



www.womenveteransunite.com

womenvunite@gmail.com

April 2024

Mission: **Becoming Visible**

4th Annual Spring Retreat Sherlock Springs, Crawfordville, FL



Rich Abrams, WVU Platinum Sponsor offers the Sherlock Springs Venue for the Spring Retreat



Audrey presents picture and plaque of appreciation to Rich Abrams and his event manager, Kathy Rouse

Mission BBQ provided lunch and Cupcakes Array, Liconya Gilbert(Army) provided some of the desserts.

Audrey and Brandon



Liconya Gilbert



Volunteers from the DAR (Daughters of the American Revolution) make check in a breeze



Barb Edwards, Ft. St. Luis Chapter Jaquie Hume, Caroline Brevard Chapter

Ashley Sonnone
Intuitive Collage



Cathy Bowen
Functional Nutrition



Delayne Griffin
Healing with Herbs



Linda Schuyler-Ford
Writing for Life

Presenters donate their expertise...

Massage, Reiki and Yoga practitioners

Nichole Ray (ARMY)
Massage Therapy

Chelsea French
Massage Therapy

Jackie Glandu-Asbell
Massage/Reiki



Nicole Crockett
Reiki

Michelle Chason
Reiki

Norma Reesor
Massage



Ranika Reshawn (ARMY)
Massage/Reiki



Pamela Hunter
Yoga

Fellowship and Fun









The Retreat is a supportive environment for women veterans to share time, stories and healing. This event is FREE because of the sponsors who graciously donated funds for Women Veterans Unite programs.

Please remember to thank the sponsors if you are at their place of business. Thank you.

Sponsors



SHERLOCK
SPRINGS

Sherlock Springs Sherlock Springs may be North Florida's best kept secret. This sprawling nature retreat, event venue and environmental educational facility is in Crawfordville, Wakulla County about 15 miles south of Tallahassee, FL. Owner/operator Rich Abrams champions veterans and graciously offers WVU the venue for the fourth year in a row.



Haven Spa Pam Moyer at **Haven Spa** provides half spa day as a prize for the WVU fundraiser.

Earl Bacon Agency

INSURANCE • BONDS **Earl Bacon Agency** is one of the oldest and largest independent insurance agencies in North Florida providing business and family insurance services. Robert Bacon, CEO. Robert and his daughter Lauren have sponsored WVU for three years. They are the agents for the WVU event insurance.



A trusted Nissan dealer in Tallahassee, **Kraft Nissan** is known for its exceptional customer service including a wide selection of vehicles, helpful financial experts and trained service technicians. They pride themselves in their commitment to the community and welcome partnerships with local organizations.



Mission BBQ always ready to feed veterans and first responders.



VyStar was founded in 1952 as the JAX Navy Federal Credit Union at Naval Air Station Jacksonville. Our goal was to serve the financial needs of military service members, civil service employees and their families.

ENGEL & VÖLKERS™

BARBRA BOUTIN Barbra Boutin is the daughter of Jack Richard Bayer, Vietnam Veteran, 183rd Airborne Brigade who served as a medic in the United States Army. She is a member of the American Legion Auxiliary in Jack's honor. Barbra is a multi-million-dollar Florida licensed Real Estate Advisor and Broker Associate with Engel & Völkers serving Greater Tallahassee.



The ALA answers the call of *Service Not Self*. They are the male and female spouses, grandmothers, mothers, sisters, and direct and adopted female descendants of members of The American Legion. Some are veterans themselves. The American Legion, the ALA has grown to be one of the largest veterans' support organizations. Nell Hewitt, President of Tallahassee ALA #13.



The **NSDAR (National Society of the Daughters of the American Revolution)** is a nonprofit, non-political volunteer women's service organization dedicated to promoting historic preservation, education and patriotism. **FT San Luis Chapter, DAR** Regent Becky Berensten.



Vietnam Veterans of Big Bend Chapter 96 works with other veteran organizations to provide veterans with services that enhance their health. Joe West, President



Healthy Trak-Karen Bauer, RN, MS, Wellness Coordinator. Juice Plus Rep-because no one eats the recommended daily number of fruits, vegetables, and berries.

Donors and Supporters Tallahassee Chinese Medicine Parrotheads of Tallahassee Charles Mohr
Maggie Finch Helen Wohlrab

Vaness Thomas, FDVA Women Veterans Coordinator picks the winning 50/50 number



Lawanda Turner wins \$87.00

HAVEN

SPA + WELLNESS STUDIO



The winner is **Helen Walker**. (Above: Audrey Alexander presents Helen with winning stub)
 Thanks again to the Haven Spa for providing the Half Day Spa Giveaway for the WVU fundraiser.
 WVU purchased 600 tickets to sell and members sold 591, making over \$1900.00.
 Thank you to all who bought and sold tickets.

Thanks to VyStar, Barb Edwards (DAR), and Lynn Jones for donations for prizes.
 Some of the winners...



Sponsor Profiles



A TRUSTED NISSAN DEALER IN TALLAHASSEE, FL

Kraft Nissan has a strong and committed sales staff with many years of experience satisfying our customers' needs. They invite you to browse our inventory online,

request more information about vehicles, set up a test drive or inquire about financing!

EXCEPTIONAL CUSTOMER SERVICE

When you go to Kraft Nissan in Tallahassee, you'll find they are a committed team dedicated to helping you get the car you want at a price you can afford. From shopping for a new vehicle to servicing your old one, they work hard to

ensure you're satisfied every step of the way. They do their best to make the entire car buying process hassle-free by employing knowledgeable staff in every department. Our team is always ready and willing to answer your questions and help you find the car of your dreams. Their exceptional customer service includes a wide selection of vehicles, helpful financial experts and trained service technicians.

DEDICATION TO THE COMMUNITY

Kraft Nissan wouldn't be where it is today without the support of the Tallahassee community. So, they are constantly looking for ways to give back to those who support us. Hosting local events to help raise money and awareness about issues that are important to you is just one way they try to help in Tallahassee. They sponsor local organizations and conduct drives to provide goods and services to those that need them most. Their

customers and community come first because they care. Women Veterans Unite appreciates the sponsorship and support offered by Kraft Nissan.



Ben Cleary VyStar Branch Vice-President

Presently VyStar has two locations in Tallahassee: Mahan Drive and Tennessee Street. Another branch will open this year on Capital Circle.

VyStar was founded in 1952 as the JAX Navy Federal Credit Union at Naval Air Station Jacksonville. Their goal was to serve the financial needs of military service members, civil service

employees and their families. Since then, they have adapted to changes in the banking industry, from adopting our first computerized accounting system in 1966 to opening our first ATM in 1982. Throughout, they kept their commitment to providing excellent service to our members. In 2002, they became VyStar Credit Union. Today, they have grown to become one of the largest credit unions in the United States, serving more than 925,000 members nationwide.

VyStar combines the best benefits of credit unions – personalized service, low fees and great rates and products – with a commitment to improving the places they call home. They lead by example by bringing our market leading rates, low fees, and community investments to more people. It's how they live out their promise, *Do Good. Bank Better.*SM

They are a member-owned and member-

managed financial cooperative, and put their members' best interest at the heart of everything they do. They don't answer to shareholders or investors. They answer to our members.



Ben Cleary, Felecia Brown, Paula Hubert, Kim Homer and Miron Richardson-Vice-President Universal Retail Banking.



Mission BBQ



Kaitlyn and Audrey



Kaitlyn Grimes, Regional Community Ambassador of North Florida, and **Brandon Dozier** can be found at various locations. BBQ made from the freshest, most delectable ingredients, and serve to you in a patriotic dining room filled with tributes to those who have made Our Country great, around Tallahassee giving back to those who provide service to the community—military, first responders, etc.

MISSION BBQ opened its doors for business on September 11, 2011. Ten years after our world changed forever, in some small way the owners wanted to change it back. The founders of MISSION BBQ strive every day to remind everyone what makes Our Country great—its

heroes. Two friends passionate about BBQ, patriotic for Our Country, and who believe in running a **business with meaning and purpose** started Mission BBQ. They believe there is nothing more American than BBQ. And **nobody** more American than the brave men and women who have sworn to protect and serve Our Communities and Our Country. They do what they do for the love of our soldiers, firefighters, police officers, first responders—all our loved ones in service. Every day they strive to serve you authentic given to us by the people who earned them. Stop by at lunchtime, and you might catch us during our daily salute to the Stars and Stripes. We don't do any of this because we have to. It's because we want to.

At MISSION BBQ, we are **Proudly Serving Those Who Serve**. Come help us complete Our Mission.



Audrey and Rich Abrams



Sherlock Springs may be North Florida's best kept secret. This sprawling nature retreat, event venue and environmental educational facility is located in Wakulla County about 15 miles south of Tallahassee. With its natural spring, nature trails, mixed hardwoods, live oaks and cypress swamp, it provides a unique setting for special events, team building,

environmental education and outdoor programs.



**Karen Bauer RN MS
Juice Plus Rep**

Juice Plus trio provides added nutrition from 30 different fruit, vegetable and berries. Taking JP helps increase your intake of vitamins, antioxidants and other nutrients. If you were buying JP in the store you would be going to the produce section. A convenient way to bridge the gap to optimal fruit, vegetable and berry nutrition.

Stay tuned next month for more sponsor and donor write ups.

Resources

Vanessa Thomas, State Women Veterans Coordinator for FDVA (Florida Department of Veterans Affairs)



Vaness works closely with Sharon Brooks who is the WVU regional representative for the Florida Women Veterans Advisory Council. Need help with disability claims? Contact Sharon at **850-728-0067**

Felecia Brown, Founder and CEO of BJJ Missions, Inc., a former homeless Army veteran who now has a mission to provide transitional and permanent housing for homeless veterans and their families. She will assist veterans navigating the health and benefits system- free. **Contact Felecia at 832-316-7475**

Debra Mann works for DAV. Her office is at the VA clinic.

**DAV Debra Mann
850-272-6170
Disability Claims**

Veterans Legal Collaborative-FREE legal information and help with disability or homeless issues meets every Thursday from 3

pm to 5 pm at the American Legion Hall Lake Ella Drive. Walk in encouraged. Thanks to Arlene Mullin (USAF) for volunteering at the Legal Collaborative.

Disabled Veterans Outreach Program
Brooklyn Enders
443-621-0579
Job information and retraining



FIND HELP FOR YOURSELF & OTHERS

If you or someone you know is struggling upon returning home and needs immediate, professional help—call the Suicide and Crisis Hotline and press 1 for veteran support or visit the website to talk with a VA responder.

Call 988 and press 1
VeteranCrisisLine.net

If you want to be a partner in the suicide solution the American Legion initiative, “**Be the One,**” needs help

reaching out to at risk veterans. Contact

Rodney Keener
251-635-7663
rbkeener22@gmail.com

American Legion Update

Lots of changes going on at the American Legion. WVU member, **Cindy Laskowski has been nominated to take the Commander’s position.** The next meeting is Thursday May 9, 2024 6:30 pm. If you are a member, please come out to support Cindy in her efforts.



Honor Flight

Saturday April 27, 2024, ALL HANDS-ON DECK! Meet at 4 a.m. (yes, you’re reading that right!!) at the Aero Center Hangar at the Tallahassee Airport for veteran and guardian check-in, breakfast, and departure. You’ll be done by 7 a.m.

Saturday April 27, 2024, welcome home festivities start about 9 p.m. at the Aero Center Hangar north of the Tallahassee Airport. Come and enjoy! We will need 2-3 volunteers to sell t-shirts.

Contact Cheryl Walters, Honor Flight Volunteer Coordinator at
MOAATLHPREZ@gmail.com

Community events

Military Appreciation Day

The local high schools partnered with Vietnam Veterans of American to host a Military Appreciate Day in honor of Vietnam Veterans Day March 29th. A Vietnam Era Veteran is invited to throw out the first pitch. The women veterans participated in the softball games.

Lynette Halter (USN)
at Godby High School.



Karen Bauer (Army)
Lincoln HS



Nancy Gentry (USAF)
Leon High School



Ritaann Schultz
(USN) at Chiles HS



Marianne Scholer
(USN) Rickards HS

Thank you to Betty Tapp, Paula Hubert, Lynn Jones and Celia Suluki for supporting the Vietnam Era women vets in this great opportunity for community exposure.

Coming up in May
Commander's Coalition
Wednesday May 1 at
10:00 am

American Legion
Meeting Thursday
May 9, 2024 at the
American Legion Hall
Lake Ella Drive 6:30
pm. This meeting is for
members to vote for the
new American Legion
officers. Women
Veteran Unite member
Cindy Laskowski is
running for
Commander position. If
you are a member,
attend and support
Cindy in her effort.

May 16, 2024 Women
Veterans Unite
meeting at the
American Legion
Hall on Lake Ella
Drive at 6:30 pm.
Lynn Jones will be
bringing 200 bags to fill
for giveaway at the
Stand Down. Bring
some bag fillers-snacks,
cookies, chips, candy.
Lynn is providing lip
balm and unscented
deodorant.

Stand Down May 17
Friday and May 18
Saturday

North Florida Homeless/At-Risk Veterans

STAND DOWN

May 17-18, 2024
FAMU

Lawson Multipurpose Center
1800 Wabash Way
Tallahassee, FL 32310

www.tallahasseeveteranorganization.org

Fri. & Sat. 10 a.m. to 3 p.m.
Saturday only: spouses and caregivers



SERVICES OFFERED DURING THE STAND DOWN

| | |
|---|---------------------------------|
| VA Benefits Counseling & Claims | Accessibility Aids |
| Housing Assistance | Disability Sports Services |
| Free Hot Meals & Non-Perishable Food Bags | Veterinary Services |
| Medical, Mental and Dental Services | Employment Counseling |
| Legal Services | Senior Services Awareness |
| Chiropractic Services | Print Drawing & Gift Cards |
| Suicide Prevention Awareness | Drawings for Free Bicycles |
| Free Haircuts | Health and Wellness Packet |
| Free Star Metro Bus Transportation | Other VA and Community Services |

ATTENTION:

Pre-register with TVQ for the Stand Down at

www.tallahasseeveteranorganization.org/stand-down

To obtain a Driver's License or ID, a birth certificate is required;

Legal Issues - sign up by May 1, 2024;

Veteran status must be verified by presenting a VA healthcare card or a DD Form-214.

Stand Down Coordinator Jevell Robinson: standdowntallahassee@gmail.com



If you have not done so
already and want to
volunteer to sit at the
Women Veterans Unite
table please contact
Karen Bauer, Chair
Special Events
Committee at
womenvunite@gmail.com

Memorial Day at
Tallahassee National
Cemetery

Sunday May 26, 2024
11 am

Please note the time
change. The ceremony
is held on Sunday so as
not to interfere with
other Memorial Day
activities on May 27.

The cemetery
administration made
the time earlier so
attendees will not be
out in the heat.



Women
Veterans Unite
\$WVUnite

Membership \$25.00

Have you paid your
dues for 2023-2024?

Not sure, contact

Membership Chair,
Gwen Jamerson at

850-631-6427 cell/text