

Women Veterans of New Mexico

October 2024 Newsletter



WVNM Mission Statement

A forum committed to serving she who served, through education and advocacy. An advocate for the rights, issues, and benefits of women veterans.

Mark your Calendars

4th Quarter 2024 - Membership Meeting:

Date: Saturday, October 19th 2024

Membership Meeting Starts at: 10:00 am

Place: Paws and Stripes - 617 Truman St NE, Albuquerque, NM 87110

*****Note: Board Members please show up at 9:00 am for meeting set up.*****

Our Speakers This Month

Chelsea Casey, RN, BSN

New Mexico Women Veterans Program Manager

She is going to discuss all the women programs at the VA

Judy Goering Member and Social Event Coordinator

She is going to discuss the Veterans Olympic Program and our next social meetup

Member Spotlight



Judy Goering, Air Force

Judy was born in Ashland, OH, but moved to Rochester, NY at age two. She considers Rochester her hometown, although she lives in Albuquerque now. Judy graduated from Heidelberg College (now Heidelberg University), Tiffin, OH in 1974 with a BA degree in Health, Physical Education & Recreation. She later earned a Master's in Education from SUNY Brockport, Brockport, NY combined with graduate work at Southern Illinois University at Edwardsville, Edwardsville, IL.

Judy spent 8.5 years in the Air Force, reaching the rank of Captain (O-3). Both of Judy's older siblings had enlisted, her sister a WAVE in the Navy and her brother in the Army, when Judy was young, but it wasn't until after she had been a school teacher for several years that Judy decided to join the military herself. Always very athletic, Judy taught health, sex education, physical education and coached soccer grades 7-12 at Greece Central Schools, a suburb of Rochester, NY for seven years.

While teaching, she also coached the school's girls soccer team to a 15-0-1 record. The appeal of a military career called to Judy, however, and she decided to join the Navy at age 29. She'd grown up boating and around water, so the Navy seemed like a natural fit, not to mention that her Navy WAVE sister had some influence on her. Alas, the Navy recruiter feared Judy would be bored by Navy life. He took her by the hand to see the Air Force recruiter who told Judy she qualified for an officer's commission. Although her father wasn't initially keen on her joining the military (he was afraid she might have to go to war) and her

sister and brother ribbed her that they wouldn't salute their little sister even if she was an officer, her entire family accepted her career change and were all very proud of her service.

Judy's entry into the Air Force was delayed a year while she recovered from a soccer injury. She reported to Officer Training School (OTS) at Medina Annex (a component of Lackland Air Force Base) in San Antonio, TX in October 1981. The only female in her OTS flight (and one of only fourteen females in the entire OTS class of 174), Judy had experiences unique to military women of her era. For example, one day while at Lackland AFB as she was walking to an appointment, two young enlisted Air Force women ran across the road to salute Judy. Returning their salutes, she asked why they came all the way across the road to salute her. Their answer: "We've never seen a woman officer before!" With an assignment as a personnel officer, Judy arrived at Kirtland AFB in Albuquerque in January 1982. Kirtland was a good fit for Judy whose other option had been to stay at another AFB in TX where the hiking and outdoor recreation opportunities weren't as appealing as those in New Mexico. Within a couple of months, the Kirtland base commander learned of Judy's teaching background and reassigned her as base MWR (morale, welfare, and recreation) officer. Closer to her natural athletic talents and experience, Judy flourished as the MWR Operations Officer. Not knowing that she was being groomed for a higher level MWR post at a more desirable location, Judy sought an assignment in South Korea and was assigned to Osan AFB just south of Seoul from 1984-85. One of the most memorable experiences of Judy's military career occurred while she was in Korea. She had leapt at the chance to tour the DMZ and Panmunjom during an officially sponsored three-day officer orientation in March 1985. The tour coincided with a not-infrequent border incident involving gunfire across the DMZ. While dressed in her class A uniform (a requirement of the tour), Judy was immediately handed a side arm and told to take cover by one of the guards escorting her and fire at will. After the brief fire fight ended, Judy recalls watching a small bird sitting in the shrub, chirping next to where she was taking cover.

Upon returning to Osan AB her commander told Judy that the incident had not officially happened, and that she was not to discuss it with anyone. Since nearly forty years have since passed, she feels free to discuss the experience now. From Korea, Judy was in line for a plum assignment as MWR commander at Okuma Beach Resort at Kadena AB, Japan a resort getaway spot for military personnel and their families. Unfortunately, before departing Korea, she was sexually assaulted by a senior officer. Discussing the incident with her suite-mate who'd also been assaulted by the same man, Judy insisted on reporting the incident. Her assignment to Okuma was immediately pulled and she was transferred to Scott AFB, Belleville, IL instead. With her commander, Judy's mentor's, help, she finally got her command lead position and transferred to Loring AFB in northern Maine as MWR squadron commander. While her job at Loring was terrific, one experience was not. A fuel tanker plane assigned to the base exploded during flight over Canada and Judy was assigned to the search and rescue crew that went to recover the aircraft. She still vividly remembers the

partially burned boot that was the only piece of the aircraft and its crew that she personally found. Like her live fire experience in Korea, the burned boot is one of Judy's indelible military memories.

From Loring, Judy was sent to Squadron Officer School (SOS) at Maxwell AFB, in Montgomery, AL in 1989. At the time, her elderly father was quite ill and she was able to make a quick weekend trip home to see him one last time. Two days later, while having returned to her classes, Judy learned that her father had just died and requested permission to go home briefly to be with her family. Her request was denied because she was "in training status." The sour note of her request's denial was the final straw, on top of the major reorganization the Air Force was undergoing, that convinced Judy that eight plus years was all she wanted to invest in the Air Force. She left the Air Force in early 1990 and immediately went to work as a civilian manager in the HQ Strategic Air Command (SAC) MWR office at Offutt AFB, Omaha, NE. At SAC, she was head of all recreation activities at SAC's nineteen air bases. As part of the eventual disestablishment of SAC during the 1993 reorganization of the Air Force, Judy was eventually transferred to HQ Air Combat Command, (ACC) Langley AFB, Hampton, VA. where she worked in the Services & MWR Facilities and Finance office. After a total of 22 years on active duty and working civilian for the Air Force, Judy retired. She then went on to working for SeaWorld Parks & Entertainment at Busch Gardens, Williamsburg, VA, as a Training Specialist and for Jamestown/Yorktown Foundation (also in VA) conducting historical education tours for visitors. Judy returned to Albuquerque in 2013 to accept the position of Training & Development Consultant at University of New Mexico, retiring in 2019.

Among the things that Judy learned while in the military was that she could talk with anyone. She said, "I'm not shy anymore!", with a big grin. She also developed her teacher's skill of being able to talk to a room full of people, regardless of the room's size. Among her various military awards, Judy earned the Meritorious Service Medal, the Air Force Accommodation Medal with two oak leaf clusters, Achievement Medal and Presidential Unit award. She also won multiple civilian employee of the quarter and of the year awards during her years in civil service for the Air Force. While president of the Armed Forces Recreation Society, a branch to the National Recreation & Parks Association, she was awarded the prestigious Executive Fellow Award for outstanding continuous support to all the Armed Forces MWR programs.

Judy highly recommends that any young person graduating from high school but unsure of what they want to do seriously consider joining the military. She especially recommends the Air Force over the other services. Regardless of branch, though, the experience gained by joining the military is invaluable, she asserts. And to anyone about to leave the military (or who has just left) and is looking for employment, she recommends "Buy shoes!" When transitioning from active duty to civilian Air Force employee, Judy stocked up on professional clothing to wear to her new job. She forgot, however, to buy shoes, and had to wear her Corfams with her business suit the first day at her new job.

Judy would like civilians hiring or working with to know that “We tend to be detail-oriented, know how to plan ahead, and work with a diverse group. We are action-oriented, unique and often creative problem solvers who also enjoy having fun. We tend to want things ‘done yesterday!’”

Just this past August, Judy participated in the 2024 National Veterans Golden Age Games age 55+ in Salt Lake City, UT. During the nine-day trip, Judy participated in the sporting events of air rifle, pickleball mixed doubles, pickleball women’s doubles, cornhole, bocchia, and shuffleboard. She won gold medals in pickleball mixed doubles and women’s doubles plus a bronze medal in air rifle and 4th place ribbon in cornhole.

The VA games are not well advertised, and Judy strongly encourages anyone using the VA to get involved. The next games will be in Memphis, TN in May 31-June 5, 2025. The National Veterans Golden Age Games is a national multi-event sports competition designed to improve the health and quality of life of older veterans in the United States. The games are held annually, and veterans can participate regardless of their ability level. For info on how to join the NM team, contact: Judy or Cat Ivey, Recreational Therapist, at the Albuquerque VA. Like many of our members, Judy learned about Women Veterans of New Mexico by running into Pat Gaston, our past president.

Mentoring

Strong Mentoring Creates Strong Leaders!



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WWofNM Vice President, Sara, attended the promotion ceremony of one of her Mentees to put on the rank of COLONEL! The ceremony took place in Florida. Sara, met Colonel (Dr. / PhD) Taylor-Clark in

2012, when she was a Captain. In Sara's words... The moment I met this officer, I knew she was special. I had the pleasure of being her chief nurse at Tripler Army Medical Center in Honolulu Hawaii, and then we were stationed together again in Germany three years later. The promotion ceremony was also a reunion with her fellow amazing officers from Tripler and our (retired) NCOIC (Non-Commissioned Officer in Charge). There is nothing this collection of officers can't do. They give me hope.

PLEASE BE VIEWING OUR FACEBOOK PAGE AS ALL OUR EVENTS ARE POSTED THERE AND THERE ARE SO MANY MORE PICTURES!!!

WVNM

Volunteer Opportunities

New Mexico Veterans' Memorial

Year 2024

Volunteers (2) for Veteran's Memorial in Albuquerque on Sundays:

Interested volunteers can email Gloria at gloria09876523@gmail.com

NM Veterans Memorial

1100 Louisiana Blvd SE, ABQ

3rd Sunday of each Month ... 0900 - 1200

If you plan to volunteer, the city of Albuquerque has a new process where background checks must be accomplished on all volunteers.

Go to the link: [One Albuquerque Volunteers \(oneabqvolunteers.com\)](http://oneabqvolunteers.com)

to get the process started.

She Ain't Heavy She's My Sister

Veteran Organizations who assist all Veterans:

Paws and Stripes - 617 Truman St NE, Albuquerque, NM 87110 -

pawsandstripes.org / 505-999-1201

Programs for Veterans struggling with PTSD, TBI, Sexual Assault and/or Mental Health Issues. Workshops for building Veterans self esteem and more. All programs are free for Veterans and their families. All you need is your DD-214 to receive services. See their website: pawsandstripes.org

Qualified Listeners Corp.

Listening is the most important thing one human being can do for another. Most people are not broken, they do not need therapy, they may just need someone to talk to. Someone who will listen and not judge, someone who can relate to their experiences. We are Qualified Listeners!

We talk on the phone or video chat with you. Our listening Program is confidential and non-judgmental.

Veterans, Spouses of Veterans, Children of Veterans, Parents & Grandparents of Veterans

We inform Veterans and family members of the many resources available to them

We have expanded to New Mexico

If you would like to connect to a Qualified Listener, call at 720-600-0860.

If you are interested in volunteering and becoming a Qualified Listener because we know Vets talk to Vets please contact us at 720-600-0860 or at our website:

<https://qualifiedlisteners.org>

Healing America's Heroes

Healing America's Heroes (HAH) is a 501(c)(3) nonprofit that helps reconnect veterans, first responders, and their families to their inherent state of health and vitality through a balance of privacy and therapeutic excellence at no cost to them. Our instructors are experts in horsemanship, fly tying and fly fishing.

They are located at 115 Ft. Stanton Rd, Fort Stanton, New Mexico

If you are interested in volunteering contact Bernie Davila: 575-386-9949

See their Website: <http://www.healingamericasheroes.org> or call Debbie Smith: 575-693-3328

Never forget if you have a DD-214 you can sign in with the **Veterans**

Administration! Go to: <https://www.va.gov>

There is a wealth of information and you can sign up for Newsletters!

The DAV at 2511 Utah Street NE ABQ, NM offers a lot of services -- CHECK THEM OUT!!



**DISABLED AMERICAN VETERANS
DEPARTMENT OF NEW MEXICO
2511 UTAH STREET NE
ALBUQUERQUE, NM 87110
WWW.DAVNEWMEXICO.ORG**

**2024
PROGRAM & EVENT
INFORMATION SHEET**



DAV FELLOWSHIP DINNER

LAST WEDNESDAY OF EACH MONTH 5-7PM
FRIENDS AND FAMILY WELCOME

DAV DEPARTMENT OF NEW MEXICO
2511 UTAH STREET NE
ALBUQUERQUE, NM 87110
PLEASE RSVP AT:
WWW.DAVNEWMEXICO.ORG
(505) 294-6193



CROCHET & TEA

TUESDAYS, 1:30-3:00PM
FRIENDS AND FAMILY WELCOME

DAV DEPARTMENT OF NEW MEXICO
2511 UTAH STREET NE
ALBUQUERQUE, NM 87110
PLEASE RSVP AT:
WWW.DAVNEWMEXICO.ORG
(505) 294-6193



SUPPORT GROUP & SOCIAL HOUR

MONDAYS, 2-3PM
FRIENDS AND FAMILY WELCOME

DAV DEPARTMENT OF NEW MEXICO
2511 UTAH STREET NE
ALBUQUERQUE, NM 87110
PLEASE RSVP AT:
WWW.DAVNEWMEXICO.ORG
(505) 294-6193



CLOTHING CLOSET

FREE CLOTHING FOR VETERANS

DAV DEPARTMENT OF NEW MEXICO
2511 UTAH STREET NE
ALBUQUERQUE, NM 87110
PLEASE VISIT:
WWW.DAVNEWMEXICO.ORG
(505) 294-6193



FOOD PANTRY

FREE FOOD FOR VETERANS

DAV DEPARTMENT OF NEW MEXICO
2511 UTAH STREET NE
ALBUQUERQUE, NM 87110
PLEASE VISIT:
WWW.DAVNEWMEXICO.ORG
(505) 294-6193

FOR MORE INFORMATION PLEASE CONTACT OUR ASSISTANT CHAPLAIN, ALLISON VAZQUEZ @ ALLISONNMDAV@GMAIL.COM

**National and State Organizations
that YOU can JOIN and VOLUNTEER
with**

Reserve Organization of America (ROA)

Formerly the Reserve Officer Association. **The ROA represents Enlisted and Officers in ALL Reserve components.** The Reserve Components of the United States Armed forces are named within Title 10 of the United States Code and include: (1) the Army National Guard, (2) the Army Reserve, (3) the Navy Reserve, (4) the Marine Corps Reserve, (5) the Air National Guard, (6) the Air Force Reserve, and (7) the Coast Guard Reserve.

Reserve service members face the unique burdens of balancing civilian and military commitments. Too often, the Reserve force is treated as an afterthought in law and policy, in modernization, training, use, and funding, and in benefits. ROA actively pursues legislation that will support the needs of our reserve service members. The Legislative Agenda features issues ROA is currently working on, as well as a number of the success stories where ROA has supported our reserve service members.

Your ROA membership powers our advocacy for a strong Reserve force. Membership also brings access to a carefully selected array of benefits that can save money, enrich your career potential, insure your family, provide financial services for your future, and offer great entertainment and leisure options. From professional development to travel, ROA members can benefit from everything ROA offers! ROA Website: <https://www.roa.org>

Military Officers Association (MOAA) - All Services Officers only - works with other Enlisted organizations.

The Military Officers Association of America (MOAA) is the country's leading organization protecting the rights of military service members and their families. Those who belong to MOAA not only lend their voices to a greater cause, but they also gain access to extensive benefits tailored to the needs and lifestyles of military officers. MOAA members proudly hail from every branch of the uniformed services. To them, we have made the same promise that they have made to their country: Never Stop Serving.

MOAA's greatest mission is to improve the lives of those who serve and their families, which is achieved largely through the tireless advocacy efforts taking place in our nation's capital. MOAA's experts in Washington are there to support legislation that benefits the military community and are equally vigilant when fighting to stop legislation that threatens our livelihood. The larger our numbers, the greater our voice.

Membership is open to active duty, former, retired, and National Guard and Reserve commissioned and warrant officers of the uniformed services and their surviving spouses. MOAA Website: <https://www.moaa.org/>

Veterans and Military Families Caucus - Is an organization of the Democratic Party of New Mexico (DPNM). To join you must be a registered Democrat but if you are an Independent or Republican you can subscribe to their Newsletter.

If you join see below:

- Benefits include the speaker series, meetings, being able to run for VMFC office, and to vote when we send a ballot to our members. This is typically for electing officers to VMFC. One also receives the monthly newsletter, but membership is not required.
- The DPNM VMFC advocates on behalf of all veterans and military families in NM to ensure they receive the benefits they've earned during military service to our country. We also educate NM legislators on veterans issues, endorse and support legislators who vote for legislation that benefits veterans, and we represent all NM veterans through public testimony during the legislative session.

- By joining the VMFC our members make our collective voice stronger. Members are eligible to attend our guest speaker series and interact (on Zoom) with subject-matter experts on veteran-relevant topics. Members are also encouraged to attend our periodic (zoom) meetings, join us when we conduct outreach throughout the state, and provide testimony in support of priority legislation during the legislative session. Dues are \$30 a year, but are completely voluntary and used for our outreach.
- **Yes, we especially need a volunteer or two who is tech-savvy and can assist on the Communications Committee. Other volunteers are needed to work with our Committee for Veterans Advocacy during the legislative session to research and write position papers on legislation we are advocating for, attend committee meetings and testify in support of legislation, and track legislator's votes on these bills for our Legislative Report Card.**

Their website: <https://nmvetscaucus.org>

Enlisted Association of the National Guard of the United States - New Mexico National Guard Enlisted Association Auxiliary

WVofNM Board Member Gloria is the Secretary of the NM Auxiliary! Reach her at gloria09876523@gmail.com for more information.

The **Enlisted Association of the National Guard of the United States** works to improve and protect the benefits of the men and women serving in the National Guard, and their families. The Enlisted Association of the National Guard of the United States (EANGUS) was created in 1970 by a group of senior NCO's. It was formally organized / incorporated in 1972 in Jackson, Mississippi, with the goal of increasing the voice of enlisted persons in the National Guard on Capitol Hill for enlisted National Guard issues. Beginning with twenty-three states, EANGUS now represents all 54 states and territories, with a constituency base of over 414,000, as well as thousands of retired members.

The EANGUS Auxiliary was formed in 1973 and **supports the Enlisted Association of the National Guard of the United States**. Our Association has fought for the many benefits that our National Guard Members enjoy today. Our effectiveness depends on our members.

<https://eangus.org>

Stay Informed and Up to Date

Military Times - is a free independent "e" Newspaper covering everything that is of concern to ALL military components and veterans. You can subscribe/join them or access them without a subscription. They are a great source of information! Website: <https://www.militarytimes.com>

Stars and Stripes - Stars and Stripes is a daily American military newspaper reporting on matters concerning the members of the United States Armed Forces and their communities, with an emphasis on those serving outside the United States. You can subscribe or not. Website: <https://www.stripes.com>

Veteran's Administration Newsletter - Find out about all the resources the VA and associate supporting agencies offer. Go to the VA website at: <https://news.va.gov/vetresources/> and get signed up for your Newsletter!

Consumer Notice - If you were stationed at Camp Lejeune, this organization has resources to help veterans who may have been affected, they recently created an informational page on Camp Lejeune, with information on the types of conditions caused, how VA claims can be made, and the history of the contamination. Website: <https://consumernotice.org/environmental/camp-lejeune/>

Tickets for Veterans

Tickets for Entertainment Events

DID YOU KNOW... **Vet Tix** secures tickets to sporting events, concerts, performing arts, educational and family activities across the nation. VetTixers sign up online. Vet Tix verify their service. VetTixers request tickets to events that interest them, **then pay a small delivery fee to receive their free tickets.**

If you are interested... **The Vet Tix website:**

<https://www.vettix.org/visitor/home>

VA classes offered throughout New Mexico

Local Veteran Classes at VA Facilities throughout New Mexico

Did you know the VA has Recreation Programs throughout New Mexico? They produced a monthly schedule; it was too long to include. Call the **Recreation Hall:** [505-265-1711](tel:505-265-1711) ext. 2030 to find out more.

VA Adaptive Sports and Arts

VA's Office of National Veterans Sports Programs and Special Events provides Veterans with opportunities for health and healing through adaptive sports and therapeutic art programs. These specialized rehabilitation events aim to optimize Veterans' independence, community engagement, well-being, and quality of life. The programs are built on clinical expertise within VA, with essential support

from Veteran Service Organizations, corporate sponsors, individual donors and community partners.

Go to: <https://department.va.gov/veteran-sports/>

The VA has an incredible amount of programs located across New Mexico. **If this is something you are interested in contact:**

Catherine Ivie, MS ATP, CTRS

Recreation Therapist-Adaptive Sports

Raymond G. Murphy VA Medical Center

New Mexico VA Health Care System

1501 San Pedro Drive SE, **Bldg.2 Rec Hall**

Albuquerque, NM 87108

Office: (505) 366-2030

Cell: 948-8044

to find out how you can receive their newsletter.

Note from the Editor

- Are you volunteering with a Veteran's organization?
- Have you gone through a Veteran's program and you would like to share?
- Are you in a national Veterans organization and you want to share what you do and invite others to join?
- If you answered "YES!" please submit a short, 1 or 2 paragraph, article about what you are doing and if you have pictures submit them to wvofnm@gmail.com **In the Subject Line Put: Article for Newsletter**

Women Veterans of New Mexico

WomenVeteransofNewMexico.org

WVofNM@gmail.com

(505)907-4386

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