

Keep Me Posted

Quarterly News

Post 105 Redwood City, 651 El Camino Real

2024 Oct-Dec, Vol. 5

Commander's Message

I hope this newsletter finds you and your families well. Fall is in the air, cooler temperatures and hopefully rain will soon be here. Before we know it, it will be 2025, wow how time flies.

We have a roofer tasked to change all the rusted-out vents on the roof and seal around them. They're also sealing attachments to the roof where the old seals have cracked. They will also be on-call should new leaks pop up.

Early Bird Dinner for all members renewed for 2025, including all PUFL's. Post General meeting will be Wednesday, October 9, at 7:00 PM, dinner at 5:30 PM. ALA dinner starts 5pm.

On Saturday, October 12, 2024, our 2nd Vice Commander Leo will be making his famous S--- on a Shingle (SOS) and I'll be cooking eggs to order; we'll also have fruit, juice and milk. Please come down and enjoy a delicious breakfast.

The Post will be donating turkeys and hams to the VA Menlo Park Veterans housing for their Thanksgiving dinner.

We will be collecting unwrapped toys for the Marine Corps Toys for Tots program and donating toys to the VA Menlo Park patients for their children and grandchildren; more information to follow.



George Smith

Upcoming Events which may pique your interest:

Nov 2-5, 2024: the Post opens as a vote center for the General Election; if you'd like to drop off your paper ballot or vote in-person, we'll be open.

Nov 11, 2024: Post 105 presents our annual Veterans Day Ceremony

Nov 13, 2024: Post General meeting at 7:00PM, dinner at 5:30PM.

Nov 28-29, 2024: Post will be closed for the Thanksgiving Day holiday.

Dec 11, 2024: No general meeting in December.



Building Updates

Since Republic Urban has taken over the project as a 100% below-market value endeavor, progress has started. Our building is now six stories with the Post on the first & second floors. There will be 137 one-, two- and three-bedroom units on the fourth to sixth floors.

All units are below-market value with preference going first to Veterans, second to public safety personnel, and third to teachers until all units are filled.

Post 105 is ready to submit our SB 330 Preliminary Application form to Redwood City to start the approval process. Parking is the last thing we have to solidify; more to follow on that in my monthly reports.

Keep Me Posted is published quarterly. Editorial staff retains the right to edit submissions. Editors: U105's Peggy Toye (writer) & Pat Reed (proofreader). Readers are welcomed to suggest stories and/or submit pictures to Peggy.Aux.U105@gmail.com. To receive the Post Blog, write to alpost105rwc@gmail.com.



AMERICAN LEGION POST 105

SOS Breakfast

Join us for beef/sausage gravy on toast and eggs how you like!

Please RSVP by EOB Oct 7 to Leo McArdle, 650-303-2725

SATURDAY		BRING THE FAMILY!
October 12, 2024	9:00am-12:00noon	\$10 for adults \$5 for kids under 12

American Legion Post 105 | 651 El Camino Real
Ample Parking | Redwood City, CA 94063

Family Updates

AMERICAN LEGION AUXILIARY

Plans for this fiscal year includes expanding our projects reach directly to military families, veterans and great communities. More news to come as we implement our programs.



Peggy Toye

U105 sponsored three students at the annual leadership conference of civic engagement and creating life-long friendships with accomplished peers--ALA California Girls State (CAGS). At our annual CAGS brunch (below) were Design Tech's Aishani and Nueva School's Lara (4th & 3rd from right) reporting about their experience.



Annual Brunch with CAGS students and special guests, CAGS Citizens & County namesakes Carol McMahon '56 & Margaret Marshall '50 (3rd/4th from left). Photos by William Jackson.



VA Fisher House Fundraiser & Car Show. Auxiliary members raised the profile of U105's community services and sold RED (Remember Everyone Deployed) t-shirts. U105 donated \$100 towards the VA Fisher House. Thanks goes to Arlene, Pauline R, and Carol B (VA&R Deputy) for representing U105.



Residents at the VA-MP Bldg. 331 enjoyed a BBQ lunch for Independence Day through a generous grant spear-headed by U105 with contributions from P105, SAL & ALR. This is the third year U105 helped to sponsor the patients' meals.

Sending appreciation to 1st Vice Pauline for stepping in as acting president for six months; she expressed her thanks during our August meeting, but it is our Unit which should be thanking Pauline for her grace, verve and aplomb. We continue to wish Carol R a speedy recovery.

Further appreciation to Pauline R for managing our website for two years.

The website baton has now been passed to ALA member Laura of Mesa, AZ. She's been a member since 2020, had a strong history of volunteering at local schools, and now pleased to contribute her skills remotely. Check out her work on our revamped website.



Laura, website editor

www.ALAUnit105rwc.com



Check P105 [website calendar](#) and [P105 Blog](#) for news & landmark moments in history. To receive the blog email, send your full name & email address to alpost105rwc@gmail.com.

Family Updates

AMERICAN LEGION RIDERS

Chapter 105 continues to work not only with Veterans' families in their time of grief by providing Final Military Honors, but also side-by-side with all members of The American Legion Family. In July, the



Andrew Trapani

Riders participated in seven Honor Details, contributed 169 Volunteer Hours, and rode 1,570 group miles. They also participated in the Post 105 Fourth of July Celebration, and Girl Scouts Peninsula Day Camp by setting up and taking down canopies.

In August, the Riders volunteered for 13 Honor Details, contributed 485 Volunteer Hours, and rode 2,353 group miles. Within the greater community, we contributed by providing a Color Guard detail for the Italian Catholic Federation Convention and rode in Post 791's Poker Run fundraiser.



Charitable Foundation President William Jackson, Jr. accepts a letter of appreciation from ALR Director Andrew Trapani. The Foundation granted funds to replace rifle cases which had fallen to disrepair.

As of September 15, the Riders participated in four Honor Details, contributed 58 Volunteer Hours, and rode 1,414 group miles. We had the solemn honor of participating by escort in the Repatriation of a fallen US Navy sailor. Lastly at the time of publication, we rode & attended in District 28 Poker Run & MIA/POW Ceremony.

Latest Stats for ALR Honor Details

Month	Group Miles	Dedicated Hours	Missions
July	1,570	169	7
August	2,353	485	13
Sep. 15	1,414	58	4



August US Marine Corps veteran's service.

Rev. 9.22.24

8:00am Cars Check-in & Stage

Car Admission Limited to first 50 cars Registered

Toys For Tots Collection Available Unwrapped Toys Welcomed

AMERICAN LEGION POST 105
VETERANS DAY Ceremony

MONDAY NOVEMBER 11 2024

10:00am Car Show
11:00am Ceremony

Courthouse Square
2200 Broadway, Redwood City

DONATIONS to American Legion Post 105 Redwood City Welcomed

Use the below QR Code to donate

CAR SHOW Online REGISTRATION
<https://tinyurl.com/VDay24CarShows>

AMERICAN LEGION
VETERANS STRENGTHENING AMERICA

To register for the Car Show, use
[www.tinyURL.com/VDay24CarShows](https://tinyurl.com/VDay24CarShows).
Space is limited to the first 50 cars.

As usual, the Riders will manage the Car Show, handicap access and parking logistics for our Veterans Day Ceremony.

Many thanks to the Post Family members who came to the Post on September 28 to helped on our Working Day to spruce up our digs.



Volunteers Welcomed & Needed on Nov 11.
Contact any Post Family Officer.

AMERICAN LEGION POST 105
VETERANS DAY Ceremony

MONDAY NOVEMBER 11 2024

10:00am Car Show
11:00am Ceremony

Courthouse Square
2200 Broadway, Redwood City

Ed Kiryczun
SM County Veterans Services Officer
Keynote Speaker

AmericanLegionPost105rwc.org
Live Music | 10am Car Show | Light Refreshments

TOYS FOR TOTS
Collection Day:
Drop Off
Unwrapped Toys
USMC 234 Reg

rev. 9.12.24

Marines, Carwash & Community



District 26 officers enjoyed breakfast after their August meeting. Represented were (L-R): U238 Pacific President Janice, U585 San Carlos President Marci, U105/D26 President Peggy, D26 VP Bonnie, U105 Secretary/D26 Treasurer Cindy, D26 VA&R Deputy Arlene, and U585 VP/D26 Secretary Susan.



Scouts of America leadership and guests enjoying breakfast and supporting P105.



Post 105 was a hotbed of activities on August 3. Not only did it host the ALA District meeting, it also served up Leo's delicious SOS breakfast, and hosted the USMC 23d Regiment's carwash fundraiser. The Post maintains a wonderful partnership with the 23d Regiment--furthering our connection with active duty military personnel & their families.



Leo & Carol M (right) converse with Michael and Pat after cooking Leo's delicious creamy sausage sauce for the SOS breakfast.



USMC showed up in force and brought their families as well. Photos by William Jackson, Jr.



Recurring Meetings

Legionnaire mtg: 2nd Wednesday, 7pm. 5:00pm dinner. <https://americanlegionpost105rwc.org/> RSVP for dinner to 2nd Vice Cmdr. Leo, (650-303-2757).

Auxiliary Unit mtg: 2nd Wednesday, 6pm. <https://www.alaunit105rwc.com/>

American Legion Riders Chapter mtg: 4th Tuesday, 6pm. 5pm dinner. [Facebook page](#)

Sons of the American Legion Squadron mtg: 2nd Wednesday, 6pm.

Commander's Coffee: last Wednesday/month, 9am-12noon. Potential speaker at 10am, TBD.

District 26 Auxiliary mtg: 1st Saturday, 10am. Rotating venue. www.tinyURL.com/AuxDistrict26

*Meetings held at Post 105:
651 El Camino Real, Redwood City, CA*

Post Family Officers

Telephone: 650-365-1337

Legion: CommanderPost105@gmail.com

Auxiliary: ALAPresident105@gmail.com

Sons: alscommander105@gmail.com

Riders: ALRDirector105@gmail.com

Veteran Spotlight

Many of you have seen Chandara "Shawn" Vinoukkun at veteran events or at our Post but don't know his story. Herewith is a condensed telling of his military service and his journey to America.

Chandara was born into a large family in 1950. At age 20, Chandara volunteered to serve with the Cambodian military during the Vietnam War era, 1970-1975. As with most veterans, he's committed to memory where and when he served—the first Brigade, 4th Battalion first Company, first platoon and first squad Paratrooper Special Forces. "In 1971, our fourth Battalion was sent to to Phouc Tuy long Hai South Vietnam to be trained by the United States Green Berets Special Forces;" while training, the Green Berets took his 4th Battalion on two missions along the Ho Chi Minh trails.



2021 Purple Heart Ceremony with Helen & Cliff.

Recalling his month of military training, Chandara was sent to various combat zones against the North Vietnam Army (NVA/Viet Cong) in Cambodia. On his fifth mission at National Highway 7 which leads to Central South Vietnam, he was severely wounded—sustaining multiple gunshot wounds. After his recovery, he continued his combat service for another four years against the NVA/Viet Cong and the Khmer Rouge (communist political group that ruled Cambodia). In hindsight, he marvels that he survived four years of combat yet ten members of his immediate family were murdered by the Khmer Rouge Regime. "War doesn't go away from my mind; I can't eradicate it so I just learned to live with it. Not a day goes by that I don't think of my lost family; it is so painful for me always."



After the fall of Cambodia to the Khmer Rouge Regime, "that was the last time I saw my immediate family." Chandara managed to escape to Thailand on April 17, 1975 with only the clothes on his back and became a refugee for 18 months. Hence, the reason there are no pictures of him in his youth. While at the refugee camp, he worked picking corn or playing music for up to \$1.00 per day.

Through the sponsorship of the Presbyterian Church in San Diego, non-English speaker Chandara arrived in the USA on November 6, 1976 but found a part-time painting job and started learning English through ESL classes. Within seven months time, he moved to Tacoma, WA and then relocated to the Bay Area in 1979. With his proficient English, he was employed as a school bus driver for the Palo Alto Unified School District and then transferred to Landscape Athletics Department until his retirement in 2015 after 35 years of service with the District.

He married his wife Priscilla 1990, raised their son, and now has a college-age granddaughter. He has a surviving sister who lives in SJ; two of his brothers --one of whom he sponsored to come to the U.S. with the other who remained in Cambodia--passed away 13 years ago. He remains pained by the loss of his family but strives to carry on.

Chandara is proud of his military service and joined the Steve Warren Memorial Ch. 464 Vietnam Veterans of America in 2019 as an Associate Member. He also belongs to the Khmer Republic Veterans in Long Beach, CA. Through Vietnam Veterans of America's Gary Higgins (profile in vol. 2 newsletter), Chandara learns about P105 events. That is how we at P105 are acquainted with Chandara and appreciate his support of our Post events. P105 will always welcome those who served.



Chandara



Legionnaire Cliff celebrated his 100th birthday at the Post! He was featured in vol. 2 of our newsletter.



July 4th BBQ: Arlene, Joyce, Carol M & Wendy chat while serving lunch.

Activities Recap



Post Work Day: Gary painted door trim, Tom & Stan on yard duty, Jennifer & Missy tidied the bar, Andrew & Wendy stocked sodas. The parking lot was cleared of debris and storage areas reorganized. More projects to come; stay tuned.

Upcoming Activities

Veterans/military, volunteer & social opportunities.

Oct 7-14, Fleet Week. San Francisco

Oct 12, Sat. SOS Breakfast. All welcomed for a delicious meal. 9am-12noon @P105. \$10/adults; \$5/under age 12.

Oct 12, Sat. V-Day Flyer Distribution. P105 Family & Scouts distribute Veterans Day flyers to downtown Redwood City businesses. 11am. Meet at P105.

Oct 19, Sat. RWC Elks Lodge #1991 Packing Day. Assist in assembling care boxes & bags for troops & veterans, respectively. Donations welcomed. 10am-1pm. 938 Wilmington Way, RWC.

Oct 30, Wed. Commander's Coffee. 9am coffee/pastries, 10am program.

Nov 8, Fri. SM Co. Veterans Recognition Lunch. 11:30-1:30. Annual honors for Veteran, Patriot & Enterprise of the year. Westin SF Airport, Millbrae.

Nov 11, Mon. Veterans Day Ceremony. 10am-12noon. Car Show, Ceremony, refreshments. Volunteers needed. Courthouse Square, 2200 Broadway St., RWC.

Dec 7, Sat. U105 Gift Dropoff. Annual VA Adopt-a-Vet holiday donation dropoff at D26 meeting. 10am P105 McDonald House.

Dec 15, Sun. VA-MP Holiday Party. Volunteers needed to distribute gifts & serve dessert. Predicated on Covid status. 795 Willow Road., Menlo Park. Time tbd.

Many thanks to Post Family
Work Day volunteers:

Andrew T - ALR

Gary S - ALR

Jen B - Bartender

Jim K - ALS

Melissa - Bartender

Patrick L - ALS

Peggy T - ALA

Stan M - AL

Tom D - AL

Tony S - ALS

Wendy - ALA



P105 Charitable Fdn William Jackson presents a grant to D26 President Peggy to resume BBQs at VA-Menlo Park.



GLOSSARY

ALA, Auxiliary. American Legion Auxiliary

ALR, Riders. American Legion Riders

District, Dept. County & State levels, respectively.

D26. District 26 of SM County

SAL, Sons. Sons of TAL

SMCBM. San Mateo County Blue Star Moms

TAL, Legion. The American Legion

TBD. To be determined

VA. Veterans Administration (govt. agency)

VA-MP. D26 adopted VA Menlo Park Bldg. 331



P105 Birthdays

October

2 Pat R	12 Colleen D
3 Cynthia Mc	16 Richard P
4 Michael G	24 Vincent S
6 Robert D	25 Kenneth S
9 Thomas B	29 Raymond F
9 George S	31 Kenneth K

November

2 Don S	17 John S
4 Wendy W	17 Susan V
5 Victor R	19 Quin J
5 James B	19 Ponce G
6 Susan A	20 Katie T
8 Patricia B	25 James McC
11 Ron G	25 James P
11 William K	26 Richard W
12 Joseph W	27 Michael M
14 Valerie G	

December

3 George G	15 Gary H
4 Philip L	21 Alan S
4 Donald N	24 Charles R
5 William T	30 Chester L
7 Bill E	30 Courtney F
12 Robert A	30 Kaitlyn G
14 Robert L	31 Boyd S



Thankful

Have a Safe Holiday Season

