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WVI Newsletter

APRIL 2021



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Happy Mother's Day

The basic idea of Mother's Day goes back to ancient mythology. The Greeks paid annual homage to Cybele, the mother figure of their gods, and the Romans dedicated an annual spring festival to the mother of their gods.

In 16th century England, a celebration called "Mothering Sunday" was inaugurated - a Sunday set aside for visiting one's mother. The eldest son or daughter would bring a "mothering cake," which would be cut and shared with the entire family. Family reunions were the order of the day, with sons and daughters assuming all household duties and preparing a special dinner in honor of their mother.

In 1905, Anna M. Jarvis, after her mother died, started a campaign for a national day to honor all mothers. "Mother Jarvis" was a young Appalachian homemaker and life-long activist who had organized "Mothers' Day Work Clubs" to combat unsanitary living conditions. During the Civil War, Mother Jarvis organized women's brigades, encouraging women to help without regard for which side their men had chosen. At this time, there were many special days for men, but none for women. On May 10, 1908, a Mother's Day service was held at a church in Grafton, West Virginia. Thus was born the idea that the second Sunday in May be set aside to honor all mothers, dead or alive.

In 1914, President Woodrow Wilson signed the bill designating the second Sunday in May as a legal holiday to be called "Mother's Day."

Memorial Day Service

Jenna Noble (Army) reports that due to COVID-19 the Memorial Day Parade and Ceremony has been modified to meet current health safety standards. The parade has been canceled but the Memorial Service will be held Saturday (May 29) at 10:00am in Downtown Toledo. The ceremony will last about 30-40 minutes and will consist of the National Anthem, laying of the wreath for each branch of service and TAPS. WVI will provide a wreath in memory of all women soldiers. The final program will be available in a couple of weeks.

Something to think about ...

"Most mothers are instinctive *philosophers*."

Quote by Harriet Beecher Stowe

VA Scheduling Number for
COVID-19 Vaccine: 419-259-2000 Press 0

Veteran Owned Business: CK Sweets Coffee & Bakeshop

Cat and Derek Kania are both USAF veterans who opened CK Sweets Coffee and Bakery at 95 S. Main Street, Swanton, Ohio. Cat started baking at a very early age and dreamed of having her own bakery which was realized January 2020.

“CK Sweets prides itself on creating Homemade Cakes, Chocolates and Cupcakes for any and ALL occasions. Head Baker/Decorator Cat Kania is passionate about creating the perfect dessert for your special day. Whether it's a Birthday, Anniversary, Wedding, Pool Party, Family Reunion, or any other occasion (we think Every Day deserves a treat!), CK Sweets will create and customize a Dessert just for you!”

Hours: 6:00am-6:00pm, seven days a week.

Call: 419-402-4280

Source: CK Sweets FB page.

Photo: Facebook: CK Sweets



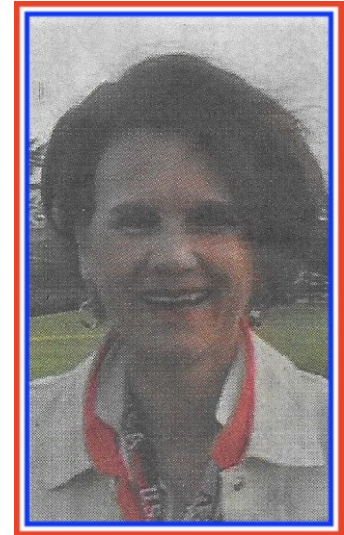
Dawn Heisler

Dawn Heisler, organizer of the nonprofit Heroes in Action, died April 7, 2021 at the age of 76. In the beginning, Heroes in Action's mission was to bring a bit of home to service members deployed overseas. Over time, Heroes in Action expanded their mission to include support for families and veterans in the community.

Some of WVI's members experienced the support offered by Heroes in Action and Mrs. Heisler. WVI and its members hold Dawn in highest regard - you are missed!

Source: CK Sweets FB page.

Photo: Facebook: CK Sweets



Meal, Ready-to-Eat (MRE's)

The US Government began to develop MRE's in 1963 but did not replace existing food sources until 1981. In 1990 the Flameless Ration Heater (FRH) was included in the package. Presently, the military is trying to make MRE's more palatable to service members and match ever changing trends in popular tastes.

The meals are based on the Dietary Reference Intake for highly active men 18-30 years of age who typically burn 4200 calories a day. Each MRE contains 1200 calorie although some references state 1500 calories. Soldiers can choose from 24 entries. The shelf life is 3-10 years if properly stored in a cool area. Currently, the MRE's are pre cooked so they can be eaten warm or cold.

The military is experimenting with new assault ration prototypes, such as *First Strike Ration* and *HOORAH! Bars*, designed with elite/specialized forces in mind. They are lighter than typical MRE's, require no preparation, and allow service members to eat them while traveling.

Package(s) consists of the following:

Main course & side dish

Dessert/snack

Crackers/bread

Spread of cheese, peanut butter or jelly

Powered beverage & freeze dried coffee powder

Utensils

Flameless Ration Heater (FRH)

Beverage mixing bag

Accessory pack: chewing gum, matches, napkin/toilet paper, moist towelette, seasonings (salt, pepper, and Tabasco Sauce)



MRE's currently sell for \$12 - \$15 on eBay and are being used for camping and disasters. Do you know it is illegal to purchase MRE's that are not US Government Surplus and/or sold by a soldier who has purchased the MRE? If not, the MRE can be considered stolen property.

Memories of MRE's . . .

"In 1981 during AT, the 350th Evacuation Hospital ate "C" rations. During Desert Storm, an MRE was required for at least one of our meals for the day. A large garbage can filled with hot water was used

to heat the MRE. I just ate mine cold, although when heated, the spaghetti & frankfurter MRE was good. My favorites were pork & beans, crackers & peanut butter, and dehydrated fruit cocktail. The fruit cocktail could be put directly into the mouth and it would fizzle. There was much trading to get what you liked, like the candies that were a nice treat. If that didn't work there was the mail van to raid for goodies sent from the states. " (CN - Army)

Women Warrior Fundraiser

This event will be held Saturday, June 12 which is Women Veterans Day. 2020 was the first year that this date was recognized as Women Veterans Day in Ohio, however our planned activity for that first year was canceled due to COVID-19.

Event Details:

- Free for Women Veterans
- Community welcome. Tickets: \$15.00
- Start time: 6:00 pm
- Location: Little Blessings Veteran Outreach at Duke Petting Farm - 44 Samaria Rd. - Temperance, MI.
- Rebecca Verdugo - veteran from Proclaim FM will be the MC
- Music, vendors, food and drinks until 10:00pm
- Women veterans will receive a special gift if they register via jamiepaxton@gmail.com or 419-779-0342
- Email a picture in your uniform and/or send a picture in your uniform to Jamie Paxton by June 5.

Calendar of Events

- Meet weekly on Wednesday's to walk at Side Cut Park. Time: 6:30pm. Meet at the parking lot off River Road on the lock side. Look for something red, white and blue to locate the group.
- May 7 - Rage painting at HOOVES
- May 23 - Table at a car show. Rec Center (Maumee) 10:00am - 6:00pm
- May 29 - Memorial Day Ceremony
- June 9 - Table at the Genesis Village Car Show
- June 12 - Women Warrior Fundraiser at Little Blessings Veteran Outreach at 6:00pm. Women veterans free admission.
- June 26 - 350th reunion and Desert Storm Memorial Fundraiser will be held at Caper's beginning at 4:00pm (Flier to follow)
- June 27 - Task Force 20: 5K. Form a team and run/walk. Register under WVI link and 20% of the registration fee will be donated to WVI.
- July 18 - "Christmas in July" and United States Vets, Inc. picnic at Swan Creek park. (Flier to follow)

Military Sexual Trauma (MST)

WASHINGTON – The Department of Veterans Affairs (VA) is launching a national outreach effort during Sexual Assault Awareness Month to inform Veterans of free counseling and treatment being offered at the VA for mental and physical health conditions related to military sexual trauma (MST).

Veterans do not need to have a VA disability rating, have reported MST or have other documentation of the experience to get this care.

These services may also be available to Veterans not eligible for other VA care.

“Sexual assault and military sexual trauma are real, the implications are serious, and the impacts are lasting,” said VA Secretary Denis McDonough. “VA is here to support military sexual trauma survivors. We want you to know that you have a safe environment here at VA and our professionals stand ready to provide you the resources you require.”

While significant numbers of Veterans of all genders and backgrounds may have experienced MST, many survivors feel alone, ashamed or unable to ask for help. Veterans who have experienced MST and would like to learn more about VA support may call their nearest VA Medical Center or Vet Center and speak with the MST coordinator or a VA health care provider.

VA uses the term MST to refer to sexual assault or sexual harassment experienced during military service.

Source: US Department of Veteran Affairs April 5, 2021