



The American Legion, Department of Maine  
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Facebook: [www.facebook.com/maineamericanlegion](https://www.facebook.com/maineamericanlegion)

Volume 3 Issue 1

January 6, 2022

# THE LEADERSHIP LEDGER

**THE LEADERSHIP LEDGER**  
TECHNOLOGY INFORMATION SUPPORT  
NEWS LAWS REPORTS TRAINING TEAMWORK RESULTS  
EVENTS SUCCESS IMPROVEMENT DELEGATING COACHING

Welcome to the 57<sup>th</sup> Edition of The Leadership Ledger. It includes Post, Department and National reports, leadership training events, upcoming conferences/conventions as well as rules and regulations pertaining to local, state and national laws. The Ledger is available by visiting the Department's website at [www.mainelegion.org](http://www.mainelegion.org) under "News & Events" or on the home page. If you have any information to be published in The Leadership Ledger, please forward to Department HQ via email at: [legionme@mainelegion.org](mailto:legionme@mainelegion.org).

## SHAW'S STORES "GIVING TAG" PROGRAM

We're excited to share that all Shaw's stores are now offering the Giving Tag Program! Every time a shopper buys the \$2.50 reusable **GIVE BACK WHERE IT COUNTS** Bag

at any Shaw's store, they can direct a \$1 donation to The American Legion Department of Maine by using the attached Giving Tag. Visit your local Shaw's and pick one up today! If you're in the Waterville Area, shop the Shaw's at 251 Kennedy Memorial Drive. For more information call: 207-873-6224



## WINTER CONFERENCE

January 15, 2022

Jeff's Catering & Event Center  
15 Littlefield Way, Brewer 04412

[Hotel Information & Registration](#)

[Conference Agenda](#)

[Directions to Jeff's Catering & Event Center](#)

For More Information Visit <http://www.mainelegion.org/pages/news-events/winter-conference.php>

The Department of Maine requests the Post Commander, or designated representative, to attend the Mid-Winter Conference to receive national recognition:

**American Legion Post 30-Camden**  
**American Legion Post 138-Winterport**

\*\*\* *"Department of Maine is requesting that facemasks be worn upon entering Mid-Winter Conference unless you are vaccinated. Once seated you may remove your masks."*

## DISTRICT MEETINGS

### Be Connected – Be Heard – Be Informed

- District 1 – York:** Jan. 9  
Sanford Post 19, 2:00PM Oratorical Contest (District Finals)
- District 1 – York:** Jan. 23  
Parsonfield Post 123, 12PM lunch, 1PM meeting
- District 2 – Cumberland:** Jan. 12  
S. Portland Post 35, 6:00PM Oratorical Contest (District Finals)
- District 3 – Androscoggin:** Jan. 9  
Mechanic Falls, Post 150 2:00PM
- District 5 – Oxford:** Jan. 18  
So. Paris Post 72, 7PM Oratorical Contest (District Finals)
- District 8 – Sagadahoc:** Jan. 16  
Bath Post 21, 1:00PM
- District 2 – Cumberland:** Feb. 13  
Naples Post 155, 2PM
- District 3 – Androscoggin:** Feb. 13  
Lisbon Post 158, 2PM
- District 5 – Oxford:** Feb. 15  
Dixfield Post 100, Light supper at 6PM, Mtg at 7PM
- District 8 – Sagadahoc:** Feb. 27  
Topsham Post 202, 1:00PM
- District 9 – Kennebec:** Feb. 9  
Augusta Post 2, 7PM
- District 14 – Piscataquis:** Feb. 19  
Dover-Foxcroft Post 29, 12 pm Lunch Mtg at 1PM
- District 15 – Washington:** Feb. 13  
Machais Post 9, 2PM
- District 17 – No. Aroostook:** Feb. 6  
Van Buren Post 49, 1PM

### Job Opening for Department Finance Officer at The American Legion, Department of Maine

Click on the link above for the job description or visit:

[www.mainelegion.org/pages/news-events.php](http://www.mainelegion.org/pages/news-events.php)



**AMERICAN  
LEGION**

**PORTLAND SEA DOGS  
AMERICAN LEGION DAY**

**Saturday, May 21, 2022**

**Gates: 11:30 AM, First Pitch: 1:00 PM**

**Join the Sea Dogs and  
The American Legion  
for a Ballgame on May 21st**

On Saturday, May 21st, The Portland Sea Dogs are teaming up with the American Legion for a fun afternoon at the ballpark when the Sea Dogs take on the Harrisburg Senators (AA Affiliate of the Washington Nationals). The game is at 1:00 PM and the gates open at 11:30 AM.

Purchase your game tickets by visiting [https://seadogs.formstack.com/forms/legion5\\_21](https://seadogs.formstack.com/forms/legion5_21) and you will receive a ticket at a special group price of \$11.00 (\$1.00 off the standard price). Additionally, \$2.00 per ticket will be donated to the American Legion. You will also be invited onto the field pregame for a group photo in front of the Maine Monster.\*

\*Everyone will meet in the left field grandstand before 12:15 PM and escorted onto the field shortly thereafter for the photo. We will have our Fan Photographer take the photo, which will be posted on our Facebook page in the May 21st Game Day Photo Album.

There is a \$2.00 processing fee per order.

For orders of 10 or more tickets, please call the ticket office at 207-879-9500 and ask for Alan.

If you have any questions, please email [Abarker@seadogs.com](mailto:Abarker@seadogs.com) for more information.

## MILITARY TRIVIA

**Q:** Why are they called "dog tags"?



***Congratulations! Wreath Day is almost here and you have done an amazing job this year helping to share the mission to Remember, Honor and Teach.***

No matter the challenge, or volunteers have stepped up and found solutions, and together, we have overcome some incredible obstacles this year. YOU should be very proud of the work you've done and continue to do to ensure this mission continues. The team at WAA sure is!

After the success and great feedback HQ received from the last two year's matching campaign, we are again reaching out with our "Thank You," by helping you kick off a great start to 2022!

Starting on National Wreaths Across America Day, Saturday, Dec. 18, and running through Friday, Jan. 14, 2022 - all wreaths sponsored through a registered WAA Sponsorship Group will be matched by HQ for placement next December!

HQ will be sharing this news with a link to search Participating Sponsorship Groups across all our channels, including the December Mission Matters Newsletter, [Wreaths Across America Radio](#) and all our social media pages. We'll also post graphics, which you can download below, in the January Messaging Guide that you can use for your own social media channels. Remember to use your location's webpage, [www.wreathscrossamerica.org/MEWGAC](http://www.wreathscrossamerica.org/MEWGAC), in your social media posts to ensure that your location gets credit for sponsorships. The holidays are a great time to encourage people to give the gift of remembrance. A wreath sponsorship makes a wonderful, inexpensive, yet heartfelt gift!

Just like the match we did last December-January, the Finance team will need time to process all the orders and update everyone's wreath counts, including carry overs from this year and the matches. Finance will send out reports to all participants so you can see the breakdown once completed - likely by mid-February.

Thank you all for your amazing work this year. Together, we are honoring 2.4M veterans at 3,136 participating locations across the country.

This mission grows because of all of you bringing awareness to your communities. **THANK YOU!**

**Remember. Honor. Teach.**

Amber Caron  
Director of Communications  
Wreaths Across America



## COMMANDER'S PROJECT 2021-2022

### American Legion Department of Maine Foundation



The American Legion, Department of Maine Foundation is a 501(c)(3) non-profit organization exclusively for charitable purposes. All donations to the foundation are tax deductible under the United States Tax Code and Internal Revenue Service.

The Mission of the Foundation is to provide financial assistance, promote Americanism, Youth Programs, National Security, and Veterans Affairs and Rehabilitation that will enhance the lives of our veterans, their families, children and communities in the State of Maine today and for future generations.

My goal this year is to raise \$15,000 for the Endowment Fund to help fund American Legion Americanism Programs. Examples include Baseball, Dirigo (Boys) State, and the Oratorical Scholarship program.

America's future lies in our children.

American Legion Baseball, founded in 1925, has taught hundreds of thousands of young Americans the importance of sportsmanship, good health and active citizenship. The program is also a promoter of equality, making teammates out of young athletes regardless of their income levels or social standings.

At Dirigo (Boys) State, participants learn the rights, privileges and responsibilities of franchised citizens. The training centers on the structure of city, county and state governments. Students are elected to various offices. Activities include legislative sessions, court proceedings, law-enforcement presentations, assemblies, bands, and recreational programs. The two representatives elected to represent Maine at Boys Nation in Washington, receive an education on the structure and function of federal government.

The American Legion Oratorical Contest exists to develop deeper knowledge and appreciation for the U.S. Constitution among high school students. Since 1938, the program has presented participants with an academic speaking challenge that teaches important leadership qualities, the history of our nation's laws, the ability to think and speak clearly, and an understanding of the duties, responsibilities, rights and privileges of American citizenship.

All these programs help to train and shape our youth into outstanding citizens. Many will become our future leaders and many may become leaders in the American Legion.

I am asking all of you: Legionnaires, Legion Posts, and Districts to please contribute to this endowment fund. It will help so many for many years to come.

Any amount will help, but some have asked for specific amounts.

This is my hope for suggested donations:

**Posts with Canteens: \$250;**

**Posts without Canteens: \$100; Districts: \$200;**

**Individuals: Whatever you believe you can contribute.**

To donate online, please [CLICK HERE](http://www.mainelegion.org/pages/foundation/donate.php), or visit <http://www.mainelegion.org/pages/foundation/donate.php>; click on the "DONATE TODAY" button and choose **Fund 001 AL DOM Foundation – Endowment Fund** and choose Donate with a Debit or Credit Card.

Checks should be made payable to American Legion Department of Maine Foundation and mailed to: American Legion Department of Maine Foundation, 5 Verti Drive Winslow, Maine 04901-0727. Please make sure to provide your name and address so that we may send you a tax receipt.

Thank you all. For God and Country.

Commander Deb Couture

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## WOMEN VETERANS EVENT GUIDELINES

If you're thinking about putting together a Women Veterans Event sponsored by the American Legion, Department of Maine, please click on the above link to help you. For more information, please contact Department HQ at 207-873-3229.

Guidelines are also available to download by visiting: [www.mainelegion.org](http://www.mainelegion.org) under Forms/Applications.



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## ATTENTION ALL POSTS: ORATORICAL CONTEST!!!

All Posts that have an Oratorical contest winner going to a District competition, please email them to Dale Midgley at [midgleyd@earthlink.net](mailto:midgleyd@earthlink.net) and [rachael@mainelegion.org](mailto:rachael@mainelegion.org) so we know how many candidates prior to the District Competition. See **page 5** for more Oratorical information.





**New Step-By-Step Instructions  
& Other Resources to Help with Your  
MyLegion.org Account/Registration  
Useful Step-By-Step Instructions/Information  
on Membership Processing, Group  
Permissions & More!**

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For a Complete Overview of MyLegion.org  
see below links

**[A Complete Overview of MyLegion.org \(PDF format\)](#)**

**[A Complete Overview of MyLegion.org  
- Powerpoint \(PPTX Format\)](#)**

Note: The last Tuesday of each month American Legion National Headquarters staff will present 60 to 90-minute sessions on topics aimed at post commanders and adjutants. Each session will be recorded and made available for later viewing. Please visit [Training Tuesdays](#) for the next scheduled training session.

## **MEMBERSHIP IMPACT REPORTS**

The American Legion's success depends entirely on active membership, participation and volunteerism. The following monthly reports located on: <https://www.legion.org/membership/impact> provide a summary of membership, participation and volunteerism making an impact in the lives of veterans, families and communities. American Legion Posts can share the many ways Legionnaires are making a difference in their communities by [submitting consolidated post reports online](#). To visit the impact American Legion posts made throughout the year, visit: <https://www.legion.org/bythenumbers> or <https://www.legion.org/membership/impact>.

## **AMERICAN LEGION HISTORY!**



**Become a Sponsor  
Today in Support  
of Maine Veterans**

***Deadline for  
Submission is  
May 6, 2022***

Become a sponsor of  
our Maine American  
Legion Convention

Yearbook today by purchasing ad space or as an "individual donor" and help support Veterans in the State of Maine. As a contributor, your name (individual or business) will be listed in our 2022 Maine American Legion Yearbook and made available in print and online in digital format by visiting [www.mainelegion.org](http://www.mainelegion.org).

Show your support to our Veterans in the State of Maine! Become a sponsor today and make your name part of The American Legion history!

Donations may be made by visiting [www.mainelegion.org](http://www.mainelegion.org) or by check payable to The American Legion, Department of Maine, earmarked "Yearbook Program". Mail to:

The American Legion, Department of Maine  
5 Verti Drive, Winslow, ME. 04901-0727.

For more information, please call:  
**207-873-3229 Ext. 2.**



Click [HERE](#) for More Information or go to:  
[www.legion.org/benefits](http://www.legion.org/benefits)

***"Never give in, never give in, never, never,  
never, never—in nothing, great or small, large  
or petty—never give in except to convictions  
of honor and good sense."***

~ [Winston Churchill](#)

***"America without her Soldiers would be like  
God without His angels."***

~ [Claudia Pemberton](#)



## The American Legion, Department of Maine High School Oratorical Scholarship Program

Thomas College  
180 West River Rd.  
Waterville, Maine 04901

**February 12, 2022 at 9:00 a.m.**

(Snow date: February 19, 2022)

For More Information [Click Here](#) or go to

[www.mainelegion.org/pages/programs/oratorical.php](http://www.mainelegion.org/pages/programs/oratorical.php)

### Department of Maine HS Oratorical

### Scholarship Application

### Department of Maine Oratorical Brochure

### 2022 Oratorical Rules Brochure

### Oratorical Promotional Brochure - National

**\*\*\* Thomas College is requiring all  
attendees and contestants to wear face masks. \*\*\***

## **VA MAINE IS OFFERING COVID VACCINES AND BOOSTERS TO:**

- All Veterans, **their spouses and caregivers**
- VA Healthcare workers
- Individuals who completed their primary vaccine series with Pfizer or Moderna at least 28 days ago.
- Individuals who completed their primary vaccine series with Pfizer at least 6 months ago and meet the CDC criteria for a booster shot. [Learn more about COVID-19 booster shots in VA.](#)
- Individuals who completed their primary vaccine series with Moderna at least 6 months ago and meet the CDC criteria for a booster shot.
- Individuals who received the Janssen vaccine at least 2 months ago and meet the CDC criteria for a booster shot. [Learn more about COVID-19 booster shots in VA.](#)

**\*\*Please make sure to bring your  
CDC COVID-19 Vaccination Record Card  
when arrive for your booster!\*\***

If you're interested in receiving the vaccine at VA Maine, please feel free to visit one of our drive through clinics,

**NO APPOINTMENT NECESSARY!**

For more information about vaccine clinics you may contact us at (207) 623-8411 Ext

## **EMERGENCY FINANCIAL ASSISTANCE PROGRAM (VEFAP)**

**D**o you know of a veteran in your community in need of assistance? Someone who during these challenging times just needs a little help to keep them going? Maybe a veteran that is homeless? Or worst of all, a homeless veteran with children? If so, we want to remind you that The American Legion, Department of Maine can assist you to help these veterans during their difficult and troubling times.

Call us at 207-873-3229 Ext. 3 or visit our website:

[http://www.mainelegion.org/pages/  
resources/va-resources.php](http://www.mainelegion.org/pages/resources/va-resources.php)

We will contact you as soon as possible and we hope to enable you to help veterans in need.





**DON'T WANT TO WAIT?**

[Shop Now](#)



## **IMPORTANT DATES IN MILITARY HISTORY**

### **January**

- [1/16 Desert Storm \(Persian Gulf\) Began \(1991\)](#)
- [1/27 Vietnam War Cease Fire \(1973\)](#)
- [1/31 Panama Campaign Ended \(1990\)](#)

Anyone who's currently an American Legion member or who is eligible for membership may become a PUFL member. Legionnaires can apply for membership online at:

[www.legion.org/pufl](http://www.legion.org/pufl). Find an application at the end of this newsletter.

Visit [www.mainelegion.org](http://www.mainelegion.org) Forms/Applications for more information.

### **Paid Up for Life Pricing** (For post dues of \$48.00 or less)

| AGE | 18-29   | 30-39   | 40-49   | 50-59   | 60-69 | 70-79 | 80-89 | 90+   |
|-----|---------|---------|---------|---------|-------|-------|-------|-------|
| FEE | \$1,535 | \$1,399 | \$1,229 | \$1,025 | \$815 | \$599 | \$429 | \$329 |

When paid in full the member will receive a permanent plastic card identifying him/her as a lifetime member. The PUFL member will also continue to receive an annual American Legion membership card mailed directly on or about July 1st of each year.

Lifetime membership can be paid either in one single lump sum or over 12 equal, monthly payments. If a member chooses the Time Pay Plan, payment must be made by credit card only. (Check for online promotions if paying in full.) Once a member fulfills the PUFL membership dues, he/she will be protected from any future dues increases at the post, department or national levels. See next page for application.

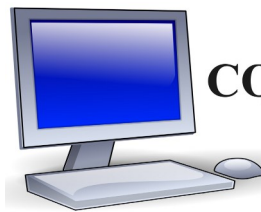


For more information [CLICK HERE](#) or go to:  
[www.legion.org/benefits](http://www.legion.org/benefits)



For more information [CLICK HERE](#) or visit:  
<https://www.legion.org/benefits>

**PAID  
=UP FOR=  
LIFE**



## **COMPUTER 101**

**Computer 101** is a resource which aims to help those who wish to learn basic skills with the powerful technology of today's world. Increased proficiency with computers and the Internet has positive outcome across all fronts, both personally and professionally.

### **Check Spelling and Grammar in MS Office Programs**

All Microsoft Office programs can check spelling, and most can check grammar. Using Microsoft 365? You may be interested in checking out the powerful new Editor feature in Word! See Editor - your writing assistant for more information.

### **Run The Spelling and Grammar Checker Manually**

To start a check of the spelling and grammar in your file just press F7 or follow these steps:

1. Open most Office programs, click the Review tab on the ribbon.
2. Click Spelling or Spelling & Grammar – or Editor

If the program finds spelling mistakes, a dialog box appears with the first misspelled word found by the spelling checker.

After you decide how to resolve the misspelling (ignoring it, adding it to the program's dictionary, or changing it), the program moves to the next misspelled word.



**No Cost LegionCare - lit (thelit.com)**  
[CLICK HERE](#)

## **MILITARY TRIVIA:**

**A:** Allegedly, William Randolph Hearst referred to them as “dog tags.” A more likely, simpler origin is that the term came from **World War II draftees who felt they were treated worse than dogs**; in protest, they began calling their identification tags “dog tags.” ... Today, dog tags are a nickel-copper alloy.





# SOLDIERS KEPT WATCH THROUGH A RARE BLIZZARD AT THE TOMB OF THE UNKNOWN SOLDIER

Monday morning saw the Washington, D.C. area receiving a rare blanketing of snow, ranging from 5 to 10 inches in some locations. For the sentinels who stand guard at the Tomb of the Unknown Soldier in Arlington National Cemetery, 24 hours a day, 365 days a year, that meant some less than stellar duty conditions.



© Provided by Task & Purpose  
A tomb guard from the 3d U.S. Infantry Regiment (The Old Guard) walks the mat during a snow storm at the Tomb of the Unknown Soldier at Arlington National Cemetery, Arlington, Va., Jan. 3, 2022. (U.S. Army photo by Elizabeth Fraser / Arlington National Cemetery / released)

Photographs showed the guard detail of the 3rd U.S. Infantry Regiment, known as the Old Guard, marching amid the heavy snowfall in front of the Tomb, the final resting place for unknown service members killed during World War I, World War II, and the conflicts in Korea and Vietnam.

Dedicated on Nov. 11, 1921 by President Warren G. Harding, the Tomb was [established](#) in the aftermath of World War I to honor American soldiers who, as the Tomb's inscription reads, remain "known but to God."

Guards were first placed at the Tomb during the day five years later, in 1926, "after one too many tourists had used the grave as a picnic table," [according](#) to an Army news release. In 1937, guarding the tomb became an around-the-clock duty, and in 1948 the Army designated the Old Guard as the ceremonial unit tasked with performing said duty.

Maintaining the vigil in any and all conditions is part and parcel of the rigorous training that the Tomb guards undergo before they assume their duty as a sentinel. For six to nine months, guards complete a training regimen that includes marching, uniform preparation and the study of military history. Guards often train for their ceremonial duties in the middle of the night, when the Tomb is closed to visitors.

"You do training during the day...manual, uniform, uniform classes. And then at night, you get your hours of training in," Staff Sgt. Kevin Gilliam [said](#) in a 2010 Army news release. "The guards who are posted at night aren't a ceremonial guard. They're in [Army Combat Uniform]. So they're working on walking the mat, perfecting

their lines, angles. We also do training as a whole. The whole squad will go out at night and train the guard changes and things like that."

Bad weather is often to be expected during a shift. As the creed of the Tomb guards says, they are expected to march and perform their duties [through](#) "the [discomfort of the elements]." That applies even during snowstorms and other extreme weather conditions.

In the case of, say, a hurricane, the Tomb guards may have some brief respite.

"The Tomb Guards have contingencies that are ready to be executed if the weather conditions ever place the soldiers at risk of injury or death (i.e. lightning, high winds, etc)," [reads](#) the guards' contingency plan for extreme weather conditions. "This ensures that sentinels can continue the mission while ensuring safety. It is the responsibility of the chain of command from the sergeant of the guard to the regimental commander to ensure mission accomplishment and soldier welfare at all times."

In 2011, when Hurricane Irene made landfall near the Chesapeake Bay, a spokesman for the Old Guard [told](#) The Daily Beast that, if necessary, the guards would move to a small enclosure nearby. They would, however, always remain within sight of the Tomb itself.

A tomb guard from the 3d U.S. Infantry Regiment (The Old Guard) walks the mat during a snow storm at the Tomb of the Unknown Soldier at Arlington National Cemetery, Arlington, Va., Jan. 3, 2022. (U.S. Army photo by Elizabeth Fraser / Arlington National Cemetery)

Service members in ceremonial roles have a long history of braving the elements and [maintaining](#) their bearing through all manner of disturbances, [like Marine sentries at the White House](#), who have a track record of enduring unexpected conditions, all while maintaining their composure. Earlier this year, a group of Marine Corps body bearers serving on a funeral detail at Arlington National Cemetery [waded](#) into knee-deep flood waters in their Dress Blue uniforms to help a couple trapped in a stalled out car. Fortunately for the Tomb guards, hurricane season is not scheduled to begin for another six months.

Snow falls in Section 60 of Arlington National Cemetery, Arlington, Va., Jan. 3, 2022. This was the first snow of the year. (U.S. Army photo by Elizabeth Fraser / Arlington National Cemetery / released)



~ taskandpurpose.com

# NAVY CAPTAIN BECOMES 1ST WOMAN TO COMMAND US NUCLEAR CARRIER

**S**AN DIEGO (AP) — The USS Abraham Lincoln deployed this week from San Diego under the command of Capt. Amy Bauernschmidt, the first woman to lead a nuclear carrier in U.S. Navy history.



© Provided by Associated Press - Sports. In this photo released by the U.S. Navy, Capt. Amy Bauernschmidt, left, incoming commanding officer of the aircraft carrier USS Abraham Lincoln (CVN 72), reads her orders during a change of command ceremony held on the flight deck in San Diego, Calif., on Aug. 19, 2021. Capt. Walt “Sarge” Slaughter,

right, successfully completed his 26 month tour as commanding officer during which Abraham Lincoln completed a 10-month combat deployment, the largest carrier work package ever completed in San Diego, and returned to sea in preparation for an upcoming deployment amidst the COVID-19 pandemic. Slaughter was relieved by Capt. Amy Bauernschmidt. The USS Abraham Lincoln deployed Monday, Jan. 3, 2022, from San Diego under the command of Capt. Amy Bauernschmidt, the first woman to lead a nuclear carrier in U.S. Navy history. (Mass Communication Spc. 3rd Class Jeremiah Bartelt/U.S. Navy via AP)

Bauernschmidt, who previously served as the Abraham Lincoln's executive officer from 2016 to 2019, took over command from Capt. Walt Slaughter during a ceremony last August, [CBS 8](#) in San Diego reported.

The carrier deployed Monday from Naval Air Station North Island as part of the Abraham Lincoln Carrier Strike Group.

“There is no more humbling sense of responsibility than to know you are entrusted with the care of the people who have chosen to protect our nation,” Bauernschmidt said, according to a Navy news

release. “Thank you, Capt. Slaughter, for turning over the finest ship in the fleet.”

Bauernschmidt previously served as the commanding officer of Helicopter Maritime Strike Squadron 70 and the amphibious transport dock San Diego.

She has completed more than 3,000 flight hours during her career, the news station reported.

The Abraham Lincoln completed its maintenance period in April, following a 294-day, around-the-world deployment.

The Carrier Strike Group is led by the command staff of Carrier Strike Group 3 and consists of Nimitz-class aircraft carrier USS Abraham Lincoln, Carrier Air Wing 9, the guided-missile cruiser USS Mobile Bay and the guided-missile destroyers of Destroyer Squadron 21 — USS Fitzgerald, USS Gridley, USS Sampson and USS Spruance.

The strike group is deploying with what the Navy is touting as its “most advanced air wing” and is heading to the Indo-Pacific region.

The first women to serve in the Navy were nurses in the early 20th century and the first large-scale enlistment of women came during World War II, according to an [official military history website](#). The Navy designated the first woman as an aviator in 1974 and women were first assigned to a combat ship, the USS Dwight D. Eisenhower, in 1994.



This aerial photo released by the U.S. Navy shows the aircraft carrier USS Abraham Lincoln (CVN-72) as it deploys from San Diego on Monday, Jan. 3, 2022. The USS Abraham Lincoln deployed this week from San Diego under the command of Capt. Amy Bauernschmidt, the first woman to lead a nuclear carrier in U.S. Navy history. (Mass Communication Spc. 1st Class Robert S. Price/U.S. Navy via AP)

~ apnews.com



## SPECIAL PODCAST SERIES FOCUSES ON VETERAN SUICIDE

The American Legion, JAN 05, 2022



To kick off the third season of the Tango Alpha Lima podcast, The American Legion is focusing attention on identifying solutions for and raising awareness about veteran suicide. This special four-part series focuses on efforts by American Legion members around the United States that are having an impact.

The American Legion encourages you to share these episodes in the hope that they will spread awareness and find solutions to this ongoing crisis.

Please note that these episodes may be triggering for some people. For veterans in crisis, VA has help available 24/7. Call 800-273-8255 and press 1, or text 838255. [An online chat is available here.](#)

The [first episode was published on Jan. 4](#) and the other three episodes will follow each day this week. Here are the highlights of each episode:

**Part One:** American Legion Department of Idaho Adjutant Abe Abrahamson discusses the Idaho American Legion One More Day program. The suicide intervention program uses a peer-to-peer model to work with at-risk veterans. A team of three all have specific tasks to get the veteran help and then be available well after the initial 911 call. Abrahamson, the director of One More Day, believes this formula can be adapted elsewhere. "It may not be a cookie-cutter program for everybody," he said. "But for those in rural communities this may be another way for them to aid their fellow veterans." [Watch on YouTube](#) or [listen here](#).

**Part Two:** Air Force veteran Jeffrey Freeman credits The American Legion with saving his life after an attempted suicide. Freeman, a member of Post 190 in Ripon, Calif., was diagnosed with fibromyalgia nine years ago and struggled with being unable to work. After an argument with his wife, Freeman walked out of their home and intentionally into the path of a tractor-trailer. "I have no idea how he missed me," he recalled. About a month later, Freeman joined The American Legion, where he found camaraderie, and the opportunity to serve with a post honor guard. "It was a perfect fit for me," says the current adjutant of District 11. "It's given me a purpose, a meaning." [Watch on YouTube](#) or [listen here](#).

**Part Three:** Sean Powers, a member of American Legion 9-11 Memorial Post 2001 in New York City,

discusses the [New York Police Department's POPPA](#) (Police Organization Providing Peer Assistance) program. Powers is among the volunteers with POPPA, a volunteer police support network committed to providing a confidential, safe and supportive environment for police officers and retirees. While POPPA, which began in 1996, is geared toward officers, the approach can be scaled to assist veterans who are struggling, Powers says. In fact, he has used his POPPA training to help veterans from the Global War on Terrorism, Vietnam and even World War II.

**Part Four:** Virginia Cruse, an Army Reserve officer and combat veteran, found herself on the brink during a deployment, which led her to returning to school to become a licensed professional counselor. Cruse, who works for [Military Counseling Center San Antonio](#), now provides crisis intervention and evidence-based treatment for veterans suffering from PTSD, moral injury, depression and other diagnoses. "When you can see yourself the way others see you, the way loved ones see you, your whole world changes," said Cruse, an American Legion member of Post 145 in Bristol, Tenn. "And that is the goal of PTSD treatment."

This series as well as all of the more than 100 Tango Alpha Lima episodes are available [at this web page](#). You can also download them on iTunes, Spotify, Stitcher or other major podcast-hosting sites. You can also view all of the episodes on [the Legion's YouTube channel](#).

~ The American Legion

~ In Memorium ~

**Lawrence N. Brooks**

New Orleans, Louisiana

9/12/09 - 1/5/22

**The Oldest World War II Veteran in U.S.**

~ msn news

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## DEPARTMENT OF MAINE THE AMERICAN LEGION

### PAST COMMANDERS CLUB

It is with great pride and pleasure that we the membership of Post # \_\_\_\_\_ submit the names of all of our living Past Commanders for membership to the Past Commanders Club. Along with the names, we have enclosed the annual dues of \$2.00 per member with the understanding that this will continue to provide two (2) \$500.00 scholarships. The recipient must be the son/daughter, grandson/granddaughter of a member of The American Legion.

Membership in the Past Commanders Club goes from January 1 to December 31 of each year.

\_\_\_\_\_  
Post Adjutant

#### PLEASE PRINT OR TYPE

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Use back side if additional space is required.

#### SUBMIT TO:

The American Legion, Dept. of Maine  
5 Verti Drive  
Winslow, Maine 04901-0727

MAKE CHECKS PAYABLE TO:  
PAST COMMANDERS CLUB

~~~~~

This form may be filled out on-line at: [www.mainelegion.org/pages/formsapplications.php](http://www.mainelegion.org/pages/formsapplications.php)



THE AMERICAN LEGION NATIONAL HEADQUARTERS  
APPLICATION FOR PAID-UP-FOR-LIFE MEMBERSHIP  
(Please print clearly)



APPLICANT'S NAME \_\_\_\_\_ MEMBER ID # \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE ( ) \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ TOTAL PUFL FEE \$ \_\_\_\_\_  
(Mo./Day/Year)

EMAIL ADDRESS: \_\_\_\_\_

BRANCH OF SERVICE (check only one): ☐ US Army ☐ US Navy ☐ US Marines ☐ US Air Force ☐ US Coast Guard

WAR ERA: ☐ WWII December 7, 1941 – December 31, 1946 ☐ Grenada/Lebanon August 24, 1982 – July 31, 1984  
☐ Korea June 25, 1950 – January 31, 1955 ☐ Panama December 20, 1989 - January 31, 1990  
☐ Vietnam February 28, 1961 – May 7, 1975 ☐ War on Terrorism August 2, 1990 - Open  
☐ Merchant Marines December 7, 1941 – December 3, 1946 Only

**IMPORTANT NOTICE: NATIONAL HEADQUARTERS RESERVES THE RIGHT TO REQUEST FURTHER DOCUMENTATION FROM MEMBER TO CONFIRM ELIGIBILITY AND INFORMATION PROVIDED ON THIS APPLICATION.**

☐ **Full Payment Enclosed** (Deduct \$100.00 from fee noted above.)

☐ **Time Payment Plan** – Requires payment by credit card. Card will be billed monthly, in 12 equal payments. Member's permanent PUFL card will be issued when paid-in-full. (Must review and sign **Time Payment Agreement**. Not eligible for discount rates.)

**PAYMENT IS MADE BY THE FOLLOWING METHOD (do not send cash):**

☐ Check or Money Order (Made payable to The American Legion) Check or money order number \_\_\_\_\_

☐ Charge to MasterCard, Visa, Discover or American Express.

\_\_\_\_\_  
(Credit Card Number)

\_\_\_\_\_  
(Expiration Date)

Date \_\_\_\_\_ Signature of card holder required, if different from applicant \_\_\_\_\_

**IF GIFT, PROVIDE GIVER INFORMATION BELOW:**

☐ Check here if PUFL is being awarded by Post (Honorary Life)

Name \_\_\_\_\_ Mbr ID # (If applicable): \_\_\_\_\_

Mailing Address \_\_\_\_\_ Phone # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mail PUFL card to: ☐ GIVER ☐ PUFL GIFT RECIPIENT

**SIGNATURE OF APPLICANT (required):** \_\_\_\_\_  
(Applicant's signature may be omitted only if PUFL is to be given as a gift.)

**THIS SECTION TO BE COMPLETED BY NATIONAL HEADQUARTERS**

**Check/M.O. from:**

☐ Member National Per Capita \_\_\_\_\_  
☐ Post Dept Per Capita \_\_\_\_\_  
☐ Dept. Post Per Capita \_\_\_\_\_

Date Received at National: \_\_\_\_\_

**MAIL COMPLETED FORM WITH PAYMENT TO: THE AMERICAN LEGION, PUFL SPECIALIST, PO BOX 1954, INDIANAPOLIS, IN 46206. ALLOW UP TO 6 WEEKS FOR DELIVERY OF PERMANENT PUFL MEMBERSHIP CARD.**



## Paid-Up-For-Life (PUFL) Agreement

1. The applicant must be in **good standing**.
2. National Headquarters reserves the right to require further information or confirmation of the member's eligibility, which may include a request for the member to provide a copy of his/her DD214 (or similar) or other documentation of age, military service or membership eligibility. The member's Paid-Up-For-Life application will be held pending verification.
3. The member's Post will be notified of the new PUFL membership and will be permitted up to 30 days to challenge the application for acceptance.
4. If payment is being made using a credit card, the full payment will be charged immediately. Payment can be made by MasterCard, Visa, Discover or American Express.
5. The permanent (plastic) PUFL card will be issued within 4-6 weeks of receipt and approval of the application.
6. No refund of payment(s) will be made if the member chooses to discontinue his/her PUFL membership at any time, once the application is approved and processed; the only exceptions are explained in Item 7. This also pertains to members participating in the Time Payment Plan whose account was closed due to delinquency. These members will not be eligible to participate in the Time Payment Plan in the future but may re-submit an application with full payment at any time. (Any funds previously submitted on the cancelled account will not be credited to the new application.)
7. Should a PUFL member hold membership in a Post whose charter has been canceled and no other Post is available to accept a transfer, then the unused portion of the original fee, if any, will be refunded. The same rule will apply in the event that the member is expelled from membership by action of his Post or Department Headquarters. **Except as stated, no refund of any portion of PUFL membership fees paid to National will be made at any time.**
8. Once the application is processed by National Headquarters, the member will no longer receive renewal notices and his/her subscription to *The American Legion Magazine* will never expire. The member will be automatically renewed each year and his/her annual membership card will be mailed around July 1st to the member's address on record at National Headquarters.

## Additional Terms for Time Payment Plan Participants ONLY

1. Current members of The American Legion may use the Time Payment Plan to purchase a Paid-Up-For Life (PUFL) membership through National Headquarters. No Interest or service charge is added.
2. After receipt and approval of the application at National Headquarters, the remaining balance will be divided into 11 equal monthly payments.
  - National Headquarters will bill the credit card account provided by the member each month in the amount of 1/12 of the total Paid-Up-For-Life fee.
  - It is the responsibility of the member to contact the PUFL Specialist at 800-433-3318 to report a new credit card expiration date prior to the expiration of the card information originally provided.
  - If the member wants to change the credit card account used at any time after the application is submitted to National Headquarters, the member must contact the PUFL Specialist at 800-433-3318 to provide the replacement credit card information.
3. The total PUFL membership fee must be paid within 12 months after the application is processed at National and consecutive monthly payments are to be maintained. Delinquent accounts may be closed with or without notice to the member. A delinquency will occur if the member's credit card payment is declined for any reason. Any payments already made will be forfeited; no refunds will be issued if a Time Payment account is closed for any reason.
4. The member can elect to pay more than the minimum each month; much the same as a credit card account, paying in advance, or more than the minimum, simply means the account is paid off earlier. To increase the monthly payment amount billed to the member's credit card, the member must contact the PUFL Specialist at 800-433-3318.
5. The permanent (plastic) PUFL membership card will be issued only after the total PUFL fee is paid-in-full. If annual cards are issued before the fee is paid-in-full, the member will receive an annual card with the notation of "TIME PAY."

*Please sign below and make sure that the PUFL application is completed to avoid delay in processing.*

I acknowledge and understand the terms of The American Legion Paid-Up-For-Life membership program. My signature below indicates acceptance of the Agreement as stated above.

\_\_\_\_\_  
*Signature of Member (Applicant)*

\_\_\_\_\_  
*Member ID#*

\_\_\_\_\_  
*Date*