

# VFW Post 4575



**May 2025**

# Table of Contents

Commander's Corner page 3-4

Chaplain's Corner page 5

April Meeting Minutes pages 6-15

Events pages 17-26

Resources pages 28-32

# Commander's Corner

**Carlos Rawls**

**Welcome to the Smith - Rogers - Reeves at Stones River VFW Post 4575.**

As the Commander of VFW Post 4575, it is my honor to welcome all our members, veterans, their families and community supporters. Our mission is to foster camaraderie among United States veterans of overseas conflicts, serve our veterans, the military and our communities and advocate on behalf of all veterans.

We strive to create a welcoming environment where veterans can share their experiences and support one another. Through regular meetings, social events and community activities, we build lasting bonds and a sense of belonging.

Our values guide every aspect of our work at VFW Post 4575.

**Patriotism:** We hold a deep love for our country and a commitment to upholding the principles of freedom and democracy for which we have fought.

**Service:** Our dedication to serving veterans, their families, and our community is unwavering. We believe in giving back and making a positive impact.

**Respect:** We honor the service and sacrifices of all veterans. Every member and guest is treated with dignity and respect.

**Integrity:** We conduct ourselves with honesty and transparency, ensuring that our actions always reflect our mission and values.

**Camaraderie:** We believe in the strength of unity and the importance of fostering connections among veterans and within our community.

As we look ahead, our goals for VFW Post 4575 are clear:

**Expand Outreach:** We aim to reach more veterans in our community, especially those who may not be aware of the resources and support available to them.

# Commander's Corner

**Strengthen Community Engagement:** Our post will increase its involvement in community activities, fostering a stronger bond between veterans and the local community. By participating in local events, volunteering and collaborating with other organizations, we will make our presence felt and valued.

**Promote Member Involvement:** We encourage all members to take an active role in post activities and leadership. By fostering an inclusive and dynamic environment, we can ensure that our post remains vibrant and responsive to the needs of all veterans.

In closing, I want to thank each of you for your service and your continued dedication to the mission of the VFW. Together, we can make a difference in the lives of veterans and their families, and in our community.

Stay connected with us through our website, Facebook page and by attending our meetings and events. **Your participation and support are crucial to our success.**

Sincerely,

Carlos T. Rawls Sr., USAF Retired

Commander, VFW Post 4575



# Chaplain's Corner

**James Long**

As May unfolds, we are reminded of the beauty and renewal that spring brings. Flowers bloom, days grow longer, and the world seems to exhale after a long winter. In many ways, it mirrors our own journeys—after seasons of hardship, there is always the promise of new growth.

For those of us who have worn the uniform, May holds a sacred space in our hearts. Memorial Day is not just a date on the calendar—it is a solemn moment to remember our brothers and sisters who laid down their lives in service to this nation. Their sacrifice is a reminder of the weight of freedom and the bonds of duty, honor, and courage that connect us all.

This month, I encourage each of you to take a moment—not just at a ceremony or a grave, but in your daily life—to reflect on how we can honor their legacy. Whether it's mentoring a fellow veteran, offering a kind word, or simply living each day with purpose, we carry their spirit forward when we live well.

Let us also care for one another. Not everyone's battles ended on the battlefield. May we be quick to listen, slow to judge, and always ready to lift up a comrade in need.

God bless you all, and may May be a month of peace, remembrance, and renewal.

– James Long, Chaplain VFW Post 4575



Subject: Smith – Rogers – Reeves at Stones River VFW Post 4575  
March 2025 Monthly Meeting Minutes

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

21 April 2025

The regular meeting of the Veterans of Foreign Wars of the United States Smith – Rogers – Reeves at Stones River VFW Post 4575 was held 21 April 2025 at 1830hrs, at the Hero's Den located at 1257 Broad St. Murfreesboro, TN 37129

18:30 Opening

Roll Call of Officers

Position	Name	FEB
CMD Sr. Vice	Carlos T Rawls	Present
Jr. Vice	Keith R Prather	Present
Quartermaster	Tharrel B Kast	Present
Chaplin 1 Year	Jerry L Stewart	Present
Trustee 2 Year	Rance Perkins	Absent
Trustee 3 Year	Michael Taylor	Absent
Trustee	Brian C Morris	Absent
Adjutant	Bruce R Rogan	Present
Service Officer	Elizabeth Sharp	Present
JAG Surgeon	JoAnna D Johnson	Present
	Michael Taylor	Absent
	Beth A Rogers	Absent

- ☐ New Members – James Mann motioned to accept new members, Ross List seconded motion. Motion passed. WELCOME GENTLEMEN!!
- Richie Adcox  
Transfer from OSON AFB. Currently a student at MTSU studying Psychology and working with BRAVO.
- Nathan Foust

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[Facebook Page](#)  
Post Commander Carlos Rawls



Currently at MTSU. Was in the TNARNG, 278th ACR and deployed to Camp Taji.

- Robert Espinosa  
Retired Navy, SFC. Was a Boiler Tech on C Sys Aircraft Carrier. Is a transfer and has been a life member since 1990s.
  - CPT Jonathan Schneider  
J9 Tennessee Army National Guard (TNARNG), Family Readiness
- ☐ Special Guest
- ☐ Lindsey Lightfoot – Mental Health Therapist at Ellie Mental Health. Services can be used through Community Care and in-person with referral from Primary Care Provider. Unlimited visits and you can request specific providers. If you have any questions, Lindsey can be reached at (615)987-0693 or [llightfoot@elliementalhealth.com](mailto:llightfoot@elliementalhealth.com). She is located at 1608 Williams Drive, Suite 301, Murfreesboro, TN 37129, however, will soon be moving to Florida but will be taking patients via telehealth.
- ☐ March Meeting Minutes – Read
- Correction: From Keith Prather – Ms. Jackson is the widow who needs help with the funeral expenses for her Husband Carl Jackson. Correction made.
  - Bruce Rogan made a motion to accept the minutes with the correction. JoJo Johnson seconded the motion. Motion passed.
- ☐ February Quartermaster Report – Read – Please contact Jerry Stewart with any questions.
- ☐ Ross List made a motion that the Financial Report be approved subject to audit. Beth Sharp Seconded the motion. Motion passed.
- ☐ Keith Prather made a motion to reimburse Beth Sharp for \$138.00 for dessert and iced tea for the district meeting in January as well as pizza for the February Post meeting. Matt Bertron seconded the motion. Motion passed.
- ☐ Matt Bertron made a motion to reimburse Ross List for \$198.83 for flag purchases. Keith Prather seconded the motion. Motion passed.
- Cash balance last report - \$77,888.97  
Receipts for the period - \$672.27  
Disbursements for the period - \$458.80  
Cash balance this period - \$78,102.44
- ☐ Old Business:



- JROTC Awards for the remainder of April – Jeffrey Gaylord wanted to thank everyone for the support of JROTC and to all who have already helped out with giving out the awards so far. He shared that Blackman High School was invited to the Drill Nationals in Daytona from 1-5 May. If you would like to help in any way – please reach out to Chief Eric Hopper. Please send pictures to Jerry Stewart and Elizabeth Long at Elizabeth@fidelishomestn.com.

- o Oakland HS - 24 April @ 1800 - JoJo
- o Stewart's Creek - 30 April @ 1300 -
- o TSU - 25 April @ 1700 - Carlos Rawls
- o MTSU - TK Kast

- Elections for 2025-2026 – Matt Bertron made a motion to vote for our 2025-2026 officers. TK Kast seconded the motion. Motion passed. Our new officers are as follows:

- o Commander
  - Carlos Rawls
- o Senior Vice
  - Keith Prather
- o Junior Vice
  - TK Kast
- o Quartermaster
  - Jerry Stewart
- o Adjutant
  - Elizabeth Sharp
- o Service Officer
  - JoJo Johnson
- o Chaplain
  - James Long
- o 3-Year Trustee
  - Ross List
- o 2-Year Trustee
  - Bruce Rogan
- o 1-Year Trustee
  - Brian Morris
- o Jag
  - James Mann
- o Surgeon
  - Richie Adcox

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- ☐ The commander position had three nominees: Carlos Rawls, James Mann, and Richie Adcox
- ☐ Junior Vice had two nominees: TK Kast and Richie Adcox
- ☐ All other positions were unopposed
  
- ☐ District Delegates for 2025-2026 – We are allotted 10 this year. A motion was made by James Mann to accept the new delegates. Keith Prather seconded the motion. Motion passed. The following are our new District Delegates:
  - o James Long
  - o Keith Prather
  - o TK Kast
  - o Jerry Stewart
  - o Richie Adcox
  - o James Mann
  - o Cruce Rogan
  - o Elizabeth Sharp
  - o Jeffrey Gaylord
  - o Ross List
  
- ☐ Elizabeth Long provided an update on SFC Robert Elias, whose house burnt down and he is a single father with two special needs children. Friends of Troops has donated enough money for them to stay in an extended stay until mid-May. JoJo Johnson noted that she has submitted information on SFC Elias's behalf to Wish for Our Hero's director Mike Pnders for free housing. More information to come on needs of the family. Keith Prather shared that he qualifies as a homeless Vet and can use the VA Homeless Program. The office is located at the Nashville campus, in the annex. They take walk-ins between 11-2.
  
- ☐ New Business
  - o Elizabeth Long – News Letter – Monthly cut off date – the 5th of each month. Should you want something added to the newsletter, please send to Jerry Stewart. Subjects that will be added to the newsletter will be the Commander's Corner, Chappy's Corner, Corrected minutes, Current minutes, photos of events (JROTC Awards), etc. For next month's news letter – please have all submissions in NLT 25 April 2025.
  - o Elizabeth Long also shared there is a new organization – Midde Tennessee Military Affairs Coalition. They now meet at the Tri-Star Resource Center. If you are interested in becoming involved, please reach out to Elizabeth Long.

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Post 4575

- Keith Prather shared that Homes for Heros will be building an adaptive home in Murfreesboro for a Veteran from Texas, William Thomas, who is an amputee. Service this Saturday and then two more events for Thomas to get the keys and move in. There is no cost to Veterans. They only need to reach out and apply.
  - Jerry Stewart brought up for discussion about raising annual dues for the post. Currently the dues consist of National - \$21.50/member, Department - \$8.00/member, and the Post receives - \$5.50/member. Ross List made a motion that we keep the dues as is. James long seconded the motion. Motion passed.
  - Matt Bertron brought up the subject of having dinner at future meetings. Suggestions for dinners are Marco's Pizza and Mission BBQ because of their discounts for Veterans. More discussion in May.
- Committees
  - Will be discussed in more detail after elections in April.
- Service Officer Report – JoJo Johnson

If you are in need of assistance with your claim or transitioning out of active duty, please reach out to JoJo at (615)593-4533
- Community Service
  - We had \$780 in Flag fund money.
    - Replaced several flags around Rutherford County
    - US Navy won for March and April
    - Army is currently in the lead
  - Community Service Log
    - go to [vfw.tn.org](http://vfw.tn.org)
    - log in
    - Members only
    - Log in
    - Program Reporting
    - Add community Service Hours
    - Or you are welcome to get your information to Jerry Stewart for assistance in inputting your time.
- Members in Distress at Stones River

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Post 4575

- Jeffrey Gaylord reported that Richard Fleek will be having surgery on Wednesday (23 April). Carlos Rawls asked Beth Sharp to send a card from the post. Card was put in the mail to his home address on Wednesday, April 23. Address provided by Elizabeth Long (Thank you Elizabeth).
  - TK Kast reported George Haglen was not able to make it to our meeting this evening but will be at the mixer on Friday. George joined our post in 1968 and is a former commander. If you would like to visit George, he is currently at the Tennessee State Veterans Home. There are no set hours for a Veteran visiting a Veteran. TK also reported that he was there with George for BINGO and he was in good spirits. His preacher (Dusty Raye) is handling his affairs as he has no family that he is in contact with.
- Unfinished Business
- Keith Prather brought up the tabled issue from last month about helping Mrs. Jackson with the funeral costs of her husband/Veteran Carl Jackson. James Mann motioned that we take the issue off the table, Beth Sharp seconded the motion. Motion passed. Discussion included that the Tri-Star Veterans Resource Center is a conduit to help widows. Funeral home embalmed Mr. Jackson before knowing her resources. \$1600 has been raised so far. The total bill is \$2500. The funeral home is holding Mr. Jackson's body until paid. Church service has been donated, death certificate has been released so she can receive the \$900 for his burial. The discussion was whether to give the money directly to Scales Funeral home or to her. Keith Prather made a motion to give Mrs. Jackson the \$250. TK Kast seconded the motion. Motion passed.
  - Jerry Stewart discussed our storage unit the U-Haul location. Currently spending \$59/month for a 5X5. He proposed that we close out that unit and rent a 5X10 unit for \$34.50/month for the next 2 months and then \$69/month thereafter. This is so we can combine all of our equipment into one place. The location will be at the storage facility located on Fortress Blvd. James Mann made a motion for a budget not to exceed \$200 for the next three months. Another vote would be taken after the new officers were in office. Jeffery Gaylord seconded the motion. Motion passed. Jeffery Gaylord suggested getting a group to help with the move. Jerry and TK Kast volunteered to get all of the equipment out of the Tri-Star resource center and the current storage unit and move it to our new one. Noting that our Pancake breakfast equipment and supplies are currently being stored at Tiffany and Matt Childers' house.
- Upcoming Events

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- o April 24 – Rescheduled District Meeting in Tullahoma. Address to be sent out via email. 1800 food, 1900 meeting
- o April 25 – Burger Burn at MTSU’s Student Union Building from 11-4:30
- o May 3 - VFW Day of Service (requirement for All American) - At the monument on the Murfreesboro Square @ 1200. We have a space in the Murfreesboro Farmer’s Market from 0800-1200. We will start cleaning the monument after the market closes.
  - o Will use Sean for screen printing for t-shirts for the event
- o May 8th – VA 2K walk at the Alvin C. York campus. This march is for Homeless Veterans.
- o May 8th – Miller Center is the tole Ceremony for our NTSU Veteran Graduates
- o May 15 - BE AT 102%
- o May 24 – Veterans Ruck March (Tiffany and Matt Childers) at Barfield Park, Pavilion 8, starting at 0830
- o June 15 - Community Service Books due to the Department.
- o June 19-21 - TN State Convention, Nashville. Music City Sheraton. State dinner is \$60/person which benefits the TN Foundation.
- o June 28 - VFW National Home 100th Anniversary Celebration, Eaton Rapids, MI.
- o July – The Anniversary for the Tri-Star Veterans Resource Center. Details to come. There will be hamburgers and hotdogs
- o August 9-13 - VFW National Convention, Columbus, OH.

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

- ☐ Good of the Order
- o Glenn Smiley reported that the American Legion meets every Friday morning at 0800 at Metro Diner for breakfast and fellowship. TK Kast reported that PVT Frank Walbavia’s (d. 8 December 1941) body was never recovered from the Philippines after the attack on Pearl Harbor. In the 1960s, he dog tags were found with a handful of others. There was a VFW Post 1344 in Dunkirk, NY, that was a memorial post in his name is now defunct. The Post’s sign is now hanging in Champy’s in Smyrna. TK tried contacting VFW Post 62 that is currently in NY, where PVT Walbavia is from, but has been unsuccessful. He and the commander of AMVETS Post 325 (Joey King) are trying to get the sign to hang at Hero’s Den with a plaque. PVY Walbavia’s birthday is May 28th. For anyone who would like to meet at Champy’s at 1900 at the Smyrna Champy’s, we will be celebrating PVT Frank Walbavia. Coffee with a Veteran on Sunday mornings at Joanies on the square. We start at 0800. Glenn Alan Smiley self help/retreats to heal within. For more information, please go to carlapy.com
- o
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Post 4575

- TK Kast If you are needing help after storms, please reach out to John Taylor (Red Cross EMT). They also take volunteer groups.
  - Sean - Hero's Den is here for Veterans. He will support any event you would like to arrange. Please reach out to him for additional information.
  - Elizabeth Long - Digital Magazine. If you would like something in the monthly newsletter, please send your information to Jerry Stewart.
  - If you are interested in throwing out the first pitch at an MTSU Baseball game, please reach out to Jerry Stewart for details. You can throw out the first pitch as a Veteran. They are taking reservations for next season.
  - James Mann informed the membership about swag. If you are interested in ordering caps, name tags, Life member pins, etc. Please reach out to him. Shipping and handling are much cheaper if ordered together.
  - James Mann also informed the membership there are now 4th of July VFW t-shirts that can be ordered. If interested, please reach out to him.
  - Matt Bertron asked if the CVMA Veterans group can use our equipment for their Pancake Breakfast. This is a fundraiser for them. Permission was given.
  - Kieth Prather let everyone know about the Veteran Ruck on May 24th sponsored by Tiffany and Matt Childers. It will be at Barfield Park, Pavilion 8 and will begin at 0830
- Ross List made a motion to Adjourn, Matt Bertron seconded the motion. Motion passed. Dismissed at 2035. Next meeting will be 19 May at Hero's Den.

## Programs & Committees

VFW Programs are defined under two categories

- 1 Community Service, Youth Scholarship and Activities
- . Veterans & Military Support

VFW Committees are created to coordinate action items

### Community Service Programs

- Americanism: The purpose of this program is to promote patriotic activities and events.

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- Buddy Poppy: All donations collected during a Buddy Poppy drive goes to a Relief Fund to support Veterans, their families in need and to promote education and their communities. No donations collected, by law, can go toward operation of the VFW Posts.
- Community Service: Helping is a part of who we are, whether you're a soldier far away from home or the neighbor down the street.
- Community Affairs: Understanding the importance of being a part of the community, participating and volunteering whenever possible.

#### Youth Scholarship & Education Programs

- Voice of Democracy (VOD): Is a scholarship contest provides students in grades 9-12 the opportunity to explore democratic ideals and principles through audio essays.
- Patriot's Pen: The VFW Patriot's pen essay contest is for students in grades 6-8.
- Teacher of the Year: Each year the VFW recognizes teachers for their outstanding commitment to teach Americanism and instill patriotism in their students.

#### Youth Activities Programs

- Scouting: Our partnership with the Boy Scouts of America dates back to 1915 when VFW Post 2100 helped to establish Troop 1 in Everett, Washington. Our Scout of the Year program provides members of the Boy Scouts and Girl Scouts to be recognized for their standout citizenship.
- Civil Air Patrol: Since Civil Air Patrol's formation during the earliest days of World War II, this vigilant organization of citizen Airmen has been committed to service to America. Founded on Dec. 1, 1941, to mobilize the nation's civilian aviation resources for national defense service, CAP has evolved into a premier public service organization that still carries out emergency service missions when needed.
- Naval Sea Cadet: Founded in 1958, the US Naval Sea Cadet Corps and US Navy League Cadet Corps are the official youth organization of America's Sea Services. The mission is to teach young men and women the values of patriotism, team work, self reliance, and physical fitness in a drug, alcohol, tobacco, and gang free environment.
- JROTC: Part of mission of the VFW is to promote and develop leadership among the youth. The U.S. Army Junior Reserve Officers' Training Corps (JROTC) is one of the largest character development and citizenship programs for youth in the world.

#### Veterans & Military Support (V&MS) Programs

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[Facebook Page](#)  
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- Unmet Needs: Is there to help America's military families who have run into unexpected financial difficulties as a result of deployment or other military related activity or injury.
- Military Assistance Program (MAP): A large part of MAP is the Adopt-A-Unit program, providing VFW Posts the opportunity to adopt military units around the world. Develop a supportive relationship with the units before, during and after deployments to help deliver vast networks of resources.
- VFW Sport Clips Help a Hero Scholarship: Provides service members and veterans with the financial assistance they need to complete their education without incurring excessive student debt.
- Student Veterans of America (SVA): The mission of SVA is to act as a catalyst for student veteran success by providing resources, network support and advocacy to, through, and beyond higher education.

#### Standing Committees

Membership Committee: From local grassroots ideas to national influence, we work every day to make a difference. Join us to make our voice stronger.

- Time and Place Committee: To coordinate specific Post events with outside locations.
- Ways and Means/ Fundraising Committee: Develop and implement a strategic plan to finance Post operations.
- Bylaws Committee: To annually review Post bylaws and recommend changes.
- Legislative Committee: The VFW legislative program monitors all legislation affecting veterans. Being one of the largest veterans' organizations, the VFW is one of the most successful organizations advocating on veterans behaves.

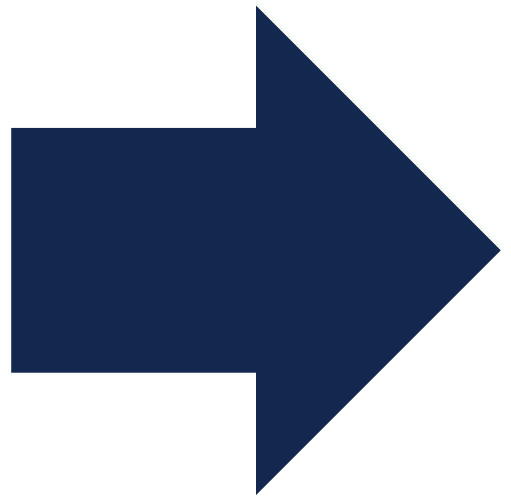
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# EVENTS



On behalf of the VFW, Joanne Johnson  
presented a Citation and Medal Award to  
Aleigha Rodriguez for her outstanding  
achievements, and leadership ability.  
Congrats Aleigha!!  
JROTC



On behalf of the VFW, Carlos Rawls  
presented a Citation and Medal Award to  
Abram Oaks for his outstanding  
achievements, and leadership ability.  
Congrats Abram!!  
AF ROTC





May is National Military Appreciation Month

**May 10**

**8:00AM-3:00PM**



Stand  
together in  
gratitude and  
respect for  
our Veterans!

Middle Tennessee American Muscle

# CAR SHOW

*Join us in paying tribute to the brave men and  
women who have served our country!*



**The Show Benefits US Veterans Of All Branches**

**Join MTAM at Alvin C York VA Hospital  
3400 Lebanon Rd. Murfreesboro, TN.**



**Registration 8-12  
\$25 ENTRY FEE**



RAIN DATE MAY 17

**BEST OF SHOW WINS CUSTOM THEMED ELECTRIC GUITAR  
1ST & 2ND PLACE CLASS TROPHIES ~TOP 20 AWARDS  
DOOR PRIZES WITH ENTRY FEE**

**FOOD~ 50/50 ~ MUSIC**

**Spectators Free**

**Auction For A Signed Kenny Wayne Shepherd Guitar And Other Items**

**THANK YOU TO OUR SPONSORS**





# ATTENTION ALL VETERANS, TRANSITIONING SERVICEMEMBERS AND MILITARY FAMILIES



- Looking for a job?
- Want to network with some Veteran friendly companies ready to hire?
  - Need your resume and LinkedIn profile reviewed?
- Be a part of the one of largest Army Aviation expositions in the country with over 10,000 in attendance and nearly 400 exhibitors!
- Begin your networking experience now at the American Freedom Foundation's nationwide initiative to help Veterans and Military Families find jobs!



American  
Freedom  
Foundation

**Wednesday - Thursday, May 14 - 15, 2025**

**Hours: 1000 – 1500**

**Ryman Ballroom**

**Gaylord Opryland Resort & Convention Center  
Nashville, TN**



**Attendance is Free for Veterans, Military Servicemembers and Military Families!**

Some of the many companies who will be participating in Your Next Mission®  
Nashville AAAA 2025 (as of April 25, 2025):

<a href="#">AAFES</a>	<a href="#">AAR Corp</a>	<a href="#">Air Methods</a>
<a href="#">Aviation Search Group</a>	<a href="#">Boeing</a>	<a href="#">U.S. Department of Veterans Affairs</a>
<a href="#">GDC Middle East</a>	<a href="#">Global Medical Response (GMR)</a>	<a href="#">HCA Healthcare</a>
<a href="#">Hiring Our Heroes</a>	<a href="#">JSFirm.com</a>	<a href="#">KBR</a>
<a href="#">L3 Harris</a>	<a href="#">Leidos</a>	<a href="#">M1 Support Services</a>
<a href="#">Metro Aviation</a>	<a href="#">NextOps Vets</a>	<a href="#">NCI</a>
<a href="#">Operation Stand Down Tennessee</a>	<a href="#">Purdue Global</a>	<a href="#">SES</a>
<a href="#">Still Serving Veterans</a>	<a href="#">TN Department of Veterans Services</a>	<a href="#">Tvonek</a>
<a href="#">VA Tennessee Valley Healthcare</a>	<a href="#">Veteran's Last Patrol</a>	



**DON'T WAIT! REGISTER NOW! LEARN MORE!**

<https://yournextmission.org/>







# VA2K

## Walk and Roll

Stop by for live music, VA resources, and more! All donations will go to the TVHS Homeless Veteran Program.



**NASHVILLE VA ER ENTRANCE**

**MAY 21, 2025**

**11-1 local time**

**VA**



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Tennessee Valley Healthcare System



**Live Whole Health.**



# **Veterans Mixer at Hero's Den**

May 22nd  
from 5-7pm





★ 05.24.2025 ★  
**MIDDLE TENNESSEE**  
**MEMORIAL DAY RUCK**  
 A WALK TO REMEMBER

@MIDDLETENNESSEEMEMORIALDAYRUCK

Please join us for our 4th Annual Middle Tennessee Memorial Day Ruck. This ruck was created to bring Veterans and Civilians together to honor our fallen heroes. Those that cannot walk can hang back at the pavilion.

**When & Where :**  
 Barfield Crescent Park  
 697 Veterans Pkwy  
 Murfreesboro, TN 37128  
 Pavilion 8  
 Arrival: 8:30am  
 Opening Ceremonies: 9:00am  
 Distance: 4 miles

Ruck pack is optional.  
 Family friendly event.  
 For questions:  
 Tiffany Childers (615)785-5986



**MARSHALL SPARKMAN**  
 CROSSCOUNTRY MORTGAGE



MINATRA RANGER BASE



EST. 2005



POST 325

# A Tribute to PVT Frank Acquavia

Joey King (American Legion China Post 1 member as well as AMVETS Tennessee Post 325 Commander) was at Champy's in Smyrna back in January of this year, when he saw the attached sign hanging in the establishment. He contacted me because not only does this sign identify an American Legion Post, but more importantly, the Post was a memorial dedicated to an WWII Soldier who died in captivity and his remains have not been found. I have included some information about PVT Acquavia we found during our search. As best we can tell, he has no actual connection to Tennessee. It just so happens that PVT Acquavia's birthday is May 28th, just after Memorial Day.

**Veterans in the Murfreesboro American Legion Post 141, AMVETS Post 325 and VFW Post 4575 believe that it would be a fitting end to the observance of Memorial Day to gather at Champy's in Smyrna on his birthday about 7:00 pm and toast PVT Frank Acquavia. We have contacted the Smyrna Champy's Manager and she also supports the idea. We would like to invite all Veterans and supporters to Champy's , 835 Isabella Lane, Smyrna, TN at about 7:00 pm for an informal, short celebration of PVT Aquavia's short life.**

Acquavia, whose body was never recovered, died May 10, 1942, as a prisoner of Japan. He had been serving with the 59th Coast Artillery Regiment, according to the book "No One Forgets," which was written by George Burns III and Richard Titus. Acquavia lived at 53 E. Second St., and was the son of Mr. and Mrs. Rocco Acquavia.

He was captured in Corregidor during the opening days of the war in the Pacific, right after the attack on Pearl Harbor. "The Japanese herded some Americans down to a seaplane landing area," the book noted. "Frank went to retrieve or find food that was hidden at their battery. A Japanese guard spotted him and opened fire with a machine gun killing him instantly. This was witnessed by Jim Rossoto of Fredonia."

Former American Legion Post 1344 in Dunkirk, New York was named after him.



JOIN US IN A TRIBUTE TO PVT FRANK ACQUAVIA AT  
**CHAMPYS IN SMYRNA**



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MAY 28<sup>TH</sup> 835 Isabella Lane in Smyrna at 1900

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# **LANES OF HONOR: A DAY FOR VETERANS & THEIR FAMILIES**

**Tenn Pin Alley**  
**730 Mooresville Pike**  
**Columbia, TN 38401**  
**Saturday, June 7th**  
**12:00 - 2:00 pm**

Where Service Meets Strikes and Community Rolls Together

Join us at Tenn Pin Alley for a day of fun and appreciation for our veterans and their families. Come enjoy a day of bowling, games, and camaraderie as we honor those who have served our country. Bring your family and friends for a memorable day filled with laughter.

Whether you're new or a returning guest, we'd love to see you there!



## **Soldiers To Sidelines Inaugural Coaching Summit**

Empowering Military Heroes to Lead Through Coaching

**Location: Vanderbilt University & Nashville Marriott at Vanderbilt**

**Summit Dates: July 24–26, 2025**

An immersive and transformative three-day coaching experience to level up your leadership and impact in:

Football

Basketball

Soccer

Lacrosse

Fitness & Performance — including Adaptive, Endurance, and Tactical Strength

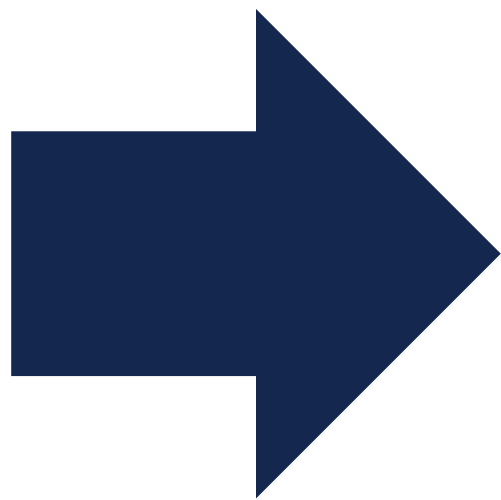
Earn your STS Coaching Certification

Learn from some of the top minds in coaching, military leadership, and sports performance.

**RESOURCES**

**AND**

**BENEFITS**





## **Mental Health Updates**

Explore the latest mental health news, resources and real-life stories of mental health recovery.

### [Spread the word: The 2025 Veterans Benefits Guide is now available](#)

Have you applied for VA care, benefits and services? Unsure what else you may be eligible for? This handbook contains a comprehensive listing of VA programs, including phone numbers and websites for easy reference.

### [Prepare for VA's Secure Sign-in Updates](#)

Veterans using online accounts with VA will need to update their login options in 2025. Learn more about Login.gov or ID.me, two modern, secure, sign-in options.

### [How talking about suicide can save a life](#)

If you think the Veteran you care about is considering suicide, now is the time to start the conversation.

### [Veterans get faster access to residential treatment](#)

VA is advancing efforts to give Veterans faster and simpler access to its mental health residential rehabilitation treatment programs (RRTPs).

### [VA health care outperforms non-VA care in two independent, nationwide quality and patient satisfaction reviews](#)

The U.S. Department of Veterans Affairs announced that VA hospitals outperformed non-VA hospitals in two major independent, nationwide reviews for patient satisfaction and care quality.

### [Through 2027, Veterans no longer need to pay copays for their first three outpatient mental health care visits of each year](#)

Veterans no longer need to pay copays for their first three outpatient mental health care and substance use disorder visits of each calendar year through 2027.



# Federal Surplus Property

Now Available to Veteran-Owned Small Businesses in Tennessee

The Tennessee Department of General Services now offers access to Federal Surplus Property specifically for certified Veteran-Owned Small Businesses (VOSBs). This program enables qualifying businesses to acquire valuable government surplus items directly related to their business operations at significant savings.

## AVAILABLE PROPERTY TYPES

VOSBs can access a wide range of surplus items, including:

- Office equipment and computers
- Tools and machinery
- Vehicles and transportation equipment
- Furniture and fixtures
- Uniforms and apparel
- Specialized equipment

## PROGRAM REQUIREMENTS

All property acquired through this program is subject to the following conditions:

- Must be used exclusively for the stated business purposes
- Must remain in active use for the specified time period
- Subject to periodic inspection by state surplus personnel
- Recipient is responsible for all service and shipping charges

## CONTACT & ADDITIONAL RESOURCES

**Tennessee Federal Surplus Property Program:**

<https://bit.ly/tnfederalsurplus>

**SBA Certification Assistance:**

<https://certify.sba.gov/>

**Veteran Contracting Programs:**

[https://bit.ly/Veterans\\_Contracting](https://bit.ly/Veterans_Contracting)

**Registration for VetCert:**

<https://veterans.certify.sba.gov/>

## HOW TO PARTICIPATE

1

### SBA Certification

Apply through the Small Business Administration (SBA). Obtain official Veteran-Owned Small Business certification through the Small Business Administration (SBA).

2

### Request More Information

Email [VOSB.Surplus@tn.gov](mailto:VOSB.Surplus@tn.gov) for application details.

3

### Complete State Registration

Submit an application with the Tennessee Department of General Services, Vehicle and Asset Management (VAM) division to gain access to view and request federal surplus property.

Questions? Email [VOSB.Surplus@tn.gov](mailto:VOSB.Surplus@tn.gov) for more information.



# TENNESSEE

# VETERANS RESOURCE GUIDE

2025 Edition

**This guide is meant as a overview of  
veteran programs, organizations and  
support for Active Military, Veterans  
and their Families in the  
State of Tennessee.**

<https://cookingwithaveteran.org/tn-veteran-resource-guide/>



# VA LOAN MYTHS DEBUNKED!

**Myth:** VA loans require a down payment.

**Fact:** VA loans typically do not require a down payment, offering a significant advantage for eligible veterans and service members.

**Myth:** VA loans are only for single-family homes.

**Fact:** VA loans can be used to purchase various types of properties, including condos, townhouses, and manufactured homes, depending on the specific conditions and lender approval.

**Myth:** VA loans take a long time to close.

**Fact:** The closing time for VA loans is generally comparable to other loan types like FHA and conventional loans. Factors like pre-approval, COE acquisition, and property condition can influence the timeframe.

**Myth:** VA loans have high interest rates.

**Fact:** VA loans often have lower interest rates than conventional loans, due to the VA guarantee which reduces the risk for lenders.

**Myth:** You can only use your VA loan benefit once.

**Fact:** You can use your VA loan benefit multiple times throughout your life, as long as you meet the eligibility requirements and have remaining entitlement.

# **THINGS YOU NEED TO KNOW ABOUT INSURANCE AND COVERAGE...BUT THINK IT'S TOO BORING TO LOOK INTO!**



1. Insurance is not a one-size-fits-all. ASK QUESTIONS
2. Insurance coverage is all about the endorsements, or optional coverages as each company is different, and some only offer one, where others offer 8-10 that you need.
3. The difference between replacement cost value and actual cash value. This makes a big impact on you!
4. Understand how long you have full replacement cost on your home as every company is different in terms of years.
5. 100% make sure that you have a GO TO contact. NOT just a 1-800 number and get put on hold. Get a real live person, with a direct number.

