

## Washington Metropolitan Area Navy Nurse Corps Association

*The Capital Zone***BOARD****PRESIDENT***Christine Boltz***VICE PRESIDENT***Ana Stoehr***SECRETARY***Boo Lahman***TREASURER***Shelley Savage***MEMBERS AT LARGE:***Ben Boccuzzi**Rose Perdue**Ann Ross***PRESIDENT'S CORNER***Christine Boltz*

Reflecting on a few highlights of 2022 as I draft our annual report. Our membership is up from last year. We came out ahead financially from the NNCA 2022 Reunion even after the fund split with NNCA. With NNCA receiving 75% of the profit (per policy), we still added to our scholarship and troop support funds. We also appreciate our donors who consistently support the scholarship fund each year. We recently received a check from Wreaths Across America our profit for wreath purchases, thank you to those donors.

As discussed at the last WMANNCA board meeting, we are redefining troop support. The board approved donations at the end of 2022 to Boulder Crest Foundation, Navy-Marine Corps Relief Society, MOAA Foundation Crisis Relief Fund and Warrior Canine Connection.

Last month, I mentioned PACT Act claims for disabilities associated with toxic exposure during military service. Please take the time to review the information to determine if this could apply to you. 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.

The end of March starts Honor Flight season, with veterans coming to Washington DC to see their memorials. Honor Flights arrive at all three local airports. I greet a specific group of flights at DCA that arrive/depart in Terminal 2 Concourse B. Feel free to come out and greet arriving veterans as it suits your schedule.

Lastly, I hope to see you in person or virtually at the upcoming luncheon on 15 April. See pg. 9 for more information.

**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 our spring edition and spring is certainly in full force. The Yulan Magnolia tree in my building courtyard is magnificent in all it's glory. We think of spring as a time of growth and renewal and in this edition we have stories of caring for ourselves as well as others.

Of course, we also need **your** stories. The deadline for the next newsletter is 31 May 2023. Please send to: **WMANNCAnews@gmail.com.**

**FINANCE REPORT  
1 - 28 February 2023**

*Shelley Savage*



Starting Balance: \$228,021.82

Receipts (deposits)

Wreaths Across America 460.00  
Interest .22

Income \$460.22

Disbursements

None .00

Expenses \$00.00

Ending Balance: \$28,482.04

Liabilities:

Pending Checks 00.00  
Scholarship Fund 4,763.16  
History Fund 445.25  
Troop/Vet Support 2,033.16  
Rough Seas 55.00

\$7,526.57

Working Balance: \$20,955.47

## MEMBERSHIP COMMITTEE

*Sue Miller*

Membership total: 144 members, which has increased since 2022.

To gain more members WMANNCA has collaborated with NNCA to pay for the “first year free” for new members to join the national organization and our local chapter. This has increased our membership this 2022-2023 year and opened a way that new members can contribute to our local chapter.

Also, the WMANNCA Board has approved that the chapter would pay for the annual membership renewal of all or our members 90 years of age and older. This has allowed our elderly members to continue to enjoy the benefits of membership including “buddy calls” and the quarterly newsletter. Our elderly members, who paved that way for the rest of us, enjoy keeping up to date and involved with the Navy Nurse Corps.

The chapter will collaborate with NNCA to recruit new members and retain current members in 2023, in conjunction with the Navy Nurse Corps birthday in May 2023.

## NOMINATIONS COMMITTEE *Ann Ross*

The Committee is proud to announce nominations for the **2023-25 term on the WMANNCA Board of Directors**. All four members whose terms are expiring are staying for an additional term. They are:

**Christine Boltz**

**Rose Perdue**

**Ann Ross**

**Shelley Savage**

Elections will be held at the Spring Chapter Meeting on April 15th 2023.



## BOULDER CREST WARRIOR PATHH EXPERIENCE

*Kim Lebel*

I retired from the Navy Nurse Corps in 2016 after 34 wonderful years. In 2008 I deployed to Afghanistan when I was assigned to Med IG. Eight months into that deployment LT Florence Choe, my battle buddy, was shot while running next to me. Flo, just 35, was a mom who lit up the world with her smile. She was as beautiful inside as out. For years, I was haunted by survivor's guilt and shame. I was withdrawn, isolated and broken. Now, I know why.



Kim Lebel and LT Choe

I was led to the Boulder Crest Foundation during a NC luncheon by Carolyn Kirkland who saw my pain. She explained it was designed to help people like me. I applied online, completed an interview and was assigned to Warrior Pathh, located in beautiful Bluemont VA near the Shenandoah River. It is 35 acres of rolling hills with stables, log cabins, gardens, bonfires, trails, a chef and even heated toilet seats! It is a high-class resort. Pathh stands for Progressive and Alternative Training for Healing Heros.



Kim Lebel at Boulder Crest

My group of seven ladies were cops and victim advocates, as well as medical and social workers. We had suffered sexual assaults, gun shots, suicide attempts and childhood trauma. The guides, themselves, Warrior Pathh (WP) grads, created a safe space for us to open up and tell our stories. We bared our souls through quivering voices and tears. We were the only class there, so we worked on ourselves and each other. We were NOT alone. At the end of the week we laughed, hugged, danced, and held each other up. I learned how I became me. The program pushed my reset button. At the end of the week of intense training, I drove home with new peacefulness and contentment that I still have. Loa Tzu stated, "Mastering others is strength, mastering yourself is true power."

The training continues for 90 days total, with online lessons and group activities that build on keystone post-traumatic growth practices. We are a network of thousands of WP grads who support each other online and in person. We seven ladies, stay in contact daily. I am grateful this one-of-a-kind program exists. Life is a struggle. Now I can struggle well and thrive. This was life changing for me. I can now deal with whatever life offers as I keep going.

## 30<sup>th</sup> ANNIVERSARY OF THE VIETNAM WOMEN'S MEMO- RIAL

**Veteran's Day 2023** *Sue Miller*



It is hard to believe but Veteran's Day 2023 will be the 30<sup>th</sup> anniversary of the dedication of the Vietnam Women's Memorial in Washington, D.C.

Many of us remember the pride and excitement we felt as we marched down Constitution Avenue, receiving "Welcome Home" cheers from the crowds lining the road.

Well now it is 30 years later, and the Vietnam Women's Memorial Foundation (VWMF) will be celebrating the 30<sup>th</sup> anniversary of the memorial. Activities will be planned for the whole weekend. Sue Miller has been asked to again have her volunteers distribute roses to the public on the morning of Veteran's Day. The public then will lay those roses on the

statue, and by the end of the morning, the statue will be covered in roses.

As in the past, Sue will have a luncheon for her volunteers at the Old Ebbitt Grill following the afternoon ceremony at the wall. At this time, Sue does not have information about the host hotel and any other events scheduled, but she will get this information out to the volunteers as it becomes available. For now, she just asks that you pencil in the date and time **(November 11, 2023 at 0800)** to gather at the Vietnam Women's Memorial. Also send Sue a quick email at [millerses@gmail.com](mailto:millerses@gmail.com) to let her know if you plan to volunteer. Later she will send her volunteers more information about luncheon selections/costs and any other activities planned by the VWMF. Sue looks forward to sharing this special activity with many of her WMANNCA nurses, as we have done in the past.



## CONSIDER GIVING BACK BY DONATING BLOOD

*Christine Boltz*

Have you been told you are ineligible to donate blood because you were stationed in Europe in the past? During COVID times in 2020 some donation restrictions were lifted related to potential “Mad-Cow disease” exposure. Many of us who had been stationed in Europe in the 80’s and 90’s were considered ineligible to donate blood. In May 2022, the U.S. Food and Drug Administration (FDA) updated guidance once again and there are now no restrictions for blood donors for travel in Europe.

Soon after a friend mentioned she decided to donate blood back in 2020, I noticed the updated guidance on the Armed Services Blood Program (ASBP) website and signed up to donate blood. The ASBP is one of four organizations that ensure this nation has a safe, potent blood supply. They work closely with all civilian blood agencies, American Red Cross, America's Blood Centers, Blood Centers of America and other local hospital organizations in times of need. The ASBP is a Department of Defense program, supporting the military community. Your blood will either be on its way downrange within days or saving lives at a local military treatment facility.

Whichever venue you choose the **ASBP**, [militarydonor.com](http://militarydonor.com) or the **American Red Cross**, blood donation is a generous thing to do, as it helps those in need.

## ANNAPOLIS LUNCH AND MUSICAL

*Christine Boltz*

In Late February, WMANNCA members had an impromptu meeting for lunch and then attended the Winter Musical “Into the Woods” at the U.S. Naval Academy.



Kathy Thorp, Christine Boltz, Carrie McGee, Maggie Balacki, Kristi Brennan

## BIRTHDAY CORNER

### APRIL

- 1 Jayne Vorder Bruegge
- 3 Mary Jessell
- 8 Christopher Hough
- 9 Shirley Renner (Happy 100th)
- 17 Kristin McInerney
- 20 Carol Speirs
- 24 Margaret (Maggie) Balacki
- 25 Maria Harbeson

### MAY

- 2 Mary Ann Ervin
- 3 Carol Bickford
- 7 Alisa Chard
- 8 Mary Ann Elsesser
- 12 Vicky Karrat
- 12 Lois Gillin McCarthy
- 13 Marti Shepherd
- 13 **NAVY NURSE CORPS!**
- 16 George Byrnes
- 19 Jan Moran
- 20 Abigail Hene
- 22 Carolyn Kirkland
- 22 Brenda H. Miller
- 25 Alainna Crotty
- 26. Myreda Erickson-O'Brien
- 26 Patrice Bibeau
- 27 Marie Schafer

### JUNE

- 2 Veronica Rubin
- 3 Patty Trujillo
- 6 Lucia Herndon
- 7 Rebecca Hathaway
- 9 Shelley Savage
- 10 Eva Domotorffy
- 16 Ellen (Boo) Lahman
- 17 Nancy Shank
- 19 Kathy Thorp
- 24 Gail Updike
- 25 Deanna Bogart
- 29 Viktoriya Baraya
- 30 Nancy Lescavage

If any member has changes to their information or does not want their month and day of birth (not year) shared in the newsletter, please contact us at [WMANNCANews@gmail.com](mailto:WMANNCANews@gmail.com) to remove your name from the newsletter list.



## IN RECOGNITION OF THE “NOT SO LITTLE” THINGS

*Odette Willis*

**Again Bravo Zulu! to Deanna Bogart** for her tireless efforts in sending out birthday cards to all the WMANNCA members throughout the past (almost) 30 years. She took the time to maintain her database and make sure it was synchronized with the chapter’s database. She also contacted individual members to insure their information was correct and to affirm that the birthday could be listed in the newsletters. Dee took the time to hand write, address and stamp each of the cards and envelopes and added several ‘goodies’ to make the cards look festive. Most of all, Dee mailed the cards at just the right time to ensure they were delivered right on time. Her care and dedication to the job went above and beyond what could have been expected and to that I offer my hardest thank you and congratulations for a job “well done!”



## WREATHS ACROSS AMERICA

*Kathy Thorp and Rosie Perdue*

Once again in December, WMANNCA volunteers joined others to place wreaths on the gravesites of those buried at Arlington National Cemetery and the U.S. Naval Academy Cemetery. Christine Boltz and Rosie Perdue participated at Arlington and Boo Lahman and Kathy Thorp, at Annapolis remembering and honoring those buried in these hallow grounds. As a Local Sponsorship group, WMANNCA received \$5.00 for every wreath ordered which will help with Troop Support and Scholarships..



Kathy Thorp and Boo Lahman at Annapolis.



Christine Boltz and Rose Purdue in “The Nurses Section” at Arlington.



## WMANNCA SPRING LUNCHEON!!

**Army Navy Country Club, Arlington Room,  
1700 Army Navy Drive Arlington, VA 22202**

**Saturday, April 15<sup>th</sup> 12-1430**

Come and hear about Warfighter Advance programs for reintegration, CDR Mary Neal Vieten, PhD, ABPP and CNCOCM (Ret) Susan Fritz

**Presentation Title: WARFIGHTER ADVANCE: The ADVANCE 7-Day™**

**Schedule:** 1200 Start time, presentation, lunch and business meeting

**Luncheon price:** \$35.00 3 courses

Soup or Salad

Choice of entrée: Turkey Club Sandwich  
Country Club Burger  
Crab Cake Sandwich

Dessert

Coffee, tea, or lemonade. No option for alcoholic beverages.

**Sign up** today to attend this event virtually or in person! Once you sign up, then proceed to a payment option as it applies. There is no charge to attend virtually.

**Payment options:** **PayPal**, send your payment to Shelley Savage (571) 236-7551 or mail payment to WMANNCA. P.O Box 288, Abingdon, MD 21009, checks payable to WMANNCA by April 7th.

**Direct link to the sign up form:** **<https://forms.gle/bp5pFpoSWFZszCW38>**, once you sign up, then proceed to a payment option as it applies. There is no charge to attend virtually.

**RSVP NLT 1200 7 April 2023**

**POC:** Rosie Perdue **[rosemarydperdue@gmail.com](mailto:rosemarydperdue@gmail.com)**  
301-332-8361

