

post 4575

SEPTEMBER 2025

We want to feature YOU!

Student veterans,
community veterans,
dependents, military
affiliated... you are
all family!



**Scan the QR code or click the link below to
have your picture displayed on the
Daniels Center Family Wall!**

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OFFICERS

Commander

Carlos T. Rawls Sr.

Sr. Vice Commander

Keith R. Prather

Jr. Vice Commander

TK Kast

Quartermaster

Jerry Stewart

Chaplain

James Long

Adjutant

Beth Sharp

Judge Advocate

James L. Mann

Surgeon

Richard L. Adcock

3 Year Trustee

Ross List

2 Year Trustee

Bruce Rogan

1 Year Trustee

Brian Morris

Service Officer

JoAnna Johnson

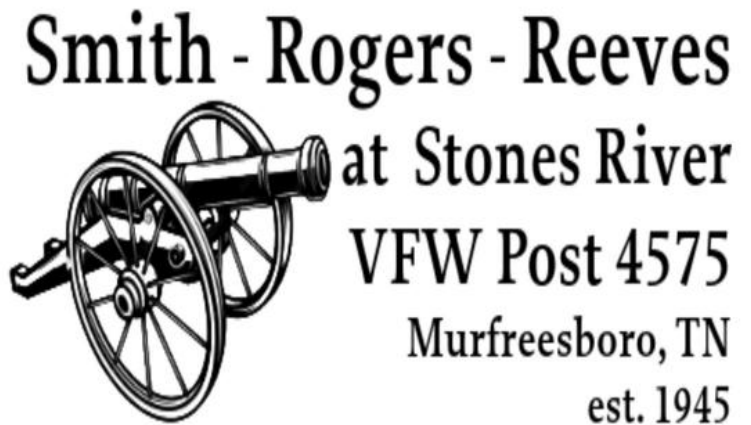


A blurred background of the American flag, showing the stars and stripes in a soft, out-of-focus manner. The colors are muted, with a dark blue overlay at the bottom.

September 11

**MAY WE NEVER
FORGET**

COMMANDER'S CORNER



Why should a young veteran become an VFW member? There are so many answers, I will try to cover just a few. First, the VFW gives you a place to commune among other veterans who understand and live with many of the same issues that you do. You will find men, women, Air Force, Navy, Army , Coast Guard and Marine Corps veterans. And yes we still razz the other branches just a little.

Second, you continue to serve. The VFW promotes Americanism, Patriotism and numerous quality programs within the community each year. Your efforts and contributions help to build stronger communities. It varies greatly from scouting to youth sporting, adopting families at Christmas, adopting nursing homes and tending to the needs of resident veterans. There is no limit on the good we do within the community.

VFW Post 4575 and our Auxiliary are actively seeking veterans and family members who want to make a difference. Please feel free to reach out to us if you have any questions.

Carlos T. Rawls Sr.
Commander, VFW Post 4575



Subject: Smith – Rogers – Reeves at Stones RiverVFW Post 4575
August 2025 Monthly Meeting Minutes

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

18 August 2025

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 18 August 2025 at 1830 hrs, at the Hero's Den located at 1257 Broad St. Murfreesboro, TN 37129

18:30 Opening

Roll Call of Officers

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

- **New Members – Judge Advocate James Mann motioned that we accept all new members, Surgeon Richie Adcox seconded the motion. Motion passed. Welcome to our new members:**
 - o Mrs. Dana Hughes – Army
 - o Mr. Tony Hughes – Army
 - o Ms. Chrstina Lawrence – Army
 - o Steve Allman
- **Special Guest**

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



- Ashley Lamm – Director of Marketing and Development for the Tennessee State Veteran’s Home.
 - o Over all facilities in Tennessee (Murfreesboro, Humboldt, Clarksville, Cleveland, Knoxville, opening soon Arlington, and next to be built Tri-Cities) If you have a disability rating of less than 70% you will receive a 1/3 discount on your daily rate
 - o If you have a disability rating of over 70% your stay is fully covered by VA, Medicare and Medicaid
 - o Admission Requirements:
 - Honorable Discharge And ONE of the following requirements:
 1. Resident of Tennessee at time of admission
 2. Veteran who was born in Tennessee
 3. Entered the U.S. Armed Forces in Tennessee
 4. Has an immediate family member who serves as a primary caregiver and is a resident of Tennessee
 5. Spouse or Gold-Star family members are eligible for admission on a space-available basis
 - o **To Apply:**
 - **Must provide a copy of your DD 214 as well as a Marriage Certificate if needed.**

More info can be found on their website at TSVH.org

- **July Meeting Minutes**

3 Year Trustee Ross List made a motion to accept the minutes. Surgeon Richie Adcox seconded the motion. Motion passed
- **May Quartermaster Report – Please contact Jerry Stewart with any questions.**

Adjutant Elizabeth Sharp made a motion that the Financial Report be approved subject to audit Comrade Joy Edghill Seconded the motion. Motion passed
- **Budget update – Quartermaster Jerry Stewart**
 - o Our Veteran assistance fund was not used last month and was rolled over to August
 - o All monthly bills have been paid
- **Old/Unfinished Business**
 - o National Convention – Columbus, OH-UPDATES

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Post 4575

- To achieve All American, we must now get 101% of membership by 1 July 2026
 - National is working on starting a bike riders section to the VFW
 - Ball caps are now authorized to wear at informal events
 - VFW hats must still be worn by officers and at formal occasions
 - The new By-Laws information from National will be coming out soon. We will schedule our By-Laws meeting once received
 - Our next VFW magazine will feature our Auxiliary's Jeep Show. BE on the lookout
 - Chaplain prayers can now be personalized for each post
- **New Business**
 - o Tennessee Veteran's Home event at the Outpost on 25 August beginning at 0945 and will go until noon. The Outpost is donating the lanes and the weapons for our residents to use. If you would like to make donations for the ammo, please reach out to Matt Childers.
- **Committees** – Will be decided at the By-Laws meeting. Meeting TBD.
- **Service Officer Report – JoJo Johnson**
 - o 20 September will be the Ft. Campbell Retirement event. It is a free event from 0830–1500 at the Soldier Support Center.
 - o 6 September there will be a Recovery Festival in Murfreesboro from 1000–1500 at the Family Worship Center on Memorial Blvd. If you would like to volunteer, please reach out to JoJo.
 - o For claims, please reach out to JoJo AFTERHOURS and she will work them with you WITH the help of a Rater. Claims are being processed much faster, and you can get a letter as soon as 3 weeks. Please note that if you see a PENDING on your letter they are still working your claim.
 - o If you haven't already, please get an ID.me account setup. Most military resources and accounts are moving to only being able to login using your ID.me
 - o If you are buying a home using your VA Benefits, please make sure your inspectors are doing a good job. And know that if a Veteran dies, the spouse can get the house changed into her name without having to refinance and there should not be a cost to the change.
 - o If you haven't already, please get your death kit together. This will make it easy for your family. They will know where to go to get all your info (DD214, insurance, service

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connections, etc.) Matt Childers will bring a handbook to the next meeting for anyone who would like one.

- o Please make sure your loved ones know that if their Veterans are in or will be going into a nursing home, and their house does not have an heir, then the house will be used to pay back the Medicare/Medicaid expenses once they pass.

- **Judge Advocate – James Mann**

- o Our By-Laws meeting will be scheduled to go over our current By-Laws as well as establish committees. Everyone is invited to attend.

- **Surgeon – Richie Adcox**

- o Please make sure to get your annual checkups.
- o If you are eligible, you can apply as soon as 1 August for your Annual Clothing Allowance (knee braces, equipment, etc.) There is a form online you can fill out at VA.org and you can take it directly to the Prosthetics department or to any Ambassador at your local VA.

- **Veterans in Distress**

- o Service Officer JoJo Johnson informed us that a Veteran just received a new heat/air unit for her house that was fully covered by the VA, however, she must pay for the freon for the unit. She needs assistance to cover the \$900 for the freon. JoJo directed her to other resources first and is waiting to see if she needs additional assistance.

- **Community Service**

Flag fund – 3-Year Trustee Ross List

- o The AirForce won for July 2025 with \$170
- o Quartermaster Jerry Stewart motioned that we use next month's donations to the Flag Fund for t-shirts, socks, and hygiene items for Tennessee State Veterans Home. Comrade Joy Edghill second the motion. Motion passed.

Community/Volunteer Service Hours Log

- o go to vfwtn.org
- o Members only
- o Log in
- o Program Reporting
- o Add community Service Hours

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

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- **Upcoming Events**

- o Check out our website for more information on the Post and events.
- o Flying Squadron – 23 August at the Harriman Post
- o Winter Conference 2026 – 20-21 December at the Manchester post

- o **Recap for 2024-2025**

- VFW/Auxiliary volunteer hours – 140
 1. Value of Volunteer Hours - 4689
 2. Dollars Donated - 780
 3. **Total – 5468**
- Voice of Democracy (VOD) – 3 participants (\$100 spent)
- Patriots Pen (PP) – 3 participants (\$100 spent)
- Teacher of the Year (TOY) - \$160 spent
- Buddy Poppy – purchased 1500 Membership Level - 239
-

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

- o Quartermaster Jerry Stewart informed us that to recruit for our post, we can go straight to the VFW APP to enter in our new members. Make sure to click on POST 4575 so the new member pays the lowest amount (\$35 Annual Fee) you get credit for the new member. After 5 members are recruited, you get a pin that can be put on your VFW hat.
- o Quartermaster Jerry Stewart also informed us that National VFW approved the wearing of ball caps. The VFW store will have them available in November, and you can get them embroidered. The hats are for informal occasions and monthly meetings. Officers of the post must continue to wear the hat for monthly meetings, and all are still required to wear the hat during formal occasions.
- o Post T-Shirts are here. If you ordered one, please reach out to our Quartermaster, Jerry Stewart. And if you would like to purchase one, reach out to Jerry as well. He ordered some extras.
- o Judge Advocate James Mann recommended we reach out to all English Teachers at all middle and high schools as well as JROTC so as to reach more students for our Voice of Democracy and Patriots Pen program (to include Backman, Riverdale, Oakland, Siegel, Middle Tennessee Christian School, Homeschool/Co-Op, and Franklin Road Christin School).

Adjourn

- o 3-Year Trustee Ross List motioned that we adjourn. Adjutant Elizabeth Sharp seconded the motion. Motion passed. Meeting was adjourned at 2015
- o Our next meeting will on Monday, 15 September 2025 at Hero's Den located at 1257 Broad Street, Murfreesboro, TN 37129 at 1830.

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from Tharrel Kast (TK)

I think none of us itemize our Federal Taxes, but do contribute to charities. You may have missed that we (along with all Post members) can now deduct up to \$1000 per individual filers or \$2000 per couple filing jointly beginning for tax year 2025. It's really something to consider. That means you really should begin keeping track of all cash, item donations and even mileage you contribute. It also means that organizations should try to provide their members with statements showing contributions when they can. No one had had much use for this since about 2021, but it would go a long way now to encourage more donations (cash, items and mileage). It will reduce Federal taxes for members and even if they don't think they will owe, it could help produce a credit. May need to put an article in post newsletters, social media and websites.

For the tax year 2025, individuals who do not itemize deductions can claim a charitable deduction of up to \$1,000 for single filers and \$2,000 for married couples filing jointly. This provision is designed to encourage charitable giving among those who typically take the standard deduction instead of itemizing their deductions. I have attached a couple articles about this and other deductions like a new Senior deduction of \$6000 (until 2028), car loan interest, etc.

<https://www.irs.gov/newsroom/one-big-beautiful-bill-act-of-2025-provisions>

VFW NATIONAL CONVENTION



Jerry Stewart and Carlos Rawls

Carlos Rawls, TN State
Quartermaster John
Maier, Jerry Stewart



Carlos Rawls,
TN State
Quartermaster
John Maier,
Jerry Stewart,
TN State
Commander
Robert Hunt

VFW NATIONAL CONVENTION



Carol Whitmore,
VFW Commander
in Chief



Jared Lyon, CEO
Student Veterans
of America



VFW National Home
Poppy Child of the Year



Secretary of the
VA, Douglas Collins

GENERAL NEWS

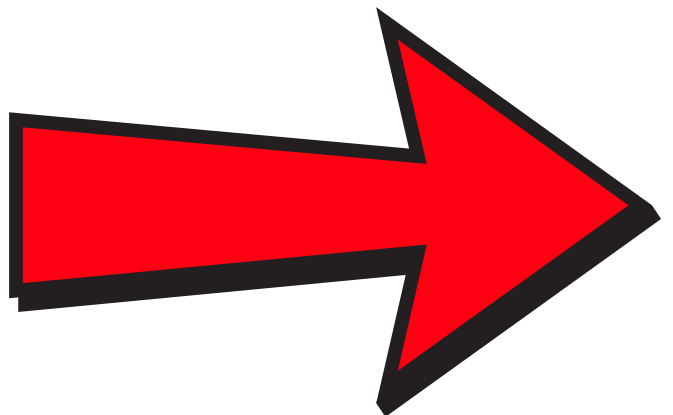


The USAF won
the Flag of the
Month

**ROSS LIST GRADUATED MAGNA CUM LAUDE FROM MTSU—CONGRATS, ROSS!
ROSS HAS A BACHELOR OF SCIENCE – HOMELAND SECURITY AND EMERGENCY
MANAGEMENT**

COME ENJOY COFFEE WITH A VETERAN EACH SUNDAY AT JOANIE'S ON THE SQUARE IN MURFREESBORO.

**Support for Homeless School Children POC johnsonje@rcschools.net
Im the POC for this and will make sure to get thing either funds, items, or food given to her.
SEE THE FOLLOWING PAGES**



RUTHERFORD COUNTY SCHOOLS

ATLAS Program Pantry

Thank you for thinking of our students! Items on our pantry list serve students in housing situations that have little to no kitchen access. Our students often live in motels, doubled up with another family, or in a shelter. We have created a list of items that would be the most manageable for students to cook and enjoy. The goal is to have kid-friendly, one-and-done items. Items utilizing a microwave and water to make the meal are always appreciated.

Thank you for helping us serve our students practically and respectfully.

- Chicken or Tuna (canned pop-top or vacuum-packed)
- Cookies
- Microwavable macaroni and cheese – single-serve
- Pasta/ complete meals
- Peanut butter crackers and cheese crackers
- Peanut butter
- Peanuts
- Pop-top microwavable containers of beef and macaroni - beef stew - beans and franks - spaghetti and meatballs - chili with beans, etc. (7.5 oz) Chef Boyardee, and Hormel Compleats Meals
- Rice Krispy Treats
- Oatmeal or cereal in single-serve containers
- Pop-Tarts
- Granola Bars
- Snack cracker packages
- Trail mix packages
- Cans of soup or microwavable mini cups of soup
- Rice A Roni Cups
- Beef Jerky

Hygiene Blessing Bags

Last year, we were able to provide support to over 2,200 homeless students in Rutherford County. These young individuals face unimaginable challenges, yet their desire to attend school and succeed remains strong. Unfortunately, they do not have a stable place to call home at night. They often find themselves couch surfing, sleeping in cars, staying in motels, or living in campsites alongside other families, sometimes even sharing small apartments with multiple households.

To help these resilient students maintain their hygiene and dignity amidst these difficulties, we are collecting full-size, new items for our Hygiene Blessing Bags. Your contributions can make a meaningful difference in their lives. Thank you for your help and support for our students and program!

What is included:

Shampoo

Body Wash

Toothbrush

Toothpaste

Deodorant

Lotion



November 8th, MTSU vs FIU
Football Game

SALUTE TO SERVICE AND VETERANS DAY CEREMONY

If you would like tickets for the game, let Jerry Stewart know how many:

vfw4575adjutant@gmail.com



VETERAN FALL FESTIVAL

OCT 17th. 2025
9 a.m. - 1 p.m.

Outreach / Fun / Comradery / Partnerships
Open to Veterans & Caregiver

Alvin C. York VA Medical Center
3400 Lebanon Pike, Murfreesboro, TN 37129

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Tennessee Valley Healthcare System

VETFEST®

October 4, 2025

8th Annual Community Music & Arts Festival



Granny White Park

650 Granny White Pike, Brentwood, TN

Heroes Stroll

9:30 AM



VetFest

11 AM - 4 PM

Veteran Owned Businesses | Resources | Organizations
Live Music | Games | Prizes | Kid Zone | Food Trucks | Displays

www.VetLinx.org | 1-844-VETLINX

