



Veterans Strengthening America

Seward Post 5 Newsletter

September 2023
Volume 20, Issue 09

E-mail: americanlegionpost5@qci.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! Finally! Hopefully they will be drier than our Spring and Summer months. The "ber" months are some of the loveliest 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! Our American Legion Family has been amazingly busy helping others this month, whether it was delivering fish, taking care of Post Everlasting along with the installing the new columbaria and the ongoing work on the flag dais, as well as welcoming USCGC crews as they arrive in port - our volunteers have always stepped up to the plate and made things happen. A huge thank you goes out to our amazing volunteers 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 also seeing the beginning of the leaves turning golden down the highway. 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 it's 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! 🥰🥰🥰



I also want to thank our membership who do an amazing job in our town in their **other** volunteer activities. Not only do these folks have regular 9-5 kind of jobs but because they also love this community, they 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 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 for September. One of our September "fav's" is the yummy **Early Bird Dinner** 🍽️ 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 cribbage! 🎲🎲 We will of course continue with Monday Night Bingo and Wednesday Night Jewelry Classes.

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 15th 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** also on Sept 16th which celebrates the National organization of our humble little post and all posts and departments throughout our country and beyond! And, we just timed it perfectly for our Early Bird dinner!!!

The **American Legion Day** celebrates official chartering of the American Legion and celebrates what it has accomplished throughout the country with well over 12,000 posts and two 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. As stated by House Representative Deb Davidson (Illinois) in 2009 when the American Legion Day resolution was brought to the floor and was passed, she said - "Since their founding charter, The American Legion has not wavered from the guiding principles and vision that can be found in their Four Pillars of Service." This day honors veterans who continue to serve their fellow veterans and are committed to community support.

Seward Post 5 is one of 30 American Legion Posts in Alaska, and we have been in existence since 1919, along with four 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.

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. 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."

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 as an American Legion Family look to continue to contribute where we can and seek opportunities to employ much in our preamble - particularly our desire for "mutual helpfulness."

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. Once again, thank you for your membership,

investment and support of Seward Post 5. And, if you haven't renewed, please consider renewing and bring a friend to join in the fun!!!

Dates to Remember for Post 5 Family Activities in September!

Labor Day - 4 September

Suicide Prevention Walk - 13 Sep: 4:00-6:00pm, Branson Pavilion

American Legion Day & Early Bird Dinner - 16 Sep

Vet Center Visit - 23 Sep: 11:00 - 1:00pm, Post Meeting Room

Auxiliary Unit 5 Centennial Celebration - 30 Sep

Jewelry Classes - Every Wednesday at 6:00pm

Auxiliary Unit 5 Bingo - Every Monday at 6:30 pm

From the President's Desk

By Connie Kullander



Hello everyone!! ☺

September has arrived and the 23rd is the beginning fall. Time has gone by so fast. August ended as I returned from National Convention in Charlotte, North Carolina. It was a whirlwind, but another event of useful and knowledgeable information. I was also able to attend our Salute to Service Member of the year event. I watched as every branch of the service recipient was Chief Boatswains Mate Stefan's Joseph (JoeJoe) Torre, U. S. Coast Guard. It was an honor to be sitting in the audience, watching and listening as each of these incredible individuals were honored for this award for their outstanding contribution to their service and this country.



We also got to see the induction of our new National President, hailing from Fairbanks, Lisa Williamson. So nice to see a familiar face at National. Congratulations Lisa!!

Some more good news, we are celebrating our 100th birthday for the Auxiliary here at the post. This is going to take place September 30th with the theme as the Roaring 20s. Also included with this event is our silent auction, so please bring your bank roll and dress to the nines to help us celebrate! Don't forget to pay your dues and be an early bird. Bingo is every Monday with the doors opening at 6:00. Come join the fun.

September is World Alzheimer's Month

Sep 4 - Labor Day

Sep 9 - Worldwide Cystic Fibrosis Day & National Memorial Pet Day

Sep 10 - World Suicide prevention Day

Sep 15 - National POW/MIA Recognition Day

Sep 16 - American Legion Day & National Voters Day

Sep 26 - VFW Day

Sep 29 - Coffee Day

Sep 30 - Unit 5 Centennial Celebration

Thank you everyone who helped at the post!!! Many hands make light work. Thank you for all you do!!!

From Your ALR Chapter 5 Director

By Bobby Dunno

You have to wonder, or at least I wondered as I sat down to write the article for Post 5's awesome newsletter. Why do I always start off by talking about the damn weather? Perhaps this year it seems I sat down to this task and looked outside and there is "The Yuk"; yep, I heard the rain called that in the Post Office the other day and I thought - o'yea it's a fitting title for our 2023 summer weather.



So having gotten the traditional bitch about our weather out of the way. I have to say we did get an all too short but ever so enjoyable couple weeks of sunshine and partly cloudy skies and riding was done; I got out and about on a couple of different bikes. But with the return of the seemingly endless rain our riding season is in a rapid spiral toward closing with only the hopes of riders everywhere for the advent of a nice sunny late summer, early fall chance to ride for **Ice Cream** before we have to put the bikes away until a hopefully sunnier 2024 riding season. Sounds depressing don't it, yea I know we are all in the same rain puddle ☹️. Just think Bobby didn't even mention road construction!



There is not much news coming from the American Legion Riders Alaska either. The state by-laws maybe getting updated sooner than I had hoped. I am going to be preparing a resolution that will clarify the way a chapter's delegate vote will be handled at convention, to place us more in line with the Department and SAL. So, with that I am going to end this article, and here's to hoping for a few more sunny days where we can strap it on and **Get On The Bike And Ride!** And, hopefully stay dry doing it.

Praying for more and better days,

Bobby D.

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 24, 2023**. 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

Release Date: September 2, 2021, DHS

Suicide is a problem that touches the lives of many Americans. Many of us may know someone, such as a friend, family member, or coworker who has attempted or died by suicide. Over the past two decades, suicide rates have steadily risen in the United States. Suicide is currently ranked 10th for cause of death among all ages. It's important for you to know that suicide is preventable. With commitment and engagement in workplaces and homes, together we all can help reduce the number of suicides.

There are many resources out there here in town and nationally. **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



Adjutant & Vice Report.....

By Mike Calhoon



Hello from the Second Vice and Adjutant

As we ease into fall, let's try to enjoy the end of Summer and get in the fishing, hiking, kayaking, etc... which is still available to us all.

I want all the great volunteers to know how much I appreciate all the work done last month, especially while I was out. Sharon, Melody, Dan, Michelle, Connie, Al, and Ozzie all helped to keep the club running just as smoothly as any other time. All our volunteers are great, and you all really stepped up.



This month we will have our community breakfast, Early Bird Dinner, and a possible visit from the crew of the USCGC Aspen which is in dry dock for a few weeks. We have ongoing maintenance at the cemetery and Squadron 5 is coming close to completing the new flagpole project at the cemetery. If you would like to support these any of activities, please contact us and we will gladly put you to work. 😊

I would like to ask everyone to be considerate of others when you come to enjoy the food at the Post. 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 2024 membership year is here, and you can renew online at mylegion.org, stop by and see us, or mail your renewal in when you receive your notification. We want to thank all of you that renewed this year 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.



Sounding Off from the Sons...

By Mike Calhoon



August was quietly busy at Post 5. I was gone a couple of weeks and want to say thanks to all Squadron 5 members who helped and volunteered time last month. David Osborn has been helping maintain the cemetery and volunteering in the kitchen, Al Dykstra came in and helped with our community breakfast and helped clean the grills for Friday night steak nights and helped around the Post with clean-up and kitchen help.



Al Dykstra has been driving the train and the crew has been working hard to get the new flagpole project at the cemetery completed this summer, and they have done a great job so far. The new poles have been

manufactured and are being painted. They will be ready soon for installation. Great Job!!



This month the Post will hold the Early Bird Dinner, the community breakfast, along with other activities as dates and time are confirmed. There

will also be continuing upkeep and maintenance at the cemetery. Let us know if you can help with any activities.

We are into the 2024 membership year now so please consider renewing your membership. 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.

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.

Son's Eligibility Requirements

All male descendants adopted sons, and stepsons of members of The American Legion, and such male descendants of veterans who died in service during the period of April 6, 1917, through November 11, 1918, or any time from December 7, 1941, to date, who served honorably, as set forth in Article IV, Section 1, of the National Constitution of The American Legion, or who died subsequent to their honorable discharge from such service, shall be eligible for membership in the Sons of The American Legion.

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.



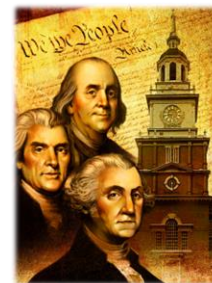
Constitution Day and Citizenship Day

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.

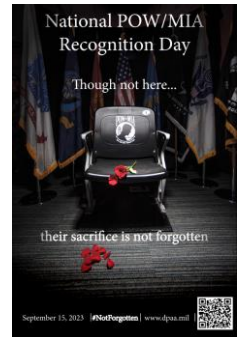
There is salt upon the bread plate... symbolic of the family's tears as they wait.

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 15 September 2023

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.



As of August 10th, 2023, 81 remains have been brought home during fiscal year 2023 including three from the Vietnam War, 26 from the Korean War, and 52 from World War II. Per the Defense POW/MIA Accounting Agency the number of missing and unaccounted for is still over 80,000 for all conflicts.



YOUR BUSINESS CARD SIZE AD HERE FOR ONLY \$5 PER MONTH!

To advertise in this space call Clare Sullivan at 224-7662

Rates are \$5 per month or \$50 per year BUSINESS CARDS ONLY, PLEASE!



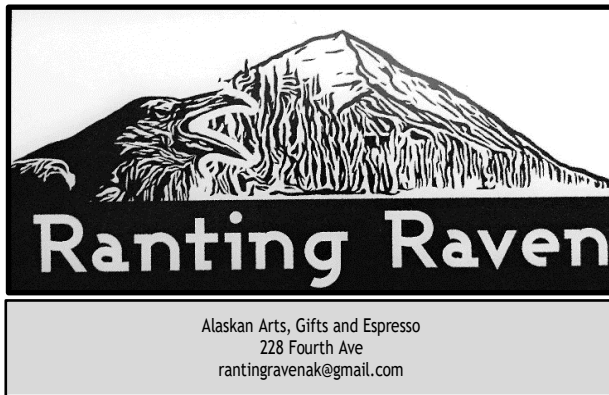
Karla J. Newitz
Artist/Illustrator

559-936-6691
art_by_karla@yahoo.com
Facebook@TheSeaWitch1990
Instagram@art.by.karla

ADVENTURE SXTY NORTH

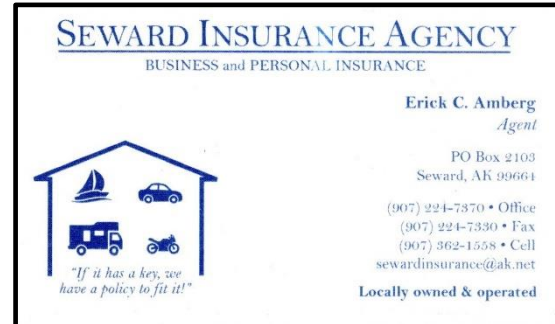
Outdoor Adventure Center
Seward, Alaska

907-224-2600



Ranting Raven

Alaskan Arts, Gifts and Espresso
228 Fourth Ave
rantingravenak@gmail.com



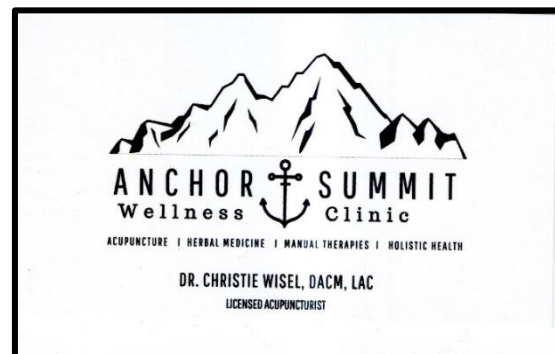
SEWARD INSURANCE AGENCY
BUSINESS and PERSONAL INSURANCE

Erick C. Amberg
Agent

PO Box 2103
Seward, AK 99664

(907) 224-7370 • Office
(907) 224-7330 • Fax
(907) 362-1558 • Cell
sewardinsurance@ak.net

Locally owned & operated

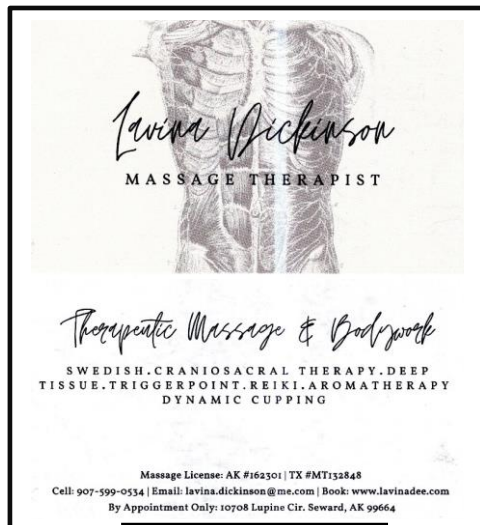


ANCHOR SUMMIT
Wellness Clinic

ACUPUNCTURE | HERBAL MEDICINE | MANUAL THERAPIES | HOLISTIC HEALTH

DR. CHRISTIE WISEL, DACM, LAC
LICENSED ACUPUNCTURIST

VA Approved Provider



Lavina Dickinson
MASSAGE THERAPIST

Therapeutic Massage & Bodywork

SWEDISH, CRANIOSACRAL THERAPY, DEEP TISSUE, TRIGGERPOINT, REIKI, AROMATHERAPY, DYNAMIC CUPPING

Massage License: AK #162301 | TX #MT132848
Cell: 907-599-0534 | Email: lavina.dickinson@me.com | Book: www.lavinadee.com
By Appointment Only: 10708 Lupine Cir. Seward, AK 99664

VA Approved Provider



BRASS BONES

Sam Clemons Jewelry Artist/Owner





September 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Steak Night 1	2
3	Labor Day 4	Mexican Martes 5	6	B,B,M&C 7	Steak Night 8	9
<u>Luscious Leftovers</u> 	BINGO!!! 6:30PM Chili Dogs		Jewelry Class with Carol Souza 6:00 pm 	American Legion Riders Meeting 5:30 pm Pioneers Meeting 6:30 pm		
10	Patriot Day 11	Mexican Martes 12	13	B,B,M&C 14	Steak Night 15	16
<u>Luscious Leftovers</u> 	BINGO!!! 6:30PM Chili Dogs	Post Meeting 5:30pm 	Auxiliary Meeting 6pm Jewelry Class with Carol Souza 6:00 pm	SAL Meeting 7pm 	POW/MIA Day 	American Legion Day Early Bird Dinner
17	18	Mexican Martes 19	20	B,B,M&C 21	Steak Night 22	23
3 rd Sunday of the Month Breakfast Luscious Leftovers Constitution/Citizenship Day	BINGO!!!! 6:30PM Chili Dogs		Jewelry Class with Carol Souza 6:00 pm 			
24	25	Mexican Martes 26	27	B,B,M&C 28	Steak Night 29	30
Gold Star Mother's Day Luscious Leftovers	BINGO!!! 6:30PM Chili Dogs		Jewelry Class with Carol Souza 6:00 pm 			Unit 5 Centennial Celebration Dinner and Auction



Food Every Night at the Post

September 22, 2023

11:00-1:00

American Legion Post 5



Connection.
Camaraderie.
Community.

Vet Center Community Outreach/Seward

Counseling, Information and Education services will be offered between 11:00-1:00 on June 23, 2023. This will be a “walk-in” event, but appointments are highly encouraged to address specific issues or needs.

William R. Boyles, LCSW
Readjustment Counselor
907-563-6966



Counseling



Referrals



Community
Engagement

Anchorage Vet Center

4400 Business Park Blvd, Suite B-34
Anchorage, AK 99503
(907) 563-6966

Kenai/Soldotna Vet Center Outstation

43335 Kalifornsky Beach Rd,
Soldotna, AK 99669
(907) 260-7640 (907) 563-6966

Our services are also offered through Mobile Vet Centers, in other community locations, and through virtual appointments.

vetcenter.va.gov



SUICIDE PREVENTION WALK

Wednesday, Sept. 13
4:00-6:00 pm
@ the Branson Pavilion

Family Friendly Event

Join us for a time of remembrance and sharing
Walk to the Obihiro Gazebo & participate in the
candle lighting ceremony

Stay for the cook out & support

Can't join us in person? Participate Online

Write the name of your loved one and share on
Facebook with **#OutOfTheDarkness**
#StopSuicide **#Hope4Seward**

Light a candle by your window

More information at 907-224-2273 or e-mail outreach@sewardhealthcenter.org