



# Veterans Strengthening America

## Seward Post 5 Newsletter

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### COMMANDER'S COMMENTS

By Clare Sullivan



We've rolled into a wonderful Fall Season, and I can't complain about the summer either; overall we've had some great weather and saw many of our out-of-town members during this busy season. We had a great time meeting and re-connecting with other veterans from all over the country in our "social area." It was a lot of fun!

As the season has dwindled to down to our "normal" pace, most of our members who survive on summer tourist businesses did great, as it was a busy summer, but I think they are very happy the season is over as it was a bit taxing keeping people happy!

As of this writing, I haven't seen any Termination Dust on Mount Marathon, maybe it's a sign of a "kinder and gentler" winter to come... 😊 (yeah, right... 😊)!

With the cooler weather we'll ease back into our winter activities, and we'll continue our fundraising events for our veteran and youth programs. And to start our Fall activities, we had a tasty **Early Bird Dinner** with a great crowd on September 21<sup>st</sup>. It was a tasty, seasoned chicken with portobello mushrooms and cheese, pesto tortellini, garlic bread and of course a yummy cake. 😊 We've also started our Winter fun with Poker, Pool League, Jewelry and of course Bingo and who knows what else will crop up!!!! 😊

This month, we will of course, get our post ready for the scary Halloween events in town which includes "Trunk or Treat" for the kids at the Military Resort, and it is open to all kids. We also have our ALR breakfast on the 2<sup>nd</sup> Saturday of the month, the post breakfast is on the 3<sup>rd</sup> Sunday of the month, the Department Commander's Visitation Dinner is on Saturday the 19<sup>th</sup> and the following weekend, for those who are interested in learning more about the Legion and its programs, is the Fall Conference at Post 28 in Anchorage. We of course, will still have our nightly activities in the "social area" including good food and drink.



The post will also be starting to get the packages organized for our yearly **"Operation Apple Pie"** where we send out gift and care packages to our young service men and women from Seward who are serving our country and who are away from home. We like to let them know we're thinking of them and want to send them a reminder that we appreciate what they are doing for this great country by comforting and reminding them of home.

Again, I can't thank our volunteers too much! You are the heart and soul of this place and we so enjoy moving the "mission forward" with you to support our veterans, their families and of course our fabulous community of Seward!



### "Be the One Day"

On the first day of every month, Legion Family members are encouraged to wear a **Be the One** item to show their commitment to reducing the stigma around mental health issues among veterans and servicemembers. The goal is to start a conversation about what Be the One is and how to save the life of a veteran.

The Post 5 Family is already involved with suicide prevention as we participate in the annual Suicide Awareness efforts in Seward and keep in contact with our veterans. For many years Post 5 has provided Be the One information and VA info on suicide prevention in this annual event as well as good food (no surprise there!). We also have quite a bit of info at the post on this as well online if you're interested in learning more. The more you know, the better prepared you are to save a life.



Veterans' Day is right around the corner, followed by Thanksgiving to get us going into the Holiday Spirit. The Auxiliary will also be working toward hosting Santa and Mrs. Claus in early December when they come to town and then give out gifts to all the kids who come and brave the elements to meet Santa, Mrs. Claus and an elf or two! 😊

# From the President's Desk

By Debbie VanTassel



Happy Halloween Month! October is always a festive and well decorated month at the Post. It is nice as we slowdown from the busy summer months and still try to enjoy a few last nice days before winter hits.

**October 19<sup>th</sup>** we will have the Department President Visitation with Lori Fruhwirth the 2023-2024 Alaska Department President. The Post will also be hosting the Department Commander- Pam Cawley. Come join us at the Post for a great dinner and evening visiting with our Department leaders.



**October 26-27** is the annual **Fall Conference** being held at Post 28 in Anchorage. This fall meeting is a great time to go meet others from around the state and learn about the mission and goals of the Auxiliary. Registrations are due Oct 10, 2024.

Another great resource is the American Legion Auxiliary website: <https://www.legion-aux.org>. This website has a wealth of information about the Auxiliary, who we are, how we serve, scholarships, upcoming events and how you can get involved. I encourage you during the slower winter months to use the websites and resources to learn more about the Auxiliary.

The ALA Academy is also a great way to learn about the Auxiliary. It is a self-paced online training program that you can do through the website. If you are interested in learning more about the Auxiliary, what we do or how you can become more involved these are some great resources.

Also, as we enter into the fall months a friendly reminder to get out and vote! Regardless of whether it is a City election, Borough Election, state or national election- it is important for you to vote. You may not think that your one vote matters much but if 600,00 or 1, 000,000 people feel that same way it does make a difference, and you need to do your part in having your voice heard.



If you won't be here on election day- you still have many options: you can apply for an absentee ballot, you can vote

in person during early voting periods or you can vote on election day. The important thing is **get out and VOTE**.



As always, the Auxiliary will be hosting Bingo every Monday night. Doors open at 6 PM and games start promptly at 6:30. As we settle into the fall/winter, the members Pool League has started up again every Saturday night. Sunday night at 5 PM is the members only Texas Hold Em Poker game. These activities are a great way to get out of the house and enjoy and evening of comradery with other Legion Family members.

If you have not renewed your membership yet- please do so- remember your 2024 cards are only good till December 31<sup>st</sup>. Membership dues are important for us to be able to accomplish the goals and mission of the Auxiliary. Also, if you know someone that is eligible to join but hasn't yet- encourage them to become a member.

In the next couple of months there will be multiple opportunities for you to volunteer. From helping with breakfast, helping with Bingo, helping with the Santa parade or helping out with any of the Legion events it is a great way to get out of the house during the cold dark winter months.

Hope everyone has a Happy Halloween and don't run into too many ghosts and goblins!

## For God and Country!



If you are in Anchorage on the 5<sup>th</sup>, stop by the Ted Stevens International Airport and welcome home Mission 19 Veterans!



## 2nd Vice & "Adj" Report...

By Mike Calhoon



Hello from the Second Vice and Adjutant.

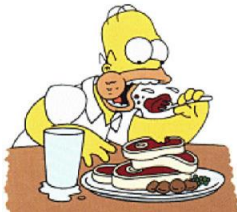
Fall has arrived and, with termination dust showing up, winter is on the way. Time to get everything ready for the transition to quieter, cooler, and darker times.



September was a fairly normal month, activity wise. We had the ALR and Community breakfasts, the Suicide Prevention Walk, our Early Bird Dinner, and the launch of members only pool league and poker.

This month, we will be hosting the ALR breakfast on October 12<sup>th</sup>, the community breakfast on October 20<sup>th</sup>, and our Department Commander Visitation dinner on October 19<sup>th</sup>. If you can help with these activities, please let us know.

Although it is quieting at the Post, I would like to ask everyone to be considerate of others when you come to enjoy the food here. We provide these meals as a benefit to our membership and would like to see as many members have had the opportunity to eat as possible. Please limit yourselves to one helping until it is apparent that most folks who want to have eaten. Thank you for your consideration.



The 2025 membership year is underway. You can still renew for 2024 to keep continuous years. To renew for 2025, you can go to <https://mylegion.org/PersonifyEbusiness/Home> to renew online, you can mail your renewal in when you receive it in the mail, or you can stop by the post, and we will get to see your smiling face. The dues have remained \$60.00 for Post members, \$40.00 for Auxiliary members, and \$35.00 for SAL members.

THANK YOU!

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.

## For God and Country

## Sounding Off from the Sons...

By Mike Calhoon



Greetings from the SAL First Vice Commander

Termination dust has arrived but not on lower Marathon yet. Let's get ready for a great fall and winter season.

I want to thank everyone for your continued support of our Legion Family here at Post 5. **David Osborn and Deklan Finley** continue to help at breakfasts and Friday nights. Also, I want to thank **Mike Mooter and Randy Kockritz** for continuing with the flagpole project at the cemetery.



Also, members only, pool league and poker has kicked off on Saturdays and Sundays. Come on out and have some fun with good food and good drinks.



This month the Post will host the ALR breakfast on October 12<sup>th</sup>, the community breakfast on October 20<sup>th</sup>, and the Department Commander Visitation Dinner on October 19<sup>th</sup>. Please let us know if you can lend a hand with any of these activities.

The 2025 membership year has kicked off and the rollout of the new cards is here. Dues are \$35.00. You can renew online at [mySAL.org](http://mySAL.org), come to the Post to renew or mail in your \$35.00 to PO Box 3091. Remember, your membership helps us support the mission and goals of the Sons of American Legion and the Post 5 Family.

JOIN OR  
**RENEW**  
TODAY

Our monthly meeting is held on the 2<sup>nd</sup> Thursday of the month and all Squadron 5 members are invited to attend.

If you have any questions or concerns, feel free to contact me at 907-224-5440. Thanks again for all your support of the Post 5 family and I look forward to seeing you all around the Post when possible.



YOUR BUSINESS CARD SIZE AD HERE

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# October 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Mexican Martes</b> 1	2	3	<b>Steak Night</b> 4	5
		Voting Day in Seward 	Jewelry Class 6:00 pm 	<b>B, B, M&amp;C</b>  ALR Meeting 5:30pm Pioneers Meeting 6:30pm		Pool League 7:00 pm  Halloween Decorating at the Post 12pm
6	7	<b>Mexican Martes</b> 8	9	10	<b>Steak Night</b> 11	12
<b>Luscious Leftovers</b>  Texas Hold'em Poker 5:00 pm	<b>BINGO 6:30PM</b>  <b>Chili Dogs</b>	Post Meeting 5:30 pm 	Auxiliary Meeting 6pm  Jewelry Class 6:00 pm	<b>SAL Meeting 7pm</b>  <b>B, B, M&amp;C</b>		Halloween Decorating at the Post 12pm  Pool League 7:00 pm <b>ALR Breakfast</b>
13	14	<b>Mexican Martes</b> 15	16	17	<b>Steak Night</b> 18	19
<b>Luscious Leftovers</b>  Texas Hold'em Poker 5:00 pm <b>US Navy 248<sup>th</sup> Birthday</b>	<b>BINGO!!! 6:30PM</b>  <b>Chili Dogs</b>		Jewelry Class 6:00 pm 	<b>B, B, M&amp;C</b> 		 <b>Dept Cdr's Visitation</b>
bn	21	<b>Mexican Martes</b> 22	23	24	<b>Steak Night</b> 25	26
<b>Luscious Leftovers</b>  <b>3<sup>rd</sup> Sunday of the Month Breakfast</b> Texas Hold'em Poker 5:00 pm	<b>BINGO!!! 6:30PM</b>  <b>Chili Dogs</b>		Jewelry Class 6:00 pm 	 <b>B, B, M&amp;C</b>		Halloween Decorating at the Post 12pm  Pool League 7:00 pm
27	28	<b>Mexican Martes</b> 29	30	<b>Halloween</b> 31		
<b>Luscious Leftovers</b>  Texas Hold'em Poker 5:00 pm	<b>BINGO!!! 6:30PM</b>  <b>Chili Dogs</b>		Jewelry Class 6:00 pm 	 <b>Happy Halloween</b>		



Food Every Night at the Post