



AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 www.americanlegionpost105rwc.org – Vol. 00028 February 2021

COMMANDER GREETINGS



Romie Bassetto, Commander

Hoping all AL Post 105 legionnaire members with their families are doing fine during these challenging times. Sharing my gratitude and appreciation to all **African American** veterans, as well as all veterans of our post for their honorary contribution to diversified communities – honoring Black History Month! Because our AL Post 105 continues to make a difference in society during tough times for **God and Country!** **Our post continues to stay closed until further notice.** Our post continues to provide resources to help veterans and their families when necessary, and please let us know! Many THANKS to our **proactive members and comrades** for their ongoing support of our post mission for success!

I also share my appreciation to our AL Post 105 family partnership agencies of Post 105 Legion Riders, SAL, Auxiliary, and Blue Star Moms for their ongoing support! To provide resourceful items to help veterans and their families as necessary, and please let us know if any veteran needs help. Because it's our post legionnaire mission with **100+ awesome years** of patriotic services for **God and Country** – **STAY SAFE & HEALTHY!**



Happy Birthdays, Anniversaries, etc. to all Post 105 legionnaire members in **February 2021** and many more!

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!

Hiring Local Veterans

BevMo
1745 El Camino Real, Redwood City, CA 94063
Phone Number: (650) 261 – 1414
Website Address: www.bevmo.com

Hiring Local Veterans

Carl's Jr.
27467 Hesperian Blvd, Hayward, CA 94545
Phone Number: (510) 786 – 3440
Website Address: www.carlsjr.com

IMPORTANT RED ALERT: PLEASE CONTACT IDENTIFIED PHONE NUMBER AND/OR EMAIL FOR EACH EVENT TO ENSURE IT'S STILL HAPPENING BECAUSE OF THEREIN COVID-19 HEALTH PANDEMIC.

<p>FREE Veteran Works Job Fair Friday, February 5, 2021 @ 11 AM – 2 PM PST Veteran Works Job Expo Career Fair Virtual Online Event Contact Linkage: https://VeteranWorks.org/we/jobfair Address: www.veteranworks.org</p>	<p>Veterans Super Sunday Charity Crab Feed Sunday, February 7, 2021 @ 1 PM – 7 PM Veterans Memorial Building 400 Hartz Avenue, Danville, CA 94526 Phone Number: 925-362-9806 Website Address: www.vmbsrv.org</p>
<p>Veterans Information Meeting – Find Your Support Tuesday, February 9, 2021 @ 10 AM – 12 PM/Noon Fresno Pacific University Virtual Online Zoom Contact Linkage: fresno.zoom.us/j/91528391210 Website Address: www.fresno.edu</p>	<p>Post 105 General Meeting – NEED rsvp for dinner Wednesday, February 10, 2021 @ 7 PM CANCELLED 651 El Camino Real, Redwood City, CA 94063 Phone Number: (650) 365-1337 (FREE DINNER @ 6 PM)</p>
<p>FREE Whole Vet Military Career Transition Day Friday, February 19, 2021 @ 7 AM – 12 PM PST Whole Vet Virtual Online Event Phone Number: 919-810-2600 Website Address: www.wholevet.org</p>	<p>FREE Veterans Supportive Employer Training Tuesday, February 23, 2021 @ 11 AM – 12 PM PST Arizona Coalition For Military Families Virtual Online Webinar Phone Number: 602-753-8802 Website Address: www.arizonacoalition.org</p>
<p>FREE Veterans Mental Health Awareness Wednesday, February 24, 2021 @ 4 PM – 5:30 PM NAMI Westchester Inc. Virtual Online Session Phone Number: 914-592-5458 Website Address: www.namiwestchester.org</p>	<p>FREE Forming A Christian Mind Friday, February 26, 2021 @ 11 AM – 1 PM PST Theological Perspectives Virtual Online Workshop Contact Email: info@uccf.org.uk Website Address: www.formingachristianmind.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 story this month is about our honorary veteran comrade E6 Ivan Campbell who served in the U.S. Navy military services during the Vietnam War. His father served in the U.S. Navy as well and his cousin served in the U.S. Army and he adapted well into his military naval career. He was happy to discover his new military adventure and completed his boot camp in Great Lakes, Illinois and served onboard three different ships. His first assignment was onboard the USS Robison DDG-12 Guided Missile Destroyer with 1st Division as a non-classified seaman. He also received on the job training in the medical field and completed his formal training at the Naval School of Health Sciences in San Diego, California, and assigned to Tripler Army Medical Center in Oahu, Hawaii.

E6 Campbell successfully completed his honorable military services in the U.S. Navy and became close friends with his comrades, and still in contact with each other to share their military friendship times. He supports World Peace because war is horrific, and feels he entered the military as a teenage and quickly became a man. He respects other people as veterans and believes we all must live peacefully together. His military service was overall with more happy times versus sad times and will help veterans in our community, and met some amazing people during his military career!

THANKS to Kalidev Choudhury for sharing the veterans lost stories on his website www.theloststories.org



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 the post commitment for quality services supporting our veterans and their families – exemplifying by action throughout communities! *(THANKS to the photographer!)*



Auxiliary Unit 105's wreath laying at Golden Gate National Cemetery on December 19, 2020.



VA staff accepting District 26's holiday gifts for veterans.



Post 105 Legion Riders Andrew Trapani and George Smith listing to therein COVID-19 testing presentation with other volunteers preparing for onsite testing activities.



Auxiliary Unit 105 members George, Carol, Pauline R, Pat, Brenda, Arlene, and Peggy with gifts for VA patients.



Ed is instructing Carol, Mike, Andrew, and George Silva with other volunteers regarding COVID-19 testing activities onsite at AL Post 105.



Carol, George Silva, Andrew, Mike, and Tom are paying attention to therein COVID-19 testing instructions from Ed regarding onsite activities at AL Post 105.



- **COVID-19 PREVENTION RED ALERT:** Our AL Post 105 continues to remain closed until further notice with a vaccine under distribution. The three identified CDC (Centers for Disease Control) and Prevention healthy standards have been proven to stop therein COVID-19 virus effectively. It's consistent with local, state, and federal health guidelines – just follow herein **three protective** healthy standards: **1)** Wear Face Covering Masks, **2)** Maintain Social Physical Distance, and **3)** Wash Your Hands.
- Our Post 105 Commander, Romie Bassetto and therein comprehensive DDA/Development Agreement (“Agreement”) has been signed appropriately by all involved parties and moving forward for next steps, and the development status letter was sent to our post membership. The next steps may take one year or more because of development permits and/or project assessments for therein project execution. We have to work closely with local municipal agencies regarding therein post development project next steps, and it may take approximately two years before construction begins. The EBoard continues to meet virtually online because of therein COVID-19 pandemic and to adhere with government orderly guidelines – stay tune!
- Please contact Ed Kiryczun, **San Mateo County Veteran Services Officer** at 650– 802–6598 if you want to host a local COVID-19 testing site. The COVID-19 testing is free and welcoming walk-in veterans with proof of military services i.e. VA Card, DD214, Military ID Card. Please visit our website for more information www.americanlegionpost105rwc.org and/or COVID-19 free testing scheduling.
- The District 26 First Vice Commander congratulates **Post 82, Post 105, Post 238, and Post 474** for exceeding 80% of therein district membership goal during last month. The following identified numbers reflect thereby updated status information shared by District 26 membership report.

AL Department of California 2021 District 26 (Area 2) Membership Report				Post 105 Redwood City Update Membership Status Date: 1/29/2021			
New Members	PUFL	Paid Online	Paid By Mail	Transfers	Total Members	Membership Goal	Achieved Percentage
1	43	43	106	7	254	228	88%

- Many THANKS to all members with their membership renewals and looking forward to **100%** positive effort this year! Please visit our website www.americanlegionpost105rwc.org for more membership information with accessible forms. You can also contact our First Vice Commander, Mr. George Smith by phone at 650-349-7146 or email at 1stvice105@gmail.com – THANK YOU for your support! The more members we have renewing their membership provides us more money for veterans – be safe and see you!
- Our post has a calendar identifying daily and/or monthly events as well as specified holidays, and other national calendar dates for recognition, 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** President, Mr. George Smith submitted herein following progressive activities. American Legion Riders Chapter 105 has participated in 5 missions supporting our deceased veterans by participating on Firing Details and standing Flag Lines during the month of December. We have driven 365 miles and donated 61 volunteer hours. 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, we would love to have you helping us serving the Veterans in our community.
- The **SAL Unit 105** Commander, Andrew Trapani reported 11 members in their unit and will continue to help veterans and their families when necessary. The SAL Unit 105 worked closely with ALR Post 105 and Auxiliary Unit 105 to coordinate free COVID-19 testing activities at our post. He also shared what makes a person eligible to become a SAL member because somebody at therein COVID-19 testing event asked him. The following are eligibility qualifications: 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 in the Sons of The American Legion.
- The **Auxiliary Unit 105** President, Carol Rael continues to meet monthly via Zoom with her team. We delivered District 26's holiday gifts to VA-Menlo Park patients. Members participated in the laying of wreaths and cleanup for Wreaths Across America at the Golden Gate National Cemetery in San Bruno. We're working with a Foster City Girl Scouts troop to create flower decorations for patients at the VA. U105's Girls State online application process is promoted by the Dept. as a model for a distanced interview process; for the second year due to the pandemic, Girls State will be held virtually via teleconference. U105 launched our year-round fundraiser: GIVING BEAN--a delicious way to purchase coffee (beans & grounds), teas, snacks and other delectables. Please use U105's special shopping page: www.tinyURL.com/U105GivingBean to order. A percentage of the proceeds goes directly to our Unit. If you'd like to join our activities, please contact us: bsmavolunteer@gmail.com or AuxUnit105secy@gmail.com. --U105 Officers Carol, Brenda, Peggy & Amy.
- It is sad to share that our Post Everlasting lost three honorary legionnaire members, and will keep our comrades with their families in our prayers for James Collins, James Parker, and Emil Zanoni.



Legionnaire James Collins



Legionnaire James Parker



Legionnaire Emil Zanoni

"WE LOVE YOU HONORARY COMRADES AND WILL NEVER BE FORGOTTEN!"

- 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.
- Our Auxiliary Unit 105 is having a **Year-Round Fundraiser** as a delicious way to support, and enjoying premium coffees, teas, snacks, and more! Please visit following linkage below online for more fundraising info. <https://www.givingbean.com/store/home.php?partner=ed83d#.YBoDxYuJiM9> and viewing Auxiliary timeline with following linkage below for more information as necessary. <https://drive.google.com/file/d/14JPI8aIpD4Im9jFB0r7RqR5QJWiZCJZt/view?usp=sharing>



- 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, 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 informational resources.

The COVID-19 pandemic has taken a toll on mental health for veterans and their families, as well as increasing isolation with loneliness, anxiety, depression, and substance abuse among youth and young adult Americans. It's been reported that 80% are with significant symptoms of depression, 45% with moderate levels of anxiety, and 17% with severe anxiety. These high levels of mental health issues can lead into high levels of substance abuse and severe drug use with harmful levels of alcohol drinking. Please contact and/or visit the **Veterans Crisis Hotline** immediately when you need **HELP** quickly for assistance.

- **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>
- **Great Food Plates Delivered** is a food delivery program within San Mateo County **to help local senior veterans and their families**. It's a state food delivery program to help local older adults and seniors during the COVID-19 health crisis. Please go online to the following linkage <https://cmo.smcgov.org/press-release/county-san-mateo-launches-great-plates-delivered> for accessibility and more information.
- The returning veterans to their families and local communities can become challenging thereafter their wartime service. Our veterans need a great transitioning back to civilian life and Veteran's Path is good with a positive pathway for veterans. The **Veteran's Path** agency can help veterans create a **pathway for returning veterans** with compelling results – visit website www.veteranspath.org for more information.

- 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. It can help veteran families and children with low-income household as well as meeting income guidelines. 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.
- 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 partnership program have local drive-thru food banks for veteran families and children during the COVID-19 challenging times.
- 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.
- Our veteran families and children needs discount programs during these challenging times with therein COVID-19 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.
- Please keep in mind, many veterans have lost their homes and/or personal belongings because of online scams, and having your personal information unprotected doesn't help. **HIPAA** (Health Insurance Portability and Accountability Act) federal regulation was established for enactment and protection. The HIPAA legislative regulation has been updated to protect personal information. Please follow herein linkage: <https://www.calvet.ca.gov/Pages/HIPAA.aspx> for more information and protection.
- The AL Department of California **Web Team Editor** Jared Morgan provided herein linkage below, to honor African American contributions <https://calegion.org/california-legionnaire/> to our state and nationwide in February 2021 Black History Month.
- The COVID-19 vaccinations are available at Menlo Park and Palo Alto VA Hospitals for veterans 75 years or older. We were able to open more clinics this week and have availability as early as tomorrow for Menlo Park and as early as Friday for Palo Alto! Please give us a call at (650) 496-2535. This scheduling line is open from 8:00 am to 6:00 pm, and will only be able to schedule those who fall within this category!

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. 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 prayed for freedom for twenty years and received no answer, until I prayed with my legs!”

Frederick Douglass, Abolitionist