



# VETERANS STRENGTHENING AMERICA

## SEWARD POST 5 NEWSLETTER

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### COMMANDER'S COMMENTS

By Clare Sullivan



Hey Post 5 Family, we're getting the daylight back (yay!), and boy has it been a long, cold, dark and snowy winter; and what about the ice department.... Well, we don't need to talk about that one, we're "veterans" in that department, and still dealing with it!! 😊 We're not finished yet, but at least we have some more sun, and with the better weather just around the corner. We'll soon be able to do more outdoor activities that do not require a ton of clothes and ice grippers!

We have some fun and important things planned for this month including the final round of nominations for all our organizations and we will elect our new officers for the new year. Along with identifying our new officers, we will be planning a yummy Installation Dinner toward the end of March and supporting the Science Bowl with good chow (of course)! We will also celebrate St. Patrick's Day, and we will celebrate the American Legion



Birthday of our National Organization that was the beginning of all our posts! So hang the calendar on the fridge and look for updates on the email and/or Facebook for the activities that we have going on and those that spontaneously crop up! 😊



Just to remind you, March 15, the designated birthday of The American Legion (TAL), is the day in 1919 when the first American Legion Caucus, held by members of the American Expeditionary Force, convened in Paris. Much as the birthday of the United States is celebrated on July 4th for the day in 1776 when revolting patriots declared their independence from the British and the Spirit of America was born - March 15 is the date on which the Legion came to life. Today, membership stands at about two million legionnaires and close to 12,000 posts worldwide. The posts are organized into 55 departments: one each for the 50 states, along with the District of Columbia, Puerto Rico, France, Mexico and the Philippines.



things in our over 100 year history and we are still moving forward with our commitment to service to our veterans, community and country throughout 2024 and beyond!

For those who have renewed for 2024 thank you very much! And if you haven't yet, please consider doing so. Your membership continues to make us a strong organization with the ability to help others right here in town. Every membership locally through the national level helps us all as many members create a very loud voice for veterans' rights and benefits on Capitol Hill. As mentioned last month, we have veterans throughout Seward ranging from nearly every war and conflict as well as our active-duty members who are scattered throughout the globe. We have a good core group in Seward and are so fortunate that we have many in our American Legion Family who step up to the plate and help in all our post activities. And, for that I sincerely thank every one of you for taking time out of your busy lives to be of service for our veterans and our community.

All our post members have served in the military, and all deserve the due consideration for their honorable service. The post is also the starting point for them to learn what they are eligible for at the VA and VBA and once evaluated and approved they can start receiving benefits and support, but support can be found at all levels of this organization and with about two million members we have a darn good fighting force to ensure veterans will continue to receive what they are entitled to from their military service.

To apply for your benefits that you have earned start with meeting our Department Service Officer from the Headquarters. **This Saturday, 2 March 2024** DSO Philip Templin will be at the post to meet with veterans regarding their disability and compensation needs/application and to answer questions. In case you are unfamiliar with what a Service Officer does here is a snapshot of the services they provide: Accredited American Legion service officers are specially trained to provide expert assistance, free of charge, to veterans and their families. While the majority of a service officer's work involves application for VA disability benefits, these compassionate professionals also provide information, referrals and resources on education, employment and business, death benefits and other important topics. So, as you can see, they are a huge asset to our organization with a wealth of information for individual veterans and their families. Stop by on Saturday to meet with Philip or set up an appointment by contacting him via his email:

[Philip.templin@va.gov](mailto:Philip.templin@va.gov) or via his office phone at 907-257-4802.



Over the years, the Legion has influenced considerable social change in America, won hundreds of VA benefits for veterans and produced many important programs for children and youth. We have quite the legacy and have done some incredible

The 64th Annual Washington Conference was held Feb 25-28, 2024. This Conference provided an opportunity for Legionnaires to meet with their respective lawmakers and hear from members of Congress and VA leadership at the Commander's Call. National Commander Daniel Seehafer also addressed attendees on legislative priorities during the National Commander's Rally. Please see the below video (*right click, scroll to "open link"*) for more information that your American Legion at the State and National level are doing for all veterans.

AMERICAN  
LEGION

Washington  
Conference 2024



## Chapter Director's Report

By Bobby Dunno

I know it is hard to believe but it's coming the day when rumbling along the hi-ways will be heard and those of us feeling the wind break across our windscreens will have a big smile on their face. Yep, it is going to be motorcycle season before you know it!

Chapter 5 will be waking up with our first meeting for 2024 scheduled for 7 March at 5:30pm.

This summer's schedule is firming up, the ALRA Convention meeting will be on Wednesday, 24 April, 2024. Selecting a delegate to attend will be on the agenda. The convention this year is at Post 20 and the Chapter 20 crowd are excited about it. This year's ROMP will be hosted by Post 15, spanning the 21<sup>st</sup> through the 23<sup>rd</sup>. This is Chapter 15's first opportunity to host a ROMP but they have a good group of veteran riders, I plan on having a great time seeing and riding with everyone again. Following in July on the 19<sup>th</sup> through the 21<sup>st</sup> is the Salute to Vets in Sterling, hosted by the Southern Peninsula ABATE (aka Chapter 20) Saturday is free to Veterans and is a patriotic celebration and a whole lot of fun.

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## National K9 Veterans Day

Excerpts from [Military.com](https://www.military.com), [Wikipedia](https://www.wikipedia.com), [militaryhistorynow.com](https://www.militaryhistorynow.com)

As an acknowledgement of our furry veterans, National K9 Veterans Day, March 13, is a day set aside to honor and commemorate the service and sacrifices of American military and working dogs throughout history.

It was on March 13, 1942, that the Army began training for its new War Dog Program, also known as the "K-9 Corps," according to American Humane, marking the first time that dogs were officially a part of the U.S. Armed Forces. The rest, as they say, is history.



Sgt Stubby

Officially, the dogs of war span centuries and include such American heroes as [Sgt. Stubby](#), the original war dog, [Chips](#), the most decorated dog in World War II and [Lex](#), who retired with his fallen owners family and [Cairo](#), the Navy SEAL working dog on the bin Laden raid.



Chips



Lex with Handler Dustin Lee



Cairo

America's greatest dog of its greatest generation was likely Chips, a German Shepherd, Collie, Husky mix that forced the [capture of 14 Italian soldiers in one day](#) during the invasion of Sicily despite being wounded.

Lex was the first active duty, fully fit military working dog to be granted early retirement in order to be adopted. Working for his United States Marine Corps handler, Corporal Dustin J. Lee in the Iraq War, he was wounded in an attack that killed Lee, and subsequently awarded an honorary Purple Heart.

In Iraq and Afghanistan, dogs have served primarily in explosive detection roles, [helping American and allied forces avoid IEDs and mines](#). They've also served on assault teams with special operators.

While some of the dogs in modern special operations are trained to engage directly with the enemy, [Cairo went on the kill/capture mission against Osama Bin Laden](#) but was there to search out hidden passages, enemies, or weapons.

These are just a few examples of heroic war dogs. Take some time to look up the many that have served and saved servicemembers throughout the decades of conflict, police work and throughout history.

## Adjutant and Vice Report...

By Mike Calhoon



Hello from the 1<sup>st</sup> Vice and Adjutant.

Looks like another cold snap. Be safe and consider running a little water for a few days.

Big thank you to all who helped with the Super Bowl party and all other activities this month at the Post. Our great volunteers make it possible for us to pull off the activities on a weekly basis. Special thanks to Sonny Spanos for his consistency with running our poker night on Sundays. A truly fun and free activity.

This month the ALR will hold a pancake breakfast on March 9<sup>th</sup>. The Post will hold the community breakfast and St Patrick's Day dinner on March 17<sup>th</sup>, will assist with NOSB on March 22-24<sup>th</sup>. The Officer installation dinner will be held on March 30<sup>th</sup> and Easter breakfast will be on March 31<sup>st</sup>. We will announce any other major activities if they spring up.

Another raffle will be coming soon and we will let you know when the tickets are available.

Members only Pool League, 7:00pm on Saturdays, and members only Poker, 5:00pm on Sundays, are both well underway so come have some fun. Also, Bingo is going strong at 6:30pm on Mondays.

I would like to ask everyone to be considerate of others when you come to enjoy the food at the Post. 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 2024 membership year is well underway, a 2023 memberships have expired. If you have renewed yet, please consider doing so. You can renew your membership online at [mylegion.org](http://mylegion.org) or at the Post, either in person or by mail.



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.

Late winter is hanging on with a cold grip. Stay warm and maybe consider running a little water for a bit.

A big thank you to everyone who continues to support the Squadron and Post activities. Special thanks to Sonny Spanos who has been very consistent with running poker on Sunday nights. Fun thing to do on a Sunday at 5:00pm.

This month the Post will host the American Legion Riders Pancake Breakfast on Mar 9<sup>th</sup>, community breakfast and St Patrick's Day dinner on Mar 17<sup>th</sup>, Officer Installation on March 30<sup>th</sup>, and Easter breakfast on Mar 31<sup>st</sup>. If you can assist with any of these, let me know if you can help with any of these functions and we will put you to work.

Our March meeting will be held on Mar 14<sup>th</sup>. We will have the third call for officer nominations and elections at this meeting, so, if you have an interest in becoming a Board member or are just interested in how our meetings work, we convene at 7:00pm.



We are well into the 2024 membership year so please consider renewing your membership. Dues are \$35.00. I think the online issue has been resolved but if you try to renew online and it says the dues are only \$1600, please let me know and 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.

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.



## From the President's Desk

By Connie Kullander

Hello March, how is coming in like a lion and maybe going out like a lamb. Who knows?

Well, we made it to another month and February flew by. March is upon us, and we are ready for new officers. Yes, this is the last call for anyone who would like to be an officer in the Auxiliary. Be sure to come to the meeting on March 13<sup>th</sup> at 6:00 pm.



Installation of the new officers will be March 30, 2024. Dinner will be around 6:00-6:30 pm.

Not a lot going on in March, but with a slow month maybe we could think about cleaning the social room some. Like wiping down the tables and chairs, washing the inside of the windows. Small things before the summer hits.

We also need help decorating for St. Patrick's Day which is the 17<sup>th</sup> of this month. It is also the third Sunday breakfast. March 8th is International Women's Day.

March 10th is Daylight savings time so don't forget to "spring forward."

The 15th is Ides of March

The 19th Spring begins.

March 24th Palm Sunday.

The 29th Good Friday.

March 31, Easter Sunday.



Just a reminder that after new officers are elected and installed, next is convention. The 105<sup>th</sup> Convention will be held in Kenai this year. If you are planning on going, you better get your rooms reserved and arrangements taken care of. I will have more information at our meeting. See you at the meeting or in the social area. Remember to pay your dues if you have not done so. Bingo is every Monday doors open at 6:00 bingo starts at 6:30.



## From the Director Con't



As soon as I get registration forms for these events, I will bring them to the meetings.

So, Chapter 5 has been making a pancake breakfast on the Second Saturday of the month, for a couple of months now and it has been fun, and we had more people in February than we did in January. I think that Chapter 5 can thank Clare and Mike's timely use of social media, but I had a good time flipping a few more pancakes. Next pancake breakfast will be 9-11am on the 9<sup>th</sup> of March, come to the Post and eat some Pancakes. Ya gotta wonder when the sun shines on a second Saturday in the near future, will a after pancake breakfast an ice cream run could happen?

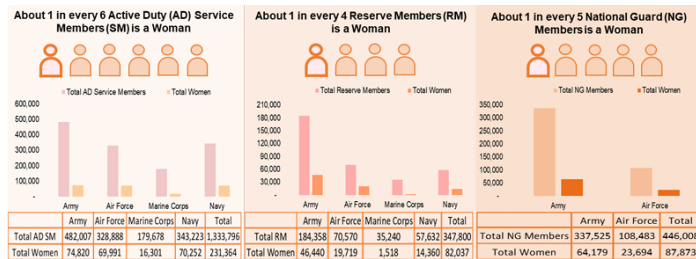
With March comes spring and all the teasing of dry roads the prospect of warmer weather (then it snows on Friday night), so now is the time for getting all the stuff we were planning to do and the spring prep checklist. For me, I was checking my bikes and formulating a plan and all my bikes are frozen the Victory even has a icicle. So, I have a whole lot of work to do before the neighborhood road thaws enough for me to get a bike to the hi-way. Soon it will be warm enough for the oil changes, sit the bike and try out all the moving parts. Lubricating cables and chains, check the brake calipers to ensure they not only set the brake but also releases. Check the tires proper inflation and thread depth, of course all the lights and turn signals.....the list can get detailed. You can still find my spring checklist on [legionridersalaska.org](http://legionridersalaska.org). We need be also pay attention to our riding safety gear and clothing because the time is fast approaching when it will be time to.....

**Get On Our Bikes and Ride!**



## Special Days in March to Remember

March is **Women's History Month** and well over 200,000 women serve on active duty in the U.S. military. The contributions of women to military history cannot be ignored. While Women's History Month isn't a time to focus exclusively on the contributions of women in military service, the contributions of female veterans are certainly an important part of American history.



### Month of the Military Caregiver

During the Month of the Military Caregiver, Americans recognize and honor military caregivers' sacrifices and successes.

**March 3** - Navy Reserve Day

**March 4** - Hug a GI Day

**March 5** - Seabee Birthday

**March 10** - Daylight Savings Time begins

**March 13** - K-9 Veteran Day. With the creation of the United States K9 Corps on March 13, 1942, dogs were officially adopted into US military ranks during WWII. The Army's Dogs for Defense program trained 10,000 dogs who were again donated to the war effort by American families.

**March 15** - American Legion Birthday. On this day 105 years ago, members of the American Expeditionary Force convened in Paris for the first American Legion caucus.

**March 17** - Saint Patrick's Day

**March 21** - Rosie the Riveter Day

**March 25** - National Medal of Honor Day is observed every year on March 25 and is dedicated to Medal of Honor Recipients. Each branch of the U.S. military awards the Medal of Honor to those who have distinguished themselves "conspicuously by gallantry and intrepidity" above and beyond the call of duty, according to the Department of Veterans Affairs official site.

**March 29** - National Vietnam War Veterans Day- National Vietnam War Veterans Day is observed every year on March 29 and is a way to thank and honor our nation's Vietnam veterans and their families for their service and sacrifice. U.S. Armed Forces personnel with active-duty service between November 1, 1955 to May 15, 1975, regardless of location of service which includes:

- ✚ Nine million Americans serving during that time
- ✚ 600 Thousand estimated Vietnam Vets are living today
- ✚ 2.7 million U.S. service members who served in Vietnam
- ✚ 58,000 whose names are memorialized on a black granite wall in our Nation's Capital
- ✚ 304,000 who were wounded
- ✚ 1,577 Vietnam **Missing in Action (MIA)** heroes who have not yet returned to American soil

The commemoration makes no distinction between veterans who served in-county, in-theater, or were stationed elsewhere during those 20 years.

**Coming up-** April is the Month of the Military Child. Created in the mid-1980s by former Defense Secretary Caspar Weinberger, April is recognized as the Month of the Military Child. During this month, military support organizations, and even the Pentagon, recognize the more than 1.2 million military children for the challenges they overcome and the sacrifices they make.

From long separation times from parents to having to adjust to new schools, new lifestyles, and being miles away from family — being a military kid comes with many challenges, some loneliness, and frustration.

Did you know that...

- Military children relocate 3 times more than civilian children?
- Since 2001, over 2 million children have had a parent who had to deploy at least once?
- The average military brat will change schools at least nine times before they graduate high school?
- About 42 percent of military children of active-duty service members are younger than five years old?

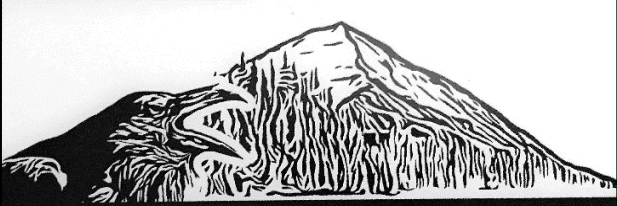
Military children take the challenges the military life throws at them and learn to bloom where they are planted — something that even adults struggle to do — which is why they deserved to be celebrated and acknowledged for their strength and adaptability.

Enjoy your month of March and enjoy the last vestiges of Winter. ❄️🌨️🌨️

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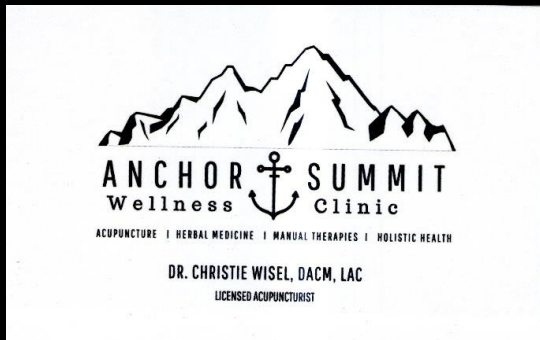
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\*  **MARCH 2024** 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>Steak Night</b> 1	2
 In like a lion Out like a lamb						 <b>Pool League</b> 7:00 pm
3	<b>Chili Dogs &amp; Chips</b> 4	<b>Taco Tuesday</b> 5	6	<b>B, B, M&amp;C</b> 7	<b>Steak Night</b> 8	9
<b>Luscious Leftovers</b>  Members only Poker 5:00pm	<b>Bingo 6:30 pm</b> 		 <b>Bead Class</b> 6:00pm	<b>ALR Meeting</b> 5:30pm  <b>Pioneer Igloo #9</b> Meeting 6:30pm		<b>ALR Breakfast</b> 9-11 am <b>Pool League</b> 7:00 pm 
10	<b>Chili Dogs &amp; Chips</b> 11	<b>Taco Tuesday</b> 12	K-9 Veterans Day 13	<b>B, B, M&amp;C</b> 14	<b>Steak Night</b> 15	16
<b>Luscious Leftovers</b> <b>Daylight Savings</b> Time Begins Members only Poker 5:00pm	<b>Bingo 6:30 pm</b> 	<b>Post Meeting</b> 5:30 pm 	<b>Auxiliary</b> Meeting 6 pm  <b>Bead Class</b> 6:00 pm	<b>SAL Meeting</b> 7 pm 	<b>American Legion</b> Birthday 	 <b>Pool League</b> 7:00 pm
St. Patrick's Day 17	<b>Chili Dogs &amp; Chips</b> 18	<b>Taco Tuesday</b> 19	20	<b>B, B, M&amp;C</b> 21	<b>Steak Night</b> 22	23
<b>Community Breakfast</b>  Corn Beef & Cabbage with all things Irish!!! 	<b>Bingo 6:30 pm</b> 		<b>Bead Class</b> 6:00 pm 			 <b>Pool League</b> 7:00 pm
24/31	<b>Chili Dogs &amp; Chips</b> 25	<b>Taco Tuesday</b> 26	27	<b>B, B, M&amp;C</b> 28	<b>Steak Night</b> 29	30
<b>Luscious Leftovers</b>  Members only Poker 5:00pm	<b>Medal of Honor Day</b>  <b>Bingo 6:30 pm</b> 		<b>Bead Class</b> 6:00 pm 		<b>Vietnam War Veterans Day</b> 	 <b>Officer Installation</b> Dinner 6:30 pm

**Happy Saint Patrick's Day!!!**



**FOOD SERVED EVERY NIGHT AT THE POST**