

# VETERANS STRENGTHENING AMERICA

## SEWARD POST 5 NEWSLETTER

MAY 2026  
VOLUME 23, ISSUE 05

American Legion Seward Post 5

E-mail: [americanlegionpost5@gci.net](mailto:americanlegionpost5@gci.net)  
[sewardpost5@gmail.com](mailto:sewardpost5@gmail.com)

website: [www.americanlegionpost5.com](http://www.americanlegionpost5.com)

[www.facebook.com/americanlegionpostfive.sewardalaska](https://www.facebook.com/americanlegionpostfive.sewardalaska)

Phone: (907) 224-5440



### COMMANDER'S COMMENTS

By Clare Sullivan



The weather is finally getting warmer and the snow is nearly gone, we're happy about seeing our lawns starting to show a bit of life - but that now means cleaning up yards during "Break Up!" 😬😬

Although we had a busy winter at the post, it's starting to look like "Tourist Season" and our snowbirds are returning to Seward for the spring and summer months. So with that we will be phasing out the Winter activities as we will all be super busy.

As we are in May, we are planning on our regular activities, which means a really busy month! This includes first and foremost taking care of our "Post Everlasting" grounds. Our cemetery clean-up will begin in mid-May and I'll send out info on that date and time once we have that set up; we'll be working hard to get the cemetery grounds spiffed up in anticipation of our **Memorial Day Ceremony** on the 25th. Please plan on attending the ceremony which begins at 11:30 am.



The month starts out with the ALR monthly meeting on the 7<sup>th</sup> as well as the Igloo #9 having their monthly meeting immediately following the ALR's meeting; the following week will be meeting week for nearly everyone else. Saturday the 9<sup>th</sup> the ALR will have their monthly breakfast feed. And, Don't forget Mother's Day on the 10th, where we'll have a hearty breakfast for all those Moms out there!!!

On the 16<sup>th</sup> we will also be having the **ALR Bike Blessing, Armed Forces Day** celebration in the harbor, **Harbor Opening Festivities and the Mermaid Festival**. During that same weekend we also have the 3<sup>rd</sup> Sunday of the month breakfast at the post.

On May 20th we'll be providing the **Armed Services YMCA Combat Fishing Tournament** support which is a huge event, and we'll need lots of volunteers from early morning to early evening.

Take a look at the calendar, all this is on there!!!! 🗓️

No newsletter for a non-profit can go without acknowledging membership and the volunteers who are also our members. I want to give a huge thank you for all of you who volunteer and all those who renewed and a big welcome to all who have joined for the first time! Your support has allowed us to keep our membership in good shape as we have achieved our membership goal of 100%, and our post home is filled with good fun and good camaraderie!



As mentioned before we have an exceptionally busy May ahead of us and if you're looking for something to do or want to volunteer some time, we'd be happy (**really, really happy**) if you'd come on by and lend a hand. We have a fun time helping others, putting on events and serving our community. We particularly enjoy celebrating our awesome holidays and putting on special events - whether it's Memorial Day, Independence



Day, Flag Day, Veterans Day.....Combat Fishing Tournament support, Polar Bear events, Membership & Volunteer Appreciation special dinners or traditional holiday meals such as Thanksgiving, Christmas or Easter. It is important we keep our traditions, heritage and our history alive as we have an amazing American culture that is the envy of so many who are not privileged to call the USA home. We have a jewel of a country, and although not perfect, it is the best nation and form of government out there for a amazing and diverse citizenry that we have.

The Summer is coming, so come on by the post. We have nightly meals for donation (except Friday Steak night - we can't afford a donation only for that meal 😬), and they really are quite good! We welcome new folks and new ideas on how we can better support our veterans, our membership and our community.

# Congrats

## Vice & Adjutant Report.....

By Mike Calhoon



Hello from the Second Vice and Adjutant,

Well, we made it through break-up and are heading to summer. The busy month of May is here so lets go to work.

Thanks to everyone who dedicated time and effort towards our April activities. We had multiple breakfasts and we hosted the Marathon Wrestling fundraising dinner and auction which was a huge success. And, a special thank you to Connie Kullander who is always giving at the post of her time and talent and now a wonderful grill to start our season off!!!!

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 have the ALR breakfast on May 9<sup>th</sup>, Mother's Day breakfast on May 10<sup>th</sup>, the Armed Forces Day hotdog feed in the harbor on May 16<sup>th</sup>, community breakfast on May 17<sup>th</sup>, the Combat Fishing tournament banquet on May 20<sup>th</sup>, and Memorial Day activities on May 25<sup>th</sup>. 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.

**Renew now**



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 Organization. You can renew your membership by going to [mylegion.org](http://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.

## Sounding Off from the Sons...

By Mike Calhoon, SAL 1<sup>st</sup> Vice



Well, we made it through a pretty easy spring break-up so let's get ready for summer.

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. Scott Wilde won the SAL grill raffle and showed his generosity and support by donating the grill to the Post. Thank you Scott.

This month the Post will host the ALR breakfast on April 9<sup>th</sup>, Mother's Day breakfast on May 10<sup>th</sup>, the Armed Forces Day hotdog feed in the harbor on May 16<sup>th</sup>, the community breakfast on May 17<sup>th</sup>, the Combat Fishing Tournament banquet on May 20<sup>th</sup>, and Memorial Day activities on May 25<sup>th</sup>. 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](http://mysal.org) to renew online or come by the Post.

Our monthly meeting is held on the 2<sup>nd</sup> 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 Deb Vantassel



Welcome to May 2026- May is always one of the busiest months for the Legion Family but before we get into all the activities, I would like to review a few things that happened at end of April.

First- a HUGE congratulations to Clare Sullivan. At the 2026 Department of Alaska Convention in Wasilla, Clare was named the Department of Alaska Auxiliary Unit Member of the Year! Clare was nominated by Unit 5 as their member of the Year. Clare will attend the National Convention in Louisville, KY where she will also be recognized. Here is the nomination Letter that was submitted:

*Clare Sullivan has been a dedicated member of Unit 5 in Seward since 2007. Clare is a veteran herself, having proudly served in the United States Army. Clare achieved the Rank of Major in the Intelligence Division. She is also a dual member with the Post and has served several years as Post Commander.*

*Through her dual membership, Clare plays an integral role in planning and organizing numerous events at Post 5, including the Installation of Officers, Memorial Day presentations, Flag Day, Thanksgiving dinners, and Christmas celebrations. Her efforts help ensure that all of the organizations at Post 5 work together as a cohesive family. As a result of this strong collaboration, the Post Family has received the Unity Award several times. Clare works tirelessly to ensure that the Post is a warm, welcoming, and safe place for all members. She also helps create a festive and inviting atmosphere, making sure the Post is decorated for holidays such as Christmas, Halloween, St. Patrick's Day, Easter, and many others.*

*Clare currently serves as the Unit Secretary and does an outstanding job preparing meeting agendas and recording accurate minutes. On occasion, she has also stepped in to fill other officer roles when needed, including serving as Chaplain to offer the opening and closing prayers and even presiding over meetings in the absence of the President. Clare was just re-elected as the Unit 5 secretary.*

*Clare is a strong advocate for veterans and works to ensure they receive the benefits and support they have earned through their service. Because of her work and advocacy for Veterans, in 2023 she was awarded the Governor's Veteran Advocate of the Year award by Governor Dunleavy. She also believes strongly in giving back to her community. Clare currently serves on the City of Seward Planning and Zoning Committee and is the current Chairperson.*

In addition, Clare volunteers regularly at the local food bank. Each week she helps distribute food to those in need and makes trips to Safeway to pick up food donations. She also assists the food bank by maintaining accurate and up-to-date financial records.

*Clare is also an animal lover, with 2 dogs and 6 cats. As a result, Clare and other members of the Post Family started a weekly Jewelry making class. Members and others come in and make Jewelry to be sold. All proceeds go to the Seward Animal Shelter for their medical care account. To date over \$1500 has been donated to the animal shelter.*

*Through her dedication to veterans, her leadership within Unit 5 and Post 5, and her continued service to the Seward community, Clare Sullivan exemplifies the spirit of service and commitment that defines the American Legion Auxiliary. For these reasons, it is with great pride that we awarded Clare Sullivan the Unit 5 Member of the Year and respectfully recommend her for consideration as the Department of Alaska Member of the Year.*

Again, congratulations to Clare for receiving this much-deserved award.

Unit Officers, Debbie Van Tassel (President), Susie Martin (Chaplain) and Kathleen Christenson (Historian) attended the Department Convention. I think we all learned a lot and have a lot of ideas for our Unit for the upcoming year. It is always enlightening to attend Convention and see what other Units are doing in service to our Veterans.

### Now onto the activities coming up in May.

The poppy cans will be distributed out into the community the first part of the month. I hope to have a proclamation by Mayor McClure to designate May 22, 2026 as Poppy Day.

Armed Forces Day, Harbor Opening weekend and the Blessing of the Bikes will all happen on May 16th. The Legion always hosts a hot dog feed at the Harbor Masters office on that day. If you are looking for volunteer opportunities contact Mike.

Combat Fishing is May 20th. The Legion Family joins with the YMCA of Alaska and local charter fishing companies to provide enlisted service members from the Alaska military bases with a day of fishing and then a banquet to close out the day. Service members are transferred from Anchorage via motorcoach and receive a police and Firetruck escort into town.



At the Harbor Master's office, they receive their assignment to a charter boat.

At 0600 hrs, there is a shotgun start for all the boats. If you have never gone to the beachfront to watch the shotgun start it is really cool. Once the boats start returning to the dock with their catch of the day, Captain Jacks Fish provides all the fish processing.

The banquet is held at the AVTEC diesel mechanic job and then the servicemembers head back to Anchorage via motorcoach. As you can imagine pulling all this off takes a huge amount of volunteers. So, if you are interested in helping, contact Mike. We need volunteers up in the wee hours of the morning to greet the soldiers and get them directed to their charter boats. Lots of volunteers are needed to set up the tables and chairs at the AVTEC building and more volunteers are needed to help prep the food for the banquet. This is a very worthwhile program so get out there and volunteer!

May 22 is Poppy Day. Please remember to pick up your poppy from one of the cans around town and wear it on May 22nd to remember all our veterans who have made the ultimate sacrifice in service to our country.

May 25th is Memorial Day. The Memorial Day Ceremony will be held at the American Legion Cemetery. This is a very moving tribute to our Veterans who are no longer with us and made the ultimate sacrifice. Depending on weather, either one or two days prior to May 25th, we will be asking for volunteers to help put out the crosses and flags on all the graves in preparation for the Memorial Day ceremony.

Along with all these special activities, routine events will be occurring also.

Bingo every Monday Night-Doors open at 6 PM and games start promptly at 630 PM

2nd Saturday Breakfast provided by the ALR

3rd Sunday Breakfast provided by the Legion

## Significant Days in May

**May 1<sup>st</sup> - Silver Star Service Banner Day.** A day and a time to recognize those who have been awarded The Silver Star Medal and remember the sacrifices of our wounded and ill veterans.

**May 3<sup>rd</sup> - National Fallen Firefighters Memorial Day.** A day to honor fallen first responders in America. It is a tradition for uniformed firefighters, the families of the

**May 8<sup>th</sup> - VE Day** (Victory in Europe). A day which marks the anniversary of the Allies' victory in Europe during World War II on May 8, 1945. The surrender was first signed on May 7, 1945, at the Supreme Headquarters of the Allied Expeditionary Forces in Reims, France, by German Colonel General Alfred Jodl, with representatives from the United States, United Kingdom, France, and the Soviet Union present. A second, definitive surrender document was signed on May 8, 1945, in Berlin by German Field Marshal Wilhelm Keitel, bringing the surrender into effect at 23:01 Central European Time on the same day, which corresponded to May 9 in Moscow Time.

**May 8<sup>th</sup> - Military Spouse Appreciation Day.** On Military Spouse Appreciation Day, we honor the contributions and sacrifices made by military spouses.

**May 10<sup>th</sup> -Mother's Day** - come down to the Post for a great breakfast served up by the awesome Breakfast Crew to our honor mothers!

**May 13<sup>th</sup> - Children of Fallen Patriots Day.** A day to honor the families our Fallen Heroes have left behind - especially their children. It's a reminder to the community that we have an obligation to support the families of our Fallen Patriots

**May 15<sup>th</sup> - Peace Officers Memorial Day.** Peace Officers Memorial Day falls on May 15 each year to pay tribute to the brave local, state, and federal peace officers who have died or been disabled in the line of duty. **Flags are to be lowered to half-staff from sunrise to sunset.**

**May 16<sup>th</sup> - Armed Forces Day** - a day to pay special tribute to the men and women of our Armed Forces.

**May 22<sup>nd</sup> - National Poppy Day** - The red poppy is a nationally recognized symbol of sacrifice worn by Americans since World War I to honor those who served and died for our country in all wars. It reminds Americans of the sacrifices made by our veterans while protecting our freedoms. Wear a poppy to honor those who have worn our nation's uniform.

**May 25<sup>th</sup> - Memorial Day.** A Federal holiday observed on the last Monday in May and commemorates the men and women who died while in the military service. Pay tribute to the U.S. men and women who died during military service by observing a national moment of remembrance with a minute of silence at 3:00 PM local time.



## Memorial Day Poem In Flanders' Field



### Taps



A hallmark Memorial Day poem was written by Lieutenant Colonel John McCrae. It is titled "In Flanders Fields" & is still to this day one of the most memorable war poems ever written. It is a lasting legacy of the terrible battle in the Ypres Salient in the spring of 1915.

As a surgeon attached to the 1st Field Artillery Brigade, McCrae, who had joined the McGill faculty in 1900 after graduating from the University of Toronto, had spent seventeen days treating injured men -- Canadians, British, Indians, French, and Germans -- in the Ypres Salient.

One death particularly affected McCrae. A young friend and former student, Lieutenant Alexis Helmer of Ottawa, had been killed by a shell burst on 2 May 1915. Lieutenant Helmer was buried later that day in the little cemetery outside McCrae's dressing station, and McCrae had performed the funeral ceremony in the absence of the chaplain.

The next day, sitting on the back of an ambulance parked near the dressing station beside the Canal de l'Yser, just a few hundred yards north of Ypres, McCrae vented his anguish by composing a poem. The major was no stranger to writing, having authored several medical texts besides dabbling in poetry.

In the nearby cemetery, McCrae could see the wild poppies that sprang up in the ditches in that part of Europe, and he spent twenty minutes of precious rest time scribbling fifteen lines of verse in a notebook.

*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*



Of all the military bugle calls, none is so easily recognized or more apt to render emotion than the call Taps. The melody is both eloquent and haunting and the history of its origin is interesting and somewhat clouded in controversy. In the British Army, a similar call known as Last Post has been sounded over soldiers' graves since 1885, but the use of Taps is unique with the United States Military, since the call is sounded at funerals, wreath-laying and memorial services. Taps began as a revision to the signal for Extinguish Lights (Lights Out) at the end of the day. Up until the Civil War, the Infantry call for Extinguish Lights was the one set down in Silas Casey's (1801-1882) Tactics, which had been borrowed from the French. The music for Taps was adapted by Union General Daniel Butterfield for his brigade in July 1862.



**Daniel Adams Butterfield** was the commander of a brigade of the V Corps of the Army of the Potomac and served in the Shenandoah Valley during the Bull Run Campaign. During the Peninsular Campaign Butterfield served

prominently when during the Battle of Gaines Mill, despite an injury, he seized the colors of the 83rd Pennsylvania and rallied the regiment at a critical time in the battle. Years later, he was awarded the Medal of Honor for that act of heroism.

As the story goes, General Butterfield was not pleased with the call for Extinguish Lights feeling that the call was too formal to signal the days end and with the help of the brigade bugler, **Oliver Willcox Norton** from Harrison's Landing, Virginia, wrote Taps to honor his men while in camp at the Seven Day's Battle. These battles took place during the Peninsular Campaign of 1862. The call sounded that night in July 1862, soon spread to other units of the Union Army and was even used by the Confederates. Taps was made an official bugle call after the war. As the years went on many more versions were created. There are no official words to the music but here are some of the more popular verses:



"Fading light dims the sight,  
And a star gems the sky, gleaming bright.  
From afar drawing nigh -- Falls the night.

"Day is done, gone the sun,  
From the lake, from the hills, from the sky.  
All is well, safely rest, God is nigh.

"Then good night, peaceful night,  
Till the light of the dawn shineth bright,  
God is near, do not fear -- Friend, good night."

"TAPS" is customarily played at funerals at Arlington National Cemetery as well as at ceremonies at the Tomb of the Unknown Soldiers.

## A Letter for You - Bringing Real Mail to Veterans and Isolated Elders

There are veterans living alone who don't get much mail anymore. Not bills. Not packages. Real mail - the kind that feels like someone remembered you.



A Letter for You is a program based in North Pole, Alaska that delivers consistent, personal letters to isolated seniors, homebound individuals, and veterans living independently. Letters are written by a warm Alaska frontier voice named Sadie, printed in cursive, and include memory prompts that invite recipients to write back if they choose. Sponsors pay on behalf of participants - the people receiving letters never pay out of pocket.



The program is launching its first pilot in mid-May with Meals on Wheels clients through the Seward Senior Center. We are actively looking to expand to veterans in the Seward area.

If you know a veteran - or any isolated elder - who would benefit from receiving personal letters, we would love to connect.

Contact Robi Berry at (520) 433-2339  
or [subscribe@akgaldesigns.com](mailto:subscribe@akgaldesigns.com)  
P.O. Box 55010  
North Pole, Alaska 99705  
Website launching May 15



## Veteran's

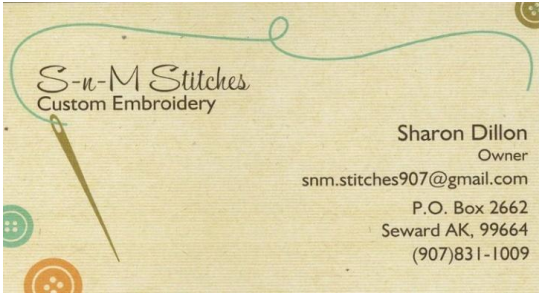
Poet: C. C. Hassler

On the veteran's honored brow.  
God keep them long amid home and friends,  
And may their declining years  
Be warmed by the sunshine of love and care  
That will banish all pain and tears.

Where are the Old Grand Army Boys?  
Will be asked in the years to come;  
When no column of blue will again be seen,  
To follow the fife and drum.  
But the answer borne on the breezes soft;  
Will whisper, in requiem low;  
They are gone, but the nation lives for which  
They fought, in long years ago.  
And the old flag waves o'er a people proud,  
And the memories keep alive;  
The deeds of valor that crown the boys.  
Of sixty-one to sixty-five.

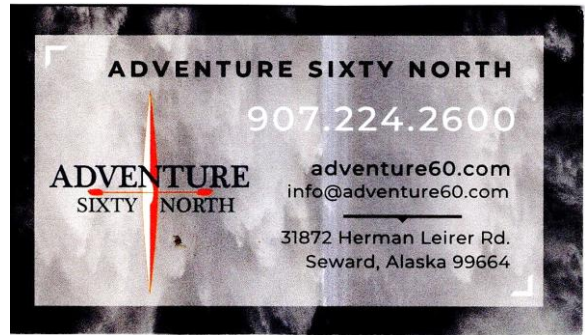
And the generation yet unborn.  
Will whisper the name with pride  
As they point to the silent graves of those,  
Who for freedom once fought and died;  
Not, the freedom that boasts of the men who stood  
And defied our nation's laws.  
And with bloody hands for four long years,  
Fought to uphold a traitor's cause;  
But to the loyal men such as we revere,  
Men to flag and nation true.  
Whose last breath prayed for a Union saved,  
Neath the Glorious Red, White and Blue.

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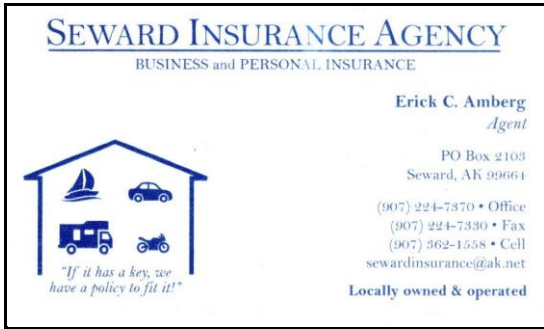
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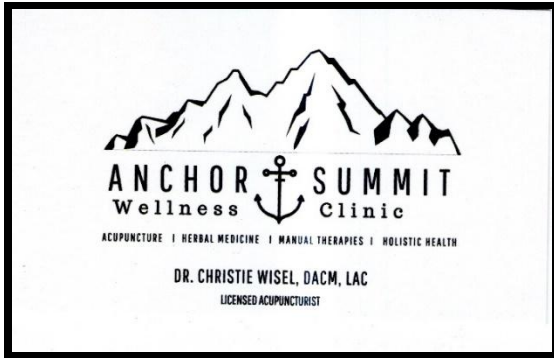
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May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>Steak Night</b> 1	2
<b>Month of the Military Caregiver</b>		 ARMED FORCES DAY		<b>National Military Appreciation Month</b>	Silver Star Service Banner Day 	<b>Pool League 7:00pm</b> 
3	4	<b>Mexican Martes</b> 5	6	<b>B, B, M&amp;C</b> 7	<b>Steak Night</b> 8	9
<b>Fallen Firefighters Memorial Day</b>  <b>Luscious Leftovers Members' Poker 5:00pm</b>	<b>Chili Dog Monday</b>  <b>Bingo 6:30 pm</b>	<b>I ♥ TACO TUESDAYS!</b> 	<b>Jewelry Class With Carol Souza</b> 	<b>ALR Meeting 5:30 pm</b>  <b>Pioneers Igloo #9 Monthly Meeting</b>	 <b>Military Spouse Appreciation Day</b> <b>VE Day</b>	 <b>ALR Breakfast 9-11am</b> <b>Pool League Season Final</b> 
10	11	<b>Mexican Martes</b> 12	13	<b>B, B, M&amp;C</b> 14	<b>Steak Night</b> 15	16
<b>Mothers' Day Breakfast 9am-11am</b>  <b>Luscious Leftovers</b>	<b>Chili Dog Monday</b>  <b>Bingo 6:30 pm</b> <b>Children of Fallen Patriots Day</b>	<b>Post Meeting 5:30 pm</b> 	<b>Auxiliary Meeting 6:00 pm</b> 	<b>SAL Meeting 7pm</b> 	<b>Peace Officers Memorial Day</b> 	 <b>Harbor Opening Hotdog Feed in the Harbor 11-2 pm</b>
17	18	<b>Mexican Martes</b> 19	20	<b>B, B, M&amp;C</b> 21	<b>Steak Night</b> 22	23
<b>3rd Sunday of the Month Community Breakfast 9am-11am</b> <b>Luscious Leftovers</b> 	<b>Chili Dog Monday</b>  <b>Bingo 6:30 pm</b>		<b>Armed Services YMCA Combat Fishing Tournament</b> 	<b>Burgers, Bacon, Mac and Cheese</b> 	<b>National Poppy Day</b> 	
24/31	25	<b>Mexican Martes</b> 26	27	<b>B, B, M&amp;C</b> 28	<b>Steak Night</b> 29	30
<b>Luscious Leftovers</b>  <b>LEFTOVERS!</b>	<b>MEMORIAL DAY</b>  <b>Memorial Day Ceremony at Cemetery 11:30 am</b> <b>Lunch Served at Post at noon</b>					

Food Served Every Night at the Post

