

Keep Me Posted

Quarterly News

2023 Oct-Dec
Vol. 1

Post 105 Redwood City, 651 El Camino Real

Commander's Message

Welcome to the new Post 105 (P105) quarterly newsletter. Our newsletter's goal is to keep members informed about recent activities & achievements and to also look ahead to upcoming events. I want to thank Chester Palesoo for his dedication publishing our newsletter these past years. It's a very time-consuming, thankless job which didn't get the proper appreciation. Chester, on behalf of all the members of P105, a huge THANK-YOU for all your hard work.



George Smith

I've asked each of our four P105 family heads to recap their summer activities and highlight upcoming volunteer opportunities and social functions. Please check [P105's website calendar](#) and [105 Blog](#) for the latest & greatest news.

I'm pleased to report the VA-Menlo Park welcomes visitors again. Our District adopted Bldg. 331 (long-term care) and continues to support the patients & staff during the pandemic. Soon we will resume our BBQ lunches at the VA; hope you'll join us. The BBQs mean a lot to the veteran patients.

Bingo Update. If all goes well with multiple City approvals, the hall will be available for Bingo rental by November. Check the blog or our January issue for an update.

Early Bird Dinner. If you've renewed your membership by October 1, you're welcomed to our free 5pm dinner on Wednesday, October 11.

Commander's Coffee. Our August meet-up included a speaker from CapTel, free captioned-telephone. September's session focused on "Are You Red Cross Ready?" by Bill of the American Red Cross. You can see video recordings of past sessions at this [link](#):

<https://americanlegionpost105rwc.org/videos>. - G. Smith

Name Our New Newsletter

We chose *Keep Me Posted* for the inaugural issue. If you prefer another name, please add your **one** suggested name at this [link \(one submission per member\)](#). In case of duplicate name submissions, the earliest submitter is credited with the suggested name--so submit early. At our November 8 general meeting, the name with the most votes will win. The winning submitter will be awarded a **brand new \$100 bill**. Good luck.

We hope this new format keeps you informed with happenings at our Post and will inspire you to engage, meet with your peers, and make new friends through volunteering.

Building Update

The Building Committee continues to work with Redwood City, Republic and their architect in planning our new Post. The two-story Hall will be located on the ground level with apartments above. Near downtown with easy access to public transportation, the new Post is ideally situated to serve our veterans and community members.

- G. Smith



Family Updates

SONS OF THE AMERICAN LEGION & AMERICAN LEGION RIDERS. There is no shortage of volunteers when it comes to the Sons and Riders fulfilling weekly memorial missions for veterans. Their dedication (through rain or shine) is reflected in these numbers, from April through August. Many members qualify for both branches. Their efforts don't stop in miles; Sons and Riders have also raised funds for multiple causes.



Riders & Sons at Golden Gate National Cemetery (GGNC) for Purple Heart Day 2022.

Commemorative & supportive missions: Repatriation of a fallen serviceman, 81st Anniversary of the Bataan Death March, Memorial Day Firing Detail at GGNC, Operation Surf, and 23rd Marine Regiment Training Ride.

Missions to raise funds in support of veterans & military families: SF Marathon, Independence Day Parade, and SF Bay to Breaker.



August 2023 Firing Detail for a Navy veteran's burial.

	Miles Ridden	Number of Missions	Dedicated Hours
SONS	205	7	31
RIDERS	5,885	15,649	1,225

Partial list of beneficiaries of SAL & ALR charitable fundraisers: Turkey Earthquake Relief, Maui Relief, Suicide Prevention Ride & Ukrainian Relief via the American Red Cross. Statistics provided by ALR Director Andrew Trapani. - P. Toye



Patrick Lucy

Hello, my name is Patrick Lucy. I am the newly appointed Commander of the Sons of the American Legion (SAL) for Post 105. The Sons became part of the American Legion Family in 1932 and have been active ever since. SAL is made up of veterans and sons of all ages whose parent or grandparent served in the United States military and became eligible for membership in The American Legion.

We currently have 14 members in our group and are looking for more. Our goal is to continue to be an active part of the Redwood City Legion Family—serve our Veterans within our community by physically helping when needed, work with the other members of the American Legion Family in events, and fundraise for the Post.

Since starting with SAL, we participated in many different events and Honors—the Fourth of July Parade in Redwood City, Memorial Day ceremonies, Honors for our Veterans who have passed away, cleanup events at the Post, and more.

A unique part about SAL is our group can accept youth too. Recruitment of all ages will be one of our goals this year. If you know of an eligible person interested in joining, no matter what age, they can call me at 650-255-2352 or please have them email SalCommander105@gmail.com.

I asked a fellow SAL member the reason he joined the Sons of the American Legion. He replied, "because it would make my father proud that I was helping other Veterans." I agree and believe a lot of Sons join because it is a great way to help those who served our country and to give back to our community with a great group of people. - P. Lucy

IN MEMORIAM
David Collins
 Past Commander
 served 2001-03, 2014-15,
 2017-19



Family Updates

American Legion Auxiliary. The Auxiliary actively supports all aspects of the mission of the Legion Family of Post 105. It is our privilege to support our veterans and community. One of our main activities is working with staff and residents of Bldg. 331 at the Menlo Park VA Medical Center. Members served pizzas for a VA staff appreciation lunch. We provided residents catered lunches to celebrate the Fourth of July. In December, U105, along with the five other D26 Units, will fulfill residents' wish lists. For the VA's Toys for Vets, we'll wrap free gifts for residents to give to their families.



ALA meetings open with a prayer, Pledge of Allegiance, and recital of the ALA Preamble.

For Post activities, our volunteers prepare and serve lunches & dinners. We participated in clean-up days, rode on our float in Redwood City's Fourth of July Parade, packed care boxes with San Mateo County Blue Star Moms, and raised funds for veteran services. We also donated funds to the American Red Cross and others for communities in need both here and abroad.

Outreach with community partners include three Girl Scouts Troops (see page 4). As of this writing, a fourth Troop contacted us, wanting to honor veterans. Our Unit sponsored four high schools for the 2023 session of the Auxiliary Girls State; we hope to sponsor six schools in 2024. SF's Robotics Eagles high school team laser cut 150 commemorative coasters for ALA Girls State volunteers and will create more coasters for our Post this fall.

- P. Robinson & P. Toye



Veterans Day 2022: Concisely captured in one photograph: the Marine Corps flag and the Stars & Stripes framing an Auxiliary Member, the Boys State Citizen, and a Legionnaire.



Autumn Activities

Legion, VA, Veterans & military family events & volunteer opportunities for Post 105 Family members & friends.

Oct 7, Sat. BLUE STAR MOMS Packing Day. Volunteers needed 8:30am to assemble care boxes/bags for deployed soldiers & at-risk veterans. Where: P105.

Oct 11, Wed. Early Bird Dinner. Free to members who paid for 2024 membership by October 1.

Oct 14, Sat. SOS Breakfast. All are welcomed to enjoy Leo's delicious version of '---- on a shingle.' Where: P105.

Oct 14, Sat. Flyer distribution for Veterans Day Ceremony. Where: downtown Redwood City.

Oct 21, Sat. RWC ELKS LODGE Packing Day. Volunteers needed 10am to assemble care boxes/bags for deployed soldiers. Where: 938 Wilmington Way, RWC.

Nov 11, Sat. VETERANS DAY CELEBRATION. Post hosts 11am Celebration at Redwood City's Courthouse Square. 10am Car Show, live music, light refreshments and dignitaries. Where: 2200 Broadway Street, RWC.

Dec 9, Sat. VA-MP HOLIDAY PARTY. Volunteers needed to serve refreshments & distribute D26 Adopt-a-Vet gifts. Where: 795 Willow Rd., Menlo Park.

Dec 16, Sat. WREATHS ACROSS AMERICA. ~9am Ceremony & wreath placements. Free. Where: Golden Gate National Cemetery, 1300 Sneath Lane, San Bruno.

Mid-Dec, TBD. VA's TOYS FOR VETS. Volunteers needed to wrap gifts. Where: 795 Willow Rd., Bldg. 334 Gym, Menlo Park. Check the Legion's website for an update.



SMCBSM pack care boxes for deployed soldiers with help from ALA, Nat'l Charity League, Young Men's Service League, Foresters Financials, Sorority Xi Pi Delta, and Nation's Finest.

Youth Programs



ALA Girls State Citizens meet with U105

Auxiliary 2023 Girls State. Our Unit was proud to sponsor four high school rising seniors this year from Nueva, Notre Dame, Henry Gunn & Sacred Heart Atherton. Over 450 students converged in Sacramento for the annual civic engagement & leadership program--coupled with the LEEP culture: **L**earn, **E**ngage, **E**mpower & **P**ass-it-on. We thank our members Pauline J, Julie, Stacy, Katie & Peggy for their hours reading essays & interviewing candidates. If you'd like to volunteer onsite as an ALA Liaison next June, contact our Girls State Chair Peggy or speak to Cindy who also volunteered as a Liaison.



TAL 2023 Boys & Girls State. Above are the Citizens P105 sponsored. Valerie (front row, 2nd from left) was elected to Alcon City Council and passed the mock bar exam.



Hosted by P105, Boy Scouts Troop 10/110



ALA: College Park Girl Scouts Troop 61740 gifts to veterans



ALA: Foster City Girl Scouts Troop 61829 making holiday cards for VA patients



ALA: San Mateo Girl Scouts Troop 61802 honoring veterans in November

P105 Community: A Very Good Year



San Mateo County Veterans Commission 2022 Honorees: P105 recipients Andrew Trapani, Wendy Weller, and George Smith with Congresswoman Jackie Speier (2nd from left).



Fourth of July Parade Participants & followed by BBQ social

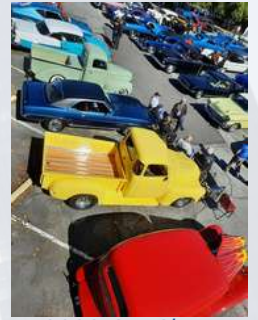
Auxiliary with 2022 holiday gifts for VA patients



2023 Flag Retirement Ceremony, Cypress Lawn



Marines 23d Reg. Carwash Fundraiser



2023 Car Show



ALA member & Girls State panelist elected as Foster City Councilwoman



Post 105 Vote Center, November 2022



Active married members Tom & Diane



May is Poppy Month



SOS Breakfast greetings



Veterans Day: acknowledging those who served

P105 Birthdays

October

- 2 Pat R
- 3 Cynthia Mc
- 4 Michael G
- 6 Robert D
- 9 Thomas B
- 9 George S
- 12 Colleen D
- 16 Richard P
- 24 Vincent S
- 25 Kenneth S
- 29 Raymond F
- 31 Kenneth K



Have a Safe Holiday Season

November

- 2 Don S
- 4 Wendy W
- 5 Victor R
- 5 James B
- 6 Susan A
- 8 Patricia B
- 11 Ron G
- 11 William K
- 12 Joseph W
- 14 Valerie G
- 17 John S
- 17 Susan V
- 19 Quin J
- 19 Ponce G
- 20 Katie T
- 25 James McC
- 25 James P
- 26 Richard W



Thankful



December

- 3 George G
- 4 Philip L
- 4 Donald N
- 5 William T
- 7 Bill E
- 12 Robert A
- 14 Robert L
- 15 Gary H
- 21 Alan S
- 24 Charles R
- 30 Chester L
- 30 Courtney F
- 30 Kaitlyn G
- 31 Boyd S



Looking forward to seeing you all in 2024

Post Family Officers

This chart illustrates comparable volunteer officers who manage our Post Family branches. If you have skills & talents you'd like to share or interested in serving as an officer, please contact any of our officers.

			
Post	Unit	Chapter	Squadron
Commander	President	Director	Commander
1st, 2nd, 3rd Vice Cmdr	1st, 2nd Vice President	1st Vice Director	1st Vice Commander
Adjutant	Secretary	Secretary	Adjutant
Finance Officer	Treasurer	Treasurer	Finance Officer
Judge Advocate	Parliamentarian	Judge Advocate	

Contacts: 650-365-1337. Legion: CommanderPost105@gmail.com.
 ALA: ALAPresident105@gmail.com.
 Sons: salcommander105@gmail.com.
 Riders: ALRDirector105@gmail.com.

Keep Me Posted is published quarterly. Readers are welcomed to suggest stories and/or submit pictures. Editorial staff retains the right to edit submissions. Editors: Auxiliary members Peggy Toye & Pat Reed. Contact: Peggy.Aux.U105@gmail.com. To receive the Post Blog, write to alpost105rwc@gmail.com. Post 105 Rentals: 650-365-1337.

Recurring Events

Legion mtg: 2nd Wednesday, 7pm. 5pm dinner. <https://americanlegionpost105rwc.org/>

Auxiliary Unit mtg: 2nd Wednesday, 6pm. <https://www.alaunit105rwc.com/>

American Legion Riders Chapter mtg: 4th Tuesday, 6pm. 5pm dinner. [Facebook page](#)

Sons of the American Legion Squadron mtg: TBD

Commander's Coffee: last Wednesday/month, 9am-12noon. Potential speaker at 10am, TBD.

District 26 Auxiliary mtg: 1st Saturday, 10am. www.tinyURL.com/AuxDistrict26

GLOSSARY

- ALA, Auxiliary. American Legion Auxiliary
- ALR, Riders. American Legion Riders
- Department/District: State- and County-level Legion Family administration, respectively
- SAL, Sons. Sons of the American Legion
- SMCBM. San Mateo County Blue Star Moms
- TAL. The American Legion
- TBD. To be determined.
- VA. Veterans Administration (govt. agency)