

'I Want to Give Back'

In addition to his leadership roles, VFW Life member Ben Seal volunteers with several organizations across his Fredericksburg, Virginia, community

Sep 30, 2024

As a member of Post 3103, VFW Life member Ben Seal is #StillServing his Post and with other organizations across his Fredericksburg, Virginia, community.

As both junior vice commander and chair of his Post's house committee, Seal supports logistics, security and maintenance. He also chairs Virginia District 8's Youth Scholarship Committee.

In addition to his leadership roles, Seal has volunteered with Semper K9, a nonprofit organization that provides service dogs to wounded veterans at no cost. He is also a lifetime member of the Military Order of the Cootie, a national honor degree association that supports the VFW National Home and veterans' hospitals.

"I'm still serving because I want to give back, especially in support of veterans," Seal said.

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