



*Reverend Joseph
Lamarre Memorial
Post 2197
Topsham, Maine*

NO ONE DOES MORE FOR VETERANS.

Post Trumpeter

June 2026 - Pg #1

Volume X, Issue #3

Elected & Appointed Officers

The Post officer elections for the 2026-27 year, were held at the April membership meeting.

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 were also done at the April membership meeting.

Appointed Positions:

- Adjutant – Brad Drummond
- Chaplain – Mike LaMarca
- Judge Advocate – Frank Slinger
- Surgeon – Gary Ouellette
- Benefits Advisor – Jonathan(Dale) Brown

Day of Service

We had our Day of Service on May 2nd at the Shaws in Brunswick and the one in Wiscasset.

Between both stores we collected \$1,488.00 and over 500lbs of food! All proceeds were distributed between Mid-Coast Hunger Prevention and

Wiscasset Food Pantry.

Thank you to all who volunteered for such a worthy cause!



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Upcoming Events

We have a very busy couple of months as we have our Poppies event on May 23rd , Memorial Day Parade, where we have a float in the parade along with the CO in his car, Boothbay VETS trailer, and a Veterans' Expo at Tractor Supply on June 20th. It will be on Father's Day and Tractor Supply is having a tractor expo with all kinds of different tractors and people are encouraged to bring in their special tractor for display! Boothbay VETS will be there putting on a BBQ and any veteran that shows up with his/her DD214 will eat for free! Then of course after that is the July 4th parade and Friday night dinners in July! A lot going on so if any of you can spare some time it would be greatly appreciated. Teamwork makes the Dream work!



We do make a difference!

Chaplain's Corner

Dear fellow VFW members, I would like to sincerely thank you for electing me as your department Chaplain. It is both an honor and a privilege to serve in this role, and I am grateful for the trust you have placed in me.

As Chaplain, I am available to support our members and their families in a variety of ways, including aiding during emergency situations, officiating, or supporting funerals and weddings, offering counseling and guidance, visiting veterans, and participating in department functions or activities when requested. My goal is to be a source of support, comfort, and encouragement whenever it may be needed. If there are any needs that you may want to contact me, please feel free. 207-451-0026

As this is my first time working in this position, I welcome your guidance and encourage you to reach out if there is any way I can assist you. I am truly humbled and proud to serve as your Chaplain for the coming year.

Michael LaMarca

Chaplain

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Membership



We are at 107% with 123 members for 2026. We're looking good for another successful year with 6 members still scheduled to renew by June 30th. We are pleased to welcome three new members Woody Smith, Nathan Leger, and David Owen. With a current membership of 123, only 4 members have brought in a new member this year. We can do better. Please, let your fellow veterans know who we are & what we do. It all starts with a simple conversation.

Friday Night Dinners

Friday night dinners are on for the month of July! Our tentative selections are:

- 7/3 – Hamburgers and Fried Haddock sandwich.
- 7/10 – Dr. Pepper steak and Fried Haddock.
- 7/17 – Lobster rolls and Dr. Pepper steak.
- 7/24 – Steak & Cheese subs & Fried Shrimp.
- 7/31 – Lasagna and Scallops. We can always use help in the kitchen cooking, taking orders, or washing dishes.

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.

Poppy Events

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



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Safety & Wellbeing

May is Mental Health Month; I would like to bring awareness of the important role mental health plays in our lives. I am encouraging our members to take action toward protecting their mental health and overall well-being.

Did you know....

Recent survey data show that more than 58% of U.S adults are lonely.

In a 2022 study, 73% of American adults reported feeling overwhelmed by the number of crises going on in the world.

A 2023 Gallup poll found that 42% of Americans are worried that they don't have enough money to pay their normal monthly bills.

One in 5 people will experience a mental health condition in any given year. Everyone faces challenges in life that can impact mental health.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, act and helps determine how we handle stress, relate to others and make choices. (SAMHSA)

Tips

- **Make a list of 5 things you are grateful for today.**
- **Practice positive affirmations.**
- **Start a conversation about mental health.**
- **Stay hydrated!**
- **Take a break from screens.**
- **Get outside!**
- **Move your body!**