

**From the Commander**

*By Nestor Tamayao*



History was made at the Veterans of Foreign Wars

National Convention in July when National Commander Brian Duffy was elected as the VFW's new leader. His election presented a new era in that he became the first Operation Desert Storm veteran to become the VFW commander-in-chief. Quartermaster General Debra Anderson joins Duffy in being the first Operation Desert Storm veteran to be appointed to the position. Additionally, she is the first woman veteran to be a quartermaster general. This is the direction of the VFW as well as key to its future.

At our post, our future also hinges on newer generations of veterans to join,

lead, and be active participants. It is apparent that our membership has younger veterans and veterans from more recent wars and campaigns. In his acceptance speech at the convention, the national commander remarked that the VFW wasn't resonating with a newer generation and that we have to do a better job of marketing the VFW to younger veterans.

I agree with the VFW's focus on getting younger veterans to join. Because they have new perspectives and fresh ideas, they are instrumental in helping to maintain the posts' vitality and keeping them active. Also, younger veterans are more attuned to today's communication media and relate to them, which is beneficial to posts.

The participation of more women veterans in the VFW

is also key to the success of the organization. Early on, women veterans were not able to join the VFW but rather were steered into joining the Ladies Auxiliary. My, how times have changed – and for the better.

And what about those I term as "seasoned" members? They play an important role in the accomplishments of a post. It was their collective experiences and institutional knowledge that made the post successful as they put their knowledge to work in leadership and member roles.

I am pleased with the way our post continues to be active on many fronts. It is because of the younger veterans, the women veterans, and the seasoned veterans who comprise Ballard Eagleson Post 3063.

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**Report on the VFW National Convention**

*By Harold Rodenberger*

Our National Convention was held in Charlotte, NC, July 23-27 2016. Four members of our post attended: Commander Nestor Tamayao, Trustee and Past Commander, Aaron Stoltz, Quartermaster and Past Commander Harold Rodenberger, and delegate Jesse Bash-

er. This convention is the supreme authority of our organization, and as such

acts through the delegates to enact and modify laws governing how our group operates. People are appointed as our leaders and enact various goals and programs for the current and future years.

This year there were almost one hundred proposed amendments and revisions to be considered and voted on by our convention.



The **Ballard Eagleson Patriot** is published by the newsletter editor for Post 3063, Seattle, WA. This official newsletter is an authorized publication for members of Post 3063. Editorial content is edited, prepared, and provided by the newsletter editor. Its contents are not necessarily the official views of, or endorsed by, the VFW.

This newsletter is published monthly and submissions must be received by the editor five days before the last day of a month for inclusion in the next month's issue. We reserve the right to edit submitted articles for timeliness, clarity, and syntax. Be aware that newsletter images and/or text appearing on the website may be shared by readers. For more information about Post 3063, go to <http://www.vfwseattle.org>.

Commander: Nestor Tamayao

Sr Vice Commander: Pete Krawitz

Jr Vice Commander: Joe Tiffany

Quartermaster: Harold Rodenberger

Adjutant: Pete Krawitz

Judge Advocate: John Hoglund

Chaplain: Bill Griffith

Surgeon: Justin Mamallo

Officer of the Day: Mike Mahar

3-Year Trustee: Aaron Stoltz

2-Year Trustee: James Williams

1-Year Trustee: Russ Seelig

Service Officer: Gail Engler

Guard: Vacant

Newsletter Editor: Alyson Teeter

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## Quartermaster's Update

By Harold Rodenberger



School vacations are finishing up, Labor Day is just around the corner and the Harvest Moon will be sailing high on the sixteenth of this month. It's time to get back to school, back to work, and back to enjoying some camaraderie and volunteer service at your local VFW Post.

School classes along with his young family and full-time work schedule leave Jon Guncay with very little additional time for VFW activities so he is postponing his progress through the chairs until later. Our Junior Vice Commander, Pete Krawitz, moved up to Senior Vice and we elected Joe Tiffany as Junior Vice Commander to serve for the remainder of this year.

If the weather is favora-

### Convention cont. from page 1

In addition to the changes in our governing documents there were many other items of business. We heard speakers ranging from the Mayor of Charlotte to the Secretary of the VA to both the Democratic and Republican candidates for president.

ble, we plan to have another US Flag retirement ceremony in our parking lot from 10:30 am to 12:30 pm on September 18. We will be retiring unserviceable flags with an appropriate ceremony. All who wish may attend and observe or participate.

Fall is cleanup time. As a community service we are offering to dispose of latex paint, so check your basement or garage for old or unwanted water-based paint. Bring it to the post during our regular office hours (1-5 pm) on September 1, 3, 6, 8 or 10 and we will dispose of it properly.

At 10 am on September 5, our surgeon, Justin Mamallo, will be leading members of our post to visit patients at the Seattle VA Hospital to pass out monetary chits and bring them some conversation on Labor Day. If you would like to join this visitation

please meet at the Emergency Room entrance at 10 am. The new parking garage is convenient and it's just a short walk to the ER entrance, so come out and celebrate Labor Day by bringing some cheer to the patients.

On September 24, District 2 post and auxiliary members will meet at our post for a joint meeting. In addition to the meeting there will be a school of instruction. All members, and especially post officers, are encouraged to attend. There will be lunch (\$6.00) at 11:30 am and the meeting starts at 12:30 pm.

Our post has recently lost a couple of old time members. To make up that loss, and to build for the future, we need to recruit more new members. As you go about your daily activities keep an eye out for potential recruits.

We presented our VFW awards, and the winners are listed on our VFW National website at [vfw.org](http://vfw.org)

One of the main functions of the convention is to elect and install our leaders for the ensuing year. This year we elected Brian Duffy

as our Commander in Chief. Chief Duffy is the first Desert Storm veteran to hold that office. We also elected another Desert Storm veteran and the first female to hold the office, Karen Anderson, as our new Quartermaster General.



## Save big bucks with a lifetime VFW membership

By Harold Rodenberger

Every once in a while it's good to review our membership requirements and various membership options.

As you know we are the Veterans of Foreign Wars. In order to join our organization a potential member must show documentary evidence, usually a copy of DD Form 214, of service in a designated war zone. They must also be a Citizen or National of the United States. The only other requirement is an Honorable Discharge.

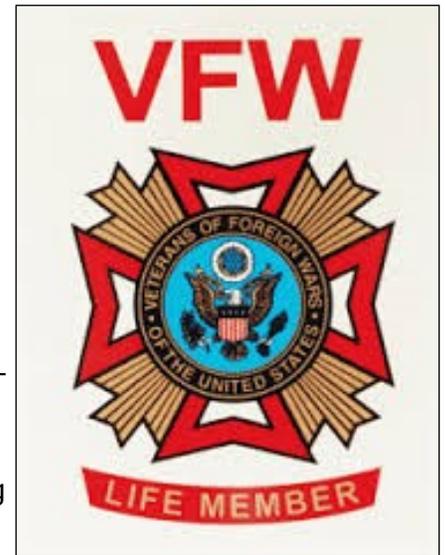
Most people join as annual members, paying dues at the going rate each year. Currently our dues are thirty dollars which is the combination of National and Department (state) dues since our post, unlike most, does not charge any additional dues.

As you can see by doing some simple math these annual dues add up over the years so I encourage our annual members to consider taking out a life membership. We have one person who has been paying annual dues for 69 years. Imagine how much he could have saved if he had converted to life membership early in this period.

The fees for life membership are age based and they presently range from \$450 for those up through 30 years old to \$170 for those 81 and older. The fee can be paid as a lump sum or spread out over a year using the Life Install-

ment Plan.

To get a real bargain on a life membership, once you attend three business meetings you become eligible for the quarterly drawing when we award a free life membership to a lucky annual member who is in attendance. This is your chance to save big bucks so plan on attending our regular meetings.



If you have questions or are interested in converting to a life membership send an email, call 206-782-8618 or come by the office during our regular hours.

## Post bids farewell to two active duty members



Army National Guard Lt. Col. Jesse R. Basher and Army National Guard Master Sgt. Georgia A. Warrix both said farewell to Post 3063, August 18, 2016. Both Basher and Warrix joined the post in 2013. Basher is heading to U.S. Army Europe in Germany and Warrix is joining the 1190 Transportation Terminal Group in Baton Rouge, La.



## Officer Profile: Pete Krawitz, Post 3063 Sr. Vice, Adjutant

*This is the second profile in a series of profiles of the 2016-2017 Post 3063 officers.*

### Tell us about your new position and what you hope to accomplish during your term.

I'm very honored to have been nominated and elected to take this new position as the post's senior vice commander and adjutant. My duties as the senior vice commander are to preside in the absence of the commander and offer my advice and support.

My responsibilities as the adjutant are mostly administrative. I record, review, amend, and archive the meeting minutes, help determine the eligibility of prospective members, send out correspondence to our members, and often times provide the "second signature" on many of the post's official business documents.

As one of the post's younger members, I hope to provide the team with a set of fresh eyes and bring new ideas to the table that will help the post. The previous leadership teams have done a fantastic job building and maintaining this post and keeping the member count high. I'd like to help continue this streak by drawing in new members, especially the younger veterans from the Operations Enduring Freedom and Iraqi Freedom campaigns. I think this will be critical if we want our post to continue to be successful, especially during a time where overall VFW membership numbers are down and posts across the country are closing.

### How long have you belonged to Post 3063 and did you previously serve in an officer position?

I have been with the post since December 2014. I've held the position of Adjutant since July of 2015.

*"I hope to provide the team with a set of fresh eyes and bring new ideas to the table that will help the post."*

### What is your military background?

I spent over nine years in the Air Force, enlisting as an airman basic in 2005 and separating as a technical sergeant in 2014. My AFSC (MOS for you Army folk) was a 2E2X1, which was a communications/signals career field specializing in computer, network, switching, and cryptographic systems. I spent the majority of my time with the 352d Special Operations Support Squadron out of RAF Mildenhall, England. There I was part of a small tactical communications unit that provided communications support (data/radio) for the 352d Special Operations Group which was comprised of two flying units (MC-130H/P Combat Talons/Shadows) and a special tactics unit (combat controllers).

Aside from the numerous TDYs throughout Europe and Africa, I deployed to Iraq in 2007 to support an Army ODA team in Baghdad (5th SFG). I once again deployed in 2012 to support Army special operators, this time to Afghanistan with 10th SFG where I served as a M-ATV gunner/driver in addition to my commo support duties.

### What do you enjoy most about belonging to the VFW?

I like telling people (especially my old AF buddies who are separating from the service) about the VFW and what it can do for them. While I haven't taken advantage of everything that the VFW has to offer, I've really enjoyed the camaraderie in particular. It's the part I missed the most about being in the military. It's great having a seat at the table next to comrades who fought in our previous wars and learning from their experiences and sharing some of mine.

### Is there anything else you'd like to tell Post 3063 members?

I haven't mentioned this before to the entire post, but I wanted to take this opportunity to say thanks for being so welcoming. My wife (Clare) and I moved to Seattle from England in 2014 without knowing anyone in the local area, the VFW has been a great source of friendship and support, for that we are both very thankful.

## World War II Veteran Ceremony scheduled next month

On October 13th – during the post social– we will have a ceremony honoring those members of our post who served during World War II. We hope to have several of those members in attendance and give special recognition to all our WWII veterans. More information will be in next month's newsletter, but meanwhile, reserve the date for a special evening honoring special members of our post.



## Post members invited to shredding party October 2

By Harold Rodenberger

As a community service to our members, Post 3063 is having a shredder party on October 2, 2016. The truck will be in our parking lot from 2 - 5 pm so you can bring papers you want to shred during that time.

If you have papers to shred but can't make it on that date and don't mind leaving the papers in our secured storage room, you can bring them by any-time during normal office hours and we will dispose

of the papers on the appointed day.

Since this is the first time we have offered this service we don't know what the response will be so please limit your shreddable papers to five banker boxes or equivalent. If there is enough demand we will sponsor a similar event in the future.

There is no charge but donations to our relief fund would be appreciated.

## Apps assist veterans, aid in obtaining mental health care

*This article first appeared in the August 2016 issue of the VFW magazine.*

There's a new way for veterans to access health care. Mobile apps—programs designed for devices such as smartphones and tablets—can help vets cope with ailments such as PTSD, TBI and general anxiety.

Experts say this new frontier will require regulation and careful oversight. But the mental health field may be one area where veterans can use apps in addition to traditional health care to improve their quality of life. Today, both VA and other organizations are working to help create access to care—with the veteran in mind.

According to "Meeting the Behavioral Health Needs of Veterans," a study by the National Council for Behavioral Health, 30%, or nearly 730,000, of the 2.4 million active-duty and reserve military personnel who deployed to Iraq and Afghanistan will have a mental health condition requiring treatment.

### Four Apps in Action

The VA Office of Connected Health already has several apps geared toward mental health. Neil Evans, a primary care internist and acting chief of the office, said the apps are a way to add value to existing mental health treatment. This, in turn, increases the value of a patient's health care.

"These apps are all designed to be used along with existing therapy," he said. "If you can augment the com-

munication with their provider, and take those lessons and apply them in their daily life, that's going to improve their experience."

The apps cover a range of mental health concerns—VA's flagship app PTSD Coach was the first. Released in 2011, PTSD Coach is available in 95 countries and has been downloaded more than 300,000 times.

But it's not just for PTSD, said clinical psychologist Julia Hoffman, national director for mobile health at VA's Mental Health Services. PTSD Coach was born out of the idea that patients wanted something to practice outside of therapy. So they talked with experts, clinicians and patients and developed an app to help patients tolerate stress in their everyday lives.

"That is something anyone can identify with, not just people with PTSD," Hoffman said. "Anybody with emotion dysregulation, anger, irritability [and/or] anxiety can benefit from this tool."

Developing PTSD Coach and the other apps for mental health constitute an incredible opportunity to dismiss the stigma that keeps some veterans from getting the care they need, she said.

Read the rest of the article on [vfw.org](http://www.vfw.org/News-and-Events/Articles/2016-Articles/Apps-that-Assist-Veterans/) at <http://www.vfw.org/News-and-Events/Articles/2016-Articles/Apps-that-Assist-Veterans/>

# Events Calendar

**September 1, 2016, 7:00 pm** - VFW Post 3063 Business Meeting: Chicken, chips, and potato salad

**September 1,3,6,9,10, 2016, 1-5 pm**- Unwanted or old water-based paint disposal, Post 3063

**September 5, 10 am** - Volunteer opportunity at Seattle VAMC; meet at ER entrance

**September 15, 2016, 6:30 pm** - VFW Post 3063 Social Dinner: Pork chops with mashed potatoes and gravy, veggies, roll, and dessert (\$3 for members, \$5 for guests)

**September 18, 2016, 10:30 am - 12:30 pm** - U.S. Flag retirement ceremony, Post 3063 parking lot

**September 24, 2016, 11:30 am** - VFW District #2 joint meeting and school of instruction, 11:30 am lunch, 12:30 pm meeting, Post 3063

**October 2, 2016, 2 - 5 pm** - Shredding event, Post 3063 parking lot (see post [website](#) for details)

*Doors open at 5:30 pm for business meetings and social dinners.*

## September Birthday Greetings! (Free dinner in your birthday month)

Roland Bailey  
Robert Galloway  
David Garcia  
William Hoeller  
Joseph Legaz  
Tom Morgan  
Gordon Olauson  
Harold Rodenberger  
Nathan Swails  
Bert Usitalo  
Jerome Wald  
David Wikstrom



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