

# Tribute to Women

Newsletter of Women Veterans of Nevada  
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Additional information of interest to women vets is on our Facebook page. [Like](#) it while you're there.

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The RTC now offers a Reduced Fare ID for veterans. To obtain yours, you must present valid NV ID and a DD-214, VA ID card or DOD ID card. With this ID, you can ride the bus for half the regular fare. You can also purchase bus passes for half price.

## **Member & Friends Information**

**Dues for WVON Members and Friends of WVON are still only \$20 per year due in February.**

To receive a paper copy of the newsletter by mail, dues must be paid current. E-Subscriptions are available to anyone who would like to receive it. Submit newsletter articles, pictures and subscription or membership application requests to [WomenVeteransOfNevada@gmail.com](mailto:WomenVeteransOfNevada@gmail.com).

## **WVON Meeting**

**Saturday, August 20 at 10:30 am**

Please RSVP if you are attending by Aug 17 to Bobi at 702-651-0253 or [boates4616@aol.com](mailto:boates4616@aol.com).

This is for a headcount to ensure there are enough refreshments to go around.

**Donations are encouraged to help cover the cost of refreshments.**

WVON meetings are held the third Saturday of even numbered months at American Legion Post 8, 733 Veterans Memorial Dr, Las Vegas NV 89101 on the corner of Bonanza. Meeting information is posted on the WVON Facebook page under "Events" at <https://www.facebook.com/WomenVeteransofNevada>

## **Upcoming Events**

- 4, 11, 18, 25 Aug - WVON Ceremonial Team**  
**Southern NV Veterans Cemetery, Boulder City**  
14 Aug – V-J Day (Victory in Japan)  
**20 Aug - WVON General Meeting**  
5 Sep – Labor Day  
11 Sep – Patriot Day  
18 Sep – US Air Force Birthday  
**6, 13, 20, 27 Oct - WVON Ceremonial Team**  
**Southern NV Veterans Cemetery, Boulder City**  
16 Sep – POW/MIA Recognition Day  
25 Sep – Gold Star Mother's Day

Also check the WVON Facebook page for other events at <https://www.facebook.com/WomenVeteransofNevada>

## **The mission of the**

**Women Veterans of Nevada is to bring together women of all branches and eras of military service; inactive, reserve and active duty, to share and celebrate the history of military women, preserve and perpetuate our positive heritage and continue an active commitment to educate, aid and assist comrades and community.**

## WVON in the Community

### Combat Boot Social



### WVON in the Community



WVON was well represented at the Grand Opening of the Veterans Transition Resource Center on Aug 4.



The American Business Women's Association Lady Liberty breakfast was attended by the WVON Honor Guard, Kathleen Dussault, keynote speaker, and Sgt Dixie, MC. And a shot of Kathleen with Toby Keith.



Bobi joined Sgt Dixie at the NBA Summer League game honoring Vietnam Veterans.



### **Calling All Women Who Served in the United States Military!**

Do you know your Veteran status? Do you have a Veteran ID card? Should you receive any benefits from VA, like the GI Bill? Do you know what health care benefits you have earned? If you do not know the answer to even one of these questions, the Department of Veterans Affairs (VA) has established the Women Veterans Call Center (WVCC) just for you.

The WVCC staff is trained to provide women Veterans, their families, and caregivers about VA services and resources. We are ready to respond to your concerns. The call is free, and you can call as often as you like until you have the answers to your questions. The Call Center is available Monday through Friday 8 AM – 10 PM ET, and on Saturdays from 8 AM – 6:30 PM ET.

#### **We're introducing a new Chat Function.**

The WVCC is expanding its outreach to women Veterans with a new online, one-to-one Chat Function. The new service enables women Veterans to go online and anonymously chat via real-time text messaging with a trained WVCC representative. The new feature provides women Veterans with another avenue to ask general questions about benefits, eligibility and services specifically for women Veterans. WVCC chat is available by visiting the Women Veterans Health Care webpage at [www.womenshealth.va.gov](http://www.womenshealth.va.gov) and clicking the "Chat with the Women Veterans Call Center" icon. As the Chat Function is anonymous; please do not use personally identifiable information such as social security numbers. WVCC Chat is available Monday through Friday 8 AM – 10 PM ET, and on Saturdays from 8 AM – 6:30 PM ET.

#### **She's your guide to VA.**

All the representatives at the Women Veterans Call Center are women, and many are Veterans themselves. In addition to linking women Veterans to information, the Women Veterans Call Center makes direct referrals to Women Veteran Program Managers (WVPM) located at every VA medical center. The Women Veteran Program Manager helps the woman Veteran coordinate services.

#### **Over 287,000 women Veterans served.**

VA has found that women Veterans underutilize VA care, largely due to a lack of knowledge about VA benefits and available services and their eligibility for them. In response, the Call Center contacts women Veterans to let them know about the services they have earned.

For more information go to <http://www.womenshealth.va.gov/programoverview/wvcc.asp>

### Mayo Clinic on Drinking WATER

A cardiologist determined that heart attacks can be triggered by dehydration.

Good Thing To Know. From The Mayo Clinic.

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Heart Attack and Water - Drinking one glass of water before going to bed avoids stroke or heart attack.

Interesting..... Something else I didn't know ... I asked my Doctor why people need to urinate so much at night time.

Answer from my Cardiac Doctor:

Gravity holds water in the lower part of your body when you are upright (legs swell).

When you lie down and the lower body (legs and etc) seeks level with the kidneys,

it is then that the kidneys remove the water because it is easier.

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water... Very Important.

From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body:

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps.

Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

I have shared this information. What about you?

### The VA Announces Partnership to Empower Women Veterans

The Department of Veterans Affairs' Center for Women Veterans has announced a partnership with a nonprofit organization for female veterans. The organization, [LeanIn.Org](http://leanin.org), was founded by Facebook Chief Operating Officer Sheryl Sandberg as a tool to empower women working to achieve their ambitions. Now partnering with the VA, the website has a chapter dedicated to women veterans comprised of two pilot programs. The Veteran-to-Veteran program is a virtual program that allows female veterans to participate in the site regardless of their physical location. The second program is a face-to-face pilot circle that is a mix of women veterans and non-military members. "For many years, women veterans have expressed to us that they need to have a mechanism to engage with their fellow women veterans to make a difference in their community, and we believe this is the perfect match," explained Kayla M. Williams, director of the VA's Center for Women Veterans. "The VA is pleased to be a part of these two pilot programs." To read VA's press release, visit:<http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2796>. To visit the newly partnered website, visit: <http://leanincircles.org/chapter/lean-in-women-veterans>.

## Emergency Financial Assistance for Female Veterans Available

Thank you for reaching out to Easterseals Dixon Center for Military and Veteran Services. Through a generous grant from an anonymous donor we are initiating the Female Veterans Project that allows for female veterans to apply for **emergency** financial assistance. The emergency financial assistance is for female veterans, their spouse, caregiver, or child. This is a **one-time** grant to female veterans and their families in order to assist in their recovery from **financial hardships**. As stated, our grants are a one-time occurrence though on rare occasion we may approve a second grant. We assist only those veterans who are actively participating in improving their lives, which through no fault of their own have gotten into financial trouble.

We will accept applications until funds have been exhausted.

Listed below are instructions and criteria regarding the application process. In order for the application packet to be complete, we will need the application, a copy of the DD214/DD215, and a copy of the actual bill(s) or invoice(s) that you would like us to consider. We will also need you to return a completed release form and W-9. Both of these are included in the application download. If all of these items are not included in your packet, your application packet will not be considered.

If you have any additional questions about the application process, please do not hesitate to contact us.

Applicants can request for **emergency** financial assistance for the following:

- Food
- Housing (mortgage, rent, or security deposit)
- Utilities
- Work Related Clothing (i.e. uniforms)
- Infant Supplies
- Vehicle or Home Modifications
- Gas for Vehicle
- Vehicle Repair to Support Employment
- Class Required for Certification for Employment or Education Fees

A request for funds will be considered only on a case by case basis

Applications will be processed and decision made within 2-3 business days upon receiving all required information and documentation.

Request for assistance of a utilities, housing, vehicle repair, class for certification, and uniforms will require a copy of the actual bill or invoice from the company.

For items such as food, infant supplies, or gas for vehicle a gift card or voucher will be issued.

Applicants who have received grants since 1 June 2015 are not eligible.

PLEASE NOTE: the purchasing of alcohol or nicotine items is prohibited.

Applications can be found at [http://es.easterseals.com/site/PageNavigator/dixon\\_center\\_female\\_vets.html](http://es.easterseals.com/site/PageNavigator/dixon_center_female_vets.html)

## Here comes G.I. Jane: Army accepts first women to attend school to become Green Berets

JACKSONVILLE, Fla. — Two female Army officers will make history when they report to Fort Bragg, North Carolina, in their first step toward earning the Special Forces tab and becoming Green Berets.

The female officers, whom Army officials declined to identify, could attend their first Special Forces Assessment and Selection (SFAS) class as early as October, though neither has yet received orders for training at Fort Bragg, The Washington Times has learned.

Col. Nestor A. Sadler, commandant of the Special Forces Regiment at the U.S. Army John F. Kennedy Special Warfare Center School at Fort Bragg, confirmed that the two female candidates had accepted invitations for the SFAS class.

“Two females met the requirements for SFAS and were nominated by the ARSOF [Army Special Operations Forces selection] panel to attend SFAS. One candidate declined her invitation and withdrew from the process. Special Forces Branch asked why. On the last day to accept or decline the invitation, she changed her mind and accepted the invitation to attend SFAS,” Col. Sadler said.

At a recent Special Forces Association conference in Jacksonville, Col. Sadler said that the Army selection panel had reviewed the application packets of seven female officers. Of those, two were approved for the SFAS class, he said.

Officers may apply for special forces positions once a year. The Army selection panel in April reviewed application packets from 860 officers for the three Special Operations Regiments, which include Special Forces, Civil Affairs and PSYOP.

For women who served during Vietnam, you might like <http://www.vietnamwomensmemorial.org/>  
Korean War veterans may be interested in <http://www.va.gov/vetdata/docs/specialreports/kw2000.pdf>  
And for WWII veterans <http://www.nationalww2museum.org/learn/education/for-students/ww2-history/at-a-glance/women-in-ww2.html>

### Women Veterans of Nevada General Meeting June 18, 2016

Meeting called to order at 10:35am, followed by the Pledge of Allegiance, Mission Statement and the Invocation which was beautifully done by our past President Jo Cantrell.

Board members present are Cindy Edmonson-President, Ana Cozad-Vice President, Patti Smith-Treasurer, Michele Kenyon-Secretary, Dixie Thompson-Newsletter editor plus , Carolyn Whaley-Membership, Bobi Oates-Governor's Advisory Committee plus, Peggy Randle-Burial Outreach Officer, excused absence Sheila Tuttle-Womens Health Center advocate.

Board reports:

President Cindy Edmonson - Recap of the JROTC Awards that many members of WVON attended in May, May 13th was the Women Veterans Health Summit at VA hospital, announced the Dedication of the Veterans Memorial at the Grant Sawyer building on May 27th was a huge success and very moving, its definitely a Must See! The Memorial day flag placement at the Boulder City Veterans Cemetery had a huge

turnout, 27,000 flags were placed, thank you for participating. The Women Veterans Celebration event last night June 17 was a great turnout, lots of networking with other women veterans.

Treasurer Patti Smith - checking account \$3,378.28, savings account \$2,267.00, Fisher house fund account \$352.00.

Advisory committee plus Bobi Oates - attended the NLV Community Commission May 19th & June 9th, June United Veterans Legislative Council Training May 23rd & June 13th, Commander's meeting May 27th, American Legion Post 76 The Lakes Memorial Day service, Kathleen Dussault Retired USN was the guest speaker, Memorial Day services at the Veterans Cemetery with WVON Burial Team, Veteran of the month presentation on June 2nd for Bob Hale, fellow USAF Association member, but went in WVON uniform, spoke at State VFW convention and VFW Auxiliary on behalf of Women Veterans, filled in for Dixie Thompson with Michele Kenyon at the Veterans Service Fair committee meeting June 15th and the Veterans Event at Cashman Center June 18th with Cindy Edmonson.

Bobi Oates requested from the Board members for \$125.00 towards reimbursement for refreshments, plates, cups, water, etc. Board members approved the above amount.

Secretary Michele Kenyon - read a beautiful Thank you card from Doris Johnson, Buffalo Soldiers Inc. for our donation of \$50.00.

Newsletter plus Dixie Thompson - 383 Facebook likes, about 300 people are getting our newsletter. For Sheila Tuttle WHC - We will have services soon at Boulder Hwy location just past Major Ave.

Membership Carolyn Whaley - 76 paid members to date. If you haven't paid your annual dues of \$20 please see me, thank you.

Burial Outreach Officer Peggy Randle - No burials for the first three Thursdays, made a motion for NVAL from the Veterans Home in Boulder City for \$100.00 for their Bingo Bucks fund, Bobi Oates to second the motion, all in favor, motion passed.

Old Business - Barbara Sebring with CAPS publication for military women across the nation announced the last free publication newsletter, to receive this is now a \$25.00 annual membership which entitles you to the newsletters to be sent to you.

Upcoming Events: June 18 6pm - 11pm A Salute to Veterans Fundraiser at Cashman Field, June 22nd 0830-10:30 ABWA (Dixie) Celebrate "Lady Liberty" Texas Station, Kathleen Dussault Guest Speaker, June 24th 6pm - 8pm Tarkanian B-ball Academy Vets & Military Kickoff Night at 2730 S. Rancho Dr.

Jo Cantrell made the motion that WVON enter in this years Veterans Day Parade in Las Vegas, the second made by new member Shay. Nicole Stevens will compose a letter asking for a more prominent position in the parade.

The drawing was won by Ana Cozad for the Carry on bag with all the military branches.

50//50 won by Ana Cozad donated \$26.00 to WVON

Meeting adjourned at 12:36pm

Michele Kenyon, Secretary