

Veterans Strengthening America

Seward Post 5 Newsletter

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COMMANDER'S COMMENTS

By Clare Sullivan



Yup, we're heading into the 'ber" months! Finally! The "ber" months are some of the loveliest months of our year. Soon, we should experience the peaceful transition out of the frenetic pace of Summer - and what a summer it has been! Our American Legion Family has been super busy with visitors and our out of state members. Our volunteers have always stepped up to the plate and made things happen. A huge thank you goes out to our amazing volunteers who keep our Post Home and our events going. It couldn't and wouldn't happen without you!



So far it looks like we're approaching a regular Fall Season weather-wise (I hope); it should be a nice transition, we are not quite seeing the leaves turning golden down the highway as yet. The daylight is getting shorter and we're beginning to drive with headlights on at night now. 😊 It is a sure sign that the cooler days are on their way and our town will return to its normal pace with our locals. With this in mind, we need to think about getting our homes ready for the cold weather and for many we'll need to budget our winter heating and utility charges with the cold and dark. So, brace yourself the prices are still pretty high! 🙄🙄🙄

and assistance for all the seniors and others who choose to get into the fun and healthy activities. Check them out and grab one of their fun newsletters, chock full of great info!



We are still optimistic for a gentle and well-deserved transition to the cooler months, and as such we have good things planned for September. One of our September "fav's" is the yummy **Early Bird Dinner** 🍷 and the return of our weekly activities that we shelved during the busier summer months. We look forward to



the return of poker, pool league, cribbage and of course beading! 🧶

We will of course continue with Monday

Night Bingo which has been going strong all summer long!



During this month we have a few days of remembrance and celebration. We have **Patriot Day** (Sept 11th) where we remember the tragic day of 9/11 and those lost in the terror attack in NY, the Pentagon, and Flight 93 in Pennsylvania. We also have **POW/MIA Recognition Day** on Sept 20th where we remember and honor the sacrifices made by this nation's prisoners of war and those who are still missing in action. We also have a day of celebration in the **American Legion Day** also on Sept 16th which celebrates the National organization of our humble little post and all posts and departments throughout our country and beyond! And, we just timed it perfectly for our Early Bird Dinner!!!



I also want to thank our membership who do an amazing job in our town in their **other** volunteer activities this busy this summer!! Not only do these folks have regular 9-5 kind of jobs, but they also love this community and take valuable free time to serve others. The folks at our voluntary fire and EMS services all continue to serve our community in amazing ways when we most need it, and they haven't "skipped a beat" in volunteer support in serving our youth in our communities or in times of need.

We also have an amazing Senior Center who has maintained consistent operation in keeping up with our seniors needs. Not only does the Senior Center provide daily meals but good human contact and tons of programs

The **American Legion Day** celebrates official chartering of the American Legion and celebrates what it has accomplished throughout the country with over 12,000 posts and more than 1.6 million members representing the largest veterans support organization in the country.

On September 16, 1919 The American Legion was granted their federal charter by Congress, and over 100 years later this organization has kept its commitment to serve not only as a resource and a voice on behalf of veterans across America, but also as an organization dedicated to the betterment of America through community service.

Seward Post 5 is one of 30 American Legion Posts in Alaska, and we have been in existence since 1919, along with three other Alaskan posts. We, and the rest of the Alaskan posts, remain committed to carrying on that tradition of service by supporting local veterans and the community, as well as our military service members.

Con't next page

We work to assist our veterans in securing medical and educational benefits, rehabilitative treatment, and compensation from the Veterans Administration commensurate with their military service. Additionally, we work to provide help to those in need and provide scholarships to our graduating seniors and others in post-secondary schools for their educational goals. We also work hard to keep patriotic holidays alive in the minds of our community, because we know our holidays are a celebration of our incredible history as a country; and, if you lose your history, you will lose your sense of who you are as a nation and a people. And in recent days, this is all the more important that we remember and keep educating our ourselves and our youth about this great country that still makes us the "Shining City on the Hill."

As you know we are in the new membership year and for those who have renewed - Thank You! I want to thank you for your membership at Seward Post 5. By being a member, you help us do all that we can for our veterans, our children and youth and ultimately this fabulous community of Seward we call home. Dues really are an investment in our future as they are an important source for funding for many programs that impact all of us, and not just in Seward. Our dues support

- [Baseball](#)
- [Boys State / Nation](#)
- [Legion Riders](#)
- [National Convention](#)
- [National Emergency Fund](#)
- [Operation Comfort Warriors](#)
- [Oratorical Contest](#)
- [Scholarships](#)

The Legislative watchdogs at our National HQs who significantly influence the effort in protecting our earned benefits via our military service, as well as the Legion's efforts to support all The children and youth programs, particularly its focus on volunteerism and education about our amazing American History.

We work to remain good community stewards and a good service organization for all in our American Legion Family.

Thank you

We have an amazing group of people who continue to step up to help our neighbors and our community.

September Dates to Remember at the Post (More on the Calendar)

Suicide Prevention Walk - 10 Sep: 4:00-6:00pm, Branson Pavilion
ALR Breakfast - 14 Sep 9-11am
Community Breakfast - 15 Sep 9-11am
American Legion Day - 16 Sep
Jewelry & Beading Classes Begin - 18 Sep 6pm
Early Bird Dinner - 21 Sep 6:30pm
Pool League Begins - 28 Sep 7pm
Poker Games - 29 Sep 5pm

From the President's Desk

By Debbie VanTassel



The weather is definitely changing, and the feel of fall is in the air. With the arrival of September, it is time to renew your membership. The early bird dinner will be held in September for all of those who have renewed, so get those renewals in. Remember, as we enter the slower months of winter if you are looking for something to do on Monday nights come on down for BINGO. Every Monday night the doors open at 6 PM and games start at 6:30 PM. This is a fun way to spend an evening and helps the Auxiliary raise funds for its many community projects. Every Friday night is the Legion Steak night. This is the best steak dinner deal in Seward. Come on down, grill up a steak and visit with other Legion family members.

Important Days in September

September 2, 2024 VJ Day: On Sept. 2, 1945 Japan officially surrendered aboard the USS Missouri in Tokyo Bay to end World War II. VJ is officially observed in the United States on Sept. 2nd every year. America's VJ Day is when the actual surrender documents were formally signed.

September 11- Patriot Day:

Patriot Day, officially known as National Day of Service and Remembrance, is observed every Sept. 11th in honor of the individuals who lost their lives as a result of terrorist attacks on Sept. 11, 2001. Please observe a moment of silence at 8:46 AM EDT in memory of those who lost their lives that day in the terrorist attack in New York City and at the Pentagon in Washington, D.C.

September 18 - Air Force and Air National Guard Birthday.
Happy Birthday!

September 20 - National POW/MIA Recognition Day: The third Friday in September is recognized as POW/MIA Day, a time to remember the sacrifices of prisoners of war (POW) and servicemembers who are missing in action (MIA). According to the Defense POW/MIA Accounting Agency more than 83,000 service members are missing from conflicts ranging from World War II to the present time.

World War II- the number is estimated over 73,000.

Korean Conflict- is estimated to be just over 7000

Vietnam is estimated at just over 1,600

Cold War lists 126 missing

Conflicts since 1991 list 6 as POW/MIA

September 29- Gold Star Mother's Day: Gold Star Mother's Day is observed on the last Sunday in September. Gold Star Mother's Day is to recognize and honor those mothers who have lost a son or daughter in the service of the U.S. Armed Forces. Hope everyone has an enjoyable September.
For God and Country

Director's Notes ALR Chapter 5



By Bobby Dunno

I cannot believe it is September already. All those leaves starting to turn and then September rains all adds up to the beginning of the end of motorcycle season. I know it's such a depressing thought, but this September is going to be unique in a few ways starting with a rare "Breakfast Weekend" at the Post! Yea I had to do a double take when Debbie showed me on the family refrigerator calendar that the ALR Second Saturday Breakfast and the Post 5 Third Sunday Breakfast fall on the same weekend. What can be more fun than that!!! 😊

With riding season winding down we have only 2 more meetings before Chapter 5 goes dark so we have a few things to discuss before that can happen. One is our **first call for officer nominations** (like something might change 🤔), but more importantly we must vote to donate the money raised at the Saturday breakfasts to the Fisher House.

If you are curious Chapter 5 will continue our 2nd Saturday breakfast through the long season of dreary not motorcycle weather, gotta find fun somewhere and the Post is a great place to help fight off those shorter days and lack of wind moving across our windscreen.

Along with the end of riding season it is time to start thinking about all the things that bugged you about your bike's ride and performance over the summer. If you are like me, and you have a few bikes down and not running there is plenty of stuff on the list. I am already working a list for my dividend and making a list for Santa! Make sure you include ensuring your brakes are free and pads will not lock up on the rotor, schedule tires changes, get those cables lubed and leaks fixed and of course as our favorite season starts to get closer, we need to do that often postponed for the season oil change and throw in a set of properly gapped plugs. Get a plan and get it done so when spring does get here, we can **Get On Our Bikes and Ride!**



Gold Star Mothers' Day

Excerpt from: www.militarybenefits.info/gold-star-mothers-day

Gold Star Mother's Day is observed on the last Sunday in September which will be **Sunday, September 29, 2024**. Gold Star Mother's Day is intended to recognize and honor those mothers who have lost a son or daughter in the service of the U.S. Armed Forces.



Each year there are events and meetings to publicly express love, sorrow and reverence toward Gold Star Mothers and their families. Flags are also mandated to be displayed on government buildings on this day. Army.mil says Gold Star Mother's Day is intended "to recognize and honor those who have lost a son or daughter in the service of the U.S Armed Forces".

September is National Suicide Prevention Awareness Month

Release Date: September 2, 2021, DHS

Suicide is a problem that touches the lives of many Americans. Many of us may know someone, such as a friend, family member, or coworker who has attempted or died by suicide. Per CDC reporting, suicide rates increased 37% between 2000-2018 and decreased 5% between 2018-2020. However, rates returned to their peak in 2022. It's important to know that suicide is preventable. With commitment and engagement in workplaces and homes, together we all can help reduce the number of suicides.

Anywhere in Alaska dial 988 to get a direct connection to compassionate care and support for anyone experiencing suicidal thoughts, who is at risk of suicide, or who is struggling with emotional distress. The Lifeline is free and confidential, with operators that treat callers with respect and listen without judgment.

SeaView Crisis Line

If you're struggling and want to talk to someone locally (in Seward), SeaView Community Services in Seward maintains a 24/7 crisis line.

907-224-3027

<https://www.seaviewseward.org/crisis-line/>

As a veteran you don't have to be enrolled in VA benefits or health care to connect. Veterans in crisis can connect with a counselor by:

- *Dialing 988 then press #1
- *Chat online on the web at the site: veteranscrisisline.net
- *Texting 838255
- *Calling the Veterans Crisis Line at 1-800-273-8255 and press #1



Adjutant & Vice Report.....

By Mike Calhoon



Hello from the Second Vice and Adjutant!!!!

Our late summer and early fall weather has arrived and will begin to push us towards preparing for the upcoming cooler months. Enjoy the summer while it lasts and look forward to the town quieting down a bit.

August was a fairly normal month at the Post with very few outside activities, but I want to thank all the great volunteers for their help, whether behind the bar and with the food activities. Without our great volunteers we would not be able to adequately perform our mission of service to our members and the community. Special thanks to **Dan Oliver** for completing an emergency fix to our stair chair. It was very timely and saved the Post lots of money. Also, a huge thanks to **Wally Shumway** for his quick response to a major plug in our building out flow drain pipe. Great job you two!!

This month, we will be hosting the ALR breakfast on September 14th, the community breakfast on September 15th, and our Early Bird Dinner on September 21st. If you can help with these activities, please let us know.

It is still busy at the Post, so 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 mylegion.org 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.



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!

With the end of summer looming and fall on the horizon, hope everyone is enjoying their time right now and starting to prep for the coming season.

A big thank you to everyone who continues to support the Squadron and Post activities. Special thanks to **David Osborn** and **Deklan Finley** for their help during Friday nights and, along with **Memphis Stanley**, for all the help at breakfast.



This month the Post will host the **ALR breakfast on September 14th**, the **community breakfast on September 15th**, and the **Early Bird Dinner on September 21st**. Also, the Post will be assisting with the food for the **Suicide Prevention Walk on September 10th**. Please let us know if you can lend a hand with any of these activities.



Thanks to **Mike Mooter**, **Randy Kockritz** and Squadron 5 for working on repair and installation of a new flagpole at the Legion Cemetery to replace the small one which broke over the winter.

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, 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.

Our monthly meeting is held on the 2nd 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.



The Sons of The American Legion was founded in 1932 to honor the service and sacrifice of Legionnaires. This organization is a program of The American Legion. www.legion.org/sons

Patriot Day

Patriot Day is an annual observance on September 11 to remember those who were injured or died during the terrorist attacks in the United States on September 11, 2001. Many Americans refer Patriot Day as 9/11 or September 11.



On the direction of the President, the flag of the United States of America should be displayed on the homes of Americans, the White House and all United States government buildings. The flag should be flown at half-mast as a mark of respect to those who died on September 11, 2001. Many people observe a moment of silence at 8:46 AM (Eastern Daylight Time). This marks the time that the first plane flew into the World Trade Center.

On September 11, 2001, four planes were hijacked. The hijackers then deliberately flew three of the planes into two important buildings, the Pentagon in Washington DC and the Twin Towers of the World Trade Center in New York. The fourth



crashed into a field near Shanksville, Pennsylvania. The loss of life and damage that these hijackings caused form the biggest act of terrorism ever on United States soil. Nearly 3000 people died in the attacks and the economic impact was immense.



The attacks have greatly increased attention to national security in the United States. This has had huge implications for United States national and international politics. This is particularly true for the relationships between the United States and Islamic countries in the Middle East.



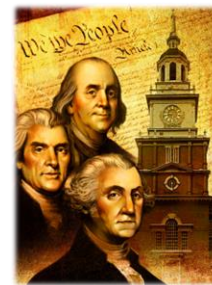
Constitution Day and Citizenship Day

Constitution Day commemorates the formation and signing of the U.S. Constitution by thirty-nine brave men on September 17, 1787, recognizing all who are born in the U.S. or by naturalization, have become citizens. Now **Constitution Day** is the time to carry on their legacy and develop habits of citizenship in a new generation of Americans.

In 1952 Congress passed a law that September 17 was the official date to commemorate "the formation and signing of the Constitution of the United States" but the day was also designated "**Citizenship Day**" and retained its original purpose of recognizing all those who had attained the status of American citizenship.

Every September 17th, Constitution Day, also called Citizenship Day, is celebrated to mark the anniversary of the ratification of the U.S. Constitution. This is one of the newest federal holidays to be established by Congress, as it was passed in just 2004. Citizenship Day was the name given to the holiday prior to its official designation.

However, the roots of Citizenship Day stretch much farther back beginning in 1940 when *I am an American Day* was initiated by Congress for the third Sunday in May. The day of September 17th was reached by citizens themselves. In 1952 Olga T. Weber of Ohio successfully convinced her municipality to name the date Constitution Day. The next year she went a step further and petitioned the Ohio government to celebrate the holiday statewide as **Constitution Week from September 17-23** and the movement was soon passed.



Today we consider **Constitution Day** as a birthday for our country, and it serves as a means for American citizens to express their pride in their citizenship. Constitution Day also designates a time to honor the Constitution of America and learn more about the famous piece of legislation. The Act that passed the holiday also states that federally funded schools are required to provide lessons on the U.S. Constitution during the holiday.

POW/MIA Empty Chair

Resolution 288, adopted at the 67th American Legion National Convention, calls for designating a POW/MIA Empty Chair at all official meetings of The American Legion.

At the beginning of every American Legion meeting, we remember the incredible cost paid by those who gave their all to help preserve the freedoms we enjoy, those gallant individuals who fought and died for our country. Yet, it is in remembering our fallen comrades that we are reminded of those whose fate is still unknown, those still listed as Missing In Action and Prisoners Of War. Many Americans are still unaccounted for from World War II; 7,555 from Korea; 120 from the Cold War; 1,584 from Vietnam; and 3 from the Gulf War. These courageous Americans, who dedicated their lives to preserving and protecting our freedom, will never be forgotten.



To honor these men and women, we perform the **POW/MIA Empty Chair Ceremony**. It symbolizes the fact that members of our armed forces are missing from our ranks. They are referred to as POWs and MIAs...we call them comrades.

They are unable to be with their loved ones and families, so we join together to pay our humble tribute to them, and to bear witness to their continued absence.

The table set for one is small... it symbolizes the frailty of one prisoner against his oppressors.

The tablecloth is white... it symbolizes the purity of their intentions to respond to their country's call to arms. The single rose displayed in a vase reminds us of the families and loved ones of our comrades in arms who keep faith awaiting their return.

The red ribbon tied so prominently on the vase is reminiscent of the red ribbon worn on the lapel and breasts of thousands who bear witness to their unyielding determination to demand a proper accounting for our missing.

A slice of lemon is on the bread plate... to remind us of their bitter fate.

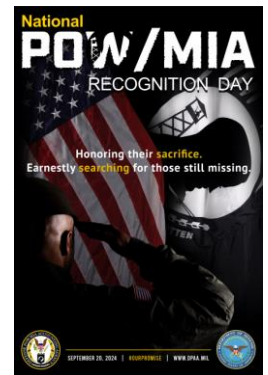
There is salt upon the bread plate... symbolic of the family's tears as they wait.

The glass is inverted... they cannot toast with us tonight. The chair is empty... they are not here.

Remember... all of you who served with them and called them comrades, who depended on their might and aid, and relied on them... for surely... they have not forsaken you.

National POW/MIA Recognition Day 20 September 2024

For years, The American Legion supported a National POW/MIA Recognition Day, it is now officially recognized annually on the third Friday of September. This commemoration is set aside to honor the commitment and sacrifices made by this nation's prisoners of war and those who are still missing in action, as well as their families.



Until July 18, 1979, no commemoration was held to honor POW/MIAs. In the first year, Congress passed resolutions and the national ceremony was held at the National Cathedral in Washington. The 1st Tactical Squadron from Langley Air Force Base in Virginia flew the Missing Man formation.

A poster was published by the VA which contained only the letters POW/MIA. That continued until 1982, when a black and white drawing of a POW in captivity was used to show urgency of the situation.

The **National League of Families**

proposed the third Friday of September as a commemoration date. Most of the National POW/MIA Recognition Day ceremonies have taken place at the Pentagon. Now, they're held throughout the nation and around the world on military installations, ships, schools, churches, etc. The focus is to ensure that America remembers its responsibility to stand behind those who serve it and to make sure that we do all that is possible to account for those who have not returned.



As of August 10th, 2023, 81 remains have been brought home during fiscal year 2023 including three from the Vietnam War, 26 from the Korean War, and 52 from World War II. Per the Defense POW/MIA Accounting Agency the number of missing and unaccounted for is still over 80,000 for all conflicts.



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September 2024


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Labor Day	2 Mexican Martes	3	4	5 B,B,M&C	6 Steak Night
Luscious Leftovers 	BINGO!!! 6:30PM   Chili Dogs			American Legion Riders Meeting 5:30 pm  Pioneers Meeting 6:30 pm		
8	9 BINGO!!! 6:30PM	10 Mexican Martes	11 Patriot Day	12 B,B,M&C	13 Steak Night	14
Luscious Leftovers 	BINGO  Chili Dogs	Post Meeting 5:30pm 	Auxiliary Meeting 6pm 	SAL Meeting 7pm 		ALR Breakfast 9-11am 
15	16 American Legion Day	17 Mexican Martes	18	19 B,B,M&C	20 Steak Night	21
3rd Sunday of the Month Breakfast 9-11am  Luscious Leftovers	BINGO!!! 6:30PM   Chili Dogs	Constitution/Citizenship Day 	 Jewelry Class with Carol Souza 6:00 pm		POW/MIA Day 	Early Bird Dinner 
22	23 BINGO!!!! 6:30PM	24 Mexican Martes	25	26 B,B,M&C	27 Steak Night	28
Luscious Leftovers 	BINGO!!!! 6:30PM  Chili Dogs		Jewelry Class with Carol Souza 6:00 pm 			
Poker 5pm	30					
Gold Star Mother's Day  Luscious Leftovers	BINGO!!! 6:30PM   Chili Dogs					



Food Served Every Night at the Post!!!!