November, 2025 NEWSLETTER (Harry Woodstrom, Editor)

Commander's Chatter

By Morrow (Sandy) Krum (Post 164 Commander)

I wanted to take a moment to thank those of you who have participated in our events over the past few months. I know sometimes it seems we are saturated with events. Maybe we are, but there is a very good and compelling reason we do so many things. We are a veteran service organization; therefore, we need to be at the things where veterans are likely to be. These events also allow us to generate donations and connections with other organizations that can help with our mission. So, if it is at all possible sign up for just one shift at one of our upcoming events. If you have kids, bring them along we will find something for them to do.

We are going to be doing our fireworks stand again for the New Years Celebration. This is a huge fundraiser for the post. Please consider giving time to help us at the stand.

The post has several open or soon to be open positions. They are:

Flag Collection: This requires that the flags collected for retirement be picked up every week and returned to the storage building at the post. There are currently 4 collection points in the area. This should take you on average an hour or less.

Public Relations: This position would be responsible for getting our message, events, and other items out into the public, via social media, emails, and press releases to the media outlets. If you some experience we would love for you the help the post.

Let me or any of the other post officers know if you have an interest in either of these.

As we approach the end of the year, let's try and see if we can all be kind to each other and enjoy each other's company. I think it will at least make our part of the world a better place.



"The currency of our profession is a bond of trust and a deep sense of caring about each other. The nature of our business demands that we rise above the fear and doubt."

General Robert Cone



By Dennis Wells (Post 164 1st Vice-Commander)

Another Veterans Day has come and gone. The day we honor veterans who have served this great country during war and peace. But every day should be a day for veterans. That is why The American Legion exists. To help and serve veterans whenever and wherever the need arises. For over one hundred years The American Legion has been there not only in local Posts but nationally to further legal and congressional actions for veterans causes. Membership in The Legion strengthens that voice and promotes action in local, state and national legislative processes. Thank you to all members of Katy Post 164 who have renewed your membership for 2026. Your membership has added to that strength needed to make important things happen.

Membership is not the only thing important to this great organization; your time and talent is also critical to the strength of the Post and the services offered. Being involved in the many activities and programs of the Post can be very rewarding. Boys State, Oratorical, Junior Shooting, Honor Guard as well as outreach opportunities at The Rice Festival, Rodeo Parade and monthly Veterans Breakfast gives the Post community visibility.

Our Post meets every third Tuesday of the month. The social hour begins at 6PM with Post Everlasting at 6:30, training at 6:45 and the membership



By Deb Watson (Post 164 2nd Vice-Commander)

The holiday season is a very busy time for everyone. As for me, I am often contacted by Veterans who need Thanksgiving food. I often need help to assist these Veterans. That's when I call out The Big Guns: The American Legion, VFW, and Elks.

I recently read an article from an organization called, "foodtank", which focused on how the VA is tackling hunger for US Veterans. The Food Security Office finds innovative ways to connect Veterans with food resources. According to the US Department of Agriculture, Veterans tend to experience higher rates of food insecurity compared to non-veteran civilians. The VA Food Security Office reported that food insecure Veterans are four times more likely to have suicidal ideations than a food secure Veteran. There is evidence that Veterans after 9/11/2001 seem to be at the highest risk of food insecurity.

The VA screens Veterans for food insecurity and assigns a social worker who helps them apply for federal programs, informs them of local resources, and connects them to dietitians, who help meet their medical nutritional therapy needs.

Our American Legion Post currently has a food drive to help Katy Christian Ministries restock their pantry, which provides food not just to Veterans, but our community. I strongly encourage each member of American Legion to support this food drive.

Here is a list of items KCM needs: Mac & Cheese, Pop Tarts, Snacks/Granola Bars, Peanut Butter, Crackers, Sugar, Cake Mix, Canned Corn, Canned Green Beans, Canned Vegetables, Canned Fruit, Spaghetti & Sauce.

Let's make sure nobody goes hungry this Thanksgiving.

It's Salty Grip ... By Neil Hines, (Post 164 Member)

I enlisted in the Navy in 1969, a decision made during the tumultuous Vietnam Era. My motivations were not rooted in a deep sense of patriotism or a desire to evade the draft; rather, I was seeking stability and a sense of belonging. At that time, my circumstances were uncertain, and I found myself in need of both a home and a job. The Navy offered me a chance to embark on a new path, providing the structure and opportunities for personal growth that I was looking for.

Enlisting in the Navy during the frigid month of February at Great Lakes, Illinois, is hardly an ideal beginning to military service. The biting cold wrapped around us like an unrelenting shroud as we endured endless hours of marching, drilling, and exercising in subzero tempera-

tures. Each breath released a plume of vapor that quickly dissipated into the icy air, and the chill seemed to penetrate not just my skin but deep into my bones.

With a freshly shaved head, I donned only a watch cap to shield myself from the merciless wind that howled across the training grounds, its icy fingers slipping beneath the fabric and numbing my exposed ears. The sensation was maddening, as the relentless gusts carried the chill into every crevice. It wasn't just a cold day; it was a freezing assault on the senses, making each step feel like a monumental effort as my body fought against the elements. The camaraderie with my fellow recruits was a small comfort, but even their shared misery couldn't diminish the stark reality of winter's grip at the Great Lakes training facility.

Following the intense and transformative boot camp,

which was a significant shock to my system, I transitioned to the fleet and joined a dedicated crew aboard the USS Conyngham (DDG-17). This guided-missile destroyer, commissioned in the 1960s, became my home and workplace from 1969 to 1973 as I embarked on a journey filled with both challenges and camaraderie. Over the next four years, I formed lasting bonds with my fellow sailors, sharing not just the rigors of naval life but also unforgettable adventures and unique experiences of serving on a formidable warship during a pivotal era in American military history.

In December of 1973, I bid fare-well to my ship and the brothers-in-arms with whom I had shared countless adventures, transitioning into the civilian world. The experience of serving aboard a warship, navigating the turbulent seas, and braving fierce storms and hurricanes, was a formidable test of endurance. Our mission was to uphold the rights of navi-

gation under international law, and we traversed the vast Atlantic Ocean time and again, often under challenging conditions. The relentless rocking of the vessel and the salty spray of the sea took a toll on me, a seasick sailor navigating the unpredictable expanse of the ocean, where each wave felt like a reminder of the sacrifices made in the name of duty.

After a devastating fire that tragically claimed the life of one courageous officer and left many others injured, my ship, my steadfast home for so many years, was scheduled for decommissioning. The day her decommissioning was announced filled me with a profound sense of loss. As I watched her final journey toward the scrapyard, the tears streamed down my face; it felt like a piece of my heart had been irreparably severed.

I reminisce about the youthful days I spent aboard

It's Salty Grip Continued

her decks, the camaraderie of my fellow sailors, and the endless adventures we shared as we navigated the open sea. I long for the vibrant memories of salt-laden air and the sound of waves crashing against the hull. There are still moments when I find myself standing on the shores of Galveston, gazing out at the vast expanse of ocean, and I can almost hear her gentle voice calling out to me, urging me to set sail once more on her familiar waves. The ache of nostalgia accompanies me, a constant reminder of the indelible imprint she left on my life.

Did You Know? Facts About Our Nation's Women Veterans

By Gillian Woodstrom (ALA Unit 164 Parliamentarian)

Women are the fastest growing group in the veteran population. ALA Unit 36 El Paso member Tammi Say who was recently featured in The American Legion Auxiliary Magazine, is among the more than 2 million U.S. women veterans. In 2000, women veterans were only 4% of the veteran population. By 2040, they are projected to make up 18% of all veterans.

Women veterans have served across all military branches and divisions. The number of women veterans is expected to continue to grow. By 2025, these are the anticipated numbers of women veterans:

Army: 916,948 Air Force: 464,069

Navy: 409,586 Marines: 124,169 Reserve: 157,385

Non-defense: 28,900

Women veterans are racially and ethnically diverse. In 2020, 43% of the women who used the Veterans Health Administration's health services belonged to a racial or ethnic minority group.

Women Veterans Continued

Three of four women veterans who used U.S. Department of Veterans Affairs health services in 2019 had an urban residence, but the number of rural women is increasing.

Every woman veteran has access to the VA health system which provides care at 1,293 health care facilities, including 171 VA medical centers and 1,112 outpatient sites.

VA resources for women veterans:

Women Veterans Call Center: 855-VA-WOMEN

Veterans Crisis Line: 988 (press 1) Caregiver Support Line: 855-260-3274 VA Benefits Hotline: 1-800-827-1000

Source: www.womenshealth.va.gov

American Legion Post 164 Family Women Veterans



By Hubert E., (Ernie) Cormier II Just A Thought

After all in history that has unfurled Is there any real hope for the world? The most intelligent life that's here, Is the one that has the most to fear.

Boys State 2026

It is that time of the year when we need your help with Boys State interviews. My experience as a statesman back in 1979 began with an interview by three Legionnaires. At the time, which I thought was an eternity, these three men reached into my very soul for my darkest secrets. They actually asked me only three basic questions; tell us about yourself, why do you want to go to Boys State, and how will you best represent the Post.

To all of us, these questions are quite common. However, this was a new experience for a 17-year-old high school student. Those three Legionnaires not only helped prepare me for Boys State, but they also prepared me for every college and job interview. Can you spare some time in late January or early February to help give a 17-year-old boy a life lesson that will

help them for the rest of their lives?

The program is asking you for a little time to help prepare these 17-year-old boys for what is to come after high school.

Time requirement: about 3 hours per school

School requirement: at least one

Start time: 9:00 am

End time: 12:00 noon (most likely)

Come by post at noon on Sunday, December 14, for a short orientation and team assignment. Lunch will be provided. I'm also available at the November Post meeting or send me an email at mcalla-han@lonestar.edu or call me at (281) 705-3974. Hope you can help,

Mike Callahan, Boys State committee



Post 164 hosts Trunk or Treat

On October 25th, Post 164 in Katy hosted area children and their parents to our annual Trunk or Treat. We were very pleased with the turnout and the continuing support of Harris County Emergency Services District 48. They were kind enough to bring a fire truck for the kids to see.







Post 164 Hosts our Fish Fry

On October 18th, Post 164 hosted our first fish fry for our members and neighbors in our community. We were able to gather several new members at the event. For our first time it was well attended.

Photos taken before the crowd arrived. We were too busy then.





Veteran's Day

World War I – known at the time as "The Great War" – officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars."

The armistice was signed in the railway carriage of French Marshal Ferdinand Foch, supreme commander of the Allied forces, and took place at approximately 5.45am on a chill Monday morning.

The agreement came into effect "on the eleventh hour of the eleventh day of the eleventh month" of 1918. But more than 2,000 men died in the intervening five hours between its signing and that deadline.

In November 1919, Fellow Compatriot President Wilson proclaimed November 11 as the first commemo-

ration of Armistice Day.

In 1954, President and Compatriot Dwight D. Eisenhower issued the first Veterans Day Proclamation and called on us to "solemnly remember the sacrifices of all those who fought so valiantly, on the seas, in the air, and on foreign shores, to preserve our heritage of freedom, and let us reconsecrate ourselves to the task of promoting an enduring peace so that their efforts shall not have been in vain."



Submitted By Butch Sparks (Post 164 Judge Advocate)

OUR AMERICAN LEGION EMBLEM



Do you every wonder what our American Legion emblem symbolizes? Well, it symbolizes the importance of what our organization stood for when it was created at the beginning and still symbolizes what our great organization stands for today.

The following is presented to show our Legionnaires what each element of the symbol stands for:

The Rays of the Sun



The rays of the sun form the background of our proud emblem and suggest the Legion's principles will dispel the darkness of violence and evil.

The Wreath



The wreath forms the center, in loving memory of those brave comrades who gave their lives in the service of the United States that liberty might endure.

The Star



The star, victory symbol of World War I, also symbolizes honor, glory and constancy. The letters "U.S." leave no doubt as to the brightest star in the Legion's star.

Outer Rings



The larger of two outer rings stands for the rehabilitation of our sick and disabled comrades. The smaller inside ring denotes the welfare of America's children.

Inner Rings



The smaller of two inner rings set upon the star represents service to our communities, states and the nation. The larger outer ring pledges loyalty to Americanism.

American Legion



The words American Legion tie the whole together for truth, remembrance, constancy, honor, service, veteran's affairs and rehabilitation, children and youth, loyalty, and Americanism.

When you look at the emblem on your covers in the future remember it is the emblem which we have honored since 1919 and with God's help continue to honor it in the future as well.

Post 164 Participates in the Katy Hometown Hero's recognition event.

On November 1st, The Katy Area Chamber of Commerce, Post 164 of Katy, VFW Post 9182 of Katy, participated in the Hometown Hero's Banner dedication. These banners honor 12 of our local veterans. The banners will be changed periodically to honor more area veterans. Katy has a very proud tradition of veterans who have served in all conflicts.

The combined Honor Guard of Post 164, Ted Custer and Dennis Wells from Post 164 and Donald Gentles and Betty Edmunson from VFW Post 9182.





2021 Harris County Male Veteran Population = 136, 874
2021 Harris County Female Veteran Population = 16, 727

Total = 153,601

How many do we need before you can find one to recruit into the American Legion

Is Bitcoin Safe?

Submitted by Harry Woodstrom (Post 164 Finance Officer)

Bitcoin is not entirely safe; it has its risks and vulnerabilities. Here are some key points to consider:

Technological Safety: Bitcoin technology is relatively safe, but it relies on passwords and is not anonymous, as wallet addresses are publicly available.

Vulnerabilities: Like any digital asset, Bitcoin is susceptible to hackers and scams. Proper storage methods, such as using a trusted custodian or cold wallet, can help mitigate these risks.

Investment Risks: Bitcoin is known for its high volatility, making it a particularly risky investment compared to traditional assets like stocks and bonds.

General Safety Concerns: Risks include potential hacking incidents and hardware failures, which can lead to loss of funds.

In summary, while Bitcoin has some safety features, it is essential to be aware of its risks and take appropriate precautions when investing or using it.

Trivia

- 1. Which wild west outlaw and gunfighter's real name was Henry McCarty?
- 2. Which American religious leader founded Salt Lake City in 1847?
- 3. Which industrialist and philanthropist wrote "Gospel of Wealth" in 1889, encouraging the rich to use their riches to improve society?
- 4. What was the first name of Mrs. O'Leary, the Irish immigrant whose cow is said to have started the Great Chicago Fire in 1871?
- 5. What British monarch was known as the Virgin Queen?

Answers on page 10

Get Out the Vote (From Legion.org)

In 1920, during The American Legion National Convention in Cleveland, the organization went on record urging all American Legion men to become qualified voters. Since then, the organization has passed countless similar resolutions advocating Legionnaires to not only exercise their constitutional responsibility to vote, but to also encourage others to do the same.

Elections are important to our republic. As citizens of this great nation, it is our duty and responsibility to exercise this right of franchise by casting our ballots on Election Day and to encourage others to do so as well. It was on this premise that The American Legion's "Get Out the Vote" program was initiated shortly after the organization's inception. Today it is as important as it was in elections past.

The Legion's "Get Out the Vote" program encourages all Americans to register and vote in all elections. In addition, Legionnaires, posts, districts and departments are encouraged to fully involve themselves in the electoral process by serving as poll volunteers, poll workers and by encouraging and assisting others to register and vote.

All Legionnaires are encouraged to renew their commitment for continued service to this country by being politically active as individuals. By working together as an organization we can make a difference by promoting an informed populace, participation in our government, and involvement in its electoral process. We cannot forget that in this country, our government is "of the people, by the people and for the people." It cannot survive as a democratic republic unless the people participate. That is our task.



Texas Govt Code Sec. 431.131 Texas Legislative Medal of Honor The Texas Legislative Medal of Honor shall be awarded to a member of the state military forces who voluntarily performs a deed of personal bravery or self-sacrifice involving risk of life that is so conspicuous as to clearly distinguish the person for gallantry and intrepidity above the person's comrades. Awarding of the medal shall be considered on the standard of extraordinary merit. The medal may be awarded only on incontestable proof of performance of the deed.



By Alana Saboor

(Auxiliary Unit 164 President)

We many not be the largest Unit but by God we ARE the most mighty! It amazes me time after time at how our auxiliary steps up in the time of need without a thought or a question and always or the good of thank you for your selflessness and dedication to our mission. We simply couldn't do this without each and everyone of you.

November is National Veterans and Military Families Month it is a time to express our profound gratitude to the veterans who have served our nation and to recognize the immense sacrifices made by their families. This month, we renew our commitment to the ALA's core mission: "A Community of Volunteers Serving Veterans, Military, and their Families."

This time of year, is very difficult for many military and civilians. As the days pass the number of suicides increases. We here at the Auxiliary and Post have members trained with BeTheOne.org. We are not here to judge; we are here to listen and help. If you have not yet taken the training, I urge you to do so. Check on your friends, relatives, etc.

Suicide doesn't discriminate anyone can fall victim to suicide. This training isn't just categorically for the military.

Please don't forget to watch for the sign-up geniuses, evite etc. You sure won't want to miss Santa or the Best Christmas Party in town!

Stay healthy, stay happy and the Joy is in the journey!



Trivia Answers

- 1. Billy The Kid
- 2. Brigham Young
- 3. Andrew Carnegie
 - 4. Catherine
 - 5. Elizabeth I

Houston

Musician Carlos Santana was arrested for marijuana possession at the Houston International Airport in June 1991.

A Houston man drew a 35 year prison sentence in 1984 for stealing a \$2.00 can of Spam. In 1987 another man was fined \$10,000 for stealing 80,000 rolls of toilet paper. But a year later a third criminal got only 30 days in jail for stealing a Trailways bus.

A man died on October 3, 1991 in a Houston hotel after he was swarmed by a colony of Brazilian fire ants. His wife, who was sleeping in the bed beside him, survived.

Aviator Howard Hughs was born on December 24, 1905 in a home that stood at 1404 Crawford Street in Houston. His family later moved to 3921 Yoakum Blvd, that building still stands and is used by St. Thomas University. Hughs died en route from Acapulco oin April 5, 1976, and was buried at Houston's Greenwood Cemetery.

It is against the law to buy Limburger cheese, rye bread or goose livers on Sunday in Houston.

Two Houston women were kidnapped in December 1993 and forced to purchase twinkies, and drive around town looking at Christmas lights. Their abductor said he was lonely.

Hundres of students ditched classes at several Houston junior highs in Feb. 1983 when rumors circulated that evil blue Smurfs would attack and kill students.

November Schedule

15 Nov, Sat

8am JSSP Shooting Match

American Legion Post 164, Katy TX, 22125 Kingsland

Blvd, Katy, TX 77450, USA

9am Wreaths Across America

Brookshire Brothers, 5249 Franz Rd, Katy, TX 77493,

USA

16 Nov, Sun

1pm AL Post 164 Oratorical Competition

Downstairs and Bay Area

17 Nov, Mon

6pm Post 164 Board of Trustees Meeting

American Legion Post 164, Katy TX, American Legion

Post, 22125 Kingsland Blvd #164, Katy, TX 77450,

USA

18 Nov, Tue

6pm Post Social Hour

Downstairs room

6:30pm Post Training

Downstairs room

7pm Post 164 Membership Meeting

Downstairs room

19 Nov, Wed

7pm ALA Unit 164 Membership Meeting

Downstairs room

21 Nov, Fri

7pm Post Game Night

American Legion Post 164, Upstairs

22 Nov, Sat

8am Wreaths Across America

Snappy's Cafe & Grill, 5803 Hwy Blvd, Katy, TX 77494,

USA

10am Pies for Hope Pickup

Downstairs room and Bay area

1pm Nafud Temple #80 Meeting

Upstairs room

24 Nov, Mon

8:30am Post 164 - West Side Maid clean-up

27 Nov, Thu

7pm Civil Air Patrol

Post 164 - downstairs meeting room

28 Nov, Fri

7pm Post Game Night

American Legion Post 164, Upstairs

7pm American Legion Riders Chapter 164 Katy



December Schedule	12 Dec, Fri
2 Dec, Tue	7pm Post Game Night
7pm Post 164 Executive Committee Meeting	American Legion Post 164, Upstairs
American Legion Post 164, Katy TX, American Legion	7pm JSSP Meeting
Post, 22125 Kingsland Blvd #164, Katy, TX 77450, USA	American Legion Post 164, Katy TX, American Legion
4 Dec, Thu	Post, 22125 Kingsland Blvd #164, Katy, TX 77450, USA
1pm VA Stakeholder Meeting	
Katy Christian Ministries (KCM), 3506 Porter Rd., Katy, TX 77493, USA	13 Dec, Sat 5:30am Election Day
7pm Sons of the American Legion Squadron 164 Meeting	American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA
5 Dec, Fri	7:30am Wreaths Across America - Magnolia Ceme-
7pm Post Game Night	tery, Katy
American Legion Post 164, Upstairs	2pm Wreaths at Soldier's Rest
6 Dec, Sat	Forest Park Lawndale Cemetery, 6900 Lawndale St, Houston, TX 77023, USA
7am Breakfast with a Veteran	6pm Kappa Alpha Psi Fraternity Alumni
Katy Elks Lodge, 1050 Katy Fort Bend Rd, Katy, TX	American Legion Post 164, Katy TX, American Legion
77493	Post 164, 22125 Kingsland Blvd, Katy, TX 77450, USA
7am Legion Riders Skill Practice	14 Dec, Sun
Leonard E. Merrell Center, 6301 S Stadium Ln, Katy, TX 77494, USA	12pm Boys State Training
11:15am Honor Guard Practice	American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA
VFW Post #9182	15 Dec, Mon
7 Dec, Sun	6pm Post 164 Board of Trustees Meeting
2pm Grave marking for Wreaths—Magnolia Ceme-	American Legion Post 164, Katy TX, American Legion
tery	Post, 22125 Kingsland Blvd #164, Katy, TX 77450, USA
9 Dec, Tue	
AL Post 164 Newsletter Deadline	16 Dec, Tue
11 Dec, Thu	6pm Post Social Hour
7pm Civil Air Patrol Meeting	Downstairs room
Downstairs room	6:30pm Post Training
	Downstairs room

December Schedule Continued	Blvd, Katy, TX 77450, USA
7pm Post 164 Membership Meeting	26 Dec, Fri
Downstairs room	1pm Fireworks Stand Open
17 Dec, Wed	American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA
7pm ALA Unit 164 Membership Meeting	
Downstairs room	7pm Post Game Night
19 Dec, Fri	American Legion Post 164, Upstairs
6pm Christmas Party	7pm American Legion Riders Chapter 164 Katy - Meeting
American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA	27 Dec, Sat
7pm Post Game Night	9am Fireworks Stand Open
American Legion Post 164, Upstairs	American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA
20 Dec, Sat	1pm Nafud Temple #80 Meeting
10am Fireworks stand open	Upstairs room
American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA	28 Dec, Sun
21 Dec, Sun	11am Fireworks Stand Open
11am Fireworks Stand Open	American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA
American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA	29 Dec, Mon
22 Dec, Mon	1pm Fireworks Stand Open
8:30am Post 164 - West Side Maid clean-up	American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA
3pm Fireworks Stand Open	30 Dec, Tue
American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA	11am Fireworks Stand Open
23 Dec, Tue	American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA
3pm Fireworks Stand Open	31 Dec, Wed
American Legion Post 164, Katy TX, 22125 Kingsland Blvd, Katy, TX 77450, USA	8am Fireworks Stand Open
24 Dec, Wed	American Legion Post 16
3pm Fireworks Stand Open	

American Legion Post 164, Katy TX, 22125 Kingsland