



FOR GOD AND COUNTRY

SEWARD POST 5 NEWSLETTER

MAY 2022
VOLUME 19, ISSUE 05

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COMMANDER'S COMMENTS

By Clare Sullivan



The weather is getting better, the snow is going away and we're happy about seeing our out of state members and tourists coming up for another visitor season. I hear from our fishermen and outdoor tour folks that things are shaping up to be a really great year. I'm guessing folks from the "Lower 48" are getting tired of doing the same old grind and are heading where it's easier to get to the "great outdoors." I can't think of any place better than Alaska! 👍👍😄

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 30th. We will also be having the **ALR Bike Blessing, Armed Forces Day, Harbor Opening Festivities, Armed Services YMCA Combat Fishing Tournament** support, the **3rd Sunday of the Month Breakfast, Mother's Day Breakfast; the Pioneers Igloo #9** will have their monthly meeting as will the **Coast Guard Auxiliary**. Whew!!!!



And to top it off we will be supporting our local **Scout troops** with their meetings and other activities. So, as you can see, we're continuing our busy schedule and providing support where we can with our amazing volunteers! 😊😊😊

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 renewed and a big welcome to all who have joined for the first time! Your support has allowed us to hit all our target dates for our membership goals!



thank you!

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. Its important we keep our traditions, heritage and our history alive as we have an amazing American culture that is the envy and the goal of so many who are not privileged to call the USA home.

We're working hard to meet the needs of our Post 5 Family and as many of you have heard we were fortunate enough to get a couple of **Seward Community Foundation** grants in partnership with the **Seward Senior Center** for our post so we can continue to serve our community. The stoves are in and we're cooking up a storm 😊 and soon we'll have the flooring in hand to start putting down in the community meeting room. That will be a huge help in having better and safer flooring for our community meals, organizational meetings, Auxiliary Bingo and our Scout activities.



In the past year we've also been fortunate to have a growth in **Scouting Programs** at the post! We are continuing to be the charter organization for our local Cub Scout Pack 327 and in the last year or so we've got Boy Scout Troop 568 on board. Unit #5 has just begun the chartering effort for the Girls Troop as well, so it really continues to be a "Family Operation!" 😊 We expect some great things to see from of all these kids so stay tuned!



The Summer is coming, so come on by the post. We have nightly meals for donation (except Friday Steak night - we can't afford 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.

House and Vice Report.....

By Mike Calhoon, 2nd Vice



Hello from the Second Vice.

Spring has sprung in Seward and visions of a very busy summer are dancing in our heads. We are headed into the busy time of year for Post 5 so here we go.

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 we will really need all volunteers on board.



The Post will be providing Mother's Day breakfast on May 8th, community breakfast on May 15th, Armed Forces Day Hotdog Feed on May 21st, Combat Fishing Tournament support and banquet on May 25th, and Memorial Day Ceremony and lunch on May 30th.



Clean-up for the Cemetery and around the Post will happen throughout the month and we will let you know when those dates are set.

Sorry I did not get the raffle tickets going in April for our next raffle, but they will be available on May 2nd for a **\$500.00 gift certificate from CBK Arms** and a **\$500.00 gift certificate from Great Northern Guns**. We will have two winners with the first one drawn having their choice of certificates and the second one drawn getting the one left.

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.

Sounding Off from the Sons...

By Mike Calhoon, SAL 1st Vice



Greetings from the SAL First Vice Commander.

Spring has finally taken over and we can see summer just around the corner.

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. The Post will definitely need your help this month.



May's events and activities include Mother's Day breakfast on May 8, Community Breakfast on May 15, Armed Forces Day Hot Dog Feed on May 21, Combat Fishing Tournament on May 25, Memorial Day on May 30. There will be cemetery and Post clean up days interspersed throughout the month, TBD.

Renew now



The 2022 Membership year is in full swing, and the Squadron is approaching it's 100% goal for membership. We are just a few renewals or new members away.

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.

Mike Mooter, Tyson Alderman, and Dave Dieckgraeff attended the Department Convention at Post 28 and I understand all thought it was a very good educational event. Reports will be presented at the monthly meeting to be held on May 12.

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.

Here's to a happy, safe, and prosperous spring and summer for everyone.



From the President's Desk.

By Sharon Dillon



Hello everyone! Well, it looks like summer is here again (Yeah!!!). May is **Poppy Month** and **Poppy Day** is celebrated this year on May 27th to help start off Memorial Day Weekend and the ceremony at our Post Cemetery.

Our poppies are handmade by veterans as part of their therapeutic rehabilitation; and all of the money helps to support our veteran support programs so please pick up a poppy and donate money to the poppy can.



As it is May well be working to get things ready at the cemetery so we will need lots of volunteers to help with cleanup at the cemetery and outside the post.

Reminder - Auxiliary Unit 5 meetings are the second Wednesday of the month at 6 PM so think about coming in and hearing about what's going on.

Combat Fishing is 26 May, and we will need volunteers for the directing the military to the harbor boats, follow on food service as well as a lot of other things.



Mother's Day is the 8th Happy Mother's Day to all of the moms out there! The post will have a Mother's Day Breakfast that Sunday.

Every Monday is Bingo & the only time we will not have it as when it falls on a holiday - it is open to the public, so everyone is welcome. Spread the word, it is a lot of fun!!!



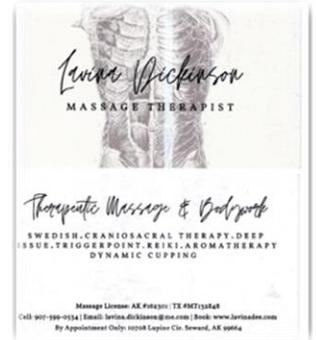
I would like to thank all the volunteers for all they do for us; and please keep our service men and women in your prayers!



Business Spotlight



Lavina Dickinson is a Coast Guard veteran, massage therapist and wellness educator. Lavina fell in love with Alaska while stationed at ISC Kodiak where she served as a Firefighter and EMT. Lavina graduated massage school in 2019 in Houston, Texas. She holds massage licenses in both Texas and Alaska.



Lavina specializes in rehabilitative work with the intent to reduce chronic pain and regain functional movement. She employs a variety of modalities to accomplish this including Swedish Massage, Deep Tissue, Trigger Point, Cupping, and Cranio-Sacral Therapy (CST). CST focuses on the down-regulation of the nervous system. CST has proven effective in reducing the symptoms of unspecified headaches, jaw pain, anxiety, and PTSD.

Lavina accepts most insurance and is an in-network provider with Aetna and Premera Blue Cross/Blue Shield. She is in the process of getting credentialed by the VA as a Community Health provider.

Lavina believes in a collaborative and holistic approach to wellness. She helps facilitate your body's own innate healing so that you may live well. You can book with her online at www.lavinadee.com or find her on Instagram @lavinadeelmt where she shares mindfulness prompts, wellness tips, and her attempts at writing Haiku.



Special Dates in May

May is **National Military Appreciation Month** - A month to recognize and show appreciation to the Armed Forces of the United States of America.

May is also the **Month of the Military Care Giver** - The Month of the Military Caregiver is observed in May each year to honor more than five million caregivers in the United States. Paying tribute to the people who care for more than two million veterans is an important part of supporting troops and military families.

May 1st - **Loyalty Day**. A day set aside for American citizens to reaffirm their loyalty to the United States and to recognize the heritage of American freedom.

May 6th - **Military Spouse Appreciation Day**. On Military Spouse Appreciation Day, we honor the contributions and sacrifices made by military spouses. Their commitment and support help to keep our country safe. America's military spouses are the backbone of the families who support our troops during mission, deployment, reintegration and reset. Military spouses are silent heroes who are essential to the strength of the nation, and they serve our country just like their loved ones.

May 8th - **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. It is also **Mother's Day** - come down to the Post for a great breakfast served up by the awesome Breakfast Crew to honor mothers!

May 13th - **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 15th - **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.

May 21st - **Armed Forces Day** - a day to pay special tribute to the men and women of our Armed Forces.

May 27th - **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 30th - **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.

The **National Moment of Remembrance** is an annual event that asks Americans to pause for a moment of silence for a **minute at 3:00 pm on Memorial Day**. The 3 pm time was chosen, because it is the time when many Americans are enjoying their freedoms on the national holiday. It is intended to be a unifying act of remembrance for Americans of all ages. The National Moment of Remembrance Act became law in the year 2000.



Scouting News from Troop 568

By Karl Van Buskirk



The Scouts from Troop 568 will have a Court of Honor on Tuesday, May 10th starting at 1900 at the Branson Pavilion.

A spaghetti dinner with Dutch Oven desserts will be served, all prepared by the Scouts!

Two Scouts have earned Life Rank and 3 Scouts have earned Star Rank.

Many Merit Badges have been earned by the Scouts.

The Scouts fire pit will keep a raging blaze contained.

Potential and past Scouts of all ages are invited to come and participate in the adventure of Scouting.

Troop 568 has room for more and will make the fun bigger. Youth who have completed 5th grade or are 11 years old but under 18 years old can join Scouting.

If you want to go and do and have some fun, come adventure with Troop 568!

News from Seward's Phoenix Chapter Alaska Firefighters Association



The Phoenix Chapter of the ASFAA supports all of our local fire departments by funding training and other needs. Seward, Bear Creek, Moose Pass, Lowell Point Volunteer Fire Departments and Seward Volunteer Ambulance Corps all participate and train together using the proceeds of these cruises.

We all rely on each other and make all of the fire response better by working together.

The Phoenix Chapter is having its annual Resurrection Bay Cruise with a Salmon and Prime Rib dinner on the evening of Saturday, May 28th.

The Major Marine sponsored Cruise will leave the dock about 1830 and return about 2200. This should be a nice, relaxing dinner cruise with a fundraising auction.

A pay as you go bar is on board.

All the money raised stays in Seward helping the local first responders and our community.

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" & remains 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.

YOUR BUSINESS CARD SIZE AD HERE
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May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Mexican Martes	4	5 B,B,M&C	6 Steak Night	7
<p>Member's Poker 5:00 pm</p> <p>Luscious Leftovers</p>	<p>Chili Dog Monday</p> <p>Bingo 6:30 pm</p>	<p>Tuesday</p>	<p>Guest Chef Night Dan Burch's Marvelous Meatloaf</p>	<p>ALR Meeting 5:30 pm</p> <p>Pioneers Igloo #9 Monthly Meeting</p>		<p>Pool League End of Season Dinner 7:00 pm</p>
8	9	10 Mexican Martes	11	12 B,B,M&C	13 Steak Night	14
<p>Mothers' Day Breakfast 9am-11am</p> <p>Luscious Leftovers Members' Poker 5:00 pm</p>	<p>Chili Dog Monday</p> <p>Bingo 6:30 pm</p>	<p>Post Meeting 5:30 pm</p>	<p>Auxiliary Meeting 6:00 pm</p> <p>Scouts Eagle Badge Review Board 6:30 pm</p>	<p>SAL Meeting 7pm</p>		
15	16	17 Mexican Martes	18	19 B,B,M&C	20 Steak Night	21
<p>Peace Officers Memorial Day</p> <p>3rd Sunday of the Month Community Breakfast 9am-11am</p> <p>Luscious Leftovers Members' Poker 5:00 pm</p>	<p>Chili Dog Monday</p> <p>Bingo 6:30 pm</p>		<p>YOU'RE THE CHEESE TO MY MACARONI</p>	<p>ARMED FORCES DAY</p> <p>Hotdog Feed in the Harbor 11-2 pm</p>		
22	23	24 Mexican Martes	25	26 B,B,M&C	27 Steak Night	28
<p>Members' Poker 5:00 pm (last of the season)</p> <p>Luscious Leftovers</p>	<p>Chili Dog Monday</p> <p>Bingo 6:30 pm</p>		<p>Armed Services YMCA Combat Fishing Tournament</p>	<p>Burgers, Bacon, Mac and Cheese</p>	<p>National Poppy Day</p>	
29	30	31 Mexican Martes				
<p>Luscious Leftovers</p> <p>LEFTOVERS!</p>	<p>MEMORIAL DAY</p> <p>Memorial Day Ceremony at Cemetery 11:00 am Lunch Served at Post at noon</p>					

Food Served Every Night at the Post





**SATURDAY,
MAY 28, 2022
10TH ANNUAL
FIREFIGHTER / EMT
AUCTION CRUISE**

Join the men and women of the
Phoenix Chapter of the
Alaska State Firefighters Association
for an auction and dinner cruise!

Seward, Bear Creek, Moose Pass, and Lowell Point
residents - Support your local firefighters and EMTs

**Stop by the Seward Fire Dept. or Call (907) 224-3445
for tickets today**

Cruise runs 6:30 – 10:00 pm

*Check-in at Major Marine Tours office in Harbor 360 Hotel by
the Small Boat Harbor by 5:45 pm*



*Cruise & dinner provided
in part by the generosity
of MMT & their staff.*



**\$75 per person for
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**Proceeds Benefit
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