

Women Veterans of New Mexico

March 2024 Newsletter



View From The Top



The view out my window is gratitude. I am grateful to this land, the ancestors of this land and the Board of the Women Veterans of New Mexico for giving me an opportunity to contribute. My name is Lalita Herrera, I am the Secretary and Board member for the Women Veterans of New Mexico. I support the mission and vision of the President, Liz Bryant, of this organization.

I believe each woman in the organization, no matter what branch, length of service, rank or job represents a lifeline to a future woman veteran that will leave the military and need someone who can provide resources, education and support.

I am a proud Army veteran who served as a Private, Non-Commissioned Officer (NCO) and Commissioned Officer working in Human Resources and

Communications for 24 years.

Ten years ago, I left the military and had no idea the impact the service had to my being that were invisible wounds embedded in the cells of the body from sexual trauma to other wounds that caused a deep sense of imbalance. I was on my second marriage to another Army Soldier which soon ended as well as all the relationships that were supportive to my being, partly due to the hidden anger, irritability and change that occurred to me while serving. I had no idea what to do next and I felt alone and isolated trying to navigate a world that I knew nothing about.

My journey to heal led me to New Mexico to study herbal medicine and Ayurvedic Medicine from India, which includes yoga, pranayama and meditation to help understand how to use natural remedies to target the body, mind and spirit that would allow me to find balance without causing damage to the liver and kidneys. Due to the trauma from the military service I am not able to work with civilians and I can only volunteer, so I found the Women Veterans of New Mexico and joined in 2022.

My passion is learning, I am a student of life and teaching the ancient practices of healing that have existed thousands of years to veterans who are in need of healing and I hope to offer anything that I have learned to share with anyone interested.

I am here to serve women veterans in any way I can, to be the support that I could not find. To share alternative ways of healing using the breath, herbs and nature and to connect with my fellow sisters who have served our country! This organization has given me pride again and has provided a mirror of who I am, an organization of **Strong Women** Veterans serving one another. Thank you.

<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



WHAT WE DO!!

Spotlight on Women Veterans of New Mexico Support Services Committee

This month's Spotlight shines on the **support services** Women Veterans of New Mexico provides to our sister veterans in need. **Providing this support is one of our primary missions.** Our assistance is intended to supplement aid from other sources or fill in the gaps where other organizations do not provide such help. The aid from WVNM is meant to be the source "of last resort" for recipients, when they have exhausted all other assistance.

The support provided to our sisters is generally financial, although occasionally other forms of assistance are offered. For example, WVNM might help a woman with repair costs if her car breaks down while she is moving across the state to reach a new job, post-ETS. On occasion, a small group of WVNM members may provide physical support, such as helping pack household goods for a disabled woman forced to move on short notice.

In order to receive WVNM assistance, a woman veteran may contact us directly via our [website Contact Us form](#), by email to wvofnm@gmail.com, or by phone at [\(505\) 907-4386](tel:5059074386). Generally, however, women are referred to WVNM by a social services organization, either governmental or private. Referring agencies include the Veterans Administration (VA) Hospital's Women's Clinic, Department of Housing and Urban Development-VA Supportive Housing (HUD-VASH) program, the Veterans Integration Center (VIC) or Goodwill Services' Veteran Services, among others. Once a referral is made, a committee of three WVNM members (at least one of whom is a director) confer about the woman's needs and qualifications for assistance. (The current members of the services committee all have social work and/or health care experience.) The WVNM contact always tries to connect any requester with long-term resources. While all requests are considered, WVNM does not make any promise of assistance.

There are two essential requirements for a woman to receive support from WVNM: she must have a valid DD-214 as proof of service and she must have exhausted other means of support assistance. (The type of discharge a woman earned is not considered in the evaluation of her request.) As part of the intake

process, the requester's financial status, the level and source of assistance she has already received, and her remaining needs are reviewed. Ideally, at least one member of the services committee meets with the requester in person. If the committee agrees to provide financial assistance, they consult with the WVNM's treasurer to arrange for the dispersal of that aid.

In fairness to all requesters, only one request per year per woman veteran will be fulfilled. All requests are treated situationally, depending on how much money is in the WVNM's account. The requests are considered equally, regardless of why a woman might need financial only the members of the support services committee and the treasurer know the specifics of any request and they have all signed a confidentiality agreement.

Presently, there is no standard operating procedure for how assistance requests are evaluated and processed. Our goal is to formalize the support services process in the next several months, with an eye to continuing fair distribution of aid. There is no way to anticipate the number of women veterans who may need assistance in the future. While there are currently three or four pending requests, it may be several months before WVNM receives another assistance request. All efforts are aimed at encouraging requesters to use assistance responsibly as well as shepherding WVNM's resources responsibly so they can be used to assist as many women veterans as possible. WVNM is able to assist women in need from the generosity of donors; as such, we strive to allocate funds responsibly with them in mind and to assist as many women veterans as possible.

As one member of the support services committee said, "It's rewarding to help sister veterans. All of our recipients are so appreciative" of what WVNM does to help them.

WVNM

Volunteer Opportunities

New Mexico Veterans' Memorial

Year 2024

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

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 WVM 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!

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>

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. Call the **Recreation Hall**: [505-265-1711](tel:505-265-1711) ext. 2030 to find out more.

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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