



# The West Seattle Talon Tribune

APRIL 2020

## Welcome

### April

Hello West Seattle Eagles Aerie #2643 members and friends. The last month has been a bit crazy. I've been trying to get as much information as possible for you all to let you know what is going on in the club and community.

With the governor extending the stay at home into the beginning of May there won't be much going on at the club. We do have our free to-go "shift meals" each evening, check Facebook for details.

When we all do get to go back to the club there will be some nice improvements in the building. The social room is getting a fresh coat of paint, upgraded WIFI throughout the club and the upstairs game / entertainment room will be ready for use.

There were several events in the works that we'll be looking to reschedule ASAP. The membership drive with live music and dancing and a couple live music fundraiser nights are on the top of my list once things get back to normal.

I hope everyone has a safe and wonderful month. This is the perfect time to get some of those projects around the house completed. So let's be happy for what we have and we will see you soon.

If you have any suggestions or feedback you can email me at [newsletter@westseattleeagles.org](mailto:newsletter@westseattleeagles.org). Please follow our Facebook page. I post all the upcoming events at the club and it will have the most current information.

### Aerie #2643 Info

**Address:**

4426 California Ave SW  
Seattle, WA 98116

**Phone:**

(206) 938-4426

### Social Room Info

**Social Room Hours:**

Sunday:	2 PM - 10 PM
Monday:	2 PM - 12 AM
Tuesday:	2 PM - 12 AM
Wednesday:	2 PM - 12 AM
Thursday:	2 PM - 12 AM
Friday:	2 PM - 12 AM
Saturday:	12 PM - 12am

**Happy Hour:**

Sun - Thurs 4 PM to 6 PM



# A Message from our Worthy President

APRIL 2020

Aerie Brothers and Auxiliary Sisters,

Last month started out strong. We had a very nice visitation from our State Worthy and Madam Presidents. I'm looking forward to having fundraisers for both of their charities. Steak night went really well, I don't remember the final number, but we went through a lot of steak. Karaoke was a blast. Randal filled in for Rhonda, she was having bronchitis issues, and everyone had a great time. There were some phenomenal singers, I'm going to have to up my game. For St. Patrick's Day John Michael did a very nice job with his corned beef and cabbage dinner Saturday night and the Reubens on Monday were delicious.

The shutdown of bars and restaurants started technically on Tuesday March 17<sup>th</sup> St. Patrick's Day. Most places, including us, chose to start the shutdown on Monday the 16<sup>th</sup>. Kitchens can provide food to go. Gabby, John and some of our other members have been providing "shift meals". Basically, free meals for people who need them tips and donations accepted. Thank you for helping out our community in this time. The meal of the day is posted on Facebook. I don't have a schedule so there is no calendar for this month.

The West Seattle Blog is maintaining a list of restaurants in the area that are providing food to go. Most places are only accepting credit cards as they don't want to transfer the virus via cash. I'd also recommend bringing your own pen to sign the bill.

With the extension of the stay at home order into at least the beginning of May everyone is looking for information on dues, elections, etc. I'll do my best to keep everyone informed. I've attached some information I've received from the Grand. Also of note is that Eagle Valley has delayed opening day. For now, the State (Yakima June 18-20) and Grand (Spokane July 18-23) Conventions are still scheduled to be open but we'll have to wait and see.

When this is all over, I look forward to seeing every one of you in the club. Stay safe, wash your hands, and take care of each other.

Submitted in Liberty, Truth, Justice, and Equality:

*Marcus N. Higbee*  
Worthy President



# A Message from our Madam President

APRIL 2020

Sisters and Brothers,

There have been so many changes everywhere this past month due to the Coronavirus Pandemic. This has been a sad and challenging time for all of us. We have had to suspend all in-house activities at our local West Seattle Eagles #2643.

Our kitchen has been providing evening meals to those in need, as well as those who can afford to donate. What a great example of "People Helping People". There was a wonderful story on King 5 News about our outreach meals. I want to send a "shout out" and heartfelt thank you to Gabby and Debbie and the other volunteers for their tireless working in our kitchen to make this happen. This is what makes our club special and what we stand for.

I understand that the trustees, staff and volunteers have been working in our club to update and improve our social room, as well as other areas. Thank you so much to all who have been involved with this.

As we continue through this year, let's keep sharing our purpose to our friends and family. If they would like to join us in our efforts to raise funds for our charitable organizations, please encourage them to do so. We always need volunteers to help us achieve our goals of raising funds.

Again, please remember that we are a "family" of individuals from diverse backgrounds and different personalities working for the good of our club, ***People Helping People***. Remember our motto: "If I cannot speak well of an Eagle, I will not speak ill of him/her". If you have a concern/issue with a fellow member, talk with them about it and hopefully you can come to an understanding. We all mean well, but sometimes it may not come across that way. We are all here for the betterment of Eagledom.

Stay healthy, stay safe! I look forward to seeing you in the Social Room and/or Banquet Hall for meetings and events whenever this pandemic is over.

Yours in Sisterhood,

*Diane Bals*  
Madam President



# A message from our Aerie Board of Trustees

APRIL 2020

Wow! Things are getting real in these historic times. If you would have told me a month ago that St. Patrick's Day was going to be the grand finale, on a fun packed March, I would not have believed you.

As you all know we are closed until till Washington State lifts the restriction on bars and restaurants. We are taking advantage of this time of 'social distancing' by getting some much needed projects done around the club. We are continuing to pay our bar staff for as long as we are able. We are people helping people and most importantly, our people.

Being closed has not stopped the club from helping the community. We are moving forward getting ready for that day, when we can put this COVID19 in the rear view. PWP/Trustee John Ledeman, John Nowak, and other volunteer members are working hard painting the social room and working on projects around the club.

Master Chef Gabby and other members have been providing to-go "shift meals" daily to help those who have been affected by the COVID19 crisis. These meals are free, but we are accepting donations from those who are able. This will allow us to continue making as many meals as possible for our West Seattle Community. Typically, we start serving meals at 5:30pm. Look for daily updates on our social media websites or call the club at 206-938-4426.

These extraordinary times are difficult on many different levels. I hope everyone is getting a chance to spend quality time with family and loved ones. Take the opportunity to reset from the craziness of normal everyday life.

I look forward to the day, hopefully soon, that we can all having a drink in the social room again.

Stay Healthy & Stay Safe!

Samuel D. Schuetz  
Trustee 2643

# A message from PWP John Ledeman

APRIL 2020

Brothers and Sisters, as I am sure you are all aware the West Seattle Eagles has been closed its doors for the foreseeable future due to the COVID-19 pandemic. As such, the newsletter for the month of April 2020 is limited to this letter. There will be no communal events, meetings (we are researching call-in and video options for meetings), or social activities at our club. However, a small group has dedicated their time to host a community kitchen and offer free meals daily from our kitchen. Especially in these times, we are grateful to have a few of our healthy members to truly demonstrate what People Helping People looks like. We are abiding by all state and federal mandates to maintain social distancing and food handling procedures. These meals are for to-go only or delivery for people who should not be leaving their homes. For information on the meal of the night (as dinners change depending on what we have on hand to use, please feel free to call the club at 206.938.4426 or John Ledeman at 206.793.0922

We have also taken this opportunity to update and beautify the club by painting the social room, removing unnecessary exposed cables and wires, and organizing office and storage spaces. We are all hoping to reopen soon so all of you may see the freshly painted and clean space. We will continue to use this time to update and clean our club for as long as we can.

Moving forward, the West Seattle Eagles will be implementing new cleaning standards upon reopening, including the use of an ozone sanitizer which produces an aerosol, non-chemical sanitizer that completely sanitizes all surfaces. It is our goal to utilize this method daily moving forward in order to offer a sanitized environment for our membership to socialize.

For those members home alone, going stir-crazy, or unable to leave their homes to go shopping due to compromised immune systems, age, etc. I encourage you to reach out for assistance from our membership. Even a conversation over the phone for a few minutes can give some level of social normalcy to those truly confined at home. To those of you who do not know who they can reach out to, feel free to call me, even if you do not know me. I will talk with you; I will shop for you or reach out to other members for help in doing so. We are brothers and sisters together and now, more than ever, is now the time to look out for one another.

Stay safe, wash your hands with soap and warm water, or hand sanitizer when hand washing is unavailable, and maintain a safe distance when around other people. I look forward to our reopening and seeing you healthy and out and about in (hopefully) the near future.

A handwritten signature in black ink, appearing to read 'John Ledeman', with a stylized, flowing script.

John Ledeman,

Past Worthy President, Chairman of the Board of Trustees, District Five Deputy.

(206) 793-0922

Brothers & Sisters,

The last few weeks have been unlike any we have seen before due to the coronavirus crisis and as we continue to abide by the orders of our respective States and Provinces, we know that many of you have important questions about operations moving forward.

One of the primary concerns is in regard to local Aerie and Auxiliary Elections. Per the Grand Aerie Constitution & Statutes, Nominations are to be held annually at the last meeting in April. Obviously, this will not be possible for the majority of our Aeries and Auxiliaries this year.

Those that are still able to meet must proceed as outlined in the Constitution & Statutes. Those that cannot meet, by order of the Grand Worthy President, should proceed in the following manner:

- First meeting after re-opening: Nomination of Officers
- Second meeting after re-opening: Election of Officers
- At least 5 days after Elections: Installation of Officers

In the event a local Aerie or Auxiliary would like to expedite this process, they may do so only by following the Constitutional requirements regarding holding a Special Meeting, found in Section 72.2.

The format and voting time for your elections must follow what is outlined in your local Aerie or Auxiliary by-laws. All current officers will remain in their respective offices until your successor is duly elected and installed.

We've also received many questions and concerns regarding upcoming dues. The Grand Aerie has made the decision to cover the cost of the first dues reminder that is being sent out to all members who still have yet to renew. Local Aeries and Auxiliaries will NOT be charged anything for the first reminders.

At this point, the Grand Aerie remains committed to the May 31 dues deadline, with a 30 day grace period extending until June 30, and we will continue to monitor the situation in the coming weeks as things progress.

Lastly, we've heard from many people about the various small business loans being offered on the state and federal level in the wake of this crisis. We want to remind everyone to follow the word of the Constitution and Statutes regarding obtaining any financial assistance as an Aerie or Auxiliary, which means you would need the approval of your membership.

We know nothing about this delicate time is easy. Several of our fellow brothers and sisters have fought and continue to fight the coronavirus. Many more continue to serve on the frontlines as doctors, nurses, first responders, etc., to protect and heal those fighting the virus.

To all, we hope you and your families remain safe throughout this time and we can't wait to see you all on the other side of this, stronger than we've ever been.

Fraternally,

The Fraternal Order of Eagles Board of Grand Trustees



## State and Grand Schedule:

### 2020 Schedule:

Jun 18-20      **Washington State Convention**  
Yakima Convention Center  
Yakima, WA  
more info available at  
[www.waeagles.org](http://www.waeagles.org)

Jul 18-23      **2020 International Convention**  
Spokane, WA  
[www.foe.com/News/Convention](http://www.foe.com/News/Convention)

Both events are currently still on schedule. Check back next month for more information.

## District 5 Meeting Schedule:

### 2020 Schedule:

May 16<sup>th</sup>      Salmon Bay (Installation / Memorial)

Locations and dates can change, check back closer to each date.

Meetings starts at 11am.

Next months newsletter will have more information

## People Helping People

Do you have some free time and would like to have a more active involvement in our club and community? Come and talk to an officer and see what you can do to be a part of our raising money for charity and benefiting our community.

There are lots of opportunities to participate without spending a ton of time. Anything from doing dishes for a dinner or checking IDs during street fair or another event helps the club greatly.

If you want to take an even more active role in the club talk to us about what is involved in becoming an officer. A couple hours a month is a worthy investment in helping to direct our path moving forward.

### 2019-2020 Aerie Officers

Jr. Past President **John Ledeman**  
Worthy President **Marcus Higbee**  
Worthy Vice President **Russ Martiens PWP**  
Worthy Chaplain **Patrick Wirth**  
Worthy Secretary **Justice Moon**  
Worthy Treasurer  
Worthy Conductor **Mario Gonzalez**  
Worthy Inside Guard **Garrett Benofsky**  
Trustee **John Ledeman**  
Trustee **Cam Orgaard**  
Trustee **Dennis Snell**  
Trustee **Sam Schuetz**  
Trustee **David Wolff**  
Aerie Father **Harry Arthur**

### 2019-2020 Auxiliary Officers

Jr. Past President **Linda Fittro PMP**  
Madam President **Diane Bals PMP**  
Madam Vice President **Gisela Grieb**  
Madam Chaplain **Barbara Ball**  
Madam Secretary **Holly Gregg**  
Madam Treasurer **Shirley Stubben**  
Madam Conductor **Ricki Jo Brown**  
Madam Inside Guard **Amy Ojendyk**  
Trustee **Yvonne Davalos**  
Trustee **Debbie McGee**  
Trustee **Debra Van Ryn PMP**  
Auxiliary Mother **Shirley Stubben**



## Our Mission Statement

The Fraternal Order of Eagles is an international non-profit organization uniting fraternally in the spirit of liberty, truth, justice, and equality, to make human life more desirable by lessening its ills and promoting peace, prosperity, gladness and hope.

*If I cannot speak well of an Eagle,  
I will not speak ill of him.*

## Did You Know?

There are lots of benefits for being an Eagle. Go to [www.foe.com](http://www.foe.com) and sign into the membership area to see all the things you can get discounts on with your Eagles membership.

## Thank You!

March 5<sup>th</sup>, 2020

Our **State Worthy President Jim Holmes** and **State Madam President JoAnn Schultz** visitation was very nice and informative.

Thank you for spending an evening at our club. When we are back up and running, we'll be doing fundraisers for both of their charities.



## Eagle Valley Campground

This privately owned, non-profit campground is owned and operated by the Washington State Fraternal Order of Eagles. It is operated as a member benefit for Eagles and as a service to the general public.

Eagle Valley Campground has been serving the Cle Elum, WA community with family friendly, inexpensive camping for over 40 years. We have over 40 acres of both forested and open grass campsites. Each site has water and 30 Amp electrical service. There is a convenient RV dumpsite on premises.

[www.eaglevalleycamp.com](http://www.eaglevalleycamp.com)



# SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

## FACT 1

**Diseases can make anyone sick regardless of their race or ethnicity.**

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

## FACT 2

**For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.**

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

## FACT 3

**Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.**

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

## FACT 4

**There are simple things you can do to help keep yourself and others healthy.**

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

## FACT 5

**You can help stop COVID-19 by knowing the signs and symptoms:**

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



# What you need to know about coronavirus disease 2019 (COVID-19)

## What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

## Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

## How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

## Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



[cdc.gov/COVID19](https://cdc.gov/COVID19)

# 10 ways to manage respiratory symptoms at home

**If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:**

- 1. Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



- 3. Get rest and stay hydrated.**



- 4.** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



- 5.** For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



- 6. Cover your cough and sneezes.**



- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



- 8.** As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



For more information: [www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)

# What You Can do if You are at Higher Risk of Severe Illness from COVID-19

## Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
  - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

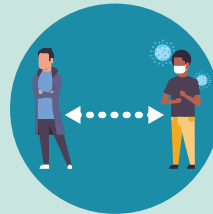
## Here's What You Can do to Help Protect Yourself



**Stay home** if possible.



**Wash your hands** often.



**Avoid close contact** (6 feet, which is about two arm lengths) with people who are sick.



**Clean and disinfect** frequently touched surfaces.



**Avoid all cruise travel** and non-essential air travel.

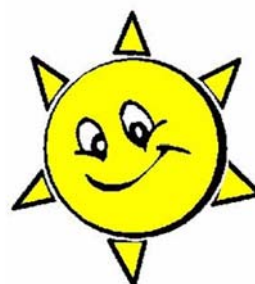
Call your healthcare professional if you are sick.

For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](https://www.cdc.gov/coronavirus/2019-ncov/protect-yourself.html).



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## Sunshine Report



Cards were sent to:

**Debbie McGee** - Get Well

**Gwen Lyon** - Thinking of You

**Bob Wenger** - Get Well

**Obie & Mary Lou Wilkerson** - Get Well

*Shirley Stubben*  
*Sunshine Chairman*

## 'B' Kind and Shop


Want to raise funds for our Auxiliary just by shopping? Just give the Club phone number (206) 938-4426 when you shop at Bartell's and up to 4% of your total bill will be allocated to our Auxiliary!



Simple as that!



### Tim Tilbury

 206.854.1910

 1100 Dexter Ave N #275  
Seattle WA 98109

 4452 California Ave SW  
Seattle, WA, 98116



**VELOCITY**  
**REAL ESTATE INC.**  
velocity-realestate.com

Each Office is Independently Owned and Operated

**KW SEATTLE**  



FOE WEST SEATTLE AERIE #2643  
4426 California Ave SW  
Seattle, WA 98116-4109

Follow us on Facebook at  
<https://www.facebook.com/westseattle.eagles>

The West Seattle Talon Tribune is published monthly. Some articles may have been edited. Materials within can be reproduced without permission. Please credit the source identified or FOE 2643 when applicable.

The newsletter is one of the best recruiting tools you have. Pass a copy to a friend, then ask them to enjoy one of our great events.



### Have an idea for the Newsletter?

Please direct all questions or suggestions regarding the publication to: [newsletter@westseattleeagles.org](mailto:newsletter@westseattleeagles.org) or place your suggestions in the newsletter box in the lounge.

### Newsletter deadline is the 15th

CLUB HOURS	CLUB INFORMATION
Sunday 2 PM - 10PM	WEST SEATTLE EAGLES AERIE #2643
Monday 2 PM - 12AM	
Tuesday 2 PM - 12AM	4426 California Ave SW Seattle, WA 98116-4109
Wednesday 2 PM - 12AM	
Thursday 2 PM - 12AM	(206) 938-4426
Friday 2 PM - 12AM	
Saturday 12PM- 12AM	
Happy Hour: Sun – Thurs 4 PM to 6 PM	May open early for televised sports or special events.