

VFW POST 4575

MARCH 2025



**HERO'S
DEN**

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Officers

COMMANDER
CARLOS RAWLS

2 YEAR TRUSTEE
BRIAN MORRIS

SR. VICE COMMANDER
KEITH PRATHER

3 YEAR TRUSTEE
BRUCE ROGAN

JR. VICE COMMANDER
THARREL KAST

ADJUTANT
JERRY STEWART

QUARTERMASTER
JERRY STEWART

SERVICE OFFICER
JOANNA JOHNSON

CHAPLIN
RANCE PERKINS

JAG
MICHAEL TAYLOR

1 YEAR TRUSTEE
MICHAEL TAYLOR

SURGEON
BETH ROGERS

FEBRUARY

2025

MEETING MINUTES



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

To: Carlos Rawls, Post Commander
From: Jerry Stewart, Post Quartermaster/Adjutant

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

Key: True: Present False:

Absent

VFW Post 4575 Smith – Rogers –
Reeves 439 Rice St. Murfreesboro,
TN 37130 www.vfw4575.org
[Facebook Page](#) Post Commander
Carlos Rawls

1. New Members

- No New Members

2. Member Introductions – Special Guest

- Tom Davis – Post 5064 McMinnville Quartermaster
 - Talked about the importance of being involved in government and contacting our representatives about issues facing Veterans.
 - VFW Advocacy - [VFW Advocacy Site](#)
 - Tennessee Veterans – State Government - <https://tnvet.org/>
 - Rutherford County Commissioners - https://rutherfordcountyttn.gov/list_of_commissioner
 - City of Murfreesboro - <https://www.murfreesborotn.gov/424/City-Council>
 - All of the links listed above will be available on our website at www.vfw4575.org

3. January Meeting Minutes – Read

- Approved
- January Quartermaster Report – Read
- Approved
- Incorporation paperwork filed with the Tennessee SOS, for the year.
- Taxes have been filed with the IRS

4. Old Business:

- Pancake Breakfast – Jerry briefed how much was made on the pancake breakfast
- Matt – Talked about the Shadow Box – VFW Post 8422 – Donated Flag and case, shadow box has been ordered. Motion made to Pay Matt for the shadow box \$550.63 – Motion made to present the Flag and Shadow Box to Mary Ann at the Vietnam Veterans Welcome Home Celebration

5. Service Officer Report

- 6. – ID.me for VA.gov
- 7. Montgomery GI Bill - <https://benefits.va.gov/gibill/rudisill.asp>
- 8. Real ID - <https://www.tn.gov/safety/driver-services/real-id.html>
- 9. VA ID Renewal - <https://www.va.gov/tennessee-valley-health-care/stories/your-va-id-card-why-its-vital-and-how-to-maintain-it/>

10. Community Service

VFW Post 4575 Smith – Rogers – Reeves
439 Rice St. Murfreesboro, TN 37130
www.vfw4575.org
[Facebook Page](#)
Post Commander Carlos Rawls



- We had \$350 in the flag fund last month, with the Army taking the win, the flag is flying on Church St.

11. Members in Distress

12. New Business

- National Home 100TH anniversary – This year option to by a commemorative brick.
- ROTC Awards –

School	Rank	Name	Date		Location	P.O.C.	E-Mail	Presenter
ROTC								
MTSU - ARMY			24-Apr-25	2:30pm	Sam Ingram Building	Nancy Garner	ngarner@mtsu.edu	Jerry
TSU - AIR FORCE	AS100	Abram Oaks	25-Apr-25	5:30pm	3108 John A. Merritt Blvd. Nashville, TN 37209-1561	Jeremy L. Kittle, MAJ, USAF	jikittle@tstate.edu	Carlos
ROTC								
BLACKMAN			9-Apr-25	1:00pm	3956 Blaze Drive, Murfreesboro, TN 37128	Eric Hopper CW3 (RET)	hoppere@rcschools.net	Beth
RIVERDALE			17-Apr-25	6:00pm	na RTI Auditorium, Building 500 7th Ave. Smyrna, TN 37157	Leonard Brannom	brannoml@rcschools.net	Ross
ROCKVALE			9-Apr-25	1:00pm	6545 Highway 99, Rockvale, TN 37125	Shawn A. Waldrip LTC (RET)	waldrips@rcschools.net	Jby
SIEGEL			10-Apr-25	1:00pm	3300 Siegel Road, Murfreesboro, TN 37129	Roger Alcendor	alcendorr@rcschools.net	Brian
OAKLAND			24-Apr-25	6:00pm	le School, Auditorium 853 DeJarnette Lane, Murfreesboro, TN 37130	Mitch Murray (LTC)	murraymi@rcschools.net	Jb.b

- Jerry made a motion to empty out the Uhaul Storage unit and not keeping it. Phil with the VVA will be picking up the scooter, Matt has the card for access to the unit. Motion – Passed
- Officer Nominations: Will be made at our March Meeting – see above roll call list of positions.

13. Upcoming Events

- March 1st - Scout of the Year to Post's.
- March 1st - Chaplain of the Year to VFW TN HQ.
- March 1st – Ruck the Renaissance – [Ruck March See attached Flyer](#)
- March 16th - Bingo with residents at TNVH – Murfreesboro
- March 29th - Vietnam Veterans Day
- March 30th – B.R.A.V.O. Fun Day with VFW and TN-Veterans Home
- April 1st - Scout of the Year to Department.
- April 10th - District 5 Meeting
- May 4 - VFW Day of Service (requirement for All American)
- May 15 - BE AT 102%
- June 15 - Community Service Books due to the Department.
- June 19-21 - TN State Convention, Nashville.

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- 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.

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Post Commander Carlos Rawls

Pancake Breakfast Recap...









UPCOMING EVENTS

Free for MTSU Veterans and their
family use code: MTSURUCK



03/01/2025



Castle Park- TN Renaissance Festival Grounds
Ruck, run, or walk the course as many times as you can
in two hours! All ages and fitness levels welcome!
Fundraiser for Memories of Honor



FLEET FEET
NASHVILLE



RWRNash.com



**B.R.A.V.O. and VFW Post 4575
BINGO
WITH THE
RESIDENTS AT THE TENNESSEE
VETERANS HOME
March 16th, 2025 at 2pm
345 Compton Rd, Murfreesboro, TN 37130**



B.R.A.V.O. FUN

DAY March 30th

MTS
2025

Tail gate at the MTSU
Baseball game with
Tennessee Veterans Home
11:30am

B.R.A.V.O. Fundraiser at
Main Event
4 - 7 pm

MAINEVENT®



VETERAN RESOURCES



VA Resource Navigator

Scan QR codes, visit popular links to trusted VA websites, or call the MyVA411 hotline at (800) 698-2411 to learn more about VA resources.



VA.gov is the gateway to access and manage your VA benefits and health care.
www.va.gov



The VA Welcome Kit provides an overview of benefits and services.
www.va.gov/welcome-k-it/



With the official **VA: Health & Benefits** app, you can manage your VA health care, benefits, and payments from your mobile phone or tablet.
www.mobile.va.gov/app/va-health-and-benefits



My HealtheVet is a free online tool to manage your health care. Refill and track prescriptions, access your medical records, and communicate with your health care team.
www.myhealth.va.gov

How to scan a QR code with your smartphone camera



- 1 Open your smartphone's camera app or QR code scanning app.
- 2 Hold your device so that the single QR code appears on your smartphone's screen.
- 3 Once the QR code is centered on your smartphone's screen, your device will recognize the QR code and show a notification.
- 4 Tap the notification to open the link associated with the QR code.
- 5 Still having trouble? See additional tips on page five.

Veterans Crisis Line



Contact the Veterans Crisis Line. Available 24/7 via phone, text, and online chat.



Receive crisis support

The Veterans Crisis Line provides confidential crisis support for Veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect.

Crisis Hotline: **Dial 988 (then press 1)**

Text Hotline: **Text at 838255**

www.veteranscrisisline.net/get-help-now/chat/

For phone numbers listed in this resource, dial 711 if TTY-based Telecommunications Relay Services are needed.

Health Care



Apply for VA health care, find out how to access services, and manage your health and benefits online.

Apply for VA health care

Apply for health care benefits for Veterans and transitioning service members.

Health Care Hotline: **(877) 222-8387**

www.va.gov/health-care/how-to-apply/

Manage your appointments online

Schedule, cancel, and manage health appointments online.

www.va.gov/health-care/schedule-view-va-appointments/

Pay copays and use multiple insurances

Check your balance for medical services and prescription copays, request help, or dispute charges.

Pay by Phone: **(888) 827-4817**

www.va.gov/health-care/pay-copay-bill/

Apply for travel pay

Request reimbursement for travel expenses to and from approved health care appointments.

Travel Pay Call Center: **(855) 574-7292**

www.va.gov/health-care/get-reimbursed-for-travel-pay/

Explore long-term care

Learn about assisted living, residential, and home health care.

Health Care Hotline: **(877) 222-8387**

www.va.gov/health-care/about-va-health-benefits/long-term-care/

Learn about qualifying for VA dental care

Find out if you qualify for dental care benefits.

MyVA411: **(800) 698-2411** www.va.gov/health-care/about-va-health-benefits/dental-care/

Learn about your VA primary care team

VA takes a team approach to health care with you at the center. Research shows this kind of approach leads to better quality care, more satisfied patients, and fewer hospital visits.

Health Care Hotline: **(877) 222-8387**

www.va.gov/health-care/about-va-health-benefits/your-care-team/

VA Health Connect Clinical Contact Centers

VA Health Connect provides Veterans with access to health care via virtual clinical contact centers that are available 24/7/365. Veterans can access VA Health Connect by calling their local medical center to schedule primary care appointments, speak to a nurse, meet with a clinical contact center medical provider, and check on their medications.

Fill in your VA Contact Center phone number:

Find urgent and emergency care

If you are having a medical emergency, dial 911.

Have a plan of where to go for urgent and emergent care.

www.va.gov/initiatives/emergency-room-911-or-urgent-care/

Explore Community Care/MISSION Act

Access other providers when VA cannot provide the care needed.

Community Care National Contact Center
(877) 881-7618

www.va.gov/communitycare/

Find VA Locations



Find a VA location or in-network community care provider.

www.va.gov/find-locations/

Disability



File a claim for disability compensation for conditions related to your military service and manage your benefits over time.

Learn about the PACT Act

Learn how the PACT Act expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and toxic substances.

MyVA411:(800) 698-2411

www.va.gov/resources/the-pact-act-and-your-va-benefits/

Apply for an initial disability rating or increase

Learn how to file a claim for a disability related to military service.

VA Benefits Line:(800) 827-1000

www.va.gov/disability/how-to-file-claim/

Find local Veteran Service Organizations (VSO)

Get help from an accredited representative.

MyVA411: (800) 698-2411

www.va.gov/get-help-from-accredited-representative/

Education and Training



Apply for and manage your GI Bill and other education benefits to help pay for college and training programs.

Continue education with the GI Bill

Explore how VA can help pay for education.
Education Contact Center

From the U.S.:(888) 442-4551

From Overseas:001-918-781-5678

www.va.gov/education/about-gi-bill-benefits

Housing Assistance



Find out if you're eligible for a VA-backed home loan. If you have a service-connected disability, see if you qualify for a housing grant to help you live more independently.

Apply for housing assistance

Learn more about home loans and other benefits that can help you improve, build, or keep your current home.

Regional Loan Center:(877) 827-3702

www.va.gov/housing-assistance/

Receive help for homelessness and housing instability

Get connected with housing solutions and community services.

Call Center: (877) 424-3838

www.va.gov/homeless/

Careers and Employment



Apply for Veteran Readiness and Employment (VR&E), get support for your Veteran-owned small business, and access other career resources.

Prepare for careers and employment

Receive support for education, training, and credentialing needed for employment.

MyVA411:(800) 698-2411

www.va.gov/careers-employment

Veteran Readiness and Employment (VR&E)

Service members and Veterans with service-connected disabilities may qualify for VR&E, also known as Chapter 31.

www.va.gov/careers-employment/vocational-rehabilitation/

Pension



Apply for monthly payments for wartime Veterans and survivors with limited or no income who meet certain age and disability requirements.

Apply for supplemental income

Learn how pensions provide supplemental income for some wartime Veterans and their survivors.

VA Benefits Line: **(800) 827-1000**

www.va.gov/pension/

Fiduciary Program

The fiduciary program provides oversight for VA's most vulnerable beneficiaries who are unable to manage their own VA benefits.

Fiduciary Line: **(888) 407-0144**

www.va.gov/benefits/fiduciary/

Family Member Benefits



Learn about the benefits you may qualify for as a spouse, dependent, or survivor. Find out what else you may be eligible for as a family member caring for a Veteran with disabilities.

Caregiver support program

The VA Caregiver Support Program offers services to caregivers of eligible and covered Veterans enrolled in VA Health Care.

(855) 260-3274

www.caregiver.va.gov

Benefits for Spouses, Dependents, Survivors

Learn about life insurance, money for school, survivors pension, and other benefits you may qualify for.

www.va.gov/family-and-caregiver-benefits/

VA Benefits Hotline: **(800) 827-1000**

Find and use counseling services

Access counseling, outreach, and referral services for eligible active duty service members, Veterans, and their families.

Vet Center Line: **(877) 927-8387**

www.vetcenter.va.gov

Connect with social workers

VA social workers assist with resource navigation, crisis intervention, advocacy, case management, benefit assistance, mental health related interventions, treatment for substance use dependence, food insecurity, and support for those facing housing instability and homelessness.

Health Care Hotline: **(877) 222-8387 (press 0)**

www.socialwork.va.gov

Fisher House™ Program

Located within walking distance of the treatment facility, a VA Fisher House™ provides temporary accommodations at no cost for Veterans, service members, their families, and caregivers while the Veteran or service member receives treatment at major military and VA medical facilities.

Current Fisher House locations. www.socialwork.va.gov/fisher.asp

VA Fisher House™ phone numbers available at www.socialwork.va.gov/Fisher_House_Location.asp

Burials and Memorials



Get help planning a burial in a VA national cemetery, order a headstone or other memorial item to honor a Veteran's service, and apply for survivor and dependent benefits.

Schedule a burial for a Veteran or family member

Get step-by-step guidance on how to request and apply for a burial in a VA national cemetery or in a state or tribal government Veterans cemetery.

National Cemetery Scheduling Office

(800) 535-1117

www.va.gov/burials-memorials/schedule-a-burial/


Honor a Veteran or Reservist with memorial items
Find out how to apply for markers, medallions, headstones, Presidential Memorial Certificates, and other memorial items to honor a Veteran’s service.
Headstones and Markers: **(800) 697-6947**
www.va.gov/burials-memorials/memorial-items/


Veterans Legacy Memorial (VLM)
VLM is an online memorial that honors Veterans interred in VA National Cemeteries, VA grant-funded cemeteries, DOD-managed cemeteries (including Arlington National Cemetery); U.S. Park Service National Cemeteries, and thousands of private cemeteries where Veterans have received a VA-provided gravesite marker since 1996.
www.vlm.cem.va.gov


As you discover more contacts, list them below.


Name	Office or Department	Contact Information

Having trouble scanning the QR code? Try these tips!

- 

Turn up your screen brightness
Make sure the screen showing the QR code is bright enough for the camera to register the code. This will also make it easier for you to see the hyperlink when it appears.
- 

Square up your smartphone
Keep the smartphone camera parallel to the QR code when scanning. If your smartphone is tilted, you may have trouble scanning the code.
- 

Find the right distance
If the camera on your smartphone is too close or too far from the QR code, the camera might not be able to scan it. Keep the QR code in the camera’s viewfinder while you try different distances.
- 

Stay safe online - confirm your link leads to a trusted website
Ensure that the link which appears in your camera leads to a trusted website (e.g. “va.gov” or “veteranscrisisline.net”). Using your camera to access official VA sites is free and does not require any additional app downloads.

**You deserve the benefits you've earned.
Learn about your benefits, and APPLY
for them! Click the links below.**



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Programs](#)**

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