

## Commander Tamayao's Farewell Note



As the old adage says: "All good things must come

to an end." There is an end to everything, to good things as well. That sums up how I feel about my period in office as Post 3063 Commander.

During my tenure, I have experienced many "good things." It was rewarding to see participation and involvement of comrades in various activities, events, meetings and socials throughout my time of command. The House Committee met and worked hard to make sure the post operated with fiscal responsibility. Quartermaster Harold Rodenberger worked tirelessly to ensure many requirements were met and ensured that the post was sufficient with day-to-day tasks. The Color Guard participated in events that not only fulfilled requests, but also brought favorable publicity of our post. Editor Alyson Teeter-Baker continues to put together a high caliber newsletter which enhances communication to the membership. There is increased member participa-

tion in District 2 meetings, Department VFW workshops and training and attendance at state and national conventions. All of this shows how involved and active our post is.

There were others who forwarded reports to Department Headquarters and made sure certain requirements were met. We achieved over 100 percent membership. These contributed to the post receiving *White Hat* status for the post commander and quartermaster, the second consecutive time this has happened since last year. My thanks to those involved.

While the "fun" of being your commander comes to an end, it is not the end of things facing the post. Membership continues to be paramount. We need to continually achieve 100 percent membership to mitigate losses due to normal attrition. We should ensure help for veterans, be it through visits at area facilities, at our post, or through services such as with comrade Gail Engler, post service officer. We need to continue efforts to attract younger eligible veterans to join. In addition to becoming active mem-

bers, they can be leaders for the future. Our post's infrastructure needs addressing and it is essential that our financial resources remain strong. The membership will eventually have to determine the best courses to take regarding these matters.

As I leave, incoming Commander Pete Krawitz will be faced with various issues that were not resolved or completed within my 12-month tenure as commander. However, I am confident of his capabilities and his military and civilian backgrounds will help the post continue as a vibrant and active post. I wish him well with his new position.

Yes, all good things do come to an end; but that does not mean the end of my involvement with our post or the VFW. There are many things yet to accomplish and I intend to continue to be involved. It has been an honor to serve as Ballard Eagleson Post 3063 Commander. Thank you for this wonderful and fulfilling opportunity.

**Yours in Comradeship,  
Nestor Tamayao**

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## Quartermaster's Update

By Harold Rodenberger



I'm writing this update from the east coast of our amazing coun-

try, where my wife, Ikuko, and I are visiting our young son and his wife in North Carolina.

For those of you who travel, it's no secret, but it always reassures me to travel to widely separated parts of our country and our world and observe yet again that people are pretty much the same wherever they live.

Here in Durham, there are friendly faces, distracted faces and faces racked by some private pain. There are young people, and those not so young, walking along oblivious to their surroundings while absorbed in private communication on their handheld device. As we approached a store yesterday, a gentleman smiled and held the door for my wife and me. He didn't ask our political party, religion or economic status, he was simply one human being courteous to others.

Sometimes in our world of instant news, alarmist headlines and finger pointing journalism where people are put into buckets

labeled "Democrat, Republican; Jew, Gentile; rich, poor; Northerner, Southerner; good, bad," I need to be reminded that people are people no matter external conditions.

All of this reminds me that the people in our own post and auxiliary are great people. We come from different walks of life, have different occupations, ages and beliefs and we have fought in or supported loved ones who have fought in different wars, yet we all have joined in the goals of the VFW to support our troops, help those who have served and to further patriotism and community service.

Just as when I travel, I'm reassured by people right here in our post who, despite surface differences, are uniformly friendly and willing to help. This month I'd like to choose two out of the many and thank Kay and Russ Seelig for all they do to help our post.

Five or six years ago we were introduced to Kay's famous spaghetti at a fund raiser put on for service dogs. Russ beat the bushes for supporters and Kay cooked. It was very successful and with the help of other post members, raised

over five thousand dollars for a worthy cause. Since then they have been instrumental in putting on more fund raisers and for the past few months have been putting on the dinners at our post socials.

For those of you who are not regular attendees at our socials, the menus are enticing and the camaraderie embracing so plan to attend and enjoy a night out with friends right here at our post social. Speaking of socials and spaghetti, again this month, by popular request, we'll have Kay's spaghetti.

Flag Day is June 14. Remember to fly your flag. We'll have a flag retirement ceremony in the post parking lot at noon.

We'll be leaving NC soon to head back home. I will remember the storefront gentleman for his courtesy and thank the rest of the NC people we've met for their reminder that down deep we are all the same.

Thanks to each one of you for being in our post. With your help our post is making good headway in our mission to help members, veterans, their families and our community.

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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.

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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### We're on the web and Facebook!

<http://www.vfwseattle.org>

<https://www.facebook.com/vfwpost3063>

[vfwpost3063](http://www.vfwpost3063)



## Post and Auxiliary Officers Installed During May Meeting

Post 3063 2017-2018 officers were installed during the May business meeting May 4, 2017. The following individuals were installed as post leadership:

**Commander:** Pete Krawitz

**Sr. Vice Commander:** Joe Tiffany

**Jr. Vice Commander:** Joe Fitzgerald

**Chaplain:** Bill Griffith

**Quartermaster:** Harold Rodenberger

**1-Year Trustee:** James Williams

**2-Year Trustee:** Aaron Stoltz

**3-Year Trustee:** Russ Seelig

**1-Year House Committee:** Gail Engler

**2-Year House Committee:** Doug Maines

**3-Year House Committee:** Jordan Houghton



Incoming officers take their oath during the installation ceremony May 4.

The following members were installed as auxiliary leadership:

**President:** Margaret Philips

**Secretary:** Jo Ann Anderson

**Treasurer:** Marge Hestad

**Trustees:** Alice Voyce, Agnes Demyanovich, and Karen Flynn

First nominations were made in March, followed by second nominations and an election in April. Installation happened in May but officers do not take office until the department commander is installed. The installation of the state officers is usually the last weekend in June so Post 3063 (and district) officers take over July 1.

District 2 election and installation of officers was held at Post 3063 in May. The new officers were installed by Linda Fairbank, our state junior vice commander who will be serving as senior vice commander next year.



Ballard Eagleson Auxiliary President, Margaret Philips; and incoming Post 3063 Commander, Pete Krawitz, watch as installing officer and state junior vice commander Linda Fairbank, and outgoing commander, Nestor Tamayao, take turns addressing the audience during the installation ceremony May 4.



# How to Gain an Honor Degree...With the Cooties

By Alyson M. Teeter

While attending the Post 3063 2017-2018 officer induction ceremony and business meeting May 4, 2017, installing officer and state junior vice commander, Linda Fairbank, gave a plug for the "Military Order of the Cootie." She said this organization within the VFW is a quirky organization



that helps others while having fun.

The name alone piqued my interest, so I did a little research and found out some other interesting tidbits about the MOC at <http://www.lotcs.org>:

- "It is a distinction reserved for "active" members of the Veterans of Foreign Wars; those who have succeeded as an officer on any level, or who have demonstrated ability as a leader of a major Post committee or function."
- "Cooties take on the added responsibility of support for the kids at the VFW National Home for Children in Eaton Rapids, Michigan, ...and support the hospitalized veterans in VA Medical Facilities, domiciliaries, and hospitals around the United States, and throughout the world. "
- "The prime directive of the Military Order of the Cootie is to Have Fun."
- Their favorite slogans:

"Keep 'em Smilin' in Beds of White"

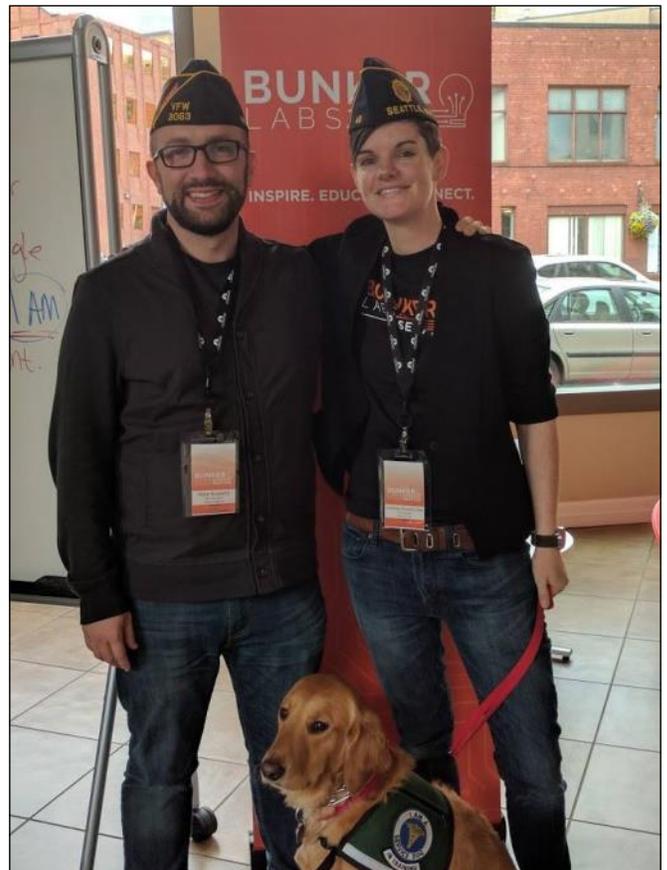
"Closer than a Brother, Busier than a Bee"

"Increase and Multiply"

- "As our hero, The Great Blue Louse instructs us, "A smile is the one thing that you can give that you will always get back," we strive to bring humor to our efforts, to our fellow veterans and to those less fortunate than us.

If you're interested in joining the Military Order of the Cootie and the local "Pup Tent," contact Linda Fairbank at [linray92@yahoo.com](mailto:linray92@yahoo.com).

## Bunker Labs Muster at UW



Pete Krawitz Post 3063 Sr. Vice Commander, Lindsay Zike, American Legion-Ballard Post #40 Commander, and Charlie support the Bunker Labs Muster at the UW May 5. According to <https://bunkerlabs.org>, it "brought together participants and partners for day-long events of veteran entrepreneurs pitching their businesses, an Idea Lab, and a marketplace to buy products from veteran-owned small businesses."



## Service Officer Update: Get Your Documents in Order

By Gail Engler



As Ballard Eagleson Post 3063 Service Officer I am here to educate and inform veterans and their family members about their benefits, assist them in requesting military records, and submitting applications for benefits such as

for disability, compensation and burial benefits. I can also provide a resource or referral for additional needs.

Since I am not an accredited service officer I cannot sign off on the forms as a veteran service organization representative or submit the claim. I can, however, help you request military records, and obtain and complete the correct forms for submission to the VA.

Claims are submitted by accredited Veteran Service Officers located on the 10th floor of the Jackson Federal building at 915 2nd Avenue, Seattle. Any of the VSOs at the VFW, DAV, VVA and American Legion can submit a claim to the VA. The benefit of working with an accredited VSO is that they can review your claim to make sure it is well documented and that you have a fully developed claim. This ensures that your packet is not returned for errors such

as a missing or incomplete form or missing documents. They can also track your claim once it is submitted to the VA.

An important part of submitting a claim, especially for a service connected disability claim, is having all the required documentation prior to meeting with the accredited VSO. Do you have a copy of your discharge paper (DD 214 or equivalent) and your military medical records that may document a service connected injury? Do you have civilian medical records from your physician or other civilian medical professionals that further supports a service connected injury or illness? Military discharge papers, personnel and medical records can be requested online by going to the VA website (<http://www.va.gov>) and completing an SF 180. Your branch of service and when you served will determine where you send the request.

If you do not have your discharge papers do not procrastinate in getting a copy because it provides proof of eligibility for veteran benefits. Your spouse, family members or Power of Attorney should also know where you keep this important document.

Contact me at [serviceofficer@vfwseattle.org](mailto:serviceofficer@vfwseattle.org) if you have any questions or to set up an appointment to meet with you.

## ICYMI: New Yoga Instructor, New Time

The post has resumed one-hour yoga classes on Wednesday mornings at 9:30 a.m. Classes are free to veterans. Please wear loose clothing and bring your yoga mat and a blanket to cushion your knees, if desired. Alicia Brill is our new instructor and is a veteran of the U.S. Army and National Guard. Since getting out of the military in 2007, Alicia has admired the sense of camaraderie she felt in the military and has sought ways to be of continued service to other military veterans. Alicia became a certified yoga teacher with 8 Limbs Yoga Centers in April 2017 and completed Level One training with Veterans Yoga Project in January 2017. Her concentration has been on Yoga for Trauma Healing and Yoga for PTSD.





## Upcoming Events

**June 1, 2017, 7 p.m.** - VFW Post 3063 Business Meeting

**June 14, 2017, 12 p.m.** - Flag Day; flags will be retired in the post parking lot

**June 15, 2017, 6:30 p.m.** - VFW Post 3063 Social Dinner: Spaghetti, Caesar salad, garlic bread and Italian dessert (\$3 for members, \$5 for guests)

**June 27, 2017, 11 a.m. - 2 p.m.** - Military Hiring Fair at Safeco Field (Hosted by Hiring Our Heroes)

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

### June Birthday Greetings!

**Members receive a free social dinner in their birthday month**

*Sam Barrett*

*Jocelyn Brackney*

*Michael Brunstad*

*Dan Graves*

*Christopher Kuhnert*

*Albert Linden*

*Jack Martin*

*Charles Murrell*

*Erik Richardson*

*Owen Ross*

*Nestor Tamayao*

*Eric Ustick*

*Edward Westing*

## New Member Spotlight



Stephen Barclay, U.S. Marine veteran, gained his eligibility from Operation Iraqi Freedom.



Anndrea Dohring, U.S. Army veteran, gained her eligibility from Iraq and Afghanistan.



William Pola, U.S. Army veteran, gained his eligibility from Operation Iraqi Freedom.