

VFW LAKE WASHINGTON POST 2995
4330 148TH AVENUE NE REDMOND, WA 98052
(425) 883 - 2995

WWW.VFW2995.ORG WWW.FACEBOOK.COM/VFWREDMOND

Meetings: 3rd Tuesday 6:30p—7:30p

AMERICAN LEGION REDMOND POST 161
PO Box 2695 REDMOND WA 98073
(425) 883 - 0161

WWW.POST161.ORG

Meetings: 3rd Wednesday 6:30p—7:30p

4TH OF JULY PICNIC, POTLUCK, & RAFFLE

12:30P – 5:00P



Join us for our Independence Day celebration. Lunch will be served from 1:00p to 3:00p and include Hamburgers, Hot Dogs, Potato Salad, and Baked Beans. Bring a side dish or dessert to share. Donations will be accepted if you are unable to provide a side dish or dessert.

MEMBERSHIP DRIVE

Reach out to a Veteran or Veteran family member friend and have them join us for the day. Let us showcase the benefits of being part of our organization and the services we provide for Veterans and Veteran family members. VFW 2995 and Legion 161 are offering new members a special inaugural annual rate of \$30.⁰⁰ (normally \$50.⁰⁰/year). VFW 2995 is also offering to pay 25% of a Life Membership cost for those annual members desiring to upgrade to Life membership.

RAFFLE

Tickets sales open at 12:30p on Sat 04 Jul and close at 3:50p on Sat 04 Jul. Six prizes, valued at \$250.⁰⁰ each, will be raffled off. Drawings will be held at 1:30p, 2:00p, 2:30p, 3:00p, 3:30p, and the final drawing at 4:00p. Details on page 9. *Must be at least 18 years old to purchase raffle tickets and a minimum of 21 years old to claim prizes with alcohol.*

TICKET

319007

**KEEP
THIS
COUPON**

319007



MUSICAL ENTERTAINMENT

Music provided by *Best for Last* from 1:30p – 4:30p.

ACTIVITIES

Try some friendly competition in individual or team play. We'll have Cornhole boards set up plus a 9-hole Bucket Golf course. There will also be a water balloon toss for the kids as well.

POST 2995—BY THE NUMBERS

<i>Life</i> 667	<i>New</i> 2	<i>Reinstated</i> 8	<i>Renewed</i> 38
<i>Total</i> 715	<i>Percent</i> 101.56	<i>AA Goal</i> 712	<i>Need</i> 00

POST 161—BY THE NUMBERS

<i>PUFL</i> 52	<i>New</i> 04	<i>Transfers</i> 11	<i>Renewed</i> 106
<i>Total</i> 173	<i>Percent</i> 93.01	<i>Goal</i> 186	<i>Need</i> 13

POST 2995 COMMANDER JIM BEATTY

Cmd@vfw2995.org



And so June ends. Thanks to our Flag Retirement volunteers for properly retiring 400 flags. Thanks to the officers, who led us to a 6th All American title. And thanks to the new and returning officers for the 2026-2027 year. I look forward to serving with you.

The 2026 Department Convention went well. At the conclusion, all Officers of the Department, the

Districts, and each Post, assumed their elected or appointed duties.

Our new Post website, www.vfw2995.org is up and running. We'll continue to build it and keep you updated via email with links to the newest pages and changes to the website. The website will fully replace the Calendar and Newsletter by Fall. The last edition paper edition will be September 2026.

Join us for our 4th of July Picnic & Potluck celebrating America's 250th Birthday. Bring a side dish or a dessert to share. Also bring a Veteran/Family to join us. Thanks to Legion 161 who is sponsoring the raffle.

Finally, I want to give a special 'Ooh-rah' to our July Volunteer of the Month, Lynn LOGEN. Great job Lynn!

POST 161 COMMANDER RAFAEL MUNOZ-CINTRON

Commander@Post161.org



Hola Legionnaires. The Boys State and Girls State student we sponsored just finished up their week long activity. We're hoping to see them in the Fall when we host our Youth Recognition Awards dinner.

Starting off the month of July, America celebrates its 250th Birthday. With VFW 2995, we'll have a Picnic & Potluck lunch.

The main course will be provided, you bring a side dish or a dessert to share. There will be music entertainment and games for the kids. This is a great opportunity to bring a Veteran or Veteran Family out to showcase the Post, what we offer, and possibly have them join. Legion 161 will also be organizing the Raffle for this event with lots of great prizes. Don't miss out.

At the conclusion of the Department's convention in mid July, our elected and appointed officer, whether new or returning, will officially begin their 2026-2027 tour of duty. You'll see the updates on our website, www.post161.org. Beginning October 2026, all our monthly news and updates will be online only.

2025-2026 ALL AMERICAN STATUS

We've met the goal for the year.

Voice of Democracy
MET

Patriot's Pen
MET

Buddy Poppy
MET

Veteran/Military support
MET

Community Service
MET

Day of Service
MET

Volunteer Hours
MET

Dollars Donated
\$2,613.00

JUL BIRTHDAYS

01- Arturo Maria
02- David Patterson
03- Dale Winter
04- Robert Beers
04- David Smith
06- Brent Wilde
08- John Arnold
08- Victor Hamilton
09- Arthur Lynch

10- Kevin Devin
22- Jack Jacobson
25- Edward Poitras
26- John Storbeck
27- James Costello
28- Dan Nelson
30- Raymond Bitney
30- Margaret Reiber

SR VICE COMMANDER

Bob Brugger
Svc@vfw2995.org

QUARTERMASTER

Fred Seaton
QM@vfw2995.org

JR VICE COMMANDER

Andrew Westhoff
Jvc@vfw2995.org

ADJUTANT

Fred Seaton
Adj@vfw2995.org

SR VICE COMMANDER

Joseph Schmitt
SrVice@Post161.org

TREASURER

Fred Seaton
Treasurer@Post161.org

JR VICE COMMANDER

Andrew Westhoff
JrVice@Post161.org

ADJUTANT

Fred Seaton
Adjutant@Post161.org



VOLUNTEERS OF THE MONTH LYNN LOGEN

Auxiliary 1995 Sr Vice and Life member Mr. Lynn LOGEN, led the charge by volunteering more than 45 hours over the last few months. Often assisting the kitchen staff with meal preps, dinner service, and dish-washing, he ensured food service operations ran efficiently within the dining room. In addition, he assisted in decorating the clubroom for the various holiday activities to enhance the festive spirits for the members. And in his long-standing tradition, he continued to enhance the atmosphere of Bingo by providing treats to players.

VOLUNTEER HONORABLE MENTIONS

Char Arnott

Bingo Operations

Judy & Lynn Logen

Kitchen & Dining room support

Stephanie & Patrick Noone

Grounds Maintenance

Crystal Paulson

Bingo Operations

John Peterson

Bingo & Joker Poker Operations

Helen & Rick Tolbert

Grounds Maintenance

VOLUNTEER OPPORTUNITIES

Clubroom Support:

Food Worker's card needed. Assist kitchen staff as directed. Provide serving line support. Deliver meals to patrons.

Activities/Events Support:

Greeter, Setup, Cleanup

Facilities Cleaning:

Organizing, Sanitizing, Vacuuming

Grounds Maintenance:

Mowing, Raking, Sweeping

Program Support:

Supporting VFW programs

MEMBERS NEEDED! WALK/RIDE IN KIRKLAND'S 4TH OF JULY PARADE

We need VFW/Aux 1995, Legion/Aux 161, and the 82nd Airborne to come together in solidarity. If you are interested in participating, please contact Commander Jim Beatty. For those needing mobility assistance, rides in the parade will be arranged.

The day's activity is as follows:

For those wishing to carpool to the event, we can meet at the Post at 8:45a and travel over in groups.

The reception area is at Heritage Hall at the corner of Central Way and Market Street. Participants should arrive between 9:00a and 9:30a. The roads begin closing at 9:30a.

Exclusive parking for Veterans will be north of Heritage Hall and along Waverly Park.

Refreshments will be served from 11:00a to 11:30a, followed by a group photo on the steps of Heritage House.

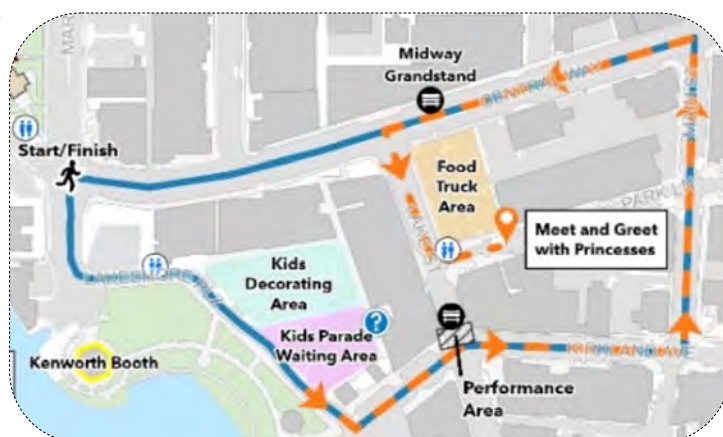


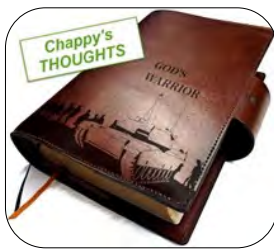
The parade begins at 12:00p Noon at the starting point is Heritage Hall. The remainder of parade participants continue to form up along Market Street.

The parade route is just under a mile in length. The parade loops around downtown and then ends at the starting point.

After we have completed our 'loop', we can return to the Post for a 4th of July

picnic and entertainment. We provide the main meal, please bring a side or dessert to share.





CHAPLAIN'S CORNER

Greetings Comrades, as we prepare to celebrate our Nation's 250th birthday, I thought I would share a story about a young patriot. History books often focus on the faith of generals and founding fathers, but I believe that the true spirit of the American Revolution lived in the grit of the common soldier.

To understand the raw faith that built this nation, we have to look at the journal of Private Joseph Plumb Martin, a Connecticut youth who enlisted at just fifteen years old and served for the duration of the war.

In November 1777, Martin's faith was forged in the absolute crucible of Fort Mifflin on the Delaware River. A small American garrison was tasked with holding off the entire British fleet. The conditions were brutal. Martin recalled being completely barefoot in the freezing November mud, shivering, and utterly starving while enduring a relentless, weeks-long bombardment that literally leveled the fort's wooden barracks.

During the height of this terrifying cannonade, the fort's flag was shot down. The officers needed someone to climb up and fix the colors to signal for assistance—a task everyone knew was a suicide mission.

Martin wrestled heavily with his own fear, staring at the flag and debating whether he should volunteer. Before he could make his move, a sergeant stepped forward to take the risk, hoisted the flag, and was instantly struck down by enemy fire.

Reflecting on that profound, hair's-breadth moment of mortality, Martin didn't credit his survival to dumb luck or coincidence. He wrote with deep humility that his

life being spared was ultimately "ordered by Divine Providence."

For Martin and his peers, the greatest test of faith wasn't just facing enemy grapeshot; it was enduring the agonizing, day-after-day lack of basic necessities. Weeks later, after marching through freezing conditions on bleeding feet, Martin finally managed to secure a meager meal in a local village. Surrounded by the devastation of war and half-dead from hunger, he didn't tear into the food like an animal. Instead, he paused entirely to offer what he described as "a very short grace."

For the frontline soldier, faith wasn't an abstract theological concept. It was a practical, quiet anchor that kept them from deserting when they had absolutely nothing left to hold onto. It was the belief that God was actively present in the hunger, the cold, and the gunfire.

As veterans, many of us have stood in those dark places where our physical resources were entirely spent. Private Martin's diary reminds us that it is our spiritual reserves that carry us through.

This month, as we celebrate the founding of our Nation with friends and family, let us remember the quiet devotion of those who marched before us, and continue to place our trust in that same Divine Providence to guide our steps.

As always you can reach out to me anytime by calling or texting me at (253) 617-8995 or emailing me at rbrugger001@hotmail.com

If you are experiencing a crisis, help is a phone call away:

Veterans Crisis Line DIAL 988 then PRESS 1

FLAG RETIREMENT CREW

On Sun 14 Jun, several members volunteered their time in the annual retirement of U.S. flags collected throughout the previous year. Around 400 flags we sorted, inspected, and evaluated.

Not every flag placed in our flag collection bin is ready for retirement. Among the lot, a ceremonial coffin flag was found in clean and serviceable condition. It will be refolded and placed in a wooden display case.

To learn more about Flag Etiquette, visit our website, [Flag Etiquette](#) -. Donations can also be made to support the Flag Retirement program.



C. Courtier, V. Hamilton, R. Munoz-Cintron, A. Unger, and P. Velotta

POST 161 OFFICERS FOR 2026—2027



COMMANDER

**RAFAEL
MUNOZ-CINTRON**

USAF 1991-1993
SrA (E-4)

Post member 2017
Life Member

*Department of Washington
National Executive Committee*

SR VICE

**JOSEPH
SCHMITT**

USCG 1979-2003
LCDR (O-4)
Post member 2018
Life Member
*Oratorical Chair
Scouting Chair*



JR VICE

**ANDREW
WESTHOFF**

USA 1988-1992
SGT(E-5)
Post member 2013
Life Member



ADJUTANT

**FRED
SEATON**

USAF 1986-1992
USCG 1992-2015
LCDR (O-4)
Post member 2014
Life Member
*Media Chair
Membership Chair*



EXECUTIVE #1

**LINDA
FOX**

USAF 1964-1965
A3C (E-2)
Post member 2024
Life Member
Auditor



TREASURER

**FRED
SEATON**

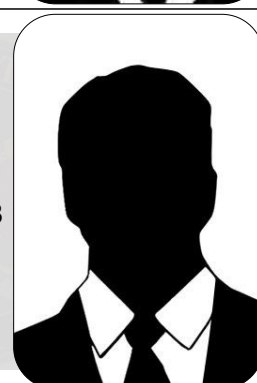
USAF 1986-1992
USCG 1992-2015
LCDR (O-4)
Post member 2014
Life Member
*Media Chair
Membership Chair*



EXECUTIVE #2

**STEPHEN
SCHWEYEN**

USA 1971-1972
SPEC4 (E-4)
Post member 2013
Life Member
Auditor



50 YEARS AGO—WOMEN ENTERED THE SERVICE ACADEMIES



On 06 Jul 1976, in Annapolis, MD, the U.S. Naval Academy admits women for the first time in its history with the induction of 81 female midshipmen. In May 1980, Elizabeth Anne Rowe became the first woman member of the class to graduate. Four years later, Kristine Holderied became the first female midshipman to graduate at the top of her class.

The U.S. Naval Academy opened in Annapolis in October 1845, with 50 midshipmen students and seven professors. Known as the Naval School until 1850, the curriculum included mathematics, navigation, gunnery, steam, chemistry, English, natural philosophy, and French. The Naval School officially became the U.S. Naval Academy in 1850, and a new curriculum went into effect requiring midshipmen to study at the Academy for four years and to train aboard ships each summer—the basic format that remains at the academy to this day.

On 07 Jul 1976, for the first time in history, women are enrolled into the U.S. Military Academy at West Point, NY. On 28 May 1980, 62 of these female cadets graduated and were commissioned as second lieutenants.

The U.S. Military Academy—the first military school in America—was founded by Congress in 1802 for the purpose of educating and training young men in the theory and practice of military science. Established at West Point, NY, the U.S. Military Academy is often simply known as West Point.





15 YEARS AGO—NASA'S SPACE SHUTTLE PROGRAM ENDS

On 21 Jul 2011, NASA's space shuttle program completes its final, and 135th, mission, when the shuttle *ATLANTIS* lands at Kennedy Space Center, FL. During the program's 30-year history, its five orbiters—*COLUMBIA*, *CHALLENGER*, *DISCOVERY*, *ATLANTIS*, and *ENDEAVOUR*—carried more than 350 people into space and flew more than 500 million miles, and shuttle crews conducted important research, serviced the Hubble Space Telescope and helped in the construction of the International Space Station, among other activities. NASA retired the shuttles to focus on a deep-space exploration program that could one day send astronauts to asteroids and Mars. *ENTERPRISE* did not fly into space and was used for landing tests.

In January 1972, two-and-a-half years after America put the first man on the moon in July 1969, President Richard Nixon publicly announced that NASA would develop a space transportation system featuring a space vehicle capable of shuttling "repeatedly from Earth to orbit and back." Nine years later, on 12 Apr 1981 at Kennedy Space Center, the first shuttle, *CO-COLUMBIA*, lifted off on its inaugural mission. Over the course of the next 54 hours, the two astronauts aboard NASA's first reusable spacecraft successfully tested all its systems and orbited the Earth 37 times before landing at Edwards Air Force Base, CA.



First Launch: *COLUMBIA*

In 1983, a second shuttle, *CHALLENGER*, was put into service. It flew nine missions before breaking apart shortly after the launch of its 10th mission on 28 Jan

1986. All seven crew members were killed, including high school teacher Christa McAuliffe, who had won a national contest to be the first U.S. civilian to fly aboard the space shuttle. In the aftermath of the disaster, the shuttle program was grounded until 1988.

The program's third shuttle, *DISCOVERY*, made its first flight in 1984. *ATLANTIS* entered the fleet in 1985 and was followed by *ENDEAVOUR* in 1992. The shuttle program experienced its second major disaster on 01 Feb 2003, when just minutes before *COLUMBIA* was scheduled to land at Kennedy Space Center and conclude its 28th mission, it broke apart while re-entering the atmosphere over Texas. All seven astronauts on board perished.

Afterward, the shuttle fleet was grounded until July 2005, when *DISCOVERY* was launched on the program's 114th mission. By the time *DISCOVERY* completed its 39th and final mission (the most of any shuttle) in March 2011, it had flown 148 million miles, made 5,830 orbits of Earth and spent 365 days in space. *ENDEAVOUR* completed its 25th and final mission in June 2011. That mission was commanded by CAPT Mark Kelly, husband of former U.S. congresswoman Gabrielle Giffords.



Final Landing: *ATLANTIS*

On 08 Jul 2011, *ATLANTIS* was launched on its 33rd mission. With four crew members aboard, *ATLANTIS* flew thousands of pounds of supplies and extra parts to the International Space Station; it was the 37th shuttle flight to make the trip. Thirteen days later, on 21 Jul, *ATLANTIS* touched down at Kennedy Space Center at 05:57, after a journey of more than 5 million miles, during which it orbited the Earth 200 times. Upon landing, the flight's commander, CAPT Christopher J. Ferguson, said, "Mission complete, Houston. After serving the world for over 30 years, the space shuttle has earned its place in history, and it's come to a final stop." During its 26 years in service, *ATLANTIS* flew almost 126 million miles, circled Earth 4,848 times and spent 307 days in space. The estimated price tag for the entire space shuttle program, from development to retirement, was \$209 billion.



2026-2027 SEATTLE SEAHAWKS TICKETS AVAILABLE

What better way to experience a Seahawks game than by being there. Post 161 has three (3) season tickets for seats 10, 11, and 12 of Row M in Section 332. You get a fantastic view as you sit on the 15-yard line on the Seahawks side. Under cover of the main awning and sitting on the West side, you are protected quite well from the elements.

The World Champion Seahawks have nine (9) regular home games and one (1) preseason game. All three (3) tickets must be purchased as a set. For Post 161 members in good standing, the 3-ticket pack will be sold at 60% of the face value of the ticket game. That means if the face value for all three tickets is \$400.⁰⁰, then you only pay \$240.⁰⁰ - a **40% savings**. There are no additional costs. Veterans from reciprocal organizations may purchase the 3-pack set at 10% off from face value. Tickets may not be re-sold.

You must provide a valid email address for ticket transfer and have a smart phone to access the tickets. For more information, contact Adjutant Fred Seaton at Adjutant@Post161.org.

The Seahawks have the following home games: Scheduled games are subject to change per NFL policies. Prices shown are face value.

Preseason Home Game

~~\$000.⁰⁰~~ DAL Cowboys— Sat 15 Aug 5:00p

Regular Season Home Games

~~\$000.⁰⁰~~ NE Patriots— Wed 09 Sep 5:20p

~~\$000.⁰⁰~~ LA Chargers— Sun 04 Oct 1:25p

~~\$000.⁰⁰~~ SF 49ers— Sun 11 Oct 1:25p

~~\$000.⁰⁰~~ KC Chiefs— Sun 25 Oct 5:20p

~~\$000.⁰⁰~~ CHI Bears— Mon 02 Nov 5:15p

~~\$000.⁰⁰~~ ARI Cardinals— Sun 08 Nov 1:25p

~~\$000.⁰⁰~~ DAL Cowboys— Mon 07 Dec 5:15p

~~\$000.⁰⁰~~ NY Giants— Sun 13 Dec 1:25p

~~\$000.⁰⁰~~ LA Rams— Fri 25 Dec 5:15p



U.S LEAVES AFGHANISTAN FIVE YEARS AGO

On 02 Jul 2021 the U.S. vacates Bagram Airfield, the U.S. Air Force Base north of Kabul, and turns it over to Afghan forces, a major milestone in the longest war in U.S. military history.



Bagram, previously used by the Soviet Union to store aircraft hangars, had become the epicenter of the U.S. occupation. U.S. forces first arrived in Afghanistan to oust the Taliban regime following the September 11 attacks. The Biden Administration had promised a full troop withdrawal from all of its bases by 11 Sep 2021.

The U.S. government immediately faced public outcry by Afghan officials over its transition from U.S. to Afghan military operations: Afghan officials accused the U.S. of secretly leaving the airbase overnight without notifying the base's new commander, leaving the facilities unguarded and open to scavenging and looting. At the same time, U.S. intelligence publicly predicted that the Afghan government could fall to the Taliban within two years of the complete American withdrawal.

By 15 Aug 2021, less than two months after the U.S. withdrawal from Bagram, the Taliban had seized the capital of Kabul, prompting the country's president to flee and over 100,000 residents to evacuate. Soon after, reports emerged of human rights violations by Taliban operatives. As the Taliban resumed full power and cracked down on the rights of women and girls in Afghanistan, the U.W. and other countries froze their financial aid to the country—prompting warnings by the U.N. that millions of Afghanis could face potentially life-threatening food shortages.

HAPPY 250TH BIRTHDAY USA

On 04 Jul 1776, in Philadelphia, PA. the Continental Congress adopts the Declaration of Independence, which proclaims the independence of the United States of America from Great Britain and its king.

The declaration came 442 days after the first volleys of the American Revolution were fired at Lexington and Concord in Massachusetts and marked an ideological expansion of the conflict that would eventually encourage France's intervention on behalf of the Patriots. The first major American opposition to British policy came in 1765 after Parliament passed the Stamp Act, a taxation measure to raise revenues for a standing British army in America. Under the banner of "no taxation without representation," colonists convened the Stamp Act Congress in October 1765 to vocalize their opposition to the tax.

With its enactment in November, most colonists called for a boycott of British goods, and some organized attacks on the customhouses and homes of tax collectors. After months of protest in the colonies, Parliament voted to repeal the Stamp Act in March 1766.

Why did the American Colonies declare independence?

Most colonists continued to quietly accept British rule until Parliament's enactment of the Tea Act in 1773, a bill designed to save the faltering East India Company by greatly lowering its tea tax and granting it a monopoly on the American tea trade. The low tax allowed the East India Company to undercut even tea smuggled into America by Dutch traders, and many colonists viewed the act as another example of taxation tyranny. In response, militant Patriots in Massachusetts organized the "Boston Tea Party," which saw British tea valued at some 18,000 pounds dumped into Boston Harbor. The British Parliament, outraged by the Boston Tea Party and other blatant acts of destruction of British property, enacted the Coercive Acts, also known as the Intolerable Acts, in 1774. The Coercive Acts closed Boston to merchant shipping, established formal British military rule in Massachusetts, made British officials immune to criminal prosecution in America, and required colonists to quarter British troops.

The colonists subsequently called the first Continental Congress to consider a united American resistance to the British. With the other colonies watching intently, Massachusetts led the resistance to the British, forming a shadow revolutionary government and establishing militias to resist the increasing British military presence across the colony.

In April 1775, Thomas Gage, the British governor of



Massachusetts, ordered British troops to march to Concord, MA, where a Patriot arsenal was known to be located. On 19 Apr 1775, the British regulars encountered a group of American militiamen at Lexington, and the first shots of the American Revolution were fired. Initially, both the Americans and the British saw the conflict as a kind of civil war within the British Empire: To King George III it was a colonial rebellion, and to the Americans it was a struggle for their rights as British citizens.

However, Parliament remained unwilling to negotiate with the American rebels and instead purchased German mercenaries to help the British army crush the rebellion. In response to Britain's continued opposition to reform, the Continental Congress began to pass measures abolishing British authority in the colonies.

How did the American Colonies declare independence?

In January 1776, Thomas Paine published "Common Sense," an influential political pamphlet that convincingly argued for American independence and sold more than 500,000 copies in a few months. In the spring of 1776, support for independence swept the colonies, the Continental Congress called for states to form their own governments, and a five-man committee was assigned to draft a declaration.

The Declaration of Independence was largely the work of Virginian Thomas Jefferson. In justifying American independence, Jefferson drew generously from the political philosophy of John Locke, an advocate of natural rights, and from the work of other English theorists. The first section features the famous lines, "*We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.*" The second part presents a long list of grievances that provided the rationale for rebellion.

When did American colonies declare independence?

On 02 Jul 1776, the Continental Congress voted to approve a Virginia motion calling for separation from Britain. The dramatic words of this resolution were added to the closing of the Declaration of Independence. Two days later, on 04 Jul, the declaration was formally adopted by 12 colonies after minor revision. New York approved it on 19 July. On 02 Aug 1776, the declaration was signed.

The Revolutionary War would last for five more years. Yet to come were the Patriot triumphs at Saratoga, the bitter winter at Valley Forge, the intervention of the French, and the final victory at Yorktown in 1781. In 1783, with the signing of the Treaty of Paris with Britain, the United States formally became a free and independent nation.



4TH OF JULY RAFFLE

TICKETS: \$2.00 EACH OR 10 FOR \$10.00



Raffle ticket sales open Sat 04 Jul 2026 at 12:30p and close at 3:50p on Sat 04 Jul 2026. **Tickets are \$2.00 each or 10 for \$10.00.** Purchasers are responsible for placing their tickets in the collection drum.

Drawings are at 1:30p, 2:00p, 2:30p, 3:00p, 3:30p, and 4:00p. See tickets sales desk for any assistance or additional information on prizes.

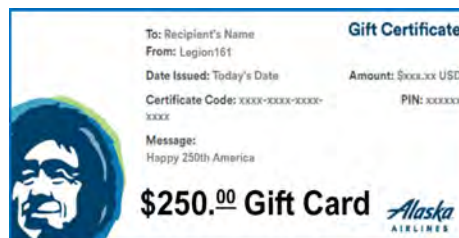


Winners must have a corresponding claim ticket and **MUST** be present in order to claim the prize. **Participants must be at least 18 years old to purchase raffle tickets and a minimum of 21 years old to claim prizes with alcohol. ID will be verified prior to winner claiming prize.** The following prizes will be drawn for:

1:30p
(\$250.00 value)



2:00p
(\$250.00 value)



2:30p
(\$250.00 value)



3:00p
(\$250.00 value)



3:30p
(\$250.00 value)



4:00p
(\$250.00 value)



MEETINGS: 3RD TUESDAY AT 6:30P

At VFW Post 2995—4330 148th Ave NE Redmond WA 9052

PRESIDENT

Sheri Salo

SR VICE

Lynn Logen

JR VICE

Lynn Moody

SECRETARY

Barbara Prejean

TREASURER

John Peterson

CHAPLAIN

Sheila Dwyer



VFW Auxiliary to Post 2995



AUXILIARY 2995 PRESIDENT SHERI SALO

Brown Bear Car Washes!

Sun's out and your car is dirty! **Get your car wash coupons for just \$10 each! These are a \$12.50 value and never expire!** Great gifts for the new driver, thank you gifts, and more! You can upgrade at the car wash if you need a wax or extra scrub. Ask an Auxiliary Member for yours today!



No assembly required!

The flyer of school supplies needed is in the Newsletter. You don't need to assemble the backpack ~ all the supplies are delivered to and sorted by the Santa's Castle staff and 2/75 Rangers staff. This list is based on the two major districts that serve the JBLM population. **The Auxiliary will be ordering all the backpacks.** We have been fortunate to have donations which allowed us to provide over **500 backpacks** in all different colors and designs in the past three years! Several local merchants, like Staples, have waived the "limit" for purchases of notebooks, crayons, etc., when we explain where all the supplies are going. If you bring in any supplies, please let us know! Many bags of supplies did not have a donor name. We appreciate how much this need resonates with so many of you, and we want to be able to **thank you** for helping out!

We will have our display at the front entry along with extra flyers. **Questions?** Call Sheri Salo 425-785-9444, or Lynn Logen 425-289-9448

Patriotic Art Success!

At the Department (State) VFW Convention, we were pleased to learn we had a 2nd Place for the Creative Patriotic Art entry, and all of our younger artists placed first in their respective age categories! More information on our event to celebrate their success will be forthcoming!

New Auxiliary Trustee Officer

Congratulations to John Peterson who will be working for Boeing in the Long Beach, CA, division! **Dao Nguyen** has been elected to serve the 2-Year Term as Trustee vacated by John's move. Welcome, Dao! We know you will be a great addition to our team!

New Way to Donate - QR Code

We have had a lot of success in our current cashless environment with the QR Code for our Buddy Poppy community outreach. With this, we are going to have a dedicated QR Code for our **Back To School Supplies** drive for folks who would like to donate in lieu of shopping. We are happy to do the shopping for you, and all cash donations of any amount are welcome!

Back To School Supplies for JBLM ~ 7/7-8/8

For the fourth year, the 2995 Auxiliary will be a major donor to the **Santa's Castle Back to School Beach Bash** at JBLM. Santa's Castle provides school supplies for families who have been referred in through their Active Duty parent/soldier's unit Chaplain or Commanding Officer. Their event at JBLM is on Saturday, August 22nd, 2026. Santa's Castle does the Christmas Shop for families as well as the **Back to School** event. All volunteers in their operation organize and distribute the supplies to all ages at their annual event. This is their fifth year with school supplies, and we have been doing this with them since year two.



As in previous years, we will also support the **2/75 - 2nd Battalion Rangers** with their families Back to School event. A much smaller group of families and children, this Battalion manages and organizes a fun day of Back to School supplies and activities to celebrate the end of the summer.



2026—2027 BACK-TO-SCHOOL SUPPLIES DRIVE

07 Jul—08 Aug

Your help is needed in building backpack supplies. We'll be working with the Santa's Castle team at Joint Base Lewis McChord (JBLM) to outfit the children of active duty military in the elementary and middle school grade levels (K-8).

This will be the 4th year we will be a major donor to the **Santa's Castle Back to School Beach Bash**. Santa's Castle provides school supplies for families who have been referred in through their Active Duty parent/soldier's unit Chaplain or Commanding Officer. The event at JBLM is on Sat 22 Aug. Santa's Castle does the Christmas Shop for families as well as the Back-to-School event. All volunteers in their operation organize and distribute the supplies to all ages at their annual event.

As in previous years, we will also support the **2nd Battalion Rangers** with their families Back-to-School event. A much smaller group of families and children, this Battalion manages and organizes a fun day of Back-to-School supplies and activities to celebrate the end of the summer.

K-1st grade:

1 Pencil Box/Pouch
2 Boxes 24 count Crayons
24 Ticonderoga Pencils

2nd grade:

1 Pencil box/pouch
2 Spiral Notebooks (wide ruled)
24 Ticonderoga Pencils

3rd grade:

1 Pencil Box/Pouch
1 Package Lined paper (wide ruled)
3 Spiral Notebooks (wide ruled)
24 Ticonderoga Pencils

4th grade:

1 Pencil Box/Pouch
1 Package Lined paper (wide ruled)
4 Spiral Notebooks (wide ruled)
24 Ticonderoga Pencils

5th grade:

1 Pencil Box/pouch
1 Pack Lined paper (college ruled)
4 Spiral Notebooks (college ruled)
24 Ticonderoga Pencils

Middle School:

1 Pencil Pouch
1 Package of #2 pencils

Auxiliary 2995 will be ordering all the backpacks. They have been fortunate to have donations which allowed them to provide **500 backpacks** in all different colors and designs in the past two years! Several local merchants have waived the "limit" for purchases of notebooks, crayons, etc., when explained where all the supplies are going. If you bring in any supplies, please let us know! We appreciate how much this need resonates with so many of you, and we want to be able to thank you for helping out!

Don't have time to shop? Consider providing a financial donation and we'll take care of the shopping for you. Donations of cash or made by credit cards will be accepted. Stop by the Post to donate.

Once the supplies are gathered, we'll build the backpacks in August, the date and time will be announced in the August Calendar & Newsletter. The backpack will be delivered in time for the start of the school year.

For more information, contact Sheri Salo at SheriSalo@aol.com / 425-785-9444 or Lynn Logen at 425-289-9448.

1 Pack of Pens (Blue or Black ink)
1 College Ruled Composition Book
1 Binder 2" or 3"
2 1-Pack of 5-tab Index Dividers
4 Packs College ruled Notebook Filler Paper

Additional Items Needed:

Colored Pencils (middle school)
Set of Highlighters (middle school)
Dry Erase Markers, black fine tip
Mini Hand Sanitizers
Glue Sticks
Headphones/Ear Buds

MARJIE PETERSON JAZZ

SUNDAY JAZZ NIGHT

Doors 6pm • Band 7~9pm

July 19

DISNEY FANTASY

MEETINGS: 4TH WEDNESDAY AT 1:00P

BELLEVUE CROSSROADS COMMUNITY ROOM

The American Legion Auxiliary is made up of the male and female spouses, grandmothers, mothers, sisters, and direct and adopted female descendants of members of The American Legion. Through its many units, the Auxiliary embodies the spirit of America that has prevailed through war and peace. Along with The American Legion, it solidly stands behind America and its ideals.

ALA161RedmondWA@gmail.com

**AMERICAN
LEGION**

AUXILIARY

UNIT 161

AUXILIARY 161 PRESIDENT ANN UNGER



There are no meetings in July or August

Installation of Unit 161 Officers – June 2026

During our June 24th meeting District 11 President Mary Olsen was present to install our 2026-2027 Officers. Many thanks again to Vice President Barbara Johannessen, Treasurer & Membership Belle Williams, Secretary Linda Fox and Chaplain Krista Kollin. We are working together to serve Veterans, their families and the Community.



Flag Retirement

Unit 161 participated in the June 14th Flag Retirement Day. The flags came in all sizes and fabrics – nylon, cotton, linen. Some flags had printed stars and stripes – others made from strong fabric with the stripes sewn together, many with embroidered stars – all tell a story. Where did these flags wave? Who did the flags belong to – families, military?

The flags needed to be retired because they were torn, shredded from wind and storms, faded or dirty. The flags had waved proudly during their time – a symbol of our Country – of our Freedom and Democracy,

Backpacks and School Supplies



During July Unit 161 will be contributing to the 4th Annual Back To School Supplies Drive. A new backpack is more than just a bag for school supplies — it's a tool that enhances a child's academic success, independence, and confidence starting with the first day of school.

Trail of the Fallen

The "Trail of the Fallen" is located on the Timp-Torne Mountain in Bear Mountain State Park, just south of West Point in Fort Montgomery, NY. The trail leads to the place where a large mound of stones have been carried up and placed in memory of soldiers who have died in military conflicts. The trail is a moderate 1.5-mile round-trip hike with elevation peaking at 942 feet above sea level.



The monument started informally after 9/11 by retired Army Colonel Hank Keirse and continued with an Eagle Scout Project. Hikers, military and Gold Star Families carry rocks, flags, and heavy memorial benches up the mountain to leave at the peak. You can watch the video Trail of the Fallen on Youtube.

Garden Corner: Rufous Hummingbird

The Rufous Hummingbirds are here for a few months. They migrate from wintering grounds in Mexico to breeding areas as far as Alaska. They follow the Pacific coast north in spring and move south through the Rocky Mountains. Starting February Rufous travel up the Pacific coast, following blooming flowers, arriving in Washington by May. They are smaller than our native Anna's hummingbird – have a rusty color and when they turn their head just right – you can see copper neck feathers. Fun to watch - they are energetic, territorial, feisty and bold - defending feeding sites by chasing off other hummingbirds. These hummingbirds will start heading South late in July.



LEGIONNAIRES DISEASE: 50 YEARS AFTERWARDS

On 21 Jul 1976, in which the US celebrated its bicentennial, more than 4,000 members of the Pennsylvania chapter of the American Legion gathered just blocks away from Independence Hall where the country's forefathers had severed their ties with King George III two centuries earlier. While Philadelphia was sweltering hot, the Legionnaires discovered an icy refuge inside the air-conditioned quarters of the elegant Bellevue-Stratford Hotel as they kicked off the organization's annual convention. For four days Legion members mixed and mingled inside the Philadelphia landmark, dubbed "The Grand Dame of Broad Street," before returning home after what they believed was another successful gathering.



Bellevue-Stratford Hotel, Philadelphia

Within days, however, the phone at the American Legion's Pennsylvania headquarters began to ring with the distressing news of the deaths of a number of convention-goers. By 02 Aug, it was clear that this was no string of bad luck as 12 members had died and three dozen more had been hospitalized with a mysterious respiratory illness. The pneumonia-like symptoms were nearly the same in every case—muscle aches, headaches, severe coughs, diarrhea, muscle and chest pains and fevers as high as 107 degrees. Many of the dead were older men and smokers, but the ages of the victims ranged from 39 to 82.

As news spread, it was revealed that not all the afflicted were American Legion members or their wives. Although baffled as to the cause, public health officials urged calm as fears of a flu pandemic spread around Pennsylvania even more quickly than the mystery illness itself. Swine flu, which had struck a New Jersey army base earlier in the year, and parrot fever, spread by sick pigeons, were among the leading theories. The good news for investigators, however, was

that it quickly became evident that the disease was not contagious. One convention-goer, for instance, exhibited no symptoms although the two men he shared a hotel room with had died suddenly. Antibiotics also proved effective in treating the sick.

One frustrated CDC microbiologist, Joseph McDade, decided to redouble his efforts in the days after Christmas. Having cancelled his vacation plans, McDade spent hour upon hour in his laboratory scouring slides that had only been examined in five-minute bursts in the initial rush to find the cause. "It's like looking for a contact lens on a basketball court with your eyes four inches above the ground," McDade told the New York Times. After spending a half-hour examining tissue taken from the lung of one of the victims, McDade found the culprit for the disease—a previously unknown bacterium that the CDC dubbed *Legionella*.

Nearly six months after the outbreak, the CDC announced that it had cracked the case. The *Legionella* bacteria thrived in hot weather and in water such as the air-conditioning system perched on the roof of the 19-story Bellevue-Stratford Hotel. Although *Legionella* wasn't found in the hotel's cooling system because it had been cleaned by the time of its discovery, investigators surmised that the system's powerful fans emitted a mist of contaminated water that fell on pedestrians on the sidewalk below and were sucked into the lobby through a ground-floor vent where victims breathed in the tiny, infected water droplets. Ultimately, 34 people died and more than 200 became ill from the outbreak during the American Legion convention, and the discovery led scientists to document earlier outbreaks of Legionnaires' disease.

Although the medical case had been solved, Legionnaires' disease has not been confined to the history books. In fact, it has made a resurgence in recent years. According to the CDC, the number of people diagnosed has increased nearly fourfold from 1,127 in 2000 to 5,166 in 2014, with the disease proving fatal in about seven percent of cases. Just last year, an outbreak in the Bronx killed 16 while another in Flint, Michigan, claimed the lives of a dozen more. Most of the 20 outbreaks averaged each year occur in buildings with large water systems and poorly maintained air-conditioning equipment.

CLUB HOURS:

Tue: 3:00p - 10:00p
 Wed: 4:00p - 10:00p
 Fri: 4:00p - 10:00p
 Sat: Special Events
 5:00p-10:00p, if open

Sun/Mon/Thu: Closed

JULY 2026 EVENTS

**CLUBROOM EVENTS ARE FOR MEMBERS AND THEIR VISITORS ONLY
 (WAC 314-52-115)**

Hours may be extend on entertainment evenings

RSVPing for events helps us provide the best service

KITCHEN HOURS:

Tue: 4:00p - 8:00p
 Wed: 4:00p - 8:00p
 Fri: 4:00p - 7:00p
 Sat: Special Events
 5:00p-8:00p, if open

Sun/Mon/Thu: Closed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	INDEPENDENCE
			DANCING MARK STERN 6:30p-9:30p Crew 50: 7:00p	CLOSED	BINGO 6:00p-8:00p	POST HOURS 12:30p-5:00p PICNIC/POTLUCK 1:00p-3:00p MUSIC 1:30p-4:30p
5	6	7	8	9	10	11
CLOSED	CLOSED	KARAOKE KJ PHILMORE 7:00p-10:00p	DANCING LAUREN PETRIE 7:00p-9:15p	CLOSED	BINGO 6:00p-8:00p	DANCING MARK STERN 6:30p-9:30p
12	13	14	15	16	17	18
CLOSED	CLOSED	KARAOKE KJ PHILMORE 7:00p-10:00p House: 6:00p	DANCING MARK STERN 6:30p-9:30p 161: 6:30p	CLOSED	BINGO 6:00p-8:00p	DANCING LAUREN PETRIE 7:00p-9:15p
19	20	21	22	23	24	25
JAZZ & DANCING MARJIE PETERSON 7:00p-9:00p Doors: 6:00p	CLOSED	KARAOKE KJ PHILMORE 7:00p-10:00p 2995/Aux: 6:30p	DANCING LAUREN PETRIE 7:00p-9:15p	CLOSED	BINGO 6:00p-8:00p	DANCING LAUREN PETRIE 7:00p-9:15p
26	27	28	29	30	31	
CLOSED	CLOSED	KARAOKE KJ PHILMORE 7:00p-10:00p	DANCING LAUREN PETRIE 7:00p-9:15p	CLOSED	BINGO 6:00p-8:00p	
		Public Health  Seattle & King County			This business has received a food safety rating of:	
		FOOD SAFETY RATING			 EXCELLENT	

JULY

CLUBROOM EVENTS ARE FOR MEMBERS AND THEIR VISITORS ONLY (WAC 314-52-115)

TUESDAYS

Dinner & Karaoke

Dinner 5:30-8:00p
Karaoke 7:00-10:00p



WEDNESDAYS

Dinner & Dancing

Mark Stern

Dinner—5:00-8:00p
Music—6:30-9:30p

1st, 15th



Lauren Petrie

Dinner—5:00-8:00p
Music—7:00-9:15p

8th, 22nd, 29th



Entertainment fees may apply. RSVP needed

FRIDAYS

Dinner & Bingo

Dinner 5:00-7:00p
Bingo 6:00-8:00p

10 games played



Joker Poker

Sales 5:00p-6:55p
Drawing 7:00p-7:15p



PLAY RESPONSIBLY

SATURDAYS

4th

INDEPENDENCE DAY PICNIC/POTLUCK/RAFFLE



12:30p-4:30p

11th

DINNER & DANCING MARK STERN



Dancing: 6:30p-9:30p

18th

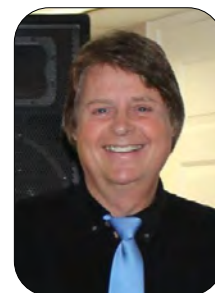
DINNER & DANCING LAUREN PETRIE



Dancing 7:00p-9:15p

25th

DINNER & DANCING LAUREN PETRIE



Dancing 7:00p-9:15p

AUGUST

July 7th through Aug 8th

Build a Student Backpack

School supply donations needed

Once supplies are gathered, a date will be set to put the packs together and be delivered.



Saturday August 22nd

Indoor Reorganization

Volunteers needed to reorganize our storage areas

10:00a—2:00p

Lunch served at 12:00p



NEW POST WEBPAGE—WWW.VFW2995.ORG

 **POST 2995**

HOMEABOUTPROGRAMSRESOURCESNEWSCONTACTLOGIN

WELCOME TO LAKE WASHINGTON POST

Teamwork ~ Leadership ~ Commitment



At Lake Washington Post 2995, **YOU** decided on the level of your involvement. Whether you wish to support from afar and never attend a meeting or a Post function...that is okay; or if it is to fully immerse yourself into the programs and be active within the VFW... that is your choice. Meeting agendas and minutes will always be emailed to you regardless if you attend or not, so you'll always know of the Post activities. If this sounds agreeable to you, why not come down and let us show you around the Post.

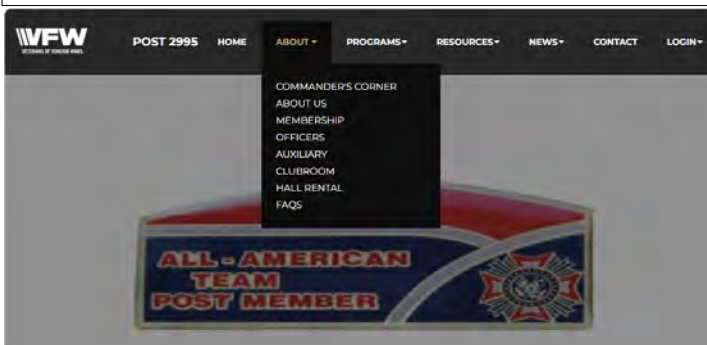
Our Post meetings are scheduled for the third Tuesday of each month and we begin at 1830 (6:30p). Meetings last about 45 minutes and you have the option to teleconference if you cannot physically make the meeting.

Learn more by talking to one of our recruiters.

[Email Us](#)

MORE

Our new web address is www.vfw2995.org. The new site helps us transition into the technology age and gives us an online presence. Our monthly Calendar & Newsletter will be discontinued with the last edition being September 2026. All information will be on the website. Updates will be completely weekly and an email notification will be sent to the membership when updates are made, typically on Sundays.

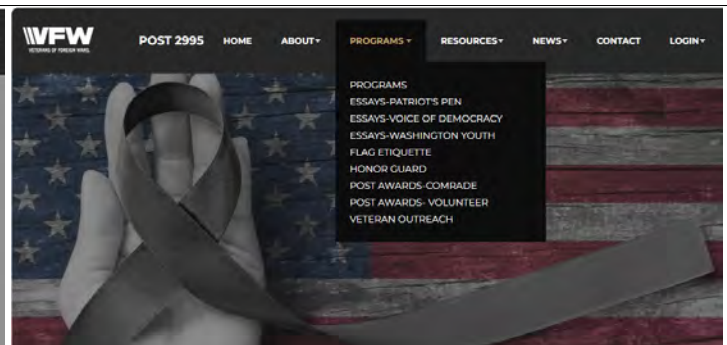


Under the **ABOUT** tab, you can navigate to:

- Commander's Corner
- About Us
- Membership
- Officers
- Auxiliary
- Clubroom
- Hall Rental
- FAQs

Under the **NEWS** tab, you can navigate to

- Post Events
- Calendar



Under **PROGRAMS**, you can navigate to:

- Programs
- Essays– Patriot's Pen
- Essays– Voice of Democracy
- Essays– Washington Youth
- Flag Etiquette
- Honor Guard
- Post Awards– Comrade
- Post Awards– Volunteer
- Veteran Outreach

As Tabs or information is updated, you'll receive an email notification for awareness