



Veterans Strengthening America

Seward Post 5 Newsletter

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E-mail: americanlegionpost5@aci.net

sewardpost5@gmail.com

website: www.americanlegionpost5.com

Facebook: www.facebook.com/americanlegionpostfive.sewardalaska

Phone: (907) 224-5440



COMMANDER'S COMMENTS

By Clare Sullivan



Yup, we're heading into the 'ber" months! Yay! 😊 The "ber" months are some of the most beautiful months of our year. Soon, we should experience the peaceful transition out of the frenetic pace of Summer - and what a summer it has been! It was so busy!!! Our American Legion Family volunteers have been super busy with visitors and our out of state members. Our volunteers have always stepped up to the plate and made things happen. A huge thank you goes out to all of you who keep our Post Home and our events going. It couldn't and wouldn't happen without you!



So far it looks like we're approaching a regular Fall Season weather-wise (I hope); it should be a nice transition, we are not quite seeing the leaves turning golden down the highway as yet. The daylight is getting shorter and we're beginning to drive with headlights on at night now. 😊 It is a sure sign that the cooler days are on their way and our town will return to its normal pace with our locals. With this in mind, we need to think about getting our homes ready for the cold weather and for many we'll need to budget our winter heating and utility charges with the cold and dark. So, brace yourself the prices are still pretty high! 🙄🙄🙄



I also want to thank our membership who do an amazing job in our town in their **other** volunteer activities this busy this summer!! Not only do these folks have regular 9-5 kind of jobs, but they also love this community and take valuable free time to serve others. The folks at our voluntary fire and EMS services all continue to serve our community in amazing ways when we most need it, and they haven't "skipped a beat" in volunteer support in serving our youth in our communities or in times of need.

We also have an amazing Senior Center who has maintained consistent operation in keeping up with our seniors needs. Not only does the Senior Center provide daily

meals but good human contact and tons of programs and assistance for all the seniors and others who choose to get into the fun and healthy activities. Check them out and grab one of their fun newsletters, chock full of great info!



We are still optimistic for a gentle and well-deserved transition to the cooler months, and as such we have good things planned. One of our "ber" months "fav's" is the yummy **Early Bird Dinner** happening in October 🍽️ and the return of our weekly activities



that we shelved during the busier summer months. We look forward to the return of poker, pool league and of course beading! 🧵🧵

Unit 5 will continue with

Monday Night Bingo which has been going strong all summer long!



During this month we have a few days of remembrance and celebration. We have **Patriot Day** (Sept 11th) where we remember the tragic day of 9/11 and those lost in the terror attack in NY, the Pentagon, and Flight 93 in Pennsylvania. We also have **POW/MIA Recognition Day** on Sept 19th where we remember and honor the sacrifices made by this nation's prisoners of war and those who are still missing in action. We also have a day of celebration in the **American Legion Day** on Sept 16th which celebrates the National organization of our humble little post and all posts and departments throughout our country and beyond!

The **American Legion Day** celebrates official chartering of the American Legion and celebrates what it has accomplished throughout the country with over 12,000 posts and more than 1.6 million members representing the largest veterans support organization in the country.

On September 16, 1919, The American Legion was granted their federal charter by Congress, and over 100 years later this organization has kept its commitment to serve not only as a resource and a voice on behalf of veterans across America, but also as an organization dedicated to the betterment of America through community service.

Seward Post 5 is one of 31 American Legion Posts in Alaska, and we have been in existence since 1919, along with three other Alaskan posts. We, and the rest of the Alaskan posts, remain committed to carrying on that tradition of service by supporting local veterans and the community, as well as our military service members.

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We work to assist our veterans in securing medical and educational benefits, rehabilitative treatment, and compensation from the Veterans Administration commensurate with their military service. Additionally, we work to provide help to those in need and provide scholarships to our graduating seniors and others in post-secondary schools for their educational goals. We also work hard to keep patriotic holidays alive in the minds of our community, because we know our holidays are a celebration of our incredible history as a country; and, if you lose your history, you will lose your sense of who you are as a nation and a people. And in recent days, this is all the more important that we remember and keep educating our ourselves and our youth about this great country that still makes us the "Shining City on the Hill."

As you know we are in the new membership year and for those who have renewed - Thank You! I want to thank you for your membership at Seward Post 5. By being a member, you help us do all that we can for our veterans, our children and youth and ultimately this fabulous community of Seward we call home. Dues really are an investment in our future as they are an important source for funding for many programs that impact all of us, and not just in Seward. Our dues support

- [Baseball](#)
- [Boys State / Nation](#)
- [Legion Riders](#)
- [National Convention](#)
- [National Emergency Fund](#)
- [Operation Comfort Warriors](#)
- [Oratorical Contest](#)
- [Scholarships](#)

The Legislative watchdogs at our National HQs who significantly influence the effort in protecting our earned benefits via our military service, as well as the Legion's efforts to support all The children and youth programs, particularly its focus on volunteerism and education about our amazing American History.

We work to remain good community stewards and a good service organization for all in our American Legion Family.

Thank you

We have an amazing group of people who continue to step up to help our neighbors and our community.

September Dates to Remember at the Post (More on the Calendar)

ALR Breakfast - 13 Sep 9-11am
 American Legion Day - 16 Sep
 Constitution/Citizenship Day - 17 Sep
 POW/MIA Recognition Day - 19 Sep
 Pool League Begins - 20 Sep 7pm
 Community Breakfast - 21 Sep 9-11am
 Texas Hold 'em Poker - 21 Sep 5pm
 Jewelry & Beading Classes Begin - 24 Sep 6pm
 Gold Star Mother's Day - 28 Sep

From the President's Desk

By Debbie VanTassel



The weather is definitely changing, and the feel of fall is in the air. With the arrival of September, it is time to renew your membership. The early bird dinner will be held the first week of October for all of those who have renewed, so get those renewals in.

Remember as we enter the slower months of winter if you are looking for something to do on Monday nights come on down for **BINGO**. Every Monday night the doors open at 6 PM and games start at 6:30 PM. This is a fun way to spend an evening and helps the Auxiliary raise funds for its many community projects.

Every Friday night is the Legion Steak night. This is the best steak dinner deal in Seward. Come on down, grill up a steak and visit with other Legion family members.

Last chance to submit pet photos for the calendar. If anyone still wants to submit a photo, please do so by the first week of October as we are going to start designing the calendar.

Huge thank you to Connie and Clare for their hard work and effort to make the Fund Raiser on August 16 an overwhelming success! Also thank you to all everyone who attended and purchased items to support the Auxiliary fund-raising effort.

Important Days in September

September 2, 2024 VJ Day: On Sept. 2, 1945 Japan officially surrendered aboard the USS Missouri in Tokyo Bay to end World War II. VJ is officially observed in the United States on Sept. 2nd every year. America's VJ Day is when the actual surrender documents were formally signed.

September 11- Patriot Day:

Patriot Day, officially known as National Day of Service and Remembrance, is observed every Sept. 11th in honor of the individuals who lost their lives as a result of terrorist attacks on Sept. 11, 2001. Please observe a moment of silence at 8:46 AM EDT in memory of those who lost their lives that day in the terrorist attack in New York City and at the Pentagon in Washington, D.C.

September 18 - Air Force and Air National Guard Birthday.
 Happy Birthday!



September 19 - National POW/MIA Recognition Day: The third Friday in September is recognized as POW/MIA Day, a time to remember the sacrifices of prisoners of war (POW) and servicemembers who are missing in action (MIA). According to the Defense POW/MIA Accounting Agency more than 83,000 service members are missing from conflicts ranging from World War II to the present time.

World War II- the number is estimated over 73,000.

Korean Conflict- is estimated to be just over 7000

Vietnam is estimated at just over 1,600

Cold War lists 126 missing

Conflicts since 1991 list 6 as POW/MIA

September 28- Gold Star Mother's Day: Gold Star Mother's Day is observed on the last Sunday in September. Gold Star Mother's Day is to recognize and honor those mothers who have lost a son or daughter in the service of the U.S. Armed Forces.

Month of September - National Suicide Prevention Month and National Service Dog Month

Hope everyone has an enjoyable September, enjoy the fall weather and get ready for winter.

For God and Country

Gold Star Mothers' Day

Excerpt from: www.militarybenefits.info/gold-star-mothers-day

Gold Star Mother's Day is observed on the last Sunday in September which will be **Sunday, September 28, 2025**. Gold Star Mother's Day is intended to recognize and honor those mothers who have lost a son or daughter in the service of the U.S. Armed Forces.



Each year there are events and meetings to publicly express love, sorrow and reverence toward Gold Star Mothers and their families. Flags are also mandated to be displayed on government buildings on this day. Army.mil says Gold Star Mother's Day is intended "to recognize and honor those who have lost a son or daughter in the service of the U.S. Armed Forces".

September is National Suicide Prevention Awareness Month

Info from CDC and Global Statistic Websites

Suicide is a problem that touches the lives of many Americans. According to the CDC it is the 11th leading cause of death in the US and there were nearly two times as many suicides (49,476) in the country as there were homicides (24,849) in the latest reports in 2023. Many of us may know someone, such as a friend, family member, or coworker who has attempted or died by suicide. **Suicide statistics by year over the last 20 years** reveal a troubling upward trajectory that has fundamentally transformed the landscape of American public health. From 2004 to 2023, the **total age-adjusted suicide rate increased by 29%**, rising from **11.0 per 100,000 in 2004 to 14.2 per 100,000 in 2023**. This sustained increase represents one of the most significant public health deteriorations in modern American history, with **total annual deaths rising from 32,439 in 2004 to over 49,300 in 2023** - an increase of **more than 16,800 additional deaths per year**.

Anywhere in Alaska dial 988 to get a direct connection to compassionate care and support for anyone experiencing suicidal thoughts, who is at risk of suicide, or who is struggling with emotional distress. The Lifeline is free and confidential, with operators that treat callers with respect and listen without judgment.

SeaView Crisis Line

If you're struggling and want to talk to someone locally (in Seward), SeaView Community Services in Seward maintains a 24/7 crisis line.

907-224-3027

<https://www.seaviewseward.org/crisis-line/>

As a veteran you don't have to be enrolled in VA benefits or health care to connect. Veterans in crisis can connect with a counselor by:

- *Dialing 988 then press #1
- *Chat online on the web at the site: veteranscrisisline.net
- *Texting 838255
- *Calling the Veterans Crisis Line at 1-800-273-8255 and press #1



The American Legion has an amazing training program that helps train legionnaires on the signs, symptoms and how to help those in distress. This program is called the "[Be the One](https://www.be-the-one.org)" program where you receive free training so you can help your loved ones.

Adjutant & Vice Report.....

By Mike Calhoon



Hello from the Second Vice and Adjutant!!!!

It is starting to feel a bit like Fall outside. We've had a great summer and now we will look forward to the holiday season which is right around the corner.

Thanks to everyone who dedicated time and effort towards our August 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 the Club volunteers. Clare, Connie, Sharon, Dan, Michelle, Tyna and Deklan help keep the Club going with food and beverage service. Please remember, these folks do not get paid and work for tips only.

This month we will have the ALR breakfast on September 13th and the community breakfast on September 21st. As other activities come up, we will let you know.

Saturday pool league and Sunday poker will begin this month, so check out the calendar for the dates and remember, these are members only 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 new membership year of 2026 has begun. 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 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.

Sounding Off from the Sons...

By Mike Calhoon



Busy summer is starting to wind down just a bit with cooler weather and kids back in school. Time to get ready for the coming colder 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 have helped with the breakfasts and steak night.



This month the Post will host the ALR breakfast on September 13th and the community breakfast on September 21st. 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, has begun. 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.



Be on the lookout for our **Early Bird Dinner** notification in early October. This dinner is for all in our American Legion Family who have renewed their membership for 2026! It's a fun time with great food, complements of the post.

Having a strong membership reflects commitment to the organization and our community. **And it looks good to our higher HQ....** 🤔🤔🤔🤔 Seriously though.... we look to grow our organization so that we can continue our mission of service to our veterans, their families and our community. RE-UP and show your support for this amazing nationwide organization that we're all a part and "in it together!"

Patriot Day

Patriot Day is an annual observance on September 11 to remember those who were injured or died during the terrorist attacks in the United States on September 11, 2001. Many Americans refer Patriot Day as 9/11 or September 11.



On the direction of the President, the flag of the United States of America should be displayed on the homes of Americans, the White House and all United States government buildings. The flag should be flown at half-mast as a mark of respect to those who died on September 11, 2001. Many people observe a moment of silence at 8:46 AM (Eastern Daylight Time). This marks the time that the first plane flew into the World Trade Center.

On September 11, 2001, four planes were hijacked. The hijackers then deliberately flew three of the planes into two important buildings, the Pentagon in Washington DC and the Twin Towers of the World Trade Center in New York. The fourth



crashed into a field near Shanksville, Pennsylvania. The loss of life and damage that these hijackings caused form the biggest act of terrorism ever on United States soil. Nearly 3000 people died in the attacks and the economic impact was immense.

The attacks have greatly increased attention to national security in the United States. This has had huge implications for United States national and international politics. This is particularly true for the relationships between the United States and Islamic countries in the Middle East.



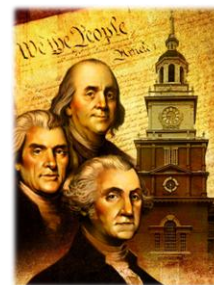
Constitution Day and Citizenship Day

Constitution Day commemorates the formation and signing of the U.S. Constitution by thirty-nine brave men on September 17, 1787, recognizing all who are born in the U.S. or by naturalization, have become citizens. Now **Constitution Day** is the time to carry on their legacy and develop habits of citizenship in a new generation of Americans.

In 1952 Congress passed a law that September 17 was the official date to commemorate "the formation and signing of the Constitution of the United States" but the day was also designated "**Citizenship Day**" and retained its original purpose of recognizing all those who had attained the status of American citizenship.

Every September 17th, Constitution Day, also called Citizenship Day, is celebrated to mark the anniversary of the ratification of the U.S. Constitution. This is one of the newest federal holidays to be established by Congress, as it was passed in just 2004. Citizenship Day was the name given to the holiday prior to its official designation.

However, the roots of Citizenship Day stretch much farther back beginning in 1940 when *I am an American Day* was initiated by Congress for the third Sunday in May. The day of September 17th was reached by citizens themselves. In 1952 Olga T. Weber of Ohio successfully convinced her municipality to name the date Constitution Day. The next year she went a step further and petitioned the Ohio government to celebrate the holiday statewide as **Constitution Week from September 17-23** and the movement was soon passed.



Today we consider **Constitution Day** as a birthday for our country, and it serves as a means for American citizens to express their pride in their citizenship. Constitution Day also designates a time to honor the Constitution of America and learn more about the famous piece of legislation. The Act that passed the holiday also states that federally funded schools are required to provide lessons on the U.S. Constitution during the holiday.

POW/MIA Empty Chair

Resolution 288, adopted at the 67th American Legion National Convention, calls for designating a POW/MIA Empty Chair at all official meetings of The American Legion.

At the beginning of every American Legion meeting, we remember the incredible cost paid by those who gave their all to help preserve the freedoms we enjoy, those gallant individuals who fought and died for our country. Yet, it is in remembering our fallen comrades that we are reminded of those whose fate is still unknown, those still listed as Missing In Action and Prisoners Of War. Many Americans are still unaccounted for from World War II; 7,555 from Korea; 120 from the Cold War; 1,584 from Vietnam; and 3 from the Gulf War. These courageous Americans, who dedicated their lives to preserving and protecting our freedom, will never be forgotten.



To honor these men and women, we perform the **POW/MIA Empty Chair Ceremony**. It symbolizes the fact that members of our armed forces are missing from our ranks. They are referred to as POWs and MIAs...we call them comrades.

They are unable to be with their loved ones and families, so we join together to pay our humble tribute to them, and to bear witness to their continued absence.

The table set for one is small... it symbolizes the frailty of one prisoner against his oppressors.

The tablecloth is white... it symbolizes the purity of their intentions to respond to their country's call to arms. The single rose displayed in a vase reminds us of the families and loved ones of our comrades in arms who keep faith awaiting their return.

The red ribbon tied so prominently on the vase is reminiscent of the red ribbon worn on the lapel and breasts of thousands who bear witness to their unyielding determination to demand a proper accounting for our missing.

A slice of lemon is on the bread plate... to remind us of their bitter fate.

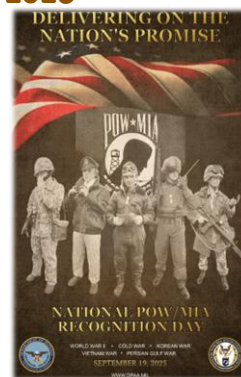
There is salt upon the bread plate... symbolic of the family's tears as they wait.

The glass is inverted... they cannot toast with us tonight. The chair is empty... they are not here.

Remember... all of you who served with them and called them comrades, who depended on their might and aid, and relied on them... for surely... they have not forsaken you.

National POW/MIA Recognition Day 19 September 2025

For years, The American Legion supported a National POW/MIA Recognition Day, it is now officially recognized annually on the third Friday of September. This commemoration is set aside to honor the commitment and sacrifices made by this nation's prisoners of war and those who are still missing in action, as well as their families.

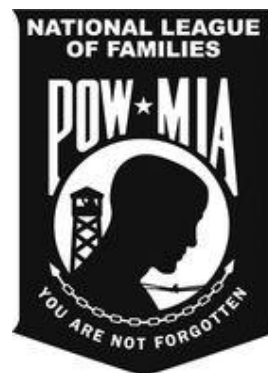


Until July 18, 1979, no commemoration was held to honor POW/MIAs. In the first year, Congress passed resolutions and the national ceremony was held at the National Cathedral in Washington. The 1st Tactical Squadron from Langley Air Force Base in Virginia flew the Missing Man formation.

A poster was published by the VA which contained only the letters POW/MIA. That continued until 1982, when a black and white drawing of a POW in captivity was used to show urgency of the situation.

The National League of Families

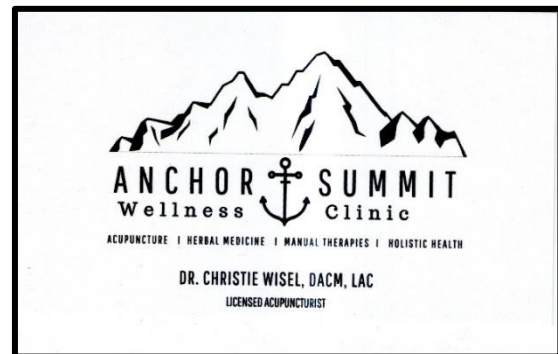
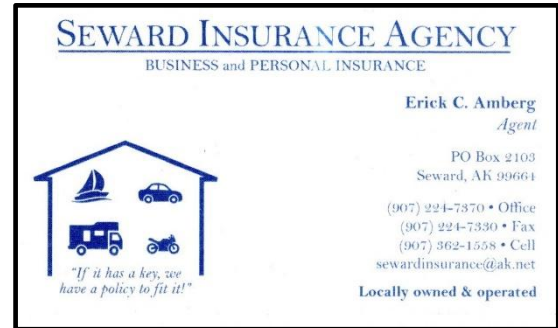
proposed the third Friday of September as a commemoration date. Most of the National POW/MIA Recognition Day ceremonies have taken place at the Pentagon. Now, they're held throughout the nation and around the world on military installations, ships, schools, churches, etc. The focus is to ensure that America remembers its responsibility to stand behind those who serve it and to make sure that we do all that is possible to account for those who have not returned.



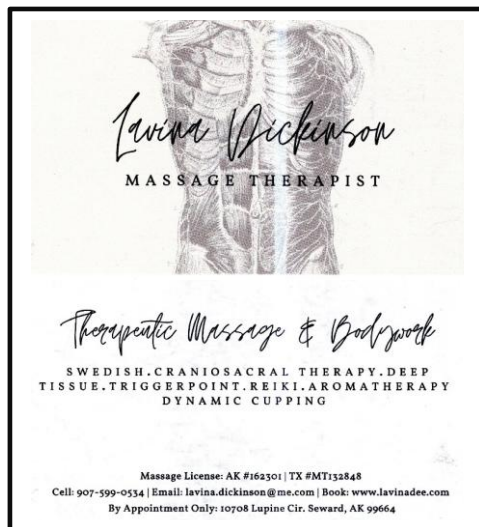
Current identifications by Conflict for FY 2025 eight from the Vietnam War, 52 from the Korean War, and 153 from World War II. Per the Defense POW/MIA Accounting Agency the number of missing and unaccounted for all conflicts is still over 81,000.



MEMBERS BUSINESS CARDS



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September 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Labor Day 1	Mexican Martes 2		B,B,M&C 4	Steak Night 5	
	BINGO!!! 6:30PM Chili Dogs			American Legion Riders Meeting 5:30 pm Pioneers Meeting 6:30 pm		
7	8	Mexican Martes 9	10	B,B,M&C 11	Steak Night 12	13
Luscious Leftovers 	BINGO!!! 6:30PM BINGO Chili Dogs		Auxiliary Meeting 6pm 	Patriot Day 		ALR Breakfast 9-11am
14	15	Mexican Martes 16	17	B,B,M&C 18	Steak Night 19	Pool 7pm 20
Luscious Leftovers 	BINGO!!! 6:30PM Chili Dogs	 American Legion Day		Air Force Birthday 	POW/MIA Day 	
Poker 5pm 21 3rd Sunday of the Month Breakfast 9-11am Texas Hold 'em Poker 5:00pm Luscious Leftovers	22	Mexican Martes 23	24	B,B,M&C 25	Steak Night 26	Pool 7pm 27
	BINGO!!!! 6:30PM Chili Dogs	Post Meeting 5:30pm 	Jewelry Class with Carol Souza 6:00 pm 	SAL Meeting 7pm 		
Poker 5pm 28	29	Mexican Martes 30				
Gold Star Mother's Day Luscious Leftovers	Chili Dogs BINGO!!! 6:30PM					



Food Served Every Night at the Post!!!!