



White

CAPS

The Newsletter for WAVES National

Still Something Special

VOL. XXXII NO.2

APRIL 2011



USO Volunteers pass out Pillows for Patriots at the DFW Airport.

Ben and I took our son Mike to the DFW (Dallas/Fort Worth) Airport for his departure back to Afghanistan on January 28th after having been home on two weeks R & R (rest and relaxation).

Pillows for Patriots

by Barb Turner

Mike's R & R orders specified that he report not later than Noon to gate B-14. As we walked up to the outside of gate B-14 we saw a sign which read "Military and family members only". What a nice surprise that was. And the surprises just kept on coming. When we walked in those doors we were met by a very friendly USO volunteer who directed Mike to the airline desk where he checked in, etc. The volunteer was a Korean era veteran and he told us that he was there every Friday! He also gave Ben and me a "free" parking pass to present to

the toll gate person when we departed the airport. Wow!! Mike checked in and then Ben and I presented our military retired ID cards to the person who had checked Mike in and we were each given a piece of paper which granted us permission to accompany Mike through Security so that we could wait with him for his departure flight. Mike's flight was to board at 1500 at gate B-33.

We went to the USO after passing through Security and although I had been there before, Mike and Ben had not. We signed in and then took the "tour" of the

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Ladies,

We have been having some strange weather here on the East Coast – temperatures in the 70's and then down to heavy frost and near freezing. It doesn't bode too well for spring flowers that's for sure!

The President's Message

Hopefully, with the arrival of April, the weather will improve.

One of our members, April Reid (Adjustable Wrench, February 2011 White Caps), is in Bahrain, right in the midst of all the uprisings there. Please keep her and all of our troops in your prayers.

I want to thank all the units and members who have sent me get well greetings. As many of you know, I had a hip replacement a year ago. It turned out to be one of the DePuy hip implants and I was having problems with it. I had to undergo the surgery a second time and am now recovering from that operation. I appreciate everyone praying for me and wishing me well.

If you have not paid your dues, by the time you receive this issue, this will be the last issue you receive until your dues are paid. So, Ladies, submit your dues to your unit treasurer, or, if you are a Member-at-Large (MAL), send to Monica O'Hara along with the form on the last page of White Caps.

If you have any changes you think need to be made to the National Bylaws, please make sure your recommendations are submitted to Cathy Gerolimatos. Cathy will be

presenting them to the Board of Directors at the Mid-Term meeting the end of July. The BOD will review and decide which ones need to be presented to the membership at the 2012 Convention.

If you have suggestions for a name change, make sure you send them to Barb Sebring, Public Relations Chairwoman and head of the committee. You will be hearing more about the name change in coming issues. Remember, no decision can be made without the approval of the membership and this will be voted on at the 2012 Convention.

The BOD will be meeting in Madison, WI, the end of July. If you have any recommendations or concerns, please pass them up the chain to your Regional Representative. Your Regional Rep will then present to the BOD for discussion and consideration. If your Regional Rep is holding a conference prior to Mid-Term, take this opportunity to discuss with her then. If not, simply send her a note or email.

I have recently submitted WAVES National's nomination for the National VAVS Volunteer of the Year. I have nominated Gladys Bemis and feel, with her

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Pillows for Patriots ...

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facility. It was packed, as you can imagine. They had an area where Mike could store his backpack while he waited and he didn't have to lug it around for three hours. That was awesome.

After lunch we proceeded down the terminal toward gate B-33 and of course it was the last gate in that terminal. It was a hike, but a nice one. We found the gate very easily since it was surrounded by military personnel in various color mixes of camouflage (each service has their own specific design and color for their camouflage uniforms today). The gate is decorated with a huge USO banner and all types of "carts" with snacks, water and toiletry items for the troops, free for the offering. There were several USO volunteers there to assist or just talk to the departing military members. What a great bunch of volunteers who go through this same procedure each and every Friday of the year!

As we sat there looking around we noticed that a couple of the ladies were handing out neck pillows to the troops. Wow! I walked over to talk to one of the ladies and that is when I learned that all of the neck pillows are handmade and the materials donated. **I also learned that the majority of the 40,000 neck pillows made and given away since 2006 were made by two USO volunteers. 40,000!** I gave Dianna Titel my WAVES National business card and talked about how the WAVES could assist her in making more neck pillows. I'll get back to that in a moment.

You would think as a retired military person that you had seen it all, right? Wrong! Ben and I could not get over the "class act" that the DFW USO provides

each and every week to hundreds of Soldiers, Sailors, Airmen and Marines as they pass through on their way back to Iraq and Afghanistan. All of their needs are met including a Chapel in terminal B and a USO Reading Room whereby waiting military members may choose a new book for each of their children and record a DVD reading it to the "little heroes." The recorded DVD along with the book is mailed to the family so that they may watch and spend time with their Soldier as often as they like; and this program is offered to them FREE of charge.

The USO at the DFW Airport does everything in its power to provide a friendly atmosphere with free snacks, beverages, conversation and neck pillows to hundreds of "troops" returning to their overseas location each and every Friday. Ben and I salute the DFW USO volunteers for their continued service "above and beyond". BZ!

I asked Dianna Titel how I could help her with materials for the pillows. She has a great web site that explains it all. Log on to: www.PillowsforPatriots.com for complete information including the history, a pillow gallery and donations. Dianna has mailed the pattern for the neck pillows to several of you who so graciously volunteered to help. What she also told me is that she has a hard time finding the camouflage material for our Sailors. While the majority of troops going through the DFW airport are Army and Marines, there are the occasional Sailors going back and she would like to be able to provide neck pillows for each service with their own camouflage material. I told her about WAVES National and let her know that we have several units and members-at-large all over the country and a great unit in the Norfolk, VA area where Sailors are plentiful and, that my

point of contact in that area can probably go to the base Thrift Shop and either purchase or beg to have turned in uniforms given to her unit so that the unit members can cut out and sew patterns from that material.

The complete neck pillows don't have to be made. Dianna said that if I can get volunteers to cut out the patterns and sew them together that she can then stuff them and complete the process. That sounds like a plan to me and our volunteers could sew and ship even more doing it that way. Of course she will take any and all donations whether they are actual sewn pillows ready to be stuffed, the material itself, stuffing, etc. and/or monetary donations to help offset the cost for material on this end. The choice is up to the individual.

The pillows normally have one side in the camouflage material and the other side in a plain complimentary material. Fleece is a popular "other side" material and in addition to the camouflage material, think about using red, white and blue stars & stripes or even the service specific logo material. The possibilities are endless. Check out the web site to see actual pillows: www.PillowsforPatriots.com.

Please contact me for more information or contact Dianna Titel directly at 817-905-0824 or DaleTitel@gmail.com. Also, take pictures of you and/or your members working on the neck pillows and send them to Dianna and she will post on her web site; and don't forget to send the pictures to Denise Duke, WN Historian and one more thing - please don't forget to count all of the hours you spend as volunteer hours and send to Dulcie Davis, WN Volunteer Hours chairman. *Thank you for continuing to support our troops.*

The President's Message ...

(Continued from page 1)

60+ years of service to her country and veterans, plus her 10,000+ hours of volunteer work at her local VAMC, she should be a shoo-in!

We support the VAVS' National Advisory Committee (NAC) with a donation each year to the James H. Parke Memorial Fund which offers scholarships to VAVS youths. The NAC bylaws of the fund mandate that the BOD consist of seven members, serving staggered 3-year terms. I have nominated Harriett Howard, our National VAVS Chairwoman, to the BOD. Member organizations will vote at the

annual meeting in April for the two vacancies. I hope to be able to report in June that both Gladys and Harriett have been voted in for their respective positions.

We have several Regional Conferences scheduled. If you can't make it to your own, but want to attend a conference, registration at each conference is open to any WN member. Do not overlook the section on conferences and the points of contact for each in this issue.

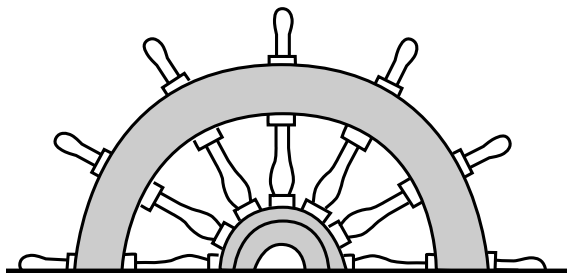
The Fund Raising Committee has been busy and the fruits of their labor are springing forth with the first raffle of a

gift card. Wouldn't it be great to have an extra bit of cash to spend this summer? We also have some wine connoisseurs among our members and they have come up with some really great ideas on raising funds with the sale of wine. Stay tuned for more information on this in the June White Caps.

Until next time, please keep our troops in your prayers.

Always Navy,

Dassa



FROM THE BRIDGE

FIRST VICE PRESIDENT

Jo Adamson



Greeting Shipmates:

Well, it looks like we may have an early spring, as the weather has been in the 50's. Sure hope so, as it looks like I'll be moving soon. Hurrah!

Jan Roy and I went to NTC Great Lakes the end of March and took part in the Naval Station Great Lakes Centennial celebration and the WAVES Oral History Panel discussion. The panel was derived of WAVES stationed at Great Lakes in the '40's, '50's and '60's. This was just another event that may help support membership for WAVES National. I'm still hoping we will have a unit in Illinois before I leave.

Thanks go to all our members for your hard work in recruiting new members, and we welcome the following new members to WAVES National:

Arkansas Travelers - Donna Swope, USN; Sun Coast WAVES - Maida Kelly, USN; North Coast WAVES - Evelyn Eyster, USN; Stars and Stripes - Julia Neuweiler, USN; Teresa Schroeder, USNR; Patricia Rutan, USN; Jaunita "Olga" Mireles, USNR; 10,000 Lakes - Audrey Deppa, USN; Virginia Blue Ridge WAVES - Betty Lou Hales, USN; Redwood Empire WAVES - Nicole Heffel, USN; WAVES of the Wasatch - Donna Marchant, USN; JoAnne Smith, USN; Dolores Moore, USN; Volunteer Unit - Jennifer Mobley, USN; Cactus WAVES - Donna Zakoff, USN; Ocean State - Jamie Goeden, USN; Anne Mishley, USMC; CA South Coast WAVES - Exida Groux, USN; Katherine Rath, USN; Hiawatha Shore WAVES - Teresa Biehl, USN; Triangle Seagals - Shirly Lewis, USN; Nevada Gems - Mary Jean Myrs, USN.

Go to it, girls! I will follow up with the Members-At-Large in the next issue of White Caps, as that list is twice as long as the new members list for units. Maybe some of the units can pick up some of the new MALs as members.

I wish all of our members and our active duty soldiers and sailors God speed and the best of health. We pray for each and every one of you.

SECOND VICE PRESIDENT

Betsy Waddell



Take Note! - My address has changed! See the National Officers & Staff page.

Now, to get on my soap box. Ladies, we must take one phrase out of our speech, "BUT WE ALWAYS DO IT THIS WAY." This is such a turnoff to new members or potential members. Just because we have done it one way or another, in the past, does not mean we cannot explore other ways of either doing/looking at/thinking about our actions, now. Remember, we must reach out to new members and make them feel WANTED AND NECESSARY!!! Again, we must remember that the service we left is no longer the service of today. One of our key roles today is to LISTEN to these ladies... ask questions... and find out what WE, either as an individual or organization, can do to help them and entice them join our organization. As I visit various units in Florida I find that they see very few "younguns." We have got to go after the ladies who have just retired or have been discharged from the service. I know that I am probably preaching to the choir but sometimes we get in a rut and it is comfortable. Well, if nothing else put an ad in the paper, letting the readership know you are searching for women veterans. Reach out to other veterans' organizations to see if they have women members. Now that I have this out of my system... may you all have a GREAT NAVY DAY!

RECORDING SECRETARY

Diana Parkisson



Greetings Shipmates...

This is just a quiet reminder about the WAVES NATIONAL NEWSLETTER CONTEST, and to remind you to send me your unit newsletter. No matter how big, how small. Is it one page, or is it twenty pages? It doesn't matter if you only produce it once a year or monthly. Do you produce it using a computer, a typewriter or written by hand? Send it in, it will count. I must tell you, ladies, I have received some

really great unit newsletters and the judging is going to be hard. Just get them to me.

Also, make sure you send me an email or a letter with the contact information of the editor and the unit president as I may need to contact them.

For those of you that use the computer, I would like to recommend that you check out the WAVES National Facebook page. It is a great way to keep in contact with other WAVES National members and find out what they are doing. All you have to do is set up your own Facebook page. It's real easy and it doesn't cost anything. Once you set up your page, you can search for WAVES National. I have also found a couple of commands I was attached to and have been able to locate people I once was stationed with. Let's face it there are a lot of "places" on the computer to locate prior shipmates, but Facebook is the only one that has a WAVES National page. Let's all "get connected" and keep in touch.

TREASURER

Monica O'Hara



Happy Spring to all!

A big thanks to the unit treasurers and MALs who have submitted their dues. My mailbox continues to be flooded (to quote my mailman, "I have job security with your mail.") with dues renewals. If you have not already renewed your membership, please do so ASAP! This will be the last issue of White Caps until you renew. Those of you who are Life Members do not need to worry about National dues but may need to renew your unit membership.

Unit treasurers are reminded to submit the annual "Letter of Authorization" form by 15 June. Please refer to pages 3 and 14 of the procedure manual.

The following donations have been received for the general fund: MALs: Helen Beck, Virginia Benson, Catherine Carryl, Janice Conlon, Loretta Crow, Catherine Dusenbury, Betty J. Jones, Elaine Kovarik, Irmgard LaForge, Alice Letcavage, V. Lenore Libbey, Gertrude Meade and Doris Sellers.

Unit members and units: Theda Kerbstat (Jersey Colonial WAVES, #59), Sharon Woods (Cactus WAVES, #114), Helen Sadowski (Northwest Florida WAVES, #52), Margaret Stover (Keystone WAVES, #6), Cape Cod WAVES, #18, Redwood Empire WAVES, #77, and Spirit of Liberty, #127.

The Scholarship Fund received donations from Corrine Robinson (MAL) and Redwood Empire WAVES, #77. Memphis Belles, #151, sent a donation for the Stained Glass Window Fund.

Thank to everyone for your generous donations.

BYLAWS CHAIRMAN



Cathy Gerolimos

As I sit here contemplating what my plan will be for attending the Mid-Term meeting, I am struck with the realization that we are getting quite close to the deadline for submitting proposed changes to WAVES National bylaws.

Many of us are busy with family, friends, and the various organizations we support. As a result, time does get away from us. With that in mind, and I know you're busy, if you believe the current WAVES National bylaws warrant a change that must be addressed by the 2012 WAVES National Convention, NOW is the time to get that proposed bylaw change submitted.

Begin with getting your idea down on paper TODAY, so you can look at it a few times before sending it in. In the December White Caps, I asked you to submit your proposed changes to me by July 15, 2011. Though the Mid-Term meeting will be in late July, I will honor that deadline. Your proposed bylaw or bylaw change must identify the article, section, and paragraph that you wish to change or add as well as a clear explanation for that change. As your advocate for your proposed change, please explain in detail your purpose and/or intent so I can properly present your recommendation to the Board of Directors. To that end, please include your name, unit, and telephone number in order that I may speak to you if I need further clarification. You know where to find my address and phone number — on the National Officers & Staff page.

I look forward to reviewing your recommendations and working with you and on your behalf at the midterm meeting.

Until then.....

SHIP'S STORE



Patty Jo Parks

Finally! Winter is nearly passed and the crocuses and daffodils are peeking through the frozen earth.

Don't forget about the "Quantity Discounts" for ANY COMBINATION of WAVES National coins, medallions and/or key rings: 5 for \$45; 10 for \$80; or, 20 for \$140.

PLEASE NOTE: Use the MOST RECENT White Caps order form. Your order may be delayed if the correct payment and/or shipping is not included.

Here is a FINE PRINT SPECIAL to celebrate spring:

Receive a FREE new style, bright blue luggage tag with any purchase totaling \$20 or more (excludes shipping). Limit one free tag per customer. Orders MUST: 1) Total \$20 BEFORE shipping is added; 2) Specify "Travel" on the order form; & 3) MUST be received by June 1, 2011.

Sea Ya, *Patty Jo*

VA MEDICAL/HEALTH



Ruth Storck

Even if you have never had a blood pressure issue, as you age your pressure will begin to climb. That is why it becomes important even when we feel well to have regular blood pressure checks with our primary care doctor. The doctor will record and follow the trends to ensure you do not become hypertensive.

There are several things to remember when we are going for blood pressure check.

The first thing to remember is to wear short sleeves, or ones that are loose in the arms. Rolling or pushing up your sleeves can cause tightness on the arms and can interfere with obtaining an accurate reading.

You should modify your food habits. Eating a big meal, consuming caffeinated or alcoholic drinks, and smoking all cause temporary elevations in your pressure. The same is true if you have a full bladder. Try and empty your bladder before your blood pressure is taken.

You should try and have a relaxing trip to the office. Do not rush to an appointment. This too will raise your pressure. When your pressure is being taken, sit quietly, with your back supported and both feet flat on the floor. Do not cross your legs or ankles. If in a hospital bed, lie flat out or sit with back supported and legs straight out, and uncrossed. Most care providers will place you in those positions.

Providers at times will ask you to have your pressure taken standing, sitting, or lying down. Some will want to check both arms. These readings will assist the doctor in assessing various medical problems.

It is important any time the pressure is taken to ensure you do not tighten the arm muscle. This too will alter the reading. Accurate blood pressure readings can be important in evaluating for strokes, cardiac issues, dehydration, vertigo (dizziness) and many other medical issues.

Remember: it is very important to have regular evaluations with your doctor and discuss any changes you are experiencing.

VOLUNTEER HOURS CHAIRMAN



Dulcie Davis

Ahoy Shipmates!

WOW! It's hard to believe eight months have passed since the convention. Before you can say Jiminy Cricket, it will be time to submit reports. They are due 15 June. I hope all the units and the MALs are keeping good track of their volunteer hours. It would be a real accomplishment if we could surpass last year's totals. Remember, reporting your volunteer hours is what keeps our organization non-profit. If any of you need a copy of the volunteer hours report form, you can mail or call me, or send me an e-mail and I will see that you get what you need.

HEARTSPRING PROJECT



Jeanne Hooper

Welcome to spring — well, at least here in sunny Florida! I hope all of you nationwide will soon be seeing warmer days. A few months ago, the Boxtop logo was published in the White Caps. Hopefully, you still have that, so you know what to look for. Here is a partial list of the products they are printed on: General Mills cereals and breakfast products (granola bars, etc.); Bisquick; Ziploc bags; some Cottonelle product; Pillsbury dough cans; some Kotex products; Kleenex boxes; Betty Crocker cake mixes and frostings, and Progresso sauces. Just look for the pink!

If you know of other products they are published on, but not listed here, please let me know. Thanks to all of you, we have contributed almost 7,000 box tops and several Tyson labels to Heartspring since I became chairman. Ladies, that's over \$700! I am only about 100 short of another batch of 500 — so — keep 'em coming!

PUBLIC RELATIONS



Barb Sebring

I hope all of you had survived the winter storms without too much trouble. I'm sure you are looking forward to spring as much as I am.

You will find our very first WAVES National fundraiser in this issue. I want to thank the committee for working hard to find something that will be fun and easy to do. Let's all take advantage of the possibility of winning a few extra dollars while raising money for our great organization. Check out our next White Caps for the

second fund raiser. If you like wine, you will love the next one!

Always Navy, Barb

WHITE CAPS EDITOR



Gale Wursthorn

WAVES National is facing the same problems that other Veterans' organizations are facing: decreasing enrollment, post closures, and a disdain for these organizations by younger veterans. To counteract this, we must make some changes and plan for the future. Our name change is a good first step, but that is all it

is - a first step. There is more that needs to be done

What can we do to make our organization more attractive to YOUNG OR YOUNGER veterans? Move our monthly meetings out of the retirement homes and assisted living facilities into community centers, veteran organization, Posts or local restaurants. I realize these retirement facilities are convenient for many of us, but we are active, we volunteer, we raise money, we make a difference. We are not just old ladies having monthly tea parties. We are proud women veterans who still have a job to do. So ladies, let's get to it.

SUPPORT THE TROOPS



Jeannie Dicks gives Cpl. Heart a Starbucks Gift Card.

Jeannie Dicks spent New Year's Day with the Marines in Pasadena, where she met Paula Deen, the parade Grand Marshal. While there, she presented Cpl. Heart with a \$5 Starbucks card.

Jeannie tries to keep this Marine Battalion in Starbucks gift cards to be handed out when the troops deploy and return. And these young Marines really appreciate this kindness. This is a great project but Jeannie can't do it alone.

She needs our help. Ladies, when you're out grocery shopping, go to the card rack and pick up a Starbucks card and send it to Jeannie, or send Jeannie a check and she will buy the gift cards. It will make you feel good and you'll be supporting our troops.

Jeannie's address is: Jeannie Dicks, 650 S. Rancho Santa Fe Rd., SP2, San Marcos, CA 92078-3946.

MEDICARE PART "B"

Medicare part B. premiums – source USDR Action Alert. The Military Retiree Health Care Relief Act of 2011

(H.R.238), was introduced in the 112th Congress by Rep. Jo Ann Emerson (R-MO-08). The bill would restore a long broken promise relating to free lifetime health care by amending the Internal Revenue Code of 1986 to allow a responsible credit to military retirees and their spouses/widows for premiums paid for coverage under Medicare Part B. Veterans are encouraged to contact their legislators and request they actively support this bill and urged their colleagues to do the same. One method to accomplish this is to access the USDR Action Alert site. Copy and paste this entire URL and forward the editable message provided to your representatives.

<http://capwiz.com/usdr/issues/alert/?alertid=23523796&queue>

BEWARE OF "VAS"

A warning to veterans.

Kevin Secor, VSO Liaison, Office of the Secretary of the Department of Veterans Affairs reports that an organization called Veterans' Affairs Services (VAS) is providing benefits and general information on the VA and gathering personal information on veterans. This organization is not affiliated with the VA in any way. Websites would be named "VA services" immediately after the "www" ARE NOT part of the Department of Veterans Affairs; the real VA website ends in .gov. The VAS website is: <http://vaservices.org/us/index.html>

VAS may be gaining access to military personnel through their close resemblance to the VA name and seal.

Our legal counsel has requested that we coordinate with DOD to inform military installations, particularly mobilization sites, of this group and their lack of affiliation or endorsement by VA to provide any services.

If approached or called, do not offer them any information concerning yourself or data on other veterans. The Department of Veterans Affairs does not randomly call veterans, nor does it ask veterans for information which it does not already have. If you have not dealt with the VA previously and in person, then you receive a call from someone saying they are with the VA or something similar sounding, hang up the phone. Do not respond to emails which suggest that they are from the VA. The VA never conducts official business nor asks for personal information by e-mail.

The Office of General Counsel requests that if you have any examples of VAS acts that violate Chapter 59 of the title 38 United States Code, such as the VAS employees assisting veterans in the preparation and presentation of claims for benefits, please pass any additional information to Mr. Daugherty at the address below.

Michael G. Daugherty
Staff Attorney
Dept. of Veterans Affairs
Office of General Counsel
(022G2)
810 Vermont Avenue, NW
Washington, DC 20420



Please send all WN member Silver Taps information to Executive Secretary, Barb Turner (address on page 14)

WN MEMBERS

Bettie J. Gray (Franks) USN Unit #1 (AR)	Mary Jane Bigham (Henry) USN Unit #77 (CA)
Mildred I. Gagliasso (Travostino) USN Unit #3 (CA)	Mary Jane Gumbiner (Brown) USN Unit #104 (FL)
Charlotte E. Lofstedt (Hia) Unit #9 (KS)	Gladys N. Duncan (Wall) USN Unit #114 (AZ)
Angela L. Marquette (DiCarlo) USN Unit #40 (CT)	Dorothea Cross (Perry) USN Unit #123 (FL)
Cecelia E. Rollins (Elias) USN Unit #41 (ME)	Margaret Miller (Becker) USN Unit #152 (VA)
Edith E. (Betty) Fay (Finch) USN Unit #55 (FL)	Betty A. Decatur (Estes) USN MAL (IA)
Mary J. Simons (Paro) USN Unit #70 (OR)	Dr. Helen Huus USN MAL (WA)

WN FORMER MEMBERS

Dr. Laura Anderson (Geddes) USN Unit #44 (NC)	Elizabeth N. Miller USN Unit #80 (NY)
Nancy W. Burford (Morehead) USN Unit #61 (TX)	Gladys Duncan USN Unit #114 (AZ)
Billie Maxine Knight USN Unit #61 (TX)	Cleo J. Stubbe (Gabel) USN MAL (IA)
Marilyn Simon (Ewert) USN Unit #70 (OR)	Jeannette Caron (Howe) USN MAL (CA)
Mary Simons (Hale) USN Unit #70 (OR)	Marion R. Bench (Mulligan, Enright) USN MAL (CA)

Gone, but not forgotten!

ADVERTISING RATES AND GUIDELINES FOR WHITE CAPS

Barb Turner, WAVES National Executive Secretary

With revenue down in the WAVES National (WN) coffer your board of directors voted to allow advertising in our White Caps, during the WAVES National 18th Biennial Convention held in Norfolk, VA in August. Perhaps you have written a book or own your own business, or have a friend or business associate that would like to “get the word out” about their business. If this is as successful as we believe it will be, perhaps a small percentage of the profit from the ad could be contributed right back to WAVES National for the general fund. Think about it!

ADVERTISING RATES AND GUIDELINES:

Publication of advertisement does not imply endorsement of the product(s) and/or service(s) offered. Advertising deadline is the 1st of the month prior to publication of the White Caps. (See page 15 for publication dates). Any late or incomplete submissions may not be included in the next issue. All submissions for advertisement are subject to approval by the WAVES National Board of Directors. **Please follow the outlined size guidelines and submit all advertisements in 300 dpi, black and white, camera ready .jpg, .tif, or .pdf format. Submission of advertisements by e-mail is the preferred method.**

Size Length	Business Card (2" x 3.5")	1/4 Page (3.75" x 5.0")	1/2 Page (7.5" x 5.0")	Full Page (7.5" x 10")
1 Time	\$ 45.00	\$ 75.00	\$100.00	\$150.00
1 Year	\$200.00	\$300.00	\$400.00	\$600.00

WAVES National reserves the right to modify ads that do not adhere to these guidelines and is not responsible for any loss of integrity that results. For advertising inquiries, please contact the WAVES National President at: Dassa Carvey, 757-460-1021 or dassa@att.net



WAVES NATIONAL FUNDRAISING COMMITTEE UPDATE

Written: Lynne Pine, California State Director

Edited: Barb Sebring, Chairwoman, Fundraising Committee

Your **Fundraising Committee**, led by Barb Sebring and with the helpful assistance of Jeannie Dicks, Lynne Pine, Teri Reese, Betsy Waddell, and Linda Fulkerson, has been diligently working to establish official projects to raise funds and strengthen the WAVES National Treasury. The first action of this committee is a “virtual” **Fundraising Raffle**, held in June and December (wouldn't it be great to have some extra mid-summer cash, or an extra \$50 gift card for Christmas?). The second action will be **online wine sales** from a local California Winery (you're gonna buy/drink wine anyway, so wouldn't it be nice to know that a portion of the wine purchase goes to support your fellow WAVES?). Stay tuned for more info!

NATIONWIDE “VIRTUAL” FUNDRAISING RAFFLE

WIN a VISA Gift Card! These are *spendable virtually anywhere*, much like any other debit card. The First Place Winner receives a pre-loaded **\$50 gift card**, and Second and Third Place Winners receive a pre-loaded **\$25 gift card**.

HURRY NOW and buy your “virtual” raffle tickets! How does this work? Simple. Send your check or money order to Barb Sebring, she will create the appropriate number of raffle tickets for your purchase, and these tickets will be entered into a closed bin specifically for raffle purposes. The San Rafael American Legion (Wilkins' Post 37) Post Commander has agreed to draw the three lucky winning tickets for us (to avoid any impropriety of having Barb rig the process!). Just kidding ~ Barb is not participating in the raffle, but she's doing all the heavy lifting support for this effort (thanks, Barb!).

C'mon folks ... support your WAVES National coffer and everyone get out your checkbook and **send Barb a \$10.00 check**. You'll have a dozen chances (that's **12 chances**) to win a **\$50 or \$25 Gift Card!** (*Side Note: Okay, fine, so you can send a check for any amount you'd like for any number of tickets you'd like, but doesn't “ten” sound like the perfect number to write on your check? It's easy to write and is a nice even number to subtract!*) The

Drawing for the three winners is on **Flag Day**, Tuesday, June 14th, and the winners will be announced in the August White Caps. This means you **MUST MAIL YOUR CHECK NOW** to Barb because the **deadline for her to receive checks is FRIDAY, 10 JUNE 2011**. Sorry ladies, but “The Check Is In The Mail” absolutely will not do in this raffle ... if Barb does not have your check, she cannot create your virtual ticket entry for the drawing and there's nothing we can do about it (*well, we can cash your check anyway and consider it a “donation” to WN and very much appreciate your support, but that would be no fun for you because you will have had no chance to win a gift card!*).

Raffle Tickets are \$1.00 each, or six for \$5.00. Make your check payable to WAVES National Funds, and send to Barb Sebring at: 78 Edward Avenue, San Rafael, CA, 94903-2810. You may call Barb at (415) 472-5666 or e-mail her at BSebring62@msn.com for more information.

VA Opens Toll-Free Caregivers Support Line

Caregivers are the family members and loved ones who provide care for Veterans who are living with the effects of war, disability, chronic illness, or aging. They deserve VA's highest level of support. On Feb. 1, 2011, the Department of Veterans Affairs (VA) opened a toll-free National Caregiver Support Line housed at the Canandaigua VA Medical Center campus in Canandaigua, NY. The support line serves as a primary resource/referral center to assist caregivers, veterans and others seeking caregiver information to help in the care of our Nation's Veterans. VA employees

who are licensed clinical social workers will answer calls to The National Caregiver Support Line.

The Support Line will provide information on VA/ community caregiver support resources and “warm” referral to dedicated Caregiver Support Coordinators located in every VA Medical Center; emotional support for the caregiver will be an integral component of this service. The National Caregiver Support Line is also available to respond to inquiries about the caregiver benefits associated with Public Law 111-163, Caregivers and Veterans Omnibus Health Services Act of 2010.

The National Caregiver Support Line will be open Monday through Friday, 8:00 a.m. to 11:00 p.m. and Saturday, 10:30 a.m. to 6:00 p.m. Eastern Time. The National Caregiver Support Line Toll-Free number is 1-855-260-3274.

National Association of Uniformed Services (NAUS) encourages your help in getting the word out about the VA Caregiver Support Line Toll-Free Number to military families and others providing care in your community. Please also see VA's updated caregiver website.

ATTA - WAVE AWARDS

In the February issue of White Caps, Tidewater Tidal WAVES, Unit #152, member Maggie Cobb won accolades for launching a campaign on behalf of WAVES National to collect Baby Wipes for troops in Afghanistan and Iraq. Maggie, along with her co-workers at Customs and Border Protection, in Washington, D.C., sent more than 10,000 baby wipes to our troops. Rear Admiral M.S. Boensel, Commander, Navy Region Mid-Atlantic, sent a note expressing his appreciation for our support of the troops. Much appreciation goes to Maggie and her co-workers for taking on this challenge and making it happen!



COMMANDER, NAVY REGION MID-ATLANTIC

7 January 2011

Dear Ms. Carvey,

On behalf of the Sailors and Marines serving in outlying posts in Iraq and Afghanistan, I would like to commend you and your organization for your outstanding contribution of over 12,000 Baby Wipes. Many of our troops do not have access to showers or running water, as they serve in remote, high risk areas. Gifts such as yours will improve both their hygiene and morale. Your gift will benefit not just one unit, but be dispersed among the remote units for the benefit of many.

Your service to our troops went above and beyond any expectation that we had when the call went out for Baby Wipes. Thank you, for the time, effort and coordination that it took to gather and ship your offering!

Sincerely,

M. S. BOENSEL
Rear Admiral, U.S. Navy

WAVES National
Dassa Carvey, President
948 Ewell Road
Virginia Beach, VA 23455



BOOK REVIEW

The Way of the WAVES

Marie Bennett Alsmeyer

I bought the book, *The Way of the WAVES*, advertised in the December White Caps. I found it well worth reading. It has much more than WAVES activities in WW II. It covers other pertinent events of the times. Marie, the author, was a pharmacist's mate (PHM) at Oak Knolls Navy Hospital, Oakland. This was the hospital where wounded Sailors and Marines, coming in on ships from the Pacific, were brought for recovery. Marie saw a lot of the results of the war. My tour in downtown San Francisco was much more insignificant. It's an excellent WW II history lesson for anyone. I recommend it.

Margaret Thorngate

Women's History Month

Did you participate in an event honoring Women's History Month?

If you did, White Caps wants to know about it. Send your photos and write up to both Gale Wursthorn, White Caps Editor, and Dassa Carvey. Email and snail mail address can be found on page 14.

Let's see how many events units and members have participated in to pay tribute to women making history!

Cleaning for a Reason

If you know anyone currently undergoing chemotherapy, please pass the word to her that there is a cleaning service that provides free housecleaning - once per month for 4 months while she is in treatment.

All she/he has to do is sign up and have her/his doctor fax a note confirming the treatment.

Cleaning for a Reason will have a participating maid service in the zip code area arrange for the service. This organization

serves the entire USA and currently has 547 partners to help these patients.

It's our job to pass the word and let them know that there are people out there that care. Be a blessing to someone and pass this information along.

You may not know someone going through chemotherapy, but someone on your e-mail list might, so please forward this information.

Related site: <http://www.cleaningforareason.org/>

REGIONAL CONFERENCES

WAVES NATIONAL WESTERN REGIONS

JOINT CONFERENCE AND MEXICAN RIVIERA CRUISE 2011

Region I Representative Jeannie Dicks, Region II Representative Margaret Thorngate, and Region III Representative Linda Fulkerson have teamed up to present the Western Regional Conference 2011 aboard the Holland America ship ms OOSTERDAM out of San Diego, CA, 8-15 October 2011.

For conference registration, call your Cruise Director Lynne Pine at (619) 947-6936 or e-mail Lynne.Pine@Yahoo.com to receive the registration form that you will need to fill out and submit to her. To make cruise reservations, request special arrangements for medical or dietary needs, or opt out of mailings, call Lynndee King of Cruise Specialists at 1-800-544-2469 or e-mail LKing@CruiseSpecialists.com.

REGION IX CONFERENCE

This is a shout-out to all the sea service women in the Region IX area. The time is approaching for our Regional Conference. It is scheduled for the 26th and 27th of August, 2011 at the Adams Mark Hotel, located in central Buffalo.

Registration forms and information will be made available in time for April meetings. Anyone outside Region IX wishing to attend can contact Kayann Taylor, 315-834-6269.

FUN IN THE SUMMERTIME IN THE OLD SOUTH REGIONS X AND XI

Please join us for a joint Mid-Atlantic Region X and Southeast Region XI Conference in scenic Chattanooga, TN, Friday and Saturday, 22-23 July, 2011 at Country Inn & Suites. The room rate of \$89 is good for up to 4 people and complimentary hot breakfast. \$50 registration includes Saturday luncheon and train ride.

Contact Patty Jo Parks at 423-326-0839, or pattyjoparks@yahoo.com for registration form.

REGION XII CONFERENCE



Region XII, in conjunction with All Navy Women's National Alliance, is hosting our Regional/State Conference to be held in Orlando, FL, September 22nd through the 25th.

All sea service women are invited.

There will be a hospitality suite for all to gather in and swap a few sea stories and have a nibble!

Thursday afternoon we will host a two-way seminar with active duty women to see what we can do to make our organization more open to active duty personnel and recent retirees. Thursday evening's entertainment consists of a dinner theater for laughs and giggles.

Friday is packed with a golfing package and a meeting of all WN units in FL, followed by Unit Presidents and All Navy Women Directors party.

Saturday morning will have a seminar on various topics of interest to all. Saturday evening will be the banquet with guest speaker. Sunday will start with a breakfast brunch and a speaker.

We will then bid each other adieu for another year.

2012 WAVES National Convention

Andrea Cadieux has volunteered to make a memory quilt for the 2012 National Convention to auction or raffle off.

Units may purchase blocks of the quilt either for their unit name/number or in memory of someone for just \$25.00 (which helps to defray the costs for Andrea). Just send what you want in your block – NO DESIGNS – and the money to Andrea Cadieux, 7871 Sontag Ave, North Port, FL 34291.

"TRIBUTE TO WOMEN VETERANS" LUNCHEON

Sponsored by National Association of County Veterans Service Officers



Women Veterans Luncheon, Tuesday, 7 June 2011 at the IP Casino-Resort-Spa, 850 Bayview Ave., Biloxi, MS 39530. The cost is \$15 per person for Southern Deli Buffet.

Name _____
E-mail _____
Address _____

Reservations are required by May 15th

Mail registration & payment to:

NACVSO Treasurer
ATTN: Jim Goltart
88 Park Ave.
Le enter, MN 56057-2251

Questions to:

NACVSO Women Veteran Representative
Karen Riggie
641-208-7375
kriggie@vbcoia.org

FOAM OFF THE WAVES

GATEWAY WAVES

Unit # 5 (MO) – Like most of America, St. Louis had snow on the ground most of the winter, with many luncheons and other events canceled. Spring has sprung. Join us in congratulating all February 2011 Presidential Medal of Honor recipients, including St. Louis's favorite Cardinal, Stan "The Man" Musial. **For meeting information, contact Shirley Walz at Sjwalz2002@yahoo.com or call 314-822-4249.**

KEYSTONE WAVES

Unit #6 (PA) – Despite the snow and ice that has plagued our Northeast, our unit has been busy, individually volunteering for various activities. We attended a bar-b-q fund raiser, benefiting the Pennsylvania Veterans Museum. We also attended a luncheon and seminar for seniors wishing to declutter their homes or relocating. We supported the Media (PA) Theater for Performing Arts on Veterans' Night when a combat veteran was honored on stage for his service. Prior to the performance, all veterans were honored with a reception and were recognized by the mayor. We also attended a Veterans' Fair that displayed World War II and Vietnam artifacts, weapons and memorabilia. **For meeting information, contact Harriet Stulmaker, 215-957-6659.**

HEART OF AMERICA

Unit # 9 (KS) – Here in the heartland, we are finally seeing the last mounds of snow melting into the spring sunshine. The birds are chirping and a few crocuses are starting to peek through the ground. Our February meeting was canceled due to snow, but we are looking forward to seeing our friends at our April meeting. Sadly, we lost a dear member, Charlotte Lofstedt, on February 18. She was faithful to her unit and to her church. She will be missed. God be with you, Charlotte. **For meeting information, contact Michele Batliner, 816-241-7451.**

STARS AND STRIPES

Unit #36 (CA) – The Women's History Project at the Veterans Museum is on track. Thanks to donations, including ours, the staff had a ribbon cutting event

for the improved display room in March.

MAINE

Unit #41 (ME) – On February 18, the state of Maine hosted an event at the Hall of Flags in the Augusta State Capitol building to honor Maine's women veterans. At the event, a stunning bronze plaque was unveiled. The large oval plaque, in bas relief, celebrated the role of military women from all wars. The Maine women veterans in attendance were presented with a beautiful silver commemorative coin replicating the plaque and a heartfelt "thank you for your service." Marion Gray noted that the "Star Spangled Banner" was missing from the program. She saw to it that the omission was corrected, and the anthem was sung beautifully by a local girl.



Diane Culleton stands with the plaque dedicated to Maine's women veterans at dedication ceremonies, February 18.

CONNECTICUT YANKEES

Unit #42 (CT) – Members had their first meeting in March after a very tough winter here in Connecticut. Snow was everywhere the eye could see. We are again meeting in the Commissioner's conference room. Our much loved Commissioner and Honorary Member, Linda Schwartz, USAF, (Ret.), has been reappointed to another term, continuing the good work she does for all of Connecticut veterans. Our meetings are the first Saturday in the months of March-June and September-November, at 1000 at the CTVA in Rocky Hill. **For meeting information, contact Marie Walsh, 860-647-7753, or Barbara Crede, 860-665-8082.**

NORTHWEST FLORIDA WAVES

Unit #52 (FL) – Our field trip in January was to the 350th Civil Affairs Command at Corry Station. BGEN Hendrix

and his exceptional staff briefed us on this Reserve Unit's mission, which includes deployments to war zones. Several of their female members had deployed to a war zone, one earning Bronze Star! Although they went overboard in treating the 13 of us extremely well, we are remaining loyal to the sea services. To thank them, we are donating snack foods to distribute to their deployed personnel.

To attract new members, we are attaching labels to magazines we donate to the Navy Pharmacy and the VA Clinic. The label thanks folks for serving, IDs our unit, and lists a point of contact with a phone number.

The unit donated \$100 to WAVES National's Stained Glass Window Fund.

We hosted and shared a table at the Navy League's Military Appreciation Luncheon which honored extraordinary military personnel who have donated significant volunteer hours in the local community. **For meeting information, contact Linda at NWFLWAVESUnit52@cox.net or call 850-476-6242.**

TAMPA BAY WAVES

Unit #55 (FL) – In February, the unit's monthly meeting was held at St. Matthews Anglican Church. Toni Baggett, a new member, was able to attend the meeting. Before joining, Toni helped us distribute poinsettia plants throughout James A. Haley VA hospital in December. We are glad she's decided to join us. Welcome aboard. Betsy Waddell, WAVES National second vice president, visited Tampa Bay WAVES, Unit #55, at their monthly meeting at St. Matthews Anglican Church in February. She briefly discussed plans for both the Regional/State Conference in September and WAVES National 2012 Convention, both of which will be in Orlando. Betsy joined us for lunch at the Old Town Pizzeria after the meeting.

WAVES AGO

Unit #61 (TX) – The unit is sad to report that we lost two former members in the past several months. We made a donation to WAVES National in their honor. The unit participated in Valentines for Vets, and held our traditional pancake brunch in February. We are looking forward to spring. **For meeting information, contact Vi Hammett, 903- 753-0787.**

FOAM OFF THE WAVES

COLUMBIA RIVER RIPPLES

Unit #70 (OR) – Not having met in December or January, we were especially glad to see one another. Nancy Sloan, DNP, manager for the recently opened Women's Veterans Health Care Clinic at the Portland VA Hospital, was our guest speaker and provided some valuable information. This clinic is completely separate from the men's facilities and is staffed by all female employees. It provides general health care from maternity and menopause, to osteoporosis and mental services such as depression counseling, drug and alcohol prevention, and more. In addition there are special programs for education, rehabilitation, career counseling, obesity, etc. Ms. Sloan left brochures for us with location, phone numbers, and instructions on applying and mentioned that there are 25,000 female veterans in Oregon with approximately 8,000 seeking treatment at the Portland VA. She encouraged members to use this clinic. We also discussed the 2011 Regional Conference, the Heartsprings Project, WAVES National name change and the loss of two more of our members. On a happy note, the crocuses, daffodils and camellias are beginning to bloom. A sure sign that spring is coming.

LAKE COUNTRY WAVES

Unit #74 (FL) – A Silver Bell Ceremony was held for our deceased member Virginia Stephen. Sixteen members attended our last meeting. Our annual fund raiser, a White Elephant Sale, was conducted by Mary Dixon. A group of us will go to the Athena House in Tampa in March. Athena House is a facility for homeless women veterans. We wish to investigate their needs and see what our unit can do to help them.

SPACE COAST WAVES

Unit #75 (FL) – Our unit had a wonderful Valentines' luncheon, and invited sweethearts and guests to attend. We had 18 in attendance and our own Betty Yaroch provided wonderful love songs on the piano, accompanied by jazz soloist Shyrl Johnson. Their program was absolutely delightful!



Betty Yaroch and Shyrl Johnson provide entertainment at Space Coast WAVES Valentine's Luncheon.

Our Unit is providing an incentive to shipmates to bring in new members by offering an incentive of free annual unit dues. We are also continuing our support for the homeless veterans by supporting the annual Stand Down held at a local armory. **For meeting information contact Pamela McRoy, 321-626-4546.**

REDWOOD EMPIRE WAVES

Unit #77 (CA) – Sadly, our unit lost Mary Jane Bigham, who lived at the Veterans Home in Yountville for several years. However, we also gained a new member. Marge Barnard was already a WAVES National member, and has joined our unit. Welcome aboard, Marge! At our February meeting, we were honored to have Region I Representative Jeannie Dicks and State Director Lynne Pine as guests. They provided good input and interesting information. **For meeting information, contact Bettie Crandall, 707-838-4035.**

OCEAN STATE

Unit #118 (RI) – This has been a very busy year for our unit. We have two new members, Elaine Robinson and Ethel McGinn, who transitioned to our unit when their unit, Old Ironsides, disbanded last year. In addition to Ethel and Elaine, we also have two members new to WAVES National, Jamie Goeden and Anne Mishley. In the February 2011 issue of White Caps, Unit #153 stated that they were interested in finding out whether their 94-year-old member Frances Burnstein might be the oldest active member of WAVES National. I wrote for our September 2010 newsletter, "Monday, Aug. 16th. This was the date Hellen Ryder was born 100 years ago, and it was the date of her second birthday party this year. Her first one had been held at the Jeanne Jugan residence on Saturday, August 14 and we were told there were about 125 more of

her family and other residents there to celebrate that day. There were close to 70 for the second party including at least 20 members of Unit #118 and we all had a grand time. Members were asked to stand and tell where they were from, where they had served and what they had done in the service." So I guess there is at least one person older. It will be interesting to see if there are any more. Helen is still active in the unit and attends meetings whenever she can. We can usually count on seeing her at the annual picnic at Ginny Hanson's home, in Newport.

MISSISSIPPI MATES

Unit #150 (MS) – With the return of WAVES National members from Washington, D.C., to the Armed Forces Retirement Home in Gulfport, our unit membership has nearly tripled.



Members attending our first meeting this year are (seated) Gladys Hughes, Marion Richie, Helen Bieda, Audrey Moran and Doris Jones. Standing are Gretchen Breeland, Linda Harris, Barbara Folk, Sally Manning, Beverly Normand, Sandy Skipper, Jean Rhizor, Bettylu Dennis, Terry Miles, and Donna Cox.

Reverting to our pre-Katrina meeting schedule, we will gather the last Saturday of each month at 1030 in the Gulfport AFRH Chapel, with guest speakers scheduled for each meeting. We will continue our schedule of social services and community welfare outreach, and support of veterans' benefits legislation. Doris Jones recruited several members to help staff the USO facility at the Gulfport Seabee base. **For information, contact Gladys Hughes, 601-799-1714, or Gretchen Breeland, 228-861-3034.**

MEMPHIS BELLES

Unit #151 (TN) – Becky Dickinson's husband became an "Honorary WAVE" recently when he helped the cookie crew make their rounds at the VA Hospital. Reid, we do appreciate your assistance. There is always a need for cookies and making sure the patients get them. Items for "goodie bags" were well received and appreciated by staff and patients at the VA Hospital. Recruiting new members is

FOAM OFF THE WAVES

a continuing process. We welcome Marie Bates, an active duty lady, as a new member. Everyone has had enough ice and snow for a while and we are looking forward to the arrival of spring. **For meeting information, phone Linda Coffield, 901-372-9028.**



Memphis Belles members at a recent meeting (front row, l to r) Nancy Banville, Becky Dickinson, Sonia Garner; (back row, l to r) Marion Page, Arline Wertz, Caroletta Mitchell, Hardin Brown, Charlotte Larson, Linda Watson.

TIDEWATER TIDAL WAVES

Unit #152 (VA) – Members voted to make a donation to the Stained Glass Window Fund in memory of all our deceased members. At our February meeting, the guest speaker was a representative from the USO. After her talk, the unit voted to make a donation to the USO in support of the USO's activities at the Norfolk Airport.

Seven members have signed up to help make "Pillows for Patriots."

Libby Morrison, our VAVS Representative at the Hampton VAMC, reported that the VAMC has finally received authorization to perform mammograms. Until recently, the female population at the VAMC didn't support having this clinic. The increase of female patients to 17% swayed the decision in favor of the machine and

the radiologist. Previously, female patients were required to go to a civilian hospital for the exam. **For meeting information, contact Judy Perry, 757-545-1988.**

SALT RIVER WAVES

Unit #155 (AZ) - Our monthly meeting celebrates a Sweet-Tater Traveling Award with no requirement other than to keep it moving. In a world full of "Dick-Taters, Agie-Taters, Emma-Taters, Comment-Taters, Hezzi-Taters and Spec-Taters," we honor the many Sweet-Taters among us. To misquote an old adage... All work and no play – makes for a dull day. **For meeting information, contact Vee Flayter at email address: hapnvee3@msn.com.**

VA Honors Military Women of Past, Present

VA Celebrates Women's History Month

The Department of Veterans Affairs joined the nation to observe Women's History Month in March by recognizing and honoring women Veterans.

"Duty. Honor. Pride. These words reflect the spirit of generations of American women who have sought to defend the rights and freedom of others," said Secretary of Veterans Affairs Eric K. Shinseki. "The history of women in the armed forces began more than 220 years ago with women who served during the American Revolution and continues through the present day. VA is honored to serve these women who have contributed so much to our Nation."

Women Veterans are one of the fastest growing segments of the Veteran population. Of the 22.7 million living Veterans, more than 1.8 million are women. They comprise nearly 8 percent of the total Veteran population and 6 percent of all Veterans who use VA health care services.

VA estimates women Veterans will constitute 10 percent of the Veteran population by 2020 and 9.5 percent of VA patients.

In recent years, VA has undertaken a number of initiatives to create or enhance services for women Veterans, including the implementation of comprehensive primary care throughout the nation; staffing every VA medical center with a

women veterans program manager and regional offices with a designated woman Veterans coordinator; supporting a multifaceted research program on women's health; improving communication and outreach to women Veterans; and continuing the operation of offices like the Center for Women Veterans and the Women Veterans Health Strategic Healthcare Care Group.

"During this observance of Women's History Month, let's remember the special contributions of the ever-increasing number of women serving in the armed forces," said Tammy Duckworth, assistant secretary for public and intergovernmental affairs. She noted that women currently make up more than 14 percent of the active-duty military and 18 percent of the Guard and Reserves.

VA has 43 women's memorials and monuments at its National Cemeteries across the country.

Additionally, several notable women are buried in VA National Cemeteries, including Chief Specialist Evelyn B. (Ulrich) Einfeldt, a Navy World War II Veteran who was one of the 67 Navy "WAVES" involved in Operation Magic. She assisted with the assembly of BOMBE (Enigma), a machine to decode German and Japanese transmissions. She was laid to rest at the Fort Sill National Cemetery on April 6, 2006.

Lillian Kinkela Keil, an Air Force flight nurse pioneer, is buried at the Riverside National Cemetery. She flew 425 combat missions and took part in 11 major campaigns, including the D-Day invasion and the Battle of the Bulge in World War II and the Battle of Chosin Reservoir in Korea. One of the most decorated women in American military history, she was awarded 19 medals.

For more information about VA programs and services for women Veterans, please visit: www.va.gov/womenvet <<http://www1.va.gov/womenvet/>> and www.publichealth.va.gov/women-health/.

Editor's Note: Joyce Stotler sent this remembrance when she read of this tribute: Evelyn Einfeldt was also a member of WAVES National for many years. I roomed with her at the Boston convention and I believe she went to one or two other ones. She lived in the next town over from me for a long time, until her husband, Bob, took ill and they moved to an apartment in south OKC. Last summer, Les and I went for a drive and I had him stop at the Ft. Sill Cemetery and I visited Evelyn's grave. Bob is buried next to her and apparently died 2 years after her. She was a special lady and I sure miss her. Oceans of Love, Joyce.

LT Erma Hughes Kirkpatrick – Helped Win WWII



Erma Kathryn Hughes, the third of eight children, was born in 1920 in downtown Washington, D.C. At age three, she and her family moved to Chevy Chase, MD. She attended DC public schools and went on to the University of Maryland where she earned a B.A. degree in psychology.

During her last two years of college, one of her professors, who was leaving for active duty with the Marines, knew of job opportunities in Naval Communications. He suggested that Erma take a correspondence course for it. She took the course, and upon graduation, she qualified for a civil service position with the Navy Department in Washington, D.C. She was assigned to the Naval Intelligence code breaking and cryptanalysis unit. This unit, while reading Japanese ship traffic messages, provided the necessary intelligence for the United States to win the Battle of Coral Sea. This was a major victory and Erma's unit was justifiably proud of their contribution.

Erma was in this Naval Intelligence unit about a year when she began to get a little frustrated. As a civil service employee, there were limitations as to what she could do. The Navy officers had greater access to material and higher security clearances. For Erma there was nothing to do but join the Navy. So on February 13, 1943, Erma Hughes boarded a train at Washington, D.C.'s Union

Station heading for Officer Training at Smith College, Southampton, MA. Erma found Massachusetts colder and snowier than what she was used to.

She started her training. She learned to march, to climb down ropes, to make a bed the "Navy Way," and to salute correctly. She learned never to salute uncovered and never, never let your thumbs go "adrift." A previous WAVE Company at Smith College had been reviewed by Eleanor Roosevelt. As they passed the reviewing stand the command "eyes right" was given, and with their wagging thumbs they appeared to be thumbing their noses at the First Lady.

Erma didn't complete officer training at Smith College. Because her job skills and training at the Navy Department were critical to the war effort, Erma was ordered back to Washington and the Intelligence Unit. When she got back to D.C., the unit had moved to a private girls' school in Washington, the Mount Vernon Seminary. Erma and her co-workers joked that they served aboard the USS MOUNT VERNON SEMINARY. This facility was only several blocks from Erma's family home. She bought a little Ford car, lived at home and drove to her job at Mount Vernon Seminary. She virtually had all the comforts of home, including home cooked meals, during her war time duty.

When the war ended there was pandemonium in Washington. Traffic jams everywhere! People jumped out of their cars and hugged strangers from neighboring vehicles. Erma recalled that if you were in uniform you got an extra special hug. What a glorious and exciting day that must have been. The troops and her fiancé were coming home.

LT Erma Hughes ended her active duty in March of 1946, but remained in the reserves. She and a friend took a trip across the country, all the way to California. They were in the reserves so they stayed in women's barracks on military bases or visited with friends that they had been stationed with. The

last leg of their trip put them on a boat to Alaska. Recalling what cars and roads were like in 1946, this trip was a monumental accomplishment for these two young ladies.

Once home, Erma took advantage of her GI Bill and enrolled in a business management course at Radcliffe. Women weren't allowed to go to the Harvard School of Business at the time. She married her Marine, C.A. Kirkpatrick, who had been her professor at the University of Maryland. They settled in North Carolina and had three children.

During the Korean War, Erma, her husband and their children took an automobile trip to Washington, D.C., to visit her relatives. In route, her husband decided to take a detour to show his children Quantico Marine base where he trained as a Marine officer. As they pulled up to the gate, the Marine guard stopped them and asked for ID. Mr. Kirkpatrick had none which would admit them to the base. At this point, Erma reached into her purse and produced her Reserve Officer's ID. The guard executed a very snappy salute and waved them through the gate. This did not set well with her Marine husband. It tickled her, though it was a swift, rather silent, chilly tour of Quantico.

During her life after her military service, Erma has been a tireless volunteer. She volunteered as a substitute teacher in Chapel Hill Schools, was chairman of the board of the PTA School Thrift Store, worked with the Interfaith Council and the free clinics. With two other people, she established the first soup kitchen in Chapel Hill. She was also involved with the Community Chest which evolved into the United Way. In 1972, she became very involved in quilting. She has co-authored quilting books, published papers, taught courses, done extensive research on North Carolina quilts. Erma has been a very important person in the quilting world and a highlighted member of The Betty H. Carter Women Veterans Historical Project in North Carolina.

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Miscellaneous Information:

- Conventions are biennial.**
- WHITE CAPS is published six times a year: Feb., Apr., June, Aug., Oct., and Dec. **Items for publication must be received by the 1st of the month before publication.**
- National Dues: \$15.00 for the calendar year - 1 January to 31 December, submitted to the National Treasurer. Unit members submit to Unit Treasurer; Members-at-Large, submit directly to the National Treasurer.**
- When dues have been paid by new members, membership cards will be issued to Unit Treasurers and individually to Members-at-Large. Current members who pay dues will not be issued another membership card. LIFE members will be issued a permanent LIFE membership card.**
- All changes of address must be forwarded to the Exec. Secretary sixty days before moving, if possible. There will be no re-mailing of WHITE CAPS unless the member forwards \$7.50 to Monica O'Hara, Treasurer.
- You may submit your White Caps articles via e-mail to Gale Wursthorn, navygj@sbcglobal.net and a copy to Dassa Carvey, Dassa@att.net

<i>Submit Date</i>	<i>Publish Date</i>	<i>Issue</i>
1 May 2011	Jun 2011	Jun
1 Jul 2011	Aug 2011	Aug
1 Sep 2011	Oct 2011	Oct
1 Nov 2011	Dec 2011	Dec
1 Jan 2012	Feb 2012	Feb
1 Mar 2012	Apr 2012	Apr

Store Use:



WAVES National Ship's Store

Women of the Sea Services ~ Still Something Special



April 2011

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Item Description	Color	Size	Price	Qty	Total

* ALLOW 6 WEEKS FOR ENGRAVED ITEMS * Additional items may be listed on a separate page* **Subtotal**

◆ **NEW RATES** ◆ Up to \$45 = **\$6** \$ 46 to \$100 = **\$12** \$101 & above = **\$16** ➡ **ADD Shipping**

NO Phone or E-mail Orders - Make Check/Money Order to "WN SHIP's STORE" Total Due

MAIL CHECK WITH ORDER FORM TO: Patty Parks, 6920 Sawtooth Drive, Ooltewah TN 37363-6894

Questions? ? ? Call: (423) 326-0839 ◆ or write waves.shipstore@yahoo.com

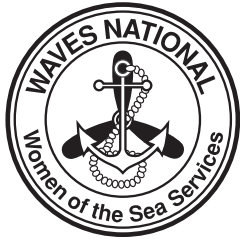
Name Badge OR Specialty Badge w/WN Logo \$12 Brushed Gold Plastic w/Bold, Black Letters, Double Clutch back (Magnet back On Request) Name on Badge: _____ (Nickname/Maiden/Other Info) _____ USN USCG USMC Years/From: _____ To: _____ WN Unit Name & Number: _____	Outgoing Officer Pin w/WN Logo \$9 Brushed Gold Plastic w/Bold, Black Letters, Double Clutch back Name on Badge: _____ Office Held: _____ Years in Office: From _____ To _____ WN Unit Number: _____
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N WN Logo Flag \$80 E 3'x5'; All Weather Nylon; Double-thick W 3-Color Logo screened Front & Back See Photo on Page 4 of August Whitecaps	N Travel Alarm Clock \$6 E Pop-Open, Digital w/lighted W face & WN logo on Blue Case 2 1/4" x 2 3/4" x 1" Closed	Wrist Watch \$25 2-tone (gold & silver) w/second hand White face w/WN logo & 12 numbers; Black leather band (7 7/8"); Gold gift box	Anchor Lapel Pin \$4 Original Hat Pin Style, 1/2" with single pin clutch back
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Golf Shirt \$25 Navy or White w/WN Logo SM-MED-LG-XL-2X-3X-4X	Sweatshirt \$20 Navy w/WN Logo SM, MED, LG, XL	Cardigan \$25 Navy button-up w/WN Logo (Sweatshirt fabric-One size)	T-Shirt \$10 Navy w/White screened Logo SM-MED-LG-XL-2X-3X
Jacket \$25 Navy Blue w/WN Logo SM, MED, LG, XL, 2X, 3X, 4X	Apron \$10 Bib-style, Navy w/White Logo Adjustable neck-One Size	Necktie \$8 Women's USN - Black w/Velcro closure-One Size	Ballcap \$10 Navy w/Embroidered Logo Soft style - Adjustable
Waist Bag \$10 "FannyPack"-style bag of cotton canvas w/Embroidered WN logo; 2 zippers; belt adjusts 30" to 47"	Small Patch \$4 SPECIFY: Navy OR Marine OR Coast Guard OR Army OR Air Force OR WN Logo Sizes Vary 2 1/2"-3"	Large Patch \$10 WN Logo patch; May be ironed/sewn on back of jacket or vest. Size 8 1/2" diameter	Teddy Bear \$7 W/Service Patch on Belly SPECIFY: Navy OR Marine OR Army OR Coast Guard OR Air Force
"Original" Hat Pin \$10 WAVES w/Anchor & Prop	USN Hat Pin \$4 Spread eagle w/USN	WN Logo Charm \$7 Round, Enamel WN Logo (1/2")	Anchor Charm \$7 Original Hat Pin Style (3/4")
WN Logo Lapel Pin \$4 Round, Enamel WN Logo	Service Logo Lapel Pin \$4 SPECIFY: Navy, USMC, USCG, ARMY, AF	Magnet \$1 Flat, 2 1/2" Circle; White w/WN Logo	Luggage Tag \$2 Blue plastic w/WN Logo
Anchor Earrings \$14 Pierced, Original Hat Pin Style (3/4") (Clip-on Available on Request)	WN Logo Earrings \$12 Pierced, 1/2" Round Enamel WN Logo (Clip-on Available on Request)	Songbook \$8 SPECIFY: "Songs WAVES Sing" OR "Bainbridge Bootcamp Songs"	Letterhead OR Notes \$5 SPECIFY: 20 Sheets WN Letterhead OR 10 Single-fold notes w/envelopes
Dogtag Lapel Pin \$5 Dog-tag shape, 3/4", silver-color pin w/ chain says: Women Proudly Served	Presentation Plaque \$50 Ceramic, Navy woman, WN logo on 9"x12" plaque; Call for Details	License Frame \$2 Top: WAVES National Bottom: Women of the Sea Services	Decal \$1 WN Logo for cars, etc SPECIFY: Blue/White OR Blue/Yellow
Portfolio \$15 Soft Vinyl Black w/Silver Trim; Dark Blue WN Logo (on silver) 9 3/4" wide x 12 1/4"	Pen \$2 Bright Blue color w/WN Logo & WEB address printed in white Blue Ink; Retractable; Nice Weight	Sewing Kit \$2 Blue Case w/WN Logo & WEB address printed in white; 2"x3 1/4"x1/4" Needles/threader/scissors/pins, etc.	WN Bumper Sticker \$1 Two-tone blue WN emblem and dark blue letters on white; glossy paper; Approx 3" x 10
Garrison Cap \$22 Ladies' Style, Dark Blue, lined w/WN Logo Patch on Left Front 55% Poly/45% Wool; DRY CLEAN ONLY Sizes 21, 22, 23, 24 & 25 (Measure Circumference of your head; Round up to next even inch for Size)	Coin OR Medallion OR Keychain \$10 Front: WN logo in gold, silver & blue Back: three raised images; Coin has gold, diamond cut edge; Medallion (on blue ribbon) & Keychain w/ring have smooth silver edge ~ Approx 1 1/2" diameter CALL for Quantity Discount Info		

WAVES NATIONAL
 9105 Shoshone Trail
 Flower Mound, TX 75022-7040

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Still Something Special

NOTE: WHITE CAPS not having your correct address will not be forwarded by the Post Office unless you have submitted an address change. Please include WAVES National on all address changes in order to keep receiving your White Caps. Please send the address change form in 60 days before moving.

MEMBERS: If you are going to be traveling from time to time, why not send **Monica O'Hara \$7.50** to have your WHITE CAPS sent via first class mail. This way, you will never have to miss an issue. Thank you!

ADDRESS CHANGE FORM

OLD: (Paste WHITE CAPS label here)

NEW ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE # () _____
area code (Check here if unlisted)

EFFECTIVE DATE: _____

Mail to: **Barbara Turner**, Executive Secretary
 9105 Shoshone Trail, Flower Mound, TX 75022-7040

MEMBER-AT-LARGE MEMBERSHIP RENEWAL FORM

(Dues period 1 January to 31 December)

Please type, print, or use address label Date _____

Name _____ Member ID # _____

Address _____ (Find on WHITE CAPS address label)

City _____ State _____ Zip Code _____

Telephone Number () _____ (Check here if unlisted)

Check # _____ Tax Deductible Donation Included \$ _____ Dues for 1 year are **\$15.00** • Check Amount: _____

Please enclose a check or money order for **\$15.00** for dues for one year, made payable to WAVES National, and submit with this form to the **National Treasurer, Monica O'Hara, 6383 Kimmy Ct., San Diego, CA 92114-5631**

New members use WN membership application only.

The Life Membership rates are as follows:

25/under yrs. - \$400	36-40 years - \$322	51-55 years - \$244	66-70 years - \$166	81-85 years - \$88
26-30 years - \$375	41-45 years - \$296	56-60 years - \$218	71-75 years - \$140	86-89 years - \$60
31-35 years - \$348	46-50 years - \$270	61-65 years - \$192	76-80 years - \$114	90/over yrs. - \$30