



VETERANS OF FOREIGN WARS

HENRY C. ECHTERNKAMP POST 4760
SEQUIM, WA

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Post Calendar:

Business Meeting: second Tuesday of the month, 6pm. Doors open by 5pm. Pizza about 5:45
Vietnam Veterans Memorial, *The Wall That Heals* (aka The Traveling Wall): 9/11-9/14, Port Townsend

Auxiliary Calendar:

Meeting: second Thursday of the month, 4pm

January 2025

From Post Surgeon Kevin O'Neill



Before Surgery – Pre-Habilitation, Part 1

Recovery starts beforehand in the gym. Building muscle before surgery or treatment leads to better outcomes and can reduce complications by 60%. Surgical stress causes muscle loss and strength. This is problematic for the elderly because it is difficult to regain lost muscle.

Amino acids drawn from muscle breakdown play a critical role in immune function, wound healing, and overall recovery. If the body doesn't have enough muscle to supply these vital nutrients, recovery can be impaired.

Cancer patients with muscle loss from treatment have the worst outcomes. Target exercise builds muscle and enhances physical resilience, so you're able to withstand the physical stress of treatments.

2024: The Year in Review

As we close out 2024 the Post is in good shape. Our finances are strong and membership is growing. The canteen and the breakfasts are profitable. That profit helps support veteran and community programs like veteran relief, youth essays, scouting, Thanksgiving meals, the food bank, Olympic Community Action Programs (OlyCAP), free clinic, Toys for Tots, Wreathes Across America, etc.

Total membership for the Post is 243 and for the Auxiliary is 142. On average, 17-21 members regularly attend the monthly meeting. We have 163 Post members on our email list. If you are not getting emails from us please send your email address to: secretary@vfwpost4760.com.

Post 4760 is currently on track to make All American Post for the second year in a row. The election year ends June 30.

Veterans Relief

We helped veterans or their widows 19 times for a total of \$13,978.49. In addition to the \$5,000 in matching funds we previously donated to Habitat for Humanity for the Veterans 4-plex townhome in Port Angeles we donated another \$19,311.70 to cover the cost of roof trusses and sheeting. We have also donated a few hours to help with the build.

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Editor: Gery Contreras

Memorial Day

We put up the large flags at Sequim View Cemetery every year and alternate with the American Legion every other year in leading the ceremony. Post Commander Ken Bearly led the well-attended ceremony. We also lead the ceremony at the Gardiner cemetery where Marvin Shields, a Medal of Honor awardee, is buried.



Scholarships

The Post awarded nine \$1500 scholarships to Sequim High School seniors and the Auxiliary also awarded a scholarship.

Youth Essays

We made awards to our 1st place Patriot Pen and Voice of Democracy students. Due to the number of entries some of our applicants were passed to other posts. Two of those applicants also received District awards.

Teacher of the Year

The Post will award \$500 to our 2024 Teacher of the Year, Brian MacKenzie, who teaches at Chimacum High School. Brian has coordinated a number of students every year for the Voice of Democracy essay contest.

Scouting

We honored two scouts this year. We also contributed \$600 to an Eagle Scout project to replace the aging flagpole at one of the cemeteries.

Stand Downs

We participated in all three stand downs this year with the largest effort for the Port Angeles one in October. One of our members was the coordinator for clothing distribution at all three stand downs. We also helped with the cost of the food and our Auxiliary member, Nathan, prepared the breakfast and lunch at the Port Angeles stand down.

Sarge's Place and the Minsky House

We continue to support both of these programs for low income veterans to get housing and counseling. The Minsky house in Sequim opened in the fall of 2024.

Thanksgiving Dinner

We partnered with Sun Taxi again this year to serve the community a free meal at the Boys and Girls club.

Marine Corps Reserve Toys for Tots.

We collected over three full boxes of toys as part of the drive in Nov/Dec. Overall, 6110 Clallam County children were supported in 2024.

You can see that Sequim VFW Post 4760 stays active in our community. We are fortunate to have the finances that enable us to contribute to so many programs. We could do even more if more members actively participated in these programs, so please consider. Best wishes for a happy and enjoyable 2025 to all of our members.

Events



Post and District Patriots Pen Awards



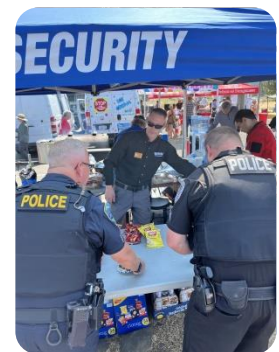
**Veterans Day Celebration
at Sequim High School**



Veteran's 4-Plex



**Army/ Navy
Football**



**Security Services Northwest
Unity of Service**

“There are no great men, just great challenges which ordinary men, out of necessity, are forced by circumstances to meet.” - Fleet Admiral William F. Halsey Jr.