

Volume X, Issue #2

Commander's Corner

I recently attended the VFW Legislative Conference in Washington. Our National Commander Carol Whitmore testified before the joint Veterans Affairs Committees, with hundreds of VFW members in attendance supporting her. Our focus was on several issues, First, to get the Major Richard Starr Act enacted, once and for all, to eliminate the current penalty imposed on medically discharged veterans with disabilities. We asked them to push alternative treatments for PTSD beyond the current medical cocktails, which often compound the problem. Hypobaric chambers & medical cannabis are among the treatments we want the VA to explore. Stronger programs on suicide prevention were pushed, & we requested that Congress force the VA to comply with the PACT Act. There is a provision in the Act that directs the VA to explore other unknown toxic exposures. They have not been doing this. Our 9 member Maine team visited the offices of all four of our legislators. We were able to communicate our issues to them & provide examples of their constituents impacted. Being able to provide a local example is important to getting their support. We were pleased to be able to speak to both Senator Collins & Senator King in person.

We do make a difference!

Friday Dinners

Friday night dinners for the month of March so far have been a success. We started the month off with the choice of Chili or Fish chowder and made around \$450 that week. The following week we served Lobster rolls or Dr. Pepper steak and brought in a whopping \$1,093! For the next two weeks we are offering on the 20th, Fried haddock or Dr. Pepper steak and on the 27th we will be offering Lasagna or Baked scallops. We can always use help in the kitchen cooking, taking orders, or washing dishes. Please give us a couple hours if you can. I want to thank everyone who has come out and helped as it has been appreciated!

Volume X, Issue #2

Membership



We are currently at 103%, with 119 members, have 8 members to renew before June 30th. We are looking good for another successful year! CO Stevens said he believes we are at the highest that he's seen it since he's been a member! We are pleased to welcome 3 new members Danie Cox, Michael Labbe, and Woody Smith. We received a banner for our flag to signify 100% membership for the 14th year in a row! Not too many Post in the state can claim that!

Life Member?

For those who pay your dues annually, life membership might be a good option for you. 88 of our current 115 members are life. Cost is age based, & can be in a 1yr installment.
 Price:
 Up To Age 30 - \$425
 Age 31 – 40 - \$410
 Age 41 – 50 - \$375
 Age 51 – 60 - \$335
 Age 61 – 70 - \$290
 Age 71 – 80 - \$225
 Age 81 And Over - \$170

Legacy Members

Our Gold Legacy Members:
 ✦ Dale Brown
 ✦ Jason Morgan
 ✦ Archie Pelley
 ✦ Roger Stevens
 ✦ Jeff Valkier
 Some became gold right off, some did it \$400 at a time.

Veteran Appreciation Day



Bowdoin Hockey team had their 3rd annual Military & Veteran Appreciation Day on Jan 17th where our own Joe Orbin and Dept CO Amy Meuchel dropped the ceremonial first puck. Joe was presented with 2 pictures at our March membership meeting. The hockey team raised money for "Maine Paws for Veterans" service dog program.

Volume X, Issue #2

Safety & Wellbeing

Maine is starting to thaw out after being snowed in for the last few months, and with that thawing, we may find ourselves dealing with some dangers that we haven't dealt with in a while.

Things like wildlife with their young darting across country roads; basements and crawl spaces flooding; intense wind that could bring down power lines, trees and telephone lines. If you find downed power lines, the correct thing to do is contact the utility company and inform them of the downed lines. If possible, without touching the lines, give the dispatcher as much information as possible such as address, phone number, pole number/mile marker and whether the lines are on the ground or still hanging.

Spring has challenges like any other season, and that also includes allergies. With the budding of trees and flowers along the roads and home flower beds, the pollen count is going to cause those who are susceptible to experience some serious discomfort. Making sure you have a good supply of antihistamines available will help with that but remember that too much could cause you to become drowsy, experience dizziness, or have adverse effects depending on the number of alcoholic drinks you consume. Being cautious while driving and taking these medications is going to be catamount to being safe. If necessary, contact your physician to ensure that you are taking the correct medication and dosage to keep yourself safe.

Lastly, you will find the urge to go out and work in the yard due to the better weather, but pace yourself. Remember, you may have been cooped up in the home for the last few months, and it will be easy to injure yourself while raking, planting, pruning and other gardening activities. Take it slow, move deliberately while doing this yard work, and take frequent breaks to ensure that you do not injure yourself.

Spring is finally here, and the last thing you want to be doing is watching the outside from the inside due to injuring yourself outside.



*Reverend Joseph
Lamarre Memorial
Post 2197
Topsham, Maine*

NO ONE DOES MORE FOR VETERANS.

Post Trumpeter

April 2026 - Pg #1

Volume X, Issue #2

Post Officers Nominations

Poppy Events

The first round of Post officer nominations, for the 2026-27 year, were held at the March membership meeting. Nominations to date are:

Elected Positions:

Commander – Roger Stevens

Senior Vice Commander – Ed Harmon

Junior Vice Commander – Brad Drummond

Quartermaster – Eric Cooper

1 year Trustee – John Kennedy

2 year Trustee – Jim Eldridge

3 year Trustee – John Secone

Appointed positions will be done at the April membership meeting. Additional nominations will be accepted at the April membership meeting.

Elections will be held at the close of the nominations, at the April meeting. The Appointed positions that will be available are: Adjutant, Chaplain, Judge Advocate, Surgeon, and Benefits Advisor. The Benefits Advisor is the new name for (position) service officer.

We have picked our dates for our semi-annual “Buddy Poppies” event. The first date is Saturday, May 23rd & second date is Saturday, Nov 7th. Both will be held at Market Basket in Topsham upon approval from management. All money donated, goes into our relief fund which is exclusively used to help our fellow veterans and support veterans' programs. We will need plenty of volunteers to help staff these events so if you can spare a few hours please help. Thank you in advance.