

Department of Maine
Veterans of Foreign Wars
In Memory of Veterans
Past – Present - Future



NOVEMBER 2009

GENERAL ORDERS

No. 5

“SPECIAL NOTICE – SPECIAL NOTICE”

Happy Thanksgiving

From State Commander Michaud and the Department Officers

Congratulations to the following Posts for achieving 100%+ in membership for the Year 2009-10

Forest J. Pare Post 1285, Waterville – 102.06% - Commander Richard E. Willette
Avon D. Flanders Post 1438, Lincoln – 101.33% - Commander Gerald K. Bouchard
Fryeburg-Lovell Memorial Post 6783, Lovell – 100% - Commander Richard L. King

Congratulations to the following Comrades who have received Fall Committee Appointments

National Legislative Committee – Peter F. Miesburger – Caribou Post 9389
National Military Service Committee – Harry J. Stickney – Augusta Post 887
National VFW Programs Committee – Arthur J. Roy – Auburn Post 1603
National Veterans Service Committee – R. Randy Worthley – Winslow Post 8835

Congratulations to the following Comrades who have received Unpaid Appointments

National Deputy Chief of Staff – David D. Williams – Rumford Post 1641
National Special Aide-de-Camp – Palmer A. Hebert – Jay Post 3335
Assistant Inspector General – Roland W. Pelletier – Biddeford Post 489
National Aide-de-Camp
Michael K. Davis – Auburn Post 1603
Phillip M. Farrell – Perry Post 11299
Gerald L. Francis – Rumford Post 1641
John G. Jamo – Millinocket Post 4154
Richard E. O’Ben – Gardiner Post 9
Perry A. Dean – Fort Fairfield Post 6187
Richard B. Filiettaz – York Post 6977
Donald R. Hadley Jr. – Portland Post 6859
Raymond R. Lupo – Hampden Post 4633
Paul J. Robie – Sanford Post 9935

Special Thanks: Commander Alfred E. Michaud wishes to thank all of the VFW members who attended the funeral of our Department of Maine Past National President L. Francis Booth. This truly shows an outstanding final respect for her and her family.

1. January COA Meeting: Will be held on January 10, 2010 at MacCrillis-Rousseau Post 8835, Winslow, ME @ 8:30 am. Headquarters hotel will be the Holiday Inn, 375 Main St., Waterville, ME 04901, tel: 1-800-785-0111 or 1-207-873-0111. Rates are \$64.00 + tax for up to 4 persons, 2 double beds. ***Please make sure to tell them that you are with the VFW when calling for reservations.***

2. Voice of Democracy/Patriot’s Pen/Teacher of the Year Banquet: Will be held on January 9, 2010 at the Waterville Elks Club. Tickets are \$25.00 per person. Please send your check to “Cynthia Cowling, 108 14th

St., Bangor, ME 04401". Make your check payable to "***Department of Maine, VFW***". Banquet ticket order form is attached to these General Orders.

3. *Eastern States Conference:* Will be held November 13-15, 2009 at the Clarion Resort Fontainebleau Hotel, 10100 Coastal Highway, Ocean City, MD, tel: 1-800-638-2100 or 443-856-4557 or fax 410-524-3834. Rates for the Clarion Resort Fontainebleau are \$90.00 per night + tax double/double and \$110 for executive King and \$15.00 per night for each additional adult per room. Cut off date for reservation is October 3, 2009. The banquet menu consists of Virginia Glazed Ham & 3 oz Maryland Crab Cake or Grilled Breast of Chicken with Lemon Herb Sauce & 3 oz Maryland Crab Cake. Price for the banquet tickets are \$45.00 and must be obtained from the Dept of Maine Adjutant. **Please make your check payable to "Department of Maryland, VFW"**. Deadline for banquet ticket purchase is **November 7, 2009**. Packages were emailed to VFW and LAVFW ESC Delegates/Alternates.

4. *Early Registration State Convention:* All VFW and Auxiliary Council members are reminded that they must make their reservations if staying at the Holiday, 215 High St., Ellsworth, ME ***NLT December 31, 2009***. After that, all of the rooms will be released for the general membership. ***The list of Council members is enclosed in these General Orders. Please, remember that it is your responsibility to make your room reservations and let them know that you are with the VFW.***

5. *Post Commanders:* Every Post chartered by the Veterans of Foreign Wars of the United States will be expected to participate in the following programs during the 2009-2010 year: Voice of Democracy, Patriots Pen, National Citizenship Education Teacher's Awards, Buddy Poppy and National Military Services. Additionally, it is necessary that all Post and District Commanders comply with all provisions of the National By-Laws and the Manual of Procedure and Ritual.

6. *Special Notice from VFW National Headquarters:* For Clarification Purposes. We have received a large number of inquiries regarding the change in Section 803 of the Manual of Procedure, specifically pertaining to the "Official Cap". The old verbiage in section 803 of the MOP read, "Only regulation caps shall be worn at meetings". That was replaced by the delegates at the 110th National Convention with, "Regulation caps shall be worn by elected and appointed officer's at all official meetings". This change does not authorize any other style of cap to be worn at an official VFW meeting, but mandates officers wear the official cap. Furthermore, the VFW Ritual, General Rules 13(d), mandates only the "Official Cap" will be worn at regular meetings of the Veterans of Foreign Wars of the United States. Kevin Jones, Director, Administrative Operations

7. *Post Commanders:* The National By-Laws provide for only one type of membership; that is active membership. There are no provisions in the National By-Laws, nor is there any authority or justification for issuance of Club Membership cards, Associate Member cards, Honorary Membership cards, Courtesy Membership cards or any other special type of cards. Any Post issuing such unauthorized cards, or conducting club operations open to the general public, endangers its standing with the Internal Revenue Service as a non-profit organization. Officers signing outlaw cards admitting non-members to VFW premises are subject to disciplinary action. National and Department officers cannot defend practices that conflict with VFW By-Laws or procedures.

8. *Incorporation of Posts:* VFW Posts should take the necessary steps to incorporate under the laws of the state in which the Post is located. Financial responsibility laws, as interpreted by the courts, may cause members of unincorporated Posts to be at risk. Incorporating under the provisions of sections 708 of the National By-Laws and the Manual of Procedure and the laws of the state will provide protection for Post members. Posts are urged to contact their Department Adjutant to obtain the proper forms for incorporating. The Articles of Incorporation must be reviewed by the Commander-in-Chief prior to forwarding them to the proper state authorities.

9. Deputy Inspectors: The attention of Post Commanders, County Council and District Commanders and inspecting officers is directed to Section 703, Manual of Procedure -Bonds. Each accountable officer of this organization shall be bonded with an indemnity company as surety in a sum at least equal to the amount of the liquid assets for which he may be accountable. Liquid assets are defined as cash on hand or in the bank and other negotiable instruments readily convertible into cash.

10. Post Commanders: The attention of the Post Commander is directed to sections 708 of the National By-Laws and the Manual of Procedure, which prescribes the procedure for the Incorporation of Units. It shall be the responsibility of the Post Commander to ensure full compliance with both sections, and to ensure that all state requirements for annual filing, fees, etc., are met in a timely manner.

11. National By-Laws-Manual of Procedures: All officers should obtain current copies of the podium edition of the National By-Laws, Manual of Procedure and Ritual. Copies of the 2010 revised edition of the Congressional Charter, By-Laws, Manual of Procedure and Ritual are available through the VFW Emblem and Supply Department, National Headquarters. The 2010 revised edition reflects the amendments adopted by the 110th National Convention, which became effective on September 19, 2009.

12. Control of Units: All Commanders are reminded that Section 709, Manual of Procedure - Control of Units, requires that any activity, clubroom, holding company or unit sponsored, conducted or operated by, for or in behalf of a Post, County Council, District or Department shall be at all times under the direct control of such Post, County Council, District or Department and that all money, property or assets of any kind or nature, must be placed in the care and custody of the respective Quartermaster. All Commanders should ensure that all provisions of Section 709 are enforced.

13. Membership Applications: The attention of Department, District and Post Commanders is directed to Section 103, Manual of Procedure, which prescribes the manner in which applications for membership will be handled. Applications for membership of new, reinstating or transfer members must be voted on by the members present at a regular Post meeting. No Post, County Council, District, Department or National officer, or any other member, has authority to reject the application card of a person who is eligible for membership.

14. Dues Reserve Fund: The attention of Post Commanders and Quartermasters is directed to Section 218 of the Manual of Procedure, Duties of Quartermaster, which provides for the Dues Reserve Fund. The Post Quartermaster is required to maintain a dues reserve fund to which shall be credited not less than fifty percent of the Post's part of the current year's dues paid by each member prior to July 1, including Life Membership dues payouts received from the National Organization as set forth in Section 717 of the Manual of Procedure.

15. Post Commanders: The attention of all units is called to Section 1101 of the By-Laws and the Manual of Procedure, which provides for the formation and jurisdiction of the Ladies Auxiliary. This section provides that each unit of the Auxiliary shall be under the jurisdiction of the corresponding unit of the Veterans of Foreign Wars, but shall be permitted to function in accordance with the National Ritual, By-Laws and Rules and Regulations of the Ladies Auxiliary. In addition to provisions of Auxiliary By-Laws, solicitation of funds or donations by Auxiliary units, including contracts with fund-raising organizations for greeting cards, calendars and/or label programs shall be subject to approval and ratification by the governing body of the corresponding unit of the Veterans of Foreign Wars.

16. Reminder to all Post Commanders: Article X, Section 8(a) states: Any and all canteens or bars located so as to be part of any Veterans of Foreign Wars facility and/or premises owned or rented by the Veterans of Foreign Wars shall close and remain closed during any Veterans of Foreign Wars Post, Districts or Department meeting or formal installation.

17. Post Commanders: If the Post Commander is unable to attend a District meeting, than a Representative will attend with a Post report. If the Post Commander and his/her Representative are unable to attend, a report of the Post activities as of the last District meeting will be forwarded to the District Commander so as to inform him/her of what has transpired during that time period. This will give a chance for the District Commander to prepare his Commanders Report to be presented at the next Council of Administration.

18. Attention of Post commanders: Is directed to the Commander-in-Chief's decision in response to questions raised concerning alcoholic beverages in the Post meeting room during the Post meeting as set forth: It is held to be objectionable and contrary to accepted rules of order and proper decorum implicit in the ritual of the Veterans of Foreign Wars to permit alcoholic beverages in the Post meeting room during the Post meeting. Accordingly, the presence, dispensation and/or consumption of alcoholic beverages in the Post meeting room during the Post meeting is completely unacceptable and any such practice known to exist shall be terminated. It is the intent of the Commander-in-Chief's decision regarding this response to include Post, County Council, District and Department meetings; at which it is held to be objectionable. Section 1001 of the Manual of Procedure has been amended to reflect such objection.

19. Request for Department Commander at Post and/or District Functions: Any Posts and/or District Commanders wishing to have the Department Commander present at one of the functions are asked to notify the State Adjutant at least ten (10) days in advance. This is to afford the Commander time to put it in on his calendar and/or appoint another Department Officer to attend in his place in case his schedule is already programmed for that date.

20. Veterans Day: All Posts and members are encouraged to participate in the observance of Veterans' Day 11 November 2008. Organize a community event on Veterans Day honoring all veterans. For a ceremonial procedure, refer to the pages in the "It's About Service" Chairman Guidebook on page 45. If you should need a Veterans Day speech, please contact the State Adjutant's office at 207-496-0071.

21. CoA and Cmtee Members: All CoA and Cmtee members are advised that you must notify both the State Commander and the State Adjutant if you are unable to attend a Council of Administration (CoA) meeting for the year 2009-10. Also, a copy of your report **MUST** be forwarded to the State Adjutant prior to the CoA meeting for presentation at the meeting.

22. Candidates for Department High Office:

Department Commander	John E. Williams	Post 11553
Department Sr. Vice Commander	Louis A. Peterson II	Post 6859
Department Jr. Vice Commander	Kevin G. Woodward	Post 11553
Department Quartermaster	Donald W. Linscott Jr.	Post 1603
Department Judge Advocate	Mark G. Reilly	Post 6859
Department Surgeon	Ronald F. Smith	Post 1761
Department Surgeon	David D. Williams	Post 1641
Department Chaplain	Charles A. Warden	Post 11553

23. Candidates for National Councilman District 1 for Year 2011-2013:

Raymond R. Lupo	Post 4633
R. Randy Worthley	Post 8835
Andre L. Dumas	Post 9389

24. District Meeting Dates:

Date	District	Post	Time	Dept Officer
15 Nov 09	4	4633 – Hampden	2:00 pm	QM Linscott
15 Nov 09	11	9935 – Sanford	2:00 pm	JVC Peterson
28 Nov 09	2	4154 – Millinocket	1:00 pm	Adj Dumas
13 Dec 09	10	6783 – Lovell	1:00 pm	JVC Peterson

25. Dates to Remember:

- November 11 – Veterans Day
- November 13-15 – ESC Conference, Ocean City, MD
- November 26 – Thanksgiving Day
- December 7 – Pearl Harbor Day (Programs throughout the State of Maine)
- December 10 – Machias MVH Christmas Party @ 2 pm
- December 12 – Augusta MVH Christmas Party @ 2 pm
- December 12 – South Paris MVH Christmas Party @ 2 pm
- December 13 – Togus Christmas Party @ 2 pm
- December 13 – Scarborough Christmas Party @ 2 pm
- December 18 – Bangor MVH Christmas Party @ 2 pm
- December 24 – Caribou MVH Christmas Party @ 2 pm
- December 25 – Christmas Day
- January 1 – New Year’s Day

26. Directory Changes:

- Pg 5 – Chg Boy Scouts title and Chmn to: National Team VFW Scouter, James A. Proctor, 47 Sand Rd., Naples, ME 04055-5214, tel #: 693-6696
- Pg 11 – VFW Certified National Recruiter/Trainer: Delete William B. Bradbury
- Pg 26 – D-9 – Chg QM to: David D. Williams, 330 Waldo St., Rumford, ME 04276-1714, tel: 369-0302, e-mail: vfwpost1641@myfairpoint.net
- Pg 26 – D-9 – Chg Adj to: William A. Thomas, 13 Kennis St., Lisbon Falls, ME 04252-1305, tel: 353-2152, e-mail: billthomas45@myfairpoint.net
- Pg 34 – Post 1641 – Chg Cmdr tel # to: 562-4404
- Pg 49 – Post 7997 – Chg QM to: Don C. Heath, 51B Union Ave, Old Orchard Beach, ME 04064, tel: 590-6062, e-mail: dcheath88@yahoo.com
- Pg 59 – Post 10529 – Chg Adj Brown address to: 250 Gray Rd., Cumberland, ME 04021
- Pg 63 – Post 11553 – Chg mtg times to: 1800 hrs (6 pm)

OFFICIAL

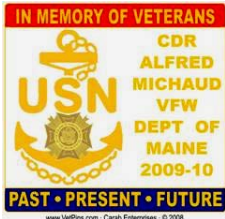
Andre L. Dumas

ANDRE L. DUMAS
State Adjutant

BY ORDER OF:

Alfred E. Michaud Sr.

ALFRED “AI” E. MICHAUD SR.
State Commander



State Commander Alfred E. Michaud Sr.



Greetings Comrades: We are moving at a steady pace in Membership, Community Activities and our other programs. However, we still have some Posts dragging their feet in getting reports in and working on Membership. It has been the same Posts for the last four years that continue to tell the Membership Chairman they are cleaning up their Post rosters. Well Comrades, it only takes one year to clean up the Post rosters and move forward the following year. Membership is not an arduous burden; it is the bloodline of the organization. Activity Reports are now about as simple as they can be made and yet we still have those chosen few that just do not wish to take the time and submit them. This affects the entire State, the total members and total donation factor done within our State shows not only the politicians but our fellow Veterans just what we are doing to further the goals of our organization. It is hard to believe that we have Posts that are not holding monthly meetings. Because if they salute the flag of our country and say the pledge of allegiance, then that is Americanism. If they donate to the local school, Boy Scouts or youth sports teams; that is youth. If they attend the funeral of a Veteran or participate at a local VA center or Veterans' Homes, that is also Americanism. Community is probably the simplest one, parades, attend local fund raisers, assisting the elderly, Meals on Wheels, helping out a church, neighborhood watch, Volunteer Firemen, volunteer anything in the community, helping out a family whose home just burnt down, assisting non Veterans on non veteran related things. Blood does not take a rocket scientist to figure that one out, if only one pint can be given that is OK, a lot of Veterans cannot give blood because of the countries they served in. But if a son or daughter or wife or whomever says they gave a pint on behalf of a Veteran, it counts for your Post. Every Post should have at least a 5 or a 6 in the right hand column of the Activity report put out by the Chairman because they started in May. Our reports are not hard nor does it take much energy to complete any of them and you can even save paper and postage by doing it on the internet. Guess I pretty much beat that dead horse to death.

The holidays are closing in on us and each year, very little gets accomplished during that time frame. If you knock out your membership now along with your reports, then we all can kick back and enjoy the family times.

We had the sad duty of attending the funeral of Lillian Booth, AKA Fran or Franny, the State Past National President. It was good to see all the Ladies Auxiliary members and VFW members along with Past National Commander-in-Chief Paul Spera present to pay our last respects to a great, loving, caring woman and friend. She will be deeply missed.

You all do so many great things for your fellow veterans. You cannot help but to be proud that so few do so much with so little. It is that spark of caring for your fellow war Veterans that we are all about. In our State, that spark has turned into a blaze. The young men and women of the Armed Forces of today have been given so much by all of your generousities and caring. In our time, we did not receive even a tenth of what we do and give now. It is my honor and privilege to serve as your State Commander with such great caring Veterans as all of you.

Franklin D. Roosevelt June 1923

There is a mysterious cycle in human events. To some generations much is given. Of others much is expected. This generation of Americans has a rendezvous with destiny.

Alfred E. Michaud Sr.

(AL) Alfred Michaud Sr.
State Commander



Deceased Roll Call



Department of Maine, VFW

Charles A. Warden, Chaplain

September 20 – October 19, 2009

“May our Comrades Rest in “Eternal Peace in Post Eternity”

District 1

9389 – JOHNSON, Willard P. – WW II

9699 – ROBINSON, Harold – WW II

District 3

9779 – McKAY, Ernest C. – WW II

11553 – FOSS, Auldin F. – Korea

LENFESTEY, Chester F. Sr. – WW II

District 4

1761 – MELVIN, Richard H. – WW II/Korea

NEWBERRY, William R. – Vietnam

WELLINGTON, Donald M. – WW II

4633 – MacDONALD, Fred H. – WW II

ROBINSON, Clarence E. – Vietnam

District 8

887 – CAREY, Eugene R. – Vietnam

LaFLIN, Samuel – WW II

District 9

1641 – PUIIA, Joseph A. – WW II

3335 – CHANDLER, Alden B. – WW II

9150 – BRETTON, Honore A. – WW II

District 10

10529 – PICKENS, Robert W. Sr. – Korea

11362 – RUHLIN, James R. Jr. – Korea/Vietnam



SENIOR VICE COMMANDER
POW/MIA – WREATH ACROSS AMERICA
John E. Williams



SVC/WAA: Things are quite in Washington County. I attended the Wreaths Across America Board of Directors Meeting on October 20. Everything is coming together nicely for this season. Wreath sponsorships are coming in daily. At last count it appears 150,000 wreaths will be placed on veteran's graves across the country. Ceremonial Wreath laying ceremonies will be held on December 12 at 12 Noon EST. There were 427 ceremonies last year and it appears there will be more this year. Wreath sponsorships are always welcome. Sponsorships are \$15.00 per wreath. Please consider donating.

The Arlington Wreath Project is coming together as well. These 15,000 wreaths (three tractor-trailer loads) will be placed at Arlington National Cemetery. Wreaths will be decorated and loaded on Sunday, December 6. The escort will leave Harrington at 10 am and arrive in Bangor at 11:30 am for a rally at the Bangor Auditorium. This year as last, the American Legion will be coordinating the program. Part of the program is the introduction of local Veterans organizations. Last year the organizations marched in carrying their colors and were introduced. Unfortunately, the VFW was very poorly represented; one or two Posts compared to 18 or 20 AL. Granted the Legion has more Posts, but it would be nice to have all our local VFW Posts and Auxiliaries represented this year. This stop will be followed by a 2:30 PM stop at Herman High School. This will be followed by a 6:15 PM stop at Edward Little HS in Auburn which is being coordinated by the Lewiston/Auburn Veterans Committee. On Monday at 8:30 am, the escort will be making a brief stop at the Kittery Trading Post. At all these stops veterans are welcome. For more information, check the WWA web site www.wreathscrossamerica.org, call the WAA Office at 207-483-2039, or call me.

POW/MIA: Recently I have heard some discussion as to the number of POW/MIAs. I use the figures found on the All POW-MIA web site aiipowmia.com: WW1 - 4452; WWII - 78,773; Korea - 8,051 (45 from Maine); Cold War - 123; Vietnam - 1728 (14 from Maine); Afghanistan - 1; Iraq - 1. The National League of Families, www.pow-miafamilies.org, has the most up to date count on POW/MIAs from the Vietnam War. Robert (Bob) Newberry has been appointed to replace Ambassador Charles Ray as DASD for POW/MIA Affairs. Bob is a retired Air Force fighter pilot who served three tours in SE Asia. He previously served as Acting DASD and has a great deal of POW/MIA knowledge and experience POW/MIA affairs. He certainly has the experience and ability to do a great job if not hamstrung by the Administration.

JUNIOR VICE COMMANDER
MVH LIAISON SCARBOROUGH
Louis A. Peterson II

JVC: I had the privilege of attending the Junior Vice Commander's conference in Kansas City in early October. I thoroughly enjoyed the personal tour that we were given of the VFW headquarters, starting from the mailroom on up to the higher echelons. The conference itself was very informative and a rewarding experience for me as well as meeting all of the other Junior Vice Commanders from the U.S., Pacific Rim, and Europe. I have brought back many thoughts and ideas that will help me to fulfill my role as the JVC for the Department of Maine. At this time, I want to share with you what each JVC decided upon to be their collective motto for this year: **"We can!"** So, as I look ahead to the demands put upon us as volunteers of this great organization, I truly believe that, together, we can **(and we will!)** rise up to the challenges put upon us to fulfill all of our duties, both on a state and national level. And please remember that our Department of Maine Officers are just a phone call (or any other communication!) away to assist you in achieving our mutual goals. I would like to add that as important as it is to recruit new members, it is just as important to retain the members we already have.

On another note: I recently had the pleasure of meeting an advocate from the Warrior Legacy Foundation which is a non-profit organization dedicated to reminding Americans of the value of military service and

providing a safety net for our returning Veterans by ensuring that they have assistance in locating housing, transportation, medical care and counseling as they transition into civilian life. For more information about this worthy program, please contact Pam Payeur @ 207-468-1026 or via e-mail @ mpayeur@maine.rr.com.

Liaison - MVH Scarborough: The Home will be celebrating Thanksgiving this year with a resident and family dinner on Thursday, 19 Nov. @ 11 a.m. The Scarborough MVH Christmas Party is going to be held on 13 Dec. @ 1400. I recently learned that a pharmaceutical department will be started in January 2010 whereby residents will be able to have their meds serviced at each facility as opposed to being outsourced.

QUARTERMASTER
Donald W. Linscott Jr.

The following Posts/Districts need the following:

BONDING

D-1: 2599, 9699 D-2: 1438 D-3: 558, 3315 D-5: 5723, 7865, 7866
D-6 : D-6, 6131 D-7: 7738 D-8 - 8835, 9526 D-10: 7642 D-11: 6548, 9394.

TRUSTEES REPORT OF AUDIT JULY 30TH

D-2: 1438 D-3: 558 D-4: D-4, 3381 (Mar & Jul) D-5: 5723 (Mar & Jul)
D-10: 7642 (None) D-11: 7997(July), 9394 (Mar & Jul)

JUDGE ADVOCATE
VOICE OF DEMOCRACY/PATRIOT'S PEN/CONVENTION 2010
Kevin G. Woodward

This first deadline has reached us for both the Voice of Democracy and the Patriots Pen programs. All entries should be at the Post's now. Please take a moment to make certain that all of the information required is on the forms. **Also, please make every effort to obtain the SSAN of the winners that are forwarded as it is needed in order to obtain the savings bonds.** Please get the entries to the district for judging as soon as possible. All entries should be forwarded to me for the department judging no later than 15 December. Sooner would be greatly appreciated.

SURGEON
CONVENTION SITE SELECTION 2011
Mark G. Reilly

November is American Diabetes Month, a time to shine a spotlight on a serious disease that leads to potentially life-threatening complications such as heart disease, stroke, kidney disease, blindness, and amputation.

What is diabetes? Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

Pre-diabetes is a serious medical condition that can be treated. The good news is that the recently completed Diabetes Prevention Program (DPP) study conclusively showed that people with pre-diabetes can prevent the development of type 2 diabetes by making changes in their diet and increasing their level of physical activity. They may even be able to return their blood glucose levels to the normal range.

While the DPP also showed that some medications may delay the development of diabetes, diet and exercise worked better. Just 30 minutes a day of moderate physical activity, coupled with a 5-10% reduction in body weight, produced a 58% reduction in diabetes

The American Diabetes Association (ADA) is developing materials that will help people understand their risks for pre-diabetes and what they can do to halt the progression to diabetes and even to "turn back the clock." In the meantime, ADA has a wealth of resources for people with diabetes or at risk for diabetes that can be of use to people interested in pre-diabetes.

For more information about diabetes visit www.diabetes.org

**CHAPLAIN
NATIONAL HOME
Charles A. Warden**

The urge to ignore "what's good for us" and choose instead things that may cause us harm began in the Garden of Eden. Today we live surrounded both by things that are good for us and things that aren't. Leaders in science and religion give us clear guidelines to follow in making our choices, but all too often we choose to ignore those guidelines. We eat the wrong foods or do not eat the right foods, we get too much or too little sleep and exercise; we spend too little time in prayer and contemplation and too much time being anxious. Paul admonishes us to pursue righteousness, godliness, faith, love, endurance, and gentleness. Keep this verse continually in your mind. When faced with making a decision, ask yourself which choice will bear good "fruit of the spirit."

Chaplains thought for the month: We stand tallest when we stoop to help others. Thank you God Bless and have a Happy Thanksgiving. Chaplain Charlie

National Home: The VFW National Home for Children celebrates 85 years of helping children and families of our nation's veterans this coming January. The 85th Birthday will be commemorated with a special project spearheaded by 2009-10 Jan Tittle and the Ladies Auxiliary. President Tittle announced the project asking Ladies Auxiliary Departments, Conferences, Auxiliaries and members to join together to help purchase a wonderful 85th birthday gift to take care of a very special need for a 29 passenger Mini-Bus. In December 2010, a new state law will prevent the National Home from using the 11 passenger vans to transport children; therefore, the National Home needs a Mini-Bus. Throughout the year, the Home transports larger groups of children for educational field trips, sporting events, recreational activities and to do community service work. What do you say comrades lets send them a happy 85th birthday card with a little something in it to help buy the Home a new Mini- Bus.

**NATIONAL COUNCILMAN DISTRICT 1
Eugene A. Pawlik Sr.**

Nothing to report from the Head Shed; very quiet in that regard; however, October was a busy month which started with attendance at my 2nd National Council of Administration where we recommended the 2009-2010 National budget to the full council and took action on two appeal cases. Next, I had the opportunity to serve as the National Representative at Maine's Council of Administration in Orono – an especially difficult challenge to find since my GPS had decided to quit and they don't exactly advertise the Black Bear Inn along the highway! Then, it was back to New Hampshire to fill in as the National Rep for PNC-i-C Edward Banas who had come down with the flu. This was another great function starting off with a CoA in the morning and culminating that evening with a joint Testimonial for Commander Ron Miller and President Sue Clement.

Beginning in November, C-i-C Tommy Tradewell will be visiting Maine – so, I'll probably be on hand to welcome him to the Northeast. Next is the Annual Tomb Trek at Arlington National Cemetery, which I will attend in my capacity as the Supreme District 1 Council Member; and then it's on to the Eastern States

Conference in Ocean City. Then, it's time to relax and as Post 1617 Commander, help deliver the Thanksgiving Baskets and host the Thanksgiving Dinner for our senior warriors! Like I said, slow month!!! Looking forward to your next CoA in January and hope to see many of you at Eastern States Conference. In Comradeship.

HISTORIAN
Robert H. Bernard, PSC

I know I have been asking all of you to provide me with photos and information that involves the Department Commander for his History book, but this is not the only information I would like to record. Please send anything that has happened in your Post or Auxiliary that would be of interest to the Commander. I would like to show a complete timeline of his year. It would be helpful if you would also include a brief description of the occasion. Thank you for your help.

Please send the information to: Bob Bernard, 78 Robie St., Gorham, Maine 04038, E-Mail: rbernard@maine.rr.com

INSPECTOR
TOGUS BEAL HOUSE
James M. Sawyer, PSC/Chairman

Inspector: Comrades: The Manual of Procedure, Section 218 (11) states: Not later than the end of the month following the last day of each quarterly period. Through the Post Commander, submit a Post Trustee's Report of Audit to the Department Quartermaster for referral to the Department Inspector. Comrades, the 3rd Quarter is over and you have until the end of October to get your audits to me. I have received 25 Audits so far and I have not had to return any. Job well done to those Quartermasters and Commanders.

It is the responsibility of the Post Commander to see that the audit is done on time. I am recommending that the Department Commander relieve those Post Commanders who are not doing their job.

Togus Beal House: There is no Board meeting until November 14th. I will give you my report in the next GOS.

VETERANS SERVICE OFFICER
Rene A. Deschene, S.O.

New Agent Orange Presumptive: VA Secretary Shinseki does the right thing: Adds Parkinson's, Ischemic Heart Disease and Harry-Cell Leukemia to list of Presumptive.

Post Service Officers Training: This office is still looking for a host Post for a Post Service Officers Training Seminar somewhere in districts 1 thru 6. It would be great if one Post would host for district 1-3 and another Post for district 4-6. This is a week day event from the hours of 8 am to noon. Please contact this office if your Post is interested to be a host.

Veterans helping Veterans

LEGISLATIVE
Peter F. Miesburger, PSC/Chairman

Comrades, I want to start off this month report by stating that there will be no COLA increase for the calendar year 2010 for both military, federal retirees and veterans who receive VA disability along with the

public who receive Social Security. President Obama has proposed a one time issue of \$250.00 for both military and federal retirees who are recipient of VA disability. Military and/or federal retirees will only receive the \$250.00 for either their retirement and/or VA disability, not both. As of this report, this is **ONLY A PROPOSAL** submitted by President Obama who has to get support of the Congressional Budget Office, as well as Members of Congress has to support the proposal as well.

Once again, it's election time to get out and **VOTE**. This year's election date is 3 November 2009 and it's an off year election. Throughout the state of Maine, elections will be held for local and county officials. There are Eight (8) major ballot issues that we will be voting on and I would like to state that the Department of Maine, VFW, has not taken a stand on any of these Eight (8) ballot issues. If your plans are to be involved with any political rallies in regards to any of these Eight (8) ballot issues, **BE TACTFUL** and **DIPLOMACY** goes a long way when you are in the public as the public is watching ever move that you make. **REMEMBER EVERY VOTE COUNTS.**

ADVISORY TO TOGUS
Raymond R. Lupo, PSC/Chairman

Veterans Advisory to Togus: There has not been a meeting since the last GO's however, the next meeting is on the 9 Nov and if anyone has a problem with Togus services, please advise me before the 9th.

Action Corp: There are several bills that our Legislative Chairman Peter Miesburger has requested that you notify our delegates either by phone to their local office or by E-mail to sign on to these bills. It's your voice that needs to be heard.

PAC: "Believe It or Not". Washington must have heard my comments at our last COA meeting because I just received their first year report on how the State of Maine VFW/Auxiliary is doing. They have received from us thus far \$165.50. The shame of it all is that all these monies came from our Auxiliaries. Does the VFW Post members need to read between the lines?

NATIONAL CITIZENSHIP EDUCATION TEACHER AWARD
VETERANS SERVICE OFFICE
R. Randy Worthley, PSC/Chairman

This is one of the VFW's premier programs' that we sponsor each year. The forms are easy to fill out and there are many deserving people waiting to be nominated in every town and city across the state. I hope all posts have tried to nominate at least one deserving teacher this year. Commanders, if you are working towards becoming "All American Post Commander" you will need one entrant for Teacher. Remember, for Commander Michaud to make the distinction of "All American Department Commander" the Dept. needs to submit State Winners in all three levels this year. Let's do what we can to support him with this.

Deadline to the Local Post is Nov. 1st with judging to be completed no later than Nov. 15th. Winners are then sent on to District Commander who will have them judged and I should have all K-5, 6-8, 9-12 winner's in my possession by the Dec. 15th deadline. Fill out all three forms that I had passed out at the COA in October. **VERY IMPORTANT...** make sure you double-check your information so every item is correct. (I will need a good 5 x 7, black and white photo available from all STATE Winners to send with their entry to National.)

District Chairman will mail their winners to me at 1700 Albion Road, Winslow ME 04901. If you need any help you can call me at 873-0868 (evening is best) or reach me by email at rcworthley@roadrunner.com. Again, good luck to all.

Thought to ponder... "Aspire to inspire before you expire."

VETERANS SERVICE OFFICE: Saturday October 10 the VSO Chairman and Committee met at the Black Bear Inn in Orono for our quarterly meeting. James Weiss was the representative from our Service

Office as Rene had prior commitments. There were a number of discussions with lots of input from the members and Mr. Weiss. In the end we resolved a few issues that ultimately turned out good for the VFW.

The office is in fine working order and we continue to receive positive comments from members being helped from our staff there.

CERTIFIED NATIONAL RECRUITER
HOMELESS VETERANS
Wayne H. Elkins, Chairman

Homeless Veterans: On November 7, the Homeless Veterans Stand-down will take place at Togus VA Hospital, at this time everything is in place for the stand-down. Calling cards have been purchased and clothing will be taken care of by the end of this month. If you can assist with the stand-down please be at Togus by 8 am. If any Post can make a donation to the Stand-down please send to VAVS attention Homeless Veterans Stand-down. Please send all donations to Duane Leathers.

National Recruiter: This year's priority is **Membership** so if you can put together a recruiting event, please contact any member of the membership committee and ask for assistance. Any place that you figure that people gather is a good place for recruiting events, gun show, colleges, Remember it is cold this time of year so inside recruiting events are a plus but am willing to do outside events. Don't forget many of our Veterans with the Guards are getting ready to deploy so if you can make a deployment, bring some applications with you and talk to these Veterans about the VFW organization. Make recruiting fun, not a job and look to your Post roster and get your unpaid members paid up and **Reinstate** those who lost their way. Again the 3 keys to membership are "**Retain, Reinstate, and Recruit.**"

COMMUNITY ACTIVITIES
"Americanism/Loyalty Day, Blood Bank,
Safety & Drug Abuse, Youth Activities"
Janet L. Michaud, Chairperson

Hello Comrades: First Report Activities on the proper form--if you need a form email me and I'll send you one; do not use the form provided for the Post to keep track of activities. Several Posts have reported many activities thank you!! To those Posts who are out there in the Community contributing let us know what you and your Comrades are doing, our Legislators use this information to fight for us in many ways. Monies come to Maine to assist Veterans with your help. Remember to report the number of Pints collected with all Blood Drives. Thanks for your support in this as you all know we are coming into Fall then Winter where we have fewer folks donating blood so let's keep up the press.

NATIONAL TEAM VFW SCOUTER
James A. Proctor, Chairman

If your Post needs to be raked and beautified, let a Scoutmaster know. He may have a scout that needs a service project for advancement in rank. Mail all your Scout information to: James A. Proctor, 47 Sand Rd., Naples, ME 04055-5214.

BOWLING/GOLF/WAYS & MEANS
Paul S. Colburn, Chairman

Bowling Tournament: Five (5) person team; must have two (2) VFW (or LAVFW) members on the team, the rest can be anyone you can pick up. The Tournament will be around the last weekend of March

2010 in Brewer, unless some other Post wants to host the tournament, let Paul know. (945-9850). Now is the time to get your team(s) together. The cutoff date will be the second week in March 2010.

Golf Tournament: Four (4) person team (men or women) \$200.00 per team of 4 includes 2 carts and green fees per team. It will be held at the Hermon Meadows Golf Club. Teams DO NOT HAVE TO BE VFW (LAVFW) members, but it would be nice!!! The tournament will be somewhere around the 2nd weekend in August, 2010.

Ways & Means: All Posts should have their tickets by now. If you don't have any tickets, contact your District Commander. Two BEAUTIFUL Prizes: an Old Town Canoe and an Old Town Kayak. Tickets are \$1.00 each or 6 for \$5.00. District Commanders make sure that you get the tickets to your respective Posts. Get the tickets sold and get the money or unsold tickets back to me, Paul Colburn 65 14th St. Bangor, Maine 04401, Phone: (207) 945 - 9850. If you need extra tickets, contact me. So far only 5 Posts have sent in tickets/money.

Credentials Committee: If you are going to vote in the upcoming Convention, make sure that all of your "Ducks are in a row" Check last months G.O.'s for the requirements.

NATIONAL MILITARY SERVICES
(Adopt- a-Unit, Operation Uplink, Unmet Needs)
Harry J. Stickney, Chairman

Comrades: Maine currently has 3 units from the Army National Guard and US Army Reserves deployed. They are the: 619th Transportation Company in Auburn and Dexter, 286th CSSB from Bangor and 1136th Transportation Company from Bangor and Sanford. The Air National Guard has numerous small units and individuals mobilized. The Navy Reserves of BNAS has Navy Mobile Construction Battalion (NMCB # 27) and 339th Combat Support Hospital (CSH) on active duty serving instate.

During the next 18 months, approximately 40-50% of the Maine National Guard and Reserves forces will be called to active duty. There are going to be some additional military families who'll need assistance. This will trickle down to Family Support Groups and VSO's in the service member's home area. We will be expected to assist them.

We've already had five families/service members requesting financial assistance for debts and one for homelessness. Department NMS and Post 1285 have donated over \$3,100.00 to assist and others will surely follow for claims at the USVA center and CBOC's. All five requests have sought National NMS pre-approval for reimbursement.

Without a District or Post point of contact (POC), I can only guess what's going on with those families that have additional needs. These issues will only further burden Post Commanders who already have to deal with membership, mandatory programs, scam artists and VFW legal issues. If you have personal knowledge of members in distress, please let me know.

There may be hard times ahead – winter hasn't even started yet.

WEBSITE COORDINATOR
Thomas R. Lussier, PSC/Coordinator

The Department of Maine website has information posted on Department and National membership, monthly General Orders, Department/District/Post Roster of Officers, forms for QMs to use to do their job, link to VOD/PP/Teacher of the Year program, Community and Graves Registration reporting forms and you can also download the adobe.com/reader program. It also has many other links. All you have to do is access www.mainevfw.org. The website also contains a guestbook for all to sign in, please use it, to date; only a few people have. Any Districts and/or Posts who have changes in officers are to forward the information to the State Adjutant who will forward it to me for inclusion on the website. Posts that have a website, send me your address and I will create a link using your Post name and number (Your Post name and number will be

in blue), just click on it and it will take you to your site, the only request is for you to provide a link to the Department website. If you have any questions, just e-mail me at Tlussie1@maine.rr.com or call 761-3971.

MAINE VETERANS HOMES
Arnold L. Leavitt, PSC/Trustee

The latest census is 95.8. Facing the Maine Veterans Homes is the financial uncertainty created by the 79% Disabled Veterans Program. The VA did not issue regulations until April 29, 2009 and to be effective May 29, 2009. The program was initiated to pay higher per diems for care in State Veterans' Homes to Veterans with service connected disabilities. However, the result is significantly lower total amounts paid to State Veterans' Homes. This is particularly harsh to the 31 States who are Medicare/Medicaid certified and in receipt of payments from Medicare/Medicaid. Under the 70% program the Maine Veterans Homes net loss would be 8 million dollars annually. Maine Veterans Homes would go out of business. Maine is leading the 31 states affected by contacting Congressional help to change this Program.

HOSPITAL/VAVS
Duane M. Leathers, Chairman

Don't forget about our Patient Holiday party that will be held on December 13, 2009. Currently, we are working on securing a band to perform for the Veterans. The VFW will be passing out coupons and small gifts on our ward.

We will be meeting around 1:30 pm in building 207 to sign in Dirigo Recreation Center (coffee will be served) before going to the ward on the 2nd floor, V.V. CLC 72. Parties will begin on the wards at 2:00 pm.

Please do not forget your donations to Togus Aid. We need donations for calling cards, comfort items, coffee, newspapers, etc. We also need volunteers for shuttle drivers around the V.A. Hospital. Please make your checks out to "VAVS" and mail them to my home.

Remember Hospitalized Veterans Need Our Help!!!

VETERANS CEMETERY SOUTH
James E.N. Bachelder, PSC/Chairman

The Southern Maine Veterans Memorial Cemetery Association (SMVMCA) is working on the decoration for the entry way to the grounds. We hope to have two copies of the military services logos attached to the front gates. The walkway from the committal shelter to flag poles will be designed in the near future. More beautification plans will need to wait until we can see the finished project. As we all know from the other state cemeteries around the state, this is an ongoing project.

The Southern Maine Veterans' Memorial Cemetery Association would like the input from veterans and dependents outside the Sanford Springvale area. If you live in York or Cumberland County and would like to have input to the decorating of this cemetery, please feel free to contact the association. You can contact me at 477-2877 or james.bachelder@metrocast.net.

>> **HELP IS NEEDED FOR 2 CNR's – THE NORTHERN & SOUTHERN PART OF THE STATE** <

<

Due to personal and major medical issues William Bradbury has been removed as a National Recruiter. We wish him the best of luck with his situation and look forward to his return once everything is resolved. We only have one National Recruiter (CENTRAL AREA) and are looking for two more one Northern and one Southern Maine. PLEASE PASS THE WORD – OK ?

ONE PERSON IS THINKING SERIOUS ABOUT DOING IT IN SOUTHERN AREA.

CERTIFIED NATIONAL RECRUITERS NEEDED FOR NORTHERN & SOUTHERN PART OF THE STATE.

DEPT WILL TRAIN THE NEW CNR'S - APPLY TO AJ Roy.

>>> **GREAT AMERICANISM PROJECT TO REPORT TO DEPARTMENT** <<<

POST THAT WISH TO PURCHASE AN AMERICAN FLAG FOR THE WALKWAY AT CEMETERIES IN AUGUSTA MAY SEND A CHECK FOR \$25.00 MADE OUT TO: "Veterans Memorial Cemetery Association" and send to: Arthur J. Roy.

PROGRAM STATUS REPORT

Post/Location 21 October 2009	Community Activities	Americanism	Loyalty Day	POW/MIA	Voice of Democracy	Patriot's Pen	Blood Program	Safety	Youth	Buddy Poppy	Togus Aid	REPORTS SUBMITTED
DISTRICT 1												
2599 Presque Isle		X	X	X				X				1
6187 Ft. Fairfield		X	X	X				X				1
9389 Caribou		X	X	X				X				1
9609 Ft. Kent	X	X	X	X			X	X	X	X	X	2
9699 Ashland		X	X	X				X				1
XXXXXXXXXXXXXXXXXXXX		100%	100%	100%				100%				
DISTRICT 2												
1438 Lincoln		X	X	X								1
1605 Burlington	X	X	X	X			X	X	X	X	X	5
2299 Sherman	X	X	X	X			X	X	X	X		4
4154 Millinocket	X	X	X	X			X	X	X	X	X	4
7529 Island Falls	X	X	X	X				X	X	X	X	5
9429 West Enfield	X	X	X	X				X	X	X	X	5
XXXXXXXXXXXXXXXXXXXX	100%	100%	100%	100%								
DISTRICT 3												
558 Eastport		X	X	X								1
9779 Calais	X	X	X	X			X	X	X			3
11299 Perry		X	X	X						X		1
11553 Harrington	X	X	X	X			X	X	X	X	X	2
XXXXXXXXXXXXXXXXXXXX		100%	100%	100%								
DISTRICT 4												
109 Ellsworth	X	X	X	X				X	X	X	X	5
1761 Bangor	X	X	X	X			X	X	X	X	X	4
3381 Old Town		X	X	X						X		1
4527 Orrington	X	X	X	X					X	X	X	6
4633 Hampden	X	X	X	X			X	X	X	X	X	3
XXXXXXXXXXXXXXXXXXXX		100%	100%	100%						100%		
DISTRICT 5												
3198 Skowhegan		X	X	X								1
4298 Dexter	X	X	X	X			X	X	X	X	X	4
5723 Jackman		X	X	X								1
6924 Fairfield		X	X	X						X	X	2
7865 Madison	X	X	X	X			X	X	X	X	X	2
7866 Norridgewock		X	X	X								1
8934 Embden		X	X	X								1
10881 Farmington	X	X	X	X			X	X	X	X	X	4
11191 Newport		X	X	X						X		2
XXXXXXXXXXXXXXXXXXXX		100%	100%	100%								
DISTRICT 6												
2499 Rockland		X	X	X			X					1
3095 Friendship		X	X	X			X			X		2
3108 Belfast		X	X	X			X			X	X	3
4169 Vinalhaven		X	X	X			X					1
6131 Northport		X	X	X			X					1
9437 Washington		X	X	X			X					1
XXXXXXXXXXXXXXXXXXXX		100%	100%	100%			100%					
DISTRICT 7												
2197 Topsham		X	X	X					X	X		3
4525 Waldoboro	X	X	X	X			X	X	X	X		2
7738 Bath		X	X	X						X		1
8395 New Harbor	X	X	X	X			X	X	X	X		3
XXXXXXXXXXXXXXXXXXXX		100%	100%	100%						100%		

Post/Location	Community Activities	Americanism	Loyalty Day	POW/MIA	Voice of Democracy	Patriot's Pen	Blood Program	Safety	Youth	Buddy Poppy	Togus Aid	REPORTS SUBMITTED
21 October 2009												
DISTRICT 8												
9 Gardiner	X	X	X	X			X	X	X	X	X	5
887 Augusta	X	X	X	X			X	X	X	X	X	5
1285 Waterville	X	X	X	X			X	X	X	X	X	5
8835 Winslow	X	X	X	X			X	X	X	X	X	5
9526 Winthrop	X	X	X	X			X		X			2
XXXXXXXXXXXXXXXXXXXX	100%	100%	100%	100%			100%		100%			
DISTRICT 9												
1603 Auburn	X	X	X	X			X	X	X	X	X	5
1641 Rumford	X	X	X	X			X			X	X	2
3335 Jay	X	X	X	X					X	X	X	6
9150 Lewiston	X	X	X	X			X	X	X	X		2
9459 Lisbon	X	X	X	X			X		X		X	4
9787 South Paris		X	X	X							X	1
11032 Greene		X	X	X							X	1
XXXXXXXXXXXXXXXXXXXX		100%	100%	100%								
DISTRICT 10												
832 So. Portland	X	X	X	X				X	X			5
6783 Lovell	X	X	X	X				X	X	X		3
6859 Portland	X	X	X	X			X	X	X	X	X	5
7642 East Hiram		X	X	X			X	X	X			1
9328 Harrison	X	X	X	X			X			X	X	3
9605 Long Island		X	X	X							X	1
10529 Yarmouth		X	X	X						X	X	2
10643 Windham		X	X	X								1
10879 Gorham	X	X	X	X						X		2
11362 Naples		X	X	X			X	X	X		X	2
XXXXXXXXXXXXXXXXXXXX		100%	100%	100%								
DISTRICT 11												
489 Biddeford	X	X	X	X					X	X		1
5744 So. Berwick	X	X	X	X			X		X			3
6548 Kennebunk	X	X	X	X					X		X	2
6977 York Beach	X	X	X	X			X	X	X	X		5
7997 Old Orchard Beach		X	X	X						X		1
9394 Kittery		X	X	X				X	X	X		2
9935 Sanford		X	X	X							X	2
XXXXXXXXXXXXXXXXXXXX		100%	100%	100%								

"IN MEMORY OF VETERANS"			
DIVISION LEADERS		OCT 20, 2009	
DIV. I (10-50) TOP 3 POSTS IN DIV.		DIV. IV (201-300) TOP 3 POSTS IN DIV.	
1. 558 Eastport	97.2%	1. 11553 Harrington	91.6%
2. 10879 Gorham	97.0%	2. 9935 Sanford	90.9%
3. 6548 Kennebunk	94.4%	3. 109 Ellsworth	89.8%
DIV. II (51-100) TOP 3 POSTS IN DIV.		DIV. V (301-450) TOP 3 POSTS IN DIV.	
1. 1438 LINCOLN	101.3%	1. 1285 WATERVILLE	102.1%
2. 6783 LOVELL	100.0%	2. 8835 Winslow	91.3%
3. 10529 Yarmouth	98.0%	3. 3381 Old Town	89.1%
DIV. III (101-200) TOP 3 POSTS IN DIV.		DIV. VI (451-1000) TOP 3 POSTS IN DIV.	
1. 489 Biddeford	98.9%	1. 9389 Caribou	93.6%
2. 4633 Hampden	94.4%	2. 832 South Portland	85.9%
3. 5744 SoBerwick	91.7%	3. 3335 Jay	81.4%
TEN HIGHEST POSTS BY %		TEN LARGEST POSTS	
1. 1285 WATERVILLE	102.1%	1. 832 South Portland	575
2. 1438 LINCOLN	101.3%	2. 9389 Caribou	480
3. 6783 LOVELL	100.0%	3. 8835 Winslow	408
4. 489 Biddeford	98.9%	4. 6859 Portland	408
5. 10529 Yarmouth	98.0%	5. 3335 Jay	406
6. 558 Eastport	97.2%	6. 1285 WATERVILLE	396
7. 10879 Gorham	97.0%	7. 1761 Bangor	361
8. 4633 Hampden	94.4%	8. 3381 Old Town	336
9. 6548 Kennebunk	94.4%	9. 6977 York Beach	280
10. 6131 Northport	94.4%	10. 1641 Rumford	271
DISTRICT STANDINGS		MAGIC NUMBERS FOR 2009-10	
1. District 1 Abbott	89.91%	> 11,731 MEMBERS FOR 100% DEPARTMENT < WE HAVE = 9,888 - WE NEED = 1,843 ALL POSTS/DISTRICTS SHOULD BE AT 85% "STATE CONVENTION" – JUNE 11-12-13, 2010 10 N/R MEMBERS AND YOU EARN A WHITE VFW SHIRT – 20 YOU EARN A VFW JACKET ALL DEPT OFFICERS ARE ASKED TO RECRUIT AT LEAST 3 N/R MEMBERS – WILL YOU?	
2. District 4 Smith	88.95%		
3. District 2 Moore	88.77%		
4. District 3 Dowling	87.10%		
5. District 11 Giroux	85.55%		
6. District 7 Dearborn	85.34%		
7. District 10 Nadeau	84.96%		
DEPARTMENT OF MAINE		LET'S ALL WORK AS A TEAM AND	
8. District 8 Stickney	83.13%	RETAIN – RECRUIT & REINSTATE 3 MEMBERS	
9. District 9 Hebert	81.63%	NEED HELP or HAVE QUESTIONS	
10. District 5 Talmadge	78.67%	ASK ANYONE ON THE MEMBERSHIP TEAM OK?	
11. District 6 Sedgwick	74.49%	"PAST – PRESENT - FUTURE"	

	Div	Post #	Name	HIGH	2009	10/20/009	L/M	CONT	N/R	L/MN	MEMB%	DUES:
1	3	2599	Presque Isle	570	196	176	156	20	0	0	89.8%	\$26.00
1	3	6187	FortFairfield	228	108	97	69	22	6	0	89.8%	\$26.00
1	6	9389	Caribou	867	513	480	446	33	1	0	93.6%	\$25.00
1	3	9609	Fort Kent	526	196	164	119	45	0	0	83.7%	\$26.00
1	3	9699	Ashland	291	157	135	120	15	0	0	86.0%	\$26.00
1			TOTALS	2482	1170	1052	910	135	7	0	89.91%	
2	2	1438	Lincoln	135	75	76	69	6	1	0	101.3%	\$25.00
2	2	1605	Burlington	76	63	56	51	2	3	0	88.9%	\$23.00
2	1	2299	ShermanSt	97	49	43	25	18	0	0	87.8%	\$21.00
2	4	4154	Millinocket	494	230	202	170	26	6	0	87.8%	\$30.00
2	2	7529	Island Falls	81	65	60	49	11	0	0	92.3%	\$26.00
2	2	9429	West Enfield	84	70	53	43	10	0	0	75.7%	\$22.00
2			TOTALS	967	552	490	407	73	10	0	88.77%	
3	1	558	Eastport	184	36	35	28	5	2	0	97.2%	\$23.00
3	2	9779	Calais	85	51	41	28	12	1	0	80.4%	\$22.00
3	2	11299	Perry	186	97	74	63	11	0	0	76.3%	\$24.00
3	4	11553	Harrington	224	227	208	147	54	7	1	91.6%	\$25.00
3			TOTALS	679	411	358	266	82	10	1	87.10%	
4	4	109	Ellsworth	355	205	184	163	21	0	0	89.8%	\$25.00
4	5	1761	Bangor	703	419	361	246	110	5	0	86.2%	\$25.00
4	5	3381	Old Town	604	377	336	302	32	2	0	89.1%	\$25.00
4	1	4527	Orrington	110	40	37	32	5	0	0	92.5%	\$24.00
4	3	4633	Hampden	284	144	136	114	18	4	0	94.4%	\$25.00
4			TOTALS	2056	1185	1054	857	186	11	0	88.95%	
5	3	3198	Skowhegan	323	128	117	90	26	1	0	91.4%	\$25.00
5	3	4298	Dexter	141	105	87	62	23	2	0	82.9%	\$25.00
5	1	5723	Jackman Station	57	14	9	3	6	0	0	64.3%	\$25.00
5	4	6924	Fairfield	436	252	159	141	17	1	0	63.1%	\$25.00
5	3	7865	Madison	163	107	91	53	38	0	0	85.0%	\$21.00
5	1	7866	Norridgewock	69	15	14	9	5	0	0	93.3%	\$24.00
5	2	8934	Embden	138	68	63	47	16	0	0	92.6%	\$23.00
5	1	10881	Farmington	45	29	27	23	4	0	0	93.1%	\$25.00
5	2	11191	Newport	65	51	38	29	8	1	0	74.5%	\$20.50
5			TOTALS	1437	769	605	457	143	5	0	78.67%	
6	3	2499	Rockland	277	172	93	81	12	0	0	54.1%	\$27.00
6	1	3095	Friendship	128	37	33	28	5	0	0	89.2%	\$21.00
6	3	3108	Belfast	320	127	102	81	19	2	0	80.3%	\$26.00
6	1	4169	Vinalhaven	81	18	13	11	2	0	0	72.2%	\$21.00
6	2	6131	Northport	230	71	67	59	8	0	0	94.4%	\$26.00
6	2	9437	Washington	135	61	54	50	4	0	0	88.5%	\$24.00
6			TOTALS	1171	486	362	310	50	2	0	74.49%	
7	2	2197	Topsham	114	81	63	44	19	0	0	77.8%	\$25.00
7	2	4525	Waldoboro	218	68	59	43	14	2	0	86.8%	\$20.50
7	2	7738	Bath	198	88	76	73	3	0	0	86.4%	\$20.50
7	3	8395	New Harbor	297	104	93	69	24	0	0	89.4%	\$23.00
7			TOTALS	827	341	291	229	60	2	0	85.34%	

8	3	9	Randolph	143	105	81	61	20	0	0	77.1%	\$25.00
8	5	887	Augusta	352	378	234	188	40	6	0	61.9%	\$30.00
8	5	1285	Waterville	600	388	396	319	51	26	2	102.1%	\$28.00
8	5	8835	Winslow	792	447	408	374	25	9	0	91.3%	\$27.00
8	2	9526	Winthrop	123	75	39	33	6	0	0	52.0%	\$25.00
8			TOTALS	2010	1393	1158	975	142	41	2	83.13%	
9	4	1603	Auburn	505	272	234	189	40	5	1	86.0%	\$30.00
9	5	1641	Rumford	882	350	271	169	96	6	0	77.4%	\$25.00
9	6	3335	Jay	647	499	406	344	61	1	1	81.4%	\$25.00
9	3	9150	Lewiston	199	168	130	96	33	1	0	77.4%	\$22.00
9	4	9459	Lisbon	546	273	226	203	23	0	0	82.8%	\$30.00
9	4	9787	South Paris	421	231	194	156	37	1	0	84.0%	\$25.00
9	1	11032	Greene	68	47	41	38	3	0	0	87.2%	\$26.00
			TOTALS	3268	1840	1502	1195	293	14	2	81.63%	
10	6	832	South Portland	1701	669	575	500	75	0	0	85.9%	\$30.00
10	2	6783	Lovell	110	56	56	48	6	2	0	100.0%	\$25.00
10	6	6859	Portland	1051	523	408	343	61	4	0	78.0%	\$25.00
10	2	7642	East Hiram	137	63	50	42	8	0	0	79.4%	\$25.00
10	2	9328	Harrison	95	57	51	43	8	0	0	89.5%	\$30.00
10	1	9605	Long Island	61	32	29	18	11	0	0	90.6%	\$22.00
10	2	10529	Yarmouth	101	99	97	93	4	0	0	98.0%	\$25.00
10	2	10643	Windham	81	61	54	46	7	1	0	88.5%	\$31.00
10	1	10879	Gorham	68	33	32	18	13	1	0	97.0%	\$25.00
10	1	11362	Naples	49	36	32	27	5	0	0	88.9%	\$28.50
10			TOTALS	3454	1629	1384	1178	198	8	0	84.96%	
11	3	489	Biddeford	489	190	188	178	8	2	3	98.9%	\$20.50
11	3	5744	SoBerwick	158	144	132	108	23	1	0	91.7%	\$21.00
11	1	6548	Kennebunk	121	36	34	33	1	0	0	94.4%	\$23.50
11	5	6977	York Beach	348	330	280	225	52	3	1	84.8%	\$30.00
11	3	7997	O.O.B.	322	184	110	84	26	0	0	59.8%	\$25.00
11	2	9394	Kittery	126	64	53	39	14	0	0	82.8%	\$26.00
11	4	9935	Sanford	506	263	239	200	35	4	0	90.9%	\$25.00
11			TOTALS	2070	1211	1036	867	159	10	4	85.55%	
		15020	M.A.L.	583	744	596	458	128	10	1	80.1%	
		10/20/009		21004	11731	9888	8109	1649	130	10	84.3%	

ajroy **NEED** 100% **1843**



**STATE CONVENTION
JUNE 11, 12 & 13, 2010**



**Holiday Inn, 215 High St
Ellsworth, ME – TEL: 207-667-9341 or 1-800-Holiday
Rates: \$89.00 + tax (Up to 4 people per room)**

**Rooms to be held for the following individuals until
January 1, 2010 – THEN OPENED TO EVERYONE**

**“STATE VFW & STATE AUXILIARY OFFICERS”
WHEN YOU CALL – Tell them that you are with the VFW”**

VFW

Alfred E. Michaud Sr., Commander
John E. Williams, Sr. Vice Cmdr
Louis A. Peterson II, Jr Vice Cmdr
Andre L. Dumas, Adjutant
Donald W. Linscott Jr., Quartermaster
Kevin G. Woodward, Judge Advocate
Mark G. Reilly, Surgeon
Charles A. Warden, Chaplain
Robert H. Bernard, Past State Cmdr
Arthur J. Roy, Chief of Staff
James M. Sawyer, Inspector

LAVFW

Lynn Dunton, President
Yvonne Brooker, Sr. Vice President
Barbara Cook, Jr. Vice President
Sheila Webber, Secretary
Susan L. Prue, Treasurer
Cynthia Cowling, Chaplain
Joy Andreasen, Conductress
Kim Morse, Guard
Joan Hebert, Chief of Staff/PSP
Kim Baldwin, Convention Chairperson

District Commanders

Vinal E. Abbott, D-1
Richard M. Moore, D-2
Douglas M. Dowling, D-3
Ronald F. Smith, D-4
Charles F. Talmadge, D-5
Thaxter S. Sedgwick, D-6
David Dearborn, D-7
Harry J. Stickney, D-8
Palmer A. Hebert, D-9
Edward F. Nadeau, D-10
Richard P. Giroux, D-11

District Presidents

Jeanette Stairs, D-1
Allison G. Roy, D-2
Betty White, D-3
D-4
Oleta Jerome, D-5
Burna-Dette Evans, D-6
Jean ET Smith, D-7
Brenda Blair, D-8
D-9
Stacey Martin, D-10
Lauraine Pettengill, D-11

Eugene A. Pawlik, NCM D-1
VFW National Representative

Jackie Nevins, NCW D-1
LAVFW Representative



*Voice of Democracy
Patriot's Pen
Teacher of the Year
AWARDS BANQUET*



Saturday, January 9, 2010

Waterville Elks Club

SOCIAL HOUR: 5:00 pm to 6:00 pm

BANQUET: 6:00 pm

Headquarters

Holiday Inn

375 Main St, Waterville, ME 04091

(1-800-785-0111 or 1-207-873-0111)

VFW Rate: \$64.00 + tax, up to 4 persons, 2 double beds

Please make your own reservations with the Holiday Inn

Banquet Tickets are \$25.00 per person

Department pays (All District winner's banquet tickets)

Banquet is Buffet Style

Fresh Tossed Garden Salad, Pasta Salad, Coleslaw, Marinated Bean Salad, Assorted Pickles and Olives

Hot Entrees: Braised Beef Tips, Lemon Pepper Haddock, Chicken Cordon Bleu,

Included: Rice Pilaf and Potato of the Day

Choice of Vegetable: Corn, Green Beans Almandine, Carrots, Peas with Pearl Onions,

Mixed Vegetables or Peas and Carrots

Hot Rolls and Butter, Coffee and Tea, Assorted Chef's Desserts

*******Cut*******

Meals Totals _____ x \$25.00 _____

Name _____

Name _____

Name _____

Name _____

Name _____

Name _____

Name _____

Name _____

NO ASSIGNED SEATING

Deadline for Banquet Ticket is: December 28, 2009

Make your check payable to *"Department of Maine, VFW"*



*Send to:
Cynthia Cowling
108 14th St.
Bangor, ME 04401
Phone: 207-941-0807*





*Department of Maine
Veterans of Foreign Wars of the U.S.
Buddy Poppy Order Form*



DATE: _____

POST NUMBER: _____ POST NAME: _____

SHIP TO: (Name): _____

ADDRESS: _____
(No P.O. Boxes. Must have a Street Address)

DATE OF SALE: _____

REMEMBER: It usually takes 4 to 6 weeks to receive your Poppies. **Plan Ahead.**

<u>AMOUNT</u>	<u>TOTAL</u>
_____ Poppies (Minimum 500)	\$ 115.00 Per 1,000 _____
_____ Poppies (Minimum 500)	\$ 57.50 Per 500 _____

**PLEASE SEND THE ORDER & CHECK TO:
Department of Maine V.F.W
P.O. Box 1286
Auburn, ME 04211-1286
Make your check payable to: Department of Maine VFW**

~~~~~  
Date Received & Recorded: \_\_\_\_\_

Date Receipt Returned to Post: \_\_\_\_\_  
~~~~~

This receipt acknowledges that Post # _____ has requested & ordered Buddy Poppies:
on _____.

(Signature, Department Quartermaster)