

# Women Veterans of New Mexico

## August 2024 Newsletter



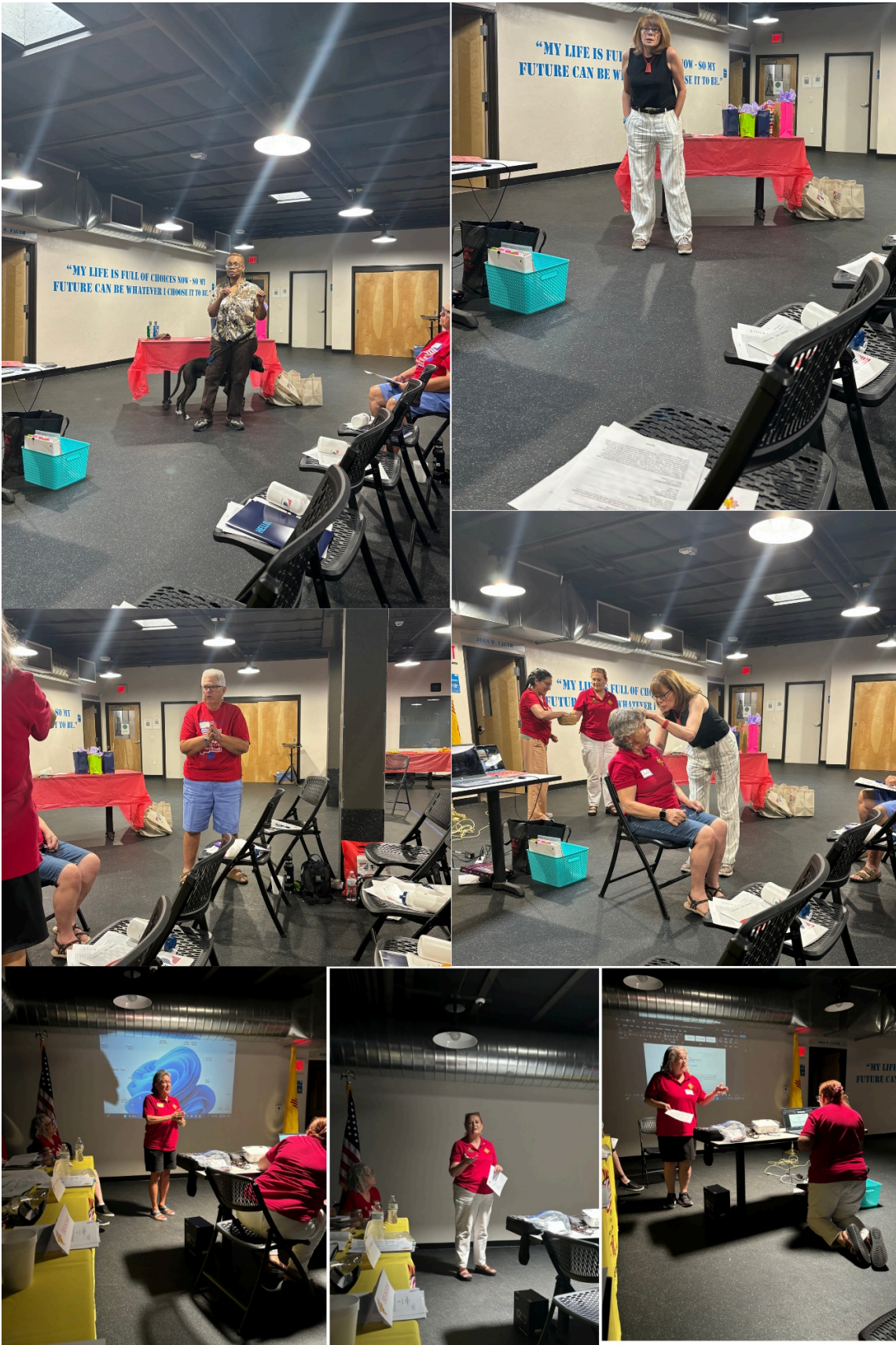
### WVNM Mission Statement

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

Women Veterans of New Mexico  
Out Supporting Women Veterans

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Third Quarter WVofNM Membership  
Meeting!



The third quarter membership meeting was full of information and approving our updated Bylaws! We have changed the format of our meetings so our speakers can go first. The following were our speakers:

Ms. Stacy Bruce, the new Executive Director of Paws and Stripes opened our meeting by introducing herself and sharing with us Paws and Stripes, mission,

history and what they are doing now for veterans and their families. All programs are free to the veteran and their families. Stacy wants to work more with Women Veterans of New Mexico because there are over 17,000 women veterans in New Mexico and we have not found all of them.

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

[pawsandstripes.org](http://pawsandstripes.org) / 505-999-1201

Ms. Irvine "Mia" Pasquier, MS, LCPC

U.S. Department of Veterans Affairs Albuquerque Regional Office

VetSuccess on Campus Counselor

Vocational Rehabilitation Counselor

Telephone: 505-277-1596

Mobile: 505-498-7892

Email: [Irvine.pasquier@va.gov](mailto:Irvine.pasquier@va.gov)

Mia works with the VA's Chapter 31 program. She is "living proof" this program works. This area of the VA works with veterans with a 10% or greater disability.

Their goal is to get veterans into jobs that pay well and are a good match for the veterans interest and skillset. If you need help with obtaining the necessary skills for a position, or you need help getting into a specific position or you need retraining... this department is here to assist you. Contact Mia! She works the entire state of New Mexico. She and her staff are ready to help you get ahead!!

Dr. Bernardette Lujan, DOM - Acupuncturist

Dr. Lujan works out of the Las Vegas New Mexico area. She is passionate with helping veterans and wanted to share with us the benefits of acupuncture. Plus let us know if we didn't know... the VA authorizes acupuncture for veterans. She did a demonstration with one of our members. Her other message was finding the right acupuncturist for you. Like other medical professionals it is important you find the person that fits your needs. Many of the WVofNM Board members and many of our members receive acupuncture. Do not hesitate to inquire.

WVofNM Vice President... Sara presented the updated Bylaws which were discussed and members voted approval!! The Bylaws are posted on our website.

We have a **NEW SOCIAL EVENTS COORDINATOR!!! Woot!! Woot!!**

Meet Judy Goering. You will be seeing lots of Flyers with social events!!



## 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.\*\*\***

**Join Us This Saturday for  
Patriot Palooza**



**Goodwill**  
Industries of New Mexico

# Patriot Palooza

VETERAN & COMMUNITY RESOURCE EVENT HOSTED BY  
GOODWILL INDUSTRIES OF NEW MEXICO'S VETERAN SERVICES

DJ & More!

Disabled American Veterans  
Roadrunner Food Bank  
Department of Veterans' Services  
Veterans Health Administration  
The Rock at Noon Day  
Food Trucks

NM Womens Veterans  
Valencia Shelter Services  
Chicanos Por La Causa  
NM VA  
Kid's Face Painting  
Car Show



SCAN THE QR CODE TO SECURE A TABLE!

OPEN TO THE PUBLIC!

**OLD ROUTE 66 CAR SHOW**

5000 SAN MATEO BLVD NE

03  
AUGUST  
2024



11:00 AM  
TO  
3:00 PM



**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](mailto: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](http://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](http://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](http://WWW.DAVNEWMEXICO.ORG)

**2024  
PROGRAM & EVENT  
INFORMATION SHEET**



**DAV FELLOWSHIP DINNER**

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

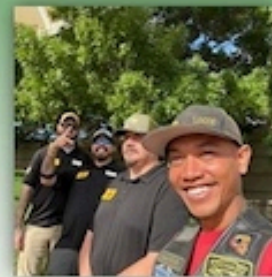
DAV DEPARTMENT OF NEW MEXICO  
2511 UTAH STREET NE  
ALBUQUERQUE, NM 87110  
PLEASE RSVP AT:  
[WWW.DAVNEWMEXICO.ORG](http://WWW.DAVNEWMEXICO.ORG)  
(505) 294-6193



**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](http://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](http://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](http://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](http://WWW.DAVNEWMEXICO.ORG)  
(505) 294-6193

FOR MORE INFORMATION PLEASE CONTACT OUR ASSISTANT CHAPLAIN, ALLISON VAZQUEZ @ [ALLISONNMDAV@GMAIL.COM](mailto: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](mailto: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>

## Members Supporting Other Veteran Organizations

This also spreads the word about WV of NM!!

Many of us are volunteering with other Veteran organizations. Please submit a picture or two and a small article about what you are doing. At many of the events that Women Veterans of New Mexico participate in your organization might be there too. We can work together on supporting our veterans!

## 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/>

Below are a sample of a few of the many programs they are offering in New Mexico:

### National Veterans Creative Art Festival

Local art, music, dance, and drama competition Aug 13-16, 2024

Artwork and applications for Music, Dance, and Drama must be submitted Aug 6-8, 10-3pm in the Rec Hall. Applications available now. To receive your

application via email please email Cory Arling. [Cory.arling@va.gov](mailto:Cory.arling@va.gov)

Art Display will be in the Rec Hall Tuesday, Aug. 13-15, 10-4pm

Music, Dance, and Drama Acts will be held in Education Auditorium (bldg. 39)

Friday, Aug. 16 1-3pm

### New Yoga Class instructor

#### Mindful Stretch Class

Wednesdays 3-4pm (No Class Aug 7, 14 for Creative Arts Festival)

My name is Jeret Snider. I am an Army Veteran of 8 years. Ever since the gift of yoga was shown to me I have embraced all that it has to offer. Mindfulness and flexibility are just a few of the many benefits I have experienced. I quickly realized I wanted to become a yoga guide and share the beautiful gift. I have a year and a half of personal practice and 6 months as an active hot yoga guide in our local community.

Yoga resources can be found at Veteran's Yoga Project

<https://veteransyogaproject.org/>

### Pickleball Meet up

Dates: Aug 12th 0800-1000

Manzano Mesa Pickleball Courts

Bring your own paddles if you have them. Please bring your sunscreen, wear a hat, hydration (water!!). It will depend on court availability how we structure this group. Another thing you may want to consider would be a cooling towel. Please contact Destiny A. Fritz at [Destiny.Fritz@va.gov](mailto:Destiny.Fritz@va.gov) or call 505-265-1711 ext 5153 to get on the email list for more trainings.

### PGA Hope

PGA Hope Kirtland

Tuesdays 1-3pm Starting Aug 20

Beginners welcome. Golf clubs and cart provided during clinic. If you think you need specific adaptations please contact Cat ahead of the clinic to make sure they will be available. For more information or questions please contact Cat Ivie at [Catherine.ivie@va.gov](mailto:Catherine.ivie@va.gov).

There are other PGA Hopes throughout the state. Check out <https://suncountrygolf.com/pg-a-hope/>

This is only four (4) of the programs they offer. They have 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](mailto:wvofnm@gmail.com) **In the Subject Line Put: Article for Newsletter**

Women Veterans of New Mexico

WomenVeteransofNewMexico.org

[WVofNM@gmail.com](mailto:WVofNM@gmail.com)

(505)907-4386

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