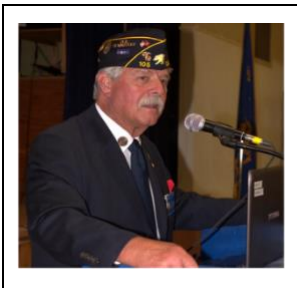




## AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 [www.americanlegionpost105rwc.org](http://www.americanlegionpost105rwc.org) – Vol. 00055 May 2023

### COMMANDER GREETINGS



*George Smith, Commander*

Hoping all our **AL Post 105 Family** legionnaire members and their families are doing fine during these pandemic recovery times. Sharing my gratitude with total appreciation to all Asian Pacific Islander American veterans of our Post 105 Family, and Jewish American veterans for their honorary military services. To honor thereby **Asian Pacific Islander American** heritage and **Jewish American** heritage month of **May 2023**. Including ALL our post veterans for their military services, and continual contribution for local veterans community families. Our post is here to help veterans and their families when necessary – **please let us know immediately if you need help!** Always many THANKS to all our **proactive members** and comrades for their ongoing support, and our family of legionnaires with a **SUCCESSFUL mission accomplished!**

As well as remembering our fallen comrades **because they will never be forgotten and 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, and wishing **Happy Mother's Day** to all veteran mothers of our Post 105 Family! Our Post 105 Family always **WELCOMES new veteran legionnaires** for our post mission! **STAY SAFE & HEALTHY!**



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





*6th District Department Of California  
American Legion*

**ARMED FORCES DAY BALL**  
**SATURDAY MAY 20, 2023**  
**6:00 PM - 11:30 PM**

**DOUBLETREE HOTEL**  
**200I POINT WEST WAY, SACRAMENTO, CA.**  
**FORMAL OR MILITARY DRESS ATTIRE REQUESTED**

**TICKETS \$ 75.00**  
**RESERVED & VIP TABLES AVAILABLE**

PROCEEDS BENEFIT OPERATION COMFORT WARRIORS  
FOR MORE INFORMATION CONTACT  
LARA CHAN  
541-390-8804  
SACMB2022@GMAIL.COM

**ORDER YOUR TICKETS ONLINE**  
**WWW.SACMB.COM**



**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>                  Oil Changers,                  944 Willow Road, Menlo Park, CA 94025                  Phone Number: 650-321-9041                  Website: <a href="http://www.oilchangers.com">www.oilchangers.com</a></p>	<p><b>Hiring Local Veterans</b>                  Union 76 Gas Station,                  34867 Ardenwood Blvd, Fremont, CA 94555                  Phone Number: 510-797-7446                  Website: <a href="http://www.76.com">www.76.com</a></p>
<p><b>Understanding The Military Design Movement</b>                  Wednesday, May 3 2023 @ 5:30 PM – 8:30 PM                  AIER Events &amp; Programs/World Affairs,                  312 Sutter Street, Suite 200, San Francisco, CA 94108                  Phone Number: 888-528-1216                  Website: <a href="http://www.aier.org">www.aier.org</a></p>	<p><b>SF Giants Hiring Expo – Hiring Our Veteran Heroes</b>                  Tuesday, May 9, 2023 @ 10 AM – 2 PM                  San Francisco Giants Oracle Park,                  34 Willie Mays Plaza, San Francisco, CA 94107                  Phone Number: 415-972-2000                  Website: <a href="http://www.hiringourheroes.org/giants">www.hiringourheroes.org/giants</a></p>
<p><b>Post 105 General Meeting – NEED rsvp for dinner</b>                  Wednesday, May 10, 2023 @ 7 PM                  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>Veterans Maceo May Apartments Grand Opening</b>                  Thursday, May 18, 2023 @ 10:30 AM – 12:30 PM                  Treasure Island,                  55 Cravath Street, San Francisco, CA 94130                  Phone Number: 415-252-4788                  Website: <a href="http://www.swords-to-plowshares.org">www.swords-to-plowshares.org</a></p>
<p><b>Veterans FREE Drum Circle With Families &amp; Friends</b>                  Wednesday, May 24, 2023 @ 5:30 PM – 7:30 PM                  North Bay Vet Center,                  6010 Commerce Blvd. #145, Rohnert Park, CA 94928                  Phone Number: 707-586-5966                  Contact Email: <a href="mailto:rhythmrenaissancedrums@gmail.com">rhythmrenaissancedrums@gmail.com</a></p>	<p><b>Ecstatic Dance For Veterans</b>                  Wednesday, May 31, 2023 @ 7:30 PM – 9:30 PM                  Lake Merritt Dance at Veterans Memorial Building,                  200 Grand Avenue, #210, Oakland, CA 94610                  Phone Number: 510-238-3284                  Website: <a href="http://www.lakemerrittdance.org">www.lakemerrittdance.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 comrade Marshal Rosenthal who served in the U.S. Marines. He served in the U.S. Marine Corps to make his mother proud of his military services, and he thought of being a tough guy in the military during WWII. He successfully completed his training in Camp Pendelton and stationed at Pearl Harbor thereafter his training. He arrived with his veteran friends at Okinawa during therein Battle of Okinawa during WWII, and he was with the Second Marine Division. He was transferred to thereby 6<sup>th</sup> Division Pioneer Battalion and guarding therein regional area in Qingdao with his military friends. He was discharged from his honorable military services and feels great about serving his country – he would gladly do it again!

He is very pleased to serve his country and would do it again, and stays in contact with his U.S. Marines military friends. He continues to help veterans and their families when necessary, and loves being a Marine veteran and helping local veteran communities.

*THANKS* to Kalidev Choudhury for sharing the veterans lost stories on his website [www.theloststories.org](http://www.theloststories.org)



## 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 Post 105 Family classic car showcase was a successful event in April 2023!



More classic cars at therein AL Post 105 successful event.



More classic cars at therein AL Post 105 successful showcase of classical cars event. The classic cars event was very successful and received more cars than expected.



ALR Post 105 Chapter at the Golden Gate National Cemetery during thereby Vietnam Veterans Memorial ceremony event.



Legionnaires of AL Post 105 and AL Cathay Post 384 with veteran friends preparing to get their well-deserved meals. after therein Vietnam Veterans Memorial ceremony.



Ken and Sal with veteran friends preparing to order their well-deserved meals thereafter a successful ceremony event at Golden Gate National Cemetery.

## POST 105 COLLABORATIVE TASK FORCE

THE AMERICAN LEGION FAMILY



### AL Post 105 Family collaborates with San Mateo County Blue Star Moms to support veterans project!



**San Mateo County Blue Star Moms** organization continues to support veterans, and their families with resources and supportive elements. Including foods and hygiene items with care boxes, and offering hand bags for local veterans and soldiers currently on international assignments. A greater number of local volunteers and **ALA Unit 105** helped with therein project at **AL Post 105 Family** during April 2023!

The following agencies were able to support therein collaborative partnership effort with volunteer services. Including National Charity League, Young Mens Service League, Foresters Financials, Sorority Beta Sigma Phi's local chapter Xi Pi Delta, and Nations Finest. Many THANKS to all volunteers for a job well done and **mission accomplished!**



- 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, Cobbej Sova** when necessary regarding logistical matters, You can visit our website at [www.americanlegionpost105rwc.org](http://www.americanlegionpost105rwc.org) for more information.
- **ALA Unit 105** is having their annual Poppy Day fundraising, and sending out letters of support to veterans and their families. Because **Friday, May 26, 2023** is the National Poppy Day this year to honor those heroic veterans. The ALA Unit 105 promotes therein red poppy flower as a symbolic way to honor veterans for their sacrifice along with their families. It is a national symbol to honor and recognize military veterans for their services, and American people wore the red poppy as a symbol of respect. The fundraising effort with proceeds will help retired veterans and their families, and including active duty military veterans.
- All our **AL Post 105 Family** units have been proactively participating with local activities to support veterans and their families last month during April 2023. 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.
- The **AL Post 105 Family** classic car show was very successful on **Saturday, April 1, 2023** and with more classical cars than anticipated. The food was great with live musical entertainment, and many veterans with families enjoyed their meals. The Golden Gate Young Marines membership shared outreach information for local communities. Many THANKS to the organizing team for **the mission accomplished** and Leo for the wonderful meals! Please visit herein linkage <https://americanlegionpost105rwc.org/car-show-01apr23> on our website for more information.
- The **ALR and SAL** members continue to **honor our fallen veteran comrades** with rifle firing details every month – **another mission accomplished** with success during last month in April 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](http://www.americanlegionpost105rwc.org) for more membership information.

Department of California Reporting Data – 4/28/2023						
Total Members	Membership Goal	New Members	Transfer Members	PUFL Members	Paid To The Post	Current Percentage
184	196	6	1	46	131	94%



- 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 April 2023. Including an escort ride scheduled for the National Commander in California on December 10 and 11, 2022. 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](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 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](http://www.alaunit105rwc.com) for more purchasing events.






- The American Legion is offering an updated online **Basic Training** for new legionnaires, and thereby **training is self-paced** on each individual's ability. It provides an opportunity for legionnaires to learn more about The American Legion existence with supportive elements for veterans. The coursework is arranged in 5 topical areas including images and videos for each topical section. The Basic Training is aligned with therein **4 pillars of American Legion**, and updated information with streamlined coursework elements. Please visit online herein following linkage <https://www.legion.org/alei> for more information.
- The **American Legion** is spearheading thereby effort nationwide to help veterans, and to reduce suicide rates for veterans and their families. That is why **"BE THE ONE"** approach is the key and encouraging local posts to have **suicide prevention events**. Because it's estimated between **17 to 22 veterans** die by suicide during every day, and American Legion is advocating for therein matter to be the number one priority nationwide and helping veterans.

The **American Legion** local posts can have suicide prevention advocacy events with outreaching materials to local communities. The local American Legion posts can reach communities with **Be The One** branding materials. Including **printed materials and program brochures** for Be The One local advocacy events, and all resourceful materials can have access by visiting herein linkage <https://www.legion.org/betheone/resources> for more information.

- The American Legion Vehicle Donation Program is helping veterans and their families in local communities. The program is aligned with the 4 pillars of American Legion, and helping retired veterans and active duty veterans – visit herein linkage <https://legion.careasy.org/home> for more information.

	<p>Veterans donating their cars can get a tax credit. You can get your car towed for FREE and helping veterans and their families!</p>
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- The American Flag Day is Wednesday, June 14, 2023 next month and **American Legion** raises funding from buying American Flags at American Legion, and proudly Made In America with high quality. The funding resources really helps with veterans and their families with supportive programs. The American Flags purchased at American Legion certainly helps veterans and their families locally and nationwide. Including trainings and support for active duty veterans on local and/or international assignments. Please visit therein national website [www.legion.org](http://www.legion.org) for more information for an American Flag at American Legion – flags are **Made In American** with high quality.

## **ONGOING VETERANS SUPPORTIVE RESOURCES**

- 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! **Dial 988** and **press 1**.
- 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](mailto:mfcpalesoo@gmail.com) on the last week of the month, or phone call at 650-365-1337 for information.

**American Historical Quote:** *“Physical fitness is not only one of the most important keys to a healthy body, it’s the basis of dynamic and creative intellectual activity!”*

*President John F. Kennedy*