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From the Commander



Well Done Comrades!

The raffle that wasn't - actually was pretty much of a successful Owl!

It was obvious to the fundraising committee that this year our usual sit down Spaghetti Dinner and Raffle was not going to happen due to the restrictions and limitations of Covid-19... and so, the raffle would not happen either.

It began to look like we would just have to make do with the Spaghetti dinner ala take out that Chef Kay Seelig has perfected, and that would be it for this year.

But wait a minute... Comrade Aly Teeter to the rescue! She introduced the committee to the "Bidding Owl" - an online auction she had recently been involved with for a different concern. Maybe the raffle could be replaced by the Bidding Owl!

And so it was....

COMMANDER'S AUCTION COMMENTARY, cont. pg. 3

We're on the web and Facebook! <http://www.vfwseattle.org> | <https://www.facebook.com/vfwpost3063>

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VFW Post 3063

Ballard Eagleson Patriot

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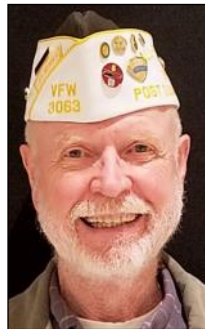
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Quartermaster's Update

By Harold Rodenberger



What a summer it's been! Pestilence, fire, smoke, it seems almost Biblical. No swarms of locusts or floods yet, but the year's not over. The fires and smoke have gone, but the pestilence remains, and will for who knows how long. Mask up, wash up and space out. Best practices for you and your fellow humans.

The highlight of the summer quarter was our fundraiser. As of this writing, the net gain to our Relief Fund is approximately \$4,350. We are still receiving donations so I don't know what the final figure will be. Whatever it is, it will be much appreciated by the needy recipients of our Relief Fund donations. Many thanks to all of you who contributed items for the auction; those who purchased items from the auction; Chef Kay and helpers; all those who helped put on and serve the spaghetti dinner; and the drivers who delivered to our members who were unable to attend.

This year, in nursing homes and hospitals across the country, the disabled veterans who normally assemble our VFW Buddy Poppies have been unable to do so. As a result, VFW Posts throughout America have been asked to help out by assembling Buddy Poppies. To encourage participation, we will earn \$0.02 for our Relief Fund for each poppy assembled. If you would like to help

out, please email me at quartermaster@vfwseattle.org or call or text 206-972-2135 and I'll get you started.

Our Post has mementos of past events that need to be preserved for future generations of members, ergo we need a person (Post Historian) who is interested in organizing, documenting and posting photographs and documents to the online History Room on our website. If you would like to help out in this way, please contact me, and let's get important post history preserved.

This year disabled veterans, Purple Heart recipients, former prisoners of war, and primary caregivers for qualified veterans were added to the list of patrons at the military exchanges and commissaries. If you have a Veteran Health Identification Card (VHIC), you can shop there. If you qualify but have no ID card, you can apply for one at <https://www.va.gov/healthbenefits/vhic>.

At some time, we all did our patriotic duty by serving in a war zone, defending our country and its allies. Soon it will be time to do our patriotic duty again. In this year's general election, we will be choosing our leaders from local city, county and state officials all the way up to members of congress and the president. The right to vote is embedded in our constitution and is a patriotic duty of all Americans. Exercise your rights and vote! You can check your voter registration info at voter.votewa.gov.

Commander's Auction Commentary cont. from page 1

With a lot of work primarily on the shoulders of Comrade Aly who set it up, and Comrade Harold Rodenberger who implemented the Bidding Owl, we had an online Auction that became, "The raffle that wasn't."

Comrade Harold will be submitting all the financial particulars that will be showing that in spite of Covid (or maybe because of Covid) this year's fundraising effort was very much a success!

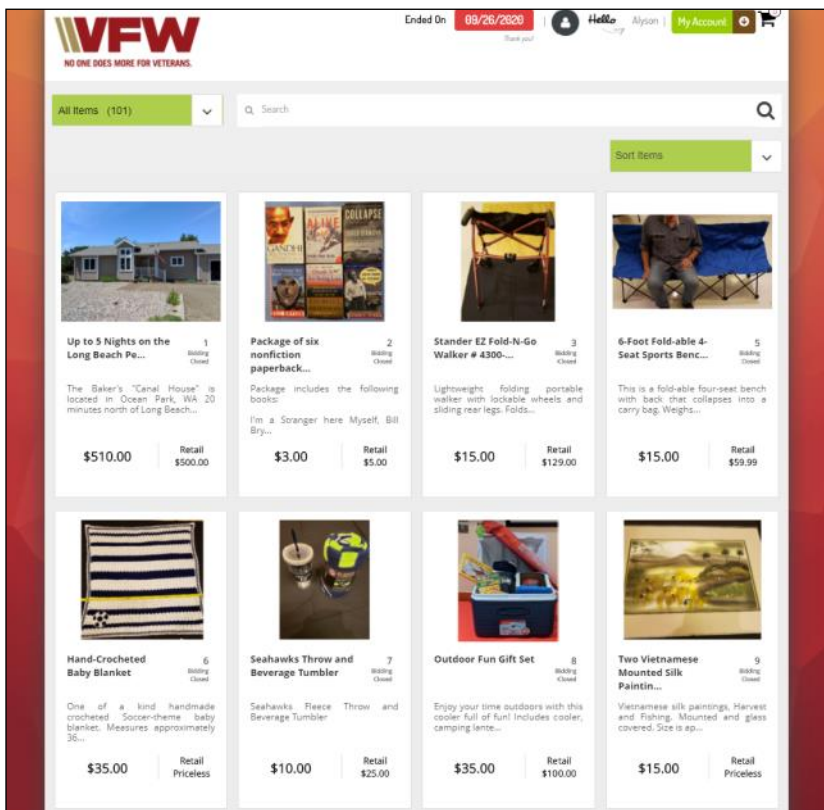
Certainly there are many people who contributed in various ways with the fundraiser effort, and without them it would not have happened, but I do want to recognize these people in particular who really stepped up for us to help make this year's fundraiser a success.

- Comrade Aly's family who provided the main "Hot Ticket" item for the raffle.
- Richard and Pat Murray for their continuing support of all our post activities.
- The Burien Highline Kiwanis Club who provided the five gift baskets totaling over \$500 in value, and another \$300 in dinner tickets that were gifted right back to the Post!

I will speak to all of this again later, but for now I just want to thank these people and all of you for your contribution to this year's fundraiser effort!

Joe Fitzgerald

Post 3063 Commander



Volunteers assemble spaghetti take out boxes for the curbside pickup Spaghetti Dinner. The post sold nearly 100 meals. Photo courtesy of Comrade Marleen Madding.

Here's a screenshot of the Bidding Owl website. Vacation packages, gift certificates and gift baskets were the biggest contributors to the post's Relief Fund. If you would still like to donate to the Relief Fund, go to our website at www.vfwseattle.org and click on the Donate button.

Update on Covid-19 and Don't Forget to Wear Your Mask!

By Post 3063 Surgeon, Robert Lehman, MD

As a physician, public health officer, and member of this organization, I offer this brief update of where we are with COVID-19.

There are 7 corona virus strains that affect humans. Four of them we have all experienced, as 25% of the common cold is a corona virus. In 2003, SARS (Severe Acute Respiratory Syndrome) killed 800 people in China and 3 other countries. With very tight isolation and wearing masks, and with the luck that the virus was less contagious than the flu, the disease was controlled, and disappeared before a vaccine could be created. In 2012, MERS (Middle East Respiratory Syndrome) affected 27 countries, primarily in the Middle East. Although 900 people have died from this, (one-third of those infected), it has not easily been passed from human to human. And now we have SARS-CoV-2, the virus causing the disease COVID-19.



This virus is rapidly spread because 40% of those infected NEVER have symptoms, and thus continue to infect others, often for weeks. This is a respiratory virus spread by an infected person when breathing out. That is why EVERYONE needs to wear a mask when around others, as the person without symptoms does not know they are infected and thus can infect others. It is breathing that infects others, and that is why it is vital that the NOSE and MOUTH be covered. Face shields are NOT approved as there is no filtering when that person exhales, and bandanas have been shown to be worthless.

To emphasize this, masks are primarily worn to protect OTHERS; although there might be a small amount of protection to the person wearing the mask. [Wearing a mask should remind people to wash their hands whenever they remove their mask, before they touch their face.]. People who stand out at rallies without masks and say "if I die, I die" don't understand this. They need to wear a mask as they can never tell if they themselves are infected and thus passing it to others. It isn't their lives at risk when they don't wear a mask; they pose a risk to the rest of us.

This has been a confusing virus as 40% of people infected have no symptoms, and yet others become extremely ill and die. I'll skip the long scientific explanation, but a protein named ACE2 might be a key. It appears that ACE2 receptor is a magnet for the virus. Those with higher levels of ACE2 might get ill easier and far more severe than someone with a low level. ACE2 is higher in chronic lung and heart diseases, diabetes, obesity, smokers, and pregnancy. Genetically, it is higher in some families than others. It does appear that it tends to be less in children.

Lastly, the world seems to be putting its hope on a vaccine. But to use the annual flu vaccine as an example, flu vaccine is recommended to prevent people from DYING from the flu. As we all know, some people will continue to get the flu despite having been vaccinated. I hope that I am wrong, but I doubt a SARS-CoV-2 vaccine will prevent all cases of COVID, but hopefully it will dramatically decrease deaths and the need for hospitalization.

In the meantime, please wear your mask whenever around others to prevent infecting others if you happen to be one of those infected and without symptoms (and who may continue to shed the virus for 14 days or more). AND, wear a mask to also remind yourself that your hands might be contaminated and might infect yourself. ALWAYS wash your hands or use sanitizer whenever you remove your mask, particularly for eating, drinking, and smoking.

Youth Essay Entries Due October 31

Do you have a grandchild looking for some money for college? Do you know a student who is a thinker and has good opinions? Do they like to write?

The VFW has a program for them!

High school students can enter the **Voice of Democracy** contest. Here's a link to the rules and entry form: <https://bit.ly/2lJIE0g>.

Middle school students can enter the **Patriot's Pen** contest. Here's the link to the rules and entry form: <https://bit.ly/2mKrezW>.

Elementary students in grades 3, 4 & 5 are en-



couraged to enter the special **Youth Essay** program run by the Washington Department, Veterans of Foreign Wars. Here's the link to the rules and entry form: <https://vfw.org/di/vfw/v2/default.asp?pid=79734>.

Please submit entries to Quartermaster Rodenberger by Oct. 31. Good luck!

Fighting Flu Together: Get an Immunization!

Dr. Jane Kim, VAntage Point Blog

Getting a flu vaccine this fall is more important than ever to protect yourself, your family, friends, and coworkers. We are facing a tough 2020 flu season as we prepare to battle the coronavirus at the same time.

Flu shots protect you against flu. By getting a flu shot, you will be less likely to spread flu to others. By keeping you healthy, our VA facilities won't be overwhelmed with flu patients during the pandemic.

Flu and COVID-19 can lead to serious health complications resulting in hospitalization or death. The good news is both may be prevented by wearing a face covering, practicing physical distancing, washing your hands frequently and coughing into your elbow.

With flu season approaching, talk to your health provider about where to safely get a flu shot this fall.

The Centers for Disease Control and Prevention (CDC) recommends that everyone six months or older should get a yearly flu shot. Flu can be serious among young children, older adults and those with chronic health conditions, such as asthma, heart dis-

ease or diabetes.

Every year, hundreds of thousands of Americans are hospitalized with the flu.

During the 2019-2020 flu season, more than 4,600 Veterans were hospitalized at VA medical centers. More than 600 of them required intensive care stays. VA providers also saw over 27,000 Veterans for flu and spoke to more than 13,000 during phone triage calls.

Flu season is near, so talk to your health provider about where to safely get a flu shot this fall.

If you are enrolled in VA health care, you can receive the seasonal flu vaccination at more than 60,000 locations through the Community Care Network in-network retail pharmacies and urgent care partners. VA will pay for standard-dose and high-dose flu shots. Even if you haven't had a flu shot lately, make this the year that you do!

On Sept. 1, enrolled Veterans can visit <https://www.va.gov/communitycare/flushot.asp> to find locations to get a no-cost flu shot.

Help us help you: we are fighting flu and COVID-19 together.



Officer Spotlight: Sr. Vice Commander Bryce White

This is a recurring column that highlights the 2020-2021 post officers.

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

As the second most senior official in the post, I will assist the Commander in his duties and in preserving order. I will preside over meetings in the absence of the Commander. I hope to work with our post members and identify and or initiate programs needed in our community. Reaching out into our communities is crucial to our organization. This will help in developing relationships with community leaders and local civic groups. We must find the ways and means to be more active and visible within our local community. Finally, I would like to recruit new members to our post.



Comrade White in his USMC active duty days.

I joined Post 3063 a few years ago. At first, I would just come every once and a while to connect with other veterans, but lately I have been trying to get more involved and helping in any way possible. I just recently served as the Junior Vice Commander last year. I also joined the post's Honor Guard last year.

What do you enjoy most about belonging to the VFW?

I like belonging to the VFW because the VFW advocates for veterans. If someone needs assistance or wants the camaraderie, the VFW is a great place. If a veteran is having issues with mental health, there is always a helping hand. I have a purpose to serve, and most Marines have a place in their heart to serve as well. It's a better way to serve and better the community by doing things such as helping veterans and your community. We volunteer to make a difference in our community, and we get to meet new people.

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

Post 3063 New Members

Aaron Bautista

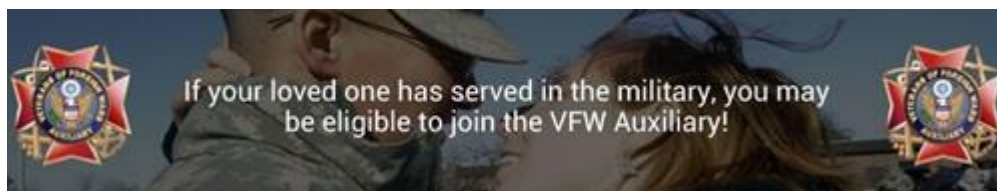
Navy
Iraq

Colton Brown

Marines
Afghanistan and Iraq

Adam Fulton

Army
Afghanistan



Service Flashback: Please Send Us Your Photos!

In August the newsletter editor started collecting wartime photos from post members. This is a great way to highlight our service and see a side of our members that isn't often shown. Please send your photos to Comrade Aly Teeter at editor@vfwseattle.org.

Pictured far right, Comrade John Ellingboe, then a Sergeant in the U.S. Army, Fire Support Base Button at the base of Nui Bau Din, Vietnam around June 1970. He served as a radio operator.



Comrade Russ Seelig, then a U.S. Army Specialist 5, is pictured above in Vietnam sometime between January 1967 and August 1968. He served as a Chinook Helicopter crewman and flight engineer. Russ and his family are the engine behind our post socials and fundraisers! Russ is also on the left with his wife, Kay, at September's takeout Spaghetti Dinner.

Upcoming Events

October 1, 2020, 7 p.m. – VFW Post 3063 Business Meeting via Zoom and phone. <https://us02web.zoom.us/j/5057012075?pwd=K1ppc3RCNHRaYkhyNjFhb0w2dkdlQT09>

Meeting ID: 505 701 2075, Password: Ballard306

By Phone: 253-215-8782, Password: 064533

October 15, 2020, 4:30 p.m. – VFW Post 3063 Take Out Social. Housemade Jam with Cheddar Cheese and Crackers, Pollo Marbella (delicious chicken from Marbella Spain) Elotes (variation on Mexican street corn), Rice, and Italian Prune Cake. To make a reservation for food, contact Quartermaster Rodenberger at quartermaster@vfwseattle.org.



Ballard Eagleson VFW Post 3063 is located in the Ballard neighborhood of Seattle at 2812 NW Market St.

Reminder: Report Your Service

Do you volunteer, fly a flag, recycle, give blood, donate goods to charity, or any other activities that improve the community? The VFW needs to know this information! Submit community service info via the post's Community Service Reporting Form at <http://vfwseattle.org/index.php/resources/community-service-reporting/>. The Post Surgeon also uses some of this information for his monthly reports. Guidelines are available at <https://tinyurl.com/yy3udz8v>.

You Can Now Donate to the Post from Our Website



Just look for this block at vfwseattle.org and you can quickly donate to the Relief Fund, Building Fund or National Home for Children.