

Women Veterans of New Mexico

May 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



A fun morning working the "Keep America Beautiful - the Great American Cleanup" Event. Thank You ... Liz, Kate, Carlota, Chrissy, Gloria, Linda and Jan



Horses For Heroes Cowboy Up! is an extraordinary program for mind body and spirit and makes an exceptional contribution to the healing of veterans and all people who have suffered trauma, PTSD and shock! Rick Iannucci and his

program is moving the world forward with the intuitive wisdom of horses to bring forth healing!

A few of our Women Veterans had the opportunity to visit this wonderful place of healing. We encourage all our Veterans to take time and visit Nancy, Robyn and Rick. You will not regret your time spent with these special people

April's Membership Meeting

April's guest speaker, Niva Elgin, Staff Attorney, NM Legal Aid. This was an informative presentation. They can help you if you are a Veteran and need legal assistance in any of the following areas:

- Veterans Benefits
- Military discharge upgrades and records corrections
- Consumer law
- Assistance with petitions for domestic violence orders of protection
- Landlord/Tenant, housing and foreclosure
- Low Income tax filing

Her office direct line is: 505-814-6719 or you can email them at veterans@nmlegalaid.org

Recent ▾

select



Mark your Calendars

3rd Quarter 2024 - Membership Meeting:

Date: Saturday, July 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.*****

Guest Speaker

Irvine "Mia" Pasquier, MS, LCPC

VetSuccess on Campus Counselor

Vocational Rehabilitation Counselor

Mia covers all of New Mexico and assists women veterans with their many challenges. Come out to the July meeting and meet Mia!



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

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

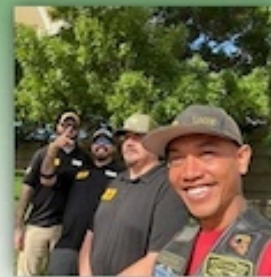
DAV DEPARTMENT OF NEW MEXICO
2511 UTAH STREET NE
ALBUQUERQUE, NM 87110
PLEASE RSVP AT:
WWW.DAVNEWMEXICO.ORG
(505) 294-6193



CROCHET & TEA

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

DAV DEPARTMENT OF NEW MEXICO
2511 UTAH STREET NE
ALBUQUERQUE, NM 87110
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(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:
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(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

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ALBUQUERQUE, NM 87110
PLEASE VISIT:
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(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 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!

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/>

What Other Organizations Do That Affect YOU!

The **Albuquerque Chapter of the Military Officers Association (MOAA)** is a **part of the below action.** (See MOAA information in our Section "National and State Organizations That You Can Join and Volunteer")

In 2022 the legislature passed the graduated Military Retiree Pay Tax Exemption. However it had two flaws.

1. It had an EXPIRATION date in Tax Year 2026
2. It omitted Surviving Spouses.

In this year's session (2024) the legislature removed the sunset, added Surviving Spouses and most importantly the Governor signed the bill into law.

It took almost 20 years of work by NM MOAA and since 2019 the invaluable legislative efforts of all the Military & Veterans Service Organizations who are a part of the NM Military/Veterans Leadership Council (MVLIC) to get this done.

However, there is more work to be done.

The legislature will be voting on two options for the increase and modification of the Veterans Property Tax Exemption in November 2024. It is critical that both be put into law.

HJR05 - bases the Property Tax Exemption on the percentage of disability (eg. 30% = 30% exemption, 50%=50% exemption, etc). Currently only 100%

disabled Veterans get 100% exemption.

HJR06 - increases the Property Tax Exemption from the current \$4,000 to \$10,000 of assessed valuation FOR ALL VETERANS regardless of Disability.

What you can do: call or write your representative and tell them to vote yes on these important bills.

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!!

I WANT TO HEAR FROM YOU OUR MEMBERS!

As I have mentioned in our Newsletters, I would love to put **your picture** and a **small paragraph** about other **Veteran organizations** you are supporting!

**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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