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From the Commander



Happy 2023! That feels weird to type. Our year ended with a bang – we had a wonderful holiday social at the post and kicked off a toy drive with our Navigator Scouts troop and the Daughters of the American Revolution, which runs through Jan. 18. Here are more fun plans in Jan. 2023:

- We're kicking off weekly yoga classes Jan. 23 at the post thanks to the Veterans Yoga Project, Mondays 1 p.m. before Tai Chi.
- We're hosting a blood drive Jan. 19 – see back page for details.
- Jan. 19: Social night will feature trivia and MREs! Weird, yes, but fun!

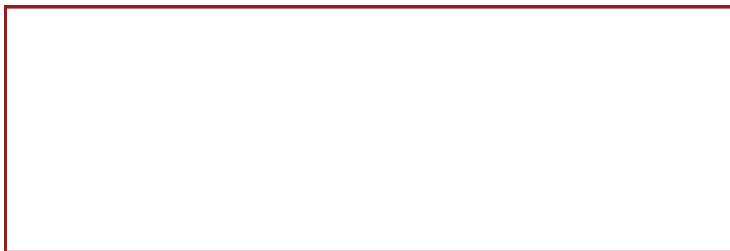
I'll talk more about it at January business meeting but we'll kick off a membership drive in the new year too. In the meantime, think about friends to recruit and also our generous \$100 lifetime membership discount! Don't forget, our auxiliary needs new members too.

In mid-January a group of us will be heading to the Mid-Winter Department Convention in Yakima to network, learn, and also listen to the state-level essay finalists. I'll report back any pertinent tidbits to our membership.

In the meantime, be thinking about service projects to take on, such as care packages for deployed servicemembers, senior center activities, or whatever else you can think of. We're as strong as our volunteer force so take the initiative to lead if you have an idea.

Yours in comradeship,
Aly Teeter, Commander

We're on the web and Facebook! vfwseattle.org | facebook.com/vfwpost3063



ADDRESS SERVICE REQUESTED

Ballard Eagleson Patriot
VFW Post 3063
2812 NW Market St.
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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 quarterly and submissions must be received by the editor five days before the last day of a quarter for inclusion in the next quarter'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.

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Jr. Vice Commander: Bill Griffith
Quartermaster: Harold Rodenberger
Adjutant: Shennae Curtis
Judge Advocate: Dan Stokke
Chaplain: Joe Fitzgerald
Surgeon: Robert Lehman
Officer of the Day: Jesse Basher
3-Year Trustee: John Ellingboe
2-Year Trustee: Aaron Stoltz
1-Year Trustee: Joe Tiffany
Service Officer: Joseph Mesa
Guard: Jesse Basher
Newsletter Editor: Alyson Teeter

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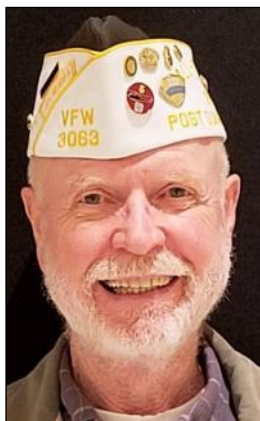
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Quartermaster's Update

By Harold Rodenberger



New Year's 2023 greetings. In Asia, it will be the year of the Rabbit. In our post and throughout the VFW, it marks the beginning of the second half of our VFW year. Our post has been making good progress

accomplishing our mission during the past six months. In addition to those already involved, YOU can become part of the action. We need volunteers for committees and other positions. If you have time to spare and the desire to help veterans and the community, please contact me (206-972-2135) or Commander Aly (206-701-9259).

Speaking of Asia, our post has been hosting a Tai Chi class led by instructor Bill Laprade. It is free to veterans and families, and is a good way to stretch, discipline breathing, and build muscle and balance. In addition to Tai Chi, beginning January 23rd we will offer sessions in Yoga on Mondays from 1:00-2:00. You can get a twofer by attending the yoga class, taking a short break from 2:00-2:30 then getting another hour of good stuff from the Tai Chi class. It's a great deal, two hours of mind and body building in return for a little time.

Recently there have been many changes in veterans benefits. From additional presumptive

diseases caused by Agent Orange during the Vietnam era, to burn pit toxicities during Iraq and Afghanistan, to Camp Lejeune contaminated water exposure, new connections to veteran diseases and disabilities have been documented. Our Service Officer, Joseph Mesa, stands ready to help. If you think you have a condition resulting from your service, reach out to Joseph (206-488-8981) and he'll guide you to get the documents filed.

On Veterans Day weekend, Comrade Wally Michl distributed Buddy Poppies for a few hours at a grocery store. Wally was a good ambassador and people were generous, donating several hundred dollars in that short time. We need more volunteers to distribute Buddy Poppies and keep the VFW and our veterans in public view. Please consider volunteering and contact Commander Aly or me to get details.

All of us have learned during the past three years that masking, hand washing, and distancing are effective in preventing respiratory illnesses. The flu, RSV and Omicron variants are waiting to take advantage of the unwary and careless. Your post officers and I care about your health and welfare. Let's put what we've learned to work and safeguard ourselves and others.

Ballard Eagleson VFW Post 3063



TRIVIA NIGHT
with MREs!

PRIZES! FUN! CAMARADERIE!

Thursday, Jan. 19
Doors open at 5:30 p.m.
Game starts at 7 p.m.

Holiday Party Brings Youth to Post through Essay Contest, Scouts

Folks at the post's holiday social Dec. 16 experienced joy and full bellies after eating Chef Kay's wonderful beef tenderloin dinner. The scene was set with decorations courtesy of our Navigator's Troop 309 scouts, who decked the hall with snowflakes, posters and watercolor painted bookmarks.

Before we feasted on dinner, our essay participants received certificates, prize money and medals and the winners recited their essays. This experience always reaffirms one's confidence in our youngest generation! BRAVO kids! Both winners won the district contest as well and are going on to compete at the Department (aka state) level.



Santa and his helper give a gift.

Voice of Democracy: #1

Annika Trippel (also District 2 winner); #2 Conor Fitzgerald; #3 Tommy Daniels; #4 Kiley Fitzgerald.

Patriot's Pen: #1 Ciara Fitzgerald (also District 2 winner); #2 James Daniels. **Youth Essay: #1** XiaoTi-an O'Donohue (also District 2 winner)



Comrade Commander Teeter addresses the audience. The essay participants are seated to her right at the guest of honor table.

Santa and his helper made a surprise appearance during dinner and gave gifts to the kids in attendance, which filled the room with even more cheer.

Thank you to everyone who came out to enjoy each other's company. We also had a number of take-away meals because of the many viruses in circulation. Thank you for the continued support and to our kitchen team for flexing to a dynamic situation.



Voice of Democracy winner, Anika Trippel, receives her certificate from Comrade Sr. Vice Commander, Mark English.



Patriot's Pen winner, Ciara Fitzgerald, receives her certificate from Comrade Sr. Vice Commander, Mark English.

Post and Auxiliary Embody Continued Service on Veterans Day

Post 3063 and the Auxiliary had a very exciting Veterans Day week this year.

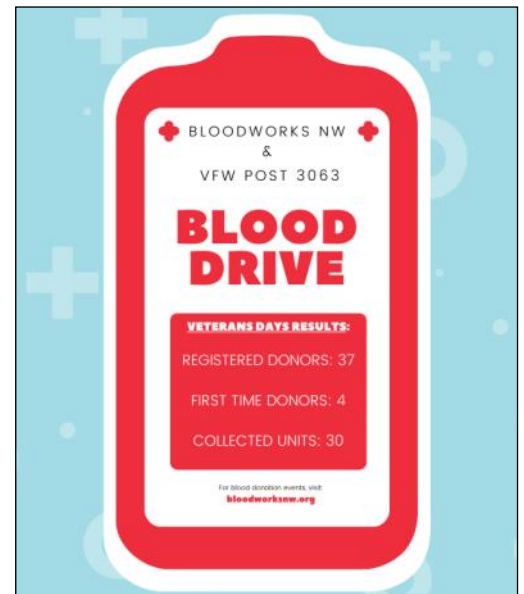
First off, on Nov. 10 the Seattle Civic Band played beautiful patriotic tunes in honor of veterans and donated over \$120 to our post relief fund (photo bottom left).

The Veterans Day mural painting was a great success (photo upper left). Our Market Street-facing side of the building is now brightly painted. Thank you to Air Force veteran Chris Kent for the design and Urban ArtWorks for organizing and executing the event.

We also had a blood drive at the post: all the appointments were filled and BloodWorks NW collected 30 units of blood!

Also thank you to Comrades Curtis and Engler for going from the mural to Merrill Gardens on First Hill to support its Veterans Day event. Veterans Day ended with a dinner at the Ballard Elks – we provided the color guard and guest speaker (photo bottom right).

Everyone had fun together serving others and we look forward to more service projects in the future.



New Fundraising Record Set at Post's Annual Spaghetti Feed

Many hours of work paid off for VFW Post 3063 volunteers during the VFW Post 3063 Annual Spaghetti Dinner and Fundraiser, Oct. 22, 2022.

The annual spaghetti fundraiser, which has been held at the post hall for a number of years - brought in \$6,630 - a new fundraising record!

The net proceeds will be deposited in the Post Relief Fund, which benefits a variety of causes, from local veterans in need – including those at the Seattle VA hospital – to the VFW's National Home for Children.

Comrade Commander Teeter presented the Seelig family with a service award as they have been the linchpin for camaraderie at Ballard Eagleson VFW Post 3063 for nearly a decade. Comrade Russell Seelig, his wife and chef, Kay, and adult daughters, Amber, Adrienne and Alyss, cook high quality meals every month for 15-20 veterans, family and friends, special holiday meals for 25-30, and more than 100 during yearly fundraisers. Overall the Seeligs have helped raise over \$40K for the Relief Fund. Their diligence in fostering a spirit of camaraderie for veterans around the dinner table is incredibly honorable.



The Seeligs receive their service reward from Comrade Commander Teeter.

Overall the post hall was full of members, families, and friends enjoying each other's company. Children were welcome at the event and were anxious to win the kid-themed raffle prizes. Thank you to all who attended and come again next year!



PACT Act and Toxic Exposure Information from VA.gov

The PACT Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and other toxic substances.

The PACT Act adds to the list of health conditions that we assume (or “presume”) are caused by exposure to these substances. This law helps us provide generations of Veterans—and their survivors—with the care and benefits they’ve earned and deserve.

The PACT Act will bring these changes:

- Expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and post-9/11 eras
- Adds 20+ more presumptive conditions for burn pits, Agent Orange, and other toxic exposures
- Adds more presumptive-exposure locations for Agent Orange and radiation

- Requires VA to provide a toxic exposure screening to every Veteran enrolled in VA health care

- Helps us improve research, staff education, and treatment related to toxic exposures

If you’re a Veteran or survivor, you can file claims now to apply for PACT Act-related benefits.

What does it mean to have a presumptive condition for toxic exposure? To get a VA disability rating, your disability must connect to your military service. For many health conditions, you need to prove that your service caused your condition. But for some conditions, we automatically assume (or “presume”) that your service caused your condition. We call these “presumptive conditions.”

To learn more or to start a claim, go to the VFW’s website at pactactinfo.org or contact our Service Officer, Joseph Mesa: serviceofficer@vfwseattle.org.

New Lifetime Pass Available for Veterans to Access Public Lands

Courtesy of the National Park Service

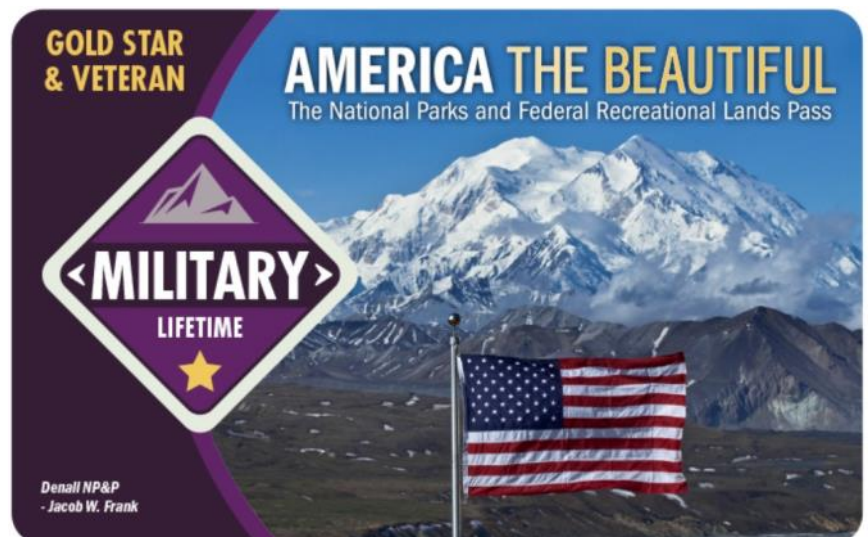
A free lifetime Military Pass is now available for Gold Star Families and US military veterans. A free annual Military Pass is available for current US military members and their dependents. The passes provide free access to more than 2,000 federal recreation areas, including national parks, wildlife refuges, and forests.

The Interagency Military Pass covers entrance fees and standard amenity fees (day use fees) at lands managed by the National Park Service, US Fish and Wildlife Service, US Forest Service, Bureau of Land Management, Bureau of Reclamation, and US Army Corps of Engineers for current US military members, and dependents of current military members, US military veterans, and Gold Star Families. In recent years, they were able to receive annual passes.

The free Military Pass waives entrance fees and does not cover expanded amenity

or user fees for activities such as camping, transportation, special recreation permits, reservation fees or special tours.

For more information about the Interagency Military Pass Program, please visit store.usgs.gov/faq#US-Military.



Around the Post



Dec. 15 - Jan. 18

Drop off:
Ballard VFW
2812 NW Market St
Seattle, WA 98107
Thu. & Sat. 12-4 pm

TOY DRIVE

COLLECTING NEW AND VERY GENTLY USED TOYS!
SEE THE WISHLIST AT:
Birthdaydreams.org/WaysToGive/WishList

Sponsored by:
Navigators Troop #309
Ballard Eagleson VFW Post 3063
Daughters of the American Revolution



On Dec. 17, Post 3063 provided an honor guard that included Comrades Joe Fitzgerald, Harold Rodenberger, Bill Griffith, and Dan Stokke at the Sons of the American Revolution-sponsored Wreaths Across America event at Lake View Cemetery. Pam Wolfe (left), an Army veteran, played Taps after the honor guard performed a three-volley salute. It was a cold morning but people young and old turned out to honor our fallen veterans.

Welcome to Post 3063, New Members!

Harold Hamilton
Marines, Afghanistan

Jeff Sweeten
Army, Afghanistan

Comrade Bob Kettle was interviewed by the Queen Anne & Magnolia News at tinyurl.com/ykuve766. He's been a steadfast volunteer at Post 3063 and also a local advocate to the city for maintaining the Memorial Wall at Memorial Stadium.



For our November social we ate a delectable Thanksgiving meal courtesy of Team Chef Kay and honored the service of our comrades by donning service items. Not everybody could wear something from their past but a couple of our Korean War veterans – Wally Michl and Al Simpson – surprised us with photos and a beautifully preserved service jacket.

Upcoming Post 3063 Events

Dec. 15, 2022 - Jan. 18, 2023 - Birthday Dreams Toy Drive with Navigator Scouts and Daughters of the American Revolution

January 5, 2023, 7 p.m. - VFW Post 3063 Business Meeting. In person at the post and via Zoom. Dinner is served at 6 p.m.

<https://us02web.zoom.us/j/5057012075?pwd=K1ppc3RCNHRaYkhyNjFhb0w2dkdlQT09>

Meeting ID: 505 701 2075, Password: Ballard306

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

January 19, 2023 - BloodWorksNW Blood Drive at the post (details below)

January 19, 2023 - January Social: Trivia and MREs! Doors open at 5:30 p.m., trivia at 7 p.m.



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

*Office hours are
Thursdays and Saturdays,
11 a.m. – 4 p.m.*

VETERAN'S BLOOD DRIVE Ballard Eagleson VFW Post 3063

2812 NW Market St, Seattle, WA 98107

**Thursday, January 19
11:00am to 5:00pm**

Scan the QR code to sign up or call 800-398-7888



Appointments and masks required. There is no deferral from donating if you receive the COVID vaccine.

Book your appointment at **bloodworksnw.org**

@bloodworksnw   

 **Bloodworks**
Northwest