



WHITE SHOE TIMES

Palmetto Chapter Navy Nurse Corps Association

Spring 2018

Volume 26 No.1

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MESSAGE FROM OUR OUTGOING PRESIDENT



Linda Daehn

We celebrated 26 years as a chapter with our fall luncheon at Middleton Place, a National Historic Landmark and home to America's oldest landscape gardens, courtesy of member Mary Edna Sullivan, who is its curator. The Middleton Foundation provided free admission so all could wander through the beautiful grounds and blooming camellias along the Ashley River. 33 Palmetto members came to mark the occasion, a record attendance.

All our charter members were recognized — Johnny Bizzelle, Ruby Brooks, Barbara Davidson, Pat Harrison, Shirley Horner, Mary Houser, Sharon Jennings, Elinor Kessel, Roberta Neighbors, Doris Pearce (one of the first Directors), Ginny Pritchard, Jeanne Rubin, Georgia Spellman, Mary Edna Sullivan, Mary Sullivan, Hank Wildeboer (first Treasurer), and Mary Jo Young (first President). We had the opportunity to meet Donna Bashford, the editor of the NNCA News, who drove down from New Bern, NC with husband and member Jeff Bashford.

Jeff was just elected to the NNCA Board of Directors, continuing our chapter's rich tradition of supporting NNCA by Board membership. **Maryalice Morro**, who is relocating back to the Charleston area this spring, currently serves at NNCA Treasurer; **Alice Bova** left her position as NNCA Secretary May 2017. Other past NNCA Board members include **Scherlie Devine**, **Sandra Lindelof**, **Nancy Atkinson**, **Ginny Pritchard**, **Arlene Southerland**, **Barb O'Brien**, and **Linda Daehn**.

MESSAGE FROM OUR OUTGOING PRESIDENT (Cont'd)

We had a chilly day, bundled in fleece jackets & gloves, to march in the Charleston Veteran's Day Parade organized by the Ralph H. Johnson VA Medical Center on November 11th. Last year we were warm in T-shirts! **Bobbie Miller** took charge of finding vehicles for us to use. Once again, **Mary Ann Jarmulowicz** provided her snazzy white vintage Mercedes convertible for us to decorate and ride in, accompanied by **Bobbie Miller's** friend **Shirley Joyner** who drove her sharp red Toyota convertible. **Arlene Southerland, Peggy Williams, Bobbie Miller, Mary Ann Jarmulowicz, and Linda Daehn** rode in the vehicles; **Deb Casavant** and **Alice Bova** carried our PCNNCA banner. We topped the day off at the Blind Tiger Pub for libations and a late lunch.

2017 ended with our annual Holiday luncheon, held at the Wild Dunes Property Owners' Beach House on the Isle of Palms, right on the ocean's edge. Once **Lynn Tate** figured out how to use the emergency heat strips to get the room's temperature above 55 degrees, we had a fun day with prime rib roasted by **Arlene Southerland** and **Sue Widhalm**, lots of tasty side dishes, and a hilarious gift exchange. We now collect socks and toiletry items for men and women vets at every meeting, and filled 2 large bags for the vets. **Bobbie Miller** has kindly offered to deliver our donations to the VA's Soldiers' Angels program on an ongoing basis.

NNCA Board of Directors vote counting was held at Linda Daehn's house on January 20; **Bobbie Miller, Arlene Southerland, and Alice Bova** helped **Linda** tabulate mailed in 250 votes. The PCNNCA Board of Directors meeting occurred January 27, with **Peggy Williams, Trish Cather, Arlene Southerland, Deb Casavant, and Linda Daehn** in attendance. Agenda issues included: dates for chapter meetings and events, 2018 budget review, membership renewals, spring White Shoe Times issue, and fall elections.

Mary Anne Jarmulowicz has created the "Palmetto Chapter of the Navy Nurse Corps Association" Facebook page, and photos of chapter activities have been—check them out!

Finally, I am very grateful to our PCNNCA Board members, several of whom have served more than one term of office, for all their hard work, camaraderie, and dedication to our chapter. **Trish Cather** and **Alice Bova**, as our incoming president and vice president, will provide steady leadership for the next 2 years. Secretary **Jerry Davidson**, despite working full time as a CRNA, provides not only timely minutes but with camera in hand photographs our events to contribute our chapter memories. Treasurer **Arlene Southerland** smoothly handles our finances and Membership Chair **Deb Casavant** has weathered the transition to on-line membership renewal, together finding a process that allows them to track memberships and dues paying. **Mary Houser**, as Sunshine Chair, provides comfort and cheer to our members in times of need. Newsletter Editors **Peggy Williams** and **Jerry Davidson** have elevated our communications with graphics and photos,

MESSAGE FROM OUR OUTGOING PRESIDENT (Cont'd)

lending a real spark to our flyers and newsletters.

Several of these positions will need to be filled in our fall 2018 elections. Please consider taking the helm of one of these Board positions—it's the glue that holds our chapter together. You will have lots of guidance from the outgoing Board members. Thank you all for the opportunity to lead our robust chapter!



Trish Cather

A FEW WORDS FROM OUR INCOMING PRESIDENT

I am looking forward to another wonderful and fun year working with our Board and celebrating with my comrades!



Jerry Davidson

Secretary's Report

Greetings! As always, I hope that every member has been receiving notices of our meetings, either by email or through the post office. As our mailing list is constantly changing, please let me know if you have not received correspondence from your PCNNCA and I promise to remedy the situation. Additionally, if you have changed your email or postal address, please give me a call so that I can update my list. If you know a Navy Nurse who is not a member but may be interested in joining, you can provide me with their contact information and I'll add them to our mailing list. A special thanks to President Linda Daehn for assisting me with the minutes during a particularly hectic period of work and wedding planning!



Arlene Southerland

Treasurer's Report submitted by Arlene Southerland

Balance of checking as of April 2018:	\$4,452.92
Balance of CD as of April 2018:	\$4,268.31
Total Assets:	\$8,721.23

Membership



Deb Casavant

THANK YOU ALL! To everyone who renewed their memberships via our hard copy postal service requests and to all who renewed online when they received the renewal applications a great big thank you! We had only one application returned in the mail and this was rectified with a simple phone call to the member (just to let you know, it was the error of the USPS!) And we are awaiting the renewals that are anticipated at the Spring Luncheon as well.

Our chapter is fortunate to be located in an area of the country that sees a steady growth in population. We hope that this can continue to be a positive trend for us both in new memberships and transfers. But our growth cannot continue without your help and

encouragement to recruit friends and colleagues.

If you have any suggestions for membership drives please let the board know. We will continue to explore new possibilities to aid our recruitment especially via our presence in the communities where we live and work. As always, we strive to contact former members who have not renewed over the past few years to see if they might wish to reconnect once again. **DON'T GIVE UP THE SHIP!**



Mary Houser

The Sunshine and Concern Coordinator

Birthday greetings are being sent to all members on their special day. Please continue to let me know if you hear of a member who is experiencing a health issue or has lost a family member so a greeting can be sent showing our support and love.

Newsletter

Hello PCNNCA members! We hope you enjoy reading and seeing what your chapter has been up to since we last gathered. Items in this edition include participation in Charleston's Veteran's Day Parade, Ralph H. Johnson christening, VAMC volunteer support needs, and photos from our meetings, travels and archives. We welcome your news contributions and suggestions for your newsletter. Please continue to send photos from your past Navy experiences, trips you have taken and other

interesting things - old or new - to share. See you at the meeting!



Peggy Williams



Jerry Davidson

Peggy and Jerry

IN MEMORIAM



We are sad to report that Vernon Rodney Tate, Sr, husband of our member **Lynn Tate** passed away in January. Service and burial took place in Annapolis, MD. The following is reprinted with Lynn's approval.

Brigadier General Vernon Rodney "Rod" Tate, Sr. passed away peacefully on January 28, 2018, in his home on Daniel Island, South Carolina, with his beloved wife, Lynn, his children and two faithful

rescue cats, Frankie and Cooper, by his side. He celebrated his 80th birthday this past November with family. Rod was born on November 18, 1937, in Washington, D.C. to Dr. Vernon Dale Tate and Katherine Ann (Moore) Tate, and lived his childhood years in Hingham, Massachusetts. Rod earned his Eagle Scout rank as member of Troop 25 in Hingham, Massachusetts. He moved to Annapolis with his family in 1954 when his father began serving as Director of Libraries at the U.S. Naval Academy. Rod graduated from Cushing Academy, Ashburnham, Massachusetts, in 1957. He received a Bachelor of Science degree in Business Administration from the University of Maryland in 1961, where he was a member of the Phi Delta Theta Fraternity and the University of Maryland Swim Team. He later received a Masters of Business Administration at George Washington University with a focus on International Marketing in 1967. Rod began his career working at Xerox Corporation. He later founded Nationwide Fulfillment Systems located in Ridgely, Maryland, serving Fortune 500 companies. During this time, he served in the U.S. Air Force and spent his last five years in service as a Brigadier General, USAF, working in the Office of Special Investigations (AFOSI), which included duties at the Pentagon, Office of Secretary of the Air Force. He was also a Mobilization Assistant to the Inspector General (SAFIG). Upon retirement from the Air Force, Brigadier General Tate received the Distinguished Service Medal. Rod founded Weems Creek Nursery School and Kindergarten, Annapolis, MD in 1972, which, 46 years later continues making a difference in children's lives. Over his lifetime, Rod was involved in many philanthropic causes, serving in various capacities including Anne Arundel Medical Center, the Evangelical Presbyterian Church of Annapolis, the Annapolis Area Christian School, the Summit School, Cushing Academy, Fellowship of Christian Athletes and other organizations. Most recently, he has cherished his time attending East Cooper Baptist Church, Mount Pleasant, SC and hosting weekly Bible studies with his wife Lynn. Rod lived a full life and most of all, cherished spending time with his family. Those wishing to do so may make donations to **Respite Care Charleston**, **Dementia & Alzheimer's Support**, the **Charleston Animal Society** or the **Senior Dog Sanctuary of Maryland**. Condolences may be sent to the family at www.johnmtaylorfuneralhome.com. Visit our guestbook at www.legacy.com/obituaries/charleston



LT Kathrine Lambright, an active duty NC officer, was not a member of our chapter, but was stationed at Beaufort SC. Her notice appeared in and is reprinted from The Island Packet and The Post and Courier.

Kathrine Lindiwe (Edrington) Lambright
Kathrine Lindiwe (Edrington) Lambright, age 39, of Bluffton, SC transitioned into heaven on Sunday, February 4, 2018 at

Hospice House in Savannah, GA. Kathrine was born on September 19, 1978 in Ipswich, England. She graduated from Hanahan High School and began her formal education at Winthrop University. She then went on to College of Charleston before joining the United States Navy. She then continued her education at the Medical University of South Carolina where she earned her Bachelor's Degree in Nursing. She ultimately earned her Graduate Degree in Public Health from Grand Canyon University. She served with the United States Navy for 19 years beginning her military tenure at Jacksonville, FL, later Charleston, SC, New Bern, NC, and Chesapeake, VA and finally Beaufort, SC as her final duty station. She was currently serving as a Lieutenant with the United States Navy Nurse Corps. She was a member of Lowcountry Community Church where she was an active volunteer. She was also a member of the Zeta Phi Beta Sorority, Incorporated. Outside of work and civic involvement she enjoyed cooking, reading, shopping, and socializing with friends and family. She is preceded in death by her grandparents, Esther and Nathaniel Masunda. Kathrine is survived by her daughters, Tamia Edrington, Ashley Lambright, and Maegan Lambright; her loving parents, Jean Nondyebo Edrington and Ernest Charles Edrington; brothers, Sidingani Masunda, Gbabiyo Alphoso Lenga-Kroma (Masunda), Aaron Charles Edrington, and Jordan Reece Edrington; sisters, Kerry Edrington and Kimberly Carter (Kevin); her loving partner, John Jackson and his son, Jaden; aunt, Nonzwakazi Masunda; and uncle, Bongani Masunda and a host of family and friends. Burial with military honors will take place at 11:00 a.m., Monday, February 12, 2018 at Beaufort National Cemetery, Beaufort, SC. In lieu of flowers, remembrances may be made to **Women in Strides**, **Susan G. Komen Foundation**.

You Are Not Alone - **Respite Care Charleston**

First and foremost, it is crucial that you know you are not alone. With several locations around the Lowcountry, we work tirelessly to bring memory, fitness and smiles to the faces of people coping with Alzheimer's disease and other types of dementia. Our day program participants look forward to singing, painting and enjoying the simple pleasures of being with other people, while our support groups are a place for family and caregivers to share and learn in a safe and confidential setting.

For more information, go to: <http://respitecarecharleston.org/>

WELCOME!



New Member: Jim Fitzsimmons

Have been on the road for ten years. Full time motor home with Rita all over the USA, Canada and Alaska. Plenty of miles and many beautiful sights, sounds and many new friends. Prior to that, lived in Tucson AZ and worked for the Arizona Attorney General for 8 years. Back to the area of my first NC duty Station and retired.

New Member: Kay Stepler

Thanks very much for the email and the newsletters you sent. I hope to keep in touch and will try to make some meetings sometime in 2019. I just signed a contract to start building a new house in Aiken, SC this weekend. The plan is to close on it and move sometime in Dec of this year. (So much for the holidays this year!!) I'm still working fulltime, so this will be a very busy year. I won't be actually living in SC until 2019, so it may be awhile before I can make it to any of the functions. I don't plan to retire until the end of 2019.

I've evolved away from nursing, but use my nursing knowledge as background info. I'm a V Pres for Claims for an insurance company that handles disability, long term care, life and other types of insurance. Definitely a long way from clinical nursing, but I cherish my roots in nursing with the Navy and my Navy experiences in general. I'm split service with 5.5 yrs active in the 1970's, then resigned my commission and was a "civilian" until I got a second commission in 1987. I finished out 18 more years in the reserves and retired in 2005 with 23.5 yrs total.

I look forward to being on your email lists and hearing what is going on in the chapter. Thanks again for reaching out and introducing yourself.

TODAY IN NAVAL HISTORY: PFC Ralph Henry Johnson 50th ANNIVERSARY 5 MARCH 1968

Much of what comes to mind when we think of the Vietnam War happened in the pivotal year of 1968. That year began in January with the enemy's "Tet" offensive, a massive assault on dozens of South Vietnamese targets intended to sway sympathizing civilians to the North Vietnamese cause. And as this offensive fizzled into failure in February, US forces returned to sweeps and patrols bent on crippling North Vietnamese Army (NVA) and Viet Cong (VC) activities south of the Demilitarized Zone (DMZ). One area of particular concern was west of Saigon, where VC machinations seemed impossible to halt. From the USMC fire base at An Hoa, between 6-10 March, the Marines launched Operation "Rock" in which the 3rd Battalion, 7th Marines swept the peninsula between the Vu Gia and Thu Bon Rivers six kilometers to the northwest--the so-called "Arizona Territory."

Despite multiple family members who had served in the Army, Ralph Henry Johnson had been impressed at a young age with the uniforms of US Marines seen in movies at his local Charleston, South Carolina, theater. He joined the Marines in March 1967, arriving "in country" just before "Tet." Assigned to Company Alpha, 1st Reconnaissance Battalion, Johnson entered the sweep area days before Operation "Rock" launched. In one of his first contributions Johnson uncovered a pair of mines the enemy had planted at one intended landing zone (LZ). Had the choppers landed, most of the recon team would have been killed.

Early this morning Johnson and his 15-man team were dug into an observation position on Hill 146 overlooking the Quan Duc Valley--deep in VC controlled territory. Suddenly the jungle burst around them with automatic weapons fire, hand grenades and satchel charges. A platoon-size VC force assaulted their position, quickly outgunning the Marines and threatening to overrun their post. In the opening confusion an enemy grenade bounced into Johnson's fighting hole. Without thinking Johnson chased his two Marine shipmates from the hole, then jumped on top of the explosive. It detonated, killing Johnson and one of his comrades instantly. But the PFC's sacrifice allowed the second Marine to escape, and the position, ultimately, to be held.

PFC Johnson is the recipient of the Medal of Honor for his selfless act of bravery, as well as the Purple Heart and several additional awards. He is remembered today with the Ralph H. Johnson Veterans Affairs Medical Center in his hometown of Charleston. Our 30th *Arleigh Burke*-class destroyer, *USS RALPH JOHNSON (DDG-114)* will be commissioned 24 March 2018 in Charleston. She will join our Pacific Fleet, being based in Everett, Washington.

ADDITIONAL NOTE: PFC Ralph Henry Johnson's remains are interred at the Beaufort National Cemetery, and his name can be found at the Vietnam Memorial in Washington, DC, on Panel 43E, Line 8.

Associated Press. "New Navy Destroyer to be Commissioned in South Carolina." AT: <http://www.military.com/daily-news/2017/09/22/new-navy-destroyer-be-commissioned-south-carolina.html>, retrieved 27 September 2017.

Naval Surface Force, US Pacific Fleet. "Future *USS Ralph Johnson* to be Commissioned in Charleston." 19 October 2017. AT: <http://www.public.navy.mil/surfor/ddg114/Pages/Future-USS-Ralph-Johnson-to-be-Commissioned-in-Charleston.aspx>, retrieved 25 February 2018.

Shulimson, *The U.S. Marines in Vietnam: The Defining Year, 1968*. Washington, DC: History and Museums Division, Headquarters, U.S. Marine Corps, 1997, p. 248.

Strawder, Lanelle. "Remembering PFC Ralph H. Johnson." Ralph H. Johnson VA Medical Center website. AT: https://www.charleston.va.gov/features.remembering_pfc_ralph_h_johnson.asp, retrieved 28 September 2017.

United States Congress. *United States of America's Congressional Medal of Honor Recipients and their Official Citations*. Columbia Heights, MN: Highland House II, 1994, p. 83.



USS RALPH JOHNSON (DDG-114)
Arleigh Burke-Class Destroyer
Commissioned 24 March 2018 Charleston, SC
Photos by Becky Crichton



Fisher House Update *Submitted by Peggy Williams*

Fisher House Foundation celebrated the opening of South Carolina's first Fisher House on Dec. 7, 2017. The Ralph H. Johnson VA Medical Center (VAMC) and Fisher House Foundation hosted a grand opening and ribbon cutting ceremony featuring remarks from Charleston VA Medical Center Director Scott Isaacks, Fisher House Foundation Chairman and CEO Kenneth Fisher, Veterans Health Administration Executive in Charge Dr. Carolyn Clancy, Charleston Mayor John Tecklenburg and Fisher House Charleston co-founders Trux and Durbin Emerson. The ceremony was open to the public and tours of the new Charleston Fisher House followed the ceremony.

The Fisher House, located in downtown Charleston at 150 Wentworth Street, will provide lodging for up to 16 families of eligible Veterans and active duty military members at no cost, allowing them to be close to their loved one while they receive care at the Charleston VAMC. The Ralph H. Johnson VAMC Fisher House will not only create an instant community for its residents – united by their common mission of supporting a sick or injured loved one – it will also provide families with a secure and private refuge after a long day at the medical center to rest and recharge. “We are extremely humbled by the incredible generosity of the Charleston community and supporters across the country to our Veterans,” said Charleston VAMC Director Scott Isaacks. “Every day, our work at Charleston VA reminds us of the service and sacrifice of Service members and the families that love them. And while there is no greater expression of love than the laying down of life for others, caring for family members who have suffered the wounds of war is a lifelong commitment that is to be highly valued as well. Opening this Fisher House provides us with the opportunity to continue to care for and comfort these families during their time of need.”

Located just a mile from the medical center in historic downtown Charleston, the three-story, 16-suite home features a common kitchen, laundry facility, a spacious dining room and an inviting living room with a library. In 2017, VA Fisher Houses have accommodated more than 25,000 families, saving them more than \$4 million in lodging costs. “It is an honor to bring families together at a time when they need it most – during a medical crisis,” said Fisher House Foundation Chairman and CEO, Ken Fisher. “We are grateful to continue to expand the network of Fisher Houses to Charleston. Building a Fisher House in a new community requires much passion and even more perseverance, and we are thankful for everyone in the Charleston community who helped make this house a reality.”





Peggy and Bob Williams recently toured the new Fisher House and were amazed at the renovation and the quality décor. The front porch recently received new rocking chairs provided by “Cracker Barrel” which depict each of the services! They observed the daily volunteer chef preparing the evening meal, which smelled wonderful, as they toured the kitchen, dining area and several of the guest rooms. The Fisher house manager, Vicki Johnson relayed that they had been overwhelmed by donations of many items, but do not have adequate storage space. Donations such as gift cards from places such as the Commissary, Publix, Food Lion, etc. are extremely appreciated as this allows for fresh produce, dairy items and other items needed for daily meal preparation. Additionally, they have an on-going need for a variety of volunteer duties such as meal preparation.

To find out more click on the following websites:

<https://www.mealtrain.com/trains/986M8V>

To find out more select the drop-down menu for “OUR HOUSE” at:

<https://friendsoffisherhousecharleston.org/>

Contact Vicki Johnson at vicki.johnson@va.gov or, 843-789-7440
150 Wentworth St.



Fisher House Charleston is all about giving back to our patriots that have secured our freedom. We make sure the families of our heroes are close when they are being treated at **Charleston's Ralph H. Johnson VA Medical Center.**
And we treat them like family!



NOT ALL CHARLESTON VISITORS ARE TOURISTS

A HUGE PART OF THE PROCESS

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

OUR VETERANS NEED YOUR SUPPORT

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.



Travels Down Under, submitted by Linda Daehn

Spring is such a busy time of year, as we spruce up our gardens and do a bit of home cleaning. But for me, this year it meant TRAVEL!! My Navy pal Barb Beeby and I spent 6 weeks in Tasmania, Australia, and New Zealand, truly the trip of a lifetime, leaving late February and returning early April. Our talented Australian and New Zealand tour guides taught us about the early days of their countries, as Europeans encountered the Aboriginal tribes in Australia and the Maori tribes in New Zealand, introduced us to some of their unique animals (Tasmanian Devil, Echidna, Koala, Kiwi), shared their “cheeky” sense of humor, and showed us many breath-taking sights—the Cradle Mountains of Tasmania, Uluru (Ayer’s Rock) during sunset, the Great Barrier Reef, the Remarkables (huge mountains in NZ), Milford Sound, and the Bay of Islands. As a Lord of the Rings fan, I was tickled to have my picture taken with a Troll and Smaug the Dragon from “The Hobbit”, and see Gandalf riding a Giant Eagle (from The Lord of the Rings trilogy) suspended from the ceiling of the Wellington Airport (the Middle of Middle Earth). If only I’d met Bilbo or Frodo!



My new buddy--a Goblin from The Hobbit, in Wellington NZ



Barb Beeby joined me for wine tasting at Lloyd Brothers Winery near Adelaide AU.



Sheep shearing in NZ



Sydney Opera House where we saw La Traviata



Sunset over the Tasman Sea, off west coast of NZ



Linda & Paul Bunyan--Bemidji
Minnesota



Nashville reunion--the 3 Barbs--Barb
O'Brien, Barb Beeby, & Barbara
Mandrell!



Pat Cook and family in Boston last May.
Daughter Allison graduated from Tufts
Medical School. Holding her granddaughter
Annabelle with her husband taking the
pictures. Lots of celebrating followed!!!!



Deb Casavant and
Shadow sittin' on the
dock. Another
lowcountry sunset!



Our Shem
Creek meeting
place - under
January snow!

Peggy Williams
relieved of her
crutches in
Florida (for
now)! Doin' the
Segway for the
first time in St.
Pete, Florida.





The October 2017 General membership meeting at Middleton Place. Great lunch, fellowship, door prizes and a record turnout!





**OCT
2017**

**Fall
Meeting**

**Middleton
Place**

**Charleston
SC**





The October 2017 General membership meeting at Middleton Place. Great lunch, fellowship, door prizes and a record turnout!

2017 Charleston Veterans Day Parade. 1000 people were entered in the parade this year! Thank you Mary Ann Jarmulowicz and Shirley Joyner for your parade cars!



HAPPY HOLIDAYS 2017





MERRY CHRISTMAS!
PCNNCA 2017



MERRY CHRISTMAS!
PCNNCA 2017

YOU MAKE A DIFFERENCE!



Thanks to all our faithful volunteers!

April 15-21 is National Volunteer Week

"During National Volunteer Week, we recognize the millions of Americans who strengthen, enrich, and improve our communities through their tireless and selfless commitment to serving others. Those who dedicate their time, talent, and resources to positively influence the lives of others continue a legacy and tradition of service that began with our Founding Fathers and remains firmly enshrined in our national character today." President Donald J. Trump, 2018

Donation Needs

Men's shaving cream and men's deodorant

Full-size body wash

For Veterans on 3A - **portable musical keyboard**

Desperate Need: Men's medium and large sweatpants and sweatshirts

Desperate Need: Sturdy backpacks

Donations needed for Fisher House

Prepackaged snacks

Grocery cards

Can't Make Your Slot? Give Another Veteran Your Spot!

To cancel your appointment, call 843-789-6500 or log on to My HealthVet at

www.myhealth.va.gov.

See **attached** flyer

The Warrior Ride - April 20

On April 20, around 1:30 pm., the "The Warrior Ride" will stop by briefly at the Charleston Vet Center for rest and to see the Vet Center. They are traveling from Joint Base Charleston to Park Circle, they are making a few stops at an elementary school, the base, Vet center, etc. They will be escorted by North Charleston Police. Coordinator David Hansen stated that around 40 riders on adaptive bicycles and other riders will make their way down Montague Avenue to Park Circle.

Introduction to Whole Health

This program is designed to introduce Veterans to the CA whole health approach to care.

Sessions will be held at the Ralph H. Johnson VAMC, 1st floor main auditorium.

April 29th 4:00 pm – 6:00 pm

Healthy Heroes Program – Myrtle Beach

A Free Fitness Program for Veterans
Every Saturday from April 7 to June 2, 9:00 am – 10:00 am
See the *attached flyer* for all details

Join fellow Veterans to Learn about topics related to Your VA & Mental Health

Every Month on the 4th Monday 3:00-4:00 PM, (April 23)

Ralph H. Johnson VA Medical Center

Mental Health Research Building, Room 113 (Behind the hospital near the West Entrance)

Sponsored by the Lowcountry Veterans for Better Mental Health

For more information contact
Lester Pittman (843) 452-1241
lesterpittman@me.com

Resilient Warrior Book Study

There is a "Resilient Warrior" book study **every Sunday**. It is appropriate for both Veterans and civilians, because everyone goes through some sort of trauma in their life. Please invite anyone that you feel would benefit from this study and be sure and come for breakfast at 9:00. Hope to see you there!

SAINT JUDE'S CHURCH 9:00 am
[907 WICHMAN ST. WALTERBORO](#)

Veterans Fellowship Network

A monthly dinner followed by a guest speaker on a variety of topics that effect Veterans and their families and ways Veterans can access benefits available to them in the Lowcountry. All Veterans are welcome!

Contact: Byron Lee (843) 217-9248
SAINT JUDE'S CHURCH 9:00 am
[907 WICHMAN ST. WALTERBORO](#)

Myrtle Beach Veterans Legal Clinic and Veterans Justice Walk-In Clinic

Please see the *attached flyer* (VA and VJO) for all information on these programs.

Both Clinics are held on the 3rd Friday of each month (Next meeting - **April 20**)

Tai Chi Programs at the VA - VAMC and Goose Creek

Learn to relax using gentle moving meditation exercises

- * build strength and flexibility
- * increase your energy and vitality
- * reduce anxiety
- * exercises can be done while sitting.

It is beneficial for all Veterans. Even those with limited mobility (the exercises can be done sitting).

Goose Creek and VAMC Reiki Clinics

Goose Creek VA Clinic – **every Thursday of each month** - 1:00 pm – 2:00 pm.
VAMC – **2nd Thursday of each month** – 4:00 pm – 5:30 pm. **Next meeting - May 10**

Reiki is a Japanese technique for stress reduction and relaxation. It is both powerful and gentle with a long history of use. See the *attached flyer* for all details.

There is a dedicated Reiki for Vets email - veiki4vets@gmail.com. Please use this email for any Reiki related matters.

Updates have been made to the reiki4vets.org * website and the Reiki for Vets twitter account @reiki4vets * to reflect "VA enrolled disabled veterans".



2018 CALENDAR OF EVENTS

Saturday **April 21, 2018**

Spring Membership Meeting and Luncheon
Water's Edge Restaurant on Shem Creek
Mount Pleasant, SC

Saturday **August , 2018**

Board of Directors Meeting
Location TBD

Saturday, **October 20, 2018**

Fall General Membership Meeting and Luncheon
Location TBD

Saturday, **November ?, 2018**

Charleston Veterans Day Parade
Date not yet determined

Saturday, **December 8, 2018**

Christmas Party and Holiday Luncheon
1130-1430
Location TBD