



AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 www.americanlegionpost105rwc.org – Vol. 00032 June 2021

COMMANDER GREETINGS



Romie Bassetto, Commander

Greetings! Hoping all AL Post 105 legionnaire members are doing fine with their families during these challenging times. Sharing my gratitude and appreciation to ALL post veterans for their honorary military services contribution, and making a difference in our diverse communities – THANK YOU for your services! **Our post is having thereby first general membership meeting this month since the pandemic**, and continues to provide resources for veterans and their families. Our post has been active with many **Memorial Day** events last month to honor, and remember our fallen friendship comrades. Many THANKS to our **proactive members** for their ongoing support of our post mission, and with legionnaire veterans strengthening America for **God and Country!**

My appreciation and support to ALL veteran fathers for their honorary military services, and their contribution to local diversified society helping veterans and their families. Because it is our legionnaire mission with **100+ awesome years** of patriotic services for **God and Country** – **STAY SAFE & HEALTHY!**



Happy Father's Day, Birthdays, Anniversaries, etc. to all Post 105 legionnaires in **June 2021 and more!!!**

POST EVENTS & INFORMATION SHARING



Hiring Veterans

Menlo Park Postal Service
655 Oak Grove Avenue, Menlo Park, CA 94025
Phone Number: (650) 323-2701
Website Address: www.usps.com

Hiring Veterans

SamTrans Bus Transit District
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>San Francisco VA Farmers Market Wednesday, June 2, 2021 @ 8 AM – 12 PM San Francisco VA Medical Center 4150 Clement Street, San Francisco, CA 94121 Phone Number: 415-221-4810 Website Address: www.sanfrancisco.va.gov</p>	<p>Veterans Multi-Organization Parking Lot Sale Saturday, June 5, 2021 @ 9 AM – 3 PM 651 El Camino Real, Redwood City, CA 94063 Phone Number: 650-455-6755 Contact Email: president.ca15@bluestarmothers.us</p>
<p>Post 105 General Meeting – NEED rsvp for dinner Wednesday, June 9, 2021 @ 7 PM 651 El Camino Real, Redwood City, CA 94063 Phone Number: (650) 365-1337 (FREE DINNER @ 6 PM)</p>	<p>Post 105 Dinner & Dance – No Host Bar at 5:30 PM Saturday, June 12, 2021 @ 6 PM – 10 PM Music by Joanie Brant & The Nob Hill Knights 651 El Camino Real, Redwood City, CA 94063 Phone Number: 415-518-8434 Contact Email: joanbrant@comcast.net</p>
<p>Philip Scott Drum Ceremony Thursday, June 17, 2021 @ 7 PM – 9 PM The Center SF 548 Fillmore Street, San Francisco, CA 94117 Phone Number: 415-923-8180 Website Address: www.thecentersf.com</p>	<p>ALR Unit 105 Suicide Prevention Ride & BBQ Saturday, June 26, 2021 @ 10 AM American Legion Post 105 651 El Camino Real, Redwood City, CA 94063 Phone Number: 650-365-1337 Website Address: www.americanlegionpost105rwc.org</p>
<p>Veterans Music In The Park Sunday, June 27, 2021 @ 5 PM – 7 PM Yountville Veterans Park 6465 Washington Street, Yountville, CA 94599 Phone Number: 707-944-8712 Contact Website: www.townofyountville.com</p>	<p>San Francisco VA Farmers Market Wednesday, June 30, 2021 @ 8 AM – 12 PM San Francisco VA Medical Center 4150 Clement Street, San Francisco, CA 94121 Phone Number: 415-221-4810 Website Address: www.sanfrancisco.va.gov</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 Marshal Rosenthal who served in the U.S. Marines during WWII. He successfully completed his training at Camp Pendleton before boarding the ship with his comrades at Pearl Harbor going to Okinawa. They landed on therein northern side airstrip and helped the U.S. Army soldiers for backup, and part of the 2nd Marine Division detachment at the battleground zone. He was transferred with his comrades to Guam and became part of the 6th Division Pioneer Battalion, and mostly performed guard duty during his assignment. He successfully served his country and was discharge with educational benefits under the GI Bill, and he started work at the San Jose Parks Department.

He is proud of being a U.S. Marine and served his country with pride – would most definitely do it again! He stayed in contact with his friendship comrades and veteran communities, and would help his veterans and their families when necessary

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 photographer for pictures!)*



AL Post 105 Commander Romie Bassetto leading the audience in the Pledge of Allegiance at Girls State Tea.



Chaplain Amy Walsh and Treasure Brenda Ternullo greeting guests at the Girls State Tea event.



D26 Girls State Delegates and Alternates from San Mateo County with Post 105 Commander Elect George Smith and D26 Auxiliary President Peggy Toye.



Auxiliary members President Carol Rael, Post 105 Commander Elect George Smith and Pauline Robinson.



AL Post 105 Boys State participant Charles Pelegrine of Bellarmine College Preparatory.



AL Post 105 Boys State participant Wilson Crum of Sequoia High School.



- **COVID-19 PREVENTION RED ALERT:** Our AL Post 105 continues to remain closed until further notice and things may change during this month on **June 15, 2021**. The following three identified CDC (Centers for Disease Control) and Prevention healthy standards to stop therein COVID-19 virus effectively. It's consistent with local, state, and federal health guidelines to 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 tuned!
- The EBoard (Executive Board) approved the proposed budget for next fiscal year thereafter discussions, and will review during the fiscal year with revisions if necessary. Our Post 105 Commander, Romie Bassetto, reported our post election results for the new fiscal year with newly elected and/or re-elected EBoard Directive Officers. Our post officers installation will be in place accordingly with our new Post 105 Commander Elect, George Smith for next Fiscal Year 7/1/2021 – 6/30/2022.
- The District 26 First Vice Commander congratulates various AL posts including Post 105 for exceeding 85% of therein district membership goal, during previous months as identified below reporting numbers.

AL Department of California 2021 District 26 (Area 2) Membership Report				Post 105 Redwood City Update Membership Status Date: 5/26/2021			
New Members	PUFL	Paid Online	Paid By Mail	Transfers	Total Members	Membership Goal	Achieved Percentage
1	43	44	122	6	216	228	95%

- Many THANKS to all members with their membership renewals, and if you haven't had a chance to renew, please do so immediately. Remember, **your membership dues goes directly** to help our veterans in our communities. 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 **15 missions** supporting our deceased veterans by participating on Firing Details during the month of May 2021. They had a successful rider's mission during last month with **1415 miles** to help veterans, and their families and **donated 171 volunteer hours**. The ALR Unit 105 continues to work closely with SAL Unit 105 members to honor our veterans with firing details – great collaborative teams! 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 previously another new member joined and elevated their membership to **13 total members**. Also, five members were transferred from Post 28 and helped elevated the post membership and ALR membership as well, and 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. They continue to work closely with ALR Post 105 to complete several **Memorial Day** missions and events during last month in May 2021, and scheduled with many missions and events this month of June 2021. 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 in the Sons of The American Legion.
- The **Auxiliary Unit 105** President, Carol Rael continues to meet in-person with her team at the Post--second Tuesday @ 6pm. Much appreciation to donors of our Poppy Drive! Your donations directly benefits our veterans. The Auxiliary & Post hosted the District's Girls State Tea with 60+ in attendance. Come to our **Parking Lot Sale** on **June 5 at the Post**, 9am-3pm hosted by the Auxiliary & SM County Blue Star Moms. Donated goods welcomed. **Shoe Drive Fundraiser** hosted by the Auxiliary & SM County Blue Star Moms. Proceeds go toward care pkgs for active-duty soldiers abroad & veterans. Dropoff @ Post: **call before to confirm** the Post is open M-F (650-365-1337). We continue with our year-round online **Giving Bean fundraiser**--a delicious way to support the Auxiliary while enjoying premium coffees, teas, snacks, and more! Special link for Unit 105 [here](http://www.alaunit105rwc.com). www.alaunit105rwc.com .
- 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. It applies to veterans receiving patient statements in January 2021 with copayments regarding services on or after April 6, 2020. The veterans may be able to receive a refund if you already paid copayments for services. The VA will not pursue collection for payments at this time and veterans can continue copayments if they want. 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.



- 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, 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 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 **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 collaborating with other food agencies in San Mateo County.
- 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 veterans and their families, and especially with health and dental discounting programs.
- Please share herein **documentary information** showing children and/or grandchildren taking care of their veteran fathers/mothers thereafter military services. The documentary show was aired during last month and it's a very compelling health care matter for our veterans within family members. Please go online with the following linkages <https://hiddenheroes.org/skyblossom/> for hidden heroes within veteran families regarding health care and <https://skyblossom.com/> website for more information.
- The veterans may be eligible for health care benefits aligned with the **National Defense Authorization Act** provisions for Fiscal Year 2021 (**Public Law 116-283**). Regarding thereby Agent Orange tactical herbicide with toxic substance used by the military during the Vietnam War, and Gulf War with military operations in the Middle East. Please go online at <https://www.va.gov/search/?query=military%20exposures&t=true> for more information about Agent Orange Exposure and/or Airborne Hazards with Burn Pit Exposures.
- The AL **National Commander Bill Oxford** attended therein Homecoming 2021 ceremony to honor and remember **WWI veterans** at Cypress Hills National Cemetery in Brooklyn, New York. Please go online with herein linkage <https://www.legion.org/honor/252615/%E2%80%98welcome-home%E2%80%99-tribute-honors-world-war-i-veterans> for more information. The AL National Commander also participated in placing a wreath at the Kimlau War Memorial in New York City. To honor **Chinese American veterans** and being considered for New York City landmark status citywide. Please go online to visit herein linkage <https://www.legion.org/honor/252609/memorial-honoring-chinese-american-veterans-being-considered-nyc-landmark-status> for more information.

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 leave you and hoping that the lamp of liberty will burn in your bosoms until, there shall no longer be a doubt that all men are created free and equal.”*

President Abraham Lincoln