



For God and Country

Seward Post 5 Newsletter

September 2020
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COMMANDER'S COMMENTS

By Clare Sullivan



Well we made it through another summer and what a summer it has been, and although we have been making it and helping others I sure don't want another one like this one! Last year we were slammed with the hot weather and the Swan Lake fires and this year we had the pandemic all summer. It sure has been a wild couple of years for us at Seward Post 5!

It looks like we're heading headlong into a regular fall season weather-wise (I hope); it should be a nice transition, it's a little wet and we are seeing the beginning of the leaves turning golden. The daylight is getting much shorter; we're starting to drive with headlights on at night now. It is a sure sign that the colder days are on their way. 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 for the increased heating and utility charges with the cold and dark.

I want to give a huge shout out of thanks for all our Post 5 Family volunteers who have stepped up during this time of pandemic. I want to recognize not only our volunteers who keep the Social Area going but all that have worked at the community breakfasts and of course our cemetery. Without you and your consistent support we wouldn't be where we are now and still in a position to help others.



I also want to thank our membership who do an amazing job in our town in their other volunteer activities all the while managing this pandemic. The folks at Seward Volunteer Ambulance Corps, the Seward Volunteer Fire Department and the Bear Creek Fire Department continue to serve our community in amazing ways when we most need it and they haven't "skipped a beat" in volunteer support of our community in times of need.



We also have an amazing Senior Center who adroitly transitioned their "brick and mortar" based operation to serving Seniors at their homes and keeping in touch with the Senior Community. Of note, are the daily "meals on wheels" to the Seniors who have been largely restricted to the house during the pandemic. Not only did the Senior Center provide daily meals but good human contact as we all have much less socializing outside as we work to "stay safe."



I'd also like to give a huge kudos to Mayor Terry, the City Council, City Clerk Ballou, and City Manager Meszaros. They have all done "yeoman's work" during this time with the added burden of the pandemic. They've worked hard to keep the public informed and provide support where they can to the local businesses as we continue to navigate the effects on the town and our dismal tourist season due to the restrictions brought about by Covid-19.

We are still optimistic in our Seward Post 5 Family and we still have good things planned for September as we transition to the slower times in town, such as one of the "fav's" - the yummy Early Bird Dinner 🍽️ and the long overdue Volunteer Appreciation Dinner, so stay tuned! 🙌🏻

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** on Sept 16th. This day was dedicated in 2009 on the anniversary of the establishment of the American Legion in 1919.

The **American Legion Day** celebrates official chartering of the American Legion and celebrates what it has accomplished throughout the country with well over 12,000 posts and two 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 100 years later this organizations has kept their 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. As stated by House of Representative Deb Davidson (Illinois) in 2009 when American Legion Day resolution was brought to the floor and passed she said -

Cont'n next page

"Since their founding charter, The American Legion has not wavered from the guiding principles and vision that can be found in their Four Pillars of Service." This day honors veterans who continue to serve their fellow veterans and are committed to community support. Seward Post 5 has been in existence since 1919 and remains committed to carrying on that tradition of supporting local veterans and the community, as well as our military service members.

We, at Post 5, assist our veterans in securing benefits, treatment, and compensation from the Veterans Administration commensurate with their military service. We 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 in recent days this is all the more important we remember.

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 as an American Legion Family look to continue to contribute where we can and seek opportunities to employ much in our preamble - particularly our desire for "mutual helpfulness."

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. I personally feel our dues support 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.

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

We work to remain good community stewards and a good service organization for all in our American Legion Family. We have an amazing group of people who continue to step up to help our neighbors and our community. Once again, thank you for your membership, investment and support of Seward Post 5. And, if you haven't renewed please consider renewing.

Thank you



100 Miles for Hope is a virtual 100-mile walk/run/ride challenge that began on Aug. 3 and goes through Veterans Day in 2020. It's a way to invigorate donations for the [Veterans & Children Foundation](#), as well as encourage American Legion Family members to be active in this time of social distancing.

The foundation serves two primary functions. It provides critical grants for military and veteran parents in unexpected financial crises, and support for service officers in their tireless efforts to obtain care, benefits and opportunities for disabled veterans and families. The American Legion's 3,000 accredited service officers provide free assistance for any veteran in need.



Participants in 100 Miles for Hope would have from the official kickoff to run, walk, bike or ride their motorcycle for 100 miles. That time frame is 100 days so it would mean being active for just a mile day, roughly 20 to 30 minutes for walkers — which coincidentally is the activity level many health experts recommend.

Some may choose to walk a mile a day. Others may do longer stretches of walks, runs and/or bike rides on a less frequent basis. Legion Riders could easily knock off 100 miles on a single trip.

Several of us in the Post 5 Family are already participating! I've already logged over 35 miles and the ALR will be logging 100 miles soon as they do their 100 Miles for Hope in their ride to Hope - just down the highway! 🚗

So if you are interested you can [register at the Emblem Sales site](#). For a \$30 registration fee, participants will receive a men's, women's or children's t-shirt, and a sign you can display once the 100 miles is completed. After figuring the cost for the shirt, other materials and shipping, the remaining proceeds will go directly into [the Veterans and Childrens Foundation](#).

Everyone is encouraged to wear their shirts when they are walking, running or riding their 100 miles. Additionally, if you can share your experiences on social media using the hashtag **#100MilesForHope**.

After completing your 100 miles, you can download and print a Certificate of Accomplishment. Woohoo!!!! 🚶

News From the Road.....

By ALR Director Bobby Dunno



Well I can't speak for everyone but when you take away the COVID-19 crisis I believe the ALR has had an incredible summer. I will not revisit all the activities from July but August had a number of days where we could get in the saddle, fire up the bikes and get out to enjoy the sunshine, warm temperatures and fun of motorcycling.

While there was not a whole lot of planned activity in the month of August I did get to participate in the installation of the American Legion Rider Chapter at Post 20. The "new" Riders of Chapter 20 in a large part are all members of South Peninsula ABATE and were host of the Salute to Vets the ALRA attended during our ROMP and I wrote about last month. This Riders are motivated and enthused about being part of the American Legion and the American Legion Riders. As I wrote last newsletter they were very impressed as to our dedication and reference for Our Flag and the values we represented and wanted to be part of it. I believe we will see them step up in a big way once they get their feet on the ground and understand just how the Riders work. I have found that I spend plenty of time on the phone and traveling to Kenai offering support and answering questions. Chapter 20 is already up to 16 members and just getting started. ☺



I was also pleasantly surprised to get a phone call from Eric Walters of Chapter 28 about them planning a ride to visit Seward ride along with the riders of Chapter 28. Surprised as no riders from 28 had been to a scheduled ALR ride nor had they asked anyone to ride with them since they became a chapter at Post 28. So I made sure to adjust my schedule that day to ride out and meet up with them. We took a picture in front of Post 5, just because I like seeing bikes lined up there, then made a beeline to the excellent BBQ shop on 3rd ave. We rode by there on the way to the Post and the smell was wafting and yep it smelled good. I had the Frito Pie and yep it was very good.



So while I can say that we have had a great summer of riding with plenty of sunshine, I would not say that riding season is over yet! So make sure the tanks stay full rubber is in good shape, windscreen is clean so when the opportunity presents itself we can Get On Our Bikes and Ride!

From the President's Desk

By Debbie VanTassel



The weather the last few days certainly seems to indicate that summer is over and fall is already here. The summer seems to have flown by- I hope you have all had a decent summer albeit very different with COVID-19, social distancing and masks.

We are now in the new membership year so please remember to renew early so that you can participate in the Early Bird Dinner! But not only to get dinner but membership is the root of our organization- Our members are our most important asset! Also, if you have not renewed for 2020 yet please do so.



The latest Barometer has not been released but I believe Unit 5 has reached 100% of its membership goal for 2020. This is awesome- thank you to all members who have renewed and continue to support our Mission of helping Veterans, Active Military, Community and Children and Youth.

There is a new fund-raising campaign to raise donations for the Veterans and Children Foundation and help members stay active and healthy during this time of social distancing. The 100 Miles for Hope campaign. Participants have from the official kickoff date of August 3rd, 2020 through Veterans Day to run, walk or ride a bike or their motorcycle 100 miles. To participate, first register at Emblem Sales. When you register for \$30 you will get to place an order for your nice t-shirt, a sign and a link to download a certificate of accomplishment when you complete the distance. Participants are encouraged to document at the least the start and finish of their 100-mile journey on social media. Where does the money go? Roughly half will go to cover production and shipping of the shirts. The remainder (approximately \$15) goes directly to the Veterans and Children Foundation. I personally started this journey on August 14th and challenged 1st Vice President Michelle Oliver to join the journey. I hope many of our other members will consider joining the journey and walk ,bike, run or ride 100 miles for Hope. If you need more information or have questions please contact me and I can provide more information.

As always I need to send out a big thank you to our volunteers which continue to be the moving force behind the organization. Thank you to Joanne, Sharon and Michelle for keeping Bingo going every week. And as a reminder, we do have Bingo every Monday night at the Post- doors open at 6 PM- games start at 6:30 PM. This is our main fund raiser to



support all the programs we provide throughout the year. The board has decided that with the current COVID- 19 situation and the financial burden placed on everyone

in town, especially businesses, we will not be holding a fund raising event this year so it makes our Bingo games even more important for our fund raising. Also, thank you to Sharon for helping with the 3rd Sunday breakfast each month

At the July meeting, the Board voted to make changes to the Constitution, By-Laws and Standing rules of the organization. Most of these changes were to keep our Unit Constitution and By-Laws the same as Department of Alaska and the National Constitution and By-Laws. As part of the changes to the standing rules, the Board has voted to increase membership dues starting in the 2022 membership year to \$40 for Senior Members (anyone over 18) and \$10 for Junior members (anyone under 18). The updated Constitution, By-Laws and Standing rules were voted on and approved as updated at the August meeting.

Department of Alaska will hold it's fall Conference the weekend of Oct 2-4. Currently it is scheduled for Post 28 in Anchorage but depending on the mandates in place for group gathering sizes it may need to be changed. More information will be provided as Department sends it out.

Last there are a couple days in September we cannot forget: September 16 is American Legion Day. On this date in 1919, the American Legion received the Charter from Congress. And, September 11- 911 Remembrance Day or also called Patriot Day. I doubt anyone will ever forget where they were on the morning of September 11, 2001, when they heard of the attacks on the twin World Trade Towers in NYC and the Pentagon in Washington. This horrible and tragic day is etched forever in our memories.



911 History:

- On the morning of September 11, 2001, nineteen Islamic al-Qaeda militants hijacked four planes. The hijackings occurred from Boston, Newark and Washington airports. The planes selected were long

distance flights, which would have more fuel in the tanks.

- One plane each hit the north and south towers of the World Trade Center in New York city. The planes and engulfing firestorm, ultimately brought down both towers.
- A third plane hit the Pentagon in Washington, DC.
- The fourth hijacked plane crashed in a field in Shanksville, PA. Passengers on the plane learned of the fate of the other planes, and unsuccessfully attempted to take back control of the plane from the hijackers. Everyone aboard died.



9/11 Deaths

Total Victim: 2977

Victims in the towers: 2606

Pentagon victims: 125

4th plane, crashed in PA: 40

Deaths included Americans and citizens from many other countries- **Let us Never Forget.**



I hope everyone has a wonderful September and enjoy the fall as we know winter is not far away.



House and Vice Report.....

By Mike Calhoon



Hello from the Second Vice,

Summer is slowly beginning to ease out and Fall is peeking around the corner. It has definitely been a different and difficult season for us all. Business restrictions remain in place in Seward and we are limited to 50% capacity and we will let you know when that changes.

Special thanks to Debbie Van Tassel and Al Dykstra for their help in maintaining the cemetery and to Sharon, Michelle, Suzi, Dan, Clare, Melody, and Al for their work providing service in the Social Area, prepping meals and breakfasts and taking care of the kitchen duties. Volunteers are truly the backbone of the Post 5 Family and our backbone is strong.



Last month we had our community breakfast on the 16th and hosted a retirement dinner for Dianna Reimer on the 27th. We had a great time with the Reimers and wish Dianna well as she transitions to her next adventure.

This month the Community Breakfast will be held on the 20th and we will let you know if other functions or special activities are planned.

The 2021 membership year has begun so you can renew online at mylegion.org, by mail, or in person at the post. Membership is the backbone of our 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.



We are still serving food every night for dine in or take out. We also have some masks available if anyone needs them.



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.

THE AMERICAN LEGION FAMILY



Sounding Off from the Sons...

By Mike Calhoon



Summer has continued to move along, and things have become a bit more normal although Seward still has some restrictions on business occupancy. The Post will continue to keep the Squadron members up to date on what is happening.



I want to thank Al Dykstra for his continued support and work at the cemetery and around the Post. He is showing all of us that the volunteer spirit is alive and well.

This month the Post will have the community breakfast on September 20th. There are no other special events or activities scheduled at this time but we will let you know if that changes.

The new membership year is here and the new SAL cards are in. Remember the dues are \$35.00 this year. Membership is foundation for all the SAL programs so please consider renewing your dues if you have not done so.



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.

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.



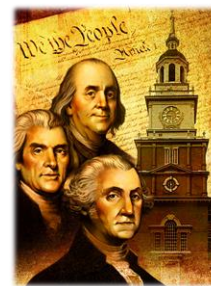
Constitution Day and Citizenship Day

Constitution Day commemorates the formation and signing of the U.S. Constitution by thirty-nine brave men on September 17, 1787, recognizing all whom 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 (unless it falls on a weekend or other holiday) 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. More than 78,000 Americans are still unaccounted for from World War II; 8,100 from Korea; 120 from the Cold War; 1,810 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.

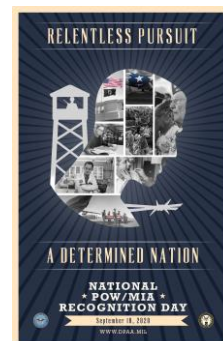
There is salt upon the bread plate... symbolic of the family's tears as they wait.

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 18 September 2020

For years, The American Legion Supported a National POW/MIA Recognition Day, it is now 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 July 15th, 2020 the number of missing and unaccounted for per the National League of Families:

TOTAL MISSING AND UNACCOUNTED FOR - 1,586

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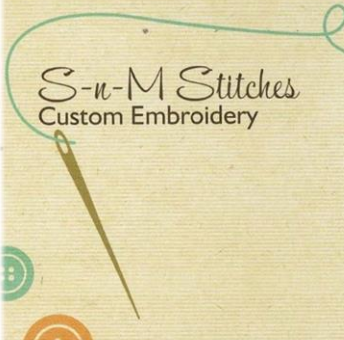


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September 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Mexican Martes 1	2	3	Steak Night 4	5
				ALR Meeting 5:30pm  B,B,M&C		
6	Labor Day 7	Mexican Martes 8	9	10	Steak Night 11	12
Luscious Leftovers 	BINGO!!! 6:30PM  Chili Dogs	Post Meeting 5:30pm 	Auxiliary Meeting 6pm 	SAL Meeting 7pm  B,B,M&C	 Patriot Day	
13	14	Mexican Martes 15	16	17	Steak Night 18	19
Luscious Leftovers 	BINGO!!! 6:30PM  Chili Dogs		American Legion Day 	Constitution and Citizenship Day CONSTITUTION DAY SEPTEMBER 17 TH  B,B,M&C	POW/MIA Day 	
20	21	Mexican Martes 22	23	24	Steak Night 25	26
3rd Sunday of the Month Breakfast  Luscious Leftovers	BINGO!!!! 6:30PM  Chili Dogs			 B,B,M&C		
27	28	Mexican Martes 29	30			
Luscious Leftovers 	BINGO!!! 6:30PM  Chili Dogs					



Food Every Night at the Post