

VETERANS STRENGTHENING AMERICA

SEWARD POST 5 NEWSLETTER

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American Legion Seward Post 5

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COMMANDER'S COMMENTS

By Clare Sullivan

We had a great March with lots of activities! And, as stated nearly every month, year in and year out, busy seems to be a common term for our "normal month!" We have been fortunate that things are running pretty smoothly and that allows us to do "business as usual" - that is, with the strange nearly snowless winter, and it looks like things are warming up, but we're still getting reminded that we live in Alaska! Please let it not be another "False Spring!" - 😊 We're getting into tourist season with more folks coming into town as the visitors' industry is gearing up, so welcome the new faces! Now, onto accounting for the month of March and what we are planning beyond.

This past month we celebrated the American Legion Birthday and Saint Patrick's Day in style with good food and fun Karaoke, thanks to our **KJ Suzi!**



Saint Patrick's Day was well attended with lots of good friends, good food and good drink! 😊 That Irish Stew, corned beef and cabbage, Irish Soda Bread and Guinness Brownies were a sure crowd pleaser and memorable!!! It was also birthday day too with several of our members celebrating their special day and "the wearing o' the green!" Busy times with good folks!!



As we closed out March, we had one last celebration for the month which was our new officer **Installation & Dinner**. We had a wonderful meal and then installed our officers for the 2025-2026 year. We look for some good things to happen in our new year



I want to thank Department Adjutant and PDC Sharon Cherrette who drove down from Anchorage to do our installation and share in some fun and good camaraderie with our American Legion Family. We took an innovative approach to getting all our organizations installed, and as crowded as it was, it was huge success and everyone was well fed too! 😊 I want to thank all our volunteers - whether in the kitchen, behind the bar or decorating, you make it happen as this post is your "post home" and we all benefit when we all pitch in. We do make it a "family affair!" You guys rock!!!!

And we started it off with the with the **National Ocean Science Bowl (NOSB) breakfasts**, and huge kudos to all those who got up so early to feed these many competitors at 0600 hours!!



Right after that weekend, we had our first wine tasting event and it was a huge success! Lots of great wines to taste and super yummy food pairings! Thanks to Connie Kullander who created the Charcuterie Board for us to pair with our wines... a good time had by all!!!!



Post MEMBERSHIP Notes!

It is now April, and we are fully in the 2025 membership year.



"We're in the Hunt," and "danger close" to our membership goal, and for those of you have already renewed, **Thank You** for your renewal and your membership. If you haven't, please consider doing so as we're here to support you and all in our membership and our community. Your continued membership tells us we're heading in the right direction and you're happy with our support to our veterans and our community. We will strive to serve and where possible do more where we can.

If you have had one of our complementary meals whether during the holidays or during the week, or had a child who received a scholarship, or a neighbor who received help in times of need, please know we can only do this due to having a strong and active membership; and when you think about it, these kinds of support more than compensates annual dues. We, at Seward Post 5, are only as good as the strength of our members. With that strength, it permits us to reach out and help others. We really have a great organization and have a solid group of folks dedicated to our veterans and our community!

Thanks again to all who are members and those that volunteer at the post, or those who simply stop by to visit with friends and family. Whatever your participation, everything helps and is truly appreciated. Thanks!!!!



City of Seward Comprehensive Plan Town Hall

Come provide your input on the direction of our town and what you would like to see in the years to come. Three opportunities to participate!

It's your town, make your voice heard! 😊

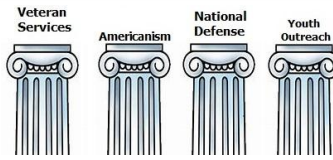
Not limited to only "in-City" residents. If you live in the "greater metropolitan area" you're included!!! 😊

April 22nd - 5:30 - 7:30 pm at K.M. Rae Building

April 23rd - 5:30 - 7:30 pm at Bear Creek Fire Department

April 24th - 5:30 - 7:30 pm at Seward High School

As we enter April, I'd like to Remind you each month the American Legion has programs that focus on veterans, their families, and the community for



support and observance; April is the **Children and Youth Month**, which also happens to be one of the Four Pillars of the American Legion on which we stand as a service organization. We have many ways to get involved from simply making donations to child welfare organizations to active involvement in school programs that help in the areas of children's education, safety and health. As we know our youth is our future, so we have an obligation to invest in our future for the benefit of all.

As April progresses, we will be forming our scholarship committees and will be reviewing the applications for scholarships from graduating seniors from Seward High School.



Each of our organizations provide scholarships to select students to further their education and to recognize their scholastic excellence as well as their community service efforts.

April - Children and Youth Month

Children ... Our most precious natural resource is the American Legion's national theme for "**April Is Children & Youth Month.**"

As Americans, we need to remember amid the problems we face daily with the environment, crime, unemployment, inflation and financial uncertainty; the one constant that will make or break this nation is our young people. They are our future. Our hopes and dreams for a better tomorrow rest in their hands.

The American Legion has been actively involved with children's issues since the early 1920s. In many instances, the American Legion has been the driving force on the federal, state and local levels representing their interests and voicing their concerns.

Each year Members of The American Legion Americanism Commission's Committee on Children & Youth have been entrusted with the responsibility of upholding the fourth pillar - the one that braces our nation's veterans by caring for their children, and our nation's children.

The purpose of the committee is to formulate, recommend and implement plans, programs and activities designed to:

- Assure care and protection for the children of veterans.
- Improve conditions for all children and youth, with due concern for maintaining the integrity of the family home.
- Prevent social and physical ills of children and youth where possible.
- Maintain a balanced program that provides for their physical, emotional, intellectual and spiritual needs.

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American Legion Post 5 Family Officers for 2024 - 2025

POST OFFICERS

Commander:	Clare Sullivan
1 st Vice Commander:	Bobby Dunno
2 nd Vice Commander:	Michael Calhoon
Adjutant/Finance:	Michael Calhoon
Service Officer:	David Walker
Judge Advocate:	Dave Squires
Chaplain:	Fr. William Hanrahan
Historian:	Susie Martin
Sgt-at-Arms:	Matt Stanley
Executive Board:	Daniel Oliver
	Bill Chapman
	Dave Johnson



AUXILIARY OFFICERS

President:	Debbie VanTassel
1 st Vice President:	Michelle Oliver
2 nd Vice President:	
Secretary:	Clare Sullivan
Treasurer:	Susie Martin
Chaplain:	Valerie Rose
Sgt-at-Arms:	Randy Kockritz
Historian:	Donna Walker
Executive Board:	LaNno Settles
	Yolanda Valdivieso
	Kathleen Christenson



SONS OF THE AMERICAN LEGION

Commander:	Mike Mooter
1 st Vice Commander & Adjutant:	Michael Calhoon
2 nd Vice Commander:	Tyson Alderman
Finance:	Randy Kockritz
Chaplain:	Mike Little
Sgt-at-Arms:	Zack Nowicki
Historian:	David Osborn



AMERICAN LEGION RIDERS

Director:	Bobby Dunno
Assistant Director:	Larry Gentry
Sergeant at Arms:	Terry Moon
Secretary:	Debra Dunno
Treasurer:	Mike Calhoon
Chaplain:	Larry Gentry
Historian:	Clare Sullivan



Congrats to New & Returning Officers!!!!

2nd Vice & Adjutant Report...

By Mike Calhoon



Sounding Off from the Sons...

By Mike Calhoon



Hello from the Second Vice and Adjutant,

Great to see the change of seasons happening and we are hoping for a great Spring season.

Thank you to everyone who dedicated time and effort towards our March activities. We could not accomplish what we do without the great volunteers. Whether you volunteer often or just occasionally, we truly appreciate it.

This month we have the ALR breakfast on April 12th and the Easter/community breakfast on April 20th. We will let you know if other activities come up. If you would like to help with any of these functions, please let us know.

Officer elections were held last month for each of the Post 5 family organizations. The officers were installed on March 29th, and we had a great Prime Rib dinner to celebrate the occasion. A big Thank You goes to Clare Sullivan, Connie Kullander, Sharon Dillon, Carol Souza, and Dawn Ernst for decorating, cooking, serving and cleaning up for that event. Also, thanks go to Carol Souza and Travis Coles for the great gifts and Debbie VanTassel for the room basket. Great help for a great event.

We will have another raffle starting soon so watch for the announcement on that.

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.

We are very close to reaching our membership goal for 2025. If you have not done so, please consider renewing your membership. To renew for 2025 you can go 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, \$40.00 for Auxiliary members, and \$35.00 for SAL members.

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

Greetings from the SAL First Vice Commander.

Spring is here, and even though the weather is still in flux, we can start to get ready for the summer season ahead.

I want to Thanks to everyone for your continued support of our Legion Family here at Post 5 during the first quarter of 2025. The support you provide is very important in helping the Leion family carry out its mission for the veterans and community.

Our great SAL volunteers continue to support the goals and mission of SAL Squadron 5. I will not try to name everyone who gave their time, effort, and money to the organization this year as I will surely forget some. Just know how much we appreciate your time.



This month the Post will host the ALR breakfast on April 12th and the Easter and community breakfast on April 20th. We'll have to see what else comes up. Let us know if you have time to support any of these functions.

We are very close to reaching our goal for the 2025 membership year so if you have not yet renewed, please consider doing so. Dues are \$35.00. You can renew online at mySAL.org, come to the Post to renew or mail in your \$35.00 to PO Box 3091. Remember, your membership helps us support the mission and goals of the Sons of American Legion and the Post 5 family.

The SAL Officers installed on March 29th are Cdr Mike Mooter, 1st Vice Mike Calhoon, 2nd Vice Tyson Alderman, Finance Officer Randy Kockritz, Chaplain Mike Little, Sgt at Arms Zach Nowicki, Historian David Osborn, and Adjutant Mike Calhoon.

Our monthly meeting is held on the 2nd Thursday of the month and all Squadron 5 members are invited to attend.

Nomination for new officers begins this month, so if you have an interest, please attend the monthly meeting.

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.



Children and Youth Programs Con't from pg 3

In the years after the American Legion's founding, members realized that neglect of family and child welfare problems affected disabled veterans' rehabilitation. Following a year of careful study, the organization adopted the American Legion Child Welfare program in 1924.

Established a year later, in 1925, the American Legion National Child Welfare Division put forward the "**Whole Child**" Plan, stating that the child of every veteran "should have a home ... health, education, character, and opportunity." The three principles found in Resolution No. 199 (Fall 1951) titled, "Re-Emphasize Three Major Principles of Child Welfare Programs of The American Legion," are:

- ✚ **Strengthen the family unit against the forces of a more complex society.** The American Legion recognizes that the optimal environment for children is at home with his or her own parents. Our efforts have always been directed toward keeping the family together.
- ✚ **Extend support to sound organizations and facilities that provide services for children and youth.** The American Legion always acts in a supplementary capacity rather than duplicating the efforts of existing agencies.
- ✚ **Maintain a well-rounded program that meets the needs of today's young people.** This third principle provides elasticity to address all matters of child health and child welfare; and affirms The American Legion's commitment to all children.

While these principles are the heart of the "Whole Child" Plan, four methods are the muscle: **Education, Legislation, Material Aid and Prevention.** Further information can be found in the Children and Youth Department Program Guide.

In 1938, April was formally designated as Child Welfare Month (now called Children & Youth Month) and has continued on an annual basis.

Over the decades, the development of new and improved public programs to provide economic security for children has made it possible for the Legion to focus on other problem areas. To date, no area of child welfare has gone untouched by the collective hand of The American Legion. The very program of Children & Youth itself is unique from any agency, governmental or private, in its ability to expand from every area of concern for child welfare and health.

Temporary Financial Assistance - Through TFA, an American Legion post can call upon the national organization for cash assistance to help maintain the basic needs of children of active-duty servicemembers or American Legion members. Non-

repayable grants are awarded to eligible families with a child in need when all other resources have been exhausted.

Child Safety - The American Legion's Committee on Children & Youth believes that child safety is everyone's concern. Prevention through education remains the best way to keep children safe. To promote child safety, The American Legion publishes several useful brochures to educate children and parents and supports numerous national initiatives to keep children safe. Areas covered include: Child pornography • Drug abuse prevention • Drug trafficking • Alcohol abuse prevention • Child/sexual abuse and neglect • Teen suicide prevention

Child Health - the American Legion Child Health efforts on encouraging families to ensure children and youth are current with necessary vaccines and health concerns including: • Immunization programs • School nutrition programs • Teen pregnancy prevention programs

Family Support - The American Legion recognizes that families of active-duty and deployed military personnel face unique difficulties and hardships. With the help of the Family Support Network, these families do not have to shoulder this burden alone. They can connect with American Legion Family members by requesting assistance through the nationwide toll-free number or electronic application. Legionnaires at the post level then provide assistance such as performing minor household chores and repairs, completing a Temporary Financial Assistance application and connecting the family with local programs, this program which includes TFA focuses on the total family of active-duty military member and includes: National Family Week activities • Day care safety • Foster care • Missing and Exploited Children Awareness

Child Well-Being Foundation - The American Legion Child Well-Being Foundation (formerly called the Child Welfare Foundation) accomplishes their goals each year by awarding grants to nonprofit youth-serving organizations for disseminating information that conforms to the foundation's purpose. Since 1954, more than \$17 million has been granted to help deserving organizations produce and distribute current and valuable information.

Veterans and Children Foundation - The purpose is twofold: to fund service officer training and provide free assistance for disabled veterans and to extend a financial safety net for needy military and veteran families with children.



From the President's Desk

By Debbie VanTassel



Spring has sprung and we are having some great spring weather. Get out and enjoy before the craziness of summer arrives!

First Congratulations to the newly installed Auxiliary Unit 5 officers for the 2025-2026 year.

President- Debbie Van Tassel, 1st Vice- Michelle Oliver, Secretary- Clare Sullivan, Treasurer- Susie Martin, Chaplain- Valerie Rose, Historian- Donna Walker, Sgt-at-Arms- Randy Kockritz, E-Board- LaNno Settles, Yolanda Valdivieso, Kathleen Christenson. Congratulations and look forward to a successful year. The Installation Dinner was held March 28 and was enjoyed by many. Great food and great attendance to bring in the new officers for the Legion family for the 2025-2026 year.

Thank you to the outgoing officers for your dedication and service this past year- Sharon Dillon, Connie Kullander, Marilyn Sutherland and Suzie Towsley. We appreciate your commitment to the Auxiliary.

Department Convention will be held the end of April in Palmer, AK. We have Valerie Rose and Susie Martin attending to represent Seward Unit 5. Enjoy the convention and learn lots of information to bring back to the Unit.

Congratulations Unit 5! We reached 100% membership this month. This is wonderful news. Thank you to all our members who have renewed.

Remember Bingo is every Monday night. Doors open at 6 PM and games start promptly at 630 PM. Thank you to the volunteers who make this happen on a weekly basis.

April is fairly quiet at the Post. April 20th will be the 3rd Sunday breakfast which also happens to be Easter breakfast, so come down and have some great food prepared by great volunteers. April 12th will be the second Saturday breakfast hosted by the ALR again come down and support the ALR and enjoy a hearty breakfast.

Other important days in April

- ✚ April 5- Gold Star Spouses Day
- ✚ April 9- National Former POW Recognition Day
- ✚ April 14- Air Force Reserve Birthday
- ✚ April 15- Purple Up Day for Military Children - Wear purple to show support and thank the Military Children for their strength and sacrifices they endure while their parents are serving our country. Purple indicates

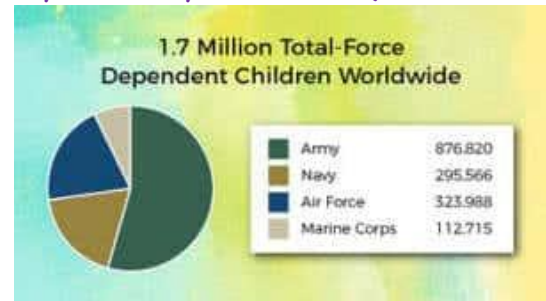
that all branches of the military are supported. Air Force blue, Army green, Navy blue, Marine red, and Coast Guard blue all are thought to combine together as a single color, purple.



✚ April 23- Army Reserve Birthday.

✚ April 30- National Military Brats Day

Military Children by the Numbers (from Veteran.com)

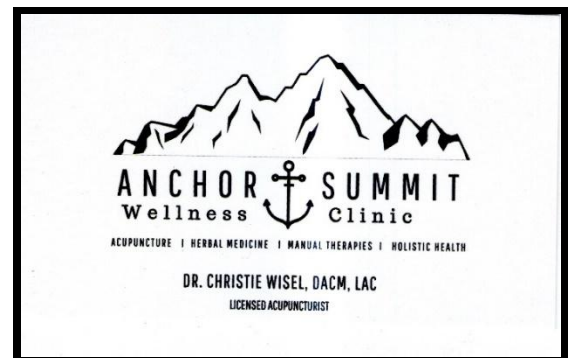
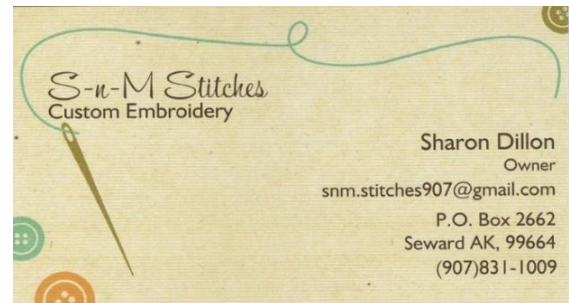
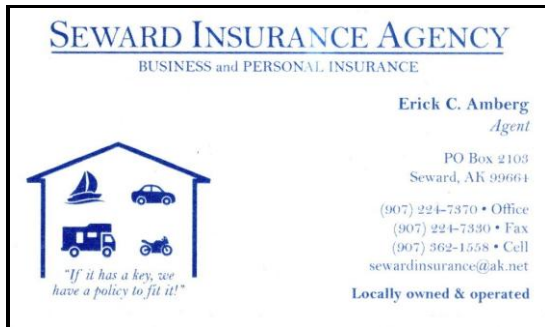


- ✚ According to a report by the Department of Defense there are 700 military child development program facilities around the world, running approximately 155,000 child-care spaces, with another 3,000 Family Child Care homes.
- ✚ It's estimated that military child development centers welcome around 200,000 children daily. There are 300 youth and teen centers worldwide serving more than 645,000 youth through a variety of educational and recreational programs.
- ✚ Approximately 2 million military children have experienced a parental deployment since 9/11.
- ✚ There are currently 1.2 million military children of active duty members worldwide.
- ✚ Nearly 80% of military children attend public schools throughout the United States.
- ✚ The average military family moves three times more often than their civilian counterpart.
- ✚ There are nearly two million "total-force dependent children" including more than 900,000 Army dependents, 400,000 Air Force dependents, nearly 300,000 Navy and approximately 118,000 Marine dependents.

Please join us on April 15 and wear purple to show support for the Military Children.

May is just around the corner and tends to be one of the busiest months for the Post. Stay tuned in for more information on opportunities to volunteer and become active in the Post and Unit.

MEMBER BUSINESS ADVERTISING



VA Approved Provider



VA Approved Provider



APRIL 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	Steak Night 4	5
		April Fools Day! 	Jewelry Class 6:00 pm 	American Legion Riders Meeting 5:30 pm  Igloo #9 Monthly Meeting 6:30pm		Pool League 7:00pm 
6	Chili Dogs 7	Taco Tuesday 8	9	B, B, M&C 10	Steak Night 11	12
Luscious Leftovers  Poker 5:00 pm	Bingo 6:30 pm 	Post Meeting 5:30 pm 	Auxiliary Meeting 6:00pm  Jewelry Class 6:00 pm	SAL Meeting 7:00pm 		Pool League 7:00pm  ALR Breakfast 9-11am
13	Chili Dogs 14	Taco Tuesday 15	16	B, B, M&C 17	Steak Night 18	19
Luscious Leftovers  Poker 5:00 pm	Bingo 6:30 pm 		 Jewelry Class 6:00 pm	MAC & Cheese 		Pool League 7:00pm 
20	Chili Dogs 21	2	23	B, B, M&C 24	Steak Night 25	26
Luscious Leftovers Easter Community Breakfast 9:00 -11:00am  Poker 5:00 pm	Bingo 6:30 pm 	 taco tuesday!	Jewelry Class 6:00 pm 			Pool League 7:00pm 
27	Chili Dogs 28	29	30			
Luscious Leftovers  Poker 5:00 pm	Bingo 6:30 pm 	 Taco Tuesday	 Jewelry Class 6:00 pm			

April is Children and Youth Month

Thanks to all our amazing Volunteers who keep things going at Seward Post 5