

MILITARY Women's BULLETIN



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VOLUME MMXXV, #3

JUNE 2025

Feeling on Edge?

Make the Connection, a resource developed and operated by the VA, aims to reduce barriers and stigma associated with mental health challenges that may prevent veterans from seeking mental health care. Talking openly about mental health and the challenges many veterans face can help encourage veterans and their families to get the support they need.

What is feeling on edge?

Feel on edge in crowds? Overwhelmed by an unexplainable sense of panic? Do you find it hard to stop thinking about safety? Are you on a short fuse?

Feeling on edge is also called hypervigilance, a symptom experienced by some veterans who have returned from war or experienced traumatic events during their time in the military. Hypervigilance is a state of being on very high alert - constantly "on guard" - to possible risks or threats. It may be the result of an experience in a combat zone, a noncombat training exercise, or another type of traumatizing event in your military or civilian life.

Your military training taught you the importance of being observant and alert when you need to be. Hypervigilance goes beyond that — it can interfere with your ability to enjoy life or even just get through the day. Some people have trouble concentrating, feel irritable, become easily upset, or react strongly to sounds and sights around them. Other symptoms can include physical effects like a pounding heart, headache, or upset stomach.

Hypervigilance can also contribute to sleep problems or the avoidance of places that make you feel uncomfortable, like busy grocery stores, social gatherings, or sports events. It may also lead you to distrust other people or try to control their actions, putting a strain on your personal relationships.

What can you do about it right away?

- ❖ Breathe deeply.
- ❖ If you're with other people, tell them what you're feeling so they can try to help you work through it.
- ❖ Try grounding yourself by focusing on details of your surroundings or neutral physical sensations, such as the feeling of your feet on the floor.
- ❖ Practice relaxation exercises, such as taking slow, deep breaths.
- ❖ Get up and move around, have a drink of water, or wash your hands.
- ❖ Calmly remove yourself from the situation.

Talking to your family and friends can be a first step: Turn to them whenever you are ready. They may be able to provide support and help you find treatment that is right for you. You can also begin letting people know when certain places or activities make you uncomfortable.



The next step is to connect with care.

Every day, veterans from all service branches and eras connect with proven resources and effective treatments. Here's how to take the next step: the one that's right for you.

If you are currently enrolled and receiving VA healthcare, contact your local VA about the mental health tools and resources available. Some support includes online, self-help portals; mental health apps; VA TeleMental Health, and community-based Vet Centers which provide confidential counseling, community engagement and referral services.

If you are not currently enrolled in the VA healthcare system, you may visit <https://www.va.gov/health-care/how-to-apply/> or call the VA at 800-698-2411

Information for this article was obtained from the following US Department of VA website:

https://www.maketheconnection.net/symptoms/hypervigilance/?utm_medium=email&utm_source=lnks.gd&utm_campaign=vetresource_weekly_04_30_25&utm_term=prominent

→→ Don't Forget! ←←

Volunteer Hours Report DUE 15 JUN

Unit President Reports DUE 1 JUL

August Bulletin Input is DUE 1 JUL

National Officer Reports DUE 1 AUG

National Staff Reports DUE 1 AUG

Regional Rep Reports DUE 1 AUG

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

Please review the following list, and let me know if someone's name is missing. Those listed are the MILWOMEN VACDCE (formerly VAVS) representatives. These 13 members have volunteered to represent MilWomen as Veterans Affairs Center for Development and Civic Engagement (CDCE) Volunteers: Katherine Anderson, Jennifer Baun, Georgia Desjarlais, Denise Duke, Mary Duquette, Gabe Forsberg, Martha Kastler, Cindi LaPorte, Monica O'Hara, Linda Osborn, Christine Tron, Jo Wildman, and myself. Thank you, team! For more information about this opportunity to further support your sister veterans and become more involved at your local VA, please visit our website and review the Procedures Manual on Page 4, visit va.gov or check out our Facebook page.

Welcome Region 13 Representative Sheri Carrington to our Board of Directors. Sheri served in the Army as a member of a MASH team and currently lives in Connecticut. OO-AH!

Happy Healthy Mother's Day and may you all enjoy a wonderful June 12 Women Veterans Day!! Especially our Foremothers, as Patty Parks would say. June 12 is the anniversary of the Women's Armed Services Integration Act. To the Sisterhood!

I hope and pray you all had a wonderful Easter and you're safe and surrounded by loved ones. Please continue to pray for our sisters who are recovering from illness or injury, as well as those who are serving in harm's way around the world.

If you would like to send a care package or letters of encouragement to sailors on deployment aboard the USS NIMITZ, they would appreciate any goodies. Please address the mail to an MWAN member, Zuraida, who is currently serving on that ship: AM2 LIMA, ZURAIDA, VFA-137 UNIT 209226 BOX #11, FPO AP 96602-2600

Supply Snapshot & Special

by Linda Coffield, Supply Locker Officer

Check out this very special offer! I have a small quantity of Military Service Honor Bears available for only \$6 each, plus shipping. The ones on hand are Coast Guard, Army and Marines. (Sorry, no Navy or Air Force.)

Officers' Call

These 8-inch, plush bears are super soft and showcase a patch and the colors associated with the service branch they represent.



It appears these bears are no longer being produced commercially, so the only place to find them is on auction sites where they sell for quite a bit more than \$6.

To order one or more bears, use the order form in this bulletin, and write your choice of "CG Bear", "Army Bear" or "Marine Bear" above the words "**Merchandise SUBTOTAL**" which appear near the bottom of the right column on the order form. Identify the kind of bear(s) you want and how many for \$6 each (plus shipping).

MWAN 2026 National Convention
SAVE the DATES!
Third Week of September 2026
Put-in-Bay, Ohio

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.

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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!

NORTHEAST OHIO WOMEN VETERANS

Unit #21 (OH) – Our unit has implemented a new approach for 2025. After feedback and conversations with women veterans we have met, unit members began hosting various activities open to women veterans who follow the group or have expressed an interest in doing things with others.

Winter seemed exceptionally long, so a mid-winter zoom check-in had a few attending. Unit members were involved in and attended the annual Laying of the Roses to remember and honor veterans in Mahoning County who made the ultimate sacrifice.

A few were able to have coffee and conversation at the SAM (Serving Area Military) Center to build on shared interests and collaborate on activities.



Pictured above are unit members (L-R) Freda Whaley, Ellen Leidy & Sandy Conley at the SAM Center.

During one event members visited the First Ladies Library and Museum, a national historic site in Canton, where we were treated to a guided tour of the home, which was the working White House during President William McKinley's time in office. The event was enjoyed by all, including, a new woman veteran who recently moved to the area.



Photographed at the museum's front door were unit members (L-R) Mikeala (no last name provided), Sandy Conley, Nora Patella, Jennifer Baun & Freda Whaley.

Our most recent event was a luncheon with guest speaker and a tour of the MAPS (Military Aviation Preservation Society) Air Museum in Canton. In addition to many unit members we had several other join us which resulted in three new additions to our roster.



Unit members and guests enjoyed listening to a museum volunteer describe details of a MASH (Mobile Army Surgical Hospital) exhibit.

At a military and veteran appreciation event in Cuyahoga Falls, members Delores Speed and Sandy Conley (left & right below) greeted visitors and provided interested veterans with details about our unit.



In addition to the unit's busy schedule, individual members engaged in activities. Some were treated to an appreciation lunch hosted by the Mahoning County Board of Developmental Disabilities, and Diana Murar (pictured at right) got to visit the Military Women's Memorial in Washington DC.



Sound Off!

REDWOOD EMPIRE MILITARY WOMEN

Unit #77 (CA) – Our unit met on May 12th with much to discuss regarding upcoming events. We were very proud of Emily Sousa who participated in the First North Bay Honor Flight, a whirlwind trip departing April 28th and returning on April 30th. Emily Turner, Emily S's granddaughter, is also a veteran and traveled to Petaluma to serve as guardian and accompany her grandmother on the trip. Emily T. is an MWAN MAL and lives in Arkansas.



Pictured above are Emily Turner (left) with her grandmother Emily Sousa at the airport and ready to go!



Pictured above are the Emilys at Arlington National Cemetery during their honor flight visit.



Emily Sousa, who will celebrate her 91st birthday in a couple of months, said the honor flight was the experience of a lifetime, and she will truly treasure the event. We are proud and honored to call them both our sisters.

Upon her return, Emily Sousa (at left) was surprised by the welcome-home committee from her unit which included Maura Mooney, Kate O'Hare Palmer, Rose Nowak and Rose's daughter, Kahleen.

We will participate in the Memorial Day Program on May 26th alongside other VSOs in our community.

Plans are being made to travel to the Yountville Veterans Home to meet at a local restaurant with the women residents to celebrate Women Veterans Recognition Day on June 12th. On July 19th we will participate in the Veterans Open House and Resource Fair at Petaluma Veterans Building, an all-day event for all the VSOs. This is an opportunity to share details of MWAN and our unit with the community and hopefully recruit new members.

Last, but not least, we are looking forward to hosting the MWAN Mid-Term Board of Directors Meeting in August!

OCEAN STATE

Unit #118 (RI) – Hello to all from Rhode Island! As of this writing, we have planned several pre-summer activities for the next couple of months. There will be participation in a Memorial Day Parade and the laying of a wreath at the women's memorial statue in the Exeter Veteran's Cemetery. We have also planned some fund-raising activities.

Unit members continue to review and disperse gas and grocery gift cards to women veteran applicants attending Rhode Island state colleges.

On April 26th, Audrey MacLeod Pfeiffer and her husband attended a military retiree appreciation day at West Point. It was well-organized however; it rained and the outside activities planned by the academy had to be cancelled. Retiree appreciation days are scheduled throughout the year at various installations. They are worth attending as they provide an opportunity to update or review personal military records, obtain a new ID card, and visit with various representatives from Delta Dental, USAA, DFAS and Social Security. Attendees have time to talk and interact with others and usually lunch is provided. That's all for now! Take care, everyone.



**JUNE
14th**

TRIANGLE WOMEN VETERANS

Unit #144 (NC) – Unit members were invited to “A Salute to Women Veterans” event hosted by American Legion Post 187. Members Kathy Koch, Bernie Donato, Kim Kochis, Jennifer Griffith and Patty Blackwell traveled to Wake Forest to attend. They and other women veterans were recognized and thanked for their service while enjoying entertainment, food, and cake.



Pictured above (left to right) are Kim Kochis, Patty Blackwell, Jennifer Griffith, Kathy Koch & Bernie Donato.



Picture above center, Kim Kochis was presented with a certificate by two members of AL Post 187 Auxiliary.

Pictured below, Bernie Donato & Orleans are honored with a sword salute by members of a local JROTC unit.



Considering the increase in women veteran suicides, TWV is setting up a Peer Support Group for women veterans. Currently, there are only three peer support groups in the state. Unit President Adina Lev attended peer support class training and is now a certified Peer Support Facilitator. Unit Vice President Hellen Juarez-Ruiz also completed her Peer Support Facilitator training, and unit member Bernie Donato graduated from the National

Sound Off!

Council for Mental Wellbeing and is a certified adult mental health first aide provider. While on active duty, unit member Audrey Weiss was a chaplain and completed training as a Chaplains Religious Enrichment Development Operation facilitator, allowing her to use her military training as a veteran facilitator. Combined, our Peer Support Group will provide a much-needed resource for women veterans. Meetings will begin this fall and be held in Cary, but will be open to all women veterans in the Triangle area.

The unit social event for April was Wine and Design. Patty, Bernie and Adina (pictured below, left to right) met up and enjoyed painting moose together.. Or is it mooses? Or perhaps 'meese'?? Either way, they had great fun!



Unit member Patricia Harris was featured on the cover of the January 19th American Legion magazine for Women History month. Patricia (on cover pictured at left) is the National Vice Commander for the American Legion. The magazine interview covered her fantastic career and the hurdles she overcame as well as her continuing pursuit to promote the value of women in the Military.

Adina Lev (pictured below) showed off her unit tee-shirt while visiting Bucharest, Romania. The unit is hosting a competition. Whoever's shirt goes the most places and the most miles wins.

For the third consecutive year, TWV sponsored the annual Women Veterans Morning with the Mustangs. This event is hosted by member Jill Blakeney's non-profit Mustangs & Patriots Project, Inc. Half of the women veterans attending this year were new to the event.

Attendees enjoyed visiting with mustangs and mini-donkeys, chair yoga, getting fairy hair, manicures, massages (by Fran from Acupuncture and Skin Rejuvenation Center), and hay rides, while others had fun playing games and working on puzzles.

Triangle Women Veterans #144 continued on Page 6.



Sound Off!

TRIANGLE WOMEN VETERANS #144 (continued)



Jennifer Griffith is all smiles while assembling her wine bottle wind chime.



Missy Mustang must be wondering who all these nutty gals are! Pictured (left to right) are Pearl Galloway, Sparkle Goodman, Camille Leonard, Missy Mustang, Bernie Donato & Adina Lev.



Members & guests enjoyed the drum circle with Greg from Drum for Change. It was the perfect way to close a fun-filled event.

MEMPHIS BELLES

Unit #151 (TN) – Unit members Valarie Bennett, Anne Day, Sami Phillips, Linda Coffield, and Kathy Desjarlais all attended the March, April, and May Veteran of the Month receptions sponsored by the Tipton County Museum.

March was calm compared to April, which seemed remarkably busy. Anne, Sami, Kathy, and Linda participated in a trivia night to support one of the local high school bands. We did not do well answering questions, but we learned some things!



Above are (left-right) Anne Day, Sami Phillips, Kathy Desjarlais & Linda Coffield playing trivia in support of a local high school.

Linda (center below) and Sami met none-other than Buc-ee on their way to the MWAN Region 10 Conference in Greenville, SC. Established in 1982, Buc-ee's is a chain of travel centers offering fuel, EV charging, food, shopping and more on a very large scale.

Linda promises a detailed report on the conference for our next meeting and has repeatedly said that she cannot wait for the next convention. Four others who had initially planned to attend the conference had to change their plans due to unexpected issues.



Kathy was unable to attend the Region 10 Conference, because she was a guest at the Tennessee State Society of Daughters of the American Revolution (TSSDAR) State Conference where she was presented the TSSDAR State Veteran Volunteer of the Year Award. She had been nominated by the local River City Chapter of TSSDAR. Due to timing, she received the state award prior to receiving the local award. Congratulations Kathy!

Memphis Belles #151 continued on Page 7.



Above is Felicia Duncan (left), Chapter Regent of River City DAR & Kathy Desjarlais at the TSSDAR conference.

Stacy Harris, Valarie, and Kathy attended the dedication of a Liberty Tree at City Park in Munford. The Sons of the American Revolution are planting 250 Liberty Trees across the nation in honor of our country's 250th anniversary with a goal of at least one tree in each of the 50 states. We were privileged to attend and learn the history of The Liberty Tree.



Above are (L-R) Stacy Harris, Valarie Bennett, & Lewis Moore (President of Tri-State Area Military Retirees at the Liberty Tree dedication. Kathy Desjarlais attended but is not pictured.

May was busy with regular meetings plus Memorial Day activities. Additionally, seven of our members who volunteered to assist with the VA Golden Age Games set for May 31st - June 5th attended training during May to prepare for the games.

MILITARY WOMEN OF TIDEWATER

Unit #152 (VA) – On April 5th two of our dedicated members participated in the annual Chesapeake Bataan Death March commemoration at the Dismal Swamp Canal Trail. This significant event honors the memory of more than 72,000 American and Filipino prisoners of war who endured the beatings, torture and death which plagued the actual Bataan Death March in 1942 during World War II. The commemoration also raises funds to support

Sound Off!

educational programs that teach future generations about this significant chapter in history.

April Reed participated in the 5-mile walk, showing great spirit and endurance, while Marti Sansbury took part in the 1.5-mile walk, walking in remembrance of the lives lost and the sacrifices made. Their involvement reflects a strong commitment to honoring the past and supporting the mission of education and remembrance.



Pictured above is April Reed making her way along the symbolic walk.

Below is Marti Sansbury (left) with her friend, Melissa Domon, who also walked in remembrance of those who sacrificed their lives.



The organizers of this annual event continue to play a vital role in preserving history and ensuring these stories of courage and resilience are never forgotten. Through events like this, the legacy of those who suffered during the Bataan Death March is kept alive, and the lessons of the past are passed on to future generations. We are proud of April and Marti for their participation and for helping shine a light on such an important cause.

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

Sound Off!

TRISTATE WOMEN VETERANS

Unit #157 (TN) – An impromptu Red Shirt Lunch found several members invading an unsuspecting I-Hop Restaurant in Hixson during April. While being seated, the gals chatted up a nearby customer and found she was an Army veteran! How great is that!



Above (left to right) are Danette Skyles, Gladys Flores, Diana Rand, Beth Wingfield & Jennifer Palmer. **Below** (left to right) are Donna Agee, Ruby Hardin & Shelley Galloway.



Above (left to right) are Zaida Ringheimer, Janet Duncan & Louise Jones. **Below** (left to right) Penny Manna, Christine Wood, Gloria Gray & Patty Parks.



Several unit members made the road trip to Greenville, SC, for the Region 10 Conference. Details and a group photo from the conference are to be included in the August MWB, but here are a few snapshots thanks to unit member Teena Gravitt whose camera is always at the ready!



Upper left: Linda (L) & Ruby Hardin were having way too much fun to be playing fair!

Above: Susan greeted fellow Air Force veteran & conference entertainer Ray McNeely.

Left: Teena (L) captured a snapshot of Unit 157's newest member, former MAL Barbara.

Lower left: Penny needed help getting in bed! **Below:** Deborah found the hotel TV remote she lost...in her purse halfway home! There's never a dull moment!



NEW ENGLAND

Unit #158 (RI) – Unit members Christine Tron and Natalie Call marched with a group of military sisters during the Concord, Massachusetts 250th Anniversary Parade in April.



Pictured (left to right) are Vivian Slaven, Dawn Slaven, Mel Bloom, Natalie Call, Christine Tron, Mary Standish, Elaine Dalessandro & Ann Donoghue.

Sound Off!

LAKELAND ROYAL SWANS

Unit #159 (FL) – Welcome aboard to three new sisters: Jean Banner, Alicia Dickson and Penny Tardona!

Our unit continued to churn and burn! While we're winding down for the summer (too hot to do anything here), we've had amazing turnouts for our gatherings, as well as volunteers attending veteran baby showers at James A. Haley VA Women's Center and Flight to Honor.



March meeting attendees pictured are (left to right) front row: Lorraine Peaslee, Gwen Pipkin, Kathleen VanMiddlesworth & Rutha Burns, middle row: Denise Vola, Kay Shelby, Karen Warren, AJ Burr & Cece Rauch, back row: Eva Dyer, Pat Watson, Stephanie Bryant, Connie White, Carol Steadham & Grace Tate.



April meeting attendees pictured are (left to right) front row: Kay Shelby, Lorraine Peaslee, Linda Osborn, Kathleen VanMiddlesworth, Penny Tardona & Eva Dyer, back row: Connie White, Vanessa Nash, Grace Tate, Alicia Dickson, Charlene Broome, Jean Banner & AJ Burr

Linda Osborn represented our unit at the James A. Haley VA Women's Center April Baby Shower.

Below (left to right) are Alicia Dickson, Kayla Bernard & Linda Osborn at Lakeland's Flight to Honor.



Lakeland is located between Tampa and Orlando. Meetings are held at 11am on the 4th Saturday each month at American Legion Post 4, 1375 Ariana Street, Lakeland. Veterans interested in joining should contact Kathleen VanMiddlesworth by leaving a message at (863)450-5008 or via email at MilitaryWomenLakeland@gmail.com. We are also on Facebook at facebook.com/LRSofMWAN/.

MEMBER-AT-LARGE MISSOURI

At the recent Kansas City VAMC Volunteer Services Award luncheon, MAL Ann Puck was recognized for 10 years of volunteer service including 1520 hours in 2024.

Atta Girl, Ann!

Ann also extended an invitation to the 2025 Veterans Retreat – “Meeting Spiritual Needs”, set for June 26th-29th at the White House Jesuit Retreat in St. Louis. The gathering is open to men and women of any denomination who have served in the US Armed Forces. More information may be found by calling 314-416-6400 or visiting

<https://whitehouseretreat.org/veterans-retreat>.



Save the Dates!!!

For the 2026 MWAN

National Convention

Mark your calendars now and start planning 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.

Northeast Ohio Women Veterans Unit 21 is especially excited to host everyone for a unique experience on the 40th anniversary of our unit's charter.

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REGION 2: Alaska, Idaho, Oregon, Washington

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REGION 12: Delaware, District of Columbia, Maryland,
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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.

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MWAN Supply Locker

JUNE 2025

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

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 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 _____ = _____
 Navy Women WAVES \$6 X _____ = _____

Black Background OR Blue Background
 Vietnam Era Eagle \$6 X _____ = _____

JEWELRY & PINS

MWAN Coin \$10 X _____ = _____
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 MWAN Charm \$7 X _____ = _____
 MWAN Earrings \$12 X _____ = _____
 MWAN Coin Keychain \$12 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)

US Navy Lapel Pin \$4 X _____ = _____

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Flag Peace Sign Pin \$6 X _____ = _____

Service Crest Lapel \$5 X _____ = _____

(USN, USAF, USMC, USCG, ARMY, Nat Guard)

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(USN, USA, USAF, USMC, USCG, VETERANS)

Veterans Flag Lapel Pin \$7 X _____ = _____

Honoring Women Veterans Pin \$6 X _____ = _____

Poppy Flower Lapel Pin \$5 X _____ = _____

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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.

★ ★ ★ CLOSE OUT SALE...SEE PAGE 2 FOR DETAILS ★ ★ ★

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

American Veteran Bracelet \$5 X _____ = _____

MWAN Mouse Pad \$6 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 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 . \$ _____

****Shipping Costs****

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

ADD Shipping Charge . . \$ _____

TOTAL DUE \$ _____

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Silver Taps

U.S. Navy

Adele G. Lieberfarb
Julia Mary (Potter) Parsons
Judith A. Raridon

MAL/OR
MAL/PA
Past Mbr/VA

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