



AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 www.americanlegionpost105rwc.org – Vol. 00030 April 2021

COMMANDER GREETINGS



Romie Bassetto, Commander

Hoping all AL Post 105 legionnaire members with their families are doing fine at these challenging times. Sharing my gratitude and appreciation to all **Scottish-American** veterans of our post for their honorary military services – honoring Scottish-American heritage month of **April 2021**. Including ALL post veterans for their military services contribution to our diverse society and thank you for your services! Because our local Post 105 continues to make a difference in communities 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 our family of legionnaires with a **SUCCESSFUL** mission accomplished!

My continual support and 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 Birthdays, Anniversaries, etc. to all Post 105 legionnaires in **April 2021 and many more!!!**

POST EVENTS & INFORMATION SHARING



Hiring Veterans

Speed Oil Change Center
2601 Decoto Road, Union City, CA 94587
Phone Number: (510) 441-8162
Website Address: www.speedoilchangecenter.com

Hiring Local Veterans

SamTrans Bus Transportation
1250 San Carlos Avenue, San Carlos, CA 94070
Phone Number: (650) 508-6200
Website Address: www.samtrans.com

IMPORTANT RED ALERT: PLEASE CONTACT IDENTIFIED INFORMATION FOR EACH EVENT TO ENSURE IT'S STILL HAPPENING BECAUSE OF THEREIN COVID-19 PANDEMIC.

<p>VFW & Toyworks Family Egg Hunt Affair Saturday, April 3, 2021 @ 10 AM – 2 PM Project Whole Child – Sebastopol Egg Hunt To Go 6940 Sebastopol Avenue, Sebastopol, CA 95472 Phone Number: 530-329-5109 Website Address: www.projectwholechild.com</p>	<p>In-Shelter Volunteer Orientation Tuesday, April 6, 2021 @ 5:30 PM Family Dog Rescue 2253 Shafter Avenue, San Francisco, CA 94124 Contact Email: adopt@ilovefamilydog.org Website Address: www.ilovefamilydog.org</p>
<p>Veteran S'mores on the Beach! Saturday, April 10, 2021 @ 5 PM Ocean Beach, San Francisco, CA 94121 Phone Number: 415-542-6018 ask for Susana Website Address: www.directactioneverywhere.com</p>	<p>Post 105 General Meeting – NEED rsvp for dinner Wednesday, April 14, 2021 @ 7 PM CANCELLED 651 El Camino Real, Redwood City, CA 94063 Phone Number: (650) 365-1337 (FREE DINNER @ 6 PM)</p>
<p>FREE Workout Session With SFPD Saturday, April 17, 2021 @ 9 AM – 11 AM SFPD Headquarters 1245 3rd Street, San Francisco, CA 94158 Phone Number: 415-553-0123 Website Address: www.sanfranciscopolice.org</p>	<p>AFGE Veterans Retirement Workshop Sunday, April 18, 2021 @ 5 PM – 7 PM Holiday Inn & Suites Oakland Airport 77 Hegenberger Road, Oakland, CA 94621 Phone Number: 202-737-8700 Website Address: www.afge.org</p>
<p>Good Time Charlie – Autism Awareness Fundraising Friday, April 23, 2021 @ 6:30 PM – 9:30 PM Campos Family Vineyards 3501 Byer Road, Byron, CA 94514 Phone Number: 925-308-7963 Website Address: www.camposfamilyvineyards.com</p>	<p>Community Night Out Sunday, April 25, 2021 @ 2 PM – 7 PM Vino Godfather Winery 1005 Walnut Avenue, Vallejo, CA 94592 Phone Number: 707-552-2331 Website Address: www.vinogodfather.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 Sergeant E5 Michael Marks who served in the U.S. Army from 1969 to 1971. He was drafted during therein time for military services and his military life was a big change for himself. His military service was in Fishhook at the Cambodian Border, and invaded Cambodia along with his comrades. He was a Radio Operator to relay message information with others and call upon artillery strikes. He feels that his emotions affected him and almost at a loss of his performance along with his comrades on the battlefield. He was struggling with his transitional life back into the civilian society, and PTSD (Post Traumatic Stress Disorder) was making it worse thereafter his honorary military services.

Sergeant Michael Marks feels proud of serving his country during his military career services! He dislikes the government and the military for making him do something that he was not meant to do in his life. He believes therein government and the military took away everything precious to him, and feels we were on the wrong side of the battlefield. He believes the war was unnecessary and he would continue to help veterans and their families when necessary in our communities.

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!)*



Sequoia's Lucy Miller, Class VP, Freshman orientation presenter, volunteer for Nat. Charity League, Peninsula Food Runner, Second Harvest.



Menlo Park VA veteran resident enjoying flower decorations delivered last month.



Auxiliary Unit 105 ladies complete the assembling of Spring Gift Bags to cheer up veterans at VA Menlo Park.



Auxiliary Unit 105 Spring Gift Bags contents for residential veterans at VA Menlo Park.



Matt, Michael, Ed of San Mateo County Veterans Office and George of AL Post 105 preparing for testing overview.



The COVID-19 onsite testing Presenter and/or Coordinator Ed with 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!
- Our post recent status letter submitted to all our membership by Post 105 Commander, Romie Bassetto also includes therein next steps for **Fiscal Year 7/1/2021– 6/30/2022** officers election process. Please review thereby status letter on our post website www.americanlegionpost105rwc.org and/or identified on the State Of The Post declaration. Because all mailed membership ballots must hand-delivered to our post by **Tuesday, May 12, 2021** before 8 PM Pacific Time to be accounted for deliverance.
- 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: 3/26/2021			
New Members	PUFL	Paid Online	Paid By Mail	Transfers	Total Members	Membership Goal	Achieved Percentage
1	43	45	111	7	252	228	91%

- 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 **14missions** supporting our deceased veterans by participating on Firing Details during the month of March 2021. We have driven **1249 miles** and **donated 180 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'd 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 strive to assist our community despite the pandemic restrictions. Panelists selected an additional 2021 Girls State Delegate from Sequoia High School and assisted U585 with their selection for Aragon High. VA&R Deputy Arlene delivered District 26's 45 collective Spring Gift Bags to residents at VA-Menlo Park Bldg. 331-- including Post 105's donation of Girl Scouts cookies and face masks from Unit 105. San Mateo Blue Star Moms & the Auxiliary will hold a [Parking Lot Sale](#) on June 5. Our Unit continues to deliver weekly food donations to Samaritan House. 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.
- The **American Recovery Plan** will cancel many VA copayments for medical care and/or prescriptions. If you're a veteran receiving health care through the VA Hospital, and you may be eligible for copayment debts to be cancelled and/or receive copayment refunds. Please visit herein linkage online to find out your status <https://www.myhealth.va.gov/mhv-portal-web/web/myhealthvet/ss20210323-copayment-debt-refunds-forgiveness> and for more information. Including other resourceful information regarding healthcare copayments for veterans especially during these COVID-19 pandemic challenging times.
- 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 **CalFresh Program** food programs in San Mateo County can help people with nutrition meals during these challenging times for veteran families and children. 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. The Second Harvest Food Bank is partnering with other food agencies in San Mateo County to make it happen and getting food items to families in need.
- 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!
- Vaccination for our veterans and their families can play a critical part in our communities, and having health and safety protocols in place accordingly is critical. All **16 years older children and up** will become eligible for vaccination effective **Thursday, April 15, 2021** within the State of California.

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: *“My great concern is not whether you have failed, but whether you are content with your failure.”*

President Abraham Lincoln