



VETERANS STRENGTHENING AMERICA

SEWARD POST 5 NEWSLETTER

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COMMANDER'S COMMENTS

By Clare Sullivan



Wow! What a month! We hit the ground running with all our events. It was a super busy May with all our patriotic holidays and the events we conduct or support in service to our veterans and our community.

Just to recap for everyone all the great work by our volunteers this month... and have all "regular activities!"

1. Pool & Poker Leagues End of Season Dinners
2. Mothers' Day Breakfast and Dinner
3. ALR 2nd Saturday of the Month Breakfast
4. Armed Forces Day Hot Dog Feed in the Harbor
5. Bike Blessing (thanks Deacon Wally 😊)
6. 3rd Sunday of the Month Community Breakfast
7. Flag Etiquette class for the 3rd and 4th Graders
8. Combat Fishing Tournament Captains Dinner and next night Awards Banquet
9. Cemetery Clean up, and the placement of crosses, poppies and flags on each grave
10. Memorial Day Ceremony and lunch at the Post

Whew!!!!

A good time had by all!!



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! And it's all done by our amazing volunteers! You guys totally make it happen!!!!

I would like to list everyone who was involved in all our service-oriented projects and events, but I think I'd have a huge newsletter 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. We have a running accounting with info and photos on what we do! You'll see our American Legion Family "in action." 😊 We surely have some special people in our organization!

This month looks to be another good month, and for starters we will have the **ALR 2nd Saturday Breakfast, Flag Day Ceremony on Sunday, June 14th at noon and will also celebrate the US Army's Birthday and of course have a**

Father's Day Breakfast on Sunday June 21st for all the wonderful dads out there, which also is the 3rd Sunday of the Month Breakfast - so it's a "twofer." 😊

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 for the last 250 years 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 all. And, in these trying times right now, we must remember and work to preserve those principles, virtues and the heroic actions that made us what we are today.



As life's events compete for our attention, these patriotic holidays frequently get shelved or receive token attention and have become associated with many stores' holiday sales. Sometimes the overt demonstration to display our American 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. So wear your red, white and blue and fly your country's flag! 😊

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."



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.

Adjutant and Vice Notes

By Mike Calhoon



We are heading to summer and hopefully it will be a pleasant and productive season. The busy month of May is over, but June has quite a few things happening so let's keep up the good work.

Thanks to everyone who dedicated time and effort towards our May activities. We had multiple breakfasts and we had the Armed Forces Day Hotdog feed, the Combat Fishing Tournament, and Memorial Day activities. We truly appreciate everyone who donated their time and effort to help us with all these activities. Couldn't pull it all off without our great volunteers.

As always, I do want to thank the great Club volunteers that give their time each week to keep the social area running while providing beverage and food service for all of you. Please remember, these folks do not get paid and work for tips only.



This month we will host the crew of *the USCGC Kukui for dinner on June 6th, ALR breakfast on June 13th, Flag Day ceremony on June 14th, Father's Day breakfast on June 21st*, and whatever else pops up. Let me know if you would like to help with any of these activities.

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 2026 membership year is winding down. I want to thank each of you that helped Post 5 reach its 100% goal. It's not too late to renew your membership which supports all the programs and activities of Post 5 and those of the Department of Alaska and the National American Organization. You can renew your membership by going to mylegion.org to renew online, you can mail your renewal 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.

Thanks to all of you who continue to support your Post and all the activities designed to support our membership, our veterans, and the community. We look forward to seeing you all and please feel free to call if you have any questions or concerns.

For God and Country

Notes from the Sons

By Mike Calhoon



Greetings from the SAL First Vice Commander.

Hey Squadron 5, looks like summer is almost here. Hope the chilly spring leads to a warm summer season.

Remember, as we roll through early 2026 your continued support of our Legion Family here at Post 5 is needed and appreciated. The support you provide is very important in helping the Legion family carry out its mission for our veterans and community.

Squadron 5 members continue to be involved with all the Post 5 Family functions and activities. Thank you for everything you do on a daily basis.

The summer project the SAL is taking on will be refinishing the cemetery arch at the Legion Cemetery. Mickle Mooter and Randy Kockritz will be spearheading this project, so, if you would like to help, please contact them and let them know your availability.

This month the Post will host the crew of the *USCGC Kukui on June 6th, the ALR breakfast on June 13th, Flag Day ceremony on June 14th, and Father's Day breakfast on June 21st*. Let us know if you have time to come help with any of these activities.

Thanks to all of you, Squadron 5 reached its membership goal this year. Membership supports the Legion Family programs, so, if you have not renewed your membership yet please consider doing so. You can go to mysal.org to renew online or come by the Post.

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.



From the President's Desk

By Debbie VanTassel



As the whirlwind month of May comes to an end, I would like to take this opportunity to thank all of our great volunteers for their hours and hours of work to make all the events in May a success. Our American Legion family would not be able to accomplish all that we do without these amazing volunteers.

May is the month for remembering those who made the ultimate sacrifice to fight for and preserve the freedoms that we treasure today. On Memorial Day, the ceremony at the American Legion cemetery helped us to remember the military personal who made the ultimate sacrifice to keep us free. Thank you to the volunteers that helped put out the crosses and flags to help us remember and honor all of those who are no longer with us.



Reminder that every Monday night the Auxiliary hosts the ever-popular BINGO night. Come on down for a fun and relaxing evening. Thank you to the volunteers that work every week to make BINGO possible. And thank you to all the people who come down and play.

Combat fishing held on May 20th was another big success. Although mother nature wasn't very nice that day, the military personnel that went out fishing for the day had a great time, caught some fish and enjoyed a great dinner and banquet. Again, thank you to the many volunteers that made this program such a success year after year.

Also remember, the Auxiliary has the **Fun Fund Raiser Patriot Pet** photo submission going. I know many or most of you have Pets, come on let's see those pictures! Lets show off our pets! You have till October to submit photos so still plenty of time!

As we move into June and hopefully summer weather, we have several specials days and events on the calendar.

D-Day is June 6th. This day commemorates the day in 1944 that Allied forces stormed the beaches of Normandy. Five landing beaches were selected for the assault: Utah, Omaha, Gold, Juno, and Sword. As the day began, the

largest fleet assembled began its assault on the beaches of Normandy. By the end of the day, the Atlantic Wall, had fallen and the invasion was a success. The significance of the D-Day landings is that they represent a major turning point in World War II. Less than a year after the invasion, the Allies formally accepted Nazi Germany's surrender. D-Day is a day to remember those who made the ultimate sacrifice that day on the beaches of Normandy so that we can enjoy the freedoms we have today.

The **Auxiliary Meeting will be held on June 10th at 6 PM.** Please come join the meeting. We are always looking for new ideas and input to help the Auxiliary in its mission to help veterans, military personnel and the community. This is also Women Veterans Day. A day to remember and thank all the Women who have proudly served and continue to serve in our military forces.

June 14th is Flag Day. The Post does a nice ceremony to recognize and honor the American Flag. June 14th, commemorates the day in 1777 when the United States approved the first design for the American Flag. In 1916 Pres. Woodrow Wilson proclaimed June 14 as the official date for Flag Day, and in 1949 the U.S. Congress permanently established the date as National Flag Day. This is also the US Army Birthday-

June 21st - Happy Father's Day! This also happens to be the 3rd Sunday of the Month and Father's Day so the Post will be serving up a great breakfast for everyone to enjoy. Come to the Post between 9 and 11 am.

June 21st- Happy Solstice. The longest day of the year and the official start of hopefully a great summer.

June 27 - PTSD Awareness Day. Post Traumatic Stress disorder was not widely recognized until about 1980 when it was finally recognized as a specific condition with identifiable symptoms. Previous to this it was often referred to as "shell shock" or "combat shock". June 27 designated as PTSD Awareness day encourages open communication and talk about the symptoms and effects of PTSD and suicide awareness. If you know someone who is suffering from PTSD or has the symptoms encourage them to seek assistance.

June will be another busy month and I hope everyone has a chance to get out and enjoy the summer.

For God and Country



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

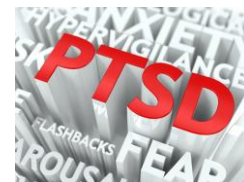
Info excerpts from militarybenefits.info

PTSD Awareness Day is observed every year on June 27th 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.

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.

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.



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."



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.



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.



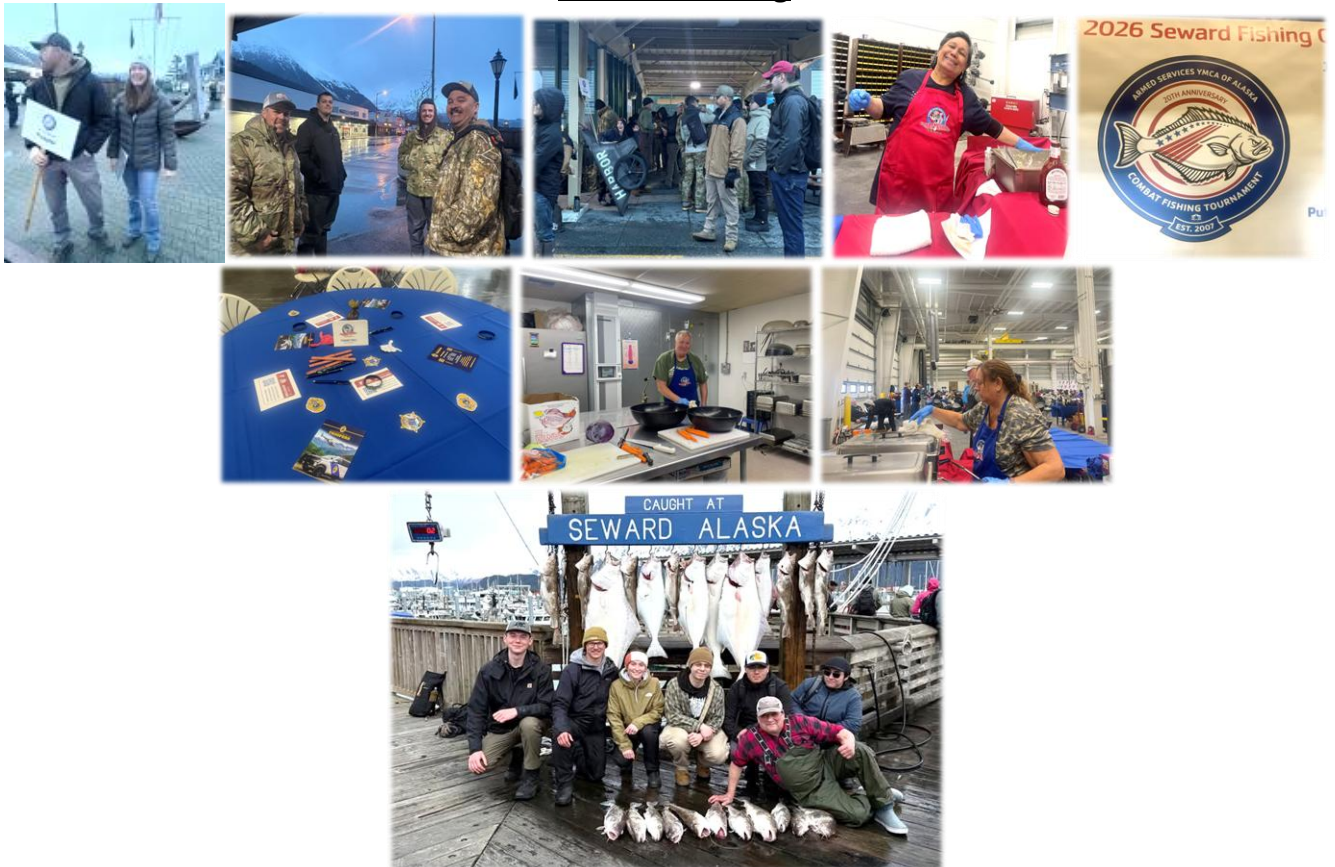
Since not everyone can get to Facebook, I thought I would add a few select photos of the events and our great volunteers for the past month's activities. We have some great volunteers in our Seward Post 5 American Legion Family...

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

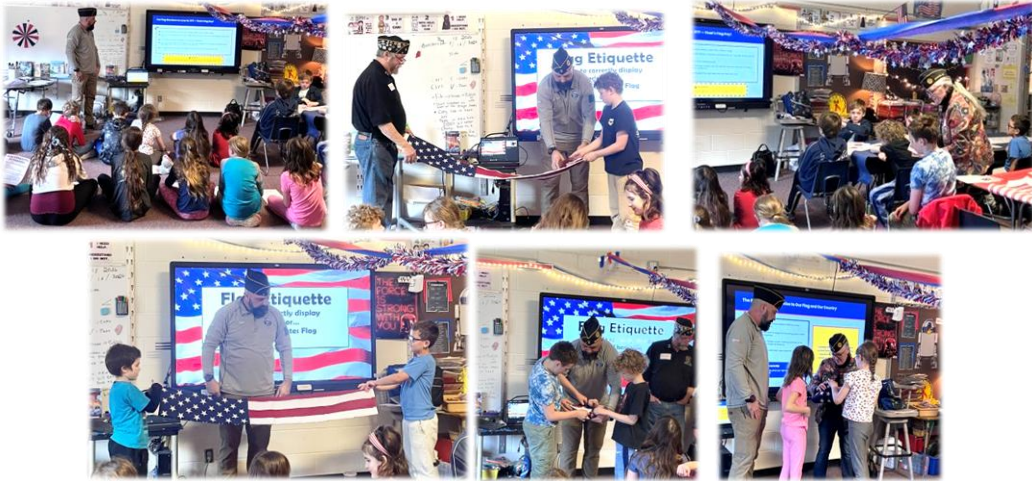
Bike Blessing, Mermaid Festival, Armed Forces Day with Girls Troop 2568 & Cemetery Prep



Combat Fishing



Flag Education and Etiquette at Seward Elementary School



Memorial Day at the Legion Cemetery



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June is adopt a cat month...



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June 2026



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|-------------------------|------------------------------|---|----------------|---------------------------------------|
| | 1 | Mexican Martes 2 | Whatever Wed 3 | B, B, M&C 4 | Steak Night 5 | 6 |
| | Chili Dogs BINGO!!! 6:30PM | | | ALR Meeting 5:30 pm Igloo #9 Meeting 6:30 pm | | USCGC Kukui Dinner D-Day, 1944 |
| 7 | 8 | Mexican Martes 9 | Whatever Wed 10 | B, B, M&C 11 | Steak Night 12 | 13 |
| LEFTOVERS Luscious Leftovers | Chili Dogs BINGO!!!! 6:30PM | Post Meeting 5:30pm | Auxiliary Meeting 6:00pm | SAL Meeting 7:00pm | | ALR Breakfast 9-11am |
| US Army Birthday 14 | 15 | Mexican Martes 16 | Whatever Wed 17 | B, B, M&C 18 | Steak Night 19 | 20 |
| Flag Retirement Ceremony | Chili Dogs BINGO!!! 6:30PM BINGO | | | | | |
| 21 | 22 | Mexican Martes 23 | Whatever Wed 24 | B, B, M&C 25 | Steak Night 26 | 27 |
| Father's Day Breakfast 9-11 HAPPY FATHER'S DAY Luscious Leftovers Summer Solstice "Summer" Begins | BINGO!!!! 6:30PM Chili Dogs | | | | | PTSD Awareness Day |
| 28 | 29 | Mexican Martes 30 | Whatever Wed 31 | | | |
| Luscious Leftovers | Chili Dogs BINGO!!! 6:30PM BINGO | | | Flag Day! | | |
| | Food Served Every Night at the Post!!! | | | | | |

New Membership Year begins on 1 July 2026, get your cards now!!!!