



# WHITE SHOE TIMES

Palmetto Chapter Navy Nurse Corps Association  
Spring/Summer 2022 Volume 31 No.1

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*jarmulowiczma@cs.com*

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## NEWSLETTER EDITOR

*Jerry Davidson*  
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*Jeff Bashford*

## MESSAGE FROM OUR PRESIDENT

Spring came a little early for us this year. Donna and I enjoyed a wonderful get away to Hawaii's big island and the southern California desert in March. Fabulous weather and daily amazing sunsets dominated the trip. But there is so more to tell you about since our Fall 2021 issue – so here goes!!



PCNNCA closed the year out with our Annual Christmas Party at Isle of Palms, a first for your new president! As you'll see in the photos at the end of our newsletter, the food and fellowship were appropriately festive in keeping with the theme, but (as I was warned) the gift exchange brought out the beast in all!! Of course, It was all in fun and thank goodness for that "third exchange is for keeps" rule. My thanks again to all those who planned, cooked, and cleaned up after, with many hands making for light work.

The BOD buckled down in January for a busy work session to set the calendar for the coming year's events and address the required bylaws review. Many small and a few larger impact changes were proposed and were subsequently approved at the Spring General Membership Meeting. These can be discerned in the new PCNNCA Directory recently sent out to all members.

The Board also discussed a plan for an NNCA Reunion Cruise Charleston port call reception to coincide with our Spring meeting but due to an itinerary change the formal reception had to be canceled. A last minute get-together did transpire on their alternate port call date and a few PCNNCA members enjoyed food and fellowship with some of the cruisers at Tommy Condon's Restaurant and Pub.

Speaking of which, our Spring General Membership Meeting and Derby Day party held at the pub was a productive and fun gathering of a small number of members along with the board. Big hats, bowties and colorful attire were the theme for the day and a great time was had by all despite not picking the winner.

The date and venue for our Fall meeting will be set at the board's meeting in August and all are encouraged to attend. So stay tuned and I look forward to seeing you all there!



*Becky Crichton*

## **VICE PRESIDENT and SECRETARY**

The Navy nurses had a wonderful, successful NNCA cruise on the Celebrity Summit. Many good times were had reminiscing, eating together, sharing stories - and we had a wonderful memorial service. Thanks to everyone who came out for the reception while the ship was in port in Charleston. There was a great turnout and everyone had a wonderful time!  
Becky



*Mary Ann Jarmulowicz*

I wish everyone good health and happiness as we move into summer. Looks very promising that COVID is diminishing, or at least fewer people are being infected and having less serious consequences. By now all members should have received the 2022 – 2024 PCNNCA Directory. As you review the Directory, please let me know of any corrections that need to be made: (Mary Ann Jarmulowicz, 6814 Sunset Circle North, Beaufort, SC 29906 **or** Email: [Jarmulowiczma@cs.com](mailto:Jarmulowiczma@cs.com) **or** Phone/text: 843 597 3511). Several corrections/ amendments are included in this Newsletter. I want to thank all members of the board for their support and assistance on updating the 2022 - 2024 Directory. Specifically, Jerry sent me an electronic copy that was so easy to update, Wendy and Alice helped me verify membership along with the other board members, and Jeff checked the formatting for me. I am keeping busy with notifications, minutes, or sending the newsletter to members. In case you are wondering, I do enjoy doing this work for PCNNCA membership! For those of you interested, PCNNCA still has a Facebook group and is open to PCNNCA members. I can help you join if you have any difficulty.

On the home front, my husband retired, and we are making plans to cruise in the Fall to New England/Canada (after the general membership meeting). I am also working hard with a fitness trainer so that I can keep up with my little granddaughter (age 20 months) Magdalena, who lives in Huntsville, AL with mom and dad. Her favorite TV show is Bluey (Australian cartoon) and favorite movie is Encanto. She is changing every time I visit. It seems overnight she changed from a baby to a toddler. Somehow, I forgot all the fast changes of childhood (my boy is 37 years old now)! Best wishes to all! Mary Ann



*Arlene Southerland*

## **TREASURER and SUNSHINE CHAIRS**

Arlene reports that our CD account is currently \$5,400.00, and our checking account has a balance of \$3,656.55. Memorial donations were sent to NNCA for our members who have passed, with the only other activity being membership transactions.

Mary has done an outstanding job greeting members on their birthdays and sending notes of encouragement to our members facing challenges when made aware. She has also sent mass and sympathy cards and flowers on our behalf to those suffering losses. Please let Mary know if you are aware of a member who is ill, in hospital or suffered a loss so that we can offer support.



*Mary Houser*



Wendy Nolan

## MEMBERSHIP CO-CHAIRS

Wendy and I earlier sent out emails and snail mail to encourage membership renewal. Several members who had lapsed during Covid have renewed. Thank you! Remember that the PCNNCA Membership year began in May. If you have not yet renewed, you can do so via the NNCA website [www.nnca.org](http://www.nnca.org). If you prefer to renew on paper, complete the form on the following page and mail to Alice Cagnina at 3339 Olympic Lane, Mount Pleasant, SC. 29466. Include a single check made out to our Treasurer Arlene Southerland.



Alice Cagnina

for both National and Chapter dues. If you are a current member, the renewal fee is **\$35** for National and **\$10** for our Chapter. Please feel free to contact us if you have any questions or concerns.

**Wendy 856-628-0708 Nolan@comcast.net Alice 904-738-3140 alice.cagnina@gmail.com**



Jerry Davidson

## NEWSLETTER

Greetings to all! I am very pleased to bring you our latest newsletter in my newly designated status as a **retiree**. It is an unusual feeling after 40 plus years!

In the mid 1970's, after a few years of Red Cross volunteering in the Hahnemann Hospital ER in Philadelphia, I was set on pursuing a career in healthcare. With my first degree in hand from Temple University and the support of family and friends, I was accepted by the Thomas Jefferson University BSN program, graduating in 1981. In the fall of that year, shortly after getting married - and to the chagrin of my new wife Nancy - I was sworn in at the Philadelphia Naval Recruiting Office by LT Ellen Quisenberry. The rest, as they say, is history!

At the midpoint of my Navy career, I was very fortunate to be accepted into the Navy's Nurse Anesthesia Program, which was run by the Naval School of Health Sciences and George Washington University. The experiences I had as a nurse anesthetist in both the military and civilian world were exciting, challenging and fulfilling, and I could not have hoped for a better career!

So, speaking of newsletters, I am a little late but now that my schedule will be a little less crowded, we'll get back on schedule with our Spring and Fall publications! I'm very happy to say that there's a lot in this newsletter. After a very long time of being locked down, it is nice to once again have plenty of information as well as photos of our various events since the world opened up again.

In this issue, we have the first of many responses to my **Ten Question** survey that was sent out a few months ago. It was a fun Q&A, and I look forward to receiving more of your answers in the months ahead. Also in this issue are some amendments/corrections to the latest PCNNCA directories that our secretary Mary Ann did an outstanding job on. And as always, we have sad news of those who have passed. In closing, please send me any photos or items of interest that would benefit our PCNNCA members for our next issue. Have a great summer!

### Please make the following changes in your 2022 PCNNCA Directory

- \* **Johnnie Bizzelle's** phone (252-208-1826) is currently out of order
- \* **Mary T. Sullivan's** last digit in her phone number should be corrected from a **3** to a **5**: Her correct number is **843 263 0725**. (Please note - **not** Mary Edna Sullivan)!
- \* **Mary Edna Sullivan's** phone number should be changed to **843-709-6887**
- \* **Bette Shirley's** name should be entered: **Shirley, Elizabeth (Bette) Mann**. Also change her designator from **R** to **F**.
- \* Mary Jo Young: passed away.
- \* Rebecca (Becky) Crichton's new address: **7770 Farr Street, #418, Daniel Island, SC 29492**
- \* **Bobbie Miller's** email address should be deleted and **USPS added** to her entry (contact by US mail)





## 2022 NNCA Service Award

The **NNCA Service Award** was established to provide recognition to any member for continuing significant service resulting in the betterment of the NNCA. A special pin designed by Bailey, Banks and Biddle is presented to the selectee.

Henrietta 'Hank' Wildeboer was one of the founders of the Palmetto Chapter of the Navy Nurse Corps Association established 28 years ago on July 17, 1991. Along with six other members, she drafted a constitution, and wrote and adopted the chapter by-laws. She was instrumental in the planning and work to make this chapter viable, with its first membership meeting held on October 30, 1991. At the national level, Hank is an active member and helped to plan and organize the NNCA 2000 Bi-Annual Membership Meeting in Charleston, South Carolina.

Hank served as PCNNCA Treasurer and has been an active member in each of its past 28 years. She designed the final approved PCNNCA logo and ensures PCNNCA members are recognized for their military service, nominating Doris Pierce as a speaker for a Panel Discussion, "Angels of the Battlefield: The Unsung Heroes," at a celebration on the USS Yorktown honoring Vietnam Veterans.

Hank has organized and participated in the Charleston Veteran's Day Parade since 2015. At every chapter meeting she collects toiletries and sundries for the local Veteran's Administration facilities.

Hank also contributes to the local community as an active volunteer at the Patriot Point Naval Maritime Museum and Medal of Honor Museum on the USS Yorktown, CV-10. She greets visitors to the museums, provides information and directions and answers visitor's questions. She also volunteers as an usher at the Dock Street Theater and the Queen Street Theater.

Hank has served PCNNCA for over twenty-eight years and is so deserving of recognition with the NNCA Service Award for her continuous contribution to the Navy Nurse Corps legacy at the local and national levels.



## More Newsmakers

In March, our Maryalice Morro (2nd from left) and Keith Goldston - flanked by two conference coordinators - spoke at the South Carolina Student Nurse Association convention on military nursing. There were about 25 participants in our session, and we left them with recruiter contact information. It was a great event to participate in, and well received by the audience of nursing students from across the state.



# An Event to Celebrate!

June 6, 1922 - June 6, 2022



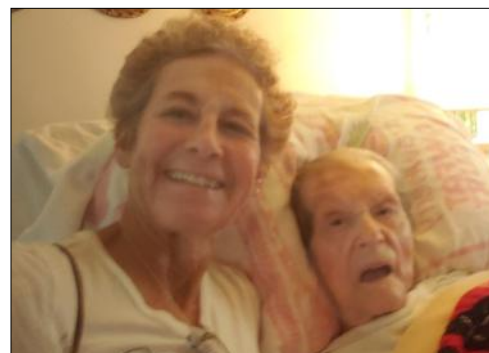
*A family portrait: Eleanor and her husband in early navy days!*



*Eleanor celebrated her 96th at our PCNNCA mtg.*

Our member Alice Bova had a great birthday visit with Eleanor Graham. Alice wrote, "I opened and read about 20 cards to her - 15 from PCNNCA and others from family and church friends. I visited an hour and as I was leaving, her VA team; RN, social worker and MD showed up with more flowers and the cake in the pic! Mary Houser sent a singing birthday!" Flowers were also sent on behalf of our chapter.

Many Happy Returns Eleanor!



If you'd like to send a belated 100th birthday greeting to Eleanor, please address to:  
Eleanor Graham  
ICO Ken Graham  
944 Belt Line Blvd  
Columbia, SC 29205-2073



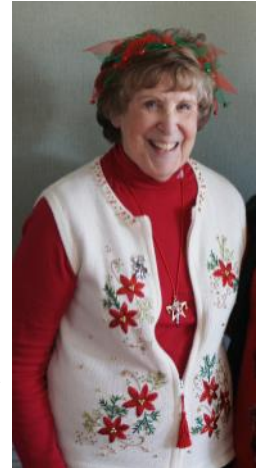




## IN MEMORIAM

Virginia Lee Pritchard, CDR Navy Nurse Corp, Ret., age 85, died February 9, 2022 in Mount Pleasant, SC. Her interment with military funeral honors was held on February 21, 2022 at the Mount Pleasant Memorial Gardens Columbarium.

Known as Ginny to her friends and family, Virginia Pritchard was born on July 23, 1936 in New York City. Virginia grew up in a U.S. Army military family. After four years of college, earning a BS in English in 1958, she graduated with the Class of 1961 from Columbia University Presbyterian Hospital Department of Nursing. She then



joined the Navy and served for 25 years as a surgical nurse, with supervising and teaching positions in four naval hospitals. Her assignments included bases in Japan and Guam as well as within the US.

In 1986, Virginia retired to Mount Pleasant and became active in civic, charitable, and social activities while preserving her connection with the Navy as a member of the Palmetto Chapter, Navy Nurse Corps Association where she held several board positions.

In her civilian career, Virginia became certified as a paralegal and served twelve years as a guardian ad litem for Charleston County Family Court, representing the best interests of child clients. For many years, she volunteered at the clinic of the Center for Birds of Prey in Awendaw. In addition, she enjoyed English change bell ringing and assisted as an elementary school teacher aide for remedial reading.

Over her long life, besides the US, Virginia lived in three foreign countries, and as an avid traveler, she visited twenty more, gathering an extensive collection of fine objets d'art.

Virginia is survived by her sister, Diane Reichard and her husband Harry; a nephew, Eric Reichard and his wife, Susan, and his son, Kyle Reichard; and a niece, Elisabeth Swanbery and her husband, Adam, and Elisabeth's

children, William and Sophia Roberts. A memorial message may be sent to the family by visiting our website at [www.jhenrystuhr.com](http://www.jhenrystuhr.com). Visit our guestbook at [legacy.com/obituaries/charleston](http://legacy.com/obituaries/charleston)



PCNNCA members and friends shared fond memories of Ginny during her service.

## IN MEMORIAM



Captain Mary Jo Leonard Young, 86, of Summerville, passed away on Saturday, June 18, 2022. Her family received friends prior to the Mass of Christian Burial June 25, 2022, at St. John The Beloved Catholic Church, Summerville, SC. The Rite of Committal will follow in Arlington National Cemetery at a later date.

Mary Jo was born in Jacksonville, Florida, on April 3, 1936. She was the daughter of Joseph and Grace Leonard. Mary Jo graduated from St. Rose High School and St. Rita's School of Nursing in Lima, Ohio. In 1958, she joined the Navy Nurse Corps. While in the Navy, she received her BS degree in nursing from the University of Colorado and a Master's Degree in higher education from George Washington University. She retired from the Navy in 1984 as the Director of Nursing at the Charleston Navy Hospital.

Mary Jo was a founding member of the Palmetto Chapter of the Navy Nurse Corps Association (PCNNCA) and its first president. She was chairman of the 2000 NNCA reunion in Charleston and a long-term chairman of the NNCA Nominating Committee.

As a member of St. John the Beloved Catholic Church, she served in many ministries of the church. Mary Jo was involved in many community volunteer activities since her retirement including Middleton Place Foundation, Historic Charleston Foundation, Charleston Symphony league, Friends of the Dock Street, Volunteer Service Unit of the Coastal Center, Spoleto and Piccolo Festival, President of Flowertown Seniors and long-time leader of Summerville TOPS.

She is survived by her sister-in-law, Lois Leonard (John); cousin, Marilyn DePalma, cousin, Shelley Johnson (Paul), and their daughters, Kelsey (Luke) and Hailey, who lovingly referred to her as Nana; her dog, Gracie, and many loving and wonderful friends. She was preceded in death by her parents and her brothers, Jack, Jerry and Mike Leonard.

In lieu of flowers, memorial donations may be made to St. John the Beloved Catholic Church, 28 Sumter Ave., Summerville, SC or Charleston Animal Society, 2455 Remount Rd., North Charleston, SC 29405. Sympathy cards may be sent to her niece: Shelley Johnson, 187 Scott St., Daniel Island, SC 29492



<https://www.parksfuneralhome.com/obituary/MaryJo-Young#tributewall>





## IN MEMORIAM

*Our deepest condolences to our member and friend,  
Patricia Cook,  
on the passing of her husband earlier this year.*

Taylor Irving Cook of Mount Pleasant, South Carolina, a physician who spent 30 years in the Navy Medical Corps, died peacefully on Monday, March 7, 2022, after a long illness, with his wife of 47 years, Patricia Ann Cook, at his side.

Dr. Cook was born March 4, 1937, in Providence, Rhode Island, and was the eldest son of Byron Forest Cook and Dorothy Gladys Taylor Cook. He earned a Bachelor of Arts from the University of Rhode Island and an MD from the University of Vermont. Following graduation from medical school in 1965, he completed his internship at National Navy Medical Center in Bethesda, Maryland. He then served two tours of duty as a Navy Flight Surgeon during the Vietnam War from 1966 to 1968 aboard the USS Coral Sea and the USS Ranger. Upon his return, he completed a general surgery residency and critical care fellowship at Naval Hospital, San Diego, California. From 1972 to 1984, he served in multiple roles in the Navy including as an attending surgeon at Naval Hospital, Long Beach, California; Medical Director of the Third Marine Air Wing in El Toro, California; Senior Flight Surgeon on the USS Franklin D. Roosevelt; Chief of Surgery at Naval Hospital, Jacksonville, Florida; and Executive Officer of Naval Hospital, Oakland, California. From 1984 to 1986, he was the Commanding Officer of Naval Hospital, Charleston, South Carolina, a role that he considered one of the highlights of his career. He served in Operation Desert Storm, where he led in-theater Navy medical support, from 1990 to 1991. Upon his return, he led a demonstration project for the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS), which later became Tricare for Life. Following his retirement as a Captain, Navy Medical Corps, in 1992, he served as the Medical Director for government programs at Blue Cross Blue Shield of South Carolina until his retirement in 2004.

He was an avid yachtsman and a lover of dogs. While he remained a staunch New Englander, he had great fondness for the Lowcountry and was happy to make his home in the Charleston area for close to 40 years.

He is an inspiration to his family for his dedicated service to his country, his care and compassion for his patients, and his efforts to increase access to and quality of healthcare for both active-duty military personnel and veterans. He was a wonderful husband, father and grandfather and will be immeasurably missed.

In addition to his wife, Patricia, Dr. Cook is survived by his son Sprague Cook and daughter-in-law Gabriella Cook; his son Christian Cook and daughter-in-law Kristina Cook; his daughter Allison Cook Reaves and son-in-law Avery Reaves; and his grandchildren Angelica Cook, Alexander Cook, Rebecca Cook, Christian Cook and Annabelle Reaves. He is predeceased by his parents and his brother, Lewis Byron Cook.

His funeral service was held on Friday, March 18 at Grace Church Cathedral in Charleston. Entombment with military honors will be at the Grace Church Cathedral Columbarium. Arrangements by J. Henry Stuhr, Inc., Downtown Chapel.

In lieu of flowers, memorial gifts in honor of Dr. Cook may be made to Grace Church Cathedral, 98 Wentworth Street, Charleston, SC 29401.



# NNCA and PCNNCA Business



In what has been an annual January ritual, the 2022 NNCA vote count was again hosted by Linda Daehn at her home in Mount Pleasant, SC. Linda prepared a delicious lunch for the PCNNCA attendees who assisted in the count for new NNCA officers. Following the count, Alice and Jerry conducted the annual PCNNCA financial audit which found Treasurer Arlene's books to be in perfect order!



As you read in his President's comments, much was accomplished at the January Board of Directors Meeting, hosted by the Bashfords at their beautiful Myrtle Beach location.

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](mailto:jarmulowiczma@cs.com)

## **Volunteer Drivers Needed by Ralph H. Johnson VA**

If you or someone you know is interested in becoming a volunteer driver at any of our locations, please contact Matt Matthews in Voluntary Service to find out how to get signed up!

Samuel 'Matt' Matthews 843-789-7230 [samuel.matthews2@va.gov](mailto:samuel.matthews2@va.gov)

# NURSES HONOR GUARD OF SOUTH CAROLINA LOOKING FOR MORE RECRUITS TO JOIN THE RANKS

[By Zharia Jeffries zjeffries@postandcourier.com](mailto:ByZhariaJeffries@postandcourier.com)



*"The nurses honor guard is a very special tribute to anybody in the nursing field," said Cox. "Nursing was my mom's calling and it became me and my sister's calling as well."*

about five minutes of the total funeral service. Members recite the Nightingale Tribute and lay a white rose on the casket or next to the urn, symbolizing the nurse's dedication to the profession.

After the Nightingale Tribute is recited, a bell is rung after a roll call for the nurse. The nurse's name is called three times and the bell is rung after each call of the name. "Of course, she didn't answer," said Hucks. "But after the third ringing of the bell, they officially relieved my mom of her nursing duties. You could hear a pin drop."

A lit Nightingale lamp is carried up at the beginning of the ceremony and is then extinguished and presented to the family with personal condolences made. And according to Hucks, two nurses stood guard alongside her mother's casket, swapping out nurses every 15 minutes until the memorial services began.

Hucks and Cox have both worked in nursing for over 30 years, getting their passion for caretaking from their mother, who they say would come home from work beaming with joy after caring for her patients at McLeod Loris Hospital in Loris, South Carolina.

When Hucks and Cox graduated nursing school, the two even worked at the same hospital as their mother, learning her tips on bedside manner.

The organization is a nationwide non-profit, but began in South Carolina in the summer of 2019 when registered nurse Stormy Shealy founded the Upstate chapter of the organization.

Shealy has worked as a registered nurse in the emergency department for Prisma Health for over 30 years. "When I



*Ethel Wander rings a bell and speaks her lines, along with other nurses in the Nurses Honor Guard, as they rehearse a mock service that they would do at funeral services for nurses if requested. Photo: Brad Nettles*



*Randi Friedner places a candle holder in a box held by Adrianna Fox Deise as members of the Nurses Honor Guard rehearse a mock service that they would do at funeral services for nurses if requested.*

*Photo: Brad Nettles/bnettlles@postandcourier.com*



heard about nurses who honor other nurses at the time of their death, it spoke to my heart,” said Shealy.

The organization is a nationwide non-profit, but began in South Carolina in the summer of 2019 when registered nurse Stormy Shealy founded the Upstate chapter of the organization. Shealy said she started the organization at a pizza parlor in Easley, where she and a few of her colleagues brainstormed how they could start a chapter of the Nurses Honor Guard in their home state.

Now, the organization has 138 members across four regional chapters, including the Upstate, Midlands, Pee Dee, and Lowcountry regions.

“I believe nurses need to be honored not only in life, but in death, as well,” said Shealy. “Serving on the honor guard is even more fulfilling than my 32-year nursing career, and I love being a nurse.”



*Two members of the Lowcountry chapter of Nurses Honor Guard stand guard aside the casket of Claudine Robertson on Dec. 26, 2021. Robertson was a nurse at McLeod Loris Hospital in Loris, South Carolina for over 30 years.*



*“The nurses honor guard is a very special tribute to anybody in the nursing field,” said Cox. “Nursing was my mom’s calling and it became me and my sister’s calling as well.”*

According to Shealy, nurses these days are under extreme physical and emotional stress, largely due to the overwhelming number of COVID-19 patients in emergency rooms and intensive care units.

Not only that, but some hospitals in the state have experienced staffing shortages in the midst of a surge in COVID-19 cases due to the omicron variant. While the state health agency continues to ask residents to get vaccinated and boosted to curb the spread of the virus, children and adults are still getting infected and hospitalized with COVID-19.

“We are literally on the front lines of this pandemic,” said Shealy. “I think even more than ever, nurses should be honored and respected.”



*If you are interested in becoming a member or would like to request the presence of the Nurses Honor Guard of South Carolina at a funeral service, information can be obtained in three ways:*

[www.NursesHonorGuard.com](http://www.NursesHonorGuard.com)

[NursesHonorGuardSC@gmail.com](mailto:NursesHonorGuardSC@gmail.com)

Lowcountry representatives to call:

Lynne Malden 843-300-9218

Lisa Terwilliger 843-986-7017

*Tax deductible donations can be sent to:*

Nurses Honor Guard of South Carolina

124 Debbie Drive

Pendleton, SC 29670

# Ralph H. Johnson Volunteer Office

## **Ralph H. Johnson Needs:**

### **Individually packaged snacks:**

*Fig bars, Nutri-grain bars, Kind bars, Nuts, Granola Bars, Skinny Pop, Rice Crisps, Veggie Chips, Trail Mix, Goldfish, PB or Cheese Crackers, Breakfast Bars, etc., Bottled Water*

### **GIFT CARDS (\$10 denominations):**

*Walmart, Fuel Cards*

### **HYGIENE:**

*Toothpaste, Shampoo, Men's Deodorant, Men's Body Wash*

### **ACTIVITIES:**

*Crossword and Word Find books*

### **APPAREL:**

*Men's Tennis Shoes (10 and above - including half sizes), Men's Sweatpants (all sizes)*

## **North Charleston VA Clinic Needs**

### **Individually packaged snacks:**

*Fig bars, Nutri-grain bars, Kind bars, Nuts, Granola Bars, Skinny Pop, Rice Crisps, Veggie Chips, Trail Mix, Goldfish, PB or Cheese Crackers, Breakfast Bars, etc.  
Bottled Water, Juice Boxes*

### **GIFT CARDS (\$10 denominations):**

*Walmart, Fuel Cards*

## **Myrtle Beach VA Clinic Needs**

### **Individually packaged snacks:**

*Fig bars, Nutri-grain bars, Kind bars, Nuts, Granola Bars, Skinny Pop, Rice Crisps, Veggie Chips, Trail Mix, Goldfish, PB or Cheese Crackers, Breakfast Bars, etc.  
Small Bottles of Water, Small cans of Soda, Juice Boxes, Flavored water*

### **ACTIVITIES:**

*Adult Coloring Books & Markers/Colored Pencils, Crossword and Word Find Books*

### **APPAREL:**

*Men's Sweatpants (all sizes), Shorts*

### **CLEANING AND HOME GOODS:**

*Laundry Pods, Full and Queen size Mattress Protectors*

## **Savannah VA Clinic Needs**

### **Individually packaged snacks:**

*Fig bars, Nutri-grain bars, Kind bars, Nuts, Granola Bars, Skinny Pop, Rice Crisps, Veggie Chips, Trail Mix, Goldfish, PB or Cheese Crackers, Breakfast Bars, Bottled Water*

### **Gift Cards(\$10 denominations):** Walmart

### **HYGIENE:**

*Toothpaste, Toothbrushes, Shampoo, Men's Deodorant, Men's Body Wash*



## Savannah VA Clinic Needs (Cont'd)

### **APPAREL:**

**Men's T-shirts (all sizes)**

**Men's Socks**

### **Hinesville VA Clinic Needs:**

#### **Individually packaged snacks:**

Fig bars, Nutri-grain bars, Kind bars, Nuts, Granola Bars, Skinny Pop, Rice Crips, Veggie Chips, Trail Mix, Goldfish, PB or Cheese Crackers, Breakfast Bars, etc.

**Gift Cards(\$10 denominations):** Walmart

**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](mailto:vhachavavs@va.gov)

[www.charleston.va.gov/giving](http://www.charleston.va.gov/giving)

### *Did you know...*

PCNNCA continues to donate toiletries and socks to the Ralph Johnson VAMC (twice a year or more) for distribution to vets in need. If you have any to donate from your hotel stays, cruises, etc, bring them to any PCNNCA gathering and we'll get them to the volunteer office in downtown Charleston!



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Voluntary Service

Charleston-Ralph Johnson VAMC  
109 Bee Street  
Charleston, SC 29401-5799

December 8, 2021

In Reply Refer To: 534/135

Palmetto Chapter Navy Nurse Corps Assoc.  
Gerald Davidson  
713 Wind Chime Alley  
Mt. Pleasant, South Carolina 29464

Dear Patriots:

On behalf of the Ralph H. Johnson VA Medical Center patients and staff, I wish to extend my personal thanks to you for your recent donation of toiletries.

We rely on volunteers and donations to supplement administrative staff and programs at the Ralph H. Johnson VAMC here in Charleston, as well as our six outlying clinics and three Veteran centers. Therefore, 100% of your gift will be used to enhance the excellent care and services to our 80,000 Veteran patients and their families.

To remain updated on current donation and volunteer needs, please subscribe to the Voluntary Service newsletter ([bit.ly/RHJVANewsletter](http://bit.ly/RHJVANewsletter)), which is also a great resource for information regarding non-commercial Veteran related events in the Lowcountry.

Thank you for your generosity.

Sincerely,

A handwritten signature in black ink, appearing to read "D. Kress", written over a horizontal line.

Dwight Kress, Voluntary Service Program Manager



## Compassionate Contact Corps

Are you a **VETERAN** or **VETERAN CAREGIVER** who would like to connect with a caring Volunteer every week...just to check in and talk?

The **COMPASSIONATE CONTACT CORPS** offers hope and healing through non-clinical, weekly phone calls which are **NOT** notated in the Veteran's medical record (unless an emergency occurs during the call).

- To sign up as a **PARTICIPANT**, please contact your **PRIMARY CARE DOCTOR** or your **SOCIAL WORKER** and ask for a referral.  
*\*\* Once you are referred, Voluntary Service will connect you with a trained Volunteer who will work directly with YOU to schedule your weekly phone conversations\*\**
- If you wish to Volunteer, please contact Voluntary Service at (843) 789-7230.

VA



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Ralph H. Johnson VA Medical Center



## Virtual Volunteers Needed: Compassionate Contact Corps

As a Compassionate Contact Corps Volunteer, you are part of a network of family, friends, social service/health professionals and other concerned individuals who provide comfort and assistance to pre-identified Veterans through weekly non-clinical phone calls.

If you are interested in being a  
**Compassionate Contact Corps Volunteer**,  
please call 843-789-7230

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**You served. Now learn how VA can serve your health care needs.**

## VA WOMEN'S HEALTH REENGAGEMENT TRAINING

Connect with fellow women Veterans in your community and learn what Veteran- and women-centered VA health care services are available to you:

- Women's health services
- Whole health & mental health services
- How to determine VA care eligibility and enroll in VA

To register, visit [bit.ly/womens\\_heart](https://bit.ly/womens_heart) (case sensitive)





# CONNECT WITH FELLOW WOMEN VETERANS, LEARN ABOUT AVAILABLE VETERAN AND WOMEN-CENTERED HEALTH CARE RESOURCES

COURTESY OF VA OFFICE OF WOMEN'S HEALTH

## **FYI**

It's never too late to enroll in VA health care services. If you're looking for women-centered health care, sign up for the VA Women's Health Reengagement Training (heaRT) to gain a better understanding of how VA can support your health care needs.

VA's Office of Women's Health (OWH) has pioneered 30 years of health research and programming for women Veterans. Now, OWH is launching a new program – the VA Women's Health Reengagement Training (heaRT). This program will help you understand what VA health care services are available and how to access them.

### **Why was the training developed?**

Women Veterans may experience unique health-related challenges compared to their male counterparts, such as chronic pain, musculoskeletal issues and depression. Research has linked many of these challenges to military experiences that women face, such as ill-fitting equipment, harassment, bias and others. This underscores why it's important that women Veterans know about VA health care and support services.

### **Why should VA health care be an option for you?**

You have distinct health care needs as an individual, a woman and a Veteran. VA is uniquely equipped to care for you and understands the impact of your service on your health. There are a number of women advocates inside VA to help you navigate your health journey and providers that are trained specifically for your woman- and Veteran-centered health care needs.

### **How will you benefit from attending this training?**

Through the VA Women's Health Reengagement Training (heaRT), you will have the opportunity to connect with fellow Veteran women in your communities. You will learn about what Veteran- and women-centered VA health care services are available to you:

- Preventive care and wellness
- Women's health services
- Whole health & mental health services

### **How to determine VA care eligibility and enroll in VA**

### **How do I register for the training?**

The training will be a women-only, one-time, 4-hour session. To register, visit [https://bit.ly/womens\\_heart](https://bit.ly/womens_heart). You are welcome to register for any session.

# SC OFFICIALS CELEBRATE NEW LAW GIVING MILITARY PENSIONS A FULL BREAK FROM INCOME TAXES

By Seanna Adcox [sadcox@postandcourier.com](mailto:sadcox@postandcourier.com)

Jun 29, 2022

*Ed. Note: News of military pension tax break was first reported to me by member Sue Widhalm, who asked that the good news be shared! Below are excerpts from the story reported by Seanna Adcox in the Post and Courier*

SUMTER — Military retirees will no longer pay any South Carolina income taxes on their pensions under a new law meant to attract and thank veterans while also keeping their skills in the Palmetto State. The law ceremoniously signed by Gov. Henry McMaster June 29 lets veterans keep all of their military pension payments, closing the loop six years after the Legislature partially exempted their retirement income.

“This is the day we thought would never come, but better late than never,” Sen. Thomas McElveen said at the welcome center outside Shaw Air Force Base, which is part of his district and among the eight major military installations operating in South Carolina. The Sumter Democrat called the law, which actually took effect with McMaster’s signature May 13, “the most important piece of legislation I’ve worked on” over his decade in the Senate.

House Speaker Murrell Smith said the effort started in 2010, after a retiring Air Force pilot told the Sumter Republican he wanted to stay but “it costs me money to live in South Carolina” as opposed to other states that already exempted military pensions from taxes. “This is the way that we say ‘thank you’ to our veterans and to those who sacrifice to serve our country,” said Smith, the chamber’s newly elected speaker.

The partial victory that he and other sponsors pushed through in 2016 started a five-year phase-in of tax deductions of up to \$17,500 annually for veterans under 65 and up to \$30,000 for older veterans’ pensions. The full exemption brings South Carolina in line with a list that’s grown to 35 other states. Advocates said it was essential to keep the state competitive for veterans deciding where to settle their families after decades of moves.

South Carolina is home to nearly 400,000 veterans. About 64,000 of those are military retirees earning pensions after serving in the military at least 20 years, ranking the state eighth nationwide, according to the state Department of Veterans Affairs. The law does not exempt any income that veterans earn from jobs they take after retiring from the military.

An economic study showed the military contributes \$34 billion to South Carolina’s economy, representing 11 percent of the total economy and supporting more than 250,000 jobs either directly or indirectly. The Charleston region, which includes Joint Base Charleston and the U.S. Coast Guard, still has the state’s largest military presence, accounting for \$12.7 billion of the total economic impact. The tri-county area is home to 15,600 service members, 75,200 veterans, 15,500 retirees and 5,400 Department of Defense civilian contractors, [according to the study](#) commissioned by the state veterans’ agency and prepared by University of South Carolina economist Joseph Von Nessen.

Ranking second is the Midlands, which includes Fort Jackson and McEntire Joint National Guard Base, with a \$6.6 billion economic impact, 18,000 service members, nearly 80,000 veterans, 16,500 retirees, and 3,400 civilian contractors, according to the study.

“This is just one wonderful thing to make a difference in South Carolina,” he said of the pension exemption. “This was, is and always will be a great military state.”



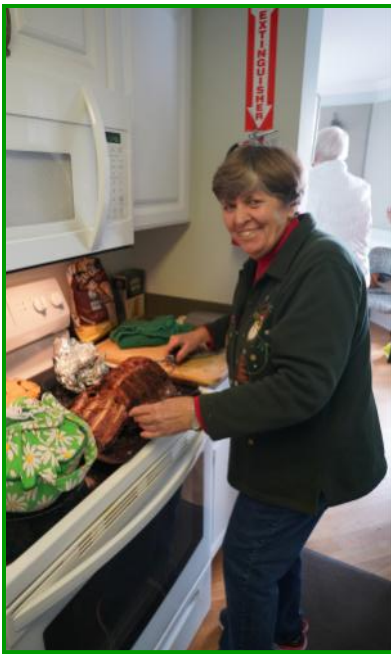






Christmas  
2021  
Palmetto  
Chapter  
Navy Nurse  
Corps  
Association





## CHRISTMAS 2021



The 2021 Christmas party marked the first time in over a year that many members came out of self imposed isolation to gather together. It was a great day for all who attended. Gifts were exchanged, items were collected for our homeless vets, delicious food was prepared and festive beverages consumed! Thanks to all who came early and stayed late to set up and clean up, and to **chef** Arlene for securing our party venue!



# 10 Questions

*Ed. Note: Way back in April, I sent you all ten questions to have some lighthearted input for your newsletter while letting our members know a little bit about you. Your response was great - so much so that I will be spreading them out over several newsletters, including them in the order they were received back. So if you don't see yours, don't worry - it will be in a future newsletter. Thank you all for participating!*

## **Maryalice Morro**

### **Where were you born?**

Drexel Hill, PA

### **Would you like to share anything about your immediate family?**

One of 6- 1 boy (also USN) and 5 girls

### **Where did you attend school? (college/nursing school)**

Villanova University - BSN, DNP

Catholic University - MSN

### **What made you decide on nursing as a career?**

Older cousin, three years ahead of me at Villanova.

### **When, where and why did you join the Navy?**

On a whim - brother in flight school in Pensacola. Free trip over Easter weekend - no interest whatsoever in Navy nurses, just wanted to visit my brother. One of the great ironies of my life is I was completely unimpressed with Pensacola Naval Hospital, haircuts on women, uniforms, etc. 25 years later, I cross the quarterdeck as the Skipper!

### **What was your most interesting duty station?**

All of them in different ways. Probably Rota as a second tour- 25 years old in southern Europe. How great is that?

### **Where are you stationed now - If retired from the Navy, are you working now?**

Adjunct faculty: Citadel, Villanova and UPenn. Teach mostly leadership at undergrad and graduate levels.

### **Where are you living now?**

Isle of Palms, SC

### **What are your favorite pastimes/hobbies?**

Walking, hiking, cycling, kayaking, golf, cooking.

### **Any words of wisdom?**

Thank you USN for a great career and greater friendships!

## **Paige Cummings**

### **Where were you born?**

Georgia

### **Would you like to share anything about your immediate family?**

Just a son, Colin, born at the Naval Regional Medical Center, San Diego, when I was stationed at the Hospital Corps School...so he is 42! No grandchildren, yet. He keeps telling me to be patient...

### **Where did you attend school?**

Medical College of Georgia.

### **What made you decide on nursing as a career?**

Well, I wanted to major in Georgia Colonial History, but my mother was a nurse, and she said I needed to be a nurse so I could support myself in case my husband died or left me. (My father died when I was young, and my mother went back to work).

### **When, where and why did you join the Navy?**

1975, from Georgia via Newport, because I didn't plan to spend the rest of my life working night shift in a small town hospital.

### **What was your most interesting duty station?**

Every single one had special people, special adventures...probably Naples, Italy.

### **Where are you stationed now - If retired from the Navy, are you working now?**

Retired, and currently run a Free Clinic for uninsured indigent patients.

### **Where are you living now?**

Athens, Georgia

### **What are your favorite pastimes/hobbies?**

Writing murder mysteries.

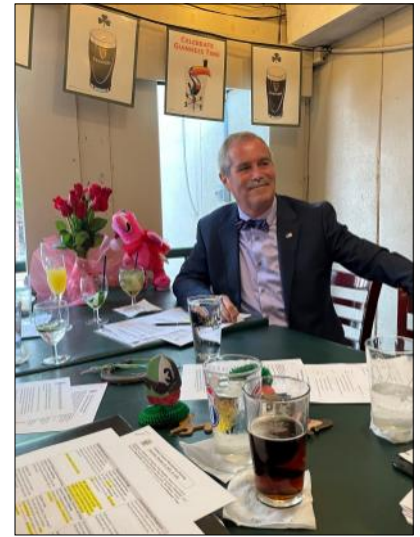
### **Any words of wisdom?**

The Navy Nurse Corps is a very special group of people, ones you carry in your heart forever, so I tell all my interns from pre-nursing, nursing and advanced nursing programs to consider joining.





## May General Membership Meeting on Derby Day at Tommy Condon's Pub in Charleston



Much was done in the midst of mint juleps, nachos and Kentucky Derby excitement! Business of the day was documented in the meeting minutes sent to you by Mary Ann.



Become a member of the PCNNCA group on Facebook to see more news and pictures. Contact Mary Ann to join today!





# 10 Questions

**Linda Blake**

**Where were you born?**

Trinidad, British West Indies

**Would you like to share anything about your immediate family?**

My father was a Naval Aviator, my mother was a WAVE Communications Officer, my daughter is a Navy Chief in Mass Communications who just married a retired Navy Chief, and I married a Marine Disbursing Officer, whose father and son were both Marines.

**Where did you attend school?**

School of Nursing at East Carolina University, Greenville, NC

**What made you decide on nursing as a career?**

I didn't want to be a school teacher.

**When, where and why did you join the Navy?**

I decided to join the Navy when my father announced his retirement from the Navy after 23 years. As a 16 year old, I couldn't imagine a life out of the military. I joined the day I graduated from college and received my nursing pin in 1969. My father swore me in.

**What was your most interesting duty station?**

Naples, Italy. Still love everything Italian to this day.

**Where are you stationed now - If retired from the Navy, are you working now?)**

Though I only spent four years in the Navy, it was one of the best times of my life. I would do it over in a heartbeat. Marriage and family pulled a little harder on my heartstrings and knowing I wouldn't always be able to be stationed with my Marine husband, I made the decision to leave the Navy and be a stay at home mom.

**Where are you living now?**

Western North Carolina

**What are your favorite pastimes/hobbies?**

Genealogy, gardening, and grandchildren.

**Any words of wisdom?**

At this point in my life I would say, enjoy every day, forgive yourself and others, love generously, and don't sweat the small stuff - it's all small stuff.

**Donna Styles**

**Where were you born?**

New Orleans. Home of the best food EVER!

**Would you like to share anything about your immediate family?**

My father was a neighborhood milkman. He delivered milk door to door in glass bottles until he died in 1965. Tom and I have been married for 20 years and we love to travel. I have 1 son, 2 grandkids and their menagerie of pets. Tom's mother visited in December 2019 and hasn't left yet.

**Where did you attend school?**



Nursing school was the University of Southern Mississippi for a BSN. Masters was at the Univ of Hawaii for my NP.

**What made you decide on nursing as a career?**

I was widowed with a 6 month old baby and my parents were deceased so I was on my own. I decided to get a degree that would enable me to always have a job to support my son. Nursing seemed a good fit.

**When, where and why did you join the Navy?**

I joined the Navy in 1983 from Memphis TN. Why? I wanted to leave Mississippi and it was an impulsive decision. Thankfully it was the right decision.

**What was your most interesting duty station?**

Sasebo Japan. My son left for college and I went to Japan. Everything was so new and so different. Sumo, Sushi and Sake. I loved it.

**Where are you stationed now - If retired from the Navy, are you working now?)**

I'm fully retired.

**Where are you living now?**

I live in Georgia, north of Atlanta.

**What are your favorite pastimes/hobbies?**

Reading, quilting and gardening. I travel whenever I can.

**Any words of wisdom?**

Remember the past, look to the future, but live for today.



May was a busy month as NNCA Chapters and military treatment facilities around the world celebrated the 114th birthday of the Navy Nurse Corps.



After several itinerary changes, the Celebrity Summit found it's way to Charleston and spent two days in port. On May 9, NNCA members on board as part of the 2022 Reunion Cruise dropped in for a meet and greet downtown. PCNNCA members had a chance to get together with friends from all over the country for a few hours. A great time was truly had by all!



A number of PCNNCA members made it to NHC Charleston to help with cake cutting that was well attended by the clinic team. *L to R:* Maryalice Morro, Sue Widhalm, Arlene Southerland, Linda Daehn and Jim Fitzsimmons



**2022 NNCA Reunion Cruise Reception in Charleston**



The NNCA Annual Membership Meeting was held during the cruise. Our member Hank Wildeboer received an award (see her citation in this newsletter). A memorial service was held and there was a birthday cake cutting event. Our member Becky Crichton was on the cruise and provided the cake cutting photo on the following page.





**2022 NNCA  
Reunion Cruise  
Reception in  
Charleston**





PHYLLIS MAE DAILEY:  
FIRST AFRICAN AMERICAN  
NAVY NURSE

In celebration of Women's History Month, The National WWII Museum is focusing on milestones in women's contributions to the war effort. For black women in particular, the war was fought for "Double V" - victory over the enemy overseas, and victory over prejudice at home. In 1945, **Phyllis Mae Dailey** was inducted into the United States Navy Nurse Corps. Dailey (second from right in the photograph at right) was the first African American sworn in as a Navy nurse on 8 March 1945, following changes in Navy recruitment and admittance procedures that had previously excluded black women from joining the Nurse Corps.



First Lady Eleanor Roosevelt was a well known proponent for the change, and had also put pressure on the Marine Corps Women's Reserve, WAVES (Women Accepted for Volunteer Emergency Service), and SPARS (the women's component of the Coast Guard) — all subsets of the Navy — to do the same. The SPARS would finally be integrated in October 1944, and the WAVES in December 1944. As a matter of reference, the Women's Army Auxiliary Corps (later fully incorporated and called the Women's Army Corps) accepted African Americans beginning in January 1941, but capped the number who could serve to around 10% of the corps.

Under pressure from several directions, the Navy ended exclusion based on race in January 1945. Due to the Navy Nurse Corps being one of the last units to accept African Americans, it had the smallest representation of black women. By August 1945, when the war ended, there were just four active duty African American nurses in the Navy Nurse Corps, versus more than 6,000 that had served with the Women's Army Corps during the war. *This post by Curator Meg Rousset*



The theme for the observance of Women's History Month in 2022 was "Women providing healing, promoting hope". In a look back at military nursing history, members of the US **Army Nurse Corps** in 1944 are shown in between training exercises while they await deployment to the South Pacific

near the end of World War II. At the time, all who served in the Army Nurse Corps were women, and the units were all segregated. And though the need for nurses was urgent, the army had set a quota for just 160 Black nurses. By the end of the war, that number had increased to nearly 500.

# 10 Questions

## Jeff Bashford

### Where were you born?

Ok, so I'm a yankee! Get over it! I was born in Troy, New York

### Would you like to share anything about your immediate family?

My soulmate (and spouse, from Ft Lauderdale) of the last 32 years convinced me the only place to be is south of the Mason-Dixon Line!! Makes it a little tough to stay connected to the kids and grands in New England, but, can you say "road trip"!!

### Where did you attend school, what made you decide on nursing as a career, and when, where and why did you join the Navy?

So how did it all begin? It's 1969! Thanks to the draft, and subsequently several incredible NC mentors who appreciated the potential I somehow never dreamed of, and the blessing of NENEP, I fought my way through to a BSN at SUNY Albany and the next step on a 35 year trek from E1 to O6.

### What was your most interesting duty station?

"It was the best of times, it was the worst of times." That was NAVHOSP Rosy Roads PR! Finally an overseas assignment (sort of anyway) but, unaccompanied, at a rough time in my personal life. Turned out to be the best time, thanks to the closeness of friends pulling me through, and the best thing for my career and personal life. Third time is surely the charm if you know what I mean!

### Where are you stationed now - If retired from the Navy, are you working now?), where are you living now, and what are your favorite pastimes/hobbies?

Ultimately it led to a career direction in health system management and commitment to a much longer and more rewarding completion of my Navy Nurse Corps career. But not an end to my nursing career! Since retiring in 2005 I have worked for the local Carolina East Health System, but less and less. As I near full retirement, the rewards of my military career {and marrying "very well" :-)} allow me to golf, bike and travel; and especially to travel for golf and bike. But most importantly it allows me to do it with the treasure of good friends.

### Any words of wisdom?

So try to remember always, whether you receive all you pray for, or you are blessed with unanswered prayers, it's all possible only through the grace of God.

## Jennifer Gorman

### Where were you born?

Greensboro, NC

### Would you like to share anything about your immediate family?

Both parents grew up in NC; both now deceased. Older sister in AZ, with Alzheimer's; older brother in TX; younger brother died of cancer a few years back. No spouse currently, but my daughter & son-in-law live here with me.

### Where did you attend school?

SUNY Binghamton in NY (now Binghamton University) for both.

### What made you decide on nursing as a career?

Wanted to help people and have a long career.

### When, where and why did you join the Navy?

Family history of Navy members (grandfather, uncle, brother & step-father). Joined in LA and they sent me to San Diego, where I really wanted to live.

### What was your most interesting duty station?

Reserve unit at Miramar Naval Air Station in SD.

### Where are you stationed now - If retired from the Navy, are you working now?)

Retired since 2012- not working.

### Where are you living now?

Western NC.

### What are your favorite pastimes/hobbies?

Counted cross-stitch, travel, reading, watching Great Courses videos.

### Any words of wisdom?

"Life is what happens to you when you're making other plans" Betty Talmadge





## **2022 CALENDAR OF EVENTS**

We are hopeful that our 2022 events will continue to be held in person. Some suggestions have already been received for possible meeting locations in light of the most recent COVID surge. We will keep you informed as to specific dates and locations for each Chapter event as they are finalized.

January 15

AANA Vote Counting - Hosted by Linda Daehn  
Mount Pleasant, SC

January 29

BOD Meeting - Hosted by the Bashfords  
Myrtle Beach, SC

May 7

Spring General Membership Meeting  
Tommy Condon's Pub, Charleston, SC

May 9

AANA Cruise Reception/happy hour  
Tommy Condon's Irish Pub, Charleston

August 12 - 1130

BOD Meeting - Hosted by Mary Ann Jarmulowicz  
Beaufort, SC

October 8

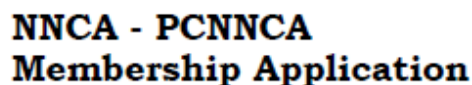
General Membership Meeting  
Location TBD

November

Ralph H. Johnson VAMC-2022 Veterans Day Parade  
Downtown Charleston

December 3

Christmas Party and Holiday Luncheon  
Wild Dunes Owners Beach Club or Belle Hall Plantation Homeowners  
Club House. Mount Pleasant



- ☐ Initial dues - \$40.00
- ☐ Renewal each May - \$35.00
- ☐ Reactivate lapsed membership - \$35.00
- ☐ Reactivate lapsed membership (includes Directory) - \$40
- ☐ PCNNCA dues - \$10.00

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Telephone	Cell Phone	Email	Birthdate (not for publication)	

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  (mm/dd/yyyy)         (mm/dd/yyyy)

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  (mm/dd/yyyy)         (mm/dd/yyyy)

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☐ Former NC Officer

Rank or Rank at Retirement/Discharge \_\_\_\_\_

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<b>Chapter Dues</b>	_____	<b>Check Number</b>	_____
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**\*\*NNCA By-Laws require that Chapter members must maintain membership in NNCA**  
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