

MILITARY Women's BULLETIN



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VOLUME MMXXIV, #4

AUGUST 2024

How to avoid &/or recover from falling.

by Martha Alderman, Region 3 Representative

Hello Sisters! Have you ever seen the commercial where an older woman has fallen? Of course, our first thoughts may be "that would never happen to me." Well, it hasn't happened to me - yet - but falls are a leading cause of injury among older adults. They can lead to twisted ankles or fractured hips, impacting our quality of life.

Cluttered rooms, rugs that bunch up or slide, and dark spaces increase our risk of falling. Also, as we age, physical changes and, sometimes, medications we use can make falls more likely. Still, fear of falling doesn't need to rule our lives. Consider these simple strategies to reduce your risk of injury, and/or to recover after a fall.

Keep living spaces clear.

Living rooms and other spaces where you spend a lot of time can collect clutter. Don't let your coziest rooms trip you up. Here are a few ways to make them safer:

- Make sure sofa or chairs are at heights which allow you to easily get up or down.
- Eliminate rugs if possible, or at least add non-slip strips. And, make sure rugs are pushed up against the wall so there are fewer edges to trip on.
- Install handrails on both sides of any stairs.
- Ensure cords don't cross any areas where you walk.
- Make sure high-traffic, walking areas are free of clutter.
- Put frequently used items (remote, phone, walker or other assistive devices) where they're easy to reach.

Be extra cautious in bathrooms.

Bathroom tiles look nice, but dampness adds risks and water can find its way into many spots. This makes stepping out of the shower or tub riskier than it needs to be. Consider these upgrades to your bathroom:

- Never push or pull on a towel rack. They aren't safe and cannot bear your weight. Instead, install grab bars near your toilet and shower.
- Put non-slip mats anywhere that may get wet and slippery.
- Use night lights to avoid late-night falls.
- Take extra care when stepping into and out of a tub/shower.
- Consider using a tub bench or shower seat to avoid sitting on the bottom of the tub or standing in the shower.

Other rooms in your house might need some updates, too. These ideas can help:

- Place extension cords along walls, away from walking spaces.
- Keep a flashlight and phone near your bed at night.
- Don't use a chair to reach things. They aren't designed for standing on. Instead, use a 'reach stick,' a low step stool, or, better yet, ask for help.
- Add slip guards to hardwood floors.



What to do if you fall.

Unless you have had a stroke and cannot move, here is how you may be able to get up.

Roll onto your side, and then push yourself up to get on your hands and knees. In that position, you may be able to crawl to a piece of sturdy furniture. Use the furniture to brace yourself with your stronger leg next to it, then push or pull yourself up. I have a "bad" knee, but I can push myself up with the "good" one. And, while crawling may not be ladylike or easy, even if you cannot get yourself up, you can crawl to your phone to call 911 or a friend for help.

If you cannot move or crawl, keep warm by wrapping yourself in any nearby furniture covers, pillows, towels, clothing or other available material, and yell for help.

Consider getting a wearable help device.

These devices have improved greatly during the past few years, so they are smaller, more efficient, and even fashionable, coming in a variety of styles and prices. But, more importantly, they provide a convenient way to call for help anytime, especially if you live alone.

And, DO NOT worry about being a bother to the fire department or paramedics! They are trained to help, and it is their mission and job to help. When that strong, attractive, kind young man or woman shows up, you'll know you're safe.

Treat ALL falls as serious! Call your doctor or physical therapist even if you think you were not hurt. A fall can be a symptom of serious problems, and internal injuries may not be immediately evident.

Click the following link to download a 2-page VA document with pictures showing how to recover from a fall: https://www.patientsafety.va.gov/docs/WhatIfFall_RevNov12.pdf

→→ **Don't Forget!** ←←

Unit Annual Finance Report DUE 1 SEP
Unit Letter of Authorization DUE 1 SEP
October Bulletin Input DUE 1 SEP

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

Presidential Ponderings

by GinaMarie Doherty, National President

Well, it's only about a month until the 2024 MWAN National Convention! I cannot wait to see you again. I hope you all registered to attend, and took the opportunity to place an advertisement in our convention program.

I am grateful for all of you! How are we doing? Is there something you have in mind for our organization? Do you have an idea for an organizational-wide fundraiser? Please reach out to me or a staff member. Our contact information can be found on page 10.

Please allow me to take this opportunity to thank all the wonderful officers and staff members for their dedication to our organization. There are several processes which require constant communication, routine follow-up, as well as the filing of reports. Sometimes this is not an easy task but, we persevere knowing our primary goal is to "Keep female veterans connected while preserving our common history".

I enjoy reading all the wonderful events taking place in your units; events at veterans hospitals, veterans homes, bake sales, meetings, ceremonies, parades, and more. I look forward to seeing all your patriotic photos of Fourth of July celebrations in this bulletin's "Sound Off" section. Remember any member-at-large or unit can place an article in *Military Women's Bulletin*.

Here's to a happy and healthy rest of the summer relaxing with family and friends! May God Bless you all! Please continue to pray for our sisters and brothers serving in harm's way throughout the world.

Fiscal Findings

by Maura Mooney, Vice President for Finance

Summer is a busy time for all of us. For unit treasurers there are requirements coming up. Each unit must submit a signed Letter of Authorization and an Annual Unit Financial Report by September 1st. These reports should be sent to me via email. If you prefer to submit a hard copy of the documents, please call me for my mailing address. My contact details are on Page 10 of this bulletin.

Additionally, units are strongly encouraged to perform an audit of unit finances at the end of each fiscal year; when a new unit treasurer is elected, or anytime the unit president

Officers' Call

deems it necessary. Audit guidance as well as recommended forms are on our MilWomen.org website in the Procedures Manual which is located under the "Governing Docs & Forms" tab.

Finally, each unit is responsible for filing their IRS 990N Postcard **No Later Than December 1st** each year. Failure to file the 990N can result in the forfeiture of your unit's non-profit status. Please reach out to me if you have any questions about these reports or unit finances in general.

Wishing you each a great summer, and I hope to meet you at our convention in Rhode Island.

Supply Locker Convention Special!!

by Linda Coffield, Supply Locker Officer

Planning to attend Convention in Rhode Island? Here's a deal for you! **NO shipping charge** if you pick up your order, **AND** you get **10% off** the total cost of your Pre-Order!

Just **Pre-Order** your items on the Order Form in this issue, and your items will be brought to you at the Convention! Make certain to mark the order form across the top with, "**MWAN CONVENTION 2024**," and, instead of a Shipping Charge, write in **FREE!** Pre-orders **must be received no later than September 5th, 2024 to be eligible.**

Also, the Supply Locker is offering a couple new lapel pins: **Flag Peace Sign/\$6 (1" dia)** **Veteran Flag/\$7 (1.25" X 7/8")**



Finally, stop by the Supply Locker at convention and get a free raffle ticket for each item purchased!!

See you in Rhode Island!!

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OR send via E-mail to: Finance@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 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.

Sound Off!

REDWOOD EMPIRE MILITARY WOMEN

Unit #77 (CA) – We participated in the Memorial Day Program on May 27th, along with the other VSOs in the community. President Trisha Almond represented our unit, and we honored our late member, Pat Tremaine. VFW Post 1929 and their auxiliary hosted a lunch at the Petaluma Veterans Memorial Building following the program.



Memorial Day program participants (L-R) were Trisha Almond, Rose Nowak, Emily Sousa, Kate O'Hare Palmer, Maura Mooney

On June 12th, several members attended a celebration of Women Veterans Day with other Sonoma County Women Veterans, which was hosted by Torches Restaurant in Petaluma. The event was coordinated by Amanda Lopez of the Sonoma County Women Veteran Coalition and our own unit member, Maura Mooney.



Celebrating Women Veterans Day (front to back) on left: Jamie Fox, Melissa Burns, Annemarie Simmons; on right: Rita Eads, Kate O'Hare Palmer, Rose Nowak, Emily Sousa

Our July 13th meeting included the election and installation of our new unit officers. Several of us are looking forward to attending the convention in Providence and seeing all of you again.

OCEAN STATE

Unit #118 (RI) – We have been very active this summer. Several unit members marched in the Scituate Memorial Day Parade, and in a wreath-laying ceremony conducted at the Women's Memorial Statue May 24th the Rhode Island Veterans Memorial Cemetery. The wreath-laying is an annual event for the unit, which we also do on Veteran's Day. After each of these memorials, unit members gather for sistership at a nearby restaurant.

Our June 15th unit meeting was attended by 16 members. We planned activities for the months ahead, including fund-raising events in June and July, and a September 14th resource fair for women veterans. We have arranged for

various organization representatives to attend the fair so attendees will have access to information on several resources, benefits and services they are entitled to but may not know of. Attending organizations include: Medicaid/Medicare, Operation Stand Down, Social Security, Providence VA Hospital, Tricare, Delta Dental, Department of Labor and Training and a Veteran's Services Officer from the American Legion. The fair will be held from 11am to 2pm at Schofield Armory, 705 New London Avenue, Cranston. MWAN members from other states are welcome to attend.



Unit 118 member Mary Goff is pictured above speaking at the Women Veterans Appreciation Day ceremony conducted at Rhode Island State House. Several other unit members attended.

Two more activities we are exploring are 1) locating and reaching out to women veterans in long-term care facilities, and 2) sending letters to incarcerated women veterans.

Finally, during our meeting we were notified that the local semi-pro college baseball team from Newport, The Gulls, plans to host a Unit #118 appreciation night! We'll provide details in the next bulletin!

As you can see, we are staying busy. In closing, several unit members stated they will be attending the convention in September. And with that, we hope you all have a wonderful safe summer.

TRIANGLE WOMEN VETERANS

Unit #144 (NC) - For the second year, our unit sponsored the 2nd Annual Women Veterans Morning with the Mustangs at member Jill Blakeney's farm in Chapel Hill. More than 25 women veterans were in attendance including MAL Helen Bostick from the Richmond, VA, area.



Unicorn Bucky & Jill Blakeney provide a special welcome for out-of-town guest Helen Bostick.

Triangle Women Veterans #144 continued on Page 4.

Sound Off!

TRIANGLE WOMEN VETERANS #144 - Continued

Attendees at Morning with the Mustangs enjoyed getting fairy hair and manicures, grooming and riding horses, drumming, hayrides, art class, and the pleasure of each other's company.



Visiting veteran Sparkle (left) & unit member Pearl Galloway share yummy carrots with Mustang Jessie.

Continuing another newly-established tradition for the second year, unit members placed flags at area cemeteries, including the Cary First Christian Cemetery, an historic black cemetery. The church members were delighted to have their veterans, some from WW1, honored and remembered.



Pictured above (left to right) are unit members Adina Lev, Nelly Onate & Bernie Donato.

The Rotary Club of Durham presented a "Flags for Heroes" event from May 19th to June 16th. Member Bernie Donato funded TWV's Silver Corporate sponsorship which honored members Brenda Brubaker, Jill Blakeney and Norma Schrader (in memory). Pictured at right, unit members Jennifer Griffith (left) and Bernie (right), aided by Orleans (middle), assisted in assembling and placing flags.

More than 100 flags were labeled and flown in honor of veterans and first responders.



Bernie Donato (left) and Jennifer Griffith (right) with Durham Mayor Leonardo Williams at Flags for Heroes.

Veterans Bridge Home and other organizations hosted a Women Veterans Day Summit on June 12th. The free event was held at Richard Childress Racing facility in Welcome, and included lunch (sponsored by the Gary Sinise Foundation). The summit began with a self-defense presentation. Support resource organizations were in attendance and presentations related to physical, mental and financial wellness were given. TWV members chatted up other women veterans which resulted in new memberships. Keynote speaker for the summit was the dynamic Brigadier General Twanda "Tia" Young, US Army, Retired, who took time to pose with our unit members.



Standing left to right: Adina Lev, Jennifer Griffith, Bernie Donato, BG Young, RaNae Kellum, Carolyn Comfort & Jill Blakeney with Orleans on the floor.

MEMPHIS BELLES

Unit #151 (TN) – Unit President Kathy Desjarlais (pictured below with Lions Club President Bobby Chapman) was guest speaker at a local Lions Club luncheon where she spoke on Women in the Military.



In honor of Tipton County April Veteran of the Month retired Navy Chief Candice Ganser, our unit provided refreshments for the reception following the ceremony.



Pictured above (left to right) at the reception are Maribeth Patton, Anne Day, Becky Dickinson, Kathy Desjarlais, award recipient Candice Ganser, Sami Phillips, Jean Jungkans & Linda Coffield

We dedicated part of a Saturday afternoon to assist with a ramp build for the widow of a Vietnam veteran who was stuck in her home because she could no longer safely maneuver up and down steps. Although she does not like to be photographed, the lovely Gwendolyn (pictured below) graciously agreed to show off her new ramp and her ability to get in and out of her home.



In May, Kathy received her 4,000-hour pin and Lifetime Achievement Award during the annual Volunteer Awards Ceremony sponsored by the VAMC in Memphis.



Kathy,

*Thank
you*

*For your years
of time & effort!*

Above: Kathy Desjarlais with Joseph Vaughn, Director, Memphis VAMC

For Memorial Day, we placed 137 flags on veteran's graves. Kathy coordinated the county's annual Memorial Day service with participation by unit members Sami Phillips, who read one of the remembrance poems, and Anne Day, who played Taps at the end of the program. Attendance was great, and we enjoyed both the service and the follow-on reception.

Sound Off!



Pictured at the Memorial Day reception are (left-right) Anne Day, Kathy Desjarlais, Sami Phillips, Linda Coffield, Jean Jungkans & Becky Dickinson (along with John Tubbs, USN, retired keeping a watchful eye on the proceedings).

The Memphis Belles had previously helped raise funds to build the West Tennessee Veterans Home in Arlington. Kathy accepted an invitation to a construction-site visit and brought back numerous pictures to share with all the veteran organizations. She was also excited to report the home's opening is tentatively set for May 2025.

Jean Jungkans represented us at the Wreaths Across America Educational Exhibit: A Day of Remembrance, when the truck made a stop in our area. The staff surprised Jean by presenting her a Vietnam Veteran lapel pin and certificate.



Jean holding her Vietnam veteran pin, coin and certificate is pictured above with Steven Tatum (left) & Andy Tatum (right).

In June, several members attended Millington's Flag Day Celebration. We were honored to sit with 101-year-old, WWII Veteran John Abbott, who served in both the US Army and Merchant Marines



Pictured above with John Abbott are (left to right) Jean Jungkans, Becky Dickinson and Kathy Desjarlais.

Sound Off!

MILITARY WOMEN OF TIDEWATER

Unit #152 (VA) – Our very own Information Systems Technician Master Chief Suzanne Davis was recently honored with her retirement award in the presence of her military sisters. Suzanne was awarded the Meritorious Service Medal in recognition of her dedicated 28 years of active-duty service. Throughout her career, Suzanne has demonstrated unwavering commitment not only to the sailors she has led, but also to our community's veterans.

Suzanne is pictured below center with unit members Betty Hand (left) & Martha Kastler.



The Air Power Park and Museum in Hampton marked a significant return over the Memorial Day weekend following a period of closure due to the pandemic and a huge renovation project. One of the many volunteers of this event was Alicia "BZ" Baqueroalvarez, who represented Unit 152 in its grand reopening. The event was a joyous celebration catering to all ages, featuring live music, interactive activities, and informative exhibits for families to enjoy. BZ took charge of an educational booth where children could test their paper airplanes, fostering a fun and competitive atmosphere among the young participants. Reflecting on the event, BZ expressed her delight in witnessing the enthusiasm and engagement of the children, which added to the overall enjoyment of the occasion.



BZ is pictured above providing some aircraft structural guidance to event attendees.

Unit members celebrated the start of summer in style with our annual summer party-themed "Sock Hop." It was a fun-filled event where some of our members dressed up for the occasion, adding to the festive atmosphere. However, whether dressed up or not, everyone thoroughly enjoyed themselves. We are pleased to share that the event was also a success in terms of fundraising. Through activities such as a silent auction, sales of emblematic, and generous donations, the unit raised a total of \$610. This achievement underscores the strong support and camaraderie within our unit and community.



Sock Hop attendees (left to right) are Back row: Betty Hand, Aisa Harl, Taeko McFadden, Jennifer Sherman, & Marti Stansbury; Middle row: Maggie Smith, Suzanne Davis, Pat McFadden, Lesli Carpenter, BZ, Sheila Jessen, & April Maletz; Front row: Maggie Cobb, Geraldine Rivera, Jo Heimeril, Bobbie Walden & Cathy Schweitzer

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

SALT RIVER MILITARY WOMEN

Unit #155 (AZ) – At our April meeting, we hosted a baby shower to benefit the VA's Maternity Outreach for Veteran Family Program: This was started years ago by two Unit 155 members, and is now our 'pet project.' Unit member Joan Sisco who works with the head of the Woman Veteran Health team, directs this program and attended the 'shower' to receive all the donated goodies. We played a couple of silly games for prizes, ate pizza and had a great visit.



Baby Shower attendees (left to right) Front row: Diana Green, Yvonne Lyles, Norma Joiner, & Ariana Gooding; Middle row: Margaret Waldron, Joan Sisco, Kitty Bickle, Barbara Ellis & Beth Anne Whiting; Top row: Martha Alderman, Jennifer Little, Elisabeth Lewandowski, Gabe Forsberg, Sherry Hill, Shirley Crawford, Kiameshi Guy, Jill Dodge & Georganne Bickle.

In June, we had our last meeting before our summer hiatus and we held elections. Martha Alderman is President, Elisabeth Lewandowski is Vice President, Georganne Bickle is Secretary, and Yvonne Lyles continues as our Treasurer. Talk about Deja vu! Many of

our longtime members do not have energy or time for leadership but we are trying to hold our unit together as long as possible, because we all just love each other! We'll have one more meeting before the national convention (Woo Hoo!) which about five of us are planning to attend. We're all eager to see our other sisters again.

TRISTATE WOMEN VETERANS

Unit #157 (TN) – In spite of this summer's heat, unit members have been very busy making certain the community remembers 'Women are Veterans!' Flag Day found us in Fort Oglethorpe, GA, helping educate the community on the proper disposal of American flags. As part of the program, Patty Parks and Jo Schendel (pictured below left & right respectively) demonstrated how to properly fold the American flag.



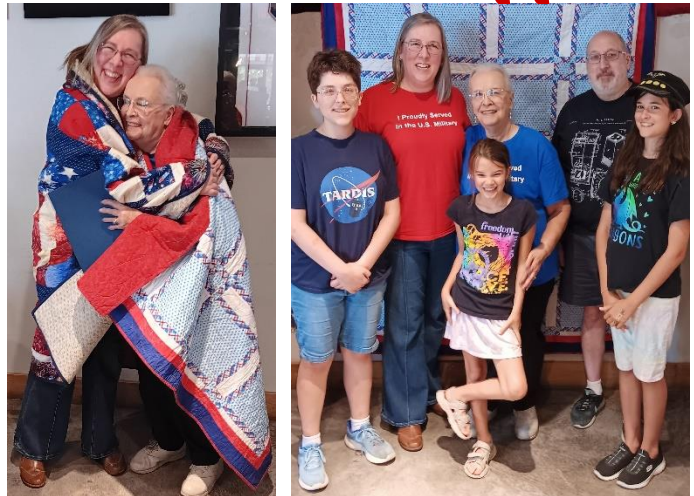
The Chattanooga VA Clinic helped celebrate its appreciate of women veterans with a full day of female-specific services and information, highlighted by the presentation of Quilts of Valor to three women veterans. Two of the awardees, Lorraine Dorado and Denise McDermott, are Unit 157 members, so their sisters were there to thank them for their service!



Pictured above are those who attended the VA clinic women veteran appreciation event (left to right) Ruby Hardin, Donna Agee, Jo Schendel, Lorraine Dorado, Denise McDermott, Sheila Billings, Penny Manna, Patty Parks, and kneeling in front Shelly Galloway & Gloria Gray.

Closing out June with one of our wild and crazy Red Shirt Luncheons, we continued the 'quilts in the summer' theme with the awarding of two more Quilts of Valor. Our awardees this time were Donna Agee and Jo Schendel. What made this ceremony a little unique, is that Donna is Jo's mom. Surrounded by their family and a room full of sister veterans, mom and daughter were thanked by everyone for their military service: Donna in the Air Force, and Jo in the Coast Guard. What a wonderful day!

Sound Off!



On left, Jo hugs Donna while wrapped in their respective quilts. At right, Jo and Donna are surrounded by their family members.



Another successful Red Shirt Luncheon! (Left to right) Back two: Jennifer Reed Palmer & Zaida Ringheimer; Middle group of 11: Deborah James in front of Sheila Billings, Gladys Flores, newest member former WAC Ruby Hardin, Jo Schendel, Carla Bell, Lorraine Dorado, Janet Duncan, Wendy Burke, Denise McDermott & Joyce Campbell; Seated group of five: Guest Kenia Ramirez, Renee Chisholm, Donna Agee, Penny Manna & Beth Wingfield; Front two: Patty Parks & Gloria Gray

Rhode Island Or Bust!



Sound Off!

NEW ENGLAND

Unit #158 (RI) – A few of our newest unit members recently attended a women veterans' event.

Pictured below (left to right) are Marty Gladu, Christine Tron, Massachusetts Veterans Services Executive Secretary Jon Santiago, and Natalie Call.



LAKELAND ROYAL SWANS

Unit #159 (FL) – Greetings from Lakeland! Besides our May and June meetings, we were able to volunteer at the James A. Haley VA Women's Clinic on three different occasions for their Women Veteran's Drive Through Baby Shower (once for stuffing the gift bags, and once for organizing the items to be handed out at the actual shower), as well as at their Annual Health Fair.



Kathleen VanMiddlesworth (left) & Linda Osborn stuff gift bags for the Drive Through Baby Shower.



(Left to right) Kathleen VanMiddlesworth, Kathleen's granddaughter, Ellie – aka Sailor Girl, and Jessyca Carpenter organize items for the Drive Through Baby Shower



June meeting attendees (left to right) Front row: Pat Watson, Gwen Pipkin, Lorraine Peaslee and Kay Shelby; Back row: Grace Tate, Jessyca Carpenter & Kathleen VanMiddlesworth

In June, Kathleen VanMiddlesworth and Irene Rapoza attended the dedication of a granite bench by members of Military Women of Tampa Bay Unit #55 of MWAN. The bench (pictured below) is located in the Hillsborough County Veterans Memorial Park & Museum. Thank you to our Unit #55 sisters for this generous gift.



We recently welcomed two more sister veterans to our unit. Pictured below are Charlene Broome (left), Army, & Sharon Westphal, Air Force



Lakeland is located between Tampa and Orlando. Meetings are held on the 4th Saturday each month at 1100 at American Legion Post 4, 1375 Ariana Street, Lakeland. If you know any sister veterans in the central Florida area who may be interested in joining our unit, please have them contact Kathleen VanMiddlesworth at (863) 450-5008 (please leave a message), or by email at MilitaryWomenLakeland@gmail.com. You can also find us on Facebook at facebook.com/LRSofMWAN/.

MEMBER-AT-LARGE, ARIZONA

In April, MWAN MAL Terry Taylor, and her husband Richard Taylor, a Vietnam combat veteran, (pictured at right) were part of Honor Flight Arizona, Mission 105, to Washington D.C. Here's her story:



"The only other time that I was in D.C. was in 1987, and some of the memorials we visited on this trip did not even exist then. They are really a sight to behold, and I'm so glad that we got to see them! Unfortunately, the Vietnam Women's Memorial was closed that day, but we visited all of the other war memorials as well as Arlington Cemetery where we saw the changing of the guard.

It didn't surprise me that I was the only woman veteran in the group. I'm used to that. What did surprise me was the number of young women and girls who thanked me for my service and asked if they could take a photo with me!

I can't say enough about Honor Flight. It was an amazing experience that I'll never forget!



Above, Terry visits a bronze relief commemorating women in the Navy at the Navy Memorial in Washington.

MEMBER-AT-LARGE, PENNSYLVANIA

Former Merchant Marine Chief Engineer Mary Frances Culnane, better known as "Mare", of Thompson, is a 20-year member of WN/MWAN.

Mare volunteers annually to play Taps on Memorial Day for the American Legion Post 209 in Lake Como, and at several cemeteries in rural northeast Pennsylvania.

This year, she was honored to be invited to play Taps on May 18th for the Salute to Military Women monument

dedication ceremony in Honesdale. However, a little surfing on the internet revealed there is a bit more to Mare than just her bugling skill.



Mare is pictured above with the newly dedicated Salute to Military Women monument in Honesdale.

While she's listed as a Coast Guard veteran on the MWAN database, and her degree was earned at the United States Merchant Marine Academy in Kings Point, NY, her personal and professional achievements are cemented together with "firsts" and significant tenacity which firmly entrench her as one of our trailblazing sisters! Please consider reading her story which was published in a Special 2019 Issue of the *Coast Guard Proceedings* entitled *Pioneers & Prodigies*. The article may be downloaded at:

<https://www.dco.uscg.mil/Featured-Content/Proceedings-Magazine/Proceedings-Archives-Delete/Proceedings-Archives/>

MILITARY HerSTORY

When President Roosevelt established the Navy Nurse Corps in 1908, he assigned **Esther Voorhees Hasson** (pictured at right) to lead the group, which became known as the "Sacred Twenty."



Born in 1867, by 1908 Hasson was a seasoned military woman having earlier served as an Army contract nurse in the Spanish American War; on the hospital ship *Relief*, and in the Philippines during the Philippine insurrection.

Leaving the Army in 1901, she was a nurse in Panama (1905-1907), before her assignment to the Navy Nurse Corps (1908-1911). In WWI (1917) she became active again as an Army Reserve nurse. Shortly after, she lost her arm. Unable to sew it back on, she continued performing surgeries one handed. Hasson died in March 1942 and was buried at Arlington National Cemetery.

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Representative: **Beth Wingfield**, 706-459-5729/GA
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REGION 11: Kentucky, Illinois, Indiana, Ohio, West Virginia

Representative: **Jennifer Baun**, 314-803-8643/OH
RR11@MilWomen.org

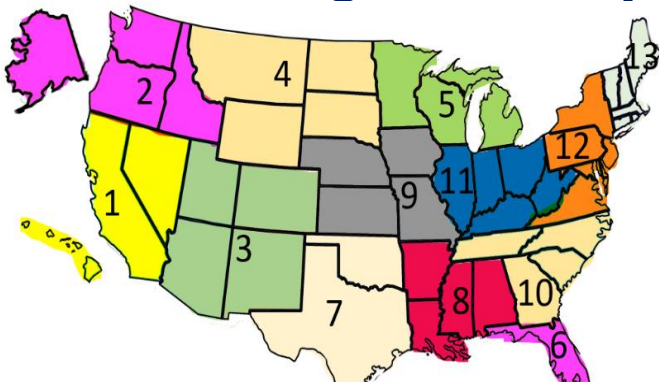
REGION 12: Delaware, District of Columbia, Maryland,
New Jersey, New York, Pennsylvania, Virginia

Representative: **Dassa Carvey**, 757-363-3059/VA
RR12@MilWomen.org

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

Representative: **Alicia Rodriguez**, 401-924-2589/RI
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

AUGUST 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 _____ = _____
- Flag Peace Sign Pin \$6 X _____ = _____**
- Service Crest Lapel \$5 X _____ = _____
(USN, USAF, USMC, USCG, ARMY, **Nat Guard**)
- Service Dogtag Pins \$5 X _____ = _____
(USN, USAF, USMC, USCG, VETERANS)
- Veterans Flag Lapel Pin \$7 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 \$18 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 on Page 2 of THIS Bulletin for A Convention 2024 SPECIAL!**

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

Silver Taps

U.S. Navy

Mary 'Faye' (Boughner) Scoggins	055/FL
Gladys M. (Hoffmire) Martin	006/PA
Joyce Carolyn (Wilday) Mason*	MAL/CA
Michelle M. Busch	MAL/DC
Helen (Kowba) Baj	MAL/MA
Mary (Goodman) Edwards	MAL/NC
Charlotte (Craig) Bart	MAL/NJ
Mary (Gray) Jacqmin	MAL/OH
Pamela M. Doerr	MAL/WA

U.S. Coast Guard

Helen (Tasker) Doxsee	MAL/VT
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*Gone,
 but never forgotten*

MAL = Member at large * Denotes Charter Member of WAVES National

Submit all MWAN member Silver Taps info to Patty Parks, 6920 Sawtooth Dr., Ooltewah TN 37363 or HerStory@MilWomen.org

MEMBER-AT-LARGE MEMBERSHIP RENEWAL FORM

PLEASE PRINT

(Dues period 1 January to 31 December)

Name: _____ Member ID #: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____

NOTE: Future newsletters will be sent via email. If you Prefer A Printed Copy, please check here

Phone: _____ **Life Membership for those 90 years & older is a one-time payment of \$30.**

National Dues for 1 year are **\$25.00** + Tax Deductible Donation \$ _____ = **Total Amount:** \$ _____

Please enclose a check or money order made payable to "MWAN", and submit with this form to:

Maura Mooney, VP for Finance, 228 Goldman Lane, Petaluma CA 94952-3682

First-time applicants must use the MWAN membership application available online at www.milwomen.org