



VFW POST 4575

December 2025

POST OFFICERS

Commander

Carlos T. Rawls Sr.

Sr. Vice Commander

Keith R. Prather

Jr. Vice Commander

TK Kast

Quartermaster

Jerry Stewart

Chaplain

James Long

3 Year Trustee

Ross List

Adjutant

Beth Sharp

2 Year Trustee

Bruce Rogan

Judge Advocate

James L. Mann

1 Year Trustee

Brian Morris

Surgeon

Richard L. Adcock

Service Officer

JoAnna Johnson

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COMMANDER'S CORNER



Comrades,

As we close out another year, I want to extend my deepest gratitude to each of you for your dedication, hard work, and unwavering support of VFW Post 4575. This year has been a strong one for our Post—because of you. Whether you volunteered your time, participated in events, supported our community efforts, or simply showed up when needed, your commitment has kept our Post moving forward with pride and purpose.

As we enter the holiday season, let us remember our comrades, families, and community members who may be facing difficulties. The holidays can be a challenging time for many, and I encourage all of us to look out for one another, lend a helping hand, and continue living out the values that define who we are as veterans and as a Post.

I also want to give a special thank you to my line officers. Your leadership, teamwork, and willingness to step up whenever called upon have been vital to our success this year. I could not do this without you, and I am truly grateful for the support you provide—not just to me, but to our entire membership.

As we head into the new year, let's keep the momentum going. Together, we will continue strengthening Post 4575, serving our veterans, and making a positive impact in our community.

Thank you for another outstanding year. I am proud to serve alongside each of you.

Yours in Comradeship,

Carlos T Rawls Sr., Commander, VFW Post 4575



CHAPLAIN'S CORNER



As we enter the Christmas season and close out another year together, it's worth pausing to reflect on what truly strengthens a post like ours. It isn't the building, the uniforms, or the dates on the calendar—it's the people. Every handshake, every conversation, every ride, every volunteer hour, and every moment we show up for each other is what makes Post 4575 a place of belonging.

December is a time of celebration, but for many veterans it can also be a time of quiet struggle. Memories of deployments, friends we've lost, or families we've been separated from tend to surface during the holidays. If you are carrying something heavy this season, please know this: you do not carry it alone. Your Post stands with you. Reach out if you need someone to talk to, and keep an eye on those who may be having a harder time than they let on.

As we take part in traditions like Wreaths Across America and local holiday events, let us remember the true meaning behind them—not just honoring those who served before us, but continuing the promise we made to each other: no one left behind. That promise doesn't end when the uniform comes off.

My prayer for this Post is simple: that this Christmas brings peace to your home, strength to your spirit, and hope to your heart. And as we move into a new year, may we continue to serve, support, and uplift one another in the same spirit that has carried us through every challenge. Merry Christmas, and may the coming year be a blessing to all of you.

Respectfully,
James Long
Chaplain, VFW Post 4575





[Christmas Party Sign Up](#)



[Post Calendar](#)



[Post TShirts](#)



[TN Veteran Resource Guide](#)



[We Are Building Lives Organization](#)



4575 AUXILLIARY

POSTS 8422 AND 4575 CHRISTMAS AT TSVH

Dec. 8th at 1400

VETERANS NIGHT OUT AT HEROES DEN

Dec. 17th from 1700-1900

1257 NW Broad St Murfreesboro

COOKIE EXCHANGE AT HEROES DEN

Dec 21st at 1600

1257 NW Broad St Murfreesboro





FLAG FUND

The Army is currently leading the November Flag Fund with \$120, the Air Force is holding a strong 2nd place this month with \$110.

The USMC, Navy, Space Force and Coast Guard are all at \$0.

GO ARMY.....





**NOVEMBER
MEETING
MINUTES>>>**



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

To: Carlos Rawls, Post Commander

From: Elizabeth Sharp, Post Adjutant

17 November 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 17 November 2025 at 1830 hrs, at Heroes Den located at 1257 Broad St. Murfreesboro, TN 37129

18:30 Opening

Roll Call of Officers

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

- ☐ New Members/Transfers – Judge Advocate James Mann motioned that we accept our new members, Senior Vice President Keith Prather seconded the motion. Motion passed.

Welcome to our new members:

- o Wilson Lee Barnes – US Navy
- o Kelly M. Barnes – US Navy

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- ☐ Special Guest
 - Director of Marketing and Development at We Are Building Lives – No Veteran Left Behind - Tiffany Childers
 - The Academy is in Antioch and is a structured facility-based program
 - Mission is to provide Veterans the opportunity and resources necessary to transition from homeless to a stable living environment
 - Program for male Veterans battling addiction and mental health issues
 - Currently can help up to 10 Veterans at a time
 - Recently acquired a grant for another house that has 15 beds
 - For more information, please reach out to www.wearebuildinglives.org or call (615) 678-4967. They are located at 2000 Mallory Lane, Suite 130-166 in Franklin, TN 37067
- ☐ October Meeting Minutes – Please contact Beth Sharp at beth.sharp66@gmail.com or (865) 414-3495 with any questions.

Senior Vice President Keith Prather made a motion to accept the minutes subject to audit. Chaplain James Long seconded the motion. Motion passed
- ☐ October Quartermaster Report – Please contact Jerry Stewart at adj@vfw4575.org or (615) with any questions.

Senior Vice President Keith Prather made a motion that the Financial Report be approved subject to audit. 3-Year Trustee Ross List Seconded the motion. Motion passed
- ☐ Committees -
 - Patriot's Pin (PP) – Nominee from K. King
 - Teacher of the Year (TOY) – Cedric Fifer
 - Voice of Democracy (VOD) – Nominee from K. King
 - Flag Fund – 3-Year Trustee Ross List reported that AMVETS Post 325 donated \$100 to our flag fund. 3-Year Trustee Ross List motioned that we donate the AMVETS donation to the McKenney Vento Fund. Mike Kramer seconded the motion. Motion passed. Ross also reported that the US Navy won for October and their flag will be flown in November.
- ☐ Old/Unfinished Business
 - Tested the new webcam and microphone at our meeting tonight.
- ☐ New Business



- o Junior Vice President TK Kast introduced our District 5 Quartermaster, Christopher Hopkins as a guest at our meeting.
 - o Judge Advocate James Mann motioned that we authorize a 50/50 solicitation at our monthly meetings and when we host the district meetings. Senior Vice President Keith Prather seconded the motion. Motion passed.
 - o December 4 we will co-host a Christmas party with AMVETS Post 325 and American Legion Post 141 at Heroes Den beginning at 1730. Please sign up to bring a dessert. The Hot Dog Guy food truck will be there. Dinner is self pay.
- ☐ Benefits Advisor Report – JoJo Johnson – (615)593-4533
 - o Nothing to report this month
- ☐ Judge Advocate – James Mann
 - o Proposed changes to the by-laws were read. Judge Advocate James Mann motioned that we accept the changes to the by-laws. Chaplain James Long seconded the motion. Motion passed.
 - o Next steps include informing the post of changes proposed
 - o Send to membership
 - o Vote on new by-laws at the December meeting
- ☐ Surgeon – Richie Adcox
 - o Nothing to report at this time
- ☐ Veterans in Distress
 - o David Barlow - recovering
 - o Ritchie Adcox – recovering
 - o George
 - o Tony
- ☐ Community Service
 - Community/Volunteer Service Hours Log
 - go to vfwtn.org
 - Members only
 - Log in
 - Program Reporting
 - Add community Service Hours
 - You are welcome to get your information to Jerry Stewart for assistance in inputting your time.
- ☐ Upcoming Events
 - o Check out our website for more information on the Post and events.
 - o Coffee with a Veteran every Sunday at 0800 at Joanie's on the Square

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Post 4575

- Every Friday at 0800 the American Legion meets for breakfast at Metro Diner
 - December 15–next monthly meeting we will vote on the by-law's changes
 - Next Post Officer Meeting – January 2026
 - District Meeting January 2026 – January 8 at the Tri-Star Veteran's Center in Murfreesboro–Hosts: Post 4575
 - District Meeting April 9, 2026 – Manchester Post 10904
- Good of the Order – Visit VFW 4575.org for the most current updated information
- Judge Advocate James Mann reminded everyone about the Salute to Service Game at MTSU.
 - Comrade Doug Deetjan talked about the Turning Point USA event for Veterans' Day. He reported that they played his song at the dinner honoring Veterans and he spoke about his story.
 - Thank you, Elizabeth Long for putting our digital newsletter together for October.
 - Comrade Julie Fleece asked about a funeral team for the area. Joey King (Commander of AMVETS Post 325) started setting up meetings about a Color Guard for Rutherford County. It was decided to support Rolling Thunder Post and each post would pay for a member to join Rolling Thunder and be a part of their Color Guard.
 - Jerry Stewart informed us that Nov 21 is MTSU's Basketball Team's Salute to Service. And if you are interested in throwing out the first ball at their Saturday games, to please reach out to Jerry.
 - Chaplain James Long also acts as our bartender at Heroes Den. If you want to support the bar, then please partake of the beverages available for purchase.
 - Senor Vice President Keith Prather informed us that TK Kast replaced the flag at the Tri-Star Veterans Center out of his own pocket. THANK YOU, TK!! Keith is also sending a letter to Commander Rawls for support to the Tri-Star Veterans Center.
 - Commander Rawles thanked everyone for coming out this evening. He also let us know that we will be getting two nominees for Patriots Pen and Voice of Democracy from District 5. And our Teacher of the Year is Mr. Cedric Fifer.
 - Judge Advocate James Mann made a motion for us to include a meal at our monthly meetings. Chaplain James Long seconded the motion. Motion passed. We will also add a line item on our budget for the rest of this year.
 - Commander Rawles reported that he will be purchasing 2 turkeys to be smoked and deep fried for our Veteran's Home for Thanksgiving.
 - Quartermaster Jerry Stewart reported that we got to our goal of 500 lbs. for the MTSU Danials Center food drive.
 -
- Adjourn
- 3-Year Trustee Ross List motioned that we adjourn. Comrade Julie Fleece seconded the motion. Motion passed. Meeting was adjourned at 1937.

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Post 4575

- Our next meeting will be on Monday, 15 December 2025 at Hero's Den located at 1257 Broad Street, Murfreesboro, TN 37129 at 1830.



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