

# MILITARY Women's BULLETIN



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VOLUME MMXXIV, #1

FEBRUARY 2024

## Time to set your New Year's Intention

By Alison M. Whitehead, MPH

Acting Director for the Integrative Health Coordinating Center in the VHA Office of Patient Centered Care and Cultural Transformation

Well, here we are — another year. Another chance to think about what really matters in your life. This year, instead of resolutions, how about setting intentions? We know what they say about “good intentions,” but without them, we may end up living out the same patterns year after year.

Intentions come from the heart and can reconnect you to your true mission, aspiration and purpose. Intentions are different from a specific goal or resolution, but an intention can help us achieve our goals. For example, you may consider setting an intention to live a healthier lifestyle versus a resolution to go to the gym every Monday, Wednesday and Friday.

Living a healthier lifestyle may include working out, but it may also include weeks where you don't make it to the gym all three days. Maybe those weeks you focus on getting quality sleep, eating healthy meals, increasing the amount of water you drink, and decreasing your screen time.

### 2024 Convention News & Update

Planning for the 2024 National Convention is in full swing, led by Chair Lynne Pine. National President GinaMarie Doherty will assist as needed, since the convention is in her hometown.

We'll reach out for more help (registration, Supply Locker, etc.) as the convention nears. General business sessions are set for Monday and Tuesday, September 23<sup>rd</sup>-24<sup>th</sup>, with the President's Banquet set for the evening of the 24<sup>th</sup>. Several guest speakers have been engaged from VA who will discuss issues faced by our members as well as all military women.

We're also arranging sightseeing & other events, so please consider arriving early and/or staying later to experience the vibrant arts, culture and history of this quaint New England town.

The special room rates at the Crown Plaza Providence Warwick are available to us for three days prior to and three days after the convention.

GinaMarie has arranged a tour thru Naval Station Newport's Naval War College, including its museum, so watch for your Call to Convention - which will be **INCLUDED INSIDE** the April Military Women's Bulletin - for all the fun details. Please make plans to bring significant others, friends, or even insignificant others, and come join us in Rhode Island!

Before setting your intentions for the year, take a few minutes to answer two questions, either by writing them down, or just thinking about them in your mind. There are no right or wrong answers for these questions, and the answers to each may be similar:

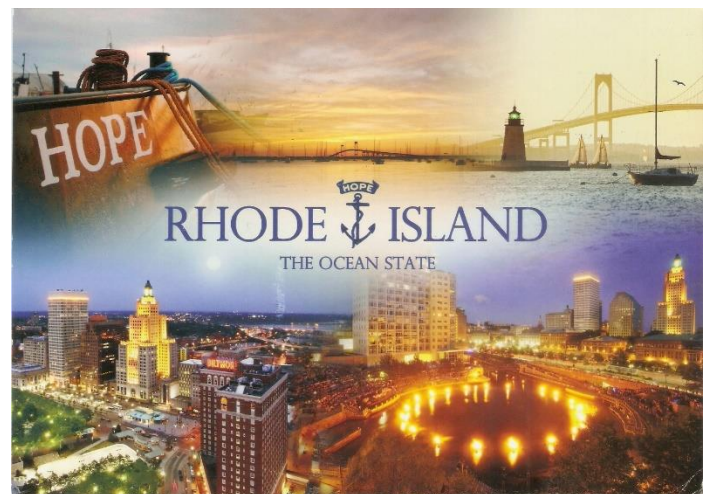
- ◆ What really matters to you in your life?
- ◆ What brings you a sense of joy and happiness?

### Online help from the VA

Consider practicing a short, 5-minute meditation exercise to help you set your intentions for 2024. Meditation exercises and other tools are available at this link to the VA:

<https://news.va.gov/127420/live-whole-health-201-your-new-years-intention/>

VA's Live Whole Health mobile application is a free, easy-to-use tool created for anyone ready to take the next step in their Whole Health journey. With this app, you can fill out your personal health inventory, set goals, get virtual coaching and learn more about Whole Health.



→→ Don't Forget! ←←

**2024 National Annual Dues OVERDUE**

**April Bulletin Input DUE 1 MAR**

*Please contact your Regional Representative listed on Page 10 of this bulletin, if you have questions.*

## Presidential Ponderings

by GinaMarie Doherty, National President

I wish a happy healthy new year to you and your families! May you be surrounded by loved ones, and may you reach all your goals this year.

Please continue your sister checks and sisterhood. We are proud women warriors who serve our country and communities with honor.

We are sad to see Gulf Coast Dolphins Unit 56 in Florida disband, but understand it was for the best. Thank you all for your dedication to our organization, and for keeping your unit in service for 35 years.

We welcome our new National Secretary, Army veteran Sheri Carrington from Connecticut. Sheri brings a wealth of experience from veteran service organizations having served on the state level in several positions.

Please pray for the family of Past National Secretary and Past Regional Representative Ginger Daniels as she has gone to heaven to be with the Supreme Commander. May she rest in peace. Ginger was an important part of our continued success. She will be missed.

## Membership Message

by Debbie Crutchfield, Vice President for Membership

I hope everyone had a Merry Christmas and a Happy New Year. I attended a 50th anniversary celebration for a retired Army friend and his wife, and met a female retired Army warrant officer who is very interested in joining MWAN. She lives near Augusta, GA and had never heard about MWAN. I sent her some information, and hope she will join. Since she isn't too far from me, perhaps I can get her to attend a meeting of Triangle Women Veterans with me this year.

I also gave an application to a former force master chief who was the guest speaker at our Bainbridge WAVES Reunion in Branson, MO. It's very important to get the word out so we can grow our organization.

I was honored to install the incoming officers at my unit's Christmas party. There was plenty of good food, fellowship, a karaoke contest, and a silent auction. A wonderful time was had by everyone. I hope 2024 is a great year for all. Please remember to recruit, Recruit, RECRUIT!

# Officers' Call

## Unit Utopia

by Patty Parks, Vice President for Unit Liaison

Spring cleaning usually brings thoughts of our homes, but it can also apply to our units! This is the perfect time of year for unit presidents to take time to dust off unit cobwebs.

One of the most important documents each unit maintains is the unit roster. Interestingly, I've come across many units whose local rosters do not match the MWAN Master Database (MDB). When was the last time you matched your unit roster to the official MDB? Regardless of what the unit roster lists for contact information and dues status, each unit member is directly affected by what is on the MDB. If the member's mailing address, or email address, is incorrect on the MDB, she will not receive her bulletin.

Each unit president is authorized to receive a copy of her unit's portion of the database, and all she has to do is ask for it. I will be glad to provide a copy via email or snail mail. My contact information is on Page 10 of this bulletin. I look forward to hearing from you, soon!

## Supply Snapshot & Special

by Linda Coffield, Supply Locker Officer

Spring is just around the corner and so is warmer weather. You can get an MWAN T-Shirt for just \$11 (plus shipping). The short-sleeved, dark grey t-shirts are 100% cotton, by Gildan, and have a 4" diameter, full-color, MWAN logo (at right) screened on the left chest, AND a 10.5" version screened center back. The shirts run true to size, and are available in sizes small to 4XL, while supplies last! See the Supply Locker Order form on Page 11 for the special deal.



Military Women's Bulletins are sent **BULK MAIL** and will NOT be forwarded by the Post Office. Please include MWAN on ALL Address Changes in order to keep receiving your bulletin. Please send the address change 60 days before moving. **Consider Receiving Your Bulletin via Email.** Contact [Secretary@MilWomen.org](mailto:Secretary@MilWomen.org) for details.

### ADDRESS CHANGE FORM

PLEASE PRINT

PLEASE PRINT

NAME: \_\_\_\_\_ MWAN ID # \_\_\_\_\_  
NEW Address: \_\_\_\_\_ City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Effective Date: \_\_\_\_\_

**Mail to:** MWAN Secretary Sheri Carrington, 4 Johnson Court, Waterford CT 06385-1905

**OR send via E-mail to:** [secretary@milwomen.org](mailto:secretary@milwomen.org)

**Miscellaneous Information** ❖ 1. Military Women's Bulletin is the official newsletter for Military Women Across the Nation, Inc., a nonprofit, veteran-service organization originally chartered in California in 1979 by co-founders Jeanne Palermo, Loda Mae Dobbins and Esther Govorchin. ❖ 2. This newsletter is published six times per year in February, April, June, August, October and December by Harbor Printing Inc., 3 Graf Road, Newburyport MA 01950. ❖ 3. Items for publication may be submitted via electronic mail to [editor@milwomen.org](mailto:editor@milwomen.org) and must be received by the 1st of the month PRIOR to publication. ❖ 4. Submit all changes of address as soon as possible. ❖ 5. Returned newsletters will NOT be re-mailed.



## Volunteer Service Hours

by Karen Albert Warren, Volunteer Chair

Happy New Year!! It's a good time to start gathering and calculating your volunteer hours. Be sure to use the form shown on the website when submitting your hours.

Members, it would be so much easier if you provided the total hours for each category to your presidents. This would keep her from having to go through your list of activities, determine which category it falls under, then adding them up. Please, please send her your worksheets to show what activities you are doing. I love showing some of these activities in the fall newsletter. You ladies are so creative, it also gives other ladies ideas where they can serve.

Unit presidents, please send one form with the total volunteer hours for your unit. Also send their worksheets showing their activities. If you have any questions, please reach out to me.

## Regional Representative Reflections

by Martha Alderman, Regions 3 & 7 Representative

Have you received your 2024 Social Security Administration statement? If so, then you know the cost of Medicare has risen to \$174.

Are you enrolled in VA healthcare? You can apply with a simple phone call, and, if you are eligible, you may get FREE care to include prescriptions. Call (877) 222-8387 and find out.

Are you in receipt of compensation for any service connected (S/C) disability? With the passage of the PACT Act, the Department of Veteran Affairs can grant this benefit for many medical conditions not previously allowed. Potentially tens of thousands of new veteran claimants/claims are possible due to this act.



Many of us were exposed to toxic substances during our military service and some have developed diseases because of that exposure. You can get a lot of information at [www.va.gov](http://www.va.gov), and the home page is the place to start. Please look into this!

There are many Veterans Service Organizations (VSOs) – The American Legion, Veterans of Foreign Wars, Disabled American Veterans/DAV, for instance - which have service officers who can assist you with your claim. Veterans Affairs Regional Offices (VAROs) also have service centers with folks who can help, and all of this support is FREE!

If your exposure is found to be service connected, you may be entitled to monthly financial compensation, FREE medical care for that particular condition, and possibly completely FREE healthcare (These entitlements depend on the priority group to which you are assigned).

A couple of phone calls, and/or an internet search will start you on your way. You can call the DVA at (800) 827-1000 to find a VARO and medical clinics. I am still on a mission to help my sister veterans get all they are entitled to because...YOU HAVE EARNED IT!

## Scholarship Suggestions

by Barb Turner, Scholarship Chair

For the past several years, we have rarely had more than two or three applicants for the MWAN \$1,000 scholarship. In fact, one year, we didn't have anyone apply.

We know students need financial support, so why aren't they applying? It is likely because they simply do not know our scholarship exists.

### Spread the Word

Do you want to help ensure we have more than two or three scholarship applicants for a change? Then, why not contact your local high schools and, especially, those with a Junior Reserve Officer Training Corps (JROTC) Program.

The below websites have all the JROTC high schools in America listed by State, as an example. The links will take you to those websites if you type them into your browser. Additionally, you can search for all public and private high schools by state. So, there are several ways to find them, it just takes a little time.

I've also contacted other veteran organizations, and asked them to put our scholarship information in their publications, but if they don't have room, they don't get listed.

The scholarship no longer requires applicants to be related to a military woman, so that widens the pool of eligible applicants.

It's up to each of us to help spread the word about our \$1,000 MWAN Scholarship. It's a simple, 500-word essay, and we provide the topic! If you have any questions or need more information, please leave a message for me at 817-733-7034 or write to [MWANScholarship@milwomen.org](mailto:MWANScholarship@milwomen.org).



### Navy JROTC - Program Information

<https://www.netc.navy.mil/Commands/Naval-Service-TrainingCommand/NJROTC/Find-an-NJROTC-Unit/>

### Army JROTC Locations

<https://www.usarmyjrotc.com/u-s-army-jrotc-locations/>

### Marine Corps Junior ROTC (marines.mil)

<https://www.mcjrotc.marines.mil/Schools/JROTC-Schools-by-State/>

### Air Force JROTC (af.edu)

<https://www.airuniversity.af.edu/holm-center/afjrotc/>

### Coast Guard JROTC Units (uscg.mil)

<https://www.uscg.mil/Community/JROTC/JROTC-Units/>

# Sound Off!

## NORTHEAST OHIO WOMEN VETERANS

**Unit #21 (OH)** – Our unit closed out 2023 strongly. Unit members returned to the Summit County Stand Down event (aka: Laura's Stand Down) where members directed, shepherded, and volunteered to give needed personal care items to veterans.



*Pictured (L-R) Diana Murar, Sandy Conley, Gloria Galati, and Makayla Conley.*

Three members represented the unit at a program by the Junior Women's League in Austintown honoring women for Veterans Day. We each told our stories and conveyed appreciation for being "seen." The program included a luncheon, soloist from Austintown High School, and a guest speaker who provided background on the history of women serving. And... yes, we are working on recruiting the rest of the women in the photo!



*Pictured from the unit are Jennifer Baun (front left), Nora Patella and Jennifer Figueroa (back 2<sup>nd</sup> and 3<sup>rd</sup> from left).*

Finally, the unit held its annual Christmas party. Many members were there in spirit with those who were able to be there in person. Lunch was catered by Mission BBQ, and we enjoyed games, storytelling, trivia and music. We even managed to conduct a little business.

As the unit hibernates annually for a couple of months, the board and officers will be working on planning for 2024, reaching out to members who have not been able to attend lately, keeping all facing adversities in our thoughts and prayers and catching our breaths. Here's to a prosperous and productive 2024!



*Unit #21 Christmas party snapshot includes (L-R front) Barb (auxiliary member), Nora Patella, Vicki Wallis, Gloria Galati; (back) Sandy Conley, Delores Speed, Freda Whaley, Diana Murar, Jennifer Baun & Susan Sansenbauger*

## REDWOOD EMPIRE MILITARY WOMEN

**Unit #77 (CA)** – In September we began planning our fall exhibit with Debbie Countouriotis of the Petaluma Historical Museum, which will honor women veterans.

The museum staff did all the advertising and signage, as well as broadcasting an open invitation to all women veterans in Sonoma County to participate through the contribution of uniforms, memorabilia, pictures and stories for the display.

The event opened with an evening reception featuring Author Jeane Sloan, along with a slideshow that delved into the WWII era. On the final day of the exhibit, our unit members represented 70 years of military service during a panel discussion (*pictured below*). The exhibit was very well attended, and was a wonderful lead-up to Veterans Day.



*Panel Discussion members at Petaluma Historical Museum (L-R) Emily Sousa, Rose Nowak, Kate O'Hare-Palmer, Maura Mooney, Lisa Lim, Bethany LaRosa & Unit President Trisha Almond.*

During November, we also participated with other veteran service organizations at a local elementary school program; a program honoring Charles Schulz, Peanuts cartoonist and WWII veteran, along with our local Veterans Day Parade and program.

We enjoyed gathering at a restaurant for our holiday lunch on December 9<sup>th</sup>. Our next meeting will be at 11 am January 13<sup>th</sup> in the Petaluma Veterans Building.



*(L-R) around the table are Katherine Duisenberg, Bethany LaRosa, Rose Nowak, Leslie Fuller, Marilynn Tolonen, Nancy Sandborn, Kate O'Hare-Palmer, Lisa Lim, Trisha Almond, Cathy Kennedy, Maura Mooney, Emily Sousa, Laura Christensen & Dana Riggs.*



## SALT CITY WOMEN VETERANS

**Unit #80 (NY)** - Pictured below (L-R, front) are Diane Greenpope, Robin Searles, Pat Prettyman and Mary Bittel, along with the "tall ones" in the back, Evelyn Disinger (left) and Rita Gram (right) were some of the women who participated in the Central New York Veterans Day Expo and Parade. Rations of chips, cookies, coffee and other beverages were provided by a local assemblyman Bill Magnarelli for unit members to use in raising funds in support of Honor Flight Syracuse, Clear Path for Veterans, women patients at Syracuse VAMC and other community outreach programs.



Unit members made their annual donation of holiday cards for all the patients, and gifts for women on the Behavioral Health Unit at VAMC Syracuse.



Pictured (L-R) Robin Searles, Korean War Veteran & founding member of Unit 80, Kayann Taylor, Evelyn Disinger and VAMC Volunteer Service Chairperson Becky Jo Ross

## OCEAN STATE

**Unit #118 (RI)** – Greetings everyone. We hope you all had a great holiday season. Unit #118 has been busy. We missed the deadline for December's issue, however in the Fall we had several unit meetings and a unit fund raising activity. We also had a wreath laying ceremony at the Women's Memorial located in the Exeter Veterans' Cemetery on November 10<sup>th</sup> in honor of Veterans' Day. The service was well attended, and afterward, members gathered for a luncheon.

Also, unit member Patricia Denny was selected by the Elks as Veteran of the Year. An honorary luncheon was held for Patricia on November 18<sup>th</sup> where she was awarded her plaque.

# Sound Off!

In December, we spread season's greetings to our military sisters. On December 1<sup>st</sup>, seven unit members, along with Carla Murchelano from the VA Regional Office, visited the RI Veteran's Home in Bristol for a holiday decorating activity. Members decorated the tree (Audrey Macleod Pfeiffer pictured at right) and fireplace area where the ladies reside, and placed gifts for each under the tree. Gifts were purchased and wrapped by unit members prior to the visit. Gifts were selected based on advice from the home's activity director. Folks enjoyed Christmas music and cookies during the festivities. A good time was had by all.



Unit #118 members (L-R, standing) are Carla Murchelano, Gretchen Vierling-Cutlip, Jeannine Vachon, Rhonda Ziehl, Ednor Larson, Pat Siegmond, Audrey MacLeod Pfeiffer & Helena Piexote with two residents seated in front.

We also remembered our sisters who are less fortunate, and are faced with adverse challenges while they struggle to get back on their feet. Fortunately, there is an organization which provides assistance with this goal called Operation Stand Down. They provide a wide range of services for veterans including transitional housing, including two homes for women veterans specifically. The newest home which opened in November provides ten beds. To this home, we donated a Keurig coffee maker and cups. To the other home, which has six beds, we donated \$100. We hope these wee gifts will let them know they are not forgotten.

## TRIANGLE WOMEN VETERANS

**Unit #144 (NC)** – Unit members assembled at the Cary First Christian (CFC) Cemetery, an historic cemetery established in 1866 on the site of Cary's first African American congregation, and listed with the Capital Area Preservation as a Wake County Historic Landmark. There are 14 veterans buried there, and we placed flags on each gravestone. This was truly an historic event as it was the first ever ceremony held there for these veterans through our persistence to officially recognize them. A CFC representative, Helen James, was there to help place flags and share some of the history of CFC with us.

**Triangle Women Veterans #144 continued on Page 6.**



# Sound Off!

## TRIANGLE WOMEN VETERANS #144 - Continued

Unit elections for the 2024-2026 term were conducted at our quarterly meeting, and new officers were sworn in as follows (pictured below L-R): President Adina Lev; Vice President Nelly Onate; Treasurer Kim Kochis and Secretary Jean McMillan.



A holiday potluck, team karaoke and a silent auction rounded out the meeting. Great fun was had by all.



Quarterly meeting attendees. Names not provided.

As part of the Wreaths Across America program, unit members assembled at the Cary First Christian (CFC) Cemetery to place wreaths on the veterans' gravesites. Prayers and honors were performed, followed by a bugler sounding taps.



Members pictured (L-R) are Jennifer Griffith, Adina Lev, Kim Kochis, Linnea Sommer-Weddington, Ranae Montgomery-Kellam & Nelly Onate, along with other CFC participants.

Unit member Patricia Harris (pictured at right), Founder and Executive Director of Women Veterans Support Services, was awarded \$1,000 from Triangle NC Cares. Patricia's non-profit, organization has been helping women veterans through crisis, and to secure resources since 2008. Congratulations to Patricia.



## Happy 91<sup>st</sup> Birthday Helen Bostick in Virginia!

## MEMPHIS BELLES

Unit #151 (TN) – Unit members have stayed very busy with events and fundraisers. Sami Phillips (pictured below at left), along with the commandant of the local Marine Corps League, proudly lead our local Veterans Day Parade.



The following week, Kathy Desjarlais was honored as Tipton County Veteran of the Month by the Tipton County Museum. Maribeth Patton hosted our annual Thanksgiving lunch filled with good food and good friends. Rounding out November, we gathered at the museum to decorate our Christmas tree, one of almost two dozen entered in the 2023 Festival of Trees.



Above (L-R) Sami Phillips, Stacy Harris, Linda Coffield, Becky Dickinson, Kathy Desjarlais, Hardin Brown, Maribeth Patton at our Thanksgiving luncheon.

Below right is Unit 151's entry in the 2023 Festival of Trees. Decorated by (L-R) Linda Coffield, Becky Dickinson, Maribeth Patton & Jean Jungkans.



Holiday Wishes





## MEMPHIS BELLES #151 – Continued

Most of December was dedicated to fundraising or assisting others. We gift wrapped for tips, making money while enjoying each other's company. We split our resources to allow Sami and Kathy to not only assist with the preparation of 348 food boxes at our local VA medical center, but also to provide transportation for a family which had been selected to do holiday shopping with Combat Veterans Motorcycle Association 18-4.



*Wrapping presents for a small donation, (L-R) Anne Day, Maribeth Patton, Kathy Desjarlais, Stacy Harris & Becky Dickinson help earn funds to pay for the support their unit provides to veteran sisters and brothers!*

## MILITARY WOMEN OF TIDEWATER

**Unit #152 (VA)** – The Old Dominion Honor Flight Mission 5 (ODHF) Ice Cream Social was held December 10<sup>th</sup>. Despite the torrential rainstorm, numerous veterans braved the weather to reunite with their guardians and ODHF staff. The Ice Cream Social is held approximately a month after each honor flight. The veterans, their spouses and other family members are invited to share their experiences, and appreciation for the day they spent in Washington, DC, visiting their memorials. Unit 152 enjoys serving ice cream to our veterans and their families to show our gratitude for their sacrifices.



*"Wonder Woman" Jo Heimarl (left) & Alicia Baqueroalvarez Scoop up & slice goodies at the Ice Cream Social, celebrating Old Dominion Honor Flight Mission 5.*

# Sound Off!

This year's wreath-laying event took place on December 16<sup>th</sup>. Each year several unit members volunteer to help sort and organize more than 13,000 wreaths for family members and volunteers to lay at all veteran gravesites interred at Albert G. Horton Jr. Veterans Memorial Cemetery in Suffolk. Our unit also assisted by supplying cookies for the families that attended the wreath-laying event.



Unit 152 celebrates the holiday season with our annual Christmas party in January. This allows the hustle and bustle to die down with our family and friends. Our potluck-style party includes a silent auction, featuring items donated by our members - brought from home or purchased - to raise funds for unit activities. This year's party theme was "Masquerade".



**We meet monthly, at VFW 4809, Norfolk. For meeting information, contact Dassa Carvey, at (757) 363-3059 or [dassahsg@gmail.com](mailto:dassahsg@gmail.com).**

## SALT RIVER MILITARY WOMEN

**Unit #155 (AZ)** – Finally some truly GREAT news! In October, our past President Shirley Crawford was able to return home, one year after her terrible car accident. Terrific timing, too, as it was just in time for our unit meeting. Actually, it became a bit more of a party than a regular meeting. Cheers, tears, food, festivities – a special event for a very special sister.

Prior to the meeting, the outgoing, and new, unit Board of Directors met to finalize (we hope) our revised unit bylaws; That document has been submitted, and we are anxiously - and eagerly - awaiting a reply.

We managed to do a bit of business in October which included reminding everyone that we need more attendance at our meetings. We also discussed some fundraising ideas, and entertained suggestions for where we might donate some of our unit funds. We are not rolling in dough, but we do have some to spare and several potential worthy recipients such as the upcoming Women Veteran Ceremony and Concert being put on by our sister Joan Sisco, Founder and CEO of Veterans First, Ltd.

Our Christmas party was fairly well attended and there was a lot of yummy food. We exchanged gifts, played a couple of games and overall, just enjoyed being together.

And ANOTHER slice of good news, Our MWAN National Honorary member Kitty Bickel, who was in the Civil Air Patrol during WWII, has been recognized by the VA as a veteran!! Now she is eligible for VA healthcare. This is a huge benefit as she is 97, and still going strong!

**Salt River Military Women #155 continued on Page 8.**



# Sound Off!

## SALT RIVER MILITARY WOMEN #155 – Continued

What an awesome wrap-up to the year. And, several of us attended a luncheon for all Phoenix-area women veterans which was hosted by the American Legion Auxiliary past presidents. It was wonderful to see so many of our military sisters.

### Unit 155 members adopt used flags

Unit Chaplain Elisabeth Lewandowski offered to collect, and properly dispose of used American flags from the local Good Will store. The original goal was to locate useable flags and donate them to various veteran organizations. However, Elisabeth & Unit President Sherry Hill were stunned when they received two, industrial-sized containers which held more than 400 flags of all sizes.

The flags arrived in a variety of conditions: in-the-box new; encased in shadow boxes; on poles, and many were tattered & torn.

Sherry washed, dried and sanitized hundreds of flags, which were then placed in hand-made (also by Sherry) Christmas stockings, and delivered by Elisabeth to veterans and veteran organizations. Many of the flags on poles were placed on Sherry's driveway with a sign that read "Free" (pictured at right), all of which found new homes.



The seven, large bags of unserviceable flags were taken by another veteran to a crematorium where they were respectfully retired.

Finally, three large flags and two burial flags were delivered to Missing in America Project ([www.miap.us](http://www.miap.us)), which provides honor, respect and dignity by securing a final resting place for the remains of veterans which have gone unclaimed.

*{Thank you, Sherry & Elisabeth for tackling this monumental task, and showing us yet another way we can help. MWB Editor}*

## TRISTATE WOMEN VETERANS

**Unit #157 (TN)** – The year's end has been nonstop! We began in late October with a road-trip to Alabama! Unit member Deborah James' daughter, Diana A'xaymac is on active duty in the Army, and was officially promoted to Lieutenant Colonel on October 30<sup>th</sup>. We had a wonderful time, and LTC A'xaymac along with her good friend Command Sergeant Major Tamisha Love (also on active duty) both joined MWAN!

And, less than two weeks later we found ourselves in Georgia spreading the MWAN word at the Fort Oglethorpe Veterans Day Parade! It was cold and wet, so afterwards we warmed up at Cracker Barrel!



Above, unit members attending the Lieutenant Colonel's promotion ceremony were (L-R) Penny Manna, Deborah James (Mom), Diana A'xaymac (Daughter), Tamisha Love, Patty Parks & Donna Agee.

Below, enjoying Veterans' Day are (L-R) Jo Schendel, Patty Parks, Jennifer Palmer, Penny Manna & Renee Chisholm.



Janet Duncan was surrounded by sister military women as she received her Quilt of Valor at the VA clinic.

Pictured (L-R) are Penny Manna, Patty Parks, Janet Duncan, Sheila Billings (back), Cecilia Desilets (front), and Beth Wingfield.



And finally, while we probably will not win any awards, a great time was had by all when singing our rendition of Rudolf, the Red-Nosed Reindeer at our Holiday social! Happy New Year!



The 157 Singers are (L-R) standing: Deborah James, Zaida Ringheimer, Silvia James, Jo Schendel, Gladys Flores, Wendy Burke, Sheila Billings, Mina Babb, Danette Skyles, Denise McDermott, new member, Cecilia Desilets (front) & Louise Jones; seated in chairs are Carla Bell, Beth Wingfield, Renee Chisholm, Janet Duncan, Penny Manna & Teena Gravitt; seated on the floor are Gloria Gray, Diana Rand & Patty Parks.

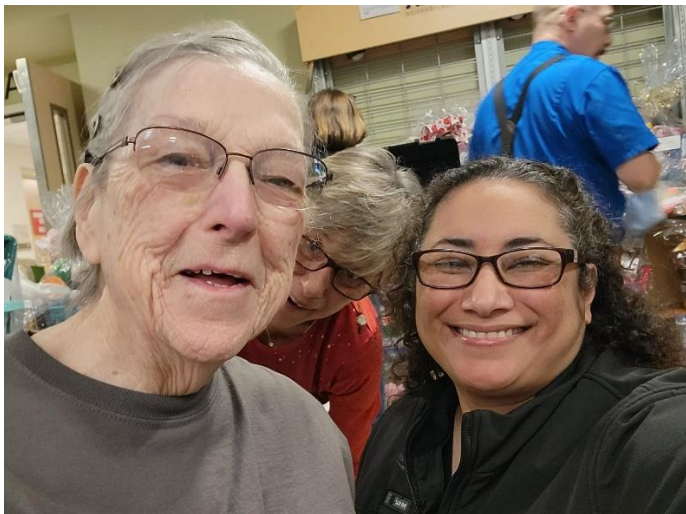


## NEW ENGLAND

**Unit #158 (RI)** – VAVS/CDCE Representative and Unit 158 member Christine Tron (right) volunteered at the Edith Norse Roger's Memorial Veterans Hospital during its monthly produce Farmer's Market in November. She is assisted by Jimmy Williams (left) of VFW Post 8164 in Tewsbury, MA.



Unit 158 member Jacke Burch (below left) and Region 13 Representative Alicia Rodríguez (right) work at the Providence VAMC Bake/Raffle Sale on December 8<sup>th</sup> raising funds for the Providence VAMC VAVS/CDCE which helps homeless veterans, as well as veterans and their families. *(The photobomb celebrity(center) was not identified.*



## LAKELAND ROYAL SWANS

**Unit #159 (FL)** – We would like to take a moment to remember our sister-in-arms, Hope Kirkendall, who passed away November 15<sup>th</sup>. Hope, who was 103 years young, served during World War II; was a former member of Military Women of Tampa Bay #55, and is registered with the Military Women's Memorial. We joyfully helped her celebrate her 102<sup>nd</sup> birthday in 2022. You will be missed, Hope.



# Sound Off!

In November we welcomed our newest member, Mary Stephens Grubb. Our Unit donated socks and undergarments to a local charity, as well as participating in numerous veteran events, from breakfast and recognition programs at local high schools and churches, to the Lakeland Veterans Day Parade.



Parade participants are (L-R) Linda Osborn, Kathleen VanMiddlesworth, Grace Tate, Gloria Lee & Gwen Pipkin.

In December we participated in Wreaths Across America hosted by our sisters in Military Women of Tampa Bay #55, at Hillsborough County Veterans Memorial Park, Tampa.



Wreaths Across America participants are (L-R) Irene Rapoza, Grace Tate & Kathleen VanMiddlesworth.

On December 27<sup>th</sup>, when Kathleen learned wreaths meant for veteran graves had been abandoned at a local cemetery due to inclement weather on the placement date, she personally reported to Oak Hill Burial Park, and placed those wreaths on the graves of more than 60 veterans, providing proper honors as each wreath was placed.

**{Thank you, Kathleen, for your selfless service. MWB Editor}**

Unit meetings are held at 11am on the 4<sup>th</sup> Saturday each month at American Legion Post 4, 1375 Ariana Street, Lakeland, located about half way between Orlando and Tampa. If you know any sister veterans in the central Florida area who may be interested in joining, please have them leave a message for Kathleen VanMiddlesworth at 863-738-4487; write to [MilitaryWomenLakeland@gmail.com](mailto:MilitaryWomenLakeland@gmail.com), or visit us on Facebook at [facebook.com/LRSofMWAN/](https://facebook.com/LRSofMWAN/).





# MWAN National Officers & Staff 2022-2024

## President

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## VACDCE National Rep

**VACANT**  
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[vavs@milwomen.org](mailto:vavs@milwomen.org)

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## HerStorian:

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Ooltewah TN  
423-9870405

## 2020-2022 Regional Representatives

REGION 1: California, Hawaii, Nevada

Representative: **Lynne Pine**, 507-400-9111/CA  
[RR1@milwomen.org](mailto:RR1@milwomen.org)

REGION 2: Alaska, Idaho, Oregon, Washington

Representative: **Lynne Pine**, 507-400-9111/CA  
[RR2@milwomen.org](mailto:RR2@milwomen.org)

REGION 3: Arizona, Colorado, New Mexico, Utah

Representative: **Martha Alderman**, 623-810-9328/AZ  
[RR3@milwomen.org](mailto:RR3@milwomen.org)

REGION 4: Montana, North Dakota, South Dakota, Wyoming

Representative: **Annette Dunseth**, 701-509-5412/ND  
[RR4@milwomen.org](mailto:RR4@milwomen.org)

REGION 5: Michigan, Minnesota, Wisconsin

Representative: **Jennifer Baun**, 314-803-8643/OH  
[RR5@milwomen.org](mailto:RR5@milwomen.org)

REGION 6: Florida

Representative: **Jouay Koppari**, 813-684-1668/FL  
[RR6@milwomen.org](mailto:RR6@milwomen.org)

REGION 7: Oklahoma, Texas

Representative: **Martha Alderman**, 623-810-9328/AZ  
[RR7@milwomen.org](mailto:RR7@milwomen.org)

REGION 8: Alabama, Arkansas, Louisiana, Mississippi

Representative: **Beth Wingfield**, 706-459-5729/GA  
[RR8@milwomen.org](mailto:RR8@milwomen.org)

REGION 9: Iowa, Kansas, Missouri, Nebraska

Representative: **Michele Batliner**, 816-315-9229/MO  
[RR9@milwomen.org](mailto:RR9@milwomen.org)

REGION 10: Georgia, North Carolina, South Carolina, Tennessee

Representative: **Beth Wingfield**, 706-459-5729/GA  
[RR10@milwomen.org](mailto:RR10@milwomen.org)

REGION 11: Kentucky, Illinois, Indiana, Ohio, West Virginia

Representative: **Jennifer Baun**, 314-803-8643/OH  
[RR11@milwomen.org](mailto:RR11@milwomen.org)

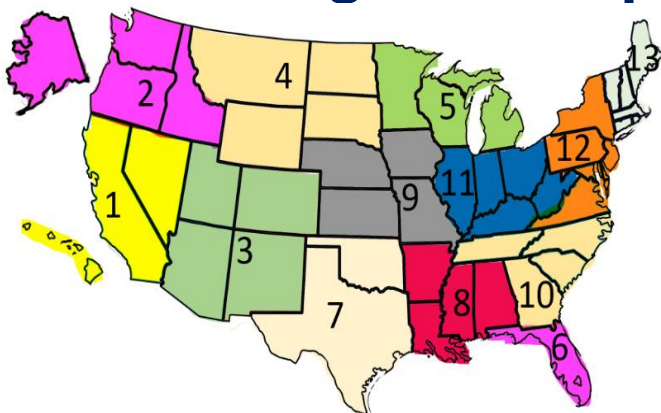
REGION 12: Delaware, District of Columbia, Maryland,

New Jersey, New York, Pennsylvania, Virginia  
Representative: **Dassa Carvey**, 757-363-3059/VA  
[RR12@milwomen.org](mailto:RR12@milwomen.org)

REGION 13: Connecticut, Maine, Massachusetts, New  
Hampshire, Rhode Island, Vermont

Representative: **Alicia Rodriguez**, 401-924-2589/RI  
[RR13@milwomen.org](mailto:RR13@milwomen.org)

## MWAN Regional Map



Contact information for each Regional Representative is provided in the chart to the right.



**ONLY USE CURRENT ORDER FORM**

**MWAN Supply Locker**

**FEBRUARY 2024**

Name: \_\_\_\_\_ (Why not use a return address label here!)

Address: \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Did you circle the type/size and/or color on items?? **Double Check please!** \*\*Phone Number: ( ) \_\_\_\_\_

Price per piece...X Number you want = total cost for item(s)

**PATCHES**

- MWAN 2½" (caps) \$3 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN 3" (shirts) \$4 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN 8½" (vest) \$10 X \_\_\_\_\_ = \_\_\_\_\_
- USN Women Veteran \$6 X \_\_\_\_\_ = \_\_\_\_\_
- Patches: Navy Flag or Services \$4 X \_\_\_\_\_ = \_\_\_\_\_  
(USN, USAF, USMC, USCG, ARMY)
- American Flag Patch (3½"x2") \$4 X \_\_\_\_\_ = \_\_\_\_\_
- Women are Veterans, Too \$5 X \_\_\_\_\_ = \_\_\_\_\_
- WAVES Anchor (old style) \$4 X \_\_\_\_\_ = \_\_\_\_\_
- Vietnam Era Eagle \$6 X \_\_\_\_\_ = \_\_\_\_\_

**JEWELRY & PINS**

- MWAN Coin \$10 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN Lapel pin \$4 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN Charm \$7 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN Earrings \$12 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN Coin Keychain \$12 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN Mouse Pad \$6 X \_\_\_\_\_ = \_\_\_\_\_
- Original Hat Pin \$10 X \_\_\_\_\_ = \_\_\_\_\_
- Anchor & Prop Earrings \$14 X \_\_\_\_\_ = \_\_\_\_\_
- Anchor & Prop Charm \$7 X \_\_\_\_\_ = \_\_\_\_\_
- Anchor & Prop Lapel Pin \$4 X \_\_\_\_\_ = \_\_\_\_\_
- Veteran Lapel Pins \$4 X \_\_\_\_\_ = \_\_\_\_\_  
(USN, USAF, USMC, ARMY)
- Honor-Courage-Sacrifice Veterans Pin \$5 X \_\_\_\_\_ = \_\_\_\_\_
- Vietnam Era Pins \$6 X \_\_\_\_\_ = \_\_\_\_\_
- Veteran American Flag Pin \$5 X \_\_\_\_\_ = \_\_\_\_\_
- Freedom Forever Eagle Pin \$5 X \_\_\_\_\_ = \_\_\_\_\_
- US Flag & Service Flag Pin \$4 X \_\_\_\_\_ = \_\_\_\_\_  
(USN, USAF, USMC)
- USN Hat Pin (Spread Eagle w/USN) \$8 X \_\_\_\_\_ = \_\_\_\_\_
- USN Crest Lapel Pin \$4 X \_\_\_\_\_ = \_\_\_\_\_
- US Navy Lapel Pin \$4 X \_\_\_\_\_ = \_\_\_\_\_
- USN Patriotic Ribbon Pin \$4 X \_\_\_\_\_ = \_\_\_\_\_
- POW/MIA Lapel Pin \$5 X \_\_\_\_\_ = \_\_\_\_\_
- Department of Navy Lapel Pin \$4 X \_\_\_\_\_ = \_\_\_\_\_
- Service Crest Lapel \$4 X \_\_\_\_\_ = \_\_\_\_\_  
(USN, USAF, USMC, USCG, ARMY)
- Service Dogtag Pins \$5 X \_\_\_\_\_ = \_\_\_\_\_  
(USN, USAF, USMC, USCG, VETERANS)
- US Vet Stars/Stripes Lapel Pin \$9 X \_\_\_\_\_ = \_\_\_\_\_
- Honoring Women Veterans Pin \$6 X \_\_\_\_\_ = \_\_\_\_\_
- Poppy Flower Lapel Pin \$5 X \_\_\_\_\_ = \_\_\_\_\_

**MWAN CLOTHING ITEMS**

- Neck Tabs, Black w/Velcro \$12 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN Visor \$15 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN Ball Cap \$15 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN T-Shirt \$11 X \_\_\_\_\_ = \_\_\_\_\_**  
**Sizes: S, M, L, XL, 2XL, 3XL, 4XL**
- MWAN Polo Shirt \$36 X \_\_\_\_\_ = \_\_\_\_\_  
**Gray or White** Sizes: S, M, L, XL, 2XL, 3XL, 4XL
- MWAN Jacket \$36 X \_\_\_\_\_ = \_\_\_\_\_  
Sizes: S, M, L, XL, 2XL, 3XL
- MWAN Sweatshirt \$28 X \_\_\_\_\_ = \_\_\_\_\_  
Sizes: S, M, L, XL, 2XL, 3XL, 4XL
- MWAN White Dress Shirt \$34 X \_\_\_\_\_ = \_\_\_\_\_  
Sizes: S, M, L, XL, 2XL, 3XL, 4XL, 5XL
- Patriotic Scarf (100% Polyester) \$4 X \_\_\_\_\_ = \_\_\_\_\_

**ITEMS OF INTEREST**

- American Veteran Bracelet \$5 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN Playing Cards \$10 X \_\_\_\_\_ = \_\_\_\_\_
- Canvas Key Chain/Stars & Stripes \$6 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN Window Decal \$3 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN Magnets \$2 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN Car Magnet (8" Oval) \$5 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN Pencils (2 each) \$1 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN Pens (4 each) \$4 X \_\_\_\_\_ = \_\_\_\_\_
- WAVES Key Chain, Rubber \$5 X \_\_\_\_\_ = \_\_\_\_\_
- DD214 Alumni Decal \$6 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN Flags (3'x5') \$80 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN Table Coverings \$120 X \_\_\_\_\_ = \_\_\_\_\_
- MWAN PopSockets \$10 X \_\_\_\_\_ = \_\_\_\_\_  
3 for \$20 X \_\_\_\_\_ = \_\_\_\_\_

**NAME BADGE W/MWAN PUCK** \$15 X \_\_\_\_\_ = \_\_\_\_\_

Double clutch back **OR** Magnet back (circle one)  
 Name on Badge: \_\_\_\_\_  
 Nickname/Maiden: \_\_\_\_\_  
 Unit or Other Info: \_\_\_\_\_  
 Branch: \_\_\_\_\_ Years / From \_\_\_\_\_ To \_\_\_\_\_  
 (\*\*Use back of form if you need more space\*\*)

**Merchandise SUBTOTAL . \$ \_\_\_\_\_**

**\*\*Shipping Costs\*\***  
 Up to \$40 = \$9; \$41-\$100 = \$17; \$101 & above = \$20

**ADD Shipping Charge . . \$ \_\_\_\_\_**

**TOTAL DUE . . . . \$ \_\_\_\_\_**

Check/MO #: \_\_\_\_\_

**NO PHONE ORDERS**

Make checks/Money Orders payable to **MWAN SUPPLY LOCKER**

Mail check with Order Form to: Linda Coffield, 95 Vernon Street, Atoka, TN 38004-7771

Questions? Call: (901) 488-4153 or Email: LindyC1951@gmail.com

**\*\*See my article in the Bulletin for a special MWAN T-Shirts**

**NOTE:** MWAN Ladies White Dress Shirt **RUN SMALL** (Ladies cut). POLO Shirts are unisex, sizes run larger; I suggest you order a size smaller.





[www.milwomen.org](http://www.milwomen.org)

# Silver Taps

## U.S. Navy

Mary Jane "MJ" (Phillips) Smith	118/ME
Jane Elizabeth Hessler	MAL/DC
Phyllis June (Chase) Kurz	MAL/FL
Eugenia (Clark) Woodward	MAL/HI
Frances Mary (Ortowski) White	MAL/IL
Sara E. "Sally" (Miller) Manning	MAL/MS
Julia Cathryn "Cathy" Carroll	MAL/NC
Myrtle Marie (Linderman) Council	MAL/PA
Barbara (Corwin) Folk	MAL/VT



## U.S. Army

Lurline DeCarolyn (Almond) Person	157/AL
Hope Elizabeth (Rogers) Kirkendall	159/FL

*Gone, but never forgotten*

MAL = Member at large \* Denotes Charter Member of WAVES National  
 Submit all Silver Taps info to Patty Parks, 6920 Sawtooth Dr., Ooltewah TN 37363 or [HERstorian@milwomen.org](mailto:HERstorian@milwomen.org)

<b>MEMBER-AT-LARGE MEMBERSHIP RENEWAL FORM</b>	<b><u>PLEASE PRINT</u></b>
<b>(Dues period 1 January to 31 December)</b>	
Name: _____	Member ID #: _____
Address: _____	
City: _____	State: _____ Zip Code: _____
Email Address: _____	
<b><i>NOTE: Future newsletters will be sent via email. If you <u>Prefer A Printed Copy</u>, please check here <input type="checkbox"/></i></b>	
Phone: _____ <b><i>Life Membership for those 90 years &amp; older is a one-time payment of \$30.</i></b>	
National Dues for 1 year are <b>\$25.00</b> + Tax Deductible Donation \$ _____ = <b>Total Amount: \$ _____</b>	
Please enclose a check or money order made payable to "MWAN", and submit with this form to:	
<b>Maura Mooney, VP for Finance, 228 Goldman Lane, Petaluma CA 94952-3682</b>	
<i>First-time applicants must use the MWAN membership application available online at <a href="http://www.milwomen.org">www.milwomen.org</a></i>	