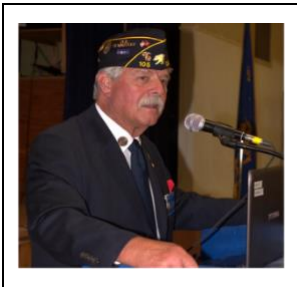




AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 www.americanlegionpost105rwc.org – Vol. 00049 November 2022

COMMANDER GREETINGS



George Smith, Commander

I'm hoping all our AL Post 105 Family **legionnaire members** and **their families** are doing fine! Sharing my gratitude and appreciation to all **Native American** veterans of our post, and acknowledging their honorable military services. To honor therein **Native American Heritage Month** of November 2022 nationwide! 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** – 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 empower America. **HAPPY THANKSGIVING** to all our AL Post 105 Family units as well as all post veterans and their families!

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



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 Domino's Pizza, 33600 Alvarado Niles Road, Union City, CA 94587 Phone Number: 510-487-8787 Website: www.dominos.com</p>	<p>Hiring Veterans Mountain Mike's Pizza, 390 El Camino Real, Belmont, CA 94002 Phone Number: 650-508-1100 Website: www.mountainmikespizza.com</p>
<p>Veterans Day Celebration Saturday, November 5, 2022 @ 10 AM – 12 PM City of San Pablo – City Hall, 1000 Gateway Avenue, San Pablo, CA 94806 Phone Number: 510-215-3000 Website: www.sanpabloca.gov</p>	<p>San Francisco Mayors Salute To Veterans Parade Sunday, November 6, 2022 @ 11 AM – 2 PM Fisherman's Wharf, 2820 Taylor Street, San Francisco, CA 94133 Phone Number: 415-934-4200 Website: www.sfgov.org</p>
<p>Post 105 General Meeting – NEED rsvp for dinner Wednesday, November 9, 2022 @ 7 PM American Legion Post 105, 651 El Camino Real, Redwood City, CA 94063 Phone Number: 650-365-1337 (FREE DINNER @ 6 PM) Website: www.americanlegionpost105rwc.org</p>	<p>7th Annual Veterans Recognition Event Thursday, November 10, 2022 @ 11:30 AM – 1:30 PM The Westin Hotel San Francisco Airport, 1 Old Bayshore Highway, Millbrae, CA 94030 Phone Number: 650-802-6598 Website: www.smcgov.org</p>
<p>Understanding Military Compensation & Benefits Tuesday, November 15, 2022 @ 1:30 PM Golden Gate University, Room 4215 536 Mission Street, San Francisco, CA 94105 Phone Number: 415-442-7800 Website: www.ggu.edu</p>	<p>VA Farmers Market Wednesday, November 23, 2022 @ 10 AM – 2 PM San Francisco VA Medical Center, 4150 Clement Street, San Francisco, CA 94121 Phone Number: 415-221-4810 Website: 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 veteran story this month is about our honorary military services comrade Randy Falkssen, and he served during therein Vietnam War in the U.S. Marines. He served in the military as a Radio Operator in thereby Corporal ranking level, and his father served in the U.S. Army during WWI as well. He worked closely with his comrades to monitor regular communications on the battlefield. They maintained radio operations and all communication equipments are working properly. He worked closely with his friends on the battlefield to help soldiers with radio connections, and making sure all communications are working well during the mission. His working team applied their tactical training skills to ensure communication elements, are connected better with operations on the battlefield to combat enemies.

He feels great serving his country and made a lot of veteran friends, and will continue to help community veterans in local communities. He stays in contact with his veteran friends and his wife with family members are connected to local veteran organizations. He believes in military services to protect our country and our families with children!



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 Family with Paws for Purple Hearts service dogs Presentation trainers Megan Franke and Olivia Hughes.



AL Post 105 Finance Officer Vern Mull presents a check of support to trainer Megan Franke.



Paws for Purple Hearts service dog trainer Megan Franke illustrates how therein service dog can turn on a light, and helping veterans when necessary.



ALR105 and ALR82 with HOG members collaboration preparing to present their suicide prevention financial support to Palo Alto VA Hospital.



ALR105 President, Andrew Trapani presenting a check of support to Alberto Villarreal of Palo Alto VA Hospital.



ALR105 and ALR82 with HOG members honoring veterans Purple Hearts Day.



REDWOOD CITY POST No. 105
The American Legion
 651 EL CAMINO REAL
 REDWOOD CITY, CALIFORNIA 94063-1317
 (650) 365-1337

FOR IMMEDIATE RELEASE

Post date: **OCT 29.2022**

Contact:

Michael Toschak, Public Relations

alpost105rwc@gmail.com

650-365-1337

Redwood City, California — VETERANS DAY Recognition Ceremony and Community Event

On Friday, November 11, 2022, the American Legion Post 105 Redwood City will host a morning ceremony for Veterans Day, including guest speakers, music, light refreshments, and information to assist local veterans.

At precisely 11:11am, a moment of silence is held to recognize Armistice Day—when fighting ceased for World War I on the 11th day of the 11th month at the 11th hour.

Special guests include California Assembly Speaker pro Tempore Kevin Mullin, District 4 County Supervisor Warren Slocum, Redwood City Mayor Giselle Hale and Vice Mayor Diana Reddy, and City Councilwoman Alicia Aguirre to name some.

During the ceremony, Veterans from all branches of the military will be recognized—Army, Navy, Marines, Coast Guards, and Air Force.

Coffee and donuts available for early arrivals at 10:30am. A car show and military vehicles will be on display along Broadway Street, nestled between Hamilton & Middlefield Streets. Live music provided by the Newark Wind Symphony.

Public parking is available on the streets. Please note there will be street closures surrounding Courthouse Square (Hamilton, Middlefield and Marshall Streets).

About American Legion Post 105 Redwood City

Established October 1919, the American Legion Post 105 Redwood City is one of the oldest service organizations in San Mateo County. Throughout its history, Post 105 has served its community through promoting veterans issues, serving veterans' needs, educating the public on American history, and sponsoring youth civic programs.

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American Legion Post 105 Family Hosting Veterans Day Celebration!

American Legion Post 105
VETERANS DAY
Ceremony

FRIDAY | NOVEMBER | 11 | 11AM START
 2022

Courthouse Square
 2200 Broadway, Redwood City

Live Music | Car Show | Light Refreshments

Sponsors
 Chamber San Mateo County, Recology, City of Redwood City

AL Post 105 Family is hosting Veterans Day celebration to honor all veterans for their sacrifice, and patriotism to protect the United States of America. Including their willingness to serve with honorable military services, as well as POW/MIA comrades because they will never be forgotten. Many THANKS to our community event sponsorship and their support for all veterans!

POST 105 COLLABORATIVE TASK FORCE

THE AMERICAN LEGION FAMILY



AL Post 105 Family partners with San Mateo County Elections Office



OFFICE OF MARK CHURCH
CHIEF ELECTIONS OFFICER & ASSESSOR-COUNTY CLERK-RECORDER
REGISTRATION & ELECTIONS DIVISION

November 8, 2022 Statewide General Election **MORE DAYS, MORE WAYS TO VOTE!**

Vote Centers follow current COVID-19 Health Protocols.

Any voter in San Mateo County can go to any Vote Center to:

- Cast a ballot
- Use an accessible voting machine to mark a ballot
- Register/Re-Register to vote
- Request a replacement ballot
- Receive multilingual assistance
- Register and vote on the same day

October 11 to November 7, Hours 9 a.m. to 5 p.m.; Election Day, November 8, Hours 7 a.m. to 8 p.m.

The **AL Post 105 Family** is helping San Mateo County election team activities between **Saturday, November 5, 2022** and **Tuesday, November 8, 2022**. The AL Post 105 is one of the local Voting Centers in San Mateo County, and election team members will be onsite to assist local voting communities. Our post **Collaborative Task Force** will help with coordination activities on location, and to ensure everything will work out well for therein San Mateo County election team – visit www.smcvote.org for more info.

- 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 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, and partnering with **Elks Club** for veterans packaging project was successful! 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 October 2022 – keeping our veterans and their families in our prayers. The ALR Chapter 105 and SAL collaborated with ALR Chapter 82, and HOG team members to present a suicide prevention check to **Palo Alto Veterans Hospital.** The Post 105 Family was able to help and support **Paws for Purple Hearts** with a donation of \$1000 contribution.
- The post provided space for Paws for Purple Hearts to present and illustrate their training program for Service Dogs to help veterans. The two wonderful training ladies from **Paws for Purple Hearts** shared their presentation training elements on how they train Service Dogs to help veterans.
- The AL Post 105 Family Development Committee has been meeting regularly, and reports to thereby Executive Board regarding development matters in place. The bingo situation is still in progress with more implementation discussions on how to reinstate thereby bingo activities. Including a potential agreement in place with therein contracting vendor when everything is ready to proceed, and with the EBoard approval for therein procedural process.
- 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 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 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 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 November 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. Officer Elections were held in May 2022 with following results: 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 PACT (Promise to Address Comprehensive Toxics) Act federal legislation is out to reach many veterans since therein approval. A veteran can file **to claim for therein PACT benefits** if he/she feels the exposure **to toxic while serving** in the U.S. Military. The veterans can go online to www.va.gov/family-member-benefits for more information and filing procedural process.
- Including benefits for **VA Caregiver Support Program** for veterans aligned with the extension of therein PCAFC (Program of Comprehensive Assistance for Family Caregivers) program. This caregiver program for veterans have been extended, and expanding health care services for eligible veterans of all war eras. Many THANKS to **San Mateo County Board of Supervisors** for their support of veterans, and with a resolution to restore the eligibility and benefit standards for veterans aligned with **PCAFC program**. This healthcare program to support veterans with family care was in jeopardy, and pending to be discontinued and now it's been extended by the federal – visit www.caregiver.va.gov 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, 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.

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 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: *“The time is always right to do the right thing!”*

*Dr. Martin Luther King Jr.
Civil Rights Leader and Activist*