund raiser, come eat with us & support us.



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Memorial Day

We had good participation in the Topsham/Brunswick parade with a 4 vehicle contingent. We had a pair of Dodge Challengers bracketing a truck with "Some gave all banners," pulling our post float, & a truck pulling one of the V. E. T. S. homeless shelters. We had 8 members riding in & on the vehicles. Special thanks to John Secone for float creation.

Did You Know?

Your VFW testified 15 times to Congress in fiscal year 2024. The VFW has been instrumental in virtually every major legislative victory for veterans in the 20th & 21st centuries.

Food Drive

We all know that many people are struggling to make ends meet now-a-days. It really hit home to me recently when I decided to do a comparison of wages between now & when I began work at Bath Iron Works. After my Air Force days, I started as an unskilled mechanic, in 1976, at \$4.58 an hour. My wife & I didn't have a lot of extras, but we fed ourselves okay & paid our bills. I looked up total inflation rates from 1976 to now & applied them to the \$4.58. A person today would have to make \$25.88 an hour to match that \$4.58. That really opened my eyes to why so many people are struggling today. We all know a lot of people who don't earn that much. So, post membership has decided to conduct a food drive as a "Day of Service" for our community. The food drive will be on Saturday, June 28th at the Topsham Market Basket. All food collected, & all monies will be going to Mid Coast Hunger Prevention Program in Brunswick. We will be finalizing member participation at our June meeting. Please consider helping us, if you can't help, stop by and give a little food or cash.

We do make a difference!



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Safety & Wellbeing

It's been a cool spring, but they are forecasting temperatures near 80⁰ in the next week. As we get spring chores done, & look to summer activities, let's all remember to stay hydrated.

CDC Guidelines:

- **Before Activity:** Drinking enough fluids is important to prevent heat illness. Being hydrated before you start makes it easier to stay hydrated.
- **During:** Drink fluid regularly, water is generally best, during activity. Sports drinks are also generally okay. If sweating, drink a cup, (8ozs) every 15 – 20 minutes. Drinking a large amount all at once can dangerously lower salt levels.
- **After:** Continue to take fluids even though you don't feel thirsty, as it may take a few hours to replenish the supply lost through sweat.
- **Urine color:** Monitor urine color for potential problems. See the guide below. Light yellow, on the right, is great, dark yellow, on the left, is serious & may require medical attention.
- **Alcohol:** I enjoy an adult beverage after most activities, but alcohol does increase dehydration. Limit your intake.

Post Giving

Since the last newsletter, 8 members volunteering at V. E. T. S. Inc. have put in 1519hrs & logged 6778mi building, maintaining, & transporting mobile homeless shelters. In other activity 11 members have volunteered 139hrs at local community programs. 1 member donated blood & \$475 was donated to assist a member with car issues & to the VFW National Home.

