

MILITARY *Women's* BULLETIN



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VOLUME MMXXIII, #5

OCTOBER 2023

1-800-MyVA411 opens many doors with one call

Provided by Mickey Kibler
MWAN VACDCE National Rep

Regardless of the kind of telephone you use, with one phone call, veterans, their families, caregivers and survivors can now easily access information on VA benefits and services, or be connected to an expert for answers to questions.



1-800-MyVA411(1-800-698-2411) is a national, toll-free number that serves as a "front door" to the VA. You can still reach the VA at any other direct or contact center number, but 1-800-MyVA411 offers the simplicity of a single number to call when you don't know who to call.

Established in 2020, 1-800-MyVA411 provides callers the option of pressing "0" to be immediately connected with a customer service agent to answer any questions or provide a warm-handoff to the appropriate VA expert.



1-800-MyVA411 is available 24 hours-a-day, 365 day-a-year to serve veterans, their families, caregivers and survivors. Call 1-800-MyVA411 to get information on VA care, benefits and services, such as:

- ◆ Veterans, their families, caregivers, and survivors can report incidents of sexual assault or sexual harassment at VA facilities by calling 1-800-MyVA411 and selecting option 9.

- ◆ Information on COVID-19 and the MISSION Act, which delivers access to health care – at VA facilities, virtually with telehealth, and in the community.



- ◆ Technical support for www.VA.gov.

- ◆ Financial information, such as debt and payment options.

- ◆ Immediate transfer to the Veterans Crisis Line or the National Call Center for Homeless Veterans for services and support from caring, and trained responders.

- ◆ Referrals during business hours, with an introduction from you and your issue to a VA specialist best able to assist.

- ◆ Health care eligibility and enrollment.

- ◆ Information on VA benefits, such as disability compensation and pension, education programs, caregiver support, insurance, home loan guaranty, and burial scheduling and markers, among others.

- ◆ The nearest VA facilities to where you live or to where you may be traveling; directory assistance, and connection to VA Medical Center operators.

The Veterans Crisis Line is always available 24/7 at 1-800-273-8255 and pressing 1 or by Texting 838255. You can also call the White House VA Hotline at 1-855-948-2311 to share your compliments or concerns.



More details about 1-800-MyVA411 are available at: <https://news.va.gov/82379/1-800-myva411/>

→→ **Don't Forget!** ←←

December Bulletin Input DUE 1 NOV

Unit IRS Form 990 DUE 15 DEC

MWAN Annual Dues DUE 1 JAN

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



MWAN National Convention
September 22-25, 2024
Crowne Plaza Providence-Warwick
Warwick, Rhode Island
Save the dates!

*Details coming soon on MilWomen.org,
on Facebook & in future Bulletins!*

Presidential Ponderings

by GinaMarie Doherty, National President

Your MILWOMEN Board of Directors met for its 2023 midterm meeting on August 19 in Chattanooga, TN. WELL DONE to Unit 157 for their wonderful hospitality, and sisterhood. Some meeting highlights include:

- The 2024 National Convention is set for September 22nd - 25th (please note the date change from an earlier announcement) in Warwick, RI, and will be hosted by national and regional officers, supported by Ocean State Unit 118 and New England Unit 158. Be on the lookout for the Call to Convention in the April 2024 Military Women's Bulletin.

- 100% of Midterm reports from National Officers and Staff were submitted. Please email me a request if you would like to see any of the reports.

- The 2024 Scholarship Topic has been decided: "Military Women in Command". The application will appear in the December 2023 and February 2024 Military Women's Bulletins.

- On a disappointing note, current membership is at an all-time low of less than 900 members with only 17 remaining units. We appreciate our members-at-large!!

- Finally, the 2024 National Officer Nominations Committee has begun seeking candidates for the 2024-2026 term. Please contact Monica O'Hara: plainsman9@cox.net if you are interested. Officer and Staff positions are listed on page 10.

Thank you to the Board of Directors for their attendance via zoom and in person. It was great to spend time with you all!

Membership Message

by Debbie Crutchfield, Vice President for Membership

I would like to thank Tri-State Women Veterans #157 for their hospitality while we were in Chattanooga for our midterm board meeting. We had a wonderful time and made some new friends.

I am working on some incentives to encourage our members to invite women members to join MWAN. My Unit, Triangle Women Veterans #144 in North Carolina makes our meetings available via Zoom, to those who can't physically attend. Our last meeting included an auction as a fundraiser, and many of our Zoom attendees were able to join in the bidding. We had a lot of fun, and raised a lot of

Officers' Call

money. I would like to encourage all our units to try using Zoom meetings to enable all your members to participate.

I would encourage unit presidents to obtain a list of members-at-large in your area that you can invite to participate in your unit meeting via Zoom. You might even find some new unit members. I can't emphasize the importance of getting our members-at-large involved with units. It gives them a sense of belonging.

We need to rebuild our membership. I encourage each of you to wear shirts or hats identifying yourselves as a veteran and/or MWAN member. You never know when you'll come across a sister veteran.

While we were in Chattanooga, Unit 157 found a potential new member at a restaurant where we were dining. Make your service known, and help grow our organization.

Keep a member application or two in your wallet to give to any women veterans you happen to meet. If you have other ideas, please let me know and I can pass them on to others around the country. **RECRUIT, RECRUIT, RECRUIT!!**

Unit Utopia

by Patty Parks, Vice President for Unit Liaison

Greetings to all. Renee Chisholm, found it necessary to resign due to health issues, so you're stuck with me. Please keep Renee in your thoughts and prayers for a speedy recovery.

Each unit president may expect an introductory call from me during the next few weeks, as I navigate the needs of our unit community. I've noticed many units do not have basic information on file, so that's where I'll begin.

Each unit should have an MWAN Charter certificate; approved unit bylaws under the unit's MWAN-approved name (a template is available for your use), and at least three elected officers with term dates identified on the MWAN Master Database.

One MWAN Charter certificate has already been issued, so we're on our way!

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 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 Ginger Daniels, P.O. Box 314, Shattuck OK 73858-0314

OR send via E-mail to: 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 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.

Finance Facts

by Maura Mooney, Vice President for Finance

Below is a summary of the Fiscal 2024 Budget approved at the MWAN BOD midterm meetings. If you have any questions about the budget, please contact me.

MWAN Fiscal 2024 Budget

| Projected Income: | |
|--|---------------|
| Dues Renewals | 8,000 |
| Dues New Members | 2,000 |
| Donations | 1,000 |
| Donation in Kind - Website Maintenance | 1,000 |
| Charter Fees New Unit | 25 |
| Fundraising/Royalties | 25 |
| Transfer from Scholarship Fund | 1,000 |
| Totals | 13,050 |
| Projected Expenses: | |
| President | 300 |
| VP for Membership | 300 |
| VP for Unit Liaison | 300 |
| VP for Finance | 300 |
| VP for Finance Expenses | 150 |
| Secretary | 0 |
| Secretary Expenses | 100 |
| Regional Reps (3 attendees) | 900 |
| MILWOMEN Bulletin | 7,150 |
| James H. Parke Scholarship | 200 |
| Website Maintenance | 1,000 |
| CA Tax | 25 |
| MWAN Scholarship | 1,000 |
| Midterm Expense | 200 |
| Insurance (3-year policy due 7-15-24) | 600 |
| Totals | 12,525 |

Volunteer Service Hours

by Karen Albert Warren, Volunteer Chair

Another year of volunteer work has come and gone. Thank you to all the units that submitted their volunteer hours. We had a total of 15,076.50 volunteer hours submitted: Veteran Administration 2,570, VA Community Service 6,878.50, and Community Service 5,628.00.

Some of the activities keeping our members busy included Wreaths Across America, Prayer Shawl Ministry, church activities, helping at senior centers, parades and conventions, NAACP functions, salutes to veterans, making cards, scouting projects, events sponsored by other veteran service organizations such as Disabled American Veterans, Veterans of Foreign Wars, American Legion, Fleet Reserve Association, etc., and, of course, our local MWAN gatherings and meetings.

Next year, please send a note and maybe a photo describing some of the activities your unit participates in. Also, members-at-large are encouraged to submit their volunteer hours, too!

I would love to include some of the creative ways you continue to serve our communities in next year's report. Keep up the good work ladies, you are making a tremendous difference in the world, one act at a time.

Supply Snapshot & Special

by Linda Coffield, Supply Locker Officer

How about some Veterans' Day gifts? The full-color, lapel pins pictured in the next column are great for gifts, to wear,

to collect, or display. They normally sell for \$4 each, but you can get a set of six different pins for only \$15! That's a savings of \$1.50 per pin!

The set represents all six of the armed forces: Army, Navy, Marines, Coast Guard, Air Force and Space Force. Each pin is 3/4-inch in diameter and includes a clip on back. See the order form on Page 11 to place your order.

NOTE: This special ONLY applies to the set of six different service pins pictured below.



Pins are pictured slightly enlarged to enhance detail.

Call for Nominations of National & Regional Officers For the 2024-2026 Election

By Monica O'Hara, Nominating Committee Chair

Our next national convention is less than a year away so now is the time to seek out the next slate of officers.

Offices to be filled are National President, Vice President for Finance, Vice President for Membership, Vice President for Unit Liaison, and all 13 Regional Representatives. Duties and responsibilities for each office can be found in the current MWAN Bylaws and the MWAN Procedures Manual available under the "Documents" tab at www.milwomen.org.

Are you or someone you know a good fit for one of these positions? If you want more information about serving as an elected officer, please contact the Nominations committee for a list of former office holders.

Nominating committee members are:
Monica O'Hara, CA, 619-507-0572, plansman9@cox.net
Beth Wingfield, GA, 706-459-5729, rr10@milwomen.org
Ginger Daniels, OK, 580-938-2310, secretary@milwomen.org
Yvonne Lyles, AZ, 602-410-2108, yslyles@gmail.com
Georgeanne Bickle, AZ 480-785-6806, gpbickle@gmail.com
Denise Duke, AL, 334-289-3142, deniseduke56@gmail.com

Nominations MUST BE SUBMITTED by DECEMBER 31st to the Nominating Committee.

A final list of candidates and their biographies will be published in the April 2024 Military Women's Bulletin, and the election ballot will be in the June 2024 MWB. Election results will be announced, and officer installation will be conducted at the 2024 MWAN National Convention.

Sound Off!

FIRST STATE MILITARY WOMEN WARRIORS

Unit #10 (DE) – On Saturday, October 7th, our unit will host a free lunch for Delaware Military Women to celebrate 40 years since Unit 10 received its original charter in 1983. This event will take place at the Delaware Commission of Veterans Affairs, 802 Silver Lake Blvd, Dover (entrance in the back, look for the Blue Awning and Flagpole) Lunch is at noon, but social time begins at 1130. RSVP (required) to Janice Squibb at dozendogs@verizon.net or 302-731-0075.

For many years now, a handful of women have been holding our unit together. We deeply appreciate the work these women have done, but they are tired, and its past time for some new blood with fresh ideas to step up. With 15 members on our roster, it should not be difficult to find the three officers required to retain our MWAN Charter.

Please help breathe new life into First State Military Women Warriors #10 by volunteering. If you want to volunteer, or have questions about officer duties, contact Pat Cerchio at Pat@NavyWN.com or 401-338-3798.

Delaware women feature prominently in our nation's military history. Let's keep their memory alive through our unit, and show the pride we have in our own service, to inspire tomorrow's military women.

NORTHEAST OHIO WOMEN VETERANS

Unit #21 (OH) – Northeast Ohio Women Veterans has had a busy summer and there is no sign of our schedule letting up any time soon. Members have participated in Memorial Day programs and Independence Day parades. The group added a field trip to the schedule, visiting the Ohio Veterans Memorial Park in Clinton at the beginning of August. Unit and WMA members attending had a group photo taken with the Sharon Lane Memorial Bench and Gold Star Mother statue.

The unit returned home to the third largest fair in the country by hosting a Women Vet Tent in the veteran area of the Canfield Fair. Several members volunteered to work the tent to ensure information about MWAN, our unit, and veteran resources were available to women veterans in attendance. Special thanks to all of our helpers: Ellen Leidy, Gloria Galati, Jennifer Baun, Dianna Murar (*pictured below, left*), Delores Speed (*pictured below, right*), Nora Patella, Karen Wiscott, new member Courtney Cramer and other friends. The event was successful in reaching many veterans, fundraising, and recruiting at least three new members!



Unit 21 members pictured below with the Gold Star Mother Stature are (L-R): WMA-2 member, Freda Whaley, Sandy Conley, Jennifer Baun, Dianna Murar, Vicki Wallis, Sharon Helmick & Ellen Leidy (kneeling)



REDWOOD EMPIRE MILITARY WOMEN

Unit #77 (CA) – We have continued to have a busy summer, enjoying a potluck luncheon following our August meeting. Four members were luncheon guests at USCG TRACEN Petaluma on August 25th in observance of Women's Equality Day. Attendees pictured below (left to right) were Rose Nowak, Katherine Duisenberg, Bethany LaRosa, Kate O'Hare Palmer.



At our September meeting, we finalized plans to visit our sisters at Yountville Veterans Home, where we hosted a 'tea' and had a wonderful time. Later in September, we had the opportunity to meet Nicole Mann, a Petaluma-born Marine pilot, NASA astronaut and the first Native American woman in space. More details on that experience will be in the next bulletin!

TRIANGLE WOMEN VETERANS

Unit #144 (NC) – Our unit is proud to hold an honorary membership to the Military Women's Memorial Square Foot Society. The honorary memberships are available to those who make a donation of \$330 – a penny for each of the

TRIANGLE WOMEN VETERANS #144 – Continued

Memorial's 33,000 square feet – to help sustain and advance the efforts of MWM for the next 25 years. Each Square Foot Society donor will receive a commemorative coin and certificate of appreciation for their commitment to the memorial's mission. Our unit's certificate and coin are pictured below. For more information, call MWM at (703) 822-7270 or send an email to acct@womensmemorial.org.



On August 26th, TWV members continued to work on creating "sleeping mats" for homeless veterans that will be donated once we've completed a sufficient amount. These are made with "PLARN" (plastic grocery bags cut in pieces and tied together to make a long row of "plarn"); this is what crafts the mats. Helpers this round pictured below (left to right) are Pearl Whitley-Galloway, Linnea Sommer-Weddington, Adina Lev and Bernie Donato.



TWV #144's own Carolyn Comfort is an honoree at the 2023 North Carolina Outstanding Female Combat Veteran award ceremony. The ceremony is next month and we are very excited for her nomination. There are six nominees who will be awarded and recognized for their cumulative military and post-war accomplishments. Way to go Carolyn!



October 2023

Visit our website: www.milwomen.org

Sound Off!

MEMPHIS BELLES

Unit #151 (TN) – The summer was very hot, so Sami Phillips hosted a pool party in July. A BBQ lunch, some party games, and cooling off in the pool added up to a fun time for all.



Pictured above are (left to right) Linda Coffield, Sami Phillips, Hardin Brown, Kathy Desjarlais, Becky Dickinson at the pool party

Pictured below (left to right), Becky Dickinson, Sami Phillips, and Jean Jungkans raised unit funds by selling homemade goodies.



Kathy Desjarlais (pictured on the left below) and Hardin Brown assisted with various events surrounding the official renaming of the Memphis VA Medical Center in honor of local hero and member of the Tuskegee Airmen in World War II, Lieutenant Colonel Luke Weathers, Jr. Several members of the Weathers family were on hand as the new sign was officially unveiled. We were privileged to play a small part in honoring this late hero.



Unit members also hosted a 'Coffee Call' at the VA, serving almost 100 Veterans in two hours. At our August meeting we welcomed two new members: Army Veteran Patricia Duncan-Harrison and Air Force Reservist Aspen Lucero.

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Sound Off!

MILITARY WOMEN OF TIDEWATER

Unit #152 (VA) – Unit member, Maggie Cobb, stays very active volunteering countless hours of her time in support of veterans. Maggie received a certificate on behalf of the U.S Armed Forces and the USO, recognizing her extraordinary and heart-warming support for the men and women of our military and their families.

We celebrated our annual Summer Bash and Silent Auction on August 26th. This year's theme was 'come as you are'. In spite of several members not being able to attend, we raised \$700 at our silent auction.



Pictured above are Summer Bash participants (left to right), back row: Lesli Carpenter, Suzanne Davis, Cynthia Laporte, Jennifer Sherman, Jo Heimerl & Martha Kestler; front row: Geraldine Rivera, Bobbie Walden, Phyllis Lightfoot & Trish Hubbard.

Pictured below are Summer Bash participants (left to right), back row: Subrina Strauss, Cathy Schweitzer, Betty Hand & Maggie Cobb; front row: Pat McFadden & Elaine Musick.



Betty Kelly, who lives in the Roanoke area, was an honored recipient of a Quilt of Valor at her retirement community to show the community's respect for her time in service to our country. Betty is pictured at the top of the next column with her quilt draped around her shoulders.



We meet monthly, at VFW 4809 in Norfolk. For directions or meeting information, call Dassa Carvey at 757-363-3059 or write to dassahsg@gmail.com.



For more information about Quilts of Valor visit www.QOV.org or call 515-619-6556

SALT RIVER MILITARY WOMEN

Unit #155 (AZ) – Since Arizona is 75% desert, its no surprise that we've had an exceptionally hot summer, so we typically take a meeting hiatus during July & August.

However, in celebration of our Past President Shirley Crawford FINALLY returning home (after 10 months of medical care!) on August 15th, we planned a potluck party on the 17th to celebrate her return, along with the 13th anniversary of the establishment/charter of our original Salt River unit, and the 97th birthday of our National Honorary Member Kitty Bickle. As (BAD) luck would have it, the VFW Post where we meet had an air conditioner problem, so our celebration was postponed. As of writing this article, it is now scheduled for September, so our fingers are crossed!

Unit members have kept the medical profession in business as Joan Sisco recently underwent a shoulder replacement, and Gabe Forsberg got a new hip. Meanwhile, Beth Anne Whiting was hospitalized with a vertebral FX for a couple of weeks, and Norma Joiner also had some medical issues. Everyone is now doing well... whew!

Some of our unit members chose to become MALs, but we also gained a couple of new ones! Yay!

Several members are signed up for a river-rafting trip, and then we have a regular meeting set for October to get us back on track. We will share photos from our upcoming events in the next bulletin.

TRISTATE WOMEN VETERANS

Unit #157 (TN) – One of the highlights of this summer was hosting the MWAN Board of Directors MidTerm meeting. Unit members rallied to collect 'goody bag' trinkets, and found time to attend dinner with our esteemed guests, as well as host a 'Red Shirt Lunch' where 24 members, guests & potential members gathered to drive the restaurant staff crazy!



We all wore red shirts to draw attention, but Army Gal Deborah James had to show off the perfect red shirt! She got it at Ft. Gordon, GA, so we may have a shopping road trip in our future!

TRISTATE WOMEN VETERANS #157 – Continued

While we had a mountain of fun with the BOD, something happened later that actually surpassed that exhilaration, though it took an act of Congress to do it!

Chattanooga resident Captain Larry Taylor, US Army, (pictured at right) was recently awarded the Medal of Honor for action during the Vietnam War.

The city held a parade in honor of Larry, and our unit was invited to participate. It was very short notice, but several members rallied to help us welcome our brother home, and thank him for his service. Larry's award certificate may be read at

<https://www.army.mil/medalofhonor/taylor/>.



Sound Off!

Sheri Carrington pictured now at below left, and back in 1978 at right during MASH training.



LAKELAND ROYAL SWANS

Unit #159 (FL) – Our unit is gearing up for fall in Florida (and cooler weather finally)! We have several events coming up which include a 103rd birthday celebration for unit member Hope Kirkendall, recruiting and participating in the 14th Annual Warrior Walk, and our crafting event in October where we plan to make Christmas cards and send them to a military unit. We are hoping to make this one of our “big” events of the year.

We tend to “hibernate” during the summer months in our air-conditioned homes due to the extreme heat. However, we thoroughly enjoy our monthly meetings and luncheons following the meetings. We utilize our summer meetings to plan for the events coming up during the fall and winter months. We did provide rides to each other for various VA appointments that took place at the Lakeland and Tampa VA facilities, as well as placing several buddy check phone calls. One of our sisters also attended the James A. Haley VA Center Women's Drive Thru Baby Shower that took place in Tampa.

In July, unit members Kathleen VanMiddlesworth and Karen Warren were installed as officers of Lakeland American Legion Post 4. Pictured below, Kathleen (at left) is the Post 4 Sergeant-at-Arms, and Karen (at right) is the Post 4 Adjutant and Chaplain.



Lakeland Royal #159 continued on Page 8.



(Left to right) Jo Schendel, Janet Duncan, Joyce Campbell & Patty Parks are pictured above marching in the parade to honor MOH recipient Larry Taylor. Other participants not pictured were Deborah James and Tina Pierson.

To round out the summer, we had another 'Red Shirt' gathering in a local park, where the town of Red Bank hosted 'Food Truck Friday'. We garnered the desired attention, but had trouble getting anyone to look at the camera for a photo! Oh, well, we tried!



Pictured above are attendees at the Red Shirt event in Red Bank (left to right) standing: Patty Parks, Jo Schendel, new member Gladys Flores, Sheila Billings, new member Tina Pierson; seated: new member Denise McDermott, prospective member Janet Meyer, Danette Skyles & Rita Waller.

NEW ENGLAND

Unit #158 (RI) – Welcome Aboard to our newest member Sheri Carrington! Sheri attended basic training at Fort McClellan in Alabama; attended California Military Academy at Camp San Luis Obispo in California, and served at Fort Sam Houston in San Antonio, TX. She served as a 1st Lieutenant in the US Army National Guard with the HQ 181 Support Battalion.

Sound Off!

LAKELAND ROYAL #159 - Continued



July meeting attendees pictured above (left to right) are Kay Shelby, Pat Watson, Gwen Pipkin, Jessyca Carpenter, Kathleen VanMiddlesworth, Allison Smith, Grace Tate, Lorraine Peaslee, & AJ Burr.

August meeting attendees pictured below (left to right) are Pat Watson, Caroline Brice, Karen Warren, Gwen Pipkin, Linda Osborn, Kay Shelby, AJ Burr & Kathleen VanMiddlesworth.



Lakeland is located between Tampa and Orlando, and meetings are held at 11am on the 4th Saturday of each month at American Legion Post 4, 1375 Ariana St. 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 863-738-4487 (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, KANSAS

Hello Military Sisters! This is Past National President Sharon Woods (2006-2008). I have been an active member in my little town of Williamsburg. I volunteer regularly here in the Burg at the library, the United Methodist Church, and the Community Building Club, when we have special events. I'm also on the board of directors for all three places.



Sharon Woods (at right) is pictured here visiting MWAN MAL Barb Turner (also a Past National President, 2002-2006) of Pace, FL (at left), and MWAN MAL Kathy Gregory (in middle) of Pensacola, FL.

Since I moved to Kansas, I joined Vietnam Veterans of American Chapter 912. I'm the only female member, serve as Chapter Secretary and actively participate in fund-raising drives, too.

A couple years ago I heard about the Bainbridge WAVES Reunion group, and attended my first reunion during 2021 in Gulfport, MS. I plan to attend the next reunion in Branson, MO this October.

For fun, my son Norm (pictured at right with Sharon) and I have gone on several cruises, with the Panama Canal and Alaska being my favorite destinations. I recommend both to all. That's all for now. Signing off and wishing you a great day.



MEMBER-AT-LARGE, MISSOURI

Ann Puck (pictured below in orange cap) recently participated with the Catholic War Veterans, USA Father Vincent R. Capodanno, Memorial Post 1974 in a Blue Star recognition ceremony.



MEMBER-AT-LARGE, TEXAS

This is Mary Catherine (Kuharik) Campbell from good old, Lubbock. I've told my military story to Larry Williams who writes for the "Senior Link" magazine in Lubbock, and my story will be coming out in September or October 2023.

I went on an Honor Flight in May 2022, and it was a trip of a life time. It was really tremendous fun, and we all enjoyed visiting the memorials and monuments there in Washington, DC. I wish I could go again, but it's enough to be on the Honor Flight committee now.

I also belong to the Women Veterans of America, Hub City Chapter 53, and the Lubbock American Legion Post 575. I have the first 3 Mondays of every month in a row with a meeting to go to, so I stay busy.

I do some recruiting when I see a sister veteran, and am having fun and enjoying life. We have a nice VA Clinic here, and found out when I finally registered here that I had never changed my last name from my maiden name to my married name. It works out well, though, because I will be changing back to my maiden name after my divorce is finalized later this year.

Well, I guess I'd better sign off, and go get something to eat. It's getting late and past my supper time. Take care out there and stay safe.



You've earned your veteran benefits: It's never too late to apply for them.

By Martha Alderman, Region 3 Representative

My local newspaper, *Arizona Republic*, recently published an article about an American Legion post hosting the Secretary Veterans Affairs and local politicians at an event encouraging veterans to apply for benefits from the VA. This was prompted by the recently passed PACT Act but not limited by it. While the PACT Act did add numerous medical conditions for which veterans can be granted 'service connection', and monetary compensation due to exposure to "toxics", many veterans likely have disabilities which are related to their active-duty service.

It is not a difficult process to submit a claim, especially if one seeks the help of a trained and knowledgeable service officer. The American Legion, Veterans of Foreign Wars and Disabled American Veterans have posts/chapters all over the country, and many have service officers. Additionally, most states have government agencies with accredited service officers. Good information is also available from www.va.gov and/or by calling 800-698-2411 to do it yourself.

Please don't be dissuaded by fear of paperwork! And, do not discount your entitlement by thinking that others are more deserving, and you might be wasting resources: There is no limit to the number of veterans who can receive benefits nor the money with which to pay them.

Also, please consider VA healthcare. Once granted a service-connected disability, you will be automatically enrolled, but you may qualify for healthcare even if you do not have a service-connected disability.

Finally, if you are already in receipt of compensation, and have been found to be "unemployable" by the VA, and are not yet collecting Social Security benefits, please consider applying for Social Security Disability Insurance (SSDI). When you apply, submit a copy of the VA decision letter declaring your "unemployable" status, as this will greatly enhance the likelihood of a favorable decision from the Social Security Administration.



A Letter of Thanks from the 2023 MWAN Scholarship recipient

Thank you for awarding me with MWAN's \$1,000 scholarship. Receiving this scholarship has brought me great joy and relief, as it will significantly alleviate the financial burden associated with my education. Pursuing higher education is paramount to my reaching my dreams, and your investment has made it possible for me to continue my studies with renewed dedication and focus.

This scholarship not only provides me with the means to pursue my educational goals but also serves as a reminder of the confidence you have placed in me. I am committed to making the most of this opportunity, and hope to honor your generosity by achieving academic success and contributing positively to my field of study. Thank you for believing in me, and for being an integral part of my educational journey.

Very respectfully, Trenton James A. McMillen

Uterine Cancer: Early detection matters

By Dr. Haley Moss, Director, Breast & Gynecologic Cancer System of Excellence, VA National Oncology Program

Uterine cancer, also called endometrial cancer, is the most common gynecological cancer, and it affects more than 800,000 people in the United States.

There are no screening tests for uterine cancer in those who do not show symptoms. And, it's not tested for during routine exams with your doctor. Even a Pap smear test does not screen for this type of cancer, which is why it's important to know your body, know the risks and know the warning signs to catch it early.

Am I at risk?

It is not possible to completely prevent uterine cancer. However, being aware of the risks can help you take control of your health and decrease your chances of developing it. The risk of uterine cancer also increases with age—but it doesn't only occur in people over 50. Risks may include:

- ◆ **Age.** Uterine cancer primarily affects women who have reached menopause or are in their postmenopausal years. But this is not always the case. It can develop at any age.
- ◆ **Obesity.** Being overweight is associated with a higher risk, because fatty tissue in people who are overweight produces additional estrogen, which increases your risk.
- ◆ **Diabetes.** Elevated insulin levels and insulin resistance, can lead to an imbalance in other hormones. This can promote the growth of uterine cells leading to cancer development.
- ◆ **High blood pressure.** Studies suggest women with chronic hypertension may be at higher risk. Polycystic ovary syndrome can elevate your risk, as it's often associated with hormonal imbalances and irregular menstrual cycles.
- ◆ **Family history of cancer.** Having a close relative such as a mother or sister who has had uterine cancer increases your likelihood of developing the disease.
- ◆ **Hormone therapy.** Hormonal imbalances can disrupt the normal growth and shedding of the uterine lining.

What symptoms should I look out for?

If you notice unusual vaginal discharge or abnormal bleeding, it could be a warning sign of uterine cancer. It is not normal to have heavy bleeding, bleeding between periods or any bleeding after menopause. Even just one dab of blood after menopause is enough to raise concerns with your doctor. Uterine cancer may also cause symptoms such as abnormal pain, pressure or discomfort in your pelvis. If you're experiencing any of these symptoms, reach out to your VA health care team right away.

What else should I know?

There is a significant racial disparity in survival rates of those with endometrial cancer. Black people are twice as likely to die from uterine cancer than people of other races, no matter what stage or subtype of uterine cancer they may have. Black people are also more likely to have uterine fibroids. Ultrasounds are not always helpful, so you should talk to your doctor about endometrial sampling if you're concerned.

How do I test?

Talking about these types of concerns is never easy, but know the VA is here to answer your questions, and help you address any worries you may have. You have access to primary and gynecological care at VA. If something does not feel right, don't hesitate: contact your VA health care team right away. If you have symptoms, VA can provide tests, such as an ultrasound or biopsy to detect or rule out cancer. Remember early detection matters, and uterine cancer is usually treatable if detected early.

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

OCTOBER 2023

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 (USN, USAF, USMC, USCG, ARMY) \$ 4 X _____ = _____
- 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 \$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 _____ = _____
- 2016 Convention Pin \$ 2 X _____ = _____
- 2016 National Convention Patch \$ 1 X _____ = _____
- MWAN Playing Cards \$10 X _____ = _____
- Canvas Key Chain/Stars & Stripes \$ 6 X _____ = _____
- 2016 National Convention Coin \$ 6 X _____ = _____

****OCTOBER SPECIAL PIN SET \$15x _____ = _____**

- 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**)

****Shipping Cost****

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

Check/MO #: _____ **NO PHONE ORDERS**

Make checks payable to **MWAN SUPPLY LOCKER**

Subtotal: \$ _____

ADD Shipping: \$ _____

TOTAL DUE: \$ _____

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

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

See my article on Page 2 for details on the Service Pin Set Special!

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



www.milwomen.org

Silver Taps

U.S. Navy

| | |
|--|--------|
| Marie F. (Walter) McDermott | 056/FL |
| Esther L. Govorchin * | MAL/CA |
| Carrie (Rogowin) Karchin | MAL/CA |
| Jessie M. (Kontrabecki) Dunbar | MAL/FL |
| Lorraine J. (Mitchell) Bear | MAL/IN |
| Helen L. (Cassanova) Bieda | MAL/MS |
| Marion Virginia 'Ginny' (Lenker) Pedrick | MAL/NJ |
| Jane E. (Fountain) Schopp | MAL/NJ |
| Myrna J. (Mobley) Van Meter | MAL/OH |
| Gaetana 'Gloria' (Crisafulli) Mitchell | MAL/PA |
| Helen Marie (Korpi) Vail | MAL/VT |
| Bernice M. (Lemens) Laurent | MAL/WI |



Gone, but never forgotten

U.S. Air Force

Candace Lynn Thomas 158/RI

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

Submit all MWAN member Silver Taps info to Ginger Daniels, P.O. Box 314, Shattuck OK 73858-0314 or secretary@milwomen.org

MEMBER-AT-LARGE MEMBERSHIP RENEWAL FORM

(Dues period 1 January to 31 December)

PLEASE PRINT

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