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February 2023

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VOLUME MMXXIII ISSUE 2

WEB SITE: www.vfw683.org

FACEBOOK: www.facebook.com/VfwPost683

Next Business Meeting Tuesday February 14th, 2023 @ 6:30 PM

Winter Convention is about Student Essays and Teacher appreciation.



Kristin Ashley Commander

Carl Vickers
Junior Vice Commander

John Camarada
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



Kittitas County VFW Post 1373 recognized Emmy Nicholson as the 2nd Place 4th Grade Youth Essay state winner at Washington Mid-Winter Convention and Voice of Democracy District 7 winner, Kasey Paquette. Post 683 District 3rd Grade youth essay winner was Madelyn Adams



Commander, Kristin Ashley, was much involved at the Veterans of Foreign Wars Washington State Mid-Winter Convention. Kristin is the voice for the next generation of Veterans. She is committed to veterans helping veterans, mission ready and prepared to meet the challenges facing our veterans.



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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 Camarada	509-968-3119
Chaplain	Norman Hansen	509-710-9959

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Commander's Corner

Hello Comrades!

Happy February! I hope this email finds you well, and that you had an excellent January. Our next Post potluck and meeting will be at 5:30 pm on February 14th. All veterans and their families are welcome to attend our potluck. Attendees of our potluck are invited to stay as our honored guests for the post meeting afterward (1 hour in length at most).

There is a lot of fun and exciting news! We have new officers and members who are active in our community and we are looking for members who are excited to organize community events and participate in fun and engaging fundraisers! Please show up, let me know how you want to participate, and head home with some free locally grown beef!

Also, if you happen to know any Gold Star families (their service member passed while in service - it doesn't matter how) please let them know about the upcoming Gold Star Family Softball game. The flyer is in our newsletter. This is a healing experience where Gold Star families get to celebrate the memory of their loved ones with others who have experienced similar loss. Their loved one's name will be on one of the athlete's jerseys and the JROTC leader who is putting it on said that last year the event was very wonderful. Please have Gold Star Families email him as soon as possible to participate so that jerseys will be made on time.

If you would like to sign up for a Wednesday lunch or dinner, please let me know. You get to plan the menu and can be reimbursed \$50 for lunch and \$75 for dinner. I am excited to see your culinary skills and hear all of your excellent ideas.

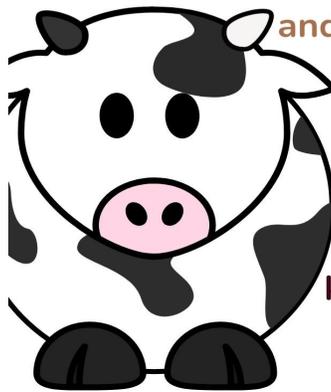
Have an absolutely wonderful African American History Month. I look forward to hearing about how you celebrate it!

Best Regards,
Kristin Ashley
Commander
Rodeo Post 683



Join Rodeo Post 683 for
Valentine's Day Beef Giveaway
It's gonna be sweet!!
Potluck and games!
Fun for all veterans and their families! All veterans are welcome!

Bring dates, families, and some food!
Go home with full bellies, good memories and ground beef!



February 14th
Arrive 5:30-6 pm
106 S Main St
Kittitas, WA 98926

Questions:
kristin.ashley26@gmail.com
(760)957-5051
See you there!

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

Surgeons Corner February 1, 2023



A veteran requested that the topic for the month of February be a list of mental health resources available for veterans in Washington State.

If you have mental health problems, know that you are not alone. The VA provided mental health care to 1.7 million veterans last year.

The **Washington State Department of Veterans Affairs (WDVA)** provide confidential counseling services to Washington State veterans and family members and provides a list of PTSD counselors. For a link to the list of counselors, see the references section. The eligibility requirements are as follows: “Veterans who have a discharge of General or Honorable and have served during a war era qualify for counseling. Those who have an Other Than Honorable Discharge because of a mental health related issue qualify. War-affected National Guard and reservists also qualify for services, and family members can also be seen through the program as long as the issue is military-related. **Note: King County Residents** - To be eligible for services or resources, you must be a veteran”

An important note regarding the War Trauma Counselors listed on the WDVA site is that they are a: “licensed mental health professional who has graduate level training in a counseling-related field and is licensed to practice in the state of Washington. Some of the providers are veterans or family members of veterans. All providers are military and veteran cultural competent” The services are provided at no cost.

To get an appointment call any of the WDVA counselors on the list and leave your contact information. You will need to bring your DD214 or NG Form 22.

VA Mental Health Services

The VA provides mental health services to those enrolled at the VA. Here is what the VA has to say about eligibility: “You must have been called to active duty by a federal order and completed the full period for which you were called or ordered to active duty. **If you had or have active-duty status for training purposes only**, you don't qualify for VA health care”. In addition, the COMPACT Act Eligibility, covers veterans in a suicide crisis. The VA may pay for the transport for rural veterans that fall under this act.

Your VA primary care provider can help you get an appointment with a VA mental health professional. If you are unsure about your needs, you can call [877-222-8387](tel:877-222-8387)

References:

WDVA state PTSD counselors: <https://www.dva.wa.gov/counseling/post-traumatic-stress-disorder-ptsd/find-ptsd-counselors>

VA mental health services: <https://www.va.gov/health-care/health-needs-conditions/mental-health/>

Dr. Opedal

January 30th, 2023



Help VA Stop Education Benefits Fraud: Scammers are taking advantage of new opportunities to commit fraud. There has been an increase in [VA education benefits fraud](#) by VA-approved schools that are billing veterans at a higher tuition rate than civilian students. Veterans and their family members need to be aware and should be cautious of anyone who advertises a lower tuition rate, offers exclusive benefits to civilian students, or bills 20 percent more than a non-VA approved school. To report suspected fraudulent activity, email vaighotline@va.gov or call 800.488.8244.

VA Closes Gap for Survivors of LGBTQ+ Veterans: VA will now allow certain survivors of LGBTQ+ veterans to apply for benefits, such as Survivors Pension or Dependency and Indemnity Compensation. Due to past bans on same-sex marriages and previous VA marriage requirements, many survivors of LGBTQ+ veterans were not eligible for benefits. Surviving spouses can now establish they had a “marriage-type” relationship by providing documents such as joint banking statements, joint purchase of a house, tax returns, insurance forms, lay statements, and more. These benefits are not retroactive, but those eligible who apply in the next year will receive benefits backdated to Oct. 11, 2022. Contact a [VFW Service Officer](#) for assistance filing for benefits.

VFW’s “Sport Clips Help A Hero Scholarship” Open Now: Applications are being accepted now through April 30 for the fall 2023 semester. Veterans leaving active military duty need to prepare for civilian careers that often require additional college, graduate, and technical degrees or training. To ease the financial burden of going back to school, Sport Clips and the VFW have teamed up for the past eight years to provide up to \$5,000 of assistance per semester, per family, for service members and veterans in the rank of E-5 and below.

MIA Update: The Defense POW/MIA Accounting Agency announced five burial updates and three new identifications for service members who have been missing and unaccounted-for from World War II and Korea. Returning home for burial with full military honors are:

-- **Navy Cmdr. Frederick R. Schrader, 31**, of Lawrenceville, Illinois, was the commander of Carrier Air Group Eleven on the USS Hornet. On Oct. 13, 1944, Schrader’s F6F-5 Hellcat fighter was shot down during an attack on Toko Seaplane Base on Formosa, now known as Taiwan.

-- **Army Cpl. Franklin H. Bennett, 20**, of Glendive, Montana, was assigned to the 54th Signal Maintenance Company, when Japanese forces invaded the Philippine Islands in December 1941. Intense fighting continued until the surrender of the Bataan peninsula in April 1942.

-- **Army Pfc. Ithiel E. Whatley, 19**, of Pensacola, Florida, was assigned to Company M, 3rd Battalion, 21st Infantry Regiment, 24th Infantry Division. On July 12, 1950, he was reported missing in action after his unit was engaged in a fighting withdrawal south of Chochi’won, South Korea, toward the Kum River.

-- **Army Sgt. Charles Garrigus, 24**, of Terra Haute, Indiana, was assigned to Headquarters and Headquarters Company, 1st Battalion, 32nd Infantry Regiment, 7th Infantry Division. He was reported missing in action on Dec. 1, 1950, during battle with enemy forces near the Chosin Reservoir, North Korea.

-- **Army Cpl. Alton Christie, 18**, of Jasper, Florida, was assigned to Company B, 1st Battalion, 21st Infantry Regiment, 24th Infantry Division. He was reported missing in action on July 5, 1950, after his unit had been engaged by the Korean People’s Army near Osan, South Korea.

-- **Army Air Forces 1st Lt. James A. Deeds, 23**, was assigned to the 345th Bombardment Squadron, 98th Bombardment Group, 9th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft Deeds was piloting crashed as a result of anti-aircraft fire during Operation Tidal Wave. His remains could not be identified following the war. Interment services are pending. [Read about Deeds.](#)

-- **Army Air Forces 1st Lt. George J. Reuter, 25**, was assigned to the 328th Bombardment Squadron, 93rd Bombardment Group, 8th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft on which Reuter was serving as the navigator crashed as a result of anti-aircraft fire during Operation Tidal Wave.

-- **Army Cpl. Daniel De Anda, 22**, was assigned to Company G, 2nd Battalion, 23rd Infantry Regiment, 2nd Infantry Division, 8th U.S. Army. He was reported missing in action on Nov. 30, 1950, after his unit’s withdrawal from Kunu-ri, North Korea, following the battle of Ch’ongch’on. Later findings indicated that De Anda had been a prisoner of war and died at POW Camp #5 in March 1951. Interment services are pending.

THE VFW CELEBRATES BLACK HISTORY MONTH



Black History Month

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

The story of [Black History](#) Month begins in 1915, half a century after the [Thirteenth Amendment](#) abolished [slavery](#) in the United States.

That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to re-searching and promoting achievements by Black Americans and other peoples of African descent.

Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of [Abraham Lincoln](#) and [Frederick Douglass](#). The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.

In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing "Negro History Week." By the late 1960s, thanks in part to the [civil rights movement](#) and a growing awareness of Black identity, "Negro History Week" had evolved into Black History Month on many college campuses. President [Gerald Ford](#) officially recognized Black History Month in 1976, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.” Today, Black History Month is a time to honor the contributions and legacy of African Americans across U.S. history and society—from activists and civil rights pioneers such as [Harriet Tubman](#), [Sojourner Truth](#), [Marcus Garvey](#), [Martin Luther King Jr.](#), [Malcolm X](#) and [Rosa Parks](#) to leaders in industry, politics, science, culture and more.

Black History Month 2023 Theme

Since 1976, every American president has designated February as Black History Month and endorsed a specific theme.

The Black History Month 2023 theme, “[Black Resistance](#),” explores how "African Americans have resisted historic and ongoing oppression, in all forms, especially the racial terrorism of lynching, racial pogroms and police killings," since the nation's earliest days.



Thank You!



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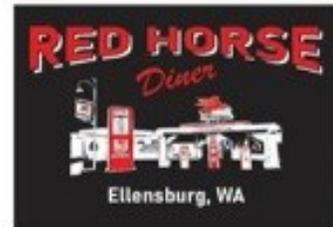


Dr. Olav Opedal
Psychologist & Data Scientist
olav@opedalconsulting.com

WDVA Veteran or Service-member Owned Business Certification
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City of Kittitas



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Without the generosity of our partners and donors we could not do the job we do.

WE THANK YOU FROM THE BOTTOM OF OUR HEARTS!

We are blessed to live in a community that respect and honor those that have served our country to keep us free.



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 the **SECOND** Tuesday of each month, with our next meeting January 13th. *The meeting starts at 6:30 p.m.*

For the January meeting, we did not have enough members present to meet our quorum. So, we turned our attention to brainstorming.

We are focusing on projects for community service, which include table favors for Prestige Rehab Center for the upcoming holidays. Joy Silva made 60 Valentine Hearts and presented them to Prestige Rehab Center, along with Kristie Magruder. Joy is in the process of making Shamrocks for Saint Patrick's Day in March. Joy and Cindy are working on crocheted crosses for Easter in April. Our Flag Retirement Project is still slated to be in early March.

February is a time to reflect on how we can inspire and project positivity to others, especially our veterans!

I encourage those who have a heart's desire to support our veterans to come to our Auxiliary meetings and would encourage you to become active members. We need your help to accomplish these goals.

Blessings and happy February every one!

Cindy Ness, President

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PATRIOTIC INSTRUCTOR CORNER

Women Serving in the Civil War

Harriet Tubman was born into slavery as Araminta Ross, on the Eastern Shore of Maryland, sometime in 1820 or 1821. She started an underground railroad providing aid to family, and eventually many others, who fled slavery.

After the start of the Civil War, she offered her services to the Union Army, and in early 1862, she went to South Carolina to provide badly needed nursing care for black soldiers and newly liberated slaves. Working with General David Hunter, Tubman also began spying and scouting missions behind Confederate lines. In June of 1863, she accompanied Colonel James Montgomery in an assault on several plantations along the Combahee River, rescuing more than 700 slaves. Her deed was celebrated in the press and she became even more famous.



With the end of the war, Tubman returned to Auburn, NY and married a Civil War veteran. Although her service in the Union Army was much publicized, she had great difficulty in getting a pension from the government, but was eventually awarded a nurse's pension in the 1880s. She did not stay idle in her later years, taking on the cause of women's suffrage with the same determination she had shown for abolition.

"I was the conductor of the Underground Railroad for eight years, and I can say what most conductors can't say — I never ran my train off the track and I never lost a passenger."

- Harriet Tubman



February 2023

Black History Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Lunch Noon to 2pm	2 Ground Hog Day	3	4
5	6	7	8 Lunch Noon to 2pm	9	10	11
12 Lincoln's Birthday	13	14 Post & Auxiliary Potluck 5:30 pm Business Mtg 6:30 pm Beef Give Away.	15 Post Dinner 6 PM	16	17	18
19	20 Presidents Day	21	22 Lunch Noon to 2pm George Washington's Birthday	23	24	25
26	27	28				

Future Events

District 7 Meeting February 18, 2022 @ East Wenatchee Post 3617 1:00 p.m.
 St. Valentine's Day February 14th.
 102nd WA Department Convention, June 14-18, 2023, Spokane, WA.
 124th National Convention, Phoenix, AZ. July 22-27, 2023