



Missouri Women Veterans Newsletter



Volume 2013, Issue 31

www.mvc.dps.mo.gov/service/women

April - June 2013



Editors Note: I am really looking forward to the rest of this year. There are so many wonderful Women Veteran events that are taking place this year in Missouri. I've decided to make a change in the Women Veterans program this year. Instead of hosting an Annual Women Veterans Conference this year I am hosting two events, a Women Veterans Expo on May 4th in Springfield and a Women Veterans luncheon in Jefferson City on Sept. 28th. These events are being held in two different regions of the state so I can reach out to more of the Women Veterans. I'm planning these events along with others that pertain to Women Veterans, please see the "Upcoming Events" portion of the newsletter to see if there are any events in your area.

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Proud to Be a Woman Veteran

*It's Spring Time in
Springfield*

Please join us for a **FREE**
Women Veterans Benefits Expo

**Hosted by Amy Bennett, Missouri Women Veterans Coordinator
of The Missouri Veterans Commission**

**May 4th
9:00 AM - 12:00 PM**

**Library Center
4653 S. Campbell Ave.
Springfield, MO**

**Numerous Information Booths relating to Women Veterans!
FREE gift to the first 100 Women Veterans!**

2013 Missouri Woman Veteran of the Year



The 2013 Missouri Woman Veteran of the year will be announced at the Women Veterans Luncheon on September 28th in Jefferson City. Please submit your nominations for this commendable award. Applications must be received or postmarked by September 6, 2013. The winner selected will receive special treatment at the luncheon and be recognized in her home town newspaper. This award will be given to a Missouri Woman Veteran who has compiled a record of exemplary service as a Military Service Member, Veteran and as a Citizen in her community. Nominations may be submitted by a nominee or the Veteran herself. The application is attached to this newsletter or can be found at www.mvc.dps.mo.gov/docs/women/womenvet-nomination.pdf. I know there are many Women Veterans in the State of Missouri that are very deserving of being recognized for this award.

Flag Day



Flag Day is celebrated every year on June 14th. It commemorates the adoption of the flag of the United States, which happened that day by resolution of the Second Continental Congress in 1777. In 1916, President Woodrow Wilson issued a proclamation that officially established June 14th as Flag Day. The day commemorates the adoption of the Stars and Stripes as the official flag of the United States. In August 1949, National Flag Day was established by an Act of Congress. Although today, many citizens don't need to be reminded to fly the flag as the recent acts of terrorism has reminded us all what the flag stands for, freedom.

Flag Etiquette

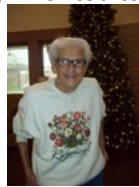
- ★ The U.S. flag should be displayed from sunrise to sunset, unless it is well lit during darkness
- ★ On a stage, the U.S. Flag should always be placed behind the speaker and to their right
- ★ When hanging the U.S. Flag vertically or horizontally from a wall or window, the canton, or union, should be at the top right of the flag. When you face the flag, it should be on your left
- ★ On Memorial Day, the U.S. Flag is flown at half staff until noon, and then raised until sunset
- ★ The President of the U.S., governors and limited other government officials may direct the U.S. Flag to be flown at half staff
- ★ The U.S. Flag should not be allowed to touch the ground, but if it does, you are not required to destroy it as long as it's still suitable for display
- ★ It is acceptable to wash or dry clean a U.S. Flag to keep it in good shape
- ★ Only all-weather U.S. Flags made of non-absorbent material should be displayed during bad weather
- ★ When a U.S. Flag has served its life, it should be destroyed, preferably by burning. Many American Legion posts have special ceremonies on Flag Day.
- ★ Never use a U.S. Flag to cover a statue or monument or drape the flag over the hood, top, sides or back of a vehicle, train or boat
- ★ The U.S. Flag should not be used as wearing apparel, including costumes or athletic uniforms, bedding or drapery
- ★ The U.S. Flag and the Missouri state flag are flown at half staff on all government buildings for one full day as determined by the Governor, whenever a Missouri resident and member of the military forces is killed in the line of duty
- ★ Every schoolhouse should display the U.S. Flag during school days
- ★ The U.S. Flag should never be used for advertising purposes



Hazel Lasher



When I was only 19 years old I had a "Rosie the Riveter" kind of job as I was a sheet metal worker. At the age of 22 I joined the Army in September 1946. It was a duty I felt compelled to do with some influences from my older brothers, Fred who served in the Army and Glen who served in the Navy. My job was a Statistical Technician. I was discharged from the Army in 1948 and immediately (the next day) I joined the Air Force. I was paid \$100 to re-enlist. I was stationed at Lowry AFB in Denver, Colorado and Offutt AFB in Omaha, Nebraska. My most memorable time of my service was when I was stationed in DC and I worked in the Pentagon. I earned several medals to include the Good Conduct, Victory Ribbon, National Defense Medal and Good Conduct Medal Clasp. I served until March 1954. We were patriotic back then, and if I could do something, I wanted to do it. I was happy to be there. I was proud and still am very proud of saying I served. Because of my service I have been able to utilize my Veterans benefits that have really assisted me in my life. Today, I enjoy fellowshiping with other Veterans and spending time with my dog.



Wilma Bergjans



I am originally from Missouri and I joined the Army (WAC) in March 1945. My sister, Thelma (who is now deceased) and I joined together, we were ready to leave home and help our Country. I went to boot camp in Oglethorpe, Georgia. While I was in Georgia, President Roosevelt died. There was a big parade to honor the President, and I can still see and hear the planes fly over. After boot camp and training I was stationed at O'Riley Hospital in Springfield, Missouri as a Surgical Tech 861. One of my duties was to give shots to the patients. The boys' arms were so strong from their Army duties, it was hard to give them a shot as they had no fat in their arms. One was so muscular the needle broke off in his arm. I was scared and went and found my supervisor, but the soldier didn't mind, I think he liked all the attention he was getting. While serving in the Army, I enjoyed being with the people, helping the boys and my Country. We had a lot of laughter together and I knew I was doing a good thing. I was honorably discharged in October 1946 and moved to St. Louis, Missouri where I met my husband Greg. We have three daughters and I have nine grandchildren and two great-grandchildren. After I came home from serving I re-opened my beauty shop as I was a cosmetologist in my civilian job. I reside in Missouri and I enjoy playing bingo and pokeno. I especially like to knit and crochet as I make items for a charity called "Newborns in Need". My current picture is me celebrating my 97th birthday. I now reside in an Assisted Living facility with help from the VA.



Saluting Our Women in Uniform

Wauneen Rucker



My mom passed away when I was 9; so it was decided that I would reside with my grandparents. There was a rule; I had a lifetime to be an adult, so school was my job. After hard work, I was inducted into the National Honor Society as a Sophomore. My Senior year, I attended college 1/2 of the day. After graduation I entered college as a Sophomore. I became very TIRED of school! One day while out with friends I walked passed a Marine Corps recruiting office. Immediately, I was drawn to the crisp looking uniforms. I stopped in, walked directly to the recruiter and frankly told him that I wanted to become a Marine. At first the recruiter "kind of" chuckled me off because I was so petite. After realizing that I was serious, I signed up. Once I completed "boot camp" I trained at Camp Pendleton and I was stationed there. Two weeks after reporting to my duty station, a life changing thing happened. A very distinguished, "full bird" Colonel walked in the office and requested that I help him with a project. Following orders, I did. At the end of the project, I was informed that I would become the personal aide to Col. James S. May - Sr. Staff Judge Advocate for Marine Corps Base. Col. May was second in command of Base Gen. Robert Haebel. The rest is history!!!

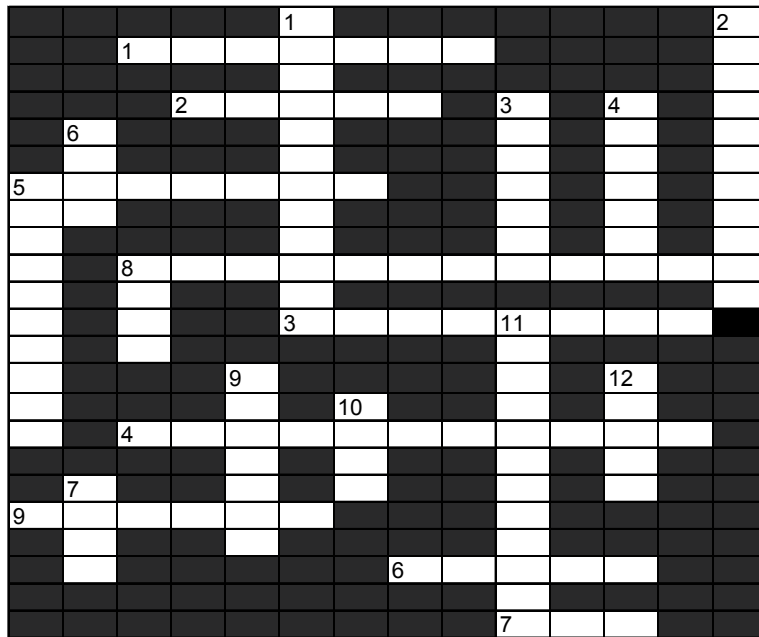


Elizabeth Ann McKie



After high school I joined the Women's Army Corps, the WACS. My training included members from all branches of service. There were 40 men for every three women. I remember the women were treated like a big joke, with the men quacking like ducks when we passed by. But the women took the training seriously. At that time artillery training was optional for women. Most of the women went onto serve as nurses in Vietnam with some going to China. I was stationed in Maryland near Washington, DC, getting supplies to the troops in Vietnam as well as relaying messages to and from the Vietnam area. My office was in a cave in the mountains outside of Washington that was listed as a secret hideout for government workers who may need to take shelter. It was set up as a communications center and furnished with supplies for thousands of people in case of attack. We were taken to the underground by bus and never told its exact location. Years later the Top Secret restriction was lifted and I saw pictures of the area in a newspaper. It has since been replaced with another location, also Top Secret. One day while traveling by bus to the underground, I met a soldier there, we started a friendship that has now resulted into over a 30 year marriage. I proudly served 1 year, 1 month and 1 day as I found out I was expecting and in the 1960's women were honorably discharged if they were pregnant. I recently retired after working over 30 years at the Kansas City VA. I look forward to spending time with my family and traveling.





(Answers located at bottom of page)

Across

1. Located at Whiteman AFB
2. Is the month that celebrates Women's History Month
3. Is the Mascot for the Marines
4. This holiday is always celebrated on November 11th of each year
5. _____ of the ship
6. A term the Army uses
7. _____ Million women have served in the U.S. Military
8. To the highest award for Valor
9. Branch that uses the motto Semper parati

Down

1. Where all female Marines attend boot camp
2. A U.S. Military decoration awarded in the name of the President to those who have been wounded or killed in combat while serving on or after April 5, 1917
3. A term used in the Air Force
4. Who played Capt. Karen Walden in "Courage Under Fire"
5. A branch of the service that is mainly on water
6. A branch of the service that is mainly in the air
7. A Global Force for Good
8. Mobile Army Surgical Hospital
9. Military word for restroom
10. _____ Strong
11. Author of "Little Women" and a volunteer Army Nurse at the Union Hotel Hospital in Washington, D.C.
12. Military Term used for females in the Coast Guard



Upcoming Events

April 3rd- Veterans Career Fair, 10:00am-2:30pm at the Union Station, Spring Festival Hall, 30 W. Pershing Rd., Kansas City.

May 4th-Women Veterans Benefits Expo, 9:00am-12:00pm at the Library Center, 4653 S. Campbell Ave., Springfield.

May 11th-Stand Up! For Women Veterans, 9:00am-1:00pm at the Busch Student Center at St. Louis University, 20 North Grand Blvd., St. Louis. Parking is available in the Laclede Garage.

May 11th-Poker Run for Veterans Home's Wish List at the American Legion Post, 16701 East US Highway 40, in Independence. The ride starts at 10:00am and will benefit the Cameron and Warrensburg Veterans Homes. For more information please call 816-723-6358.

May 25th-26th-Salute to Veterans Air Show at the Columbia Regional Airport in Columbia.

May 27th-Memorial Day Services at 1:00pm at the following Missouri Veteran Cemeteries, Higginsville, Bloomfield, Ft. Leonard Wood, and Springfield. Jacksonville Cemetery will be holding their service at 9:00am.

May 31st-June 1st-Heart of America Stand Down, 8:00am-1:00pm at the KC Scottish Rite Temple, 1330 E. Linwood Blvd., Kansas City.

June 12th-16th- Vietnam Traveling Wall at the Lindberg High School, 5000 S. Lindberg Blvd., St. Louis, the Wall will be open around the clock. All Women Veterans are highly encouraged to attend.

September 6th-Deadline to nominate a Missouri Woman Veteran for the 2013 Missouri Woman Veteran of the Year. The announcement will be made at the Women Veterans Luncheon in Jefferson City on Sept. 28th, more details will follow at a later date. (hint; be very specific when filling out the application)

Visit Missouri Women Veterans Page on Facebook <http://www.facebook.com/MissouriWomenVeterans>

Down: 1. Parris Island 2. Purple Heart 3. Aim High 4. Meg Ryan 5. Coast Guard 6. USAF 7. Navy 8. MASH
9. Latrine 10. Army 11. Louisa Alcott 12. SPARS
Across: 1. Stealth 2. March 3. Devil Dog 4. Veterans Day 5. Captain 6. Hooah 7. Two 8. Medal of Honor 9. Marine

Mail Call



Q. I am an 87 year old female Veteran; I lost my husband three years ago. I can still manage some things on my own, but there are days when I would like a little assistance with my day-to-day activities. I am not ready to reside in a Nursing Home, what other options are there for me as a female Veteran?

A. This is a great question. There are several options you can look at if you are not ready to reside in a Nursing Home. These options consist of:

1. In-Home Health Care
2. Community Services
3. Supportive Housing Programs
4. Assisted Living
5. Retirement Community
6. Respite Care
7. Adult Day Health Care

I would recommend contacting your local Veterans Service Officer (VSO) for a list of these programs in your community. You may also qualify for a Non-Service Connected Pension to off-set some of these costs. Please call 573-751-3779 for the closest VSO in your area. If you're not already enrolled in VA Health Care I would recommend that as well; as there is free services available to assist you through the VA. Also, keep in mind Missouri Veterans Commission has seven Veterans Homes in the state of Missouri that you may be eligible to reside in as well when you feel you are ready for that transition.

If you have a question or comment, please contact me at:

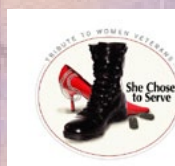
Amy.Bennett@mvc.dps.mo.gov or
Missouri Veterans Commission
525 Jules, Room 320
St. Joseph, MO 64501
(816)387-2841

Did you know?



There are currently two all female American Legion Posts in the state of Missouri. **St. Louis Service Women Post 404** is in St. Louis and **Heartland Women Veterans Post 1107** is located in Independence.

- Bring your DD214 to a meeting:



On the 3rd Saturday of every month **St. Louis Service Women Post 404** has their Lunch and Meeting at the Goff-Moll Post 101, 2721 Collier Ave., Brentwood. Pay as you go lunch for \$9 at 12 pm, meeting begins at 1 pm. For more information write to: St. Louis Service Women's Post 404, 2166 St. Paul Rd., St. Paul, MO 63366 or you can e-mail them at vjbauer@charter.net



On the 4th Thursday of every month **Heartland Women Veterans Post 1107** has their meeting at Post 21, 16701 East 40 Hwy., Independence at 6:30 pm. For more information please write to PO Box 918, Independence, MO 64052 or e-mail heartlandwomenvets@att.net

If there is enough interest another American Legion all female post may be starting up in Springfield. Stop by the Women Veterans Benefits Expo on May 4th for more information (see front page).

Missouri Veterans Commission 3 Key Messages:

If you have ever served in the military have you:

Visited with a Veterans Service Officer?

Signed up for VA Health Care?

Veterans Service Program Director, Doug Meyer
Senior Editor and Women Veterans Benefits Outreach Coordinator, Amy Bennett
Editorial Assistant, Design, and Layout, Pamela S. Luyk

www.mvc.dps.mo.gov



Please join our Registration of the
Missouri Women Veterans to continue to
receive this Free Newsletter and
Women Veteran Sticker



State of Missouri Women Veterans

Name: _____

Name you served under (if different from above) _____

Address: _____

City: _____ County: _____ State _____ Zip _____

Daytime phone: _____

Email address: _____

Birth date: _____ / _____ / _____
Day Month Year

Place of Birth _____
City/State

Service (Circle one) USA USMC USN USAF USCG GUARD/RESERVE

Service dates: From _____ To _____
From _____ To _____

Where did you receive this registration form? _____

Would you like contact information and a schedule for a Veteran's Service Officer in your local area to explain your potential benefits? Yes _____ No _____

Do you wish to share this information with WIMSA (Women in Military Service for America Memorial) in Arlington VA? Yes _____ No _____

Would you like to be featured in the next Women Veterans Newsletter? Yes _____ No _____

To receive your free gift and Woman Veteran State Sticker Return to:

Missouri Veterans Commission
Amy Bennett, Women Veterans Coordinator
525 Jules, Room 320
St. Joseph, MO 64501
(816) 387-2841
Amy.Bennett@mvc.dps.mo.gov



Check us out on Facebook at

www.facebook.com/MissouriVeteransCommission/MissouriWomenVeterans



MISSOURI WOMEN VETERAN OF THE YEAR NOMINATION

Personal information you provide may be used for secondary purposes [Privacy Law, s.15.04(1)(m)]

Missouri Veterans Commission will recognize a Missouri woman Veteran who has compiled a record of exemplary service as a military service member, a Veteran, and a citizen.

The award will be presented annually at the Women Veteran Conference beginning in 2012. Nominations may be submitted by a nominee or the Veteran herself, at any time throughout the year. They must be received by the month prior to the Women Veterans Conference.

Submit this signed nomination form to: Women Veteran Coordinator
Missouri Veterans Commission
525 Jules, Room 320
St. Joseph, MO 64501
(816) 387-2841

NOMINATOR'S NAME & ADDRESS: Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

VETERAN'S NAME & ADDRESS: Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Local Newspaper: _____

VETERAN'S INFORMATION: BRANCH(S) OF SERVICE (check all that apply): ☐ US Army ☐ US Marine Corps

☐ US Navy ☐ US Air Force ☐ US Coast Guard ☐ US Merchant Marines ☐ US Army Air Corps

☐ Other: _____

MILITARY SERVICE: From: _____ To: _____ Character of Discharge: _____

LIST ALL MILITARY AWARDS AND DECORATIONS (attach additional sheet if necessary):

LIST COMMUNITY ORGANIZATIONS AND OFFICE(S) HELD (attach additional sheet if necessary):

LIST VETERANS ORGANIZATIONS AND OFFICE(S) HELD (attach additional sheet if necessary):

PLEASE SPECIFY WHY THE NOMINEE SHOULD BE SELECTED AS THE MISSOURI WOMAN VETERAN OF THE YEAR. In the justification, please cite specific examples of accomplishments toward enhancement of female Veterans in the past 12 months. You may also include past accomplishments, for example: any awards, publications, association/committee participation, community service, or participation in campus/civic activities.

NOMINATOR'S SIGNATURE _____ DATE _____

