



www.womenveteransunite.com

womenvunite@gmail.com

March 2024

Mission: Becoming Visible

“Meet and Greet” and THANK YOU TO THE WVU SPONSORS, DONORS, AND SUPPORTERS





Group picture

Group picture with sponsors



Thank you to our food donors for the gathering:

Kimberly Clement at Texas Roadhouse: salad and bread



Gamma Sigma Sigma National Service Sorority who provided main course and side from Jo Ellen Restaurant (215 W College Ave)



Tuesday, March 26th at 10:30AM WVU Kimberly Homer, PIO, Paula Hubert, Vice-President, and Felecia Brown met with sponsor VyStar reps Ben Cleary and Miron Richardson for a video shoot. Their videos are shared on all social media platforms in all their branches throughout Florida & Georgia, and even in Jacksonville at the corporate office. This was a great exposure for WVU.



Check out the digital ad at VyStar

Sponsor Profiles



This is the third year the Vietnam Veterans of America have sponsored Women

Veterans Unite Presently there are at least ten Vietnam Era women veterans who are members of WVU. The donated funds help support the WVU programs such as the upcoming Spring Retreat.

The individual chapters, like the Vietnam Veterans of American Big Bend Chapter 96, are the heartbeat of the VVA organization. They are a community of fellowship with people who share experiences, needs and hopes for the future.

WVU President Audrey Alexander presented Big Bend Chapter 96 President, Joe West, with a certificate of appreciation. Thank you, Vietnam Veterans of America, Big Bend Chapter 96 for your generosity.

Daughters of the American Revolution (DAR)



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 Berentsen presented Audrey Alexander, President of Women Veterans Unite with a check to support the Spring Retreat Program on April 13. This is the third year the Ft. St. Luis Chapter of the DAR has sponsored the WVU program. Below Audrey Alexander presents members, Barb Edwards, and Sonya Pace, of the Fort San Luis Chapter military committee with a certificate of appreciation.



The Tallahassee Parrot Head Club is an equal-opportunity, non-exclusive, non-political, non-commercial social organization. They consider all faiths and beliefs to be private matters beyond the scope of our charter. Therefore, they strictly limit their public activities to aiding charities and performing community service. In the month of February, the Tallahassee Parrot Head Club raised \$862.00 for Women Veterans Unite. The initiative was conducted by Cindy Bennett. Thank you, Tallahassee Parrot Heads, for your support.



Audrey presents Cindy Bennett with a certificate of appreciate for the Tallahassee Parrothead donation.



850-421-3040

For WVU newcomers, this is the 3rd year Haven Spa owner, Pam Moyer has donated the half spa day for the WVU fundraiser. Audrey presents Pam with her certificate of appreciation.



ENGEL & VÖLKERS®
BARBRA BOUTIN



850-597-0080

Barbra 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. A recipient of the "Extra Mile", "Most Prominent Agent", "Top Producer", and "Neighborhood Fav" Awards, Barbra puts it all on the line for every residential real estate transaction on either side of the closing table. Life is short – work hard - live with passion, and always be willing to give the shirt off your back. This daily mantra has always served her well. Barbra puts her heart and energy into her work with an elevated service level, surpassing client expectations with overwhelming 5-star reviews.

Engel & Völkers Tallahassee. Luxury Service at Every Price. Engel & Völkers was built by two friends with a shared passion to provide an

experience of the highest caliber to clients around the world. Since then, Engel & Völkers has had an unwavering commitment to three core values - competence, exclusivity, and passion that ensures hand-crafted attention to detail, expert knowledge, and meticulous service tailored discreetly to you. Complementing the Engel & Völkers gold standard in real estate, Barbra offers her customers a white glove, concierge-style elevated and authentic experience, creative marketing & expertise, and an outstanding peer reputation on either side of the closing table.



Barbra and Audrey



**American Legion
Auxiliary Unit 13**

Saul Bridges Post 13

**President Nell
Hewitt and
Treasurer Marjie
McNeill**



Patriotism and veteran advocacy are so important to the American Legion Auxiliary that for a century. They've been serving, educating, and giving to America's finest — our military.

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 Auxiliary. is in more than 8,000 local communities in the USA and in foreign countries. Founded in 1919 during the first National Convention of The American Legion, the ALA has grown to be one of the largest veterans' support organizations. And we'd love for you to be part of our mission outreach.



Ritaann Schultz presents Dr. Craig Thomas with a Certificate of Appreciation for his support to Women Veterans Unite. Dr. Thomas, a Navy veteran,

offers a sliding scale for veterans because he believes veterans are "an underserved population." The rate is \$15.00-\$45.00.

850-766-5678 cell/text

Dr. Craig Thomas, Acupuncture Physician, is dedicated to helping you achieve optimal health and well-being. Utilizing multiple modalities including Acupuncture, Shonihari Pediatric (Non-Insertive) Acupuncture, HeartMath Interventions, Herbal and Nutraceutical Prescriptions, Nutrition and Lifestyle Advice. He has many tools to help you regain health & balance and achieve your goals for wellness.

Dr. Craig has over 30 years of experience in health care. He has 17+ years' experience as a Licensed Acupuncturist specializing in women's health, female and male fertility, sports/orthopedic acupuncture, gastrointestinal conditions, and chronic pain. He also has 28 years as a massage therapist specializing in shiatsu, medical massage and

therapeutic spa relaxation. He is also a personal fitness trainer and certified HeartMath Provider, as well as an Innerspeak Intuitive. Dr. Craig is well-equipped to help with what ails you. If other modalities are needed, Dr. Craig's well-established referral network will allow you to have a well-rounded, comprehensive approach to your healthcare.

Stay tuned for Sponsor Profiles in April newsletter



VyStar
Credit Union



Vanessa Thomas, State Women Veterans Coordinator for FDVA (Florida Department of Veterans Affairs) speaking about activities of the FDVA for women benefits.



Resources

Sharon Brooks is the 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 BJB 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, April 11, 2024 at 6:30 pm. If you are a member, please come out to support Cindy in her efforts.



Honor Flight-Volunteers needed

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

Upcoming Events-

**April 13, 2024 Spring
Retreat at Sherlock
Springs 9 am to 4 pm**

**You won't want to
miss it!!**



The Spring Retreat provides an opportunity for fellowship and learning new ways to grow and heal.

Coming back this year are the REIKI and massage therapists. Lunch will be served by Mission BBQ.

See flyer attached to email with newsletter



Membership \$25.00

Have you paid your dues for 2023-2024?

Not sure, contact Membership Chair, Gwen Jamerson at

850-631-6427 cell/text