

January 2025 GGG Member Newsletter

Update from your CO



A heartfelt thank you to everyone who contributed to our holiday charitable initiatives. Year after year, our garrison commits to serving the community, genuinely embodying our ethos of “Bad Guys Doing Good.” This past season has been no different, and I'm excited for Keith to share the impressive impact of our efforts.



As we transition into the winter months, we're entering a quieter phase in our trooping calendar. This seasonal slowdown is expected, so to our newer recruits, fear not – the trooping action will ramp up once more as we approach spring.



[Bowling with Buckets registration is NOW OPEN!](#) Those who attended last year know this is a fun event as a large social gathering that doubles as a substantial charity effort. For those attending for the first time, Bowling with Buckets started last year to get all of the clubs together during our quiet winter months. If you have a bucket, bring it. You do not need to wear it for bowling, but some folks choose to do so just for the fun photos. No skill with knocking down the pins is required to attend the event. Just bring your love of being with your fellow garrison members.

Date: January 25, 2025

Time: 12:00 PM – 4:00 PM

Schedule:

– 12:00 PM: Check-in and shoe pickup

- 1:00 PM – 3:00 PM: Unlimited bowling
- 3:00 PM – 4:00 PM: Raffle drawing & bowling awards

Location:

Bel Mateo Bowl

4330 Olympic Ave, San Mateo, CA 94403



Bowling with Buckets patches are now available to order for those attending the event. Since we always have an eye on our mission of “Bad Guys Doing Good,” a donation to George Mark Children’s House is required to gain access to purchase. As most of you already know, George Marks is a non-profit organization in Castro Valley that offers pediatric palliative care, enhancing quality of life and providing personalized end-of-life care. George Marks was the first US facility of its’ kind and looks and feels like a home inside. Supporting this organization is a great fit for us as troopers.

The stunning patch, sure to look good on any jacket or vest, is designed by [Ron Lim](#) and made by *The Studio*. Patches will be delivered at the event. [Order your patches through this special form here.](#)



Further details about the raffle and mystery swag bag raffle will be posted soon! Legion Elections are on the horizon, commencing in the first week of February. Stay tuned for more details to be shared both on the GGG Member page and the forums.

Even in our quieter winter months, the spirit of the Empire burns bright within us all.

Long live the Empire!

Self-care in the Wintertime

Tips From Your XO
Sara Bermudez



Imperial Self-Care: Staying Strong in the Quiet Times of the Golden Gate Garrison

As we enter the new year, the bustling calendar of events for the 501st Legion's Golden Gate Garrison enters a rare calm phase. It's the perfect opportunity for us, the proud "bad guys" of the Star Wars universe, to focus on an often-overlooked aspect of our

Imperial duties: self-care. In this period of tranquility, we can turn our attention inward, ensuring we're at our best when called upon to do good. Here are some Imperially-approved self-care tips for our fellow members.



Meditation and Discipline- Traditionally associated with those pesky Rebels, meditation

is now being widely adopted across the Empire as it improves daily discipline and productivity. While we don't encourage talking "inner peace" in the mess hall, we do suggest finding some within yourselves. Dedicate time to meditation, channeling your focus and energy in a way that would make Darth Vader proud. Find a quiet corner of your Star Destroyer (or your home), and spend a few minutes each day in contemplation, harnessing greater clarity and calm.



Physical Training – The Empire's Strength: Physical fitness is key to maintaining the might of the Empire. We can always be storming rebel bases, although that is a great workout, so it's important to keep up with regular exercise. It could be as simple as a march through your local sector or coming up with a creative training session that works for your Imperial energies. Staying active ensures you're ready for the future missions of our busy season.

Nutrition – Fueling the Imperial Machine: Proper nutrition is critical for a well-functioning trooper. Experiment with meals fit for an Imperial officer – balanced, nutritious, and energizing. Experiment with plant-based foods to keep your energy up and morale high.





Rest and Recovery – Recharging the Shields: every TIE fighter needs to dock and recharge. Establish a restful routine and aim for a solid 7-9 hours of sleep to ensure you're always battle-ready. Remember, even the most fearsome Imperial enforcer needs downtime. Let the droids monitor the screens. Shut them off (the screens, not the droids) and get some shuteye.

Pursue Hobbies Outside Your Duties- The cooler weather and winter downtime is an opportunity to try something new. Try your hand at writing a holodrama. Learn a new skill. These pursuits offer a chance to relax and expand your mind.

Maintain Your Imperial Network: Keep in touch with your fellow officers and troopers. Strong social bonds are vital for mental health, even in the Empire. Organize a holocall to discuss tactics or just to share stories and experiences from across the galaxy.

Mindful Holonet Use: In an age where propaganda is rampant, choose your Holonet channels wisely. Opt for content that uplifts and informs, rather than



that which sows chaos and disarray. A well-informed Imperial is a powerful one.

Reflection and Strategize – Use this quieter time to reflect on your goals. Strategic planning and goal setting are as important for personal growth as they are for galactic conquest.

As members of the Golden Gate Garrison, our mission is "Bad Guys Doing Good." This quiet time is an opportunity to strengthen ourselves for the busy times ahead. Self-care ensures that we are at our best when representing the might and order of the Empire, bringing joy and hope through our charity



work.

Charity Report
by Keith Waechtler



Many thanks go out to our wonderful Sha Sha, who recently encouraged our members to donate to the Legion's Starlight Children's Foundation fundraiser and pledged to match donations up to \$501. Thank you to our members who made donations and especially to Sha Sha who donated an incredible \$501 plus site fees. Together we raised almost \$700! Coming soon in January, we have our second annual Bowling with Buckets event, which is raising money for George Mark Children's House. Making a donation will give members who are participating in the event access to purchase event patches. There will also be a raffle of amazing items donated by garrison members and other members of the Star Wars community to benefit this organization. Thank you for your support.

Bad Guys Doing Good



Web Liaison
By Jeremy Dizon

Check your Legion profile.



Welcome to a new year, Imperial Citizens! As we settle back down from the holiday celebrations and Imperial parties held across the Galaxy, let's laser focus on our collective mission to sustain peace amongst all citizens of this Empire. 2025 won't be easy, but together we can RISE UP to the challenge.



How do we rise up? Well, one way is to check your Legion profile photos and verify all your costume photos are present. Another way is to keep an eye out of any troublemakers asking about At Attin. Immediately contact your [Garrison Web Liaisons](#). Thank you for your continued support.

Happiest of New Years to this Empire!

Garrison Guards
by: Renaldo Mandi and Sara Bermudez

January

Get your ballots ready... elections are coming! Exercise your Imperial democratic right to choose your leader at the local and global level. All nominations and voting will occur in the 501st Legion Elections portal here: <https://www.501st.com/elections/> More details on the process can be found: [501stGGG.com > Forums > Discussions > 2025 Elections](#)

Events

by Brent Wilkinson



Hey GGG,

Welcome to the Winter trooping wasteland. Currently we have only two events for all of January and one of those is a SpecOp event. So now would be a good time to check those bins and get any repair work you have been putting off for a while done. I have a TIE helmet I need to fix the greeblies on that have been putting off...so I need to follow my own advice.

Also a reminder that we will be changing our event process a little bit this year. Some of the things to remember:

- We will no longer be approving tickets until someone has stepped forward to be the Team Lead.
- We will be including arrival time, appearance time, and event time (if different from our appearance time).
- We will leave the tickets open for 48 hours after an event to ensure that even if you showed up to the event late you can still grab a ticket.
- If you do not grab a ticket, you will not get credit for the troop.
- Team Leads will be the final voice on who did and did not appear at the troop
- Mission Reports will now be done in the comment section of the event.

We still hope to have some videos up to outline the changes in more detail.

Scout and Tom's wedding was a nice friends and family exception for one of the Kenobi Stunt Vaders. Though it was her big day, Scout could not have been



more gracious and welcoming to our whole team, the absolute opposite of a "bridezilla". They also plied us with some amazing pizza.

Congratulations to all troopers who recently had a new or additional costume approved! Great work!





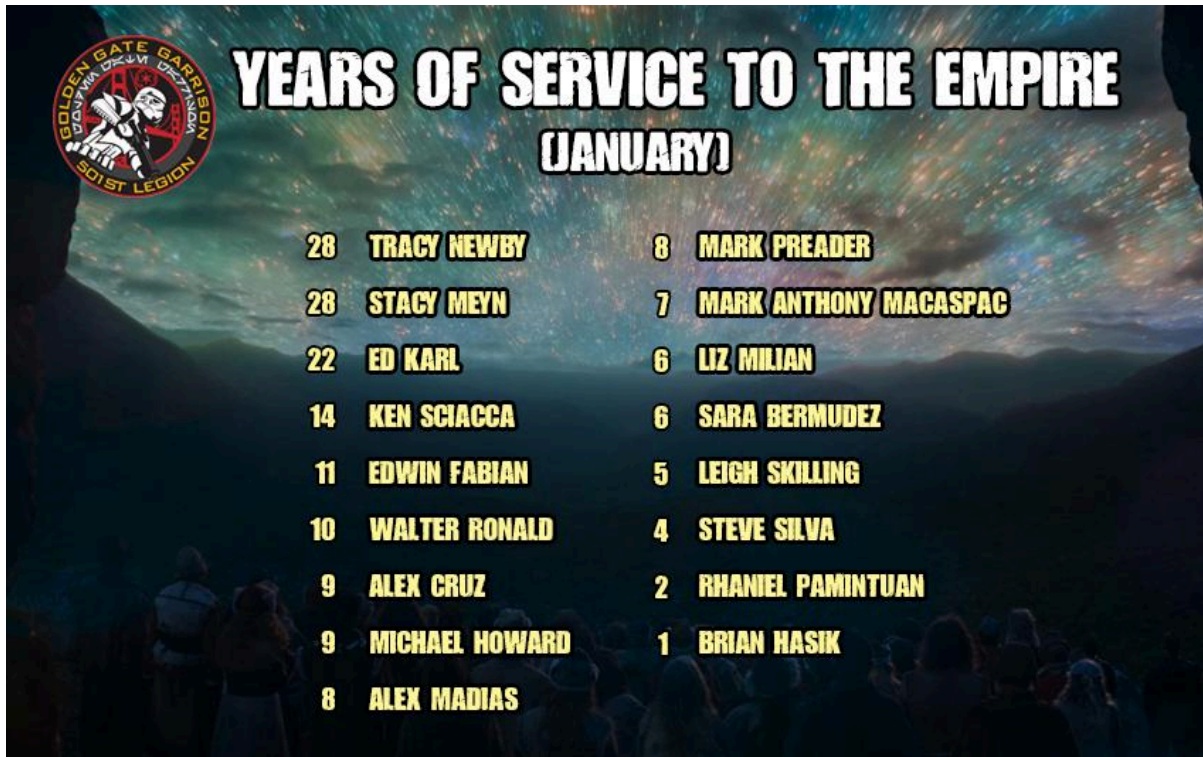
JANUARY BIRTHDAYS

1 SARA BERMUDEZ	14 KYLE LANGDON	23 JON NAGEL
2 EZEKIEL EASON	14 KYLE RHODUS	23 LIZ MILIAN
2 JENNIFER FRANKS	15 ALEX MADIAS	25 FRESIA LAULETTA
3 JASON FRANKS	18 CRAIG GAYLORD	25 PERRY SALES
8 EDGAR BUENROSTRO	19 RHANIEL PAMINTUAN	26 TONY WILLIAMS
8 ROB HARBERES	19 RONVI KHABAGNOTE	29 JOHN SCHLOSSER
9 DAVID CRAIG	20 JEREMY DIZON	31 KYLE BABBITT
12 BRENT WILKINSON	20 KEVIN DIZON	



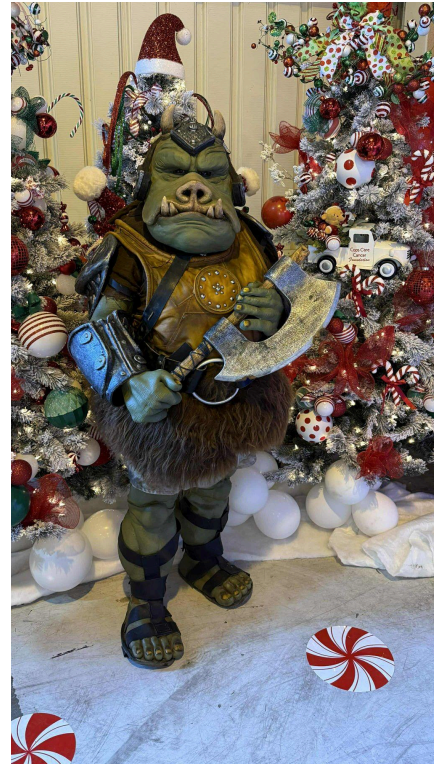
YEARS OF SERVICE TO THE EMPIRE (JANUARY)

28 TRACY NEWBY	8 MARK PREADER
28 STACY MEYN	7 MARK ANTHONY MACASPAC
22 ED KARL	6 LIZ MILIAN
14 KEN SCIACCA	6 SARA BERMUDEZ
11 EDWIN FABIAN	5 LEIGH SKILLING
10 WALTER RONALD	4 STEVE SILVA
9 ALEX CRUZ	2 RHANIEL PAMINTUAN
9 MICHAEL HOWARD	1 BRIAN HASIK
8 ALEX MADIAS	



Command Staff Favorite Photos of 2024













Here's to more trooping in 2025 with the mighty GGG!

