



For God and Country

Seward Post 5 Newsletter

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COMMANDER'S COMMENTS

By Clare Sullivan



You'll see our American Legion Family "in action." 😊 We surely have some special people in our organization!

Wow! What a month! May always is with all the patriotic holidays and the events we conduct or support in service to our veterans and our community. Also, we've still been serving meals every day for members and those in need.

This month looks to be another good month, and for starters we will have a **Flag Day Ceremony** on Tuesday, June 14th at around 6:30 pm and will also celebrate the **US Army's Birthday** and of course have a **Father's Day Breakfast** on Sunday June 19th.

Just to recap for everyone all the great work by our volunteers this month...

Flag Day, like our other important patriotic Holidays, is necessary to preserve our significant history and to educate and keep traditions alive. Observing Flag Day does not just honor a great flag but it also reminds us of where we have been as a young country fighting for our freedom, and the incredible journey we have travelled to be the great nation that we are now. The road to where we are has been paved with bravery and the blood of those who found it worthwhile to keep pursuing our ideals of freedom and justice for

1. Legion Family End of Season Dinner (Pool League)
2. Scouts Court of Honor
3. Mothers' Day Breakfast
4. Cub Scout Bridging Ceremony
5. Armed Forces Day Hot Dog Feed in the Harbor
6. Bike Blessing (thanks Father Bill 😊)
7. 1st round of cemetery clean-up with the Seward Seahawks Football Team
8. 3rd Sunday of the Month Community Breakfast
9. Department Service Officer visit
10. Armed Forces YMCA Combat Fishing Tournament
11. Memorial Day Ceremony

all. As life's events compete for our attention, these patriotic holidays frequently get shelved or receive token attention and have become associated with some stores' holiday sales. Sometimes the overt demonstration to display Patriotism is met with a bit of resistance, condescension or hesitancy simply because the observances have taken the backseat to other unrelated activities surrounding the holiday.



With that said, we have the obligation as members of the American Legion Family to keep these traditions alive and inspire others by our actions of Patriotism and Americanism. According to The American Legion, *Americanism is an ideology, or belief in devotion, loyalty, or allegiance to the United States of America, or to its flag, traditions, customs, culture, symbols, institutions, or form of government.* And, in the words of [Theodore Roosevelt](#), our 26th President "Americanism is a question of spirit, conviction, and purpose, not of creed or birthplace."



And, all this is in addition to our normal daily and weekly activities. So, I think we dispelled the belief that our post is just a quiet and sleepy locale for vets to hang out! 😊 Thanks for all your hard work, your efforts support so many in ways you don't even know!

Please consider reading up on our patriotic holidays, particularly Flag Day for this month and fly our US flag. We have a great country, and all our patriotic holidays are so very important to us to remember as a nation and to continue as a free people.

I would like to list everyone who was involved in all our service-oriented projects, but I think I'd have a huge newsletter in order to get everyone listed. That might not be the best use of my space here, but if you get an opportunity, please take a look at our [Facebook](#) page. You'll get a good idea of what we do and what we've accomplished.

House and Vice Report.....

By Mike Calhoon



Hello from the Second Vice,

Summer has started out with a bang so far and appears it will not slow down for a while. Here we go into another busy Seward summer.

Please let me know in advance, if possible, if you plan to have a group larger than 6-8 for any of our nightly dinners. This should help us plan and be better prepared to serve our members and their guests.

I want to thank all our members for their continued support of the Post and Club. Your dedication is an inspiration for us all. This month may not have as many activities as May did but it will be very busy nonetheless. The Flag Day ceremony will take place at around 6:30 or so on Tuesday the 14th.



Time is fluid as it is also the Post meeting night. We will host Father's Day breakfast on the 19th and, of course, there will always be other activities that pop up throughout the month.

Clean-up for the Cemetery and around the Post will continue through the summer and we will let you know as that happens.

The 2022 membership year has gone well for us as the Post has achieved well over 100% of the membership goal set forth by the Department of Alaska.

Membership is the backbone of your organization and we need to keep that backbone strong to continue to carry the load we do for our veterans and the community of Seward.



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.

From the President's Desk

By Sharon Dillon

Well, here we are again another month has gone by.

I would like to thank all the volunteers that helped with activities this past month. You were awesome. From Bingo to Memorial Day, we appreciate all you do.



June will be just as busy with Father's Day the 19th, third Sunday of the Month Breakfast, and meetings, plus Bingo. Flag day is the 14th.

The Auxiliary meets on the 8th so come in to support the American Legion. We have programs for veterans, young people and community

Sounding Off from the Sons....

By Mike Calhoon



Greetings from the SAL First Vice Commander.

Summer sure showed up in a hurry. Beautiful weather but we could use some rain.

I want to thank all Squadron members who continue to volunteer their time and effort in support of the Mission of the Post 5 Family. May was a very busy month for the Post and help will also be needed in June. We welcome David "Ozzie" Osborn back from Montana and thank him for all his help prepping the cemetery for Memorial Day.



This month the Post will have its Flag Day ceremony on Tuesday June 14th around 6:30pm or so. They will put exact time out soon. Father's Day breakfast is on June 19th, and other activities will probably pop up. There will be ongoing maintenance activity at the cemetery and around the Post so watch for announcements.

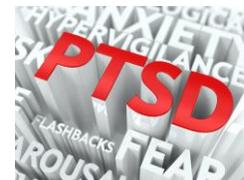
The 2022 Membership year is almost complete, and the **Squadron has reached its 100% goal for membership this year.** Thank you to all those that have already renewed their memberships and please consider renewing soon if you have not already done so. Remember the dues are \$35.00 this year. Membership is foundation for all the SAL programs.

If you have any questions or concerns, feel free to contact me at 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.

How Do People Observe Post-Traumatic Stress Disorder Awareness Day?

Much of what is done to observe PTSD Awareness Day involves encouraging open talk about PTSD, its' causes, symptoms, and most important of all, getting help for the condition. PTSD is, even in modern times, often misunderstood by those with no firsthand experience with the condition or those who suffer from it. PTSD Awareness Day is designed to help change that.

"Shell shock" and "combat shock" were earlier attempts to define and understand the symptoms of PTSD. Post-traumatic Stress Disorder was often stigmatized in popular culture after the Vietnam conflict, and many films and television shows featured antagonists or unsympathetic characters suffering from "Vietnam flashbacks" or other issues.



The misunderstanding of PTSD slowly began to change in 1980 when it was recognized as a specific condition with identifiable symptoms. As a result, since that time, Post-Traumatic Stress Disorder is listed in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM). This manual is a diagnostic tool for mental health professionals and paraprofessional workers in the healthcare field and is considered a definitive reference. The addition of PTSD to the DSM was a highly significant development.

Why are Coins Left on Veterans' Gravestones

After this Memorial Day as we were clearing the cemetery of the crosses, poppies and flags I recalled an old tradition that some may not know about. If you ever visit a veteran's grave you may see coins on the gravestone. A coin left on the headstone is a message to the deceased veteran's family that someone has visited their grave and paid their respects and to show that someone has visited the grave site to let them know that they are not forgotten and are still cared for. Each coin left on the top of the headstone for the veteran has its own meaning.

- ✚ A penny left on the gravestone means the gravesite was visited.
- ✚ A nickel left on the gravestone means that the person visiting the grave trained at boot camp with the deceased veteran.
- ✚ A dime left on the gravestone means the person served with them while in the military.
- ✚ A quarter left on the gravestone means the person who left the coin was with the veteran when they were killed.

The money placed on the gravestones is collected and put toward cemetery maintenance and for future burial costs.



June is PTSD Awareness Month

Info excerpts from militarybenefits.info

PTSD Awareness Day is observed every year on June 27th. PTSD stands for Post-Traumatic Stress Disorder and is a condition that many veterans and non-veterans alike suffer. PTSD can occur when someone experiences or witnesses a traumatic event. This condition wasn't always understood properly by the medical or military community, and Department of Defense press releases often point to earlier attempts to identify PTSD symptoms in the wake of service in World War 2, Vietnam, and other conflicts.



JUNE IS PTSD AWARENESS MONTH

The Department of Defense publishes circulars, articles, and other materials to help educate and inform military members and their families about the condition. The VA official site has several pages dedicated to PTSD, and when military members retiring or separating from the service fill out [VA claim forms for service-connected injuries](#), illnesses, or disabilities, there is an option to be evaluated for PTSD as a part of the VA claims process.

Today, the [symptoms of Post-Traumatic Stress Disorder](#) are better understood, treatable, and recognized by the VA as a service-connected condition. PTSD is not exclusive to veterans or currently serving members of the United States military, but a portion of those who serve are definitely at risk for PTSD.

United States Army Birthday

By John R. Maass, Historian
US Army Center of Military History

America's Revolutionary War began on 19 April 1775 with exchanges of musketry between British regulars and Massachusetts militiamen at Lexington and Concord. As their fellow citizen soldiers from New Hampshire, Connecticut and Rhode Island responded to the alarm, a state of war existed between the four colonies and the British government. Called the Army of Observation, a force of New Englanders surrounded Boston and had the British troops who occupied it under siege, but they needed help. They appealed to delegates who represented all thirteen colonies to join them in the struggle for American liberty.



With words that sound hauntingly familiar two hundred forty-five years later, "The delegates of the United Colonies ... reposing special trust and confidence in the patriotism, valor, conduct, and fidelity" of George Washington, issued its first commission by appointing him "General and Commander in chief of the Army of the United Colonies, and of all the forces now raised, or to be raised by them, and of all others who shall voluntarily offer their services, and join the Defense of American liberty, and for repelling every hostile invasion..."



Flag Day Celebrated June 14, 1777

Flag Day! On May 30, 1916, President Woodrow Wilson issued a presidential proclamation establishing a national Flag Day on June 14th. Many Americans celebrate Flag Day by displaying the Red, White and Blue in front of homes and businesses. The day commemorates the adoption of the Stars and Stripes as the official flag of the United States.

According to American legend, in June 1776, George Washington commissioned Betsy Ross, a Philadelphia seamstress, to create a flag for the new nation in anticipation of a declaration of its independence.



On June 14, 1777, John Adams spoke about the flag at a meeting of the Continental Congress in Philadelphia. He said, "Resolved, that the flag of the thirteen United States shall be thirteen stripes, alternate red and white; that the Union be thirteen stars, white on a blue field, representing a new constellation." There have been twenty-seven official versions of the flag so far; stars have been added to it as states have entered the Union. The current version dates to July 4, 1960, when Hawaii became the 50th state.

Many Americans sing, pledge, and pay respect to the flag, "Old Glory," as a symbol of the country's democracy and independence. Saluting the flag is a way to celebrate and honor the United States of America.



When the delegates to the Second Continental Congress convened in Philadelphia on 10 May, they soon learned that armed men commanded by Ethan Allen and Benedict Arnold had captured the British forts at Ticonderoga and Crown Point on Lake Champlain in New York. The constitutional crisis, in which Americans

sought a redress of grievances from the British King and Parliament, had become open hostilities. The delegates realized that even though many desired reconciliation, they would now have to address the new military situation. The Congress took the next step that eventually transformed a local rebellion into a war for independence when it established the Continental Army: the force we know today as the U.S. Army.

On 14 June 1775, Congress "Resolved, That six companies of expert riflemen, be immediately raised in Pennsylvania, two in Maryland, and two in Virginia... [and] as soon as completed, shall march and join the army near Boston, to be there employed as light infantry, under the command of the chief Officer in that army."



The delegates then prescribed an oath of enlistment that required the soldiers to swear:

"I have, this day, voluntarily enlisted myself, as a soldier, in the American Continental Army, for one year, unless sooner discharged: And I do bind myself to conform, in all instances, to such rules and regulations, as are, or shall be, established for the government of the said. Army."

The next day Congress voted to appoint George Washington "to command all the Continental Forces" and began laying the foundation for "the American Army."



The History of Flag Day

The Fourth of July was traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the Flag is believed to have first originated in 1885. BJ Cigrand, a schoolteacher, arranged



for the pupils in the Fredonia, Wisconsin Public School, District 6, to observe June 14 (the 108th anniversary of the official adoption of The Stars and Stripes) as 'Flag Birthday'. In numerous magazines and newspaper articles and public

addresses over the following years, Cigrand continued to enthusiastically advocate the observance of June 14th as 'Flag Birthday', or 'Flag Day'.



On June 14, 1889, George Balch, a kindergarten teacher in New York City, planned appropriate ceremonies for the children of his school, and his idea of observing Flag Day was later adopted by the State Board of Education of New York. On June 14, 1891, the Betsy Ross House in Philadelphia held a Flag Day celebration, and on June 14th of the following year, the New York Society of the Sons of the Revolution, celebrated Flag Day.

Following the suggestion of Colonel J Granville Leach (at the time historian of the Pennsylvania Society of the Sons of the Revolution), the Pennsylvania Society of Colonial Dames of America on April 25, 1893 adopted a resolution requesting the mayor of Philadelphia and all others in authority and all private citizens to display the Flag on June 14th. Leach went on to recommend that thereafter the day be known as 'Flag Day', and on that day, school children be assembled for appropriate exercises, with each child being given a small Flag.



Two weeks later on May 8th, the Board of Managers of the Pennsylvania Society of Sons of the Revolution unanimously endorsed the action of the Pennsylvania Society of Colonial

Dames. As a result of the resolution, Dr. Edward Brooks, then Superintendent of Public Schools of Philadelphia, directed that Flag Day exercises be held on June 14, 1893 in Independence Square. School children were assembled, each carrying a small Flag, and patriotic songs were sung and addresses delivered.

In 1894, the governor of New York directed that on June 14 the Flag be displayed on all public buildings. With BJ Cigrand and Leroy Van Horn as the moving spirits, the Illinois organization, known as the American Flag Day Association, was organized for the purpose of promoting the holding of Flag Day exercises. On June 14th, 1894, under the auspices of this association, the first general public school children's celebration of Flag Day in Chicago was held in Douglas, Garfield, Humboldt, Lincoln, and Washington Parks, with more than 300,000 children participating.



Inspired by these three decades of state and local celebrations, Flag Day - the anniversary of the Flag Resolution of 1777 - was officially established by the Proclamation of President Woodrow Wilson on

May 30th, 1916. While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until August 3rd, 1949, that President Truman signed an Act of Congress designating June 14th of each year as **National Flag Day**.



On June 14, 2004, 108th U.S. Congress unanimously voted on H.R. 662 declaring Flag Day originated in Waubeka, Ozaukee County, Wisconsin.



Now, Stony Hill School is a historical site and is located in Waubeka, WI, and the National Flag Day Foundation (of which Cigrand was once president) is still actively pursuing Cigrand's mission. A yearly celebration of Flag Day occurs on the second Sunday in June, and patriots of not only Waubeka, WI but from across the Union gather to celebrate where Flag Day was founded.



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

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

Bike Blessing, Harbor Opening, Armed Forces Day & Cemetery Clean Up



Combat Fishing



Memorial Day



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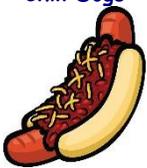
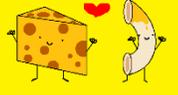
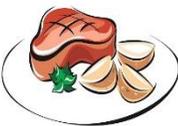
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"If it has a key, we have a policy to fit it!"


June 2022


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			<p style="background-color: #90EE90; padding: 2px;">Guest Chef Night</p> <p style="background-color: #90EE90; padding: 2px;">Salisbury Steak</p>  <p style="background-color: #90EE90; padding: 2px;">Cub Scout Meeting</p> <p style="background-color: #90EE90; padding: 2px;">6:00 pm</p>	<p style="background-color: #90EE90; padding: 2px;">ALR Meeting</p> <p style="background-color: #90EE90; padding: 2px;">5:30 pm</p>  <p style="background-color: #90EE90; padding: 2px;">Igloo #9 Meeting</p> <p style="background-color: #90EE90; padding: 2px;">6:30 pm</p>		
5	6	7	8	9	10	11
<p style="color: red; text-decoration: underline;">Luscious Leftovers</p>	<p style="color: blue;">Chili Dogs</p>  <p style="color: red; font-weight: bold;">BINGO!!!! 6:30PM</p> 	<p style="background-color: yellow; padding: 2px;">Mexican Martes</p> 	<p style="color: blue;">Auxiliary Meeting 6:00pm</p> 	<p style="color: blue;">SAL Meeting 7:00pm</p> 	<p style="background-color: yellow; padding: 2px;">Steak Night</p> 	
12	13	14	15	16	17	18
<p style="color: red; text-decoration: underline;">Luscious Leftovers</p>	<p style="color: blue;">Chili Dogs</p>  <p style="color: red; font-weight: bold;">BINGO!!! 6:30PM</p> <p style="font-size: 2em; color: blue; font-weight: bold; letter-spacing: 0.5em;">BINGO</p>	<p style="color: blue;">Post Meeting 5:30pm</p>  <p style="background-color: green; padding: 2px;">Flag Retirement Ceremony 6:30pm</p> <p style="background-color: red; padding: 2px;">US Army Birthday</p>	 <p style="background-color: #90EE90; padding: 2px;">Cub Scout Meeting</p> <p style="background-color: #90EE90; padding: 2px;">6:00 pm</p>	<p style="background-color: yellow; padding: 2px;">SOULMATES</p> 		
19	20	21	22	23	24	25
<p style="background-color: yellow; padding: 2px;">Father's Day Breakfast 9-11</p>  <p style="font-size: 2em; color: blue; font-weight: bold;">HAPPY FATHER'S DAY</p> <p style="color: red; text-decoration: underline;">Luscious Leftovers</p>	<p style="color: red; font-weight: bold;">BINGO!!!! 6:30PM</p>  <p style="color: blue;">Chili Dogs</p> 	<p style="background-color: yellow; padding: 2px;">Mexican Martes</p> 	 <p style="background-color: #90EE90; padding: 2px;">Cub Scout Meeting</p> <p style="background-color: #90EE90; padding: 2px;">6:00 pm</p>	<p style="color: blue;">Coast Guard Auxiliary Birthday</p> 	<p style="background-color: yellow; padding: 2px;">Steak Night</p> 	
26	27	28	29	30		
<p style="color: red; text-decoration: underline;">Luscious Leftovers</p>	<p style="color: purple;">PTSD Awareness Day</p> 	<p style="background-color: yellow; padding: 2px;">Mexican Martes</p> 	 <p style="background-color: #90EE90; padding: 2px;">Cub Scout Meeting</p> <p style="background-color: #90EE90; padding: 2px;">6:00 pm</p>		<p style="font-size: 2em; color: blue; font-weight: bold;">Flag Day</p> 	



Food Served Every Night at the Post!!!

