



For God and Country

Seward Post 5 Newsletter

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COMMANDER'S COMMENTS

By Clare Sullivan



You'll see our American Legion Family "in action." 😊 We surely have some special people in our organization!

Whew! What a busy month but May always is with all the patriotic holidays and the events we conduct or support in service to our veterans and our community. Also, we've still been serving meals every day for members and those in need.

This month looks to be another good month, and for starters we will have a **Flag Day Ceremony** on Sunday, June 14th at around 6pm and will also celebrate the **US Army's Birthday** and of course have a **Father's Day Breakfast** on Sunday June 20th.

Just to recap for everyone all the great work by our volunteers this month...

Flag Day, like our other important patriotic Holidays, is necessary to preserve our significant history and to educate and keep traditions alive. Observing Flag Day does not just honor a great flag but it also reminds us of where we have been as a young country fighting for our freedom, and the incredible journey we have travelled to be the great nation that we are now. The road to where we are has been paved with bravery and the blood of those who found it worthwhile to keep pursuing our ideals of freedom and justice for

1. Legion Family End of Season Dinner (Pool League)
2. Scouts Board of Review
3. JAG Alaska Dinner
4. Scouts Court of Honor
5. Mothers' Day Breakfast
6. Armed Forces Day Hot Dog Feed in the Harbor
7. Bike Blessing (thanks Father Bill 😊)
8. 1st round of cemetery clean up with the Iron Mountain Future Farmers of America
9. 3rd Sunday of the Month Community Breakfast
10. Department Service Officer visit
11. Hosting & Dinner for the Wounded Warrior and Action (WWIA)
12. Armed Forces YMCA Combat Fishing Tournament
13. Memorial Day



all. As life's events compete for our attention, these patriotic holidays frequently get shelved or receive token attention and have become associated with some stores' holiday sales. Sometimes the overt demonstration to display Patriotism is met with a bit of resistance, condescension or hesitancy simply because the observances have taken the backseat to other unrelated activities surrounding the holiday.



And, all this is in addition to our normal daily and weekly activities. So, I think we dispelled the belief that our post is just a quiet and sleepy locale for vets to hang out! 😊 Thanks for all your hard work, your efforts support so many in ways you don't even know!

With that said, we have the obligation as members of the American Legion Family to keep these traditions alive and inspire others by our actions of Patriotism and Americanism. According to The American Legion, **Americanism** is an ideology, or belief in devotion, loyalty, or allegiance to the United States of America, or to its flag, traditions, customs, culture, symbols, institutions, or form of government. And, in the words of [Theodore Roosevelt](#), our 26th President "Americanism is a question of spirit, conviction, and purpose, not of creed or birthplace."



I would like to list everyone who was involved in all our service-oriented projects, but I think I'd have a huge newsletter in order to get everyone listed. That might not be the best use of my space here, but if you get an opportunity, please take a look at our [Facebook](#) page. You'll get a good idea of what we do and what we've accomplished. Scroll through the timeline and you'll get an appreciation of what a small-town post can still do in service. Please flip back to the second to the last page of the newsletter too for a brief photo montage of what we did this month!

Please consider reading up on our patriotic holidays, particularly Flag Day for this month and fly our US flag. We have a great country, and all our patriotic holidays are so very important to us to remember as a nation and to continue as a free people.

For God and Country

Directors Notes...

By Bobby Dunno



Riding season is in full swing and we see bikes everywhere. Now all we need is some decent riding weather to enjoy it! Let's hope that we get more nice days than rainy 'cause if you are like me, I think we have had enough for a while. Well on to ALR business, and the first news I would pass is I am not an ALRA officer, no more, just Director of Chapter 5 (finally).

In May, we had our Bike Blessing and Memorial Day ceremonies. Father Bill did an outstanding job at the Bike Blessing, if you did not attend you missed out. May, for the most part, was a cold and wet period of riding but we had a few bright sunny days, and on one of those Bill Pike and I rode to Palmer back for a visit to the Operators Union Local 302 training facility, the ride there and back was glorious and the temperature reached 72 degrees that day for the ride home.



But now we are in June things are picking up for the ALR, the ALR Chapter 35 has been asked to participate in the presentation of our nation's colors on the 12th of June. They are inviting any ALR member to join in for the ceremony, their comment was the more bikes the better. 😊 Following that, we will have the ROMP which has a lot happening. They are anticipating a larger turn out so they will be separating into smaller groups leaving at 15 minute increments. The first group out will be the Pony Express Riders who will be showing up at the Post we are visiting to receive any donations that are being made. They are looking to have at least one rider from every chapter to participate in the Pony Express, sounds like they could be having a good time out front of everyone. Me, I will be there for the ALR meeting being held at 0900 at Post 30, and we will be voting on the new by-laws and we will be represented at that



vote. Afterwards I will be seeing the groups off as they continue around the loop via Tok, Alaska I wish everyone well on the road we know as the Tok cutoff. My family and I are staying in Fairbanks and playing tourist. 😊

There is another thing of note, Don Sutherland's bike sold and is staying here in Seward. Along with that we can start working on Rick and April and get them signed up to be ALR members. 😊 I know it is going to do my heart good to occasionally see that pretty bright red ride cruising around.



In July we are anticipating the **Salute to Vets** in Sterling AK. All that and we have yet to make an Ice Cream Run this season so when you want to enjoy the day and have some Ice Cream give everyone a call and we can...

Get on Your Bikes and Ride!



Wounded Warriors in Action (WWIA)

Lieutenant Colonel (Retired) John J. McDaniel founded Wounded Warriors in Action Foundation in 2007. A retired Army officer, John felt that his service to the nation was not yet finished. He started as a concerned citizen taking a few Wounded Warriors out on hunting and fishing trips, but quickly saw that the need for this kind of healing was greater than he could support on his own. In 2009 WWIA was granted 501(c)(3) nonprofit status and has been changing the lives of American Heroes and American Sportsmen and women across the country ever since.



One of our Seward Post 5 members who is a charter captain -John Moline has been supporting this outstanding foundation nearly since it's inception and every summer he sponsors the warriors from WWIA for a week of fishing and seeing the sights in Seward. He now is joined by Joe Lidell who was one of the earlier WWIA folks to come to Seward and is now helping this effort and both have spent many nights with us at Post 5 experiencing great camaraderie with these fine warriors at our "social area" and exchanging fishing stories, tales about Alaska, and just enjoying veterans being with veterans in our "alternative living room" here at Post 5!



House and Vice Report.....

By Mike Calhoon



Hello from the 2nd Vice Commander!

The Summer season is in full bloom and is on track to be very busy this year. Hope you all have a great summer filled with fun activities.

I would like to thank all the great volunteers that continue to support the Post 5 family in its mission of service to the veterans and the community of Seward. Without those volunteers Post 5 would not be able to provide everything we do for our members and the community. You are truly the backbone of the organization. The Club and Kitchen volunteers have been amazing and continue to provide good food and service for our membership and the community.



This month the Post will host the Flag Day Ceremony on June 14th at 6:00pm and our Father's Day/community breakfast on June 20th. There is rumor of a visit by one of the new Coast Guard Fast boats and we will let you know if and when it arrives.



Cemetery and building maintenance will be ongoing all summer so let us know when and where you would like to donate some time and effort and we will put you to work.

The next gun raffle will begin soon. It will be for a Glock 20sf 10mm pistol, model Gen 3 20SF. Tickets will be available soon. They will be \$20.00 with 120 to be sold.



The 2021 membership year is coming to a close. I would like to thank everyone who has renewed their membership and encourage those who have not to consider

doing 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.

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.

Sounding Off from the Sons....

By Mike Calhoon



Greetings from the SAL First Vice Commander.

Welcome to summer in Seward. Mixed bag of weather and lots of visitors in town. Looks like a more normal summer this year.

I want to thank the Squadron members who continue to support the Post 5 Family and all the activities offered to the membership and the community.



I would like to thank Squadron 5 member David "Ozzie" Osborn for his great work organizing and completing clean-up and maintenance of the Legion Cemetery in preparation for Memorial Day plus his good work at the Combat Fishing BBQ.

This month the Post will have a raffle for a Glock 20 pistol. It is a 10mm and tickets will be available soon. Also, there will be the normal Flag Day ceremony on June 14th at 6:00pm and Father's Day/community breakfast on June 20th. There will most likely be other activities that pop up and we will let you know when that happens.

Squadron 5 awarded two scholarships this year to graduating seniors this past month. We gave \$500.00 each to Emily Unrein and Kaytlyn Sawyer-Lemme.

Thanks to everyone who has renewed their dues this year. 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.

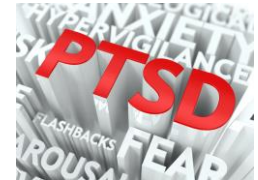
If you have any questions or concerns, feel free to contact me at 224-5440. Thanks again for all your support of the Post 5 family and I look forward to seeing you all around the Post when possible.



How Do People Observe Post-Traumatic Stress Disorder Awareness Day?

Much of what is done to observe PTSD Awareness Day involves encouraging open talk about PTSD, its' causes, symptoms, and most important of all, getting help for the condition. PTSD is, even in modern times, often misunderstood by those with no firsthand experience with the condition or those who suffer from it. PTSD Awareness Day is designed to help change that.

"Shell shock" and "combat shock" were earlier attempts to define and understand the symptoms of PTSD. Post-traumatic Stress Disorder was often stigmatized in popular culture after the Vietnam conflict, and many films and television shows featured antagonists or unsympathetic characters suffering from "Vietnam flashbacks" or other issues.



The misunderstanding of PTSD slowly began to change in 1980 when it was recognized as a specific condition with identifiable symptoms. As a result, since that time, Post-Traumatic Stress Disorder is listed in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM). This manual is a diagnostic tool for mental health professionals and paraprofessional workers in the healthcare field and is considered a definitive reference. The addition of PTSD to the DSM was a highly significant development.



JUNE IS PTSD AWARENESS MONTH

The Department of Defense publishes circulars, articles, and other materials to help educate and inform military members and their families about the condition. The VA official site has several pages dedicated to PTSD, and when military members retiring or separating from the service fill out **VA claim forms for service-connected injuries**, illnesses, or disabilities, there is an option to be evaluated for PTSD as a part of the VA claims process.

Today, the **symptoms of Post-Traumatic Stress Disorder** are better understood, treatable, and recognized by the VA as a service-connected condition. PTSD is not exclusive to veterans or currently serving members of the United States military, but a portion of those who serve are definitely at risk for PTSD.

Why are Coins Left on Veterans' Gravestones

After this Memorial Day as we were clearing the cemetery of the crosses, poppies and flags I recalled an old tradition that some may not know about. If you ever visit a veteran's grave you may see coins on the gravestone. A coin left on the headstone is a message to the deceased veteran's family that someone has visited their grave and paid their respects and to show that someone has visited the grave site to let them know that they are not forgotten and are still cared for. Each coin left on the top of the headstone for the veteran has its own meaning.

- ✚ A penny left on the gravestone means the gravesite was visited.
- ✚ A nickel left on the gravestone means that the person visiting the grave trained at boot camp with the deceased veteran.
- ✚ A dime left on the gravestone means the person served with them while in the military.
- ✚ A quarter left on the gravestone means the person who left the coin was with the veteran when they were killed.

The money placed on the gravestones is collected and put toward cemetery maintenance and for future burial costs.



June is PTSD Awareness Month

Info excerpts from militarybenefits.info

PTSD Awareness Day is observed every year on June 27th. **PTSD stands for Post-Traumatic Stress Disorder** and is a condition that many veterans and non-veterans alike suffer. PTSD can occur when someone experiences or witnesses a traumatic event. This condition wasn't always understood properly by the medical or military community, and Department of Defense press releases often point to earlier attempts to identify PTSD symptoms in the wake of service in World War 2, Vietnam, and other conflicts.

United States Army Birthday

By John R. Maass, Historian
US Army Center of Military History

America's Revolutionary War began on 19 April 1775 with exchanges of musketry between British regulars and Massachusetts militiamen at Lexington and Concord. As their fellow citizen soldiers from New Hampshire, Connecticut and Rhode Island responded to the alarm, a state of war existed between the four colonies and the British government. Called the Army of Observation, a force of New Englanders surrounded Boston and had the British troops who occupied it under siege, but they needed help. They appealed to delegates who represented all thirteen colonies to join them in the struggle for American liberty.



With words that sound hauntingly familiar two hundred forty-five years later, "The delegates of the United Colonies ... reposing special trust and confidence in the patriotism, valor, conduct, and fidelity" of George Washington, issued its first commission by appointing him "General and Commander in chief of the Army of the United Colonies, and of all the forces now raised, or to be raised by them, and of all others who shall voluntarily offer their services, and join the Defense of American liberty, and for repelling every hostile invasion..."



Flag Day Celebrated June 14, 1777

Flag Day! On May 30, 1916, President Woodrow Wilson issued a presidential proclamation establishing a national Flag Day on June 14th. Many Americans celebrate Flag Day by displaying the Red, White and Blue in front of homes and businesses. The day commemorates the adoption of the Stars and Stripes as the official flag of the United States.

According to American legend, in June 1776, George Washington commissioned Betsy Ross, a Philadelphia seamstress, to create a flag for the new nation in anticipation of a declaration of its independence.



On June 14, 1777, John Adams spoke about the flag at a meeting of the Continental Congress in Philadelphia. He said, "Resolved, that the flag of the thirteen United States shall be thirteen stripes, alternate red and white; that the Union be thirteen stars, white on a blue field, representing a new constellation." There have been twenty-seven official versions of the flag so far; stars have been added to it as states have entered the Union. The current version dates to July 4, 1960, when Hawaii became the 50th state.

Many Americans sing, pledge, and pay respect to the flag, "Old Glory," as a symbol of the country's democracy and independence. Saluting the flag is a way to celebrate and honor the United States of America.



When the delegates to the Second Continental Congress convened in Philadelphia on 10 May, they soon learned that armed men commanded by Ethan Allen and Benedict Arnold had captured the British forts at Ticonderoga and Crown Point on Lake Champlain in New York. The constitutional crisis, in which Americans

sought a redress of grievances from the British King and Parliament, had become open hostilities. The delegates realized that even though many desired reconciliation, they would now have to address the new military situation. The Congress took the next step that eventually transformed a local rebellion into a war for independence when it established the Continental Army: the force we know today as the U.S. Army.

On 14 June 1775, Congress "Resolved, That six companies of expert riflemen, be immediately raised in Pennsylvania, two in Maryland, and two in Virginia... [and] as soon as completed, shall march and join the army near Boston, to be there employed as light infantry, under the command of the chief Officer in that army."



The delegates then prescribed an oath of enlistment that required the soldiers to swear:

"I have, this day, voluntarily enlisted myself, as a soldier, in the American Continental Army, for one year, unless sooner discharged: And I do bind myself to conform, in all instances, to such rules and regulations, as are, or shall be, established for the government of the said. Army."

The next day Congress voted to appoint George Washington "to command all the Continental Forces" and began laying the foundation for "the American Army."



The History of Flag Day

The Fourth of July was traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the Flag is believed to have first originated in 1885. BJ Cigrand, a schoolteacher, arranged



for the pupils in the Fredonia, Wisconsin Public School, District 6, to observe June 14 (the 108th anniversary of the official adoption of The Stars and Stripes) as 'Flag Birthday'. In numerous magazines and newspaper articles and public

addresses over the following years, Cigrand continued to enthusiastically advocate the observance of June 14th as 'Flag Birthday', or 'Flag Day'.



On June 14, 1889, George Balch, a kindergarten teacher in New York City, planned appropriate ceremonies for the children of his school, and his idea of observing Flag Day was later adopted by the State Board of Education of New York. On June 14, 1891, the Betsy Ross House in Philadelphia held a Flag Day celebration, and on June 14th of the following year, the New York Society of the Sons of the Revolution, celebrated Flag Day.

Following the suggestion of Colonel J Granville Leach (at the time historian of the Pennsylvania Society of the Sons of the Revolution), the Pennsylvania Society of Colonial Dames of America on April 25, 1893 adopted a resolution requesting the mayor of Philadelphia and all others in authority and all private citizens to display the Flag on June 14th. Leach went on to recommend that thereafter the day be known as 'Flag Day', and on that day, school children be assembled for appropriate exercises, with each child being given a small Flag.



Two weeks later on May 8th, the Board of Managers of the Pennsylvania Society of Sons of the Revolution unanimously endorsed the action of the Pennsylvania Society of Colonial

Dames. As a result of the resolution, Dr. Edward Brooks, then Superintendent of Public Schools of Philadelphia, directed that Flag Day exercises be held on June 14, 1893 in Independence Square. School children were assembled, each carrying a small Flag, and patriotic songs were sung and addresses delivered.

In 1894, the governor of New York directed that on June 14 the Flag be displayed on all public buildings. With BJ Cigrand and Leroy Van Horn as the moving spirits, the Illinois organization, known as the American Flag Day Association, was organized for the purpose of promoting the holding of Flag Day exercises. On June 14th, 1894, under the auspices of this association, the first general public school children's celebration of Flag Day in Chicago was held in Douglas, Garfield, Humboldt, Lincoln, and Washington Parks, with more than 300,000 children participating.



Inspired by these three decades of state and local celebrations, Flag Day - the anniversary of the Flag Resolution of 1777 - was officially established by the Proclamation of President Woodrow Wilson on

May 30th, 1916. While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until August 3rd, 1949, that President Truman signed an Act of Congress designating June 14th of each year as **National Flag Day**.



On June 14, 2004, 108th U.S. Congress unanimously voted on H.R. 662 declaring Flag Day originated in Waubeka, Ozaukee County, Wisconsin.



Now, Stony Hill School is a historical site and is located in Waubeka, WI, and the National Flag Day Foundation (of which Cigrand was once president) is still actively pursuing Cigrand's mission. A yearly celebration of Flag Day occurs on the second Sunday in June, and patriots of not only Waubeka, WI but from across the Union gather to celebrate where Flag Day was founded.



Since not everyone can get to Facebook, I thought I would add a few select photos of the events and our great volunteers for the past month's activities. We have some great volunteers in our Seward Post 5 American Legion Family...

Thanks to all who attended and participated in all our May events!

Bike Blessing, Harbor Opening, Armed Forces Day & Cemetery Clean Up



Combat Fishing



Cemetery Prep, Memorial Day, 22 Minute Salute



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June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Mexican Martes 1	2	B, B, M&C 3	Steak Night 4	5
			Guest Chef Night Salisbury Steak  Yum!!!!	ALR Meeting 5:30 pm 		
6	7	Mexican Martes 8	9	B, B, M&C 10	Steak Night 11	12
<u>Luscious Leftovers</u>	Chili Dogs BINGO!!!! 6:30PM  	Post Meeting 5:30pm 	Auxiliary Meeting 6:00pm 	SAL Meeting 7:00pm 		
13	Flag Day 14	Mexican Martes 15	16	B, B, M&C 17	Steak Night 18	19
<u>Luscious Leftovers</u>	BINGO!!!! 6:30PM  Flag Retirement Ceremony US Army Birthday			SOULMATES 		
20	21	Mexican Martes 22	23	B, B, M&C 24	Steak Night 25	26
Father's Day Breakfast HAPPY FATHER'S DAY  <u>Luscious Leftovers</u>	BINGO!!!! 6:30PM  Chili Dogs 		Coast Guard Auxiliary Birthday 	 shutterstock: 246496198		
27	28	Mexican Martes 29	30			
PTSD Awareness Day  <u>Luscious Leftovers</u>	BINGO!!!! 6:30PM B I N G O Chili Dogs 			Flag Day! 		
	Food Served Every Night at the Post!!!					