

DAKOTA SISTERHOOD OF WOMEN VETERANS

Bonded by Service - United by Friendship

ISSUE # 16

VOLUME #3

SEPTEMBER 2013

On August 29 Dakota Sisterhood attended **Central Dakota Stand Down** with great success from our perspective. We met several new women veterans, add squares for the Quilt Project, kicked off the Comfort Doll Mission and unveiled the new display for Dakota Sisterhood. On August 17 **Cycling for the Corp** was also attended by Dakota Sisterhood Women who volunteered to assist in the effort to raise Money for injured Marine Corps and Navy veterans.

COMFORT DOLL MISSION

This mission was “kicked off” on August 29 by presenting Comfort Dolls to the VA Medical Center, Fargo, Community Based Clinic, Bismarck, Vet Center, Bismarck and the North Dakota Veterans Home in Lisbon. Each facility will be responsible for distributing the Comfort Dolls to Women Veterans receiving care. More Comfort Dolls will be distributed to as they become available for distribution.

Speaking of Comfort Doll availability; If you wish to sew Comfort Dolls or donate materials for the dolls, we welcome your help! An information sheet will be made available in this mailing! The basic pattern can be sent to you. Also, a tub has been placed at the AMVETS, near the front entrance for donations of materials for anyone wishing to donate.

MONTHLY MEETING OF SEPTEMBER 10, 2013

The meeting was great! There were 6 new women veterans attending from as far away as Grand Forks and Dickinson. It was wonderful to meet these women and get to know them. Leslie Ross and Jessica Clifton from Dickinson attended and were available to answer questions about VA Benefits as well as State of ND Benefits. Everyone was updated on the progress of: **SUMMIT 2014** planning and Comfort Doll Mission. The **October 8** Noon Meeting a Veterans Service Officer present to answer question about VA benefits. Please come and feel free to ask questions!

WOMEN VETERANS SUMMIT for 2014

Plans are being made for the 2014 SUMMIT. New item for the Summit is a Career Clothing Exchange. Clothing will be need for the Exchange so when you are cleaning your closet or that skirt or pair of slacks has “shrunk” or has become to “baggy” for you perhaps that item of clothing would be perfect for the CLOTHING EXCHANGE. Your clothing items can be dropped off at the Bismarck Vet Center or brought to the Dutch Lunch Meeting. This Clothing Exchange could really help someone dress for that special job interview and this will also be a fun way to freshen up your wardrobe for your work.

OUTREACH TO SHUT IN VETERANS

We will soon begin scheduling visits to Veterans in the Bismarck/Mandan area care facilities. We deliver cards to the veterans. For the upcoming visits a lady has made a generous offer of hand crafting cards for us to give out at the visits. If you wish to make cards for a Holiday or just a “Hi, How are you?” card, the veterans we visit will enjoy the cards they receive. The Visit Schedule will be emailed to everyone as soon as it is established.

VETERANS BENEFITS

If you have questions about veterans' benefits, VA or ND benefits, be sure to contact your local veterans service office for answers. If you would prefer to visit with a female service officer contact either Leslie Ross or Corean Swart, or Brenda Bergsrud ND Women Veterans Coordinator. If you need their contact information, we can provide it. If you cannot locate the Veterans Service Officer nearest you, Dakota Sisterhood can help locate the VSO nearest you.

MONTHLY MEETINGS

Monthly meetings are Noon at the Amvets as a working Dutch Lunch. Here are the dates:

OCTOBER 8, 2013 - working Dutch Lunch meeting at AMVETS

NOVEMBER 12, 2013 - working Dutch Lunch meeting at AMVETS

DECEMBER 10, 2013 - working Dutch Lunch meeting at AMVETS

If you are unable to make the meeting send your ideas to Dakota Sisterhood or call.

Lunch is not provided but you can buy lunch off the AMVETS noon menu if you wish.

TIPS & TRICKS aka *MONEY SAVING TIPS*

Is your house getting ready for Halloween??? With fall here our little 8 legged friends are moving into the house for the winter. Here is a tip that will put them on notice that they are not welcome in the house! Use Citrus Juice as a repellent. Many spiders and insects are repelled by the smell of citrus. Use sugarless citrus juice or mix any citrus juice with water and put the mixture into a spray bottle. Spray the blend in your doorways and on your windowsills. Wipe down your countertops and the insides of drawers and cabinets. If you don't like the citrus smell make a spicy repellent. Add ½ cup of vinegar and 2 tbsps of chili powder or hot chili sauce to 1 qt of water and shake until the ingredients are well mixed, put in a spray bottle and spray on spider webs and in all places that spiders like to build their webs. Hope this helps.

Do you have money saving tips or house work shortcuts or time saving ideas you enjoy using? Send your tips to Dakota Sisterhood for the Newsletter.

DAKOTA SISTERHOOD OF WOMEN VETERANS

Dakota Sisterhood of Women Veterans began November 2009 to bring women veterans and women currently serving in the military together with the intention of providing support for each other, provide education on issues affecting women veterans and doing small community service projects. For more information you may call Stephanie at 391-8272 or Cindy at 333-8340 or e-mail at dakotasisterhoodofveterans@gmail.com or see us on Facebook.