

EDITOR CINDY NESS

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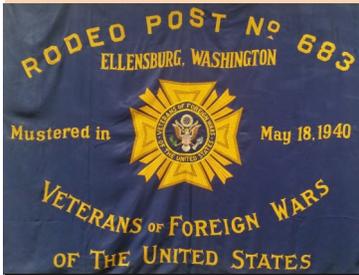
January 2023

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

VOLUME MMXXIII ISSUE 1

WEB SITE: www.vfw683.org

FACEBOOK: www.facebook.com/VfwPost683



Next Business Meeting Tuesday January 10th, 2023 @ 6:30 PM



Kristin Ashley Commander

Al Bragg Senior Vice 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



Our military training and experiences served us well in preparing and overcoming the extreme weather conditions for this year's fireworks sale. Some of us sacrificed obtaining a few bumps and bruises along the way. We will survive to serve another day. Many thanks to Mike, John, Carl, Charles, Norman, and Ron that helped to make another fund-raising event successful.



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Commander	Kristin Ashley	760-957-5051
Quartermaster	John Camarada	
Chaplain	Norman Hansen	509-710-9959

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*Commander’s Corner*

Season’s Greetings Post,

Thank you to everyone who showed up for our wonderful event on December 21st. 10 veterans and/or their families came to celebrate the holiday spirit, exchange gifts and were blessed with 10 lbs. of beef and a gift bag per family. Each gift bag included socks, a hat, toiletries and a \$30 gift card to Safeway. The gift bags were donated by Kittitas County Veteran Coalition.

We were able to distribute 100 pounds of beef thanks to Dr. Olpedal’s donation, and once we get the rest of his donation at the post, we will be able to hold a similar event in the future. It is always encouraging to work with other organizations which serve veterans.

Thank you Norm for a tasty meatloaf dinner, and Dr. Macki for donating a beautiful apple crisp. After the lovely meal and socializing attendees were able to exchange white elephant gifts and play board games.

I look forward to more events in the future. Please let me know if you would like to be involved.

As we head into the new year, we have our annual firework sale December 29-31. If you can help, please reach out to Ron and/or Carl and they can coordinate with you.

I hope to see you all at our next post meeting and potluck January 10th beginning at 5:30 pm.

Until then, I hope you had a very merry Christmas, the happiest of holiday seasons and have a very Happy New Year! See you in 2023!!!



Guests enjoyed fellowship, a wonderful meal and gifts at the dinner on December 21st. A great time was had by all!

**THE KITTITAS COUNTY VETERANS’ COALITION**

Is located at 507 N. Nanum St. #117  
Ellensburg, WA 98926  
(509)933—2932

[kcvcoalition@outlook.com](mailto:kcvcoalition@outlook.com)

The KCVV can assist veterans with:

- Relief Benefits
- Death Benefits
- DD-214 Retrieval
- Transportation Assistance
- Mental Health Counseling

## Surgeons Corner January 23, 2022

I am writing the last post for the year as we are entering Christmas and New Year. For many, the holidays are a time to reflect on blessings, enjoy time with family, and take a well-earned time off. For others, the holidays may be the most difficult time of the year. That is true for many veterans. The VA recognizes this fact and provides guidance on how to maneuver the difficulties.

Veterans may experience mental health concerns such as depression and anxiety, as the holidays can be a time of loneliness and sadness. Veterans can experience difficulties adjusting to civilian life as they transition from service to civilian life.

Stress may increase the symptoms of posttraumatic stress disorder. APA (2006) notes that stress, and the accompanying unhealthy behaviors such as alcohol use and overeating, contribute to some of our US's biggest health problems. Unhealthy stress is linked to health issues such as obesity, heart disease and diabetes. These health issues can be prevented or reduced when you take steps to address holiday stress in healthier ways such as exercising and mindfulness.

The holidays can also highlight certain dates or anniversaries and create feelings of guilt. Ignoring your mental health can lead to depression and anxiety. It is very important that you know how to recognize depression and anxiety.

Symptoms of depression:

- Fatigue
- Irritability
- Difficulty sleeping
- Headaches
- Excessive drinking
- Overeating

Symptoms of anxiety:

- Feeling restless, wound up, or on edge
- Being easily fatigued
- Having difficulty concentrating
- Being irritable
- Having headaches, muscle aches, stomachaches or unexplained pains
- Difficulty controlling feelings of worry
- Difficulty falling or staying asleep

There are however ways to focus on your mental health and keep your stress levels in check over the next few weeks. Do not ignore the symptoms, or worse suppress them. Suppressing your emotions usually lead to poor outcomes such as cardiovascular problems, cognitive problems, and relationship problems. A better way is to use techniques such as focused breathing, progressive muscle relaxation, exercise, yoga, dance, and meditation. Calling a friend is always a good thing to do when you are having problems. If you are feeling overwhelmed, seek help from a mental health professional. If you are in distress **please call 988**.

I sincerely hope that you and your loved ones will have a wonderful Christmas and a happy new year. (Continue on Page 4)

References:

<https://www.apa.org/news/press/releases/2006/12/holiday-stress>

<https://news.va.gov/113447/helping-veterans-manage-holiday-stress/>

If you are in distress, call or text 988

<http://veteranscrisisline.net>

Mindfulness app

<https://mobile.va.gov/app/mindfulness-coach>

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WDVA Veteran or Service-member Owned Business Certification Number: OPC628rt



**December 19, 2022**

*Last Chance for Congress to Support Veterans this Year:*

The Senate must pass this critically needed legislation before the end of the 117<sup>th</sup> Congress. Contact your senators today and tell them to pass H.R. 1361, Advancing Uniform Transportation Opportunities for Veterans Act, known as the AUTO for Veterans Act; H.R. 1836, Guard and Reserve GI Bill Parity Act of 2021; H.R. 6411, Support The Resiliency of Our Nation's Great Veterans Act of 2022, known as the STRONG Veterans Act of 2022; and S. 2513, Brian Neuman Department of Veterans Affairs Clothing Allowance Improvement Act of 2021. The VFW urges the Senate to finish the job on veterans legislation this year. Our veterans cannot afford to wait any longer for these benefits. TAKE ACTION!

*Expedited Processing of PACT Act Claims for Veterans with Terminal Illnesses:*

VA announced it began processing PACT Act benefits claims for eligible terminally ill veterans as of Dec. 12. While PACT Act claims for all other veterans will begin on Jan. 1, 2023, VA was able to expedite processing for terminally ill veterans to ensure these veterans receive their earned benefits on the earliest possible date. "These Veterans have stepped up to serve our country in the times when we needed them most — and now it's our job to step up for them," said VA Secretary Denis McDonough. "It's the right thing to do to get these heroes the world-class health care and benefits they've earned as soon as possible, and that's exactly what we're going to do."

### *End of "Widow's Tax" Survivor Benefit Offset:*

Beginning on Feb. 1, 2023, surviving spouses enrolled in the Survivor Benefit Plan (SBP) program will receive their full payment from DOD and their full Dependency and Indemnity Compensation (DIC) payment from VA. This will be the first SBP annuity payday after the SBP-DIC Offset is fully eliminated, which takes effect on Jan. 1, 2023. This offset was eliminated as part of VFW-supported legislation that was incorporated into the National Defense Authorization Act (NDAA) for Fiscal Year 2020. In addition, the 2020 NDAA eliminated the SBP Optional Annuity for Dependent Children as of Jan. 1, 2023, with final payments being sent to the child on Jan. 3, 2023. After this date, SBP payments will revert to the surviving spouse, unless the surviving spouse is not eligible to receive payments.

### *VA Health Care Open Enrollment:*

As part of the PACT Act, VA has expanded health care eligibility for certain veterans who were discharged after Sept. 11, 2001, and before Oct. 1, 2013. A one-year open enrollment period began on Oct. 1, 2022, for this group of veterans depending on their dates and locations of service, regardless of disability claim status. Once the open enrollment period has closed, veterans from this group will be eligible for VA healthcare as part of a phase-in process depending on discharge date.

### *Defeating the Holiday Blues:*

For many veterans, the holiday season intensifies feelings of stress, depression, anxiety, and loneliness. Creating a community and building connections are ways to combat the holiday blues and provide a sense of purpose. For those unable to meet in person with family and friends, you can schedule video calls, online game nights, or virtual dinners, workouts, and watch parties. You can also volunteer with local VFW Posts and veteran support organizations in your area.

### **MIA Update:**

Returning home for burial with full military honors are:

-- Army Air Forces Staff Sgt. Michael Uhrin, 21, of Metuchen, New Jersey, was assigned to 369<sup>th</sup> Bombardment Squadron, 306th Bombardment Group, 40th Combat Wing, 8th Air Force. On Oct. 14, 1943, the B-17F Flying Fortress bomber on which Uhrin was serving as a radio operator was shot down by enemy fighters. The surviving crew reported he was killed before the plane crashed.

-- Army Pfc. James L. Miller, 21, was assigned to Company K, 3rd Battalion, 24th Infantry Regiment, 25th Infantry Division. He was reported killed in action on July 30, 1950, when his unit took part in the unsuccessful defense against North Korean forces near the town of Sangju, South Korea.

-- Army Pfc. William L. Simon, 20, was assigned to Company G, 2nd Battalion, 109th Infantry Regiment, 28th Infantry Division. He was reported killed in action on Nov. 5, 1944, when his unit was engaged in battle with German forces near Hürtgen, Germany.

# Thank You!



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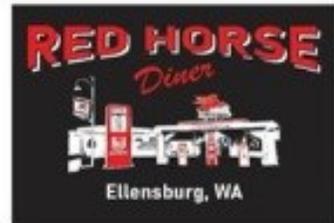


Dr. Olav Opedal  
Psychologist & Data Scientist  
[olav@opedalconsulting.com](mailto:olav@opedalconsulting.com)

WDVA Veteran or Service-member Owned Business Certification  
Number: OPC628rt  
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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.*

At our December meeting we voted to have our meeting time changed to coincide with the Post, so the date and time of our next meeting will be the second Tuesday, January 10th at 6:30. Potluck will commence at 5:30 p.m.

We have had many wonderful projects this fall/winter. Our community service projects included table favors for Prestige Rehab Center for Christmas. Joy Silva made 60 Christmas stockings. Cindy Ness made 70 Christmas ornament gnomes for the staff. Joy and Cindy delivered them on December 14<sup>th</sup>. Joy is working on stockings for Christmas table favors. Our Flag Retirement Project will be in early March. Cindy has been in contact with Mayor Rick Hink and we will hold the retirement ceremony at Palmiero Park in Kittitas, pending approval.

With New Year fast approaching, I pray everyone has a blessed and prosperous new year in 2023!

*Cindy Ness, President*

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## PATRIOTIC INSTRUCTOR CORNER

## Women Serving in WW-II

### Impact of Rosie the Riveter

The call for women to join the workforce during World War II was meant to be temporary and women were expected to leave their jobs after the war ended and men came home.

The women who did stay in the workforce continued to be paid less than their male peers and were usually demoted. But after their selfless efforts during World War II, men could no longer claim superiority over women. Women had enjoyed and even thrived on a taste of financial and personal freedom—and many wanted more. The impact of World War II on women changed the workplace forever, and women's roles continued to expand in the postwar era. For African American women, becoming a Rosie was not only an opportunity

to aid in the war effort, but also a chance for economic empowerment. Already on the move as part of the Great Migration, they sought to leave behind dead-end, often demeaning work as domestics and sharecroppers.



# January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year Day	2	3	4 Lunch Noon to 2pm	5	6	7
8	9	10 Post & Auxiliary Potluck 5:30 pm Business Mtg 6:30 pm	11 Lunch Noon to 2pm	12	13	14
15	16 Martin Luther King, Jr. Day	17 Persian Gulf War Began(1991)	18 Post Dinner 6 pm Beef Give Away	19	20	21
22	23	24	25 Lunch Noon to 2pm	26	27 Signing of Vietnam Peace Accord (1973)	28
29	30	31 Panama Campaign Ended (1990)				

## Future Events

Mid-Winter Conference January 19-21, 2023 @ Yakima  
 District 7 meeting February 18, 2022 @ East Wenatchee Post 3617 1:00 p.m.  
 102nd WA Department Convention, June 14-18, 2023, Spokane, WA.