



AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 www.americanlegionpost105rwc.org – Vol. 00033 July 2021

COMMANDER GREETINGS



As our new Post 105 Commander - it is my wishful hopes **ALL legionnaire members and their families** are doing fine during these challenging times. Wishing **Happy 4th of July Independence Day** to all veterans and their families! Our post is here to help military veterans and their families with assistance when necessary, and please let us know immediately. An awesome special **THANKS** to our **proactive membership and comrades** with their ongoing support, and for our post mission in life with diversified communities for **God and Country!**

George Smith, Commander

Things are starting to open up in our communities and some local businesses as well are normally operating. It was awesome to see our post veterans and comrades during our first general meeting at our post last month, and the food was delicious as always with **MANY** thanks to our post 2nd Vice Commander Leo McArdle. Our post successfully completed our new officers installation and **welcoming our new post administration!** As the new Commander, I'm looking forward to a great successful fiscal year with our new administrative team!

My support and gratitude to salute **ALL** veterans for their honorary military services, and providing our freedom in America with independence. Because freedom is **NOT** free as it seems within our social environments as it appears – **THANKS** to our military veterans for their service. Because it is our post legionnaire mission with **100+ years** of patriotic services for **God and Country** – **STAY SAFE & HEALTHY!** Our new administrative team is always **WELCOMING new veteran legionnaires** for our post family mission!



Happy Independence Day, Happy Birthdays, Anniversaries, etc. to **ALL** Post 105 legionnaire members in **July 2021** and many more to come!!! Enjoy and have fun at your barbeque celebrations – **STAY SAFE!**



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>Hiring Veterans FedEx Office Print & Shipping Center 1194 El Camino Real, Menlo Park, CA 94025 Phone Number: 650-321-4202 Website: www.fedex.com</p>	<p>Hiring Local Veterans Michaels Arts & Crafts 2925 El Camino Real, San Mateo, CA 94403 Phone Number: 650-513-8189 Website: www.michaels.com</p>
<p>San Mateo Veterans/Public Safety Memorial Sunday, July 4, 2021 @ 12 Noon – 2 PM Central Park, San Mateo, CA 94401 Phone Number: 650-349-7146 Website: www.cityofsanmateo.org</p>	<p>Post 105 General Meeting – NEED dinner RSVP Wednesday, July 14, 2021 @ 7 PM 651 El Camino Real, Redwood City, CA 94063 Phone Number: (650) 365-1337 (FREE DINNER @ 6 PM)</p>
<p>Silicon Valley Veterans Virtual Job Fair Thursday, July 15, 2021 @ 11 AM – 2 PM PST Online Veterans Virtual Job Event (Register Online) Silicon Valley, California Winning job interview techniques for veterans & families. Website: www.militaryx.com</p>	<p>Hillsborough Antiques, Art, Design Show Friday, July 16, 2021 @ 11 AM – 6 PM (3 Days Event) United Veterans Center 2054 Raven Road, Pleasanton, CA 94566 Phone Number: 925-846-0964 Website: www.unitedveteransservices.org</p>
<p>Ford Ord Trail Run Saturday, July 24, 2021 @ 8 AM ATRA (American Trail Running Association) 37 San Miguel Way, Novato, CA 94945 Phone Number: 415-320-6220 Website: www.insidetrail.com</p>	<p>Oops! All Bangers & Veterans DJ Saturday, July 31, 2021 @ 9 PM – 2 AM DNA Lounge 375 11th Street, San Francisco, CA 94103 Phone Number: 415-626-1409 Website: www.dnalounge.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 veteran story this month is about our honorary comrade Petty Officer 3rd Class Jerry Coffey who served in the U.S. Navy. He served with honorable military services from 1964 to 1970 and joined the U.S. Navy on his own free willingness to avoid the draft. He adapted to his military life without any problems and his brother served in the U.S. Army as well. He started his regiment training at Hunter's Point in the Bay Area and went to Vietnam with his comrades. He worked closely with friendly comrades to fire back at their enemies during combat at the battleground and helping U.S. Marines soldiers for backup.

His military experience was good and he managed to handle it well, and sometimes, people would ask him, "Did you kill anyone?" He said, "If you have to ask for the price, and you can't afford it." He believes there is no veteran that has been to actual combat can say, "They did not fear for their lives at some point." Because it is their commitment of serving their country with honorable military services. He is proud of serving his country and will do it again, and will continue to help veterans in local communities when necessary.



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 photographers for pictures!)*



Our Post 105 was filled with Rummage Sale merchandise inside the building & outside the parking lot.



Blue Star Mom Claire the Sale Cashier, and AL Rider Andrew the Security Guard with Young Marines assisting.



AL Riders Larry, George, and Tom with Auxiliary member Dolores in Memorial Day Remembrance at Atria Foster City.



AL Post 105 Boys State participant Andrew Yagen of Menlo High School.



AL Post 105 Boys State participant Benjamin Pigot of Sequoia High School.



AL Riders 105 members with PGR, AMVETS, and USV members Flag Line honoring 100 years of age for WWII U.S. Marines veteran Bernard (Bud) Simon.



- **RED ALERT UPDATE!** Our Post 105 is now opening for indoor business meetings when things are starting to reopen in San Mateo County during their reopening celebration on **Tuesday, June 15, 2021**. Including our post membership general meetings starting last month with an installation of new officers, and our new **Post 105 Commander, Mr. George Smith**. The Department of Public Health in San Mateo County will align their health and safety guidelines with the State of California. The business capacity and distancing restrictions are released for most businesses, and indoor events and/or business gatherings will have vaccination or negative test requirements for participants. As well as having no plans to force and/or demand separate guidance for local businesses – **no more color coded tier system**. Please visit online herein linkage for more information <https://www.smcgov.org/smc-reopening> and/or pandemic updates.
- Our post membership and EBoard (Executive Board of Directors) would like to share our gratitude and many **THANKS** to **Past Commander, Romie Bassetto** for his leadership during the pandemic. Job well done with their mission ACCOMPLISHED and wishing him the best!
- Our EBoard has been keeping updates with their post development status, and their 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 one or two years because of development permits and/or project assessments for their project execution. We have to work closely with local municipal agencies regarding their post development project next steps, and it may take approximately two years before construction begins. The EBoard continues to meet virtually online because of their pandemic and to adhere with government orderly guidelines – stay tuned!
- The EBoard approved the proposed budget for next fiscal year thereafter discussions, and will review during the fiscal year with revisions if necessary. Our Past Commander, Romie Bassetto, reported our post election results for the new fiscal year with newly elected and/or re-elected EBoard Directive Officers for next Fiscal Year **7/1/2021 – 6/30/2022**. Our post had a dinner and dance last month on **Saturday, June 12, 2021** with a good turnout of participants with awesome food catered by a Chinese Catering Company. The music was great by **Joanie Brant & The Nob Hill Knights**.
- Our new **First Vice Commander, Mr. Tom Day** will work on their post membership elements as well as reporting status. Including our post membership renewals **because your membership dues** go directly to help our veterans and their families. Please visit our website www.americanlegionpost105rwc.org for more membership information and updates.
- 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 **17 missions** supporting our deceased veterans by participating on Firing Details during the month of June 2021. They had a successful rider's mission during last month with **1536 miles** to help veterans, and their families and **donated 209 volunteer hours**. The ALR Unit 105 successfully completed their **Suicide Prevention** ride mission on Saturday, June 26, 2021 with a delicious barbeque – great team effort! 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. The SAL Unit 105 participated and worked closely with ALR Post 105 and Auxiliary Unit 105 to coordinate activities for therein **Rummage Sale – 4 participants with 30 volunteer hours**. One participated in therein **New Officers Installation** event for the post with **3 volunteer hours** contribution – scheduling more missions and events this month of July and August 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 Our Unit continues to meet in-person at the Post--second Tuesday @ 6pm. Our June Rummage Sale with the SM County Blue Star Moms was a resounding success; much appreciation to our Riders and the Young Marines for their assistance at the Sale. A portion of the proceeds was donated towards the Post, our Riders' June 26 Suicide Prevention Program benefit, and to the Young Marines. We look forward to seeing everyone at the Post Family's July 4 BBQ. Our Unit completed our 'Giving Bean' online fundraiser; thanks to those who supported us with purchases. Our Unit goes dark in July and resumes in August for our 2021-2022 term: President Carol Rael, Vice President Pauline Robinson, Secretary Peggy Toye, and Treasurer Brenda Ternullo. Other officers/chairs remain: Chaplain & Poppy Chairman Amy Walsh, VA&R Deputy Arlene Muller, and Girls State Chairman Peggy Toye. 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 – veterans may be eligible for refund. 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.
- The **returning veterans** to their families and local communities can become challenging thereafter their wartime service. Some veterans are continually serving during their civilian life and facing many challenging elements in life. Our veterans need a great transitioning phase back to civilian life and Veteran's Path approach is good, and having a positive pathway is critical for veterans. The **Veteran's Path** is one agency that can certainly help veterans create a meaningful **pathway for returning veterans** with compelling results – visit website www.veteranspath.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 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** for food in San Mateo County can help people with nutrition meals for veteran families. 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.
- The pandemic **has exceeded the number of those who died** in World Wars I and II, as well as the Vietnam War combined. Please share therein **COVID-19 vaccinations** are available at Menlo Park and Palo Alto VA Hospitals for veterans 55 years or older and their spouses. Availability for vaccinations are **good without appointments** at more clinics in Menlo Park and Palo Alto, and aligned with therein federal legislation! Please call at (650) 496-2535 and schedule between 8 AM to 6 PM for those who fall within this category. Local counties in San Francisco Bay Area **are offering free vaccinations** for veteran families.
- 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 **USS Hornet Museum** package proposal by one of our own member Allan Hirsch, to visit therein historical museum for a low fee to enter. The historical and legendary museum proposal is to visit thereby USS Hornet Museum on **Saturday, July 17, 2021**. It's also the **52nd Anniversary** of the Apollo moon landing with special visual displays respectfully provided by the Smithsonian Museum. It's a great chance to see the U.S. Navy historical performance at this legendary event on the USS Hornet Museum. If anyone is interested in attending, please email alpost105rwc@gmail.com and/or call 650-365-1337. The USS Hornet Museum staff would like to know how many people to expect on therein visiting day.

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: *“Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.”*

Dr. Martin Luther King Jr.