VFW POST 4575

Smith - Rogers - Reeves



at Stones River VFW Post 4575

Murfreesboro, TN est. 1945



DID YOU KNOW? APRIL IS MONTH OF THE MILITARY CHILD

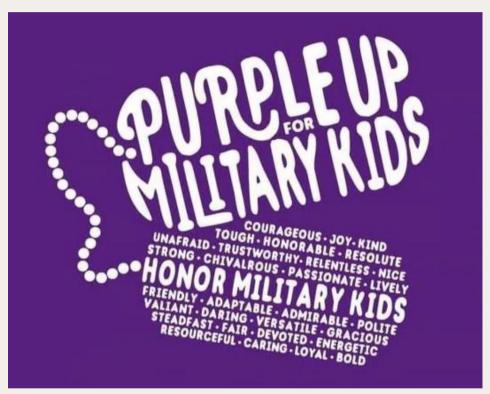
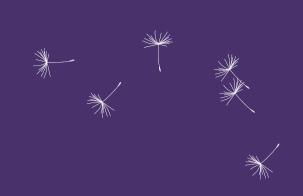
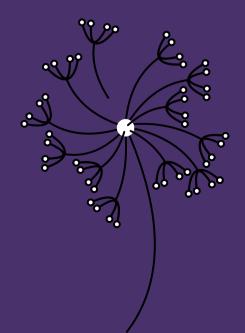




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COMMANDER'S CORNER



Carlos Rawls

I am the commander for the 2024-2025 term (Re-elected for the 2025-2026 term) at Smith - Rogers - Reeves at Stones River VFW Post 4575. In the event this is your first time reading my CC corner, let me take a moment to introduce myself. I served on active duty for 13 years 8 months and 12 days (Medically Retired in 2010), in the United States Air Force first as a firefighter and finishing my career as a Joint Terminal Attack Controller (TACP). I earned the privilege to be a member of the VFW in OIF, Afghanistan and Korea conflicts. With the GREAT TEAM we have in place which includes my officers, the auxiliary, Hero's Den, and of course you the amazing members of VFW Post 4575. I anticipate an exciting year ahead. I am open to any suggestions that someone may have.

CONTACT PHONE: 629-318-8728

Sincerely, Carlos T. Rawls Sr., USAF Retired Commander, VFW Post 4575

CHAPLAIN'S CORNER

James Long

MEMORIAL DAY

"The Weight and Worth of Sacrifice"

As we enter the month of May, our nation prepares once again to observe Memorial Day — a time when flags are lowered, names are remembered, and silence speaks louder than words. It is not a celebration, but a solemn act of remembrance.

This year, the meaning feels heavier. With tensions continuing around the globe and the world watching unfolding conflicts in places like Ukraine, Israel, and Africa, we are reminded that freedom is fragile and peace is never free. The cost is counted in lives — in the men and women who raised their hands and never came home.

We also mourn a global spiritual voice with the recent passing of Pope Francis. Regardless of one's faith background, his message of compassion, reconciliation, and dignity for all speaks to something every veteran knows: that humanity must come before hostility if we are ever to heal.

As we approach Memorial Day on May 26th, I encourage you to take a moment to remember the fallen and consider how we live in a way that honors their sacrifice. Reflect on how we carry their legacy, serve others, and work toward peace in our own lives.

Let our prayers this month be not only for those we've lost, but for the strength to be worthy of their memory.

Chaplain James Long VFW 4575



Subject: Smith – Rogers – Reeves at Stones River

VFW Post 4575

March 2025 Monthly Meeting Minutes

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

17 March 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 17 March 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
Sr. Vice	Rawls Keith R	TRUE
Jr. Vice	Prather Tharrel B	TRUE
Quartermaster	Kast Jerry L	TRUE
Chaplin	Stewart Rance Perkins Michael	TRUE
1 Year Trustee	Taylor Brian C	FALSE
2 Year Trustee	Morris Bruce R	FALSE
3 Year Trustee	Rogan Elizabeth	TRUE
Adjutant Service Officer	Sharp JoAnna D	FALSE
JAG	Johnson Michael	TRUE
Surgeon	Taylor Beth A	TRUE
- Cargoon	Rogers	FALSE
		FALSE

Key:

True: Present False: Absent

1. New Members



Post 4575

- CPT Schleicher
 - O Family Readiness Specialistnalong with Ona Bivens (Joint Force HQ)
 - O Visiting VFWs for Veterans in need
 - O SFC Elias (230th ELD) house burnt to the ground with 2 special needs children/single father. Has 2 months of extended stay
 - O JoJo shared that there are places for him to stay for free
 - O CPT Schleicher will get us updated information as he receives it
- Petty Officer David Roberts

2.Member Introductions - Special Guest

- Mrs. Mary Ann, Presentation of the Shadow box for her husband
 - O VFW Post 8422 The American Flag
 - O VFW Post 4575 The Shadow Box
- David Roberts
- CPT Schleicher, J9 Tennessee Army National Guard (TNARNG), Family Readiness

3. February Meeting Minutes - Read

- Approved
- February Quartermaster Report Read
- Approved

4.

Old Business:

JROTC Awards

Blac@man HS - 9 April @1300 - Beth Sharp

RiveOdale HS - 17 April @ 1800 - Ross List and TK Kast

Oakland HS - 24 April @ 1800 - JoJo

Rockvale -16 April @ 1300 - Joy Edgehill

Seig@l - 10 April @ 1300 - Brian Morris

Smy@na - 9 April @ 1300 -

StevPart's Creek - 30 April @ 1300 -

TSU 925 April @ 1700 - Carlos Rawls

MTSOJ - TK Kast

LaV@gne - 17 April @ 1800 -

- Elections Nominations for 2025-2026
 - O Commander



Post 4575

- Carlos Rawls
- James Mann
- O Senior Vice
 - Keith Prather
- O Junior Vice
 - TK Kast
- O Quartermaster
 - Jerry Stewart
- O Adjutant
 - Elizabeth Sharp
- O Service Officer
 - JoJo
- O Chaplain
 - James Long
- 3-Year Trustee
 - Ross List
- O 2-Year Trustee
 - X
- O 1-Year Trustee
 - . X

Please email any nominations to Ross List @ ross.list@va.gov

- Committees
 - O Will be discussed in more detail after elections in April.
- Vista Banner 50% discount. However, can get a better deal with Sean. Will look into ordering through Sean.
- Docusign is currently \$72/Month. Looking for a better way for signing documentation.
- TK and Jerry were able to locate George last Sunday. He is in assisted living. They went to visit to let him know we are thinking about him.

5. Service Officer Report

- Claims are being realigned. Training for state and county service officers is currently happening.
 - O 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



6. Community Service

- We had \$380 in Flag fund money.
 - O Replacing the flag at the Veterans Resource Center
 - O US Navy won for April 2025
- Community Service Log
 - O go to vfw.tn.org
 - O log in
 - O Members only
 - O Log in
 - O Program Reporting
 - O Add community Service Hours

7. Members in Distress at Stones River

Beth Rodgers

8. New Business

- National Home 100TH anniversary This year's option to buy a commemorative brick.
- Hats. James Mann shared that we can get hats in the Ft. Knox and Regular styles from the VFW store. \$45 for the hats and \$4 for the life tab.

9. Upcoming Events

- April 1st Scout of the Year to Department.
- April 10th District 5 Meeting Manchester Cancelled due to weather
- May 4 VFW Day of Service (requirement for All American) At the monument on the Murfreesboro Square @ 0800.
 - O Motion was made by Ross List to provide swag and service day t-shirts for the event. Beth Sharp seconded the motion. Motion passes. Will use Sean for screen printing
- May 15 BE AT 102%
- VFW Post 12206 typically would clean graves at the Stones River Battlefield Section G will discuss in April
- June 7-8 Air Show in Smyrna
 - O Several options (Beer booth, Souvenirbooth, water booth, etc.)
 - O 2-days
 - O will work in shifts



Post 4575

- O more discussion in April
- O Cashless so must have zelle, venmo options
- O POC will have to take a 2-hour class on how to use the cashless system and will have to be there both days.
- O Will need Tax ID#
- June 15 Community Service Books due to the Department.
- June 19-21 TN State Convention, Nashville.
- June 28 VFW National Home 100th Anniversary Celebration, Eaton Rapids, MI.
- August 9-13 VFW National Convention, Columbus, OH.

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

10.Good of the Order

- Keith Prather motioned that we authorize \$250 to support a widow, Mrs. Jackson, of her husband/veteran (Carl Jackson) with the cost of the Veterans funeral. He is interred at Scales Funeral Home. TK Kast seconded the motion. Charles Palmer motioned to table the motion, Joy Edgehill seconded the motion and it passed. Will discuss in April.
- 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
- 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.

Programs & Committees

VFW Programs are defined under two categories

- 1. Community Service, Youth Scholarship and Activities
- 2. 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.



- **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 solider 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



- 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.

VOLUNTEERSNEEDED



BRAVO and VFW Post 4575 have the opportunity to work a water station during the St. Jude Marathon on Sat. April 26th at 6:30AM. There is grant money that can be received if at least 10 volunteers are present.

SIGN UP BY SCANNING THE QR CODE



General Info

The District 5 VFW meeting will be held at the Tullahoma Post - VFW Post 4188 - 707 S. Polk St. Tullahoma, TN 37388 on Thursday April 24th, 2025 starting at 6pm.

We will be holding District Elections.

The Auxiliary for VFW Post 4575 will be holding it's monthly Veterans
Mixer at Hero's Den - 1257 NW Broad St. Murfreesboro, TN 37129 on
Thursday April 24th, 2025 starting at 5pm

MTSU - Student Veterans of America B.R.A.V.O. will be holding their 5th Annual Burger Burn on Friday April 25th, 2025 starting at 11am out sided the Student Union Building on Campus

Smith-Rogers-Reeves at Stones River Post 4575 - Day of Service We will be holding our Day of Service on Saturday May 3rd, 2025 starting at 8:30am with a information table at the Farmers Market on the Square and then we will be cleaning the war memorial on the square.

5th Annual Burger Burn



FOOD | DRINKS | GAMES

April 25th | 11 AM - 4:30 PM | STU Courtyard

brought to you by



















FOTOGRAFÍA DE LUCAS MERIZALDE

JOIN VFW DAY OF SERVICE



Veteran-led community service events kick off May 3, 2025.

GET INVOLVED NOW

vfw.org/DayofService



VFW Post 4575 Smith - Rogers - Reeves

Join us for VFW Day of Service! Our Post is hosting a community service event on May 3rd, 2025,

8:30am to 2:00pm, in conjunction with the VFW's month-long focus devoted to service projects around the country. Come join us! Contact Jerry Stewart at adj@vfw4575.org to learn more.

@VFWHQ #StillServing **#VFWDayofService**

We will be having a VFW Table at the opening day of the 2025 Farmers Market on the Murfreesboro Square, and then we will be cleaning the memorial on the square following the farmers market.

Did you know that the Smith-Rogers-Reeves at Stones River VFW Post 4575 paid to have this memorial installed honoring our fallen brothers and sisters along with American Legion Post 17.



Wednesday, May 21, 2025, from 11 a.m. - 1 p.m. local

Get ready to step into action and make a difference at VA Tennessee Valley Healthcare System's (TVHS) VA2K Walk and Roll May 21, 2025 from 11 a.m. – 1 p.m. local time. Join TVHS and the community for a day filled with energy and purpose to support homeless Veterans. This annual event isn't just a walk—it's a celebration of health, camaraderie, and compassion. Participants will have the opportunity to walk or roll two kilometers while raising awareness and having the chance to donate to the TVHS Homeless Veteran Program. Veterans, family members, VA employees, and community supporters, are welcomed to join in on the fun. Live music, VA resource tables, and additional entertainment will be available at the following locations:

Alvin C. York VA Medical Center, 3400 Lebanon Pike, Murfreesboro, TN

Nashville VA Medical Center, 1310 24th Avenue South, Nashville, TN 37212Chattanooga VA Clinic, 6401 Shallowford Road, Chattanooga, TN 37421Clarksville VA Clinic, 782 Weatherly Drive, Clarksville, TN 37043The TVHS Center for Development and Civic Engagement (CDCE) will be collecting donations at each location. CDCE encourages donations of new men's and women's clothing, as well as sealed packaged food. For those unable to attend the VA2K event but still want to donate, an online form is available. Simply visit Pay.gov and select the Homeless Veteran Fund. Mark your calendars and bring your friends and family to this phenomenal event.

★ 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













































Saturday, May 24th at 10am

Memorial Day Flag Placement

Help us place flags at the burial sites of more than 7,000 heroes! Scouting and other youth organizations from middle Tennessee will place American flags on more than 7,000 graves in Stones River National Cemetery. Volunteers will park in the overflow parking area near the visitor center and check-in near the walk-in entrance to Stones River National Cemetery. No volunteer parking in the cemetery.

Registration is required. Click **HERE**

Volunteers should plan on arriving by 9:30 AM to ensure they have adequate time to check-in before the event begins. Volunteers will confirm their section assignments and receive flags at check-in.

Memorial Day Service at Stones River National Battlefield



May 25, 2025 from 1:30-2:30

Event by Stones River National Battlefield

Stones River National Battlefield

Duration: 1 hr

Public · Anyone on or off Facebook

Visitors are invited to gather at the national cemetery rostrum to remember the sacrifices of soldiers, past and present. The event will include patriotic music, a special speaker, and a wreath laying ceremony.

Parking will be in the recreation/overflow lot near the park visitor center.

HOW VA DISABILITY RATINGS WORK

BENEFITS CHART - Each increased level includes all benefits of the previous levels.

SERVICE CONNECTE	D PERCENTAGE DESCRIPTION
0%	 10-point Veteran preference in federal hiring No cost health care and prescription drugs for service-connected disabilities. Small copays may be applied for inpatient and prescription drugs-Must be enrolled in VA Healthcare VA Life Insurance guaranteed acceptance up to age 81 up to \$40,000. Use of commissaries, exchanges, and morale, welfare and recreation (MWR) retail facilities, in-person and onlineMust be enrolled in VA Healthcare Non-VA Urgent Care visits at \$30/visit including 14-day prescription (in network)-Must be enrolled in VA Healthcare Non-VA Emergency Room for service-connected conditions or non-service-connected conditions. If you have OHI (Other Health Insurance), but it does not fully cover the costs of treatment, VA may pay certain costs for which you are personally liable – Emaito: VHAEmergencyNotification@va.gov OR Call 844-72HRVHA (844-724-7842) within 72 hours-Must be enrolled in VA Healthcare VA Dental Insurance Program (VADIP)-Must be enrolled in VA Healthcare
10%-20%	No cost health care - Must be enrolled in VA Healthcare Prescription drugs for service-connected disabilities. Small co pays may be applied for inpatient stays and prescription drugs-Must be enrolled in VA Healthcare Waiver of VA funding fee for home loan Vocational Rehabilitation & Employment (10% with a serious employment handicap) Burial and plot allowance
30%-40%	 Travel allowance for scheduled appointments for care at a VA medical facility or VA authorized health care facility Additional compensation for eligible dependents (may include aid and attendance for eligible spouse)
50%-90%	 No cost health care and prescription medications – no copays-Must be enrolled in VA Healthcare Concurrent receipt of military retired pay with 20 years (15 TERA) Add 3 no cost Non-VA Urgent Care visits including 14-day prescription per calendar year for the Urgent Care visit
100% No restriction to income	No cost dental care at the VA DoD Uniformed Services ID card Federal student loan forgiveness Space-A Flights (Cat VI) – Veteran & Dependents INCONUS/TerritoriesWith Permanent & Total (P&T) Status— All Non-VA ER – Must contact your VAMC within 72 hours Dependents Educational Assistance (DEA or CHAPTER 35) Dependent's healthcare through CHAMPVA—Civilian Health and Medical Program (if not Tricare eligible) VA Dental Insurance Program (VADIP) for CHAMPVA eligible dependents

Same as 100% except must be unemployable due to service-connected disabilities with part time income restriction \$15,852/year (2024)

VA Derivative Benefits Eligibility Service-Connected Matrix

https://benefits.va.gov/benefits/derivative sc.asp

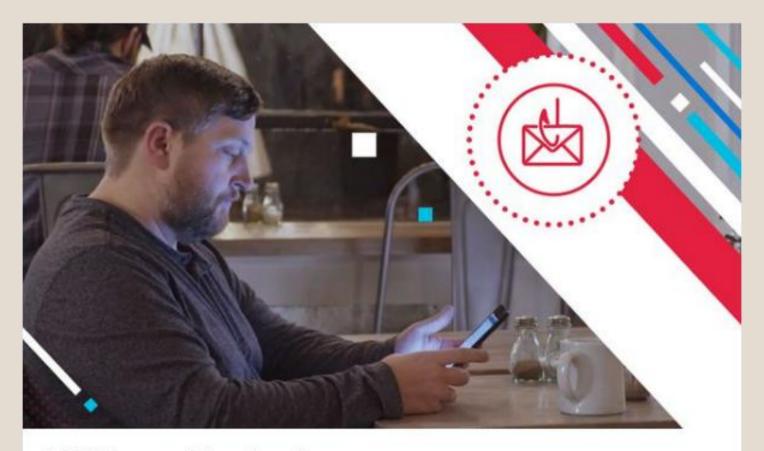
REV: February 2024



If you are a Veteran, Service Member, military-connected family member, or caregiver needing assistance, the Daniels Center is ready to assist you:

- Gl Bill[®] Processing? jessica.pierson@mtsu.edu or shannon.brown@mtsu.edu
- Residency or Prior Learning Assessments? jeremy.winsett@mtsu.edu
- STRONG? deantre.l.trotter.mil@mail.mil
- Employment? christopher.rochelle@mtsu.edu or rod.key@mtsu.edu
- Mental Health Counseling? betty.struzick@va.gov
- VetSuccess Counseling? taneisha.stephens@va.gov
- VA Benefits? james.dozier@tn.gov
- Disability and Access? dacemail@mtsu.edu

There is no requirement for Service Members, Veterans, spouses, or their families to be enrolled at MTSU to access and receive services through the Daniels Center. Educate yourself and your family about scams and fraudulent tactics, particularly online and via email



Phishing – without rods

Phishing is a widespread cybercrime in which attackers use social engineering to deceive individuals into revealing sensitive information by posing as a trustworthy source.

VA DigitalVA / Sep 27, 2023

Flag Fund!! Whose flag will fly this month?



QR CODE FOR THE FLAG FUND



STILL SERVING...



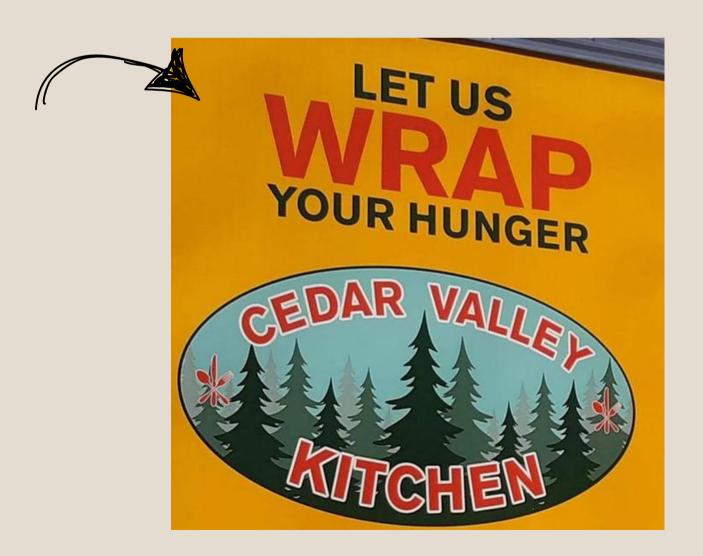
The attached picture is Jerry Stewart, Post 4575 Quartermaster, donating a Jazzy scooter to VVA Post 1089's Mobility Chair, Phil LaPrad, on behalf of AMVETS Post 325 and Post 4575.

AMVETS 325 had the nearly new scooter in VFW Post 4575's storage for a few years after it was acquired when a local Veteran passed away. Phil and his organization will give it a once over, clean it up and provide it to a veteran or family member in need. Also donated today (not pictured) was a knee scooter from Post 4575, also in nearly new condition.

It's a great thing when Veteran Service Organizations work together!

SUPPORTING VETERAN OWNED BUSINESS

This is an unsolicited plug for a fellow Veterans food truck. Sam Spicer is a Marine who also volunteers at the York VAMC. He and his wife also operate Cedar Valley Kitchen Food Truck, link is below. Keep them in mind when you know of an event where his services would be appropriate.





WETERANS RESOURCE GUNE 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/