



## AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 [www.americanlegionpost105rwc.org](http://www.americanlegionpost105rwc.org) – Vol. 00035 September 2021

### COMMANDER GREETINGS



*George Smith, Commander*

I'm really hoping all our AL Post 105 **legionnaire members and their families** are doing fine. It's my honor to share that we put this monthly newsletter to highlight and feature our post events with resources to help our veterans and their families in our communities. I share my gratitude and appreciation for the contribution of all Post 105 Hispanic and Latino veterans aligned with **Hispanic Heritage Month** of September 2021 nationwide! Including all our post veterans for their honorary military services to protect our patriotic freedom in America. Our post is here to help military veterans and their families with assistance when necessary – please let us know immediately.

Wishing all our post legionnaire members and their families an awesome **Happy Labor Day** weekend with enjoyable festivities! An outstanding 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!**

Because freedom is NOT free when it seems to appear within our social environments, and many THANKS to our military veterans for their services! It is our post legionnaire mission in life with **100+ years** of patriotic services for **God and Country**, and the ability to strengthen America – **STAY SAFE & HEALTHY!** Our post administrative team is always **WELCOMING new veteran legionnaires** for our post family mission!



Happy Birthdays, Anniversaries, etc. and **Happy Labor Day** to all Post 105 legionnaire members in **September 2021** and many more to come!!! Enjoy and have fun at your 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><b>Hiring Veterans</b>                  Round Table Pizza                  1225 El Camino Real,                  Menlo Park, CA 94025                  Phone Number: 650-321-6861                  Website: <a href="http://www.roundtablepizza.com">www.roundtablepizza.com</a></p>	<p><b>Looking for local Veterans</b>                  Menlo Tavern @ Stanford Park Hotel                  100 El Camino Real,                  Menlo Park, CA 94025                  Phone Number: 650-330-2790                  Website: <a href="http://www.menlotavern.com">www.menlotavern.com</a></p>
<p><b>End-Of-Summer DSA Social Program</b>                  Sunday, September 5, 2021 @ 1 PM – 3 PM                  19<sup>th</sup> Street &amp; Harrison Street, Oakland, CA 94612                  Contact Email: <a href="mailto:info@eastbaydsa.org">info@eastbaydsa.org</a>                  Website: <a href="http://www.eastbaydsa.org">www.eastbaydsa.org</a></p>	<p><b>Post 105 General Meeting – NEED dinner RSVP</b>                  Wednesday, September 8, 2021 @ 7 PM                  651 El Camino Real, Redwood City, CA 94063                  Phone Number: (650) 365-1337 (<b>FREE DINNER @ 6 PM</b>)                  Website: <a href="http://www.americanlegionpost105rwc.org">www.americanlegionpost105rwc.org</a></p>
<p><b>9/11 Remembrance Ceremony</b>                  Saturday, September 11, 2021 @ 4 PM – 5:30 PM                  Oak Hill Park,                  3005 Stone Valley Road, Danville, CA 94526                  Contact Phone: 925-314-3405                  Website: <a href="http://www.danville.ca.gov">www.danville.ca.gov</a></p>	<p><b>Lions Club Veterans Free BBQ</b>                  Sunday, September 12, 2021 @ 11 AM – 3 PM                  Elks Lodge, 920 Stonegate Drive,                  South San Francisco, CA 94080                  Contact Elmer @ <a href="mailto:elmer_madrid@sbcglobal.net">elmer_madrid@sbcglobal.net</a>                  Website: <a href="http://www.psilionsclub.com">www.psilionsclub.com</a></p>
<p><b>VFW 9<sup>th</sup> Annual Veterans Car Show</b>                  Saturday, September 18, 2021 @ 9 AM – 3 PM                  Sonoma Veterans Memorial Hall,                  126 1<sup>st</sup> Street W, Sonoma, CA 95476                  Phone Number: 707-938-4105                  Website: <a href="http://www.sonomacity.org">www.sonomacity.org</a></p>	<p><b>Veterans Affairs Farmers Market</b>                  Wednesday, September 22, 2021 @ 10 AM – 2 PM                  San Francisco VA Medical Center,                  4150 Clement Street, San Francisco, CA 94121                  Phone Number: 415-221-4810                  Website: <a href="http://www.sanfrancisco.va.gov">www.sanfrancisco.va.gov</a></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><b>American Legion Post 105</b>                  651 El Camino Real,                  Redwood City, CA 94063                  Contact Phone: 650-365-1337                  Website: <a href="http://www.americanlegionpost105rwc.org">www.americanlegionpost105rwc.org</a></p>	<p><b>American Legion District 26</b>                  1159 Bush Street,                  San Carlos, CA 94070                  Contact Phone: 650-349-7146                  Website: <a href="http://www.ALDistrict26.org">www.ALDistrict26.org</a></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 military services comrade Ron Smith who served in the U.S. Navy during the Vietnam War. He was drafted and served as a Medical Corpsman to help wounded combat soldiers in hospitals and field medical centers. He worked closely with his veteran friends and comrades to patch and fix wounded soldiers on the battlefield, as well as providing appropriate medications to help combat soldiers recover. He worked closely with his comrades to repair physical injuries of combat soldiers for the recovery procedures, and to ensure they are well protected thereafter the recovery process. He selected the medical field because he wants to become a doctor thereafter his military services career.

His military experience was very helpful to learn more about life and becoming a better person in society. He is very proud of serving his country and feels very good about his military career, as well as making new veteran friends. He will do it again, and continue to serve his country if necessary and would help veterans in local communities with their families.



## 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!)*



Carol Rael, President, Auxiliary Unit 105 with her team who collected 3,225 pairs of shoes for their Shoe Drive.



Andrew and George receiving their recognition awards from Sons of the American Revolution with Bill Nay.



Our very own Post 105 Purple Heart recipient Cliff with Bill Jackson Jr. and Chandara at Golden Gate National Cemetery on Purple Heart Day 2021.



William Jackson, Commander, Purple Heart Chapter at Golden Gate National Cemetery on Purple Heart Day 2021 to honor all veteran recipients.



William and Leo sharing during the planning process to honor all Purple Heart veteran recipients at Golden Gate National Cemetery.



AL Riders Honor Guard during Purple Heart Day 2021 activities at Golden Gate National Cemetery.



The National Society  
of the  
Sons of the American Revolution®



This Certificate of Commendation  
Is presented to



*American Legion - Post 105*

In Recognition of Exemplary Patriotism  
In the display of  
The Flag of the United States of America



Redwood Empire Chapter

William E. Day  
President

4 July 2021  
Date

Stanley Laughlin  
Flag Chairman

- **CONGRATS!** Our historical American Legion Post 105 has been recognized by National Society of the Sons of the American Revolution (SAR). Our post commendation certification is for Exemplary Patriotism in displaying the American Flag showing preservation of the American history for many generations. The commendation recognition was on **July 4, 2021** Independence Day during our post holiday barbeque celebration, and received therein certification picture above as well as two of our post membership recognition awards. Our Post 105 Commander, George Smith and Andrew Trapani, Commander, SAL Unit 105 both received Outstanding Citizenship Awards.

➤ **From the Office of the Commander**

Well, here it is September, the COVID-19 is still with us and half our state is on fire! Please be sure to protect yourself and families from this virus, we don't want any more bad news.

September important days: VJ Day is the 2<sup>nd</sup>, Labor Day is the 6<sup>th</sup>, Yom Kippur begins at sundown on the 15<sup>th</sup>, POW/MIA Recognition Day is the 17<sup>th</sup>, 1<sup>st</sup> day of Autumn is the 22<sup>nd</sup> and Gold Star Mother's Day is the 26<sup>th</sup> (this is a very special day for the parents of our Veterans that made the ultimate sacrifice, if you know any, please tell them how much you appreciate their loved dedication to our Country).

I hope everyone had a safe, relaxing and enjoyable Labor Day weekend. Used to be the official end of Summer but for us, it's usually the beginning of our Indian Summer (now through October).

I'm hoping to have our 1<sup>st</sup> Coffee Wednesday on September 22, 2021 from 9:00 AM to 12:00 Noon. We'd love to have you stop by, I'll be there with other members of your elected Officers to answer any questions you might have about the Post or just chat, hope you can make it.

Until next month remember, 'Sometimes the system fails us, how we cope with that, makes us who we are'.

George

- Our EBoard continues to keep up with our post updates with therein post development status, and therein 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 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.
- Our **First Vice Commander, Mr. Tom Day** reported on our post current membership is coming along well with **53** early bird membership renewals. The report identifies **1 member** is eligible for 60 years membership, and **4 eligible** for 50 years membership certificates. He recommends having a special recognition event for therein 5 legionnaire members of our Post 105. Many THANKS to renewal members who are already in place and **your membership dues** go directly to help veterans and their families. Please visit our website [www.americanlegionpost105rwc.org](http://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.
- 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 AL Auxiliary Unit 105 is hosting a **Girls State Citizens** brunch on **Sunday, September 12, 2021** at Hobee's Restaurant in Belmont, California. Please copy and visit herein online linkage for more event information <https://drive.google.com/file/d/1OamL0L9xYMISVdRtiDDy4XaWjJ28NJLS/view> with the brunch.



- The **American Legion Riders Chapter 105** President, Ed Fifer and colleagues shared 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 August 2021. They had a successful rider's mission during last month with **3479 miles** to help veterans, and their families and **donated 252 volunteer hours**. The ALR Unit 105 successfully completed their recent **Suicide Prevention** ride mission to Palo Alto VA with a delicious barbeque. It was a great team effort with 22 miles to support Veterans Suicide Prevention and successfully raised \$3600! 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](mailto:ALRChapt105@gmail.com) or call me at 650-349-7146.
- 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 with ALR Chapter 105 during rifle-firing details to honor our veterans – **105 participants with 8 final hours details** during this month of September 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.
- The AL **Auxiliary Unit 105** President, Carol Rael continues our unit to meet in-person at the Post--second Tuesday @ 6pm. Our joint Shoe Drive fundraiser with SM County Blue Star Moms was another successful venture with 3,225 pairs of shoes collected. Unit 105 will host our GIRLS STATE CITIZENS on Sunday, Sep 12, at Hobe's Restaurant in Belmont; seniors from Design Tech High, The Nueva School, and Sequoia High will share their experiences with our Post Family; **POST 105 MEMBERS ARE WELCOMED** to join us--Dutch treat. [RSVP by Sep 8 \(invitation\)](#). Poppy chair Amy continues to write t-y notes to donors as we wrap up this year's drive. Programs currently in planning stage: VA-Menlo Park holiday gifts, holiday cards with College Park Girl Scouts, assist in Department President's visit on April 2, 2022, and Girls State in June 2022. The Auxiliary appreciates & acknowledges the Post members' steadfast support of our programs. A Girls State oft-time byword: We Get It Done! Questions or to RSVP for the Brunch, contact [AuxUnit105Secy@gmail.com](mailto:AuxUnit105Secy@gmail.com). [www.alaunit105rwc.com](http://www.alaunit105rwc.com)
- The AL Auxiliary Unit 105 has **elected their new officers** for 2021/22 operational year, and continues to help veterans and their families. Please copy and visit herein linkage online regarding therein new officers <https://drive.google.com/file/d/1BnMWj-RgSydKTws7Etedw6UKE7jA-M8/view> for more information. The AL Auxiliary Unit 105 has been very helpful with many activities for veterans and their families internationally and locally during veterans assigned missions.



- 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 **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](mailto:antorres@smcgov.org) and phone number 650-802-6575.
- 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.
- The **American Legion National Commander James W. “Bill” Oxford** shares his thankful regards to all Afghanistan war veterans. He said, “To all American Afghanistan veterans, thank you for your noble, historic, and heroic service there and kept us safe for 20 years.” Please copy and visit herein linkage online <https://www.legion.org/commander/253527/oxford-afghanistan-veterans-thank-you-your-service> for more information and sharing our appreciation for veterans patriotic services.
- The **Forever GI Bill** may help veterans and families regarding education for their children and/or dependents to further their education. Because every veteran father and/or mother wants their children and family relatives to have a great education for their future. Please copy and visit herein linkage online for more information <https://www.legion.org/legislative/242777/forever-gi-bill-expands-va-educational-benefits> regarding expansion education benefits.

### **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](mailto:mfcpalesoo@gmail.com) or phone call at 650-365-1337 for informational message.

**American Historical Quote:** *“All labor that uplifts humanity has dignity and importance, and should be undertaken with painstaking excellence!”*

***Dr. Martin Luther King Jr.***