

# MILITARY *Women's* BULLETIN



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VOLUME MMXXV, #6

DECEMBER 2025

## No Bones About It ~ Get Screened

### *Make your bones as strong as your spirit!*

One in five women over the age of 50 is affected by osteoporosis, a medical condition that causes bones to become weak and more likely to break.

Most women do not even realize they have osteoporosis until a bone breaks, or they experience spine problems. The good news is that osteoporosis can be prevented through screening and lifestyle changes.

Whether you've just been diagnosed with osteoporosis, living with it for some time, or have never been screened for it, chances are you have many questions: "How do I manage this disease?", "Will I break a bone or suffer a second fracture?", "Do I have to give up the activities I love?"



**1 in 5 women over 50 are affected by Osteoporosis. Talk to your health care provider about your risk & how to get screened.**

For more information on bone health and comprehensive health care services for women veterans:

★ Visit our website [Women Veterans Health Care – Osteoporosis](#)

★ Reach out to your VA health care provider to make a plan for necessary screenings and preventative steps.

★ You can also call or text the Women Veterans Call Center at 1-855-829-6636.

★ Learn about osteoporosis in women veterans from Dr. Radhika Narla, VA Endocrinologist, on her podcast: [She Wears the Boots Podcast on Osteoporosis](#). Dr. Narla helps you understand the importance of preventing bone fractures and resources to help strengthen your bones.

Article Information Source: <https://www.va.gov/madison-health-care/stories/no-bones-about-it-youre-not-alone/>

Your VA primary care provider can partner with you to assess your risk factors for osteoporosis and create a plan to help you strengthen your bones and, if needed, arrange a DEXA (Dual-energy X-ray absorptiometry) scan. The DEXA scan is a special type of X-ray that tests your bone density. It is quick, simple and requires no preparation!



All women should be aware of factors that increase their risk of osteoporosis: Having a family history of osteoporosis, menopause, having a small, thin body (weighing less than 127 pounds), not receiving enough calcium or vitamin D, having a sedentary lifestyle, having an eating disorder, smoking, taking certain medications and drinking excessive alcohol can all increase a woman's risk.

The best way to reduce your risk of osteoporosis is through lifestyle changes. Focus on the following protective factors to begin strengthening your bones. If you can't focus on all of them, then choose a few to focus on and start helping your bones now! Protective factors include: not smoking, regular weight-bearing exercises like walking, jogging, or dancing; getting enough calcium and vitamin D through a nutritious diet, and spending regular time outside in the sun.



**→→ Don't Forget! ←←**

**IRS Form 990 Filing DUE 15 DEC**

**MWAN National Dues DUE 1 JAN**

**February Bulletin Input DUE 1 JAN**

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

★ ★ ★ ★ ★

**Save the Dates!!!**

**20-23 September 2026**

**MWAN National Convention  
at Put-in-Bay, Ohio**

## Presidential Ponderings

by GinaMarie Doherty, National President

Happy December to the Sisterhood! I hope and pray this bulletin finds you in the Christmas spirit. May you all continue to be healthy and bring each other joy!



Please take time to help promote our **Military Women Across the Nation Scholarship**. The \$1,000 scholarship opportunity is open to high school seniors or undergraduate college students. Here are a few ways you can help:

- ★ Forward the application to any of your relatives who are eligible to apply. Guidelines are detailed in the application.
- ★ Provide information about the scholarship to the senior class guidance counselors at high schools near you as well as the financial aid office at nearby colleges. These are the people eligible students will call when looking for financial support.
- ★ Pass the information along to members of other patriotic and veteran service organizations such as MWM, DAR, SAR, DAV, VVA, VFW, American Legion, etc.
- ★ If you use social media, consider announcing the scholarship there, too. The scholarship application is available on the MILWOMEN website ([www.milwomen.org](http://www.milwomen.org)) as well as in the December and February Military Women's Bulletin issues. The application package submission DEADLINE is June 30<sup>th</sup> 2026. THANK YOU for your service and thank you for helping us spread the word!

# Officers' Call

Please remember annual dues are due January 1st. Unit members should pay dues and provide updated contact information to their respective unit treasurers. The member-at-large renewal form is on Page 12 of this bulletin and is to be submitted to the MWAN National Finance Officer.

Hugs and warmest wishes to you and your families for a holiday season and happy new year full of love, friends and fun!

## Regional Rattle

Region 1 – California, Hawaii & Nevada

Representative Lynne Pine ~ [RR1@MilWomen.org](mailto:RR1@MilWomen.org)

The Region 1 Conference held October 20<sup>th</sup> 2025 in Chula Vista, CA, was a resounding success! Thanks to all who took time to join us at the conference and to those who sailed the coast afterward!!



Conference attendees pictured above are (left to right) Standing: Linda Jones, Rose Nowak, Linda Sundberg, Chula Vista Mayor (& Navy Commander) John McCann, Shirley Ferrill, Emily Sousa, Maura Mooney, Monica O'Hara & Susan Farnsworth. Seated: Lynne Pine, Roxanne Jones & Pat Hutchinson. Not pictured are Bobbie Bryant, Val Johnston, & Pandora Menegus.

Military Women's Bulletins are sent **BULK MAIL** and will NOT be forwarded by the Post Office. Please include MWAN on ALL Address Changes in order to keep receiving your bulletin. Please send the address change 60 days before moving.

**Consider Receiving Your Bulletin via Email.** Contact [Finance@MilWomen.org](mailto:Finance@MilWomen.org) for details.

### ADDRESS CHANGE FORM

PLEASE PRINT

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

MWAN ID # \_\_\_\_\_

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

Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Effective Date: \_\_\_\_\_

**Mail to:** Maura Mooney, MWAN VP, P.O. Box 750841, Petaluma CA 94952-3682

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

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



# Sound Off!

## KEYSTONE WOMEN VETERANS

**Unit #6 (PA)** – We were saddened to learn of the passing of Margaret ‘Peg’ Seiz, a longtime member of Keystone WAVES and WAVES National. Peg was a WWII veteran and was 102 yrs old. She was very active in our unit, and she made a flag with our name and logo on it that was carried for many years in local parades.

In September, Ruthie Severino attended her Navy Hospital Corpsman reunion in Portland, ME. The reunion included a tour of the Maine Maritime Museum, and a lighthouse cruise around Bath Ironworks, where two days earlier the newly-built guided missile destroyer USS Louis H. Wilson Jr. had been christened under strict security.



The group also took a ferry to Long Island, ME, examining military installations and learning the impact of WWII on Long Island. The day ended with a New England lobster bake and banquet. One of the Corpsmen present was Charley, a 100-year-old Pharmacist Mate 2<sup>nd</sup> class, who shared vivid tales of his life-saving activity during the war.

The next reunion is set for Mount Rushmore, SD, and new members are welcome!

## REDWOOD EMPIRE MILITARY WOMEN

**Unit #77 (CA)** – We held our final official meeting of 2025 on October 11<sup>th</sup> and it was very well attended. Plans were made to participate in the November Veterans Parade where Unit 77 members were honored Grand Marshals in the “Largest Veterans’ Parade North of the Golden Gate.”



Additionally, we were invited to a local elementary school for a luncheon and program honoring military veterans and the various military branches. And, we were also invited to a program and lunch in Santa Rosa hosted by the Rotary and

Kiwanis clubs which honored all veterans in the area.

On December 5<sup>th</sup> several members will travel to Yountville Veterans Home and participate in gift wrapping; we always enjoy our visits with the women there. December 13<sup>th</sup> will be our annual holiday luncheon at a local restaurant, which is always a popular event.

We would be remiss in not thanking San Diego Stars & Stripes Unit 36 for their hospitality during the Region 1 Conference on October 20<sup>th</sup>. Unit members Maura Mooney, Emily Sousa and Rose Nowak attended the conference which was followed by a 4-Day Pacific Coast Cruise on Holland America’s MS Koningsdam returning on October

25<sup>th</sup>. Wishing everyone a Happy Thanksgiving and a blessed holiday season!

## OCEAN STATE

**Unit #118 (RI)** – Hello All. Holidays are fast approaching and with that in mind unit members met October 25<sup>th</sup> to put our holiday planning schedule together. Our next activity will be to lay a wreath at the Women's Veteran Memorial located in the Exeter State Veterans Cemetery. It is a brief but honorable ceremony and afterward we have a lunch together. Given that members travel from varying communities throughout our state, we take the opportunity to celebrate our sisterhood when we are able to get together. As a note of interest, it was members from both of Rhode Island’s MWAN units who were instrumental in getting the memorial established.



Recently, Unit #118 members assisted a 96-year-old veteran in achieving her lifelong goal of graduating from college. When she was short of her required credits, unit members asked if the university would allow credit for the military schools the veteran attended. The institution did allow the conversion which gave the veteran enough credits to graduate on November 10<sup>th</sup>!



Unit members attended an Honor the Veteran ceremony on Nov 9<sup>th</sup> hosted by the Chepachet Grange, and participated in the Scituate parade on November 11<sup>th</sup>.

Several of our members visit the Veterans' Home on a regular basis. On a recent visit it was brought to their attention that a newly-admitted veteran did not have many clothes. Unit funds were used to provide her with clothes and another veteran with a coat. Kudos to Gretchen Vierling-Cutlip and Sharron Zapor for their extra effort!

As we have done previously at Christmas, we plan to host a festive gathering at the Veterans' Home' women's unit. We will decorate the tree and provide gifts and refreshments for the residents. Something new we decided to do was to adopt two families in "need" for the purpose of providing them gifts. Member Lynne Lavalley volunteered to complete that mission. Thanks Lynne. We continue to buy gas and grocery cards to help female veteran students offset their living expenses while they are attending state colleges. Also, we have a new member that we want to acknowledge, Nicole Allen (Air National Guard-Ret). Welcome to MWAN Nicole.



Outreach continues to find veterans who reside in nursing homes, however with privacy laws it is difficult to make contact. That about wraps it up for now. May all of you have a safe and memorable Christmas and New Year.





# Sound Off!

## TRIANGLE WOMEN VETERANS

**Unit #144 (NC)** – In early September, we launched "Women Warriors Victorious", women veteran support group offering a safe space to connect with sister women veterans along with emotional support and camaraderie which fosters healing and empowerment. Our peer support group meets the first Tuesday and last Thursday of each month.



Bernie Donato (Below left) and Adina Lev (Below right) represented TWV at the Veterans Benefit Live event hosted by American Legion Post 16. A few potential new unit members signed up for more information about MWAN.



TWV also supported a large Veterans Benefit Live event with American Legion 67 in Cary. More than 30 women veterans signed our roster to receive an application and more information about our unit.

Our veteran sisters wore many hats representing not only our unit but the all-woman American Legion Post 540 and Vietnam Veterans of America. NC Department of Military and Veteran Affairs Director and Air Force veteran Jocelyn Mallett (Pictured at left) stopped by to visit.

On 9/11 Patriot Volunteer Day, TWV sisters honored the veterans interred in their adopted Cary First Christian Cemetery by cleaning their headstones (Bernie Donato pictured at right). We were able to take quite a few layers of dirt and moss off of



many of the stones which allowed visitors to read the inscriptions more easily.



Pearl Galloway (above left) & Patty Blackwell (at right) also helped clean the historic gravestones.

At the Vets to Vets United 5K Dog Jog, it was all about the dogs! TWV purple shirts were present with and without their pups. Unit treasurer, Nelly Onate (pictured below left), did a great job of running the 5K. It was an active day of exercise, camaraderie, and connection for a great cause.



**Above right:** Patty Blackwell (on left) & Adina Lev spread the word about their unit. **Below:** Kelly Latza on left with Kaleo & Bernie Donato with Orleans



Creative juices weren't the only thing flowing during TWV's card making day. We shared stories, experiences, and friendship for a fun day of camaraderie and creativity. Cards are donated to TWV VA Chaplain Christine Milam for distribution to patients at Durham VA Medical Center.



## MEMPHIS BELLES

**Unit #151 (TN)** – Welcome aboard to our new members, Karen Lewis and Donna Cherry!

Several of us attended the September and October Veteran of the Month receptions and we provided refreshments for the November reception in honor of retired Navy Senior Chief Mary Heburn.



September reception above (left to right) Stacy Harris, Sami Phillips, Becky Dickinson, Valarie Bennett & Kathy Desjarlais.

October reception below (left to right) Sami Phillips, Kathy Desjarlais, Becky Dickinson, Valarie Bennett & Stacy Harris.



November reception below (left to right) Stacy Harris, Anne Day, Kathy Desjarlais, Becky Dickinson, Mary Heburn, Linda Coffield & Valarie Bennett.



Dr. Who Trivia night was fun for Anne, Sami, and Linda. Linda and Sami (pictured below) showed up later at the Museum's first Murder Myster dinner and were totally unrecognizable! Anne also attended the sold-out event, and all look forward to the next one.



## Sound Off!

We participated in a 'trunk or treat' at Abandoned Antiques for the first time, and had a wonderful time dressing up and seeing all the kids in costume.



Trunk or treat participants (left to right) Back: Sami Phillips, Anne Day, Kathy Desjarlais, Karen Lewis & Stacy Harris; Front: Valarie Bennett, Patricia Duncan-Harrison & Jean Jungkans

November kept us very busy beginning on the first when we attended an amazing program sponsored by the Daughters of the American Revolution in honor of the 250<sup>th</sup> birthday of the Army, Navy, and Marine Corps.



Attending the DAR 250<sup>th</sup> Birthday Celebration are (left to right) Patricia Duncan-Harrison, Jean Jungkans, Sami Phillips, Linda Coffield, Anne Day & Valarie Bennett.

Unit members supported Kathy Desjarlais who was guest speaker at St. Mark Missionary Baptist Church's Salute to Veterans event.



(Left to right) are Patricia Duncan-Harrison, Kathy, Valarie Bennett, Linda Coffield & Sami Phillips

**Memphis Belles #151 continued on Page 6**



# Sound Off!

## MEMPHIS BELLES #151 (continued)

On November 8<sup>th</sup> we attended a Veterans Day luncheon at Abandoned Antiques followed by a bake sale fundraiser that evening at Kick 'n' Pony.



Kick 'n' Pony Bake Sale gals (left to right) Seated: Kathy Desjarlais, Jean Jungkans, Linda Coffield, Valarie Bennett & Becky Dickinson; Standing: Sami Phillips, Stacy Harris & Anne Day



Linda and Becky (Pictured at left) attended the Bainbridge Recruit Training Command reunion. Held annually at different locations, all those who attended bootcamp in Bainbridge, MD, are invited to attend. Contact the MWB Editor for more information.

On Veterans Day Sami and Stacy carried the banner leading the Veterans Day parade again this year. Anne, Kathy, and Sami (Left to right below) attended the follow-on luncheon at the Museum. That afternoon we attended the dedication of the new Veterans Plaza and Blue Star Memorial in Munford. Some of us then warmed up at the reception.



We entered the museum's Festival of Trees again this year. It's a \*museum fundraiser and gets us all into the holiday spirit. Our tree this year was in honor of the eight women on the Vietnam Veterans Memorial. Yes, the tree topper is a nurse's hat donated by our own former Navy nurse, Hardin Brown.



Tree decorators pictured are (left to right) Donna Cherry, Linda Coffield, Becky Dickinson, Kathy Desjarlais, Valarie Bennett & Stacy Harris.

We celebrated Thanksgiving with lunch at a local eatery then enjoyed games and dessert... LOTS of dessert!



'Stuffed' attendees are (left to right) Valarie Bennett, Kathy Desjarlais, Jean Jungkans, Becky Dickinson, Stacy Harris, Donna Cherry, Sami Phillips, Anne Day & Linda Coffield.

## TRISTATE WOMEN VETERANS

**Unit #157 (TN)** – While summers are always busy, we found time to squeeze in a Red Shirt luncheon this past September. As usual, we talked non-stop, laughed out loud and ate way too much!!

Holiday plans include packing Christmas food boxes at the Chattanooga VetCenter, decorating a Christmas tree at the Bradley County Veteran's home and, of course, working with Wreaths Across America to Remember, Honor & Teach!



Attending Red Shirt rowdies (left to right) are, Gloria Gray, Renee Chisholm (back), Penny Manna (front) Rita Waller & one of her lovely grandsweeties, Zaida Ringheimer (back), Patty Parks (front), Susan Galloway, Jennifer Palmer, Linda Ross, Gladys Flores (front) & Beth Wingfield.



## NEW ENGLAND

**Unit #158 (RI)** – Unit Chaplain Sue Heiermann (*below left*) and Linda Blackwell (*below right*) represented Clear Path for Veterans New England at a Career Exploration Day in Ayer/Shirley Regional Middle School. They shared their inspiring stories as military women and how joining the military can open doors, create career paths, offer opportunities for world-wide travel, meet new people, and gain a family of sisters and brothers for life.

Sue and Linda also highlighted trailblazing women who broke barriers and inspired the next generation to be "firsts" in their own ways. (*Original story & photo by Clear Path for Veterans*)



## MEMBER-AT-LARGE NEW YORK

**WEBSTER** – Irmgard Laforge was presented with birthday cards in September which were hand-made by local elementary school students. The cards were a welcome addition to the WWII Navy veteran cryptographer who was celebrating her 109<sup>th</sup> birthday. Born in 1916, Irmgard served from 1942-1944 and has been a member of MWAN (formerly WAVES National) since 1993.



## MEMBER-AT-LARGE NORTH CAROLINA



**CHAPEL HILL** - Member at Large Jill Blakeney recently won a quilt from Quilts on Main in Galax, VA. Here she poses with quilt maker Carol Cormany and the beautiful quilt.

## MEMBER-AT-LARGE VIRGINIA

**ASHLAND** – Helen Bostick recently helped her great granddaughter, Skylar, celebrate her 8<sup>th</sup> birthday. Helen made a lovely addition to the celebratory decorations!



## 2026-2028 NATIONAL & REGIONAL OFFICER NOMINATIONS STILL NEEDED

*By Monica O'Hara, Officer Nomination Committee Chair*

Our national convention is only months away and candidates are still needed!

The offices to be filled by election are MWAN President, MWAN Vice President for Finance, MWAN Vice President for Membership, MWAN Vice President for Unit Liaison, and all 13 Regional Representatives.

The duties and responsibilities of each office can be found in the MWAN National Bylaws and in the MWAN Procedures Manual which are both available at [www.milwomen.org](http://www.milwomen.org) under the "Documents" tab.

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

If you are interested in stepping up to help lead our organization, please contact any of the nominating committee members listed below:

Monica O'Hara, California 619-507-0572

Email: [RR5@milwomen.org](mailto:RR5@milwomen.org)

Michele Batliner, Missouri 707-762-5151

Elizabeth Lewandowski, Arizona 760-201-6465

Rose Nowak, California 707-217-5111

The final list of candidates and their biographies will be published in the April 2026 Military Women's Bulletin and the election ballot will be in the June 2026 bulletin. Election results will be announced, and officer installations will be conducted at the 2026 MWAN National Convention in Ohio.





# Military Women Across the Nation \$1,000 College Scholarship Rules & Application



The 2026 essay topic is

**“FIGHTING FOR COUNTRY: TODAY’S MILITARY WOMAN”**

**APPLICANTS WHO DO NOT ADHERE TO ALL INSTRUCTIONS WILL BE DISQUALIFIED.**

## **Applicant Eligibility**

1. Must have a 3.2 or better Grade Point Average (GPA) on a 4.0 scale.
2. Must be a high school senior or undergraduate college student.
3. Entries must be submitted by **30 June 2026: NO EXCEPTIONS**.
4. Military personnel and veterans **MAY NOT APPLY FOR THIS SCHOLARSHIP**.

## **Application Package MUST INCLUDE the following:**

1. Completed Application.
2. Copy of all transcripts pertaining to current course of study to include academic standing.

***NOTE: To protect personal information applicants are directed to mark out all references to social security numbers on high school or college transcripts.***

3. An essay of 1,000 to 1,500 words in length written on the above topic. The essay must be the applicant's own work; be submitted in .doc or .docx format, and include documented evidence (including a bibliography) of both research and an interview with at least one military woman. Applicants are encouraged to contact military women in recruiting offices, at military bases, reserve units, etc. to enhance the research.

4. The entire Application Package shall be submitted in one email to include **separate attachments** for the following:

- (1) Completed Application
- (2) Transcripts (must be legible)
- (3) Applicant's essay (in .doc or .docx format)

Each attached file must include the applicant's last name and first initial as part of the file name and ALL correspondence must include the applicant's name in the subject line.

5. Email the Application Package and/or any questions to the Scholarship Chair at:

**[MWANScholarship@milwomen.org](mailto:MWANScholarship@milwomen.org)**

**Application Package Submission DEADLINE is 30 June 2026.**

Applicants will be notified in July 2026 of the results.

The scholarship will be paid jointly to the scholarship recipient AND his/her college.

The application is available for download at [www.milwomen.org](http://www.milwomen.org) (See documents page)

If additional information is required,  
Contact Scholarship Chair Barb Turner at  
**[MWANScholarship@milwomen.org](mailto:MWANScholarship@milwomen.org)**  
Or Call (817) 733-7034 (Leave a voice mail.)



# Military Women Across the Nation College Scholarship Rules & Application

PRINT or TYPE ALL INFORMATION

## Applicant

Full Name: \_\_\_\_\_  
Last First Middle Maiden (if applicable)

Mailing Address: \_\_\_\_\_  
Street City County State Zip Country

Phone #: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Age: \_\_\_\_\_ Current GPA (4.0 scale): \_\_\_\_\_ Class Ranking: \_\_\_\_\_

High School Test Scores: SAT Verbal \_\_\_\_\_ SAT Math \_\_\_\_\_ ACT Comp \_\_\_\_\_

Name of School Currently Attending: \_\_\_\_\_

School Address: \_\_\_\_\_  
Street City County State Zip Country

School Phone #: ( ) \_\_\_\_\_ School Website: \_\_\_\_\_

Name of School you plan to attend (if different): \_\_\_\_\_

School Address: \_\_\_\_\_  
Street City County State Zip Country

School Phone #: ( ) \_\_\_\_\_ School Website: \_\_\_\_\_

Type of School you are attending/plan to attend (Select as appropriate)

\_\_\_ 4-Year/Undergraduate College or University \_\_\_ Trade/Technical School

\_\_\_ 2-Year/Undergraduate College or University \_\_\_ Other: \_\_\_\_\_

**Civic Clubs:** List memberships and offices (if applicable). Include school, civic, community service, honorary and religious organizations for each active membership: \_\_\_\_\_

**Volunteer Work/Employment:** List your volunteer and/or employment experience: \_\_\_\_\_

**Hobbies/Talents:** List your hobbies, talents and/or interests: \_\_\_\_\_

**Course of Study:** List your major or the field you plan to study: \_\_\_\_\_

**What is your career objective?** \_\_\_\_\_

(Continue answers on separate pages as necessary.)



## Application Package Submission DEADLINE is 30 June 2026.

Questions?  
Contact Scholarship Chair Barb Turner at  
[MWANScholarship@milwomen.org](mailto:MWANScholarship@milwomen.org)  
Or Call (817) 733-7034 (Leave a voice mail.)





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REGION 1: California, Hawaii, Nevada

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REGION 3: Arizona, Colorado, New Mexico, Utah

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

Representative: **Rosalie Cooper (WY)**

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REGION 5: Michigan, Minnesota, Wisconsin

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

[RR5@MilWomen.org](mailto:RR5@MilWomen.org) or 619-507-0572

REGION 6: Florida

Representative: **Kathleen VanMiddlesworth (FL)**

[RR6@MilWomen.org](mailto:RR6@MilWomen.org) or 863-450-5008

REGION 7: Oklahoma, Texas

Representative: **Erika Westbrook (RI)**

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REGION 8: Alabama, Arkansas, Louisiana, Mississippi

Representative: **Denise Duke (AL)**

[RR8@MilWomen.org](mailto:RR8@MilWomen.org) or 334-289-3142

REGION 9: Iowa, Kansas, Missouri, Nebraska

Representative: **Michele Batliner (MO)**

[RR9@MilWomen.org](mailto:RR9@MilWomen.org) or 816-315-9229

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

Representative: **Patty Parks (TN)**

[RR10@MilWomen.org](mailto:RR10@MilWomen.org) or 423-987-0405

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

Representative: **Jennifer Baun (OH)**

[RR11@MilWomen.org](mailto: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](mailto:RR12@MilWomen.org) or 678-230-2272

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

Representative: **Sheri Carrington (CT)**

[RR13@MilWomen.org](mailto: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

December 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](mailto: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.





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

# Silver Taps

## U.S. Navy

Byrness E. (Holt) Haworth	021/OH
Frances G. (Boggs) Metcalf	021/MI
Shirley "Ann" Lewis	144/NC
Leah Glenn (Dohoney) Folck	MAL/CA
Margaret "Peggy" (Kurlonok) Harbath	MAL/CA
Marie Catherine (O'Hare) Walsh	MAL/CT
Elaine G. Kovarik	MAL/IL
Bettylu R. (Hilton) Schear-Dennis	MAL/MS
Vivian C. Cunningham	MAL/ NC
Anna Louise 'Penny' (Penrod) Dahl	MAL/OR
Naomi P. (Green) McCrea	MAL/WA



*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](mailto: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](http://www.MilWomen.org)