



AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 www.americanlegionpost105rwc.org – Vol. 00038 December 2021

COMMANDER GREETINGS



George Smith, Commander

Hoping all our Post 105 **legionnaire members and their families** are doing fine and WISHING every family a joyful **Merry Christmas** and **Happy New Year!** It's a great feeling of openly having a great Holiday Season with our families and friends again! It's my gratitude to share my respect and honor all our post veterans for their honorary military services, and our successful Veterans Day celebration last month exhibited therein respect for ALL veterans who served. Our post is here to assist veterans and their families when necessary – **please let us know when you need help.** Always many THANKS to our **proactive membership and comrades** with their ongoing support of our post mission in life to serve our local communities for **God and Country!**

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, to personally accept the cash monetary prize from the raffle tickets as required.

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!**



Merry Christmas, Happy New Year, Happy Birthdays, Anniversaries, etc. to all legionnaire members in **December 2021** 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!

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| <p>Hiring Local Veterans Les Schwab Tire Center, 260 El Camino Real, San Carlos, CA 94070 Phone Number: 650-551-1091 Website: www.lesschwab.com</p> | <p>Hiring Veterans FedEx Office Print & Ship Center, 3600 S. El Camino Real, San Mateo, CA 94403 Phone Number: 650-525-0215 Website: www.fedex.com</p> |
| <p>Auxiliary District 26 VA Holiday Gift Assembling Saturday, December 4, 2021 @ 10 AM AL Post 105 – McDonald/McGarvey House, 651 El Camino Real, Redwood City, CA 94063 Website: www.americanlegionpost105rwc.org</p> | <p>AL Post 105 General Meeting – NEED dinner RSVP Wednesday, December 8, 2021 @ 6 PM 651 El Camino Real, Redwood City, CA 94063 Contact Phone: 650-365-1337 Website: www.americanlegionpost105rwc.org</p> |
| <p>Toys for Vets Wrapping Gifts Thursday, December 16, 2021 @ 8 AM – 12 PM VA Menlo Park 795 Willow Road, Menlo Park, CA 94025 Building #334 in the gym and parking behind the building is available. Wrapping holiday gifts for veteran’s children.</p> | <p>Wreaths Across America Saturday, December 18, 2021 @ 8:45 AM Golden Gate National Cemetery 1300 Sneath Lane, San Bruno, CA 94066 Phone Number: (650) 589-7737 Website: www.cem.va.gov</p> |
| <p>Veterans Farmers Market Wednesday, December 29, 2021 @ 10 AM – 2 PM San Francisco VA Medical Center, 4150 Clement Street, San Francisco, CA 94121 Phone Number: 415-221-4810 Website: www.sanfrancisco.va.gov</p> | <p>2021 New Years Eve “Blast From The Past” Friday, December 31, 2021 @ 6 PM – 12 AM Midnight American Legion Post 105, 651 El Camino Real, Redwood City, CA 94063 Phone Number: (650) 365-1337 Website: www.americanlegionpost105rwc.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.

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| <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 Ron Smith, who previously participated in rehabilitation recovery at the VA Hospital in Menlo Park. He served with honorary military services in the U.S. Navy as an Aviator Engineer fixing airplanes during the Vietnam War. He served in the military for 12 years during the Vietnam War era as active duty and 3 years in the reserve. He worked closely with his comrades to ensure war airplanes were ready “for action with efficiency hitting enemy targets.” He was assigned to the Naval Aviation Battalion during his active military duty assignments.

He is actively involved with other community organizations to help veterans with their families within local communities. He has been doing a lot of traveling with his wife and children during his retirement from military services and other civilian jobs. He tries to be actively involved with local services for veterans and families including human services when necessary.



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)*



AL Post 105 photo display during the 2021 Veterans Day Celebration at the Courthouse Square.



Golden Gate Young Marines membership participated at therein 2021 Veterans Day Celebration event.



Bill with two Boys State gentlemen and Peggy with two Girls State ladies during their 2021 Veterans Day Celebration event.



AL Post 105 Commander, George Smith, and Redwood City Mayor, Diane Howard with other dignitaries during their 2021 Veterans Day Celebration.



AL Post 105 members Andrew, Chester, Bill, and Gary with our veterans friend Linda preparing for their 2021 Veterans Day celebration event.



Leo, Michael, Chester, and Bill preparing the donuts and coffee for participants of their 2021 Veterans Day Celebration.



Sade'
Smooth Operator
No ordinary Love
Sweetest Taboo
Hang on to your Love

TBA & LPF Present

2021 New Years Eve!

Temptations
Just my imagination
Papa Was a Rollin Stone
Ain't too Proud to Beg
My Girl Get Ready

"A BLAST FROM THE PAST"

Cleveland Jones Tribute to the Temptations Joanie Brant & the Nob Hill Knights



6:00-7:30 pm

Sade' Tribute Show
Cocktail Hour-No Host Bar

***7:00 pm**

Four Course Dinner

*** 7:30-10:30 pm**

Joanie Brant

Big Band Sounds

• 10:30 pm—Midnight

Cleveland Jones

Live Tribute to the Temptations

*** 12 Midnight**

Champagne Toast & Balloon Drop,
Auld Lang Syne & Music until 1 am



\$299
per Couple
inclusive
All Sales Final

Limited Seating Advance
Reservations Required

American Legion Post 105
651 El Camino Real.
Redwood City, CA 94063

Benefits American Legion & Includes
Four-Course Dinner, Dance to your
favorite Songs, Enjoy Party Favors,
Champagne toast, Balloon Drop & a
Fabulous Blast from the Past Show. Single
tickets available \$149.50 inclusive.
AAA provides free rides for members &
Non-members 888-409-7222. Uber, Lift
& Taxi companies also provide free rides
call in advance.

For those who want to spend the Night
Good Living Inn 1562 El Camino Real, San Car-
los 650-591-6655 mention American Legion

We will Adhere to all CDC Rules and Regulations &
that we have the right to change the Menu do to
Availability caused by Covid-19 !

Call for Tickets @ Joan Brant 415-518-8434 or Kimberly @ 408-892-0974

➤ **From the desk of the Commander**

Wishing you and your families good health, a safe and Happy Holiday Season and may 2022 be the best year ever!

December is starting out with a Craft Faire at the Post on Saturday the 4th, hope to see you all there.

The hall is booked the first 3 Saturdays this month, the last two Saturdays it's closed for the Holidays.

Friday, December 31st there is a New Years Eve Celebration at the Post, please see flyer in this newsletter.

Friday and Saturday, Christmas Eve and Christmas Day the Post will be closed.

Saturday, New Years Day, the Post will be closed.

The last Wednesday of the month (every month, except December) is Commander's Coffee from 9:00 AM to 12:00 noon. Come down and join us for coffee and pastries, post officers will be there to answer any questions you might have. January 26, 2022, we will be highlighting MyLegion.org and how to use it. If you have anything you'd like to see on the list of things to do for the Commanders coffee, please let me know, CommanderPost105@gmail.com

Until next month, be safe and Happy New Year.

George

Commander Post 105

- Our EBoard continues to keep up with our post updates with therein post development status, and therein comprehensive DDA/Development Agreement ("Agreement") has been signed appropriately by all involved parties and moving forward for next steps – **development status letter** was sent to our post membership. The next steps may take two years because of development permits and/or assessments for therein project. Our post development status is going through the permits process, and a Building Committee has been meeting to consider what is best for our post development situation – stay tuned!
- Our **AL Post 105 Family** units have been proactively participating with local activities to support veterans and their families last month. Including flag retirement ceremonies, Thanksgiving family activities for veterans, and successful **2021 Veterans Day Celebration** at the Courthouse Square – **mission accomplished!**
- 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. Our AL Post 105 First Vice Commander recommends having a special recognition event for therein **5 legionnaire members** of our post.

| Department of California Reporting Data – 11/23/2021 | | | | | |
|---|-----------------|-------------|--------------|------------------|--------------------|
| Total Members | Membership Goal | New Members | PUFL Members | Paid To The Post | Current Percentage |
| 137 | 233 | 1 | 45 | 91 | 59% |

Many THANKS to renewal members who are already in place and **your membership dues** go directly to help veterans and their families. Please visit our website www.americanlegionpost105rwc.org for more membership information and updates.



- The **American Legion Riders Chapter 105** President, Ed Fifer 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 6 missions** and rifle firing details. The ALR105 rode **more than 565 miles** and donated **more than 69 volunteer hours** since last month. Including an escort ride scheduled for the National Commander in California on December 10 and 11. The new ALR105 President, Jim Bustos, will take over his new position role. 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 drop me an 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 **5 Final Hours Details** during rifle-firing details to honor our veterans, and with **105 participants** during the month of October 2021 – more details are scheduled for this month of December 2021. The SAL Unit 105 donated **\$100** for the Veterans Day Celebration and they contributed **28 hours** of volunteering time with **239 miles**. 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 for membership.
- The AL **Auxiliary Unit 105** President, Carol Rael continues to meet with their unit in-person at the Post--second Wednesday @ 6pm. The Auxiliary procured a [Proclamation from the City of Redwood City naming November “Veterans & Military Family Month.”](#) The Auxiliary was pleased to have our Girls State Citizens Kasvi Singh (Design Tech High) and Adrienne Park (The Nueva School) acknowledged at Redwood City’s Veterans Day celebration. These [accomplished students](#) were honored with California Girls State stoles to wear at their graduation this coming spring. Our Unit is gearing up to host Aux District 26 for the annual veterans gift dropoff run by our very own Arlene Muller, VA&R Deputy. Units bought VA-Menlo Park Bldg. 331 patients gifts off their holiday wishlist. We’re set to wrap gifts at VA-MP on Dec. 16 for “Toys for Vets.” On Dec. 18, we’ll be joining San Mateo County Blue Star Moms in laying wreaths at Golden Gate National Cemetery for Wreaths Across America. We wish all our Post families a safe holiday season. (Pictures by Tammy Aramian, Artam Studios)
- 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.
- Please contact our post if anyone else of our **Post 105** membership is aware of any other Everlasting Post members, and/or anyone in the hospital because of his/her illness. Please contact our **Post Chaplain Dennis Lopez** at 650-346-9825 for assistance when necessary regarding logistical matters.

- The **Blue Star Moms** will assist Golden Gate National Cemetery to honor and remember our veterans, just by laying wreaths on the graves of our fallen veteran heroes nationwide. The honorary effort is partnering with **Wreaths Across America** and people can volunteer to help and/or sponsoring a wreath for our veteran heroes. Please click onto herein linkage online <https://wreathscrossamerica.org/pages/30681/Overview> for more information about Wreaths Across America. Local organizations can collaborate to support therein effort within San Mateo County, and contact **American Legion Post 105 Family** for assistance if necessary about volunteering and/or wreath sponsorship.
- The **Blue Star Moms** organization of San Mateo County has been a respectful agency with quality services to help veterans and their families. They are having a fundraising effort during the Holiday Season in partnership with **See's Candies** by ordering candies online with discounts – sale ends on **Friday, December 3, 2021**. Please click onto herein linkage below online for more information and for quick services https://www.yumraising.com/secure/sanmcb_san_mateo_county_blue_star_moms_fall_70/candy?h=Amy_Wal4401 Because the time is near for your support during this holiday season – many THANKS to you in advance for your support and Happy Holidays!



- 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 U.S. Department of Veterans Affairs (VA)** recently released their **2021 National Veterans Suicide Prevention Report** for the public. The report provides critical information and click online to herein following linkage <https://www.mentalhealth.va.gov/docs/data-sheets/2021/2021-National-Veteran-Suicide-Prevention-Annual-Report-FINAL-9-8-21.pdf> for more information. Other resources that may help prevent suicide for **veterans and their families** is visiting herein online website www.godsnotdead.com for God's Not Dead series film – enjoy the movie series!
- **The U.S. Department of Veterans Affairs (VA)** provides outreach information to help veterans with their families and children when necessary. The VA also tries to keep veterans updated **with new regulations** aligned with eligible veteran benefits. Go online with herein following linkage below to help you with VA claims when necessary, <https://www.calvet.ca.gov/veteran-services-benefits/va-claims> especially during these challenging times with the pandemic. Needless to say, therein pandemic is impacting many local communities affecting our veterans and their families, and **appropriate health care services** has to be in place to protect our veterans. Including appropriate suicide prevention elements in place to eradicate increasing **suicide issues of concern** for our veterans – protecting veterans and their family **is an essential matter!**

- All local families as well as our veteran families **deserve the best health care systems** in place, for protection especially with the pandemic virus impact. The **UCSF Health Care** system opens the new clinic within San Mateo County **to help veterans and their families** locally, and make it easier for them especially during the COVID-19 pandemic health crisis. We want the best health care providers to help our veterans and their families for appropriate protection, and **UCSF** is one of the best health care providers – local veterans **don't have to travel long distance** for health care anymore. Please go online to the following linkage below for clinics <https://www.ucsf.edu/news/2020/01/416536/ucsf-health-opens-new-clinics-peninsula> and more accessible threshold contact. Our **AL Post 105 Family** advocated for local clinics – **mission accomplished!**
- The veterans and their families need **appropriate transportation** to mobilize within local communities when necessary. The **SamTrans Transit District** has a public traveling program called **Veterans Mobility Corps Vet 2 Vet Program** to help veterans with local transportation within San Mateo County. Please go online with the following website www.samtrans.com for more program information. The transit program staff **can train veterans and share available** traveling elements, as well as **shuttling services** for each coverage area within countywide jurisdictions to make it convenient for veterans.
- The local **Holiday Season** is here and veterans with their families need food for support, and community programs such as **Second Harvest Food Bank** can help. The **Second Harvest Food Bank** offers food pickup locations within San Mateo County on their website at <https://www.shfb.org/get-food/> – contact phone number 800-984-3663 or text GETFOOD at 408-455-5181.
- The **Daly City Partnership** is a collaboration effort to help local veteran families and children with accessible healthy food to promote well-being communities. Please go online to the partnership following website <https://www.dcpartnership.org/covid19/> for more information and **free meals for students**, and contact email at mike@dcpartnership.org and phone number 650-301-3300.
- The food programs in San Mateo County can help people with nutrition meals during these challenging times for veteran families and children. The **CalFresh Program** can help provide healthy nutritional food for local communities. Please go online with herein linkage <https://www.cdss.ca.gov/food-nutrition/calfresh> for more information and access – contact email at antorres@smcgov.org and phone number 650-802-6575.
- Our veteran families and children needs **discount programs** during these challenging times with therein pandemic. Please go online at www.legion.org/benefits for all essential **discounting programs** to help local veterans and their families. Especially with health and dental discounting programs as well as financial assistance with medical bills, and help with **holiday gifts** for veteran families and children.

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: *“Efforts and courage are not enough without purpose and direction.”*

President John F. Kennedy



AMERICAN LEGION

POST 105 FAMILY

WISHING YOU, FAMILIES, AND FRIENDS

A

JOYFUL HAPPY HOLIDAY SEASON!

MERRY CHRISTMAS & HAPPY NEW YEAR!



George Smith, Commander, American Legion Post 105 Family