

Oklahoma Women Veterans Organization

Tulsa Chapter-0212

August 2017



Tulsa Chapter-e-NEWSLETTER

OKWVO-TC-0212 is a 501 (c) (19) non profit War Veterans service organization composed of women who have served or are currently serving in the United States Armed Forces. The mission of OKWVO-TC-0212 is to provide an opportunity for communication and association with women who have served, retired, and are serving in the United States Armed Forces.

Agenda Topics for August 12th Meeting

- Guest Speaker:
Nancy McCoy, DMin, BCC, Clinical Staff Chaplain, Women Veterans
- 2017 Stand Down Update
 - Bring your dollars for Stand Down rather than the 50/50 raffle
- Veteran Benefit Day @ Tulsa Vet Ctr
 - Vendor Table
- 138th Family Day
 - Vendor Table
- Lady Bunker Updates
- Open floor discussion

IMPORTANT DATE CHANGES
Due to WVRD and church obligations, our Oct and Dec General Meetings have NEW dates

OCTOBER 7th
DECEMBER 2nd

Calendar of Events

- ⇒ Sat, August 12th—Gen Mtg
 - Woodlake Church
 - 7100 East 31st Street, Tulsa
 - Between Sheridan & Memorial
 - 1000 hours —1215 hours
- ⇒ Wed, Aug 23rd—DAV Food Distribution @ Claremore VFW, 1717 W DuPont, 11 am
- ⇒ Fri-Sat, Aug 25-26— Women Veteran Summit @ Houston, TX
- ⇒ Fri, Sep 8th—MST Seminar @ NSU-BA
- ⇒ Sat, Sep 9th—Veteran Benefit Day @ Tulsa Vet Center
- ⇒ Sat, Sep 16th—138th Family Day @ 138th ANG Base, Vendor Table
- ⇒ Sat, Sep 16th—2017 Tulsa Stand Down
- ⇒ **Sat, October 7th—General Meeting
- ⇒ Sat, October 14th— WVRD @ Reed Center, Midwest City
- ⇒ **Sat, December 2nd—General Meeting and Christmas Party
- ⇒ ** PLEASE NOTE DATE CHG



Paralyzed dog in a wheelchair was just the thing for veteran with PTSD



Post-traumatic stress made life very difficult for U.S. Army veteran Ginger. Life became a bit less difficult when a small, paralyzed Chihuahua named Sadie and the Department of Veterans Affairs came into her life.

Before finding the wheelchair-using, tiny Sadie in a shelter, the 59-year-old veteran said she traveled a long and lonely road.

It was July 1976 and the country was celebrating its 200th birthday when Ginger, who had just graduated, decided to enlist in the Army. Her mother threw a fit, and the rest of the family couldn't believe what she had done.

Upon finding out that she had joined the military, Ginger's mother locked herself in the family room and wouldn't leave, crying all day. Ginger's sister called her "gullible" and said Ginger fell for the patriotic fervor of the time.

Ginger said, "Some things happened in the military. I went 40 years without understanding what had happened to me." Starting with basic training at Fort McClellan in Alabama, Ginger transferred from base to base four times and by 1978 her military career was over.

"I was gang raped on several different occasions when I was in the military. Things were different back then. It wasn't like it is now," she said. Her commander helped her get out of the army with an honorable discharge after two years of service. Ginger said when she returned home she kept these experiences to herself. "It wasn't something back then that you

went around and said because you were labeled as something derogatory," she said. The unspoken problems strained family relations even more and when the tension reached a fever pitch she moved to Ohio.

"Someone said to me, you know you can go to the VA," she said, referring to the U.S. Department of Veterans Affairs, which provides healthcare to veterans. She said she had never bothered to look into it because she wasn't physically injured, or in her words, she "wasn't missing any body parts." But at her friend's insistence, she agreed to at least see if she could get medical coverage through the VA.

"They ask that question now," Ginger said. "When you were in the military did you experience any sexual trauma? That took me by surprise. I had a complete breakdown right there in the VA. Nobody ever asked me that question before." She said, "I buried it for 40-something years and all of a sudden it's out there," Family members reacted just as she expected. Still, Ginger said she was relieved. While she "had a terrible relationship with (her) whole family," at least now she said they knew why she was the way she was.

Things turned around for Ginger one day when she saw the picture of a disabled dog on a rescue group's Facebook page. "She was not exactly perfect," Ginger said of the dog who can't move her back legs. "She was paralyzed and her family didn't want her anymore. I saw her and couldn't get her out of my head."

She was receiving treatment for PTSD and the VA Medical Center in Ohio told her she might benefit from having a service dog. The first thing Ginger did for Sadie was to get her a top-of-the-line wheelchair. The VA directed her to Wags 4 Warriors, an organization that trains and provides service animals to veterans. They brought Ginger and Sadie even closer together.

Sadie was trained to remind Ginger to take her medicine. Sadie can even prevent her from

overmedicating. "I take my medication (for PTSD) in the morning after I brush my teeth," Ginger said. "She is trained that I don't leave the bathroom until after I take my medication. If I try to, she carries on like you wouldn't believe." Ginger said Sadie doesn't wear her wheelchair around the house, "So it looks kind of funny. She flops around not letting me leave the bathroom. If I have already taken it and forget and go to take it again she does the same routine." The dog that Ginger calls "a godsend" has helped her cut down on the amount of medication she needs to take.

"I am not as anxious when I'm out in public," Ginger said. "People are looking at her and it takes the attention off of me. I am calmer. I don't feel like people are looking at me. I go all over the place. Holidays with my family are even better now."

Read entire story at: <https://njersy.co/2sb1oWu>

2017 Tulsa Stand Down

If you were at our last meeting, June 10th, you saw how quirky your President can be. It was a lot of fun and some embarrassment collecting donations for our homeless women veterans in Tulsa.

Since our organization voted again to purchase under garments for the women veterans at the Stand Down, your executive board thought it would be fun to collect in a fun manner.

If you had fun in June or missed it, join us in August and see how your fearless President collects donations once again for Stand Down. Or will she???



'The Hello Girls' The Women Who Fought For America & Recognition



During World War I, some 223 members of the U.S. Army Signal Corps performed a highly specialized service which demanded great skill, nerve and tenacity: Over the vast network of telephone lines that had been hastily constructed across France, these soldiers worked the complicated switchboards connecting the ever-shifting front lines with vital supply depots and military command. At the height of the fighting, they connected over 150,000 calls per day.

They had been specifically recruited for this task. They underwent physical training, they received medical examinations and inoculations, they swore the Army oath, they wore regulation uniforms and "identity discs" (akin to dog tags) to identify their remains. They observed strict military protocol, they were subject to court-martial, and many found themselves stationed a few short miles from the front during the bloodiest days of that very bloody war, at outposts that came under sustained mortar fire. General "Black Jack" Pershing, who had issued the call that caused so many of them to volunteer, singled them out for praise.

They were brave. They were resourceful. But when they returned home, they discovered to their dismay that, according to the United States government at least, there was one thing they most certainly were not: veterans.

In 1977 President Jimmy Carter signed the order granting the few surviving Hello Girls full veterans status.

The Hello Girls: America's First Women Soldiers, written by Elizabeth Cobbs