

Washington Metropolitan Area Navy Nurse Corps Association

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Christmas holiday season again and I look forward to all the festivities with friends and family. The end of year is a time of giving and giving back, a time of reflection on past times and to consider what is on the horizon for the future.

I also look forward to a good WMANCA turnout for Wreaths Across America at Annapolis and Arlington Cemeteries! For those joining us at the event at Arlington, get the 0800 tickets and the meet up in Section 21.

I encourage all fellow veterans who have deployed to take the time to read the various details of the newly signed legislation, The Sergeant First Class (SFC) Heath Robinson Honoring our Promise to Address Comprehensive Toxics (PACT) Act. The PACT Act is a new law with the most significant expansion of benefits and services for toxic exposed veterans in more than

30 years. The VA is now accepting claims for all presumptive illnesses, they include 12 types of cancer and 12 other respiratory illnesses linked to toxic exposure in **the Gulf War** and the wars in **Iraq and Afghanistan**; hypertension and monoclonal gammopathy of undetermined significance for veterans who served in **Vietnam**; and radiation-related illnesses for veterans who served in several **new locations in the 1960s and early 1970s**. More information is available on the VA website at: <https://www.va.gov/resources/the-pact-act-and-your-va-benefits/> to include how to file a claim. If one or more of the presumptive illnesses applies to you, file a claim. I filed a claim and received a response in three working days and have an appointment with a provider in three weeks. VA officials are ramping up staffing and improving processes to ensure the flood of new claims can be accommodated.



COMMITTEES

AUDIT/FINANCE

Shelley Savage

COMMUNICATIONS

Boo Lahman

GOVERNANCE

Boo Lahman/ Cindy Sweeney

MEMBERSHIP

Sue Miller

NEWSLETTER

Ann Ross

NOMINATIONS/RECRUITMENT

Ann Ross

ORAL HISTORY

Maria Harbeson

PROGRAMS

Rose Perdue

SCHOLARSHIP

Boo Lahman

TROOP SUPPORT

Kathy Thorp

NEWSLETTER REPORT

Ann Ross, Editor

Welcome to another edition of the WMANNCA Newsletter. For this issue we celebrate the holidays with a story about Christmas in Japan as well as hints on overseas travel. And we mark the passing of two former WWII Navy Nurses who both lived to be over 100. An inspiration for us all!

Of course, we also need **your** stories. The deadline for the next newsletter is 28 February 2023. Please send to: WMANNCAnews@gmail.com.



MEMBERSHIP COMMITTEE

Sue Miller

The WMANNCA chapter currently has 134 members. The chapter would like to welcome new members: **Assanatu Savage, Christine Lenoir, Jan Ferguson, Myra Cleary, Christopher Walker, Viktoriya Baraya, Kelly Gonzalez, Anya Zapf and Alisa Chard.**

The chapter is following the NNCA lead in offering a "free first year" to those joining NNCA and WMANNCA for the first time. Please share this news with your Navy Nurse colleagues who have not yet joined the Navy Nurse Corps Association. Also, fully implemented with the 2023-2024 renewal period, WMANNCA will pay the annual dues for NNCA and WMANNCA for those members in our chapter who are 90 years old or older. We hope that this will encourage our senior members to remain active and involved with our chapter, as many of them were our own leaders and mentors for so many years."

FINANCE REPORT**1-31 Oct 2022***Shelley Savage*

Starting Balance: **\$35,720.36**

Receipts (deposits)

PayPal credits	\$0.22
Luncheon fees via PayPal	\$807.03
Luncheon fees plus 50/50 raffle	\$440.00
Interest	.28

Income

\$1,247.53

Disbursements

NNCA dues for 2 members	\$70.00
Scholarships (4)	\$6,000.00
Annual WMANNCA PO Box fee	\$156.00
Fall Luncheon	\$882.25
PayPal fee	\$0.22

Expenses

\$7108.47

Ending Balance: **\$29,859.42**

Liabilities:

Pending Checks	0.00
Scholarship Fund	4,295.39
History Fund	445.25
Troop/Vet Support	4,533.16
Rough Seas	55.00
	<hr/>
	\$9,328.80

Working Balance: **\$20,530.62**

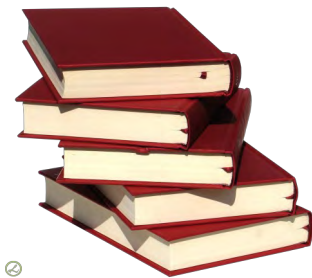


ORAL HISTORY COMMITTEE

Maria Harbeson

Amazing Stories! Take a look at the recently posted Oral Histories on the NNCA Website featuring Navy Nurses from our WMANNCA chapter; **Bobbi Hovis** (1947-1969), **Marsha Hughes-Rease** and **Juel Loughney**.

For **YOUR HISTORY**, Please contact Maria Harbeson(410-271-5915) or for phone interview, Pat Ruston (801-712-4070) . Either can be reached at history@nnca.org.



SCHOLARSHIP COMMITTEE

Boo Lahman

WMANNCA 2023 Scholarships! The Washington Metro Area Navy Nurse Corps Association Is Back With Scholarship Money to Give! If you are a current or former Navy Nurse living, working, or attending a graduate school of nursing in the area served by WMANNCA; (MD, VA, WV, PA, NJ, DE, or DC) apply for one of the **three** available \$1500 scholarships. These scholarships are open to active duty (non DUINS), reserve component, retired or former Navy Nurses to continue their studies for a graduate degree in Nursing. **Application deadline: Monday, 13 March 2023.** Download the guidelines and application materials at NNCA.org under "Scholarship Opportunities - WMANNCA." Active or Reserve Component NC officers, be sure to share this information with your colleagues! (See Scholarship Thank You Letters on next page)



THANK YOU LETTERS from SCHOLARSHIP RECIPIENTS

Boo Lahman

LT Kelly Saunders Gonzalez:

I am writing to personally thank you and the Washington Metropolitan Area Navy Nurse Corps Association committee, for selecting me as the recipient of the \$1500 WMANNCA Scholarship, book, and membership for one year. I am so very appreciative. I am in my second year in Liberty University's online master's program in nursing education and am due to graduate next summer. Having this funding will help me along the way to achieve my goals of being a Nurse Educator and helping others to learn and grow as healthcare providers in the future.

I hope to continue making a difference in other people's lives and strive to be the best nurse and officer I can be, especially through the challenging times we all have endured these past few years through COVID -19. Having this additional education and funding will help me in the Navy and my civilian career, continue to grow as an educator in the ever-changing healthcare field and offset the cost of tuition and books.

Thank you again for your support and for choosing me for the WMANNCA Scholarship. I will continue to keep you updated on my progress and look forward to volunteering in any way I can to help.

LTJG Christopher Walker:

Thank you so much!! I am so appreciative to have the opportunity to be selected for the scholarship!! I can assure you that I'm hard at work pursuing my nurse anesthesia goals and to become a safe & effective provider. I won't let you all down!

LT Anya Zapf:

Thank you again for consideration and selection. I'm very thankful and this will help me on my graduate school journey.

LTJG Viktoriya Baraya:

I am excited...and really appreciate the generosity!

Thank
you 

WMANNCA FALL LUNCHEON AND BUSINESS MEETING

Ann Ross

Our Fall Luncheon was held at the Army-Navy Country Club in Arlington, VA. The featured speaker was Navy veteran, **Ken Falke, founder of Boulder Crest Foundation and Boulder Crest Retreat** located in Bluemont, VA close to Leesburg. His inspiring talk titled **A Journey to Posttraumatic Growth** discussed the founding of the retreat which provides an opportunity for combat veterans and their families to transform struggle into strength and lifelong growth. Further information can be obtained at <https://bouldercrest.org>



A short business meeting followed the luncheon. Our thanks to WMANNCA member Carolyn Kirkland, an ambassador for the Boulder Crest Foundation, for bringing us this motivated and fascinating speaker.



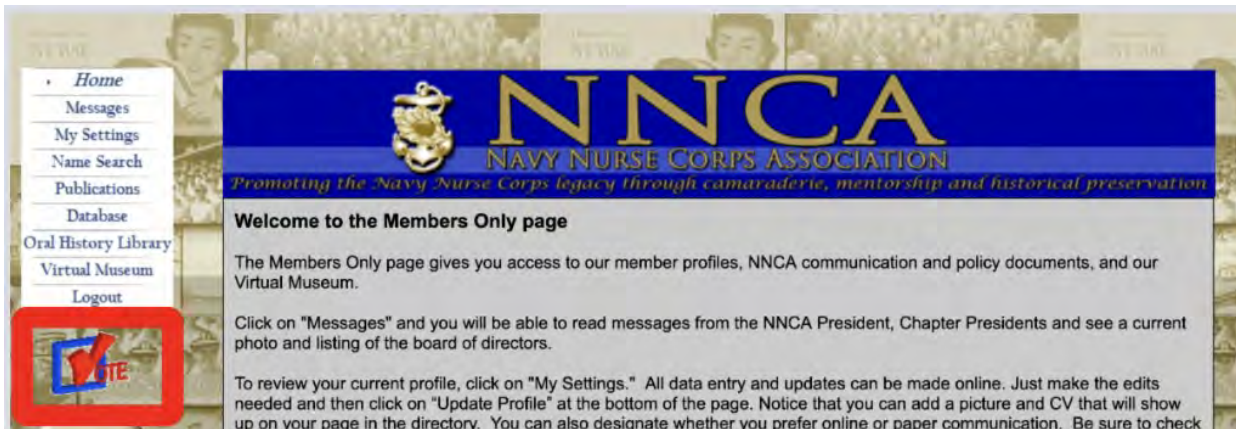
Carolyn Kirkland introducing Ken Falke

SAVE THE DATE!!

NEXT CHAPTER MEETING AND LUNCHEON - 15 April 2023. Place to be announced.

VOTE !!!

Don't forget to **VOTE** for this year's NNCA Board candidates by mail or online at nnca.org behind the password protected members login page is the vote icon.



STATE VETERANS ORGANIZATIONS

Patty Trujillo

Each state has a state veterans organization. In Maryland, it's the **Maryland Department of Veterans Affairs**. In Virginia, it's the **Virginia Department of Veterans Services**. These state officers are not to be confused with the U.S. Department of Veterans Affairs. The state agencies cooperate with the federal department but are separate state entities.

Below are the links to the Maryland and Virginia agencies. Both states offer newsletters. Maryland has a wonderful newsletter that is usually chock full of information for veterans. When you visit either of the Maryland websites below you will be prompted to sign up for the bi weekly newsletter. With the Virginia websites, scroll to the bottom of either and look to your right for the monthly newsletter signup.

<https://veterans.maryland.gov/>

<https://veterans.maryland.gov/archived-newsletters/>

<https://www.dvs.virginia.gov/>

<https://www.dvs.virginia.gov/news-room>

CHRISTMAS BREAK IN KYOTO

Viktoriya Baraya

Last year, newly stationed in Yokosuka, we celebrated our first Christmas in Japan. Foregoing our traditional Christmas tree and gift-opening morning at home, our family of 4 was excited about to set off on a road trip to Kyoto. Once a capital of Japan, it is known for Shinto shrines, imperial palaces with luscious gardens and many authentic Japanese experiences

The road trip from Yokosuka to Kyoto can be an adventure in itself unique sites along the way. We decided to break it down by stopping at lake Kawaguchiko which offers some of the most spectacular views of Fujiyama. Fuji-san, as locals lovingly call the famous mountain, is absolutely gorgeous in winter. The snow cap reflects the sun light in a way that creates a mystic glow over the top.



While we would be perfectly content with just the views, there is also much to do in the area! After spending a few hours sledding in the Fujiten Ski and Snowboard Park, we explored the ice caves and wind caves near the lake where the locals used to store fresh food back in the day. A day like this was perfectly finished in an *okonomiyaki* eatery. Sitting around a traditional low table, we got served a typical medley of noodles, cabbage, egg, batter, seafood and other ingredients that we cook on the grill built into the table which turns out to be delicious.

Next day, we continued our trip and arrived to bustling downtown Kyoto.



Viktoriya Baraya

Amazingly, just a few streets later you can find serene shrines and quiet streets with ancient shops. One of the traditional houses, which used to be a samurai residence, maintained the traditional martial art school where we attended a samurai demonstration and even dressed into traditional clothing to try out slicing up rolled up straw mats with razor sharp swords.

The following day we attended a beautiful golden imperial palace on a serene lake as well as Fushimi Inari Taisha, an 8th century Shinto Shrine. There you have to climb many stairs through bright red *torii* gates. The surrounding area has lots of small shops where we sampled local snacks and sweets.

On our last day of the holiday trip, we attended a small silk textile workshop where we not only saw a variety of intricate silk designs with traditional Japanese patterns but were also able to use a loom to make our own silk pattern.

(cont. on next page)

The unique atmosphere of the small workshop immersed us in the rich history of the family that maintained the craft through the centuries.

This was the most unusual Christmas break for our family and felt grateful for the opportunity to experience rich culture and create unique memories.



Viktoriya Baraya and family

BIRTHDAY CORNER

JANUARY

1 Cindy Coyle
7 Christine Curto
14 Chad Hagedorn
26 Mary Ann Bogdanski

FEBRUARY

4 Margaret Ann Connors
9 Rosemary Perdue
11 Pat Dougal
16 Jacqueline Rychnovsky
20 Gabrielle Ann Crane
21 Victoria Meyer



MARCH

4 Karen Doyle
6 Linda Cummings
7 Mary Ann Cronin
9 Lee Speckmann
11 Alice "Jean" Cave
12 Susan Protheroe
12 Carolyn (Carrie) McGee
13 Marsha Hughes Rease
14 Virginia (Ginny) Beeson
19 Jaeda Ewings
21 Claire Pagliara-Miller
25 Maryanne Ibach
31 Marsha DeWeese

If any member does not want their month and day of birth (not year) shared in the newsletter, please contact Ann Ross at WMANNCAnews@gmail.com to remove your name from the newsletter list.

and BIRTHDAY CARDS

Thank you to Odette Willis For offering to take Dee Bogarts place in sending out Birthday Cards to all members.

TRAVEL IN 2023!

Cynthia Sweeney



As we look ahead, the doors to world travel are opening wider and wider! For those who have contemplated travel, now may be the time to walk through that door...as we know we are not getting any younger! In planning my own travels, I have come across some helpful websites to consider once you have determined your travel plans.

MEDICAL CARE

What will you do if you become ill overseas is a big question for us all? For those on **Medicare**, your coverage does not 'cover' you outside of the United States (US). You will need a supplemental medical insurance plan that will cover you as you travel. If you are an eligible **TRICARE** Beneficiary, whether retired or active duty; whether you are the sponsor, dependent or survivor; and whether you live in the US or reside overseas full time, you can use your TRICARE benefits in virtually every country of the world. A very handy newsletter filled with information for military travelers can be found on this website:

https://www.poppin smoke.com/tricare-coverage-while-traveling-overseas#Resources_Related_to_Using_TRICARE_Overseas.

In addition you can join this Facebook group, **TRICARE Overseas Program (TOP)**, created by a military retiree who saw the great confusion about the accessibility of TRICARE overseas. This Facebook group, is full of great information and links, as well as providing a forum for exchanging information about Tricare use overseas. <https://www.facebook.com/groups/TricareOverseasProgram/>

The Centers for Disease Control provide comprehensive guidance on medical considerations such as needed vaccinations or alerts to health conditions that should be considered in planning travel outside the US. For a complete listing of countries and health considerations go to: <https://wwwnc.cdc.gov/travel/destinations/list>

SECURITY

In addition to the links above, before you go, ensure you check with the Department of State to know if it is considered safe for US citizens to travel to your destination. This link will give you a list of things to consider 'before you go', including the link to register for the Smart Traveler Enrollment Program (STEP). (cont. next page)

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/step.html>

According to the website, “The Smart Traveler Enrollment Program is a free service that allows U.S. citizens traveling or living abroad to receive the latest security updates from the nearest U.S. embassy or consulate so you can make informed decisions about your travel. The information you provide enables the U.S. embassy or consulate to contact you in an emergency.” It provides you with peace of mind in this changing geo-political landscape.



FINALLY

One last piece of advice, check in with your provider early in your planning once you have determined your destination. You will need an **immunization review** as well as a **review of your healthcare needs** when traveling. Earlier the better, as you may need to update a series of immunizations that need to be administered over time, for instance. Also your provider can review your **medication list** and check for compatibility with over-the-counter drugs that you might use during travel, such as Dramamine for motion sickness or cold medications. It is always a good idea to bring such medications with you as they may be hard to find in foreign pharmacies. Also carry **copies of any prescriptions**, including eyeglasses! Don't forget to check in with your dentist to review your status and anticipate any **dental needs** that can be addressed before you leave, especially if you will be gone for long periods of time.

When packing, consider what you should carry with you as a **‘first aid kit’**. Here is a list that I have found useful. Not everything is needed, but this list is comprehensive and provides ideas of what you should consider:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/travelers-firstaid-kit>

A helpful tool in determining how you might get to destinations is the website Rome2Rio: <https://www.rome2rio.com/>
According to the website, “Rome2rio searches any city, town, landmark, attraction or address across the globe with thousands of multi-modal routes to easily get you from A to B.”

By being prepared for the unexpected, especially health emergencies, you will feel more confident and able to enjoy your trip. Now start planning! There are so many more resources out there to help make planning easier.

IN MEMORIUM

Alice Marie Bonora Bornemeier

15 September 1921 - 18 September 2022

WMANNCA member **Alice Bornemeier** was born in Brockway, Pennsylvania on September 15, 1921; She joined the Navy in 1943, after graduation from Altoona, Pennsylvania's Mercy Hospital School of Nursing and served in both WWII and the Korean War. During WWII she was assigned to Aiea Hospital, Oahu, Hawaii, which handled a large percentage of wounded men flown in from all over the Pacific theater. She earned her wings from the Naval Aviation Medicine School and joined the elite ranks of Flight Nurses in the Military Air Transportation Service.

During the Korean War, she flew wounded men from the Far East to the United States using various types of four-motored planes converted into "flying hospitals" for the return trip. She has flown over 1000 patients from the Korean zone. Her most vivid memories are of the high morale of men being flown home. She said, "Though some of them were pitifully wounded, others were paralyzed or blind, they all had a smile on their face and were actually jubilant. . . . They were coming home."

Over the course of her career, she was stationed in Hawaii, Japan, Alaska, Newfoundland, and Panama and met the love of her life, Navy pilot Howard Bornemeier.



Virginia Friddle Sahaj

27 February 1920 - 14 October 2022

Although not a WMANNCA member, Virginia Friddle Sahaj was a former member of the Navy Nurse Corps living in Alexandria, VA. She was born in North Carolina on 27 February 1920 and graduated from North Carolina Baptist Hospital School of Nursing in Winston Salem, N.C. She served during WWII where she met her husband, Captain Joe Sahaj USN while they were both stationed at San Diego. Although most of her life was spent as a Navy wife, moving frequently and raising a family, she was always proud of her own service as a Navy Nurse.