



Sell Something Special

White

CAPS

The Newsletter for Military Women Across the Nation

VOL. XXXVI NO.4

AUGUST 2015

## MWAN Member Named Pacific Fleet Master Chief



Force Master Chief (FORCM) Susan (Suz) Whitman, a member of Military Women of Tidewater, Unit 152, has been selected as the Navy's newest Pacific Fleet Master Chief!

Master Chief Susan Whitman, originally from Piety Hill, IL, joined the Navy in August 1985. After completing recruit training in Orlando, FL, she attended Yeoman "A" School in Meridian, MS. Upon completion she was transferred to Fleet Air Reconnaissance Squadron 3 (VQ-3), Barbers Point, Hawaii, where she was advanced to Yeoman Third and then Second Class Petty Officer.

In October 1990, she transferred to Navy Recruiting District Boston, where she served as the commanding officer's Yeoman. While there she advanced to Petty Officer First Class and then transferred to USS Holland (AS-32), Agana, Guam.

Whitman reported aboard Holland in October 1993. She served as the Ship's Secretary and earned the Enlisted Surface Warfare Specialist device during this tour. In October 1995, she transferred to USS Nimitz (CVN 68), Bremerton, WA, as the Reactor Department Yeoman. She was advanced to Chief Petty Officer and earned the Enlisted Aviation Warfare Specialist device.

Whitman's next assignment was to the United States Transportation Command, Scott Air Force Base, IL. She arrived in October 1997 and served as the Director of Intelligence (J2) Administrative Leading Chief Petty Officer and

Reserve Program Manager. She was awarded Senior Enlisted Service Member of the Year and was advanced to Senior Chief Petty Officer. In June 2002 she reported to Recruit Training Command Great Lakes, IL. where she completed both Instructor and Recruit Division Commander Schools. She was a successful Recruit Division Commander and qualified as a Master Training Specialist.

In January 2006, she reported aboard USS Dwight D. Eisenhower (CVN 69) Norfolk, VA, as the Ship's Secretary, Administrative Department Leading Chief Petty Officer and was selected for the Command Master Chief (CMC) Program.

Her first CMC tour was aboard USS Vella Gulf (CG 72) Norfolk, VA, from November 2007 to March 2010. A highlight of the tour included catching 16  
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### The President's Message



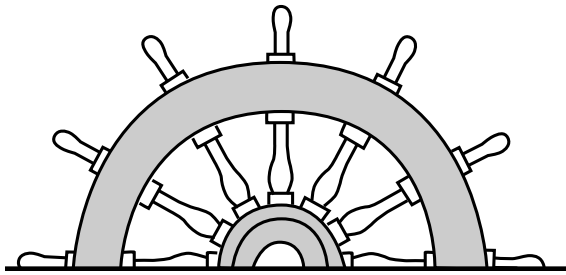
Ladies:  
**A BIG WELCOME TO OUR NEWEST UNIT:** TriState Women Veterans, Unit #157, which was chartered Saturday, 20 June. Membership is comprised of most all services, the exception being Coast Guard. Welcome, Ladies!! I know you will be doing great things and we look forward to hearing all about your activities in upcoming issues.

By the time you read this, I will be in Las Vegas for Region I Conference and Mid-Term with the Board of Directors. The BOD will be reviewing the proposed bylaws that have been submitted before presenting to membership at the

Convention next year, as well as discussing any issues that you presented to your Regional Representative. We will also be reviewing the procedures manual for updates.

Unit treasurers, don't forget to get your letter of authorization and annual financial report to Monica O'Hara by 1 September. Monica's contact information is on page 14. If possible, send by email.

Meridith Cox has resigned as VAVS National Rep and I thank her for all her hard work and dedication in identifying our VAVS Reps and Deputy Reps, as well as the facilities where each volunteers. She worked tirelessly to get our organization back on track, to get the facilities to report our hours correctly, and to ensure the Annual Joint Reviews are completed. I know you will welcome Diane Culleton  
*(continued to page 9)*



# FROM THE BRIDGE

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## FIRST VICE PRESIDENT



*Barb Sebring*

I hope that all of you are planning on attending any one of the Regional Conferences that are being planned. Remember, you do not have to be a member from that region to participate in all the fun, camaraderie and friendship. The gals in Region 6 are hard at work with the final touches of their conference. They will be holding meetings, seminars and even a golf outing. Our whole organization is built on the shared experiences serving our country. Getting together and building friendships based on those experiences is so fulfilling for all of us. I recently attended an 80th surprise birthday party for one of our MALs, along with several other members. The honoree came up to me afterwards and mention how much the friendships she has made through MWAN have meant to her. I know I treasure all the great new friends I have met along the way. As we attend the conferences, reach out to the new members, welcome them and make sure they know how much we value their participation in our wonderful organization.

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## SECOND VICE PRESIDENT



*Cheryl Adams*

Badger, Unit 39, in Milwaukee, held their Bell Ceremony in May.

We may or may not have a summer luncheon while the unit is on summer break.

Our President, Kris, is having more surgery on her smashed ankle so please send her your well wishes.

With the inauguration of our new unit TriState Women Veterans and reorganization of existing units, we are moving forward.

As I read Cathy Carroll's article in the June issue, it brought back such memories. Her thoughts and experiences were so close to mine. For me it was 1970, I huddled in the top bunk, in the dark, in a room full of strange women and also thought "What have I done?!" I bet it was the same WW II barracks she slept in

and we probably walked the same paths from the barracks to the chow hall, to classes, etc.

If you visit the Marine Museum at Quantico, there is an old school bus, with mannequins in the seats, on its way to boot camp and a recording plays what their thoughts might have been. "What have I done?" is repeated here. Well, we all did it and now we have the opportunity to come together as Women Veterans of MWAN, share our experiences and information that could help us in our civilian lives. It doesn't matter in which branch of service we served. What matters is we all served in the U.S. Military and share a unique sisterhood. So, let's all go out there and sailor/soldier/Marine/fly on. OK, OK. I'll get off my soapbox now.

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## RECORDING SECRETARY



*GinaMarie Doherty*

WELCOME ABOARD UNIT 157!! Great feeling to be part of a growing organization. BZ MWAN UNIT 157 Officers and Membership. THANK YOU to all the Ladies who made this possible. SISTERHOOD IS THE WAY!

Our 2014 – 2015 MILITARY WOMEN ACROSS THE NATION NEWSLETTER CONTEST is currently underway, deadline was 31 July 2015. WAVES and MWAN Newsletters will be considered. They must be dated from ONLY June 2014 – June 2015. Judging Panel will consist of a Retired Army National Guard Colonel, an Active Duty Civil Engineer Corps Naval Officer, and a Civilian Newspaper Editor. No more than (3) newsletters from any one Unit will be judged. **The contest has five (5) categories:**

1. Large Unit, Electronic Newsletter
2. Small Unit, Electronic Newsletter
3. Large Unit, Paper Newsletter
4. Small Unit, Paper Newsletter
5. Presidents Choice.

Remember MALs ARE considered a unit.

**PLEASE NOTE THE CHANGE OF MY EMAIL ADDRESS ON PAGE 14.**

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## TREASURER



*Monica O'Hara*

Congratulations to the members of our newest unit, TriState Women Veterans, MWAN Unit 157 who received their charter on 20 June.

Unit Financial Reports and the annual "Letter of Authorization" are due by 1 September. Unit Treasurers, remember that the reporting year is 1 August to 31 July. Please refer to the Procedures Manual for the format. This is an IRS requirement. You may send the reports to me by email or regular mail, whichever is easier for you.

Donations to the General Fund were received from the following MAL's: Paula Anning, Barbara Griffin, Gayla Isaacson, Patricia Kingsbury, and Virginia Roos. Donations were also received from Kathy Coppins, Volunteer Unit 94; Teena Gravitt, TriState Women Veterans, Unit 157; Martha Levardsen, Unit 157; Monica Melendez, Military Women of Tampa Bay, Unit 55; Maria Helana Peixoto, Ocean State, Unit 118. Heart of America, Unit 9, sent a donation in memory of Barbara Seney and Alamo WAVES, Unit 103, sent a donation in memory of Roseanne Hicks. The following units sent donations for dissolution of funds when disbanding: Alamo WAVES, Unit 103; San Luis Obispo, Unit 126 and Michigan, Unit 32. It is sad to see units continue to disband.

Thank you very much for your generous donations!

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## BY-LAWS CHAIRMAN



*Cathy Gerolimatos*

As we go to print on this edition of the WHITE CAPS, I will be consolidating your recommendations for amendments to the bylaws for consideration by the Board of Directors at our mid-term meeting which takes place the end of August. When you receive this, we will be within days of the mid-term meeting. I do want to take this opportunity to thank each of you for your suggestions. There is much to discuss and I look forward to lively debates.

Thus far, about eight units have submitted their bylaws for review by the Bylaws Transition Team. I want to thank the members of these units for working so very hard on behalf of their unit to complete this task. It is, by no means, an easy task and I appreciate the dedication exhibited by each of you. I welcome your questions. This is how we both learn and grow. My 670-page Robert's Rules of Order Newly Revised is already showing severe signs of wear and tear.

Please remember, that the first step is to submit your name change to the Executive Committee. Please ask for assistance, such as obtaining a copy of your bylaws on file with the 2nd Vice President or the bylaws template from the starter kit or giving me a call. I'm happy to provide you the check list I use as I review unit bylaws. I'm afraid you'll have to purchase your own Robert's Rules of Order Newly Revised. I use the RONR 11th Edition (8th printing of the 11th edition April 2013) written by Henry M. Robert II, Daniel H. Honemann and Thomas J. Balch.

You know where to find my contact information at the end of the White Caps.

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## SHIP'S STORE



*Linda Coffield*

**MWAN POLO, T-SHIRTS, BALL CAPS and VISORS are here;** see the August 2015 order form on page 15

for sizes and prices.

Hope everyone had a great 4th of July. Here are some fun facts about our flag:

"Old Glory", Captain William Driver, a shipmaster of Salem, MA, coined that term in 1831 after some friends presented him with a 10-by-17-foot flag. At that point, there were twenty-four stars on our national banner.

There are 6 American flags on the moon. They were planted by crews from Apollo 11, 12, 14, 15, 16 and 17. We all know what happen to Apollo 13... "Houston, we have a problem."

**FINE PRINT SPECIAL:** Get a free historical WN item, we are giving away a FREE WN sewing kit with each order of \$10.00 or more (excludes shipping). Limit one free WN sewing kit per customer. Orders MUST: 1) Total \$10 BEFORE shipping is added; 2) Specify "FIREWORKS" on the August 2015 order form for your free WN sewing kit; & 3) MUST be received by 1 Oct 2015.

**PLEASE NOTE:** Use the **MOST RECENT White Caps order form. Your order may be delayed if the correct payment and/or shipping are not included.**

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## VAVS NATIONAL REP



*Diane Turcotte Culleton*

As you read this White Caps I will have just been appointed your new VAVS National Rep. I'd like to thank Dassa and the BOD for giving me the opportunity to serve MWAN in this position. I have some big shoes to fill from our previous National Reps. A grateful thanks to Meridith Cox for her many hours of hard work and her dedication to our veterans. Her efforts to keep MWAN as a Service member with voting privileges is truly appreciated.

I am planning to approach this new venture the same way I did working 29 years as an Office Manager for 2 Ophthalmology Offices and 2 Optical Shops. First I plan to educate myself to the workings of all aspects of VAVS and then by reaching out to all our volunteers who give so much to helping our fellow veterans.

Within the next few weeks I will be touching base with the National Director of the VAVS and others at the National level. Then I plan to contact all of the VA Facilities and next I will reach out to all the Regional Reps, State Directors, Unit Presidents and MAL's. My next step will be to contact the many VAVS volunteers in MWAN to discuss your thoughts and concerns.

The next few months will be very involved with lots of info to digest. I ask that you all bear with me as I find my way so that I may be able to fulfill the needs of our facilities and volunteers. New volunteers are always needed so if you would like to give of yourself to a worthwhile cause please give me a call at 207-474-2235-home or 207-399-1696-cell or email me at [diane.turcotte30@gmail.com](mailto:diane.turcotte30@gmail.com). Thank you for any support you can offer.

Personally I'd like to thank all our present volunteers as well as our previous volunteers for their many hours of dedication and hard work. I look forward to working with all you to continue the great work you have all provided.

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## VA MEDICAL/HEALTH



*Ruth Storck*

It is important to look at symptoms of blood vessels issues. Blood vessel issues are most commonly found in lower limbs – Swelling (edema); achy and heavy limbs, rashes on the limbs, pain in our legs that gets worse when we stand; swelling around our veins. All these

symptoms could be caused by many issues with our veins, heart and lungs. It is important to be aware of this and seek a doctor's advice immediately.

Vein problems such as varicose veins, venous insufficiency (hard to get proper blood flow back to heart), and deep vein or superficial vein thrombosis (blood clots) can come on for many reasons. We are always hearing that if we are sitting hours in a plane, train, or car take time and stretch frequently during the trip.

Veins return blood to our heart with the assistance of muscles movement and pressure changes on the vein walls. Sitting with limited movement allows the blood to slow in the veins. Think of it like sludge backing up because it cannot move quickly through the vessels. When blood begins to slow and not move forward back to the heart, vessels swell and begin to develop clots. When we experience symptoms that is always the later warnings of an issue.

We need to be vigilant in assuring we move as much as we can, that we keep our legs up when we can, and that we know our bodies well enough that even the tiniest change can assist us with keeping health issues away.

When you travel, be aware of the toll it is taking on your body. Different routines, fluids, foods, and sleep patterns all play a stressful role in our blood vessels, at any age. Talk with your health care providers before your travel. Ask them for suggestions on how often you should take breaks. Carry a med log of your medications, allergies, doctors' numbers and how they assist you and your major health issues. Make sure those traveling with you know where you keep that log.

Life should be filled with adventure. Regardless of our medical issues, if we do as our doctors advise, plan for the obvious issues, most of us can get out there and have some fun – especially in this day of mobility assisting devices and portable medical device, hospitals and emergent care services everywhere; **SO LET'S GET OUT THERE, LADIES!!!!!!!**

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## VOLUNTEER HOURS



*Andrea Cadieux*

Greeting to all and hope you are having a wonderful summer. We are having record breaking heat here in Florida. It's time for staying in the house relaxing, reading, sewing or spending time at the beach or in the pool.

As of 1 July 2015, I received Volunteer Hours Reports from 10 Units and 6 MALs. I'm hoping for reports from all Units and MAL's in 2016.

I hope everyone read the article in the June 2015 White Caps defining the different type of volunteer hours. I will be making up new reports for member and units to track and report all 3 (three) types of Volunteer Hours.

Please start now writing down your volunteer hours according to the guidelines in the White Caps. I know every person must do some sort of volunteering for your neighbor, neighborhood, church or any civic organization, submit it under "Community Volunteering" and if that neighbor or such activity is for a veteran submit it under "Veterans In Community." Please read the definition carefully about what counts as VAVS volunteering and submit those hours as "VAVS Volunteering."

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## HISTORIAN



**Sharon Woods**

Hi to all my sister warriors. This is Sharon Woods, your MWAN Historian. Ladies, we need articles and pictures for our History book, which I am still trying to find. At the current time I have a handful of pictures and a couple of articles but that is all. Please take the time to look at what you have accomplished over this past year as members of MWAN and send them to me, so I can get our book started. My address is on the National Officers and Staff page along with my email address. Hope to hear from some of you soon.

**Note: Please send actual pictures and not by email, my computer doesn't want to talk to my printer. HA!HA!**

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## SCHOLARSHIP CHAIRMAN



**Patricia Cerchio-Vieira**

We have a winner!!!

Our winner, Chelsea Mistler, has not one, but two sisters who are military women. One was a Marine and the other Army National Guard. I'm not certain whether we have ever had a sister win before, but I think it is safe to say we haven't had anyone win before who has two sisters who served in different services.

Thanks again to all who helped get the word out, both those who contacted their family members directly about submitting applications and those who contacted other

organizations, newspapers or other means of communications to help spread the word on the scholarship and MWAN. If you come across a place you think would list our scholarship, such as a veterans website or a state scholarship listing, please let me know.

Lastly, if anyone has a suggestion for the 2016 scholarship topic, please let me know ASAP. The Board will be considering the topic suggestions very, very soon.

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## PUBLIC RELATIONS



**Jennifer Baun**

While Military Women Across the Nation is starting to see more press, we still have a long way to go.

We are basically recreating our brand. I have to say it is being very well received. Don't forget to reach out to me for any assistance with press releases, posters, etc. you may need. All I ask is that you provide me with enough details to make it meaningful.

I also have to remind you that the MWAN logo is only authorized to be used for notices, announcements, advertising posters, business cards, and the like. If you want to use it for any other reason, an authorization needs to be obtained from the NEC. It is a trademarked logo and we need to ensure that it is being used properly.

We are not as far along with the reverse raffle as we'd like. Please consider purchasing a raffle ticket. They are \$10.00, but the payoff is BIG (\$1,000.00). If all tickets are not sold by the end of the calendar year, we will need to reduce the prize amount proportionately to the number of tickets sold. Provide an e-mail address with your ticket order, so we can keep expenses down. If you haven't purchased yours, get it today or buy them for your unit. What better way to add to your treasury? To order, make checks payable to MWAN/WN and send to Jennifer Baun, MWAN Reverse Raffle, 4068 Lockwood Blvd., Youngstown, OH 44511.

Good luck to everyone!

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## EXECUTIVE SECRETARY



**Barb Turner**

As we move in to a brand new year I am providing the latest number of units, unit members and members-at-

large. I look forward to growing our database with the addition of all service women veterans. There are 36 units with 770 unit members and 1,067 members-at-large.

We have lost our Vendor who made our Life Membership cards. Please bear with me as I search for a new Vendor. If you know of a local business in your area that could provide our new MWAN Life Membership cards, please let me know as soon as possible. I will mail a template to that business for their bid.

I would like to welcome our newest unit and members of the TriState Women Veterans, Unit #157 of MWAN. This unit consists of all services living in three states; Tennessee, Alabama and Georgia. A huge "thank you" to Patty Jo Parks for chartering the first new unit of Military Women Across the Nation (MWAN). Welcome aboard!

It was my pleasure to provide a few "words of wisdom" to the TriState Women Veterans, Unit #157 and I believe it relative to all of our members. "As our five military services join together, we become a force to be reckoned with. We are no longer five services; we are one voice with one mission. We are women veterans helping women veterans".

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## WHITE CAPS EDITOR



**Judy Faries**

Hope that everyone has had a wonderful summer thus far. I know there has been so many wonderful things going on within the MWAN. Keep up the good work, ladies.

Welcome to the first new unit under MWAN, TriState Women Veterans, Unit #157.

I apologize to anyone whose submission I may have missed for this issue. I have been on the road since the 20th of May and have not been able to access my mail at home. However, I have been able to access email. This is why it is so important to provide copies of your input to both Dassa Carvey, our National President, as well as myself. So please be sure to copy both of us with any submissions you have. Thank you so much.

**Remember that the next cut-off for input for the October 2015 issue will be 1 September 2015.**



# Women in the Vietnam War

*Courtesy of History.com*

Though relatively little official data exists about female Vietnam War veterans, the Vietnam Women's Memorial Foundation estimates that approximately 11,000 military women were stationed in Vietnam during the conflict. Nearly all of them were volunteers, and 90 percent served as military nurses, though women also worked as physicians, air traffic controllers, intelligence officers, clerks and other positions in the U.S. Women's Army Corps, U.S. Navy, Air Force and Marines and the Army Medical Specialist Corps. In addition to women in the armed forces, an unknown number of civilian women served in Vietnam on behalf of the Red Cross, United Service Organizations (USO), Catholic Relief Services and other humanitarian organizations, or as foreign correspondents for various news organizations.



*Army nurses in Vietnam cared for the civilian population as well as military.*

## U.S. ARMY WOMEN IN VIETNAM

The great majority of the military women who served in Vietnam were nurses. All were volunteers, and they ranged from recent college graduates in their early 20s to seasoned career women in their 40s. Members of the Army Nurse Corps arrived in Vietnam as early as 1956, when they were tasked with training the South Vietnamese in nursing skills. As the American military presence in South Vietnam increased beginning in the early 1960s, so did that of the Army Nurse Corps. From March 1962 to March 1973, when the last Army nurses left Vietnam, some 5,000 would serve in the conflict. Five female

Army nurses died over the course of the war, including 52-year-old Lieutenant Colonel Annie Ruth Graham, who served as a military nurse in both World War II and Korea before Vietnam and suffered a stroke in August 1968; and First Lieutenant Sharon Ann Lane, who died from shrapnel wounds suffered in an attack on the hospital where she was working in June 1969. Lane was posthumously awarded the Vietnamese Gallantry Cross with Palm and the Bronze Star for Heroism.

Early on, the U.S. Army resisted sending women other than nurses to Vietnam. The Women's Army Corps (WAC), established during World War II, had a presence in Vietnam beginning in 1964, when General William Westmoreland asked the Pentagon to provide a WAC officer and non-commissioned officer to help the South Vietnamese train their own women's army corps. At its peak in 1970, WAC presence in Vietnam numbered some 20 officers and 130 enlisted women. WACs filled noncombat positions in U.S. Army headquarters in Saigon and other bases in South Vietnam; a number received decorations for meritorious service. No WACs died during the conflict.



*Navy nurses receive Purple Hearts after surviving a Viet Cong bombing of their living quarters. They were among 100 injured in the explosion, but immediately began treating other casualties, ignoring their own injuries.*

## WOMEN IN THE U.S. NAVY, AIR FORCE AND MARINES IN VIETNAM

Members of the U.S. Navy Nurse Corps also played an important role in the conflict beginning in 1963. Five Navy

nurses were awarded the Purple Heart after they were injured in a Viet Cong bombing of an officers' billets in downtown Saigon on Christmas Eve 1964; they became the first female members of the U.S. Armed Forces to receive that award in the Vietnam War. Apart from nurses, only nine Navy women—all officers—served in Vietnam, including Lieutenant Elizabeth G. Wylie, who worked in the Command Information Center on the staff of the Commander of Naval Forces in Saigon beginning in June 1967; and Commander Elizabeth Barrett, who in November 1972 became the first female naval line officer to hold command in a combat zone.



*Air Force nurses wait out a rocket attack in the hallway of their quarters at Cam Ranh Bay in 1970.*

Women also served as members of the U.S. Air Force Nurse Corps and the Women's Air Force (WAF) during the Vietnam conflict. Captain Mary Therese Klinker, one of the eight military women killed in Vietnam, was the flight nurse on the U.S. Air Force C-5A Galaxy that crashed April 1975 near Saigon. (The plane had been on a mission for Operation Babylift, which placed Southeast Asian orphans with families in the United States; some 138 people were killed in the crash, including many Vietnamese children and a number of female civilians working for U.S. government agencies.) Klinker was posthumously awarded the Airman's Medal for Heroism and the Meritorious Service Medal. The U.S. Marine Corps had a more limited female presence in Vietnam, as until 1966 only 60 female marines were permitted to serve overseas, with most of those stationed in Hawaii.

*(continued to page 7)*

# 2015 WAVES National Scholarship Recipient and Essay



2015 Scholarship Winner:  
Chelsea Mistler

*Chelsea Mistler, a resident of Missouri, is a student at Southern New Hampshire University, Manchester, NH. She is a volunteer with the Girl Scouts, Angel Tree and Dogs on Deployment.*

*Her sister, Nicole Sue Toolin, is her sponsor for the contest. Nicole is a corporal in the US Marine Corps. Chelsea also has a sister who is in the Army National Guard.*

*Chelsea is working for a degree in Business Administration with a focus on Human Resources, having an ultimate goal of specializing in Veterans' benefits and employment.*

*MWAN wishes Chelsea much success in all of her future endeavors.*

## Fighting for Country: A Military Woman Just Like You and Me

*By: Chelsea Mistler*

In 1994 the greatest thing for women in the military happened, the Risk Rule was rescinded. This opened roughly 90% of career fields, previously only open to men, to all of the enlisted women (Female Soldiers Fight and Die for Their Country, n.d). By January 2016 all units are supposed to be open to women soldiers unless an exception has been approved by the Secretary of Defense (Carroll, C. 2013). The percentage of enlisted women is still quite small compared to men. These women are not defined by the term "female soldier" they are soldiers, pilots, military police, and much more than the title of female. Women have been an integral part of the military from the American Revolution (as nurses, cooks, and water bearers) through their amazing history today.

The debate over women officially serving in the military has been a long, drawn out battle with both sides being fairly polarized. Some think women are incapable of serving in the same capacity as a man. Several of the arguments made against women in combat roles include: they are less emotionally stable, physically incapable of doing the same tasks as the men in combat roles, they have specific female needs, and there is a possibility of pregnancy. On the flip side of this, the argument can be made that women can in-fact being as emotionally stable (if not more) than a man in a combat role, can be better diplomats, and even better pilots. Though the argument can be made that women cannot emotionally handle

active duty combat, on in every eight military men and women have post-traumatic stress disorder. This shows the lack of gender barrier when it comes to the emotional stability of a soldier, man or woman. Yet, success is not defined by gender but rather by how the unit functions as a whole. The skills of a one member can compliment the skills of another—be it man or woman.

I was a kid when two of my sisters joined the military, one a Marine and the other Army National Guard. Growing up in a military town I remember being proud of them and at the same time terrified that something might happen to them. They are my sisters; nothing could happen to MY sisters. As I grew older I began to understand what the military life meant to them and to my community. With seventy-two percent of my graduating class joining some branch of the military, mostly Air Force since I live next to Whiteman Air Force Base, I grew very accustomed to the idea of friends and even family being a part of our military. I chose personally not to join; the career wasn't for me and I made the decision to fight from the home front. I am now finishing up my Bachelor's degree in Business Administration with an emphasis in Human Resources with a goal of specializing in veteran benefits and employment.

Being a man or a woman in the military is a huge sacrifice to the member's life, health, and family and the military career does not always pan out financially for its members. An alarming

number of military families are in large amounts of debt and struggling to find work once they have been separated from their military career. In a recent (2010) poll of 800 members and spouses revealed that more than one in four members have \$10,000+ in credit card debt and ten percent having more than \$20,000 (Singletary, M. 2010)! Military members have unique situations that civilians do not have to face or understand including: frequent moves, deployment, and small salary. One member, who happens to be female, wrote that she moved twenty-three times in thirty-six years. As high as sixty-six percent of veterans find it difficult to find work after separation from their military career. This stems from the lack of understanding from employers on what the veteran's skills are and a lack of the veteran to translate those skills into workable attributes. My goal, with my degree and specialization, is to bridge that gap between the employer and the veteran. This might be on just a very small scale (with the company I work for) or on a larger scale (in the future by participating in programs for veterans and post active duty military members). The military holds a special place in my heart, not only with my sisters and my step-dad's service, but also with many of my own graduating classmates. Even though I could not help support those men, and especially women, serving by serving myself I can attempt make a difference here on the home front to those who matter the most to me.


**SILVER TAPS**


*Please send all WN member/former member Silver Taps information to Executive Secretary, Barb Turner (address on page 14)*

### WN MEMBERS

Margarita M. Garciduenas . . . . . USN . . . . 008/CA	B. Marie O'Hanlon (Williams) . . . . . USN . . . . MAL/FL
Phyllis W. McDonnell (White-Dickinson) . . . . . USN . . . . 074/FL	Ethel E. Scogin (Hendrix) . . . . . USN . . . . MAL/GA
Roseanne C. Hicks (Cavanaugh) . . . . . USN . . . . 103/TX	Irene L. Barel (Bentzinger) . . . . . USN . . . . MAL/IN
Helen C. Cady (Prue) . . . . . USN . . . . 118/RI	Eva L. Taylor (Cearley) . . . . . USN . . . . MAL/IN
Madge S. Abel (Standridge) . . . . . USN . . . . MAL/AR	Florence L. Campbell . . . . . USN . . . . MAL/MA
Mary E. Raim . . . . . USN . . . . MAL/AZ	Wanda E. Kearns (Sherwood) . . . . . USN . . . . MAL/MI
Lee M. Belknap (Mays) . . . . . USN . . . . MAL/CA	Eva C. McDaniel (Bruder) . . . . . USN . . . . MAL/NH
Adeline M. Best (White) . . . . . USN . . . . MAL/CA	Alice M. Adams (Young) . . . . . USN . . . . MAL/NJ
Dora L. Chenault (Youman) . . . . . USN . . . . MAL/CA	Betty D. Bennett* (Douglass) . . . . . USN . . . . MAL/NJ
Catherine M. Duffy (Capobianco) . . . . . USN . . . . MAL/CA	Margaret Y. Carmean (McGowan) . . . . . USN . . . . MAL/NJ
Marie C. Gallicchio (Connelly) . . . . . USN . . . . MAL/CA	Nancy L. Castellano (Lynch) . . . . . USNR . . . . MAL/NJ
Lorraine D. Hughey (Harris) . . . . . USN . . . . MAL/CA	Mary T. Dube (Devlin) . . . . . USN . . . . MAL/NJ
Shirley H. Bristol (O'Connor) . . . . . USN . . . . MAL/CT	Nancy L. Clar . . . . . USN . . . . MAL/NM
Eleanor Fitz (Plantner) . . . . . USN . . . . MAL/CT	Loretta M. Quinn . . . . . USN . . . . MAL/OH
Audrey J. Busse (Roberts) . . . . . USN . . . . MAL/DE	Ann P. Butcher (Laukin) . . . . . USN . . . . MAL/PA
Philomena C. Adkinson (Chiachiarotte) . . . . . USN . . . . MAL/FL	Verlee C. Anderson* (Kinnaird) . . . . . USN . . . . MAL/TX
Marjorie G. Bender* . . . . . USN . . . . MAL/FL	Florence M. Bobiak (Thies) . . . . . USN . . . . MAL/WA
Gyneth S. Bennett* (Sutter) . . . . . USN . . . . MAL/FL	Nathalie L. Tyner (Stibbe) . . . . . USN . . . . MAL/WA
Amy L. Kluksdahl . . . . . USN . . . . MAL/FL	Marion R. Belohlav (Green) . . . . . USN . . . . MAL/WI

### FORMER MEMBERS

Ada LaVerne Simpson (Thompson) . . . . . USN . . . . 008/CA	Grace R. Marker . . . . . USN . . . . MAL/CA
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\* WAVES National Charter Member

*Gone, but not forgotten!*

#### **Women in Vietnam** *(continued from page 5)*

From 1967 to 1973, a total of 28 enlisted Marine women and eight officers served in Vietnam at various times.

#### **CIVILIAN WOMEN IN VIETNAM**

In addition to the U.S. military women who served in Vietnam, an unknown number of female civilians willingly gave their services on Vietnamese soil during the conflict. Many of them worked on behalf of the American Red Cross, Army Special Services, United Service Organizations (USO), Peace Corps, and various religious groups such as Catholic Relief Services.

Other American women traveled to Vietnam as foreign correspondents for news organizations, including Georgette "Dickey" Chappelle, a writer for the National Observer who was killed by a mine while on patrol with U.S. Marines outside Chu Lai in November 1965. According to the Vietnam Women's Memorial Foundation, 59 female civilians died during the conflict.

## **Get Ready for 2016 Convention in Tunica, MS**



The Memphis Belles (Unit 151) and Nashville Volunteers (Unit 94) were selected to host the MWAN 21st Biennial Convention. So start making your plans to attend the 2016 convention. You may be asking where in the world is Tunica, MS? Well, it is the Gateway to the Blues, mid-way between the two coasts and its proximity to Memphis, TN, increases the options for recreational excursions and transportation from the Memphis International Airport. Stay tuned to further editions of **White Caps** for more information as it becomes available.

# Chartering of TriState Women Veterans Unit #157 of Military Women Across the Nation



**Air Force:** (Left-Right) Kit Standefer of Chattanooga, TN; Adrienne McMillan of Chattanooga, TN; Rebecca Jacobs of Hixson, TN; Jo Ruta of Chattanooga, TN; Gloria Gray of Hixson, TN; Martha Levardsen of North Chattanooga; Gigi Albi of Cleveland, TN; Susan Lindsey of Hixson, TN, and Robin Flockerzi of Chattanooga, TN.



**Army:** (Left to Right) Seated: Sheila Billings of Harrison, TN and Rita Waller of Chattanooga, TN. Standing: Deborah James of Chattanooga, TN; Debra Shadwick of McDonald, TN; Cathy Brown of Chattanooga, TN; JROTC Cadet Jessica Dillard of Soddy Daisy, TN; Renee Chisholm of Chattanooga, TN; Shelly Galloway of Chattanooga, TN; Angela Lawrence of Chattanooga, TN; Beth Wingfield of Crandall, GA; Lurline Person of Chattanooga, TN, and Deborah Kendrick of Chattanooga, TN.



**Marine:** (Left to Right) Seated: Patricia Pollard of Chickamauga, GA and Penny Mann of Chattanooga, TN. Standing: Robin Flockerzi of Chattanooga, TN and Rita Waller of Chattanooga, TN.

Some 40 military women joined by family and friends launched the inaugural unit of Military Women Across the Nation in Chattanooga on Saturday, 20 June 2015. TriState Women Veterans, a network of military women from Tennessee, Georgia and Alabama who have met socially for several years were chartered as Unit #157 of Military Women Across the Nation, a federally-chartered, 501(c)(19) veteran service organization.

“Overwhelmed is an understatement!” Unit President Rita Waller said commenting on the “room full of beautiful military women” who came out to join and support the unit. Rita served in the U.S. Army and in the U.S. Marine Corps during the 1970’s and 1980’s.

“This has been a wonderful experience because when I came back, I was lonely and had no sisters to call my own,” she said.

“I was at a Bible retreat and met Sandy Hughes (another unit member and U.S. Army veteran) who said, ‘Have you heard about TriState Women Veterans?’ That was the beginning of a fantastic relationship.”

The new unit’s 36 (and counting) charter members include women who have served in the U.S. Army, U.S. Navy, U.S. Marine Corps and U.S. Air Force as well as the Army and Air National Guard. Several members have served in multiple services.

“We still need to find some Coast Guard gals,” said U.S. Navy-retiree Patty Parks. As the Tennessee State Director for Military Women Across the Nation, Patty conducted the unit chartering ceremony and officer installation. She is also Unit #157’s Treasurer.

Other unit officers include First Vice President Cathy Brown who served in the Women’s Army Corps from 1966 through 1968 and Secretary Gloria Gray, an Air Force veteran.

TriState Women Veterans evolved into more than just a social group as local military women sought answers and assistance regarding veteran benefits and desired to do more in the service of their communities along with sharing their common histories, Patty said.

To allow greater variety in their service options TriState Women Veterans members voted in October 2014 to join Military Women Across the Nation.

A national organization with some 2,000 members, Military Women Across the Nation was originally chartered in 1979 as “WAVES National”

*(continued to next page)*



**Navy:** (Left to Right) Seated: Gloria Wix of Nashville, Patty Parks of Ooltewah and Chris Huber of Nashville. Standing: Linda Cantrell of Nashville, TN; Deanna Allman of Nashville, TN; Lisa Suchenicz of Nashville, TN; Donna Henderson of Nashville, TN; Barbara Pascoe of Cleveland, TN; Carol Ransom of Nashville; Tina Hale of Trion, GA; Pat Shay of Cleveland, TN; (blonde) Laura Holder of Soddy Daisy, TN; (brunette) Arran Grazier Williams of East Ridge, TN; Wendy Burke of Rock Springs, GA; Joyce Campbell of Hixson, TN.



## TriState Women... (continued from previous page)



**New Officers:** (Left to Right) 1st Vice President Cathy Brown (Army) of Chattanooga, TN; President Rita Waller (Marines and Army) of Chattanooga, TN; Secretary Gloria Gray (Air Force) of Hixson, TN and Treasurer Patty Parks (Navy) of Ooltewah, TN.

with membership limited to women of the sea services. However, the organization changed its name in 2014 and immediately opened membership to women who have served honorably in any U.S. military service.

While all "WAVES National" units converted to Military Women Across the Nation units in 2014, TriState Women Veterans #157 is the first unit chartered since name and policy changes.

The chartering ceremony included displays of military memorabilia, the history of women in the military, a cake cutting and, of course, lots of door prizes.

Unit members received well wishes (printed in the charter program) from Military Women members nationwide including the current National President, Dassa Carvey of Virginia Beach, VA and past National Presidents Sharon Woods of Williamsburg, KS, Barb Turner of Flower Mound, TX and Jan Roy of Grandville, MI.

The unit also received written congratulations from Chattanooga Mayor Andy Berke and Hamilton County Mayor Jim Coppinger.

TriState Women Veterans, Unit #157 will continue to serve and support all military women in the Tennessee, Georgia and Alabama areas. If you are interested in joining TriState Women Veterans Unit #157, please contact Patty Parks at (423) 326-0839 or pattyjoparks@yahoo.com.

## President's Message (continued from page 1)

as the new VAVS National Rep and I encourage you to give her your support. We still have a long way to go to secure a safe margin to remain a voting member of the National Advisory Committee. I encourage everyone who is able to become a volunteer for our organization at a VA Medical Facility. It is a very rewarding commitment. Please contact Diane if you are interested.

Ship's Store is in the process of being restocked with items bearing the new logo! I have the patches, lapel pin, earrings and coin and they are awesome! Be sure to put your order in to Linda Coffield for these items as well as the shirts – both t-shirts and polo.

I am proud to announce Chelsea Mistler, from Missouri, as the winner of our 2015 Scholarship with her essay on "Women at War." Chelsea attends the Southern New Hampshire University and carries a GPA of 3.876 on a scale of 4.0.

Her essay is printed in this issue.

Several more units have submitted name changes and are working diligently on updating their bylaws. I know updating the bylaws is a challenge and some units may not be able to locate their original bylaws and will have to start from scratch if Cheryl Adams, 2nd VP, doesn't have a copy. If you need a copy of your bylaws, contact Cheryl. If she doesn't have a file copy, request a copy of the bylaws template from her or Cathy Gerolimos, National Bylaws Chair. Do not hesitate to contact any one of us for assistance. We are here for you and all you have to do is ask.

It's time to start thinking about elections for next year... nomination forms will be in the October issue of White Caps. Please consider running for one of the elected offices: President, 1st Vice President, 2nd Vice President, Treasurer, or Recording Secretary. I know we have a

lot of talent in our membership and it would be nice to see at least two members running for each office.

Please continue to send your unit newsletters to me. I enjoy reading about all the things you do and am continually amazed at what great works you are doing and all that you are involved in. I would like to hear from the MALs also and ask that you send me an email letting me know what you are doing. So many of our members are in their 80's and 90's and put me to shame for all they are doing! You go, ladies! Thank you all for all you do for MWAN, your communities, your families and each other. This is how we stay strong!

Until next time, please keep our troops in your prayers.

Always Navy~

*Dassa*

## MWAN Member Named Pacific Fleet Master Chief (continued from page 1)

suspected pirates off the coast of Somalia and the ship was awarded the Navy "E". From March 2010 to June 2012 she served as the CMC aboard USS Abraham Lincoln (CVN 72), Everett, WA. The ship successfully completed two deployments and also earned the Navy "E". From July 2012 to November 2013 she served as the CMC for Naval Safety Center, Norfolk, VA.

Prior to being transferred to the Pacific Fleet, she served as the Force Master Chief, for Commander, Naval Surface Force Atlantic.

Whitman is a Keystone Graduate, the Navy's 2011 Captain Joy Bright Hancock Leadership Award Winner and 2011 Captain Winifred Quick Collins Award Winner for Inspirational Leadership. She has been awarded the Defense Meritorious

Service Medal, Navy Commendation Medal (2 awards), Joint Service Achievement Medal, Navy and Marine Corps Achievement Medal (6 awards), and various unit and campaign awards.

**BZ, Fleet! We are proud of you and your achievements!**

# FOAM OFF THE WAVES

## KEYSTONE WAVES

**Unit #6 (PA)** - We have been busy participating in Memorial Day events. We rode in vintage convertibles in the Media, PA, parade. Gladys Martin gave the formal invocation at the parade ceremony. Peg Seiz was guest at another ceremony in which she also gave the invocation and read an original poem "Veterans Day is Every Day".

At our June meeting everyone submitted a suggestion for our unit name change. These will be voted on at our September meeting. We also had three prospective members in attendance.

**For meeting information, please contact Ruthie Severino at 610-356-8956.**

## HEART OF AMERICA OF MWAN

**Unit #9 (KS)** - We met recently at American Legion Post 370 in Overland Park, KS. Even though only 3 members were able to attend, the Legion staff served a delightful meal of baked chicken and twice baked potato. Members were to vote on our new bylaw changes. We will try again at our August meeting.

Michele Batliner participated in the 4th of July Rich Hill, MO, parade promoting MWAN.

We would like to welcome the first chartered MWAN unit: TriState Women Veterans, Unit #157, in Chattanooga, TN.

**For information about our upcoming meeting on Saturday, August 22nd meeting, please contact Michele Batliner at (816) 315-9229 or mbatliner@att.net**

## FIRST STATE

**Unit #10 (DE)** - Our unit participated in the Wilmington (DE) VA Medical Center's Carnival for their inpatients and residents of their Community Living Center. We gave out lots of goodies with the most popular items being socks and combs. Not sure who had more fun or who it meant more to, the patients or the volunteers.



Manning the booth at the VAMC's Carnival are current President, Pat Cerchio-Vieira, on left, and past President, Jane Steele, on the right.

Not shown in the picture are Treasurer, Sherri Leslie, who was helping push patients in their wheelchairs and Donna Hardy who came early to help set-up, but had to leave early to volunteer at another event.

## NORTHEAST OHIO WOMEN VETERANS OF MWAN

**Unit #21 (OH)** - Guest speaker CPT Stephanie Crawford spoke about the role of women in the military today during the Northeast Ohio Women Veterans Military Appreciation and Mother's Day Program on Saturday, 9 May. She discussed her time in the service and provided comparisons and stories about what she learned from her deployments. Her experiences as both enlisted and officer held the attention of all in attendance.



Guest speaker CPT Stephanie Crawford.

Stephanie was a wonderful guest speaker and contributed to the program's theme nicely. It is our privilege to add her to our ranks as the most recent member to become part of the Northeast Ohio Women Veterans, Unit 21, of MWAN. Though she has since transferred from the area, she will always be part of us.

## STARS & STRIPES

**Unit #36 (CA)** - We held our June luncheon at Mangia Italiano. Monica was welcomed back from her long family emergency trip home. We also welcomed Donna Owens who has missed several meetings caring for her husband.

Elections were held for all positions: Pres-Monica O'Hara, 1st VP-Roxanne Jones, 2nd VP-Kay Poindexter, Co-Secretary-Evelyn Coy and Shirley Ferrill, Treasurer-Carol Weiss and Chaplain-Donna Owens.

Monica O'Hara, Lynne Pine, Evelyn Coy, Roxanne Jones, Barbara Ellis, Carol Weiss and Lyn Leader volunteered to man the tables at the Joint Women's Leadership Symposium at the Wyndham on 11 & 12 June in San Diego. A write up of the event is included in this issue of the White Caps.

The Pillow Project is really moving along. The current number is 2,950 and will be over 3,000 by 1 July. Flyers about the project have brought in donations as well as a few helping hands. Lynne Pine found a site for labels and future pillows will have them.

Next meeting will be 1 August and we will be celebrating our birthday.

**For meeting unit information, please contact Roxanne Jones by emailing her at: roxanne.jones@score.com or call (619) 479-0149**

## GULF COAST OF MWAN

**Unit #56 (FL)** - We said good-bye to one of our Lifetime and Unit Charter members in June. Geraldine Watson is moving to North Carolina to be with her family. She was feted with a card signed by all members and a cupcake cake with the WAVE emblem and the words, "Fair Winds and Following Seas".



Left to right: Pam Reis, Vera Allcroft, Marion Glorig, Mary Lou Sabin, Mary Ann Loschin, Sue Ann Howell, Claire Moore, Linda Bauer (top half of head), Mary Lou Johnson, Geraldine Watson, Dotty Savasky, Andrea Cadieux, Donna Francisco met to say farewell to Geraldine.

**For meeting information contact Donna Francisco at email address: dfrancis43@comcast.net.**

## FLATWATER WOMEN VETERANS

**Unit #98 (NE)** - We met on Saturday, 27 June, at the USA Steak Buffet in Fremont, we have agreed to meet there in the future as it is a great central location. We were happy to have Suzanne Gilsdorf and Carol Applegate who both have interesting military experiences to share. We have renamed our unit Flatwater Women Veterans, Unit #98, of MWAN.

**For meeting information please contact Pat Hunsche, (402) 426-2013, phunsche@abbnebraska.com.**

## OCEAN STATE

**Unit #118 (RI)** - Our unit held its annual Rhode Island Military Woman of the Year banquet at the Officers' Club on Naval Station Newport, on 25 June. The recipient of this year's award was Lt. Jami Garrett, a Retail Operations instructor at the

# FOAM OFF THE WAVES

Navy Supply Corps School in Newport. The banquet is one of our hallmark events and is looked forward to each year as a time to get together for a meal and enjoy each other's company.



Unit 118 members enjoying the Rhode Island Military Woman of the Year banquet on 25 June.

We would also like to welcome as the new secretary of our unit, Michel Santana. Michel served in the Navy for eleven years from August 2004 to February 2015, most recently as the Food Service Officer at the Naval Station Newport galley. She deployed onboard the USS John C. Stennis during Operation Iraqi Freedom and Operation Enduring Freedom, and completed two humanitarian missions to South America. Welcome aboard, Michele!

For meeting information please contact Margaret Pedlow Smith at

(504) 756-4570 or email at [mpedlow-smith@gmail.com](mailto:mpedlow-smith@gmail.com).

## MEMPHIS BELLES

**Unit #151 (TN)** - Forever Young Senior Veterans invited veterans and guests to First Assembly Church, 8650 Walnut Grove Road, Memphis, TN on 6 June for a SENTIMENTAL JOURNEY of the Greatest Generation, a musical tribute to all WW II veterans to commemorate the 70th anniversary of D-Day. Charlotte Larsen and Arline Wertz, members of Unit #151, attended. Veterans went home with a bag of goodies and there is more to come. FEDEX is to provide veterans with a CD of the performance, and listening to the music again will be enjoyable. The recognition and musical tribute of the 1940s were appreciated.

For meeting information please contact Marie Bates, Unit Secretary, via email at [marie.salvato@park.edu](mailto:marie.salvato@park.edu).

## MILITARY WOMEN OF TIDEWATER

**Unit #152 (VA)** - Unit members, along with family helpers, worked to complete more than 300 neck pillows to donate to the USO at the Norfolk International Airport. The USO hands them out to service men and women who are traveling. While we were delivering the pillows, three service men dropped by and received their pillows! One pillow was also donated to a

retired sailor who is going through chemo. He is finding it a blessing to have while receiving treatments.



Unit and family members delivered neck pillows to USO. USO employees Mallory Lushenko (kneeling, left) and Connie Gallacher (1st row, standing, right) were glad to receive the pillows.

Unit member Force Master Chief Suz Whitman has been selected as Pacific Fleet Master Chief, the first female to serve in that position. Enjoy Hawaii and hurry back to Tidewater, Suz!

We hosted a luncheon to celebrate Military Women of Tidewater the end of July and held an auction as one of our fund raisers.

We also hosted an Ice Cream Social at the Community Living Center at the VAMC in July. We raffled off 17 donated lap robes to the patients.

We meet, monthly, at VFW 4809, Norfolk, VA. For meeting information, contact Dassa Carvey at (757) 363-3059 or email her at: [Dassa\\_2@verizon.net](mailto:Dassa_2@verizon.net).

Cut along dotted line

## BIG Prizes to be given in a Reverse Raffle!

Here's your chance to win big while helping out the organization. A reverse raffle will be held for Military Women Across the Nation to really get things rolling. We will be selling only 250 raffle tickets; the cost is \$10 each. Since it is a reverse raffle, the prizes are big with a \$1,000 grand prize and \$450 to the runner up. There will also be some other gift cards mixed in. The way you win is to be the last person standing, kind of like musical chairs. The draw down will be held once all 250 tickets are sold. In other words, we will draw numbers eliminating tickets after all the tickets are sold. So purchase yours individually and/or for your unit today! To get your tickets, please send the stub below and a check made out to MWAN/WN. Mail the stub and your check or money order to **Jennifer Baun, MWAN Reverse Raffle, 4068 Lockwood Blvd., Youngstown, OH 44511**. A virtual ticket will be e-mailed or sent to you with your raffle number. All winners' names will be published.

NAME: \_\_\_\_\_

E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Unit # or MAL: \_\_\_\_\_ ID #: \_\_\_\_\_



## Identifying Female Veterans an Issue for VA and States

*This entry was posted on June 8, 2015 by Herogiveaways.*

has identified only about 2,500, according to officials.”

Nevada Governor Brian Sandoval established an advisory panel with a focus on female veterans. More specifically, the panel was designed to locate, educate and advocate for female veterans in Nevada.

Because the Veterans Administration will only push more tax dollars toward services for female veterans if there are women veterans using those services, the hope of the Governor and those advocating for female veterans is to locate these women and letting them know they are eligible for veterans programs and services.

The following is an excerpt from the Las Vegas Sun article.

*The VA says female veterans are one of the fastest-growing populations; they will account for 10.5 percent of all U.S. veterans by 2020. Currently, about 9.2 percent of living veterans are women.*

*But identifying where the veterans live has been a struggle, partly because the U.S. Census Bureau doesn't require residents to note whether they are veterans, said Richard Beam, a VA spokesman.*

*Awareness is part of the problem. Not all women who served in the military, especially during World War II and the Korean War, realize they are veterans, Oates said.*

*“If they didn't serve in combat, they don't see themselves as veterans,” she said.*

*A recommendation seeks to change that by altering language on state documents. The committee suggests state agencies ask people if they've ever served in the U.S. military versus, “Are you a veteran?”*

*The committee also supports developing a database with information about Nevada veterans and a strategic plan to reach the population. Funding for a public-messaging campaign would be necessary, the report noted.*

Where are the female veterans? That was a question posed recently by the Las Vegas Sun newspaper. The state of Nevada wants to improve services for female veterans, but the problem is that they cannot find them.

And as you read further, this issue of missing female veterans is not just an issue with Nevada. It is also a problem nationwide according to the Veterans Administration.

In Nevada alone, according to the Las Vegas Sun, “The Department of Veterans Affairs estimates more than 21,000 female veterans live in Nevada, but the state Department of Veterans Services

## Information from VA Hospital System

*Submitted by Cheryl Adams*

### Nutrition and Food Services

Nutrition and Food Services (NFS) develops and provides comprehensive evidenced based nutritional services for our Veterans and their families across VHA's health care facilities. NFS delivers safe and high quality patient food services. NFS registered dietitian nutritionists serve as nutrition diagnosticians and medical nutrition therapists for Veterans and their families utilizing the nutrition care process and mentor future registered dietitian nutritionists through VA Dietetic Internship programs. Nutrition professionals promote wellness and disease prevention by ensuring effective nutrition education and counseling. The nutrition team proactively contributes to multiple VA initiatives including TeleNutrition, the Patient-Aligned Care Team, Cultural Transformation, nutrition research, and social media communications. NFS is transforming VA in its advanced clinical nutrition practices, data driven quality improvement, and healthy teaching kitchen programs to improve Veterans and their family members' health outcomes.

Food choices can impact a number of health conditions such as diabetes, heart disease, and high blood pressure. Check out your local VA Hospital website to view a list of Nutrition Related Health Conditions or visit in person and learn how your food choices can make a difference in managing your health.



## Veterans Day is Every Day

*By Peg Seiz*

*WW II WAVES Veteran*

*6/21/15*

**As long as there is one man or woman in uniform to  
Serve and protect our freedom for our country**

**Every Day is Veterans Day**

**As long as there is one veteran in a veterans  
hospital**

**Or at home with physical or mental problems**

**Every Day is Veterans Day**

**As long as there is one person missing in action**

**Or a prisoner of war**

**Every Day is Veterans Day**

**As long as there is one flag on a grave here or**

**Overseas in a cemetery to honor a veteran**

**Every Day is Veterans Day**

**So God Bless All Our Veterans and**

**God Bless America Every Day**

**Amen**

# Joint Women's Leadership Symposium in San Diego, CA

The Stars & Stripes, Unit #36, in San Diego, co-sponsored the Joint Women's Leadership Symposium in San Diego, CA, on 11-12 June 2015 in conjunction with the Sea Service Leadership Association. The event drew attendees from all services and featured senior leadership panels from all services, with this year's theme of "Progress and Possibilities: Embrace Our Future Now!"

From Navy guest speakers such as the Chief of Naval Personnel, Vice Admiral Bill Moran, to panelists such as the Navy's first female JAG VADM Nan DeRenzi, attendees learned more and exchanged ideas covering all facets of military life.



*Door Prize: UP Monica O'Hara, SGM Gregory, and her boss The Honorable Debra Wada, Assistant Secretary of the Army (Manpower & Reserve Affairs)*

The Stars & Stripes Unit members represented Military Women Across the Nation (MWAN) at a public relations table attracting 71 guest registrations from around the world. Unit President



*Grand Prize: UP Monica O'Hara, MST2 Carr, and Evelyn Coy.*



*Pillow Project Coordinator Barbara Ellis and Evelyn Coy.*

Monica O'Hara and California State Director Lynne Pine organized event support, and unit members Carol Weiss, Roxanne Jones, and Lyn Leader provided information to attendees on the new transition of MWAN. Additionally, Project Coordinator Barbara Ellis and Unit Secretary Evelyn Coy provided hands-on demonstrations of neck pillow stuffing for the local Pillow Project. The neck pillows were given as a door prize, and the grand prize was a neck pillow and a woven Americana-

themed throw. The grand prize was awarded to MST2 Aisha Carr (U.S. Coast Guard), and the neck pillow door prize was awarded to SGM Tamara Gregory (U.S. Army) who was this year's recipient of the 2015 Enlisted Joint Leadership Award.

The Stars & Stripes unit coordinated with the San Diego Veterans Museum & Memorial Center at Balboa Park to provide an historical display of women's service uniforms. It was a great turnout and wonderful display representing Military Women Across the Nation, providing an opportunity to share information, network, and connect with military women of all services. CA State Director Lynne Pine reconnected with CAPT Jennifer Eaves, whom she had not seen since they served together on active duty in the Navy as YN3's in 1982.



*Women's Service Uniforms Display, courtesy of San Diego Veterans Museum & Memorial Center, Balboa Park*

☆☆

## ATTA-WAVE AWARD



### Jennifer Baun a Finalist for the ATHENA Award



Jennifer Baun was one of 16 finalists for the ATHENA Award at the Youngstown Warren Regional Chambers 23rd annual award, 28 May. The ATHENA Award recognizes a woman for professional excellence, community service and the active assistance in women in their attainment of professional excellence and leadership skills.

The Athena Award Program originated in Lansing, MI, when Martha Mayhood Mertz was asked to serve on the Lansing Regional Chamber of Commerce Board of Directors and discovered that in the 75 years of presenting community awards, her chamber only honored a woman once. The Youngstown Warren Chamber has been one of the largest and longest running programs of ATHENA in the country.

Jennifer stated, "It was an honor to be nominated with these amazing women, and we are all winners just for becoming a finalist."

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### Miscellaneous Information:

- Conventions are biennial.**
- WHITE CAPS is published six times a year: Feb., Apr., June, Aug., Oct., and Dec. **Items for publication must be received by the 1st of the month before publication.**
- National Dues: \$25.00 for the calendar year - 1 January to 31 December, submitted to the National Treasurer. Unit members submit to Unit Treasurer; Members-at-Large, submit directly to the National Treasurer.**
- When dues have been paid by new members, **membership cards will be issued to each new member directly with a copy to unit treasurers for those unit members. Regular members** will not be issued another membership card **but** Life members will be issued a permanent Life Membership card.
- All changes of address must be forwarded to the Exec. Secretary sixty days before moving, if possible. There will be no re-mailing of WHITE CAPS unless the member forwards \$7.50 to Monica O'Hara, Treasurer.
- You may submit your White Caps articles via e-mail to Judy Faries at, Mizjudy97@gmail.com with a copy to Dassa Carvey at Dassa\_2@Verizon.net.

<u>Submit Date</u>	<u>Publish Date</u>	<u>Issue</u>
1 Sep 2015	Oct 2015	Oct
1 Nov 2015	Dec 2015	Dec
1 Jan 2016	Feb 2016	Feb
1 Mar 2016	Apr 2016	Apr
1 May 2016	Jun 2016	Jun
1 Jul 2016	Aug 2016	Aug

Store Use:

# MWAN Ship's Store

Women Veterans ~ Still Something Special

August 2015

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Item Description	Color	Size	Price	Qty	Total

\* ALLOW 6 WEEKS FOR ENGRAVED ITEMS \* Additional items may be listed on a separate page \* **Subtotal**

Up to \$45 = **\$7**    \$46 to \$100 = **\$13**    \$101 & above = **\$20** ➔ **ADD Shipping**

**No phone orders. Make Check/Money Order to "MWAN-WN SHIP'S STORE"** **Total Due**

**MAIL CHECK WITH ORDER FORM TO: LINDA COFFIELD, 3902 LOWIN COVE, MEMPHIS TN 38128-1913**  
 Questions? Call: (901) 372-9028 ♦ or write lmcoffield@comcast.net

<b>Name Badge w/MWAN Logo \$15</b> Brushed Gold Plastic w/Bold, Black Letters, Double Clutch back <i>(Magnet back On Request)</i> Name on Badge: _____ (Nickname/Maiden/Other Info) _____ Branch: _____ Years/From: _____ To: _____ WN Unit Name & Number: _____	<b>Outgoing Officer Pin w/MWAN Logo \$12</b> Brushed Gold Plastic w/Bold, Black Letters, pin type back Name on Badge: _____ Office Held: _____ Years in Office: From _____ To _____ WN Unit Number: _____
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<b>MWAN Ball Caps \$12</b> Gray, velco adjustment strap MWAN color logo	<b>MWAN Notes Cards \$10</b> 10 Single-fold notes /envelopes MWAN logo or WAVES hat picture	<b>MWAN Playing Cards \$10</b> MWAN logo on front	<b>MWAN Visor \$12</b> Gray, velco adjustment strap MWAN color logo
<b>MWAN Polo Shirt w/logo \$30</b> Gray w/embroider logo SM-MED-LG-2X-3X,4X	<b>MWAN Earrings \$12</b> Pierced, 1/2" Round Enamel MWAN Logo (Clip-on Available on Request)	<b>MWAN Logo Charm \$7</b> Round, Enamel MWAN Logo (3/4")	<b>MWAN T-Shirt w/Logo \$15</b> Gray color w/screened logo on upper left front & center back SM-MED-LG-XL-2LX-3X-4X
<b>Anchor Lapel Pin \$4</b> Original Hat Pin Style, 1/2" with single pin clutch back	<b>Necktie \$12</b> Women's USN - Black w/Velcro closure-One Size	<b>Waist Bag \$10</b> "Fanny-style"; cotton canvas w/ Embroider logo; 2 zips; adj 30"/4	<b>Vet WAVES Patch \$4</b> Round, 3 1/2 inch patch Blue/Gray/White
<b>Small Patch \$4</b> <b>SPECIFY:</b> WN Logo <u>OR</u> Service (Navy, Marines; Coast Guard, Army, Air Force) Size vary 2 1/2"-3"	<b>Anchor Patch \$5</b> WAVES Anchor & Prop Embroidered in Blue & Grey on White background; 4 1/2" diameter	<b>Large Patch \$10</b> WN Logo; May be sewn or ironed on back of jacket or vest. Size 8 1/2" diameter	<b>Teddy Bear \$7</b> W/Service Patch on Belly <b>SPECIFY:</b> Which Service
<b>"Original" Hat Pin \$10</b> WAVES w/Anchor & Prop	<b>USN Hat Pin \$4</b> Spread eagle w/USN	<b>WN Logo Charm \$7</b> Round, Enamel WN Logo (1/2")	<b>Anchor Charm \$7</b> Original Hat Pin Style (3/4")
<b>MWAN Lapel Pin \$4</b> Round, clutch back, 3/4"	<b>MWAN Name Puck \$3</b> Round disk for name tags, 3/4"	<b>Lady WAVE Pin \$4</b> Oval pin with 'Lady WAVE w/flag	<b>WN Logo Bottle Cap \$7</b> <b>Earrings</b> – stars or hearts
<b>WN Logo Lapel Pin \$4</b> Round, Enamel WN Logo	<b>Service Logo Lapel Pin \$4</b> <b>SPECIFY:</b> Navy, USMC, USCG, ARMY, AF	<b>Magnet \$1</b> Flat, 2 1/2" Circle; White w/WN Logo	<b>Luggage Tag \$2</b> Blue plastic w/WN Logo
<b>Anchor Earrings \$14</b> Pierced, Original Hat Pin Style (3/4") (Clip-on Available on Request)	<b>WN Logo Earrings \$12</b> Pierced, 1/2" Round Enamel WN Logo (Clip-on Available on Request)	<b>Songbook \$8</b> <b>SPECIFY:</b> "Songs WAVES Sing" <u>OR</u> "Bainbridge Bootcamp Songs"	<b>MWAN Coins \$10</b> See picture in this White Caps 1.3/4" round
<b>Dogtag Lapel Pin \$5</b> Dog-tag shape, 3/4", silver-color pin w/ chain says: Women Proudly Served	<b>WN Gold T-Shirt \$12</b> Gold w/Blue screened logo on back and small logo on upper left front. XL-2XL-3XL-4XL only	<b>License Frame \$2</b> Top: WAVES National Bottom: Women of the Sea Services	<b>Decal \$1</b> WN Logo for cars, etc <b>SPECIFY:</b> Blue/White <u>OR</u> Blue/Yellow
<b>Patriotic Key Chain \$6</b> Stars or Stripes in Red, White and Blue Canvas material	<b>WN Blue T-Shirt \$10</b> Navy w/White screened Logo SM-MED-4X only	<b>Sewing Kit \$2</b> Blue Case w/WN Logo & WEB address printed in white; 2"x3 1/4"x1/4" Needles/threader/scissors/pins, etc.	<b>WN Bumper Sticker \$1</b> Two-tone blue WN emblem and dark blue letters on white; glossy paper; Approx 3" x 10
<b>Garrison Cap \$22</b> Ladies' Style, Dark Blue, lined w/WN Logo Patch provided 55% Poly/45% Wool; DRY CLEAN ONLY Sizes 21, 22, 23, 24 & 25 (Measure Circumference of your head; Add 1 & ROUND UP for Size)	<b>MWAN PATCHES</b> 2.5" Patch - \$3. each (for garrison caps/ballcaps) 3" Patch - \$4. each (for shirts) 8.5" patch - \$10 each (for vest or jackets)		

# MILITARY WOMEN ACROSS THE NATION

9105 Shoshone Trail  
Flower Mound, TX 75022-7040

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MEMBERS: If you are going to be traveling from time to time, why not send **Monica O'Hara \$7.50** to have your WHITE CAPS sent via first class mail. This way, you will never have to miss an issue. Thank you!

## ADDRESS CHANGE FORM

OLD:

(Paste WHITE CAPS label here)

NEW ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE # ( ) \_\_\_\_\_  
area code (Check here if unlisted)

EMAIL ADDRESS: \_\_\_\_\_

EFFECTIVE DATE: \_\_\_\_\_

Mail to: **Barbara Turner**, Executive Secretary  
9105 Shoshone Trail, Flower Mound, TX 75022-7040

## MEMBER-AT-LARGE MEMBERSHIP RENEWAL FORM

(Dues period 1 January to 31 December)

*Please type, print, or use address label*

Date \_\_\_\_\_

Name \_\_\_\_\_ Member ID # \_\_\_\_\_

Address \_\_\_\_\_ (Find on WHITE CAPS address label)

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email Address \_\_\_\_\_

Telephone Number ( ) \_\_\_\_\_ (Check here if unlisted)

Check # \_\_\_\_\_ Tax Deductible Donation Included \$ \_\_\_\_\_ Dues for 1 year are **\$25.00** • Check Amount: \_\_\_\_\_

Please enclose a check or money order for **\$25.00** for dues for one year, made payable to MWAN, and submit with this form to the **National Treasurer, Monica O'Hara, 6383 Kimmy Ct., San Diego, CA 92114-5631**

**New members use MWAN membership application only.**

**The Life Membership rate for those 90 years or older is \$30.**