



VFW Post 7674

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Boo to all the Cooties that attended last Months scratch. You did a pretty lousy job in hosting our guests and made them feel uncomfortable with you all. Of course as you all know the opposite is true. Narisa gave great praise and said you were all so wonderful. The Cavalry Awards are absolutely the best ever and are real horseshoes from their horses at Healing Hoof Steps. Thanks for a job well done. We have some obligations to take care of at the next scratch and we will finalize our plans for the ARC Halloween party. Thanks for all you do and "keep 'em smiling in beds of white!"

Kevin Thurman
Seam Squirrel

This Month in History

September is a red-letter month for the US Military. Many milestones came to be in September over the years.

Department of Defense

Of particular importance was the enactment of the National Security Act of 1947 whose major provisions came into effect in September. The first among these was the establishment of the Department of Defense with James Forrestal named as the first Secretary of Defense.



The act further created the National Security Council and the Central Intelligence Agency operating under the direction and reporting directly to the President of the United States.

US Air Force



The United States Air Force officially became a separate, independent military branch under the National Security Act of 1947, with Stuart Symington sworn in as the first Secretary of the Air Force and General Carl Spaatz as the first Chief of staff.

UN Peacekeeping

September 13-14, 1947: Unarmed military observers from Australia and other nations arrived in Java to monitor the UN cease-fire in the Indonesian National Revolution, widely regarded as the birth of United Nations peacekeeping

Naval Missile Age



On September 6, 1947, Operation Sandy took place when the U.S. Navy successfully launched a German V-2 rocket from the aircraft carrier USS Midway, marking the first sea-based missile launch from a moving ship.



Post: 14 (1.63%)
District: 121 (3.34%)
Dept.: 1540 (2.88%)



Healthy Questions from the Membership

By Frank “Doc” Goldstein Post Surgeon

As always, a special thanks to all who have asked questions this past month.

Our questions today are very timely as we look toward the Fall and end of Summer health challenges.

Your questions follow:

Question: Is it true that mood can affect your health?

Answer: My answer (and I will keep it short, based on comments from our newsletter editor) is yes. Frowning can hamper the immune system and smiling can give it a boost. Why? Because mood can turn on or turn off key biochemical reactions.

Question: Can eczema be related to my stomach issues?

Answer: Yes. Research by the American Academy of Dermatology reports that no clear cure for atopic dermatitis exists but a gut-skin link can help alleviate symptoms. Gut inflammation being the trigger.

Question: What do you think is the best advice for good health?

Answer: Great question – and most will probably not like the answer. First, enjoy what you have – people, things and events. Savor every moment – meals, sunsets, rain and friends. Second, be nonjudgmental with time – enjoy the moment rather than the mix of pain, regrets worry of anything negative. The negative will come. You do not need to live it 24/7.

Question: I have a friend who never smoked and has lung cancer. Could it be from second-hand smoke?

Answer: First, contrary to what many believe, lung cancer is not a condition unique to smokers. Adenocarcinoma is the most common type of cancer that starts in organs and can start in any body organ. Twenty-five percent of lung cancer patients never smoked. Other causes include house radon, work and home carcinogens (including asbestos and coal products) and genetic risk factors. If you have concerns, check with your health care provider and consider an MRI health scan.

Quote for Today: “You know what the greatest remedy on earth is today? It’s not a pill. It’s not a shot. It’s a hug.

(Bruce Dern)

Think Health and see you at the POST.



Commander's Corner

Post News and Upcoming Events

Wow, this summer has gone by fast! It's already time to get ready for Oktoberfest on September 18.

The menu will include **schnitzel, bratwurst, and your choice of fries or potato salad**, along with everyone's favorite—**sauerkraut**. Dessert will be cake in the canteen in celebration of the **U.S. Air Force Birthday and MIA/POW Awareness Day**. We hope everyone can come out and enjoy the evening. Music will be provided by **Randy Gardner**.

Congratulations!

Congratulations to **Past Post Commander Kevin Thurman** and **Quartermaster Jane Lowery** for being recognized as **All-State and All-American for 2025–2026!**

We are a big post, and it takes a lot of effort from everyone to accomplish this. Their accomplishments make our post look great at the State Convention, so let's keep working together and do it again!

Air Force Birthday and MIA/POW Awareness Ceremony

The **U.S. Air Force Birthday and MIA/POW Awareness Ceremony** will be held in the canteen at **5:00 p.m. on September 18**.

Let's all meet there before the meal and take a moment to remember and honor these important days.

State Fall Conference

The flyer for the **State Fall Conference** is available on the state website at vfwfl.org.

The conference will be held **October 29 through November 1 in Orlando**.



Steve Blackwell, VFW Post 7674 Commander

Commander's Corner (Cont'd)

Special Operations Warrior Foundation Raffle

On **September 19**, the Special Operations Warrior Foundation will hold its annual **Harley-Davidson raffle** at the **Okaloosa County Fairgrounds**.

Tickets are **\$100** and include two outstanding meals and free drinks. See **Past Post Commander Kevin Thurman** for any tickets that may still be available.

It's a great time and a great fundraiser for the foundation, so come out and support this worthwhile cause!

Programs and Volunteer Opportunities

We are still looking for someone to help with **Voice of Democracy, Patriot's Pen, and Teacher of the Year**.

Please encourage friends or family members with children in the appropriate age groups to apply. Applications can be completed online. If you know a teacher you would like to recognize, please give me their name so we can consider them for **Teacher of the Year**.

A Reminder to All Members

Let's not allow rumors, accusations, or gossip—which are against our Rituals and By-Laws—to ruin our post.

It is especially concerning when private information discussed in a closed meeting gets out within half an hour, not only to members of the post but also to outside groups.

Things go wrong from time to time. When they do, let's handle them in the proper manner, work together to resolve the issue, and move forward.

Our post is too great for this B.S. Let's remember why we are here, support one another, and continue making our post something we can all be proud of.

Steve Blackwell
Post Commander
Harvey F. Eckhoff VFW Post 7674

Your Post Giving Back



Post 7674 gives to Silver Sands School

Our post gave a combined **\$6,000** to **Silver Sands School** at the **August Joint Meeting**.

The Bingo committee, Auxiliary, Cooties, and VFW membership matched each other's checks to present a total of **\$6k** to **Kristin Gilmore**, Principal of **Silver Sands School**. Well Done Post 7674!

Patriot's Pen Voice of Democracy Teacher of the Year

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

Everyone is reminded that this year all entries **MUST** be submitted via QR Code. [Completed 2026-2027 entries](#) must be turned in by midnight, Oct. 31.



VFW POST 7674

213 Carol Ave
Ft Walton Beach, FL
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SEPTEMBER

2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Breakfast 8-11:30 am	31	1 Queen of Hearts 6 pm Wings & Things 5-7 pm	2	3 Bingo 5-7 pm	4 Catfish Fry 5-7 pm B.T. Turner 6:30 pm till ?	5 Canteen Inventory 8:30 am
6 Breakfast 8-11:30 am	7 Labor Day	8 Queen of Hearts 6 pm Wings & Things 5-7 pm	9 Old Timers 5 pm till ?	10 Bingo 5-7 pm	11 Country Fried Steak 5-7 pm Wrecking Crew 6:30 pm till ?	12 Katrina 6:30 pm till ?
13 Breakfast 8-11:30 am	14 MOC Scratch 6:01 pm	15 Queen of Hearts 6 pm Wings & Things 5-7 pm	16 House Committee Meeting 6 pm	17 Bingo 5-7 pm	18 Air Force B-Day Oktoberfest 5-7 pm Randy Gardner 6:30 pm till ? Nat'l POW/MIA Recognition	19
20 Breakfast 8-11:30 am	21 Post/Aux Meeting 6:30 pm	22 Queen of Hearts 6 pm Wings & Things 5-7 pm	23	24 Bingo 5-7 pm	25 Chicken Enchiladas 5-7 pm Bobby "D" 6:30 pm till ?	26
27 Breakfast 8-11:30 am Aux Bake Sale	28	29 Queen of Hearts 6 pm Wings & Things 5-7 pm	30	1 Bingo 5-7 pm	2	3

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

Keep up the Fight!

The VFW strongly opposes provisions within H.R.9237 / S.4744, Take Care of America's Veterans Act, that would reduce future veterans' disability compensation to pay for other veteran programs. While the VFW supports many of the bill's underlying goals, we cannot support financing those priorities by reducing earned benefits for future disabled veterans.

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.

The Volunteer Incentive Program (VIP) is alive and well! We always need volunteers for everything from Sunday breakfast to manning the Poppie tables. You can use the VIP to upgrade your membership to Life or Legacy Life.

See me to get the details and a log sheet to begin your journey to Gold Legacy Life Membership!

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

VFW Post Service Officer – A Thing of the Past

VFW Posts are no longer able to have on-staff Veterans Benefits Advisors. We simply can't help you fill out your benefits claims.

That doesn't mean we don't care. The VFW now maintains a central Veterans' Benefits advisory service at the department level. We can put you in touch with them!

We will also be posting a list of Veterans' Benefits Resources both local, state, and national that you can contact to get advice and help completing your benefits applications.

Keep your eye on the bulleting boards at the post as well as the post website at vfwpost7674.org for more info.



VFW AUXILIARY

UNWAVERING SUPPORT FOR UNCOMMON HEROES®

NEW VFW Auxiliary Member Installation - The Auxiliary will be installing/welcoming its newest members from June and July 2026 at their next meeting to be held on Monday, September 21, 2026. Current members, please come join us and celebrate our growth!

DUES are DUE! If you are not a lifetime Auxiliary member, your annual dues are now due. You should have received a letter from our Treasurer, Steve Gouthro with instructions on how/where/when to pay. These funds, along w/ our fundraising endeavors, help us continue to donate much needed funds to local and national organizations that support our veterans.

Buddy Poppy Watering Can Competition

Auxiliary Senior Vice President JoAnn Kradel and Auxiliary Treasurer Steve Gouthro submitted an entry on behalf of the Auxiliary in the VFW Auxiliary "Buddy" poppy decorated watering can display contest at the Department School of Instruction held in Orlando, FL August 14-15, 2026. The theme of VFW Auxiliary Department President Kathy Wright is "Growing Stronger for our Veterans". The Patriotic colored red, white, and blue display showcased the National and Department Programs the Auxiliary participates in.

