

Volume X, Issue #4 Summer Safety

Now that summer is upon us, we have waited so long to look for our favorite summer activities such as grilling, camping, boating, biking, hiking, and many other summer activities. While doing these things, we often overlook things that could be potential health issues because we normally do not think about them.

When hiking, make sure you have plenty of water to stay hydrated, comfortable and proper footwear, letting someone know your plans, such as where you are hiking, when you are leaving, and when you plan to return. Having a fully charged cell phone is important in case of emergencies as well as having the contact information of your local law enforcement agencies in case an emergency should arise.

Having proper safety equipment while boating is also very important. Life jackets for every occupant is not only the right way to do things, but also the law. Making sure your boat is in good working condition, you have enough fuel for your trip, you have knowledge of the area of where you will be boating and knowing where the hazards lie under the waves. Running aground or hitting a submerged object is a great way to shorten what could be a great day on the water.

Camping is another activity that we love to do during the summer and also has its hazards. Burns from the sun and from cooking/campfires are prevalent and should be prevented as much as possible. Having a good first aid kit is a must in case of cuts, burns, and scrapes. Keeping personal hygiene up is difficult while camping, and great care should be taken to make sure that your eating, cooking and serving utensils are properly clean and sanitized, as well as making sure that you are washing your hands as much as possible.

The last thing and probably most important of all of these is food safety during the summer. Most people do not consider how fast cold food will rise in temperature and put the consumer into potential danger. Ensuring that your food stays chilled/cold until it is ready for consumption is key. Salads, such as macaroni and potato, are mayonnaise-based salads and once the temperatures of those items go above 45 degrees; micro-organisms begin to multiply at an extremely advanced rate. Once that product hits 70 degrees or higher, the potential for salmonella is very high and could give you food poisoning.

Another area that we should look out for with food safety is the temperatures of your proteins (beef, pork, chicken and fish). Making sure that your products stay cold prior to cooking but making sure that the internal temperatures are within the proper ranges. Steak temperatures should be: Rare 125 degrees; Medium Rare 135 degrees; Medium 145 degrees; Medium Well 155 degrees; and Well Done 165 degrees. All ground meat products should be at a minimum of 165 degrees or higher for 15 seconds. Poultry products should be 170 degrees or higher for 15

seconds. Fish and Pork products are usually at 140 degrees or higher. Pork products can have a touch of pink in the middle and still be ok. Be sure to have a calibrated food thermometer on hand to ensure that all your food items are at the proper temperatures

The summer will be over before we know it, so let's enjoy as many days of summer as possible without being laid up in a hospital with preventable injuries and illnesses. Safety and preparation should be a fore thought and not a should have done. Stay safe out there!!



*Reverend Joseph
Lamarre Memorial
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NO ONE DOES MORE FOR VETERANS.

Post Trumpeter

August 2026 - Pg #1

Volume X, Issue #4 Community Activities and Events

Since our last newsletter, Post 2197 has stayed busy serving veterans and neighbors alike. Our first annual Poppy Drive raised \$2,650, members turned out for the Veterans Expo at Tractor Supply on June 20th, and we proudly participated in the Memorial Day parade.

We finished our involvement in a roof repair project for a local veteran in need — about \$3,800 was donated from Post 2197 — and donated \$500 to local youth sports teams as part of our ongoing commitment to the community.

Looking ahead, we are exploring streaming our Post 2197 membership meeting minutes online so every comrade can stay informed. Don't miss MELD(Maine Engagement Leadership Development) School, our VFW Officer Training, on August 15th and 16th — all members are encouraged to attend.



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Commander's Corner

Comrades, I am so proud to be the Commander of our “outstanding” Post! We finished the year with 130 members, an all time high



for us, & the 2nd year in a row we have hit a new high. For the 3rd year in a row, we led the state in volunteer hours. Several thousand dollars were donated to support fellow veterans, and local community programs. The post has strong influence in the state, with me as the Dept. Commander. JVC & ADJ Drummond is the Dept. Surgeon, SVC Harmon is the District 7 Commander, & Webmaster Dan Mac Walters is the Dept. Webmaster. SVC Harmon also heads the non-profit Boothbay V. E. T. S. Inc, mobile homeless shelter program with more than 50 units deployed. Chaplain Lamarca is also the Chaplain for Legion Post 202, & Judge Advocate Slinger is the Adjutant for DAV Chapter 15. I serve on the Board of Directors for Maine Paws for Veterans, & the Mid-Coast Veterans Council. Member Matt Jabaut is currently running to be American Legion National Commander. Member David Patch heads the Maine Veterans in Need program. Member Chuck Stanley is President of the Freedom Riders.

Chaplain's Corner

July is a time when families and communities come together to enjoy summer traditions: parades, cookouts, fireworks, and moments spent with loved ones. Amid the celebrations, it is fitting that we pause to reflect on the many men and women who have worn our nation's uniform and on those who made the ultimate sacrifice to preserve the freedoms we enjoy today.

The bonds we share as members of the Veterans of Foreign Wars extend far beyond our years of military service. We understand the challenges, triumphs, and sacrifices that accompany a life dedicated to serving others. That shared experience creates a unique fellowship—one built on respect, loyalty, and an unwavering commitment to leave no comrade behind.

As chaplain, I am continually inspired by the kindness and generosity demonstrated within our chapter. Whether it is checking on a fellow veteran, volunteering at community events, supporting military families, or simply offering a listening ear, these acts of compassion embody the absolute best of who we are. Service does not end when we return home; it continues in the way we care for one another and our communities.

As the fireworks light the July sky, may we remember that the freedoms they celebrate were secured by generations of Americans willing to answer the call of duty. Let us honor that legacy by living with gratitude, extending kindness, and remaining steadfast in our support of one another. May God bless our veterans, our families, our chapter, and the United States of America.

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Membership



We finished the year at 113% with 130 members for 2026. We are now at an all time high for our Post!. Let's not slow down and continue the growth! We had no new members recruited since our last newsletter. With a current membership of 130, 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.

Voice of

Democracy, Patriots Pen & Teacher of the Year

This year's theme for VoD, PP, and TotY will be, “What A Veteran Taught Me About America”. Last years winner of Voice of Democracy was Maine's only, Oliva Drewniak! Not only from Maine but our own District7(Post 7738)! So, let's do our best this year for a repeat!



In Memoriam: Lin Stevens

We say goodbye to Lin Stevens, a beloved member of Reverend Joseph Lamarre Memorial Post 2197. Lin gave freely of time, kindness, and quiet strength, and was a true friend to all. He was also a patient mentor to our incoming members. Over the years he held many positions in the Post and was always willing to volunteer when needed. *Rest easy, comrade — you are deeply missed.*