

For God and Country **Seward Post 5 Newsletter**



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COMMANDER'S COMMENTS By Clare Sullivan



Wow! What a month! It has been super busy - more so than our normal busy May with all our patriotic holidays and the events we conduct or support in service to our veterans and our community. And, we've still been serving meals every day for members and those in need.

Just to recap for everyone all the great work by our volunteers this month... and have all "regular activities!"

- 1. Pool League End of Season Dinner
- 2. Eagle Scout Project Presentation
- 3. Mothers' Day Breakfast
- 4. Armed Forces Day Hot Dog Feed in the Harbor
- 5. Bike Blessing (thanks Father Bill 😊)
- 6. Cemetery clean-up with the Seward Seahawks Football Team
- 7. 3rd Sunday of the Month Community Breakfast
- 8. Vet Center Officer visit
- 9. Armed Forces YMCA Combat Fishing Tournament
- 10. Cemetery Clean up, weeding, mowing and the placement of crosses and flags on each grave
- 11. Memorial Day Ceremony and lunch at the Post And, special visits from:
 - 12. USS Lake Champlain
 - 13. USCGC Fir

14. USS Zumwalt

A good time had by 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!

I would like to list everyone who was involved in all our service-oriented projects and events, 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. You'll see our American Legion Family "in action." 😊 We surely have some special people in our organization!

This month looks to be another good month, and for starters we will have a Flag Day Ceremony on Wednesday, 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 18th for all the wonderful dads out there!

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



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."

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.

Freedom

Vice & Adjutant Report.. By Mike Calhoon

Hello from the Second Vice and Adjutant,

Summer is here even though it has started out as a cool and wet season. I hear the hot and dry weather is on the way. We will have to wait and see.

I would like to thank all the great volunteers for their help this last month. There are way too many to name individually, just know how much your help is appreciated and needed to help accomplish all the activities the Post 5 family is involved in on a daily basis.

I would like to give a special thanks to LTJG Michael Marriott, MK3 Annah Fair, FN Jeremiah Eddy, and BM3 Michael Kosiorek for acting as the firing detail for the funeral service of William Turley on May 10th. Also, a special thanks to DCC Graham Jacobs, MK3 Annah Fair, DC3 Peyton Pickard, and DC3 Daniel Moorhead for acting as the firing detail for our Memorial Day ceremony. You were all great and really showed your commitment to service.



This month we will have our Flag Day ceremony on Wednesday the 14^{th} and we will have our Father's Day breakfast on Sunday the 18^{th} . Also, there will be a Celebration of Life for Louie Bencardino on June 17^{th} at 12:00 noon.

We will continue cemetery and building maintenance throughout the summer, and we will be painting and staining in the meeting room a bit later this month. We will let you know when these activities happen.

Pool league and Poker have ended for the summer. Everyone had a great time with these winter activities, and they will return next fall.

The 2023 membership year is winding down and the 2024 year is coming July 1st. You can still renew your 2023 membership and we encourage you to do so if you have not done so yet. We want to thank all of you that have renewed this year or

MEMBERSHIP or

joined as a new member. Your membership supports Post 5 and all the Legion goals and activities throughout the year.

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 Connie Kullander

Greetings (a) Another month has passed us by. What a busy month it was. Thank you everyone who helped with all the events we did for that month. Memorial Day service was again a beautiful service, told by folks that attended. They mentioned that they hadn't seen that many folks there in a long time and the service was beautiful as always. Thank you everyone, from those who prepared the cemetery to the preparation of the service and then the return of the crosses to the shed.

We will be having our Auxiliary meeting on the 7th as our meeting falls on Flag Day this year.

June 14th is Flag Day. We will have a ceremony at 6:00 pm for those interested in attending. Flag day commemorates the adoption of the Stars and Stripes as the official flag of the United States. It was in 1916, President Woodrow Wilson issued a presidential proclamation establishing a national Flag Day on the 14th of June. We also have pamphlets at the post on all the things you want to know about the flag and on flag etiquette.

June is Alzheimer and brain awareness month. We need to be aware of those who have this horrible condition and be mindful of any and all who can have any kind of brain condition.

On a happier note, June is also adopt a cat month \odot \odot and Fathers Day on the 18th. We have the summer solstice on June 21st. Thank you everyone for all you do. keep in mind Fourth of July is not far off and we need lots of volunteers.

Troop 568 Update

Boy Scout Troop 568 gave the Post Board at their May Meeting a briefing on their Eagle Projects and about some great work and service that was accomplished by these young men!



ALR Director's Notes By Bobby Dunno

Here we are facing the beginning of June and I am

wondering if it would be advantageous to invent an amphibious motorcycle. It would be one way to get more miles in and make more sense with the weather we have been having. Even my Victory



has been balking at being taken out in the weather, having a hard time starting in the morning and rough running until after lunch. No, that bike is not developing a personality, but it better get over that as the schedule in June is going to be picking up....rain or shine. But we who enjoy the wind running across our windscreens have to believe the weather has got to make a turn for the better, it can't rain all summer..... \odot \odot

We did catch a break for the Bike Blessing on the 20th of May. The rain held off during our ceremony and I believe Dave may have gotten his bike to the blessing and back in his garage before it got wet. Of course, I think the credit should go to Father Bill; his grace and eloquence had to have some influence.



I am not going to complain about the brief time of no rain, especially since I got wet riding to the blessing and riding after the blessing, yea go figure. Riding on Memorial Day was much better as the ceremony at our cemetery experienced some light sprinkles and I was able to take our National Colors for a couple spins around town without getting to wet.

Enough of Bobby complaining about the weather! June promises to be busy, first Chapter 35 is hosting a fundraising ride to support Viper Transitions in later June - date and time TBD which will launch from Post 1, visit American Legion posts and VFW posts along a route ending up at Post 35 or 15 in the Valley. I am still trying to find specifics from Chapter 35 and will hopefully have more information prior to our ALR Chapter meeting on the 1st of June. June 11 is a ride to Polar Raceway Park in Palmer for

their Military Appreciation Day. Could be logistically challenging for those of us riding from the Kenai Peninsula we may consider staging from Anchorage for a time period because the next weekend is the ALRA ROMP being hosted by Chapter 1. It is going to be busy weekend with rides scheduled out the Glenn highway on Friday, followed by a long day riding from Post 1 visiting first Post 20 in Kenai, and Post 5 in Seward before returning to Anchorage. It will be a fun time and if you are not in riding shape you can probably count on the hind end being sore following these two weeks in June.

Well looking outside, I can see one very small speck of blue sky, so I am ending this article and going out to fire up the Victory and Get on My Bike and Ride!

Always Faithful, Bobby D.

Sounding Off from the Sons... By Mike Calhoon



Greetings from the SAL First Vice Commander.

What a busy month of May for the Legion Post 5 family. Thanks to all Squadron 5 members who helped out during May and we look forward to assisting the Post during June.

This month the Post will hold its Flag Day ceremony on Wednesday, June 14^{th} , and Father's Day breakfast on June 18^{th} . There will be continued cemetery and building maintenance activities going on and we will let you know when that happens.

We are getting close to the end of the 2023 membership year, but you still have time to renew your 2023 membership before we begin the 2024 membership year on July $1^{\rm st}$. Dues are \$35.00 and your membership helps us support the mission and goals of the Sons of American Legion and the Post 5 family. Squadron 5 has reached its 100% goal for the 2023 membership year thanks to all of you who renewed your membership or became a new member.

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.



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 27^{th.} 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.

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.



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.



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."

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.



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 14^{th} 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,

American

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







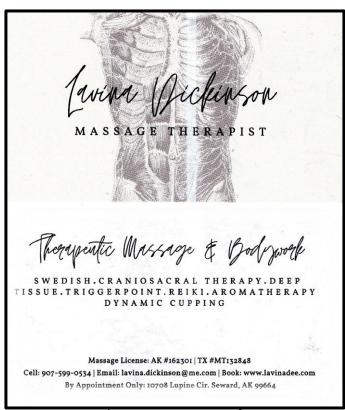
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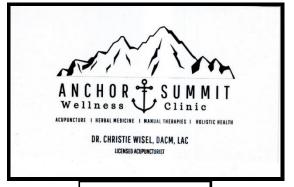




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