

From the Commander

By Pete Krawitz



As I write this month's column, I've had the live video stream of the

VFW national convention in New Orleans on in the background via the VFW's Facebook page. Even though I wasn't able to join our Seattle delegates this year, I can still listen in and see some of the same speakers. It's encouraging to see the VFW leveraging technology to make these conventions more accessible to folks that are unable to attend.

Hopefully, our post will be able to leverage the same technology in the future, making some of our meetings more accessible to those who have difficulties making it in each month. With that being said, I did recently attend (physically not virtually) my first department (Washington State) VFW convention down in Olympia. It was a very positive experience. We were able to meet with some of our comrades from all over Wash-

ington state. While technology is great, nothing beats the face-to-face experience of a convention. If you haven't had a chance to attend one of the state conventions or mid-winter conferences, I highly recommend it.

For those of you who were able to attend the business meeting in July, I hope you liked the new format we are experimenting with. For those of you that weren't able to make it; we are now meeting in the main hall and will be kicking off the first 10 minutes of each meeting with the auxiliary to give us an opportunity to announce and discuss items that impact both groups. We also started using a projector to display the meeting agenda, enabling everyone to follow along with what is going on and to make the most of the hour we get to discuss business together each month. We will still stay true to the VFW rituals and ceremonies, just with a few slight modifications. I truly value your opinions and feedback, so please feel free to reach out to me if you have any ideas or comments on how we might be

able to get the most value out of our monthly meetings.

One last thing I'd like to touch on is communication. I've been working with Adjutant Alyson Teeter to come up with a plan on how we communicate with the post on a regular basis. The post officers are often bombarded via email with offers, solicitations for volunteers, advertisements for local veteran events, etc. While we would love to pass these items along to everyone via e-mail, we don't want to spam our entire membership base. At this point, we will only be sending you one communication a month (the newsletter), however, we would like to allow individuals to "opt-in" to other communications if they are interested. We often put these "extra" communications out on our Facebook page, but acknowledge that not everyone is on that platform. Hopefully, we will have more information in the next month or two on how you can opt-in for these additional communications.

I look forward to seeing you at our next business meeting.

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Commander: Pete Krawitz

Sr Vice Commander: Joe Tiffany

Jr Vice Commander: Joe Fitzgerald

Quartermaster: Harold Rodenberger

Adjutant: Alyson Teeter

Judge Advocate: Norm Limric

Chaplain: Bill Griffith

Surgeon: Dan Stokke

Officer of the Day: Vacant

3-Year Trustee: Russ Seelig

2-Year Trustee: Aaron Stoltz

1-Year Trustee: James Williams

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>

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Quartermaster's Update

By Harold Rodenberger



July was a busy month around our post. The first day of the month saw your quartermaster setting off on a fishing trip. My name was drawn from those recruiting at least five new or reinstated members so I joined the other lucky winners fishing for salmon out of Westport. Kudos to the members of Westport VFW Post 3057 who played host. Afterward, State Commander Elmer Clark passed out prizes for largest fish, first fish, etc., and celebrated our state achieving 100% membership.

On the third of July, our yoga leader, Alicia Brill, led five people through the one-hour yoga class held every Wednesday morning from 0930-1030 in our post hall. It's an exercise in rejuvenation for body and mind, no matter your skill or physical condition. Why not come to the post on Wednesday mornings and try some-

thing new and invigorating?

Commander Pete Krawitz conducted our July business meeting in a new format, highlighted by a joint session with our auxiliary in the main hall, where Pete reviewed the goals of the VFW and his goals for our post during the coming year. Pete has some refreshing ideas to breathe new life into our post and auxiliary. I encourage each of you to attend our meetings, learn about Pete's plans and be inspired to help yourself and your post grow.

Our new librarian, Norm Limric, has worked with books for many years and is enthusiastic about maintaining and expanding our library. In today's flood of rapid-fire social media and sound bites, why not visit our post library and renew your acquaintance with some comforting friends in the form of old-fashioned books?

Chef Kay Seelig put together an amazing dinner for our third-

Thursday Social. The meal of steam-baked Sockeye salmon, buttered boiled small potatoes, corn and shrimp salad and rhubarb-strawberry crisp was universally praised as being her best dinner yet. This month will bring a new adventure in fine dining at your social night dinner so mark the third Thursday (August 17th) and plan to attend.

Speaking of marking calendars, our annual charity fund raiser in September (Sept. 9) is rapidly approaching. You can buy tickets (\$20 each) from post members. We are already receiving some valuable raffle prizes. This year, raffle tickets are available in advance for a discounted price so ask your ticket seller to let you in on that special deal and increase your odds of winning. For questions or tickets, contact Event Chair Russ Seelig at 206-423-1150.



Commander and QM Receive White Hats at State Convention

The VFW's Washington State Department convened June 21-24 at the Hilton Hotel in Olympia.

There were workshops for service officers, quartermasters, and recruiters. The business sessions covered communications from national; proposed changes to our state bylaws; reports and updates from all the state officers and committee chairs; and nominations, elections and installation of officers at state level.

Former Commander Nestor Tamayao and

Quartermaster Harold Rodenberger received "White Hats" for completing various reports on time, membership goal achievement, attendance at district meetings/workshops, community activities, and other factors. Post 3063 achieved approximately 106% of the post's membership goal for the prior year.

Around 10% of commanders and quartermasters in the state received the white hat so it's a big honor and achievement for a VFW post. Kudos and congratulations!



Pictured from top left: Junior vice, Joe Fitzgerald; outgoing commander, Nestor Tamayao; incoming commander, Pete Krawitz.

Nestor Tamayao and Harold Rodenberger wear their newly-awarded "White Hats."

Service Officer and House Committee Chair Gail Engler; Quartermaster Harold Rodenberger; and 1-yr trustee, James Williams.





Fishing For Members

By Harold Rodenberger

Washington State VFW Junior Past Commander (2016-2017) Elmer Clark developed a membership program called "Fishing for Members" as a major goal of his year. He was determined to achieve 100% membership so challenged our members by entering each person who recruited five new or reinstated members into a drawing for an all-expenses paid fishing trip out of Westport.

As the end of the year approached, it appeared we would come up a little short but our posts pitched in for a last-minute push and on the last day we made it. For the first time in 15 years Washington state achieved over 100% membership.

Our post did its part by achieving 106% membership, well above the goal. Your post quartermaster was lucky enough to win one of the spots on the charter and caught the two biggest fish, Chinook salmon weighing 21 and 19 pounds. The limit is one Chinook so I gave one away.



Quartermaster Rodenberger with his salmon catch.



Traci Williams catches her salmon.



Group photo in Westport after fishing.



Member in Distress: Comrade's Daughter Fighting Cancer

It was recently brought to Quartermaster Harold Rodenberger's attention that Comrade Evan Turner's seven-month-old baby daughter, Lillian, was diagnosed with Neuroblastoma, Stage 4S in April.

Comrade Turner and his wife have started a GoFundMe page, and it says, "Although unexpected and heartbreaking, the cancer was found early. The Doctors are optimistic that Lillian will respond well to treatment and live a long life. Evan and Rachel are prepared to do whatever they have to do for their little girl. Their future consists of surgeries, additional cancer treatment, constant observation by the Pediatric Oncology team at Seattle Children's, a lot of



traveling, various therapies, not to mention the vast amount of unseen costs for potential therapy associated with aggressive cancer treatment in the years to come."

If you would like to donate to Lillian's cause, please visit her GoFundMe page at <https://www.gofundme.com/lillians-battle-with-neuroblastoma>.

Past Commander Pinning



Commander Pete Krawitz (right) presents the Past Commander Pin to Nestor Tamayao during the July business meeting July 6, 2017. Thank you for your service, Nestor!



During the August business meeting, the post charter will be draped with a black cloth for the following comrade who recently passed away. The charter will stay draped for 30 days in his honor.

Robert White, U.S. Army, Vietnam War



Post Members Trekking in Nepal; Invite Others to Join In

Enjoy trekking? Post member Russ Seelig is planning a trek in Nepal next spring and invites other interested members (and family members) to join in the fun. The actual trekking starts from Jiri, near Kathmandu, and winds up to Everest Base Camp and back to Lukla. So far, Harold and his son have signed on for the approximately four-week hike. It promises to be an interesting, and challenging, trek so if you are interested, give Russ or Harold a call to get more details.



SAVE THE DATE:

Wednesday
August
23rd
8am-4pm

5th Annual 2017 VA Mental Health Summit

Join us for this annual event where VA and Community Providers in Puget Sound share information on: Suicide Prevention, Access to Care & Family Services

More information to come soon!

Contact laura.merritt2@va.gov for more information and questions.

VA  U.S. Department of Veterans Affairs
VA Puget Sound Health Care System



SPAGHETTI & Raffle

Come and enjoy home
cooked, **WORLD CLASS**
spaghetti while you help
the Ballard Eagleson
VFW Post 3603 support
local charities

SeaTac USO
Seattle VA Hospital
Boy Scouts
Fisher House
To name a few!

Donated by **LOCAL**
businesses!

**SO MANY
RAFFLES!**

**TREMENDOUS
Raffles!**

September 9th, 2017
Cocktails and raffle at 5pm
Dinner at 7pm
Admission: \$20.00 (12 and under free)
Advance Raffle Tickets: 30 for \$20
At Door Raffle Tickets: 25 for \$20

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Upcoming Events

August 3, 2017, 7 p.m. - VFW Post 3063 Business Meeting

August 17, 2017, 6:30 p.m. - VFW Post 3063 Social Dinner: Gazpacho, Meatloaf, Potatoes Hasselback, Marthacotash and dessert (\$3 for members, \$5 for guests)

August 23, 2017, 8 a.m. - VA Mental Health Summit, South Seattle Community College, Georgetown Campus

September 9, 2017, 7 p.m. - VFW Post 3063 Spaghetti and Raffle Fundraiser (\$20 admission)

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

August Birthday Greetings!
Members receive a free social dinner in their birthday month

Berent Egaas
 Lawrence Frank Sr.
 Michael McDaniel
 Delvin McMillan
 Walter Michl
 Larry Schultz
 Russell Seelig
 Clark Silliman

New Member Spotlight



Aaron Scheuerman
U.S. Marine Corps, Iraq

Yoga at Post 3063
Wednesdays, 9:30 a.m.
Classes are FREE!

