



# MARY BALL

## BULLETIN



### From the Regent

Ladies,

The last month I was consumed with completing the **2022 Chapter Master Report (CMR)**. I used the annual reports from Committee Chairs and Executive Officers that many of you submitted in January as well as Facebook posts, information and photos I had collected over the last year. Thank you everyone for your help, especially those who reviewed the CMR! I knew that we in Mary Ball were very busy in 2022 with the DAR mission promoting historic preservation, education and patriotism...and now DAR will know that also. I also sent reports to 13 WSSDAR State Chairs with photos of what we did.

We recorded 9,697 hours of volunteer Service to America. Yeah! We achieved 150% of our DAR goal. Thank you for reporting your hours using the online tally in the Members' Section of the DAR website. And please continue to report your hours in 2023.

Most of you probably do not know that **Mary Ball is on Instagram**. We are now public on Instagram at <https://www.instagram.com/maryballchapterdar/>. Second Vice Regent Renee Crist is our Instagram guru... she has started posting items about our accomplishments, our patriots, the environment, and history but nothing personal. If you have any questions, contact Renee at [rencristdar@gmail.com](mailto:rencristdar@gmail.com).

Mary Ball Chapter has supported **ROTC and JROTC programs** in our local area for many years by presenting DAR medals and certificates to outstanding cadets at nine area high schools and Pacific Lutheran University. If you would like to be on this committee to help with presentations especially, please let me know at [vanekdar@gmail.com](mailto:vanekdar@gmail.com). Thank you to those who have already volunteered to help!

Remember that at the February chapter meeting we will be **electing chapter delegates to the WSSDAR State Conference on May 4-7 in Pasco**. Any member in good standing is eligible to be a delegate. The state conference is a fun event to attend. The main meetings are on Friday, Saturday and Sunday morning. Friday and Saturday have luncheons and formal dinners at night. If you want to learn about DAR, become more involved, and meet and greet other members from around the state, this is the event for you! I already have a long list of chapter members who may attend...you will not be attending alone. So, if you think you might attend the conference, please let me know so I can include you on the list of possible delegates.

*Maureen*

### Your Chapter Board

Regent – Maureen Vanek  
 1<sup>st</sup> Vice Regent – Melanie de Leon  
 2<sup>nd</sup> Vice Regent – Reneé Crist  
 Chaplain – Tami Reynolds  
 Corresponding Secretary – Angie Condon  
 Recording Secretary – Kay Southwell  
 Treasurer – Jean Meier  
 Registrar – Melonie Liening  
 Historian – Sarah Burd  
 Librarian – Kay McArthur  
 Parliamentarian – Lee Gentemann

Website: [www.maryballdar.com](http://www.maryballdar.com)

Facebook group:

[www.facebook.com/groups/maryballchapterdar](https://www.facebook.com/groups/maryballchapterdar)

Please contact Renee Crist for website login info at: [rencrist@gmail.com](mailto:rencrist@gmail.com)

### Upcoming events:

2/18 – Chapter meeting 10:30 am  
 2/18 – Chemawa Powwow 1:00 – 10:00 pm, Salem, OR  
 2/20 - George Washington Wreath Laying Ceremony – 11:00 am, Red Square, UW, Seattle

## Chapter Meeting Information

**Time and Place**

10:30 am  
February 18, 2023  
Tacoma Elks Club  
2013 S Cedar Street  
Tacoma, WA

**Program**

The Young George Washington  
Speaker – James Byrd, President, Children of the  
American Revolution

Time to wear your colonial best and hone your  
presidential knowledge for a fun interactive game  
during our social time!

## February Service Project: Neighbors Helping Neighbors, Peninsula FISH Food Bank

We will be collecting non-perishable food items, paper products, toiletries or monetary donations to the chapter made in support of Peninsula FISH Food Bank at the February meeting. Founded in 1976, the Gig Harbor Peninsula FISH is a nonprofit organization serving all persons in need in Northwest Pierce County. The food bank is dedicated to the principles of neighbors helping neighbors in need with food and other assistance as they move toward self-sufficiency. Generally, donations to food banks are high during the Thanksgiving and Christmas Holiday season, but that the need continues year-round.



**MOST NEEDED:** baking products - flour, sugar, salt, baking powder or baking soda, cake or roll mixes, cooking oil, etc. canned proteins - chicken, spam, salmon, sardines, & other canned meats, pasta & spaghetti sauce, juice, canned soups, dish detergent, dog food - canned & bagged dry food

# HAPPY BIRTHDAY

## It's time to celebrate our February Birthdays!

**Wishing you the happiest of days!** Benita Berquest, Margaret Bowers, Penelope Coffey, Hazel Haines, Amy Hunter, Stephanie Kemp, Geanellen Kuranko, Claudia Marston, Jean Meier, Carol Minkema, Elizabeth Splinter, Susan Sterling, Kara Valentine, Maureen Vanek, Kathleen Whitman.

*"The future belongs to those who believe in the beauty of their dreams."*

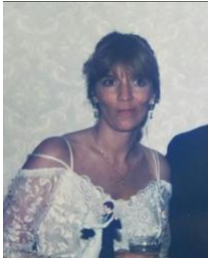
*Eleanor Roosevelt*

### Get to know Librarian Kay McArthur

I was born in Yakima Washington, the 3rd of four children to Melvin Allen Minion and Jacquelyn (Sparks) Minion. In 1970, my mother, younger sister and I moved to Seattle where my mom took a job with the City of Seattle. I attended Nathan Hale High School. My older brother was in the Army - which turned out to be a career for him. My older sister (also a Mary Ball member) was on her own as well. Between the ages of 18 and 22, I had several jobs trying to find my niche. My least favorite was working in the Bailey's factory making JCPenney Plain Pocket blue jeans. My title was "Attach Fly." It was every bit the sweatshop you would

imagine. By the end of my shift, I was blue from the dye and lint encrusted in my nose and eyelashes. I was good at it, but it was NOT for me. My favorite job was spending a year as a nanny to my niece in Washington DC, while my brother attended Intensive Foreign Language School. I saw EVERYTHING there was to see in DC during that year.

When I returned to Seattle, I met with the Human Resources Director for the Seattle Police Department (SPD). I was hired that day and started as a secretary in the Burglary/Theft Unit. From there, I transferred to the North Precinct to be the Commander's secretary. I was there for the largest part of my career with SPD, while raising my two young sons, Jackson and Casey. When they got older, I moved to Sumner. About that same time, I transferred to the Vice Unit where I met Tami Reynolds and her husband who both worked in the unit. I was lucky to have had several great commanders to work for, ones that knew the value of my role as their secretary, but who also offered me more opportunities beyond the traditional secretarial work. I participated in mock scenes, traveled to conferences, went on raids and the service of search warrants. I was part of the ICAC Task Force (Internet Crimes Against Children), the Organized Crime Task Force, and was part of the committee that brought and implemented the Amber Alert plan to



Washington State. I was given an award for my work with the Human Trafficking Task Force from Seattle Against Slavery. I had 30 years at SPD when I retired.

While my boys were growing up, I was involved in most of their activities. I was the Cub Master for Cub Scout Pack 107. I was the Equipment Manager for the Ballard Little League and served on their Board of Directors. I ferried them around the state for the traveling bowling league they were in, and coached the Ballard High School's bowling team taking them to the state championship (which they won!) Keep them busy, my mother always said.



In my retirement, I cared for my late mother who had dementia. It was a trying time for me. I watched her slip away slowly, but I was grateful that I was able to care for her. I had support from my oldest son and his two boys who moved in with me. I have four grandchildren total, Holden 14, Tristan 10, Karlie 6, and Tyler 3.

**Why did Kay join the DAR?** While sharing the commute to SPD with Tami every day, she and I talked about genealogy a lot. We both had an interest in DAR, and sought out Bev Bills who was instrumental in getting us through the application process. I was lucky to have great DAR mentors in Bev, Dorothy Hayden, Col. Jo Swartz, and Gail Sawyer.



**What is her passion within the DAR mission?** What I like best about DAR - the fellowship with women with common interests. I find fulfillment in the good work DAR does. Combining the things I'm most passionate about like Patriotism, genealogy and history, who could ask for a more fitting group. While I was never in the military, it is in my blood. I have had family in every conflict from the French and Indian War to Vietnam and Iraq, with the exception of the Spanish American War. I am proud of those in my family who served.

**Her preferences:** I prefer hot dogs over burgers, mountains over beach and dogs over cats.

**Five fabulous facts about her:**

- I am a breast cancer survivor.
- Bird Watching is one of many hobbies. I have traveled just to see birds.
- I am a member of the Daughters of the Republic of Texas, as well as other societies.
- My father's nickname for me was Rastus.
- I once collected vintage hats. I donated all but one to the high school performing arts program.



### America 250 Patriots Corner

The patriot this month is that of Kay McArthur, Elisha Davis. Elisha was born in Mansfield CT on 20 Dec 1759 to Thomas Davis and Martha Squire. He enlisted in the Company of Capt. Dana in the Regiment of Col. Andrew Ward in May of 1776. During his one-year term he participated in the battles of White Plains, Trenton, and Princeton. After his year was up, he enlisted again in 1777, once again under Capt. Dana in the Regiment of James Ely serving 8 mos. In 1778 he volunteered in the Company of Capt. Durkee and participated in the Expedition to Rhode Island, serving 13 mos. His last tour was only 2 mos. in which he served under Capt. Nathaniel Hall. After the war he married Elizabeth Fiske in Worchester MA on 25 Nov 1784. He was awarded a pension for his service and died in Trenton Oneida Co NY on 1 Sep 1848. His wife died in Fond du Lac Co WI on 28 Feb 1860. Together they had 6 children: Phillip, Elisha, Alfred, Sally, Porter and Lucy. Kay descends from their son Porter who married Elizabeth Clark in 1819. We honor his patriotism and thank him for his service.



### Member Spotlight Pam Coleman



Pam Coleman joined Mary Ball Chapter in August of 2021. She lives on a farm in Thurston County where she enjoys putting her hands in the soil, growing her own food, taking care of her animals and doing most anything else where she can be outside in the fresh air. She has spent a lot of time in school obtaining a BA in History, a BSN in Nursing and a MA in Elementary Education K-8. She grew up in Michigan, surrounded by a large family when she found out she may have a Revolutionary War ancestor. Pam joined DAR with a sense of pride, providing a way for other family members to join and to enhance DAR diversity.

Pam's ancestor is Abraham Cuttillo (Cottler), a Freeman of Color from York County Virginia. He was a soldier with the Artillery being part of the siege of Yorktown. Victory at Yorktown led directly to the peace negotiations that ended the war in 1783 and gave America its independence. Abraham was born in 1763, married Mary Francis in 1787 and died after 1815, same as his wife Mary.

## Committee Corner

### American Indians

**Committee Chair** – Melanie de Leon, [melcdeleon@yahoo.com](mailto:melcdeleon@yahoo.com)

### What is a Native American Pow Wow?

Pow wows are Native American gatherings in which American Indians sing, dance, reconnect with old friends and celebrate their rich ancestral histories. Often accompanied by a conference or meeting, pow wows are one of the best ways to experience traditional Native American culture. Native American Indian singers are very important figures in the gathering. Without them, there would be no dancing. The songs are of many varieties, from religious to war to social. Many songs are still sung in traditional Native American languages either newly composed or revivals of old songs. These songs serve as reminders to Native Americans of their old ways and rich heritage.

Dances have always been a very important part of traditional American Indian life. Most dances seen at pow wows today are social dances, which might have had different meanings in earlier days. Although dance styles and content

have changed, their meaning and importance have not. The outfits worn by the dancers, like the styles of clothing today, evolve over time. It is not a stagnant culture, but a vibrant and changing way of life.

The pow wow begins with the Grand Entry. This is when everybody enters the arena. During the Grand Entry, everyone is asked to stand as the flags are brought into the arena. The flags carried generally include the U.S. Flag, Tribal Flags, the POW Flag, and Eagle Staffs of various tribes present. These are usually carried by veterans.

Following the veterans are other important guests of the pow wow including Tribal Chiefs, Princesses, Elders, and pow wow organizers. Next in line are the male dancers. The men are followed by the women dancers. Once everyone is in the arena, the song ends and a song is sung to honor the flags and the veterans. After a prayer, the dancing resumes, usually with a few round dances. After the round dances, intertribal dancing songs are performed and everyone at the ceremonial dances to the beat of the drum.

We have all been invited to the Chemawa Pow wow on February 18<sup>th</sup>. While it is the same day as our chapter meeting, some of us will be traveling to Salem after the meeting to attend. 1st Grand Entry starts at 1:00 pm. Dinner break. 2nd Grand Entry begins after dinner break.



### **Constitution Week Committee**

**Committee Chair** – Renee Crist, [rencristdar@gmail.com](mailto:rencristdar@gmail.com)

### **The Fifth Amendment of the US Constitution States**

*No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a Grand Jury, except in cases arising in the land or naval forces, or in the Militia, when in actual service in time of War or public danger; nor shall any person be subject for the same offence to be twice put in jeopardy of life or limb; nor shall be compelled in any criminal case to be a witness against himself, nor be deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without just compensation.*

When an individual "takes the fifth" this silence or refusal to answer questions cannot be used against the individual in a criminal case. A prosecutor cannot argue to the jury that the defendant's silence implies guilt.

In addition, the Fifth Amendment's protection from self-incrimination is not limited to testimony given in a courtroom. Citizens are also safeguarded against self-incrimination. The Supreme Court Ruling in *Miranda v. Arizona* (1966) applies when the police take persons in for questioning. Before any questioning can begin, police must explain the person's right to remain silent, that statements may be used against them, plus that they have the right to have an attorney present during questioning.

### **Conservation Committee**

**Committee Chair** - Lynne Stallcop, [stallcoplynn@outlook.com](mailto:stallcoplynn@outlook.com)

### **Prescription drug disposal**

How should you properly dispose of unwanted or expired prescription medicine? Stop before you flush old or unwanted prescription or over-the-counter medications down the toilet or drain. These pharmaceuticals can pollute our water and unintentionally expose us to the chemicals in these medications. Recent studies have found that medicines flushed down the drain can contaminate our lakes and streams, which can hurt fish and other aquatic wildlife, and end up in our drinking water. Some medications, such as hormones and

antidepressants, include endocrine disrupting compounds (EDCs), which interfere with the reproduction and normal growth of many aquatic species, such as frogs and fish. The best way to dispose of your expired, unwanted, or unused medicines is through a drug take back program. If a take back program is not available, almost all medicines, can be thrown into your household trash. These include prescription and over the counter (OTC) drugs in pills, liquids, drops, patches, and creams.

Follow these steps:

1. Remove the drugs from their original containers and mix them with something undesirable, such as used coffee grounds, dirt, or cat litter. This makes the medicine less appealing to children and pets and unrecognizable to someone who might intentionally go through the trash looking for drugs.
2. Put the mixture in something you can close (a re-sealable zipper storage bag, empty can, or other container) to prevent the drug from leaking or spilling out.
3. Throw the container in the garbage.
4. Scratch out all your personal information on the empty medicine packaging to protect your identity and privacy. Throw the packaging away. Following these steps will help protect both our drinking water and aquatic wildlife.

Source: United States FDA

⇒ The Washington State Department of Health also provides information on drug take-back programs and where and how to dispose of prescribed medications – for more information go to: [Safe medication return](#).

#### **DAR/SAR/S.R.**

**Committee Chair – Melonie Liening, [rmliening@gmail.com](mailto:rmliening@gmail.com)**

There is a new National Committee called DAR/SAR/S.R. Relations. The purpose is to promote relations between the DAR and SAR as well as SR (Sons of the Revolution) as we all have similar goals and wish to increase membership in all three groups. Remember that the wives and daughters of SAR members are our prospective members as our husbands and sons are their prospective members. Feel free to invite these ladies to our meetings for a visit. And, if you have a male in your family who is interested in SAR, come get a form from me (Melonie Liening) to include with their application. SAR rewards our efforts by presenting the DAR member who assists SAR in obtaining new members with a SAR medal based of their level of participation.

#### **The Flag of the United States of America Committee**

**Committee Chair – Melonie Liening, [rmliening@gmail.com](mailto:rmliening@gmail.com)**

The tradition of flying a flag at half-mast began in the 17th century. The terms “half-staff” and “half-mast” may be used interchangeably for general use. “Half-mast” is preferred by dictionaries and is more appropriate at sea. “Half-staff” is more appropriate on land, and is the preferred term used in the Flag Code and in Presidential proclamations.

**Question:** Is it legal to fly the flag that my grandparents owned even though it has only 49 stars?

**Answer:** Flags don't have an expiration date. It doesn't matter how many stars or stripes a flag has; once a U.S. flag, always a U.S. flag. You may fly any of the 27 versions you like.



#### **Patriot Records Project Committee**

**Committee Chair - Kay McArthur, [jarbud4516@msn.com](mailto:jarbud4516@msn.com)**

Are you looking for a way to volunteer your time and skills to benefit DAR during the cold weather, without leaving the comfort of your home? Do you like a challenge, and can you read cursive writing, sometimes of poor

quality? Consider indexing names for the Patriot Records Project. It's easy to do. Just grab your laptop, get your favorite hot drink and get comfortable.

The Patriot Records Project index is available as part of the DAR Genealogy Research System. The records span over 75 years, starting at the very beginning of the Revolutionary War through the last petitions for remuneration. You will receive a record set from headquarters and a form with blank fields to fill in. You simply type the information and tab through to the next field filling out what information is available on the given sample provided. While you might occasionally find names you could never possibly figure out, those are few and there are members that review your work and have additional expertise in these records. A built-in counter keeps track of your entries as you go.

To volunteer, or to learn more about this project, go to the DAR website and log in. Once in the Member's Section, click on the Member Resources tab, then the Committees tab, and scroll down to the Patriot Records Project link. You will find more information there and how to volunteer, or watch the accompanying video to learn more. There are four types of records to choose from:

- **Patriot Records Project Index:** This index contains every readable name of numerous Revolutionary War records.
- **The Revolutionary War Pension Index:** In the years prior to the availability of the federal Revolutionary War pensions on microfilm and now online, DAR staff genealogists and volunteers visited the Pension Office and later the National Archives to abstract, type up, and index thousands of pensions needed to prove the Revolutionary War service. These are the records they were not able to finish.
- **Patriots of Color:** This is a new database of names of individuals from a wide variety of origins and backgrounds (African, African American, Native American, Latin American, etc.), who assisted the Revolutionary War effort on the Patriot side.
- **Forgotten Patriots Research Guide.** DAR has collected and published information about the American Revolution. Included in this tradition have been articles, grave markings, or placement of historical plaques that note the involvement of African Americans and American Indians in the struggle.

Index 10,000 names and you are able to earn a pin! I was able to do it in just a few weeks during Covid downtime. The beauty of this project is that there are no time constraints, you go at your own pace. In addition to earning the pin, you can count your time entering the names into the index as Service to America. You may get lucky and find your own ancestor's name in the record. Many DAR members have!

### **Volunteer Information Specialists (VIS) Committee - Website updates**

**Committee Chair** – Renee Crist, [rencristdar@gmail.com](mailto:rencristdar@gmail.com)

### **Fun with DAR on Social Media!**

If you use Facebook or Instagram, DAR has many groups you can join to interact with daughters from all around the world. If you are working on a committee, most DAR committees have their own pages to communicate national and state activities and to help committees share helpful information. Want to know more about Insignia? There is a really lively group of gals discussing and sharing all things pins in a group called "Lets Talk Pins" on Facebook at <https://www.facebook.com/groups/165586510528548>

If you are new to social media here are a few tips:

- All DAR group pages are private, meaning, you must ask to join using your DAR member number to be able to see the group posts
- Make sure you have a photo in your profile, many pages will not accept members without an image
- When you join a group, post a hello message, such as "thanks for adding me" etc. and if you wish, mention your chapter and state
- DAR is a non-political organization, so political posts, memes, jokes, or comments are to be avoided at all times

- Find topics that interest you, ask questions, or share your experience
- Enjoy discussing, but remember what mother said: "If you cannot say something nice, best not say anything at all"

Here are more links to help you join a few fun and informative pages:

Facebook Mary Ball Member Group page: <https://www.facebook.com/groups/maryballchapterdar>

Facebook: President General <https://www.facebook.com/DARPresidentGeneral/>

Facebook: DAR Washington State <https://www.facebook.com/groups/WA.DAR>

Facebook DAR Library Book Club: <https://www.facebook.com/groups/DARLibraryBookClub>

Facebook DAR Leadership Training

Roundtable: <https://www.facebook.com/groups/DARLeadershipTrainingRoundTable>

Mary Ball Instagram: <https://www.instagram.com/maryballchapterdar/>

Instagram President General: <https://www.instagram.com/darpresidentgeneral/>

Instagram America 250: [https://www.instagram.com/dar\\_america\\_250/](https://www.instagram.com/dar_america_250/)

Instagram DAR Museum: <https://www.instagram.com/darmuseum/>



Do you like photography, or have a Hodar or a student who is a photographer with camera and would like to volunteer a few hours as our Chapter photographer? A chapter photographer will be a big help in covering a few of our community events during the year. If you are interested, please contact Reneé Crist [Rencristdar@gmail.com](mailto:Rencristdar@gmail.com)



Angie Condon checking members into the January meeting



January meeting 2023



Speaker Shellie Willis sharing her story



Maureen Vanek presenting a check to Shellie Willis, January's Program Speaker and member of the Washington Women Veterans Advisory Council

January Daughter date at the Washington History Museum

Melissa Blackman with her Mom, Mary and daughter, Melonie Liening, Maureen Vanek, Reneé Crist, HODAR Tom Coleman and Pam Coleman



February 2023						
◀ January						March ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Groundhog Day	3 National Wear Red Day	4
5	6	7 National Send a Card to a Friend Day	8	9 National Pizza Day	10	11
12	13 National Clean Out Your Computer Day	14 Valentine's Day	15	16	17	18 Chapter meeting – 10:30 Elks Chemawa Pow wow 1-10 pm, Salem OR
19	20 Wreath Laying Ceremony, 11:00 am, Red Square, UW Seattle National Muffin Day	21 Fat Tuesday National Pancake Day	22 Ash Wednesday	23	24 National Skip the Straw Day	25
26	27	28				