

Oklahoma Women Veterans Organization

Tulsa Chapter-0212

February 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 February 11th General Meeting

- What do we want to do this year as an organization?
- Visit Lady Bunker?
- Visit Ladies @ Claremore Vet Ctr?
- "Taking it to the Streets" volunteer?
- 2017 Stand Down Update
- Pre-need for National Cemeteries
- No-besity 2K walk
- National Women Veterans Summit
- Veteran Benefit Day @ Tulsa Vet Ctr
- Open floor discussion

Camp Lejeune Water Contamination

Did you or someone you know work at Camp Lejeune for no less than 30 days between 1 August 1953 and 31 December 1987? If so, please take note that the VA has released presumptive service connection for related diseases. The presumptive illnesses apply to Active Duty, Reserve, and National Guard members. Contact Tina Smith or Ann Schermer, DAV Service Officers, to help you apply for disability compensation.

Calendar of Events

- ⇒ Sat, February 11th—Gen Mtg
 - Woodlake Church
 - 7100 East 31st Street, Tulsa
 - Between Sheridan & Memorial
 - 1000 hours —1215 hours
- ⇒ Tue, March—Celebrate National Women's History Month @ Lady Bunker
- ⇒ Sat, April 8th—Gen Mtg
- ⇒ Fri-Sat, April 21-22—National Women Veterans Summit, Dallas, car pooling?
- ⇒ Thu, May 18th—WVO Vendor Table @ East Central University, w/ Tina Smith
- ⇒ Sat, May 20th—Tulsa No-besity 2K walk
- ⇒ Sat, June 10th—Gen Mtg
- ⇒ Sat, August 12th—Gen Mtg
- ⇒ Sat, Sep 9th—Veteran Benefit Day @ Tulsa Vet Center
- ⇒ Sat, October 14th—Gen Mtg
- ⇒ Sat, December 9th—Gen Mtg and Christmas Party



Volunteering does the mind and heart good

Every year, nearly 1 in 4 Americans or close to 63 million of us, volunteer. Like donating money, donating time ensures many community shelters, social service organizations, food banks, as well as universities, hospitals, political parties, and religious and environmental groups are able to deliver their services and meet their goals.

Volunteering, however, also impacts society by increasing a sense of belonging both for volunteers as well those they help. Some research even suggests giving your time can positively affect your well-being.

If you or members of your family have spare time and are considering volunteering, here are some suggestions:

Consider your skills: You may be thinking about volunteer work related to a cause or interest, or because you enjoy connecting with people, which is great. But also consider your work experience and skills for instance, many charities need people with expertise in computers or cooking or communications and would be delighted to welcome someone who can jump right in with little training.

Consider your goals: There's nothing wrong, of course, with choosing to volunteer with an organization that might help you with a skill you've wanted to learn. Maybe you work in an office but have always wanted to improve your carpentry skills and help build homes, or perhaps you'd like to brush up your writing skills by volunteering for a communications committee. Keep in mind, however, that this kind of volunteering may require more of a time commitment before you're completely up to speed.

Consider your schedule: One of the most disappointing things for an organization is volunteers who commit then don't deliver. Make sure you understand the time commitment that's expected and whether that's realistic based on your schedule and other commitments.

Don't wait to be asked: Most not-for-profit organizations are thrilled to have motivated volunteers helping them out. Once you have a group or two in

mind, phone or email and suggest an interview to discuss what you can offer or what they need. Remember, treat the interview as you would one for a full-time career do your research on the organization and ones with similar missions, prepare answers to questions you may be asked and practice.

Be satisfied: A lot of volunteering is hard work and some of it is emotionally draining. Expecting it to be fun may be expecting too much, nevertheless it should always feel rewarding. After all, your time and effort will make a real difference in the lives of others.

Thirty-five to 54-year-olds as well as teenagers 16 to 19 are most likely to volunteer. However those age 65 and over volunteer nearly twice as many hours as younger people.

How will you volunteer in 2017?

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Who can be anymore lucky than our dear Tina? She will be missing our February meeting so she can rub elbows at the Grammy's After Parties. Congratulations! Tina :-)

