



VETERANS STRENGTHENING AMERICA

SEWARD POST 5 NEWSLETTER

MARCH 2025
VOLUME 22, ISSUE 03

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COMMANDER'S COMMENTS

By Clare Sullivan



Hey Post 5 Family, we're getting the daylight back (yay!), and what a weird, for the most part, snowless winter.... Well, we don't need to talk about that one, we're "veterans" in that department, and still dealing with it!! 😊 We're not finished yet, but at least we have some more daylight, and better weather just around the corner. We'll soon be able to do more outdoor activities that do not require a ton of winter clothes or umbrellas!

We have some fun and important things planned for this month including the final round of nominations for all our organizations and we will elect our new officers for the new year. Along with identifying our new officers, we will be planning a yummy Installation Dinner toward the end of March and, as I write this, supporting the Science Bowl with good breakfast chow (of course)! We will also have a wonderful wine tasting event on Monday the 3rd and tax help on Saturday the 8th.



We will also celebrate St. Patrick's Day, and we will celebrate the American Legion Birthday of our National Organization that was the beginning of all our posts! So hang the calendar on the fridge and look for updates on the email, Facebook and Instagram for the activities we have going on and those that spontaneously crop up! 😊



Just to remind you, March 15, the designated birthday of The American Legion (TAL), is the day in 1919 when the first American Legion Caucus, held by members of the American Expeditionary Force, convened in Paris. Much as the birthday of the United States is celebrated on July 4th for the day in 1776 when revolting patriots declared their independence from the British and the Spirit of America was born - March 15 is the date on which the Legion came to life. Today, membership stands at about two million legionnaires and close to 12,000 posts worldwide. The posts are organized into 55 departments: one each for the 50 states, along with the District of Columbia, Puerto Rico, France, Mexico and the Philippines.



One of the big accomplishments of the American Legion is the encouragement to create what we now have as the Veterans



Administration. And has influenced considerable change in America, won hundreds of VA educational and compensatory benefits for veterans and produced many important programs for children and youth. We have quite the legacy and have done some incredible things in our 106 year history and we are still moving forward with our commitment to service to our veterans, community and country throughout 2025 and beyond!

For those who have renewed for 2025 thank you very much! And if you haven't yet, please consider doing so. Your membership continues to make us a strong organization with the ability to help others right here in town. Every membership locally through the national level helps us all as many members create a very loud voice for veterans' rights and benefits on Capitol Hill. As mentioned last month, we have veterans throughout Seward ranging from nearly every war and conflict as well as our active-duty members who are scattered throughout the globe. We have a good core group in Seward and are so fortunate that we have many in our American Legion Family who step up to the plate and help in all our post activities. And, for that I sincerely thank every one of you for taking time out of your busy lives to be of service for our veterans and our community.

All our post members have served in the military, and all deserve the due consideration for their honorable service. The post is also the starting point for them to learn what they are eligible for at the VA and VBA and once evaluated and approved they can start receiving benefits and support, but support can be found at all levels of this organization and with about two million members we have a darn good fighting force to ensure veterans will continue to receive what they are entitled to from their military service.

The 65th Washington Conference was held in Washington, D.C., Feb. 22-26. This conference allows the American Legion to meet with Congress and express their legislative priorities to the 119th Congress. The top-level issues that the American Legion will be working with Congress to enact include:

- **Suicide prevention:** To win "The War Within," The American Legion urges Congress to fully fund VA's suicide-prevention outreach budget, mental health treatment services and peer-support programs.

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- **Compensation and Pension (C&P) examinations:** Congress must ensure that VA holds its vendors to higher C&P examination standards. The quality review process for VA-contracted medical examiners must be made transparent, and Congress must ensure more effective incentives, stricter oversight mechanisms, mandatory quality reviews and severe penalties for non-compliance.
- **Quality of Life:** The Legion is calling for accelerated implementation and oversight of approved funding for military pay, benefits and quality-of-life infrastructure programs.
- **Border Security:** The American Legion implores lawmakers to work together on behalf of Americans and Border Patrol agents to strengthen national security by stopping threats at our borders.
- **Fund State Department and foreign operations:** As DoD prepares for a potential conflict with China, America needs a robust and well-funded foreign service to counter authoritarian influence.
- **End Veteran Homelessness:** Policies must include comprehensive support for at-risk and homeless veterans, including counseling, assistance in accessing care and benefits, financial and career resources, and business development opportunities.

All American Legion Family members can support these top-level issues by signing up for the Legion's Grassroots Advocacy Center [here](#).

National K9 Veterans Day

Excerpts from [Military.com](#), [Wikipedia](#), [militaryhistorynow.com](#) & [wearethemighty.com](#)

As an acknowledgement of our furry veterans, National K9 Veterans Day, March 13, is a day set aside to honor commemorate the service and sacrifices of American military and working dogs throughout history.

It was on March 13, 1942, that the Army began training for its new War Dog Program, also known as the "K-9 Corps," according to American Humane, marking the first time that dogs were officially a part of the U.S. Armed Forces. The rest, as they say, is history.



Sgt Stubby

Officially, the dogs of war span centuries and include such American heroes as [Sgt. Stubby](#), the original war dog,



Chips

[Chips](#), the most decorated dog in World War II and [Lex](#), who retired with his fallen owners family and [Cairo](#), the Navy SEAL working dog on the bin Laden raid.



Lex with Handler Dustin Lee



Cairo

America's greatest dog of its greatest generation was likely Chips, a German Shepherd, Collie, Husky mix that forced the [capture of 14 Italian soldiers in one day](#) during the invasion of Sicily despite being wounded.

Kaiser was a German Shepherd and one of 4,000 dogs who served in the Vietnam War. His handler was Marine Lance Cpl. Alfredo Salazar. Kaiser and Salazar did more than 30 combat patrols and participated in twelve major operations together. After they joined "D" Company for a search-and-destroy mission, they were ambushed by the Viet Cong while on patrol in 1966. Kaiser was hit in the initial contact and died while trying to lick Salazar's hand. Kaiser was the first war dog killed in action during Vietnam.



Kaiser

On December 4, 1966, **Nemo** and Airman 2nd Class Bob Thorneburg were on patrol near an airbase in Vietnam when they suddenly came under concentrated enemy fire. Nemo took a



Nemo

round to his eye while Thorneburg was shot in the shoulder after killing two Viet Cong guerillas. Nemo viciously jumped at the enemy, giving Thorneburg time to call in reinforcements. After Thorneburg fell unconscious, Nemo crawled on top of his body to protect him. The dog didn't

let anyone touch his handler, and it took a veterinarian to sedate Nemo so medics could attend to Thorneburg. Both survived, and Nemo lived until 1972.

Lex was the first active duty, fully fit military working dog to be granted early retirement in order to be adopted. Working for his United States Marine Corps handler, Corporal Dustin J. Lee in the Iraq War, he was wounded in an attack that killed Lee, and subsequently awarded an honorary Purple Heart.

While some of the dogs in modern special operations are trained to engage directly with the enemy, [Cairo went on the kill/capture mission against Osama Bin Laden](#) but was there to search out hidden passages, enemies, or weapons.

These are just a few examples of heroic war dogs. Take some time to look up the many that have served and saved servicemembers throughout the decades of conflict, police work and throughout history.

Adjutant and Vice Report...

By Mike Calhoon



Hello from the 2nd Vice and Adjutant.

Hope everyone is having a great late winter as we rush towards spring. Stay safe and dry.

Thank you to everyone who dedicated time and effort towards our February activities. We could not accomplish what we do without the great volunteers. Whether you volunteer often or just occasionally, we truly appreciate it.

This month we have a wine tasting on March 3rd, The ALR breakfast on March 8th, Tax preparation folks March 8th from 11am to 3pm, community breakfast on March 16th, St Patrick's Day on March 17th, new officer installation dinner on March 29th. If you would like to help with any of these functions, please let us know.

Officer elections will conclude this month for each of the Post 5 Family organizations. If you are interested in becoming an officer, please attend this month's meeting and talk to us about it.



We are selling tickets for a new gun raffle with the drawing to be on March 8th at 7:00pm. It is a Winchester 300 Win Mag. Tickets are \$20.00 with only 120 to be sold.

I would like to ask everyone to be considerate of others when you come to enjoy the food here. 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.

Join or Renew
your membership

The 2025 membership year is well underway. To renew for 2025, you can go to mylegion.org to renew online, you can mail your

renewal when you receive it in the mail, or you can stop by the Post and we will get to see your smiling face. The dues have remained \$60.00 for Post members, \$40.00 for Auxiliary members, and \$35.00 for SAL members.

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.

For God and Country

Sounding Off from the Sons

By Mike Calhoon



Greetings from the SAL First Vice Commander.

The wet and warm winter is continuing, and I guess we will see what March brings this year. We'll have to be ready for anything, I guess.

I want to thank everyone for your continued support of our Legion Family here at Post 5 during early 2025. The support you provide is very important in helping the Legion family carry out its mission for the veterans and community.

THANK
YOU!

Our great SAL volunteers continue to support the goals and mission of SAL Squadron 5. I will not try to name everyone who gave their time, effort, and money to the organization this year as I will surely forget some. Just know how much we appreciate your time.

This month the Post will host **the National Ocean Science Bowl competitors for breakfast on February 28-March 2nd, a wine tasting on March 3rd, the ALR breakfast on March 8th, the community breakfast on March 16th, St Patrick's Day on March 17th, and officer installation dinner on March 29th.** Let us know if you have time to support any of these functions.

We are cruising through the 2025 membership year. Dues are \$35.00. You can renew online at mySAL.org, come to the Post to renew or mail in your \$35.00 to PO Box 3091. Remember, your membership helps us support the mission and goals of the Sons of American Legion and the Post 5 family.

Our monthly meeting is held on the 2nd Thursday of the month and all Squadron 5 members are invited to attend.



Nomination for new officers begins this month, so if you have an interest, please attend the monthly meeting.

If you have any questions or concerns, feel free to contact me at 907-224-5440. Thanks again for all your support of the Post 5 family and I look forward to seeing you all around the Post when possible.

From the President's Desk

By Debbie VanTassel

Happy St. Patrick's Day and Happy Spring. Days are getting longer and hopefully most of the winter weather is behind us. As we move into Spring, there are lots of things going on at the Post.

Have you been to the Post Lately? Did you notice the new seats on the bar stools? Thank you, Connie for taking charge of the project to replace the seats. Also, the Auxiliary replaced the outdoor sign that is used for the Breakfasts and Holiday Meals and incorporated the Post's unique logo.



COMMUNITY
BREAKFAST
9A-11A

Monthly meeting is March 12 at 6 PM. This will be the 2nd and 3rd call for Officer Nominations to serve for 2025. If you are interested in serving as an officer, please attend the meeting. Also, at the meeting we will be discussing the Department Convention to be held in April in Palmer, AK. The Auxiliary will send up to 3 delegates to the convention. Again, if interested in attending please be at the meeting on the 12th. Installation of the new officers will be held on March 29th at the Post.

St. Patrick's Day is March 17th, and the post will definitely be all decked out in celebration. Come on down for some great Corned Beef and Cabbage and Irish Stew.

Bingo continues every Monday night. Doors open at 6 PM and games start at 6:30 PM. Come on down and have some fun. Just a note- there will NOT be Bingo on March 17, Saint Patrick's Day so everyone can enjoy all the fun and goodies upstairs at the Post.

Have a great month - Welcome in Spring and enjoy the rest of the "off season" before the craziness of the summer season is upon us.

Important dates in March

March 1 - Seabee Birthday- Who/What is a SeaBee? Seabee is an abbreviation for the United States Naval Construction Battalions. Seabee comes from abbreviating "Construction Battalions" to C.B. and a bit of Navy speak provides the spelling as Seabee. Happy Birthday!

March 3- Navy Reserve Birthday

March 4 - Hug a GI day 😊

March 13 - K-9 Veterans Day - K-9 Veteran Day. With the creation of the United States K9 Corps on March 13, 1942, dogs were officially adopted into US military ranks during WWII. The Army's Dogs for Defense program trained 10,000 dogs who were again donated to the war effort by American families.

March 15 - American Legion Birthday - HAPPY BIRTHDAY! On this day 106 years ago, members of the American Expeditionary Force convened in Paris for the first American Legion caucus.

March 21 - Rosie the Riveter Day - Mae Krier is one of the women recognized by the Department of Defense as an original Rosie the Riveter. Like many women of her generation, the North Dakota native worked in aviation factories, contributing to the production of warplanes. She and some friends got jobs at Boeing in the 1940s, where she said she fell in love with the B-17 bomber. Her role was to transport rivets for 93 cents an hour.



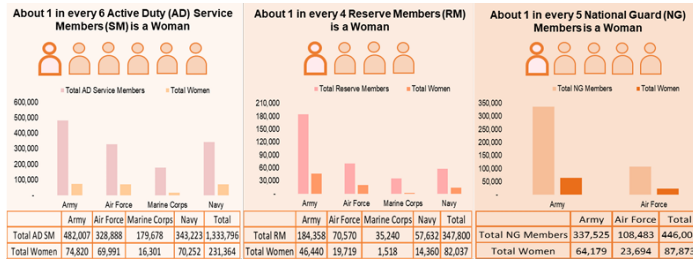
March 25 - Medal of Honor Day - National Medal of Honor Day is observed every year on March 25 and is dedicated to Medal of Honor Recipients. Each branch of the U.S. military awards the Medal of Honor to those who have distinguished themselves "conspicuously by gallantry and intrepidity" above and beyond the call of duty, according to the Department of Veterans Affairs official site.

March 29 - National Vietnam War Veterans Day. National Vietnam War Veterans Day is observed every year on March 29 and is a way to thank and honor our nation's Vietnam veterans and their families for their service and sacrifice. U.S. Armed Forces personnel with active-duty service between November 1, 1955 to May 15, 1975, regardless of location of service which includes:

- ✚ Nine million Americans serving during that time
- ✚ Under 850 thousand estimated Vietnam Vets are living today
- ✚ 2.7 million U.S. service members who served in Vietnam
- ✚ 58,000 whose names are memorialized on a black granite wall in our Nation's Capital
- ✚ 304,000 who were wounded
- ✚ 1,573 Vietnam [Missing in Action](#) (MIA) heroes who have not yet returned to American soil

The commemoration makes no distinction between veterans who served in-county, in-theater, or were stationed elsewhere during those 20 years.

March is **Women's History Month** and well over 200,000 women serve on active duty in the U.S. military. The contributions of women to military history cannot be ignored. While Women's History Month isn't a just a time to focus exclusively on the contributions of women in military service, the contributions of female veterans are certainly an important part of American history.



For more than a century, The American Legion has advocated for the well-being of America's veterans and their families. Yet there is no single deed or accomplishment that is more important to our organization than the prevention of veteran suicide.

Since the 9/11 attacks, the number of veterans who have taken their own lives far surpasses the number of American deaths incurred during the entire Korean War, Vietnam War, Gulf War and the Global War on Terrorism combined.

A veteran is 50 percent more likely to take his or her life than a person who has never served in the military. **This must stop.**

Statistics fluctuate but the most important number to The American Legion is ONE, as in Be the One to stop a veteran from taking his or her own life. If we all save one, collectively we will save thousands.

It has been called a campaign, a slogan, a phrase and an initiative. None of these words appropriately reflect what Be the One is to The American Legion. **IT IS A MISSION.**

We can accomplish this mission by destigmatizing the issue of mental health. Veterans value courage and it takes courage to ask for help. But through our Buddy Check outreach programs, The American Legion does not sit back and wait to be asked. We take a pro-active approach and ask veterans if they are okay.

Equally important is listening. The goal is to affirmatively and compassionately engage with the veteran. Pay attention to the responses, body language and other signs. If the veteran is struggling or in crisis, encourage the veteran to call or even text the 988-crisis line. For better outcomes, watch the veteran make the call rather than trusting that he or she will do it at a later time. Follow up with the veteran and ensure that he or she connects with the needed resources. Communicate with family members and friends of the veteran, so they can be vigilant and supportive.

Everyone can Be the One and help reduce the number of veterans lost to suicide. For the latest on Be the One, visit the national Be the One website, at www.BeTheOne.org. That's www.BeTheOne.org. Since 1919, Legionnaires have answered their nation's call. We now call on ALL AMERICANS to assist us in undertaking this new mission. The mission to Be the One to save one.

Month of the Military Caregiver

During the Month of the Military Caregiver, Americans recognize and honor military caregivers' sacrifices and successes.

Coming up- April is the Month of the Military Child. Created in the mid-1980s by former Defense Secretary Caspar Weinberger, April is recognized as the Month of the Military Child. During this month, military support organizations, and even the Pentagon, recognize the more than 1.2 million military children for the challenges they overcome and the sacrifices they make.

From long separation times from parents to having to adjust to new schools, new lifestyles, and being miles away from family — being a military kid comes with many challenges, some loneliness, and frustration.

Did you know that...

- Military children relocate 3 times more than civilian children?
- Since 2001, over 2 million children have had a parent who had to deploy at least once?
- The average military brat will change schools at least nine times before they graduate high school?
- About 42 percent of military children of active-duty service members are younger than five years old?

Military children take the challenges the military life throws at them and learn to bloom where they are planted — something that even adults struggle to do — which is why they deserved to be celebrated and acknowledged for their strength and adaptability.

Enjoy your month of March and enjoy the last vestiges of Winter. ❄️🌨️🌨️

Veterans Strengthening America



WINE TASTING EVENT


**MONDAY, MARCH 3RD
American Legion Post 5
7:00pm**

**There are twenty spots available for the Post 5 Family
Food will be provided**

**The cost is \$10.00 per person
Call or stop by to sign up**

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*  **MARCH 2025** 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						 Pool League 7:00 pm
2	Chili Dogs & Chips 3	Taco Tuesday 4	5	B, B, M&C 6	Steak Night 7	8
Luscious Leftovers  Members Poker 5:00pm	Bingo 6:30 pm  Wine Tasting 7:00pm		 Bead Class 6:00pm	ALR Meeting 5:30pm  Pioneer Igloo #9 Meeting 6:30pm		ALR Breakfast 9-11 am \$\$\$ Tax Help 11am to 3pm Pool League 7:00 pm
9	ChiliDogs & Chips 10	Taco Tuesday 11	12	B, B, M&C 13	Steak Night 14	15
Luscious Leftovers Daylight Savings Time Begins Members Poker 5:00pm	Bingo 6:30 pm 	Post Meeting 5:30 pm 	Auxiliary Meeting 6 pm  Bead Class 6:00 pm	SAL Meeting 7 pm  K-9 Veterans Day		 Pool League 7:00 pm
16	St. Patrick's Day 17	Taco Tuesday 18	19	B, B, M&C 20	Steak Night 21	22
Community Breakfast  Luscious Leftovers Members Poker 5:00pm	Corn Beef & Cabbage with all things Irish!!!  No Bingo		Bead Class 6:00 pm 		 Rosie the Riveter Day	 Pool League 7:00 pm
23	Chili Dogs & Chips 24	Taco Tuesday 25	26	B, B, M&C 27	Steak Night 28	29
Luscious Leftovers  Members Poker 5:00pm	Bingo 6:30 pm 	Medal of Honor Day 	Bead Class 6:00 pm 		 Vietnam War Veterans Day Officer Installation Dinner 6:30 pm	
30	ChiliDogs & Chips 31					
Luscious Leftovers Leftovers Members Poker 5:00pm	Bingo 6:30 pm 		 In like a lion Out like a lamb			

FOOD SERVED EVERY NIGHT AT THE POST