



Veterans Strengthening America

Seward Post 5 Newsletter

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Post Email: americanlegionpost5@aci.net
sewardpost5@gmail.com

Website: www.americanlegionpost5.com

Facebook: <https://www.facebook.com/americanlegionpostfive.sewardalaska/>

Phone: (907) 224-5440

COMMANDER'S COMMENTS

By Clare Sullivan



Wow! The Holidays have rolled in fast! We've just completed another community Thanksgiving meal and it was once again a huge event of deliciousness! We also had a wonderful Veterans Day both at the Seward Elementary School and the Senior Center, both events were exceptionally well attended.

Thanks too to the crew who consistently makes it happen; it's like a well-oiled machine at this point. Thank you all for returning every year! And, a big thanks to all the folks who donated turkeys, pies, stuffing and all the help in the kitchen! We even had some new faces in the mix! I am always so humbled that these selfless people take time out of their busy lives during the holidays to help and serve others in our community. Thanks guys! You Rock!

Thanksgiving a bit warmer, tastier and more comforting. Our volunteer cooks, aka "the Kitchen Crew," really met the mission and made it happen, and the delivery drivers got the meals delivered with "style" and timing! It was a great time serving our fellow veterans and the local community.



Okay, on to December, we all have a lot planned, not only in our own lives and jobs, but we have quite a few things planned at the post. It is of course the holiday season and we will be having our Christmas dinner as usual, so plan on a big and delicious meal. 🍽️

The Auxiliary has the Santa Parade going on with Santa and Mrs. Claus for the youngsters in town where the elves and Santa will be giving out gifts at the post to our local Seward kids at the post on December 17th. It will be a "sure to please" good time!!!

We had a good amount of folks (over 120) come to the post to celebrate with us and we had the opportunity to deliver the largest amount of yummy meals (about 120) to folks who were working or are not able to get out and spend time with family and friends. We hope we made these folks'

We will also be finishing making up and mailing out our "Operation Apple Pie" packages to our local Seward young men and women who are in the military. So, if you know any active duty military from Seward please let us know so we can get some nice Christmas packages out to them ASAP! 🎅 ❄️ 🌲

Another event in December is the **National Guard Birthday** which falls on Monday, Tuesday the 13th. This year the National Guard is 385 years old.



An interesting item to take note of is the National Guard is the oldest military organization in America and was established in 1636. These dedicated citizen soldiers leave their jobs and families when called to serve, so on the 13th of December, take the time to thank and honor our National Guard, many of whom live and work right here in our community.

I'd also like to sincerely thank the crew of the **USCGC Mustang** who have consistently supported our post throughout the years. We know they are patrolling our waters and keeping the mission going of ensuring our nation's maritime safety, security and stewardship. They are and have been a great asset for our community and post while supporting many post projects and ceremonies over the years all around the "post home."



I'd also like to acknowledge the Alaska National Guard's Honor Guard who participated in many of our ceremonies that provide the final respects to our members and other veterans who have passed to "Post Everlasting." The fine

men and women of these organizations demonstrate maturity and willingness to take time out of their busy lives to help the community where they currently serve and to honor deceased veterans and this great nation.

And finally, I'd like to thank our impromptu Firing Detail comprised of our Post 9/11 members. Cody Gilmore, Brandon Mason, Nick Chapman and Jared Wallace. This past year you have really stepped up to help out at our Post Everlasting services at our Legion Cemetery. Your help gave families and friends a dignified memory as they said their final goodbye to their loved ones.



As we head into December it also means we're coming to the end of the 2022 membership year and the start of the 2023 year. I sincerely appreciate all who have joined or renewed and that shows we're a stable and growing post. With good numbers of members at the local, state and national level it allows us to continue to have a strong voice regarding veterans' medical, rehabilitative and educational benefits. These collective voices from over 12,000 posts and nearly two million members nationally speak "volumes" and have influence on lawmakers and decision-makers regarding military members earned compensation for injuries and disabilities sustained while in the military. After all, one of the many roles of the American Legion posts is to provide service and comradeship to veterans, their families and the community. And how better done than helping a vet get healthy and receive the benefits and education which will assist him/her to be productive and viable in our community. The way we can help at this level is to be aware of what is going on in our community, helping others, promote community involvement, patriotism and volunteerism. We have a good crew in our Post 5 Family and have many who are dedicated volunteers (and we can always use more 😊), so come on down and see what we do - we even manage to have a lot of fun helping others!



As we come to the close of 2022, I want to thank all in our Post 5 Family and our community for a good year of good deeds and good times. I look forward to another "outstanding" year of service and camaraderie as we continue in our **second century of service!** Soooo, come on down to the post; it is amazing how good it feels to be with like-minded people committed to service - doing good deeds to help others, especially your friends and neighbors.

Merry Christmas and Happy New Year!!!!



House and Vice Report...

By Mike Calhoon



Hello from the Second Vice!

Hope everyone had a great Thanksgiving, and you are all staying warm and safe as the beginning of winter has set in with a chill.

Thanks to all the great volunteers that helped the Post with all activities last month. Too many of you to name but you are all awe. have pulled it all off without all of you.



This month we will be hosting the Seward PD for their annual Christmas party on the 10th, We will host Auxiliary Unit 5's Day with Santa on Dec 17th, and we will host the USCGC Mustang's Christmas party on the 17th, we will have the Community Breakfast on the 18th, and, of course, we will have our annual Christmas Dinner for the community on the 25th. We will also celebrate the Post's 103rd birthday on Dec 31st. Lots of stuff going on and we will need many volunteers so let us know if you can help.

Pool league is going well, poker on Sundays has kicked in, and Bingo is going great on Mondays. Pool and Poker are Member only activities and Bingo is open to the community. We still serve food every night so come and enjoy some fun and some good food.

The 2023 membership year is rolling along, and you can renew online at Mylegion.org, by mail, or here at the Post. The dues remain \$60.00.

Membership is the backbone of this organization, and we need to keep that backbone strong to continue to carry the load we do for our veterans and the community of Seward.



Thanks to all of you who continue to support your Post and all the activities designed to support our membership, our veterans, and the community. We look forward to seeing you all and please feel free to call if you have any questions or concerns.



Sounding Off from the Sons...

By Mike Calhoon



Greetings from the SAL First Vice Commander.

What a dry and chilly start to the winter season. Hope everyone is staying warm and safe.

I want to thank all Squadron members who continue to volunteer their time and effort in support of the mission of the Post 5 family. Scott Wilde, Cody Gilmore, Rick Brown, Jed Wilde, and Randy Kocktritz for their help prepping and delivering during Thanksgiving. Great Job!!



Throughout 2022 many Squadron 5 members have stepped up to assist the Post 5 family with all the activities and programs we are responsible for and privileged to provide for the Seward area veterans community. 2023 is shaping up to be just as busy and the Post will need the help and energy Squadron 5 brings to the table. Lets get ready to assist wherever and whenever we can.

This month the Post will need more help for all the different Christmas activities going on so contact me and we will gladly put you to work.

The 2023 Membership year is in full swing so please consider renewing your membership at any time. The dues will remain at \$35.00 for the 2023 year. Membership is the foundation for all the SAL programs.

If you have any questions or concerns, feel free to contact me at 224-5440. Thanks again for all your support of the Post 5 family and I look forward to seeing you all around the Post when possible.

Bill of Rights Day

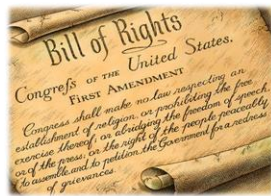
15 December 2022

As we celebrate the 230th anniversary of the Bill of Rights on December 15th - **Bill of Rights Day** we should look back at the origins and history of that day.

On December 15th 1791, the first 10 amendments to the U.S. Constitution, later identified as the Bill of Rights, were ratified. James Madison was one of the original framers of the U.S. Constitution and our 4th President. He studied the shortfalls in the U.S. Constitution and authored many of these amendments to address them. Some of these amendments protect our most fundamental rights - freedom of speech, the freedom of protest and assembly and conscience, right to bear arms, freedom from search without warrant, the right to an attorney, the right not to testify against yourself and guarantees equal protection under the law. Most states embraced the Bill of Rights however, it is interesting to note that Massachusetts, Connecticut and Georgia did not ratify it until 1939.

It is interesting to look at the English Bill of Rights, from 1689, and to compare it to the U.S. Bill of Rights, created 100 years later.

The English Bill of Rights was an act of Parliament that guaranteed the right of British subjects to petition the king and to bear arms. It also



prohibited excessive bails, fines, and cruel and unusual punishment. The English Bill of Rights became part of the British Constitution and set a precedent upon which Enlightenment philosophers relied. Some of those philosophers lived in the American colonies, and they imported parts of the English Bill of Rights into the U.S. Constitution.

Madison's amendments were originally designed to extend the protection of some of the Bill of Rights to the States, however the amendments that were finally submitted for ratification applied only to the federal government. It wasn't until the 1860s that state governments benefitted, following ratification of the Fourteenth Amendment (equal protection under the law). Since the early 20th century both federal and state courts have used the Fourteenth Amendment to apply portions of the Bill of Rights to state and local governments.

In 1941, 150 years after the first 10 amendments were ratified, President Franklin Roosevelt declared December 15 "Bill of Rights Day."



Vet Center Support

Excerpt from Legion.org

Readjustment counseling is provided at Vet Centers and locally to help veterans resolve war-related psychological traumas and to help them achieve a successful postwar readjustment to civilian life. Vet Centers, which came to life as result of aggressive American Legion lobbying on behalf of veterans with post-traumatic stress disorder and others having difficulty with readjustment, are located in local communities close to the veterans they serve. Assistance typically includes readjustment counseling, spouse/significant other counseling, alcohol/drug abuse counseling and referral, employment assistance, psychological services, benefits counseling referral and homeless veteran assistance. Counseling also is provided to all veterans who have experienced sexual trauma (sexual assault or harassment) while on active-duty. In addition to counseling, the Vet Centers provide extensive community outreach and brokering of services for veterans. If you, or a family member, served in any combat zone and received a military campaign ribbon (Vietnam, Southwest Asia, OEF, OIF, etc.) then both you and your family are eligible for Vet Center services.



Nationally, the VA has recently added 50 mobile vet centers to the Vet Center program to provide outreach and direct readjustment counseling at active-duty, reserves and National Guard activities, including post deployment health reassessments for returning combat service members. The vehicles will also be used to visit events typically staffed by local Vet Center staff, including homeless "stand downs," veteran community events, county fairs, and unit reunions at sites ranging from Native American reservations to colleges. At their discretion local managers may arrange with VA hospitals or clinics in the respective region to provide occasional support for health promotion activities such as health screenings.

You can readily reach the Vet Center by phone in either Anchorage or Kenai and get info on all the services they offer without going to the VA itself. These folks are hugely helpful and always willing to lend a hand.

Anchorage Location

Ph# 907-563-6966

4400 Business Park Boulevard, Suite B-34
Anchorage, AK 99503

Kenai Location

Ph# 907-260-7640

3299 Kalifornsky Beach Road, Suite 4
Soldotna, AK 99669

From the President's Desk

By Sharon Dillon

Well, it's that time of year again and hope you had a wonderful and happy Thanksgiving, I sure did. I had lots of turkey and ham and pies.... oh my. Thanks to all the volunteers who came



to help with the Thanksgiving Day dinner, we had a really great crew and a blast putting things together. At last count 121 meals were delivered to members of the community and about the same came to the Post to eat. This program is

always a huge success, and it is because of our wonderful volunteers who donate their time to make it happen.

If you didn't make to the post for some Thanksgiving fare, you missed out! Don't worry, we'll be doing it again on Christmas! And, are ready for a busy December at the Post? Well, let me tell you what's going on....

We will be having our parade and Christmas party for the kids on December 17 so we sure could use a lot of elves; so, if you want to help out come on down. Let me tell you what's involved: we will host the Firetruck Parade with Santa and Mrs. Claus as part of our Toys for Tots program.

The parade begins at 11:00 am so we will need help setting up about 09:30. Santa will need helpers to serve hot chocolate and snacks to the children and families as they wait to meet Santa. Santa will also need Elves to help hand out gifts so

if you have time that Saturday, come on down and help Santa make it a special day for the children of Seward. And, to top it off we'll also be having the Mustang Christmas Dinner on that same night so come on by. (Whew) 🍷🍷🍷



Winter begins on the 21st so hours day should start getting longer (Yay!!!) and on that note hope you have a very, very Merry Christmas.



I would like to take this opportunity to say thank you to all the Bingo helpers without them we would not be having Bingo and that's part of our scholarship money and other things so thank you ladies very much

As 2022 comes to a close- if you have not paid your 2023 dues you must do so by the end of the year to remain current. Please mail your payment to PO 706 Seward, AK or drop it off at the Post.

And.....Just a head's up that this January Unit #5 will be 100 years old and we're planning a yummy dinner to celebrate so standby for the good news and the good eats!!!!



I hope everyone has a Happy Holiday Season and a Merry Christmas!

Pearl Harbor Remembrance Day

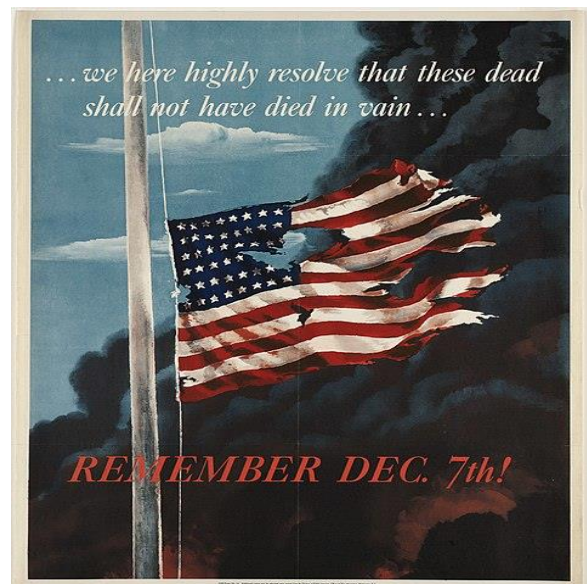
Date When Observed: Always December 7th

Pearl Harbor Day, commemorates the Japanese attack on the U.S. Naval base at Pearl Harbor. The attack began at dawn December 7, 1941. It crippled the U.S. Pacific Fleet, and caused the U.S. to enter World War II.

During the attack at Pearl Harbor, over 2,400 American servicemen and 68 civilians were killed. Five of the eight battleships at Pearl Harbor were sunk or sinking, and virtually all ships were damaged.

On Pearl Harbor Remembrance Day, U.S. flags are to be flown at half-staff.

On December 8, 1941 President Franklin D. Roosevelt stated in a speech to Congress it was "...a day that will live in infamy." The U.S. then declared war on Japan.



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Artist/Illustrator

559-936-6691

art_by_karla@yahoo.com

Facebook@TheSeaWitch1990

Instagram@art.by.karla





December 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Burgers & Bacon Mac and Cheese  Pioneers Igloo #9 Meeting		 Pool League 7:00 pm
4	5	Mexican Martes 6	7	8	9	10
Luscious Leftovers  Poker 5:00pm	BINGO 6:30PM  Chili Dogs 	 Pearl Harbor Day Fly Flags at Half Staff National PEARL HARBOR REMEMBRANCE DAY December 7 Jewelry Class 6:00 pm	Burgers & Bacon Mac and Cheese 		 Pool League 7:00 pm	
11	12	Mexican Martes 13	14	15	16	17
Luscious Leftovers  Poker 5:00pm	BINGO!!! 6:30PM  Chili Dogs 	Post Meeting 5:30pm  National Guard Birthday	Auxiliary Meeting 6:00pm  Jewelry Class 6:00 pm	SAL Meeting 7:00 pm  Burgers & Bacon Mac and Cheese	Steak Night 	Santa at the Post 11:00 am  Mustang Christmas Party
18	19	Mexican Martes 20	21	22	23	24
3rd Sunday of the Month Breakfast  Luscious Leftovers Poker 5:00pm	BINGO!!!! 6:30PM  Chili Dogs 	 Jewelry Class with Carol Souza 6:00 pm 	Burgers & Bacon Mac and Cheese 	Steak Night 	Pool League 7:00 pm 	
25	26	Mexican Martes 27	28	29	30	31
Christmas Dinner 1:30 pm to 5:00 pm 	BINGO!!!! 6:30PM  Chili Dogs 		Jewelry Class with Carol Souza 6:00 pm 	YOU'RE THE CHEESE TO MY MACARONI Burgers & Bacon Mac and Cheese 	Steak Night 	New Year's Eve!! Bring on the NEW YEAR! 



Food Served Every Night at the Post