

Post Members Meeting

Date: 17 June 2025 Time: 19:00 hrs Large Hall

House Committee Meeting

Date: 12 June 2025 Time::18:00 hrs Small Hall

Auxiliary Meeting

Date: 17 June 2025 Time: 19:00 hrs Small Hall

Articles Inside

National PTSD Awareness Day | The Army's Birthday | Memorial Day Poem

Keeping Your Post Alive By Volunteering



Letter from the Editor's Desk



Dear Comrades, Friends, and Supporters,

As we step into a new chapter in the life of VFW Post 2093, I want to take a moment to reflect on the path that brought us here and to look ahead with gratitude and optimism.

We are honored to welcome a new leadership team to the helm of our Post. These individuals have stepped forward with fresh ideas, renewed energy, and a deep commitment to serving our veterans, their families, and our community. Their vision builds on the proud traditions that have long defined Post 2093, and they are eager to engage with all of you to strengthen our mission and enhance the experience for every Post member and their families.

With this transition, it is also important that we extend our heartfelt appreciation to our outgoing leadership. Their steady guidance, tireless dedication, and unwavering support laid a strong foundation—one built on service and camaraderie. Their legacy is one of resilience and unity, and it has positioned us well for the road ahead.

The torch is now passed, and we move forward not in the shadow of our predecessors, but in the light they have left us. Let us continue to honor their work by supporting our new leaders, staying active in our Post, and remaining true to the core values that bind us together.

Here's to progress, to unity, and to a vibrant future for VFW Post 2093.

Yours in service, Editor, VFW Post 2093 Newsletter



Comrades and Friends,

It is with great honor and humility that I assume command of VFW Post 2093. I want to thank each of you for your continued support and commitment to the mission and values of the Veterans of Foreign Wars. As we move forward together, I want to assure you that change is on the horizon—and that change begins with doing things the right way, the first time.

My first and most important concern is you—our members. Your voices matter, and your concerns will be addressed promptly and respectfully. This Post belongs to its members, and every decision we make will reflect that principle. You will begin to see noticeable improvements in several key areas:

- Facility Aesthetics: We will enhance the appearance of our Post to create a space that reflects the pride we have in our service and in one another.
- Customer Experience & Hospitality: From the moment someone walks through our doors, that member or guest should feel welcomed, respected, and valued. That will become our standard.
- **Community Involvement**: We will renew our commitment to engaging with our local community and building strong, positive relationships outside our walls.

• **Membership Growth**: By improving our atmosphere, services, and outreach, we will attract and retain new members who are excited to be a part of something meaningful.

Additionally, I want to make it clear that the **chain of command**—both within the Post and in the Canteen—will be respected and enforced. Structure and accountability are key to a thriving organization, and we will uphold both with integrity and fairness.

Together, let's set a new tone for Post 2093—one of excellence, unity, and pride. The time for progress is now, and it begins with all of us, working together and honoring our shared commitment to veterans and our community.

Yours in Comradeship,

Edwin Zuiles

Commander, VFW Post 2093

From the Auxiliary President's Desk



Jani Ramsey President - Post 2093



From the Presidents Desk !

A Fond Farewell as President

Sad, but also happy to say—this will be my final newsletter as Acting President of Post 2093 Auxiliary. It has been an incredible 11 years serving in this role, and I am deeply grateful for the trust and support you've shown me throughout this journey.

The time has come to pass the gavel to your new incoming President, Mike Estes. I have every confidence that Mike will do a fantastic job, and I hope you will give him the same respect and support you've so graciously given me. I will remain by his side as Senior Vice, stepping in when needed—especially when his work commitments, which often involve travel, take him away. When he's present, rest assured he will give his all—and then some.

I ask that you treat each of our new officers with the same kindness and respect that make this Auxiliary so special. As I've reminded you in every newsletter: always treat others with kindness. You never know what someone might be going through, and your simple act of kindness might just brighten their day.

Thank you once again for allowing me the honor of serving as your President. I look forward to supporting Mike and watching him lead us into a new chapter with strength and heart.

With gratitude and proudly serving,

Jani Ramsey

Outgoing President, Post 2093 Auxiliary Proud to serve Post 2093

A Year of Action and Service: Let's Rise Together







David Lester Senior Vice Commander - Post 2093

Fellow Comrades, Friends and Families,

Our post is more than just a meeting space—it is a hub for purpose, pride, and impactful action. Following an exceptionally successful year, we have earned recognition with All State honors and are on track to receive All American Post accolades. As we look ahead, I am both excited and determined to repeat these achievements. This upcoming year promises to be full of opportunities, and we will need the active participation of every member—not merely in name, but through sustained action.

Poppy Drives are just around the corner. These drives are not only a cherished tradition, but also an essential way for us to honor our fallen heroes and raise vital funds for our living veterans. This is our opportunity to remind the community why we wear the red flower and to raise funds that directly support veterans in need. Even a few hours spent distributing poppies can have a meaningful impact.

Each **Friday Dinner** provides an invaluable chance for us to bring together members, their families, and the local community. These gatherings help foster connections, raise much-needed funds, and demonstrate that the VFW is both vibrant and engaged. To make these dinners a success, we will need volunteers in a variety of roles—whether as cooks, servers, or greeters. Every hand is needed and appreciated.

Membership Drives will also be a priority this year. Our goal is to grow and strengthen our ranks. There are countless veterans out there who may not yet know what they are missing—camaraderie, support, and a renewed sense of purpose. Together, we can help bring them into the fold.

Additionally, we are prioritizing the **beautification of our post**. The way we present ourselves speaks volumes about who we are. Whether through painting, repairs, or landscaping, there will be numerous opportunities to contribute to the upkeep and enhancement of our space.

Lastly, **fundraising** remains essential to our continued success. With your support, we can expand our reach, better serve our veterans, and ensure that our post continues to thrive. Regardless of your time, skills, or schedule, there is a meaningful role for you to play. So, I ask you: are you ready to make this year our strongest yet?

Yours in service and solidarity, David L. Senior Vice Commander / Outgoing Quartermaster

Post Chaplain's Corner







Garey Smith Chaplain / Jr, Vice Commander - Post 2093

Peace and blessings,

Happy Father's Day to all the dads. I am the baby of seven, 6 boys one sister. My father was a WW2 veteran seven kids, worked, gardened, took care of his family, home, Ordained Deacon and took me fishing all the time! Salute dad!

The relationship with the Heavenly Father's is often portrayed as a family relationship, with God being the loving and caring father. Understanding and accepting His Heavenly love can inspire positive choices and guide us toward a more righteous life. *Psalms 103:13*" As a father has compassion on his children, so the Lord has compassion on those who fear Him."

May God Bless and Unite America and protect our Armed Forces who at this very moment guards the gates of freedom.

God Bless.

VFW 2093 Leadership 2025-2026

Post Officers

Commander: Edwin Quiles Sr. Vice Commander: David Lester Jr, Vice Commander: Garey Smith Quartermaster: Disco SanAndreas Adjutant: Carlos Nieves Chaplain: Garey Smith 1st Year Trustee: Victor Carrion 2nd Year Trustee: Austin Becker 3rd Year Trustee: Antonio Castro House Committee Chair: Richard Mellen

Auxiliary Officers

President: Mike Estes Sr. Vice President: Jani Ramsey Jr, Vice President: Denise Estes Secretary: Kathy Swoger Treasurer: Debbie McCollum Asst Treasurer: Naomi Haworth Chaplain: Barbara Heath Conductor: Jeremy Rayl Guard: Melissa Anderson 1st Year Trustee: Naomi Haworth 2nd Year Trustee: Jeff Swoger 3rd Year Trustee: Sonja Rayl Historian: Niki Bolin

BOOSTERS

Single - \$10 per Year I Couple - \$15 Per Year

August 2025 – July 2026

Pat and Carole McDaniel	



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VFW Post 2093 Monthly Calendar 2025



June 2025

VFW Post 2093

Sunday Monday Tuesday Wednesday Thursday Friday Saturday 2 3 1 5 6 DAV 11-3PM SM HALL Karaoke – 7pm SMTM - 6:30 pm Wing Night - 6 pm Bloods / Mimosa \$2 Bunch \$711am-1pm D-Day Car Races - 7 pm DAV 8-12pm, Aux Bingo - 1pm 8 9 11 12 13 14 10 Meat Bingo w/ Laura SMTM - 6:30 pm Events Meeting 6pm Wing Night - 6 pm DAV 11-3PM SM HALL Karaoke – 7pm Army's Birthday 2:30 Car Races - 7 pm House Comm. 6PM State Convention Flag Day June 13-15 Bloods / Mimosa \$2 Bunch \$711am-1pm DAV 8-12pm, Aux Bingo - 1pm 15 16 17 18 19 20 21 Father's Day SMTM - 6:30 pm Joint Post Aux Wing Night - 6 pm DAV 11-3PM SM HALL Karaoke – 7pm Bloods/Mimosa \$2 Meeting 6:30PM Bunch \$711am-1pm Car Races - 7 pm Juneteenth DAV 8-12pm, Post Meeting 7pm Aux Bingo - 1pm Aux Meeting 7pm Aux Appreciation 12pm 24 22 23 25 26 27 28 Aux Appreciation SMTM - 6:30 pm Wing Night - 6 pm DAV 11-3PM SM HALL Karaoke - 7pm Bloods/Mimosa \$2 2pm Bunch \$711am-1pm Car Races - 7 pm National PTSD DAV 8-12pm, Awareness Day Aux Bingo - 1pm 29 30 SMIM - 6:30 pm





We understand that Memorial Day was in May but we thought that the members would love to read this poem despite the day being a few days ago. Every day we remember our fallen Comrades. who gave all for our rights and freedom

In America's parks and cemeteries each Memorial day, grateful citizens acknowledge an important holiday.

Men and Women who once saluted the Red, White and Blue are remembered for bravery and for service so true.

Little paper poppies each made by willing hands, provided a touch of tradition the occasion still demands.

Widows and Orphans ,among those paying tribute are touched by taps and 21 gun salutes.

Parents and Siblings of some who have never returned are reminded of the price through which liberty is earned.

Military personnel and Veterans working hand in hand pay homage to Comrades no longer dwelling in this land.

Never intended to be just another day of fun at the lake.

Memorial Day commemorates loved ones who died for freedom's sake.

F. Gayle Cheek Written May 23, 1992 Finalized on May 26, 2002



National PTSD Awareness Day: Honoring Healing and Understanding



Every year on June 27, the United States observes National PTSD Awareness Day to shed light on post-traumatic stress disorder (PTSD), a mental health condition affecting millions of Americans. This day serves as a reminder of the importance of recognizing the symptoms of PTSD and supporting those who live with its challenges.

Origins and Significance

National PTSD Awareness Day was officially designated by the U.S. Senate in 2010 through Senate Resolution 541. The date, June 27, was chosen to honor the birthday of Staff Sergeant Joe Biel, a North Dakota National Guard member who tragically died by suicide in 2007 after battling PTSD following two tours in Iraq. In 2014, the Senate expanded this recognition by designating the entire month of June as PTSD Awareness Month .

Understanding PTSD

PTSD can develop after experiencing or witnessing a traumatic event, such as combat, sexual assault, natural disasters, or serious accidents. Symptoms may include flashbacks, nightmares, emotional numbness, and heightened anxiety. While commonly associated with military veterans, PTSD affects individuals from all walks of life, including survivors of abuse, first responders, and civilians who have endured traumatic experiences.

According to the National Center for PTSD, approximately 12 million adults in the U.S. suffer from PTSD in a given year, yet many do not seek treatment due to stigma or lack of awareness.

How to Observe

Observing National PTSD Awareness Day can involve several meaningful actions:

Educate Yourself and Others: Learn about PTSD's symptoms and treatments to better understand and support those affected.

Support Organizations: Consider donating to or volunteering with organizations that assist individuals with PTSD, such as the Wounded Warrior Project or the National Center for PTSD.

Promote Awareness: Use social media platforms to share information and resources, helping to reduce stigma and encourage those in need to seek help.

Encourage Professional Help: If you or someone you know is experiencing symptoms of PTSD, reach out to mental health professionals for support and treatment options.

Resources

For more information and resources on PTSD, visit the National Center for PTSD at <u>www.ptsd.va.gov</u>. Their website offers educational materials, self-assessment tools, and guidance on finding professional help.<u>VA.gov | Veterans Affairs</u>



Honoring 250 Years of Service: The U.S. Army's Historic Milestone



In 2025, the United States Army proudly celebrates its 250th birthday, marking two and a half centuries of unwavering dedication, service, and sacrifice. Established on June 14, 1775—more than a year before the Declaration of Independence—the Army was formed by the Continental Congress to defend the fledgling nation in its fight for freedom. Since then, it has grown into the world's most formidable and professional land force.

This milestone anniversary is a time to reflect on the Army's profound legacy—from the Revolutionary War to modern-day missions around the globe. Throughout its history, the Army has played a critical role in shaping the nation's destiny, upholding democratic values, and providing security in times of war and peace. Its soldiers, both past and present, have demonstrated courage, resilience, and a deep commitment to protecting the nation.

As the Army celebrates its 250th year, it looks not only to the past but also to the future. With advancements in technology, shifts in global challenges, and a renewed focus on modernization and readiness, the Army continues to adapt to ensure it remains a decisive force.

This historic occasion is also a moment to honor the millions of men and women who have worn the uniform, recognizing their sacrifices and the enduring strength of Army families and communities. As celebrations unfold across the country, Americans unite in gratitude and pride for the oldest branch of the U.S. military.

Happy 250th birthday to the United States Army—an institution built on honor, courage, and a steadfast commitment to the nation it serves.







Post 2093 Member Services: Expanding Our Network

In our ongoing effort to provide a comprehensive directory of businesses and services available to our members, VFW Post 2093 is seeking to expand our internal network and foster collaboration within our community.

We invite members who own businesses or offer self-employed services to share their information with us. Whether your expertise lies in:

- •Electrical work
- Woodworking
- •Accounting
- Notary services
- Seamstress services
- Landscaping
- •Or other professional services

We would be proud to help promote your offerings to fellow members. If you are interested in being included in our directory, please provide the following details:

- •Business name
- Contact person
- •Email address and/or phone number
- •Type of service provided
- •Discount offered to Post members (if applicable)

To submit your information, please fill out the form available at the Post from the bartenders, or email us at <u>2093newsletter@gmail.com</u>.

Thank you for your continued support of VFW Post 2093 and its members.





- Post &. Auxiliary meetings: 3rd Tuesday of. Every month, 7pm
- Events Planning Board: Tuesday before House committee 6pm
- House Committee: Thursday, week before Post Meeting 6pm
- DAV: Every Saturday 11am-1pm &. Thursday 11am-3pm. (subject to change)
- Band Practice: 1st and 2nd Tuesday at 7pm

QUEEN OF HEARTS

Queen of Hearts can you find her?

Get your tickets, only \$2 each



Every Friday Night

Drawing: At 7pm

See the Bartender to get your tickets on Friday nights.







Keeping Your Post Alive By Volunteering





Advertise Your Business Here





HELPING VETERANS ACCESS THE BENEFITS THEY HAVE EARNED



About Us

Thrive USA is a Veteran focused, licensed home health agency. Thrive USA continues to raise the standard of home care across the United States. Servicing Maryland, Washington DC, and parts of Florida, our home care experts provide the services, resources and personalized attention you and your family need.

Our Mission

To Educate, Engage and Empower our clients by providing the most Comprehensive Care Solution.

Veteran Support Services

- Care in the Community Program
- Aid and Attendance
- Caregiver Support
 Program

Disability Compensation

& Pension

- Personal Care
- Respite Care
- Companionship Care
- Transportation Assistance

Contact Information

- Phone: 321407-2727
- Email: info@thriveUSAhomecare.com
- Web site: www.ThriveUSAhomecare.com
- Address: 1325 W. King St., Unit A Cocoa, FL 32933



Let your purchases work for our post

How it works



Choose a charity

N/A.C.

Make a purchase

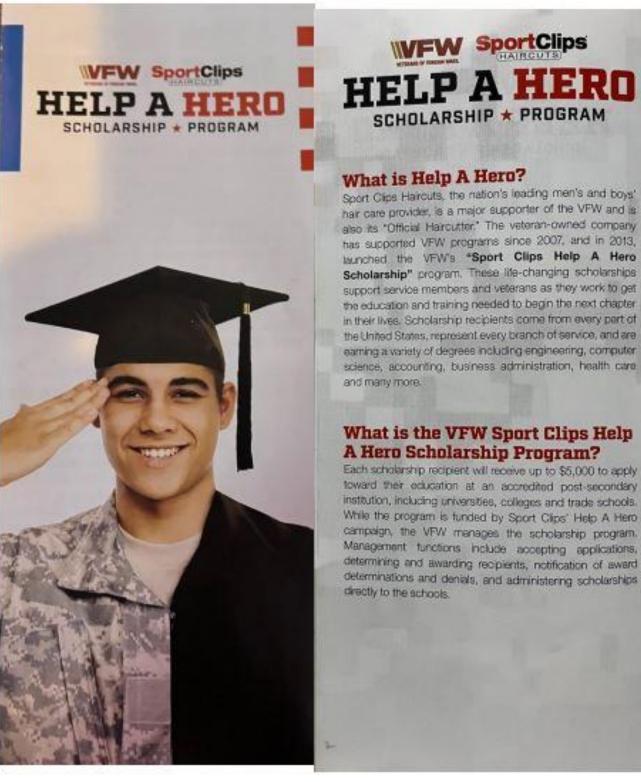
Make an impact

- 1. Download the App to your phone using the App Store or Google Play
- 2. Choose the VFW as you charity.
- 3. Visit the Good Pour Store
- 4. Make a purchase
- 5. The profit from the purchase will be tallied to the VFW post account
- 6. A check will be sent to the post every month once it reaches every \$250..

Scan the QR Code to download the App and get more information on the program.



Helpful information for Veterans and their families



Action Corps Sign up The VFW Actions Corps is a great place to learn about and keep you updated on issues facing our Veterans, Military and their families. You will receive newsletters and alerts on how to get involved nation's military, veterans, and families need their voices heard on Capital Hill. Scan the QR code or Text VFW to 50457 to join





TAPS

Post Members	Auxiliary Members
JOHN DIXON	JANET ASBURY
DON L.ASHER SR.	JANET MANKINS

Memorials\$20 Per YearAugust 2024 – July 2025	
France and Esther McDaniel	Owen and Jerry Ball