



*Reverend Joseph
Lamarre Memorial
Post 2197
Topsham, Maine*

NO ONE DOES MORE FOR VETERANS®

Post Trumpeter

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Volume IX, Issue #4

Department of Maine Convention

We had a good convention this year with National SVC Carol Whitmore in attendance. During the convention we got the final 2 members necessary to push Maine to 102% membership. That made Maine & current CO Anthony Kimble All-American for 2024 – 2025.

- 2025 – 2026 CO is Amy Meuchel from Post 6859, Portland.
- QM, ADJ, & CH all carry over, QM David Williams from Post 1641, Rumford, ADJ Carl Lambert from Post 9, Gardiner, & CH Kevin Woodward from Post 11553, Harrington
- Steven San Pedro from Post 6859, Portland carries over as Chief of Staff & Legislative Representative.
- IPSC Anthony Kimble was elected to a 4 year term as our Council Member to National.
- From our Post, Roger Stevens is Dept. JVC, Ed Harmon is District 7 Commander, & Dan Mac Walters is Dept. Web-site Coordinator. We make a difference!

Veteran Expo

We have been working with the folks at Tractor Supply in Brunswick to have a recruiting event & exposition at their facility. We're pleased to announce that it is a go for Saturday Sep 6th from 10am – 2pm. Stop by & say hi, help us recruit new members. We will invite several support programs to join us. We're hoping to get many of the groups who come to the winter softball tournament, & maybe a few new ones. Updates on E: mail & Face Book.

Volume IX, Issue #4

Community Support

We proudly announce we have been informed by national that we are the number one post in Maine for Community Support for the 3rd year in a row. We will be recognized at the upcoming national convention. National makes the determination based on ours volunteered, money donated, & mileage logged. Our success is led by post members Brad Drummond, Ed Harmon, Dan Mac Walters, Joe Quinn, Alfred Sherman, Dave Smale, & Steve Young working the V. E. T. S. Inc. shelter program. Several other members volunteer on a regular basis, in the local community, at programs such as Meals on Wheels, People Plus, Topsham Fair Association, Mid Coast Hunger Prevention Program, Mid-Coast Veterans Resource Center, local churches, assisting veterans in need, performing roadside clean-up, outreach at assisted living facilities, Salvation Army, & more. Post members who volunteer include, Dale Brown, Eric Cooper, John Kennedy, Louis Larios, Joe Obrin, Archie Pelley, Frank Slinger, & Roger Stevens. Regular donations to organizations & veterans in need are also made. During June & July, a \$500 donation to assist a veteran with car problems, & \$250 to sponsor a soccer team in the Topsham Youth League were approved.

We do make a difference!

Good News

VA Mental Health Counselor Brandon Pelletier, from the Lewiston Vet Center, has resumed weekly sessions at the Mid-Coast Veteran Resource Center. The Lewiston Center had pulled him back because of staffing shortages. Several local organizations, including Post 2197, wrote letters to the Vet Center asking them to re-consider. He's back! He was averaging 4 – 5 clients every visit. Contact the Resource Center at 406-4103 to get his phone number for making an appointment. Post member Chris Frank is planning to begin massage therapy sessions in August. Call about that also.

Volume IX, Issue #4

Scholastics

It's time to start working the VFW's scholastic programs: Voice of Democracy for High school students, Patriot's Pen for middle school, & three Teacher of the Year programs at high, middle, & elementary school levels. Last year we had entries for Voice of Democracy, & Middle School Teacher. None for Patriot's Pen, high school teacher, or elementary school teacher. The post wants entries for every program. Program awards will be voted on at our August membership meeting. More info about the programs at the meeting, by E: mail, & by Face Book. Stay tuned.

Membership

We set a new all time record! The highest membership Post 2197 ever had was 114 back in the 1980's. Not any more! We finished the 2024 – 2025 year with 115 members. Two new members were welcomed to the Post in June, Christopher Frank, & Aimee Sanfasin. We are pleased to welcome new member Jack Dickinson already in the 2025 – 2026 year. Let's let veterans know about us & set a new record. At the state convention we were recognized for having the most consecutive years with continuous growth.



District Recognition

National VFW has notified our District Commander, Ed Harmon, also our Post Senior Vice-commander, & District Quartermaster, Dale Brown, also our Post Quartermaster that they & the District have achieved All American status. This is determined by membership & participation in all programs. Because of strong membership & community support, the District is in the top 5% in the country. Post 2197 missed out on All American status because we didn't have a Patriot's Pen candidate last year. Congratulations Ed & Dale!

Volume IX, Issue #4

Safety & Wellbeing

Let's consider stress for a minute. Many of us think there is nothing out there like what we dealt with while serving. Most everyday stressors aren't at the same level some faced in combat and other traumatic situations, but they are there and are real. Understand some of the signs that appear in yourselves, your family, and your comrades. From the Mayo Clinic:

- Physical signs: headaches, chest pain, fatigue, change in sex drive, stomach upset, sleep problems.
- Mood signs: anxiety, restlessness, lack of motivation or focus, memory problems, feeling over whelmed, grumpiness or anger, sadness or depression.
- Behavior issues: over or under eating, angry outbursts, drug, alcohol, tobacco misuse, avoiding friends & family, exercising less.
- Ways to manage stress:
 - Physical activity most days of the week.
 - Relaxation techniques: deep breathing, meditation, yoga, tai chi, or massage.
 - Keep your sense of humor.
 - Spend time with family and/or friends.
 - Read, listen to music, walk, make time for hobbies, keep a journal.
 - Eat healthy, get enough sleep time, avoid tobacco.
 - Don't use illegal substances.

These are tough times, let's all work to make our days a little easier & nicer.

Food Drive

On June 28th we held a food drive at Market Basket in Topsham. Special thanks to our volunteers Dale Brown, Brad Drummond, Ed Harmon, John Kennedy, Dan Mac Walters, John Secone, & Roger Stevens. We collected 474# of food & raised \$1172 for the Mid Coast Hunger Prevention Program. Also, sincere thanks to the folks at Market Basket. They have been extremely supportive of us since they opened.

