

## **Commander Notes**

Comrades,

Wow! It has been close to three years since y'all voted me into the Office of Commander. We have had many challenges along the way, but we overcame all of them. Our efforts have earned us All-State and All-American for two consecutive years. And, it looks like we will garner those titles once again.

There is no way we could have pulled any of that off without the efforts of our volunteers, members and their families. I would be remiss if I didn't mention that the Auxiliary are staunch supporters of our mission. They continually assist with all the programs we run throughout the year, taking care of Veterans, their families and our community. I thank you all for all you do!

I believe Mel Yamamoto will lead from the front, as he and Tammy have these past years. I suspect you all will support him and his officers, as they guide us through the next 3 years. I may not hold a leadership position from here on out, but rest assured in knowing that I will continue to be involved through volunteering and helping Mel reach our goals.

Be sure to look at the attached calendar to keep up with what's going on over the next two months. In addition, keep an eye on our Facebook page for VPRs, fundraisers and other events that pop up post newsletter mailing.

No one does more for Vets!

Alan K. Reams (Al)  
Commander, VFW Post 4676

## **Auxiliary President**

This past year has flown by. Your hard work and dedication to our mission have not gone unnoticed by others. Our community is better because of your hard work and dedication to our veterans, their families, and our community.

Your officers for the 2023-2024 year have been elected and will soon be installed.

President- Jennifer Group  
Sr. Vice- Melissa Strothers

Jr. Vice- Lynda Hougum  
Chaplain- Chrystal Coble  
Conductress- Peggy Torres  
Treasurer- Rafael Rodriguez Jr.  
Guard- Daniel Pool  
Trustee #1- Chrissy Pohlman  
Trustee #2- Elizabeth Wells  
Trustee #3- Ann Strothers

A special thank you goes to Chrys Baier for agreeing to remain secretary this upcoming year. Our next mission is to find chairpersons for our next year's programs. Our Officer Training will be in Austin, June 6-8, 2023. Please check the department website for hotel information or ask where I will stay. It would be nice to show VFW Post 4676 Auxiliary off to the state of Texas and District.

Our auxiliary has grown in numbers, spirit, and camaraderie; if we continue to grow as a team and develop better partnerships within our organization at all levels and in our community, next year will be twice as good and double the fun. Seeing old and new work side by side, sharing stories of the good ole days while making new memories, brings me the greatest joy. Over the next few months, I ask you to remember to take time for one another, thank a veteran, welcome them home and into our Post. Check up on your friends and family. Summer can be lonely and stressful; many begin new chapters in their lives and careers.

Please be safe this summer. Enjoy your family and friends. Please, honor our fallen this Memorial Day, no matter where you are.

With much Love,

Jennifer Group  
Auxiliary President

## **Post Quartermaster**

Membership is running well ahead of last year! We are over 106% already. Paying early will extend your current due date by 1 year from the current one.

Keep me updated with address, email, or phone number changes by notifying me at [stonebob@msn.com](mailto:stonebob@msn.com).

Robert (Bob) Stone, Quartermaster

## Chaplain's Corner

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Comrades – As we come to the end of April, we look forward to a happy Spring. Easter was a Great success thanks to all the help and hard work – and we were able to celebrate the reason for the holiday as we all saw fit to do so.

We have had some hard times this past couple of months but, as always, in each case we were able to come together and be there for one another. Let us continue to concentrate on the good things in our lives, and look forward to the many more that we are about to have.

Let's embrace the coming season, enjoy the changing weather and the Comradeship to which we all look forward. Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Rob Henkel  
Chaplain

### **The Lord gives strength to His people; the Lord blesses His people with peace. Psalm 29:11**

While we, as members of the VFW Auxiliary, believe in honoring our veterans and service members every day; we acknowledge the observances set aside specifically to recognize military members and their families. The month of May is **National Military Appreciation Month**, a month to recognize and show appreciation to the Armed Forces of the United States of America. The month of June is **National Post Traumatic Stress Disorder Awareness Month**, and is intended to raise public awareness about issues related to PTSD, reduce the stigma associated with PTSD, and help ensure that those suffering from the invisible wounds of war receive proper treatment.

Since 1914, the VFW Auxiliary has united Americans from all walks of life with a common purpose: to improve the lives of veterans, service members, their families, and our communities. In keeping with this tradition, I encourage you to make a difference in the lives of our post and auxiliary members and their families with particular mindfulness of these two distinguished recognitions. Become familiar with PTSD symptoms and pray for healing of the heart and renewal of the mind.

Lift up all military families in your thoughts and prayers. Pray for all who are ill and struggling with life's afflictions. Pray for those who are grieving, our nation, and those who serve to protect us.

Chrystal Coble  
VFWA Chaplain

## Cootie Corner

Hey you lousy bugs, listen up!

We still need workers, and even more eaters at our breakfasts. Come on out and enjoy, we really do have a lot of fun. Our next one will be on May 28<sup>th</sup>, and another on June 25<sup>th</sup>. That's all this crummy squirrel has for now. Stay lousy and go forth and multiply.

LD "Buck" Owens  
Seamless SQUIRREL

Congratulations to our newly elected officers for the ensuing year: Melissa Strothers, Sr Vice Pres; Debbie Potter, Jr Vice Pres; Robin Spalding, Chaplain; Bobbie Rollins, Treasurer; Sylvia Bigham, Conductress; David Bigham, Guard; and Trustees Jennifer Group, Uriel Hernandez, and Ann Strother.

The auxiliary participated in all programs this year and our membership grew to 52 members (127% quota). We will celebrate our accomplishments at the Grand Convention to be held in Copperas Cove, June 2<sup>nd</sup> – 4<sup>th</sup>.

We look forward to assisting the MOC in promoting hospital work, programs and social activities; to keep alive the spirit of optimism and humor; and to promote the wellbeing of our parent organization. One goal is to increase the number of volunteers and clowns who bring cheer and happiness into the lives of those who have given us our freedom and are in the hospital, long-term, or rehabilitation facilities.

Chrystal Coble  
President

## Canteen News

Stay Safe and Thank a Veteran!

Canteen Manager  
Rhonda Reams