



VFW Post 7674

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Post: 753 (87.76%)

District: 3104 (85.76%)

Dept.: 45323 (84.98%)

The Boys from Newfoundland at Gallipoli By Frank L. Goldstein

The following article was written after a Road Scholar tour of Newfoundland and historical visits to many World War I sites. This article will be presented in two parts.

Part One

They called them Fric and Frac. At another time in another place, it may have meant something else, but at Gallipoli it only meant an Irish Sergeant wanted separation between two boys named Frank. The Franks came from different fishing villages, with different dialects but hit it off and, by the end of basic training, were fast friends. They, like many others, had responded to England's call as WWI had begun. Trench warfare would bleed England dry, and she turned to her colonies and former colonies for help. Australia, New Zealand, Canada and Newfoundland all sent troops. For the first time, Newfoundland sent a regiment, which was to be commanded by British officers and NCOs, but a regiment nonetheless. Even former colony, the United States would join the war on England's side.

British leadership decided a second front was needed. So, a landing was undertaken on a Turkish shore called Gallipoli. The second front was a disaster. The high ground was never taken, and it became the grave site for tens of thousands British (Irish and Indian), Australian and New Zealanders (the ANZACs), French and the Newfoundlanders. It was to this meat grinder of death, destruction, disease, horror, thirst and pain that the First Newfoundland Regiment arrived. They came with high spirits and excitement to do their duty for family, friends and country. Instead, they watched each other die or be maimed from shells, bullets and disease. Their beach head was so small that no safe place existed.

Fric and Frac survived day-by-day. They helped other friends and strangers. They shared their food and water and both were always in short supply. They buried their friends (British tradition buries their fallen where they die so no bodies were sent home for burial) or carried friends mangled bodies to the beach for evacuation. The Franks, like their comrades, ignored mere disease or minor wounds so they could stay with their friends. Every man

who died or was evacuated left the line less defended and vulnerable. Breakouts by the allies were attempted with heavy losses and failed. Attempts to dislodge the British and their colonials by the Turks and their German officers also failed.

As time went on, the dying continued and yet the strengths of youth could find a joke, tell a story from home with a smile or a laugh and even create a little mayhem for the unsuspecting NCOs or extra staff officers. The Franks only plan was for survival, but they would work it together and with a smile if they could.

Manpower was so short that different units were pulled together for missions and work parties. Upon return from a task, the Franks would always check to see if each had made it back.

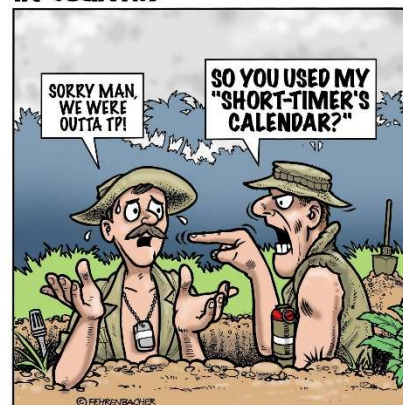
The trench line had strong points, and that was especially true when the lines bent toward the enemy. These fortified salients were frequently overrun or isolated by artillery fire. Their destruction was typically the goal of any attack, and those attacks were bloody and costly for both defender and attacker.

One such salient was under attack and a relief party was being pulled together to assist and relieve. Twelve men were selected to go forward. They were to be led by a young British Lieutenant. He was atypical in that he led from the front and was very respected by the enlisted troops, both British and Colonial. The NCO in charge was a big Dubliner, the same Irish NCO who had named the Franks Fric and Frac. A young Canadian who had left medical school to enlist was along as the self-proclaimed medical orderly. The mostly Newfoundland men who were in the salient would be needing medical support. Two British privates from London, a pair of Australians and a New Zealand Corporal were in the group. All were in awe of the South African, named John, who was also assigned to the salient. John was the biggest and strongest man anyone had met. Fric and Frac and another Newfoundland rounded out the twelve.

They moved along through the trenches many abandoned since the heavy Turkish shelling had begun. Johnny Turk was beginning a major offensive and intense and heavy shelling all along the line was meant to keep the British

undercover. The young Lieutenant led them to the salient without a loss just as a Turkish human wave attack reached the parapets. As they entered the salient, they helped the defenders repulse the attack. It was only as the Turks retreated that they noticed that only four of the original defenders were still alive. The three officially relieved men headed back through the trenches, the fourth man was too wounded to move and the Canadian tried to make him comfortable. He thanked them all for coming and was especially grateful to Fric and Frac and the other Newfoundlander. They all knew he would be buried there where he fell, that back home in a village or a town only a telegram would mark his passing and hopefully someone would remember his name. After he died, they placed his body in a row with the other eight defenders. From the gunfire around them, they knew that some of them might join the nine before the fight was over.

IN-COUNTRY



HAVING YOUR WHOLE YEAR....."WIPE OUT!"



Fall Questions and Answers Frank "Doc" Goldstein, Post Surgeon

As Summer turns to Fall and the weather becomes comfortable, football takes center stage and we all take a rest from a hectic Summer schedule. It is often the case that we forget the importance of taking care of ourselves during this time of year.

Here are a few suggestions for a healthy Fall:

- 1) Muscle power equals longevity - Several studies show a clear link between your muscle strength and how long you live. It's not a question of lifting or pressing weight. The power is in movement. How fast can you get out of the way of danger? How fast can you grab the guard rail and hold on? Be active – walk, lift weights, keep up your eye-hand movement. Being out of shape equals falls, broken hips, etc.
- 2) Over-use of nasal spray as Fall dryness sets in – The best solution to help combat this problem is saline nasal spray. JAMA Pediatrics noted a 30 percent improvement with just saline as a spray of choice.
- 3) News flash: New research reveals that nearly six out of ten women will develop cardiovascular disease by 2050 – Key risks factors like obesity, diabetes and high blood pressure are appearing earlier in life.
- 4) Low B12 can mimic signs of aging – Research indicates that one in five older adults have low energy due to a vitamin B12 deficiency. Next time you are having blood work done, consider asking your health care provider for a B12 check if you have energy issues.
- 5) Your gut and eczema – A new research study in the Journal of Molecular Science is showing a link between gut and skin health. This finding could be helpful in managing atopic dermatitis, a chronic inflammatory skin disease. Additionally, other conditions such as acne and psoriasis are also linked to imbalances in the gut and often triggered by gut inflammation.

Quote for Today:

"If you want to walk fast, walk alone; if you want to walk far, walk with others."
(African Proverb)

Think health and see you at the POST.

Doc G



From the Adjutant

Happy October Comrades! It's fall and that means it's time to prepare for the holidays! I've been trying to update how we communicate in the post. You might have noticed our Facebook postings are more up-to-date and the webpage has been staying fairly current. If you've got something worth sharing on Facebook or have any suggestions for the web page, please let me know. Our post email account is getting checked pretty regularly, so feel free to use that as an avenue to communicate with your post leadership. We've gotten a number of funding requests through that account and we try to stay on top of them so they can be brought to the membership for a vote. Keep the info coming! You may also have noticed that the info board in the Canteen is staying more up-to-date. You'll find By-Laws, Officer Listing, Canteen Reports, Meeting Minutes, and House Committee Reports ready for viewing. And don't forget the "Honey Do" List. That one's there for you to let us know what needs fixing.

Last, but surely not the least, as I mentioned the holidays are approaching! With that comes Snow Birds...and a need for volunteers. Sunday Breakfast, holiday events and parties don't happen without help. So STEP UP and pitch in! --Cheers! Bruce

Legislative News

VFW ACTION ALERT

Keep the Pressure On!

Although the House pulled its planned vote on TCVA (H.R. 9237 / S. 474), the bill remains active and we can't let up. Tell Congress to oppose Section 108!

Take Action

Go to <https://votervoice.net/VFW/Campaigns/138781/Respond> to Take Action

Commander's Corner

On September 17, we recognized the Air Force Birthday and POW/MIA Recognition Day during Bingo. We held a second observance in the canteen on September 18. Thank you to everyone who attended and gave these important occasions the attention they deserve.

We also held Oktoberfest on September 18. We had a fair turnout, great food, and good camaraderie. Next year, we'll work to bring even more members and guests together.

I'm considering restarting our coffee and donuts outreach at the VA Clinic from **8:00 to 10:00 a.m. every Monday except the first Monday of the month.** We need a chairperson and volunteers to make it work; it is difficult for me to run it alone. If you're interested in helping, please let me know.

Alan, our Building and Grounds Chair, is back in town. More projects are getting done, and new ones are getting started. Thank you, Alan, and everyone lending a hand.

Beginning Saturday, October 17, the canteen's Saturday hours will be noon to 10:00 p.m. We have not had enough business between 10:00 a.m. and noon to cover the cost of opening early. We will open earlier for special events or activities when needed.

In November, we'll recognize the Marine Corps Birthday and Veterans Day. For Veterans Day, we plan to attend the observance at Beal Memorial Cemetery and then the Mary Esther parade. November is also Military Family Month, and the Chamber of Commerce may hold an event at Eagles Landing. We'll share details as they become available.

We're doing great on membership. Please keep up the good work, and let's see if we can reach our goal before April.

Stephen Blackwell
Commander, VFW Post 7674



Steve Blackwell, VFW Post 7674 Commander



October 1983
Above: Beirut Lebanon
Right: Operation Urgent Fury, Grenada



Happy Fall Cooties; we have a busy time ahead of us. This month we will be hosting the Florida Grand inspector at our next scratch. We are always ready and look forward to showing them a very lousy time. We follow that up at the end of the month with our annual ARC Halloween dance. We will need volunteers the weekend prior to decorate and then the night of we will need servers, cleanup crew, judges and plenty of dancers to help with this great event. Our Seams continue to be approached with care and the possibility of a new nit is there. Continue to search throughout the Post and let's continue to grow. Always remember we are "Keeping 'em smiling in beds of white!"

Kevin Thurman
Seam Squirrel

From the House Committee Chair

As House Committee Chairman, I would like to remind you that all VFW and Auxiliary Members are welcome to attend the House Committee meeting the Wednesday before the membership meeting at 6PM to hear what is going on. If you would like to address the committee, please contact me at [850-803-8740](tel:850-803-8740) or kei@kei77.net before the meeting. Thank you. Steven Keith.





VFW POST 7674

213 Carol Ave Ft Walton Beach
850-244-3834

Veterans Serving Veterans, Our Community and Our Nation

OCTOBER 2026



HONOR ★ DUTY ★ COMMUNITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL GAVE SOME SOME GAVE ALL FREEDOM LIVES HERE				1 Bingo 5-7 pm	2 Catfish Fry 5-7 pm Katrina 6:30-9:30 pm	3 Canteen Inventory 8:30 am
4 Breakfast 8-11:30 am	5	6 Wings & Things 5-7 pm Queen of Hearts 6 pm River Rats Meet 6 pm Spectre Gunship 6 pm	7 Krew of Columbus 6:30 pm	8 Bingo 5-7 pm	9 Pork Chops 5-7 pm Donny Weitz 6:30 till ?	10
11 Breakfast 8-11:30 am	12 Columbus Day MOC Scratch 6:01 pm	13 Wings & Things 5-7 pm Queen of Hearts 6 pm Cribbage 6 pm	14 Old Timers 5 pm till ? House Committee 6 pm	15 Bingo 5-7 pm	16 Steak Night 5-7 pm Randy Gardner 6:30 pm till ?	17 Katrina 6:30-9:30 pm
18 Breakfast 8-11:30 am	19 Post/Aux Meeting 6:30 pm	20 Wings & Things 5-7 pm Queen of Hearts 6 pm Security Forces Meet 6:30 pm Cribbage 6 pm	21	22 Bingo 5-7 pm	23 Country Fried Steak 5-7 pm B.T. Turner 6:30 pm till ?	24
25 Breakfast 8-11:30 am Aux Bake Sale	26	27 Wings & Things 5-7 pm Queen of Hearts 6 pm Cribbage 6 pm	28	29 Bingo 5-7 pm	30 Meat Loaf 5-7 pm Bobby "D" 6:30 pm till ?	31 Halloween 

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
Confidential support 24/7

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

**SERVICE
FRIENDSHIP
RESPECT
ALWAYS**



VETERANS OF FOREIGN WARS.

2026-2027 COMPETITION

PATRIOT'S PEN

POST 7674



Andrew Ge
PP Winner 2025

APPLICATION DEADLINE
OCTOBER 31, 2026

SCAN THE QR CODE FOR MORE
INFORMATION

PATRIOT'S PEN

- Open to students in grades 6-8 enrolled by Oct. 31st deadline
- Submit a 300-400 word written essay
- This year's theme is, "What a Veteran Taught me about America"
- National Prize is currently \$5,000

ELIGIBILITY

Students must be lawful U.S. permanent residents or have applied for permanent residence (for which the application has not been denied) and intend to become a U.S. citizen at the earliest opportunity.

<https://scholarsapp.com>



Or enter this link in your browser
<https://bit.ly/4cYlc4u>





VETERANS OF FOREIGN WARS.

2026-2027 COMPETITION

VOICE OF DEMOCRACY

POST 7674



Olivia M. Drewniak
VOD Winner 2025

APPLICATION DEADLINE
OCTOBER 31, 2026

SCAN THE QR CODE FOR MORE
INFORMATION

VOICE OF DEMOCRACY

- Open to students in grades 9-12 enrolled by Oct. 31st deadline
- Submit a 3-5 minute audio essay
- This year's theme is, "What a Veteran Taught me about America"
- National Prize is currently \$35,000

ELIGIBILITY

Students must be lawful U.S. permanent residents or have applied for permanent residence (for which the application has not been denied) and intend to become a U.S. citizen at the earliest opportunity.

<https://scholarsapp.com>



Or enter this link in your browser
<https://bit.ly/4bCbGMM>





VFW AUXILIARY

UNWAVERING SUPPORT FOR UNCOMMON HEROES®

VFW Auxiliary Post 7674

Thank you to all the members who attended our meeting on 21 September. It was the largest turn out in a while. Encourage other members to come and bring good ideas to support Auxiliary programs benefiting our veterans, active duty members and families. Volunteers will be needed for the Buddy Poppy drive in early November, stay tuned for sign up list. Locations are Armament Museum and Exchange/commissary

Bingo dinners have been very popular and all the help has been appreciated. If you want to help check with Bett Riker.

A reminder to all annual members. Please submit your renewal dues of \$35 to the treasurer. Letters were mailed out last month. The auxiliary recently donated a POW/MIA flag to the Eglin VA clinic.

