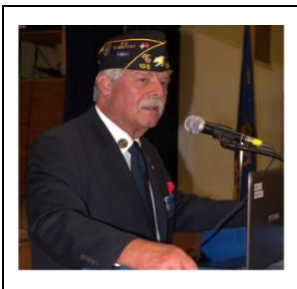




AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 www.americanlegionpost105rwc.org – Vol. 00053 March 2023

COMMANDER GREETINGS



George Smith, Commander

Hoping all our Post 105 **legionnaire members and their families** are doing fine during these pandemic recovery times. Sharing my gratitude and appreciation to all female veterans of our Post 105 Family, for their honorary contribution and military services. Including all our post veterans for their military services and honoring **National Women’s History Month** of March 2023! Our post is here to help veterans and their families when necessary, and making a difference in our society – **please let us know quickly if you need assistance!** Many THANKS to our proactive members and comrades for their ongoing support, 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** and strongly **empowering 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.

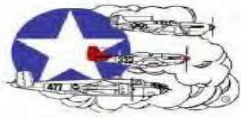
Because our freedom in America is NOT free like it appears within our social environments, and many THANKS to our military veterans for their services! It is our post legionnaire mission in life with **100+ years** of patriotic services for **God and Country** with the ability to strengthen America. Our Post 105 family team is always WELCOMING **new veteran legionnaires** for our post mission! **STAY SAFE & HEALTHY!**



Happy St. Patrick’s Day, Happy Birthdays, Anniversaries, etc. to all legionnaire members in **March 2023** and many more! Enjoy and have fun at your celebrations – **STAY SAFE & HEALTHY!**



Honoring The Historical Equity Services In All U.S. Military Forces



Lee A. Archer Jr. Chapter

Of

Tuskegee Airmen, Inc.

Presents the

TUSKEGEE AIRMEN
Commemoration Day Ceremony



Saturday, March 25, 2023 - 6:00 PM

Delta Breeze Club
400 Windward Dr
Bldg 400
Travis AFB, CA 94535

The **Tuskegee Airmen** are African American pilots who fought in World War II with distinguished military services. They formed therein **332nd Fighter Group** of all Black service pilots under the U.S. Army Air Corps, and was awarded the Presidential Unit Citation for it's longest bomber escort successful mission. The U.S. President Harry Truman enacted an **Executive Order No. 9981** in 1948 with equality opportunities for all of the U.S. Armed Forces, and ending racial segregation in all **U.S. Military Forces**.

CAR SHOW

SAT. APRIL 1, 10 AM - 2 PM
AMERICAN LEGION POST 105
651 EL CAMINO REAL, RWC

Car Registration, \$25 per car
Includes two lunch tickets

LIVE MUSIC BY
**MICHAEL
WAGNER**

Lunch Tickets: \$10
No-Host Bar

10 AM - Cars Show
11:30-1 PM - Lunch Service
12:30-2 PM - Live DJ/Guitar Performance

Car Registration Form page 2
Post 105 must receive registration
and \$25 fee by March 23

Tickets held at Will-Call



Proceeds benefit
American Legion Post 105
Redwood City

Questions?
Call 650-365-1337

v.1.27.23

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 Chevron Gas Station, 90 El Camino Real, San Carlos, CA 94070 Phone Number: 650-595-2600 Website: www.chevronwithtechron.com</p>	<p>Hiring Veterans Marathon Gas Station, 234 El Camino Real, Redwood City, CA 94062 Phone Number: 650-361-9612 Website: www.marathonbrand.com</p>
<p>Piedmont Veterans Teen & Youth Sporting Activities Saturday, March 4, 2023 @ 11:45 AM – 12:30 PM Skyhawks Sports/Piedmont Veterans Memorial Building, 401 Highland Avenue, Piedmont, CA 94611 Phone: 510-420-3081 Website: www.ci.piedmont.ca.us</p>	<p>FREE Veteran Surf Alliance Lindamar Rocks Surfing Tuesday, March 7, 2023 @ 7 AM – 9 PM Pacifica State Beach, 5000 California Hwy. 1, Pacifica, CA 94044 Contact Email: veteransurfalliance@gmail.com Website: www.veteransurfalliance.com</p>
<p>Post 105 General Meeting – NEED rsvp for dinner Wednesday, March 8, 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>CarrierCon 2023 Saturday, March 18, 2023 @ 10 AM – 5 PM USS Hornet Museum, 707 W. Hornet Avenue, Alameda , CA 94501 Phone Number: 510-521-8448 Website: www.uss-hornet.org</p>
<p>Benicia Veterans Crab Feed Fundraiser Saturday, March 25, 2023 @ 5 PM – 10 PM Benicia Veterans Memorial Hall, 1150 First Street, Benicia, CA 94510 Phone Number: 707-745-1769 Website: www.beniciavetshall.wordpress.com</p>	<p>Marin Veterans Farmers Market Thursday, March 30, 2023 @ 8 AM – 1 PM Marin Veterans Memorial Auditorium, 10 Avenue of the Flags, San Rafael, CA 94903 Phone Number: 415-473-6800 Website: www.marincounty.org</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 Jan Thompson who served in the U.S. Navy. She was an Aviation Electronics Technician during her honorable military services, and worked closely with her friends to make sure electronic systems are properly working on the aircraft. She helps to maintain and repair main electronic equipment, and to ensure communication systems are working without problems. Including electronic countermeasure equipment for tracking and identifying enemies for attacks. She was well-trained in aviation electronics and worked closely with her friends to maintain aircraft operational systems in high standards. Her military team communicated effectively with personnel pilots during debriefings regarding electronic systems operation.

Her father served in the U.S. Army and retired thereafter serving in WWII, and feels great serving her country! She feels the military services provided her with support, and staying in contact with her veteran friends. She believes the government needs to highly support veterans in, and out of services including military families. Her husband and family helps veteran communities with service when necessary, and they moved to the East Coast thereafter retiring from her civilian job.



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)*



College Park Girl Scouts Troop 61740 provided handmade gift bags for veterans at therein VA Menlo Park Medical Center on St. Valentines Day 2/14/2023.



Contributed gift bags were full of goodies and snacks, note pads, pencils, puzzle books, and hand sanitizers with creative handmade flowers.



College Park Girl Scouts sharing their support, and remembering veterans on St. Valentines Day with THANKFUL regards for their military services.



VA Menlo Park Recreational Therapist Kimberly is accepting therein gift bags, and THANKING Girl Scouts for their ongoing support for veterans.



ALA Unit 105 member and Fitness Advocate Kim shares few ways, to balance with stretching physical exercises, at the Commanders Coffee at AL Post 105 Family.



Leo and Vern with ALA members attending therein physical exercise session at the Commanders Coffee event, and maintaining their stability with strength.



ALA Unit 105 partnership with Hearts For Humanity non-profit agency to support homeless veterans and their families.



AL Auxiliary Unit 105 provides thereby contribution of clothes to support **Hearts For Humanity** non-profit organization. The Hearts For Humanity community agency has been helping veterans and homeless people with transitional resources in life. Including clothes, prepared meals, hygiene kits with essential items, and transitional housing. Stan and Deborah are accepting therein clothing contribution by AL Auxiliary Unit 105 President, Carol Rael who delivered thereby clothing contribution.

- 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!
- Our Post 105 legionnaire members approved thereby new By-Laws thereafter the second reading session, at the membership meeting on **Wednesday, February 8, 2023**. The post new By-Laws have been submitted accordingly in the procedural process.
- All our **AL Post 105 Family** units have been proactively participating with local activities to support veterans and their families last month during February 2023. Including gifts contribution for veterans at local VA hospitals, participated and completed successful partnership community projects. Our post units continue to partner with **Blue Star Moms** on projects to help veterans and their families. Including displays and ongoing rifle detailing ceremonies, to honor and remember veteran comrades entering the everlasting stage. Many THANKS to **ALR and SAL** units for their ongoing support with many **successful hours** of thereby local honorary missions. Including flag retirement partnership activities when necessary, and keeping our everlasting veterans and families in our prayers. As well as **youth leadership activities** to help and support veterans with their families, and aligned with Boys and Girls state leadership performance. **Nana’s Kettle Toffee & Treats** rent our post kitchen and is open for service, and people can order online as well for hand-made baking treats – go online and visit www.nanaskettle.com for more information.
- The computer lab center at our post is completed with **high speed internet** connections for veterans, and their families to use for technology services when necessary.
- The **ALA Unit 105** team continues to participate with programs to support veterans, and helping with labor work aligned with veteran projects. Including partnership community projects to help veterans and their families. The Unit 105 team donated clothes and other items to help homeless veterans and their families. The ALR & SAL members continue to **honor our fallen veteran comrades** with rifle firing details every month – **another mission accomplished** with success during last month in February 2023.
- Our membership is coming along well with early bird membership renewals, and 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.

Department of California Reporting Data – 2/24/2023

Total Members	Membership Goal	New Members	Transfer Members	PUFL Members	Paid To The Post	Current Percentage
181	196	6	1	46	128	92%



- 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 February 2023. 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. ALA participated in Blue Star Moms, Wreaths Across America on December 17th, as well as Toys for Vets wrapping gifts that had been donated for the children/grandchildren of VA patients. ALA also fulfilled a VA patient wishlist and delivered the presents of December 6th. On December 23rd ALA attended the Veterans Christmas Luncheon at San Mateo Elks, hosting a table which gave out information on Unit 105. Unit 105/District 26 raised over \$2,100. of toys/donations for Toys for Vets to avoid a toy shortfall. **RED** (Remember Everyone Deployed) T-shirt sales are available for \$25. each. Contact ALA Carol Rael, President for more information or to order – visit their website www.alaunit105rwc.com for more purchasing events.



- The veterans and their families can have **preventative health screenings** with less money, and preventing major illness and avoiding a stroke. Please visit herein following linkage for more information and identifying <https://www.lifelinescreening.com/home-pack-test?sourcecd=WABF001> local screening clinics.
- The Governor Gavin Newsome highly supports the Outdoor Access for All initiative, and offering **FREE** passes for families and children to visit **California State Parks**. The veterans receiving Social Security Benefits, CalWORKS, and having a public library card. Please visit herein linkage for more information and access <https://www.reservecalifornia.com/Web/> to your veteran outdoor adventure.
- 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 VA suicide prevention hotline spiked over the 2022 holidays with increasing calls at almost **19%**, and veterans can have **FREE** access for emergency mental health care at any medical clinic. Please visit herein linkage for more information <https://calegion.org/va-to-pay-for-all-emergency-mental-health-care/> and access. The latest suicidal data identifies around 17 veterans die of suicide every day in our communities.
- 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 on the last week of the month, or phone call at 650-365-1337 for information.

American Historical Quote: *“The best way to predict your future is to create it.”*

President Abraham Lincoln