



Veterans Strengthening America

Seward Post 5 Newsletter

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COMMANDER'S COMMENTS

By Clare Sullivan



Well, this summer has been super busy with lots of visitors at the post and throughout town! The summer started a bit on the chilly side, but we made up for it as July progressed. We had some good pockets of sun and heat (sometimes too warm ☺) but we still managed to keep things going and going well. We have certainly gotten a great appreciation of the sunny days after all the earlier cool weather and rain!!!

July was so busy, and I am amazed how all our outstanding volunteers make things happen in our Post, even with their own busy lives! We're still providing support and good nightly food for our membership and those in need; we couldn't do it without our reliable and amazingly dedicated volunteers. Whether they were serving dinner upstairs, helping out in the social area or cooking breakfasts, maintaining our cemetery or the grass and garden around our post, our volunteers are amazing!

The 4th was beautiful and As usual we put out amazing BBQ ribs. The social area had a steady stream of people throughout the day and it was fun to see all those folks having a good meal.



This month has the Silver Salmon Derby going on and it will be busy with all those wanting to catch the big monied fish. It is good for our town and everyone who has a business. Good luck to all the derby participants, there are some good prizes to be won and not just good fish!! 🐟🐟🐟🐟



We also have a few other events going on that are outside of the "normal" things we do monthly including a **Celebration of Life** for longtime Seward resident and legionnaire Bjorn Lee on Saturday the 9th of August in the early afternoon at the post. It will be a potluck for friends and family to come together and share stories and reminisce. Fliers will be sent out soon.

We also have the Auxiliary Unit #5 hosting a dinner and auction on Saturday, 16 August for fundraising for the Santa Parade that the Unit #5 holds annually in mid-December for gift giving for our Seward youth by Santa and Mrs. Claus.



It is a fun event for everyone as the post is all decked out for the holidays and there are lots of treats and elves and holiday fun! It is amazing how many kids make it to this fun event!!! Some years we've had over 120 children come to get a wonderful gift from Santa and Mrs. Claus, so come on by for a yummy dinner and auction. There will be both live and silent auction items, and I am sure they will be something you just can't live without!!! 😊

August 7, 2023 - National Purple Heart Day

National Purple Heart Day honors the men and women who have been wounded or killed in military service. An important day for us to all remember those who have served to keep us free and the many who have made the ultimate sacrifice.



Please visit the National Purple Heart Hall of Honor for more information: <https://www.thepurpleheart.com/>



Just a few days ago, July 30 HR1815 which is titled the Home Loan Program Reform Act was signed into law.

In a nutshell, it is a partial claim program at the VA as part of the efforts to modernize the VA Home

Loan program - which **currently serves 3.7 million veterans - to allow veterans who have fallen behind on their mortgages to receive federal assistance** which is already available through other federal housing programs. Currently, **nearly 70,000 veteran homeowners** are more than 90 days late on their mortgage payments. This bill provides these veterans with needed relief and a second chance to keep their homes. H.R. 1815 also includes the **proper funding levels for the VA Grant and Per Diem program, as part of VA's homelessness prevention programs** to fund community agencies providing services to veterans experiencing homelessness.

The American Legion National Commander James LaCoursiere provided comment to the passage of this bill:

"On behalf of The American Legion's 1.5 million members, I extend our deepest gratitude to Chairman Bost, Ranking Member Takano, Congressman VanOrden, and the dedicated staff of the House Committee on Veterans' Affairs for their steadfast leadership in advancing and securing the final passage of H.R. 1815, the VA Home Loan Program Reform Act. This critical legislation represents a profound commitment to safeguarding the financial security and dignity of veteran homeowners, especially during times of hardship. Your timely action ahead of the August recess reflects unwavering dedication to those who have borne the battle. We commend your continued advocacy on behalf of America's veterans."

From the Veterans Administration



Health emergency while traveling?

How to access your VA health care benefits on the road.

You're halfway through a dream vacation—maybe a beach in Mexico, a national park in Utah, or visiting family across the country—when something goes wrong and you have a health emergency. It's the kind of thing that can derail a trip—but it doesn't have to.

If you're a Veteran who receives care at VA or under the [Foreign Medical Program](#) (FMP), or a family member who is covered through the [Civilian Health and Medical Program of the Department of Veterans Affairs](#) (CHAMPVA), you can still access the health care you need.

Need help in the U.S.? Veterans should call VA Health Connect

Help is just one phone call away with [VA Health Connect](#) when an unexpected health issue pops up. If you need to make, reschedule or cancel an appointment; refill a prescription; or get advice during a health scare, VA staff are there to answer your call 24/7.

If you're ill, you can [talk with a nurse](#) who can help you figure out what's going on and what to do next—like directing you to nearby urgent care or even connecting you with an emergency doctor for a virtual visit. Just call your VA medical center and choose option 3 to reach a nurse for advice.

If you go to an emergency room, be sure to notify VA within 72 hours of receiving care.

Quick tip: Bring your VA medical center number with you when you leave town.

Veteran traveling abroad? Use FMP

If you're a Veteran heading out of the country, make sure you're signed up for [FMP](#). It covers treatment for service-connected disabilities while you're overseas—and VA foots the bill. No surprise charges, no confusing insurance.

Signing up is free and the process is simple. You can apply [online](#) or by mail. Once enrolled, you'll have peace of mind wherever you go.

Quick tip: Register for FMP before you travel.

Covered under CHAMPVA?

If you're a beneficiary covered under [CHAMPVA](#), keep the following in mind:

- Always travel with your CHAMPVA ID card.
- Understand what CHAMPVA covers while on the road in the U.S. or territories; not every medical provider accepts CHAMPVA. Be sure to ask before you accept services.
- If you're traveling overseas or taking a cruise, you may need to pay up front, but you'll be reimbursed after your claim is processed.
- If you pay out of pocket, keep detailed payment receipts and medical billing records. You'll need them when filing for reimbursement.

Quick tip: Keep a picture of your CHAMPVA ID card on your phone.

House and Vice Report.....

By Mike Calhoon



Hello from the Second Vice and Adjutant!

It has turned into a great summer, busy and warm, and I hope you are all getting out and enjoying what Seward has to offer during this time of year.

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

Special thanks go out to Connie, Ozzie, and Randy for helping with the BBQ rib preparation for the 4th of July and to Clare, Ozzie, Tyna, Mark, and Muriel for serving those luscious ribs, and to Dan for his great work in the social area. You are all awesome!! Also, I want to thank Al, Deklan, and Sharon for their great work with the community breakfast.

Thank you!

This month we will have the ALR breakfast on August 9th, the Auxiliary Unit 5 Toys for Tots auction and dinner on August 16th, and the community breakfast on August 17th. As other activities come up, we will let you know.

The Post will be hosting the celebration of life for Bjorn Lee on August 9th at 1:00pm.

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.

Thanks to everyone who renewed their memberships or joined the Post this year that helped us exceed our goal for 2025. Your membership supports all the programs and activities of Post 5 and those of the Department of Alaska and the National Organization. You can renew for the 2026 membership year starting July 1st. 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.

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.

What a nice, and sometimes hot, summer it has become. Hope you are all enjoying this season.

I want to thank everyone for your continued support of our Legion Family here at Post 5. The support you provide is very important in helping the Legion 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. Deklan Finley and Al Dykstra helped with the breakfasts and steak night; Scott Wilde has mowed around the Post while his wife Jackie wacked weeds and David Osborn and Randy Kockritz with 4th of July BBQ rib preparation.

This month the Post will host the ALR breakfast on August 9th, the Auxiliary Unit 5s Toys for Tots auction on August 16th, and the community breakfast on August 17th. If you want to help with any of these activities, please let us know and we will gladly put you to work.

The new membership year, 2026, begins this month. 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.

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.



Every American flag we sell is proudly made in the USA. Your purchase directly supports [American Legion programs](#), which help America's children, veterans, and military families.

From the President's Desk

By Debbie VanTassel



Happy August! Hard to believe that we are already in August. Hope everyone is having a great summer. First a huge thank you to all the volunteers who helped with the 4th of July events. I know I say it over and over again but we would not accomplish any of the projects and events without our great volunteers.

Mark your calendar for August 16! The Auxiliary will be doing a fund raiser to support the many projects we fund all year long. Connie and Clare have been working hard to put together some great items. Come on down and get your Christmas shopping started early!

Don't forget to submit your photos for the Patriot Pet Calendar! The deadline is the end of the month so that we can put together a calendar for 2026 featuring all of our lovable pets. You can send the photos to alaska99755@yahoo.com.

Reminder that now is a great time to renew your memberships. The 2026 membership year started July 1, so why not renew early? You can go online or go to the Post and renew. Go online at <https://www.legion.org/auxiliary>.

Remember BINGO every Monday night. Doors open at 6 PM and games start at 6:30 PM. Must be 19 to play. Come join in on the fun. This is one of the Auxiliary's main fund raisers that support our programs like Santa Parade, Scholarships and community donations. Community breakfast every 3rd Sunday.

I think sometimes it is good for us to remind ourselves why we are Auxiliary members, what made us join and what our purpose is. So here is a reminder taken from the American Legion Auxiliary website:

Mission Statement

In the spirit of Service, Not Self, the mission of the American Legion Auxiliary is to support The American Legion and to honor the sacrifice of those who serve by enhancing the lives of our veterans, military, and their families, both at home and abroad. For God and Country, we advocate for veterans, educate our citizens, mentor youth, and promote patriotism, good citizenship, peace and security.

Vision Statement

The vision of the American Legion Auxiliary is to support The American Legion while becoming the premier service organization and foundation of every community providing support for our veterans, our military, and their families

by shaping a positive future in an atmosphere of fellowship, patriotism, peace and security.

Purposes

In fulfillment of our Mission, the American Legion Auxiliary adheres to the following purposes:

- To support and advocate for veterans, active military and their families
- To support the initiatives and programs of The American Legion
- To foster patriotism and responsible citizenship
- To award scholarships and promote quality education and literacy
- To provide educational and leadership opportunities that uphold the ideals of freedom and democracy and encourage good citizenship and patriotism in government
- To increase our capacity to deliver our Mission by providing meaningful volunteer opportunities within our communities
- To empower our membership to achieve personal fulfillment through Service Not Self

Values

Our statement of values is predicated on the founding purposes:

- Commitment to the four founding principles: Justice, Freedom, Democracy, Loyalty
- Service to God, our country, its veterans and their families
- Tradition of patriotism and citizenship
- Personal integrity and family values
- Respect for the uniqueness of individual members
- Truthful open communication in dealing with the public and our members
- Adherence to the adopted policies and rules

(credit: American Legion Auxiliary)

Take some time and reflect on the Mission statement, Vision statement, Purpose and Values and how you as an Auxiliary member fulfill each of those.

Hope everyone has a great August. Enjoy some sunshine and what is left of summer

For God and Country



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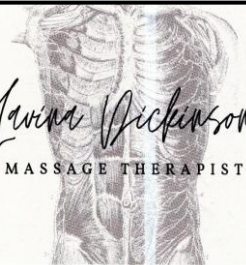
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August 2025


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Steak Night 1	2
 235 Years Young! Happy B-Day USCG!!!	70 th Silver Salmon Derby!!!! 					
3	4	Mexican Martes 5	6	B, B, M&C 7	Steak Night 8	SSD  9
<u>Luscious Leftovers</u>	USCG BIRTHDAY  Chili Dog Monday BINGO!!! 6:30PM	 Tuesday		ALR Meeting 5:30pm  Pioneers Igloo #9 Meeting 6:30pm		Celebration of Life for Bjorn Lee 1:00pm  ALR 2nd Saturday Breakfast
SSD  10	SSD  11	Mexican Martes 12	SSD  13	SSD B, B, M&C 14	Steak Night 15	SSD  16
<u>Luscious Leftovers</u>	Chili Dog Monday BINGO!!!! 6:30PM 	Post Meeting 5:30pm 	Auxiliary Meeting 6pm 	SAL Meeting 7pm 		Auxiliary Dinner and Auction Christmas Fundraiser 6:00pm 
SSD  17	18	Mexican Martes 19	20	B, B, M&C 21	Steak Night 22	23
End of Silver Salmon Derby <u>Luscious Leftovers</u> 3rd Sunday of the Month Breakfast	BINGO!!! 6:30PM  Chili Dog Monday					
24/31	25	Mexican Martes 26	27	B, B, M&C 28	Steak Night 29	30
<u>Luscious Leftovers</u>	BINGO!!! 6:30PM  Chili Dog Monday					

Have Fun at the Silver Salmon Derby
 9-17 August 2025

Food at the Post Every Night