

Women Veterans of New Mexico

February 2024 Newsletter



View From The Top

Greetings teammates,

I am grateful for the opportunity to serve the Women Veterans of New Mexico. This team is incredible because of the contributions of each and every one of you. I am impressed every day with this community, your dedication, resiliency and amazing legacy of service.

Your WVNM board works for YOU! I think of this newsletter blurb as a job interview, where I lay out why I am a good candidate to work on your behalf. As an introduction, I am a retired Army nurse. I served 30 years on Active duty in locations such as Germany (3x), Hawaii, DC and North Carolina. It was a privilege to be trusted to take care of America's sons and daughters at their most vulnerable. I have held a wide range of nursing roles, from holding hands at a bedside, to leading teams in intensive care units, deployable field hospitals, medical centers and Army regions. I had the opportunity to lead outside of traditional nursing roles, most of which were in Ops and Clinical Operations where I deployed a Combat Support Hospital and oversaw a medical region.

I believe that the hallmark of my career is my ability to mentor, meet people "where they are," and leverage the talents of teammates to make things easier and better for patients and staff. I strongly believe that these assets translate into skills that I will use on your behalf.

For the last two years, I have been on the board, learning the special needs of women veterans in New Mexico. I served as a voting member and as lead for media and communication. I maintain our website, social media platforms (please follow us on Instagram and Facebook!) and support any communication outside our board.

As your newly appointed Vice President, I fully support our president's vision and priorities. I am excited to be working alongside Liz Bryant - a dynamic leader who is passionate about caring for fellow sisters in arms. She has formed a fantastic team of board members - WOW - what an accomplished collection of women warrior leaders!

Please know that if you need support, have ideas, input, and/or suggestions – we are here to help, to listen, implement and improve. Your board is easy to find, just email us at: wvofnm@gmail.com.

Thank you for your trust.

Sara Breckenridge-Sproat

<https://womenveteransofnewmexico.org>

Mark your Calendars

2nd Quarter 2024 - **Membership Meeting:**

Date: Saturday, April 20th 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.*****

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.

Membership Meeting





We had a very good Membership meeting with lots of discussion on how to move forward and getting our organization more recognized for all the good we do. Examples of what we will work on are: making our Website a bit more user friendly, advertising and getting out to more events. The Board has already started working the "issues" expect to see great things in the near future!



WVNM Members Out & About



Jan Jourdain of WVNM helps demonstrate the correct way to fold the American flag for members of a local Brownie troop during November 2023. The Brownies already knew a great deal about the flag, but were fascinated to learn that one has been flying on the Moon since the astronauts landed there in July 1969.

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



American Legion Post 13 Honor Guard is always looking for new members. Join other WVNM members by providing military honors at veteran funerals and presenting the colors at various events. Training and uniforms are provided. You must be able to attend meetings one evening per month. Honor Guard membership is a great way to continue your service and meet other area veterans.

For more information, contact chrissedillo4abq@gmail.com.

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!

National and State Organizations that YOU can JOIN and VOUNTEER 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!

Networking Opportunities

Women Veterans Networking Cruise

8 Night Southern Caribbean Cruise

Royal Caribbean's Odyssey of the Seas

April 13, 2024

Roundtrip from Fort Lauderdale, Florida to Willemstad, Curacao – Oranjestad, Aruba – Perfect Day Cococay, Bahamas

Ocean View Balcony (Cat 4 D) **\$Prevailing Rate** per person

Ocean View (Cat 2 N) **\$Prevailing Rate** per person

Interior (Cat 4 V) **\$Prevailing Rate** per person

Note: *Cabins still available but at Prevailing Rates which change daily*****

MOORE TRAVEL

5188 Hwy 190 W, Livingston, TX 77351

travel@mooretrav.com

936-967-2929 or 888-327-5806



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 but here is the link to their programs page. Scroll down to the bottom and you will see Recreational Therapy or you can call **Recreation Hall: 505-265-1711** ext. 2030 or follow this link :<http://Recreation Hall: 505-265-1711 ext. 2030>

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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