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**From the Commander**



**SPRING IS IN THE AIR!** It's coming...and hopefully coming with it will be the beginning of the end to this Covid pandemic crisis as well.

We have all been working hard to attain the herd immunity that will get us beyond the pandemic. But with the fear or threat of Covid hanging around us and the worry of it all, we have found ourselves living "half lives" in the process.

So now with the vaccinations numbers ever increasing and our moving into phase 3, it's time for us to drop the worry (without totally abandoning masking and social distancing ) and use the uplifting spirit of Spring to guide us into actions that move us forward and on with our lives. Erma Bombeck said it best when she wrote, "Worry is like a rocking chair: it gives you something to do but never gets you anywhere." Just as Daylight Saving has sprung our clocks forward, we too need to get off the Covid rocking chair and spring forward. We need to get our lives back, to get out and breathe the air again, to get on with the return to normal.

**COMMANDER'S SPRING COMMENTARY, cont. pg. 3**

*We're on the web and Facebook! [vfwseattle.org](http://vfwseattle.org) | [facebook.com/vfwpost3063](https://facebook.com/vfwpost3063)*



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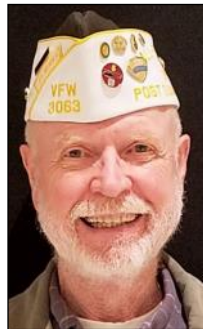
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## Quartermaster's Update

By Harold Rodenberger



Welcome to SPRING 2021. As we move toward more freedoms, let's take a break from earthly restrictions and look to the heavens for inspiration. This

quarter we'll see three "super" moons in a row: The Super Pink Moon on 4/27, the Super Flower Moon on 5/26 and the Super Strawberry Moon on 6/24. There also will be a short full lunar eclipse of the Flower Moon on 5/26 that can be seen from the west coast, if the sky is clear.

Looking to the heavens reminds me to be thankful that the vaccines were developed quickly and are being administered to more and more people. Please do your part to protect yourself, your families and your countrymen by getting your shot(s) as soon as you can. The more people vaccinated, the quicker we can put this virus behind us.

Big things are happening not only in the lunar realm but also right here in Ballard at your VFW Post. We are experimenting with a hybrid in-person and Zoom meeting for our April business meeting. If that goes well, we will have combined in-person and Zoom meetings into the future. The goal is to have regular

meetings in person and Zoom for our members across the States and around the world to tune in and participate.

Around the hall, our ceiling project is finished. The newer ceiling tiles look fresh and clean. Thanks again to the volunteers who helped. Member Michael Mahar devoted many hours to cleaning up the hillside north of our parking lot, and for the past couple months volunteer Campbell Krawitz has spent many hours helping spruce up the hall. Many thanks to both.

Chef Kay and crew have been putting out some seriously good take away dinners for our third Thursday socials. The past few months she has been preparing one hundred meals. This is the maximum we can handle, so remember every third Thursday and reserve your order before they're gone.

Memorial Day is coming in May. We have small, 12" x 8" flags on 24" sticks that were donated by ACE Hardware and are available to members free of charge. If you would like some for memorial or patriotic purposes, please stop by the office and pick them up.

Finally, as always, keep a weather eye out for new members. Help keep our post growing!

## Commander's Holiday Commentary cont. from page 1

Your post has been moving into this return on several fronts: the tremendous efforts by Chef Kay and Co. in continuing to put out the monthly take out dinners is a prime example! This service has helped the post keep the uncertainty of Covid at bay while maintaining a positive connection with members and friends alike!

We have not stopped there, however. Besides keeping the business meetings intact thru Zoom, there have been other ongoing post projects moving us forward as well. The damaged ceiling tile project has been completed, we have continued with the parking lot hillside cleanup and "tagger" wall maintenance efforts, and we are upgrading the Color/Honor Guard uniforms to a new and more appropriate look. But the most significant post effort to getting us back to normal is coming very soon. We are now moving forward with the return to in-person post meetings! As planned, it will happen starting with the upcoming April Business meeting. This is covered briefly in Quartermaster Rodenberger's column with more specifics to follow soon. Perhaps sooner than later we will be seeing you at the post again.

So there you have it, we are moving on! As Bob Marley sang, "Don't worry about a thing, 'Cause every little thing gonna be all right!"

- Commander Joe Fitzgerald

## Empty Lot Next to Post to Become EV Charging Site

*Courtesy of My Ballard blog*

Seattle City Light is planning to create an electric vehicle charging site at the former Market Street Substation (2826 NW Market St) next to Sloop Tavern and the VFW, and they're looking for community feedback on the idea.

City Light purchased the parcel in 1957, and it was used as a substation for several decades. The substation was decommissioned in 1999 when larger, more reliable substations were developed in the area.

The site is currently a vacant and relatively flat gravel lot that's been used for various purposes over the past 20 years. More recently, it was the site of an

encampment for people experiencing homelessness from November 2015 to March 2018.

Now, City Light wants to turn it into an electrical vehicle charging site. They plan to lease it to two third-party electric vehicle service providers, which will be selected through a public charging competition on the site.

To comment on the project, email [SCL\\_CommOutreach@seattle.gov](mailto:SCL_CommOutreach@seattle.gov) before March 19, 2021. You can learn more about the project at <https://www.seattle.gov/city-light/in-the-community/current-projects/market-street-ev-charging-site>.



## The Surgeon Says: Covid-19 Update About Vaccines

By Robert Lehman, MD

It is clear that for many people the current status of Covid-19 and vaccinations is frustrating and confusing. But if you can sift through the noise, the overall message has not really changed. First off, there isn't any good data that says it makes any difference which vaccine you get, whether it's Pfizer, Moderna or Johnson and Johnson. **Get whatever vaccine you can get first.**

Most people are not having major side effects from the vaccinations, but they can occur. My wife and I both had sore arms at the injection site for about 2 days. This wasn't enough to stop lifting weights, but it was very noticeable. My wife had the sore arm again overnight for the second shot. I didn't get the sore arm, but I mentally felt 'off' the whole next day. I went jogging – I can't tell you if that is a good idea or not, but that is what I did. I held off on a project I was building because I didn't trust my ability to measure and cut things accurately. Again, I suspect I was mentally fine, but since I felt a little fuzzy, I just didn't.

I have read lots of reasons why some people are anti-vaccination. So far, I have not seen a single reason that was not scientific nonsense. We are not talking about a vaccine to try to prevent the common 3-day cold with annoying symptoms. This virus is killing people as well as causing some permanent sequela. All theoretical reasons not to have the vaccination do not really compare to the potentially real consequences of having this disease. Three people in my own family have had the disease, and even though none of them required hospitalization, all three continue to have symptoms several months later. This is NOT a benign disease.

The last question I am asked is the hardest to give a simple answer: if vaccinated, do I still need to wear a mask? Again, you primarily wear a mask to prevent GIVING the virus to someone else even though you might have no symptoms. Yes, you can still carry the virus even after being vaccinated, but the most recent data is suggesting that most people after vaccination do not get asymptotically infected, and thus are a low risk to spread to others. But the vaccination is not 100% effective, and so you still do not know if you might be a spreader. You most definitely need to wear a mask when out in public, particularly if around unvaccinated people with risk factors (smokers, lung/heart disease, diabetes, obesity, high blood pressure, pregnant, etc).

Wearing a mask can reduce your risk somewhat of picking up an infection. **Thus, you need to wear a mask if you are around anyone that could potentially be infectious, particularly if you have any of the high-risk factors.** Right now, the most important reason for a vaccinated person to wear a mask is that we need to continue to emphasize to the public that everyone needs to wear a mask – at least until we have a significant percentage of the public vaccinated – the famous herd immunity you have heard of. I cannot tell you what that percentage is; there is no universal agreement. But we are not anywhere close to that yet. I suspect we will hear more about that as we get to the summer as it will take at least that long to get a large percentage vaccinated. And since children will not be vaccinated for at least another year (or longer), source of continuing the infection will exist for unvaccinated adults.

I add the following example only because I know someone will ask. I cannot tell you that this is the correct answer; only that this is what I am doing based on the science available to me at this time. Our no-mask bubble is ourselves, our daughter and her family. She and her husband are both doctors and both vaccinated. And they have two children. We are at low risk of becoming infected after being vaccinated; the grandchildren being the most likely vectors. However, we have no high-risk factors, and have concluded that if we indeed become infected, our risk of serious disease or death should be very small. At all other times in public – including jogging – we are wearing masks.

**Update:** The VA announced that spouses and caregivers can qualify for the Covid-19 vaccine. The VA Puget Sound Health Care System has not released details yet but we'll keep posting updates on our Facebook page at [facebook.com/vfwpost3063](https://www.facebook.com/vfwpost3063). The VAPSHCS posts vaccine updates at [pugetsound.va.gov/services/covid-19-vaccines.asp](https://pugetsound.va.gov/services/covid-19-vaccines.asp).



Comrade Harold Rodenberger receives his first vaccine at the VA in January.



## 0 to 100+ Project Launch Includes Post 3063 Member Portraits



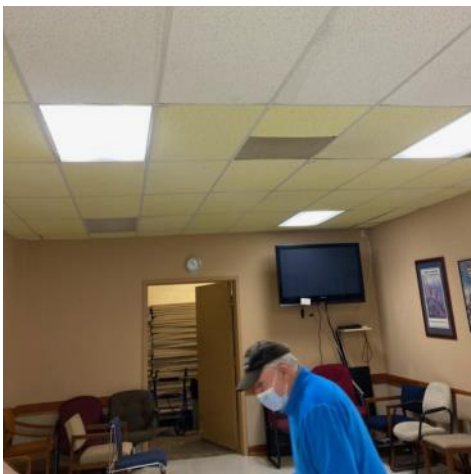
In the Fall of 2019, local photographer Ahamed Iqbal asked to photograph members of Post 3063 for his 0 to 100 photography project, which documents people from ages 0 to 100.

Ahamed recently wrote, "Just wanted to let you know that I just launched my photography project's website today: [0to100plus.com](http://0to100plus.com). To find someone directly by name you can use this link (alphabetical

order): [0to100plus.com/names](http://0to100plus.com/names). I'm so grateful to you for connecting me to the men and women at the VFW and truly appreciate them being so open and friendly with me. I emailed anyone who provided me with their addresses but I thought it might be nice for everyone at the VFW to see as well."

Thank you to everyone who participated! You can also see updates at [facebook.com/0to100plus](https://facebook.com/0to100plus).

## Thanks to FRIHET, Say Goodbye to Smoke Stained Ceilings



See the contrast between the old and new tiles.

Those of you who have been in our hall in the past few years may have noticed that the ceiling tiles are yellowish from the days of inside smoking and stained from water leaks. In January FRIHET 402, VASA (Swedish Freedom Assoc) called and wanted to know if we could use some almost new ceiling tiles.

We rented a truck and with the help of several volunteers, loaded up about 600 ceiling tiles and brought them to our post. The following weekends we changed out the tiles in the small meeting room and hall.

Here's a big THANK YOU to the folks at Frihet and many thanks to volunteers Harold Rodenberger, Dan Stokke, Bryce White, Russ Seelig, Pat Ronan, Joe Tiffany, Campbell Krawitz and our Commander, Joe Fitzgerald.

## New Member Spotlight: Shennaë Curtis

*This is a recurring column that highlights new VFW Post 3063 members. Comrade Shennaë Curtis joined in October 2020 and volunteered to be the Post 3063 Historian.*

### What motivated you to join the VFW?

After seeing so many of my compatriots struggle as they got out to find purpose and meaning in their lives I realized that what I really wanted was a community. One of the things that is hard to find in civilian life but was easy when I was in the military is finding a network of people all trying to achieve the same positive goal. While the time has passed for me to be on active duty, the VFW is a way to still support both my country and the people that protected it.



Comrade Shennaë Curtis in her dress whites with friends shortly after she enlisted in the Navy.

### What is your military background?

In the Navy I was a nuclear Electrician's Mate. We worked long hours, in the depths of a ship, with little in the way of sunlight or communication to the out-

side. It was difficult, but by bonding together we managed to make the most of it. Some of the strongest bonds that I've made in my life were in the service, and I carry them to this day.

### Civilian job, education, family, hobbies, or anything else you'd like to tell us about yourself?

Now I've taken a much less stressful position as a Field Service Engineer for a lighting control company and spend my off hours pursuing my education or reading.

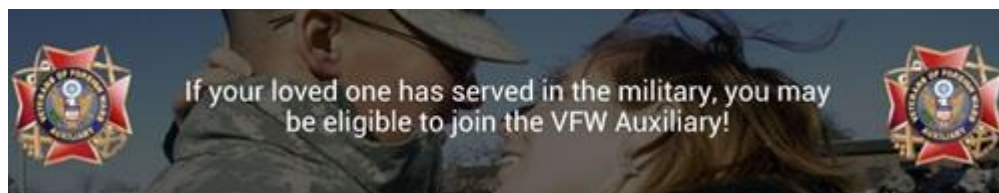
### What do you hope to achieve being a member of the VFW?

As Post historian I hope to catalog all the stories that Post 3063 holds. I would like to capture all the memories that we have and preserve them so that new members can see all that we've accomplished and all that we've experienced. If you would like your stories put to record, please reach out to me: [scurtisnavy@gmail.com](mailto:scurtisnavy@gmail.com).

## 181 BSB A Co Commander Provides Mission Briefing

Thank you to our adopted unit commander, CPT Jackson Meeker with the 181 BSB A Co, for providing a mission briefing to the post membership at the January Business Meeting.

The presentation slides are available to view at [tinyurl.com/cd2v5fwn](https://tinyurl.com/cd2v5fwn).

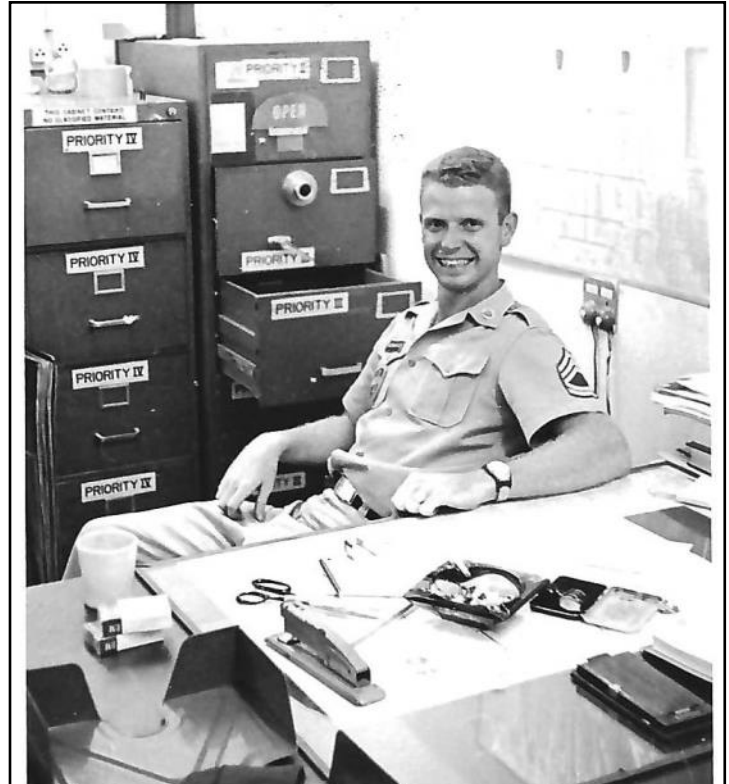




## Service Throwbacks: Comrades Kettle and Rodenberger

Please send your service photos and who, what, where and when to Comrade Aly Teeter at [editor@vfwseattle.org](mailto:editor@vfwseattle.org).

Comrade Robert Kettle, Commander, U.S. Navy (Retired) provided these images from his service overseas. From 1990 to 2012, his naval and joint service included serving at sea (Bosnia, GWOT, Iraq, Afghanistan), on land (Iraq, Russia), and on staff (Kosovo while with EUCOM as J2 XO). Bob says his purpose was, "To serve my nation in something that's not just a job but an adventure that supports life, liberty and the pursuit of all those who threaten it!"



Then Sgt. 1st Class Harold Rodenberger is pictured on May 3, 1967, at the Military Assistance Command Vietnam (MACV) II compound at 606 Tran Hung Dao, Cholon (a large mostly Chinese section of Saigon) where the MACV J1 and subordinate offices were located. He worked in the Operations Division, Office of the Adjutant General. According to Harold:

*Our boss said we would work longer than the troops in the field, so we worked 10 to 12-hour weekdays, eight hours on weekends but sometimes got a Sunday off. I proofread MACV Directives, wrote final copies of award citations for MACV personnel, proofed Blue Bell letters (no errors, corrections or strikeovers allowed in those pre-computer days) after the daytime secretaries had gone home. Helped keep the administrative functions running to support field operations.*

*I could hear better than I can now, but with a deaf ear, I was ineligible for any of the combat arms so ended up in the administrative field. I found that I enjoyed writing and other administrative tasks so it turned out to be a good fit. I had returned from overseas in July 1965. The troop buildup was in full swing, so my number quickly came up and I headed off to Vietnam less than a year later.*

*In this photo I was happy to be nearing the end of my tour and returning to CONUS and my wife and young son. Was a little nervous about being assigned to the South Carolina National Guard Advisory Group because I was in an interracial marriage in the days when anti-miscegenation laws were still in force in SC as well as some other states, particularly in the south.*

## Upcoming Events

**April 1, 2021, 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

**April 15, 2021, 4:30 p.m.** – VFW Post 3063 Take Out Social. To make a reservation for food, contact Quartermaster Rodenberger at [quartermaster@vfwseattle.org](mailto: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

Donate to Post 3063 Veterans Relief Fund, Building Fund or National Home for Children

Donate



Just look for this block at [vfwseattle.org](http://vfwseattle.org) and you can quickly donate to the Relief Fund, Building Fund or National Home for Children.