

POST 4575

MARCH 2026



POST OFFICERS

Commander

Carlos T. Rawls Sr.

Sr. Vice Commander

Keith R. Prather

Jr. Vice Commander

TK Kast

Quartermaster

Jerry Stewart

Chaplain

James Long

3 Year Trustee

Ross List

Adjutant

Beth Sharp

2 Year Trustee

Bruce Rogan

Judge Advocate

James L. Mann

1 Year Trustee

Brian Morris

Surgeon

Richard L. Adcock

Service Officer

JoAnna Johnson



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COMMANDER'S CORNER



Comrades,

As we move into February, I want to take a moment to express how proud I am of VFW Post 4575 and how far we have come since the merger. The progress we have made together is a direct result of your dedication, teamwork, and willingness to unite as one Post. What we have accomplished in a relatively short time speaks volumes about the strength of our membership and the pride we take in this organization.

The merger brought challenges, but it also brought opportunity—and you have embraced both. Because of your hard work, Post 4575 continues to grow stronger, more active, and better positioned to serve our veterans, our families, and our community. You should be proud of what we are building together.

As we look ahead, I encourage any member who is interested in serving in a leadership role to make that interest known now. If you have ever considered running for an officer position, this is the time to step forward. Strong leadership ensures the continued success of our Post, and fresh ideas and new energy are always welcome. Serving as an officer is an opportunity to make a meaningful impact and help guide Post 4575 into the future.

Thank you for your continued commitment and support. I am honored to serve as your Commander and proud of the direction our Post is heading.

Yours in Comradeship,
Commander Carlos T Rawls
VFW Post 4575



CHAPLAIN'S CORNER

A Little Luck, A Lot of Grit

March sits right on the line between seasons. Winter still has a grip, but spring is pushing back slowly, stubbornly, and on its own terms. That tension feels familiar to many of us.

St. Patrick's Day brings green, laughter, and a bit of fun, but its deeper story is about perseverance. Patrick's life wasn't shaped by luck it was shaped by hardship, faith, and the decision to keep moving forward despite uncertainty. That lesson still matters.

As veterans, we know that strength isn't loud and growth isn't instant. Sometimes progress looks like simply holding your ground, checking on the people around you, and refusing to let isolation win.

This month, take a moment to reach out to a fellow veteran, a family member, or a friend who might be carrying more than they show. And if you're the one feeling stretched thin, know that asking for support is not weakness. It's part of how we look out for one another.

May March bring steadier footing, renewed perspective, and just enough green to remind us that change is coming even if it takes its time.

With Honor, Service, and Faith,
James Long
Chaplain, Veterans of Foreign Wars
Post 4575 & District 5

UPCOMING EVENTS





Post Calendar

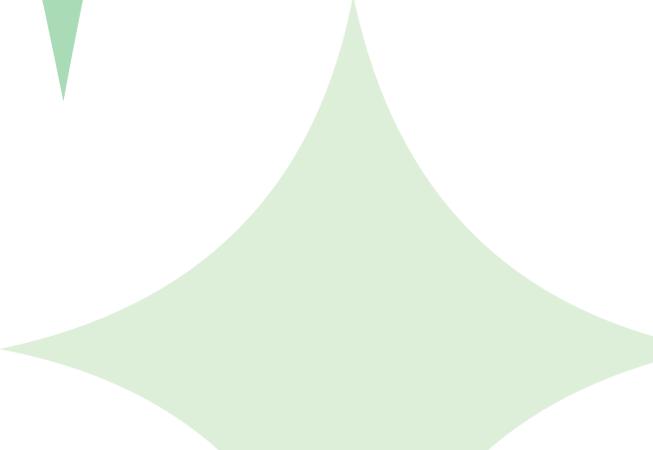
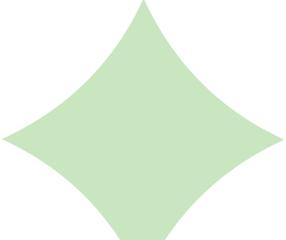
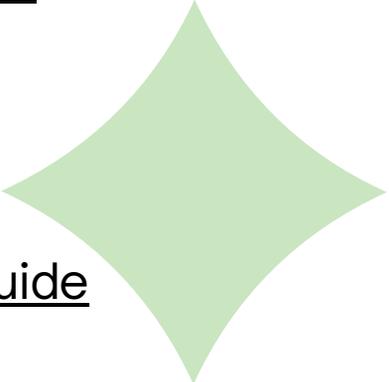
Post TShirts



TN Veteran Resource Guide

We Are Building Lives Organization

**MORE INFORMATION ABOUT WE ARE BUILDING
LIVES ON PAGE 16**



4575 AUXILLIARY

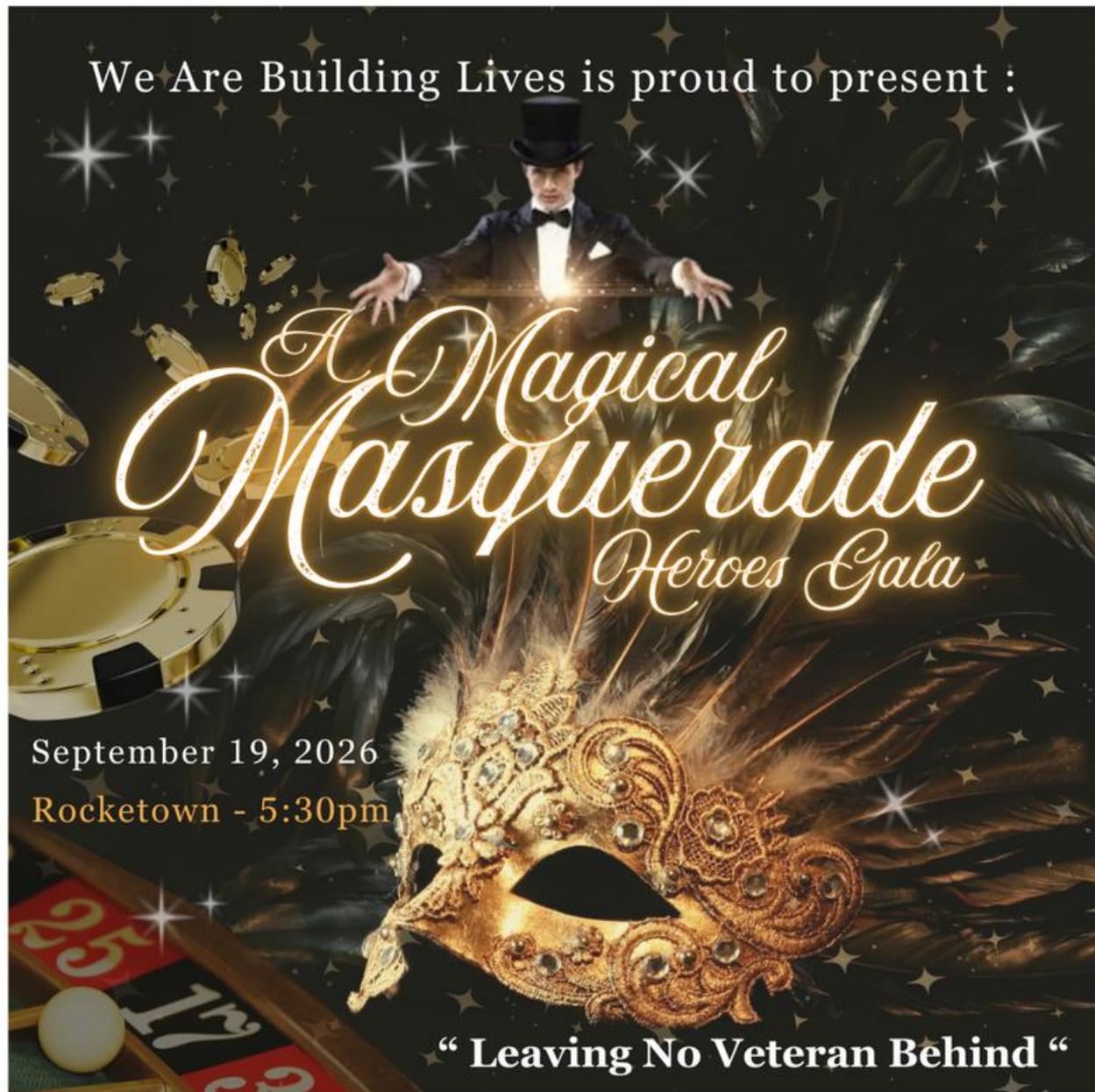
VETERANS NIGHT OUT AT HEROES DEN

MARCH 18TH from 1700-1900

1257 NW Broad St Murfreesboro



EVENTS AND RESOURCES



About The Building Lives Foundation

The Building Lives Foundation is a federally recognized 501(c)(3) nonprofit dedicated to helping U.S. military veterans successfully reintegrate into civilian life. Through its core programs, Project Advance and The Academy, the organization provides veterans with housing, employment assistance, and essential resources to support long-term stability and independence. The Foundation fulfills its mission through dedicated volunteers, comprehensive veterans services, and the generous support of donors and partners. Our annual gala is our biggest fundraiser each year. Every ticket, bid, and donation makes an immediate impact—90% of all proceeds go directly to our veterans in need.

Event Overview

A Magical Masquerade Heroes Gala is an unforgettable evening benefitting homeless veterans. Guests will step into a night of mystery and elegance featuring immersive casino-style games, enchanting magic performances, live music, and an exciting live auction. The experience is elevated with fine dining and handcrafted signature cocktails, all in support of honoring and uplifting those who have bravely served our country.



Event Details

Saturday, September 19, 2026

5:30 - 9:30p.m.

Rocketown 601 4th Ave S, Nashville, TN 37210

Contact Tiffany for tickets or for information about sponsorship packages.



Tiffany Childers

Director of Marketing and Development

(615) 785-5986

Wearebuildinglives.org

EVENTS

o Check out our website for more information on the Post and events.

o Coffee with a Veteran every Sunday at 0800 at Joanie's on the Square

o Every Friday at 0800 the American Legion meets for breakfast at Metro Diner

o Auxiliary Post 4575 meets the first Monday night at Heroes Den at 1800

o Auxiliary Post 4575 hosts Vet Night Out the 3rd Wednesday of each month at Heroes Den

**FOR THOSE WHO WORK WITH
VETERANS, OR FOR VETERANS WHO
WANT TO LEARN MORE:**

Lunch & Learn

**THE SERVICEMEMBER CIVIL RELIEF ACT & HOW IT
MAY HELP YOUR MILITARY CLIENTS**



VAREP
VETERANS ASSOCIATION OF
REAL ESTATE PROFESSIONALS
NASHVILLE, TN CHAPTER

LOCATION

Operation Stand Down
1125 12th Ave S. Nashville, TN

**WEDNESDAY
MARCH 18TH
11:30AM-12:30PM**

SPEAKERS

**From My
Credit Guy**



Sam Parker



Jesse Brecht

RSVP AT:

VAREP.NET/NASHVILLELNLMAR18

Elizabeth Long | (615) 476-6742 | VAREPoutreach@gmail.com

RESOURCES

TN Tax Relief for Veterans & Surviving Spouses (2026)

1. Property tax relief

Through the state Property Tax Relief Program, eligible veterans and surviving spouses can receive reimbursement for part or all of their property taxes — but you still must pay the bill first.

This relief is available to:

- Disabled veterans
- Surviving spouses of eligible disabled veterans
- Spouses of service members killed in action

★ 2. Who qualifies (most common scenario)

For the main veteran benefit, you typically must:

- Have a service-connected permanent and total disability (or certain severe conditions)
- Own and live in the home as your primary residence

For surviving spouses:

- The veteran must have been eligible at the time of death
- The spouse usually must not remarry and must live in the home

3. How much relief you can get

Currently (most counties):

- Relief is calculated on up to about \$175,000 of home value
- A proposed change would increase that to \$200,000 starting July 2026 if enacted

The exact amount depends on:

- Local tax rates
- Property assessment

4. What you need to do right now

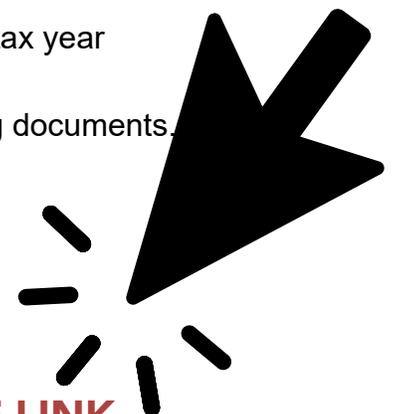
For most Tennessee counties in 2026:

- ✓ Apply through ***your County Trustee's Office***
- ✓ Submit documentation (VA disability proof, ID, deed, etc.)
- ✓ Meet local deadlines — commonly early April (around April 5) for the tax year

First-time applicants usually must complete forms and provide supporting documents.

5. Important things many people misunderstand

- This is not a full exemption — it's reimbursement after you pay
- Benefits usually apply only to your primary residence



[RUTHERFORD COUNTY TAX RELIEF LINK](#)

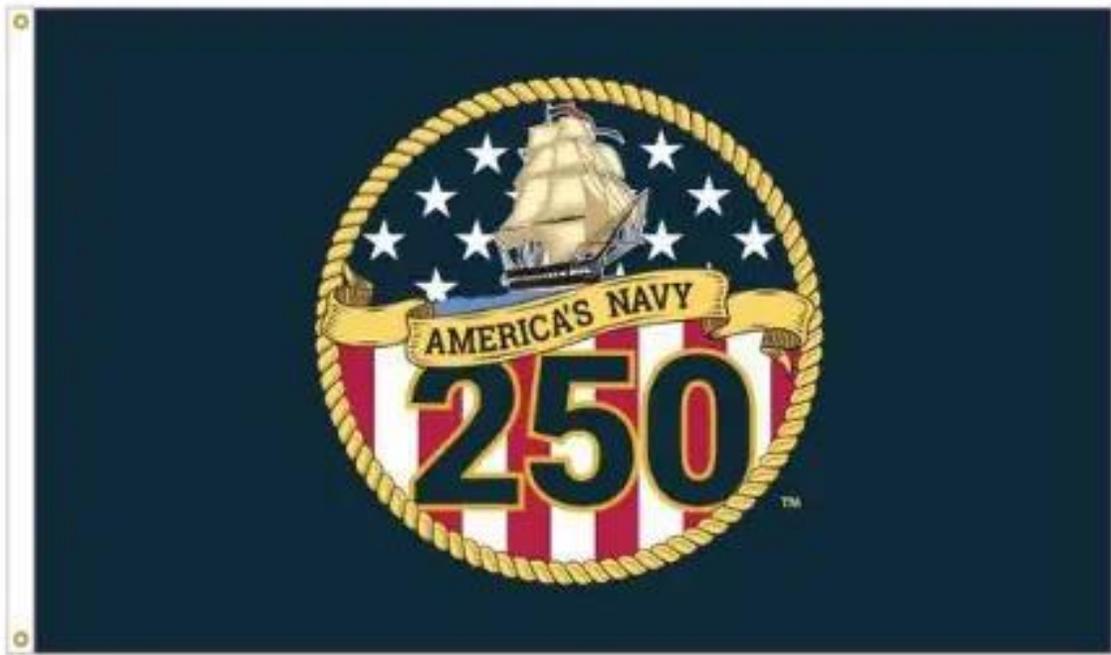
RESOURCES

CONTINUED...

The ABLE Act

The ABLE Act allows individuals with disabilities, including disabled veterans, to open tax-advantaged savings accounts for disability-related expenses without affecting their eligibility for means-tested benefits. Starting January 1, 2026, the eligibility age for disability onset has been raised from 26 to 46, making approximately one million more veterans eligible for these accounts.





FLAG FUND

It's the NAVY flag flying FOR MARCH!

GO NAVY!

SEND SOME LOVE! Click to donate to the flag fund for your branch!



MEETING MINUTES>>>





Subject: Smith – Rogers – Reeves at Stones RiverVFW Post 4575 Monthly Meeting Minutes

To: Carlos Rawls, Post Commander
 From: Elizabeth Sharp, Post Adjutant

16 February 2026

The regular meeting of the Veterans of Foreign Wars (VFW) of the United States Smith – Rogers – Reeves at Stones River VFW Post 4575 was held at 1830 hrs., at Heroes Den located at 1257 Broad St. Murfreesboro, TN 37129

18:30 – Call to order

Roll Call of Officers

Position	Name	
Commander	Carlos T Rawls	Present
Sr. Vice Commander	Keith R Prather	Present
Jr. Vice Commander	Tharrel B Kast	Present
Quartermaster	Jerry L Stewart	Present
Chaplin	James Long Brian	Present
1 Year Trustee	Morris Bruce R.	Absent
2 Year Trustee	Rogan Ross List	Present
3 Year Trustee	Elizabeth Sharp	Present
Adjutant	JoAnna D Johnson	Present
Benefits Advisor	James Mann Richie	Absent
JAG	Adcox	Absent
Surgeon		Absent

- New Members/Transfers -None
- Special Guest
 - o Post 4575 Auxiliary Sr. Vice Ron Young came to present the post with a MAC Book to be used for official post business. He also told us about Vet Night Out at Heroes Den – the 3rd Wednesday of each month from 5-7.
 - o Dinner was catered by our Auxiliary President, Jim Africano and his catering business – Caranos Catering. We had ziti with marinara and meat sauce, salad and garlic bread. Italian Ice Dessert by Reggicci’s was provided by Veteran Rich.

VFW Post 4575 Smith – Rogers – Reeves at Stones River
 439 Rice St. Murfreesboro, TN 37130

www.vfw4575.org
[Facebook Page](#)



Post 4575

- January Meeting Minutes – Please contact Beth Sharp at beth.sharp66@gmail.com or (865)414-3495 with any questions.
Comrade Charles Palmer made a motion to accept the minutes subject to audit. Comrade Matt Bertron seconded the motion. Motion passed
- October Quartermaster Report – Please contact Jerry Stewart at adj@vfw4575.org or (615) with any questions.
Junior Vice-Commander TK Kast made a motion that the Financial Report be approved subject to audit. Comrade Charles Palmer Seconded the motion. Motion passed
- Announcements -
 - Commander Rawls informed the membership that our Articles of Incorporation as well as our new By-Laws have been approved by National VFW and are now updated.
 - Quartermaster Jerry Stewart informed the membership that our 2025 taxes have been submitted, and VFW Post 12206 is now inactive.
- Committees -
 - All awards (Patriots Pen, Voice of Democracy, Police Officer of the Year and Teacher of the Year) have been given out. We will be concentrating on Rutherford County Schools next year. We still cannot be considered for All American because the membership issue has yet to be resolved.
- Old/Unfinished Business
 - Quartermaster Jerry Stewart informed membership that 21 February at 1100 is MTSU's Men's Basketball Salute to Service Game. We will have a table there beside BRAVO and AMVETS Post 325. TK Kast, Jerry Stewart, Christina Lawrence, and Beth Sharp will be present.
 - VFW Mid-Winter State Conference will be at the Manchester Convention Center. Ross List will be present.
 - Quartermaster Jerry Stewart informed membership that AMVETS Post 325 will be sponsoring member Brian Collier's membership to Rolling Thunder to help with their Honor Guard. Our Representative, Ritchie Adcox is still suffering health issues. We will reach out to him to see if he is still interested in volunteering for our post.
- New Business
 - The Blue Angels Air Show will be here on Father's Day Weekend in 2027. As soon as we hear from the organizers of the air show, we will provide more information. Mark your calendars to help us fundraise for the post.
 - JROTC Awards. If you are able to present the VFW awards for any of the schools listed below, please reach to our Quartermaster, Jerry Stewart or Adjutant, Beth Sharp.

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Post 4575

- Rockvale–1May1300–BethSharp
- Seigel–9April1300–
- Blackman–9April0900–
- Smyrna–8April1300–
- LaVergne–16April1800–
- Riverdale–15April1000–
- Oakland–23April1000– TK Kast
- Stewart’sCreek–21April1800–
- Page–21March1800–
- MTSUROTC– TK Kast
- o New Members. Commander Carlos Rawls thanked everyone who has gotten new members in the last few months. We appreciate you recommending Veterans to our ranks. 2026-2027 Officers. Be thinking about if you are interested in serving as an officer for 2026-2027. Elections are coming up soon. Please reach out to our Quartermaster, Jerry Stewart or Adjutant, Beth Sharp to nominate a fellow comrade or put your name in the hat. Matt Bertron expressed interest anywhere he may be needed. Joy Edghill was recommended to run for office.
- Benefits Advisor Report – JoJo Johnson – (615)593-4533
 - o Please contact JoJo if you think you have a claim or have a question about a claim.
 - o Three-year Trustee Ross List informed the membership that the VA is going through a massive re-organization. They are going from 24 national contracting offices down to 4. There will be delays as they get things in place. Be prepared.
 - o Comrade Christina Lawrence informed membership that VA’s Whole Health department now has aquatic therapy on Tuesday’s and Thursdays at Sportscom. Sessions are from 0900-1300 in 1-hour sessions. You can just show up to participate.
- Judge Advocate – James Mann
 - o NTR
- Surgeon–Richie Adcox
 - o NTR
- Veterans in Distress
 - o Ritchie Adcox – still recovering and not sure when he will be able to return
- Community Service
 - Community/Volunteer Service Hours Log
 - go to vfwtn.org
 - Members only
 - Log in
 - Program Reporting

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Post 4575

- Add community Service Hours

You are welcome to get your information to Jerry Stewart for assistance in putting your volunteer time.

- Upcoming Events

- Check out our website for more information on the Post and events.
- Coffee with a Veteran every Sunday at 0800 at Joanie's on the Square
- Every Friday at 0800 the American Legion meets for breakfast at Metro Diner
- Auxiliary Post 4575 meets the first Monday night at Heroes Den at 1800
- Auxiliary Post 4575 hosts Vet Night Out the 3rd Wednesday of each month at Heroes Den from 5-7
- Next Post Officer Meeting – March 16, 2026
- Honoring Vietnam Veterans at the Fountains in Murfreesboro – March 27, 2026 – set up at 1000
- District Meeting April 9, 2026 – Manchester Post 10904
- VFW Day of Service – May 2 – our post monument on the square. More to come.

- Good of the Order – Visit [VFW 4575.org](http://VFW4575.org) for the most current updated information

- Senior Vice-Commander Keith Prather informed membership he would let the post know what funding is needed to help with the Tri-Star Resource Center.
- Matt Bertron is looking into doing an annual golf tournament for 2027 because it is a great way to fundraise for the post. More information to come.
- Comrade Glenn Smyley informed the membership that a Veteran is currently at the Fisher House with brain surgery. He has a 4-year-old and a 9-year-old. He has a tumor on the pineal gland. Carlos Palmer motioned that we match what the American Legion Post 141 is giving [two \$500 gift cards (one VISA card and one Kroger card)]. Chaplain James Long seconded the motion. Motion passed. Quartermaster Jerry Stewart will have the checks to the family no later than Friday, 20 February 2026.

○ Chaplain James Long informed the membership that the bar will be open after the meeting this evening for fellowship and comradery. And he added a thank you for streaming the songs on his new album.

○ Commander Carlos Rawls thanked Elizabeth Long for the phenomenal job on January's digital magazine. Thank you, Elizabeth. We appreciate all you do for our post!!!

○ FREE BBQ at Single Tree BBQ – When? 26 February 2026 at 5:00 PM. It has already been paid for so come on out and enjoy!!

○ Three-Year Trustee Ross List informed membership that Army won for the Flag Fund for January. If you would like to donate to your service, please reach out to Ross List. HE also informed the membership that he tried to go and replace the flag at the Boys and Girls Club but wasn't able to due to the pole needing a new lanyard.

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Post 4575

- New Comrade Jamin Booth had a housewarming party and TK Kast, Ross List and Bruce Rogan went to welcome him to the area and to the post. There was discussion about getting information out to all members when there is news throughout the month on events. The decision was made to use the post Facebook page to get event information published. Matt Bertron informed membership of the book that he published – Echoes from the Fire; the Battle After the War. You can get the unedited version on Amazon.
- Adjourn
 - Three-Year Trustee Ross List motioned that we adjourn. Comrade Glenn Smyley seconded the motion. Motion passed. Meeting was adjourned at 1939.
 - Our next meeting will be on Monday, 16 March 2026 at Heroes Den located at 1257 Broad Street, Murfreesboro, TN 37129 at 1830.