



AMERICAN LEGION POST-105 SUNRISE NEWSLETTER

651 El Camino Real, Redwood City, CA 94063 – Vol. 00019 May 2020

COMMANDER GREETINGS



Romie Bassetto, Commander

Greetings! Hoping all Post 105 legionnaire members and their families are doing fine! Sharing my gratitude and appreciation to ALL Asian Pacific American veterans and Jewish American veterans of our post, for their honorary contribution to society with military services. Honoring **Asian Pacific Islander American heritage month and Jewish American heritage month of May 2020!** **Our post continues to stay closed and lockdown because of therein coronavirus (COVID-19) health crisis, and aligned with Shelter In Place order.** Always many THANKS to our proactive **members and comrades** for their ongoing support, and contact our post for help during the COVID-19 pandemic if necessary.

I also share my appreciation to all AL Post 105 members and all veterans for their contribution, and making a difference in local diversified communities for **God and Country!** Because it is our legionnaire mission in life with **100 plus awesome years** of Americanism patriotic services – STAY SAFE & HEALTHY!



Happy Mother's Day to all veteran mothers!!!

Wishing Happy Birthdays, Anniversaries, etc. to ALL Post 105 legionnaire members in **May 2020!**

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!

Hiring Veterans

Veterans Home Helpers Home Care
1900 S. Norfolk Street, Suite 350
San Mateo, CA 94403
Contact Phone Number: (650) 532 – 3122
Website Address: www.homehelpershomecare.com

US Postal Service Hiring Veterans

San Francisco Postal Office
1300 Evans Avenue, Suite 300,
San Francisco, CA 94188
Contact Phone Number: (800) 275 – 8777
Website Address: www.usps.com/careers

IMPORTANT RED ALERT: PLEASE CONTACT IDENTIFIED PHONE NUMBER AND/OR EMAIL FOR EACH EVENT TO ENSURE IT'S STILL HAPPENING BECAUSE OF THE COVID-19 VIRUS DISEASE.

<p>UPS Hiring Veterans Northern California District 657 Forbes Blvd. South San Francisco, CA 94080 Contact Person: Rebecca Taylor Phone Number: (415) 279 – 6262 Website Address: www.upsjobs.com</p>	<p>Presidio Historical Arion Press Tour Thursday, May 7, 2020 @ 3 PM – 4:30 PM Arion Press – Public & Veterans Tour 1802 Hays Street, San Francisco, CA 94129 Phone Number: (415) 668 – 2542 Website Address: www.arionpress.com</p>
<p>Post 105 General Meeting – NEED rsvp for dinner Wednesday, May 13, 2020 @ 7 PM 651 El Camino Real, Redwood City, CA 94063 Phone Number: (650) 365-1337 (FREE DINNER @ 6 PM)</p>	<p>VA Medical Outreach Team Friday, May 15, 2020 @ 10 AM AL Coastside Post 474 470 Capistrano Road, CA 94019 Phone Number: (650) 728 – 9224 n Website Address: www.sjcworknet.org</p>
<p>National Veterans Career Virtual Session Tuesday, May 19, 2020 @ 12 PM – 4 PM (EST) DAV (Disabled American Veterans) 200 Grand Avenue, #205, Oakland, CA 94610 Phone Number: (510) 893 – 1666 Website Address: www.dav.org</p>	<p>VETS Annual Graduation & Reception Thursday, May 21, 2020 @ 5:30 PM – 8:30 PM SFSU Jack Adams Hall 1600 Holloway Avenue, CA 94132 Contact Person: Matthew Mejia Email Address: vets.sfsu@gmail.com</p>
<p>Veterans Memorial Day – Honoring & Remembrance Monday, May 25, 2020 @ 10 AM Presidio National Cemetery – Main Post Parade Ground 210 Lincoln Blvd., San Francisco, CA 94129 Phone Number: (415) 561 – 4323 Website Address: www.presidio.gov</p>	<p>VA San Francisco Farmers Market Wednesday, May 27, 2020 @ 10 M – 2 PM San Francisco VA Medical Center 4150 Clement Street, San Francisco, CA 94121 Phone Number: (415) 221 – 4810 Website Address: 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 Post 105 honorable ranking service member Mr. Cliff Vrooman Sr. He served in the U.S. Army Air Force with honorary military services from 1943–1946 as the Radio Operator Gunner during WWII. He worked closely with his comrades to ensure code signals were received and transmitted without mistakes. Including accurate operational radio frequencies and maintaining tuning data when necessary for enemy tracking. He also worked closely with his comrades to handle gun positions for aerial and ground targets. Including gun loading and firing to hit enemy targets without problems and inspects equipment to operate properly – legendary Post 105 member during WWII.

He is one of our post active member and always involved with local veteran activities, including remembrance of the poppy flower and sales to help honoring veterans. He is an honorary member with a Purple Heart for his courageous and outstanding military services. He is a member of MOPH, AMVETS, VAV, and VFW Post 69 member for 14 years with Commandership responsibilities. He continues to be a great active team member and always involves himself with Post 105 local veteran activities.

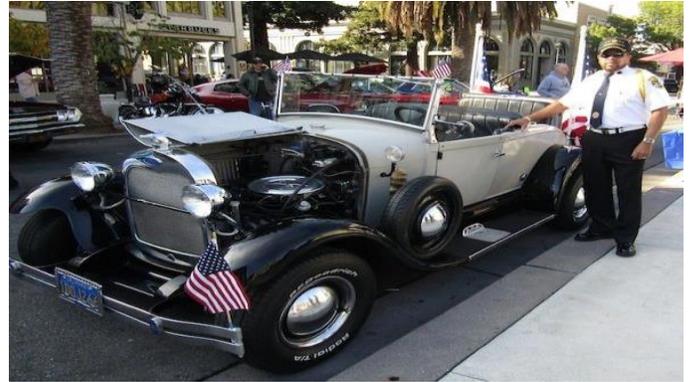


POST EVENTS PICTORIAL LAYOUT

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 the post commitment for quality services supporting our veterans and their families – exemplifying by action throughout communities! *(THANKS Bill Jackson Jr. for pictures!)*



George with 23rd Marine Division Honor Guard during 100 years celebration for AL Post 105 and Post 82.



Bill next to a classic car during therein centennial celebration.



Another veteran with his classic car during therein event.



Volunteers preparing for the barbeque at Menlo Park VA.



Vern, Gary, Chester, and Steve arriving for the Menlo Park VA barbeque.



George and Tom with members of Post 105 Legion Riders arriving for therein Menlo Park VA barbeque.

- **AL POST 105 RED ALERT BECAUSE OF COVID-19 VIRUS DISEASE:** The COVID-19 health pandemic issue has created hardship for local veterans throughout the State of California, nationwide, and worldwide. Our Post 105 **CONTINUES TO REMAIN** closed to uphold therein “Shelter In Place” order and protecting our membership veterans from the COVID-19 virus disease. The bar **CONTINUES TO REMAIN** closed with no karaoke on Friday nights until further notice. The Executive Board members have been meeting online to be compliance with therein lockdown orders and maintain social distancing.
- Our Post 105 membership drive is coming along very well considering our higher goal numbers, versus other district posts with lower goal numbers – we are at 88% as of 4/17/20! Many THANKS to our post members who already paid their dues for this year in 2020 – \$45 for the whole year! As a REMINDER for our members, please pay your annual dues to continually help our veterans and their families. Your help and support for our post veterans with their families is truly appreciated, and especially during therein COVID-19 health pandemic crisis.
- Our post First Vice Commander, Gorge Smith, shared a THANK YOU message for the Post Charity Foundation support and financial contributions. The Post Charity Foundation provided financial support for our Post 105, Post Auxiliary, SAL (Sons of American Legion), and Post 105 Legion Riders. These are some of our post programs to help our local veterans and their families during challenging times. Our post is implementing a project called SAL (Sons of American Legion) as aligned with our youth programs for veterans support. Please visit our website www.americanlegionpost105rwc.org for more information with accessible forms, and/or contact our First Vice Commander Mr. George Smith by phone at 650-349-7146 or email at 1stvice105@gmail.com – THANK YOU for your support!



- The post development project title clearance process is rescheduled for the month of May 2020 as part of the procedures for next steps. It’s aligned with the post Executive Board approval of therein development DDA (Disposition & Development Agreement) along with two resolutions including the scope of work exhibit aligned with the DDA. The identified resolutions and scope are submitted for review during the process, and the post Executive Board unanimously approved signing the development DDA. The development agency received the DDA for their review, and next steps within the development work plan – stay tuned!
- Please contact our post if anyone else of our **Post 105** membership is aware of any other Everlasting Post members, and/or anyone in the hospital because of his/her sickness and/or specific type of illness – will keep them in our prayers with quick recovery. Please contact our **Post Chaplain Dennis Lopez** at 650-346-9825 for assistance when necessary regarding logistical matters.
- The returning veterans with their families to local communities can become challenging thereafter their wartime service. Some veterans are continually serving during their civilian life and facing many other challenges in life. The **Veteran’s Path** organization is certainly helping veterans create a meaningful pathway for returning veterans. Please visit therein following agency website www.veteranspath.org for more information and activities.

- **UCSF Health Care** opens the new clinic within San Mateo County to help veterans and their families locally, and make it easier for them especially during the COVID-19 health crisis. Please go online to the following linkage <https://www.ucsf.edu/news/2020/01/416536/ucsf-health-opens-new-clinics-peninsula> for more information and accessible threshold contact – AL Post 105 advocated for therein local clinic.
- **The U.S. Department of Veterans Affairs (VA)** provides outreach information to help veterans with their families and children when necessary. The VA also tries to keep veterans updated with new regulations aligned with eligible veteran benefits. Go online with herein following linkage below to help you with VA claims when necessary: <https://www.calvet.ca.gov/veteran-services-benefits/va-claims>
- The personal information and privacy of all veterans should be well protected, because ID theft in America has elevated into higher numbers. Please keep in mind, MANY veterans have lost their homes and/or personal belongings because of online SCAMS, and protecting personal information is critical. **HIPAA** (Health Insurance Portability and Accountability Act) federal regulation was established for enactment and protection. The HIPAA legislation has been updated to protect personal information since it was signed in 1996. Go to the following linkage: <https://www.calvet.ca.gov/Pages/HIPAA.aspx> 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. <https://www.calvet.ca.gov/WomenVets/Pages/Monthly-Statewide-Webinars.aspx>
- The veterans and their families are going through therein COVID-19 health crisis, and federal government have issued financial stimulus checks for assistance. Please be aware of MANY SCHAMS out there targeting veterans and go online to herein linkage for more information [IRS Coronavirus Tax Relief and Economic Impact Payments webpage](#) and updates.
- The **San Mateo County VSO** (Veterans Service Officer) wants to connect with all veterans within San Mateo County. Because of many great veterans benefits with their families including free education elements within top educational systems. Copy herein linkage online for more information <https://vimeo.com/402061159/5ffc05b80b> and updates.
- We know how critically IMPORTANT to help our veteran comrades and families with many ongoing challenges in life. To find appropriate help for assistance with health, safety, and human services including crisis matters especially during the COVID-19 health crisis – please contact the **Veterans Crisis Hotline** at 1-800-273-8255 or go online to <http://www.knowavet.org> and/or text 838255 for more information.

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. Please send information by email mfcpalesoo@gmail.com or phone call at 650-365-1337 for informational message.

American Historical Quote: *“Those who deny freedom to others deserve it not for themselves!”*

President Abraham Lincoln