



WHITE SHOE TIMES

Palmetto Chapter Navy Nurse Corps Association

Fall 2019

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Alice Bova

MESSAGE FROM OUR PRESIDENT

Summertime, and the livin' is easy;
DuBose Heyward and Ira Gershwin

Summer has come to a close in the PCNNCA tri-state region of Georgia and the Carolinas. Like many of our chapters around the country, summer is a time to relax, regroup and get energized for the start of our fall activities. *For the most part*, the sentiment from Porgy and Bess is true. And then...we were fortunate to have dodged a catastrophic impact from Hurricane Dorian, but there was still a significant amount of cleanup after the storm, and mountainous piles of debris in the streets that took weeks to be picked up by hardworking cleanup crews. As we continue to see the devastation that occurred in the Bahamas, we know we have much to be thankful for here in our southern paradise!

Our members have taken time over the summer to travel at home and abroad, to visit family and friends, and to pursue a wide variety of other activities. With professional careers completed, many in our group volunteer their services - not just in the summer but year round - at local historic sites, our public libraries, with veterans organizations, and by rendering aid on overseas medical missions. We will be documenting some of these pursuits in our newsletters.

The PCNNCA BOD met in July to review our Chapter status and made plans for this fall. After our General Membership meeting in October, and we will be participating in Charleston's annual Veterans Day parade

in November for the fifth consecutive year. December brings the year to an end with our annual Christmas party. Part of that celebration will include our sock and toiletries collection for homeless vets. Over the last few years, hundreds of pairs of socks and thousands of toiletry items have been dropped off the VA hospital where volunteers prepared them for distribution. As we slip into the autumn of another year, I extend best wishes to you all.



Lynn Tate

VICE PRESIDENT

Lynn will reserve her remarks for the fall general membership meeting in October. The Board of Directors would like to thank Lynn for her hard work in arranging our meeting site, planning the luncheon menu, and helping our Chapter underwrite the cost of the gathering. A big BZ Lynn!

MEMBERSHIP

Maryalice wears two hats - one as our PCNNCA Membership Chair, and the other as NNCA Awards Chair. Maryalice will present membership data at our fall meeting.

In her NNCA role, Maryalice would like all members to know that it is time for the biennial awards cycle. Please take the time to review the categories on **page 4** of this newsletter and submit a deserving NC officer for recognition. Submissions can be done online at **NNCA.org** or sent to **maryalicemorro@yahoo.com**. The awards committee requests all submissions no later than March 2020. Awards will be presented at the spring meeting or local chapter event.



Maryalice Morrow

SUNSHINE AND CONCERN COORDINATOR

As the "Miss Sunshine" person for our Chapter, I send birthday greetings to each member to acknowledge and celebrate their big day. When notified of a member's illness and/or loss, I send a note of encouragement, sympathy and support. If appropriate, I send a Mass card to the family of any deceased nurse. I ask everyone to please send me an email or call me so I can contact our members in need and convey our concern and best wishes from the Chapter.



Mary Houser

Secretary's Report



Peggy Williams

Hello everyone, Fall is in the air!! As the incoming secretary I look forward to capturing our meeting minutes for distribution to our membership. I also encourage our members to send me interim information that would benefit all of us, and we'll post that on our PCNNCA FaceBook page. (We are a "closed FaceBook group" so if you would like to join, request to be a "friend" by emailing Mary Ann at jarmulowiczma@cs.com). Please see information to join on the last page of this newsletter.

In addition to facebook, information will always continue to be provided via email, USPS for those without internet access, and our newsletter. I look forward to seeing all of you at our fall general membership meeting!! Warmly, Peggy Williams

Treasurer's Report



Arlene Southerland

Arlene will present her report to the membership at the Fall General Membership meeting.

Our financials are as follows:

Checking balance: \$4859.49

CD balance: \$4316.61

\$1000.00 wsa added to our CD in August at time of maturity.

Newsletter



Jerry Davidson

This newsletter is a vehicle used to connect all of us.

Although we are just a three state chapter, our geographic distance is great, so starting with this issue, you will have a chance to learn more about some of our folks that we usually don't get to see at our meetings. Linda Gray is our first and only profile, but I'll be contacting several of you before each issue going forward and you'll get to hear their stories as well.

Thanks Linda for being number one, and for your great story!

I also asked Alice Bova last year about chronicling her years of involvement with overseas mission service. I hope you enjoy

her story and photos. There will be more stories like hers in coming issues as I know many of you are involved in meaningful volunteer endeavors and I'll be asking for your story. Thank you Alice for sharing yours. And thanks to all of you all for pictures from your service that are especially meaningful as Veterans Day approaches. Enjoy your newsletter!

PCNNCA members have been recipients NNCA awards over the years, but it takes you to nominate one of your shipmates. If you would like to nominate someone, contact Maryalice or another board member for assistance

Description of the NNCA Awards

Admiral Alene B. Duerk Award: (Life-time Membership in NNCA)

The award was established to provide recognition to active duty and reserve Nurse Corps Officers who have made a significant contribution to the Navy, to Nursing, or to the NNCA. The first award was presented at the 1992 Annual Meeting to Alene B. Duerk as a way of establishing the Award.

NNCA Meritorious Recognition: (Life Membership in NNCA)

The award was established to provide recognition for a significant contribution to the Navy, the Nurse Corps, or the NNCA by retired, and former Nurse Corps officers who are members of NNCA.

Professional Nursing Award: (5-year NNCA Membership)

The award was established to provide recognition to any member for significant contribution to nursing service, nursing practice, history or research that brings honor or recognition to the Navy Nurse Corps or NNCA.

Louisa Power Award: (Special pin designed by Bailey, Banks, and Biddle)

The award was established as recognition to an individual who has made significant volunteer contributions to NNCA. The first was presented in 1992 to Louisa Power at the Annual Membership Meeting.

NNCA Mary G. Stewart Leadership Award: Special pin designed by Bailey, Banks, and Biddle)

The award was established to provide recognition to any member for significant contributions in a leadership or management role at the national or regional/chapter level.

NNCA Service Award: Special pin designed by Bailey, Banks, and Biddle)

The award was established to provide recognition to any member for continuing significant service resulting in the betterment of NNCA.

LAURA YOUNG

PCNNCA MEMBER FROM NORTH CAROLINA

Editor's note: Laura was provided with a list of questions about her history and service. Thank you for sharing!

Laura was born Philadelphia, PA. She attended Nursing School at Gwynedd Mercy College in Gwynedd Valley, PA. She joined the Navy in January 1978 and retired in Wilmington, NC June 2005.



Being promoted to LT by ADM Cox at San Diego with my husband standing by. (This made me senior to him)

In her own words: Joining the Navy is my favorite story. I answered the phone at my parents home. It was a Navy Recruiter looking for my brother who was a senior in high school. He asked if he was interested in joining the Navy. I "yelled" the question to my brother in the other room and he said NO. I then said but I will. This really got the recruiter excited until I said I had a Bachelors in Nursing. He might not have made his quota, but I got a wonderful career in the Navy. As an aside, my brother thinks I should share my retirement with him.

Like everyone else I started OIS in Rhode Island. After that I was at Balboa, Naval Hospital. That's the old hospital! I was transferred to Camp Pendleton, CA and transitioned to Reserves at about the 4 year mark. I was called into the Chief Nurses office (who will remain nameless) and asked how did I intend to be a Navy Nurse with an Active Duty husband in the Marines. "Who would raise my child if we were both sent to war?" It was a good question and based on her time in Vietnam, a reasonable question. My answer was to join the reserves.



At the Opry Land Hotel in Nashville, TN. I was a student going for my MSN at Vanderbilt and the senior officer at the Navy-Marine Corp Ball. (my husband got oldest Marine present)



At Camp Pendleton prior to transfer to the Reserves.

I finished out my time as a SAM instructor, XO, CO and Family Nurse Practitioner.

(Laura's Story Cont'd)



My son who was a cadet at VMI gave me my flag along with the salute. CAPT P. Allen Gray, Jr. (in our chapter) was the MC

Since retiring, I worked as a FNP and retired from Bensalem Medical Practice 2 years ago and live with my husband just outside Pinehurst NC. I have 2 children and 2 grandchildren. My husband and I have been doing a lot of traveling and just last year was able to catch up with 2 of my former active duty shipmates in San Diego.



With family on retirement day



My mother and all eight of my siblings attended the ceremony which was on the USS North Carolina. My brother (former Marine) and Brother in Law (active duty Navy) were part of the ceremony..



Military families are accustomed to hardship and change. They deal with situations that less than one percent of this nation have to due to their service to our country.

Most veteran families can't afford extended hotel stays while their hero is being treated. Fisher House Charleston will save individual families thousands of dollars in accommodation expenses.

75,000 Veteran Families in 22 Coastal Counties Need Your Help.

Go to: <https://friendsoffisherhousecharleston.org/>

IN MEMORIAM

Carolyn Deane Bishop McCosh

FEBRUARY 1954 – SEPTEMBER 2018



RALEIGH - Carolyn Deane Bishop McCosh of Great Falls, VA, died from complications due to cancer at the age of 64.

Carolyn was born in Rocky Mount, NC, on February 4, 1954, to John Edward Bishop and Jean Ferebee Bishop (both deceased).

She was a Retired Commander in the US Navy, Registered Nurse, devoted wife, friend, and mother. Carolyn was married to Retired Captain Alan Ray McCosh (deceased) for 36 wonderful years.

Carolyn graduated from St Mary's College and ECU with a BS in Nursing. She joined the US Navy as an officer in 1977 stationed in Pensacola, FL where she met her future husband, Al. Her

adventures in the Navy took her to Norfolk VA where she had her two boys Alan and Benjamin, then to Guam and to Charleston, SC. Finally she was stationed in the DC Metro area where she managed both the Pediatric Care Center and Breast Cancer Clinic for Bethesda Naval Hospital. She was deployed on the USNS Comfort as the Division Officer, Medical Unit, during Operation Baltic Challenge '98.

Retiring as a Commander in the Navy after 22 years of service, she continued her devotion to nursing assuming the role of Director of Patient Relations and Volunteer Services for the Virginia Hospital Center of Arlington. After 18 years with VHC, Carolyn retired to enjoy traveling, gardening and spending time with her family.

She is survived by her sons Jacob Alan McCosh and wife Cameron, Benjamin Joel McCosh and wife Dana, grandchildren Eleanor Clarke, Otto Bishop, Harper Ray, and her four siblings Christie Bishop Barbee, John Edward Bishop, Jr., Stephen Ferebee Bishop, and Maude Clarke Bishop.

Her interment date was not announced but she was to be laid to rest at Arlington National Cemetery with full military honors.

In lieu of flowers please make memorial gifts to: Wreaths Across America. It is an organization that honors veterans by placing wreaths on graves in Arlington National Cemetery and 1,400 locations in all 50 states.

As published in the Daily Reflector

Editor's note: CDR McCosh was not a PCNNCA member. However, many of our members who served in Charleston and her other assignments may have known her.

Alice Bova
My Medical Mission to Guatemala



Sometimes being unemployed allows for participating in one of those items on one's bucket list. It was in the spring of 2017 when I found myself in such a situation, unemployed and weary of the job hunt.

The Catholic Diocese of Charleston had been supporting a medical mission in Guatemala for many years and posted in our church bulletin a need for doctors, dentist & nurses to help. I immediately signed up with only a few weeks to get ready. A little history.

The town of San Pedro La Laguna Atitlan sits on the side of a volcano at the edge of the lake created by surrounding other volcanoes. The area is the home of descendants of Mayan Indian tribes and the Spanish that married into those communities. There are many small towns and villages on the mountains surrounding the lake but the entire area is quite remote but was converted to Catholicism many years ago. There is an active church, convent and Catholic school in the town of San Pedro but no access to medical care. To reach even a



Alice with Mirna and her brothers



Dental triage in the courtyard

small facility requires an arduous auto ride over unpaved roads around the lake or a bumpy ride on a small boat to cross the lake to one.

In October of 2007, a small group led by Deacons went on a fact-finding trip to Guatemala. The diocese partnered with the Sisters of Bethany who run a couple of Catholic schools and a small clinic. Upon their return, they immediately began planning the first medical mission trip. People from all over

the diocese responded and that first group of 14 left for Guatemala in April 2008. The Medical personnel consist of doctors of varying specialties, particularly pediatrics, dentist, pharmacist, nurses (RN, LPNs) and non-medical support staff. Since that first medical mission, teams have gone to Guatemala twice a year for a week each time.

Because the needs of the people in San Pedro La Laguna are so great, a sponsorship program was developed called Project San



Busy pharmacy



Village girls

Pedro to serve not only the medical needs but the educational, nutritional and housing needs of the poor. My daughter Liann and I each sponsor a child so that they are able to attend the school, and purchase uniforms and books. Those who have been on this mission since the beginning have seen their sponsored children graduate high school and even college. As the clinic in San Pedro grew, a nurse and a doctor were supported in their education and now man the main clinic year round.



Liann Bova with children

It became apparent early on that the

surrounding villages also had great needs for

medical support. Now in addition to staffing the San Pedro Clinic, every day of our stay 2 “travel teams” consisting of 2 doctors, a nurse, support staff and 2 translators; one from English to Spanish & another local who translates from Spanish to the local Mayan dialect, travel to a village and hold “sick call”. If follow up is needed we can refer to the clinic in San Pedro but also have arranged and financed care at a main hospital in the Capital, Guatemala City.



Home visit by Lex to assess CHF

New this year in March 2019, we were escorted to needy homebound citizens who

could not even make it to the local clinic by local women.

This was an eye opener into the actual living conditions. In a small one room “apartment” up many flights of stairs, with a



Oculofacial cancer

common toilet on the first floor, one elderly bedridden woman and her daughter lived. The elder was carried down 3 flights of narrow steep stairs in order to use a toilet (*See Photo*). Another woman had been diagnosed with cancer of the face 10 years ago but could not afford or get to a hospital in GC for treatment. Her family cared for her wounds using herbal treatments. (*See photo*). Her wound had eaten most of the right side of her face and was infected. We



Steep, narrow stair access

prescribed antibiotics and vitamins. A much younger woman of 39 yrs (with a husband and 3 children) had a stroke 10 days prior and she



Home visit to an elder after a fall

had been in bed since then, unable to swallow safely and unable to move one side. Her bedroom was in the back of the house and was hot & dark. The woman was also very depressed and worried about her family. We assessed her ability to move, sit up and her swallowing and determined she could take thick liquids, was getting stronger and some function

was returning and needed physical therapy and fresh air. We shopped for liquid meals and taught the family some basic PT exercises and prescribed out of bed to outside 3 times a day. We visited all our patients again later in the



L to R: Sarah, Kathy, Angela, Rosa, Alice and the cooks

week and delivered meds and answered any other questions. The local clinic doctor was given information on follow up as well. When I return I am so looking forward to seeing how these families

are doing.

There are many other patient stories I could tell but in every case the people were warm, welcoming and so very grateful for whatever we could provide. I feel I now have a second family in Guatemala and although now (because I am employed) I can only go once a year, I look forward to retirement when I can go more often. The experience can be truly life changing.



Home visit to assess edema



Liann at Triage



Outdoor kitchen making tortillas



Mirna and Alice

RARELY TOLD PEARL HARBOR STORIES OF FEMALE MILITARY NURSES

*Editor's note: The following article was written by **Katie Lange**, DoD News, Defense Media Activity.. It is reprinted here with the consent of DoD News.*



Ann Danyo (Willgrube) during her Navy Nurse Corps days. Photo courtesy of Joe Danyo

Ann Danyo Willgrube joined the Navy Nurse Corps in 1940. She was an operating room nurse on the newly commissioned hospital ship USS Solace when the war began. But she didn't share anything about her military life with her family. Her brother, Joe Danyo, who was 8 when Pearl Harbor was bombed, said he didn't even know she'd been there until the late 1950s.

"She never talked about anything regarding her career," Danyo said. "She was a dynamo ... but she just plain refused to talk about the past."

So needless to say, he never expected to find a letter detailing what had happened to her that day. But he did, as he was cleaning out her house in the mid-1980s.

"I was surprised to find that," Danyo said.

The letter was addressed to a high school student who was doing a report on Pearl Harbor and had learned she'd been there. The teen wanted to hear her story, so it was then – in 1981 – that she finally decided to tell it.

Smoke, Explosions and Shaking Ships

In the letter, Willgrube talked about being "the envy of all the nurses" because she was assigned to the Solace – a cushy assignment – only 18 months after enlisting. The ship arrived in Pearl Harbor in late October 1941 and was docked at Ford Island near several of the battleships. All was going well until 7:55 a.m. on Dec. 7, when Willgrube was jarred awake by what she initially thought was a boiler explosion.

"The ship shook, and everyone ran out on deck to see what happened. I looked out the porthole in my room and saw smoke pouring out of the [USS] Arizona. The next minute, our chief nurse burst into the room and told me to dress quickly and report to the quarterdeck for duty because the Japs were bombing us," Willgrube wrote. The Solace's nurses worked around the clock that day to care for more than 130 patients who were brought aboard, 70 percent of whom were burn



The USS Solace played an integral role in helping survivors during the Pearl Harbor attacks, as well as many other campaigns throughout the South Pacific during World War II. Photo courtesy of Joe Danyo

victims. She said they were too busy to worry about the roar of the guns, the shaking of the ship and the planes flying overhead.

The surprise attack destroyed the Arizona, Oklahoma and Utah, and damaged several other U.S. ships and aircraft. More than 2,400 people were killed – half of whom had been on the Arizona, which still sits at the bottom of Pearl Harbor to this day. It was the worst attack America had ever seen, but Willgrube said it took days to realize how bad it actually was.

“We were so thankful that the Japanese did not realize how they crippled us, because they could have taken over the islands had they known the truth,” Willgrube wrote.

Passing the Memories On

As for why Willgrube finally decided to share her story? So America remains prepared to defend itself.



This Pearl Harbor Survivors Association commemorative book belonged to Army nurse Teresa Stauffer (Foster). Now

“We never had disaster drills, yet when we realized that we were actually at war, every person on board that ship seemed to know instinctively what to do,” Willgrube said. “It simply proves how important discipline in the military is – it not only saves lives but wins wars, too.”

Willgrube was one of the first women to become a Navy shellback, one of many firsts that she would be part of over the years.

“When I entered the Navy, nurses had no specific rank but enjoyed the

privileges of officers. In 1942, we received relative rank, and in 1947, we were classified as Nurse Corps with the same rank and privileges as the other officers,” Willgrube wrote.

After 27 years of service, she retired as a commander and married retired Medical Services Corps Cmdr. Wayne Willgrube, who was also aboard the Solace during the Pearl Harbor attacks.

Willgrube died in 1988 after a battle with Parkinson’s disease. She had some pretty interesting stories to tell in her letter, including about rumors that ran rampant directly after the attacks.

As the Greatest Generation continues to dwindle, who knows how many amazing stories have been lost to time. That’s why it’s up to us and people like Woll and Danyo to share as many of these stories as we can. So if you have a family story to share, make sure you tell it to anyone willing to listen!

Do you and your family know where your DD214 is? Recent experiences of friends and colleagues have illustrated how important this piece of paper is. These two pages from the Dept.of Veterans Affairs are not just helpful but provide critical information for veterans and their families. Please read, and let your family know where your DD214 is safely kept!

Apply for VA Survivor Benefits

This guide will help you identify VA Survivor benefits and services you may be eligible for after your Veteran loved one has passed. It provides information about the different survivor benefits and programs available, contact information, required forms, application process, and where to find assistance.



U.S. Department
of Veterans Affairs

Choose VA

A checklist to help Veteran spouses and/or dependents apply for survivor benefits:

1

PREPARATION

- ☐ Learn about different types of survivor benefits and services you and/or family members may be eligible for (see back for list)
- ☐ Collect the documents necessary to apply for survivor benefits:
 - Veteran's Discharge paperwork (DD214 or other separation documents)
 - Veteran's death certificate (copy)
 - Proof of your relationship to Veteran (marriage certificate, birth certificates)

2

APPLICATION

- ☐ Apply by submitting all required documents, to include the applicable VA Form and the Veteran's death certificate, to the required servicing location (see back for more information) in one of these ways:
 - Mail to the appropriate VA office that serves your state.
You can find the VA mailing addresses at <https://www.benefits.va.gov/compensation/maillingaddresses.asp> OR
 - Work with an accredited Veterans Service Organization (VSO).
You can find a VSO at www.ebenefits.va.gov/ebenefits/vso-search OR
 - Go directly to a VA Regional Benefit Office (RO) for assistance.
You can find your local RO at www.benefits.va.gov/benefits/offices.asp.
- For Life Insurance claims, call (800) 669-8477

3

NEXT STEPS

- ☐ Visit us online at www.eBenefits.va.gov to track the status of your claim
- ☐ Provide more information/documentation if requested by VA
- ☐ If approved, take steps to access your awarded benefits

WHERE CAN I FIND A VETERAN'S SEPARATION DOCUMENTS?

To find the separations documents of the Veteran, you can visit www.archives.gov or www.eBenefits.va.gov to request copy of the DD214 or other separation documents of your loved one.

Surviving family members should make duplicate copies of all documents and retain them for their personal files before mailing them to a processing center.

Survivors can also receive free, in-person help preparing the claim from a Veterans Service Organization (VSO). Find an accredited VSO online by visiting: www.ebenefits.va.gov/ebenefits/vso-search

Survivors can also receive free, in-person help applying for benefits at the local Regional Office (RO). Find your local RO by visiting: www.benefits.va.gov/benefits/offices.asp

Find additional information about Beneficiary Financial Counseling Service and Online Will Preparation: www.benefits.va.gov/insurance/bfcs.asp

CONTACT US:

VISIT US ONLINE va.gov

VISIT US IN PERSON at your local VA Medical Center

Information a spouse or dependent(s) will need to know to file a claim and receive the survivor benefits they may be eligible for:

How would a spouse or dependent(s) know if they are eligible for VA survivor benefits?

Surviving family members can access detailed information to determine if they are eligible for survivor benefits that may be available by:

- Visiting www.va.gov/survivors or www.va.gov/family-member-benefits
- Contacting VBA directly at (800) 827-1000
- Contacting the Office of Survivors Assistance at (202) 461-1077

What benefits and services are available for surviving family members?

These are the benefits and services that may be available to eligible spouses and dependent family members:

BENEFITS

- ☐ Interment in a National Cemetery
- ☐ Memorialization and Legacy Programs (https://www.cem.va.gov/cem/docs/factsheets/Planning_Legacy_Booklet.pdf)
- ☐ Burial Benefits (VA Form 21P-530)
- ☐ Dependency and Indemnity Compensation (VA Form 21P-534EZ)
- ☐ Parents' Dependency and Indemnity Compensation (VA Form 21P-535)
- ☐ Survivor's Pension (VA Form 21P-534EZ)
- ☐ Dependent's Educational Assistance Program (VA Form 22-5490)
- ☐ Fry Education Scholarship
- ☐ Home Loan Guaranty
- ☐ Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)

SERVICES

- ☐ Bereavement Counseling is available at Vet Centers and VA Medical Center Clergy Services (visit: <https://www.va.gov/find-locations/>) or call the White House VA Call Center (<https://www.va.gov/ve/whvahotline.asp>) at 1-855-948-2311. You can also call, text, or chat for help at the VA Crisis line (800) 273-8255.
- ☐ Educational and Vocational Counseling (VA Form 28-8832)
- ☐ Beneficiary Financial Counseling
- ☐ Financial Trust Services
- ☐ Online Will Preparation

Visit www.ebenefits.va.gov/ebenefits for more information or **call** (800) 827-1000.

OTHER QUESTIONS YOU MAY HAVE

As a surviving spouse am I eligible for healthcare?

The Department of Veterans Affairs offers Civilian Health and Medical Program of Veterans Affairs (CHAMPVA) healthcare coverage to family members who meet specific eligibility criteria. CHAMPVA is a comprehensive health care program managed by the Veterans Health Administration Office of Community Care (VHA OCC). The VA shares the cost of covered health care services and supplies with eligible beneficiaries similar to Medicaid and TriCare. For more information, **call** (844) 698-2311 or **visit** www.va.gov/COMMUNITYCARE/programs/dependents/champva/index.asp

What is the difference between DIC and SBP?

Dependency and Indemnity Compensation (DIC) is an entitlement benefit paid to eligible survivors (spouse, unmarried child or possibly parent) of certain deceased Servicemembers and Veterans that meet specific criteria. DIC is managed by the Department of Veterans Affairs. To learn more about DIC, please **visit** www.benefits.va.gov/COMPENSATION/types-dependency_and_indemnity.asp

The Survivor Benefit Program (SBP) is a voluntary annuity program offered for purchase to Servicemembers as a retirement benefit for family members and is managed by the Department of Defense (DoD). Servicemembers who die on active duty and who have never contributed to SBP are automatically covered. Participation in this program is voluntary and not all Servicemembers opt to participate. To learn more about SBP, please **visit** www.dfas.mil/retiredmilitary.html

Where can I find information about Burial Benefits?

Planning Your Legacy:
VA Survivors and Burial Benefits Kit (https://www.cem.va.gov/cem/docs/factsheets/Planning_Legacy_Booklet.pdf) and at https://www.cem.va.gov/cem/burial_benefits/index.asp

Ralph H. Johnson VA News, Needs and Events

Soldiers' Angels Mobile Food Distribution

Volunteers are needed to help with food packing and distribution. If you are interested in volunteering, please sign up at: <https://soldiersangels.formstack.com/forms/charlestonmfdvol>



Volunteers needed on:

- November 8 (*Veterans day is the following Monday, Nov 11*)
- December 13

Soldiers' Angels Hunger Relief Program will be hosting a Mobile Food Distribution to supply low income veterans with food!

Donation Needs Charleston Area Locations Gift Cards & Bus passes:

Uber and Lyft (\$5 & \$10)

McDonald's (\$10)

Starbucks (\$10)

Fuel Cards (\$10)

CARTA Low Income Bus passes

Peanut Butter and Jelly

Bath Towels

Blankets

Mens underwear and t-shirts - Med, Lrg, 2XL & 3XL

Mens sweatpants - Med, Lrg, 2XL & 3XL

Womens sweatpants and sweatshirts-- All sizes

Men's & Women's Tennis Shoes-- All Sizes

Men's & Women's Sweatpants - All Sizes

2 (100 cup) coffee urns

56 quart-size plastic containers

Ziploc bags – quart-size and gallon-size

Male Body Wash

Shampoo

Adult coloring books

Word find puzzle books

VA Canteen Coupon Books (or monetary donation for purchase)

Individually packaged snacks

Ralph H. Johnson VA News, Needs and Events

**Looking to give back to Veterans?
We are needing volunteers in the following areas:**

Education Service

Introduction to Whole Health Facilitator

(must be a Veteran and requires a 2-hr commitment, 1-2 times a month)

Voluntary Service

Next Day Appointment Reminder Callers

Patient Escorts

Information Desk Volunteers

Volunteer Transportation Network Drivers

If you would like to learn more about these assignments or other opportunities that might be available, please contact Voluntary Service at 843-789-7230.

Free Yoga for Veterans

Wednesdays– 5:30 – 6:30 pm

Main Auditorium, VAMC

Thank you for your continued support of Veterans in the Lowcountry!

Office of Community Engagement & Veteran Experience

Ralph H. Johnson VAMC

109 Bee St., Charleston SC 29401

Office: 843-789-7230 Fax: 843-579-2761

Email: vhachavavs@va.gov

www.charleston.va.gov/giving



BOD Members at the 21 July meeting held at Jerry Davidson's home: From left to right: past President Patricia Cather; Newsletter Editor Jerry Davidson; Vice President Emalynn Tate; Treasurer Arlene Southerland; Membership Chair Maryalice Morrow



The April 2019 General Membership Meeting was held at the Wild Dunes Homeowners Beach Club





Sigrun Mapes commissioning (2nd from right) with Dorothy Michael (far right) in Philadelphia, PA, 1971



Sigrun Mapes (Ensign Gaertner) after graduating from OCS



CAPT Mary Hauser getting ready to attend the NNC celebration at Bethesda in 1994. Here with her Mom Helen

IN HONOR OF VETERANS DAY



Elinor Kessel at left in 1971 at the Navy Dispensary, Kingdom of Morocco



CAPT Jeff Bashford, of wooden ships and iron men

Patricia Ann Tackitt (Birtcil) on June 17, 1969 at nursing school graduation, St. Josephs Cathedral, Mount Carmel College of Nursing, Columbus, OH



Lynn Tate, joining the Navy, February 1973





Retirement day. Alice Bova with daughter Liann and her parents. December 12, 1997 Portsmouth NH, VA. Mom, Dad and Liann



Surface Warfare Officer pinning on the bridge, USS Enterprise. Jerry Davidson with CAPT Malone, 1996



Bobbie & Chuck Miller, Camp Lejeune Dining In, 1982. Bobbie piped ashore for the final time (below), 31 OCT 1988



Maryalice Morro, Captain and Commander Pensacola, FL



IN HONOR OF VETERANS DAY



Danville National Cemetery in KY. Final resting place of Stanley and Oma Wilson, parents of Peggy Williams. Stanley Wilson was a WW II veteran and purple heart recipient.



Lynn Tate at her gravesite in Arlington National Cemetery with her late husband Robert Denman, who passed away on 21 July 2005



Please join your PCNNCA members on November 9th to ride and walk in the 2019 Charleston Veterans Day Parade.

2019 CALENDAR OF EVENTS

October 19, 2019

1100 - 1400

Harry's Restaurant
Daniel Island, SC

November 9, 2019

1200 - 1400

Charleston Veterans Day Parade
Downtown Charleston, SC

Saturday, December 14, 2019
Christmas Party and Holiday Luncheon
1100-1400

Wild Dunes Homeowners Beach Club



Palmetto Chapter of the Navy Nurse Corps Association >

CLOSED GROUP · 9 MEMBERS



Chats

Photos

Events

Files

If you haven't already, join our PCNNCA Facebook group and stay connected! Share your photos, stories and important information.

We are a "closed FaceBook group" so if you would like to join, request to be a "friend" by emailing Mary Ann at jarmulowiczma@cs.com