

MILITARY *Women's* BULLETIN

VOLUME MMXXV, #1



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FEBRUARY 2025

Women & Heart Disease: What Women Need to Know

You may be surprised to learn that heart disease is the biggest threat to your health—even more so than breast cancer. And the same factors that put you at risk of a heart attack, also known as acute myocardial infarction, or AMI, likely increase your chances of stroke and other health problems.

The main risk factors include high blood pressure, smoking, poor diet, diabetes, family history, obesity, and sedentary lifestyle. If your heart is in trouble, your body may send you warning signs. It's up to you to notice these and talk to your healthcare provider about them. Your health—and your life—could depend on it.

Learn to read the signs

When your heart isn't getting enough oxygen, you may experience a feeling called angina. It can be a sign that you are at risk for having a heart attack. Angina is often referred to as "chest pain," but this can be misleading. It's not always painful, and it's not always in the chest. Many women have other symptoms along with - or instead of - chest pain or discomfort. Talk to your healthcare provider if you notice any of the following:



- ❖ Discomfort, aching, tightness, or pressure that comes and goes, in the back, abdomen (belly), arm, shoulder, neck, jaw, or chest
- ❖ Feeling much more tired than usual, for no clear reason
- ❖ Becoming breathless while doing something that used to be easy
- ❖ Heartburn, nausea, or a burning feeling that seems unrelated to food
- ❖ Lightheadedness or faintness

Get to the heart of the problem

Women often don't realize their symptoms could be related to heart trouble. Even some healthcare providers don't make the connection. If you feel any of the symptoms listed here, see your healthcare provider and ask to be tested for heart disease—even if you're not sure that's the cause. Tests, such as an electrocardiogram (ECG), stress echocardiogram, nuclear imaging, and cardiac catheterization, will reveal more about the problem. If your symptoms are heart-related, your healthcare provider will start treatment.



Hormone therapy is not the answer

Healthcare providers used to think that older women could reduce their heart disease risk by taking hormones in pill form (*hormone therapy* or *HT*). It turns out that's not true. In fact, HT could actually increase your risk of having a heart attack or stroke. Talk to your healthcare provider about the risks and benefits of HT. It may be prescribed for other health problems. But it should not be taken to prevent or treat heart disease.

Is it angina or a heart attack?

Angina that occurs on exertion and goes away after a few minutes of rest or with medicine is considered stable angina. Unstable angina is unpredictable or unexpected angina symptoms that don't resolve, or go away and come back. This is a medical emergency and could be a sign of an active heart attack. **CALL 911 right away!**

This information was obtained from the Veterans Health Library sponsored by the Veterans' Administration. You may visit the library online at the following link:

<https://www.veteranshealthlibrary.va.gov/>

→→ Don't Forget! ←←

**2025 National Dues are PAST DUE
Report Unit Officer Changes Promptly
April Bulletin Input is DUE 1 MAR**

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

Happy & healthy 2025 to all!! I hope and pray you had many wonderful Christmas and New Year celebrations surrounded by loved ones. Please continue to pray for our sisters who are ill or in harm's way throughout the world.

Please pause for a special moment of silence for our Past National President Dassa Carvey who passed away in November. She was a great mentor and friend. Her service to our organization was monumental. I will miss her.

Your MILWOMEN Board of Director's (BOD), which includes all 13 regional representatives, has been busy making important decisions such as approving the appointment of our National Secretary Karen Warren. Karen also serves as our Volunteer Hours Chair. Thank you, Karen!

Please visit the Military Women's Memorial online at www.WomensMemorial.org or call (703) 533-1155 to learn more. Each generation of military women strengthens the next generation by telling their stories. Have you told your story?

Also be sure to visit our website and review the meeting minutes from the 2024 National Convention, our governing documents, and so much more. From our website presence, I have received membership inquiries from military women coast to coast, such as North Carolina, Oklahoma, and California. Thank you to the regional representatives who have connected with our military sisters. Thank you all for your service to our country and to the Sisterhood.

Membership Message

by Debra Crutchfield, Vice President for Membership

I hope everyone had a wonderful Christmas and New Year. Unfortunately, I had to miss the 2024 National Convention due to my injury. Thank you to those who re-elected me.

I have been promoting MWAN whenever I meet a woman veteran. I recently received an email from a woman veteran who lives in Cary, NC. She was looking to get involved with

Officers' Call

a woman veteran's group. It so happens Triangle Military Women Unit 144 is my unit and we meet in Cary. I sent her an invitation to our unit Christmas party. She showed up and I believe she joined at that meeting. It was nice to be able to meet her in person.

I also attended the Tri-State Military Women Unit 157 Christmas Party in Chattanooga, TN. They passed around birthday cards for attendees to sign. The cards are mailed to unit members on their birthdays. Such a nice thing to do.

I encourage all of you to recruit for MWAN. You are all our ambassadors. My husband and I usually wear something indicating our veteran status, which is a good conversation starter. We also have magnets and decals on our car. I recently met a couple who saw the Navy Veteran decal on my car. They had both served in the Navy, and we have become the best of friends.

Make sure to carry an MWAN application or two with you so when you encounter sister veterans, you can invite them to join. You never know when you will run into someone. We need to grow MWAN. Hope you all have a wonderful 2025.

Supply Locker

by Linda Coffield, Supply Locker Officer

As usual, the current Supply Locker Order Form is printed on Page 11 of this bulletin. Please be aware that our stock of some items is low, and many are no longer available for me to purchase. So, when our current supply is gone, the item(s) will no longer be offered.

Between now and the April Bulletin, some items will be removed from the order form due to low stock and/or a lack of availability.

Don't delay! Get your orders to me as soon as possible!

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 for details.

ADDRESS CHANGE FORM

PLEASE PRINT

PLEASE PRINT

NAME: _____ MWAN ID # _____
NEW Address: _____ City: _____ ST: _____ Zip: _____
Email: _____ Phone: _____ Effective Date: _____

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

OR send via E-mail to: Finance@MilWomen.org

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

Sound Off!

FIRST STATE MILITARY WOMEN WARRIORS

Unit #10 (DE) - During the Delaware National Guard, Senior Leadership Convention, Unit President Veronica Palomino met Bethany Hall Long who was recently sworn in as Delaware's newest governor. (Veronica & Governor Long are pictured at left.)



on Veronica's right).

Major Rogers is a member of US Space Force and currently serves as Deputy Chief of Force Management at the USSF Policy Division, Pentagon.

Veronica closed out the year by being honored by Delaware Congresswoman Lisa Blunt Rochester at the National Association for Black Veterans (NABVETS) Chapter 94 Annual Gala in December. Veronica received an award for Meritorious Service as a Delaware State Veteran Service Officer which was accompanied by a personal letter from Congresswoman Rochester.



REDWOOD EMPIRE MILITARY WOMEN

Unit #77 (CA) - We had a busy schedule following our September sojourn to the beautiful state of Rhode Island for our wonderful convention. Several members participated in a special program at Liberty School honoring veterans followed by a lovely luncheon.

At the Petaluma annual Veterans Day Parade our unit was honored as the Grand Marshals, followed by a program after the parade. Unit President Maura Mooney shared a moving history of women in the military, and unit member Rose Nowak (also American Legion Post 28 Chaplain) gave the closing benediction. We were honored to have CDR Kathryn Cyr of PETRACEN, USCG, participating with us in the parade.



Unit members attending the Veterans Parade (left to right) are Maura Mooney, Emily Sousa, Trisha Almond, Rose Nowak & Bethany LaRosa.



Parade riders (left to right) Emily Sousa, CDR Cyr, Rose Nowak and our guest driver.

On December 14th we enjoyed our holiday luncheon at Torches Restaurant, which was well attended. Our sisters from Yountville Veterans Home will be joining us for our next meeting, a pot luck lunch at the Petaluma Veterans Building. Our wishes for Happy New Year to all!

SALT CITY WOMEN VETERANS

Unit #80 (NY) - Unit members in central New York were busy this November 10th. It was the 17th Annual Central New York Veterans Day Expo and Parade at the New York State Fairgrounds. We had a booth that provided coffee, tea, hot chocolate, soda and water along with an extremely large variety of snacks. This was our second year participating, and with our very own LTC Diane Greenpoke (pictured at left) serving as grand marshal, no expense was spared!



Unit members turned out in droves to help meet & greet potential new members. Left to right (front row): Robin Lee Searles, Yvette Jenkins, Evelyn Disinger, (2nd row) Jacquie Bingle, Sharon Allyne, Rita Gram, Mary Bittel, (3rd row) Roberta Comerford, Ann Gorton, Sharon Rayno & Carolann Casey.

OCEAN STATE

Unit #118 (RI) - We hope everyone was able to enjoy their holidays with family and friends, and may 2025 bring all MWAN members good health and prosperity.

We've held several unit meetings and sponsored a Christmas celebration at the Bristol Veteran's Home on December 6th for the women veteran residents. Activities included decorating a tree, distributing coffee and snacks to the ladies and placing gifts under the tree.

Congratulations to unit member Jane Deptula, who was voted Woman of the Year by the West Warwick Elks Lodge. Jane served in the Marine Corps from 1957-1959. She was trained in communications and was the chief switchboard operator for Paris Island. Her rank was corporal. She is a life member of the Marine Corps League and currently serves as the New England Division Chaplain.

Ocean State #118 continued on Page 4.

Sound Off!

OCEAN STATE #118 (continued)

Annually she organizes a Four Chaplains Memorial Service in honor of the Army Chaplains who died on the USAT Dorchester during WWII. Congratulations Jane and thanks for all you do for the League.

Previously, it was reported that our unit received a grant to help support women veterans returning to state schools of higher education. The grant will be used to help fund groceries and gas for those in need. At this time, grant applications are being reviewed and funds (in the form of food and gas cards) will be granted to those most in need.

TRIANGLE WOMEN VETERANS

Unit #144 (NC) – On Veterans Day unit members honored veterans buried in Cary Christian Cemetery by placing flags on their headstones. This cemetery was adopted by our unit to ensure no veteran would be forgotten. An Honor Guard from the Cary High School NJROTC presented colors. Members attending were Adina Lev, Brenda Brubaker (pictured at right), Patty Blackwell, Bernardine Donato, Kim Kochis, and Hellen Juarez-Ruiz.



We participated in two Women Veteran Resource Fairs in conjunction with Ft. Liberty and Fayetteville Technical Community College. More than 10 women veterans signed our interest sheet to obtain further information on TWV and MWAN.



Above: Bernardine Donato (left) & Adina Lev at resource fairs.

Below: Attendees of the UNC Women Veteran breakfast are pictured including unit members Kim Kochis, Hellen Juarez-Ruiz, Adina Lev & Bernardine Donato.



We were invited to a Women Veteran breakfast in honor of the University of North Carolina Veterans Resource Center Veterans Week Celebration. It was a wonderful morning of conversation and camaraderie with women veterans of different services and backgrounds.

Three of our unit members exhibited their art in the annual state Veterans Art Exhibit held in Durham. We're very proud of Patty Blackwell for her photography; Bernie Donato for her lovely colored pencil and watercolor work, and Jennifer Griffith's colored pencil drawing.

Plenty of business was conducted at our December quarterly meeting. Holiday cheer was in full fun mode following the meeting with gift exchange, holiday auction, cookie competition, food, fun, and camaraderie. Our chapter membership continues to grow as we add more awesome women veterans to our group.



Holiday Party group photo: Front row; Krista Beaver, Bernardine Donato, Jean McMillan, Pearl Galloway & Adina Lev; Middle row; Camille Leonard, Jennifer Griffith, Faith Jungham, Hellen Juarez-Ruiz & Ann Lewis; Back row; Kim Kochis, Nelly Onate, Linnea Sommer-Weddington, guest Nancy, Audrey Weiss, Patty Blackwell, Carolyn Comfort, Kathy Koch, Debbie Crutchfield, Brenda Brubaker, guest, guest Jazmin & April Maggart.

We participated in Wreaths Across America on December 14th at our Cary Christian cemetery. Wreaths were placed on the veteran's grave sites. When the wreath is placed each veteran's name is said aloud while rendering a slow salute. Unit member Jennifer Griffith sang the national anthem. We are grateful to the representatives of Cary First Christian Church for participating in this event alongside us.



Pictured above alongside of church members are unit participants Jennifer Griffith, Patricia Neubert, Linnea Sommer-Weddington, Bernardine Donato, Linda Lange, Adina Lev, LaTrinda Williams & Patty Blackwell. Nelly Onate also participated, but is not pictured.

MEMPHIS BELLES

Unit #151 (TN) – November began with Kathy Desjarlais and Linda Coffield working poles on Election Day. We were honored that Sami Phillips and Stacy Harris were selected to carry the official parade banner and lead the 2024 Veterans Day Parade. We celebrated with lunch at the Tipton County Museum afterward.



Veterans Day attendees (left to right) Back row: Sherri Onorati, Anne Day, Valarie Bennett, Kathy Desjarlais & Linda Coffield, **Seated are** Sami Phillips & Becky Dickinson.

MEMPHIS BELLES #151 *(continued)*

Kathy was one of three veterans selected to appear on the Veterans Day episode of "Bluff City Life", a local television show hosted by restaurateur, author & chef Gina Neely.

Kathy (left) & Gina pictured. ➔



The unit made about \$100 at the unit's final cookie fundraiser of 2024. Meribeth Patton hosted our annual Thanksgiving potluck during which we serenaded Patricia Duncan-Harrison with a rousing, although not necessarily in-tune, version of the birthday song. **Happy Birthday, Patricia!!!**



Turkey day potluck enthusiasts left to right, standing are Linda Coffield, Sami Phillips, Meribeth Patton, Stacy Harris, Jean Jungkans, Destini Martin, Betsy Stahl, Kathy Desjarlais, Hardin Brown, & seated are Anne Day, Patricia Duncan-Harrison & Becky Dickinson.



Tree decorating team at the museum's Festival of Trees fundraiser (left to right) are Linda Coffield, Anne Day, Sherri Onorati, Valarie Bennett, Betsy Stahl, Sami Phillips, Becky Dickinson & Kathy Desjarlais

We not only donated food to the 360 Holiday Food Boxes that our local VAMC prepared for food-insecure veterans, but Sami Phillips and Kathy Desjarlais helped pack the boxes, and Kathy also worked distribution day.

We held a seven-day giftwrap-for-tips fundraiser at Abandoned Antiques where we made more than \$500. We weren't as busy as expected, but it gave us an opportunity to catch up with each other during the down time.

We wrapped up the year by answering a social media call for veterans to attend a memorial service for a local Navy woman. Although we were sad not to have learned of her veteran status until after her death, we were honored to show up along with other organizations to let her friends and family know we were thankful for her service.

MILITARY WOMEN OF TIDEWATER

Unit #152 (VA) – For many years, we celebrated our holiday party in January. However, the unit moved the party

Sound Off!

to November 9th in 2024 in combination with our bi-annual Silent Auction Fundraiser. Unit members contribute items such as military memorabilia, handmade crafts, and other unique treasures, so the change provided an opportunity for Christmas shopping. Since the event was held at VFW Post 4809, we invited fellow VFW patrons to join our silent auction. It was a tremendous success, with many participants planning to attend our Summer Party & Auction!

On November 17th, we supported the Old Dominion Honor Flight Mission 7 Ice Cream Social. Our unit set up the event, served ice cream, and provided additional treats. This gathering offered a wonderful opportunity for veterans to reunite with their guardians and families, and reminisce about their personal Honor Flight experiences.

At right, Suzanne Davis welcome's guests to the Ice Cream Social.



It is with profound sadness that we share the news of Dassa Carvey's passing. We celebrated her life with military honors on December 17th at Albert G. Horton, Jr. Memorial Veterans Cemetery. Dassa was not only a cherished member of our unit but also a dear friend, a mentor, and a source of inspiration to so many of us. Her kindness, dedication, and influence touched countless lives, and she will be deeply missed. Dassa will always hold a special place in our hearts. As we move forward, we will honor her memory by carrying on her legacy in the work we do.

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

NEW ENGLAND

Unit #158 (RI) – Wishes to everyone for a Happy Healthy 2025! In 2024, we enjoyed hosting bingo at the Rhode Island Veterans Home a few times, and during our March meeting, we honored our Prisoners of War and Missing in Action servicemembers. In June we enjoyed lunch and shared stories of our military service, and December found us in our 'finest' holiday sweaters & outfits!

Pictured above (right) is Unit President Christine Tron who lit the holiday apparel spirit. Below (left to right) is Sue Heiermann, Natalie Cole, Gina Doherty & Jacke Burch.



Sound Off!

LAKELAND ROYAL SWANS

Unit #159 (FL) – Welcome to four new sisters: Rutha Burns, Vanessa Nash, Carol Steadham and Denise Vola!

Also, our own Maria Behm was installed as the Fleet Reserve Association National President. Way to go, Maria! Six of us marched in our local Veterans Day Parade, while two of our members, Karen Warren and Lorraine Peaslee, rode on a float.



Above (left to right) Veteran Parade marchers Gwen Pipkin, Charlene Broome, Grace Tate, Eva Dyer, Kathleen VanMiddlesworth & Linda Osborn.

Below (left to right) at Vet Fest are Kathleen VanMiddlesworth, AJ Burr & Grace Tate.



We set up a recruiting table at Lakeland's Second Annual Vet Fest, where we recruited three of our four new members, on the spot!!!

In December we achieved our chartering goal of bringing Wreaths Across America (WAA) to Lakeland. Only two years and two months after our unit formed, we hosted Lakeland Veterans Memorial Park's first WAA event on 14 December 14th. It was amazing, humbling and beautiful.

WAA participants pictured are (left to right, front row) Kathleen VanMiddlesworth, Gwen Pipkin, Mary Grubb & Stephanie Bryant; (back row) Linda Osborn, Grace Tate, Connie White, Carol Steadham & Eva Dyer



We're located between Tampa and Orlando and meet at 11am on the 4th Saturday each month at 1375 Ariana Street, Lakeland. Contact Kathleen VanMiddlesworth at (863) 450-5008 (please leave a message), or MilitaryWomenLakeland@gmail.com for more information.

MEMBER-AT-LARGE, MISSOURI

MAL Ann Puck recently took part in the International Volunteer Services Day hosted by her local VA hospital. The celebration recognizes and honors all volunteers at VA facilities. Ann (second from left) is pictured below with several of her brother and sister volunteers in Missouri.



MEMBER-AT-LARGE, WEST VIRGINIA

Su (Escandor) Carroll (*right*), at the urging of her husband, took time to pen and mail a letter to fill us in on what's been happening in her little corner of the nation.

A 40-plus year member of WAVES National (WN)/MWAN, Su served as WN National Historian for two terms (1984-1988) before becoming the founding president of West Virginia Eastern Panhandle Unit #85 in 1990.



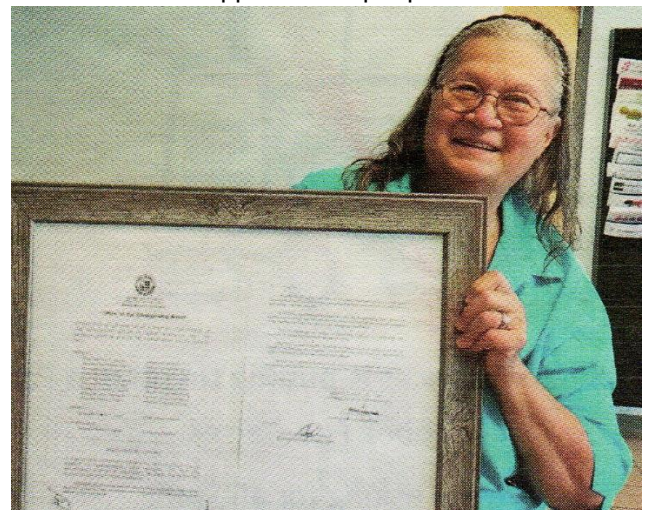
Su retired from the Navy Reserve in 1992 as a Yeoman 2nd Class and took a job as correspondent with the "*Evening Journal of Martinsburg*" which segued into freelance writing. She continued to be very active with her unit until it folded in 2003. Since that time, she has been quietly serving as a MAL.

Su was born in Sorsogon, Philippines, where she graduated high school in 1956. Recently, she was recognized for her significant support of her father's hometown's first library. Her letter explains:

"Gubat {in Sorsogon} is the Tagalog word for "forest," and the name of my father's hometown. It's been around since the time of the Spaniards. The town built it's first library in 1917.

"Being a bookaholic, I started sending all the books I have already read, and some friends have donated to the library. I hope after I die, my daughter will forward the rest of them to Gubat."

The people of Gubat Public Library awarded a resolution to Su (*pictured below*) expressing their "heartfelt gratitude" for her invaluable support to the people of Gubat.



In Memoriam of Dassa Carvey

WN/MWAN Past President, 2008-2012 & 2014-2016

By Barb Turner

Dassa Bessie (Wentworth) Carvey passed away November 20th at Virginia Beach General Hospital. She enlisted in the US Navy in 1963, attended bootcamp at Bainbridge, MD, and served as a Journalist Second Class working in the Public Affairs Office as well as for the base newspaper at NAS Pensacola, FL.



Dassa in 2008 when she was first elected as WN President.

I met Dassa in August 2002 at the WAVES National (WN) Convention in Portland, OR. She called me after her husband Jerry found a notification in the "Shift Colors" newsletter about the convention and asked about it. The rest, as they say, is history.

She became the unofficial photographer at that convention and every convention thereafter. In fact, Dassa wore her original service dress blues to the banquet in Portland and was very proud to be a part of one of the greatest women veteran organizations in the country.

Her experience with her sister servicewomen continued to influence her life, and when she returned home, she soon established and chartered the Tidewater Tidal WAVES Unit #152, which is still one of the most active units with the most members in the nation.

She moved up the proverbial chain of command in WN and, after holding numerous offices, was elected as WAVES National President in 2008. When the organization expanded to include all service women, she became the first president of Military Women Across the Nation (MWAN).

She was my friend, and we shared many a Starbucks coffee talking well into the night during the conventions. She loved her Starbucks and always found a location at each of the many conferences and conventions she attended. In fact, finding the nearest Starbucks was usually the first 'action item' on her agenda!

Dassa was an avid eBay shopper and had an extensive collection of WAVES memorabilia she purchased on eBay. She found a local jeweler to make the coveted WAVES emblem into affordable jewelry, which was sold through the WN Ships Store.

She and Jerry made several flavors of ice cream from scratch for all occasions and gave it all away to various local groups such as the fire and police departments. She was also quite a quilter and made many beautiful quilts for her family and friends along the way. She was very instrumental in the establishment of the Wreaths Across America Program at the Albert G. Horton Jr. Memorial Veterans Cemetery.

For those who knew Dassa, we know she was a dedicated veteran and a loving wife, mother, grandmother and great grandmother. She will be missed by all who knew her.

Fair winds and following seas, Dassa.



Regional Rattle

Region 6 – Florida

Greetings from my beautiful, sunny (maybe a little chilly), home state of Florida, where I have been the Regional Representative for three months now. I am honored to welcome Barb Turner as my Assistant Regional Representative. Barb is an amazing sounding board and has a lot of great ideas and connections!

I feel it is very important to reach out by any means available to connect with our sisters, whether it be by email, social media, or good old fashioned phone calls. A mass sister/buddy Check email and instant messages went out to all the MALs that have email and social media addresses immediately following Hurricanes Helen and Milton. Christmas cards were sent to all of our MALs, which also had their MAL Renewal Form included.

My next step is the phone calls for those I have not been able to touch base with directly. I am also BIG on recruiting and hope to start opening up more units across our state. I am also in the early planning stages of a State Regional Conference sometime in April or May somewhere in Central Florida.

One of our MALs, Pat Rudd, is 103 years old and living at a VA home (ALF) in Orlando. Just before New Year's Day, she told me that this was the first year, ever, that she did not have any visitors over the holidays, and all of her family members reside in Alaska. So I, along with members of Lakeland Royal Swans Unit #159, will be visiting her sometime in January or February and we will continue visiting her on a regular basis. Barb Turner and I will be calling her on a regular basis as well. As her 104th birthday is in August, we will certainly be requesting birthday cards for her as that date approaches.

If you know any sister veterans in Florida who may be interested in the camaraderie we share as members of MWAN, please have them contact Kathleen VanMiddleworth at (863) 450-5008 (please leave a message), or by email at RR6@milwomen.org.

Region 10 – Georgia, North Carolina, South Carolina & Tennessee

The votes are in and our Appalachian Adventure Region 10 Conference is set for Saturday, April 26th, in Pigeon Forge, TN! Registration and reservation details will be available by February 1st, and will be posted on MWAN's official Facebook page.

All MWAN members and their guests are welcome to join us! With the Titanic Museum; Red Skelton Tribute Theater; Hollywood Wax Museum; Coaster at Goats on the Roof, the Alcatraz East Crime Museum and – of course – Dollywood, there is something for everyone in Pigeon Forge!

If you'd like to be added to my email update group, please contact me – Patty Parks in Ooltewah, TN – at RR10@milwomen.org, or call me at 423-987-0405.

Signing up to receive updates does NOT obligate you to attend. It is simply the most efficient way to provide details as they are finalized. I hope you can join us!!





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



The 2025 essay topic is

**“From Computers to Drone Pilots:
Military Women have come a long way!”**

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 2025: 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

Application Package Submission DEADLINE is 30 June 2025.

Applicants will be notified in July 2025 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 (See *documents page*)

If additional information is required,
Contact Scholarship Chair Barb Turner at
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 2025.

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



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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: **Annette Dunseth (ND)**

RR4@MilWomen.org or 701-509-5412

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: **LeSans Alexander (DE)**

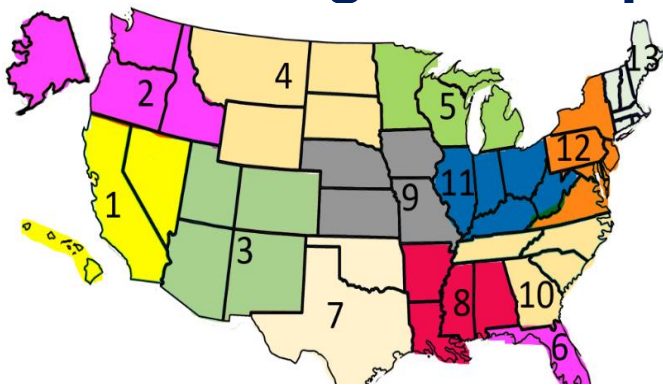
RR12@MilWomen.org or 302-943-2583

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

Representative: **Alicia Rodriguez (RI)**

RR13@MilWomen.org or 401-924-2589

MWAN Regional Map



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

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 _____ = _____
 MWAN Coin Keychain \$12 X _____ = _____
 MWAN Mouse Pad \$6 X _____ = _____
 Original Hat Pin \$10 X _____ = _____
 Anchor & Prop Earrings \$14 X _____ = _____
 Anchor & Prop Charm \$7 X _____ = _____
 Anchor & Prop Lapel Pin \$4 X _____ = _____
 Veteran Lapel Pins \$4 X _____ = _____
 (USN, USAF, USMC, ARMY)
 Honor-Courage-Sacrifice Veterans Pin \$5 X _____ = _____
 Vietnam Era Pins \$6 X _____ = _____
 Freedom Forever Eagle Pin \$5 X _____ = _____
 US Flag & Service Flag Pin \$4 X _____ = _____
 (USN, USAF, USMC)
 USN Crest Lapel Pin \$4 X _____ = _____
 US Navy Lapel Pin \$4 X _____ = _____
 USN Patriotic Ribbon Pin \$4 X _____ = _____
 POW/MIA Lapel Pin \$5 X _____ = _____
 Flag Peace Sign Pin \$6 X _____ = _____
 Service Crest Lapel \$5 X _____ = _____
 (USN, USAF, USMC, USCG, ARMY, Nat Guard)
 Service Dogtag Pins \$5 X _____ = _____
 (USN, USAF, USMC, USCG, ARMY VETERANS)
 Veterans Flag Lapel Pin \$7 X _____ = _____
 Honoring Women Veterans Pin \$6 X _____ = _____
 Poppy Flower Lapel Pin \$5 X _____ = _____

MWAN CLOTHING ITEMS

Neck Tabs, Black w/Velcro \$12 X _____ = _____
 MWAN Visor \$15 X _____ = _____
 MWAN Ball Cap \$15 X _____ = _____
 MWAN T-Shirt \$18 X _____ = _____
 Sizes: S, M, L, XL, 2XL, 3XL, 4XL
 MWAN Polo Shirt \$36 X _____ = _____
Gray OR White Sizes: S, M, L, XL, 2XL, 3XL, 4XL
 MWAN Jacket \$36 X _____ = _____
 Sizes: S, M, L, XL, 2XL, 3XL
 MWAN Sweatshirt \$28 X _____ = _____
 Sizes: S, M, L, XL, 2XL, 3XL, 4XL
 MWAN White Dress Shirt \$34 X _____ = _____
 Sizes: S, M, L, XL, 2XL, 3XL, 4XL, 5XL
 Patriotic Scarf (100% Polyester) \$4 X _____ = _____

ITEMS OF INTEREST

American Veteran Bracelet \$5 X _____ = _____
 MWAN Playing Cards \$10 X _____ = _____
 Canvas Key Chain/Stars & Stripes \$6 X _____ = _____
 MWAN Window Decal \$3 X _____ = _____
 MWAN Magnets \$2 X _____ = _____
 MWAN Car Magnet (8" Oval) \$5 X _____ = _____
 MWAN Pencils (2 each) \$1 X _____ = _____
 MWAN Pens (4 each) \$4 X _____ = _____
 WAVES Key Chain, Rubber \$5 X _____ = _____
 MWAN Table Coverings \$120 X _____ = _____
 MWAN PopSockets \$10 X _____ = _____
 3 for \$20 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 . \$ _____

****Shipping Costs****

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

ADD Shipping Charge . . \$ _____

TOTAL DUE \$ _____

Check/MO #: _____

NO PHONE ORDERS

Make checks/Money Orders payable to **MWAN SUPPLY LOCKER**

Mail check with Order Form to: Linda Coffield, 95 Vernon Street, Atoka, TN 38004-7771

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

=====

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



www.MilWomen.org

Silver Taps

U.S. Navy

Dassa B. (Wentworth) Carvey	152/VA
Helen (Anderson) Glass	MAL/AZ
Mary L. (Ross) Prentice	MAL/CA
Thelma J. (Tyler) Anderson	MAL/FL
Elsie Marie (Milburn) King	MAL/FL
Lucille Rose (Gauthier) Hand	MAL/NM
Nora I. (Noel) VILLELLA	MAL/PA
Beatrice (Frisch) Cawfield	MAL/WA

December Silver Taps CORRECTION: The members below were listed in the December Silver Taps, but their last names & maiden names were transposed.

Delora Ruth (Pistella) Warman, USMC, MAL/FL
Loretta M. (Ingram) Paskor, USN, MAL/NY
Karen Christina (Johansen) Dry, USN, MAL/PA
Mary Ellen (Gillin) Shaw, USN, MAL/VT
Mildred Lattice (Barton) Carlson, USN, 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

MEMBER-AT-LARGE MEMBERSHIP RENEWAL FORM

PLEASE PRINT

(Dues period 1 January to 31 December)

Name: _____ Member ID #: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____

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

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

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

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

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

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