

VFW
VETERANS OF FOREIGN WARS.
Post 2995

THE VETERAN

CALENDAR & NEWSLETTER

SEPTEMBER 2026

AMERICAN LEGION
REDMOND POST 161

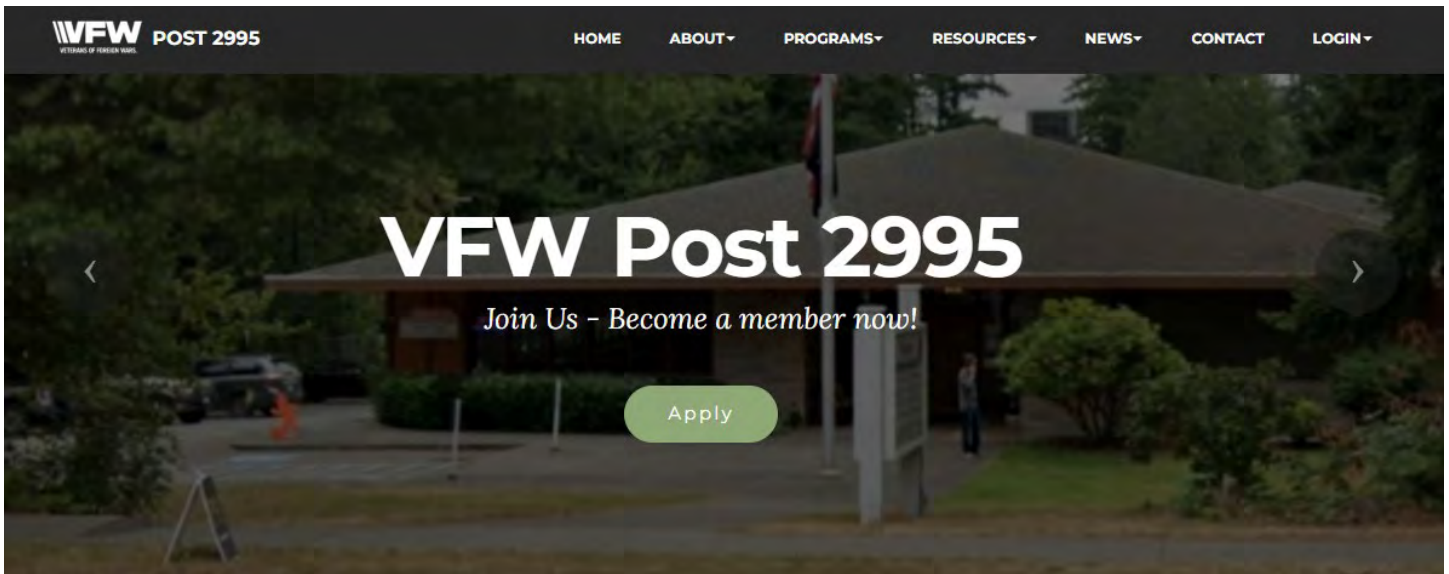
VFW LAKE WASHINGTON POST 2995
4330 148TH AVENUE NE REDMOND, WA 98052
(425) 883 - 2995
www.VFW2995.ORG

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

THE LAST EDITION OF THE VETERAN NEWSLETTER



This will be the final edition of **The Veteran** calendar and newsletter. Moving forward, all information will be shared on the Post websites. For VFW 2995—www.VFW2995.org and for Legion 161—www.Post161.org. Clubroom activities and events will be displayed on both websites. Bookmark the pages to your favorites. The websites will be updated weekly.



REDMOND POST 161

- HOME
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EXAMPLE

JOIN US
BECOME A MEMBER NOW

Upcoming Events

Post Meeting	08/19/26, 6:30PM
Youth Progra...	09/12/26, 5:30PM
Post Meeting	09/16/26, 6:30PM
Fall Yardwork	09/26/26, 10:00AM
Post Meeting	10/21/26, 6:30PM

[See Full Calendar Download](#)

EARLY BIRD 2027 MEMBERSHIP RENEWAL

Renew your membership now and help us reach the Post Excellence Award

Visit www.legion.org and click on the red "RENEW" tab in the upper right corner

POST 2995—BY THE NUMBERS

<i>Life</i> 638	<i>New</i> 01	<i>Reinstated</i> 00	<i>Renewed</i> 06
<i>Total</i> 645	<i>Percent</i> 90.21	<i>AA Goal</i> 723	<i>Need</i> 78

POST 161—BY THE NUMBERS

<i>PUFL</i> 49	<i>New</i> 01	<i>Transfers</i> 00	<i>Renewed</i> 65
<i>Total</i> 115	<i>Percent</i> 63.19	<i>Goal</i> 182	<i>Need</i> 67

POST 2995 COMMANDER JIM BEATTY

Cmd@vfw2995.org



The Department of Washington's inaugural Online Only School of Instruction (SOI) went very well. Yes, there is always room to improve, but on the whole, the presentation was clear, concise, and to the point in its delivery. Typically the SOI is about 4 hours in length and about a 2-hours drive each way. That 8-hour days was reduced to less than 3 hours by using technology.

September has a few events. Tue 15 Sep, we'll be supporting the Auxiliary as they recognize their Patriotic Art awardees. The following week on Wed 23 Sep, is our 12th annual Oktoberfest. Fresh, authentic German food and live music provided by Bonnie Birch and her German Band.

In October, we are hosting VFW District 11's meeting on Sat 10 Oct and then will have Halloween week lined up with costumed events with gift card prizes for the best attire. Be sure to join in on the fun.

Finally, I want to give a special 'Ooh-rah' to our September Volunteer of the Month, Char ARNOTT. Great job Char!

POST 161 COMMANDER RAFAEL MUNOZ-CINTRON

Commander@Post161.org



Hola Legionnaires. We had a quiet August for the Post, but September will see more activity.

We'll host our Youth Programs Recognition Dinner on Sat 12 Sep from 5:30p to 8:30p. We'll be honoring all the youth who participated in Evergreen Boys State, Evergreen Girls State, and our very own Judge Lester I Kahan Constitutional Scholarship awards.

The Scholarships awardees will be announced that evening. Please RSVP with Adjutant Fred SEATON is you wish to attend. The meal is provided.

On Wed 23 Sep, get ready to 'Prost' as we host our 12th annual Oktoberfest. The meal is authentic and fresh made— Schnitzel, Bratwurst, German potato salad, and red cabbage. Bonnie Birch will be back with her band playing the Bavarian sounds of the season.

In October, the Area I workshop will be held on the weekend of 10-11 Oct. Information is still being finalized. You can check for updates on the Department's website at: <https://walegion.org/fall-conference>.

At the end of the month, anticipated a few Halloween activities and events.

2026-2027 ALL AMERICAN STATUS

Help us reach the goal for the year.

Voice of Democracy
UNMET

Patriot's Pen
UNMET

Buddy Poppy
UNMET

Nat'l Veterans Svcs
UNMET

Community Service
UNMET

Day of Service
UNMET

Teacher
UNMET

DPAA
UNMET

SEP BIRTHDAYS

02– Michael Steele

22– Kenneth Graalum

09– Charles Nigretto

25– Drake Dougherty

09– Robert Vail

27– William Webb

17– Robert Oliver

17– Paul Carlson

18– Steven Apodaca

18– Roger Childs

18– Brian Humphrey

19– Robert Snyder

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 Weshoff
JrVice@Post161.org

ADJUTANT
Fred Seaton
Adjutant@Post161.org

VOLUNTEER OF THE MONTH CHAR ARNOTT



Committed to supporting the Veteran community, Legion Auxiliary 161 member Ms. Char ARNOTT proudly marched with VFW 2995 and Legion 161 in leading off Kirkland's 4th of July parade and showcasing the strength of unity in Veterans organizations. In addition, Ms. ARNOTT continued to support Friday Night Bingo operations by volunteering over 24 hours in the last two months to sell, distribute, and accurately track Bingo cards sales and ensure Bingo play ran smoothly and efficiently each Friday evening.

VOLUNTEER HONORABLE MENTIONS

4th of July Parade

Auxiliary volunteers

4th of July Parade

Veteran volunteers

Dao Nguyen

Dining Room Service Support

Crystal Paulson

Bingo Operations

UW Veterans

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

FALL YARDWORK DAY

SATURDAY 26 SEP

Volunteers needed to help cleanup

Help us cleanup the Post grounds from the ravages of wind storms and seasonal changes. Bring along a yard tool of your choice as the Post has a limited supply available.

Event from 10:00a—2:00p

Lunch served at 12:00p



COAT AND JACKET DRIVE—01 SEP TO 30 SEP 2026

Throughout the month of September, Legion Auxiliary 161 is organizing a coat and jacket drive to benefit the Veterans at the Seattle VA Hospital with the support of Legion 161 and VFW 2995 and Auxiliary 2995.

We are looking for new or gently used outerwear such parkas, raincoats, windbreakers, and winter coats. Men, Women, Teen, and Children sizes are needed.

Donations should not be torn, stained, frayed, or unclean. Zippers should be functional and buttons or clasps should be intact. Drawstrings should not be missing.

Donations can be dropped off at the Post and placed into the collection bins in the front foyer. Donations will be accepted from 4:00p to 8:00p on Tuesdays, Wednesdays, and Fridays. On Saturday donations will be accepted from 5:30p to 8:00p

We can only accept coats and jackets. Please no boots, gloves, hats, or shoes.

Donated material will be sorted and delivered in early October. For additional information or questions, contact Legion Auxiliary President Ann Unger via email at A.M.Unger4@gmail.com

Any excess donations will be given to a local shelter in need of winter clothing.



CHAPLAIN'S CORNER



Greetings Comrades,
I'm sure many of you have seen this flag at one time or another. I see it often myself, and it always brings to mind a conversation I overheard quite some time ago where someone remarked, "... but there aren't POWs anymore."

While I understand the sentiment behind that question, it's important to remember that this symbol remains just as meaningful today as it was when it was first introduced to the Nation in 1971. It stands as a reminder of those who were taken, those who never returned, and those whose fates are still unknown. Its relevance hasn't faded — and neither has the responsibility to honor what it represents. As we observe National POW/MIA Recognition Day this September, our Post pauses to remember a sacred promise: You Are Not Forgotten.

In military service, we never leave a fallen comrade behind. For those who were held captive and the tens of thousands still missing in action, that promise remains unbroken. Behind every statistic are real families who have carried decades of painful uncertainty. As your Chaplain, I am reminded that faith means holding onto hope even when answers have not yet come.

When you see the Missing Man Table at our Post this month, notice its quiet symbols: the pinch of salt for family tears, the lemon for the bitterness of isolation, and the candle lit in hope. Let us lift up these families

in prayer and support. Until they all come home, we will hold their place at the table.

I would also like to emphasize that the holding of that place is more than symbolic—it also reflects an active, ongoing mission. While we honor them here at home, dedicated teams are in the field every day working to bring our missing service members back to American soil.

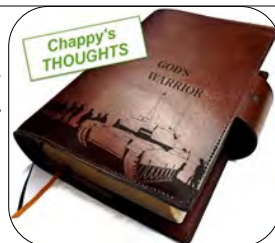
We owe deep gratitude to the Defense POW/MIA Accounting Agency (DPAA). Across the globe, these military personnel, historians, and forensic scientists' brave harsh environments to recover over 81,000 unaccounted-for personnel. Identifying 100 to 200 fallen heroes each year through advanced DNA research, they deliver long-awaited peace and answers to American families. Learn more at dpaa.mil.

So, as we go about our daily lives this month, let us carry these families in our prayers and keep the memory of our missing service members bright in our hearts. May God grant strength to those who wait, protect those who search, and bring eternal peace to all who served.

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



12TH ANNUAL OKTOBERFEST

WEDNESDAY, 23 SEP

5:30P – 9:30P

RSVP NEEDED BY FRI 18 SEP

\$25.⁰⁰

SCHNITZEL, BRATWURST, GERMAN POTATO SALAD, RED CABBAGE & CHOICE OF BEVERAGE

GERMAN MUSIC BY BONNIE BIRCH BAND

\$10.⁰⁰ COVER CHARGE IF NOT EATING



GOLD STAR MOTHER'S AND FAMILY'S 80TH ANNIVERSARY

American Gold Star Mothers, Inc. (AGSM), is a private nonprofit organization of American mothers who lost sons or daughters in service of the U.S. Armed Forces. It was originally formed in 1928 for mothers of those lost in WW I, and it holds a congressional charter under Title 36 § 211 of the U.S. Code. Its name came from the custom of families of servicemen hanging a banner called a service flag in the windows of their homes. The service flag had a star for each family member in the Armed Forces. Living servicemen were represented by a blue star, and those who had lost their lives in combat were represented by a gold star.



Membership in the organization is open to any woman who is a U.S. citizen or legal resident that has lost a son or daughter in active service in the U.S. military (regardless of the place or time of the military service, regardless of whether the circumstances of death involved hostile conflict or not and including mothers of those missing in action).

The Gold Star Mothers was founded by Grace Darling Seibold of Washington, D.C.

When the U.S. entered World War I in 1917, George Vaughn Seibold, 23, volunteered, requesting assignment in aviation. He was sent to Canada where he learned to fly British planes since the U.S. had neither an air force nor planes. Deployed to England, he was assigned to the British Royal Flying Corps with 148th Aero Squadron. With his squadron, he left for combat duty in France. He corresponded with his family regularly. His mother, Grace Darling Seibold, began to do community service by visiting returning servicemen in the hospitals. When mail from George stopped Grace assumed the worst and wrote the Army for assistance in finding her son. Since all aviators were under British control and authority, the U.S. could not help the Seibold family with any information about their son.

Grace continued to visit hospitalized veterans in the Washington area, clinging to the hope that her son

might have been injured and returned to the U.S. without any identification. While working through her sorrow, she helped ease the pain of the many servicemen who returned so war-damaged that they were incapable of ever reaching normalcy.

But on 11 Oct 1918, George's wife in Chicago received a box marked "Effects of deceased Officer 1st Lt. George Vaughn Seibold". The Seibolds also received a confirmation of George's death on 04 Nov 1918 through a family member in Paris. George's body was never identified.

Grace, convinced that self-contained grief is self-destructive, devoted her time and efforts not only to working in the hospital but also to supporting other mothers whose sons had lost their lives in military service. She organized a group consisting solely of these mothers, with the purpose of not only comforting each other, but giving loving care to hospitalized veterans confined in government hospitals far from home. The organization was named after the Gold Star that families hung in their windows in honor of the deceased veteran. After years of planning, twenty-five mothers met in Washington, D.C., on June 4, 1928, to establish the national organization, American Gold Star Mothers, Inc.

Membership in American Gold Star Mothers was originally restricted to those who lost sons or daughters in WW I and was later expanded to include mothers of those lost in WW II, then the Korean War, and then other specific conflicts. Today, the membership criteria do not consider the place or time of the military service and do not consider whether the circumstances of the death involved hostile conflict or not and also allow membership for mothers of those missing in action.

On the last Sunday in September, **Gold Star Mother's Day** is observed in the U.S. in honor of Gold Star mothers, as established in Title 36 § 111 of the U.S. Code. This was originally declared by Senate Joint Resolution 115 of 23 Jun 1936. In September 2012, President Barack Obama issued a presidential proclamation commemorating 30 Sep 2012, as "Gold Star Mother's and Family's Day". On 23 Sep 2017, President Donald Trump proclaimed *Gold Star Mother's and Family's Day*.

American Gold Star Manor, located in Long Beach, CA, is a 348-unit retirement home for parents of soldiers killed while serving in the military. It was founded in the early 1960s by Eleanor Boyd, then president of the American Gold Star Mothers organization.

VFW YOUTH ESSAY CONTESTS: 01 SEP THRU 31 OCT 2026



VOICE OF DEMOCRACY

GRADES 9 - 12

The VFW is dedicated to promoting patriotism and investing in our future generation. If you are a democracy-loving high school student interested in a \$35,000 college scholarship this scholarship may be for you.

Established in 1947, the Voice of Democracy audio-essay program provides high school students with the unique opportunity to express themselves in regards to a democratic and patriotic-themed recorded essay. Each year, nearly 25,000 students enter to win their share of more than \$1.3 million in educational scholarships and incentives being awarded.

The national first place winner receives a \$35,000 scholarship paid directly to the recipient's American university, college or vocational/technical school. Additional national scholarships range from \$1,000-\$21,000, and the first-place winner from each Department (state) wins at least a scholarship of \$1,000.

Want to apply? All student entries must be submitted to Post 2995 by **midnight, Oct. 31**. Applications can easily be uploaded to the Post's Scholarship App link by entering the web address of:

bit.ly/3Wo5Xdm



or by scanning the QR code.

Youth Essays may also be submitted to the [Youth Essays Team](#) after downloading and completing the [2026-2027 Voice of Democracy Entry Form](#).

The Post will award the following scholarship amounts:

1st: \$1,000.⁰⁰

2nd: \$750.⁰⁰

3rd: \$500.⁰⁰

The 2026-2027 theme is

What a Veteran Taught Me About America?

PATRIOT'S PEN

GRADES 6 - 8

The VFW is dedicated to promoting patriotism and investing in our future generation. If you are a patriotic middle school student interested in winning \$5,000, this scholarship may be for you.

Each year, nearly 68,800 students in sixth through eighth grades enter the VFW's Patriot's Pen youth essay contest for a chance to win their share of more than \$1.4 million in state and national awards. Each first-place state winner receives a minimum of \$500 at the national level, and the national first place winner wins \$5,000!

The essay contest encourages young minds to examine America's history, along with their own experiences in modern American society, by drafting a 300 to 400-word essay, expressing their views based on a patriotic theme chosen by the VFW Commander-in-Chief.

Want to apply? All student entries must be submitted to Post 2995 by **midnight, Oct. 31**. Applications can easily be uploaded to the Post's Scholarship App link by entering the web address of:

bit.ly/4eZhE1v



or by scanning the QR code.

Youth Essays may also be submitted to the [Youth Essays Team](#) after downloading and completing the [2026-2027 Patriot's Pen Entry Form](#).

The Post will award the following scholarship amounts:

1st: \$300.⁰⁰

2nd: \$200.⁰⁰

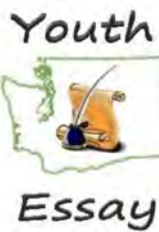
3rd: \$100.⁰⁰

The 2026-2027 theme is:

What a Veteran Taught Me About America?



VFW YOUTH ESSAY CONTESTS: 01 SEP THRU 31 OCT 2026



DEPARTMENT OF WASHINGTON GRADES 3 - 5

The VFW Department of Washington provides a youth essay contest for 3rd, 4th, and 5th grade students. Participants must compose their own essay, and it must be clearly handwritten, typed or computer prepared.

The program is completely voluntary, and a student does not have to go through his/her school to participate. Any student from any school in Washington State may enter the program. Home Schooled students are also eligible. Essays become the property of the Department. The essay shall not exceed 250 words. Essay must stay within the prescribed subject

matter and there can be NO added color or artwork. Essays written in poem form will not be accepted.

Want to apply? For rules, eligibility requirements, and application, visit the [Department of Washington Youth Essay Program](#) page. All student entries must be submitted to Post 2995 by **midnight, Oct. 31**.

Youth Essays need to be submitted to the [Youth Essays Team](#) after downloading and completing the [2026-2027 Department of Washington Youth Essay entry form](#).

The Post will award the following scholarship amounts:

1st: \$100.⁰⁰ / 2nd: \$50.⁰⁰ / 3rd: \$25.⁰⁰

The 2026-2027 theme is

What I Would Say to a Founding Father?

NATIONAL CITIZENSHIP EDUCATION TEACHER AWARDS



Without our nation's veterans, America wouldn't be the great nation it is today. Our youth deserve to learn about our rich history, traditions and the role of our veterans in creating and shaping America. Each year, the Veterans of Foreign Wars selects elementary, middle, and high school teachers to participate in the Smart/Maher VFW National Citizenship Education Teacher Award.

Please [review the new rules and eligibility requirements](#) and [download the 2026 entry form](#) to nominate a teacher you know. Teacher nomination entries are due to VFW Post 2995 by the **Oct. 31 deadline**.

Teachers who promote civic responsibility, flag etiquette and patriotism are prime candidates for this award. For example, do you know a teacher who plans field trips to city hall or organizes community volunteer projects? Maybe you know an instructor who invites veterans into the classroom to discuss

their military experiences. Perhaps you are familiar with a teacher who fosters the development of democratic values and beliefs through special projects. If you know of such a teacher, honor them today.

All current certified/licensed teachers in grades K-12 are eligible. Previous national winners are ineligible. Nominations can be submitted by themselves, fellow teachers, supervisors, family members or other interested individuals.

The Post will award its Teacher of the Year with a **\$500.⁰⁰** check

All Post-level nominees should provide a one-page resume as a minimum or up to five pages as a maximum of documentation of their teaching experience (for example: references, news articles, etc.) and a head-and-shoulder photo of themselves, if available. These items will be forwarded to the Department with the winning teacher entry form.

MARJIE PETERSON JAZZ
SUNDAY JAZZ NIGHT
Doors 6pm • Band 7~9pm
September 13
SOCK HOP

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



The American Legion Auxiliary Unit 161 and Unit 19 of Renton had their annual Rummage Sale July 31st – August 1st with much success. We will use the funds generated toward Active Duty, Veterans, their families and the Community.

Backpacks and School Supplies

During August, Unit 161 donated School Backpacks for JBLM kids and to Redmond Hopelink. 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.

2026 Judge Lester I. 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.

This year's essay topic is to discuss the importance of the ratification of the Fourth Amendment to the Constitution of the United States during the Early Republic (Federalist Era). The 4th Amendment protects citizens from unreasonable searches and seizures by the government.

Youth Programs Awards Dinner

American Legion Post 161 and Unit 161 will be having our Youth Awards Recognition Dinner on Saturday September 12, 2026 to celebrate those accomplished young people who attended the 2026 leadership and citizenship programs of Girls State and Boys State. The Kahan Scholarship Awards will be granted at that time.



Coats & Jackets Drive

September 1-30, 2026 at the Redmond VFW. Needed: New or Gently used Coats & Jackets in Men's and Women's sizes. The warm clothing will be delivered to the Seattle VA Hospital. Last year we donated 40 coats & jackets. The VA Staff were thrilled to get much-needed outerwear. Thank you for your generosity!



Garden Corner - Flowers available now to plant for fall color:

Aster



Japanese Anemone



Chrysanthemum



THE AMERICAN LEGION - BASIC TRAINING

The American Legion's official training program for officers, members, Legion College applicants and those who simply want to expand their knowledge of the nation's largest Veterans service organization is now available online.

Course Structure

The Course is arranged into 5 major topic areas and 1 concluding section. Each section will present information about the topic via text, images and video.

Evaluation

At the end of each topic area there is a quiz that will help gauge your understanding of the material. When you've completed each section quiz, you'll be able to take the final exam. The exam will take roughly ~30 minutes to complete.



Americanism

This pillar of American Legion service is filled with respect for the nation that those in the military swore with their lives to defend, from proper treatment of the U.S. flag to voter education to youth programs that make life-changing differences.



National Security

Outlined here is The American Legion's position on a strong, well-equipped and effectively deployed U.S. military, including a decent quality of life for those now in uniform and retirees of the Armed Forces.



Children & Youth

The American Legion's long-held position that "every child deserves a square deal" is explained here, to include such programs and efforts as the Child Welfare Foundation, the Family Support Network, Temporary Financial Assistance and other initiatives that aim to help children and youth follow their dreams, no matter their circumstances.



Veterans Affairs/Rehabilitation

The foremost pillar of American Legion service, learn the ways in which the organization is dedicated to compassionate care, timely delivery of benefits, career development and other areas of advocacy for those who have served in uniform.



History & Organization

Learn why and how The American Legion came into existence after World War I.



Course Conclusion

See how all the pieces of American Legion service and advocacy fit together to best serve our nation and learn where other committees and commissions play vital roles.

Final Exam

Take an online test to see how well you understand the nation's largest Veterans service organization. To learn more or take the Basic Training Course, visit

[Education Institute | The American Legion](#)



25TH COMMEMORATION OF SEPTEMBER 11TH TERRORIST ATTACKS



At approximately 08:45a EST, a clear Tuesday morning, an American Airlines Boeing 767 loaded with 20,000 gallons of jet fuel crashes into the north tower of the World Trade Center in New York City. The impact left a gaping, burning hole near the 80th floor of the 110-story skyscraper, instantly killing hundreds of people and trapping hundreds more in higher floors. As the evacuation of the tower and its twin got underway, television cameras broadcasted live images of what initially appeared to be a freak accident. Then, 18 minutes after the first plane hit, a second Boeing 767—United Airlines Flight 175—appeared out of the sky, turned sharply toward the World Trade Center, and sliced into the south tower at about the 60th floor. The collision caused a massive explosion that showered burning debris over surrounding buildings and the streets below. America was under attack.



As millions watched in horror the events unfolding in New York, American Airlines Flight 77 circled over downtown Washington, D.C. and slammed into the west side of the Pentagon military headquarters at 09:45a EST. Jet fuel from the Boeing 757 caused a devastating inferno that led to a structural collapse of a portion of the giant concrete building. All told, 125 military personnel and civilians were killed in the Pentagon along with all 64 people aboard the airliner.

Less than 15 minutes after the terrorists struck the nerve center of the U.S. military, the horror in New York took a catastrophic turn for the worse when the south tower of the World Trade Center collapsed in a massive cloud of dust and smoke. The structural steel of the skyscraper, built to withstand winds in excess of 200 mph and a large conventional fire, could not withstand the tremendous heat generated by the burning jet fuel. At 10:30a EST, the other Trade Center tower collapsed. Close to 3,000 people died in the World Trade Center and its vicinity, including a staggering 343 firefighters and paramedics, 23 New York City police officers, and 37 Port Authority police officers who were struggling to complete an evacuation of the buildings and save the office workers trapped on higher floors. Only six people in the World Trade Center towers at the time of their collapse survived. Almost 10,000 other people were treated for injuries.



The attackers were Islamic terrorists from Saudi Arabia and several other Arab nations. Reportedly financed by Saudi fugitive Osama bin Laden's al Qaeda terrorist organization, they were allegedly acting in retaliation for America's support of Israel, its involvement in the Persian Gulf War, and its continued military presence

25TH COMMEMORATION OF SEPTEMBER 11TH TERRORIST ATTACKS



The passengers fought the four hijackers and are suspected to have attacked the cockpit with a fire extinguisher. The plane then flipped over and sped toward the ground at upwards of 500 miles per hour, crashing in a rural field in western Pennsylvania at 10:10a EST. All 45 people aboard were killed. Its intended target is not known, but theories include the White House, the US Capitol, the Camp David presidential retreat in Maryland, or one of several nuclear power plants along the eastern seaboard.

At 07:00p EST, President George W. Bush, who had spent the day being shuttled around the country because of security concerns, returned to the White House. At 09:00p EST, he delivered a televised address from the Oval Office, declaring *"Terrorist attacks can shake the foundations of our biggest buildings, but they cannot touch the foundation of America. These acts shatter steel, but they cannot dent the steel of American resolve."* In a reference to the eventual U.S. military response he declared: *"We will make no distinction between the terrorists who committed these acts and those who harbor them."*

Operation Enduring Freedom, the U.S. led international effort to oust the Taliban regime in Afghanistan and destroy Osama bin Laden's terrorist network based there, began on 07 Oct 2001. Bin Laden was killed during a raid of his compound in Pakistan by U.S. forces on 02 May 2011.



Meanwhile, a fourth California bound plane—United Flight 93—was hijacked about 40 minutes after leaving Newark International Airport in New Jersey. Because the plane had been delayed in taking off, passengers on board learned of events in New York and Washington via cell phone and Airfone calls to the ground. Knowing that the aircraft was not returning to an airport as the hijackers claimed, a group of passengers and flight attendants planned an insurrection. One of the passengers, Thomas Burnett, Jr., told his wife over the phone that *"I know we're all going to die. There's three of us who are going to do something about it. I love you, honey."* Another passenger—Todd Beamer—was heard saying *"Are you guys ready? Let's roll"* over an open line. Sandy Bradshaw, a flight attendant, called her husband and explained that she had slipped into a galley and was filling pitchers with boiling water. Her last words to him were *"Everyone's running to first class. I've got to go. Bye."*

YOUTH PROGRAMS RECOGNITION CEREMONY—SAT 12 SEP

AMERICAN LEGION

EVERGREEN
BOYS & GIRLS STATE

On Sat 12 Sep, Post/Auxiliary 161 will host their 3rd annual Youth Programs Recognition Ceremony and Dinner to recognize their youth participants in the previous year's Legion programs such as Evergreen Boys State (EBS), Evergreen Girls State (EGS), and Post 161's Lester I Kahan Scholarship Award.

A total of eight students were spon-



sored at the 2026 EBS and EGS back in June and some of those participated in the Kahan Scholarship Constitutional Essay.

The event will be held in Clubroom and the doors open at 5:30p for some social time. Dinner service will start at 6:00p and will be a choice option of Chicken or Fish. Special dietary needs may be able to be met, but are not guaranteed. The recognition and awards ceremony will begin at 6:30p.

Reservations are required and can be made by contacting Sr Vice Joe Schmitt at SrVice@post161.org. RSVPs are needed by Tue 02 Sep to guarantee meal selection.

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		

VFW AUXILIARY
14 SEP 1914



112TH BIRTHDAY

U.S. AIR FORCE
18 SEP 1947



79TH BIRTHDAY

POW/MIA DAY
20 SEP 1979



37TH ANNIVERSARY

VFW
29 SEP 1899



127TH 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.

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](#)
[Donate](#)
[ABOUT ▾](#)
[PROGRAMS ▾](#)
[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:

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

SEPTEMBER 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	4	5
		KARAOKE KJ PHILMORE 7:00p-10:00p	DANCING MARK STERN 6:30p-9:30p	CLOSED	BINGO 6:00p-8:00p	DANCING MARK STERN 6:30p-9:30p
6	LABOR	8	9	10	11	12
CLOSED	CLOSED	KARAOKE KJ PHILMORE 7:00p-10:00p House: 6:00p	DANCING MARK STERN 6:30p-9:30p	CLOSED	BINGO 6:00p-8:00p	LEGION 161 Youth Programs Recognition Ceremony Dinner- 6:00p Awards- 6:300
13	14	15	16	17	18	19
JAZZ & DANCING MARJIE PETERSON 7:00p-9:00p Doors: 6:00p	CLOSED	KARAOKE KJ PHILMORE 7:00p-10:00p 2995/Aux: 6:30p	DANCING MARK STERN 6:30p-9:30p 161: 6:30p	CLOSED	BINGO 6:00p-8:00p	CLOSED
20	21	22	23	24	25	26
CLOSED	CLOSED	KARAOKE KJ PHILMORE 7:00p-10:00p	 5:30p-9:30p	CLOSED	BINGO 6:00p-8:00p	KARAOKE KJ PHILMORE 6:30p-9:30p
27	28	29	30			
CLOSED	CLOSED	KARAOKE KJ PHILMORE 7:00p-10:00p	DANCING LAUREN PETRIE 7:00p-9:15p			
		Public Health  Seattle & King County		This business has received a food safety rating of:		
		FOOD SAFETY RATING		 EXCELLENT		

SEPTEMBER

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
2nd, 9th, 16th



Entertainment fees may apply. RSVP needed

Lauren Petrie

Dinner—5:00-8:00p
Music—7:00-9:15p
23rd, 30th



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

5th

DINNER & DANCING MARK STERN



Dancing: 6:30p-9:30p

12th

LEGION 161 YOUTH PROGRAMS RECOGNITION CEREMONY



Dinner: 6:00p-6:30p
Ceremony: 6:30p-8:00p

19th



26th

DINNER & DANCING DJ/KJ PHIMORE



Music: 6:30p-9:30p

OCTOBER

Tuesday October 27th

Scary-oke

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

Dinner
5:30p—8:00p
Music
7:00p—10:00p



Saturday October 31st

Costume Party

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

Dinner
5:30p—8:00p
Music
6:30p—9:30p

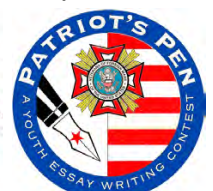


Saturday October 31st

Youth Essays Close

**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



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