



VFW Post 7674

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Hey Cooties; we had another lousy scratch in July and had a terrible turnout! Of course read that in cootie language. A big BOO to our newest third degree Cootie Karen "K2" Fisher. We worked on some upcoming visits and Cootie Hollis is doing a lousy job on the hospital reports. Keep feeding him your visits and assists. We can always use help on the first Friday fish fry if you're available. Thanks for all you're doing! Let's find our next Atom to join our crummy fraternity. "Keep 'em smiling in beds of white"

Kevin Thurman
Seam Squirrel



This Month in History

August is one of the most consequential months in global military history, marked by the outbreak of World War I, the pivotal use of atomic weapons, and the conclusion of World War II.

Major military milestones that occurred in August span several eras and conflicts:



World War I

August 1914 marks the explosive outbreak of World War I. Following the late-July 1914 crises, a domino effect of mobilizations and ultimatums occurred. Germany declared war on Russia on August 1 and on France on August 3. After Germany invaded neutral Belgium, the United Kingdom declared war on Germany on August 4.



World War II

World War II (August 1945): The month that effectively ended the war. The U.S. dropped atomic bombs on Hiroshima (Aug 6) and Nagasaki (Aug 9). On Aug 8, the Soviet Union invaded Manchuria, and on Aug 14, Japan officially surrendered.



Korean War

Korean War (August 1950): U.S. Marines and Army forces fought grueling early defensive actions in the Battle of Pusan Perimeter to prevent the collapse of South Korea.



Modern Conflicts

Modern Conflicts (August 1990): Iraq's invasion of Kuwait (Aug 2) triggered the rapid deployment of U.S. and allied troops to the Middle East, launching Operation Desert Shield.



Post: 8 (.93%)
District: 89 (2.45%)
Dept.: 1097 (2.05%)



Questions for Summer 2026

By Frank “Doc” Goldstein Post Surgeon

It has been a few weeks since I've answered questions from our brotherhood and sisterhood. So, this version of MASH 7674 will hopefully answer the bulk of questions submitted in their many forms over the past month.

Question: Are there medical benefits to cinnamon? This question was generated by someone watching me put cinnamon in my coffee.

Answer: Yes. A study of cinnamon published by the American Journal of Clinical Nutrition found that just four grams of cinnamon a day helped adults with prediabetes and obesity lower their 24-hour blood sugar levels and reduce post-meal glucose spikes.

Question: Is it true you should wash new clothing?

Answer: I never did in the past. However, all evidence indicates you should. New clothes often dyed with chemical finishes to make them water repellant, fire retardant, anti-microbial, stiff, wrinkle-free and soft. All those chemicals can have an impact on your skin on a first heavy dose. Additionally, you are also putting factory and many (dirty) hands directly on to your skin. The chances for irritation are greater for older adults with thinner skin. My new answer -- wash new clothes prior to wearing them.

Question: Are there warning signs for pancreatic cancer?

Answer: There are early symptoms of pancreatic cancer and early detection of pancreatic cancer is VITAL for treatment and prognosis.

Symptoms:

- Sudden increase in blood sugar
- Unexplained depression
- Rapid weight loss
- Unexplained fatigue
- Abdominal or back pain
- Persistent gastrointestinal issues

For any of these symptoms, a check with your primary medical provider is recommended.

Question: Does tea tree oil have any “real” benefits?

Answer: Twenty-nine studies have found that tea tree oil is safe and has demonstrated benefits with skin blemishes and eczema flare-ups due to its antibacterial and anti-inflammatory properties. Always check with your medical provider before using any new medication.

Question: The following is my most unexpected question at the POST this past month: Does acid reflux cause dental problems?

Answer: Yes. It very well can. A self-test follows and, if you answer yes to any of the questions, please follow-up with both your health care provider and your dentist.

- (1) Do you suffer from sensitive tooth enamel?
- (2) Have you lost tooth structure or length?
- (3) Have you been told you are grinding your teeth?
- (4) Do you experience burning in your throat or chest?
- (5) Do you have a cough or asthma that is unmanaged?
- (6) Do you snore?
- (7) Have you been diagnosed with sleep apnea?

Please keep the questions coming.

Quote for Today: “Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it is the only thing that ever has.”

(Margaret Mead)

Think Health and see you at the POST.

IN-COUNTRY



THE HO CHI MINH.....TRAIL???

Commander's Corner

Welcome to a new year at Harvey F. Eckhoff VFW Post 7674!

First, I want to thank each of you for the confidence and trust you have placed in me to serve as your Post Commander. I am fortunate to have an outstanding team of officers working alongside me, and together we are committed to making this a successful year for our Post, our veterans, and our community.

Our **Independence Day Celebration** was a tremendous success and a great time for everyone who attended. We had more than **80 comrades, Auxiliary members, family members, and guests** join us for an afternoon of great food, fellowship, and patriotic spirit.

A special thank you goes out to our outstanding kitchen crew—**Tiew, Sue, Byron, Ray, and Joe** (I hope I didn't leave anyone out; if I did, please let me know!). They did an exceptional job preparing and serving another fantastic meal. Your hard work behind the scenes made the event possible and is greatly appreciated.

We were also honored by special appearances from **George Washington and Uncle Sam**, who added a little extra fun to the celebration. Unfortunately, General Washington never quite figured out that new-fangled contraption called a laptop, so there weren't any videos this year—but everyone who attended knows what a wonderful time we had!

As always, membership remains one of our top priorities. I know everyone gets tired of hearing about it, but it is the lifeblood of our organization. Our goal this year is to reach **105% membership** and earn **All-State** recognition. I know we can accomplish it, but it will take all of us talking to eligible veterans and encouraging them to join or renew their memberships.



Steve Blackwell, VFW Post 7674 Commander

Commander's Corner (Cont'd)

Another major focus for me this year is volunteer involvement. We have a tremendous Post with talented members, and I want to see as many of you as possible become involved. Whether you can help with one event or several throughout the year, your time and talents make a real difference.

Right now, I have an immediate need for a **Patriot's Pen, Voice of Democracy, and Teacher of the Year** Chairman. Since student applications are now submitted using a QR code, the primary responsibility is promoting these outstanding scholarship programs in our local schools and encouraging students and teachers to participate. This is one of the VFW's premier youth programs and an excellent way for our Post to make a lasting impact in our community.

I am also looking for a **New Year's Eve Event** Chairman. If we want to host another great celebration, we need to begin planning now and reserve a band before the best entertainment is booked.

I also want to hear from you. If you have suggestions, comments, concerns, or problems, please don't hesitate to come see me. I can't promise I'll be able to make everyone happy all the time, but I do promise to listen. If a suggestion is practical and will benefit the Post, I'm more than willing to make changes.

Thank you for giving me a little grace as I transition into the Commander's position. After serving as Kevin's Adjutant for the past seven years, I still find myself calling him from time to time for advice—and I'm grateful for his continued support.

You'll also notice we're in the process of redoing the main office. During the renovation, there may be supplies or equipment temporarily stored in the lobby or ballroom. We appreciate your patience and understanding as we work to improve our Post.

Thank you for your continued support. I look forward to working with all of you as we continue serving veterans, their families, and our community. Together, let's make this another outstanding year for Harvey F. Eckhoff VFW Post 7674.

Steve Blackwell
Post Commander
Harvey F. Eckhoff VFW Post 7674

Voice of Democracy

The 2026-27 theme is:
"What a Veteran Taught Me About America"

The national first place winner receives a \$35,000 scholarship paid directly to the recipient's American university, college or vocational/technical school. The complete list of other national scholarships range up to \$21,000, with the first place winner from each VFW Department (state) winning a scholarship of at least \$1,000. Students interested in participating must submit their audio essay prepared on this year's theme, with a completed entry form to their local participating VFW Post. [Download the 2026-2027 entry form](#), then find your sponsoring [local VFW Post](#) as essays must be turned in by midnight, Oct. 31.

Patriot's Pen

The 2026-27 theme is:
"What a Veteran Taught Me About America"

The essay contest encourages young minds to examine America's history, along with their own experiences in modern American society, by drafting a 300- to 400-word essay, expressing their views based on a patriotic theme chosen by the VFW Commander-in-Chief.

Students interested in participating must submit their essay prepared on this year's theme, with a [completed 2026-2027 entry form](#), to their local participating VFW Post. Find your sponsoring [local VFW Post](#) as applications must be turned in by midnight, Oct. 31.



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213 Carol Ave
Ft Walton Beach, FL
850-244-3834

AUGUST

2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Breakfast 8-11:30 am	3 Coast Guard Birthday	4 Queen of Hearts 6 pm Wings & Things 5-7 pm	5	6 Bingo 5-7 pm	7 Purple Heart Day Catfish Fry 5-7 pm B.T. Turner 6:30 pm till ?	1 Canteen Inventory 8:30 am
9 Breakfast 8-11:30 am	10 MOC Scratch 6:01 pm	11 Queen of Hearts 6 pm Wings & Things 5-7 pm	12 Old Timers 5 pm till ? House Committee 6 pm	13 Bingo 5-7 pm	14 Country Fried Steak 5-7 pm The Wrecking Crew 6:30 pm till ?	15
16 Breakfast 8-11:30 am	17 Post/Aux Meeting 6:30 pm	18 Queen of Hearts 6 pm Wings & Things 5-7 pm	19	20 Bingo 5-7 pm	21 Steak Night 5-7 pm Randy Gardner 6:30 pm till ?	22 B.T. Turner 6:30 pm till ?
23 Breakfast 8-11:30 am Aux Bake Sale	24	25 Queen of Hearts 6 pm Wings & Things 5-7 pm	26	27 Bingo 5-7 pm	28 Pork Chops 5-7 pm Bobby "D" 6:30 pm till ?	29
30 Breakfast 8-11:30 am	31					



Hours of Operation:
M-F 12 pm - 10 pm
Sat: 10 am - 10 pm
Sun: 8 am - 10 pm



For More Info Go To
vfwpost7674.org



Veterans Crisis Line
1-800-273-8255
Press 1



Cribbage:
Tuesday 6 pm



Mindful Yoga:
Thursday
9:30-10:30 am



**River Rats Meet &
Spectre Gunship Meeting:**
1st Tuesday 6 pm



Security Forces Meet:
3rd Tuesday



Krew of Columbus:
1st Wednesday
6:30 pm

Legislative News

The Major Richard Star Act

The Major Richard Star Act proposes eliminating the offset between DoD retired pay and VADC, essentially extending eligibility for concurrent receipt to another subgroup of veterans: those with a combat-related rating of at least 10 percent (i.e., who qualify for CRSC) but have fewer than 20 years of service.

Contact your elected representatives and ask them to support this critical legislation. Their contact info can be found on their respective websites:

US Representative Jimmy Patronis:

<https://patronis.house.gov/>

US Senator Rick Scott:

<https://www.rickscott.senate.gov/>

US Senator Ashley Moody:

<https://www.moody.senate.gov/>

From the Adjutant

Howdy Folks! And welcome to the August Dispatch.

I'm new to this Adjutant thing so please bear with me as I try to keep up the excellent tradition of the Dispatch. If there's anything you'd like to see published here, please let me know.

I'm also working hard on keeping the Facebook page up to date and assisting Ken Wolfe with the basic web page. Your inputs are welcome on both those.

Let's have a great year!
Bruce Eddy, Post Adjutant

VFW Service Officer – Here to Help Veterans

Did you know our Post has a VFW Service Officer available to assist veterans and their families? The Service Officer provides guidance on VA benefits, disability claims, and other support programs to ensure veterans receive the care and recognition they have earned.

If you or a family member needs assistance, please reach out to our Post. This valuable resource is here to serve those who have served our nation.

WE ARE LOOKING FOR A NEW SERVICE OFFICER FOR NEXT YEAR. OURS HAS MOVED ON. IF YOU THINK IT WOULD BE SOMETHING YOU WOULD ENJOY, PLEASE CONTACT THE COMMANDER.



VFW AUXILIARY

UNWAVERING SUPPORT FOR UNCOMMON HEROES®

From the NEW Auxiliary President ... for those who may not know me, my name is Jean Grieve and I am originally from Virginia Beach, VA. I have lived here in Fort Walton Beach for 20 years! I'm a senior test engineer and work at Eglin AFB for USSOCOM, Detachment 1. I've been a DoD contractor serving the military for 42 years now. I am eligible for the Auxiliary through my father's US Navy service during the Korean War. He proudly served 21 years in the military.

My volunteer experience is quite extensive and I am looking forward to what I can offer the Auxiliary on so many levels. With that said, I cannot do it alone.

We need the support of the entire VFW Auxiliary in partnership with the VFW Post to ensure OUR continued success. There are so many weekly and monthly activities, and fundraisers that would not be possible without YOUR help; e.g., BINGO night dinners, Queen of Hearts, Friday night dinners, Sunday morning breakfasts, etc.! We would encourage and appreciate anyone who is an Auxiliary member to step up and help us continue to support these activities.

I'm open to any and all suggestions and would love to see our Auxiliary members come to our monthly meetings that are held on the 3rd Monday of the month beginning at 6:30 PM and share their ideas. We have a great core of folks; but, they need a break once in a while, too! Show your pride in our VFW Post and Auxiliary and get involved! Feel free to reach out to me via call / text/ email (850-217-1932, jean.grieve@yahoo.com) and I am happy to meet with you to listen to all of your ideas ... complaints, too. I do have one motto, *"don't come to me with a complaint unless you have a potential solution and are willing to be a part of that solution"*! One of my KEY goals is to increase Auxiliary membership and participation, and make our VFW more successful and better than it already is. In fact, you'll be receiving some email communications soon from us to let you know how you can help and become more involved. We are in the midst of cleaning up the roster, so stay tuned.

District News:

Our next District 1 Meeting will take place on Saturday, August 22, 2026, at VFW Post 4437 in Defuniak Springs at 11:00 am. Hope to see you there. If you have any questions, feel free to reach out to our District 1 President and post VFW Auxiliary Treasurer, Steve Gouthro.
