



# For God and Country

## Seward Post 5 Newsletter

December 2021  
Volume 18, Issue 12

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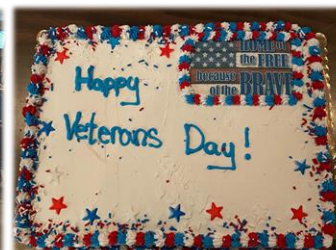


### COMMANDER'S COMMENTS

By Clare Sullivan



We're in the Holidays now! We've just completed our community Thanksgiving meal and it was once again a huge event of deliciousness! We also had a wonderful Veterans Day Dinner, both events were exceptionally well attended, more than I can remember in recent history. I think people are just happy to get out and be around others, particularly with the onset of the holiday season that is now upon us. 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!



We had a good amount of folks (over 200) 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' 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 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 18th. It will be a "sure to please" good time!!!

We have the **VET CENTER** Representative coming to the post on the 13<sup>th</sup>. Take a look at the announcement flyer for further info and the article later in the newsletter. Come meet our rep and find out what the Vet Center can do!

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.

Another event in December is the **National Guard Birthday** which falls on Monday, December 13<sup>th</sup>. Even though many have returned home from the "Global War on Terrorism" their work hasn't stopped. In these days of civil unrest they're busy back at home.

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 13<sup>th</sup> 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. Although in times of Covid we didn't get to see them much, we know they are still 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 their 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.

These servicemembers understand the notion of "service." They have demonstrated that time and again; and have willingly (and enthusiastically) participated in our post activities and volunteer in our community service organizations in town that keep us all healthy and safe.

As we head into December it also means we're coming to the end of the 2021 membership year and the start of the 2022 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 2021, 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 you all are having a great winter so far and enjoying the Holiday Season.

I want to thank all our members for their continued support of the Post and Club.

You are all awesome and help us provide all the benefits and services to our membership, veterans, and the Seward community.



So many volunteers helped us work through all the activities in November that I will not try to name you all as I will surely forget someone. Just know how much I appreciate all the time and effort you have been putting in this winter.

This month:

- ✚ The Post will host the crew of the USCGC Mustang crew and families for their Christmas dinner and party on **Dec 16th**,
- ✚ The Auxiliary will be holding their Children's Day with Santa on **Dec 18th**,
- ✚ Community Breakfast on **Dec 19th**,
- ✚ Christmas Dinner on **Dec 25th**, and
- ✚ New Year's Eve on Dec 31st.

If you have time to give, let us know and we will gladly put you to work. 😊

The next gun raffle is underway. It is for a Glock 17 Gen 3 9mm w/holster and a Ruger 9mm Carbine with detachable barrel. Tickets are \$20.00 with 200 to be sold and the drawing will be held on December 11th at 7:00pm.



Ruger PC Carbine 9mm and a Glock 17 9mm Gen 3 w/Blackhawk holster

The 2022 Membership year has begun, and you can renew online at [mylegion.org](http://mylegion.org), by mail, or in person at the post. Membership is the backbone of your

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. So far we have met all monthly membership goals so keep up the good work.

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.

Winter and the Holiday Season are upon us. Hope you are all enjoying the outdoors, when it's not too cold.

Thanks to the Squadron volunteers who helped with the Post activities last month. You help the Post meet its mission of service each and every month.

This month the Post is holding a raffle for a gun package including a Glock 17 Gen 3 9mm with a Black Hawk Holster and a Ruger 9mm Carbine with removeable barrel. The tickets are \$20.00 each with a maximum of 200 tickets to be sold. Drawing will be on December 11th at the Post at 7:00pm.

The Post will host the crew of the USCGC Mustang crew and families on December 16<sup>th</sup>, will have the community breakfast on December 19<sup>th</sup>, and will have the traditional Christmas meal on December 25<sup>th</sup>. The Auxiliary Unit 5 will host Kids Day with Santa on Dec 18<sup>th</sup>. If you have time to volunteer for any of these events please let us know and we will put you to work.



The 2022 Membership year is in full swing, and the new cards are available. Thank you to all those that have already renewed their memberships and please consider renewing soon if you have not already done so. Remember the dues are \$35.00 this year. Membership is 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.

**Hope you all have a Very Merry Christmas and a Happy New Year!!!**

## Bill of Rights Day

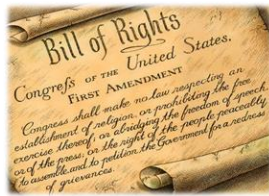
### 15 December 2021

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

On December 15<sup>th</sup> 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 4<sup>th</sup> 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 20<sup>th</sup> 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.



Seward Post 5 has begun working with the Vet Center that covers the Kenai Peninsula and has established dates for when the Vet Center Rep will come to Seward. **The next visit is on December 13<sup>th</sup>.** See the flyer at the end of the newsletter.

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. The normal counseling layout can be converted to support emergency medical missions, such as, hurricanes and other natural disasters.

# VA



U.S. Department  
of Veterans Affairs



## From the President's Desk

By Debbie VanTassel

I hope everyone had a Happy Thanksgiving! And are ready for a busy December at the Post? Thank you to all the volunteers who came to help with the Thanksgiving Day dinner at the Post. At last count 121 meals were delivered to members of the community and another 225+ came to the Post to enjoy dinner. This program is always a huge success, and it is because of our wonderful volunteers who donate their time to make it happen.

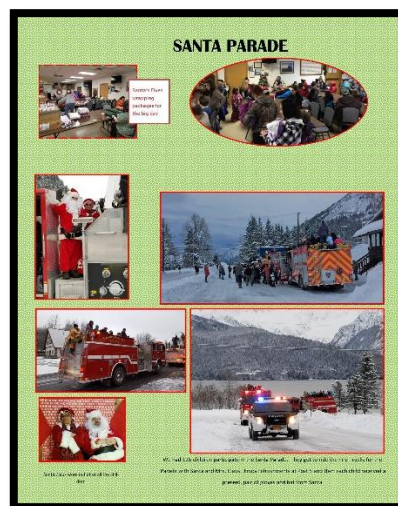
Each month I mention the "countless hours" that our volunteers so generously donate to help make all the programs at the American Legion Post work. However, these really are not countless hours..... do you realize that every hour you contribute to volunteering can be reported and we turn those reports into the Department of Alaska? There are so many things that we do on a daily or weekly basis that count for hours in the American Legion Auxiliary programs: National Security, Americanism, Children and Youth, Veterans Affairs and Rehabilitation, Leadership, Legislative, Membership, Community Service, Chaplain, Jr, Activities, Public Relations, History and Education. Did you know that getting out to Vote in November counts in Americanism as showing responsible citizenship? We as a Unit have historically underreported our hours and I am trying to change that. I am currently preparing the Mid -Year reports so if you have any volunteer time to report please let me know. Also, you can report mileage and any costs incurred. For example, those that helped deliver meals on Thanksgiving can report the hours they spent and the miles they drove to deliver those meals. If you have not been keeping track of hours, mileage etc- please start- I have to submit year end reports in April and can include it in those reports.

Speaking of volunteer opportunities... December 18<sup>th</sup> we will again host the Firetruck Parade with Santa and Mrs. Claus as part of our Toys for Tots program.

The parade begins at 1100 am so we will need help setting up about 0930. 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 on the 18<sup>th</sup> come on down and help Santa make it a special day for many children. On December 11<sup>th</sup> we will need help wrapping all the presents that Santa is going to hand out- 1PM at the Post.



Again, the Post will be hosting Christmas Dinner on December 25<sup>th</sup>. Just like Thanksgiving the Post will need volunteers to help prepare the dinner and deliver it to those who request it. As 2021 comes to a close- if you have not paid your 2022 dues you must do so by the end of the year to remain current. Currently we are about 60% of our membership has renewed. Please mail your payment to PO 706 Seward, AK or drop it off at the Post.



Here is information on another important day in December to remember...

## 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.

I hope everyone has a Happy Holiday Season and Merry Christmas. See you at the Post.

*For God and Country*

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Sam Clemons Jewelry Artist/Owner

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Agent

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December 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	Steak Night 3	4
				Burgers & Bacon Mac and Cheese 		 Pool League 7:00 pm
5	6	Mexican Martes 7	8	9	Steak Night 10	11
Luscious Leftovers	BINGO 6:30PM Chili Dogs 	Pearl Harbor Day Fly Flags at Half Staff 	Auxiliary Meeting 6:00pm 	SAL Meeting 7:00 pm  Burgers & Bacon Mac and Cheese		 Pool League 7:00 pm
12	Vet Center Visit 13	Mexican Martes 14	15	16	Steak Night 17	18
Luscious Leftovers	National Guard Birthday  BINGO!!! 6:30PM Chili Dogs	Post Meeting 5:30pm 		Burgers & Bacon Mac and Cheese  USCGC MUSTANG CHRISTMAS PARTY		Santa at the Post 11:00 am  Pool League 7:00 pm
19	20	Mexican Martes 21	22	23	Steak Night 24	Christmas 25
3 <sup>rd</sup> Sunday of the Month Breakfast  Luscious Leftovers	BINGO!!!! 6:30PM  Chili Dogs 			Burgers & Bacon Mac and Cheese 		Dinner 1:30 pm to 5:00 pm 
26	27	Mexican Martes 28	29	30	Steak Night 31	
Luscious Leftovers	BINGO!!! 6:30PM  Chili Dogs 			YOU'RE THE CHEESE TO MY MACARONI  Burgers & Bacon Mac and Cheese	Bring on the NEW YEAR! 	



Food Served Every Night at the Post

December 13, 2021

12:00-1530

American Legion Post 5



Connection.  
Camaraderie.  
Community.

## Vet Center Community Outreach/Seward

Counseling, Information, and Education services will be offered between 12:00-15:00 on December 13, 2021. This will be a "walk-in event" but appointments are encouraged.

William R. Boyles, LCSW  
Readjustment Counselor  
907-563-6966 ext. 1515



Counseling



Referrals



Community  
Engagement

### Anchorage Vet Center

4400 Business Park Blvd, Suite B-34  
Anchorage, AK 99503  
(907) 563-6966

### Kenai/Soldotna Vet Center Outstation

43335 Kalifornsky Beach Rd,  
Soldotna, AK 99669  
(907) 260-7640 (907) 563-6966

Our services are also offered through Mobile Vet Centers, in other community locations, and through virtual appointments.

[vetcenter.va.gov](https://vetcenter.va.gov)

