

THE VETERANS MEMORIAL CENTER COUNCILCOURIER JULY 2023



A Publication of the Brevard Veterans Council & Veterans Memorial Center

WHAT'S INSIDE

USSSA Military Appreciate Night Goes On

Despite storms in the area, the veteran community and USSSA Pride team hold their annual ceremony. – *page 5*

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Volunteers Matter!

A team of volunteers from ULA help the VMC grounds prepare for our July 4th celebrations. - page 13

In Support of Sea Cadets Courageous Division Helping youth do good work, the VMC and MOAACC make sure they are well supported. – *page* 15

Fourth of July at the VMC

A big parade, fanfare and a wonderful party at the VMC to celebrate our country made this 4th of July everything it should be

— details page 19

Photo by Robert Scruggs

JUILY 2023

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The Courier is a monthly publication prepared and distributed in both print and electronic forms by the VMC/BVC. It reports the ongoing projects by the many committees and departments.

Articles for submission must be sent to the address listed below. The deadline is the third Wednesday of each month. Those submissions received after that date will not be published.

Please send submissions to: brevardvmc@gmail.com

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Our Organization

As of 12 Sept 2022: List of Board Members 2022-2023

As of 1 Feb 2023: Committee Department Assignment 2022-2023

> As of 1 November 2022: BVC VMC Org Chart 2022-2023



Mission Statement

Brevard Veterans Council: The Brevard Veterans Council (BVC) is a 501(c)19 veterans organization. BVC's mission is to work in conjunction with area veterans, local government, and other veterans' organizations to support and promote the interests and welfare of Brevard County veterans and their families.

Veterans Memorial Center: The Veterans Memorial Center (VMC) is a 501(c)3 non-profit organization. VMC's mission is to maintain and operate a premier facility to educate the public and provide a vibrant memorial to the service and sacrifice of all military veterans and their families through a museum, memorial plaza, library, and veterans park.

Brevard Veterans Council, Inc. & Veterans Memorial Center, Inc. 400 South Sykes Creek Parkway Merritt Island, FL 32952-3547 Office 321-453-1776 DAV Service Office 321-452-1774



VMC President's Report

LCDR Dean Schaaf, USN (Ret)

We had a great 4th of July parade on Merritt Island, followed by a gathering of parade participants at the Veterans Memorial Center. Participants with vehicles or floats were:

- Dean & Susan Schaaf, pickup with VMC flags and our mascot eagle "Freedom."
- Donn & Jeanne Weaver, convertible with MOAACC President Brian & Liz Whalen.
- Other organizations participating were SAR, American Legion Post 344, MOAACC, Marine Corps League, Wreaths Across America and a member of the MOB, Ben Bydalek advertising his Vietnam exhibit.

The veterans group AVET, cooked and served hotdogs with all the trimmings, serving approximately 200 that attended. Also set up was Boy Scout troop 343 from Merritt Island, collecting donations for their organization and Fish Florida who had around 20 youth enjoy their first fishing experience. Several small fish were caught off the boardwalk. Marine Corps League Detatchment 513 and the American Legion Post 344 had tables passing out information. The Lonnie and Delinda Beach Band provided patriotic music throughout the event. The construction will begin, I promise this time, by this fall. Ground-breaking for the upgrade in the park, including power, irrigation, and preparation for the Amphitheater will start in September/ October. The project was blessed by receiving \$1 million from the state of Florida which ensured the funding met project estimates.

Our new board will be sworn in on July 12 and volunteer awards will be presented. Thanks go out to Kristi Blanchard for coordinating the awards which was no small task.

We have two more workdays with the Elevation Church in Palm Bay providing labor and materials to repair the older bridges in the park and seal them with a weather guard. This will make almost \$20,000 that they have donated to our amazing Veterans Center and Park.

Keep up the outstanding work and thanks for all the volunteer hours you are donating to the center and to veterans in general. Hope you all had a great 4th of July weekend. I will be departing on 15 July for a trip to Indiana and should return around the end of the month.

VMC/BVC CONTACTS

BVC Chair/VMC Vice President Donn Weaver donnweaver2020@gmail.com 757-871-6576

VMC President/BVC Vice Chair Dean Schaaf dschaaf@brevard.net 321-794-4371

> BVC/VMC Secretary Kristi Blanchard brevardvmc@gmail.com 321-453-1776

BVC/VMC Treasurer Dave Clayton bvmctreasurer@gmail.com 321-453-1776

Operations Manager Robert Doyle vmcoperationsmgr@gmail.com 321-276-7814

> FACEBOOK WEBSITE YOUTUBE



<image>



Council Chairman's Report

by Donn Weaver Captain, U.S. Army (Fmr)

Farewell but not Goodbye

It has been my honor to have served as Brevard Veterans Council Chairman for a total of six years, and in other leadership posts at VMC for four more. Yes, it has been TEN years!! In that time, I have worked with over 200 volunteers (almost 80 right now) who REALLY run the best VMC and Park in the State, and likely in many states.

In 2022 Jeanne and I made a choice to see what a more complete retirement might look like, so we can travel easier and not have to worry about 24/7 phone calls. Timing was good since I had reached the three-term limit; turned the same age as the address of a Hollywood based Sunset Strip TV show of the 1970's; and knew that our recently elected and expanded Executive Committee would continue to expand and improve the VMC and Park horizons.

So, after 12 July, when our new Officers and Board members are sworn in, for the first time since 2013, I will only be a Board Member – serving for one year as Immediate Past Chairman. In that position I hope to stay on the Park Planning Committee to help see the Amphitheater Project through and be on other BVC or VMC committees as/if needed. I will also continue to be active in six of our tenant organizations including, serving as President of MOAACC's Good Deeds Foundation (GDF) through 2024 at least. GDF supports many VMC events, including JROTC programs in our Park throughout the year. I will also be heading up the county wide Vets Back to Class Program with MOAACC, VMC and BPS and serve as the new "Brevard No Veteran Left Behind" unclaimed cremains program coordinator with CCNC Support Committee, MOAACC/GDF and the VMC, as well as others. Thus, we are not talking full retirement.

VMC is a great place because we are all part of a team. For a veteran, there is no better place to have grown up in and to have moved back to than Brevard County. Because of the BVC/VMC team, we all can see, almost every day, the value in our choosing to volunteer HERE.

On a personal note, I extend special appreciation to VMC President Dean Schaaf for a decade of our partnership and for deciding to stay on into 2024.

From 1991 through today, VMC has been through many leadership transitions and always gotten better because of all our volunteers. This pattern will continue.

Farewell but not Goodbye.





Paver upgrade and cement barrier to protect Eagle Scout Project Chimes in the VMC Memorial Plaza. This beautiful project was nearly destroyed by a very intoxicated driver several months ago. Thanks to CSpray for a great restoration with a brand-new, much improved base with pavers and replacement wind chimes.



Pictured: Rolling Thunder and the crowd with President Lance Armstrong's bike mid-center

USSSA Stadium and Veterans Win Despite Weather Challenges

n 24 June, the heavy rain and lightning strikes came at exactly the wrong time at the Space Coast Stadium in Viera. It was the starting time for the annual Military and Veteran Appreciation Night Ceremony preceding a game between the United States Speciality Sports Association (USSSA) women's professional fast pitch softball team, the Pride, and the Oklahoma Spark.

Our military and veterans are used to dealing with bad weather, so the entire ceremony involving four major components was shifted to the concourse area under cover while the weather raged on. The game was eventually played, but the ceremony won the evening with about 250 fans and participants seeing the program hastily converted from field to underneath the grandstands.

Homecoming

More than 30 veterans and active duty military personnel took part in the ceremony which began with a special tribute to, and thank you by, former Army Ranger and Viera JROTC Instructor, CMSGT Mike Sonnenschein



Pictured: MC Weaver announces all the First Pitchers from the six services. L-R: Trudel and his wife Janna and kids, Betz, Schaaf, Corson, Fabian, and DaWalt and his wife Jen.



Pictured: POW/MIA bench before the storm.

POW/MIA Permanent Chair Dedication

Rolling Thunder Chapter FL-1, led by President Dr. Lance Armstrong, dedicated a beautiful, permanent POW/MIA Chair and Marker directly behind home plate.

Very few stadiums have such a reminder and protected seat to go empty every game, but Bob Grey and his team at Space Coast Stadium made it happen. USA, Ret. After surviving four combat deployments with no major injuries, Ranger Mike was shot and nearly killed when he and his wife worked in Haiti as missionaries in June 2021.

Starting at Space Coast Stadium that same month and year, the MOAACC Good Deeds Foundation and Viera JROTC Instructor LTC Tim Thomas, USA, Ret \$30,000 to fund expenses not covered until Ranger Mike got into VA care in Tampa. It was a heart warming homecoming, although Ranger Mike will always be largely paralyzed below his chest.

Color Guards Past and Present

Two Color Guards representing past and present served to present our colors as USAF Veteran Phil Black sang a great rendition of the National Anthem. The veterans of today color guard was represented by the Brevard Marine Corps League, led by Chuck Betz and the soldiers of yesteryear were represented by the Brevard Chapter of the Sons of the American Revolution, led by Nic Mihora, joined by Linda Jensen of the Daughters of the American Revolution.

Throwing the First Pitch

Six active duty and veterans from all military branches were ready to throw out simultaneous first pitches :

- Army: SFC Steve Trudel, USA, Combat Vet and USA recruiter in Brevard County the past two years.
- Marines: MCL Officer Chuck Betz
- Navy: LCDR Dean Schaaf, USN and NASA retired and VMC President
- USAF: Representing CMsgt George Taylor, Jr of 920th Air Rescue was Kasey Corson, who is a member of the National Veterans Homeless Support (NVHS), led by Taylor in Cocoa during his time not called up.
- US Space Force: Col Robert Fabian, USAF, Ret, President of local Space Force Association
- **Coast Guard:** CWO3 Phillip DaWalt, USCG, Commander USCG Station, Port Canaveral

MC for the event was CPT Donn Weaver, USA, former, the MOAACC GDF President and BVC Chairman.

Atteendees said they were glad the ceremony was held under the category of "being flexible" and not caving into summer

o SCRUGGS 2023

Pictured: Tim Thomas and Ranger Mike (left) tell their story

evening Florida weather. The participants repeatedly noted how much it means for the military and veteran community to have the support of the USSSA staff and the USSSA Pride Team.



The Space Coast Jazz Society presents:

Monthly LIVE JAZZ Concerts by a variety of professional bands

at Veterans Memorial Center, Gray Hall 400 S. Sykes Creek Pkwy, Merritt Island

\$5 discount for members of the Veterans Memorial Center

Open to the Public



A Letter from Our Netherlands Friends...



After 3.5 wonderful weeks we returned home as a group in the Netherlands. What an experience this has been, both for us veterans and for the people we met along the way.

I therefore speak for the whole group, when I say that the reception everywhere was very overwhelming. We were received with love and much admiration was expressed. The preparations for the various wreath laying have also been done very well. All preparations were fine and we were always able to perform our ceremonies as desired.

SUP

ESS

We thank you all for that and express our appreciation for the way in which you support, but also remember the veterans. Should more of these groups take a trip like this in the future, I hope you will welcome and support them with the same enthusiasm.

So thank you again so much for the hospitality and support you have provided.

Met vriendelijke groet, Stichting Ride for Freedom

Richard Schlüter Secretaris



When

Friday, October 6, 2023 from 5:30 PM to 9:00 PM EDT

Where

Radisson Resort at the Port 8701 Astronaut Blvd Cape Canaveral, FL 32920



Driving Direction:

Contect Kasey Corson NVHS 321-208-7562 kasey@nvhs.org

8th Annual Rescuing Veterans Lost in America Dinner

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Sheriff Wayne Ivey

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State Attorney Phil Archer

Public Defender Blaise Trettis

Register Now!



Library Notes SGT Joe Davie, USAF (Fmr) VMC Librarian

Memorial Day Ceremony 2023 was held outside the Brevard Veterans memorial center early on Memorial Day. Dean Schaff served as Master of Ceremony and Donn Weaver, Gold Star Family Father, told the story of his Son Lt. Todd Weavers sacrifice on the battlefield in Afghanistan. <u>Click here to see</u> <u>Memorial Day photos posted on our Veterans Memorial Center</u> <u>website</u>. We had several Dutch Motorcycle riders riding together with our Rolling Thunder riders present at the event. The Dutch riders were there to commemorate our joint efforts during WWII's Market Garden Operation that fought the German occupation of their country. Together a wreath was laid at the Allied forces monument in the VMC Plaza.



Upcoming Library Discussion Series Events

The Library Discussion Series hosted in the VMC Military Library has been popular and well-attended. Last month's topic covered Naval Operation in the Civil War. Here's what we have coming up over the next few months so you can mark your calendars and get involved:

July 2023: Andrew Jackson and the Battle of New Orleans

Joe Davie is planning to planning to present Andrew Jackson and the Battle of New Orleans to the discussion group on Tuesday July 25 from 6:00 to 7:30 PM. The painting above depicts Jackson's Line. Red lines of British soldiers are facing the American' defenders fortifications. The Mississippi River is depicted in the foreground and a cypress swamp in the background.

August 2023: The Vietnam War

Paul Julian is planning to present The Vietnam War on August 29 from 6: to 7:30 PM.

These lectures will present interesting views of the people and events that took place in our military history.





New Veterans History Project Interview: Robert Pittman

Robert Pittman began his career by enlisting for active duty in the Navy from 1952 to 1956. He served as a Medic and Dental assistant during the Korean war.

Robert attended college after the Navy and received a commission in the Air Force. He served in the Air Force from 1961 to 1986 and rose to the rank of Lt. Col. Robert served as a missile officer during the Minuteman Test Launch, Regulus and Atlas Missile programs.

> <u>Click to see Robert's full</u> Veterans History Project interview.

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Operations Report CPL Robert W. Doyle, USMC (Fmr)

This past month we have had a couple of issues at the center. The first is a 19 year old driver who was speeding and missed the curve on Fotenberry taking out the North west corner of the barricades and landing in the water. Driver was ok and the county is in progress of fixing the corner.

Number 2 is the fact that the freezer in the kitchen shorted out and caused a minor fire burning out the chiller plug and shorting out the freezer. This caused the wall unit to burn out and some smoke damage to the wall. Table tennis was on location when it occurred and called me. I responded.

I had table tennis leave the location and called the Fire Department who sent 2 stations to the area. The Fire Chief responded first and then suspected the air conditioner again but later determined that it was in the kitchen area. Work is in progress to repair the chiller and the freezer and outlets.



Library Discussion Series: Civil War Naval Ops

Wayne Rowe presented on Civil War Naval Operations to a captivated audience at the library discussion group from on June 27th in the VMC Military Library. A retired Naval Commander, Wayne is truly an authority on the topic, participating in Civil War reenactments and lectures on Civil War Naval Operations frequently.

Naval aspects of the Civil War were a topic long ignored by historians, but thankfully, this important part of the war is finally getting attention. Discussed in the presentation were ironclad ships, blockades, and the importance of the rivers from a tactictical and commerce perspective. Amphibious operations, submarines and torpedos were all employed during the war much to the surprise of the audience.



Pictured: Participants at the Library Discussion Series about Civil War Naval Battles

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Chaplain's Corner

by Chaplain Chip Hanson USMC (Fmr)



The Truth about Independence Day

People believe they have a solid understanding of the events leading up to American independence from Great Britain because they learned about what happened in July 1776 in school. The Fourth of July is one of the few American historical occasions that has had such a profound cultural impact. But some of the storied events told for centuries never in fact happened. Here are some of the truths about the July 4th.

American independence from Great Britain was not decided on July 4th

On July 2, 1776, the Continental Congress voted on independence. Some delegates signed the bill as late as November, but the majority did so on August 2 during a ceremony. The reason July 4th is celebrated as Independence Day is that the Continental Congress approved the declaration on that day. It was printed at that time, thus that was the date utilized.

Americans didn't first celebrate independence until July 8, when Philadelphia had a party including a parade and the firing of guns. George Washington's army camped near New York City and celebrated hearing the news on July 9. Georgia got word on August 10, and the British found out on August 30.

The Liberty Bell did not crack on July 4th, 1776

The Liberty Bell was not rung in celebration of the newly formed nation which caused the crack. However, more than 20 years before the Declaration of Independence was written, the Liberty Bell first rang in Philadelphia. Abolitionists of the 19th century gave it that name, not 18th-century revolutionaries. The bell was recast after the initial crack and continued to be used for many years, according to the National Park Service.

To stop the crack from spreading before George Washington's birthday in 1846, Philadelphia hired workers to enlarge the final, most renowned fracture that is still visible today. The famous bell has not been sounded since this repair failed and a second break appeared.

Betsy Ross did not sew the first American Flag

Despite the narrative that George Washington personally

asked her to, that statement isn't true. Although the first flag's maker is unknown, it was created by Francis Hopkinson, one of the signatories of the Declaration of Independence. According to records, he sent a bill to the Board of Admiralty in May 1780 for the creation of the "flag of the United States."

Yes, two presidents died on the Fourth of July but the story behind it is false

On July 4, 1826, Adams, the second president, and Jefferson, the third, both died, exactly 50 years after Jefferson's Declaration of Independence was adopted. But there is no evidence that the long story in which the dying Adams uttered, "Jefferson is alive," is said to be particularly true since Jefferson had died a few hours earlier without Adams' knowledge.

One flag, one land, one heart, one hand, one nation evermore.

- Oliver Wendell Holmes

Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God. Peter2:16

GOD BLESS AMERICA Chaplain Chip Hanson

In Honor...

Final Location of JJ Justice RTFL-1 Memorial Bench adjacent to the Monument to America's Allies.



News for Veterans from the Brevard County Property Appraiser's Office

As you know Veterans who own property are entitled to an additional relief exemption from Property taxes (over the standard \$5k) if:

A. They are 65 or older and,

B. Entitled to a combat related disability. (The minimum is 10%;) and,

C. They are total and permanent (T&P) or their status changes to total and permanently disabled. (The total and permanent essentially " supersedes" all other exemptions.)

NEW:

Upon filing a VA claim for a increase, advise the veteran to come into the Property Appraiser's office and file for any exemptions they may qualify for; and update their record on file. Wherever the veteran resides is where they should take the forms (example-live in Orange County-go to Orange County PA office, Brevard County- Brevard PA office).

1. Upon filing for an increase, if the veteran does not have their official awards letter yet or they are going through C&P evaluations, the Appraiser's office will take the application and deny it, effectively putting a hold on the application.

a. Once the veteran receives their award letter, they should immediately return to one of the property appraisers offices and depending on the time frame the office will either approve theapplication or do a correction to their account (this will also depend on the effective date of the disability).

b. If the disability is decreased- the property appraisers office would only have to change the exemption amount if the percentage is related to their combat disability NOT service connected.

- b. The exception to this rule is:
 - a. if the veterans total and permanent exemption is temporary or
 - b. changes to temporary.

2. Encourage the veteran to come in the property appraiser's office as soon as they receive their increase in percentage on

combat related disabilities;

a. The award effective date, will determine which tax year they qualify for.

a. The deadline to file all exemptions is March 1 of every year, however, they have a late filing procedure they can do until mid-September.

b. Retro-active exemptions-

i. the veteran must apply for an exemption even if they don't have their "official award" letter,

ii. they will deny the application until the veteran brings in the award letter with the effective award date;

per Florida.Statutes 196.24 & F.S. 197.182.

b. The property Appraiser's office can retroactively award the exemption back 4 years (F.S. 196.24 & F.S. 197.182)

For more information, contact:

Brevard County Property Appraiser

Phone: 321-617-7215 1515 Sarno Rd Melbourne, FL 32935



ATLANTIC MUSIC CENTER

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Paying it Forward

Our community partners are important to the sucesss of the VMC and we appreciate every one, like Barbara Fradkin.

arbara Fradkin, a leader of the Brevard Parkinson's Foundation, came by the VMC to provide a \$400 donation in May.

On 29 April, her organization staged a very successful 5K fundraiser event at the VMC and Park to support their Parkinson's mission. Since her group raises funds to help people, she suggested our Veterans Emergency Relief Fund (VERF) would be a great place for the grant.



The May Courier had some photos and the story about the event which is already booked again for next Spring.

Thanks to Barbara and her great team. Your mission is special and much needed.



Remembering the Fallen

ith honor, VMC presented Rose Coronella the personalized Honor and Remember Flag shown on the right. Ms. Coronella, who lives in Melbourne with her husband Bob, raised both her nephew TJ Ingemanson and his daughter after his death. The ceremony was held at the Brevard Veterans Memorial Center Library and outside on 21 June 2023.

US Army CPL Theodore "TJ" Ingemanson was gravely wounded in combat in Iraq in 2005 and died of his wounds and other challenges of life after Iraq in 2011.



Pictured: Rose Coronella is in the center with Weaver (left) and Dave Clayton, VMC Treasurer, on the right. VMC President Dean Schaaf snapped the photo after the ceremony was held in the VMC library.

The Honor and Remember Flag which also flies at the VMC every day, reminds Americans the personal cost of freedom and sacrifice. BVC Chairman Donn Weaver is a coordinator for Honor and Remember, Inc in Brevard County.



VMC Museum Store Update

Come in and check out our new ladies V-neck polo shirts. They are moisture wicking and with this hot summer weather are much cooler to wear than cotton.

We also have some great garden flags to proudly display your service affiliation, including the Space Force. We have plenty of car flags and challenge coins for you to choose from.

If the heat is getting to you, we even have stress balls to help. Enjoy the cool artifacts and stop in to shop. Have a safe and fun summer!



Pictured: United Launch Alliance Phase II donated and installed over 500 flags to decorate the VMC and Plaza like never before for the big Parade and VMC Party after Independence Day.

ULA Volunteers Make Big Impact

Shortly after launching their Delta Heavy Rocket, 21 United Launch Alliance (ULA) volunteers include KSC Operations Director of ULA, Ron Fortson, put in five hard hours of work in our Memorial Park on 23 June. The next week some came back to donate 500 small American Flags and place 100 of them in the Plaza grounds before the July 4th parade and party. Thanks to ULA, one of our corporate partners who have supported us with volunteer projects for the past four years through United Way's Margot Marriott.

The team sealed all wood items installed in the park in 2015 including the tables, picnic covering, gazebo, benches and trash can supports, as well as 100 yards of the wetlands protective fence. They also weeded and trimmed in the Park and painted the second structure for the DAR Flag Display at the VMC entrance.

Check out some photos of engineers working hard outside the space program.









Pictured: After the project, BVC Chairman Donn Weaver thanks ULA CEO Florida Ron Fortson (I) and project lead John Gabarowski (r) for the great effort



Pictured: Thanks to Dean Schaaf, the full 100 DAR flag display is completed before July 4th.

VAIS HIRING!!!!!WITH PREFERENCE TO VETERANS & ELIGIBLE SPOUSES

In support of the Congressionally approved "Promise to Address Comprehensive Toxics (PACT) Act" the Department of Veterans Affairs (DVA) will soon recruit veterans and qualified military spouses to fill federal civil service jobs ~~ and are seeking qualified candidates possessing the following skill-sets:

- Information Technology Specialists
- Customer Services (Medical Claims Examiners/Representatives)

- Logistics (Supply Chain Management) Specialists
 Acquisition/Inventory Management Specialists
- Management and Program Analysts
- Specialty Medical Staff

**In many instances, employment opportunities will offer remote (virtual) work locations, and you can work from home.

To expedite the process, you are highly encouraged to create an account and load your resume within **USA-JOBS.Gov.**

In High School? Want to Become A Military Officer?

Join Us For a Seminar on the application process and hints to attend U.S. Military Academies; compete for ROTC College Scholarships and other paths to getting a commission in all military branches.

HOW: Reps from all academies, several colleges and special Mil programs	Save The Date	
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VMC: Veterans Memorial Center, 400 S. Sykes Creek Pkwy, Merritt Island (behind Merritt Square Mall)



More details/time slot registration when school starts in August.

In the meantime: Contact/ Questions: donnweaver2020@gmail.com



ATTENTION!

If you have been awarded one of these, DID YOU KNOW There is a MOPH Chapter at the Veteran Center on Merritt Island?

> Call 321-480-3669 We want to know you!

Supporting US Navy Sea Cadets Courageous Division

For the past five years the Courageous Division of the US Navy Sea Cadets Program has been home ported at the Veterans Memorial Center and been given regular support by MOAACC's Good Deeds Foundation, along with other veteran organizations. In turn they support VMC, MOAACC and many others with Color Guards, event support and many other community projects.

The NSCC Courageous Division is let by ENS Heather Owen with VMC and MOAACC member Paul Julian also in the parent eldership team, something Paul has done for 23 years, long after his kids aged out.

During their recent weekend work detail to upgrade their trailer at the VMC, on 25 June GDF President Donn Weaver took advantage of that meeting to present the program the annual GDF school year grant.

Thanks to great donors all year, GDF was able to present \$1200 to help support their 2023-24 year programs, which was more than ever before. Adding four other cadet units and 14 JROTC units in Brevard County, GDF will provide over \$36,000 to those youth programs for the upcoming school year.

America has always defended on its youth to one day lead our country and MOAACC/GDF and VMC are very pleased to have that mission as a top priority.



Pictured: Sea Cadets at work improving their trailer and the VMC area.



Pictured: ENS Heather Owen left and two cadets right, receive the \$1200 GDF Check in the VMC Library on 25 June.

Note: GDF President Donn Weaver is the one out of uniform heading to a Rolling Thunder Meeting the same day.

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Also read it at www.seniorscenemag.com

Organizational Meeting Schedule

The VMC is home base for a number of Brevard County Veterans Organizations. These organizations meet at the VMC on a monthly basis; see the <u>Events &</u> <u>Meetings page online</u> for a full listing of times our hosted organizations meet.

Pick up your FREE copy at the places you visit most!

America's Boating Club Cocoa Beach A new name for an organization with a long tradition.

In 1912, thirty-six "power" boaters, members of the Boston Yacht Club, formed a "squadron" within their sailing organization. The idea spread to other clubs and in 1914 the United States Power Squadrons was officially chartered at the New York City Yacht Club.

I lorida in the 1960's was the center of the space industry with young families flocking to the area. Boating was a major leisure activity. The educational and social goals of the USPS were recognized and the 12-week public boating course encouraged many to join one of two squadrons in Brevard County.

In 1967, when it became apparent that central Brevard County needed a squadron to meet the needs of local boaters, the Cocoa Beach Power Squadron was chartered. Membership for "men only" was changed in 1982 when women became voting members.

In 1970, the burgee for Cocoa Beach was on board the Apollo 13 Lunar Flight. It is currently displayed in the Brevard County Memorial Veteran's Museum.

Following the lead of the national organization, in 2019 the Cocoa Beach club adopted the name change to America's Boating Club. The goals of the organization have not changed.

Educating Boaters

Boating education continues to a major focus for the club. Classes are open to the public and include **navigation courses** beginning with basic boat handling, **near and off-shore course plotting** and culminating in celestial navigation.

Elective courses are also available. A few of our upcoming offerings:

- **Cruising and Cruise Planning** offered on consecutive Mondays, September 11 October 30.
- Marine Communications class scheduled for fal
- Other popular classes include Weather, Marine Electrical Systems, Engine Maintenance, and many more.



Our classes are taught on a rotating basis. Contact: SEO@ cbsps.org for more information and class schedules.

Club Boat Trips

Members love to be on the water, sharing their time with friends. Each month there is a planned boat activity. Trips to the spoil islands, cruises to local restaurants, a weekend trip to Captain Hiram's and raft-ups are on the annual calendar. Nonboaters are always welcomed aboard.

Community Service

Over the ensuing 55 years, Cocoa Beach members have played a prominent role in volunteer service to the community. Thousands of people have taken the public boating courses, required by Florida for boaters born after January 1, 1982. The members also provide free vessel safety checks and participate in local boat shows, sharing safety information. Through Keep Brevard Beautiful, club members clean Sykes Creek Road. Year-round support is given to the Brevard Veterans Council/ Veteran's Memorial Center through donations of food, water, personal items for the less fortunate. Several club members volunteer their time directly to the BVC/VMC.

Join Us!

Membership in America's Boating Club Cocoa Beach is open to any boater, or future boater, who wishes to join on-the-water activities, become an educated boater, and to volunteer to serve the community. (email: cbsps@cbsps.org)

Meetings are held the first Tuesday of the month at 6:30PM in the Gray Hall of the BVC/VMC. All are welcome to attend.

Advertise in the Courier

We appreciate having our corporate sponsors and veteran friendly businesses support us and hope they will consider advertising in the 2022 Courier.

Please contact Donn Weaver (757.872.6576) if you might be interested or have questions.



RATES

Business Card: \$50 per year Quarter Page Color: \$150 per year Half Page Color: \$250 per year

Our emailed newsletter reaches hundreds, including vet organizations, government officials, 500 VMC members and more.

Ads are in support of the VMC, a 501(c)3 organization, and may be tax deductible. Funds will be used to improve the Courier and expand circulation in 2022 and beyond.

Book Report

The Yorktown Campaign and the Surrender of Cornwallis by Henry P. Johnstown, Catalog # Revolution 41 Report by Raymond Norman



Recently, we reported on the American Revolution's penultimate battle with the English in the late 1700s. *In the Hurricanes Eve: The Genius of George Washington and the Victory at Yorktown* by Nathaniel Philbrick is an absolutely great record of the Yorktown conflict where Washington's troops overwhelmed the British with the help of the French navy. Another view of this battle was written by Henry P. Johnstown: *The Yorktown Campaign and The Surrender of Cornwallis*. Johnstown's book (202 pages) is cataloged in the BVC library as "Revolution 41" and is available for your checkout. The interesting aspect of the Yorktown Campaign book is that it was a re-print 100 years after the 1781 battle.

If you have seen the recent Kelsey Grammar's video edition of the "Surrender" you have been a beneficiary of 200 + years of the documentation of the Yorktown battle. I visited the area recently and stepped into the trenches that were "dug" by the sappers and miners for the original attack. Our tour group was also allowed to see redoubt #9. One thing that impresses me is the negotiation of surrender by Cornwallis followed by Washington's comments. Grammar's video rendition was a colorful re-enactment. However, the "Articles of Capitulation settled between Excellency General Washington, Rochambeau, 'de Grasse and Cornwallis" in this book's appendix (p. 181+) is a revelation of the Revolution.

VMC Plaza and Park: Bricks, Benches, Trees and More

As we welcome summer weather, things are heating up as well in our Plaza and Park.

Let me share some great news. One of our newest members, who just retired from federal service for over 30 years as a DoD Civilian Program Manager, Shaun McKinney (no relation to Garet McKimmie!!!), has volunteered to become committee chairman for our Park and Plaza bricks, benches and trees programs. Although he will take over in mid-July, Shaun is being prepped now for the job. He will continue to rely on some great committee members and our contractors. Welcome Shaun!!!

More great news: The Governor signed on 16 June the \$1M Park fund request so our infrastructure and eventual Amphitheater project can and will begin, hopefully with some digging by next month and building ground breaking by September. Bidding has been sent out!!!

Bricks: The month of June set a record for bricks being added to our plaza at almost 30. Twelve of them are for the Purple Heart Ceremony on 06 August and will be placed at the monument shortly after.

Benches: Two new park benches were ordered and will likely be received when you read this report. The JJ Justice (RTFL/1) memorial bench will be placed at the Monument to Fallen Allies, a real passion of the former RTFL-1 President and Vietnam War decorated Army veteran. The other will be placed in the Park and honors a WWII hero of Heartbreak Ridge in Okinawa. The Cement SAR Bench was completed in the plaza and will be dedicated in mid-July by the SAR National President. The old benches in the park are being re-stained by United Launch Alliance in July.

Trees: We have 26 on order and they will be planted once the irrigation is completed with infrastructure upgrades at hand.

Plaza: Our great CSpray contractors continue every quarter to upgrade sections of the Plaza, including the monuments. If you spot something that needs work, let us know.

Park: Elevation Church as donated over \$7000 to upgrade the landscaping with stones and mulch in the non-construction areas of the Park and seal the boardwalk and fencing.



Pictured: 30 new bricks were added to the Plaza in June 2023.



Pictured: The Sons of the American Revolution (SAR) bench will be dedicated mid-July by the SAR National President.



Pictured: The JJ Justice (RFTL/1) memorial bench

Wow!!!

Best Turnout Yet: Fifth Annual BCSO/ VMC July Fourth Parade on Merritt

Ithough the morning was very warm and few clouds protected participants and spectators from the July sun, the Fifth Annual Independence Day Parade on Merritt Island was the best attended ever.

VCIL COURIER N

Well over 200 entries took about an hour to parade along the 1.3 mile route often passing spectators several deep which numbered in the several thousands decked out with patriotic garb and carrying and waving many flags.

The Parade is co sponsored by Sheriff Ivey and the BCSO team, with Lindsey Deaton of BCSO Special Charities as the primary organizer. This year's parade was not only the most in collective numbers, but also very well organized thanks to Lindsey and dozens of BCSO members who organized the start and finish and blocked every possible intersection along the usually busy Courtnay Pkwy in both directions for the Merritt Island HS start point to Edgewood Jr/Sr HS on Merritt.

The Veterans Memorial Center is co-sponsor of the event and this year over 300, including many children came to the VMC for free food and to cool off in the heat museum and Gray Hall. Thanks to Kim and Garret Cone of AVET for arranging the food and much more, including a kids fishing session as well as the Lonnie and Delinda Beach Band for great patriotic music and the MI BSA Troop for great desserts at their bake sale.

The MOAACC entry was led by President Brian Whalen and his wife Liz being escorted by Donn and Jeanne Weaver in their convertible. Jose Prieto and his wife Lupe Soto used their truck and trailer to drive the indomitable WWII Veteran 98 years old George Rosenfield, escorted by Gary Eppler on the Trailer. George was a great hit using his special WWII and Korean War Vet sign.



Pictured left: Freedom the Eagle truck **Pictured right:** Donn and Jeanne Weaver drive MOAACC President Brian and Liz Whalen as parade begins.

VMC was led by Dean and Susan Schaaf in their new red GMC with the VMC Eagle Costume on the back in scarecrow fashion. VMC tenant units including CCNC/ WAA, SAR/DAR, American Legion, Legion Auxillary, Marine Corps League and more made for a very large and record veteran unit participation.



Pictured: WWII and Korean War Veteran George Rosenfield (It blue) ready to board the MOAACC Trailer with Gary Apple. Jose Prieto and Brian Whalen assisting.



 $\ensuremath{\textbf{Pictured:}}\xspace$ Parade Underway — Note mini Sub and WWII Jeep in front of MOAACC entry



Pictured: AVET fed over 200 back at the VMC.

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Disabled American Veterans (DAV), Space Coast Chapter 123, Inc.

Does Melatonin Really Help You Sleep?

People Struggling to sleep are increasingly turning to melatonin as a solution. In fact, the use of melatonin supplements has more than doubled in the decade ending in 2018 according to a study done by the Mayo Clinic.

Problem: Melatonin supplements may not be as safe as people think and may not be helpful for their sleep problems as they hoped. Melatonin supplements are available over the counter in the U.S., creating the impression that they are low risk...but in other countries, they are available only by prescription, and those countries' caution might have merit.

Melatonin is a hormone, like testosterone or estrogen, and messing with the body's hormone levels is serious business. Multiple studies have shown that short-term use of melatonin generally is safe for adults, however, no large-scale research has been done on the effects of taking melatonin supplements daily for longer than six months.

Taking melatonin supplements can alter the effectiveness of other medications, including certain antidepressants and antihypertension medications. Excessive dosages may be dangerous. Research suggests that 0.5 to 1.5 milligrams of melatonin is all that is needed to aid sleep, yet the vast majority of the melatonin supplements on the market are 3 milligrams or more. Consumersse melatonin supplements are not regulated by the FDA, consumers can not even be confident that the supplements they purchase contain the dosages claimed on the packaging.

Melatonin supplements may be risky for children. Childrens bodies produce tremendous amounts of melatonin naturally, much more than should be necessary for sleep.

Many melatonin users fail to reap any meaningful benefits from taking these supplements because they take them at the wrong time and/or to overcome sleep problems that melatonin will not solve. People who take melatonin tend to do so right before they go to bed, but in pill or gummy form, it's best taken 90 minutes before bedtime, or in liquid form, 30 minutes before bedtime.

While melatonin supplements may be effective for people hoping to reset

their sleep schedules after traveling to different time zones, and for people hoping to adjust their circadian rhythms to work a night shift, the evidence suggests that melatonin does not help with chronic insomnia and other sleep problems. Those people would be much better served by other treatments.

Source: The Bottom Line, Personal Interview with Dr. Michael J. Breus, PhD, The Sleep Doctor

A Pain in the Rear

Hemorrhoids are highly common, but many people delay needed treatment. (When I first saw the title of article, I did not know if it was talking about the real hemorrhoids or some people since both result in the same thing ... a pain in the ass! Hemorrhoids are one topic that very few folks mention in polite company. (However, I will bravely step forward and offer this article. G.F.)

We are all born with eyes, ears, arms, legs ... and the making of hemorrhoids. Hemorrhoids are the swollen, inflamed veins around your anus or the lower part of your rectum. There are two types: External hemorrhoids, which form under the skin around your anus and Internal hemorrhoids, which form in the lining of your anus and lower rectum.

While they are not what we think of as a body part, the blood vessels that pad the anus and rectum are nonetheless part of all of us.

The blood vessels only become problematic when they are enlarged and caused when there is too much pressure on the veins around the anus. This can be caused by:

- Straining during bowel movements
- Sitting on the toilet for long periods of time
- Chronic constipation or diarrhea
- A low-fiber diet
- Weakening of the supporting tissues in your anus and rectum. This can happen with aging and pregnancy.
- Frequently lifting heavy objects

Before that, they "actually contribute to some of our continence, they hold things in place," says Dr. Anne Fabrizio, a proctologist at Harvard-affiliated Beth Israel Deaconess Medical Center.

But when symptoms emerge, ranging from barely noticeable to excruciating pain, they can disrupt our

days.

(See why I think they are like some people.) About half of adults have experienced some degree of hemorrhoidal symptoms by age 50. Pain, itching, swelling, and bleeding can progress to a point where hemorrhoids bulge dramatically and develop blood clots that prove agonizing, Dr. Fabrizio says.

"It's an incredible common problem that can have a huge impact on quality of life," she says. But a lot of people try to ignore it for a long time, partly because it can be embarrassing, so they hesitate to bring it up."

Serious complications. Hemorrhoids are classified into two types depending on where they are found. External hemorrhoids are visible at the anus, while internal ones are inside the rectum. The latter tend to produce painless, bright red bleeding with bowel movements, but not much pain, Dr. Fabrizio says.

Because any rectal bleeding is concerning, possibly signaling colorectal cancer, you should see a doctor, even if you are unbothered and convinced internal hemorrhoids are the cause.

Pregnancy is one of the top risk factors for hemorrhoids because it intensifies pressure in the rectum. Others include aging, chronic constipation or diarrhea, and obesity. However, women are likely to delay hemorrhoid treatment in the years after childbirth in when the problem can flare up, as they juggle family with other priorities.

This is a mistake, Dr. Fabrizio says. Putting off care can lead to potentially serious complications as well as needless suffering for anyone with hemorrhoids. "They may be uncomfortable all the time, in pain, and thinking of their hemorrhoids when they are supposed to be focused on other things," she says.

When hemorrhoids get extremely large, mucus can seep out. So can blood. "A worst-case scenario is that people can get really anemic," Dr. Fabrizio adds. "They can have significant blood loss that harms their over-all health."

Treatment strategies. Drug store hemorrhoid remedies are often the first thing people try when symptoms are mild. These include pain relievers, along with witch hazel pads and tropical creams and ointments to reduce itching and discomfort. Shallow sitz baths and cold compress can also bring relief.

But while these tactics are "great for symptoms management," Dr. Fabrizio says, "they don't tackle the underlying problem. They do not make a hemorrhoid go away. That is why you should see a doctor."

Seeking care early also widens your treatment choices before the problem worsens to a point of needing more extreme, and potentially painful, options. One tool is prescription hydrocortisone suppositories, which can be used for short-term

emorrhoid inflammation.

Most patients who see a doctor early and take steps toward having easy, regular bowel movements can often sidestep the worst symptoms of hemorrhoids, or even prevent symptoms from arising at all, she says.

For internal hemorrhoids, the doctor may recommend a procedure to eliminate the hemorrhoid by cutting off its blood flow. One option is sclerotherapy, which involves a chemical injection into the hemorrhoid. Another is banding, in which the doctor places a small rubber band around the base of the hemorrhoid. In both cases, the bulging vessel eventually withers away.

For large, bulging external hemorrhoids, surgery called hemorrhoidectomy is the only permanent removal option. Dr. Fabrizio acknowledges the procedure is painful, but often worth it. "I tell patients that hemorrhoidectomy brings short-term, guaranteed pain, but offers long-term symptom improvement."

Preventing hemorrhoids from enlarging in the first place is the ideal, of course. Dr.

Fabrizio recommends preventing constipation by eating fiberrich foods and drinking plenty of water. Also, avoid straining for long periods on the toilet and aggressive wiping, which can lead to more irritation.

"Hemorrhoids are something we have been dealing with for centuries" she says. "Talking about them more would make people more comfortable seeing a doctor earlier, which would be a win-win."

Source: Harvard Women's Health Wat ch, February 2023, Page 3.

George Furis Department of Florida Service Officer (Retired) USAF SMSgt (Retired)

Active in the Community in June: Brevard County Detachment 513



The Brevard County Detachment 513 of the The Marine Corps League had a busy June! Here are a few places you could see us in the community last month:

- Detachment Quartermaster Kimberly Benton was a Guest Speaker at the Women Veterans Recognition Day luncheon event. The event was hosted by the AVET Project and held at the Brevard Zoo.
- Our Color Guard was honored to perform Flag Raising, Color Guard and Bugling Details during the Department of Florida's State Convention. (pictured below)
- Mayfield Minute May 28, 2023 Memorial Day (photo left)





Unofficial Brevard VMC Vets Calendar July 2023 and Beyond

Contact VMC for any additions or other information.

NOTE: Some events change in between our monthly mailing of the VMC Calendar. Keep up to date with those changes using our web link: https://veteransmemorialcenter.org/upcoming-veterans-events/

JULY

04 Jul – Annual BCSO/VMC Independence Day Parade – Details in May. AVET BBQ for Vets planned after the Parade at VMC.

12 Jul – General Meeting, Volunteer Awards and Installation of New Officers, VMC Gray Hall and Library 0930

25 July – Library Discussion Series: Andrew Jackson and the Battle of New Orleans. VMC Military Library from 6:00 to 7:30 PM presented by Joe Davie.

AUGUST

06 Aug – **Purple Heart Remembrance Day** by MOPH Brevard at the VMC Gray Hall and Plaza 1400-1600.

26 Aug – Military Academy/ROTC Seminar for High School Juniors/Seniors, VMC Gray Hall, 1-3pm or 3-5pm. contact Donn Weaver at donnweaver2020@gmail.com for details.

29 Aug – Library Discussion Series: The Vietnam War. VMC Military Library from 6:00 to 7:30 PM presented by Paul Julien.

SEPTEMBER

11 Sep — **Patriot Day 9/11 Remembrance Ceremony** at VMC 1630-1900. Details in July.

OCTOBER

06 Oct — Eighth Annual NVHS Rescuing Veterans Lost in America Dinner and Fundraiser. 1730-2100 at the Radisson Resort at the Port. 8701 Astronaut Blvd, Cape Canaveral. Sponsorships available. \$100 per plate fundraiser. email event@nvhs.org or Call NVHS 321-208-7562 for more info. 26 Oct- BCSO Shredder Event - VM PARK - 0900-1030.

NOVEMBER

11 Nov – SFR Veterans Day 5K VM PARK and Center – 0600-1000

11 Nov — **VMC Veterans Day Ceremony** Plaza, Center, Gray Hall with lunch courtesy of Chick Fil a on Route 520 — 1030— 1230

12 Nov — Sixth Annual NVHS Homestretch 5K for Homeless Veterans. 0700-1200 in the Eau Gallie Square. Details in August. Call NVHS 321-208-7562 for more info.

DECEMBER

16 Dec – Wreaths Across America at the VA Cape Canaveral National Cemetery in Mims and other veteran cemeteries in the area. Details in September.

For events beyond December, please visit the <u>VMC online</u> event calendar.





IN COORDINATION WITH THE AMERICAN RED CROSS AND LIBRARY OF CONGRESS

MISSION

The Veterans Memorial Center (VMC) offers a special Veterans History Project (VHP) in coordination with the American Red Cross and Library of Congress (LOC) at no charge. The VHP mission is to collect, preserve, and make accessible the personal accounts of American veterans of all services and periods of history. Thus, future generations may hear directly from veterans and better understand the realities of war and other military service. After the recorded interview the veteran and family will receive their own DVD, one will be kept at the VMC library, and electronic copies will be downloaded to the LOC.



TO PARTICIPATE

If you are a veteran, simply contact us and we will arrange a video recorded interview in the VMC library or, in special cases, at your home. The conversation can last thirty minutes or two hours. That is up to you. The story can include your service and how your life was spent after the military. Remember hundreds of veterans have told their stories which are preserved forever on VHP DVD's at the VMC Library and LOC.

CONTACT US

To arrange an appointment please contact either:

Joe Davie	321-626-5462	<u>jdavie@cfl.rr.com</u>
Paul Julian	321-749-7369	<u>pjulian54@yahoo.com</u>

VIDEOGRAPHERS

Joe Davie	321-626-5462	jdavie@cfl.rr.com
Paul Julian	321-749-7369	<u>pjulian54@yahoo.com</u>

VHP SUPPORT

Bill Wilkening	321-428-3422	Hank Rhodes	321-799-1219
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