

AUGUST 2026

VFW LAKE WASHINGTON POST 2995
4330 148TH AVENUE NE REDMOND, WA 98052
(425) 883 - 2995
WWW.VFW2995.ORG

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

VA ANNOUNCES \$1.2B IN 3RD QTR FY 2026 INFRASTRUCTURE IMPROVEMENTS

[Reprinted from VA website](#)



WASHINGTON – The Department of Veterans Affairs approved \$1.2 billion in VA infrastructure improvements in the third quarter of fiscal year 2026, part of a record \$4.8 billion in non-recurring maintenance funds VA will deploy this year.

VA's FY 2026 \$4.8 billion NRM budget is the largest in the department's history.

The funds will be used by VA medical facilities for significant maintenance, replacements and upgrades needed to maintain and improve operational capability and healthcare delivery.

*"Under President Trump, VA is making historic improvements in healthcare accessibility, customer service and convenience," said **VA Secretary Doug Collins**. "These record-breaking investments will enable us to continue building on that progress."*

The list of [third quarter projects](#) can be found here.

Of the total \$4.8 billion committed for FY 2026, VA has now obligated \$2.3 billion through the third quarter. That obligation of funds in the third quarter will be used for:

- * \$915M to repair and upgrade outdated infrastructure systems in medical facilities.
- * \$229M for maintenance and modernization of facility infrastructure to support future electronic health record system updates.
- * \$11M for major building upgrades like elevators, electrical systems, and boiler plants.

These investments are just one of many ways the Trump Administration is making VA [work better for Veterans](#). For example, VA has:

- * Enrolled [more than 200,000 new Veterans](#) in VA healthcare in 2026.
- Opened 38 new VA health care facilities since Jan. 20, 2025, expanding healthcare access for Veterans around the country.

VA



**U.S. Department
of Veterans Affairs**

- * [Reduced the backlog of Veterans waiting for VA benefits by 74% since Jan. 20, 2025](#), after it increased 24% during the Biden Administration.
- * Completed 82,083,918 direct care appointments in FY 2025, up 4.1% from FY 2024.
- * Completed 59,989,662 community care appointments, up 12% from FY2024.
- * Offered Veterans more than 3 million appointments outside of normal operating hours, giving Veterans more timely and convenient options for care.
- * [Permanently housed 51,936 homeless Veterans](#) across the country in FY 2025, the highest total in seven years.

POST 2995—BY THE NUMBERS

<i>Life</i> 638	<i>New</i> 00	<i>Reinstated</i> 00	<i>Renewed</i> 05
<i>Total</i> 643	<i>Percent</i> 89.93	<i>AA Goal</i> 723	<i>Need</i> 80

POST 161—BY THE NUMBERS

<i>PUFL</i> 51	<i>New</i> 00	<i>Transfers</i> 00	<i>Renewed</i> 51
<i>Total</i> 102	<i>Percent</i> 56.04	<i>Goal</i> 182	<i>Need</i> 80

POST 2995 COMMANDER JIM BEATTY

Cmd@vfw2995.org



Well our 4th of July event was well attended. It has been awhile since I've seen the clubroom so full of people. We did recruit a new member as well. Hopefully, we can work together to increase our membership numbers at future events. Remember, all of us are a recruiter and the best advocate the Post can have for joining the VFW.

Speaking of members, the 2026-2027 year begun and we're hoping our annual members will consider upgrading to a Life membership when renewing. Over the long run, it's a significant cost savings to the member and reduces the administrative maintenance for the Post.

Our Department will be hosting their School of Instruction on Sat 22 Aug. This will be a online meeting via Zoom. We plan to host an event at the Post so we can all learn about upcoming programs and the future of meetings using technology. Bring your laptop and we can help you through the process as well. This will be for the Post and the Auxiliary.

Finally, I want to give a special 'Ooh-rah' to our August Volunteer of the Month, Dao NGUYEN. Great job Dao!

POST 161 COMMANDER RAFAEL MUNOZ-CINTRON

Commander@Post161.org



Hola Legionnaires. The Department of Washington Convention concluded with the State Officers accepting their positions. Our newly elected Department Commander is Chris Brock. Commander Brock is a member of Post 82, Tonasket WA and served in the U.S. Army in Bosnia and Afghanistan. His Legion Post positions have included Commander, 1st Vice, Adjutant, and Service Officer among other District and Area positions and committees.

I was honored by being selected as the Department's National Executive Committeeperson.

Our 2026-2027 membership year has begun. Now is the time to renew. Help us reach the Post Excellence Award by obtaining 100% membership renewal by 31 Dec 2026. It takes less than 3 minutes online at www.legion.org. You can contact Adjutant Fred Seaton for assistance.

In September, we'll host our Judge Lester Kahan awards. Watch for the information. Come help recognize those as we provide dinner and awards for them.

2026-2027 ALL AMERICAN STATUS

Help us reach the goal for the year.

Voice of Democracy
UNMET

Patriot's Pen
UNMET

Buddy Poppy
UNMET

Veteran/Military support
UNMET

Community Service
UNMET

Day of Service
UNMET

Volunteer Hours
UNMET

Dollars Donated
\$0,000.⁰⁰

AUG BIRTHDAYS

03– Richard Hill	23– John Tymczyszyn
06– Peter Tarnawa	24– Donald Cunningham
10– Dennis Bledsoe	24– Shelly Montgomery
12– Stephen Schweyen	25– William Ham
12– Darryl Zaccaria	25– Brian Jantzen
16– Marvin Lawton	25– James Richter
18– David Rowe	30– Richard Anton
20– Mark Bjorndal	
23– Don Thomas	

SR VICE COMMANDER

Bob Brugger
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QUARTERMASTER

Fred Seaton
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JR VICE COMMANDER

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JR VICE COMMANDER

Andrew Weshoff
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ADJUTANT

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VOLUNTEERS OF THE MONTH DAO NGUYEN

Auxiliary 2995 Trustee and Life member Ms. Dao NGUYEN jumped into the volunteer pool and volunteered over 25 hours the last few months by supporting kitchen and dining room operations by delivering meals to patrons when orders were ready. Ms. NGUYEN ensured the Chef could focus on culinary arts management without service interruptions. Ms. NGUYEN's volunteer time was also match in financial donations through her employer's giving program which double the value of her time while in service to the Post.

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 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

INDOOR REORG DAY

SATURDAY 15 AUG

Volunteers needed to reorganize and repurpose storage areas

We need to clear out unserviceable and excess supplies, plus reorganize the remaining supplies for better access to materials needed.

We'll also for a few volunteers to drive recyclable materials to the appropriate servicing centers or clothing consignment outlets.

Volunteers will have the option to keep any materials that are slated for disposal if they find a use, need, or just want a keepsake.

10:00a—2:00p

Lunch served at 12:00p



DEPARTMENT OF WASHINGTON SCHOOL OF INSTRUCTION

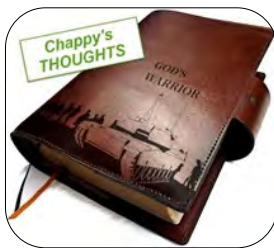
SATURDAY 22 AUG

The Department of Washington is hosting its inaugural Online only School of Instruction (SOI).

Instead of have to drive to a specific Post, which could be hours away, the Department is using technology to its fullest. Post 2995 will also use technology to host the SOI.

Using the clubroom, the Post will set up tables and chairs in a classroom type format and use the large TV's to showcase the training. All Post and Auxiliary members are invited to attend. If you have a laptop, please bring it so you can be an active participant in the training.

Lunch will be served for all those that attend.



CHAPLAIN'S CORNER

Greetings Comrades,

As we start to get deep in to Summer, I wanted to remind you that every year, on August 7th, our nation observes Purple Heart Day. It is a solemn time of reflection, forcing us to pause and consider the true, human cost of the freedoms we enjoy daily. Originally established by General George Washington in 1782 as the Badge of Military Merit, the Purple Heart is our military's oldest and most revered decoration. It holds a unique place among military honors: you aren't recommended for a Purple Heart by a commander, nor do you win it through a strategic achievement. It is earned solely through personal sacrifice.

For the combat veterans in our VFW community who wear this medal, it represents a definitive, life-altering moment of survival. It is a symbol of blood spilled, and resilience proven in the face of the enemy. But as those who have walked the path of service know all too well, the theater of war leaves many types of marks.

Some wounds are starkly visible, altering physical lives in a single, chaotic instant. Other wounds are invisible, carried quietly in the deep recesses of the heart and mind long after the uniform has been retired and the combat gear packed away. Both types of injuries require immense, daily courage to bear. Both deserve the exact same level of honor, respect, and dedicated care from our community.

As your Chaplain, I want to remind you of a fundamental truth: no one has to carry their burdens alone. The very bedrock of the VFW is camaraderie—that unbreakable, lifelong bond formed by shared service and mutual understanding. We are not just a social club; we are a sanctuary. We exist to look out for one another, to listen without judgment, and to lift each other up when the weight becomes too heavy.

This August, let us honor our Purple Heart recipients not just with words of gratitude, but by actively strengthening our commitment to one another. Check in on a fellow veteran you haven't seen in a while. Drop by the Post for a cup of coffee and some honest conversation. Reach out if you simply need someone to listen. My door is always open, and you never have to walk the perimeter alone.

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

U.S. MARINE CORPS RESERVES—110TH BIRTHDAY



Marine Forces Reserve is the headquarters command for approximately 100,000 Reserve Marines and more than 148 Reserve Training Centers located throughout the U.S. and Puerto Rico.

The U.S. Marine Corps Reserve was established when Congress passed the Naval Appropriations Act of 29 Aug 1916 and is responsible for providing trained units and qualified individuals for mobilization to active duty in time of war, national emergency, or contingency operations.

On a day-to-day basis, Marine Forces Reserve (MARFORRES) has a talent pool of roughly 100,000 Marines to augment the Active Component in a myriad of ways; from support to training, to participation in bilateral exercises with our partner nations and allies, to service-level experimentation and refinement of new tactics, techniques, and procedures.

The Marine Corps Reserve team possesses capabilities across the full spectrum of military operations; from

humanitarian assistance and disaster relief support to cyber operations to the most potent combat forces in the world.

Marine Forces Reserve, the largest command in the Corps, has four major subordinate commands: 4th Marine Division, 4th Marine Aircraft Wing, 4th Marine Logistics Group, and Force Headquarters Group.

Serving with great distinction, in every clime and place, Reserve Marines have regularly operated alongside the active component in both World Wars, Korean Conflict, Vietnam War, Operations Desert Shield/Storm, Operation Enduring Freedom, and Operation Iraqi Freedom.

The vision for Marine Forces Reserve is to be the Nation's premier Reserve component, seamlessly integrating with the active forces, enhancing the operational reach and endurance of the Marine Corps... always capable of fighting and winning.

Marine Forces Reserve's motto, "Relevant, Ready, Responsive," articulates the necessary actions required to provide a sustainable force for the long-term defense of our Nation.

THE GULF OF SIDRA INCIDENT—45 YEARS AGO

In 1973, Libya claimed the Gulf of Sidra as a closed bay and part of its territorial waters. This prompted the U.S. to conduct Freedom of Navigation (FON) operations in the area since the claim did not meet the criteria established by international law.

On the morning of 19 Aug 1981, after having diverted a number of Libyan "mock" attacks on the battle group the previous day, two VF-41 'Black Aces' F-14 Tomcats from the USS NIMITZ were flying combat air patrol to cover aircraft engaged in a missile exercise. An E-2C Hawkeye detected two Sukhoi Su-22 fighters had taken off from Ghurdabiyah Air Base near the city of Sirte.

The Hawkeye directed the F-14s to intercept.

The two F-14s set up for an intercept as the contacts headed north towards them. Only a few seconds before the crossing, at an estimated distance of 300 miles, one of the Libyans fired an AA-2 "Atoll" at one of the F-14s, which missed. Then the two Sukhois split as they flew past; the leader turning to the northwest and the wingman turning southeast toward the Libyan coast. The Tomcats evaded the missile and were cleared to return fire by their rules of engagement. The F-14s turned hard port and came behind the Libyan jets. Firing AIM-9L Side-winders; the first kill is credited to *Fast Eagle 102*, the second to *Fast Eagle 107*. Both Libyan pilots ejected.



Fast Eagle 102, one of the two F-14 Tomcats on the deck of the USS NIMITZ immediately following the incident.

Prior to the ejections, a U.S. electronic surveillance plane monitoring the event recorded the lead Libyan pilot report to his ground controller that he had fired a missile at one of the US fighters and gave no indication that the missile shot was unintended. The official U.S. Navy report states that both Libyan pilots ejected and were safely recovered, but in the official audio recording of the incident taken from USS BIDDLE, one of the F-14 pilots states that he saw a Libyan pilot eject, but his parachute failed to open.

Less than an hour later, while the Libyans were conducting a search-and-rescue operation of their downed pilots, two fully armed MiG-25s entered the airspace over the Gulf and headed towards the US carriers at Mach 1.5 and conducted a mock attack in the direction of USS NIMITZ. Two VF-41 Tomcats headed towards the Libyans, which then turned around. The Tomcats turned home but had to turn around again when the Libyans headed towards the U.S. carriers once more. After being tracked by the F-14s' radars, the MiGs finally headed home. One more Libyan formation ventured out into the Gulf towards U.S. forces later that day. *Fast Eagle 102* is presently stored at the Commemorative Air Force headquarters in Midland, TX awaiting restoration. *Fast Eagle 107* was destroyed in an accident on 25 Oct 1994.

OPERATION COMFORT WARRIORS

Operation Comfort Warriors is a program dedicated to meeting the needs of wounded, injured or ill military personnel by providing them with comfort items not usually supplied by the government. OCW ensures that patients at U.S. military hospitals and warrior transition units are given items like sweat suits, DVDs, puzzles, electronic devices, books, calling cards and more. OCW also provides larger items such as ping pong tables, computers, kayaks and other recreational goods for use by wounded warriors in common areas.

While the care at many military hospitals and warrior transition units is extraordinary, The OCW program provides "nonessentials" - items that help wounded warriors' recovery but don't usually show up as a budget line on government spread-sheets.

The Legion contacts officials at military hospitals, warrior transition units and surrounding communities, and

obtains lists to determine which items are needed by wounded, injured or ill servicemembers. Once a need is identified, the items are ordered by the Legion and delivered in an expeditious manner. It's as simple as that. No red tape.

Most military medical centers are not equipped to store large quantities of care packages. The Legion strongly prefers monetary donations so that it can expedite the purchase and delivery of items to troops.

The program relies on funds, which are used to purchase items for the servicemembers.

Checks may be mailed to:
Operation Comfort Warriors
The American Legion
5745 Lee Road
Indianapolis, IN 46216.



RENEW NOW!

HELP US REACH 101% AND ALL AMERICAN

It's quick and simple. Start by visiting www.vfw.org and under the address bar, click on the second tab to the right, 'Renew'. You'll be directed to the 'Renew Membership' page of the VFW. **It takes less than 3 minutes to renew or upgrade your dues.**

In addition, you can easily upgrade to Life Membership and eliminate the need for annual renewals. There is even an installment plan option to spread the payments out over a year. It's a great deal and will save you money in the long run.

All you need to do is enter is your name and membership number. [Contact Quartermaster Fred Seaton](#) if you need any assistance.

EARLY RENEWAL DOES **NOT** RESET YOUR ANNUAL MEMBERSHIP YEAR

Renew Membership

Renew Your Dues, Make a Payment or Upgrade Your Membership - No Login Required!

Just enter your VFW Membership Number and Name and click "GO" to get started.

For assistance obtaining your VFW Member # please contact, Member Service Center, 833.839.8387, M-F, 8:30-4:30

ALREADY A LIFE MEMBER? WHY NOT UPGRADE

Legacy Life enables you to leave a financial legacy to the Post, but there are also personal benefits to you. The Legacy levels are Bronze, Silver and Gold. You must be a Life member in order to be Legacy Life. See the costs and benefits table to the right.

Each year, our post will receive rebates for your Life and Legacy Life Membership. Unlike Life Membership when you annual dues rebate ends on your passing, the Post continues to receive a return of dues from National for Legacy members who pass thus leaving a lasting positive impact on the Post's financial well being. The Legacy Membership is tax deductible to the maximum extent allowed by law. Like Life Memberships, an installment plan is available. This is a great way to continue giving to the Post and to VFW long after you and I are gone and have left the Post to the next generation of Veterans.

[Contact Quartermaster Fred Seaton](#) on becoming Legacy Life or visit www.vfw.org to set up your payment plan.

Bronze	Silver	Gold
\$400.00	\$800.00	\$1,200.00
VFW Store Discount for 1 year		
5%	10%	15%
No-cost Accidental Death Insurance		
\$2,000.00	\$3,500.00	\$5,000.00
Annual Post Endowment		
\$6.00	\$12.00	\$18.00
All Levels Receive		
Framed Legacy Life Certificate		
Legacy Life Lapel Pin		
Engraved Legacy Life Card		
Legacy Life Plaque		
Current Level Members		
Mark Bjorndal	Jim Beatty	Timothy Collette
Robert Brugger	Doug Hoople	Charles Courtier
David 'Doc' Delap	Fred Seaton	Christopher Kavas
Greg Ham	Rick Tolbert	Curtis Thompson
Donald Hancock		Brent Wilde
John Kenny		Robert Young
Kevin Kirby		
Aaron Malec		

US COAST GUARD
04 AUG 1790



236TH BIRTHDAY

PURPLE HEART DAY
07 AUG 1782



244TH ANNIVERSARY

DEPARTMENT OF DEFENSE
10 AUG 1949



77TH BIRTHDAY



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

~~\$156.⁰⁰~~ DAL Cowboys— Sat 15 Aug 5:00p

Regular Season Home Games

~~\$780.⁰⁰~~ NE Patriots— Wed 09 Sep 5:20p

~~\$414.⁰⁰~~ LA Chargers— Sun 04 Oct 1:25p

~~\$597.⁰⁰~~ SF 49ers— Sun 11 Oct 1:25p

~~\$726.⁰⁰~~ KC Chiefs— Sun 25 Oct 5:20p

~~\$546.⁰⁰~~ CHI Bears— Mon 02 Nov 5:15p

~~\$363.⁰⁰~~ ARI Cardinals— Sun 08 Nov 1:25p

~~\$777.⁰⁰~~ DAL Cowboys— Mon 07 Dec 5:15p

~~\$363.⁰⁰~~ NY Giants— Sun 13 Dec 1:25p

~~468.⁰⁰~~ LA Rams— Fri 25 Dec 5:15p


[Join](#)
[Renew](#)
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[SERVICES ▾](#)
[MEMBERS ▾](#)
[MEDIA ▾](#)
[CONTACT](#)


2027 MEMBERSHIP PAYMENTS ARE DUE LETS REACH THE 100% GOAL

The 2027 Membership renewal drive has begun. By making your commitment now for the 2027 year, you save The American Legion thousands of dollars in mailing notification costs.

It's simple and takes less than three (3) minutes. Start by visiting www.legion.org and click on the red 'Renew' tab in the upper right corner of the website.

Enter your Member ID and last name then verify your information and finalize the process by purchasing an annual renewal or upgrading your membership to a Paid-Up-For-Life (PUFL) membership. If you need assistance or do not have online access, contact [Adjutant Fred Seaton](mailto:Adjutant@Post161.org).


MyLEGION.ORG
[DONATE](#)
[JOIN](#)
[MEMBERSHIP](#)
[SUBSCRIPTIONS](#)
[GIVE](#)
[RESOURCES](#)
[SHOP](#)
[CONTACT](#)
[Home > Membership > Renew](#)

RENEW MEMBERSHIP

Please enter Member ID and Last Name below. If you do not know your Member ID, [please sign in to renew your membership online.](#)

* Required

* Member ID:

* Last Name:

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 August

Happy August – hope you are all enjoying this beautiful weather.

We don't have a meeting in August, but we are busy with activities and planning for the 2026-2027 year of raising funds and donating to Veterans, their families and the Community.

2026 Kirkland 4th of July Parade.

On July 4th Char Arnott and I walked with our Unit 161 banner in the 2026 Kirkland 4th of July Parade. The weather was great and there was a huge crowd – lots of families and visitors. We were joined by our Army friend Bernice who we see every year and walked with us. Special mention: There was a 100-year-old Veteran in full uniform riding in one of the classic parade cars. Wow! His name and rank were announced as he rode by. Lots of cheering!



Rummage Sale:

American Legion Auxiliary Unit 161 Redmond and Unit 19 of Renton are having a Rummage Sale/ Garage Sale on Friday and Saturday July 31 and August 1st – 9am – 5pm. The Sale will be held at:

**AMERICAN LEGION AUXILIARY
UNIT 19 & 161'S
RUMMAGE
SALE**

Post/Unit 19

3224 NE 12th Street, Renton 98056

Come on down – lots of goodies for sale. Proceeds are donated to Veterans, their families and Community.

2026 Judge Lester Kahan Scholarship Award:



2026 Evergreen State Girls State attendees are invited to participate in the 2026 Judge Lester I. Kahan Scholarship Award sponsored by American Legion Post 161. The annual award honors the exemplary military and civic service of the late Judge Lester I. Kahan. Judge Kahan served in the U.S. Army during World War II and was an American Legion Post 161 member. The essay topic is to discuss the importance of the ratification of the Fourth Amendment (protects you from unreasonable searches and seizures by the government) to the Constitution of the United States during the Early Republic (Federalist Era).

Backpacks and School Supplies:

During August Unit 161 will be donating new School Backpacks and school supplies for kids. 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 the first day of school. It does a heart good to contribute to student success.



Garden Corner:

Best way to water your garden – Water early in the day so plants have time to dry out. Water the Soil – not the Plant.

Watering from above leaves water sitting on the leaves. This creates damp spots that attract pests and harmful diseases like mold and mildew. This is important when it comes to squash plants i.e. zucchini leaves, pumpkin leaves. In late summer and fall the days/nights are cooler. When you have cooler weather plus wet leaves – this invites Powdery Mildew (a type of fungus which floats in the air). The white Powdery Mildew covers the green leaves – then the plant can't do the Chlorophyll/ photosynthesis activity – the leaves die, then the plant. Happy Gardening!



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
August 23
CABARET

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

AUGUST 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
						DANCING MARK STERN 6:30p-9:30p
2	3	4	5	6	7	8
CLOSED	CLOSED	KARAOKE KJ PHILMORE 7:00p-10:00p	DANCING MARK STERN 6:30p-9:30p	CLOSED	BINGO 6:00p-8:00p	DANCING DJ PHILMORE 6:30p-9:30p
9	10	11	12	13	14	15
CLOSED	CLOSED	KARAOKE KJ PHILMORE 7:00p-10:00p	DANCING LAUREN PETRIE 7:00p-9:15p	CLOSED	BINGO 6:00p-8:00p	INDOOR REORG 10:00a-2:00p 
		House: 6:00p	161: 6:30p			
16	17	18	19	20	21	22
CLOSED	CLOSED	KARAOKE KJ PHILMORE 7:00p-10:00p	DANCING MARK STERN 6:30p-9:30p	CLOSED	BINGO 6:00p-8:00p	DANCING LAUREN PETRIE 7:00p-9:15p
		2995/Aux: 6:30p				
23	24	25	26	27	28	29
JAZZ & DANCING MARJIE PETERSON 7:00p-9:00p Doors: 6:00p	CLOSED	KARAOKE KJ PHILMORE 7:00p-10:00p	DANCING LAUREN PETRIE 7:00p-9:15p	CLOSED	BINGO 6:00p-8:00p	DANCING LAUREN PETRIE 7:00p-9:15p
30	31	Public Health Seattle & King County  FOOD SAFETY RATING			This business has received a food safety rating of:  EXCELLENT	
CLOSED	CLOSED					

AUGUST

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

5th, 19th



Entertainment fees may apply. RSVP needed

Lauren Petrie

Dinner—5:00-8:00p
Music—7:00-9:15p

12th, 26th



FRIDAYS

Dinner & Bingo

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

10 games played



PLAY RESPONSIBLY

Joker Poker

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



SATURDAYS

1st

DINNER & DANCING MARK STERN



Dancing 6:30-9:30p

8th

DINNER & DANCING DJ PHILMORE



Music 7:00p-10:00p

15th

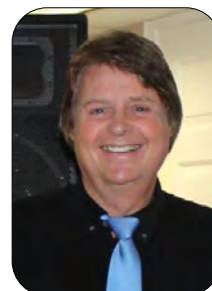
INDOOR REORGANIZATION



10:00a—2:00p
Lunch 12:00p

22nd

DINNER & DANCING LAUREN PETRIE



Dancing 7:00p-9:15p

29th

DINNER & DANCING LAUREN PETRIE



Dancing 7:00p-9:15p

SEPTEMBER

Tuesday September 1st

Youth Essays Open

We need help reaching students
Contest closes on Sat 31 Oct

Voice of Democracy
\$1000 - 1st place

Patriot's Pen
\$300 - 1st place

Dept of Washington Essays
\$100 - 1st place



Saturday September 12th

Legion 161 Youth Programs Recognition Dinner

We need help decorating, serving,
food, and clean up

Dinner: 6:00p-6:30p

Presentation 6:30p-8:00p



Saturday September 26th

Fall Yard Cleanup

We need help cleaning up the
grounds before Winter arrives

Hours: 10:00a-2:00p

Lunch served: 12:00p

The Post has a limited number of
lawn tools. Feel free to bring one.



NEW POST WEBPAGE—WWW.VFW2995.ORG

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](#)

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.

CLUBROOM



Best Dang Burger



Classic House Salad



Chef's Tomato Soup



[Click here for the Full Menu](#)

Clubroom events are for Members and their visitors only (WAC 314-52-115)

DAY
Sun
Mon
Tue
Wed
Thu
Fri
Sat

CLUBROOM

Closed
Closed
3:00p - 10:00p
4:00p - 10:00p
Closed
4:00p - 10:00p
5:00p - 10:00p

KITCHEN

Closed
Closed
4:00p - 8:00p
4:00p - 8:00p
Closed
5:00p - 7:00p
5:00p - 8:00p

Hours may be adjusted as needed. RSVPing helps us provide the best service