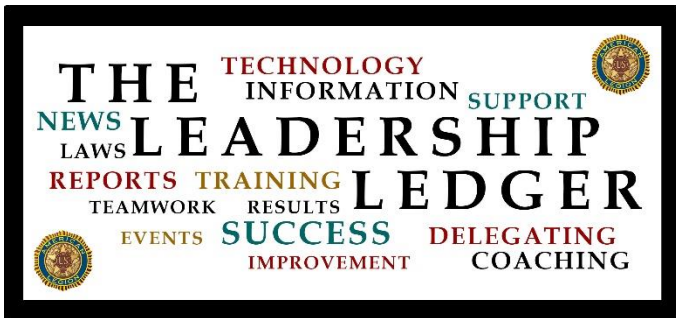




THE LEADERSHIP LEDGER



Welcome to the 34th Edition of The Leadership Ledger. It includes Post, Dept. and Nat'l 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 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.

ATTENTION ALL! Cancellation Notice!

Maine American Legion Oratorical Contest at Thomas College in Waterville Feb. 13, 2021 has been cancelled. Thomas College has postponed all facility rentals through May 31, 2021 due to Covid-19.

Any questions or concerns, please call State HQ at 207-873-3229.



DISTRICT MEETINGS

Be Connected – Be Heard – Be Informed

~~District 5 – Oxford: Feb. 16 | Dixfield Post 100 | 7 p.m. | Nominations. Light supper 6 p.m. CANCELLED~~

~~District 12 – Hancock: Feb. 9 | Trenton Post 207 | TBA – CANCELLED~~

District 14 – Piscataquis: Feb. 20 | Dexter Post 53 12 p.m. – Lunch | 1 p.m. Meeting.

~~District 17 – N. Arrostook: Feb. 6 | Caribou Post 15, Dinner 1 p.m. 2 p.m. mtg | Four Chaplains Service – CANCELLED~~

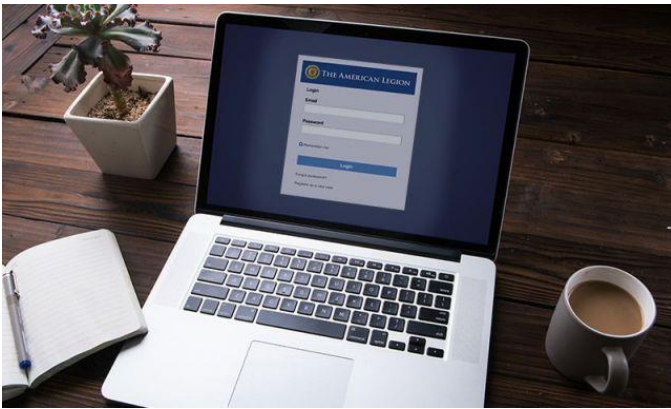
District meetings are slowly being rescheduled. If this is the case with your District, please provide dates, times, etc. of upcoming meetings.



SWEEPSTAKES WINNERS

Winners of the Sweepstakes Raffle drawn recently at State Headquarters in Winslow, Jan. 19:

- Margaret Menengas, Madison Unit 39 **\$1,500**
- Allen Edwards, Calais Post 3 **\$ 500**
- Malcolm Perkins, Winslow H.Q. Post 178 **\$ 300**
- Theron Clough, Bethel Post 81 **\$ 200**



SINGLE WEB SIGN-ON IS HERE

Are you a registered user of national American Legion web resources, such as MyLegion.org, Baseball.legion.org, Legiontown.org or Legion.org? And are you tired of having to log in with your username and password each time you access the individual sites? Good news – a single sign-on is here!

To access the new single sign-on, you must re-register and set up a new password. And more importantly, confirm the response email.

You may have noticed that a new login screen became available Dec. 31 that requires you to re-register. Members and non-members will need to do this for a single sign-on and to continue accessing the valuable information and tools provided through the following American Legion web assets:

- MyLegion.org
- Legion.org
- Legiontown.org
- Centennial.legion.org
- Burnpit.us
- Baseball.legion.org

(Note: this requirement does not currently apply to registered users of the Emblem Sales website.)

This new single sign-on is Stage 1 of a multi-stage rollout that will allow The American Legion to provide a streamlined and better user experience within its web environment – and it begins with this initial step of re-registering. Thank you for taking this first step in a series of exciting American Legion web features that are to come on MyLegion.org and Legion.org.

How to begin the re-registration process:

1. Click the “Sign In” tab on any American Legion web property. You will be taken to the single sign-on site.

2. Click “Register as a new user.” Fill in the entire form using your best contact email address and member ID (if applicable). All information you provide is kept safe and secure.
3. Enter and confirm your new password of choice.
4. Click “Finish” to receive your confirmation email.
5. Click the link to confirm your new account in the confirmation email sent (check your junk email inbox). The provided email will be from sso@legion.org.

Your questions answered:

Q: Why am I told my account no longer exists?

A: The new platform that The American Legion is moving to requires each user to have a unique email address as the username. This, in conjunction with a move from a vendor proprietary system, which required us to renew accounts for all American Legion web properties. Please note that all member information is still within MyLegion, securely and safely housed.

Q: Should I fill out the entire profile?

A: Yes you should. By filling out the entire profile, especially your member ID, continued access to member-only benefits is ensured.

Q: What if I haven’t received the confirmation email after registering?

A: Please attempt to log in. You will be taken to the Please Confirm page or click here to generate a new message for the email address used during registration. You may need to enter your email address manually if you go directly to the page.

Q: What should I do if I confirmed my account but am still having trouble logging in?

A: Please verify that your new password is correct.

Look for more updates as The American Legion National Headquarters improves the web-user’s experience in the months to come.

IMPORTANT

To complete the registration process you must confirm the response email sent from sso@legion.org.

*The American Legion
<https://www.legion.org/dispatch>
January 11, 2021*

MILITARY TRIVIA:

Q: What is the only US mainland State to have ever been captured & held throughout a war?

Submitted by Dwayne Hatfield, Mars Hill Post 118



HOW TO PARTICIPATE IN LEGION BASEBALL

CANADIAN FRIENDSHIP AWARD

Nomination forms must reach Department Headquarters by January 31. The Canadian Friendship Award shall be awarded to specific individuals who shall be war veterans within the accepted meaning of the term and members of an authentic veteran's organization in Canada.

The award shall be given to individuals in recognition of outstanding service in the field of veterans' affairs and in the development and perpetuation of the spirit of international goodwill and comradeship between The United States and Canada and between their veterans' organization and The American Legion.

To submit nomination(s) for the Canadian Friendship Award please click here or visit <http://www.mainelegion.org/pages/formsapplication.s.php>. The nomination form and information is located under Award/Nomination Forms.

INTERNATIONAL AMITY AWARD

The International Amity Award nominations must reach Department HQ by January 31. The International Amity award shall be awarded to specific individuals who shall be war veterans within the accepted meaning of the term and members of an authentic veterans organization established in the territory of any of the nations associated as wartime allies of the United States of America.

The award shall be given to individuals in recognition of outstanding service in the field of veterans affairs and for service and contributions made in the development of international goodwill and comradeship between the United States, the ally and between their veterans organization and The American Legion.

To submit nomination(s) for the International Amity Award please click here or visit <http://www.mainelegion.org/pages/formsapplication.s.php>

With an alumni base that includes more than half of current Major League Baseball players, American Legion Baseball is one of the most prominent and tradition-rich amateur athletic leagues in existence.

The program is always growing, and participation is easy.

About 4,000 teams compete each year, so there's ample opportunity for new players to join, and for coaches who want to start a team. The league also employs a large number of umpires and other volunteers.

To play:

Contact your local Legion post. Look for the address and phone number in the local White Pages or at www.legion.org/baseball. Click on "Find a Post" and fill in your city, state and ZIP code.

Players who are cut from a team, or try out but don't make the roster, can play for the post that is the next-shortest driving distance from their residence. If a player doesn't make that team, he can try out with the next-closest post. He can continue until he finds a team to join. [Age eligibility chart](#)

To coach:

Coaches who want to start a team should contact the department baseball chairman in their state. A full listing of chairmen can be found [here](#). The department will send a new team packet, which includes copies of the state and national rules, insurance information and registration forms.

Begin your team registration at baseball.legion.org.

To umpire:

Usually, local umpire associations provide departments with umpires. Department chairmen can nominate umpires to officiate the national tournament. Umpires can also nominate each other.

To volunteer:

Legion Baseball can always use your help. Volunteers can serve in a variety of ways, ranging from statisticians to serving Gatorade during games.

For more information, contact your local post.

*The American Legion
Jan 1, 2021*

<https://www.legion.org/baseball>

LEGIONNAIRE INSURANCE TRUST BENEFITS



Legionnaire Benefits
As a Member of the Legion Family, You Know How Important It Is to Help Protect Those in Need ...

Now We Can Help

The LIT Plans can help with

- Hospital HELP Plan
- Cancer Care
- Accidental Death Protection
- On-The-Move Travel Accident
- Emergency Assistance Plus
- Medicare Supplement Insurance
- Health Insurance
- Dental Insurance
- Long-Term Care
- Lifeline Medical Alert Service

ENDORSED BY YOUR AMERICAN LEGION DEPARTMENT

To Learn More and Enroll, Visit www.TheLIT.com
For Questions Call 1-800-235-6943



**Deadline for Feb. Issue:
Jan. 22**

NOVEMBER 2020 ISSUE

Now Available in Digital and PDF format!

[Check out the Digital Version by clicking here!](#)

[Check out the PDF Version by clicking here!](#)

The American Legion, Department of Maine currently publishes 4 Legionnaire newspapers per year. All 4 issues will continue to be available online at www.mainelegion.org, but only 3 issues will be mailed out annually via USPS (DEC approval, April 11, 2020) contributing to a cost savings of approx.. \$7K-\$8K/year. Publications for the Feb, May, and Aug. issues will continue to be mailed out to our members and made available online.

The American Legion, Department of Maine welcomes any feedback you may have regarding this change. Please email them to legionme@mainelegion.org. We would love to hear your thoughts.

Click flyer below to view *Legionnaire Benefits* or visit [http://www.mainelegion.org/media/misc/LIT_All_Products_Flyer_\(003\).pdf](http://www.mainelegion.org/media/misc/LIT_All_Products_Flyer_(003).pdf)

For more information, visit www.theLit.com or call 1-800-235-6943.

VETERAN'S EMERGENCY FINANCIAL ASSISTANCE PROGRAM (VEFAP)

Do 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. You can call us at 207-873-3229 Ext. 3 or visit our website: <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.

RENEW YOUR MEMBERSHIP ONLINE TODAY!

VISIT <http://www.mainelegion.org> OR VISIT WWW.LEGION.ORG/RENEW

Remember that Membership is the key and number one resource The American Legion, Department of Maine depends on so we may continue to provide services to our Veterans, their families, and surrounding communities in the State of Maine. Please remember to pay your dues each year, so we can continue to provide these services for another 100 years!

AMERICAN LEGION FAMILY TAKE NOTICE!

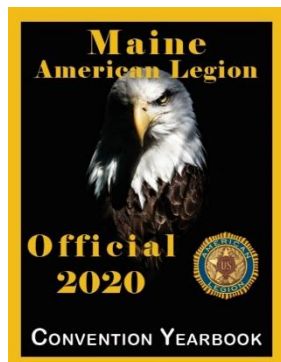
Maine American Legion welcomes all of you to be part of the Official 2021 Annual Convention Yearbook

Showcase your Post, District, Unit, Squadron, and Chapter by sponsoring ad space in the 2021 Annual Convention Yearbook. Individual donations are also welcomed and appreciated with all individual and business names listed in the “Business & Individual Donors” page of the yearbook.

To donate or sponsor ad space in the 2021 Convention Yearbook in support of Maine Veterans, please [click here](#) to download a copy of the Convention Yearbook Sponsorship Request Form and follow specifications & submission instructions. You may also visit www.mainelegion.org and click on the image of Maine American Legion Convention Yearbook Request Form.

For questions or assistance in submitting your ad, please call Department HQ at 207-873-3229 Ext. 2.

Click on the image below or visit www.mainelegion.org and check out the **Digital Version** of the Maine American Legion 2020 Convention Yearbook!



MISSION BLUE POST ASSISTANCE PROGRAM

At the 2020 Fall National Executive Committee Meeting, Resolution #36, Subject: Mission Blue Post Assistance Program was approved. Posts impacted by a government’s public health restrictions implemented in response to the COVID-19 pandemic may apply for a grant up to \$1,000. Posts must meet the following eligibility criteria:

- A post must have a current consolidated post report on file.
- A post must have filed an IRS 990 within the prescribed due date.
- A post must have filed all other required forms and reports as prescribed by the departments.
- A post must have actively participated in one or more The American Legion(s) within the last 18 months.
- A post must have a financial need.
- A post must provide a certificate of insurance naming The American National Headquarters as an additional insured (copy of insurance declaration will be attached to application).
- A post must provide documentation indicating that the post is properly incorporated. The funds from this grant program shall be used exclusively for the following: Current and past due mortgage principal and interest or Current and past due real estate rents or Current and past due insurance premiums or Current and past due utilities.

The American Legion posts receiving this grant are required to submit a true and accurate report outlining how the funds were used, signed by the post finance officer, and certified by the post commander or post adjutant within six-months of receipt of the grant funds or no later than February 22, 2022. Whichever comes first.

To access instructions and application [Click Here](#) or visit

https://www.legion.org/documents/pdf/Mission_Blue_PAP_Application_1.pdf



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](https://www.legion.org/bythenumbers). To visit the impact American Legion posts made throughout the year, visit <https://www.legion.org/bythenumbers>
<https://www.legion.org/membership/impact>.

COMPUTER 101



Computer 101 is a resource aiming 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.

Computer Ergonomics: How To Protect Yourself From Strain And Pain

Why computer ergonomics? Many people spend hours a day in front of a computer without thinking about the impact on their bodies. They physically stress their bodies daily without realizing it by extending their wrists, slouching, sitting without foot support and straining to look at poorly placed monitors.

These practices can lead to cumulative trauma disorders or repetitive stress injuries, which create a life-long impact on health. Symptoms may include pain, muscle fatigue, loss of sensation, tingling and reduced performance.

Ergonomics is a field of study that attempts to reduce strain, fatigue, and injuries by improving product design and workspace arrangement. The goal is a comfortable, relaxed posture.

Modify Your Body Mechanics: Do you wear eyeglasses? Make sure they fit properly to avoid tilting your head. Type with light strokes, and try to keep your muscles relaxed.

Sit "tall," aligning your ears, shoulders and hips. When you sit, think about making yourself an inch taller. Switch hands when using a mouse, if you are able. Completely rest your wrists during breaks, including taking your hands off the mouse.

Move!: Movement has many benefits: it relaxes tissues, lubricates joints and prevents stiffness, improves circulation, reduces fatigue, and builds stamina. One study showed that heavy computer users who successfully avoided computer-related pain moved every 7 minutes.

At least every 10 minutes, take a short (10-20 second) break. Take your hands off the keyboard and move!

Every 30-60 minutes, take a brief (2-5 minute) break to stretch and/or walk around.

Exercise at Your Computer

Neck and Shoulders:

Neck Rotation: Slowly rotate your head as far as comfortable to the right, then left.

Shoulder Rotation: Circle your shoulders, then reverse directions.

Head Side to Side: Bend your neck so left ear approaches left shoulder, then repeat for right. Add a little resistance by pressing your hand against the side of your head.

Chin Tuck: Slide your chin inward, without bending your neck up or down. This is easiest to practice initially against a wall. Tuck chin in, attempting to touch back of neck to the wall while also maintaining head contact. Don't jam your chin down to your chest.

Shoulder Blade Retraction: Pull your shoulders down and back.

Shrug: Slowly raise your shoulders toward ears and hold for a few seconds. Gradually bring shoulders down and relax.

Back:

Shoulder Squeeze: Raise your arms in front of body, with elbows bent and thumbs up. Pull elbows back, squeezing shoulder blades together. Hold for a few seconds then release.

Stretch Up: Sit up straight and imagine a cable attached to the top of your head. Gradually stretch to be as tall as possible, hold for a few seconds, then relax.

Arms:

Arm Relaxation: Drop your arms and hands to your sides. Gently shake them for a few seconds.

Arm Rotation: Raise your arms in front of your body. Rotate arms so palms face up, then rotate so backs of hands face each other.

Hands and Wrists:

Wrist Flex: With your elbows on desk, gently use left hand to bend right hand back toward forearm. Hold for a few seconds, then relax. Repeat on other side.

Finger Fan: Spread your fingers as far apart as possible, hold, then clench fists, then release.

Feet:

Toe Curl: Flex toes up, then curl toes under. Release.

Foot Rotation: Circle foot slowly from the ankle, then reverse.

Eyes:

Eye Rolls: Roll your eyes clockwise then counterclockwise briefly.

Palm Eyes: Without touching your eyes, cup hands lightly over eyes for 30 seconds to rest them from light.

Look Away: Exercise your eyes by periodically looking away from your computer to focus on distant objects.

When to get medical advice

See a clinician if you experience:

Constant pain

Numbness

Weakness

Other problems that interfere with daily tasks

Shop “AmazonSmile” & Give While You Shop!

Support the American Legion Department of Maine Foundation when you shop on AmazonSmile. It’s the same as shopping on Amazon with the extra bonus that Amazon will donate a portion of the price of eligible purchases.

How to shop AmazonSmile:

1. Go to <http://smile.amazon.com> and sign in with your Amazon.com credentials. If you already have an Amazon account, there is no need to create another one.

2. In the search box, type American Legion Department of Maine Foundation and start shopping. Amazon will donate 0.5% of the price of your eligible purchases to the American Legion Department of Maine Foundation.

3. Add a bookmark for smile.amazon.com. You must log in through the AmazonSmile portal each time you shop in order for our Foundation to receive the donation, so remember to add a bookmark to make it easier to return and start shopping on AmazonSmile.

The funds go directly to the "American Legion Department of Maine Foundation to help Maine Veterans in need and support Legion programs in Maine!"

Please help us get the word out to your friends and family!

Shop “AmazonSmile” and make a difference Today!



MILITARY TRIVIA:

A. Michigan...During the War of 1812, which began in June, following which General Isaac Brock captured Detroit on August 16, 1812, the entire Michigan Territory was at least nominally a part of the Province of Upper Canada & held by the British until the end of the war.



DUE TO INCREASED CORONAVIRUS CASES IN MAINE, DEPT. HQ RECOMMENDS CALLING OR EMAILING BEFORE VISITING

Effectively Immediately! The American Legion, Department of Maine is urging all those planning to visit State HQ to call or email before visiting due to the recent spike in coronavirus cases around the state. An appointment will be made if the matter cannot be resolved over the phone or through email.

Office hours are Monday - Thursday 8:00 am - 4:00 pm with some of our staff working remotely during the week and on Friday. Voicemail messages relating to Department, Post or District should be left by calling **207-873-3229 Ext. 2** and messages relating to Veterans Assistance should be left by calling **207-754-6044** or **207-660-9324**. All emails should be sent to legionme@mainelegion.org.

If you are scheduled to visit HQ, please remember to bring your mask and follow social distancing guidelines upon entering.

CORONAVIRUS (COVID-19) – INFORMATION- **F**or a complete listing of up-to-date information, cancellations and rescheduled events, please visit www.mainelegion.org or click the following link: [CORONAVIRUS \(COVID-19\) – INFORMATION Including Cancellations & Rescheduled Events](#)