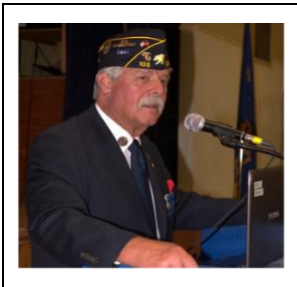




## AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 [www.americanlegionpost105rwc.org](http://www.americanlegionpost105rwc.org) – Vol. 00047 September 2022

### COMMANDER GREETINGS



*George Smith, Commander*

Hoping all our AL Post 105 Family **legionnaire members** and **their families** are doing fine! Sharing my gratitude and appreciation to all **Hispanic and Latino** veterans of our post, and acknowledging their honorary military services. To honor therein **Hispanic Heritage Month** of September 2022! Including ALL our post veterans for their honorable military services and their sacrifice. Also, remembering our fallen comrades because **they will never be forgotten!** Honoring our POW/MIA veterans on **Friday, September 16, 2022 POW/MIA Recognition Day** – THANKS for your service! Our post family continues to help veterans and their families – **please let us know.** Always many thanks to our **proactive members** for their assistance, and our American Legion Post 105 Family for their ongoing support for **God and Country** to empower America! Wishing **Happy Labor Day** weekend to all our post family legionnaire members and their families.

Encouraging our Post 105 members to join our membership meetings on the second Wednesday of each month at 6 PM. The meeting veteran participants can enjoy a FREE dinner meal and possibly WIN a cash monetary prize! The winner MUST be present at therein general membership meetings requirement, to personally accept thereby cash monetary prize from the raffle tickets drawing.

Because our freedom in America is NOT free like it appears within our social environments, and many THANKS to our military veterans for their honorable services! It is our post legionnaire mission in life with more than **100 years** of patriotic services for veteran families and their children. Our post family is always WELCOMING **new veteran legionnaires** for our community mission!



Happy Labor Day, Happy Birthdays, Happy Anniversaries, etc. to ALL our post legionnaire members in **September 2022** and many more! 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 Veterans Priority</b> Local CVS, 700 El Camino Real, Menlo Park, CA 94025 Phone Number: 650-566-1405 Website: <a href="http://www.cvs.com">www.cvs.com</a></p>	<p><b>Hiring Veterans Priority</b> Local CVS, 1165 W. El Camino Real, Sunnyvale, CA 94087 Phone Number: 408-732-1688 Website: <a href="http://www.cvs.com">www.cvs.com</a></p>
<p><b>Author &amp; Activist Book Release – Our Veterans</b> Wednesday, September 7, 2022 @ 6 PM – 8 PM War Memorial Veterans Building – KPFA Radio, 401 Van Ness Avenue, San Francisco, CA 94102 Phone Number: 415-621-6600 Website: <a href="http://www.sfwarmemorial.org">www.sfwarmemorial.org</a></p>	<p><b>3<sup>rd</sup> Veterans Claims Target Seminar</b> Sunday, September 11, 2022 @ 1 PM – 6 PM VFW – Brentwood Veterans Memorial Building, 757 1<sup>st</sup> Street, Brentwood, CA 94513 Phone Number: 925-787-8087 Website: <a href="http://www.vfw10789.org">www.vfw10789.org</a></p>
<p><b>Post 105 General Meeting – NEED rsvp for dinner</b> Wednesday, September 14, 2022 @ 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>Live Infant CPR Seminar</b> Saturday, September 17, 2022 @ 5 PM – 7 PM Sequoia Healthcare District, 525 Veterans Blvd., Redwood City, CA 94063 Phone Number: 650-421-2155 Website: <a href="http://www.seqhd.org">www.seqhd.org</a></p>
<p><b>VA Farmers Market</b> Wednesday, September 21, 2022 @ 10 AM – 2 PM San Francisco VA Medical Center, 4150 Clement Street, San Francisco, CA 94121 Phone Number: 415-221-4810 Website: <a href="http://www.sanfrancisco.va.gov">www.sanfrancisco.va.gov</a></p>	<p><b>Rooted – Honoring The Oakland Campus</b> Saturday, September 24, 2022 @ 4 PM – 7 PM CCA/California College of the Arts Clifton Hall 5276 Broadway, Oakland, CA 94618 Phone Number: 800-447-1ART Website: <a href="http://www.cca.edu">www.cca.edu</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 veteran Andy Roberson. He served during the Gulf War in the U.S. Army as a Motor Pool Specialist with an E-5 rank of honorary services. He worked closely with his comrades to ensure transporting vehicles and armory tanks are well prepared for effective ground missions. He served active duty in the U.S. Army with 4 years and several years in the reserve unit. He shares his honorary military services along with his friends and relatives, and it really gets him going by trusting comrades is a MUST thing to do leads into victory!

He is actively involved with other community service organizations to help veterans and their families within local communities. He is attending a local college to further his education and working towards higher engineering skills especially with technology.



## POST EVENTS PICTORIAL LAYOUT

### AL Post 105 Family Participation Activity - July 4<sup>th</sup> Independence Day Parade

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 our post commitment for quality services supporting our veterans and their families – exemplifying by action throughout communities! *(THANKS to all photographers for pics)*



Cliff and Dennis are ready for therein Post 105 float for the July 4<sup>th</sup> parade in Redwood City.



George, Helen, Mike, Bill, and Cobbey are helping people load onboard the float for the downtown parade.



Dave, George, Cliff, Bill, and Dennis are preparing for the Post 105 parade float.



Blue Star Moms float preparation for therein parade in downtown Redwood City.



Carol is helping Chester at the Post 105 BBQ celebration thereafter a successful parade activity.



Carol is serving meals to veterans and their families at Post 105 during the BBQ celebration.



## American Legion Post 105 Family Shares PACT ACT Veterans Benefits



# VA SURVIVOR BENEFITS & THE PACT ACT

You may be eligible for VA benefits and services after your loved one has passed.



### The PACT Act makes it easier for many survivors to receive Dependency and Indemnity Compensation (DIC).

VA will be contacting survivors who were previously denied DIC benefits and may be newly eligible under the PACT Act. You do not need to wait for VA to contact you to submit a claim.

#### How to Apply for DIC and/or Accrued Benefits

Surviving family members may apply for these benefits using the appropriate VA form on [va.gov/family-member-benefits](https://va.gov/family-member-benefits).



#### Dependency and Indemnity Compensation

Monthly payment for the eligible surviving spouse, dependent children or parent(s) of the Veteran or service member IF Veteran or service member died in the line of duty or due to a service-related injury or illness.



#### Accrued Benefits

A one-time payment to a surviving spouse, dependent child(ren) or dependent parent(s) of a deceased Veteran based on relationship when the record shows additional benefits (such as VA compensation or pension) due to the Veteran prior to passing.

#### Additional Survivor Benefits Available:



#### Burials and Burial Allowance

Burial benefits available include a gravesite in any of our National cemeteries with available space, opening and closing of the grave, perpetual care, a government headstone, marker, or medallion, a burial flag, and a Presidential Memorial Certificate, at no cost. Some survivors may also be eligible for a plot allowance, transportation allowance, and burial allowances based on the service connected disability status of the deceased Veteran.



#### Final Monthly Payment

If a Veteran who is receiving VA compensation or pension benefits passes away, their last month of benefits can be paid to their surviving spouse.



#### Home Loan Guaranty

Certificate of Eligibility is available for surviving spouses receiving DIC.



#### Education and Training

Chapter 35 benefits and Fry Scholarship are the two main GI Bill programs offering educational assistance to survivors and dependents of Veterans who died in the line of duty or as a result of service-related disabilities.



#### Health Care

Survivors and dependents of Veterans may qualify for health care benefits, such as CHAMPVA.



U.S. Department of Veterans Affairs

Learn more and sign up at [VA.gov/PACT](https://va.gov/PACT)  
Download the [VA Health and Benefits App](#)  
Call us at 1-800-MyVA411 (1-800-698-2411)  
Find a VA at [VA.gov/find-locations/](https://va.gov/find-locations/)

## POST 105 COLLABORATIVE TASK FORCE

THE AMERICAN LEGION FAMILY



## Blue Star Moms July 4<sup>th</sup> Independence Day Parade Float



The **AL Post 105 Family** units are always assisting each other within our **Collaborative Task Force**, to help local veterans and their families. The **Blue Star Moms** are always having local activities to help veterans and their families in San Mateo County. Including supportive endeavors to help veterans and their families with local, state, national, and international activities.

➤ **From the desk of the Commander**

I hope this finds you and your families in good health and ready for Fall. August is behind us the kids are back in school and September is here, the years go by quicker and quicker.

We've had many special events at the Post in the last few months.

- The American Legion Post 105 Family had 3 fund raisers, one to assist the survivors of the devastating earthquake in Fiji, one for the American Red Cross for their support of the Civilian and Veterans in Ukraine and one for a Suicide Prevention Ride to raise money for the Suicide Prevention Program at the Palo Alto VA Hospital. We also had a Dinner Dance at the Post. We also had a SOS Breakfast with eggs anyway you wanted them, juice, coffee and it was GREAT! We'll be hosting another early next year.
- Our Auxiliary had a very successful Poppy Drive raising money to support our Veterans at the Long-Term Facility at the Menlo Park VA Hospital.
- The Blue Star Mom's hosted an event to pack goods for our deployed Troops.
- The US Marine Corps 23d Regiment in San Bruno held a car wash at our Post.
- The Boys/Girls Scouts held a recruitment for new members at the Post.
- Our Auxiliary had a breakfast for the young ladies they sent to Girls State.

Early Bird Dinner will be at our regular meeting, Wednesday, October 12, 2022. All members that have paid their 2023 dues and all PUFL members are invited for a SPECIAL October (hint, hint) dinner. We will also be awarding members that have a 5-year or more membership with patches, in 5-year increments, i.e., 5/10/15/20 etc., up to 50 years membership. All those with 50 or more years membership will be receiving lapel pins with their years of belonging to the Post. The years of membership are determined by American Legion National taken from MyLegion.org. We also have bumper stickers that say 'God Bless our Veterans' that will be handed out at the dinner. If you can't make the Early Bird Dinner, we'll make arrangements to get a sticker and patch or pin to you.

I want to 'Thank' all our members for your continued support of our Post thus allowing us to help our Veterans and their families.

In November our Post will be a voting place to cast your votes for the midterm elections.

Thanks to 'Friend of the Post', we've raised over \$1,500.00 for a computer lab at the Post via a GoFundMe page she put up for us. Much more information to come out on this project in the very near future. If you'd like to volunteer to help with how the project will be put together and ran, please contact me, 1-650-365-1337.

Until next month, be safe and take care.

George

Commander Post 105



- Please contact our post if anyone is aware of our Post 105 membership regarding **Everlasting** post members, and/or anyone in the hospital because of his/her sickness or specific type of illness – will keep them in our prayers for quick recovery! Please contact our post administrative office at **650-365-1337** for assistance and/or our **Post Chaplain, Cobbe Sova** when necessary regarding logistical matters, You can visit our website at [www.americanlegionpost105rwc.org](http://www.americanlegionpost105rwc.org) for more information.
- All our **AL Post 105 Family** units continue to proactively participate with local activities to support veterans and their families during last month. Including partnership activities with **Blue Star Moms** in our diversified communities to support veterans and their families. Our post family continues to assist each unit when necessary with projects to help veterans. The Post 105 Riders **Annual Suicide Prevention Ride** was very successful, and raised the NEW total amount of **\$6,347** for Palo Alto VA Medical Center to help veterans. The ALA Unit 105 team were always able to help with labor work aligned with local veteran projects. Including **youth leadership activities** to help and support veterans with their family needs, and continues to increase their volunteer hours. The Post 105 ALR and SAL teams continue **to honor our fallen veteran comrades** with rifle firing details every month – they will never be forgotten. Including more rifle firing details during this month and last month of August 2022 – keeping our veterans and their families in our prayers.
- The **ALA Unit 105** continues to assist with local post activities, and including successful fundraising activities with their Poppy Fundraising Drive. The funding drive contributions will help veterans and their families when necessary, and especially these challenging times for veteran communities.
- Our **AL Post 105 Family** were able to have a successful SOS Breakfast, and helping veterans get together with their friendship comrades and families. All participating veterans and their families enjoyed their breakfast meals. Many THANKS for therein breakfast team and Post 105 Commander, George Smith for his help with cooking eggs and breakfast meals for enjoyment!
- Our membership is coming along well with early bird membership renewals, and the First Vice Commander, Mr. Tom Day of our AL Post 105 Family, is recommending to have a special recognition event for therein **5 exceptional legionnaire members** of our post. It would be a great way to recognize their legendary legionnaire membership efforts.

<b>Department of California Reporting Data – 8/19/2022</b>						
Total Members	Membership Goal	New Members	Transfer Members	PUFL Members	Paid To The Post	Current Percentage
198	233	9	6	44	139	85%

Many THANKS to renewal members and **your membership dues** that will go directly to help veterans and their families. Please visit our website [www.americanlegionpost105rwc.org](http://www.americanlegionpost105rwc.org) for more membership access and informational forms. You can also contact the First Vice Commander Mr. Tom Day by email at [thomas.day505@gmail.com](mailto:thomas.day505@gmail.com) and THANK YOU for your support!





- The **American Legion Riders Chapter 105** membership and colleagues shared herein following progressive activities. American Legion Riders Chapter 105 has participated in many missions supporting veterans and their families. Including **more than 150 missions** and rifle firing details during July with more scheduled this month in September 2022. The ALR105 rode **more than 41,299 miles** and donated **more than 3,138 volunteer hours** since last month. Including escort rides for the National Commander in California on December 10 and 11, and many other escorts for state and/or national officials. The ALR105 chapter raised NEW total amount of **\$6347** during thereby annual **Suicide Prevention Ride** with monetary contribution for the VA Palo Alto Hospital. Also, raised **\$410** and donated therein monetary contribution to **Wreaths Across America**. Including **\$100 for Tongan Relief Fund, \$720 for Berkeley Half Marathon, \$1080 for Oakland Marathon, \$100 for Ukrainian Relief Fund, and \$289.56 for Post 105 Dinner Dance**. As well as community resources to support 2022 Seamans Memorial Cruise, and escorting services for ALA President and Operation Surf. The Post 105 Riders participated in the Berkeley ½ marathon directing local traffic control. 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 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 to 17. The AL California Department identifies SAL Unit 105 with **80% membership** retention versus their membership goal. The SAL Unit 105 participated in **79 Final Hours Detail** missions during rifle-firing details to honor our veterans, and with **105 participants** and more details are scheduled for September 2022. The SAL Unit 105 donated **\$100** for the Veterans Day Celebration and they contributed **560 hours** of volunteering time with **6166 miles**. Including funding support for Tongan Relief Fund with \$100 and Ukrainian Relief Fund with \$100, and community supportive resources for Rise Against Hunger Lions Club. We are constantly **looking for new qualified members**, and 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.
- The AL **Auxiliary Unit 105** President, Carol Rael continues to meet with their unit in-person at Post-105 on the second Wednesday @ 6pm. Unit 105 continues as a team to fulfill the mission of the Auxiliary and thereby the Legion's mission. Elections were held in May: President Carol Rael, 1st Vice President Pauline Robinson, 2nd Vice President Peggy Toye, Secretary Diane Day, and Treasurer Brenda Ternullo. Blue Star Moms (BSM) Packing Day was a usual success; members Pauline, Pat, Carol, Diane, Brenda (BSM), Amy (BSM), and Peggy joined National Charity League, Young Mens Service League, and Forresters Financial. District 26 hosted the annual Girls State Tea with Unit 105 attending.
- The post Development Committee has been meeting regularly, and reports to thereby Executive Board regarding development matters procedurally in place. The Caltrain Electrification Project may have an impact on the post development, and therein identified committee will keep the EBoard updated.



- 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, and/or <https://www.calvet.ca.gov/WomenVets/Pages/Monthly-Statewide-Webinars.aspx> copy herein linkage and paste online for more information.
- 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.
- The Veterans Crisis Hotline answers **2,000 calls** every day, and National Suicide Prevention Lifeline will get the **three-digit code number 988** is NOW working. Please go online to herein linkage for more information <https://www.legion.org/veteranshealthcare/255864/va-launches-20m-challenge-help-reduce-veteran-suicides> and/or referrals.
- The PACT Act national legislation has been successfully adopted by federal legislators, and helping veterans and their families with healthcare. Especially when veterans were exposed to toxic burning pits, drinking water, etc. and creating health problems for themselves. Including Camp Lejeune cases with veterans and their claims, and copy herein linkage [Camp Lejeune Claim - Free Case Evaluation \(camplejeuneclaimshelp.com\)](http://camplejeuneclaimshelp.com) and go online for more information.
- The local veterans are hoping to have more support and need more federal, and/or community support for entrepreneurship and self-employed veterans. The veterans with startup business are advocating for more federal support to succeed in their business endeavors. The research survey shows **45% of veterans** would become self-employed, and would become ownership of a local business. The veterans advocacy team is encouraging business startup veterans to contact their local, state, and federal elected representatives for assistance. Because that's why representatives are elected into office to help, and represent thereby interest of their local constituents.

### **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, and posting information can be verbatim if necessary. 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:**

*“It’s easier to build strong children than to repair broken men, and if there is no struggle, there is no progress!”*

*Frederick Douglas,  
American Social Leader & Abolitionist*