



## AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 [www.americanlegionpost105rwc.org](http://www.americanlegionpost105rwc.org) – Vol. 00036 October 2021

### COMMANDER GREETINGS



*George Smith, Commander*

Hoping all our AL Post 105 **legionnaire members and their families** are doing fine during these challenging times in our local communities. It's my gratitude to share this monthly newsletter honoring all Italian American veterans of our post, for their contribution aligned with the **Italian American Heritage Month** of October 2021 in our nation! Including all our post veterans for their honorary military services to protect our patriotic freedom in America. Our post is here to help military veterans and their families as well as highlighting, and featuring our post events with resources to assist our veterans when necessary – please let us know immediately.

An outstanding special THANKS to our **proactive membership and comrades** with their ongoing support, and for our post mission in life with diversified communities for **God and Country!**

Because our freedom in America is NOT free when it seems to appear within our social environments, and many THANKS to our military veterans for their services! It is our post legionnaire mission in life with **100+ years** of patriotic services for **God and Country** with the ability to strengthen America. Our Post 105 family team is always WELCOMING **new veteran legionnaires** for our post mission! **STAY SAFE & HEALTHY!**



Happy Birthdays, Anniversaries, etc. to all Post 105 legionnaire members in **October 2021** and many more to come!!! Enjoy and have fun at your celebrations – **STAY SAFE & HEALTHY!**



**POST EVENTS & INFORMATION SHARING**



*There is always one more thing we can do to make a difference. It's not just what we do, it is who we are!*

<p><b>Hiring Local Veterans</b>                  FedEx Office Print &amp; Shipping Center                  1194 El Camino Real,                  Menlo Park, CA 94025                  Phone Number: 650-321-4202                  Website: <a href="http://www.fedex.com">www.fedex.com</a></p>	<p><b>Hiring Local Veterans</b>                  Kennedy Auto Body &amp; Paint                  1026 El Camino Real,                  Redwood City, CA 94063                  Phone Number: 650-365-1565                  Website: <a href="http://www.kennedyautobody.com">www.kennedyautobody.com</a></p>
<p><b>Blue Angels Fleet Week 2021</b>                  Sunday, October 3, 2021 @ 12 PM – October 11, 2021                  Marina Green                  200 Marina Blvd., San Francisco, CA 94123                  Website: <a href="http://www.airshownetwork.com">www.airshownetwork.com</a></p>	<p><b>Veterans Affairs Farmers Market</b>                  Wednesday, October 6, 2021 @ 10 AM – 2 PM                  San Francisco VA Medical Center                  4150 Clement Street, San Francisco, CA 94121                  Website: <a href="http://www.sanfrancisco.va.gov">www.sanfrancisco.va.gov</a></p>
<p><b>MIS Historic Learning Center – Self Guided Tour</b>                  Saturday, October 9, 2021 @ 12 PM – 5 PM                  MIS Historic Learning Center – Building 640                  640 Mission Street, San Francisco, CA 94129                  Contact Phone: 415-921-5007                  Website: <a href="http://www.njahs.org">www.njahs.org</a></p>	<p><b>Post 105 General Meeting – NEED dinner RSVP</b>                  Wednesday, October 13, 2021 @ 7 PM                  American Legion Post 105                  651 El Camino Real, Redwood City, CA 94063                  Phone Number: (650) 365-1337 <b>(FREE DINNER @ 6 PM)</b>                  Website: <a href="http://www.americanlegionpost105rwc.org">www.americanlegionpost105rwc.org</a></p>
<p><b>Marine Corps League – Delta Diablo Detachment</b>                  Thursday, October 21, 2021 @ 6 PM – 8 PM                  Brentwood Veterans Memorial Building,                  757 1<sup>st</sup> Street, Brentwood, CA 94513                  Phone Number: 925-787-8087                  Website: <a href="http://www.brentwoodveteranshall.org">www.brentwoodveteranshall.org</a></p>	<p><b>Commanders Coffee Lounge</b>                  Wednesday, October 27, 2021 @ 9 AM – 12 PM                  American Legion Post 105,                  651 El Camino Real, Redwood City, CA 94063                  Phone Number: (650) 365-1337                  Website: <a href="http://www.americanlegionpost105rwc.org">www.americanlegionpost105rwc.org</a></p>

**IMPORTANT NOTICE:** The veterans can contact American Legion Post 105 and/or American Legion District 26 with information below, for assistance with veteran’s resources regarding how to secure appropriate assistance when necessary. The American Legion Post-105 and/or District-26 will align veterans with available resources for supportive services.

<p><b>American Legion Post 105</b>                  651 El Camino Real,                  Redwood City, CA 94063                  Contact Phone: 650-365-1337                  Website: <a href="http://www.americanlegionpost105rwc.org">www.americanlegionpost105rwc.org</a></p>	<p><b>American Legion District 26</b>                  1159 Bush Street,                  San Carlos, CA 94070                  Contact Phone: 650-349-7146                  Website: <a href="http://www.ALDistrict26.org">www.ALDistrict26.org</a></p>
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## MEMBERSHIP VETERAN STORIES

Post membership and/or all military veterans can share stories about the war (*all wartimes*) during their veteran services, community services to help veteran families, etc. and many THANKS to veterans for sharing.



The newsletter veteran story this month is about our honorary military services comrade Jimmy Malo who served in the U.S. Marines during the Vietnam War. He was drafted and served as a Machine Gunner with his comrades on the battlefield and targeting enemies to attack. He served as a sniper and focused on enemy attacks with defensive ways for protection, and helping his comrades when necessary on the battlefield. He worked closely with his veteran friends to help medical units when transporting wounded soldiers for safety. Making sure machine guns are working well during the battlefield operation as well as cleaning machine guns every day for readiness.

He learned a lot from his military experience and very thankful for the opportunity to learn different things about life in general – very proud of serving his country! He made many friends during his military career and stays in contact with them, and making sure they are doing okay with their families. He will be happy to help veterans and their families in local communities when necessary.



## **POST EVENTS PICTORIAL LAYOUT**

The Post 105 participates in various local and state veteran events for supportive services for veterans and their families. The following pictures illustrating examples of Post 105 supportive services for veterans and their families during an event in local communities. It's the post commitment for quality services supporting our veterans and their families – exemplifying by action throughout communities! *(THANKS photographers for pictures!)*



George Smith, Commander, AL Post 105 and Carol Rael, President, Auxiliary Unit 105 with their teams at the Girls State Citizens brunch event.



AL Post 105 ALR member Gary is prepping up for the 22 mile ride to Palo Alto VA Hospital for the Suicide Prevention Fundraising.



ALR members are getting ready for their Suicide Prevention Fundraising ride for 22 miles.



AL Post 105 ALR member Andrew has arrived and getting ready for their fundraising ride for Suicide Prevention.



AL Post 105 ALR members with their supportive friends of Golden Gate "HOG" Chapter in San Francisco, as well as members of Blue Star Moms and Auxiliary Unit 105.



AL Post 105 ALR members with their supportive friends posing for pictures at the Palo Alto VA Hospital with their mission accomplished.



**Featured Emblems:**

- The American Legion
- American Legion Auxiliary
- Sons of The American Legion
- American Legion Baseball
- Junior Shooting Sports
- Child Welfare Foundation
- National Emergency Fund
- American Legion Riders
- POW-MIA
- Armed Forces
- U.S. Flags
- State Flags
- Historical Flags

**OFFICIAL AMERICAN LEGION CLIP ART**

Please refer to inside cover for information regarding the use of The American Legion name and emblem.

**File formats and usage:**

- **EPS** – for high-quality printing; best-quality image
- **TIF** – for general desktop publishing use and reproduction
- **JPG** – for on-screen use such as Web sites and PowerPoint presentations
- **GIF** – for on-screen applications; allows for transparency around outer portion of image (no white box)

04EMB0206

Above is an image of our historical American Legion Post 105 Family logo and artwork secured by our very own Peggy Toye, Auxiliary Unit 105 Secretary. She was going through her data files and came across therein American Legion Clip Artwork from 2007. It's the official American Legion CLIP ART and with Featured Emblems for the AL Family operational elements. Including administrative measures with functional file formats and how to use them within the AL Family operation for transparency. As well as publication and production techniques with quality results, and using technology transparent techniques for presentations effectiveness and efficiency.

## ➤ From the Office of the Commander

Legionnaires...

Well, here it is October, hopefully the fall season finds you and your families doing well.

A couple of things are happening this month...

Every 4<sup>th</sup> Wednesday from 9:00 AM to 12:00 noon we'll be having a **Commander's Coffee**. Coffee and pastries will be at the Post for our members to stop by and chat with the Commander (and any other Officers that happen to drop in). I'll be there to answer any questions you might have about the Post, the Legion, Benefits of just to shoot the bull. So, if you happen to be in the area, please stop by and join me for coffee.

**Early Bird Dinner** is back! At our Wednesday, November 10<sup>th</sup> meeting dinner will be served at 6:00 PM. Everyone that has renewed their membership by October 31<sup>st</sup> is welcome to attend for a FREE dinner and that includes all our PUFL's, this invitation also include one guest. If you're going to attend, [please RSVP to Leo McArdle at 1-650-303-2725, so we have enough to feed everyone.](#)

Save the date, Thursday, November 11, 2021, 9:30 AM to 11:00 AM, the American Legion Post 105 and the Downtown Lyon's Club will be hosting a **Veterans Day Celebration** at the Courthouse Square in Redwood City. Please plan on joining us to Honor our Veterans, past and present. (See Flyer in the next newsletter.)

George

- Our EBoard continues to keep up with our post updates with therein post development status, and therein comprehensive DDA/Development Agreement ("Agreement") has been signed appropriately by all involved parties and moving forward for next steps – **development status letter** was sent to our post membership. The next steps may take two years because of development permits and/or assessments for therein project.
- Our **AL Post 105 Charity Foundation** has contributed **\$200** to help the upcoming **Veterans Day Celebration**, and our Post 105 Commander, George Smith shared his thankful regards!
- Our **First Vice Commander, Mr. Tom Day** reported on our post current membership is coming along well with **53** early bird membership renewals. The report identifies **1 member** is eligible for 60 years membership, and **4 eligible** for 50 years membership certificates. He recommends having a special recognition event for therein 5 legionnaire members of our Post 105. Many THANKS to renewal members who are already in place and **your membership dues** go directly to help veterans and their families. Please visit our website [www.americanlegionpost105rwc.org](http://www.americanlegionpost105rwc.org) for more membership information and updates.
- Our post has a calendar identifying daily and/or monthly events as well as specified holidays, and other national calendar dates for recognition, etc. Please visit herein following linkage below to review our <https://americanlegionpost105rwc.org/calendar> calendar of events and for more information.
- Please contact our post if anyone else of our **Post 105** membership is aware of any other Everlasting Post members, and/or anyone in the hospital because of his/her illness. Please contact our **Post Chaplain Dennis Lopez** at 650-346-9825 for assistance when necessary regarding logistical matters.



- The **American Legion Riders Chapter 105** President, Ed Fifer and colleagues shared herein following progressive activities. American Legion Riders Chapter 105 has participated in **17 missions** supporting our deceased veterans by participating on Firing Details during the month of August 2021. They had a successful rider's mission during last month with **3479 miles** to help veterans, and their families and **donated 252 volunteer hours**. The ALR Unit 105 successfully completed their recent **Suicide Prevention** ride mission to Palo Alto VA with a delicious barbeque. It was a great team effort with 22 miles to support Veterans Suicide Prevention and successfully raised \$3600! If you own a freeway legal motorcycle, are a member of the American Legion, American Legion Auxiliary or Sons of the American Legion and would like to join us, please drop me an email at [ALRChapt105@gmail.com](mailto:ALRChapt105@gmail.com) or call me at 650-349-7146.
- The **SAL Unit 105** Commander, Andrew Trapani reported previously another new member joined and elevated their membership numbers. The AL California Department identifies SAL Unit 105 with **80% membership** retention versus their membership goal. The SAL Unit 105 participated in **8 Final Hours Details** during rifle-firing details to honor our veterans, and with **105 participants** during the month of September 2021 – more details are scheduled for this month of October 2021. The SAL Unit 105 donated **\$100** for the Veterans Day Celebration and they contributed **50 hours** of volunteering time with **670 miles**. We are constantly **looking for new qualified members**, and not only can Patriots join but veterans can also join the Sons of The American Legion. The following are eligibility qualifications for SAL Unit 105: A male descendants adopted sons, and stepsons of members of The American Legion, and such male descendants of veterans who died in service during the period of April 6, 1917. Through November 11, 1918, or any time from December 7, 1941, to date, who served honorably, as set forth in Article IV, Section 1, of the National Constitution of The American Legion, or who died subsequent to their honorable discharge from such service shall be eligible for membership.
- The AL **Auxiliary Unit 105** President, Carol Rael continues to meet with our unit in-person at the Post--second Tuesday @ 6pm. The Auxiliary was happy to host our California Girls State (CAGS) Citizens--Sequoia High's Lucy, Nueva School's Adrienne, and Design Tech High's Kasvi (see picture). Commander George Smith and Post Charitable Foundation President William Jackson, Jr. graced us with their presence as well. The young ladies will serve as advocates for the 2022 CAGS program in their schools. Adrienne's already working on our behalf with her Nueva's Community Service Club to start a coffee drive benefiting VA-Menlo Park (VA-MP) residents. College Park Girl Scouts confirmed they will contribute toiletries for the holiday gift bags for short-term patients at VA-MP (along with their handmade holiday cards for all Bldg. 331 patients). Auxiliary members attended the first Post Coffee Lounge, enjoyed exchanging stories with Legionnaires, and consumed Panera Bread scones, bearclaws, and croissants. See you at the next Coffee Lounge on Wednesday, October 27, 9am-12noon.
- The Auxiliary Unit 105 picture of the Girls State Citizens Brunch event was posted on the San Mateo Daily Journal in the Community Section. Please copy and visit herein following linkage regarding "[Girls State Citizens share with American Legion Auxiliary](#)." It was a successful event with the Girls State participants and their presentations with professional results.



- The statewide **Women Veterans Affairs** is growing rapidly and advocating for effective services throughout California. The CalVet women organization is having online webinar sessions by clicking to the following link. <https://www.calvet.ca.gov/WomenVets/Pages/Monthly-Statewide-Webinars.aspx>
- We know how critically **IMPORTANT** to help our veteran comrades and families with many ongoing human service challenges in life. Because many veterans may not be able to find appropriate help for assistance with **health, safety, suicide and human services** including crisis matters. If a veteran is NOT sure where to start looking for help, please contact the **Veterans Crisis Hotline** at 1-800-273-8255. Copy and click online following linkage <http://www.knowavet.org> and/or text 838255 for more information.
- Please find herein a couple of some possible ways to help prevent veteran's suicidal mindset with damaging behavioral aspects in life. These **preventative approaches** have been proven to work based on positive feedback from expert participants. Because veterans suicidal ways of life continues to elevate with limited prevention measures for assistance and these two may help as follow: 1) **Armed Forces Ministry**, and 2) **Boulder Crest Retreat**. Please copy herein linkage and search online for Armed Forces Ministry at <https://armedservicesministry.org/> and visit Boulder Crest Retreat at website [www.bouldercrestretreat.org](http://www.bouldercrestretreat.org) for more information and helpful resources.
- The California medical **assisted suicide law elements** have been extended aligned with **SB380**, and state legislators approved therein legislation and going to the governor for his consideration with signature. Please pay close attention to this particular state legislation **because many veterans may become part** of the process covered within thereby **new approval suicide law elements** under SB380.
- The **CalFresh Program** for food in San Mateo County can help people with nutrition meals for veteran families. Please go online with herein linkage <https://www.cdss.ca.gov/food-nutrition/calfresh> for more information and access – contact email at [antorres@smcgov.org](mailto:antorres@smcgov.org) and phone number 650-802-6575.
- The **Second Harvest Food Bank** offers food pickup locations within San Mateo County on their website at <https://www.shfb.org/get-food/> – contact phone number 800-984-3663 or text GETFOOD at 408-455-5181. The Second Harvest Food Bank is collaborating with other food agencies in San Mateo County.

### **NEWSLETTER EDITOR NOTICE**

Our post newsletter is offering this opportunity to reach out and work closely with our membership legionnaires and all veterans! The post members can provide future newsletter articles and/or “appropriate” newsletter posting information. Including stories and comments about post activities, veteran's insight views and information sharing, pictures, etc. Please send information by email [mfcpalesoo@gmail.com](mailto:mfcpalesoo@gmail.com) or phone call at 650-365-1337 for informational message.

**American Historical Quote:**      *“The best way to predict your future is to create it.”*

*President Abraham Lincoln*