

MILITARY *Women's* BULLETIN

VOLUME MMXXV, #4



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AUGUST 2025

2025 MWAN scholarship recipient seeks a career in alternative medicine.

Stella Rae Koene of Petaluma, CA, is this year's MWAN Scholarship recipient. Pictured at right, Stella plans to study Medical Anthropology at the University of Wisconsin in Madison, WI, with a goal of becoming a Naturopathic Physician. MWAN members wish Stella success in all of her future endeavors.

Essays are printed as written and have not been edited by the Bulletin Editor.



"From Computers to Drone Pilots: Military Women have come a long way"

By Stella Rae Koene

The journey of women in the military is a remarkable story of resilience, courage, and progress, vividly illustrated by the experiences of Rose Nowak. At 77, Rose reflects on her time in the U.S. Air Force, where she enlisted at just 19 years old. Serving as a medic at Kessler Air Force Base in Biloxi, Mississippi, during the Vietnam War era, she describes it as "one of the best experiences" of her life, emphasizing the friendships and bonds formed with fellow service members.

Historically, women have played vital roles in the military, dating back to the Revolutionary War when they served as nurses and disguised soldiers. However, it wasn't until World War II that the U.S. military acknowledged the necessity of women in more structured roles. The establishment of the Women's Army Corps (WAC) in 1942 allowed women to serve in non-combat roles, paving the way for future advancements. By the end of the war, over 350,000 women had served in various capacities, demonstrating their capability and commitment. This marked a significant turning point in the perception of women in military service, as their contributions became increasingly recognized.

When Rose enlisted in 1959, women were still primarily relegated to support roles, but they served with dedication and professionalism. Rose chose to join the military after her parents informed her that they could not afford her college tuition. "I wanted to do something meaningful," she explains, reflecting the independent spirit that has defined her life. This decision was emblematic of a generation of women who sought purpose and opportunity during a time when societal expectations often confined them to traditional roles.

During her service, Rose faced numerous challenges, including the cultural shock of transitioning to a racially charged environment in Mississippi. However, she thrived in her role, working long hours in a medical ward that primarily cared for new mothers and provided surgical support. "It was a happy place," she recalls, emphasizing the sense of purpose she found in her work. The camaraderie among service members provided a supportive environment that helped her navigate the difficulties she encountered.

Essay continued on Page 9.

➡➡ Don't Forget! ⬅️⬅️

National Officer Reports DUE 1 AUG

National Staff Reports DUE 1 AUG

Regional Rep Reports DUE 1 AUG

October Bulletin Input is DUE 1 SEP

Please refer to the current MWAN Procedures Manual or contact your Regional Representative listed on Page 10 of this bulletin, if you have questions.

Presidential Ponderings

by GinaMarie Doherty, National President

A membership moment: Although our membership growth is just moseying along, we are holding strong with 15 units across the nation. Thank you, sisters!

Shout out to Units 10, 118, 144, and 159, the leaders of the pack in reaching our military sisters. I would love to see Unit 160 form and request a charter. Did you know our Bylaws and Procedures Manual have been streamlined to ease the burden of reports?

Thank you, also, to the unit presidents, regional representatives and national officers and staff who submitted annual reports. This month your MWAN Board of Directors will meet for a midterm meeting in Petaluma, California, to make sound decisions to move our organization forward. I would like you all to know how hard your BOD work together for our organization.

I love to travel and look forward to spending time with you. Please invite me to a unit event or meeting. I have had the pleasure of visiting Unit 10 in Delaware, Unit 157 in Tennessee, and Unit 152 in Virginia. Let's chat about why it is so important for us to connect. Godspeed, sisters!

Membership Message

by Debra Crutchfield, Vice President for Membership

I have been remiss in submitting articles to the MWB due to health reasons. In September 2024, I dislocated my shoulder while packing to move. We're finally settled in Lyman, SC, but between moving, physical therapy and surgery on my elbow, we've been very busy.

I have met with some women veterans in our area, and gave them MWAN information. Many of them are involved in the American Legion. I attended the Region 10 MWAN Conference in Greenville, SC. One of the women veterans I met earlier attended part of the conference, but was not interested in joining, which will happen. However, there are many who would be interested.

Keep MWAN information & applications with you so you can continue to recruit. If you have novel recruiting ideas, please let me know so I can share them with others!

Hope you all have a great summer."

Officers' Call

Supply Snapshot & Special

by Linda Coffield, Supply Locker Officer

Get ready for those Fall Information Fairs with this Recruiting Special on bulk pens and pencils! Each has an imprint of the **MWAN Logo** plus "**Military Women Across the Nation**" and www.milwomen.org address.

100 Pencils for \$28 &/or 50 pens for \$35

(Regular price = 100 Pencils for \$50 & 50 Pens for \$50)

Just write in the Recruiting Special price on your August 2025 order form! This special is good on paid orders received by September 30th, 2025, unless we run out of stock!



Random pen barrel & pencil colors. All pens have black ink.



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

Sound Off!

REDWOOD EMPIRE MILITARY WOMEN

Unit #77 (CA) – We held an abbreviated meeting in May to review upcoming events and had an opportunity for Emily Sousa to share her experiences of the April Honor Flight of which she was a participant. She was the only woman veteran taking part in what she described as “an extraordinary experience” which she will never forget, and was treated like a princess.

We joined other veteran service organizations on Memorial Day to honor the fallen. Unit President Maura Mooney shared details about women who served, and Rose Nowak, who is also chaplain for American Legion Post 28, gave the opening and closing prayers. This event was followed by a lunch at the Petaluma Veterans Building.

Our last meeting until fall, was held on June 14th, to celebrate Flag Day. Rose shared a passage, reminding us what the flag means and why we honor it. We welcomed Darlene Brady, Army, and our newest member, Diane James, Air Force, to the unit.

Six, unit members celebrated Women Veterans Day with having lunch with the women residents at Yountville Veterans Home on June 26th. We plan to repeat this in the near future, as we always have such a great time.

We are looking forward to hosting the upcoming MWAN Board of Directors MidTerm meeting in August.



Maura Mooney (left) & Rose Nowak at the local Memorial Day service.

OCEAN STATE

Unit #118 (RI) – Our unit is as active as ever including some fun activities in addition to our routine events. We continue to meet regularly with an average of 12-16 members per meeting.

On Memorial Day, some members marched in a parade (pictured below) and laid a wreath at the women veteran's statue located in the Rhode Island Veteran's Cemetery. Afterward, they went for lunch and some friendly socialization. **(EDITOR NOTE: Names and details were not included with photographs.)**



Memorial Day wreath-laying.

Since our last MWB report, we have distributed \$1,500 in gas and food gift cards to women veterans in need who are attending Rhode Island state colleges.

The unit received an invitation to go deep sea fishing out of Hampton, NH, and some of our braver souls went for it. A good time was had by all who attended.

On June 13th and 14th we conducted some fund-raising activities at a local food market. This provides an opportunity



for us to publicize who we are and what we do. People seem very interested to talk to us as they usually associate males as being veterans. If they choose to make a donation, they are thanked and given a wee gift, usually a red, white and blue, silk carnation. Members also give out MWAN information in an effort to recruit new members. Any funds generated are used toward charitable expenses such as memorial wreaths, veteran teas, gift cards for the needy, and veteran shelter support. The funds also help offset unit expenses like printing ink & paper, PR materials, etc. That's all for now. Wishing everyone an enjoyable summer.

SALT CITY WOMEN VETERANS

Unit #80 (NY) – Unit members were recently invited by New York State Assemblywoman Pamela Hunter (pictured below left) to attend a NY State Assembly special session where June 12 was officially proclaimed Women Veterans Day. New York is one of only 14 states which has voted for such recognition. Assemblywoman Hunter, who is an Army veteran, introduced several women veterans in attendance to the assembly where they received a standing ovation. Additionally, the keynote speaker for the event was unit member LTCOL Diane Greenpo (below right)!



Sound Off!

TRIANGLE WOMEN VETERANS

Unit #144 (NC) – The unit held its quarterly meeting on June 28th at member Audrey Weiss' home. Twenty-two members attended either in person or via Zoom and included two new members, Helen Yarborough and Chrystal Thomas. Welcome! An auction was held and raised more than \$900 for various charities which support women veterans. Another highlight included our honored guest Emalee Marie Rosenberg, 2025 Junior Miss Coastal Cape Fear, who came to thank the members for their service. She is also the granddaughter of member April Maggart.



Above: 2nd Quarter unit meeting: Clockwise from the 6 o'clock position: Adina Lev, Patty Blackwell, Melvina Croner, Ann Lewis, Linnea Sommer-Weddington, Shelley Kirk, Helen Yarborough, Emalee Rosenberg, April Maggart, Brenda Brubaker, Trisha Neubert, Bernie Donato, Yoneka Moore-Trent & Kathy Koch



At right: Emalee has her crown adjusted by Grandmom April Maggart.

Despite rainy weather, unit members placed flags at the Cary First Christian Church cemetery for Memorial Day. It was well attended by many TWV members as well as representatives of the CFC community and religious lay persons. The cemetery has veterans dating back to WW1.



144 Memorial Day (left to right): Pearl Galloway, Jennifer Griffith, Adina Lev, Bernie Donato & Patty Blackwell.

On May 9th unit members attended the Millie Dunn Veasey post office dedication. SSG Veasey was in the 6888th Central Postal Directory Battalion, nicknamed the "Six Triple Eight" during WW2. The 6888 caught up the mail backlog in 3 months when it was estimated to have taken 8 months. She was also the first woman President of Raleigh Wake Chapter of the NAACP in the state of North Carolina. Millie was a true trailblazer!



Veasey Dedication (left to right): Bernie Donato, Adina Lev, RaNae Kellum & Hellen Juarez-Ruiz.

In May, members gathered for some fun at the local axe throwing facility, "Urban Axes", in Durham. We are happy to report that no one got hit and a good time was had by all!



Axe throwers pictured (left to right) are Adina Lev, Hellen Juarez-Ruiz, RaNae Kellum & Bernie Donato.

TWV members participated in the Women Veterans Honor Walk on June 14th, which is in recognition of Women Veterans Day. Veterans Bridge Home (VBH), in partnership with Wake County, the North Carolina Department of Military and Veterans Affairs and local veteran-serving organizations, hosted the inaugural event. Participants walked to honor the service, strength and sacrifice of women who have worn the uniform — past and present. Attendees were encouraged to walk in honor or memory of a woman veteran, whether themselves, a loved one or someone whose service deserves recognition.



Walk participants (left to right) were Bernie Donato, Adina Lev, Jennifer Griffith, Audrey Weiss, Faith Junghahn, Leslie Wilson, Patty Blackwell, and Yoneka Moore-Trent

MEMPHIS BELLES

Unit #151 (TN) – In early May we held another successful bake sale at the Kick'n Pony band and dance venue. We raised more than \$200 and member Patricia Duncan-Harrison recruited Army veteran Alberta Shepard to join us! Welcome aboard, Alberta, and BZ to Patricia!



Kick'n Pony fundraisers (left to right) are Alberta Shepard, Sami Phillips, Becky Dickinson, Linda Coffield, Anne Day, Jean Jungkans & Kathy Desjarlais. Not pictured is Betsy Stahl.

We placed flags on more than one hundred veteran graves in preparation for Memorial Day. Anne Day (below left) and Valarie Bennett (below right) participated in the



Tipton County Memorial Day Service that was coordinated by Kathy. We had several members attend plus a surprise guest – our past president, Barbara Booth - who was visiting in the area.



Above: Placing flags at Covington Memorial Gardens Cemetery (left to right): Alberta Shepard, Valarie Bennett, Kathy Desjarlais, Linda Coffield, Anne Day, Becky Dickinson & Sami Phillips.

Below: Past Unit President Barbara Booth (center front) with (left to right) Anne Day, Kathy Desjarlais, Valarie Bennett, Linda Coffield & Becky Dickinson



Sami Phillips, Linda Coffield and Hardin Brown worked at the bowling alley during the VA Golden Age Games May 31st – June 5th. At the same event, Anne worked the "May I help you?" desk, while Jean Jungkans (near right) and Kathy Desjarlais (far right)



Sound Off!

handed out goodie bags to volunteers and assisted with the shuffleboard competition.



(Left to right) Sami Phillips, Linda Coffield & Hardin Brown working the VA Golden Age Games bowling alley.

On 14 June we partnered with the Tennessee Society Daughters of the American Revolution River City Chapter to host a Flag Day program. Pictured below (left to right) Betsy Stahl, Stacy Harris, Kathy Desjarlais and Sami Phillips, did a flag-folding demonstration while Valarie Bennett read the meaning of "The Thirteen Folds."



Flag Day attendees (left to right) are Kathy Desjarlais, Valarie Bennett, Betsy Stahl, Jean Jungkans, Linda Coffield, Sami Phillips, Becky Dickinson, Anne Day & Stacy Harris



Valarie Bennett, Anne Day, Sami Phillips, Linda Coffield, and Kathy Desjarlais all attended the June Veteran of the Month reception. A few of the gals also managed to snitch some U.S. Army birthday cake!



Sound Off!

MILITARY WOMEN OF TIDEWATER

Unit #152 (VA) – Memorial Day marks the official start of summer for many across our nation. More importantly, it is a day of remembrance: A time to honor and reflect on the courage and sacrifice of men and women who gave their lives to protect our freedoms.

Virginia Beach hosts an annual wreath laying ceremony at the Virginia Beach Tidewater Veterans Memorial. Each year, this event brings our unit together with numerous veteran organizations, first responders, active-duty military personnel, and local civic groups. We all stand side by side to pay tribute to those who have paved the way for the freedoms we enjoy today.



(Left to right) Alesia Thornton-White, Betty Hand & Jo Heimerl pose with our unit's Memorial Day wreath.

Our unit's annual Summer Party was held on Flag Day which added even more significance to our celebration. As always, it was an afternoon full of food, fellowship, and fundraising, bringing our members closer together while supporting our unit's mission. The auction raised \$475 to support our unit's work. An additional \$80 in donations demonstrates, once again, the incredible generosity and dedication of our members.



Summer party attendees pictured (left to right), Seated: Alicia Baqueroalvarez, Geraldina Rivera, Elaine Musick, Jo Heimerl & Lesli Stidman-Carpenter. Standing: Maggie Smith, Michala Smith, Cynthia Laporte, Alesia Thornton-White, Shelia Jessen, Martha Kastler, Jennifer Sherman, & Betty Hand

We meet monthly, at VFW 4809, Norfolk, VA. For meeting information, contact Lesli Stidman-Carpenter, at Leslisue2010@yahoo.com or (904) 318-1055.

SALT RIVER MILITARY WOMEN

Unit #155 (AZ) – It's been a while, so here's a recap of the year. In January, a few of us drove about 60 miles to a lovely luncheon hosted by American Legion Auxiliary past presidents. Our next event was a joint Baby Shower and luncheon in April, with our WACVA/Army Women United sisters. Many of us SRMW gals are also Saguaro Chapter WACVA members so this was very well attended and we received a LOT of donations to the VA Healthcare Program which supports new parents and their babies. This program was started by two of our unit's charter members – Kathy Laurier (USN) and her sister Barbara Klinedinst (civilian/honorary national member). The program is now managed by Veterans First, Ltd. CEO and founder Joan Sisco, a Marine veteran who is a member of both groups.



Pictured above are Unit 155 members Kathy Laurier, Sandy Engles, Diana Green, Carol Culbertson, Bonnie Sumida & Joan Sisco at the joint April luncheon

Our "no-frills" June meeting was a great time for us as we just love spending time together. We're on hiatus from the heat for July and August, but we'll return in September to celebrate the 99th birthday of our 'senior salt' Kitty Bickle who flew with the Civil Air Patrol during WWII, and just last year was approved for official veteran status!

TRISTATE WOMEN VETERANS

Unit #157 (TN) – Eight of our unit members - & two veteran spouses – all received Quilts of Valor at a ceremony during the VA Clinic's Women's Health Day on May 8th. Quilt recipients were Beth Wingfield, Gladys Flores, Deborah James, Penny Manna, Teena Gravitt and her husband Mike Ellis, Jennifer Palmer, and Zaida Ringheimer along with her husband David (pictured below).



TRISTATE WOMEN VETERANS *(continued)*

Several unit members also participated in the Chattanooga Armed Forces Day Parade, where Teena led the way in her military ambulance, restored and driven by her lovely husband, Mike. After the parade, a few gals gathered for lunch and a gab session, which is often the best part of any gathering!!



At left are Teena, Mike and their puppy Pringle.

Below, (left to right) standing are Cathy Brown, Ruby Hardin & Patty Parks. Seated are Penny Manna and Gloria Gray.



NEW ENGLAND

Unit #158 (RI) – Command Master Chief of the USS Nimitz (CVN 68) James R. Kuroski (*below left*) and Commanding Officer Douglas Graber (*below right*) present the "Old Salt of the Day" award for sustained outstanding performance to Unit 158-member Aviation Structural Mechanic Second Class Zuraída Lima (*below center*).



A benefit of the award is allowing the recipient to steer the ship. Zuraída is surrounded by her sister shipmates as she takes the helm of the 1,092-foot aircraft carrier on this momentous occasion.

Atta Girl, Zuraída!



Sound Off!

LAKELAND ROYAL SWANS

Unit #159 (FL) – Welcome aboard to Emily Kay Elsberry May, Air Force. Even with summer's heat, we still continue to recruit, grow, volunteer and attend events whenever and wherever we are able.



Our May meeting attendees (left to right) were Karen Warren, Connie White, Denise Vola, Grace Tate, Lorraine Peaslee, Eva Dyer, Linda Osborn & AJ Burr. It is noted that Unit President, Kathleen VanMiddlesworth, missed her first meeting in our almost 3-year history due to her hospitalization.

On May 28th some of our sisters attended a new monthly Military Veterans Breakfast Group in Lakeland, which provided an awesome recruiting/networking opportunity.



Breakfast attendees (left to right) were Grace Tate, Kathleen VanMiddlesworth, Denise Vola, Linda Osborn, Kay Shelby & Gwen Pipkin (all from Unit 159). Standing were Ed Mingus, Chris Vola, Jerry Harold, Jaime Mount, & Pat Trantum.

On May 31st, we attended Engage Tampa, which was sponsored by the Women Veterans Alliance and hosted by the Courage & Grace Foundation. This was a powerful and unique event designed to connect, inspire, and energize women veterans like never before. The interactive, high-impact experience blended national-level insights, in-person networking, and holistic wellness in an atmosphere created exclusively for women who have served.



Engage Tampa attendees (left to right) were Kathleen VanMiddlesworth, AJ Burr & Connie White.

Lakeland Royal Swans #159 continued on Page 8.

Sound Off!

LAKELAND ROYAL SWANS (Continued)



June Meeting Attendees (left to right) Kathleen Van Middlesworth, Kay Shelby, Linda Osborn, Lorraine Peaslee, Connie White, Irene Rapoza, Carol Steadham, Grace Tate, Eva Dyer, Jessyca Carpenter, Charone Broome, Pat Watson, Emily Kay Elsberry May & AJ Burr.

Lakeland is located between Tampa and Orlando. Meetings are held at 11 am on the 4th Saturday each month at American Legion Post 4, 1375 Ariana Street, Lakeland. If you know any sister veteran who may be interested in joining our unit, please have her contact Kathleen VanMiddlesworth at MilitaryWomenLakeland@gmail.com or call (863) 450-5008 (please leave a message). You may also find us on Facebook at facebook.com/LRSofMWAN/.

MEMBER-AT-LARGE NORTH CAROLINA

CHAPEL HILL – “You Never Know” by Jill Blakeney

We were winding down the “Morning with the Mustangs” event when I noticed a veteran petting our two mini donkeys (the Donks) through the gate. I walked over and asked if she’d like to get up close and personal with them. Once in, we started brushing the Donks and talking. I shared the story of how the Donks followed me home one day. How some “helpful” people suggested that I get rid of my animals because they were too much work. And how good my animals were for my mental and emotional health. This knocked down a wall.

Kellie shared with me how she was about to be homeless, again. She almost didn’t come that day because she felt she should be looking for a home instead of giving herself a little care. She shared that the VA helped her find the house where she and her dogs currently lived, but that the owner had sold it to a developer. She had until the middle of June to get out.

She had been searching on her own for a few months but came up empty handed. Getting rid of her dogs was not an option as they were clearly her lifeline. When she turned back to the VA for help, she was told to contact them when she was homeless again.

I had participated in a call at “The Joel Fund” a couple of years earlier about veteran housing. That call led to a women veteran coming out to experience the magic of mustangs. Siobhan is one of our mustang’s (Thor) girlfriends now and, as it happens, she works for Wake County specializing in veteran housing. I mentioned Siobhan to Kellie and we decided to call.

On that Saturday in the middle of a pasture with the Donks (pictured below), Siobhan picked up the phone and started the process of helping Kellie. I am happy to report that Siobhan’s team did a great job and Kellie moved into her new place with her dogs on June 1st.



My mom used to say you never know what someone is going through until you’ve walked in their shoes. I’d like to add to that pearl of wisdom.

1. You never know what someone is going through until you knock down that protective wall with some common ground. In this case, it was the love for our animals.
2. Pay attention at veteran events and say, “Yes” to new friends. You never know when the information or connection can help a sister veteran.



Save the Dates!!!

For the 2026 MWAN

National Convention

Mark your calendars and start plan to attend the 2026 national convention on Ohio’s north shore at historic Put-In-Bay, the third week of September in 2026.

If this sounds familiar - it is! This was the location where the 2020 convention was to be held but was cancelled due to the Covid19 pandemic.

The event promises to offer information, education and some organizational business. More importantly, there will be plenty of fun and enjoyment for members and their families. The island has a significant historical perspective - including the National Peace Monument - along with many other activities for everyone to enjoy.

The committee has been busy working with the area chamber of commerce to create a meaningful and affordable event for everyone. Updates will be provided as details are firmed up, or you can follow along on our new Facebook page: MWAN2026.

Essay continued from Page 1.

The 1970s marked a significant turning point for women in the military with the establishment of policies that began to open more opportunities. In 1976, women were admitted to military service academies, allowing them to pursue careers in the military at the highest levels. This change was monumental, as it symbolized a commitment to gender equality within the armed forces. By the mid-1980s, women were permitted to serve on combat ships and in aviation roles, further expanding their opportunities and challenging traditional gender roles.

After her military service ended in 1962, Rose continued her career in the medical field. She moved to San Francisco, where she met her husband, a U.S. Navy sailor, and they married in 1966. It wasn't until 2014 that she connected with the Redwood Empire Unit 77 of Military Women Across the Nation, a club for female veterans. Motivated by her experiences and a desire to support other women, she stepped up as president, focusing on creating a community for women veterans. "It's important to educate them about their rights and benefits," she asserts, reflecting her commitment to advocacy.

As president, Rose actively works to attract new female veterans to the club, which has a membership ranging from ages 50 to 98. She fosters camaraderie among women who have served in various branches of the military and encourages them to engage with their representatives about issues affecting their rights. She emphasizes the ongoing fight for gender equality and the need for women to have a voice in matters that affect them.

The 1990s and 2000s brought further advancements, including the repeal of the Direct Ground Combat Definition and Assignment Rule in 2013, which opened all military positions to women. This policy change was a watershed moment, allowing women to serve in combat roles alongside their male counterparts. By 2016, women comprised approximately 15.48 percent of total active-duty enlisted service members, a testament to their growing presence and contributions within the armed forces.

Today, women serve in combat roles, command positions, and various specialties, reflecting a significant shift in military policy and culture. The integration of women into all aspects of military service has not only enhanced operational effectiveness but has also challenged traditional gender roles. The presence of women in the military has led to changes in training protocols, operational strategies, and the overall culture of the armed forces.

Despite these advancements, challenges remain. Women in the military continue to face issues such as sexual harassment, gender bias, and disparities in promotion rates. Advocacy groups and organizations have emerged to address these issues and support the needs of female service members. The military has implemented various initiatives to promote inclusivity and equity, but there is still work to be done to ensure that women are treated fairly and given equal opportunities.

Inspired by Rose's resilience and advocacy, I feel motivated to pursue a career in the medical field, even in the face of financial and gender adversities. Her story serves as a powerful reminder that with determination and support, we can overcome obstacles and make a meaningful impact in our chosen paths.

In conclusion, the journey of women in the military, as exemplified by Rose Nowak, is one of strength,

determination, and community. The evolution of their roles, from early support positions to leadership and combat roles, reflects the ongoing fight for equality and recognition. As we celebrate the achievements of women in the armed forces, we pave the way for future generations to thrive in military and civilian careers alike.

The story of women in the military is not just a chronicle of struggles but a testament to the power of perseverance and the impact of collective action. As we look to the future, it is essential to continue advocating for the rights of women in the military, ensuring that their contributions are recognized and valued. The fight for gender equality is ongoing, and the legacy of women like Rose Nowak serves as an inspiration for all who seek to break barriers and redefine possibilities.



Regional Rattle

Region 12 – Delaware, District of Columbia, Maryland, New Jersey, New York, Pennsylvania, Virginia

My name is Terri Cook and I am your Regional Representative. I served in the Navy for 20 years, 6 months and 24 days - yes, it's on my DD214 :) – and I've now been retired longer than I served!

I have been a Member At Large of MWAN for quite some time. I attempted to serve as a regional representative a few years ago, but life got in the way. Three of my four sisters were diagnosed with cancer. After a 28-month battle, I lost all three.

I destroyed my finances and wore my mind and body down so low, that for health reasons, I retired from Defense Logistics Agency Richmond early. Through this process, I learned to call my friends and family often, just to hear their voices. And, when I check in, I actually talk and listen to what's going on in their lives. I also learned my limits, when my body says it's tired, I lay it down. Rest, rest and more rest. Now, I'm on the mend, I have learned my limits and I stick to them.

Originally from Cleveland, Ohio, I currently live in Chester, Virginia. I have three grown children who live in three different states! Every year we mesh schedules and meet in the middle of America to have family fun time.

My other volunteer jobs are:

- ♦ I'm one of four Military Women's Memorial (MWM) and museum ambassadors representing Virginia.
- ♦ Executive Board member of American Legion Post 280.

And, I'm wrapping up a second master's degree through the University of Maryland. This one is Medical Cannabis Science and Therapeutics. I chose this field because I believe the plant cannabis (marijuana) holds potential medicinal value for veterans suffering from PTSD and I would like to write cannabis policy.

Let's check in with one another! Tell me what are you up to? I will keep you abreast of the places I go to promote MWM. By the way, you are all registered there, right? womensmemorial.org

I can be reached at (678) 230-2272 (cell) or by email TerriRCook@gmail.com.

I hope to be of service to you ladies!

Terri



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HERStory@MilWomen.org

2024-2026 Regional Representatives

REGION 1: California, Hawaii, Nevada

Representative: **Lynne Pine (CA)**

RR1@MilWomen.org or 507-400-9111

REGION 2: Alaska, Idaho, Oregon, Washington

Representative: **Patricia Hutchinson (WA)**

RR2@MilWomen.org or 701-740-2093

REGION 3: Arizona, Colorado, New Mexico, Utah

Representative: **Martha Alderman (AZ)**

RR3@MilWomen.org or 623-810-9328

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

Representative: **Rosalie Cooper (WY)**

RR4@MilWomen.org or 585-403-1390

REGION 5: Michigan, Minnesota, Wisconsin

Representative: **Monica O'Hara (MN)**

RR5@MilWomen.org or 619-507-0572

REGION 6: Florida

Representative: **Kathleen VanMiddlesworth (FL)**

RR6@MilWomen.org or 863-450-5008

REGION 7: Oklahoma, Texas

Representative: **Erika Westbrook (RI)**

RR7@MilWomen.org or 763-567-9831/RI

REGION 8: Alabama, Arkansas, Louisiana, Mississippi

Representative: **Denise Duke (AL)**

RR8@MilWomen.org or 334-289-3142

REGION 9: Iowa, Kansas, Missouri, Nebraska

Representative: **Michele Batliner (MO)**

RR9@MilWomen.org or 816-315-9229

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

Representative: **Patty Parks (TN)**

RR10@MilWomen.org or 423-987-0405

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

Representative: **Jennifer Baun (OH)**

RR11@MilWomen.org or 314-803-8643

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

Representative: **Terri Cook (VA)**

RR12@MilWomen.org or 678-230-2272

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

Representative: **Sheri Carrington (CT)**

RR13@MilWomen.org or 860-822-7287

MWAN Regional Map



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

**ONLY USE CURRENT
ORDER FORM**

MWAN Supply Locker

August 2025

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

Address: _____ City _____ ST _____ Zip _____

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

Price per piece...X Number you want = Total Cost for item(s)

PATCHES

MWAN 2½" (caps) \$3 X _____ = _____
 MWAN 3" (shirts) \$4 X _____ = _____
 MWAN 8½" (vest) \$10 X _____ = _____
 USN Women Veteran \$6 X _____ = _____
 Patches: Navy Flag or Services \$4 X _____ = _____
 (USN, USAF, USMC, USCG, ARMY)
 American Flag Patch (3½"x2") \$4 X _____ = _____
 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 _____ = _____
 Original WAVES Hat Pin \$10 X _____ = _____
 American Veteran Bracelet \$5 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 Veteran Pin \$5 X _____ = _____
 Vietnam Era Pins \$6 X _____ = _____
 Freedom Forever Eagle Pin \$5 X _____ = _____
 US Flag & Service Flag Pin \$4 X _____ = _____
 (USN, USAF, USMC)
 US Navy Lapel Pin \$4 X _____ = _____
 USN Patriotic Ribbon Pin \$4 X _____ = _____
 POW/MIA Lapel Pin \$5 X _____ = _____
 Flag Peace Sign Pin \$6 X _____ = _____
 Service Crest Lapel \$5 X _____ = _____
 (USN, USAF, USMC, USCG, ARMY, Nat Guard)
 Service Dogtag Pins \$5 X _____ = _____
 (USN, USA, USAF, USMC, USCG, VETERANS)
 Veterans Flag Lapel Pin \$7 X _____ = _____
 Honoring Women Veterans Pin \$6 X _____ = _____
 Poppy Flower Lapel Pin \$5 X _____ = _____

MWAN CLOTHING ITEMS

Neck Tabs, Black w/Velcro \$12 X _____ = _____
 MWAN Visor \$15 X _____ = _____
 MWAN Ball Cap \$15 X _____ = _____
 American Flag 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

ITEMS OF INTEREST

MWAN Mouse Pad \$6 X _____ = _____
 MWAN Playing Cards \$10 X _____ = _____
 MWAN Coin Keychain \$12 X _____ = _____
 Canvas Key Chain/Stars & Stripes \$6 X _____ = _____
 MWAN Window Decal \$3 X _____ = _____
 MWAN Magnets \$2 X _____ = _____
 MWAN Car Magnet (8" Oval) \$5 X _____ = _____
 ★ MWAN Pencils (2 each) \$1 X _____ = _____ ★
 MWAN Pens (4 each) \$4 X _____ = _____
 WAVES Key Chain, Rubber \$5 X _____ = _____
 MWAN Flags (3'x5") \$120 X _____ = _____
 MWAN Table Coverings (6') \$120 X _____ = _____
 MWAN PopSockets \$10 X _____ = _____
 Flag Pill Box (3 compartments) \$8 X _____ = _____

NAME BADGE W/MWAN PUCK \$15 X _____ = _____

Double Clutch back **OR** Magnet back (circle one)

Name on Badge: _____

Nickname/Maiden: _____

Unit or Other Info: _____

Branch: _____ Years / From _____ To _____

(**Use back of form if you need more space**)

Merchandise SUBTOTAL . \$ _____

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

ADD Shipping Charge . . \$ _____

TOTAL DUE \$ _____

NO PHONE ORDERS

Make checks/Money Orders payable to:

MWAN SUPPLY LOCKER

Mail check with Order Form to:

Linda Coffield, 95 Vernon Street, Atoka, TN 38004-7771

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

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

★ **RECRUITING MATERIALS SPECIAL...SEE PAGE 2 FOR DETAILS** ★

Military Women Across the Nation
6920 Sawtooth Drive
Ooltewah TN 37363-6894

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PERMIT NO. 417



www.MilWomen.org

Silver Taps

U.S. Navy

Arlene Caliger 157/TN
J. Claire (Vawter) Krolick MAL/WI
Florence E. 'Mickey' (Fidler) Parker MAL/WI



Gone, but never forgotten

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

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

MEMBER-AT-LARGE MEMBERSHIP RENEWAL FORM

PLEASE PRINT

(Dues period 1 January to 31 December)

Name: _____ Member ID #: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____

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

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

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

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

Maura Mooney, MWAN VP, P.O. Box 750841, Petaluma CA 94975-0841

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