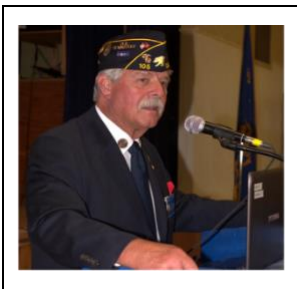




## AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 [www.americanlegionpost105rwc.org](http://www.americanlegionpost105rwc.org) – Vol. 00048 October 2022

### COMMANDER GREETINGS



*George Smith, Commander*

Greetings! Hoping all our AL Post 105 Family **legionnaire members** and **their families** are doing fine this month! Sharing my gratitude and appreciation to all **Italian American** veterans of our post, and acknowledging their honorary military services. To honor therein **Italian American Heritage Month** of October 2022 in our nation! Including ALL our post veterans for their honorable military services and their sacrifice. Remembering our fallen comrades as well because **they will never be forgotten** – many THANKS for your service! Our post family continues to help veterans and their families – **please let us know quickly**. Always many thanks to all **proactive members** for their assistance, and American Legion Post 105 Family for their ongoing support for **God and Country** to support America!

Encouraging our Post 105 members to join our membership meetings on the second Wednesday of each month at 6 PM. The meeting veteran participants can enjoy a FREE dinner meal and possibly WIN a cash monetary prize! The winner MUST be present at therein general membership meetings requirement, to personally accept thereby cash monetary prize from the raffle tickets drawing.

Because our freedom in America is NOT free like it appears within our social environments, and many THANKS to our military veterans for their honorable services! It is our post legionnaire mission in life with more than **100 years** of patriotic services for veteran families and their children. Our post family is always WELCOMING **new veteran legionnaires** for our community mission!



Happy Birthdays, Happy Anniversaries, etc. to ALL our post legionnaire members in **October 2022** and many more! Enjoy and have fun at your celebrations – **STAY SAFE & HEALTHY!**



## From the desk of the Commander...

I hope this message finds you and your families in good health. Please be extra careful this year, make sure you get your vaccinations to help ward off all the bad things we've had to put up with for the last 2 ½ years!

October is going to be a very eventful month, I hope you'll join us for many of them.

October 12<sup>th</sup>, Wednesday is our general meeting. Our 2<sup>nd</sup> Vice Commander is preparing an Octoberfest dinner for us, but **you have to make reservations by October 3<sup>rd</sup> to have dinner, dinner is at 5:30 PM.** If you can't make dinner, please join us at the general meeting at 7:00 PM, we will be awarding everyone that has been a member for over 5 years a star patch with the number of years of membership in increments of 5's in the star, for those with 50 years or more of membership, you'll receive a lapel pin.

October 19<sup>th</sup>, Wednesday at 3:00 PM, Paws for Purple Hearts will be bringing down a puppy and explain how they train these puppies to be service dogs for our Purple Heart recipients. I'm sure this will be fascinating.

October 22<sup>nd</sup>, Saturday 10:00 AM, at the Elks Lodge in Redwood we will be helping the Blue Star Moms make packages for our Veterans abroad and locally. If you'd like to help, please give me a call, 1-650-365-1337

October 26<sup>th</sup> is the Commander's Coffee, please join us in person from 9:00 AM to 11:00 AM for pastries and coffee. October's guest speaker will be discussing how their organization can help our Veterans needing assistance pertaining to their homes. I'll be there to answer any questions you may have or just shoot the breeze.

Please mark your calendars, Friday, November 11, 2022, Veterans Day, the American Legion Post 105 Redwood City will be hosting the Veterans Day Celebration at the Courthouse Square in Redwood City, starting at promptly 11:00 AM. **Volunteers Needed**, If you'd like to volunteer to help, please let us know, 1-650-345-1337. We'd love to have you help us represent the Post.

Thank you all for your service!



George W. Smith  
Commander

American Legion  
Post 105 Redwood City

1-650-365-1337



**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 Local Veterans</b>                  Jiffy Lube,                  2517 S. El Camino Real, San Mateo, CA 94403                  Phone Number: 650-349-7222                  Website: <a href="http://www.jiffylube.com">www.jiffylube.com</a></p>	<p><b>Hiring Veterans</b>                  Central Computers                  2727 S. El Camino Real, San Mateo, CA 94403                  Phone Number: 650-345-5888                  Website: <a href="http://www.centralcomputer.com">www.centralcomputer.com</a></p>
<p><b>Blue Angels Fleet Week Kickoff – Honoring Veterans</b>                  Monday, October 3, 2022 @ 5 PM                  FREE CONCERT – Navy Band Southwest Brass Band,                  Ghirardelli Chocolate Square,                  900 North Point Street, San Francisco, CA 94109                  Visit website for weekly events: <a href="http://www.fleetweeksf.org">www.fleetweeksf.org</a></p>	<p><b>VA Farmers Market</b>                  Wednesday, October 5, 2022 @ 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>
<p><b>Post 105 General Meeting – NEED rsvp for dinner</b>                  Wednesday, October 12, 2022 @ 5 PM for dinner.  <b>Early Bird Dinner</b> – American Legion Post 105,                  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>Military Intelligence Service Historic Center</b>                  Saturday, October 15, 2022 @ 12 PM – 5 PM                  Self-Guided Tours – Presidio of San Francisco,                  640 Mason Street, San Francisco, CA 94129                  Phone Number: 415-921-5007                  Website: <a href="http://www.njahs.org">www.njahs.org</a></p>
<p><b>Veterans &amp; Deployed Services Packing Day</b>                  Saturday, October 22, 2022 @ 10 AM – 2 PM                  Redwood City Elks Lodge,                  938 Wilmington Way, Redwood City, CA 94062                  Phone Number: 650-369-1991                  Website: <a href="http://www.elks.org">www.elks.org</a></p>	<p><b>Palo Alto VA Mobile Medical Outreach Team</b>                  Thursday, October 27, 2022 @ 10 AM – 1 PM                  Hayward Veterans Memorial,                  22737 Main Street, Hayward, CA 94541                  Phone Number: 510-582-9757                  Website: <a href="http://www.acgov.org">www.acgov.org</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 honorary military services veteran Jon Alexander. He served during the Vietnam War in the U.S. Navy as a Machinist. His father and cousin were in the military service as well in the U.S. Army and U.S. Air Force. He learned his job really quick and worked on the ship's main engines with his comrades including the USS Taylor. He stationed at Pearl Harbor during his return from the Vietnam War, and continues to work closely with his friends to repair station destroyers. His team of veteran soldiers were able to repair assigned ships, and return them for their mission targeting enemies on the front lines and defending American soldiers on the battlefield.

He made a lot of veteran friends and will continue to help community veterans when necessary for needed service. His wife and family participates with local organizations to help veterans and their families within local communities. He strongly believes in military services and high school students needs to serve, and defend our patriotic American way of life in the United States of America!



## **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 our post commitment for quality services supporting our veterans and their families – exemplifying by action throughout communities! *(THANKS to all photographers for pics)*



Post 105 ALR membership attends therein Commanders Coffee event at the post.



Post 105 Past Commander, Dave Collins receives his 25 year pin from current Post 105 Commander, George Smith.



Post 105 Boys State participant Amos Figueroa received his Certificate of Appreciation pictured with his parents, and Post 105 3<sup>rd</sup> Vice Commander, Bill Jackson Jr.



Two Post 105 Girls State participants displaying their Certificates of Appreciation during their luncheon at Hobbies Restaurant.



Post 105 Girls State participants are part of thereby state conference for all participating state post organizations.

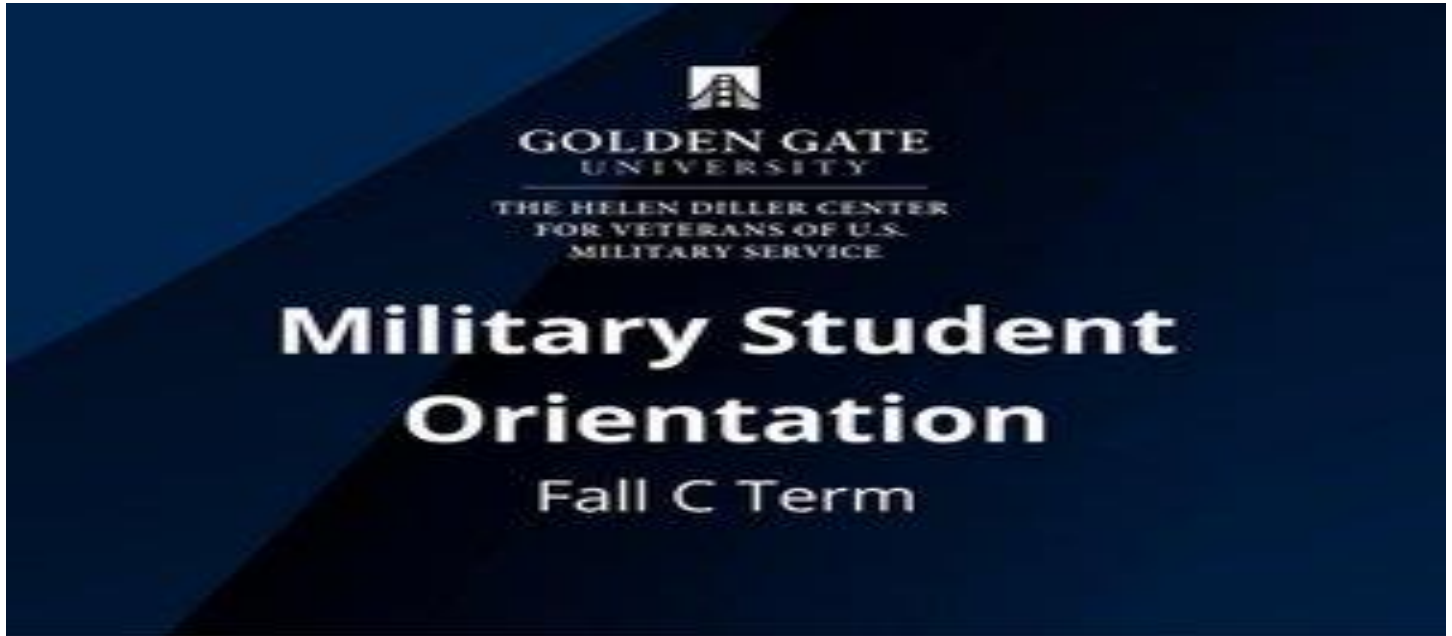


AL Post 105 Family units with Girls State participants during their appreciation and celebration luncheon!





**American Legion Post 105 Family advocates for local educational support for veterans!**



**GGU Military Student Orientation – Fall C 2022**

**Tuesday, October 18, 2022**

**5 PM – 6 PM**

**GOLDEN GATE UNIVERSITY**  
THE HELEN DILLER CENTER FOR VETERANS OF U.S. MILITARY SERVICE

GGU Campus Week: October 10-13, 2022

**GGU Military Campus Week Events**

Tuesday, October 11	Wednesday, October 12	Thursday, October 13
<b>Veteran and Military Resource Fair</b> 1:30 pm - 4 pm  <b>GGU Military Taco Tuesday</b> 1:30 pm - 4 pm	<b>GGU Military Pizza Party</b> 2 pm - 4 pm	<b>Veteran Career Coffee Chats</b> 1 pm - 4 pm

AL Post 105 Family partners with Golden Gate University and bridging military veteran students to their innovative future! It's aligned with therein newly ratified PACT Act legislative provisional elements.

## POST 105 COLLABORATIVE TASK FORCE

THE AMERICAN LEGION FAMILY



AL Post 105 Family and Blue Star Moms partnership with Redwood City Elks Lodge 938 project for veterans – Saturday, October 22, 2022.



The **AL Post 105 Family** units are always assisting each other within our **Collaborative Task Force**, to help local veterans and their families. Including **Blue Star Moms** as well to help veterans and their families with local community activities in San Mateo County. The veterans supportive activities include assistance with local, state, national, and international help for veterans and their families.

- Please contact our post if anyone is aware of our Post 105 membership regarding **Everlasting** post members, and/or anyone in the hospital because of his/her sickness or specific type of illness – will keep them in our prayers for quick recovery! Please contact our post administrative office at **650-365-1337** for assistance and/or our **Post Chaplain, Cobbey Sova** when necessary regarding logistical matters, You can visit our website at [www.americanlegionpost105rwc.org](http://www.americanlegionpost105rwc.org) for more information.
- All our **AL Post 105 Family** units continue to proactively participate with local activities to support veterans and their families during last month. Including partnership activities with **Blue Star Moms** in our diversified communities to support veterans and their families in San Francisco Bay Area. Our post family continues to assist each unit when necessary with projects to help veterans. The ALA Unit 105 team were always able to help with labor work aligned with local veteran projects. Including **youth leadership activities** to help and support veterans with their family needs, and continues to increase their volunteer hours. The Post 105 ALR and SAL teams continue **to honor our fallen veteran comrades** with rifle firing details every month – **they will never be forgotten.** Including more rifle firing details during this month and last month of September 2022 – keeping our veterans and their families in our prayers.
- The post Wi-Fi system and security cameras are coming along well and many THANKS to Col. Leo McArdle, Post 105 2<sup>nd</sup> Vice Commander. It’s an effort to ensure our post is well secured and avoiding any problematic issues with rental participants. Including full security at our post to avoid any liability issues and/or concerns regarding safety and healthy matters at our post during activities.
- Our **AL Post 105 Family** will have more supportive activities for veterans and their families in San Mateo County during this month. Including more local activities during the Fleet Week in San Francisco Bay Area. As well as partnership projects to support veterans and their families during these tough times with the inflation and economic downturn.
- The AL Post 105 Family Development Committee has been meeting regularly, and reports to thereby Executive Board regarding development matters in place. The Caltrain Electrification Project may have an impact on the post development, and therein identified committee will keep the EBoard updated
- Our membership is coming along well with early bird membership renewals, and the First Vice Commander, Mr. Tom Day of our AL Post 105 Family, is recommending to have a special recognition event for therein **5 exceptional legionnaire members** of our post. It would be a great way to recognize their legendary legionnaire membership efforts.

Department of California Reporting Data – 8/19/2022						
Total Members	Membership Goal	New Members	Transfer Members	PUFL Members	Paid To The Post	Current Percentage
198	233	9	6	44	139	85%

Many THANKS to renewal members and **your membership dues** that will go directly to help veterans and their families. Please visit our website [www.americanlegionpost105rwc.org](http://www.americanlegionpost105rwc.org) for more membership access and informational forms. You can also contact the First Vice Commander Mr. Tom Day by email at [thomas.day505@gmail.com](mailto:thomas.day505@gmail.com) and THANK YOU for your support!





- The **American Legion Riders Chapter 105** membership and colleagues shared herein following progressive activities. American Legion Riders Chapter 105 has participated in many missions supporting veterans and their families. Including **more than 150 missions** and rifle firing details during last month in September 2022 and more scheduled this month. The ALR105 rode **more than 41,299 miles** and donated **more than 3,138 volunteer hours** since last month. Including escort rides for the National Commander in California on December 10 and 11, and many other escorts for state and/or national officials. The ALR105 chapter raised NEW total amount of **\$6347** during thereby annual **Suicide Prevention Ride** with monetary contribution for the VA Palo Alto Hospital. Also, raised **\$410** and donated therein monetary contribution to **Wreaths Across America**. Including **\$100 for Tongan Relief Fund, \$720 for Berkeley Half Marathon, \$1080 for Oakland Marathon, \$100 for Ukrainian Relief Fund, and \$289.56 for Post 105 Dinner Dance**. As well as community resources to support 2022 Seamans Memorial Cruise, and escorting services for ALA President and Operation Surf. The Post 105 Riders participated in the Berkeley ½ marathon directing local traffic control. 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 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 numbers to 17. The SAL Unit 105 participated in **79 Final Hours Detail** missions during rifle-firing details to honor our veterans, and with **105 participants** and more details are scheduled for October 2022. The SAL Unit 105 donated **\$100** for the Veterans Day Celebration and they contributed **560 hours** of volunteering time with **6166 miles**. Including funding support for Tongan Relief Fund with \$100 and Ukrainian Relief Fund with \$100, and community supportive resources for Rise Against Hunger Lions Club. We are constantly **looking for new qualified members**, and veterans can also join the Sons of The American Legion. 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.
- The AL **Auxiliary Unit 105** President, Carol Rael continues to meet with their unit in-person at Post-105 on the second Wednesday @ 6pm. Unit 105 continues as a team to fulfill the mission of the Auxiliary and thereby the Legion's mission. Elections were held in May: President Carol Rael, 1st Vice President Pauline Robinson, 2nd Vice President Peggy Toye, Secretary Diane Day, and Treasurer Brenda Ternullo. Blue Star Moms (BSM) Packing Day was a usual success; members Pauline, Pat, Carol, Diane, Brenda (BSM), Amy (BSM), and Peggy joined National Charity League, Young Mens Service League, and Forresters Financial. District 26 hosted the annual Girls State Tea with Unit 105 attending.



- 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, and/or <https://www.calvet.ca.gov/WomenVets/Pages/Monthly-Statewide-Webinars.aspx> copy herein linkage and paste online for more information.
- 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 Veterans Crisis Hotline answers **2,000 calls** every day, and National Suicide Prevention Lifeline will get the **three-digit code number 988** is NOW working. Please go online to herein linkage for more information <https://www.legion.org/veteranshealthcare/255864/va-launches-20m-challenge-help-reduce-veteran-suicides> and/or referrals.
- The San Francisco Opera is offering free complimentary tickets for veterans to attend therein Antony and Cleopatra show on **Sunday, October 2, 2022** at 2 PM. Please visit herein linkage below online for more information <https://www.sfopera.com/operas/antony-and-cleopatra/> and contact procedures. The entertainment shows may help with stressful lives within veteran families, and helping with stressful relationships with individual veterans. Including PTSD (Post Traumatic Stress Disorders) for veterans and their families with treatment when necessary.
- The veterans interested in minerals, rocks, fossils, gems, etc. can attend thereby Peninsula Gem & Geology Society event. The PGGS organization annual event is on **Saturday, October 8 and Sunday, October 9, 2022** from 10 AM to 5 PM. There will be family fun activities and learning more about different types of rocks and minerals. Please visit herein linkage online <https://www.pggs.org/show.htm> for more information regarding thereby **2022 Annual Gem & Mineral Show**. These local events can be very helpful for veterans and their families especially with therein post pandemic recovery.

### **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, and posting information can be verbatim if necessary. Please send information by email [mfcpalesoo@gmail.com](mailto:mfcpalesoo@gmail.com) or phone call at 650-365-1337 for informational message. The due date for posting information for the Post 105 newsletter is during therein last week of every month.

**American Historical Quote:** *“Let us never negotiate out of fear. But let us never fear to negotiate!”*

*President John F. Kennedy*