



The Dispatch

Volume 5, Issue 10

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National Military Brats Day 30 April 2024

April is known as the Month of the Military Child. So, it's befitting that April 30 is National Military Brats Day. It is a day to sit back and ponder the sacrifices that the millions of military kids present and past — have made for the country. Not only are their mothers or fathers sent away to serve the nation but these kids often have a tough life due to a lot of moving around, depending on where their parents are stationed.

Military Brats are, without a doubt, a unique breed of individuals. Their lives may be more difficult than most but these constant disruptions in their childhood often bring them closer to their families for life. They're also often able to build stronger relationships in their social and professional lives.







"On National Former Prisoner of War Recognition Day, we honor the more than 500,000 American warriors captured while protecting our way of life. We pay tribute to these patriots for their unwavering and unrelenting spirit.

In every major conflict in our Nation's history, American prisoners of war (POWs) have stared down our enemies, knowing at any moment their captors might torture them yet again or even kill them. These patriots, however, knew that they were fighting for something much larger than individual survival. They persevered for the sake of their fellow POWs, comrades in arms, families, and country." - (excerpt o Presidential Proclamation on National Former Prisoner of War Recognition Day, 2020. (by Former President Donald Trump))

The late Senator John McCain is a former POW. His memory and the memories of many others who came home from POW camps are on the minds of those who observe both holidays. And there are troops still unaccounted for to this day who should be remembered in the same manner as those who came home.



Commander
Kevin
Thurman
Gives
His Thoughts
About The
Post

Spring is in full bloom and the Post is moving at full speed. The month of April will find us conducting lots of outreach with Military appreciation day at the Landing, Hurlburt Commanders orientation, District meeting and Post elections. We also have Post Spring cleanup on April 6th and the annual Post rummage sale on April 20th. With this many events happening throughout the month we will need YOUR help. There should be something here for each of you to be able to volunteer a couple of hours. Please take this time to step up and make OUR Post the best it can be. One more even happening until May 4th is our canned food drive so we can help fill a couple of the local food pantries as part of our VFW Day of Service.

Most of our snowbirds have departed the area which means breakfast, dinners and bar operations have slowed down a bit. We still offer the best prices around and some of the best service available so we hope you can all come in to keep things going throughout the next several months. We are also in need of a few more volunteers as two of our hardworking volunteers will be leaving this month to start a new chapter in their lives. I want to THANK Terry and Robert Kendall for all the work and volunteer time they have given to the Speed and all the best. We will MISS YOU very much!

Membership continues to move along but we are still in need of 49 renewals or new members to meet the 102% goal set by the State and National to achieve All American and All State. We still have 32 people that haven't renewed their memberships and will expire by the end of June. We also have another 50 members that allowed their memberships to expire the past 9 months. We fortunately have been able to pick up a lot of new members which has helped but we still need everyone! Although I relay the numbers to you for the purpose of making our goals, the number one goal is to keep the VFW relevant for many

generations to come. At the National level they are our advocacy for Veteran's benefits and Veteran's rights. At Post level we continue to work daily to help those Veterans in need and find ways to help out in the local community. Each of you help make that difference and I hope that we can all work together to continue the success of OUR Post!

Finally, I want to close out by giving KUDOS to our Auxiliary. Your team work and team building has come a long ways and YOU are making a huge difference in the Post. Since the Post has approximately 840 members and the Auxiliary has 280 members that means there is quite a few of our Veteran's spouses and family members that can join our great team. Along with joining comes your right to vote and help in many of our community events. The Post could not survive without the **GREAT** support of our Auxiliary and our Auxiliary will not be able to continue it's existence without more involvement by all of its members. Please know that there is a whole lot more to OUR Post than just the Canteen and I know you all want to help in every way.

Thanks to everyone for all the support and let's finish up this fiscal year at full speed ahead!



Cooties; we have an exciting Scratch coming up this month. Two new NITS have been nominated for our crummy fraternity and we need everyone to bring forward their pleas of acceptance or denial. We will need to ensure that all protocol is strictly misled to each of them so they will have to do their due diligence to find their way along the rocky path for inclusion. Please plan now and know that we will have a really miserable time. We will also be doing our installation of officers for the cootie leadership and map out our next year of action. It usually only takes us 30 minutes and we need to show that we are still a fully feasible Pup Tent.

Thanks for all you do and remember that we will always be

"making em' smile in bed's of white!"

APRIL



2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 BINGO 5 -???? PM	5 MOC FISH FRY 5 – 7 PM RICK WILSON 6:30 PM	CANTEEN INVENTORY 8:30 POST CLEAN-UP MUSIC BINGO 5:00 PM
7 BREAKFAST 8 – 11:30 AM	MOC SCRATCH 6:01 PM	9 WINGS & THINGS 5 - 7 PM NATIONAL FORMER POW RECOGNITION DAY	OLD-TIMERS 5 -???? PM HOUSE COMMITTEE 6:00 PM	BINGO 5 -???? PM	COUNTRY FRIED STEAK 5 - 7 PM THE WRECKING CREW 6:30 PM	KATRINA 6:30 PM
14 BREAKFAST 8 – 11:30 AM	PATRIOT'S DAY POST/AUX MEETING 6:30 PM ELECTION OF OFFICERS	WINGS & THINGS 5 - 7 PM	17	18 BINGO 5 -???? PM	19 STEAK NIGHT 5 – 7 PM RANDY GARDNER 6:30 PM	DISTRICT MEETING POST 706 MILITARY APPRECIATION DAY RUMMAGE SALE 7:00 AM - NOON
BREAKFAST 8 – 11:30 AM AUXILIARY BAKE SALE	22	WINGS & THINGS 5 - 7 PM	24	25 BINGO 5 - ???? PM	PORK CHOPS 5 - 7 PM DONNY WIETZ 6:30 PM MULLET TOSS	MULLET TOSS
BREAKFAST 8 – 11:30 AM MULLET TOSS	29	WINGS & THINGS 5 - 7 PM NATIONAL MILITARY BRATS DAY				
SUNDAY POOL 2 PM		TUESDAY CRIBBAGE 6 PM	TUESDAY QUEEN OF HEARTS DRAWING 6 PM	THURSDAY MINDFUL YOGA 9:30 AM		CANTEEN HOURS M-F 12 -10 PM Sat: 10 AM – 10 PM Sun: 8 Am – 10 PM

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POST OFFICER POSITIONS FIRST ROUND NOMANATIONS

Final Round and Election at 15 April's Meeting

Commander – Kevin Thurman

Senior-Vice Commander - VACANT

Junior-Vice Commander – Ray Riker

Quartermaster – Jane Lowery

Chaplain – Clinton Akins

2-Year Trustee - VACANT

3-Year Trustee – Steven Keith

ALSO NEED SOMEONE INTERESTED IN FILLING THE SERVICE OFFICER POSITION



From "DOC" Goldstein, Post Surgeon

Emotional health is important to each of us and to our families. Sometimes taking a vacation or a trip in order to relax or reduce stress can actually result in more stress, anger, disagreements with family members and, worst-case, a ruined vacation and a lost opportunity to relax.

Here are some hints to improve your chances for a successful trip or vacation this year:

- 1. Do a little homework. Check out best times to fly, travel, etc. "I didn't realize it was the most crowded weekend of the year they always had rooms in the past." Check hotels by several methods. One picture or one comment from a friend of a friend may not be enough.
- 2. Don't book just before you travel. Airline tickets will be more expensive and hotel choices will be more limited.
- 3. Check the details. An international flight that arrives at 6:00AM but your hotel isn't ready until 5:00PM will not start your trip on the right foot.
- 4. Buy travel insurance. None of us reading this newsletter can predict the future. The older we get, the more opportunity we have to cut a trip short. Buy the insurance and buy it as soon as you book your trip, as it will be cheaper.
- 5. Don't over pack. Most Americans have a lot of stuff they like to use but can do without. On most vacations you will not meet the Queen or be invited to several formal events. In doing your homework, are laundry services available? Also black goes with everything and the ladies can "bling" most items up or down.

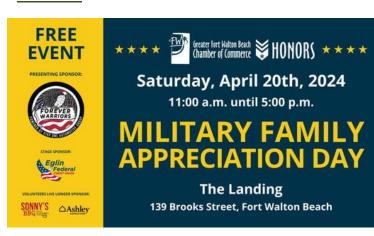
Remember a vacation is to relax and enjoy. Stressing out needlessly can often be avoided by a little prior planning. Your emotional health is worth it!





BRUNER BASEBALL TEAM

THANK YOU FOR THE VFW'S COMTRIBUTION TOWARDS THE BRUNER BASEBALL PROGRAM. WE USED IT TO HELP PURCHASE OUR NEW PITCHING MACHINE – <u>COACH</u> GEERING







LAST CALL

Spring has arrived, the pollen in the area is any indication!

April is a busy month here at the Post with committee positions up for election. Cast your votes.

Are you a grill master, come show your skills on pork chop or steak night? Our staff deserves of a day or two off especially as the summer month roll around. Call us for more volunteer opportunities and to show off your skills to the post.

Meals for April (all meals are served from 5pm-7pm or until sold out, which is happening!)

- April 2 Wings & Things
- April 5 MOC Fish Fry
- April 9 Wings & Things
- April 12 Country Fried Steak
- April 16 Wings & Things
- April 19 Steak Dinner
- April 23 Wings & Things
- April 26 Pork Chops
- April 30 Wings & Things

Breakfast is served hot every Sunday from 8am-11:30am, bring family and friends for some good ol' fashion breakfast. This is open to the public. Another opportunity to volunteer in the kitchen, dishes, serving, or cashier

Entertainment for April (all entertainment goes from 6:307pm-9:30pm, or later):

- April 5 Ricky Wilson
- April 6 Music Bingo
- April 12 The "Wrecking Crew"
- April 19 Randy Gardner
- April 26 Donny Weitz

The canteen managers would like to say thank you to our continued patrons. We also would like to acknowledge the hard work our bartenders, Ms. Tiew, and volunteers do for this Post. The canteen is open for suggestions from you on different activities, food, and drink ideas you may have. Email us, attention canteen, or stop by with your written suggestions. We look forward to serving you and hearing from you.

From Assistant Canteen Manager,



MEMBERSHIP RENEWAL

MEMBERSHIP.

There are many ways to pay which include online, mail a check to the Post, stop by the Post, and pay in person. If you are having financial difficulty and are unable to pay then please contact the Post so we can make arrangements to assist you. Veterans taking care of Veterans is not just a motto but what we do.

CURRENT MEMBERSHIP AS OF 5
APRIL – 811 of our 842 members

This puts us at - 96.31% Need 859 for All-State and All-American!

Flora-Bama Interstate Mullet

Toss & Greatest

Beach Party

MULLET TOSS April 26th to 28th

FISHING RODEO
June 7th to 9th

District 1 VFWs help out at these events. The money they raise goes to paying posts dues to the District. If you would like to volunteer please contact your post commander.



POST SERVICE OFFICERS ARE LOCAL ADVOCATES WHO ASSIST

VFW Post 7674's Post Service Officer "Eddie Baker" is here to fulfill that commitment.

VA announced an update to the VA Schedule for Rating Disabilities (VASRD) specifically pertaining to digestive conditions. The changes add or modify rating criteria for 55 medical conditions in the rating schedule that incorporate medical advancements for treating certain disabilities and modern medical knowledge to compensate Veterans more accurately.

The three biggest changes that will impact you, as Veterans, include the new evaluations for celiac disease, irritable bowel syndrome and hemorrhoids.

As a reminder I am at VFW Post 7674 each Thursday from 2pm until 5pm, if you need assistance, I may be contacted via email. or text mgs at eddbkr1@earthlink.net bakereddie181@gmail.com PH .(850)218-2314.

Eddie L Baker, VFW Post 7674 Service Officer



2024 DEPARTMENT OF FL VFW STATE CONVENTION

Thursday June 13th – Sunday June 16th
Renaissance Orlando @ SeaWorld
6677 Sea Harbor Dr
Orlando, Fl

Reservation Cut-Off on or before 20th May www.book.passkey.com/go/VFW2024



Base access procedures to change in May

Published April 4, 2024

EGLIN AIR FORCE BASE, Fla. – The 96th Security Forces Squadron will begin 100 percent identification checks for anyone accessing the installation in May.

Visitors who do not have a DOD issued ID card will need to get a visitor pass.

"Our current security and information environment requires us to make this policy change," said Brig. Gen. Jeffrey Geraghty, 96th Test Wing commander. "We're committed to safeguarding Eglin's vital national resources."

Uniformed service members, their dependents (over the age of 16), DOD employees, and retirees can sponsor these passes, which can be obtained at the East Gate and West Gate visitor control centers until the new Air Force Armament Museum VCC opens in May. To prevent traffic at the gates, it is recommended people start getting their visitors passes now.

Passes are good for up to 60 days. However, if a visitor pass is required for more than 60 days, a commander's approval is needed and can then be issued for up to a year except for retirees. Retirees with visitors will need to renew those passes every 60 days. Passes should be shredded or turned back into the VCC when no longer needed.

People can also process REAL IDs into the Defense Biometric Identification System, a networked database system designed to easily verify access authorization of people entering military installations at the VCCs.

Registering a REAL ID in DBIDS will alleviate gate congestion if an ID card holder forgets it at home or in a CAC reader. The REAL ID can also be used by retirees to access the base if they lose their ID or it's expired.

For more information, please contact the 96th Test Wing Public Affairs Office at 850-882-3931.

Emerald Coast Crime Stoppers Crawfish Boil



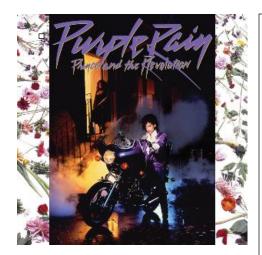
Name: Emerald Coast Crime Stoppers Crawfish Boil Date: April 13, 2024 Uptown Station, Ft. Walton Beach

Time: 11:00 AM - 2:00 PM CDT

Website: http://www.emeraldcoastcrimestoppers.com/sitemenu.aspx?P

-custom&D=3&ID=214
Event Description:

Help kick the tail out of crime, and have a great time doing it! Join Emerald Coast Crime Stoppers Saturday, April 13th for a good ole' fashioned crawfish boil at Uptown Station, Fort Walton Beach! The fun starts at 11AM! We'll have lots of Louisiana Crawfish to boil up and shrimp as well! It's gonna be fun for the whole family! Bring the whole clan, eat some great food, help stomp out crime and just have a great time!



Concert in the Village: Black Jacket Symphony Presents Prince's Purple Rain

Location:

Mattie Kelly Arts Foundation 4323 Commons Dr W, Destin, FL 32541 **Date/Time Information:** Thursday, April 18th, 2024 at 7 p.m. Event Description:

Relive the awesome '80s and celebrate the 40th anniversary of Prince's most celebrated album from start to finish. Dance to hits like Purple Rain, When Dove's Cry, I Would Die 4 U while experiencing a visual feast of rock and roll magic. Doors open at 6 p.m. and concerts start at 7 p.m. Tickets are \$30-\$35 in advance. Purchase early and save \$5 at the door. Proceeds benefit MKAF and its community education initiative, ArtsReach including the groundbreaking arts therapy program, Warrior Arts, Arts for All Abilities, and arts education throughout Okaloosa, Walton, and Bay Counties

Run4Health 5k Color Run and Walk

Name: Run4Health 5k Color Run and Walk Date: April 20, 2024 Spanish Trail Park Crestview

Time: 8:00 AM - 11:00 AM CDT

Website: https://endurancecui.active.com/event-reg/select-race?e=8947701

Event Description:

Run4Health 5k Color Walk and Run April 20 at Spanish Trail Park in Crestview. Youth and adult age categories Wear blue for Child Abuse Prevention Month Food trucks onsite Family Field Day games This race is in recognition of Child Abuse Prevention Month and National Public Health Week. All sponsorships, donations, and event proceeds will benefit Early Learning Coalition of The Emerald Coast and are deemed to be undesignated funds unless otherwise indicated by the donor.



CHECH OUT THE FORT WALTON BEACH CHAMBER OF COMMERCE CALENDAR FOR EVENTS IN THE LOCAL AREA. ALSO, VISIT ONE OF THE MANY

ALSO, VISIT ONE OF THE MANY BUSINESSES IN THE AREA AND SUPPORT OR LOCAL COMMUNITY.

