

EDITOR CINDY NESS

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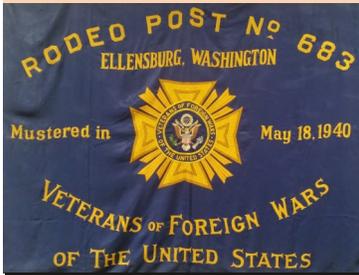
April 2023

PO BOX 568 - 106 MAIN STREET, KITTITAS, WA – 509-968-4004

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WEB SITE: www.vfw683.org

FACEBOOK: www.facebook.com/VfwPost683



Next Business Meeting Tuesday April 11th, 2023 @ 6:30 PM



Kristin Ashley **Commander**

Carl Vickers
Junior Vice Commander

John Camarata
Quartermaster

Norman Hansen
Chaplain

Charles Lavelle
Judge Advocate

Dr. Olav Opedal
Surgeon

Dr. Olav Opedal
1 Year Trustee

Norman Hansen
2 Year Trustee

Charles Lavelle
3 Year Trustee

Ron Ness **Adjutant**

Dr. Olav Opedal
Service Officer



March 20th was Post 683 Flag Retirement Day. Ron Ness, along with Kittitas Public Works staff Ryan Baker and Rick Hunter, helped to retire three years (20 large bags) of worn flags collected by VFW Post 683. City staff helped with supplying fire wood and transport of flags from post. Auxiliary President, Cindy Ness, helped by collecting six bags from the American Legion. Norman Hansen and Charles Lavelle helped with disposal of waste from the fire. Many thanks to all that made this yearly event successful with more than 20 manhours of volunteer service committed to this important service to our county.



Join Our E-mail List!



In an effort to cut postage and printing costs, please send your email address to:

vfwrodeopost@fairpoint.net

Commander	Kristin Ashley	760-957-5051
Quartermaster	John Camarata	509-968-3119
Chaplain	Norman Hansen	509-710-9959

Hello all:

Spring is officially here! I hope that you are well and were able to celebrate the National Vietnam War Veteran Day on March 29th or attend the Vietnam Welcome Home Ceremony on March 25th. Our Adjutant and District Commander Ronald Ness organized a flag retirement ceremony with the city of Kittitas and endured rainy and miserable conditions to respectfully dismantle and burn over 20 bags of flags collected by our post and the American Legion.

This month is very exciting; at our potluck on April 11th we will be presenting our Public Servant Award to Matt Dillinger from the Kittitas County Sheriff's Department. I sincerely hope that you can attend as Matt and his family will be there. It would be good for our members to turn out to support our local public servants. At the meeting following the festivities which begins at 6:30 pm we will be holding elections for officers and our delegates to the National Meeting.

Thank you to all who attended the Special Meeting on March 29th at noon so that I could draft the grant for Legends Casino. We are excited to support those in need in our community with a shower and laundry facilities. Kittitas County Veteran Coalition is hopeful to help us connect with veterans who can help with labor, and if you are interested please let us know. The more involvement that we have the better that our projects can be.

April 15th there will be a massive Stand Down and Resource Fair in Tacoma, Washington, and there will also be a Gold Star Family Softball game at CWU put on by the ROTC. Our annual fundraiser at Red Horse Diner will take place May 5-7 and we are in desperate need of volunteers to represent Rodeo Post 683 throughout the weekend. There will be live music, performances, good company, and the possibility of a silent auction for a motorcycle that has been donated to our post. If we are able to have a good turnout and raise a bunch of money we could support veterans, their families, and our community even more. Please let me know if you can make it and I will get you on the schedule for our tables. In April I will be going to Israel with my church and so I will be out of contact April 15-29, but please reach out before the 15th or after the 29th.

There are many amazing opportunities and new resources that I have connected with, we just need more people to participate and take the lead bringing resources into our community. Thank you to the few who show up regularly, you are working hard and I appreciate everything that you do.

I look forward to seeing you on the 11th at 5:30 pm for our potluck and the presentation of the awards to our guests followed by our 6:30 pm meeting.

Feel free to reach out via, email, text, or leave a message on my phone and I will return your call as soon as I possibly can.

Best Regards and Respectfully,
Kristin Ashley
Commander, Rodeo Post 683
(760)957-5051



James Everett Cummings, 95, was called home to be with his Lord and Savior, Jesus Christ, on Thursday, February 9, 2023, at Prestige Post-Acute and Rehab Center in Ellensburg, Washington. Jim was born on Veterans Day, November 11, 1927, in Everett, Washington.

Jim attended Ellensburg High School but, at age 16, left school to return to the westside and worked in the Seattle Shipyards. Then, on September 12, 1945, at the age of 17, Jim enlisted in the U.S. Marine Corps, at Seattle, WA. He reported to San Diego where he trained at Camp Delmar on the LVT, an amphibious vehicle, which was essential to the US forces during the second world war in the Pacific. Jim served in Hawaii, Guam, and Japan. Then in 1948, his orders took him back to California to serve as a Navy prison guard at Terminal Island Military Prison in San Pedro. Jim was discharged from the Marine Corp in 1949 and joined the US Marine Corps Reserve.

In 1950, Jim started attending college at Seattle Pacific College, however, he received orders again, calling him back to active duty in Korea. Jim served as a Buck Sergeant during the Korean War, both at Masaan and then at Inchon where he was sent down the Hon River on patrols. Jim's unit was also assigned to an Army artillery unit that was located northwest of Seoul, on the Imjin River.

Jim received numerous medals, ribbons, and accommodations, which included: the Marine Corps Good Conduct Medal, the Combat Action Ribbon, the Presidential Unit Citation, the National Defense Medal, the World War II Victory Medal, the Korean Service Medal, the Marine Security Guard Ribbon, the United Nations Service Medal, the Presidential ribbon from Korea, the Expert Rifleman Badge, and the Sharpshooter Pistol Badge.

He loved to participate in the Veterans Day Parades each year and many local folks always watched for him in the parade.

Memorial services were held March 11, 2023, at the Chestnut Street Baptist Church in Ellensburg, WA.

National Home News for Our Friends at VFW Post #683

Dear Quartermaster Camarata,

The "gray days of winter" are nearing the end here at the National Home, and we have kept ourselves pretty busy. From assisting in moving in families from Texas and Utah, to saying goodbye to a wonderful family who've purchased a house in Georgia, we kept the fires burning, and the community we call Home has been quite active. Our Valentine's Dance was a great success, and it was fun to watch the parents and children enjoy shaking off the winter blues to some dance favorites.

We are growing daily, both in filling homes, and filling hearts. Families are working hard to increase their skills in relationships, parenting, budgeting, and time management. The safety and security provided by our Home and its like-minded community makes it easy to feel like you belong. The transition from a military lifestyle to a veteran/civilian lifestyle is much smoother when you are supported by others who have made the journey or who are walking the path with you.

Spring is just around the corner. I can smell the fresh cut grass, and May flowers in bloom by just thinking of it. There is so much planned for this summer that I can't wait for it to get here. Thank you, Comrades and Patriots, for all you do to make this magical place a success. We are blessed and grateful for all we are able to do to support our Veterans and Families, and that's all because of you. Happy Spring!



Michael Wilson, SPHR
CSM, Army National Guard (ret)
Executive Director
VFW National Home



Washington House

The National Home's neighborhood is open to the families of actively serving military personnel, veterans, and relatives of VFW and VFW Auxiliary members. The family can be one or both parents with one or more children.

As of March 4th, 2023 we have homes available in our community so if you know a family that could use our services, please encourage them to call 800-313-4200 or [contact us through our website](#).



Senate Bill to Crack Down on Claim Sharks:

Sens. John Boozman (R-AR), Jon Tester (D-MT), Richard Blumenthal (D-CT), and Lindsey Graham (R-SC) have introduced the VFW-supported *Governing Unaccredited Representatives Defrauding VA Benefits Act*, known as the *GUARD VA Benefits Act*. Reintroduced in this Congress, the bipartisan legislation would reinstate criminal penalties for unaccredited claim representatives who charge unauthorized fees for helping veterans file claims for VA disability compensation benefits. These companies are incentivized to operate outside of the law due to the lack of penalties. Cracking down on Claim Sharks is one of the VFW's top legislative priorities for the 118th Congress.

VA Budget Released:

The president's budget request for fiscal year 2024 has been released and includes many increases for VA. Some notable inclusions are additional resources for health care, benefits, and national cemeteries. "The VFW is encouraged by the Administration's recently released budget as it seeks to provide the necessary resources for VA to provide earned essential care and benefits to millions of veterans across the country," said VFW Washington Office Executive Director Ryan Gallucci. "This includes commitments our nation has made to toxic-exposed veterans through the historic PACT Act. The VFW still has concerns about the under prioritization of certain elements within the budget such as infrastructure and the funding mechanism for toxic exposure care. But we look forward to working with our partners in Congress and the Administration to make sure these outliers are rectified to ensure the best possible outcomes for veterans."

Electronic Health Record Hearing:

The Senate Committee on Veterans' Affairs held an oversight hearing on the future path of VA's Electronic Health Record Modernization (EHRM) system. Chairman Jon Tester stated, "All options are on the table except one. I'm not going to abandon the effort to modernize VA's records." The EHRM has had various challenges since it was first rolled out in 2020 at the Mann-Grandstaff VA Medical Center in Spokane, Washington. The VFW is aware and is working with the Administration and Congress to implement this much-needed health record upgrade.

More Affordable Housing for Native American Veterans:

VA announced it has lowered the interest rate from 6% to 2.5% for the Native American Direct Loan (NADL) program, making housing more affordable for Native American veterans or veterans who are married to Native American non-veterans. Through the NADL program, direct loans are provided to help buy, build, or improve a home on trust land. By law, VA is authorized to provide direct loans only through the NADL program. However, VA is able to help all eligible veterans obtain housing through [VA-backed home loans](#). The 2.5% interest rate was in effect as of March 13 and will be available for no more than 24 months. Native American veterans who are interested in the [NADL program](#) can contact an NADL coordinator by emailing NADL@va.gov or calling 888.349.7541.



NO ONE DOES MORE FOR VETERANS.



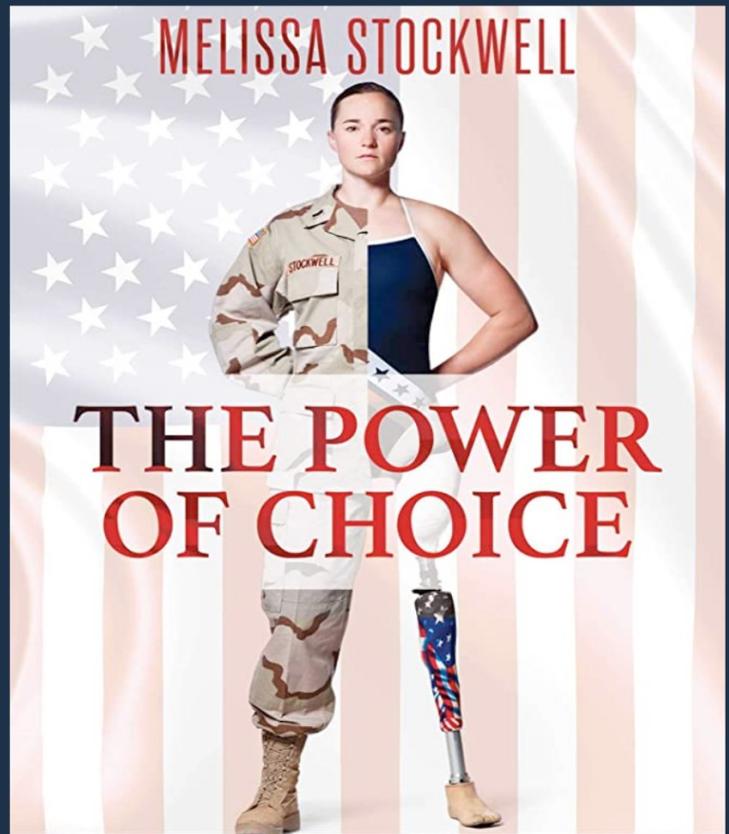
Confidential crisis chat at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net)
or text to **838255**

Hybrid
Event

2023 STUDENT VETERANS' BOOK DISCUSSION

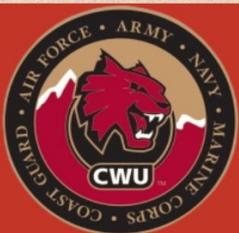


THE POWER OF CHOICE BY MELISSA STOCKWELL



Join us to discuss *The Power of Choice* by paralympic veteran Melissa Stockwell, a recent guest on the CWU campus.

WEDNESDAY, APRIL 5 | 12 – 1 P.M. | CHAPTERS 1-17
WEDNESDAY, APRIL 19 | 12 – 1 P.M. | CHAPTERS 18-EPILOGUE



In-person: Room 152, Brooks Library
Use QR code for registration.
Register for a free copy of the book & Zoom link.
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VETERANS RESOURCE FAIR

Veterans Resource Fair

Hosted by NineLine Veteran Services

APR 15, 2023

EVENT STARTS

9:00AM

APR 15 | Saturday

9:00 am - 3:00 pm

Event Info

The Veterans Resource Fair was conceived by veterans who realized the veteran community desperately needed a safe space to connect with other veterans and receive information and connection to services available specifically to the veteran community.

The Veteran Resource Fair is a community partnership between various veteran-owned agencies, nonprofits, and federal, state, and local county agencies whose aim is to provide an annual and reliable space where Pierce, King, Kitsap, and Thurston Counties Veterans and their families can obtain direct connections and information to many different types of veteran-specific programs and resources, to include:

- Veteran Administration (VA) Benefits
- Community Services
- Services for Unhoused Veterans / At Risk
- Medical Screenings and Dental Resources
- Community Reintegration Services
- Employment / Apprenticeship / Training and Vocational Opportunities
- Educational Benefits
- Female and Non-binary Veteran Resources
- Financial Education / Assistance
- Housing / Home Ownership Resources
- Disability Claims / Benefits
- Legal Services

This is a FREE event for ALL veterans, active duty, and their families.

Do you know anyone who has lost a loved one in the line of duty in the military? The CWU ROTC is honoring Gold Star families and the memory of their loved ones April 15th at their second annual Gold Star Softball game. Please share if you happen to know any Gold Star families. This beautiful opportunity is available for any Gold Star families that would like to participate. The family will be able to connect with other Gold Star families and see the name of their loved one on the jersey of one of the players. ❤️

Gold Star Softball Game

Date: April 15, 2023
Approximately @1100

Come join us in supporting our community and the families who have sacrificed so much



For more information or questions contact us:

 armyrotc@cwu.edu

VFW AUXILIARY OFFICERS

2022-2023

Cindy Ness, President

Amanda Jaquins, Senior Vice President

Diana Cyr, Junior Vice President

Cindy Ness, Secretary

Joy Silva, Treasurer

Linda Hopper, Conductress & Guard

Debbie Evans, Chaplain

Debbie Evans, 3-Year Trustee

Roberta Whaley, 2-Year Trustee

Linda Hopper, 1-Year Trustee

VFW Auxiliary News

Our monthly meeting day is normally the **SECOND** Tuesday of each month, with our **next meeting March 28th (our April meeting)**. The meeting starts at **6:30 p.m.**

We will be have our April meeting a little early on March 28th. We will be holding elections and discussing future projects for community service. Cindy Ness assisted with the Flag Retirement Project that was held March 20th at Palmiero Park in Kittitas. Joy Silva, Debbie Evans, Amanda Jaquins and Cindy Ness have been working on future tray favors for Prestige Rehab Center.

We have had a great time in brainstorming projects to do for our Community Service.

Again, I encourage those who wish to support our veterans to come to our Auxiliary meetings and would encourage you to become active members.

UNWAVERING SUPPORT



FOR UNCOMMON HEROES™

Cindy Ness, President



Since 1914, the VFW Auxiliary has united Americans from all walks of life with a common purpose: to improve the lives of veterans, service members and their families, and our communities.

Our programs are designed to bring needed services, information and assistance to these target groups. Take a tour through our programs and learn how you can [join us](#) and make a difference in the lives of veterans, service members and their families. Listed below are the programs that we have.

[Americanism](#)

[Auxiliary Outreach](#)

["Buddy"® Poppy & VFW National Home for Children](#)

[Extension & Revitalization](#)

[Historian & Media Relations](#)

[Hospital](#)

[Legislative](#)

[Membership](#)

[Mentoring for Leadership](#)

[Scholarships](#)

[Veterans & Family Support](#)

[Youth Activities](#)

❖ Did you know?

— In 1950 Doris Day was a "Buddy Poppy Girl."



April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 April Fool's Day
2 Palm Sunday	3	4	5 Lunch Noon to 2pm Passover Begins	6 Army Day	7 Good Friday	8
9 Easter	10	11 Post Potluck 5:30 pm Business Mtg 6:30 pm	12 Lunch Noon to 2pm	13	14	15
16	17	18	19 Post Dinner 6pm	20	21	22
23/30	24	25	26 Lunch Noon to 2pm	27	28 Holocaust Remembrance Day	29

I will be hosting a free gentle movement and breathing class at the Kittitas VFW in the evening of April 5th for any and all veterans interested. Please let me know if you are interested and contact me for more details. Thank you!!

Kristin Ashley (760) 957-5051

Future Events

Gentle movement and breathing class, April 5th
 Gold Star Softball Game, CWU, April 15th, 11:00AM
 Veterans Resource Fair, Tacoma Dome, April 15th 9:00 to 3:00
 District 7 Meeting April 15th, 2022 @ East Wenatchee Post 3617 1:00 p.m.
 102nd WA Department Convention, June 14-18, Spokane, WA.
 124th National Convention, Phoenix, AZ. July 22-27, 2023