



A SALUTE TO

# VETERANS

A publication of the Addison Independent • Thursday, November 6, 2025





# Quilts wrap veterans in love, appreciation

By JOHN FLOWERS

MIDDLEBURY — Society is always looking for ways to show appreciation to its veterans, who are at times asked to put themselves in harm's way to ensure the safety and freedom of others.

That appreciation officially manifests with the federal government's provision of medical aid through the VA, housing assistance and other earned benefits. And there is the official holiday — Veterans Day — every Nov. 11.

Meanwhile, among the private groups that support veterans is one that has spent the past 22 years stitching together fantastic fabric creations designed to metaphorically and literally impart warmth to the nation's veterans. The group is called "Quilts of Valor," a national organization of avid craftspeople who each year make hundreds of quilts that are then given to those who served (or who continue to do so).

Representatives of Quilts of Valor and Ferrisburgh's Patriotic Spirits turned out at the Middlebury Quilt Show on Saturday, Oct. 11, to drape seven area veterans (and one from Maine) in fabric finery featuring stars, stripes, red, white, blue, deer, soldier silhouettes and other "wow" factors.

The Quilts of Valor Foundation was launched in 2003 by Catherine Roberts. It was a time when her son had been deployed to Iraq. The quilts, she reasoned, would give veterans a lift and a reminder of home during stressful times.

"The model appeared simple: have a volunteer team who would donate their

time and materials to make a quilt. One person would piece the top and the other would quilt it," Roberts wrote of her successful idea, which is being put into practice in dozens of states throughout the country.

The organization's members have given out more than 420,000 quilts so far, and counting.

Here in Addison County, Ferrisburgh's Patriotic Spirits quilting group has stitched together at least 300 Quilts of Valor since forming around 17 years ago. The group's leader is a Vietnam veteran who served a combined 20 years with the U.S. Navy and Army: Andre Emmell, 84.

You might have recently seen him profiled as one of WCAX Channel 3's "Super Seniors." On Oct. 11, Emmell — appropriately wearing a red, white and blue Mt. Rushmore shirt — was a VIQ (very important quilter) at the Middlebury show. He began needlework as a necessity — repairing his siblings' clothes in a cash-strapped, single-parent household — and threw himself into quilting in 1998.

Emmell had been an avid woodworker, and quilting seemed like a natural progression, albeit in a more two-dimensional realm.

"Cutting pieces of fabric and putting them back together in a design," he said of the allure of the craft. "It fascinates me how different everything can be."

As a veteran, Emmell gladly donated his time to Quilts of Valor after learning of the organization in 2003. It's his main



**VETERANS DAVID BEAROR, left, and Michael Audet are draped in the splendor of new quilts made by local craftspeople as part of a Quilts of Valor program presentation at last month's Milk & Honey Quilters Guild Show.**

Independent photo/John Flowers

quilting focus these days. He and a handful of other Patriotic Spirits members gather at Emmell's home each month for potluck dinner and a day of quilting. He has a long arm quilting machine to help the group with their noble endeavor.

Quilts of Valor recipients are most often nominated by individuals, service groups and/or American Legion posts. Sometimes the nomination comes with a design request, but the quilter is usually in charge of the quilt design. They are guided by the nation's colors, patriotic symbolism and even a veteran's favorite hobby — such as


deer hunting.

While the quilters hope the recipients use their creations to keep warm, some veterans choose to display them as wall hangings.

"I say, 'Use them!'" said Lynn Carrier, the Quilts of Valor Foundation's Vermont coordinator. "Cuddle up in it and use it on your bed."

Carrier joined the foundation effort in 2006 and estimates she's made more than 200 quilts for the cause. She comes from a family of veterans, and her reason for



(See Quilts, Page 12)



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# Bristol Legionnaires elected to national posts

By IAN CURRY

BRISTOL — In late August, two members of Bristol's American Legion Post 19 — Ron LaRose and Jeremy Revell — were elected to national positions in the American Legion; a move that both men called unprecedented.

At the 106th annual American Legion National Convention in Tampa, Fla., Post 19 Commander Ron LaRose was elected as the American Legion National Vice Commander for the Northeast Region, and Jeremy Revell was elected as the Sons of the American Legion National Vice Commander for the Northeast Region.

LaRose noted that occasionally two people from the same state will be elected to national positions, but that its "unheard of with both men coming from the same American Legion Post to serve in the same position representing the American Legion and the Sons of the American Legion."

Neither LaRose nor Revell could explain why the national organization decided to choose two members from Post 19, with Revell saying, "It may just have been a little bit of happenstance that it worked out this year."

However, what is clear is how dedicated



"Addison County is a very tightknit community and as a community we always show up for each other. That's what propelled me to keep working with the American Legion."

— Jeremy Revell



both LaRose and Revell are to serving our veterans and our wider Addison County community.

"We refer to the American Legion as the Legion Family," LaRose told the *Independent*.

LaRose, a longtime Bristol resident, has been a member of the American Legion since 1969 and has been Post Commander for the past 21 years. LaRose is a retired lieutenant colonel who spent 39 years with the U.S. Army and Vermont Army National Guard. He served in several positions throughout his commissioned years, including as Commander of an Artillery Battery, State Safety Manager at State Headquarters and Assistant Chief of Staff.

(See National posts, Page 13)

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to our veterans, we thank you  
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# Those who served tell their own stories at Vets Town Halls this November



VETERAN RACHEL WYLIE speaks at a Vets Town Hall.

VERMONT — A series of public sharing events where veterans are looking to increase understanding between themselves and civilians will continue across Vermont in coming days, including in the Champlain Valley.

At these Vets Town Hall, which began at the Vermont Statehouse on Nov. 2, veterans are invited to tell their community about their experiences serving in the military, and how those experiences have affected them. Non-veterans are encouraged to attend and listen. Vets Town Halls are free and nonpolitical, and all perspectives are valued.

“It has been said that the first duty or act of love is to listen,” says James Ehlers, former naval officer and emcee of the Nov. 2 Central Vermont Vets Town Hall. “In remembrance of Veterans Day, we will have the opportunity to listen to our veteran neighbors as they bravely share with us their stories of what it has been like to answer our country’s call to serve. No left. No right. No activists. No patriots. No grandstanding. Just Vermonters. Coming together in an act of love. Please join us.”

The series will continue in Bennington and Rutland on Nov. 7; Brattleboro, Colchester and St. Johnsbury on Nov. 9, and Charlotte on Nov. 14.

Vets Town Halls have taken place in Vermont since 2017, first in Burlington, and later at different locations throughout the state. The event format was originated by author Sebastian Junger (whose books include “War” and “Tribe”), who partnered

with Rep. Seth Moulton on the first such event in Marblehead, Mass., in 2015. In 2022, Junger, together with Bristol, Vt., resident and U.S. Marine Corps veteran Jon Turner, as well as local event planner Kristen Eaton, formed the nonprofit Vets Town Hall. Nationally, Vets Town Hall provides resources and best practices to those interested in starting these events. Here in Vermont, the nonprofit directly facilitates some events and helps with publicity and outreach for all in-state Vets Town Halls.

Veterans who would like to speak at this November’s events can indicate that when registering or reach out to event organizers. Time permitting, veterans are also welcome to sign up to speak during the events themselves. RSVPs, at [vtvetstownhall.org](http://vtvetstownhall.org), are optional but encouraged for all attendees at all events. (RSVPs are required for the Rutland pre-event meal.) All events are free; donations are gratefully accepted. Questions may be directed to Kristen Eaton at [vermont@vetstownhall.org](mailto:vermont@vetstownhall.org).

## WHAT/WHEN/WHERE

- **Bennington Vets Town Hall:** Friday, Nov. 7, at 1 p.m., at Vermont Veterans Home in Bennington. Snacks will be available.

- **Rutland Vets Town Hall:** Friday, Nov. 7, at the Godnick Adult Center, Rutland. 5:30 p.m. meal, 6 p.m. event. RSVP required for the pre-event meal (optional for the Vets Town Hall itself).

(See Town halls, Page 11)

*We salute all military personnel  
for the sacrifices they have made for our freedom.*

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at 7pm the 4th  
Wednesday of  
every month

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## Bristol American Legion, Inc. Post 19

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# AMERICA’S WARS IN THE PAST CENTURY

## WORLD WAR I (1917 - 1918)

Total Forces .....	4,734,991
Battle Deaths.....	53,402
Other Deaths in Service (Non-Theater).....	63,114
Wounded.....	204,002

## WORLD WAR II (1941 - 1945)

Total Forces .....	16,112,566
Battle Deaths.....	291,557
Other Deaths in Service (Non-Theater).....	113,842
Wounded.....	670,846

## KOREAN WAR (1950 - 1953)

Total Forces .....	5,720,000
Battle Deaths.....	33,739
Other Deaths (in Theater).....	2,835
Other Deaths in Service (Non-Theater).....	17,672
Wounded.....	103,284

## GULF WAR (1990 - 1991)

Total Forces .....	2,225,000
Battle Deaths.....	148
Other Deaths (in Theater).....	235
Other Deaths in Service (Non-Theater).....	1,565
Wounded.....	467

## VIETNAM WAR (1964 - 1975)

Total Forces .....	8,744,000
Battle Deaths.....	47,434
Other Deaths (in Theater).....	10,786
Other Deaths in Service (Non-Theater).....	32,000
Wounded.....	153,303

## IRAQ WAR (2003 - 2011)

Total Forces .....	192,000
Killed .....	4,507
Wounded.....	32,242

## AFGHANISTAN WAR (2001 - 2021)

Total Forces .....	800,000 +
Killed .....	2,461
Wounded.....	20,698

Source: U.S. Department of Veterans Affairs and the Veterans Day National Committee



# Saluting our Veterans



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# Fort Ticonderoga hosts immersive real time revolution living history event on Saturday

TICONDEROGA, N.Y. — In honor of Veterans Day, Fort Ticonderoga is offering free for all active and retired military personnel an immersive Real Time Revolution living history event on Saturday, Nov. 8. It is a salute to veterans' service in the defense of the United States, beginning with the first citizen-soldiers of 1775.

Visitors will step into Fort Ticonderoga across Lake Champlain in Ticonderoga, N.Y., as it appeared 250 years ago, capturing a moment of triumph and trepidation for the Northern Department of the Continental Army. Discover the challenges of army life as New York and New England soldiers reached the end of their first campaign season, uncertain if they would stay with the army.

"November 1775 was a fascinating time

for the American cause," said Fort Ticonderoga Vice President of Public History Stuart Lillie. "The Continental Army had to continue fighting even as they were re-raising their army. The fact that the army did not collapse in this moment is a testament to the service of American veterans who did re-enlist, even when the comfort of home called."

Experience the Revolution in "Real Time." Through dynamic demonstrations and hands-on activities, you will:

- **Witness Weapons Demonstrations:** Go beyond loading and firing and explore the many flintlock arms carried by American soldiers assembling at Ticonderoga in 1775. See captured cannons from recent victories at St. Jean and Chambly dragged and scaled by Ticonderoga's garrison.

- **Soldier and Family Life:** Discover how economy and comfort were balanced on the

shores of frozen Lake Champlain. See the sights and smell the aromas of the respectable dinner that soldiers and their families enjoyed together. Try the games that American soldiers' children enjoyed between their chores. See carpentry tools in action and discover the ongoing work as the soldiers' section, split, and stack wood to stockpile enough fuel to keep the garrison warm.

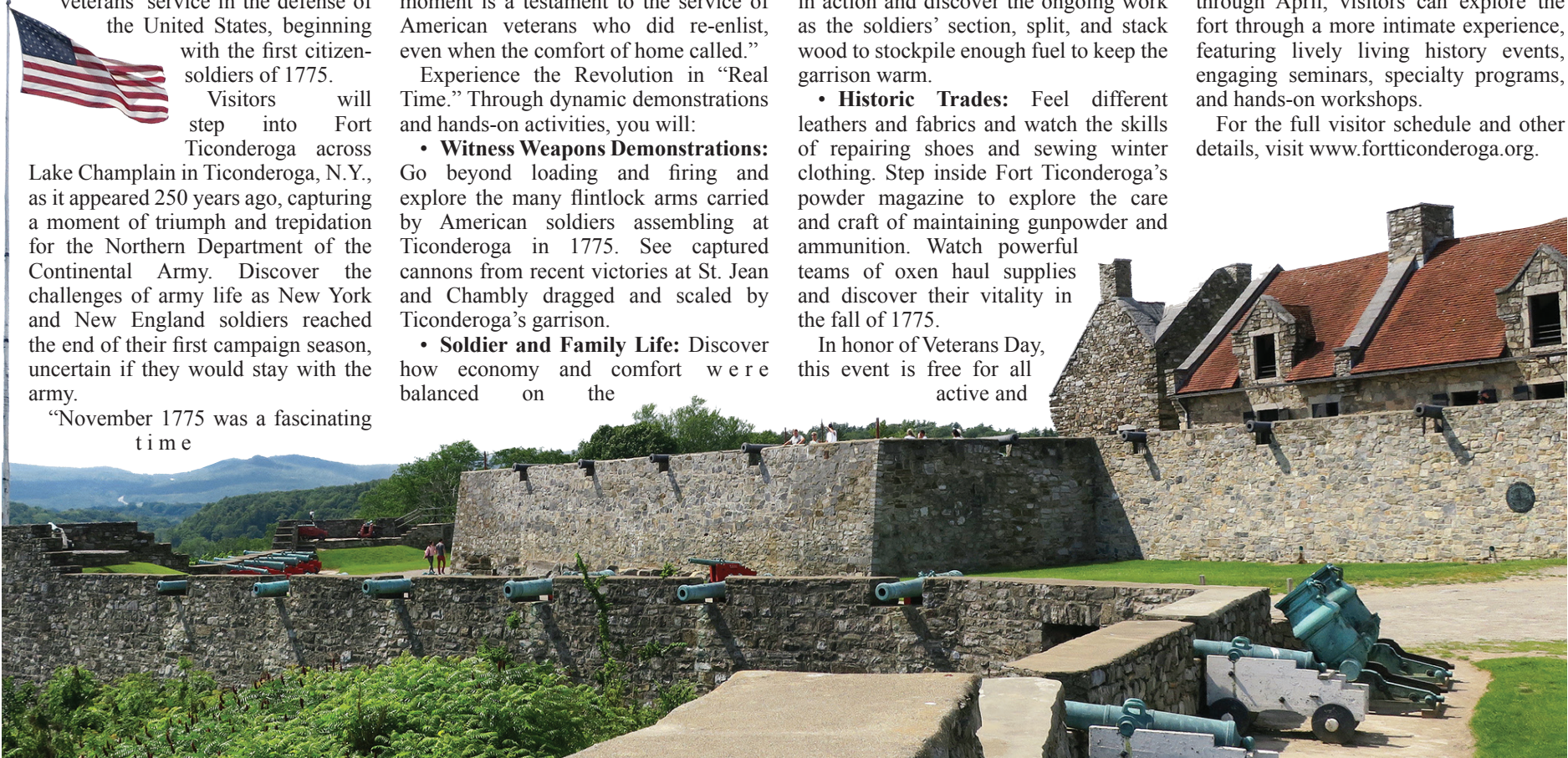
- **Historic Trades:** Feel different leathers and fabrics and watch the skills of repairing shoes and sewing winter clothing. Step inside Fort Ticonderoga's powder magazine to explore the care and craft of maintaining gunpowder and ammunition. Watch powerful teams of oxen haul supplies and discover their vitality in the fall of 1775.

In honor of Veterans Day, this event is free for all active and

retired military personnel, as well as Fort Ticonderoga Members and Ticonderoga Ambassador Pass Holders.

This Real Time Revolution event is part of Fort Ticonderoga's new Winter Quarters season schedule. From now through April, visitors can explore the fort through a more intimate experience, featuring lively living history events, engaging seminars, specialty programs, and hands-on workshops.

For the full visitor schedule and other details, visit [www.fortticonderoga.org](http://www.fortticonderoga.org).



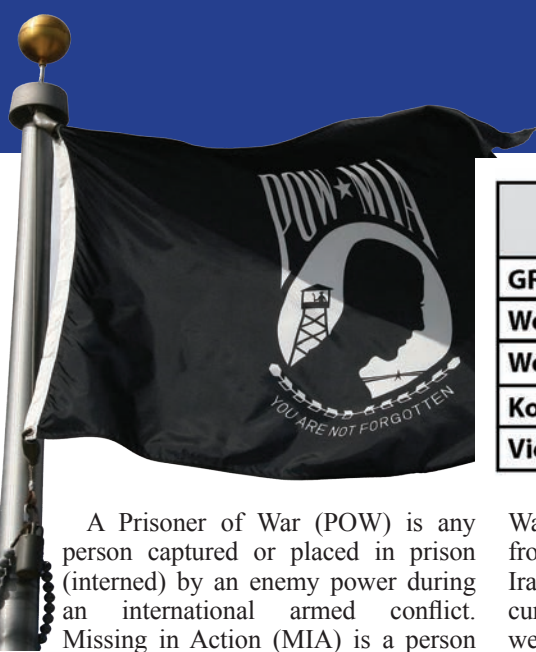
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# POW AND MIA

Name	Captured and Interned	Died While POW	Returned to U.S. Military Control	Refused to Return
GRAND TOTAL	142,186	16,985	125,180	21
World War I	4,120	147	3,973	–
World War II	130,201	14,072	116,129	–
Korean War	7,140	2,701	4,418	21
Vietnam War	725	65	660	–

A Prisoner of War (POW) is any person captured or placed in prison (interned) by an enemy power during an international armed conflict. Missing in Action (MIA) is a person whose status and/or whereabouts is unknown. A known POW is not “MIA,” but a person “MIA” may be an unidentified POW. MIA status is often the temporary report until a service person’s whereabouts can be identified and his or her status confirmed. Sadly, some service members’ status becomes permanently MIA. Military POWs and MIAs are all Veterans.

According to the Pentagon’s Defense POW/MIA Accounting Agency (DPAA), as of Aug. 8, 2024, there are more than 81,200 unaccounted for U.S. personnel, including 72,044 from World War II; 7,465 from the Korean

War; 126 from the Cold War; 1,575 from the Vietnam War; and six from Iraq and other recent conflicts. For current counts, please visit DPAA’s website at [www.dpaa.mil](http://www.dpaa.mil).


The distinctive black and white POW/MIA flag was adopted in 1972 as the official emblem of the National League of POW/MIA Families. Congress has approved displaying the POW/MIA flag at all military and VA facilities.

In 2019, the National POW/MIA Flag Act was signed into law, requiring the POW/MIA flag to be flown on designated federal properties, including the U.S. Capitol Building and the White House “on all days the U.S. flag is flown” and “in a manner designed to ensure visibility to the public.”

POWs and MIAs remain part of

the Nation’s Veteran community, and they should never be forgotten, or their


sacrifice considered less than that of any other Veteran of the United States.



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**Lt. James Bouvier**  
United States Army Air Corps  
Grafton-Underwood, England, B-17 pilot, POW  
*My Hero*  
SUBMITTED BY CONNIE LAROSE



**SFC Lawrence "Toot" Bouvier**  
United States Army Air Corps  
World War II - Philippines and New Guinea;  
Pilot L-4 Grasshopper,  
Recon/Forward Observer  
SUBMITTED BY CONNIE LAROSE, NIECE



**Chris Cammack**  
United States Army, Captain  
OIF 1, 3 & 5  
*We might not follow orders - okay, fine, Mom says the correct word is "instructions" - but we appreciate that you try to give them. We love that kids everywhere see you as a goofy, grown-up-ish child who just wants to play and we feel lucky that we get you for our dad. Thank you for giving up the fun toys and down range adventures to come home safe for us. We love you!*  
SUBMITTED BY: GEORGE, GENEVIEVE, FRANCIS, ADELAIDE & CORBIN CAMMACK



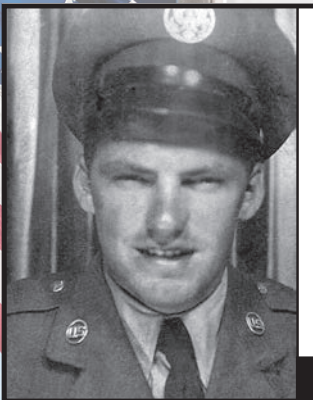
**Christopher P. J. Cousino**  
Commander, United States Navy (Retired)  
29 years service, enlisted and commissioned.  
Served on ships out of San Diego and Norfolk, deploying to the South Pacific and Persian Gulf. Deployed for one year to Afghanistan and Kabul, six months in Kuwait, one year in Bahrain. Recent tours in Washington Navy Yard, the Pentagon, and Operation Warp Speed Task Force.  
SUBMITTED BY CONNIE LAROSE



**Colin Doolan**  
A highly decorated Sergeant Major in the US Army who served in all major camps  
SUBMITTED BY: JIM DOOLAN




**SGT Emile "Frenchie" Ethier**  
United States Army- World War II  
Ordnance Corps - Served 44 months in Germany and North Africa  
SUBMITTED BY CONNIE LAROSE, NIECE




**Lucien C. Farnsworth**  
Airman First Class  
U.S. Air Force  
*Stationed in Korea, Japan, and Germany  
Thank you Lucien and Dad & Grandpa and Papa for all you did in the service, 1950-1954.  
We love you very much. We miss you.  
Your Loving Family.*  
SUBMITTED BY: YOUR FAMILY



**Larry Grace, Jr.**  
Army CW5; Vermont National Guard; 2 Tours Afghanistan. Larry's military career began in the Marines...  
*On this day, we salute you, Brother, and all veterans for your service to our country.*  
SUBMITTED BY: CHERYL L. GRACE (VERGENNES) & DENNY GRACE LATHROP (BRISTOL)





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**Larry Grace, Sr.**

Army CPL; Korea

*On this day, we salute you, Dad, and all veterans for your service to our country.*

SUBMITTED BY: CHERYL L. GRACE (VERGENNES)  
& DENNY GRACE LATHROP (BRISTOL)



**LTC Ronald LaRose**

United States Army  
Fort Campbell, Kentucky; Fort Sill,  
Oklahoma; 1/40 Field Artillery, 3rd Armored  
Division, Germany, Pentagon

*Always proud of your 39 years of service.*

SUBMITTED BY CONNIE LAROSE



**Lawrence A. Lefebvre**

US Navy Gunner's Mate  
Mediterranean, World War II

*We miss you, Dad!*

SUBMITTED BY: JACQUI HOOD



**Lawrence J. Lefebvre**

US Navy Seabees MCB-11, E4  
Bethesda, MD; Indian Head, MD; Port  
Hueneme, CA; Camp Rhodes, Vietnam

*Your family and friends are proud of your service to our country as well as to the work you have done to make the state of Vermont a better place to live and work throughout your working years.*  
*We love you!*

SUBMITTED BY: JACQUI HOOD



**Thomas Morgan**

Lieutenant Colonel  
Air Force

South Korea, Italy, Alaska and Iraq

*To us, you are husband, father, son, brother, and friend. We sometimes forget that you are also a warrior. On this day, may you realize how loved and appreciated you are for your service.*  
*Happy Veterans Day.*

SUBMITTED BY: IRENA PAVLIN



**Michael Prime**

United States Army, Sergeant  
Fort Hood, Texas

*We want to express our deepest gratitude for your unwavering dedication, strength, and sacrifice. Your courage and service remind us every day of what it means to lead with integrity and love. We are so proud of you and thankful for all that you do to protect and serve. You are our hero, today and always.*

WITH LOVE AND GRATITUDE,  
JACKIE, JOCELYN, JONATHAN, OAKLEY, AND AMELIA



**PFC Kris D. Roscoe**

United States Marine Corps  
3rd Battalion, 1st Marine Division, Vietnam

SUBMITTED BY CONNIE LAROSE, COUSIN



**SGT Leonard "Flip" Roscoe**

United States Army  
Combat Medic - World War II; Battle of the  
Bulge - Ardennes

SUBMITTED BY CONNIE LAROSE, NIECE

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SUBMITTED BY: GARY STEADMAN

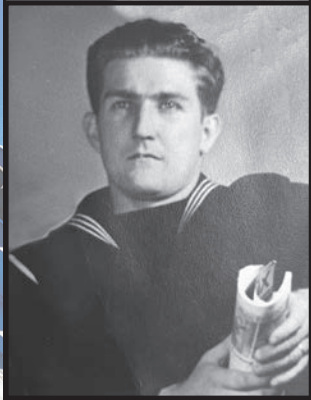


**Allen Vigotty**

Army, Military Police Corps  
Pusan, South Korea

*Remembering your devotion to our country  
during the Korean War,  
with love and gratitude.*

SUBMITTED BY - AGNES VIGOTTY & PATRICIA LEWIS



**Rob Young**

Aviation Machinist Mate Third Class  
United States Navy  
Floyd Bennett Field

*He was so proud to have served.*

SUBMITTED BY - RON HOLMES



**VETERANS DAY**

November 11, 2025

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# Town halls

(Continued from Page 4)

- **Champlain Valley Vets Town Hall:** Sunday, Nov. 9, at 1 p.m., at McCarthy Arts Center, Saint Michael's College, Colchester. Refreshments will be available.
- **Brattleboro Vets Town Hall:** Sunday, Nov. 9, at 1 p.m., at American Legion Post 5, Brattleboro. Potluck to follow.
- **NEK Vets Town Hall:** Sunday, Nov. 9, at 1 p.m., at Catamount Arts, St. Johnsbury. Snacks will be available.
- **Charlotte Vets Town Hall:** Friday, Nov. 14, at 6:30 p.m., at Charlotte's

Grange Hall. Snacks will be available.

**DESCRIPTION**

Veterans are invited to speak about their experiences serving in the military, and how those experiences have affected them. Non-veterans are encouraged to attend and listen. The goal is to increase understanding between veterans and nonveterans in our community. These events are nonpolitical, and all perspectives are valued.

**LEARN MORE & RSVP**

vtvetstownhall.org, vermont@vetstownhall.org. RSVPs are optional but encouraged. Events are free and open to all. Donations are gratefully accepted.



VETERAN JON TURNER of Bristol emcee's at a Vets Town Hall a few years back.

## What veterans can say at town hall

At a Vets Town Hall, veterans of any era who have served in any capacity have the right to stand before their community and speak for up to ten minutes.

Tell us what your service means to you.

All perspectives are valued. We're here to listen to whatever you want to say to your community, and to learn about what it was like to serve in the wars that this nation has chosen to fight.

Please tell us about your *own* experiences, whatever they may be, rather than speaking broadly about an issue or organization. You're a member of our community, and it's your stories,

reflections, and insights that we're anxious to hear.

Your talk does not need to be polished or scripted. You're not here to entertain or impress people, but to share something meaningful. Ideally, try to speak in the way you might if relating your experiences to a spouse, close friend, or family member. Speaking this way can be an act of courage in itself, and of great value to both you and your listeners.

Pre-registration is optional, but helps organizers plan.

If you're considering speaking but prefer not to register, we encourage you to attend. After preregistered speakers

go, the host will take speakers from the floor, time permitting. The goal is for every veteran who would like to speak to have a chance to do so.

Of course, veterans (and all community members) are also welcome to simply attend and listen.

Here are some starting points (but don't feel limited by this list):

1. During your military service, what surprised you most about yourself?
2. Why did you join?
3. What was your hardest day?
4. What do you miss?
5. Tell us about some of the items, both practical and personal, that you carried

- with you while on deployment.
6. How did you stay in touch with family and friends back home?
  7. How does your time in the military affect your daily life today?
  8. When did you leave the military? What was that process like?
  9. What or who has helped you in the transition from military to civilian life? What has been challenging or surprising about that transition?
  10. What questions do you wish civilians would ask when they learn that you're a vet?

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# Quilts

(Continued from Page 2)

being such an avid Quilts of Valor maker is simple.

"I'm doing this to thank these guys for what they're doing," she said, as she and her husband staffed the Quilts of Valor Foundation booth at the Middlebury Quilt Show. "They've been to hell and back."

Carrier has been a quilter more than 60 years, starting as a 4-H'er. She can do just about anything with a piece of fabric, needle and thread.

"I even made my wedding dress," she beamed.

She proudly stood by one of her works of art, featuring the silhouette of a returning serviceman hoisting his daughter into the air.

Making the quilts is indeed a labor of love; the hardest part can be giving them away. Not because the quilters want to hang onto them; it's the touching poem that's recited at each Quilts of Valor Foundation ceremony as the quilts are presented. The first four lines:

*"A few pieces of cloth from people who care*

*To honor your service, it only seems fair:  
Carefully chosen materials of red, white  
and blue*

*Sewn together for those patriotic and true."*

"I can't get through it without crying," Emmell acknowledged.

So Patriotic Spirits member Betsy Knox did the honors for last month's eight Quilts

of Valor recipients, following a presentation ceremony emceed by former Gov. James Douglas of Middlebury. Recipients included Addison County residents (and veterans) Michael Audet, David C. Bearor, Shawn Cook, William Rehn, Keith Smith, Bayne Marvin Stone and George Truax; and Mary Jane Shaw of Maine.

"It's indeed a small gesture, but we think an important one, to show once again that we value your service, we care about you, and will continue to care about you throughout the remainder of your lives," Douglas told the recipients. "We want to offer you this token of appreciation so that you'll remember the love and support Vermonters have for you and what you did for the United States of America."

Shawn Cook, proudly draped in his quilt, served in the U.S. Army from 1988-2009. Raised in Bristol and now living in Middlebury, Cook is tech director at the EastView retirement community.

Cook was nominated by the very active quilters' group at EastView.

He loves his new quilt and says he plans to "display it, with honor."

Cook said veterans are grateful to hear people thank them for their service. At the same time, he emphasized the gratitude goes both ways.

"We give thanks for your support," he said. "We couldn't do it without (folks on the home front)."

John Flowers is at [johnf@addisonindependent.com](mailto:johnf@addisonindependent.com).



ANDRE EMMELL, LEADER of a Ferrisburgh quilting group called Patriotic Spirits, stands in front of one of his creative contributions to the Quilts of Valor program. Eight veterans received quilts through the program at the Milk & Honey Quilters Guild Show last month at the Middlebury Recreation Facility.

Independent photo/John Flowers

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# National posts

(Continued from Page 3)

LaRose was also one of the first National Guard officers in the country to take up an assignment outside the United States. He was selected for the “Captains to Europe Program,” serving for three years with the 40th Field Artillery, 3rd Armored Division, Hanau, Federal Republic of Germany, where he was awarded the Meritorious Service Medal and the Army Achievement Medal. Upon his retirement, he was also awarded the Legion of Merit.

But LaRose’s service didn’t end there. He’s proud to continue serving his fellow veterans and local community through the American Legion.

“We help with Little League, Legion Baseball, we contribute to 4th of July fireworks and school organizations,” LaRose said, listing off a few of the projects Post 19 contributes to. He noted that Post 19 recently contributed \$500 to a food drive serving the five-town area.

“This is what the Legion is all about,” he said.

Regarding his new role as National Vice Commander for the Northeast Region, LaRose told the *Independent* that he plans to bring stability, knowledge and experience to the national organization. He said the new role will see him visit American Legion posts throughout 12 states in the Northeast. He hopes that communicating and working with other

Legion members will strengthen local posts in Addison County and Vermont in general.

LaRose said he’s particularly keen to gain perspective on how other posts are attracting younger veterans, who he said have been somewhat reluctant to get involved with the Legion.

“Hopefully I will learn from other states about what they’re doing to get younger veterans in the Legion ... I’ll bring that information back to Vermont to see what we could do,” he said.

Jeremy Revell echoed those sentiments, saying that communication with Legion members throughout the region will be essential to his new role as the Sons of the American Legion National Vice Commander for the Northeast Region.

“My biggest interest is going to these different states and getting a sense of what they do, what works for them, what are their big projects. From there, my goal is communication,” Revell said.

Revell has been a member of the Sons of the American Legion for 24 years. He isn’t a veteran himself but qualifies for membership through his great-grandfather Alexander H. Revell II, who served in the U.S. Army during World War I, and his grandfathers, Alexander H. Revell III and Lorin Leuthold, who served in the U.S. Marine Corps and U.S. Navy, respectively, in the Pacific Theater during World War II.

“The American legion was a way for me to honor the time they had put in service to our country,” he said.

Revell, a longtime Lincoln resident, points to his family’s long history of volunteerism, both for the country and the Addison County community, as motivation for his work with the Legion.

“I grew up in a family that was very volunteer oriented. My mother was a lister, my father was a volunteer firefighter,” Revell said.

Revell himself spent 10 years coaching youth hockey in Middlebury, but after other commitments prevented him from continuing, he looked for other ways to serve his community.

“I started talking to some of the leadership guys and helping out in the kitchen and from there I really got a sense of what the American Legion does within our own communities,” he said.

Revell told the *Independent* he’s proud to be a part of the many different support programs the Legion offers local veterans. He pointed out one of his favorites: the annual Santa Bus ride during which members distribute giftbags to veterans, the elderly and children.

“Addison County is a very tightknit

community and as a community we always show up for each other. That’s what propelled me to keep working with the American Legion.”

Like LaRose, Revell is excited to travel the region and interact with other Legion posts that could provide Vermont posts with new ideas on how to support local veterans and community members.

“My job is to take those lightbulb projects and pass them along and make sure that other folks in my region know what’s going on so they may be inspired by what’s happening in another state,” Revell said.

“Communication is really our lifeline,” he added.

Both men are excited to continue serving Post 19 and the Addison County community through their new national roles, whether its supporting youth baseball, giving presents to veterans or awarding scholarships to local highschoolers. Ron LaRose told the *Independent* he’s confident that spirit of service and sacrifice will continue to pass on through the generations.

“When younger people see us on the bandstand recognizing those who gave the ultimate sacrifice, that opens their eyes,” LaRose said.



“Hopefully I will learn from other states about what they’re doing to get younger veterans in the Legion ... I’ll bring that information back to Vermont to see what we could do.”

— Ron LaRose

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# Some service members earn the Medal of Honor

The Medal of Honor is the United States' highest award for military valor in action. Signed into law by President Abraham Lincoln during the Civil War, The Medal of Honor was the nation's first valor Medal and remains at the top of the military's "pyramid of honor." The Medal represents the courage, integrity, sacrifice, commitment, citizenship and patriotism displayed by those awarded it. Since its first presentation in 1863, just over 3,500 Medals have been awarded, a very small percentage of the over 40 million individuals who have served in the United States Armed Forces. As of June 2024, there were only 61 living

Medal of Honor Recipients from all conflicts.

While the Medal of Honor is an individual, not a unit award, as a group, the recipients will tell you that they wear the Medal for those who didn't come home and in honor of all those with whom they served.

**AWARDING THE MEDAL**

The standards to award the Medal of Honor have evolved over time, but the Medal has always stood for actions "above and beyond the call of duty." The current criteria were established in 1963 during the Vietnam War.

The Medal is authorized for any

military service member who "distinguishes himself conspicuously by gallantry and intrepidity at the risk of his life above and beyond the call of duty"

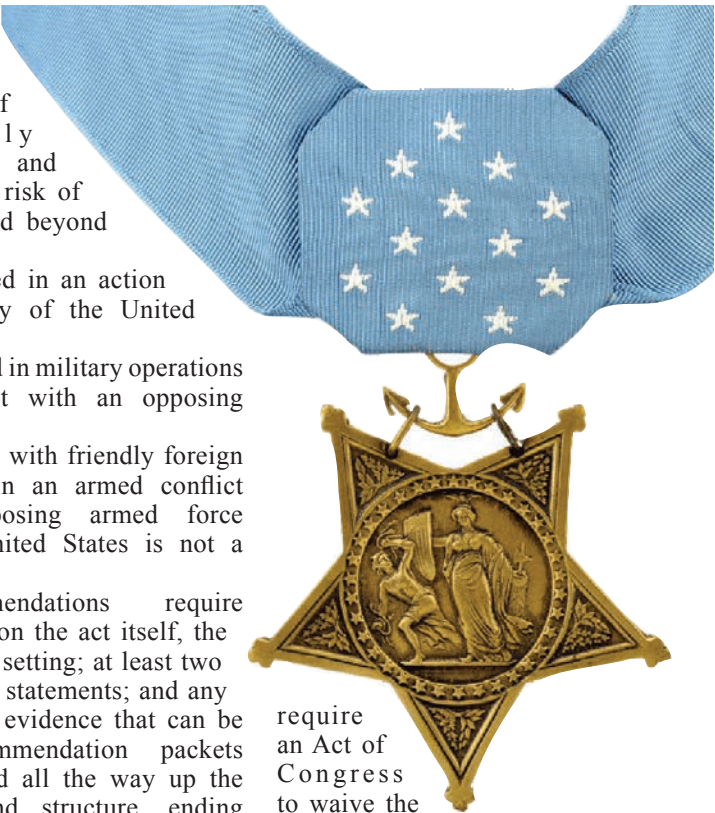
- While engaged in an action against an enemy of the United States;
- While engaged in military operations involving conflict with an opposing foreign force; or
- While serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party."

All recommendations require thorough reports on the act itself, the battlefield and its setting; at least two sworn eyewitness statements; and any other compelling evidence that can be gathered. Recommendation packets must be approved all the way up the military command structure, ending with the United States President as the Commander-in-Chief.

By Federal Statute, recommendations for the Medal must be submitted within 3 years of the valorous act and the Medal must be presented within 5 years. Any submissions outside of this timeline

require an Act of Congress to waive the time limits.

To read the citations of any of the nation's Recipients of the Medal of Honor, and to access living history videos and additional reference material, see the Congressional Medal of Honor Society's website at [www.cmohs.org](http://www.cmohs.org).



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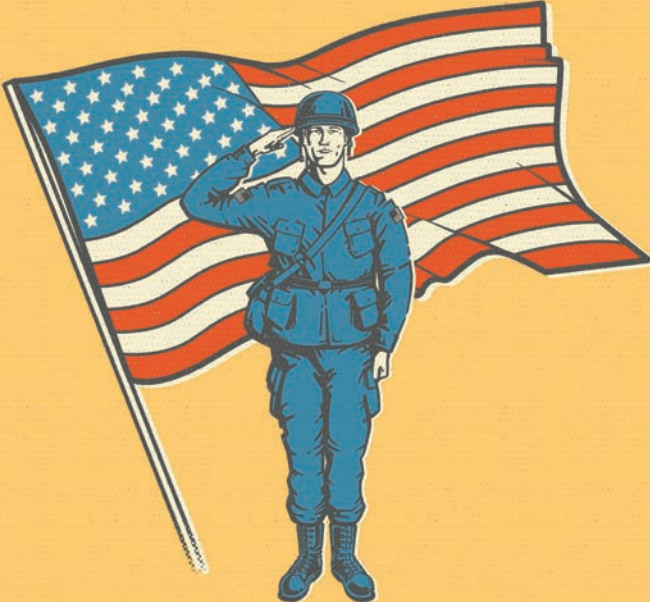
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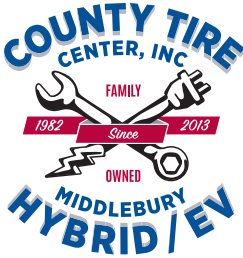
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