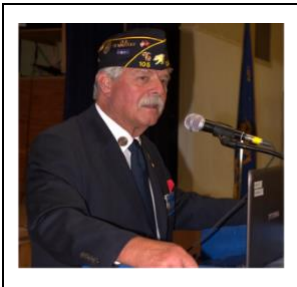




AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 www.americanlegionpost105rwc.org – Vol. 00052 February 2023

COMMANDER GREETINGS



George Smith, Commander

Greetings! I'm hoping all our Post 105 **legionnaire members and their families** are doing fine, and had a joyful holiday season. THANKS to God Almighty, that many business communities are reopening during these challenging pandemic times. Sharing my gratitude and appreciation to all **African American** veterans, and ALL veterans of our post honoring the **Black History Month** of February 2023! Including their honorary military services to protect our freedom. Our post is here to help veterans and their families when necessary – **please let us know quickly for assistance!** Many THANKS to all our post veterans honorable military services and their sacrifice, and remembering our fallen comrades as well because **they will never be forgotten** – THANKS for your service! Appreciate our AL Post 105 Family for their ongoing support for **God and Country** and bravely **supporting America!**

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 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 Valentines Day, Happy Birthdays, Anniversaries, etc. to all legionnaire members in **February 2023** and many more! Enjoy and have fun at your celebrations – **STAY SAFE & HEALTHY!**



THE AMERICAN LEGION FAMILY

From the desk of the Commander...

I hope this letter finds you and your loved ones well. I also hope everyone made it through the rain safely. We had a couple of leaks at the Post but thank goodness, nothing in the Hall.

Saturday, February 4, 2023 at 12:00 noon will be the 1st reading of the New By-Laws, please join us at the Post or via Zoom (<https://us02web.zoom.us/j/85205357239?pwd=eWRLVnd3alhocEZQcGpMWjdTdkg4Zz09>, Meeting ID: 852 0535 7239, Passcode: 443643, One tap mobile-[16699006833](tel:16699006833),85205357239#, *443643# US (San Jose) for the changes. I hope everyone received their pdf copy, if you didn't, please let me know and I'll send you another copy.

The computer lab is complete! We now have high speed internet throughout the Post, Video Conferencing capabilities where everyone can be heard, seen and participate. Thanks to Ed the volunteer that set this all up for us (at no charge). I'd also like to thank SM Co Supervisor Warren Slocum (a Post member) for suggesting we submit a request for a Grant from the County and Marci (Warren's assistant) for walking me through the process. The cost of the entire system was covered by the Grant and money donated for the project (\$1,800.00).

Nana's Kettle Toffee & Treats is now renting our commercial kitchen to make all her goodies. She'll be at the Post on Tuesday's and Thursday's, stop by and say hello. If you'd like to know more about Kim and Nana's Kettle, go to <https://www.nanaskettle.com/> and be ready to lick your lips!

February's Commander's Coffee, we will have Kim, owner of Senior Fit helping us understand the importance of good balance. This will be an audience participation meeting (also on Zoom), so wear something comfortable.

Until next month, Be Safe,



George W. Smith
Commander

American Legion
Post 105 Redwood City

650-365-1337



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>Hiring Local Veterans Round Table Pizza, 1225 El Camino Real, Menlo Park, CA 94025 Phone Number: 650-321-6861 Website: www.roundtablepizza.com</p>	<p>Hiring Veterans Mountain Mike's Pizza, 390 El Camino Real, Belmont, CA 94002 Phone Number: 650-508-1100 Website: www.mountainmikespizza.com</p>
<p>Celebrating Black History Month Saturday, February 4, 2023 @ 2 PM – 3 PM Makerspace Room, Redwood City Library, 1044 Middlefield Road, Redwood City, CA 94063 Website: www.redwoodcity.org</p>	<p>Post 105 General Meeting – NEED rsvp for dinner Wednesday, February 8, 2023 @ 7 PM American Legion Post 105, 651 El Camino Real, Redwood City, CA 94063 Phone Number: 650-365-1337 (FREE DINNER @ 6 PM) Website: www.americanlegionpost105rwc.org</p>
<p>Veterans Employment Career Assistance Thursday, February 9, 2023 @ 10 AM – 12 PM NOVAworks, Redwood City Library, 1044 Middlefield Road, Redwood City, CA 94063 Website: www.redwoodcity.org</p>	<p>Redwood Chapter Banquet Saturday, February 18, 2023 @ 5 PM – 10 PM Petaluma Veterans Building, 1094 Petaluma Blvd. South, Petaluma, CA 94952 Phone Number: 707-762-8928 Website: www.allevants.in (search for Petaluma Events)</p>
<p>Veterans National Geographic Photographer Tuesday, February 21, 2023 @ 7 PM – 8:30 PM Half Moon Bay Odd Fellows, 526 Main Street, Half Moon Bay, CA 94019 Phone Number: 650-712-0718 Website: www.hmb-odd.org</p>	<p>Veterans Starry Night Gala Saturday, February 25, 2023 @ 5 PM – 11 PM Petaluma Veterans Building, 1094 Petaluma Blvd. South, Petaluma, CA 94952 Phone Number: (707) 762-8928 Website: www.allevants.in (search for Petaluma Events)</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>American Legion Post 105 651 El Camino Real, Redwood City, CA 94063 Contact Phone: 650-365-1337 Website: www.americanlegionpost105rwc.org</p>	<p>American Legion District 26 1159 Bush Street, San Carlos, CA 94070 Contact Phone: 650-349-7146 Website: www.ALDistrict26.org</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 Al Fittersmen who served in the U.S. Air Force. He was an E-4 Airman Control Management Operations Specialist, and served closely with his friends to keep the sky operations clear and watchful of any enemy activities. His friendly team of military comrades were highly trained with radar, and electronic systems to protect our nation with national security matters. He worked closely with his comrades to fulfill their watchful mission, and safeguarding our nationwide from the enemies. His military team communicated effectively with the flight-line personnel when necessary during protective missions.

He learned a lot from his military career and feels great serving the country, and support ROTC programs that really helped him. The ROTC program is a great transition for students and building their career thereafter the military service. He is retired and gets involved with his family to support community organizations to help veterans with their families. He highly believes in the ROTC program for high schools and get government funding for support in education. Because the ROTC program is an educational transition for high school students to build their future!



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)*



Sal's wife and family members preparing to sign-in people for the SOS breakfast event at our AL Post 105.



Sal (left) and his son (middle) with Leo's wife on the far right preparing to cook some breakfast meals.



George cooking eggs at the SOS breakfast event with Leo in the background and a volunteer helper.



Leo's wife serves a meal for veterans and participants at the SOS breakfast event at our AL Post 105.



Volunteers serving SOS breakfast meals for veterans, and friends of veterans communities at AL Post 105 Family with Auxiliary Unit 105.



Carol and Wendy setting their showcasing table to sell t-shirts for veterans at their SOS breakfast event. To support Auxiliary Unit 105 – George is buying his t-shirt.



AL Post 105 Family collaborates within our family to support Auxiliary Unit 105 fundraising. The t-shirts are available and people can purchase their t-shirts to honor, and celebrate deployed veterans for their military services.

AMERICAN LEGION AUXILIARY UNIT 105 REDWOOD CITY

T-SHIRT SALE

MENS CREW NECK
WOMENS V-NECK

\$25 each

FRONT

BACK

★ ★ ★

To Order, call:
727-445-0194

Wear on RED Fridays!
Proceeds Benefit Unit 105 Programs
American Legion Post 105
651 El Camino Real, Redwood City, CA 94063

Jan 2023



U105 Girls State Panelists 2022

Pauline

Peggy
Mrs. Peggy Toy American Legion Auxiliary Unit 105 Redwood City

Stacy

Julie

AL Auxiliary Unit 105 t-shirts in RED (Remember Everyone Deployed) color can be purchased for \$25 by contacting phone number 727-445-0194 or contact their website www.alaunit105rwc.com for more information. People can contact our AL Post 105 Family website at www.americanlegionpost105rwc.org to become another option. Pictures above (top left) is a box with red t-shirts for people to purchase, and (top right) is Auxiliary Unit 105 President, Carol Rael working with volunteers at the Elks Lodge packaging project, and (3rd lower picture) is ALA Unit 105, 2nd Vice President, Peggy Toye with colleagues on the 2022 Girls State Panel.

POST 105 COLLABORATIVE TASK FORCE



AL Post 105 Family Collaborative Task Force partnership with Golden Gate University to showcase veterans weekly military career services. To help veterans launch their careers in the workforce and with a successful future.



The **Golden Gate University** military services weekly session will be open on **Monday, February 6, 2023** at 10 AM until **Friday, February 10, 2023** at 11 AM. The veterans can visit The Helen Diller Center on campus for more information, and including veterans beneficial resources – visit website www.ggu.edu for assistance.

- 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, Cobbey Sova** when necessary regarding logistical matters, You can visit our website at www.americanlegionpost105rwc.org for more information.



Picture of **Richard Martinez** (far right with beer) and friends at the AL Post 105 concert tribute to legendary **Two Kings** of entertainment Michael Jackson and Elvis Presley during 2014. He was a **Past Commander** of our post and will be missed. RIP honorary comrade and will see you next time!



- EBoard continues to keep up with our post updates with therein post development status, and therein DDA/Deposition Development Agreement (“Agreement”) elements. Our post development status is going through the permitting process, and Building Committee has been meeting for our post development situation with reports to EBoard members – stay tuned!
- All our **AL Post 105 Family** units have been proactively participating with local activities to support veterans and their families last month during January 2023. Including gifts contribution for veterans at local VA hospitals, participated and completed successful partnership community projects. As well as community collaboration activities with **Blue Star Moms** to help veterans and their families. Including displays and ongoing rifle detailing ceremonies, to honor and remember veteran comrades entering the everlasting stage. Many THANKS to **ALR and SAL** units for their ongoing support with many **successful hours** of thereby local honorary missions. Including flag retirement partnership activities when necessary, and keeping our everlasting veterans and families in our prayers. As well as **youth leadership activities** to help and support veterans with their families, and aligned with Boys and Girls state leadership performance.
- The **ALA Unit 105** team continues to participate with programs to support veterans, and helping with labor work aligned with veteran projects. Including partnership community projects to help veterans and their families. The ALR & SAL members continue **to honor our fallen veteran comrades** with rifle firing details every month – **another mission accomplished** with success during last month in January 2023.
- Our membership is coming along well with early bird membership renewals and **1 member** is eligible for 60 years membership, and **4 eligible** for 50 years membership certificates. Many THANKS to renewal members and **your membership dues** go directly to help veterans and their families. Please visit our website www.americanlegionpost105rwc.org for more membership information.
- Our Post 105 has a calendar identifying **daily** and/or **monthly events** as well as specified holidays, and other national calendar dates for your review, etc. Please visit herein following linkage below to review our <https://americanlegionpost105rwc.org/calendar> calendar of events and for more information.



- 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, and participated in **more than 188 missions** and rifle firing details. The ALR105 rode **more than 44,077 miles** and donated **more than 4,111 volunteer hours** since last month in January 2023. Including an escort ride scheduled for the National Commander in California on December 10 and 11. The new ALR105 President, Andrew Trapani, will take over his new position role. The ALR105 chapter raised **\$6347** during therein **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 a successful escort for therein 2022 National Wreaths Across America to Golden Gate National Cemetery. Including 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 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 **137 Final Hours Detail** missions during rifle-firing details to honor our veterans, and with **105 participants** and more details are scheduled for next month. The SAL Unit 105 donated **\$100** for the Veterans Day Celebration and they contributed **577 hours** of volunteering time with **6508 miles**. They continue to partner with ALR for missions when necessary. 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.
- 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 Toyne, Secretary Diane Day and Treasurer Brenda Ternullo. ALA participated in Blue Star Moms, Wreaths Across America on December 17th, as well as Toys for Vets wrapping gifts that had been donated for the children/grandchildren of VA patients. ALA also fulfilled a VA patient wishlist and delivered the presents of December 6th. On December 23rd ALA attended the Veterans Christmas Luncheon at San Mateo Elks, hosting a table which gave out information on Unit 105. Unit 105/District 26 raised over \$2,100. of toys/donations for Toys for Vets to avoid a toy shortfall. RED (Remember Everyone Deployed) T-shirt sales are available for \$25. each. Contact ALA Carol Rael, President for more information or to order – visit their website www.alaunit105rwc.com for more events.



- The Governor Gavin Newsome and his administration announced **\$50 million** available funding support, and to help establish **CVHI (California Veterans Health Initiative)**. To help avoid and/or limit suicide for veterans statewide to support veterans and their families. The CVHI program will provide resources for veterans with early intervention, and delivering innovative approaches with direct services to help veterans and their families. Visit the following linkage <https://calegion.org/california-governor-newsom-has-announced-a-new-program-to-combat-veterans-suicide-in-the-state/> for more information. The identified state initiative program will have a task force to monitor therein services effectiveness.
- 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. The National Suicide Prevention Lifeline three-digit code number **988** is NOW working!
- The American Legion members in California can get thereby **storm relief funding support** by applying for assistance at the **NEF (National Emergency Fund)**. The national funding support can provide up to \$3,000 for impacted legionnaires by the storm, and up to \$10,000 for American Legion posts for storm repairs. The recent stormy weather in California has impacted many veterans and their families, and some people died. Visit herein linkage <https://calegion.org/california-legionnaire/> for more information if you're interested.
- The VA also tries to keep veterans updated **with new regulations** aligned with eligible veteran benefits. Go online with herein following linkage <https://www.calvet.ca.gov/veteran-services-benefits/va-claims> for more information. Needless to say, therein pandemic is impacting communities with affect of our veterans and their families, and **appropriate health care services**. Including appropriate suicide prevention elements to eradicate **issues of concern** for our veterans – protecting veterans and their family **is an essential matter!**

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. Including stories and comments about post activities, veteran’s insight views and information sharing, pictures, etc. Please send information by email mfcpalesoo@gmail.com or phone call at 650-365-1337 for informational message.

American Historical Quote: *“I would unite with anybody to do right and with nobody to do wrong.”*

Frederick Douglas, Abolitionist/Civil Rights Advocate