



TC-e-Newsletter



Storylines

September 12: Garage Sale POSTPONED until Spring 2016. Date TBA

October 10: Dress for Success -Suits, Dresses & Real Simple "9 Essentials"
Bring to meeting

October 16-17: WVRD
Women Veterans Recognition Day-Norman Embassy Suites-See Deadlines

October 15: Deadline for Names and Reservations for "My Sisters" Lunch and Women's Memorial Visit"

October 24: Honoring of WWII, Korea, Vietnam Veteran-Desert Storm, Iraq Freedom Lunch and Tour of Broken Arrow's Women Warriors' Military Memorial

October 10 Meeting:
Officer Elections
December-Will you Serve?



Our 31st OKLAHOMA WOMEN VETERANS RECOGNITION DAY

(Active Duty, Reserve, Guard; Past & Present)

SATURDAY 17 OCTOBER 2015

8:30-9:30am Social Hour/Registration

9:30am-3:00pm Program (includes lunch)

Embassy Suites Hotel & Conference Center

2501 Conference Drive, Norman, OK; (405) 364-8040

GUEST SPEAKERS

DR. BETTY MOSELEY BROWN, Ed.D.

Associate Director of VA Center for Women Veterans,
Washington, DC

BRIGADIER GENERAL WILMA VAUGHT, USAF,
Retired

President, Women's Memorial Foundation, Washington DC

COLONEL STEPHANIE WILSON, USAF

Commander, 72nd Air Base Wing, Tinker AFB, OK



TO OUR OKLAHOMA MILITARY WOMEN:

Each year the Department of Veterans Affairs sponsors Oklahoma Women Veterans Recognition Day and Governor Mary Fallin has proclaimed **Saturday 17 October 2015** as our day. MajGen Rita Aragon, USAF, Retired, Special Assistant to the Governor for Veteran & Military Affairs, will be welcoming all military women, past and present, to our celebration. Co-chairs for the program are SgtMaj Pam Bloustine, USMCR, Retired, and MSG Phyllis Dorough-Barker, USA, Retired. The military women of Oklahoma have been gathering annually for 31 years to renew old friendships and begin new ones.

REGISTRATION & SOCIAL HOUR begins at 8:30am; PROGRAM begins at 9:30am. Attire is civilian casual/military equivalent. We will offer free flu shots for our military women, past and present, administered by VA nurses.

RESERVATION FORM: Complete the enclosed Reservation Form and mail to: Pam Bloustine, 2801 Redbud Lane, Edmond, OK 73025 OR e-mail Form to: PamOKWM@aol.com; **MUST BE RECEIVED by 1 OCTOBER**; please put “**RESERVATION FORM**” in the ‘Subject’ line of your email. **RESERVATIONS ARE REQUIRED!** A wonderful luncheon is provided **at NO cost for our military women - past and present.** Guests are welcome and pay just \$15 at the door. **Do not wait until the last minute, make your Reservation NOW!!!**

SILENT AUCTION: Supports our funding to pay for our meals. Save your money and bid on extraordinary items. If you have item(s) you would like to donate for the Silent Auction, please contact Sonja Hatfield, 405-219-0531, or e-mail her at: sonjasmail73110@yahoo.com.

VENDOR TABLES: Always of great interest to our attendees and set up around perimeter of the room. If your Organization would like to set up a table, please contact Phyllis Dorough-Barker, 405-790-1235, or e-mail her at: padorough@cox.net. Vendors must **ALSO** complete the enclosed Reservation Form and pay \$15 for their lunch unless they are women veterans. **Vendors must contact Phyllis by 1 October 2015.**

FRIDAY NIGHT HOSPITALITY ROOM: At the Hotel, 6-9pm, Friday 16 October - All are invited! It's a great time to meet and greet with our Guest Speakers and other attendees before the formal Program on Saturday - So come and join us. You will also get a sneak preview and can start the bidding on the Silent Auction items. We will offer lots of free hors d'oeuvres, a cash bar, and an enjoyable time! We normally have entertainment of some kind which will begin around **HOTEL RESERVATIONS:** We have negotiated a special discounted room rate of \$83 per night for single room, 2 people=\$109; 3 people=\$119; 4 people=\$129. **RESERVATIONS MUST BE MADE by**

September 18, 2015

24 SEPTEMBER to GUARANTEE your ROOM at this rate! If you plan to spend the night at the hotel, make your reservations NOW! After 24 September they may be gone, especially at this rate. Our group code is 'WVO'. Call 1-866-577-1273, or (405) 364-8040 for reservations or you may reserve your room on-line: www.norman.embassysuites.com. Once on the website, select Dates and Room details, then Click on "Add Special Rate Codes" and enter WVO under Group Code and follow the prompts. Just call the hotel if you have any problems.

DONATIONS to fund this event are greatly needed and greatly appreciated. If you are unable to attend but want to help see our Program continue, please send your check payable to 'OK WOMEN VETERANS FUND' to Pam Bloustine. Or, just send in a donation with your registration form. We THANK YOU for your continued support!

REMEMBER THESE KEY DATES!!

Hotel Reservations by 24 September 2015

Program Ads in by 24 September 2015

Event Reservations by 1 October 2015

Vendor Reservations by 1 October 2015



OKWVO-TC-0212

We are a Nonprofit 501 (c) (19) War organization of women veterans who have served or are still serving on Active Duty, in the Reserve, or the Guard in any Branch of Service of the United States of America. To become a member you must have served at least 90 days with an honorable discharge. We meet on the 2nd Saturday of February, April, June, August, October and December. For further information please visit our TC email at tulsawomenvets@gmail.com or the state website at okwvo.org.

OKWVO-TC-0212
P.O. 33084
Tulsa, OK 74153



Saturday, October 24

My Sisters Honoring at the Broken Arrow Women's Memorial
Panera Lunch and Visit to the Women's Memorial is located in Veteran's Park in Broken Arrow.

(The Memorial is located on the East side of Main Street between 81st (Houston Street) and 91st Street (Washington Street) across the street from Central Park.



OFFICERS

President, Tina Smith
USAR, USA, MSG (Ret)

Vice-President,
Ann Schermer,
MSG USAF, Ret

Secretary, Peggy Zuber,
USN, USAR, Ret

Treasurer, Moon Lim Canon,
UN Navy, US Navy Reserves, Chief

Chaplain, Christy Peterson
US Navy, Navy Reserves,
AZ National Guard

Social Chair
Jerri Dillon, USA,

Sunshine Lady
Sandy Bingaman, USN

Historian
Melva Thomas, USMC

Newsletter Staff:

Christy Peterson.
Ann Schermer
Christina Smith

WIMSA celebrates 20 years on October 20-21, 2017. Reserve your calendar dates now for a flight to Washington DC and celebrate!

Who all went to the grand opening of WIMSA?

Let's ask around both among TC and at HQ members.

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Meeting Location

Woodlake Church 7100
E. 31st Street, Tulsa, OK
74145

(Located between
Sheridan and Memorial,
just off of I-44)

**Final 2015 Chapter
Meetings**

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Saturday, October 10

Saturday,

December 12

**Elections & Christmas
Party**

October Dates

**6th Enduring Freedom
Began 2001**

**12th-US Navy
Established-1775**

**18th-WIMSA
Memorial Dedication**

**20th-Women's Army
Corps Disestablished
(WAC)**

.....
Wednesday,

.....
Nov 11th

.....
**Tulsa Veterans Day
Parade**

VFW Post 577

**Tulsa Stand Down for
Homeless Veterans**

FIRST BAPTIST CHURCH 424 S DETROIT AVE, TULSA

.....
"Hope for Our Heroes"

.....
On Saturday, September 19 from 8 am to 1:30 pm, Partners sponsored the **Tulsa Stand Down for Homeless Veterans-Hope For Our Heroes.** Veterans Only were assisted from 8 am - 11:30 am. Those being assisted were asked to bring a valid VA ID or DD214 to verify their veteran status. Services offered included food, clothing, housing and employment, resources, health screening, showers and laundry, and many more support services. A shout out to over 180 volunteers, the Volunteers of America, and other agencies and retail businesses whose donations made this event a tremendous success.

OKWVO-TC made a \$150.00 donation toward the purchase of clothing for our veterans through the Oklahoma State Daughters of the American Revolution (OSDAR).

In this year's Tulsa Stand Down, OKWVO-TC has reached out in helping our veterans in need. OKWVO-TC volunteers were Deborah Wipf, Martha Mathur, and Tina Smith.



Go AIR FORCE!

**L-R-Deborah Drain,
Elyce Holloway, Ann
Schermmer, Dolly
Kirk, Deborah, Wipf**



**Happy Birthday to all
of our September and
October members!**

Dress for Success

At our August 8th meeting, our guest speaker, Datha Langley, Program Coordinator - Going Places Network by Walmart and Professional Women's Group, presented an animated and informative discussion about their program, Dress for Success. It's highlighted in a 6 week program for women with a tuition free program where women are

participate by bringing in nice wardrobe suits, and/or dresses from our closets that we no longer wear? Datha enthusiastically replied, "Absolutely!"

In the September edition of Simple Magazine, an article featured "Dress for Success with 9 essential items". I shared this article with Datha and she was excited with the timing of the article as it came so soon after our meeting.

Bottom line-two options: We can bring suits, and dresses and/or we can bring 9 essential items which would make up a week's working attire.

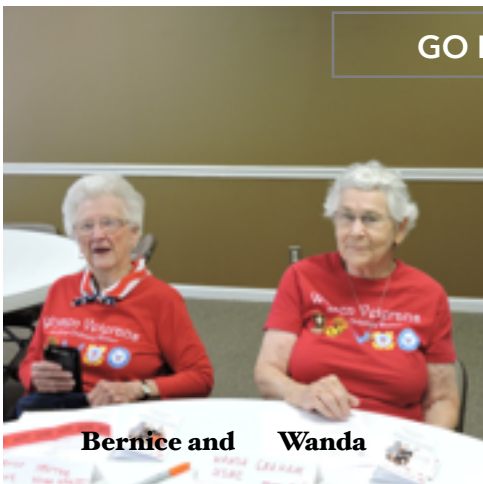
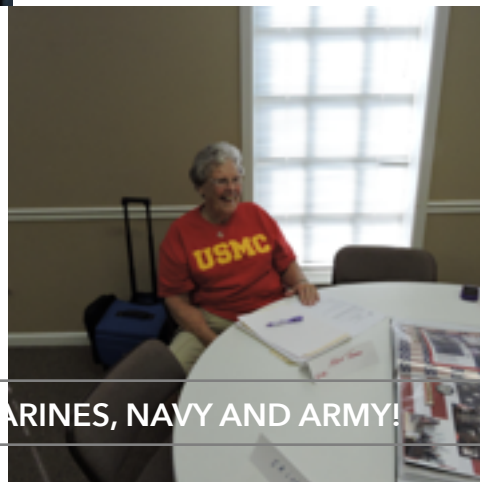
Please refer to the list if you want to participate. Bring your donations to the October 10th meeting. We will deliver them to Datha Langley and Dress for Success. **Thank you all!**

Dress for Success list includes: 9 essential items: 2 blouses, skirts, pumps, blazer, handbag, dress, flats, pants



included in and participate in the program about "Dressing for Success".

At the end of the presentation, Datha entertained questions and answers from our members. We were most interested in this program. An outcome of Datha's talk, Ann Schermer wanted to know if we could



Bernice and Wanda

Melva

Pietje,

Edna

Jerri



11

The number of handbags, on average, most American women say they own, according to a survey last year by online consignment shop ThredUp. The study also revealed that women house about 90 pieces of clothing and accessories per closet. And yet respondents said they don't use 20 percent of their wardrobes. Ready to address the issue? Consider freeing up some real estate by donating underused clothing. (Check out dressforsuccess.org, goodwill.org, or pickupplease.org, sponsored by the Vietnam Veterans of America.) And before all those empty hangers entice you to go shopping, find out which nine essentials—just nine!—can see you through an entire work week (page 67).

Written by
N. Jamiyo Chisholm
Illustration by
Dorling Clementine

MST WORKSHOP



Honoring Luncheon “My Sisters’ Shoulders” Our Past, and Our Present

(WIMSA Calendar Theme 2014)

On the 21st of August, 63 DAV service officers, professional counselors, and interested persons came to Northeastern State University at Broken Arrow for a daylong workshop on PTSD, and MST Military Sexual Trauma, its signs, systems and triggers. The goal was to give each service officer (SO) the tools to create a listening environment whereby he/she can put the survivor/veteran at ease and to better assist the veteran in receiving treatment and benefits.

Four outstanding speakers in their fields of expertise presented their topics and allowed time for discussion. Speakers were Mary E. Gardner, 25 years as a counselor at the Tulsa Combat Vet Center. Her presentation was “Military Sexual Trauma”. Misty Sow, an Air Force veteran, author and frequent contributor to the MST literature, presented her topic on Understanding PTSD & MST.

The third and fourth speakers were from the Psychology department at NSU@BA. Dr. Stephen Grissom’s topic was a “Practical Look at PTSD Symptoms-Triggers”. Ms Jaymie VanMeter’s presentation covered the “Relational Issues in PTSD Treatment”. Following Grissom and VanMeter’s presentations, the audience heard from an MST “survivor” and what her triggers were and to a lesser extent how as she recovers from MST.

We closed the MST Workshop by hearing from the DAV State commander, Craig Vance. This workshop is the first step in understanding veterans who want to talk about their MST experience and how we as the SO can learn to listen.

Thanks to DAV-Oklahoma and Direct-TV for their support of this workshop.

Winifred Dudley, 8th Air Force and Bernice Trotter, United States Marine Corps, two WWII veterans are shown here at the August 8th V-E Day celebration at the Women Warriors Memorial at Broken Arrow.

These two veterans represent one war that women served in who OKWVO-TC wish to recognize in October. They are standing in front of the Broken Arrow Women’s War Memorial , “An everlasting tribute to

the women warriors of the United States of America”. In this newsletter edition, you will see photos of women who have served during World War II, Korea, Vietnam, Desert Storm, Iraq and Afghanistan.



On Saturday, October 24, OKWVO-TC

invite women who have served in WWII, Korea, Vietnam, Desert Storm, Operation Iraqi Freedom and Afghanistan to a luncheon as our guests. Please help us find others who have served during these time periods and invite them to this special honoring.

Please contact Christy Peterson @ 918-284-1367 for submission of a veteran’s name, and your reservation if coming. **Deadline is October 15** so we can order & reserve the room at the Panera’s Bread in Broken Arrow.

CHAPLAIN'S CORNER by Christy Peterson, Chaplain, US Navy

Helping someone when you've never been in her situation

by Holley Gerth

I often get notes from people saying something like, "My friend/family member is going through a hard time but I don't feel like I can help because I haven't been through the same thing." Here's my response: "You don't have to experience the same storm to know what it's like to get wet."

I'm certain you know what it's like to feel soaked to the bone by discouragement, have fear thundering above you or watch a dream wash away. *Don't we all?* It's not our ability to *duplicate* details but to relate on a heart level that lets us have empathy and be able to encourage.



OKWVO-TC-0212
PO BOX 30884
Tulsa, OK 74153

NAME _____

STREET _____

CITY _____ ST _____ ZIP _____