



THE VETERAN

CALENDAR & NEWSLETTER



JUNE 2026

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

NEW POST 2995 WEBSITE –WWW.VFW2995.ORG

VFW 2995 has a new Post website. Developed and hosted by DrivePath, the template-based platform boasts many manager friendly functions designed for easy website management and ongoing support with each website. The integration component allows the National website, the Department website, and the Post website to share information, both manually and automatically.

The website will provide significant improvements in keeping our membership informed of activities and events; increase our ability to promote VFW and Post programs that serve the community, and allow us to complete secure online donation collection and membership application processing.

The secure LOGIN functions is for members only. It will contain internal information related to upcoming events, policies, menus, etc. Non-VFW members (i.e. Auxiliary 2995, Legion/Aux 161, 82nd Airborne, AUSA) will be granted access based on active membership rosters.

Given the capabilities of the website, The Post Calendar & Newsletter, The Veteran, will be phased out. Its planned last edition will be September 2026.

VFW WEBSITE SOLUTION PROGRAM

A FREE Website program with tools to help grow your VFW Membership, better communicate with your membership and run your VFW Post/District/Department.

WELCOME TO VFW POST 1234

The John Smith Memorial Post



POST 2995—BY THE NUMBERS

Life 667	New 2	Reinstated 8	Renewed 36
Total 713	Percent 101.28	AA Goal 712	Need 00

POST 161—BY THE NUMBERS

PUFL 52	New 03	Transfers 10	Renewed 104
Total 170	Percent 91.40	Goal 186	Need 16

POST 2995 COMMANDER JIM BEATTY

Cmdr_VFW2995@outlook.com



Congratulations Post 2995! We earned All American Post for the 2025-2026 year!

I thank all those who helped the Post achieve that goal: Post members, Auxiliary members, and our Volunteers. My hope is we can continue our efforts into the next year and earn the title again for the 2026-2027 year. Membership growth is the biggest challenge, so

strive to bring in a new member.

Our 2026-2027 elected and appointed officers assume their duties following the installation of the Department Officers on 20 Jun at the State Convention.

Our Memorial Day service went well and I appreciate all those who attended. In June, we'll need volunteer support to help retire flags on Sun the 14th and then another yard cleanup on Sat the 27th in preparation for our 4th of July Picnic & Potluck with a great raffle. In July, participate with us in Kirkland's 4th of July parade as we lead the procession through the city.

Finally, I want to give a special 'Ooh-rah' to our June Volunteers of the Month, Diane and David Allison. Great job Diane and David!

POST 161 COMMANDER RAFAEL MUNOZ-CINTRON

Commander@Post161.org



Hola Legionnaires. I want to congratulate all of the Officers elected and appointed for the 2026-2027 year. Some are returning, others are new. In either case, I look forward to serving with them as I continue as Post Commander. I also want to thank those officers who concluded their service and their commitment to The American Legion and to Post 161. New officers will assume their duties in July after the State Officers are installed.

Check out our updated website: www.Post161.org. We added a [Commander's Corner](#) webpage and an [Auxiliary](#) webpage. We'll continue to build the website and eventually transition our newsletter presence to an online information source by the end of the year. Notification updates will be sent out to the membership when updates are made with links to added or changed information.

We need volunteers to help with Flag retirements on Sun 14 Jun and VFW 2995 needs participants for the yard cleanup on Sat 27 Jun. In July, participate with us in Kirkland's 4th of July parade as we lead the procession through the city.

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

JUN BIRTHDAYS

01– Edward Trevor

19– Alfred Hall

05– Lori Youngs

27– James Beatty

06– Gregory Lucas

27– Tom Fain

06– James Stensland

07– Nicholas Daffern

08– Donald Stensland

09– Richard Stark

15– John Cooke

SR VICE COMMANDER

Bob Brugger

SrVice2995@gmail.com

QUARTERMASTER

Fred Seaton

VFW2995.QM@gmail.com

JR VICE COMMANDER

Doug Hoople

DDHoople@earthlink.net

ADJUTANT

Fred Seaton

VFW2995.QM@gmail.com

SR VICE COMMANDER

Joseph Schmitt

SrVice@Post161.org

JR VICE COMMANDER

Maura Wattam

JrVice@Post161.org

TREASURER

Fred Seaton

Treasurer@Post161.org

ADJUTANT

Fred Seaton

Adjutant@Post161.org



VOLUNTEERS OF THE MONTH DIANE AND DAVID ALLISON

Keeping up the outside aesthetic view of the Post, Diane and David ALLISON contributed more than 70 hours of ground care maintenance over the last few months. The ALLISONs spent time clearing the parking lot of leaves and debris, edging walkways, mowing grass, trimming bushes, and weeding. In addition, David serviced the riding lawn mower and brought it back to operational status. He also replaced drive belts and the cutting blades, saving the Post several hundreds of dollars in parts and repair labor costs.

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



FLAG RETIREMENTS—SUN 14 JUN

On Sun 14 Jun from 10:00a to 2:00p, we will be retiring over 400 US flags that are no longer serviceable. The flags were dropped off at the Post over the last year and we typically set aside time around Flag Day (14 Jun) to retire them. Any flags still found in serviceable condition will be removed for continued use. We will serve lunch at 12:00 noon.

Flags will first be sorted. Those with obvious signs of fading, fraying, and staining will be placed into one group. Serviceable flags will be kept to be used in a display case or used to cover a casket. These serviceable flags succumbed to the myths of retiring a flag. The US Flag Code does not prohibit displaying or flying a flag that was presented in a ceremony of honor and can continue to serve, thereby carrying a honorable and storied history. Once sorted, the unserviceable flags will be properly laid to rest.

Other non-flag items with American flag colors, such as bunting, tablecloths, and bandanas, will be discarded. Although these items may have a red, white, and blue pattern, or meant to look like the National Ensign, they are not.

For more information on displaying or retiring the U.S. Flag, contact any Post Officer.



SUMMER YARDWORK DAY

SATURDAY 27 JUN

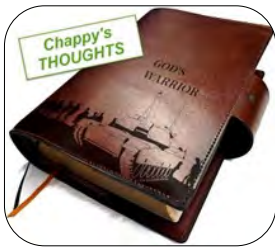
Volunteers needed to help cleanup

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





CHAPLAIN'S CORNER

Hello Comrades,

This month will mark the 82nd anniversary of the D-Day invasion. It occurred to me that, not only has it been eighty-two years since the invasion, but that the

"82nd" also refers to the famous airborne division that jumped behind enemy lines on that historic day.

After some research, I discovered the story of Sergeant George Bowler Tullidge III, a paratrooper with the 82nd Airborne Division (507th Parachute Infantry Regiment). I think you will agree that his is an incredibly moving account of a paratrooper's faith:



In the early morning hours of June 6, 1944, 20-year-old Sergeant George Tullidge III sat in a vibrating transport plane high above occupied France. Below him, the dark Normandy sky was ripped apart by German anti-aircraft fire. He was about to jump into history with the 82nd Airborne Division.

Tullidge carried standard infantry weapons for the fight but tucked securely against his body was his primary source of strength: a small blue booklet compiled by his mother. Filled with scripture and comforting words, George simply called it his "little book."

After a scattered, chaotic jump under heavy enemy

fire, Tullidge landed miles off target. Alone in the dark, surrounded by the enemy, he resisted the urge to panic. He recalled his favorite verses from his mother's book, silently praying **Josua 1:9**: *"Be strong and of a good courage; be not afraid... for the Lord thy God is with thee whithersoever thou goest."*

That spiritual armor gave the young sergeant an unshakeable calmness. In the days that followed, Tullidge displayed extraordinary valor, eventually using a light machine gun to single-handedly hold off a fierce German counterattack, allowing his entire unit to safely withdraw.

Though tragically, George would lose his life just days later on June 8, the legacy of his "little book" lived on. His grieving mother eventually printed and mailed over 300,000 copies of "A Paratrooper's Faith" which later became a famous symbol of hope to allied soldiers worldwide.

As veterans, we know that combat requires immense physical courage. But as Sergeant Tullidge proved in the skies over Normandy, our greatest strength is often the quiet, enduring faith we carry in our hearts.

I encourage you to read more about George's story at: www.aparatroopersfaith.org.

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

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 your 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 \$400.00	Silver \$800.00	Gold \$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 Robert Brugger David 'Doc' Delap Greg Ham Donald Hancock John Kenny Kevin Kirby Aaron Malec	Jim Beatty Doug Hoople Fred Seaton Rick Tolbert	Timothy Collette Charles Courtier Christopher Kavas Curtis Thompson Brent Wilde Robert Young



JUNE 21ST—27TH, 2026

Warm Beach Conference Center
20800 Marine View Dr.
Stanwood, WA 98292

Email: office@EvergreenBoysState.org
[Evergreen Boys State](http://EvergreenBoysState.org)

Evergreen Boys & Girls State serves as a dynamic workshop, dedicated to imparting practical knowledge of citizenship to high school students. This educational program is conducted under the auspices of the American Legion, Department of Washington, with a clear mission: to instill constructive attitudes toward the American form of government among today's youth.

Through Evergreen Boys & Girls State, we demonstrate that our system of government remains vibrant and relevant. It underscores that a republic thrives with an enlightened citizenry and an administration that is transparent, honest, and responsive to the will of the people.

This program functions as a hands-on school of government, promoting education through active participation. It showcases the pivotal role each individual can play within our government system. Evergreen Boys & Girls State is more than just a theoretical exercise; it is an immersive experience that empowers high school students to understand and engage with our democratic processes.

Participation in Evergreen Boys & Girls State is open to high school students who meet the following two essential eligibility criteria:

Must have recently completed their Junior year in high school and will be entering their Senior year when they attend in June.

Must demonstrate a genuine desire and willingness to attend and actively participate in the program.

Please note the following important guidelines:

- Citizens must be between the ages of 15 and 18
- Previous attendance at any Boys State or Girls State session disqualifies candidates
- Candidates who have not completed the 11th grade will not be considered.
- Running Start participation is deemed equivalent to high school for eligibility purposes.
- High school Juniors are particularly valued, as they are poised to return home and assume leadership roles within their school and community during their Senior year.

The total fee is \$700 per delegate, which the Post will pay if the student applies through Post 161.

AMERICAN LEGION AUXILIARY
EVERGREEN



JUNE 21ST—26TH, 2026

Central Washington University
400 E University Way
Ellensburg, WA 98926

Email: Info@evergreengirlsstate.com
[Evergreen Girls State](http://EvergreenGirlsState.org)

What is ALA Evergreen Girls State?

The American Legion Auxiliary's (ALA) marquee Girls State program epitomizes the ALA's mission to honor veterans through our enduring commitment to develop young women as future leaders grounded in patriotism and Americanism. The young women become knowledgeable in the democratic process and how our republican form of government works at the local, state and national levels.

Each summer, approximately 20,000 young women participate in weeklong ALA Girls State programs across the nation. Every ALA Girls State program operates with the same patriotic values through a non-partisan curriculum where students assume the roles of government leaders, modeled after their own state.

Select high school girls who have completed their junior year spend an intensive week of experiential learning working together as self-governing citizens. These young women learn government and the rights, privileges, and responsibilities of franchised citizens by forming a fictitious state of cities; electing public officials at the local, county, and state levels; and carrying out the duties of those offices. The week's activities include simulated legislative sessions and government proceedings, along with presentations, assemblies, and recreational programs.

2026 Program Quick Facts

Open to current high school junior girls
Scholarship opportunities available
Opportunity to attend ALA Girls Nation
Financial assistance available to attend

[Download the Brochure](#)

MEMORIAL DAY SERVICE PHOTOS

On Memorial Day, the Post gathered in remembrance of our fallen Veterans. VFW 2995 Commander Jim Beatty opened the ceremony followed by Chaplain Bob Brugger providing the invocation. Tributary notes were provided by Legion 161 Commander Rafael Munoz-Cintron.

Beatty, Brugger, and Munoz-Cintron then read off the names of those Veterans that passed away within the last year. As each name was read, a bell was tolled and a rose was laid at the base of the flag pole in memory of them. In closing the ceremony, Honor Guard member Brent Wilde bugled "TAPS" before raising the flag to full mast. 29 names were read.



Beatty



Brugger



Munoz-Cintron



W A Blackburn
Edward D Bloom
Edwin M Depner
Caldan G Drury
David J Dunbabin
John Fankhouser
Thomas W Fife
William J Gauthier
Richard A Glaza
Arthur W Hammond

Teddy R Hartshorn
Kenneth A Helms
John C Horsfall
Richard C Jones
Jack Jovanovich
Michael J Kavanaugh
John W Kimberley
Gerald M La Breche
Frank J Merxbauer
William J Mitchell

Gerald E Murphy
John A Nelson
Elmer Rice
George E Shaughnessy
Timothy Slover
Chuck R Tripp
Bernard R Warrender
VFW Bronze Legacy
Donald E Hancock
John J Kenny



FLAG DAY—PRESIDENTIAL PROCLAMATION MADE 100 YEARS AGO

An annual day specifically celebrating the Flag is believed to have originated in 1885. BJ Cigrand, a schoolteacher, arranged for pupils in the Fredonia, Wisconsin Public School, District 6, to observe 14 Jun as 'Flag Birthday'. In numerous magazines and newspaper articles over the following years, Cigrand continued to enthusiastically advocate the observance of 14 Jun as 'Flag Birthday' or 'Flag Day'.

On 14 Jun 1889, George Balch, a kindergarten teacher in New York City, planned appropriate ceremonies for the children of his school, and his idea of observing Flag Day was later adopted by the State Board of Education of New York. On 14 Jun 1891, the Betsy Ross House in Philadelphia held a Flag Day celebration, and on 14 Jun the following year, the New York Society of the Sons of the Revolution, celebrated Flag Day.

Following the suggestion of Colonel J Granville Leach, the Pennsylvania Society of the Colonial Dames of America on 25 Apr 1893 adopted a resolution requesting the mayor of Philadelphia and all others in authority and all private citizens to display the Flag on 14 Jun. Leach went on to recommend that thereafter the day be known as 'Flag Day', and on the day, school children be assembled for appropriate exercises, with each child being given a small Flag.

Two weeks later on 08 May, the Board of Managers of

the Pennsylvania Society of Sons of the Revolution unanimously endorsed the action of the Pennsylvania Society of Colonial Dames. As a result of the resolution, Dr. Edward Brooks, then Superintendent of Public Schools of Philadelphia, directed that Flag Day exercises be held on 14 Jun 1893 in Independence Square. School children were assembled, each carrying a small Flag, and patriotic songs were sung and addresses delivered.

In 1894, the Governor of New York directed that on 14 Jun the Flag be displayed on all public buildings. With BJ Cigrand and Leroy Van Horn as the moving spirits, the Illinois organization, known as the American Flag Day Association, was organized for the purpose of promoting of Flag Day exercises. On 14 Jun 1894, under the auspices of this association, the first general public school children's celebration of Flag Day in Chicago was held in Douglas, Garfield, Humboldt, Lincoln, and Washington Parks, with more than 300,000 children participating.

Inspired by these decades of state and local celebrations, Flag Day - the anniversary of the Flag Resolution of 1777 - was officially established by the Proclamation of President Woodrow Wilson on 30 May 1916. It was not until 03 Aug 1949 that President Truman signed an Act of Congress designating 14 Jun of each year as National Flag Day.

FLAG FOLDING

(A) Straighten out the flag to full length and fold lengthwise once. Bring the bottom of the flag upward towards to top.

(B) Fold it lengthwise a second time to meet the open edge, making sure that the union of stars on the blue field remains outward in full view. (A large flag may have to be folded lengthwise a third time.)

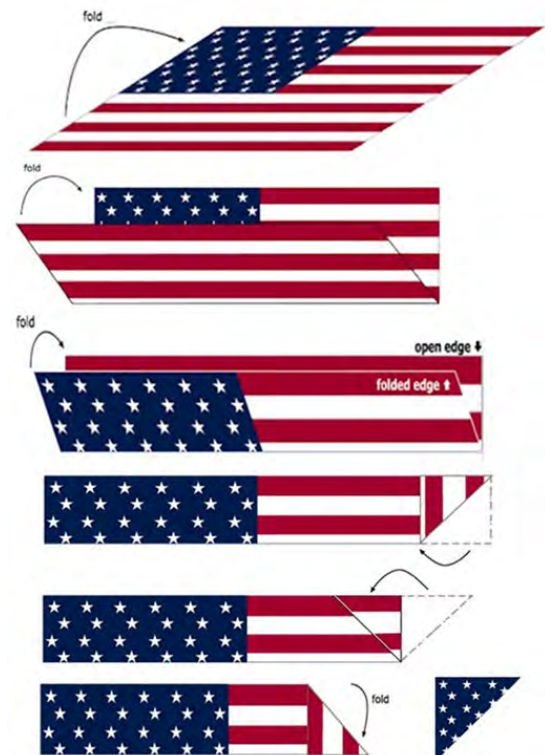
(C) A triangular fold is then started by bringing the striped corner of the folded edge to the open edge.

(D) The outer point is then turned inward, parallel with the open edge, to form a second triangle.

(E) The diagonal or triangular folding is continued toward the blue union until the end is reached, with only the blue showing and the stars are uppermost, reminding us of our national motto, "In God We Trust."

After the flag is completely folded and tucked in, it has the appearance of a cocked hat, ever reminding us of the continental soldiers, sailors, and marines, who began the fight for our rights, privileges, and freedoms we enjoy today.

This Flag Folding origin is unknown. Some say it was initiated by the Gold Star Mothers of America while others to an Air Force chaplain at the USAF Academy. Either way, it has provided as a patriotic service to all.



30TH COMMEMORATION OF KHOBAR TOWERS BOMBING IN SAUDI ARABIA

On 25 Jun 1996, a tanker truck loaded with 25,000 pounds of explosives rips through the US Air Force military housing complex Khobar Towers in Dhahran, Saudi Arabia, killing 19 US airmen and wounding nearly 500 others.

The terrorist attack that blew off much of the eight-story Building 131, leaving a crater 50 feet wide and 16 feet deep, was the deadliest attack against US forces since the 1983 bombing of a Marine barracks in Beirut that left 241 dead.

The bombers, later identified as members of the pro-Iran Islamic militant group Hezbollah, parked the truck near the towers that were home to 2,000 American military personnel who were assigned to the King Abdul Aziz Air Base to patrol southern Iraqi no-fly zones. They escaped before setting off the explosion.

Investigators found the attack had been planned for more than three years by members of the Saudi Hezbollah, with backing from Iran, as a way to force US troops out of Saudi Arabia and the Persian Gulf. Hezbollah and Iran were found guilty by a US federal court in 2006, and Iran was ordered to pay \$254.5 million to survivors. That money has not been collected.

In 2001, 13 Saudis and one Lebanese man were indicted in the attack by the US, with Attorney General John Ashcroft stating “... the Iranian government inspired, supported and supervised members of Saudi Hezbollah.” Charges included conspiracy to kill Americans and US employees, to use weapons of mass destruction and to destroy US property, plus murder and bombing.

Iran denied involvement in the attack, and Saudi Arabia said they would not extradite those charged who were in their custody. None of the indicted have been brought to court.



Nearly 20 years later, Ahmad Ibrahim al-Mughassil, a key Hezbollah operative implicated in the attack, was captured and arrested in Beirut in 2015 and moved to Saudi Arabia for interrogation. In 2018, Iran was ordered to pay victims \$104.7 million by a US federal judge.

**U.S. ARMY
251 YEARS**



14 JUN 1775

The VFW Action Corps is the VFWs national grassroots advocacy network that keeps you up to date on the issues facing our Veterans, our Military, and their families. It is FREE and open to

all patriotic Americans who care about the Military and Veteran communities. You will receive the newsletter, regular action alerts on how to get involved when our nation's Military, Veterans, and families need their voices heard on Capitol Hill, and more. It is so easy to join. You can sign up online by visiting this link [Click here to sign up new Veterans' advocates](#) or you may "TEXT VFW to 50457" or you can scan the QR Code.



VFW 2995—2026-2027 ELECTED OFFICERS



COMMANDER

JIM BEATTY

Silver Legacy Life
Post member 2011
SGT (E-5)
USMC 1966-1969

As a 6x All American Post Commander, BEATTY is entering his 9th consecutive year as Post Commander.

SENIOR VICE

BOB BRUGGER

Bronze Legacy Life
Post member 2023
SFC (E-7)
USA 1981-1984; 1989-2007
USAR 1985-1989



JUNIOR VICE

ANDREW WESTHOFF

Life Member
Post member 2017
SGT (E-5)
USA 1988-1992

QUARTERMASTER

FRED SEATON

Silver Legacy Life
Post member 2011
LCDR (O-4)
USAF 1986-1992
USCG 1992-2015



TRUSTEE 1-YEAR

RICK TOLBERT

Silver Legacy Life
Post member 2000
MAJ (O-4)
USA 1968-1972
USA 1976-1991



TRUSTEE 2-YEAR

GREG HAM

Bronze Legacy Life
Post member 1990
SGT (E-5)
USA 1982-1990



TRUSTEE 3-YEAR

DOUG HOOPLE

Silver Legacy Life
Post member 1986
LCDR (O-4)
USN 1960-1980



VFW 2995—2026-2027 APPOINTED OFFICERS



ADJUTANT

FRED SEATON

Silver Legacy Life
Post member 2011
LCDR (O-4)
USAF 1986-1992
USCG 1992-2015



BENEFITS OFFICER

KELLEN SMALLEY

Life Member
Post member 2021
SGT (E-5)
USMC 2007-2012



CHAPLAIN

BOB BRUGGER

Bronze Life Legacy
Post member 2023
SFC (E-7)
USA 1981-84; 1989-2007
USAR 1985-1989



JUDGE ADVOCATE

DOUG HOOPLE

Silver Life Legacy
Post member 1986
LCDR (O-4)
USN 1960-1980



SURGEON

CLARK BARTELL

Life Member
Post member 2007
CPL (E-4)
USA 1969-1970

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

AUXILIARY2995 PRESIDENT SHERI SALO

New Officers—2026-2027

Thank you to all the Auxiliary members who have stepped up to be officers for the coming year! Many of you are continuing in your leadership roles. Your commitment and support are essential to serving our Veterans and Military Families! Diane Glenn, Past District President, conducted the Installation of Officers on May 19, 2026.



President Sheri Salo
Senior Vice Lynn Logen
Junior Vice Lynn Moody Beatty
Treasurer Bill Hanna
Chaplain Helen Tolbert
Conductress Darlene Fague
Guard Sheila Dwyer

Trustee 3-Year Belle Williams
Trustee 2-Year John Peterson
Trustee 1-Year Diane Glenn
Secretary Barbara Prejean
Buddy Poppy Dao Nguyen
House Committee Lynn Logen

Welcome New Members:

Debra Rogers, Karen Rogers, and Robin Harlin. These three ladies transferred from Auxiliary #3057, Westport, WA to #2995 Auxiliary.

Patriotic Art Scholarship Program—Stay Tuned!

We won't know if our artists that #2995 Auxiliary submitted in four levels to Department are winners until the State/Department Convention in June. The artwork has been judged, and the Patriotic Art and Illustrating America winners will be announced at Convention. Only first place from State in the grades 9-12 goes forward to National for consideration. We will have a program to honor all of our student artists when we have the results.

School Supplies!



Okay, school is just getting out and we are already looking forward to our **4th Annual Back To School Supplies** drive! We will work again with **Santa's Castle** and the **2/75 Rangers at JBLM** to provide core supplies. We are a Major Donor and huge impact to both entities. Key item: Backpacks! We have found a great price on case lots in multiple colors and designs. Watch for the **2026 Supplies list** in the July Newsletter with all the items from crayons to 3-ring

binders for students in all 13 grades. Commanding Officers and Chaplains refer in the families who participate in this program. Stay tuned for more info and the official list! *We love and need your donations for the kids!*

Shout Outs to:

John Peterson. Huge thanks and appreciation for your service as the Auxiliary Treasurer. John has streamlined and brought the Auxiliary financial programs into the 21st Century! Thanks also to John for volunteering every Friday at Bingo!

Bill Hanna. For accepting the Treasurer position!

Barbara Prejean. Thank you for your continuing service as a Secretary for the Auxiliary! You are the Wikipedia of Auxiliary history!

Welcome Back to **Belle Williams** who has been elected to a term as 3-year Trustee!

Helen Tolbert for reaching out and bringing forward the Auxiliary transfers from Westport #3057 following the closure of the VFW Post.

Auxiliary Volunteers of the Month:

Stephanie and Patrick Noone for preparing, donating and delivering May Day Baskets to Fisher House Seattle! Your efforts brightened the lives of all the families with Veterans receiving medical care at the VA Hospital! **Thank you!!**

VFW AUXILIARY 2995—2026-2027 OFFICERS



PRESIDENT
SHERI SALO
Life Member
Aux member 2014



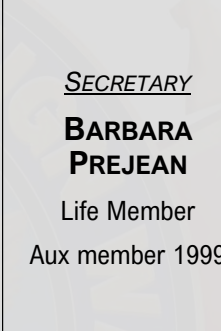
SENIOR VICE
LYNN LOGEN
Life Member
Aux member 2018



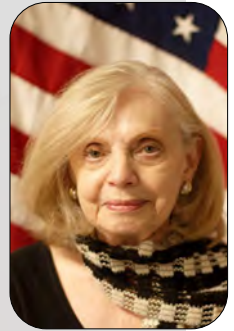
JUNIOR VICE
LYNN MOODY
Life Member
Aux member 2019



TREASURER
WILLIAM HANNA
Life Member
Aux member 2020



SECRETARY
BARBARA PREJEAN
Life Member
Aux member 1999



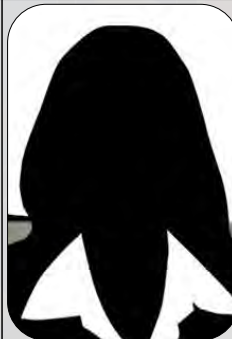
GUARD
SHELIA DWYER
Annual Member
Aux member 2007



CHAPLAIN
HELEN TOLBERT
Life Member
Aux member 2020



CONDUCTRESS
DARLENE FAGUE
Life Member
Aux member 2015



TRUSTEE 1-YEAR
DIANE GLENN
Life Member
Aux member 2025



TRUSTEE 2-YEAR
JOHN PETERSON
Life Member
Aux member 2019



TRUSTEE 3-YEAR
BELLE WILLIAMS
Life Member
Aux member



BROWN BEAR CAR WASH CARDS!

We still have some cards available. These cards don't expire and they are good at all Brown Bear Tunnel Car Washes in the Puget Sound. The cards can also be upgraded at the car wash to Beary Better and Beary Best for an additional fee.

\$10.00 per card

Proceeds will help the Auxiliary support Veterans and their families, plus Auxiliary programs. Ask any Auxiliary member about the program or if you wish to purchase cards.



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



Unit 161 donated supplies to the May **Fisher House Paper Drive**. We are honored to give these items so that families are comfortable while staying at Fisher House located near the VA Hospital.

Installation of Unit 161 Officers – June 2026

2026-2027 Officers are: President: Ann Unger, Vice President: Barbara Johannessen, Treasurer: Belle Williams, Secretary: Linda Fox, Chaplain: Krista Kollin. Many thanks to all for serving as Unit 161 Officers.



Evergreen Girls State

Unit 161 is looking forward to 3 Junior High School young women attending Girls State at Central Washington University in Ellensburg Jun 21-26, 2026. The Girls State mission is to develop young women as future leaders grounded in patriotism and Americanism. <https://www.evergreengirlsstate.com/>

AMERICAN LEGION AUXILIARY
EVERGREEN



Kirkland 4th of July Parade.

Members of Unit 161 are looking forward to walking in the annual Kirkland 4th of July Parade along with the American Legion and VFW. Hope its good weather.

The walk is about 1 mile and doesn't take long. Participants can either walk or ride in a fancy car – waving to all. Lots of families and kids in the audience.

Last year when the American Legion and VFW walked by – people cheered and said Thank You. A rewarding experience.

Veterans Conservation Corps (VCC)

This Program provides nature-based therapy encouraging volunteers to connect with the outdoors and help restore Washington's natural resources. The VCC Mission: "provide veterans and their families with self-directed connections to nature"

Those who have served or are presently serving can participate - Active Duty, Reserve, National Guard and Veterans. They are eligible whether they have served in peace time or during periods of conflict. The VCC helps veterans start a new mission after leaving military service. The Program is open to family members and anyone in the community can participate.



Volunteer opportunities include stream restoration and monitoring; re-vegetation of native plants, environmental education, internships in environmental conservation and sustainable agriculture.

Reconnecting with nature can support Veteran's healing and growth. Join at <https://dva.wa.gov/vcc>

<https://www.facebook.com/VeteransConservationCorps/>



Garden Corner: Flowers that will re-seed themselves in your Garden

Columbine Varieties



Cosmos



Calendula



California Poppy



Snapdragons



THE AMERICAN LEGION NATIONAL COLLEGE

The National Legion College enhances knowledge and appreciation of The American Legion and teaches the core values and contributions of the organization, its Auxiliary, Sons of The American Legion and many subordinate programs. The National Legion College prepares Legionnaires for leadership positions in posts, districts, and departments through education, development, and motivation. The curriculum challenges student leaders to think critically and creatively about issues confronting the Legion.

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Legion College Course Structure

The curriculum centers on self-taught, small-group sessions supervised by graduate facilitators, staff members, contracted professional speakers and national officers. Students review The American Legion's core values, develop new ideas and consider the future. An emphasis is placed on programs, management techniques and leadership skills necessary to increase visibility of programs, growth in membership, and public awareness of the Legion and its corresponding organizations.

Leadership and Communication

National leaders launch the week with sessions and lectures focusing on mentoring, recognizing and building leadership traits, and putting good leadership practices to use. These skills and techniques are practiced

and reinforced throughout the week in a small-group environment and in student-led meetings and presentations. Small-group workshops provide students basic leadership training in a volunteer environment. Core subjects include mentoring, leadership styles and opportunities, time management, conflict resolution and legal issues.

Throughout the week, students learn the basics of developing communication strategies to promote American Legion programs, combined with the workshops and hands-on exercises. Topics include public outreach, media relations, "Reconnect" with today's active-duty and reserve personnel, schools and community relations. Other teachings include community networking strategies, public-relations techniques, marketing and salesmanship programs, and image-building techniques.

American Legion College Student Application

Applications can be downloaded, completed, and submitted to your department leadership. Your department must endorse you before they submit any applications to national. Applications received from students will not be accepted and returned to you and your department adjutant. **Applications are due from your department by July 31st.** If you have questions, please submit them to ia@legion.org

American Legion College Website

For more information, contact Internal Affairs at (317) 630-1330.



2026-2027 SEATTLE SEAHAWKS TICKETS AVAILABLE

What better way to experience a Seahawks game than by being there and hearing the thunderous cry of the loudest football fans in the National Football League. 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 have not yet been announced.

Preseason Home Game

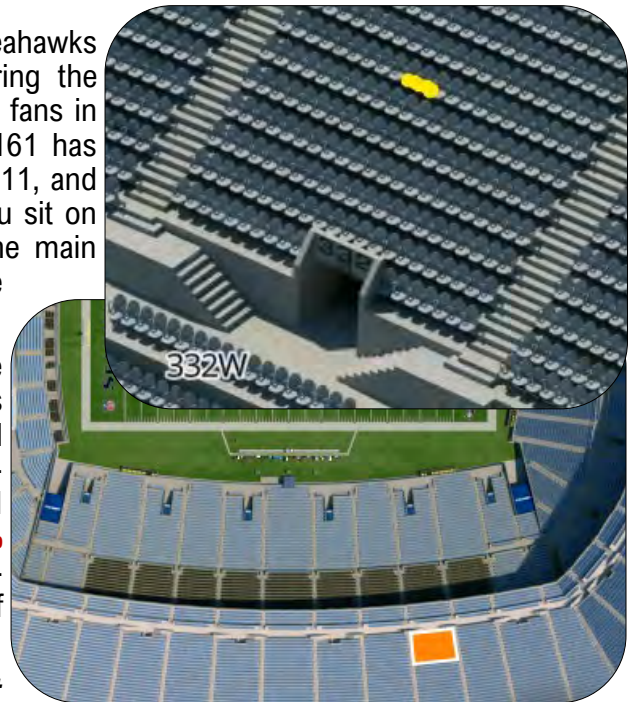
~~\$000.00~~ DAL Cowboys—Sat 15 Aug 5:00p

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

VETERAN RESOURCES: NATIONAL ARCHIVES

Check out the [National Archives](https://www.archives.gov) to obtain Military Records for yourself or a family member. You can request Service Records online, by Mail or by Fax.

The most import document is the DD Form 214 (Certificate of Release or Discharge from Active Duty). It is needed to access Veterans Administration (VA) benefits or show proof of service for membership into the VFW, The Legion, or their Auxiliaries.

Veterans discharged prior to 1950 would have separation papers issued by their branch of service served in.



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Veterans' Service Records

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Request Military Service Records



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- [Funeral Home Director Information Page](#)



Replace Lost Medals and Awards

Learn how to replace lost medals and awards

PRESIDENT WILSON SIGNS NATIONAL DEFENSE ACT 110 YEARS AGO

On 03 Jun 1916, President Woodrow Wilson signs into law the National Defense Act, which expanded the size and scope of the National Guard—the network of States’ militias that had been developing steadily since colonial times—and guaranteed its status as the nation’s permanent reserve force.

Though Theodore Roosevelt and other Republicans were pushing for US intervention in WW I, Wilson, elected in 1912, maintained a position of neutrality throughout the first several years of the war. In the first half of 1916, however, with forces from the regular US Army as well as the National Guard called out to face Mexican rebel leader Pancho Villa during his raids on states in the American Southwest, Wilson and Congress saw the need to reinforce the nation’s armed forces and increase US military preparedness. The National Defense Act, ratified by Congress in May 1916 and signed by Wilson on 03 Jun, brought the States’ militias more under federal control and gave the president authority, in case of war or national emergency, to mobilize the National Guard for the duration of the emergency.

The National Defense Act mandated that the term National Guard be used to refer to the combined network of states’ militias that became the primary reserve force for the US Army. The term had first been adopted by New York’s militia in the years before the Civil War in honor of the Marquis de Lafayette, a French hero of the American Revolution who commanded the



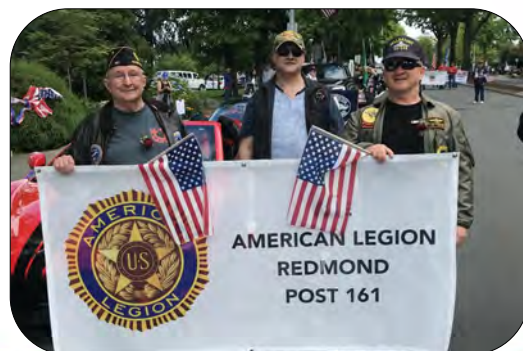
Garde Nationale during the early days of the French Revolution in 1789. The National Defense Act also set qualifications for National Guard officers, allowing them to attend Army schools; all National Guard units would now be organized according to the standards of regular Army units. For the first time, National Guardsmen would receive payment from the federal government not only for their annual training—which was increased from 5 to 15 days—but also for their drills, which were also increased, from 24 per year to 48. Finally, the National Defense Act formally established the Reserve Officer Training Corps (ROTC) to train and prepare high school and college students for Army service.

Also in June 1916, Wilson secured passage of the Naval Appropriations Act, which set out to create a US Navy equal to the most powerful in the world—Britain’s—by 1925. That November, Wilson was re-elected with the campaign slogan “*He kept us out of the war*”. His success was due less to his neutrality, however, than to his record on domestic policy, as US public opinion—as well as the president’s own—had begun to move closer in line with those who favored intervention. By the following spring, Wilson had moved his country to the brink of war after continued German attacks on American interests at sea. On 02 Apr 1917, he would go before Congress to ask for a declaration of war. Four days later, the US formally entered WW I.

VOLUNTEERS NEEDED IN KIRKLAND 4TH OF JULY PARADE

VFW 2995 and Legion 161 were invited to lead off Kirkland’s 4th of July Parade. We need as many members to help us fill in the ranks. There’ll be a social gathering and photo opportunities before the parade. Vehicles are available for those with mobility challenges or wish to ride.

Contact 2995 Commander Jim Beatty or 161 Commander Rafael Munoz-Cintrón by **20 Jun** to sign up or for details. Picnic & Entertainment at the Post following the parade.



CLUB HOURS:

Tue: 3:00p - 10:00p
 Wed: 3:00p - 10:00p
 Fri: 3:00p - 10:00p
 Sat: Special Events
 5:00p-9:30p, if open

Sun/Mon/Thu: Closed

JUNE 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: 3:00p - 8:00p
 Wed: 3:00p - 8:00p
 Fri: 3:00p - 7:00p
 Sat: Special Events
 5:30p-7:30p, if open

Sun/Mon/Thu: Closed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	CLOSED	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
			Crew 50: 7:00p			
7	8	9	10	11	12	13
CLOSED	CLOSED	KARAOKE KJ PHILMORE 7:00p-10:00p	DANCING LAUREN PETRIE 7:00p-9:15p	CLOSED	BINGO 6:00p-8:00p	JAZZ & DANCING MARJIE PETERSON 7:00p-9:30p
		House: 6:00p				
FLAG DAY	15	16	17	18	19	20
CLOSED 	CLOSED	KARAOKE KJ PHILMORE 7:00p-10:00p	DANCING MARK STERN 6:30p-9:30p	CLOSED	BINGO 6:00p-8:00p	CLOSED
		2995/Aux: 6:30p	161: 6:30p			
21	22	23	24	25	26	27
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	CMDR's BDAY BRETT VERNER 6:30-9:30p
28	29	30				
CLOSED	CLOSED	KARAOKE KJ PHILMORE 7:00p-10:00p				

Public Health
Seattle & King County

FOOD SAFETY RATING

This business has received a food safety rating of:



JUNE

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
3rd, 17th



Entertainment fees may apply. RSVP needed

Lauren Petrie
Dinner—5:00-8:00p
Music—7:00-9:15p
10th, 24th



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

6th

**DINNER & DANCING
MARK STERN**



Dancing: 6:30p-9:30p

13th

**JAZZ & DANCING
MARJIE PETERSON**



7:00p-9:00p

20th



27th

**COMMANDER'S BDAY
BRETT VERNER**



Music: 6:30-9:30p

JULY

Friday July 4th

Kirkland Parade

Veterans participants needed

Arrive by 9:30a

Food & drinks served at 11:00a

Parade begin at 12:00p

Walk or ride in a provided vehicle.



Friday July 4th

4th of July Picnic/Potluck

Volunteers needed to assist in food service

Event from 12:30p—4:00p

Lunch served at 1:00p

Live Music / Raffle



July 19th through Aug 7th

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.



MEMBERSHIP APPLICATIONS

Membership – VFW Redmond Post 2995	Membership Application (post161.org)
<p>Start by visiting our website by clicking on the link above. We'll respond to your request within 24 hours.</p> <p><u>For New Membership.</u></p> <p>Once we contact you, you'll need to email a copy of your DD214. The DD214 will be deleted after verifying your eligibility. We'll also need address, phone, and email information.</p> <p>After selecting your membership type (Life or annual), we can arrange to take an electronic payment (credit card), a check, or you can visit the Post, when open, to make your dues payment.</p> <p><u>Current members transferring into the Post</u></p> <p>If you are a current member, be sure to provide your VFW membership ID number when submitting your online application.</p> <p>Once we contact you, you'll need to email a copy of your DD214. The DD214 will be deleted after verifying your eligibility. We'll also need to verify your address, phone, and email information is current in the VFW's database and then we can transfer you in.</p> <p>Questions? Contact Quartermaster Fred Seaton at VFW2995.QM@gmail.com</p>	<p>Start by visiting our website by clicking on the link above. For members seeking transfers, please fill submit the 'Membership Renewal' form. We'll respond to your request within 24 hours.</p> <p><u>For New Membership.</u></p> <p>Once we contact you, you'll need to email a copy of your DD214. The DD214 will be deleted after verifying your eligibility.</p> <p>After selecting your membership type (Paid Up For Life or annual), you'll need to send in a check or visit the Post, when open, to make your dues payment.</p> <p><u>Current members transferring into the Post</u></p> <p>If you are a current member, be sure to provide your Legion membership ID number when submitting your online application.</p> <p>Once we contact you, you'll need to email a copy of your DD214. The DD214 will be deleted after verifying your eligibility. We'll also need to verify your address, phone, and email information is current in the Legion's database and then we can transfer you in.</p> <p>Questions? Contact Adjutant Fred Seaton at Adjutant@post161.org</p>



NO ONE DOES MORE FOR VETERANS.

Service Officer
Gabriel Leach
Jackson Federal Building
915 Second Ave Rm 1044
Seattle WA 98174
206-341-8284
vfw.vbasea@va.gov



Veterans Crisis Line
DIAL 988 then **PRESS 1**

King County 




Get Connected. Get Answers.

Crisis Connections · United Way




Service Officer
Sean Contreras
Jackson Federal Building
915 Second Ave Rm 1042
Seattle WA 98174
206-223-4504
aml.vbasea@va.gov



U.S. Department of Veterans Affairs

Access and manage your benefits:
Health Care, Disability, Education, Records
<https://www.va.gov>

WASHINGTON STATE
DEPARTMENT OF



VETERANS AFFAIRS

1102 Quince St SE
(Mail -PO Box 41150)
Olympia, WA 98504-1150
1-800-562-2308
<http://www.dva.wa.gov/>



Northgate Executive Center II
9725 3rd Ave NE Ste 300
Seattle, WA 98115
206-263-8387
[King County Veterans Program - King County, Washington](#)



WAServes offers Service members, Veterans and their families access to a class-leading continuum of providers such as housing and emergency service, employment, recreation and fitness, financial capabilities and more!
1-877-515-7848
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