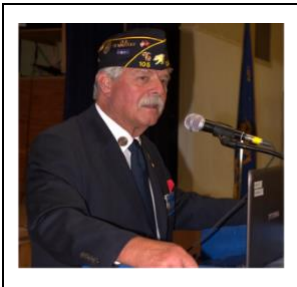




## AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 [www.americanlegionpost105rwc.org](http://www.americanlegionpost105rwc.org) – Vol. 00050 December 2022

### COMMANDER GREETINGS

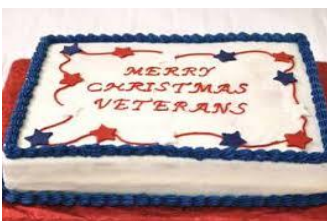


*George Smith, Commander*

Greetings! Hoping all our AL Post 105 Family **legionnaire members** and **their families** are doing fine during this pandemic recovery year! Sharing my gratitude and appreciation to all AL Post 105 Family veterans, and their families for their honorary military services and support. Including ALL veterans for their honorable military services and sacrifice. Remembering our fallen comrades as well because **they will never be forgotten** – THANKS for your service! Our post family continues to help veterans and their families – **please let us know when necessary**. ALWAYS many thanks to all **proactive members** for their assistance, and American Legion Post 105 Family for their ongoing support for **God and Country** to enhance America. Wishing everyone a wonderful **Happy Holiday** season with a joyful **Merry Christmas** and **Happy New Year!**

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!



Merry Christmas, Happy New Year, Happy Birthdays, Happy Anniversaries, etc. to ALL our post legionnaire members in **December 2022** and many more! Enjoy and have fun at your celebrations – **STAY SAFE!**



**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>Veterans Holiday Hiring</b>                  Target Redwood City,                  2485 El Camino Real, Redwood City, CA 94063                  Phone Number: 650-363-8940                  Website: <a href="http://www.target.com">www.target.com</a></p>	<p><b>Hiring Local Veterans</b>                  Michaels Arts and Crafts,                  2925 S. El Camino Real, San Mateo, CA 94403                  Phone Number: 650-513-8189                  Website: <a href="http://www.michaels.com">www.michaels.com</a></p>
<p><b>USS Hornet Specialty Tours – Air Operations</b>                  Tuesday, December 6, 2022 @ 10 AM – 1:30 PM                  USS Hornet – Sea, Air, and Space Museum,                  707 W. Hornet Avenue, Alameda, CA 94501                  Phone Number: 510-521-8448                  Website: <a href="http://www.uss-hornet.org">www.uss-hornet.org</a></p>	<p><b>Veterans Holiday Luncheon</b>                  Saturday, December 10, 2022 @ 11:30 AM – 12:30 PM                  Harry’s Hofbrau,                  1909 El Camino Real, Redwood City, CA 94063                  Phone Number: 650-365-1337 (ask for Col. Leo McArdle)                  Website: <a href="http://www.americanlegionpost105rwc.org">www.americanlegionpost105rwc.org</a></p>
<p><b>VA Farmers Market</b>                  Wednesday, December 14, 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>Wreaths Across America</b>                  Saturday, December 17, 2022 @ 8:45 AM                  Golden Gate National Cemetery                  1300 Sneath Lane, San Bruno, CA 94066                  Phone Number: (650) 589-7737                  Website: <a href="http://www.cem.va.gov">www.cem.va.gov</a></p>
<p><b>Holiday Luncheon &amp; Sing-A-Long Holiday Songs</b>                  Thursday, December 22, 2022 @ 12 PM – 1 PM                  Veterans Memorial Senior Center,                  1455 Madison Avenue, Redwood City, CA 94061                  Phone Number: 650-780-7270                  Website: <a href="http://www.redwoodcity.org">www.redwoodcity.org</a></p>	<p><b>Ring In 2023 New Year Celebration!!!</b>                  Saturday, December 31, 2022 @ 9 PM – 1 AM                  Marines Memorial Club &amp; Hotel,                  609 Sutter Street, San Francisco, CA 94102                  Phone Number: 415-673-6672                  Website: <a href="http://www.marinesmemorial.org">www.marinesmemorial.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 Tim Wilkerson, and he served during therein Korean War in the U.S. Army. His uncle served in the U.S. Navy during the Vietnam War, and he was inspired by his uncle serving his country. His military occupational specialty was Combat Medic Specialist and helping wounded soldiers on the combat battlefield. He was an E4/Spec4 ranking level specialist and worked closely with his comrades to help save combat soldiers on the battlefield. They were first responders on the combat battlefield, and provided healthcare with medical assistance to injured soldiers. He worked closely with his veteran friends to ensure medical supplies were prepared and ready for deployed missions on the combat battlefield.

His family and friends are very grateful and appreciate him serving his country with no regrets! He feels very good about serving his country and made a lot of veteran friends. He stays in contact with them for support and continues to help veterans in local communities. His veteran friends and family members are supportive of local veteran organizations.





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



Classical car show participating vehicles are setting up at the Veterans Day 2022 celebration.



Bill, Chester, and Vern at the Veterans Day 2022 event, and sharing free coffee and donuts for people.



Al with Young Marines at the Veterans Day 2022 event with other people setting up for the celebration.



Leo and Andrew talking and with other people setting up for the celebration event at downtown Redwood City.



Veterans Surf Alliance Team, Andrew Trapani and Wendy Weller, Jackie Speier, and George Smith are all awardees at San Mateo County Veterans Commission Luncheon.



Leo with his wife and other veterans at the San Mateo County Veterans Commission Luncheon.





**American Legion Post 105 Family Supports 23<sup>rd</sup> Regiment Marine Corps  
San Bruno TOYS-FOR-TOTS Holiday Toy Drive**



The picture above shows thereby **23<sup>rd</sup> Marine Corps Honor Guard** team during the American Legion Post 105 and Post 82 centennial celebration for **100 years** of serving veterans!

**AL Post 105 Family** is highly supporting thereby 23<sup>rd</sup> Regiment Marine Corps holiday toy drive with Toys-For-Tots. The toy drive can really bring some holiday spirit for children, and people **can donate unwrapped toys** at Post 105. The 23<sup>rd</sup> Marine Corps Honor Guard in San Bruno has always participated and supported American Legion Post 105 veteran activities. Many THANKS for their partnership to support veterans, and supporting their holiday toy drive 2022 can really make a difference in our diversified communities for all veterans!



**POST 105 COLLABORATIVE TASK FORCE**



**AL Post 105 Family and National Wreaths Across American Partnership**



**★ December 17, 2022 ★**

**National Wreaths Across America Day**



Help the San Mateo County Blue Star Moms CA15 honor local heroes!

Sponsor a wreath today to be placed on a veteran's grave this December at Golden Gate National Cemetery.

Just scan the QR code to your right with your smart phone camera to make a donation online or visit [www.wreathscrossamerica.org/CA0020P](http://www.wreathscrossamerica.org/CA0020P).



**#FindAWay2022**

AL Post 105 Family ALR team members will provide therein escort for National Wreaths Across America vehicles to Golden Gate National Cemetery.

- 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, and collaborating with **National Wreaths Across America** for veterans honorary project at Golden Gate National Cemetery. Our post family continues to assist each unit with projects 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 November 2022 – keeping our veterans and their families in our prayers.



AL Post 105 Commander, George Smith and Second Vice Commander, Col. Leo McArdle with veteran friends, and family attending U.S. Navy veteran John Walsh during his funeral processing (picture above).

- The AL Post 105 Family contributed **6 turkeys** and **3 hams** to feed homeless veterans at therein Menlo Park VA Medical Center during Thanksgiving Day! The veterans at thereby medical center shared their **thankful regards** and really appreciate the support. The Post 105 Family usually provides a barbeque meal for veterans at the medical center each year. That annual supportive activity for veterans may happen again because the pandemic is under control.
- The **Veterans Day 2022** celebration was successful and AL Post 105 Family provided a great program, and many veterans with their families participated. Including an awesome car show as always and people really appreciate therein support for veterans and their families.
- The AL Post 105 Family Commander, George Smith was honored with an award to be the 2022 Veteran of the Year at the **San Mateo County Veterans Commission Luncheon**. The Post 105 Family ALR and SAL Chairperson Andrew Trapani and his wife Wendy Weller are Patriots of the Year, Congresswoman Jackie Speier is the Lifetime Achievement, and Veterans Surf Alliance is Enterprise of the Year.





- 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 178 missions** and rifle firing details during last month in November 2022 and more scheduled this month. The ALR105 rode **more than 43,048 miles** and donated **more than 3,887 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 SAL Unit 105 participated in **132 Final Hours Detail** missions during rifle-firing details to honor our veterans, and with **105 participants** and more details are scheduled for November 2022. The SAL Unit 105 donated **\$100** for the Veterans Day Celebration and they contributed **560 hours** of volunteering time with **6508 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. Officer Elections were held in May 2022 with following results: 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 holiday season is here in the Bay Area and **taking holiday pictures** to share is an essential family activity. To bring some holiday cheers during the season with Santa, and taking a picture with him can be helpful to share with families and friends. Please visit herein linkage for taking pictures with Santa Claus <https://menlopark.gov/Citywide-calendar/Community-events/20221210-Photos-with-Santa> and setting up an appointment ahead of time, and before picture taking day on **Saturday, December 10, 2022**.
- Yes, Thanksgiving Day is over and Christmas is coming up with New Year 2023 activities, and that means many families and friends will be hanging out. Please keep in mind, veterans suicide rates are higher and **it can be prevented** with appropriate resources. The **first step is knowing therein signs** of someone and/or veterans falling into thereby suicide mindset. Please visit herein linkage for more information and <https://www.suicideispreventable.org/> for assistance to help. Because the pain can be unknown and/or not identifiable, and considering all suicidal situation is different.
- 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 **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.

### **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. The due date for posting information for the Post 105 newsletter is during therein last week of every month.

#### **American Historical Quote:**

*“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them!”*

*President John F. Kennedy*

THE HOLIDAY SEASON IS HERE AND WISHING ALL  
AL POST 105 FAMILY UNITS  
Legionnaire Veteran Families and Children  
HAPPY HOLIDAYS

## Merry Christmas



## Happy New Year!



*George Smith, Commander, American Legion Post – 105*