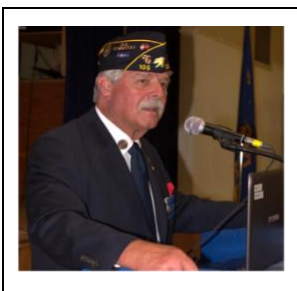




AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 www.americanlegionpost105rwc.org – Vol. 00051 January 2023

COMMANDER GREETINGS



George Smith, Commander

Hoping all our Post 105 **legionnaire members and their families** are doing fine, and had a joyful **Christmas** with **Happy New 2023!** Last year continues to be challenging with the pandemic and more business communities are opening – THANKS to God Almighty! Our AL Post 105 Family successfully accomplished many activities for veterans during last month in December 2022, and including a successful **Veterans Day** event on November 11, 2022. Sharing my gratitude and appreciation to our family for their honorary contribution to local veteran diversified communities. Our post is here to help veterans and their families when necessary – **please let us know immediately.** Always many THANKS to all our post veterans military services and sacrifice, and remembering our fallen comrades as well because **they will never be forgotten** – THANKS for your service! Appreciate our AL Post 105 Family for their ongoing support for **God and Country** to empower 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 services! It is our post legionnaire mission in life with **100+ years** of patriotic services for **God and Country** with the ability to strengthen America. Our Post 105 family team is always WELCOMING **new veteran legionnaires** for our post mission! **STAY SAFE & HEALTHY!**



Happy New Year, Happy Birthdays, Anniversaries, etc. to all legionnaire members in **January 2023** and many more! Enjoy and have fun at your celebrations – **STAY SAFE & HEALTHY!**





From the desk of the Commander...

Happy New Year! Here's hoping 2023 will be the best year yet.

Good news, our new Computer Lab is almost completely done. The new WiFi system is in so we have connection anywhere in the building. We have 2 new cameras for our Zoom meeting and 7 microphones, 6 wireless (thanks to Romie Bassetto) and 1 hardwired, 6 laptops along with many other features that I know nothing about. The Computer Lab was made possible by a \$10,000.00 grant from Warren Slocum and the San Mateo County Board of Supervisors. We'll be up and running by our next membership meeting Wednesday, January 11, 2023.

I'd like to thank the American Legion Post 105 Charitable Foundation for presenting the Post with a check for \$9,400.00 to cover the cost of repaving our Parking Lot. We are so fortunate to have members of our Post running the Foundation and for creating a rainy-day fund to be used in case of emergencies. Without the Foundation, the Post would be in a much worse situation.

Our next meeting will be Wednesday, January 11, 2023 at 7:00 PM. If you'd like to join us for dinner our 2nd Vice Leo is making Beef Stroganoff with vegetables, salad, bread/butter, coffee and dessert. Beer and wine are available for \$2.00 each. Please RSVP Leo at 650-303-2725 so he knows how much to make.

We'll be using the new system for the first time at the meeting, come on down to see our state of the art system. If you can't come down, please join us via Zoom, you'll be amazed how much better the system is. You'll actually be able to hear each person talking and we'll be able to hear you if you have any questions. Ed who installed the system at no cost to the Post will be there and I'd like to have as many members attend so we can properly 'Thank' him.

Until next time, Be Safe,

A handwritten signature in blue ink that reads "George".

George W. Smith
Commander

American Legion
Post 105 Redwood City

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>Hiring Local Veterans California Auto Center, 316 El Camino Real, Millbrae, CA 94030 Phone Number: 650-692-5222 Website: www.automechanicmillbrae.com</p>	<p>Hiring Veterans Chevron, 90 El Camino Real, San Carlos, CA 94070 Phone Number: 650-595-2600 Website: www.chevronwithtechron.com</p>
<p>Red Velvet Burlesque & Cabaret Show San Francisco Thursday, January 5, 2023 @ 8 PM Stratos Night Club, 358 Ocean Avenue, San Francisco, CA 94112 Website: www.stratosnightclub.eventbrite.com</p>	<p>Rafiki Coalition For Health & Wellness Wednesday, January 11, 2023 @ 4 PM Rafiki Health Coalition, 601 Cesar Chavez Street, San Francisco, CA 94124 Website: www.rafikicoalition.org</p>
<p>Post 105 General Meeting – NEED rsvp for dinner Wednesday, January 11, 2023 @ 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>MLK2023 March & Parade Monday, January 16, 2023 @ 9:30 AM – 12 PM/Noon San Francisco Caltrain Station, 700 4th Street, San Francisco, CA 94107 Phone Number: (415) 857-0595 Website: www.norcalmlkfoundation.org</p>
<p>Disabled Veterans 2nd Annual Crab Feed Saturday, January 21, 2023 @ 5 PM – 9:30 PM Veterans Memorial Building Auditorium, 1351 Maple Avenue, Santa Rosa, CA 95404 Phone Number: 707-595-0324 Website: www.day48sonoma.org</p>	<p>Veterans Employment Career Fair Thursday, January 26, 2023 @ 11 AM – 3 PM Executive Inn & Suites – Embarcadero Cove, 1755 Embarcadero, Oakland, CA 94606 Phone Number: (562) 291-2956 Website: www.citycareerfair.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 military services comrade Jen Hartsville who served in the U.S. Navy. She was a military Medic Specialist E-4 Petty Officer who served onboard with her military friends. She worked closely with her colleagues to provide medical care for wounded soldiers, and assisted medical doctors when necessary for advanced medical care and/or operations. She worked closely with her team to ensure medical equipment is ready at all times, and equipment is working properly without repairing problems. Including ongoing medical treatments for wounded soldiers as well as administering medications, and physical rehabilitation treatment to ensure wounded soldiers are progressively getting better.

She really feels great about serving her country and believes veterans should be appreciated and supported by communities. She gets involved with her family to support organizations to help veterans with their families at local communities. She strongly believes high schools should promote more ROTC programs because high schools get government funds to operate.



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)*



Al, Stan, and George at preparation for 2022 Veterans Day event at downtown Redwood City Courthouse Square.



Amos Figueroa of Post 105 Boys State and Post 105 Boys State Chairman, Bill Jackson Jr. at Veterans Day event.



Classical cars display at therein 2022 Veterans Day event for participants to view.



Participants at therein 7th Annual Veterans Recognition Luncheon enjoying their meals.



AL Post 105 Family Commander, George Smith and legionnaire members with ALA Unit 105 members, and Helen Wong, Commander of Cathay Post 384.



Col. Leo McArdle performing the innovation at therein 7th Annual Veterans Recognition Luncheon and MC Hank Scherf on the side of therein podium.



AL Post 105 Family Commander, George Smith, ALR Post 105 Charter Director, Andrew Trapani and members of Golden Gate HOGs Team with friends. Held an informational session with National Wreaths Across America truck drivers before escorting them to Golden Gate National Cemetery on Friday, December 16, 2022. They were able to provide wreaths on Saturday, December 17, 2022 to honor and remember veterans for their military services. Because of their honorable military services and sacrifice will never be forgotten.



POST 105 COLLABORATIVE TASK FORCE



AL Post 105 Family Collaborative Task Force partners with Elks Lodge 938 and 1991 to package items for veterans, as well as contribution during therein-coffee drive for Menlo Park Veterans Medical Center.



AL Post 105 Family legionnaire members Leo and Tom, as well as ALA Unit 105 members Pauline and C. Bagley working on packaging and offering coffee drive contribution. Our AL Post 105 Family always appreciate and many THANKS for therein local partnership efforts to help our 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 for more information.
- EBoard continues to keep up with our post updates with therein post development status, and therein DDA/Deposition Development Agreement (“Agreement”) elements. Our post development status is going through the permitting process, and Building Committee has been meeting for our post development situation with reports to EBoard members – stay tuned!
- All our **AL Post 105 Family** units have been proactively participating with local activities to support veterans and their families last month during December 2022. Including holiday gifts contribution for veterans at local VA hospitals, participated and completed successful performance at Wreaths Across America. Successfully completed our annual Veterans Holiday Luncheon, and partnership supportive activities with **Blue Star Moms** to help veterans and their families. Including displays and putting wreaths at therein Golden Gate National Cemetery to honor and remember veterans.
- The ALA Unit 105 team continues to participate with programs to support veterans, and helping with labor work aligned with veteran projects. The ALR & SAL members were able to successfully escort thereby **National Wreaths Across America** trucks to Golden Gate National Cemetery. As well as **youth leadership activities** to help and support veterans with their families. Including flag retirement ceremonies, Thanksgiving family activities for veterans, and very successful **2022 Veterans Day Celebration** on November 11, 2022 as well as suicide prevention ridership fundraising. The ALR & SAL teams continue **to honor our fallen veteran comrades** with rifle firing details every month, and keeping our veterans and their families in our prayers – **another mission accomplished** with success during 2022.
- Our membership is coming along well with early bird membership renewals and **1 member** is eligible for 60 years membership, and **4 eligible** for 50 years membership certificates. Many THANKS to renewal members and **your membership dues** go directly to help veterans and their families. Please visit our website www.americanlegionpost105rwc.org for more membership information.
- CONGRATS again! To our AL Post 105 Commander, George Smith who was honored with an award to be the **2022 Veteran of the Year**. Including ALR & SAL Chairperson/Director Andrew Trapani and his wife Wendy Weller who were honored to be **Patriots of the Year**. They were honored and received therein awards at the 7th Annual Veterans Recognition Luncheon, organized and coordinated by San Mateo County Veterans Commission.
- The AL Post 105 Family was able to support and offered unwrapped gifts for **Toys-For-Tots** during the 2022 holiday season. It’s part of the **23rd Regiment Marine Corps** in San Bruno toy drive and also helped them with a car wash fundraising event at our post. The 23rd Regiment Marine Corps Honor Guard has always been able to support our post with veteran activities, and during AL Post 105 **100 years** operational centennial celebration.



- 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, and participated in **more than 188 missions** and rifle firing details. The ALR105 rode **more than 44,077 miles** and donated **more than 4,111 volunteer hours** since last month in December 2022. Including an escort ride scheduled for the National Commander in California on December 10 and 11. The new ALR105 President, Andrew Trapani, will take over his new position role. The ALR105 chapter raised **\$6347** during therein **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 a successful escort for therein 2022 National Wreaths Across America to Golden Gate National Cemetery. Including 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 AL California Department identifies SAL Unit 105 with **80% membership** retention versus their membership goal. The SAL Unit 105 participated in **137 Final Hours Detail** missions during rifle-firing details to honor our veterans, and with **105 participants** and more details are scheduled for next month. The SAL Unit 105 donated **\$100** for the Veterans Day Celebration and they contributed **577 hours** of volunteering time with **6508 miles**. They continue to partner with ALR for missions when necessary. We are constantly **looking for new qualified members**, and not only can Patriots join but 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 – visit their website www.alaunit105rwc.com for more information.
- Our Post 105 has a calendar identifying **daily** and/or **monthly events** as well as specified holidays, and other national calendar dates for your review, etc. Please visit herein following linkage below to review our <https://americanlegionpost105rwc.org/calendar> calendar of events and for more information.



- The **San Francisco Bay Area** is going through thereby raining season and more rain can create floods, storm conditions, etc. including emergency notifications for veterans and their families. The veterans and their families must be prepared during and/or after the storm because it can lead into health and safety hazards. Including protection with **electrical safety hazards** during floods and storm conditions. The **Thrive Alliance** in San Mateo County have resources to handle therein storm situation. Please go online to herein linkage <https://roderick-campbell-8wm1.squarespace.com/storm-flood-resources> for more informational resources.
- 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 National Suicide Prevention Lifeline three-digit code number **988** is NOW working!
- The **NAMI** (National Alliance on Mental Illness) San Mateo County is having peer-to-peer FREE coursework sessions with adults and/or veterans living with mental health challenges. The peer-to-peer program can provide participants with better understanding and compassioning experience with mental health support. The NAMI coursework program will start on **Tuesday, January 10, 2023** from 6 PM to 8 PM – please go online to their website www.namisanmateo.org for more information.
- The VA also tries to keep veterans updated **with new regulations** aligned with eligible veteran benefits. Go online with herein following linkage <https://www.calvet.ca.gov/veteran-services-benefits/va-claims> for more information. Needless to say, therein pandemic is impacting communities with affect of our veterans and their families, and **appropriate health care services**. Including appropriate suicide prevention elements to eradicate **issues of concern** for our veterans – protecting veterans and their family **is an essential matter!**

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. 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 have decided to stick with love. Hate is too great a burden to bear.”*

Dr. Martin Luther King Jr., Civil Rights Activist Leader