



## AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 [www.americanlegionpost105rwc.org](http://www.americanlegionpost105rwc.org) – Vol. 00039 January 2022

### COMMANDER GREETINGS



*George Smith, Commander*

Greetings! **Happy New Year** and hoping all our Post 105 **legionnaire members and their families** are doing fine. Last year continues to be challenging with the pandemic and business communities are starting to open up – THANKS to God Almighty! Our AL Post 105 Family members successfully accomplished many activities for veterans during last month in December 2021. Sharing my gratitude and appreciation to our family for their honorary contribution to local diversified communities. Our post is here to help veterans and their families when necessary – **please let us know!** Always many THANKS to our **proactive membership and comrades** with their ongoing support of our post mission in life serving 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 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 New Year, Happy Birthdays, Anniversaries, etc. to all legionnaire members in **January 2022** 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!*

<p><b>Priority Hiring Local Veterans</b> Safelite Auto Glass, 110 Chestnut Street, Redwood City, CA 94063 Phone Number: 650-542-7890 Website: <a href="http://www.safelite.com">www.safelite.com</a></p>	<p><b>Hiring Veterans</b> My Gym San Carlos, 189 El Camino Real, San Carlos, CA 94070 Phone Number: 650-551-0051 Website: <a href="http://www.mygym.com">www.mygym.com</a></p>
<p><b>Hillsborough Antiques, Arts, and Design Show</b> Friday, January 7, 2022 @ 11 AM United Veterans Services, 2054 Raven Road, Pleasanton, CA 94566 Website: <a href="http://www.unitedveteransservices.org">www.unitedveteransservices.org</a></p>	<p><b>MIS Historic Learning Center Self-Guided Tour</b> Sunday, January 9, 2022 @ 12 PM – 5 PM 640 Mason Street, San Francisco, CA 94129 Contact Phone: 415-921-5007 Website: <a href="http://www.njahs.org">www.njahs.org</a></p>
<p><b>Post 105 General Meeting – NEED rsvp for dinner</b> Wednesday, January 12, 2022 @ 7 PM American Legion Post 105, 651 El Camino Real, Redwood City, CA 94063 Phone Number: 650-365-1337 (<b>FREE DINNER @ 6 PM</b>) Website: <a href="http://www.americanlegionpost105rwc.org">www.americanlegionpost105rwc.org</a></p>	<p><b>Veterans Oakland Career Job Fair</b> Thursday, January 13, 2022 @ 11 AM – 2 PM West Oakland Job Resource Center, 1801 Adeline Street, 2<sup>nd</sup> Floor, Rm. 211, Oakland, CA 94607 Phone Number: (510) 419-0509 Website: <a href="http://www.wojrc.org">www.wojrc.org</a></p>
<p><b>Marine Corps League, Delta Diablo Detachment 1155</b> Thursday, January 20, 2022 @ 6:30 PM – 8 PM Brentwood Veterans Memorial Building, 757 First Street, Brentwood, CA 94513 Phone Number: 925-338-1775 Website: <a href="http://www.mcl1155.org">www.mcl1155.org</a></p>	<p><b>Al-Anon Family Group 4 Veterans</b> Monday, January 24, 2022 @ 12:15 PM Veterans Memorial Building, 200 Grand Avenue, Oakland, CA 94610 Phone Number: (757) 563-1600 Website: <a href="http://www.al-anon.org">www.al-anon.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 Rob Harrison who served in the U.S. Marines. He was a military Sergeant who adapted really well to his military life, and served as the Marine Security Guard for domestic and/or international presidential official assignments. He completed his trainings in North and South Carolinas, as well as Arlington in Virginia and stationed in Washington D.C. His military service was during the missile crisis in Cuba, and served with assignments at the Embassy locations. Including secret service alignment with communication messages deliverance during assignments, and job responsibilities can become dangerous and hazardous during performance activities.

He believes in helping veterans within communities and assisting organizations to help veterans with their families when necessary. He is very proud and grateful for serving his country, and encourages young generations to serve in the military with many benefits. He gets involved with local services for veterans and their families to help them in communities when he can.



## 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)*



Delivery of holiday gifts for VA patients accepted by a veteran and staff at VA Menlo Park Hospital.



College Park Girl Scouts Troop 61740 donated toiletries and handmade 2021 holiday cards for VA patients.



Foster City Girl Scouts Daisy Troop 61829 contributing 2021 holiday cards for veteran patients at VA Menlo Park.



Auxiliary Unit 105 & Post 105 volunteers wrapped holiday gifts for veterans at VA Menlo Park Hospital.



Auxiliary Unit 105 members Pat and Brenda preparing for Wreaths Across America at GGNC.



AL Post 105 members Romie and Bill attending the annual Veterans Holiday Luncheon at Harry's Hofbrau.



American Legion Post 105 Commander, George Smith and Past Commander, Romie Bassetto with members of the AL Post 105 Family. Including Redwood City Mayor, Diane Howard during their 2021 Veterans Day Celebration event at the Courthouse Square on Thursday, November 11, 2021.



AL Post 105 Family units participated and completed Wreaths Across America assignment at Golden Gate National Cemetery (GGNC).



AL Post 105 Family unit members were laying wreaths to honor all our veteran comrades at GGNC because they will never be forgotten!



**Auxiliary Unit 105 and AL Post 105 donating 2021 holiday gifts for long-term patients at VA Menlo Park Hospital.**



**Our Blue Star Moms received an appreciative email below from a veteran when he received one of the care packages that SMCBSM (San Mateo County Blue Star Moms) assembled in November 2021.**

*“Hello, I recently visited the San Mateo County Veterans Service Office...to my surprise, I was gifted with a bag full of goodies prepared by the San Mateo Blue Star Moms! I was surprised and amazed with the variety of all the goodies packed into one bag!*

*“I want to express my deep regard for your most generous gift to me, a Disabled Veteran. I proudly served my country during the VietNam conflict. I have just finished 6 rounds of chemotherapy and your gift truly warmed my heart and made my day! It means a lot to have folks express their kindness and thanks to Veterans in all the branches for their service.*

*“May you all have a very Happy Holiday Season and God Bless YOU for your generosity to all Veterans.*

*Sincerely,*

*Edgar C”*

➤ **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!

Friday, December 31<sup>st</sup> there is a New Years Eve Celebration at the Post.

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](mailto:CommanderPost105@gmail.com)

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!
- All our **AL Post 105 Family** units have been proactively participating with local activities to support veterans and their families last month during December 2021. Including holiday gifts contribution for veterans at local VA hospitals, participated and completed successful performance at Wreaths Across America. Successfully completed our annual Veterans Holiday Luncheon, and partnership with **Blue Star Moms** for community activities to support veterans, etc. This year is coming to end soon and our AL Post 105 Family units proactively completed community effort projects to support veterans. As well as youth leadership activities to help and support veterans with their families. Including flag retirement ceremonies, Thanksgiving family activities for veterans, and successful **2021 Veterans Day Celebration** as well as suicide prevention ridership fundraising – **another mission accomplished** with success during 2021.
- 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.

<b>Department of California Reporting Data – 12/21/2021</b>					
Total Members	Membership Goal	New Members	PUFL Members	Paid To The Post	Current Percentage
146	233	1	45	98	63%

Many THANKS to renewal members and **your membership dues** go directly to help veterans and their families. Please visit our website [www.americanlegionpost105rwc.org](http://www.americanlegionpost105rwc.org) for more membership 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 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, Andrew Trapani, will take over his new position role. The ALR105 chapter raised **\$3700** 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**. 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 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** and more details are scheduled for 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.
- The AL **Auxiliary Unit 105** President, Carol Rael continues to meet with their unit in-person at Post-105 on the second Wednesday @ 6pm. The Auxiliary completed our gift donations to Bldg. 331 of VA-Menlo Park. Our own Arlene Muller, District 26 VA&R Deputy, has been organizing the District-wide gift program for several years now. We volunteered at Golden Gate National Cemetery for the annual **Wreaths Across America**. The VA resumed the **Toys for Vets** program; we volunteered to wrap the free toys for veterans. Looking towards 2022: All are welcomed to join the Auxiliary for an afternoon of camaraderie & great entertainment—San Mateo High School’s production of “Crazy for You.” Enjoy memorable Gershwin tunes like “I’ve Got Rhythm” and “They Can’t Take That Away From Me.” Tickets are ~\$10 for the **Sunday 2pm, February 6** showing. RSVP by January 26 to [AuxUnit105secy@gmail.com](mailto:AuxUnit105secy@gmail.com).
- 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 – **will keep our members** in our prayers. Please contact our post administrative office at **650-365-1337** for assistance when necessary regarding logistical matters, and/or visit our website at [www.americanlegionpost105rwc.org](http://www.americanlegionpost105rwc.org) for more information.





- 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](http://www.godsnotdead.com) for God's Not Dead series film – enjoy the movie series!
- 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!**
- In fact, youth suicide rates are continually increasing at family households in America, and don't forget **veterans and their families**. The CDC (Centers for Disease Control) and Prevention reported that suicide was the second leading cause of death among people ages **10 to 34 years old** – the pandemic is not helping.
- 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](http://www.samtrans.com) for more program information.

- The New Year 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](mailto: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](mailto:antorres@smcgov.org) and phone number 650-802-6575. The CalFresh Program may have food resources and/or **partnership with other local community food programs** in charity organizations.
- Our veteran families and children needs **discount programs** during these challenging times with therein pandemic. Please go online at [www.legion.org/benefits](http://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 **New Year gifts** for veteran families and children.
- The veterans and their families can have many problems especially during the pandemic, and affecting **veterans mobility and way of life**. Especially veterans with trauma and challenges related to PTSD situations and/or TBI related conditions. The **Paws for Purple Hearts** program may be able to improve veterans way of life through therapeutic treatments using Service Dogs for assistance if necessary. Please go online at this linkage <https://pawsforpurplehearts.org/who-we-are/#MissionValue> for more information.
- The construction field is booming with many available jobs at local apprenticeship locations in the San Francisco Bay Area. The construction companies are looking for **veterans with a commitment** of enhancing their construction skills, and learning new apprenticeship elements in the Building and Construction Trades. The **San Mateo County Union Community Alliance** (SMCUCA) and Local Apprenticeship Programs are offering certified trainings through Trades Introduction Program (TIP). Please visit their website at [www.smcuca.org](http://www.smcuca.org) for more information – required orientation starts on **Saturday, January 8, 2022**.

### **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](mailto:mfcpalesoo@gmail.com) or phone call at 650-365-1337 for informational message.

**American Historical Quote:**                   *“I have decided to stick with love. Hate is too great a burden to bear.”*

*Dr. Martin Luther King Jr., Civil Rights Activist Leader*