



## The American Legion Department of Maine

P.O. Box 900, Waterville, ME 04903

Tel: (207) 873-3229

E-mail: [legionme@me.acadia.net](mailto:legionme@me.acadia.net)

Website: [www.mainelegion.org](http://www.mainelegion.org)

### Weekly Update



July 20, 2007

**If you can't take the bull by the horns,  
milk the cow for all she's worth.**

☺ **SMILE** ☺

#### **Forward and Focused What It Means To Me**

Forward and Focused. This is the theme our Department Commander Paul L'Heureux has taken on for his year as our commander. What does it mean? It perhaps means different things to different people, as it should. For me it has a special meaning and I think this is the gist of what Paul is trying to get across.

We must consistently look forward and stay focused on the objectives of The American Legion. This is not to say we do not learn from history or we do not learn from mistakes, as we should. However, we cannot dwell on history or mistakes, as it will take us away from the task at hand – doing good things for The American Legion.

Forward – we have to be moving forward in order to make progress and certainly we all want to belong to an organization that is making progress. If we are not moving forward we are moving backward or, at the very best, treading water. The American Legion needs to move forward in order for us to continue to be a thriving organization and do the great work we do for the veterans, the children, our communities, and for a strong national defense.

Focused – we have to remain focused on our objectives and goals or we will not be as successful as we can be. If we continually are distracted from these goals and objectives by those who set those little grass fires of discontent around us, then we will be doing the opposite of progress and it will be called regression. Who wants to be a part of an organization that is regressing? No one. We all know the malcontents who would rather wallow in “what should have been” rather than “what we can do” and we need to have a watchful eye for those folks and not let them distract us from the real work of The American Legion – service to the community, state, and nation.

We have many wonderful Legion family members in our organization who, when not distracted, can do some wonderful things. Let us all do our best to stay Forward and Focused and keep our organization headed in the right direction. You are my heroes and I know we can do it. Sounds simple to me, how about you?

**New Legion Discount  
Prescription Drug Program**

The Caremark/CVS Discount Drug Program, which went into effect on July 1, 2007, replacing RX America as the National Program for Discount Prescriptions, was supposed to occur as an invisible transition. However, judging from the number of calls we have had in this office, that is certainly not the case.

Legion family members were supposed to be able to continue to use their membership card to continue to obtain the discounts, but apparently that is not happening with all stores. It appears that some of the stores have not gotten the correct instructions as yet. As one of the attachments to this newsletter you will find the Caremark Prescription Discount Drug Card along with other information on it. Cut the card out, insert your membership ID number and this should work in the meantime.

Hopefully this will solve any problems until everyone gets on board and understands how the program is supposed to work.

**Togus Wish List**

Our veterans at the VA hospital in Togus are in need of various items that are not provided through the Veterans Administration. The American Legion has always stood tall in meeting the needs of our veterans and this should be no exception. There are many areas of need, but some of the pressing ones at this time are as follows:

Comfort items – shampoo, toothpaste, deodorant, mouthwash (alcohol free), etc.  
Coffee fund – for the patients to have coffee other than just at mealtime.

AND

Volunteers are in short supply right now, so if you can spare a few hours per week for any one of the following tasks, please call the volunteer office at Togus at 621-4886.

Escort and delivery – to escort patients throughout the hospital.  
Mealtime companions for long-term care patients.  
Canteen Service – assisting during lunchtime.  
Nursing Home Care Unit – escort needed on Mon., Tue., Thurs., & Fri. from 12:30 to 3:30.

These are some of the shortages faced by the patients at Togus and if you or your post, unit or squadron can fulfill any of these needs, our veterans will certainly appreciate it. If you wish to donate to one or more of the specific items listed above, please send your check to Department of Maine, P. O. Box 900, Waterville 04903 and earmark as such.

**Maine Air Guard  
Cycling Team**

The newly formed Maine Air National Guard Cycling Team will celebrate the Air Force's 60<sup>th</sup> anniversary with a bike trek from Bangor to Portland from Saturday, August 18 – Monday, August 20, 2007. During this trek team members would welcome the opportunity to stop at Legion Post homes along or near the planned route for snacks, water, or just to meet with legionnaires. There will be approximately 20 riders participating in this event. Their route of travel will be as follows:

**Saturday, August 18** – Depart Bangor on route 100 through Herman, Carmel, Newport, Pittsfield, Burnham, Clinton, Benton, Fairfield and Waterville.

**Sunday, August 19** – Depart Augusta on route 202 to Manchester, then to route 17 through Readfield, Kents Hill, Rayette, and Livermore Falls, then to route 4 through Livermore, Turner, Auburn, and Lewiston.

**Monday, August 20** – Depart on route 196 to Lisbon, Topsham and Brunswick, then to route 1 thru Freeport, Yarmouth, Falmouth and finally Portland, where they will attend the Sea Dogs game that evening.

If your post is along this route and if you or other post members would be interested in hosting a brief visit from this team, please contact LTC Mike Girardin at [mikeg@megalink.net](mailto:mikeg@megalink.net) or [Michael.girardin@us.army.mil](mailto:Michael.girardin@us.army.mil) or 626-4325. This would be an excellent way for legionnaires to show their support of our Air Guard brothers and sisters who do such a great job protecting our country.

**What's Happening?**

**Area 1 Outing:** Cancelled this year due to unforeseen circumstances.

**Augusta Post 205:** July 20, 8 – 12 p.m., Dance and food sale to benefit the Beals House. Music by DJ Music People. Free camping space. Donations accepted. BYOB.

**Hermon Post 200:** July 21, 4:30 to 6:30 p.m., Rescue Squad Building on the Billings Road in Hermon. All you can eat bean supper; adults \$5, children \$2.50. Many goodies to eat besides the beans.

**Damariscotta Legion Riders:** July 28, 11 a.m., Horseshoe tournament and Chicken BBQ at Damariscotta Post 42. Sign-up for the horseshoe tournament is 10 – 11 a.m. with a barbecue to follow. \$2 for horseshoe tournament and \$5 for the barbecue. Open to all Legion family members and guests. FMI please call 380-4942.

**12<sup>th</sup> District Hancock:** Aug. 5, all day, dinner served at noon. Annual outing at Gouldsboro Point. Lobster feed with mussels and corn on the cob. \$8.00 per lobster. Please send payment or reservation requests to Maurice Norwood, P. O. Box 98, Southwest Harbor 04679 or call 244-3724 NLT July 28, 2007.

**Statewide Legion Riders:** Aug. 5, 4 p.m. meeting, Damariscotta Post 42.

**Department Executive Committee:** Aug. 18, 11:00 a.m., Waterville Post 5.

**Kudos**

District 2 - Cumberland for their donation of \$25 to the Italian Heritage Center Concert Band to play at the Maine Veterans Home in Scarborough.

Oxford Post 112 for their donation of \$25 to the Maine Veterans Home Activity fund in the name of Phil Meserve and for recently holding a blood drive at the post home, which netted 64 pints of critically needed blood.

Topsham Post 202 for their donation of \$100 to the Bangor Troop Greeters.

Guilford Post 119 for their donation of \$100 to the Bangor Troop Greeters.

**Donations**

**THANK YOU    THANK YOU    THANK YOU    THANK YOU    THANK YOU**

|                                |                                       |
|--------------------------------|---------------------------------------|
| Topsham Post 202               | \$500 – National Legacy Fund          |
| Harriet Martell                | \$20 – Commander’s Project (last yr.) |
| Paula Benoit                   | \$40 – Healing Field                  |
| Lorraine Bolland               | \$20 – Healing Field                  |
| Darrell Clark                  | \$15 – Healing Field                  |
| David Crocker                  | \$15 – Healing Field                  |
| Cindy Gagnon                   | \$30 – Healing Field                  |
| J.E. Gumz                      | \$20 – Healing Field                  |
| Cliff Hallowell                | \$90 – Healing Field                  |
| Richard Higgins                | \$15 – Healing Field                  |
| Judith Kenney                  | \$15 – Healing Field                  |
| Tony Masulaitis                | \$15 – Healing Field                  |
| Michael Owen                   | \$15 – Healing Field                  |
| Robert Stiehler (RDS Electric) | \$15 – Healing Field                  |
| Lisa Ruddell                   | \$15 – Healing Field                  |
| Billy Ruddell                  | \$15 – Healing Field                  |
| Terry & Cindy Small            | \$20 – Healing Field                  |
| Sylvia Swain                   | \$20 – Healing Field                  |
| Pat Tracy                      | \$20 – Healing Field                  |
| Pleau’s Market – Winslow       | \$20 – Healing Field                  |
| Peter & Helena Johnson         | \$20 – Healing Field                  |
| Rockland Post 1                | \$150 – Healing Field                 |

**Electric Wheelchair  
Available**

If anyone needs an electric wheelchair, please contact PDC Larry Dearborn at 737-2763 or [dearbornlarry@verizon.net](mailto:dearbornlarry@verizon.net) This will be a donation with the stipulation that it will not ever be sold.

**Sons of The American Legion  
Detachment News**

Most squadrons and a lot of posts take a little break in the summer and resume meetings and much of their activity in the fall. I think that is a good idea to have some time off to rejuvenate ourselves. We belong to a volunteer organization and the rewards that we derive from the work we do is self satisfying in that we know that our efforts are going to help people or causes that are important to us. Many of us are in positions that a little break is not possible. There is a cause right now that is keeping me busy this summer and I know that there are many that are not taking that break either.

The “Healing Field” is a project that needs to be completed. We need company sponsorships, individual flag sales and volunteers to see the different sites through to completion. My vacation has been very relaxing, but I am still working with little glitches and those things that are in need of constant attention. If you feel strongly that this “Healing Field” is an important program in The Department of Maine American Legion Family then please contact Donna Sailor at [dsailor@maine.rr.com](mailto:dsailor@maine.rr.com) or 222-2418. She is the Communications Chairperson for “The Healing Field” and will be able to put you in touch with the site closest to you. We need many areas of expertise to see that the project is a success. This will be a tremendous show of Patriotism, a great tribute to our Veterans and finally an opportunity for individuals and families’ to have a place to go to reflect, grieve and hopefully heal. If you have a little time please, contact her and she will get you in touch with the right person, thank you.

Don Allisot  
Detachment Commander

Best Wishes,

Ron Sailor  
Department Adjutant

# THE MAINE LEGIONNAIRE

## TAPS COLUMN

To: The Maine Legionnaire  
P.O. Box 900  
Waterville, Maine 04903-0900

**Note: members submitted for the Taps Column are not automatically removed from a Post Roster. You must still submit a Member Data Form reporting the member as deceased.**

The following member(s) have joined the Post Everlasting. Please publish their names in the next issue of The Maine Legionnaire Taps Column.

**Date:** \_\_\_\_\_ **I.D. #** \_\_\_\_\_ **Name:** \_\_\_\_\_ **Conflict:** \_\_\_\_\_

---

---

---

---

---

---

---

---

Signed: \_\_\_\_\_  
Post Adjutant

Post No. \_\_\_\_\_ Location: \_\_\_\_\_

This form should be sent to The Maine Legionnaire on a monthly basis. Do not send in names of members who have been deceased over two months.

**THIS FORM MAY BE REPRODUCED**