



**VFW**   
 VETERANS OF FOREIGN WARS  
 NO ONE DOES MORE FOR VETERANS.

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 VFW Post 7674**

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# The Dispatch

**May 2024  
 Volume 5, Issue 11**



**"OUR FLAG DOES NOT FLY BECAUSE THE WIND  
 MOVES IT. IT FLIES WITH THE LAST BREATH OF  
 EACH SOLDIER WHO DIED PROTECTING IT."**

**- UNKNOWN**

 **Veterans  
 Crisis Line**  
 DIAL 988 then **PRESS 1**



## Commander Kevin Thurman Gives His Thoughts About The Post

We just completed one of our busiest months ever. It took a team to make it happen and you all came through. Thanks to the many volunteers for making this all happen. Just a short recap of what we made happen: Spring cleanup, flag retirements, rummage sale, Military appreciation day at the Landing, post-elections, district elections, Relay for Life poker tournament, and a Bingo fundraiser for Healing Hoof Steps. Every single one came off 100% successful. You add all the other weekly and monthly things that the Cooties and Auxiliary participate in and you will find that OUR POST is running nicely across the board.

Special Thanks to Shawn Sharrit and Terry and Robert Kendall as they finish up their terms in very important Post positions and wish them the very best in their next adventures. I want to welcome aboard Byron Bradley as he joins our team as our new three-year trustee and Steve Blackwell who is adding another title to his enormous role in our Post as the new Senior Vice. We will be looking for a couple of people to add to our House Committee and we are in desperate need of an assistant building and grounds person because Alan will be leaving us for a few months.

For our membership update...WE DIDN'T MAKE IT...we missed our number to qualify for the first chance at All-State. We needed to be 102% by April 30<sup>th</sup> to qualify for the first vote and we are still 40 short of making that number. We picked up 4 renewals and 5 new members over the past 28 days which is great but still not enough. Our new deadline to make the final chance at qualification for All-State and All-American is June 15<sup>th</sup>. That gives us about 45 days to pick up one new member or renewal a day from now till then. Not impossible but it sure is a lot of work for the entire team when this should be such a simple task. I also want to remind everyone that we implemented many months ago the opportunity for volunteer hours to convert to membership renewal and upgrades. We have just a few folks who have been tracking their time and turned in eligible hours. If you have questions then get with me or Steve and we can inform you how the program works.

Lastly; does anyone read this newsletter? Are you following our Facebook page or our Web page? Have you stopped in the foyer on your way into the Post to read any of the information provided on the TV monitors? Have you looked at the Marquee for just 1

minute? I ask all this because undoubtedly I am asked or told on almost a daily basis that we just don't get the information out for people to know what is going on. We spend hours on calendars and newsletters and posting to all of the above but we still hear the standard "I DIDN'T KNOW" answer. Communication is the key to everything we do but we need your help too. The cost of mailing the newsletter out to our 1080 VFW and Auxiliary members would be huge and not a good use of our hard-earned funds. Someone suggested an email to everyone but it takes someone to create the email database and keep it up to date and then send out the monthly letter...are you the volunteer to put in the necessary hours to make this happen? One of my biggest takeaways from my military service was that if I was able to identify a problem then I should also offer a possible solution. This works great until you start the conversation off with "YOU KNOW WHAT YOU OUGHT TO DO" and then go on about how everyone else needs to fix our problem. We are wide open to suggestions and help. On average we only have about a dozen volunteers that do just about everything in the Post, so you can see where every new idea needs to come with another new volunteer.

A Big day is coming up for Memorial Day so look for the posted times and make your plans. We will have the beautiful Katrina entertaining us with some great patriotic music that afternoon so you won't want to miss out.



It's Cootie time! Great work by all our Cootie volunteers! Fish fry, steak night, Post cleanup, hospital visits, rummage sale, bingo and independent care visits...you all get it done so well! Cootie's Hollis and Kei have been keeping our visits out to the Blake bi-weekly to visit with some great Veterans to include one WWII Veteran. They have kept it quite lively and new which is what they like out there. Of course their favorite is Cootie Paul for some reason.

We have two Atoms that are undergoing intense treatment for acceptance into our crummy fraternity. If you see prospect Tim or Byron around, you will want to make sure that they have their little friend with them and if they don't please be sure to notify myself or the Shyster so that some appropriate care and modifications can be done to clear their path's of entry.

We have put together a pretty solid plan for the year ahead and I know we will continue to grow. Make your plans to be at the next Scratch to have a little fun with our new Atoms.

In the mean time let's continue to  
"keep 'em smiling in beds of white!"

# MAY



# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 BINGO 5 -???? PM	3 MOC FISH FRY 5 - 7 PM RICK WILSON 6:30 PM	4 CANTEEN INVENTORY 8:30
5 BREAKFAST 8 - 11:30 AM	6	7 WINGS & THINGS 5 - 7 PM	8 OLD-TIMERS 5 -???? PM	9 BINGO 5 -???? PM	10 COUNTRY FRIED STEAK 5 - 7 PM THE WRECKING CREW 6:30 PM	11
12 BREAKFAST 8 - 11:30 AM  MOTHER'S DAY	13 MOC SCRATCH 6:01 PM	14 WINGS & THINGS 5 - 7 PM	15 HOUSE COMMITTEE 6:00 PM	16 BINGO 5 -???? PM	17 STEAK NIGHT 5 - 7 PM RANDY GARDNER 6:30 PM	18 ARMED FORCES DAY
19 BREAKFAST 8 - 11:30 AM	20 POST/AUX MEETING 6:30 PM	21 WINGS & THINGS 5 - 7 PM	22	23 BINGO 5 - ??? PM	24 SPAGHETTI & MEATBALLS 5 - 7 PM BACK BAR LOUIE 6:30 PM	25
26 BREAKFAST 8 - 11:30 AM	27 MEMORIAL DAY RIBS AND CHICKEN	28 WINGS & THINGS 5 - 7 PM	29	30 BINGO 5 - ??? PM	31 MEATLOAF 5 - 7 PM IDEAL RHYTHM 6:30 PM	
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

## POST OFFICER ELECTIONS

INSTALLATION 17 JUNE 2024

Commander – Kevin  
Thurman  
Senior-Vice Commander/ – Steve  
Adjutant Blackwell  
Junior-Vice Commander – Ray  
Riker  
Quartermaster – Jane  
Lowery  
Chaplain – Clinton  
Akins  
1-Year Trustee – Levering  
Rambo  
2-Year Trustee – Steven  
Keith  
3-Year Trustee – Byron  
Bradley  
Service Officer – Eddie  
Baker  
Judge Advocate – Anthony  
Beasley  
Surgeon – Frank Goldstein



From "DOC" Goldstein, Post Surgeon

It is Spring and if you are active or do a lot of physical labor or if you are getting older and don't do a lot of physical activity, the chances are good that you may experience pain on your next workout. Pain happens for a variety of reasons.

Listed below are some facts about pain that hopefully will be of some help both physically and emotionally to those of you with pain concerns now and in the future.

- 1) Most chronic pain has a physical explanation
- 2) Exercise can complicate a muscle-related chronic pain problem.
- 3) A healthy use of "thinking it out" to manage an ongoing pain is to put your mind on the task. As yourself, "How can I improve this?", "How can I live with this?" or "Do I need to see a medical provider?"
- 4) Our emotions have an effect on our physical well-being – if we are stressed, anxious, or depressed, we are more susceptible to physical pain.
- 5) With less focus on our pain, we can change habits or lifestyles to manage ongoing pain, how we sleep, sit, walk, etc.

And, the final point may be the most important. A person with an ongoing pain problem is **NOT** at any greater risk to develop problems of depression, worry, guilt or anger. Each of us can help manage our pain without creating additional mental or physical health issues.

Think Healthy.

## VFW AND AUXILIARY SET UP MEMBERSHIP TABLE AT FORT WALTON BEACH MILITARY APPRECIATION DAY AT THE LANDING



10 MAY 2024



**VFW AUXILIARY**  
UNWAVERING SUPPORT FOR UNCOMMON HEROES®

# POST 7674 AUXILIARY PRESIDENT'S COMMENTS

These are elected officers for the 2024-2025 year.

- President – Betty Riker
- Sr Vice – Cynthia Whitley
- Jr Vice June Scroggin
- Secretary – Kendra Beasley
- Treasure – Steve Gouthro
- Chaplain – Debbie Chapman
- Conductress – Debbie Chapman
- Guard – Lisa Jobson
- 3-Year Trustee – Ella Moon
- 2-Year Trustee – Lois Garrett
- 1-Year Trustee – Lisa Jodson

The Auxiliary is very busy right now. We had the rummage sale on the 20<sup>th</sup> of April, along with the District Meeting and Military Appreciation Day.

We had one entry for the art contest from Niceville High School.



As an Auxiliary we have donated \$1200 to Healing Hoofs and \$1000 to Project Hope of FL for addiction for men.

May 27<sup>th</sup> is Memorial Day and the post will be at the Meridian and Beal St Cemetery for ceremonies.

On May 24, 25, and 26 there will be a poppy drive. We need volunteers and there will be a sign-up sheet in the foyer of the VFW Post.

We appreciate everyone that is willing to help out at any of our events.

Betty Riker  
President



May is another very busy month here at the Post, including events as Mother's Day (12 th ), Armed Forces Day (18th) and Memorial Day (27th). Come on out and celebrate with your fellow Post, Auxiliary members, and families! Mother's day is a free breakfast with membership card for our Mother's.

Meals for May (all meals go from 5pm-7pm or while supplies last):

- May 3 MOC Fish Fry
- May 7 Wings and Things
- May 10 Country Fried Steak
- May 14 Wings and Things
- May 17 VFW Steak Night
- May 21 Wings and Things
- May 24 Spaghetti and Meatballs
- May 28 Wings and Things
- May 31 Meatloaf
- Breakfast every Sunday from 8am-11:30am

Entertainment for May (all entertainment goes from 630pm-10pm, or later):

- May 3 Rick Wilson
- May 10 The Wrecking Crew
- May 11 Jason McPhail
- May 17 Randy Gardner
- May 24 Beach Bar Louie
- May 25 Katrina
- May 31 Ideal Rhythm

If you have not tried our Wings and Things with Ms. Tiew's Special or Sunday Breakfast, you are truly missing out. See Ms. Tiew in action for yourself....She is such a great part of this VFW family.



Reminder to all and volunteers please try to stay from behind the bar, for health and safety reasons. Please go around to serve customers meals or to refill water, etc. Thank you.

From Assistant Canteen Manager,  
Cecilia McCann

# 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 3 MAY – 821 of our 842 members**

**This puts us at – 97.50%  
Need 859 for All-State and All-American!**

# POST SERVICE OFFICERS ARE LOCAL ADVOCATES WHO ASSIST

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

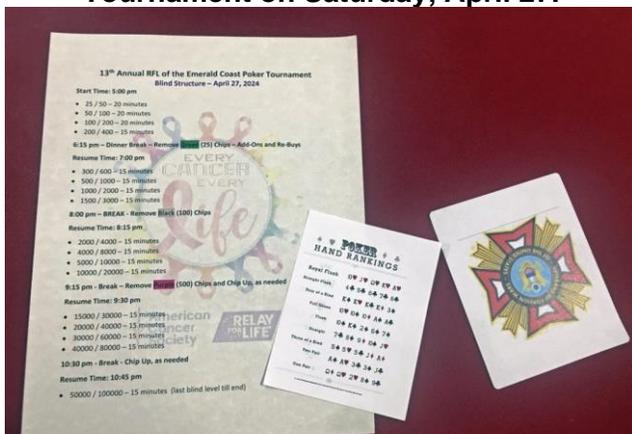
The Department of Veterans Affairs announced an expansion of its Close to Me cancer care program. Under this program, VA clinicians travel to provide Veterans with the full continuum of cancer care at nearby community-based outpatient clinics, often in rural locations. This reduces the need for Veterans to travel to medical centers for cancer care, affording Veterans and their caregivers more time to go about their daily lives and focus on healing. It also allows more Veterans to utilize VA care, which is [proven to be the best care in America](#) for Veterans.

*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](mailto:eddbkr1@earthlink.net) [bakereddie181@gmail.com](mailto:bakereddie181@gmail.com) PH .(850)218-2314.*

**Eddie L Baker, VFW Post 7674 Service Officer**



Harvey F. Eckhoff VFW Post 7674 teamed with Relay for Life of the Emerald Coast to throw the 13<sup>th</sup> Annual Relay for Life of the Emerald Coast Texas Hold'em Charity Poker Tournament on Saturday, April 27.



## 2024 DEPARTMENT OF FL VFW STATE CONVENTION

Thursday June 13<sup>th</sup> – Sunday June 16<sup>th</sup>

Renaissance Orlando @ SeaWorld

6677 Sea Harbor Dr

Orlando, Fl

Reservation Cut-Off on or before 20<sup>th</sup> May

[www.book.passkey.com/go/VFW2024](http://www.book.passkey.com/go/VFW2024)

# JUNE (Tentatively)



# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 BREAKFAST 8 – 11:30 AM						1 CANTEEN INVENTORY 8:30 SCHOOL OF INSTRUCTION ORLANDO
2 BREAKFAST 8 – 11:30 AM	3	4 WINGS & THINGS 5 – 7 PM	5	6 BINGO 5 -???? PM D-DAY CEREMONY 5:00 PM	7 MOC FISH FRY 5 – 7 PM	8
9 BREAKFAST 8 – 11:30 AM	10 MOC SCRATCH 6:01 PM	11 WINGS & THINGS 5 – 7 PM	12 HOUSE COMMITTEE 6:00 PM  OLD-TIMERS 5 -???? PM	13 BINGO 5 -???? PM	14 STEAK NIGHT 5 – 7 PM RANDY GARDNER 6:30 PM ARMY BIRTHDAY	15
16 BREAKFAST 8 – 11:30 AM FATHER'S DAY	17 POST/AUX MEETING 6:30 PM	18 WINGS & THINGS 5 – 7 PM	19	20 BINGO 5 - ????? PM	21 PORK CHOPS 5 – 7 PM	22 SCHOOL OF INSTRUCTION POST 10555 9:00 AM
23 BREAKFAST 8 – 11:30 AM	24	25 WINGS & THINGS 5 – 7 PM	26	27 BINGO 5 - ????? PM	28 RICK WILSON 6:30 PM	29
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

# ARMED FORCES DAY



**ARMY**



**NAVY**



**MARINES**



**AIR FORCE**



**SPACE FORCE**



**COAST GUARD**