



AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 www.americanlegionpost105rwc.org – Vol. 00054 April 2023

COMMANDER GREETINGS



George Smith, Commander

Greetings! Hoping all our **AL Post 105 Family** legionnaire members and their families are doing fine during these pandemic recovery times. Sharing my gratitude and appreciation to all Scottish-American veterans of our Post 105 Family, for their honorary contribution and military services. Including ALL our post veterans for their military services and honoring **Scottish-American History Month** of April 2023! Our post is here to help veterans and their families when necessary, and making a difference in our society – **please let us know when you need assistance!** Always many THANKS to our **proactive members and comrades** for their ongoing support, and our family of legionnaires with a **SUCCESSFUL** mission accomplished!

As well as remembering our fallen comrades because **they will never be forgotten** and many THANKS for your service! Appreciate our AL Post 105 Family for their ongoing support for **God and Country** and highly **enhancing 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 Birthdays, Anniversaries, etc. to all legionnaire members in **April 2023** and many more! Enjoy and have fun at your celebrations – **STAY SAFE & HEALTHY!**



CAR SHOW

SAT. APRIL 1, 10 AM - 2 PM
AMERICAN LEGION POST 105
651 EL CAMINO REAL, RWC

Car Registration, \$25 per car
Includes two lunch tickets

LIVE MUSIC BY
**MICHAEL
WAGNER**

Lunch Tickets: \$10
No-Host Bar

10 AM - Cars Show
11:30-1 PM - Lunch Service
12:30-2 PM - Live DJ/Guitar Performance

Car Registration Form page 2
Post 105 must receive registration
and \$25 fee by March 23

Tickets held at Will-Call



Proceeds benefit
American Legion Post 105
Redwood City

Questions?
Call 650-365-1337

v.1.27.23

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 The Fish Market, 3150 El Camino Real, Palo Alto, CA 94306 Phone Number: 650-493-8862 Website: www.thefishmarket.com</p>	<p>Hiring Veterans Chipotle Restaurant, 2675 El Camino Real, Palo Alto, CA 94306 Phone Number: 650-462-9154 Website: www.chipotle.com</p>
<p>Summerset Veterans Club/PJT Foundation Thursday, April 6, 2023 @ 1 PM – 3 PM Patriots Jet Team Foundation, 760 Osprey Court, Byron, CA 94514 Phone Number: 925-338-7583 Website: www.pjtf.org</p>	<p>Free VA Medical Team Visit Tuesday, April 11, 2023 @ 10 AM – 2 PM Redwood City Public Library, 1044 Middlefield Road, Redwood City, CA 94063 Phone Number: 650-780-7018 Website: www.redwoodcity.org</p>
<p>Post 105 General Meeting – NEED rsvp for dinner Wednesday, April 12, 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 Guided Tour Friday, April 14, 2023 @ 1 PM – 1:45 PM The Marine Mammal Center, 2000 Bunker Road, Sausalito, CA 94965 Phone Number: 415-289-7325 Website: www.marinemammalcenter.org</p>
<p>Camp Plymouth Military Vehicle Show Saturday, April 22, 2023 @ ALL DAY Amador County Fairgrounds, 18621 Sherwood Street, Plymouth, CA 95669 Phone Number: 209-245-6921 Website: www.amadorcountyfair.com</p>	<p>Veterans Teen Skate Night Friday, April 28, 2023 @ 6 PM – 9 PM Veterans Memorial Senior Center, 1455 Madison Avenue, Redwood City, CA 94061 Phone Number: 650-780-7270 Website: www.redwoodcity.org</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 Bob Jackowinsky who served in the U.S. Army. He served in the military along with his cousin straight after high school graduation. They both served in the U.S. Army with different MOS (Military Occupational Specialty) fields of military services. He served as a Vehicle Mechanic Specialist and worked in the Motor Pool with his military friends, and repaired world-class tanks and big cargo trucks. He worked closely with his comrades to ensure all combat vehicles are prepared for the battlefield missions, and cargo trucks are ready for recovery operations. Including armored vehicles with appropriate sensitive radar equipment targeting enemies, as well as material handling equipment systems components. He supervised his maintenance squad during his military services and retired as an E-6 Staff Sergeant ranking level.

He is very pleased to serve his country and stays in contact with his U.S. Army cousin, and his veteran friends and families. He moved to the West Coast with his wife thereafter his military retirement and supporting programs to help veterans with their families. He continues with his wife to assist veterans with community programs, and youth programs to help veteran families.



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)*



Pauline Robinson and Carol Rael of ALA Unit 105 at the 6th Annual Fisher House Fundraiser car show activities.



ALA Unit 105 members Peggy and Cindy helping to serve free lunch and drinks for the VA Menlo Park medical staff.



Cleaned up areas for therein Post 105 yard to prepare for the upcoming classical car fundraising. The post cleaning team is George Smith, John Robinson, and Stan Maupin.



AL Post 105 Family members Leo, Bill, Gary, and Kathy McCall during her retirement celebration, and for being the GGNC Superintendent for 30 years of services.



AL Post 105 Family members with Helen Wong of Cathay Post 384 with Kathy McCall, and her networking family and friends during her retirement celebration.



Tom Giannini, Carol Bagley, Michael Toschak, Delores Peters, and Sandy Nelson at the Redwood City Elks Club crab feed fundraiser - representing Post 105 Family!

POST 105 COLLABORATIVE TASK FORCE

THE
AMERICAN
LEGION **FAMILY**



ALR Chartering Unit 105 and ALA Unit 105 of AL Post 105 Family Collaborative Task Force collaborates to support the Fisher House Fundraising.



ALR Unit 105 members Gary, Ken, Andrew and Angel with ALA Unit 105 members Carol and Pauline with other veterans in the background. The identified AL Post 105 Family units continue to help community agencies supporting veterans and their families.



- 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.
- **AL Post 105 Family** is having a fundraising car show on **Saturday, April 1, 2023** and please see therein event details brochure on **Page-2** for more information. Many classical vehicles will be onsite for the public viewership and appreciation. The fundraising car show will have food and live music, and fun activities for veterans and their families.
- All our **AL Post 105 Family** units have been proactively participating with local activities to support veterans and their families last month during March 2023. Including gifts contribution for veterans at local VA hospitals, participated and completed successful partnership community projects. Our post units continue to partner with **Blue Star Moms** on projects 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 **Boys & Girls State** leadership conference this year will have **4 delegates** to represent our AL Post 105 Family, and many THANKS to William Jackson Jr. and Peggy Toy. The 4 delegates (3 boys and 1 girl) sponsoring contribution by therein Post 105 Charitable Foundation is certainly appreciated. The Boys & Girls State conference this year will be co-ed for all conference participants.
- 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 and SAL members continue **to honor our fallen veteran comrades** with rifle firing details every month – **another mission accomplished** with success during last month in March 2023.
- Our membership is coming along well with early bird membership renewals, and 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.

Department of California Reporting Data – 3/24/2023						
Total Members	Membership Goal	New Members	Transfer Members	PUFL Members	Paid To The Post	Current Percentage
182	196	6	1	46	129	93%



- 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 March 2023. Including an escort ride scheduled for the National Commander in California on December 10 and 11, 2022. 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. 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 purchasing events.



- The stormy weather conditions have been really impacting local communities in the Bay Area, and statewide with more rain and heavy wind. Including health and safety concerns for veterans and their families with food and toxic water elements because of therein-stormy weather conditions. The PG&E has a **Safety Net Program** to assist affected families with compensation payments for their power outage during the storm. Please visit the following linkage https://www.pge.com/en_US/residential/outages/current-outages/report-view-an-electric-outage/additional-resources/extended-outage-compensation/extended-outage-compensation.page for more information and procedural resources.
- The **Thrive Alliance of San Mateo County** has many interactive resources with non-profit organizations within their networking system. The Alliance of non-profits for San Mateo County works closely with many organizations for support, and with a commitment of making a difference to support families and children. Please visit the following linkage <https://www.thrivealliance.org> for more information, and resources to help with thereby recent stormy weather impact.
- The **California Governor, Gavin Newsom** releases a strategic plan to help veterans and their mental health issues of concern. The strategy is having a residential housing community with state-of-the-art beds, and helping mental health veterans with care. Including assistance for veterans with mental health issues, as well as helping homeless veterans with housing resources. Please visit herein following linkage for <https://calegion.org/california-veterans-news-roundup-march-20-2023/> more information.
- The **United States FDA** (Food and Drug Administration) has been working closely with the Department of Health and Human Services. Including many challenges with nutritional fact-finding and application with health matters for the people.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
Total Fat 8g	16%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

The veterans can consult with their primary physician because everyone have different health symptoms. Please check therein **food items when you purchase it**, and because sugar is added to food items aligned with Nutrition Facts information.

In other words, **veterans must check** thereby food items nutritional elements thereafter purchasing it, and especially processing food and consult with your primary physician for health advice.

- The **American Legion Uniform** has been in place since thereby establishment for legionnaire members, and knowing therein-proper etiquette of wearing the uniform and when to wear it properly. Some legionnaires are asking about when to wear the official uniform and how to wear it properly. Please visit herein following linkage <https://calegion.org/the-american-legion-uniform/> for more information.

ONGOING VETERANS SUPPORTIVE RESOURCES

- The veterans and their families can have **preventative health screenings** with less money, and preventing major illness and avoiding a stroke. Please visit herein following linkage for more information and identifying <https://www.lifelinescreening.com/home-pack-test?sourcecd=WABF001> local screening clinics.
- The Governor Gavin Newsome highly supports the Outdoor Access for All initiative, and offering **FREE** passes for families and children to visit **California State Parks**. The veterans receiving Social Security Benefits, CalWORKS, and having a public library card. Please visit herein linkage for more information and access <https://www.reservecalifornia.com/Web/> to your veteran outdoor adventure.
- 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! **Dial 988** and **press 1**.
- The VA suicide prevention hotline spiked over the 2022 holidays with increasing calls at almost **19%**, and veterans can have **FREE** access for emergency mental health care at any medical clinic. Please visit herein linkage for more information <https://calegion.org/va-to-pay-for-all-emergency-mental-health-care/> and access. The latest suicidal data identifies around 17 veterans die of suicide every day in our communities.
- 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 on the last week of the month, or phone call at 650-365-1337 for information.

American Historical Quote: *“I prayed for freedom for twenty years and received no answer, until I prayed with my legs.”*

Frederick Douglass, Abolitionist & Civil Rights Activist