

**Commander:** The optimist sees the benefits in people, situations, and the possibility of a better outcome. The decision to be good, bad, or simply plain ugly is a decision made with intended purpose; to praise and love or to loath and hate. To control one's attitude, emotions, language, behavior, and comments requires discipline, awareness, and an understanding of the consequences. This past year has been challenging for key leaders, canteen staff and members who frequent the post. Keeping a positive mind set, focused on the bigger picture, and choosing to be "Pono" establishes a foundation of respect, tolerance, and humility in our relationship with each other and the environment we live in. Unlike the constant state of hate in one's heart, mind, and soul, which only brings despair, anguish, and sorrow. Always keep in mind the end result of the things said and done. At your funeral, how will you be remembered or honored, and what will be said about you? Some may not care, but those left will live on with that memory. Life is short, choose to be happy and content. Live Aloha! Ask me.

**Auxiliary President:** 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-long celebration ends with two important days: Armed Forces Day and Memorial Day. These days are set aside to pay tribute to the men and women who serve in the US Armed Forces as well as to commemorate those who made the ultimate sacrifice defending our freedoms. 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. I encourage you to make a difference in the lives of our post and auxiliary members and their families. I am extremely blessed and honored to have serve as your auxiliary president. I value your friendships and all the support you have given to our auxiliary programs. Your hard work has helped veterans in countless ways, and I am so proud of what we have accomplished together. Congratulations to newly elected President, Melissa Strother and officers. As the next phase of my life begins, I pledge my continued support to you and our auxiliary. Loyally, **Jennifer Group**



**Auxiliary Chaplain:** *Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out for your own interests, but take an interest in others too. Philippians 2:3-4*

As VFW Auxiliary members, we pride ourselves in the work we do for our veterans and their families. We do this work best when we work together. Casey Stengel made a comment about the challenge of managing a professional baseball team. His observation applies to life in general. He said, "it's easy to get good players. Getting them to play together, that's the hard part." Each of us faces that issue. How do I blend my abilities and talents with those of other people? How do I cooperate with others so we can reach our goals? These questions apply to our volunteer work in the auxiliary, our family life, and certainly our walk with God. The Apostle Paul understood the value of working effectively with others; he emphasized teamwork because he knew that we could only reach our goals through mutual effort. We are to lay aside selfishness and personal agendas and treat others with respect and common courtesy. Considering others' interests as more important than our own links us with Christ who was a true example of humility. Like Christ, we should have a servant's attitude, serving our veterans out of love for God and for others, not out of personal gain. Remember, you can choose your attitude. You can approach life expecting to be served, or you can look for opportunities to serve others. Strive to have eyes that see the best, a heart that forgives the worst, a mind that forgets the bad, and a soul that never loses hope. **Chrystal Coble**

**Canteen Manager:** Thank you for your continued support of our staff and canteen activities as we grow and strive to serve our members, family and guests. For post and canteen events and activities, visit our post calendar at: <https://calendar.google.com/calendar/u/0/embed?src=cmdr4676@gmail.com&ctz=America/Chicago>.

Friday Happy Hour, music by Rafael and "50/50" Fridays fundraiser. For the month of May 50/50 Friday proceeds will be donated to Auxiliary. June 50/50 Friday proceeds has not been determined.

New Canteen Hours Change: **Sunday-Thursday: 11am-11pm. Friday-Saturday: 11am-Midnight.**

Kitchen Hours Change: **Saturday-Wednesday: 11am-7pm. Thursday-Friday: 11am-9pm.**

**Jennifer Hamilton**



**UCKISHE 55 Military Order of the Cootie Auxiliary President:** Congratulations to our newly elected officers: Debbie Potter, Sr. Vice Pres; Kim Goodrich, Jr Vice Pres; Robin Spalding, Chaplain; Bobbie Rollins, Treasurer; Sylvia Bigham, Conductress; Charles Wells, Guard; and Trustees Uriel Hernandez, Ann Strother, and David Bigham. The auxiliary is poised to assist 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. We would like to recognize and thank VFW Post 4676, auxiliary, and canteen staff for their support with our fundraising events. These funds support hospital and nursing home programs for our veterans and their families. The latest, “Keep’em Vertical, Operation Big Boot” was developed to reduce the veteran suicide rate commonly referred to as “22 a day”. The boot is a symbol used to show veterans they are not alone; we will walk with them through their journey to recovery. The monies raised for this project will be kept local and given to agencies that help in veterans mental health awareness and suicide prevention. **Chrystal Coble**

**Your newly elected and appointed officers for 2024-2025:**

**VFW**

Commander: Melvin “Mel” Yamamoto  
 Sr. Vice Commander: Daniel “Dan” Goodrich  
 Jr. Vice Commander: Charlie “Chief” Mechling  
 Quartermaster: Robert “Bob” Stone  
 Adjutant: David “Dave” Crookham  
 Chaplain: James D. Johns  
 Judge Advocate: Michael Garza  
 Surgeon: Lloyd Owens  
 Service Officer: Michael “Mike” Mills  
 Guard: Alberto Mir  
 3 Year Trustee: Claire Wells  
 2 Year Trustee: T. Earl Bigham  
 1 Year Trustee: Gilberto “Gil” X. Romero

\*Officer Duties & Responsibilities on our website at: <https://vfwpost4676.com/post-officers>

**VFW Auxiliary**

President: Melissa Strother  
 Sr Vice President: Jennifer Group  
 Jr Vice President: Michelle Rennspies  
 Treasure: Rafael “Ralphie” Rodriguez Jr  
 Secretary: Stephanie Yingst  
 Chaplain: Chrystal Coble  
 Conductress: Peggy Torres  
 Guard: Daniel Poole  
 3 Year Trustee: Elizabeth Wells  
 2 Year Trustee: Ann Strother  
 1 Year Trustee: Jennifer Hogue

**VFW Post 4676 Shirts:**

To represent VFW Post 4676 pride, unity and uniformity wherever we go and whatever we do. Your 2024-2025 officers have created VFW Post 4676 Polo and Utility (work) shirts. You may order the shirts online as follows:

**Polo Shirt: Purple in color (meetings, smart dress events, etc.).**

VFW Polos, Info and to Order: <https://www.customink.com/g/fuv0-00cv-9g3j>

Auxiliary Polos, Info and to Order: <https://www.customink.com/g/fuv0-00cv-9g3c>

**Utility (work) Long Sleeve Performance Shirt: Neon Yellow, Neon Orange and True Red in color.**

Long Sleeve Utility Shirt, Info and to Order: <https://www.customink.com/g/fuv0-00cv-93q2>

**(Deadline to order shirts is May 31, 2024)**

\*An Aloha Shirt is forthcoming: Color and design yet to be determined (fun, party type events, etc.)

**Appreciation**

As always, VFW Post 4676, continues to grow positively and is noticed at district and state level because of the support of our members who give their time, expertise and encouraging attitude without expectations. March and April were no exceptions: Numerous VPRs, St. Patrick Day fundraiser, St. Patrick Day meal, weekend of membership drives and fundraiser during the Great Texas Air Show, Scouts spaghetti fundraiser, roadside cleanup, District 20 Family Picnic, MOCA fish fry fundraiser, weekend at the Aloha Fiestaval membership drive and fundraiser, Celebration of Life remembrance and the selfless Monday Night Bingo crew. The committees, staff, leadership and quiet supporters shape our vision and way forward. Your ideas are always welcomed.

**VFW Post 4676 Website:** <https://vfwpost5676.com>

**VFW Post 4676 Private Facebook Group:** <https://www.facebook.com/groups/1513705682228151>

# MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
28	29	30	1 6p-House Comm Mtg 6p-VPR-Loyalty Day	2 District 20 Convention 7p-Dart & Pool	3 District 20 Convention RED Shirt Friday 5p Happy Hour	4 8a-11a Aux Breakfast 9a Buddy Poppy																																																																																				
5 9a Buddy Poppy 11a Cinco de Mayo	6 5p-Bingo	7 11a-Taco 5p-Pinochle 6p-UC Bass Club	8 6p-VPR-Victory Europ 7p Submarine Vets	9 7p-Dart & Pool	10 RED Shirt Friday 5p Happy Hour	11 9a Dist 20 Convention 4:30 Post Installation 5:30 Post Birthday																																																																																				
12 Mother's Day 3p-Ruff Ryders MCG	13 5p-Bingo	14 11a-Taco 5p-Pinochle 6p-SAPD Bass Club	15 6p-Gen Mem Mtg	16 7p-Dart & Pool	17 RED Shirt Friday 12p-Randolph HS Choir	18 4p Scholarship Presentation																																																																																				
19 3p-TOROS MCG	20 5p-Bingo	21 11a-Taco 11:30a Hangar Doors 5p-Pinochle 6p-Metro Bass Club	22 7p-Auxiliary Mtg	23 7p-Dart & Pool	24 RED Shirt Friday 5p Happy Hour	25 4p Commander's Fundraiser																																																																																				
26 8a-11a MOC BF	27 Memorial Day 12p Burger Bum 5p-Bingo	28 11a-Taco 5p-Pinochle	29	30 7p-Dart & Pool	31 RED Shirt Friday 5p Happy Hour	1 8a-11p Aux Breakfast																																																																																				
		<p>April 2024</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	Th	F	Sa		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					<p>June 2024</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	Th	F	Sa		2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						<p>Notes: BF=Breakfast **CALENDAR SUBJECT TO CHANGE** RED=Remember Everyone Deployed</p> <p style="text-align: right;"><a href="#">Calendar Template by Vertex42.com</a></p>
S	M	T	W	Th	F	Sa																																																																																				
	1	2	3	4	5	6																																																																																				
7	8	9	10	11	12	13																																																																																				
14	15	16	17	18	19	20																																																																																				
21	22	23	24	25	26	27																																																																																				
28	29	30																																																																																								
S	M	T	W	Th	F	Sa																																																																																				
	2	3	4	5	6	7																																																																																				
8	9	10	11	12	13	14																																																																																				
15	16	17	18	19	20	21																																																																																				
22	23	24	25	26	27	28																																																																																				
29	30																																																																																									

# JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
26	27	28	29	30	31	1 8a-11a Aux Breakfast																																																																																				
2	3 5p-Bingo	4 11a-Taco 5p-Pinochle 6p-UC Bass Club State Convention	5 6p-House Comm Mtg State Convention	6 6p-VPR-D-Day State Convention 7p-Dart & Pool	7 RED Shirt Friday 5p Happy Hour State Convention	8 State Convention																																																																																				
9 3p-Ruff Ryders MCG	10 5p-Bingo	11 11a-Taco 5p-Pinochle 6p-SAPD Bass Club	12 7p Submarine Vets	13 7p-Dart & Pool	14 Flag Day RED Shirt Friday 5p Happy Hour	15 6p VPR-Flag Day																																																																																				
16 Father's Day 3p-TOROS MCG	17 5p-Bingo	18 11a-Taco 11:30a Hangar Doors 5p-Pinochle 6p-Metro Bass Club	19 Juneteenth 6p-Gen Mem Mtg	20 June Solstice (GMT) 7p-Dart & Pool	21 RED Shirt Friday 5p Happy Hour	22 (3p-8p TBD) Member Appreciation																																																																																				
23	24 5p-Bingo	25 11a-Taco 5p-Pinochle	26 7p-Auxiliary Mtg	27 7p-Dart & Pool	28 RED Shirt Friday 5p Happy Hour	29																																																																																				
30 8a-11a MOC BF	1 5p-Bingo	<p>May 2024</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>		S	M	T	W	Th	F	Sa				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<p>July 2024</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>		S	M	T	W	Th	F	Sa		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				<p>Notes: BF=Breakfast **CALENDAR SUBJECT TO CHANGE** RED=Remember Everyone Deployed</p> <p style="text-align: right;">© 2019 Vertex42 LLC <a href="#">Calendar Template by Vertex42.com</a></p>
S	M	T	W	Th	F	Sa																																																																																				
			1	2	3	4																																																																																				
5	6	7	8	9	10	11																																																																																				
12	13	14	15	16	17	18																																																																																				
19	20	21	22	23	24	25																																																																																				
26	27	28	29	30	31																																																																																					
S	M	T	W	Th	F	Sa																																																																																				
	1	2	3	4	5	6																																																																																				
7	8	9	10	11	12	13																																																																																				
14	15	16	17	18	19	20																																																																																				
21	22	23	24	25	26	27																																																																																				
28	29	30	31																																																																																							

# VFW Post 4676

## May/Jun 2024

### Newsletter

Being Kind To People Can Have A Huge Impact On Them

By A Friend • April 17, 2024

When I was 19 and in the Marines, broke as h\*ll relying on a bike to get around - I stopped at a yacht dealership one Saturday morning.

I always loved boats and the sea.

I asked the guy inside if I could look at boats.

I was hoping he would allow me to walk the docks just to see them up close.

I don't know if he was just bored or what, but he took me on a tour of every boat they had for sale.

He explained features, why they were good or bad, asked me what I wanted in a boat and guided the tour to show what would meet those wants.

If someone showed up, he would have me wait near the next boat while he handled the real customer, then came right back to me.

I was there all day.

He gave me a business card.

I am 53 now and I have carried that card my entire life as a reminder that being kind to people can have a huge impact on them.

*(<https://www.sunnyskyz.com/feel-good-story/4288/Being-kind-to-people-can-have-a-huge-impact-on-them>)*