



AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 www.americanlegionpost105rwc.org – Vol. 00029 March 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 female veterans of our post for their honorary contribution to society with military services, and ALL post veterans for their military services contribution. To honor **National Women's History Month of March 2021** and **THANK YOU** for your services! Because our 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**, and continues to provide resources to help veterans and their families as necessary. Many THANKS to our **proactive members and comrades** for their ongoing support, and for our family of post legionnaire's mission for success – **MISSION ACCOMPLISHED!**

Sharing my continual appreciation to our AL Post 105 family partnership agencies of Legion Riders, SAL, Auxiliary, and Blue Star Moms for their ongoing support! Providing resourceful items to help veterans and their families, 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 St. Patrick's Day, Happy Birthdays, Anniversaries, etc. to all Post 105 legionnaires in March 2021!!

POST EVENTS & INFORMATION SHARING



Hiring Local Veterans

Amazon 4 – Star
1232 Burlingame Avenue, Burlingame, CA 94010
Phone Number: (650) 401 – 3720
Website Address: www.amazon.jobs

Hiring Local Veterans

US Postal Service
3875 Bohannon Drive, Menlo Park, CA 94025
Phone Number: (800) 275 – 8777
Website Address: www.usps.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>Mission District Street Art & Food Walking Tour Saturday, March 6, 2021 @ 10 AM Extranomical Tours – Mission San Francisco de Asis 3321 16th Street, San Francisco, CA 94114 Phone Number: 415-357-0700 Address: www.extranomical.com</p>	<p>Davine Expeditions – Bay Area Wednesday, March 10, 2021 @ 12 PM – 3 PM Entering Cannabis – The Global Landscape Development Virtual Online Event Contact Email: team@davineexpeditions.com Website Address: www.enteringcannabis.com</p>
<p>Post 105 General Meeting – NEED rsvp for dinner Wednesday, March 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 Group Run Thursday, March 11, 2021 @ 6 PM – 7:30 PM Trivalley Running Club – Dicks Sporting Goods 43923 Pacific Commons Blvd. Fremont, CA 94538 Website Address: www.dickssportinggoods.com</p>
<p>FREE Virtual Infant CPR Saturday, March 13, 2021 @ 10 AM – 12 PM PST Sequoia Healthcare District 525 Veterans Blvd. Redwood City, CA 94063 Phone Number: 650-421-2155 Website Address: www.wholevet.org</p>	<p>FREE Veterans Healthcare Job Fair Monday, March 15, 2021 @ 11 AM – 2 PM Healthcare X Job Opportunities Sacramento Career Fair Virtual Online Hiring Event Website Address: www.healthcarex.co</p>
<p>Radical Educator Speaker Series – Abolitionist Leaders Wednesday, March 17, 2021 @ 5 PM – 7 PM Cal State East Bay – Dept. of Educational Leadership Virtual Speaker Series (will provide contact Zoom info.) 25800 Carlos Bee Blvd., Hayward, CA 94542 Contact @ Website Address: www.csueastbay.edu</p>	<p>FREE Group Run Thursday, March 25, 2021 @ 6 PM – 7:30 PM Trivalley Running Club – Sports Basement 1041 Market Place, San Ramon, CA 94583 Phone Number: 800-869-6670 Contact Email Address: friends@sportsbasement.com</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 Lance Corporal Patrick Slattery who served in the U.S. Marine Corps. His father and brother served in the U.S. Army and some of his relatives served in the military as well. He graduated from high school and started to do some work, and returned back to school by attending University of San Francisco. He was in the ROTC during one semester and decided to join the Marine Corps, and adapted to his military life with no problems. He was at Camp Pendleton and stationed at Camp Schwab in Okinawa. He was the radio operator and became part of the Advisory Team One for Marine Detachment ground unit operating independently in Vietnam. He returned back with his comrades and spent fifty-seven days onboard the USS Valley Forge off the coast of Vietnam with mission accomplished.

Lance Corporal Patrick Slattery sailed back to San Diego with his comradery military friends, and home for the Christmas holidays! He was discharged with his honorary military services thereafter three successful years, and visited his previous stepping grounds at University Avenue subway. He visited a specific Veterans Home Page and discovered many people were killed in action at the jungle battleground and he is still alive. He likes outdoor environments and would support veterans and their families.

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!)*



Girls State, Design Tech High's
Kasvi Singh: STEM Advocate, Tutor,
Coding, Model UN, volunteer.



Foster City Girl Scouts Troop 61829
decorative flowers and messages
of appreciation!



Girls State, Nueva Upper School's
Adrienne Park: Civic engagement,
literacy proponent, teaching strategist,
research collaborator, volunteer.



Foster City Girl Scouts Troop 61829 partnering with
Auxiliary Unit 105.



Auxiliary Unit 105 President Carol Rael and Kathi Kearny
preparing for the COVID-19 testing site at Post 105.



More volunteers listening to the COVID-19 testing
instructions by Ed during his presentation at Post 105.



Ed is performing his COVID-19 presentation illustration
for volunteers at Post 105 testing site.



- **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!
- We are sharing that one of our post member has moved out of the area, and would like to donate a funeral plot to a veteran in our community. The funeral plot is for two people and located at Skylawn Memorial Park, and respectfully requesting therein donated plot is not for sale and/or use it appropriately as necessary. Please contact our Post 105 First Vice Commander, George Smith at 650-349-7146 or email at ALRChapt105@gmail.com if you are interested.
- The District 26 First Vice Commander congratulates various AL posts including Post 105 for exceeding 85% 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: 2/19/2021			
New Members	PUFL	Paid Online	Paid By Mail	Transfers	Total Members	Membership Goal	Achieved Percentage
1	43	44	112	6	252	228	90%

- 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!
- 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 **10 missions** supporting our deceased veterans by participating on Firing Details and standing Flag Lines during the month of December. We have **driven 858 miles** and **donated 125 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. Auxiliary U105 members continue to meet via Zoom meetings. Panelists selected two very accomplished 2021 Girls State Delegates (and Alternates) from Design Tech High School and Nueva Upper School. Foster City Girl Scouts Troop 81729 completed their decorative flowers to cheer up VA patients; U105 will deliver to VA-Menlo Park Bldg. 331. Support the Troop at their Cookie website: <https://DigitalCookie.GirlScouts.org/scout/olivia66754>. Membership (26 members) stands at 174% of Dept. goal. Much appreciation to Post 105 for buying cookies to be included in Spring Gift Bags for VA-Menlo Park patients. U105 is collaborating with (thus far) Units 585 (San Carlos), 472 (eUnit), 238 (Pacifica), and Troop 61829 for the gift bags.
- 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 Albert Popp, Barbara Naas, and John Galvin – RIP Brothers and Sister.



Legionnaire Albert Popp



Legionnaire Barbara Naas



Legionnaire John Galvin

“WE LOVE YOU HONORARY BROTHERS & SISTER 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/14JPl8aIpD4Im9jFB0r7RqR5QJWiZCJZt/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 **Redwood City Public Library** in downtown remains closed and is developing exciting things to happen when it reopens for the public. Including many resourceful information and events for families and children as well as virtual events during their closure because of therein COVID-19 pandemic. Please call 650–780–7018 or visit herein linkage <https://www.redwoodcity.org/departments/library> for more information.
- The **COVID-19 vaccinations** are available at Menlo Park and Palo Alto VA Hospitals for veterans 55 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: *“The ignorance of one voter in a democracy impairs the security of all.”*

President John F. Kennedy