



TO TELL HER STORY

SEPTEMBER 2025

CONTENTS



SECTION 1

Member Highlights
In The News



SECTION 2

Calendar
Quarterly Recap



SECTION 3

Historical Figures
In Memorium



SECTION 4

Health & Wellness
Mind, Body & Soul

PRESIDENT'S PERSPECTIVE

President, COL. (Ret) Carol St. Pierre

Greetings, NABMW NYC Chapter Members!

Dear Sisters and Supporters,

As we close out the summer season and return to our regular routines, I hope each of you has taken time for rest, renewal, and connection with loved ones. September brings us into a time of reflection and preparation, not only for the months ahead, but also for how we care for ourselves and one another.

This month is recognized nationally as Suicide Prevention Month. As veterans and as sisters, it is a reminder to remain vigilant, compassionate, and supportive. Too many in our community continue to struggle in silence. Let us recommit to reaching out, checking in, and reminding one another that we are never alone. Our bond as NABMW members is more than an association, it is a lifeline of encouragement and strength.

Looking ahead, we will soon gather to commemorate Indigenous Peoples' Day in October and Veterans Day in November. These observances remind us of the diversity and strength of our military heritage. Native Americans have served with honor and distinction in every era of our nation's history, often at the highest rates of military service of any group. Their sacrifice and contributions are an important part of the story we honor as we celebrate all veterans.

I look forward to walking into this new season together grounded in our shared history, dedicated to our community, and committed to uplifting one another.

I invite you all to stay connected, stay engaged, and stay ready because history is not just something we commemorate. It is something we continue to make.

In service and solidarity,

Carol St. Pierre

President, NABMW NYC Chapter



MEMBER HIGHLIGHTS

Honoring Excellence:

- **On September 3, 2025**, Assembly Member Al Taylor of the 71st District invited members of the NYC Chapter of NABMW, to attend the Congressional Gold Medal Ceremony at the U.S. Capitol honoring the Harlem Hellfighters of World War I, the 369th Infantry Regiment.



IN THE NEWS

In The News

New York State has expanded its Veterans Tuition Awards (VTA) Program, empowering more Veterans to access financial aid for college and vocational training..

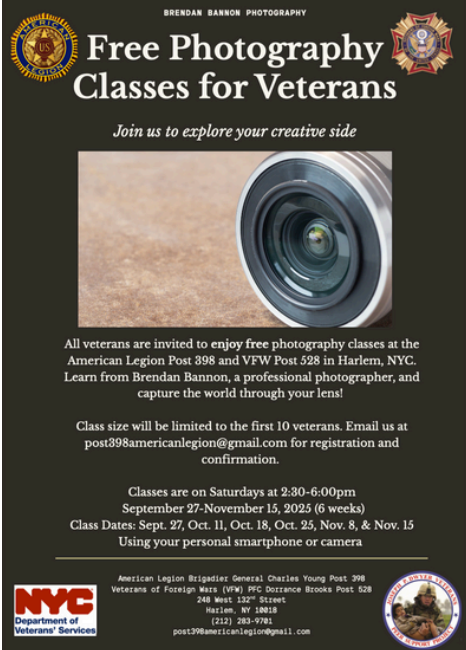
Additional Opportunities for Veterans and Their Families:

- **MERIT Scholarship** – Offers full scholarships covering tuition, fees, and room and board for dependents of New York State residents who were severely disabled or lost their lives in military service.
- **Regents Awards for Children of Deceased and Disabled Veterans** – Provides annual financial awards to undergraduate students whose parents served during wartime and experienced severe disabilities or loss of life.
- **Veterans Education (Vet Ed)** – Helps eligible beneficiaries make the most of their GI Bill® by supporting approved education and training programs.

Thank you Governor Hochul for your unwavering commitment to those who have served.

Free photography classes for veterans are being offered this fall at BG Charles Young American Legion Post 398 in Harlem, starting September 27th. Whether you use a smartphone or a Leica, email post398americanlegion@gmail.com to reserve your spot—space is limited!

The 9/11 Museum is seeking artifact donations from veterans who were directly impacted by 9/11 and chose to serve in the Global War on Terror. Veterans interested in having their service artifacts considered for display can submit them through the museum's online webform.



A flyer for free photography classes for veterans. At the top, it says 'BRENDAN BANNON PHOTOGRAPHY' and features the American Legion and VFW logos. The main title is 'Free Photography Classes for Veterans'. Below that, it says 'Join us to explore your creative side' and shows a close-up of a camera lens. The text continues: 'All veterans are invited to enjoy free photography classes at the American Legion Post 398 and VFW Post 528 in Harlem, NYC. Learn from Brendan Bannon, a professional photographer, and capture the world through your lens!'. It then states: 'Class size will be limited to the first 10 veterans. Email us at post398americanlegion@gmail.com for registration and confirmation.' The class schedule is: 'Classes are on Saturdays at 2:30-6:00pm September 27-November 15, 2025 (6 weeks)'. The class dates are: 'Class Dates: Sept. 27, Oct. 11, Oct. 18, Oct. 25, Nov. 8, & Nov. 15'. It also says 'Using your personal smartphone or camera'. At the bottom, it lists the location: 'American Legion Brigadier General Charles Young Post 398 Veterans of Foreign Wars (VFW) NYC Entrance Brooks Post 528 248 West 132nd Street Harlem, NY 10028 (212) 283-9761 post398americanlegion@gmail.com'. There are also logos for NYC Department of Veterans' Services and the American Legion.

CALENDAR



MARK YOUR CALENDAR



PRAYER CALL- MONTHLY @ 7 PM

Sept 5, 2025

Oct 3, 2025

Nov 7, 2025



EXECUTIVE BOARD MTG @7PM

Sept 9, 2025

Oct 7, 2025

Nov 11, 2025



MEMBERSHIP MTG @ 7PM

Sept 19, 2025 (Hybrid mtg at Harlem Hospital 5pm)

Oct 18, 2025

Nov 18, 2025

QUARTERLY RECAP

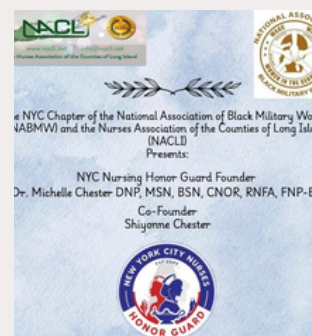
June 2025 Highlights

On **June 8, 2025**, NCNW 37th Annual Black & White Awards Banquet honored Col (Ret) Carol St Pierre 2025 Veteran Leadership Award Recipient.

On **June 11, 2025** Citation of Honor from Queens Borough President Donovan Richards. Honored Soldier for Life Award recipients include:

- LTC (Ret) Blossom Ferguson,
- LTC (Ret) Glennie Millard
- MAJ (Ret) Tracee Millard

On **June 18th** the NYC Chapter of NABMW and the Nurses Association of the Counties of Long Island welcomed Dr. Michelle Chester and Shiyonne Chester, founders of the NYC Nurses Honor Guard. They shared the organization's mission of honoring deceased nurses while promoting health, nursing traditions, and community service.



On **June 21, 2025** Visited and Celebrated Lorraine West birthday at Riverside Premier Rehabilitation & Healing Center/ Nursing home. She is one of the founders of NABMW,

✨ On **June 25, 2025** the NYC Chapter of NABMW hosted the a Heart Health Workshop! 🍏🍏 Participants learned how to use natural foods to boost their heart health F.U.N FOOD Presenters were Ms. Brandy Cochrane and Michael Simmons



In mid-June, the Army held several events in New York to celebrate its 250th birthday.

- The celebration involved soldiers, future recruits, and Army partners.
- Events were held in various locations across the city, including Times Square, Bryant Park, and Citi Field.
- **Carol St Pierre and Catherine Laporte** attended the 250th Celebration Army birthday at Times Squares on June 14th
- Brigadier General Sara Dudley, Mayor Eric Adams, and other leaders attended the festivities.



QUARTERLY RECAP

July 2025 Highlights

As we reflected on Independence Day, our NABMW Executive Board shared a powerful reminder:
"For many Black Americans, the Fourth of July brings both sadness and hope. Sadness for the painful struggles of our ancestors in their fight for freedom and equality, and hope for future generations who continue to keep the dream of true freedom alive. July 4th marks milestones in our history: 1827, when slavery was abolished in New York; 1831, when William Watkins wrote An Independence Day; and 1852, when Frederick Douglass delivered his iconic speech 'The Meaning of July Fourth for the Negro.' For Black Americans, the 4th of July is a day of remembrance and a call to keep advocating for freedom, civil rights, and equality in all areas of life. As Black Americans, we will continue to love and protect the U.S. Constitution, believing that one day America will celebrate its history fully and equally."

📌 Shared by the NABMW Executive Board

In **July 2025**, the NYC Chapter of the NABMW was again chosen as a nonprofit partner in the Stop & Shop Community Bag Program, allowing shoppers to support this local nonprofit.

August 2025 Highlights

On **August 1, 2025**, NYC chapter of NABMW raised \$263.00 from the Stop & Shop Community Bag Program during the month of July 2025.

On **August 3, 2025**, NYC Chapter NABMW founder and Rehab & Sunday brunch at the Sugar Bar.



members treated Ms. Lorraine West, Healing Center resident, to a

Also on **August 3, 2025**, NYC Chapter associate Mr. Michael Simmons coordinated a visit to the MoMA Museum, featuring the first comprehensive exhibition of Jack Whitten's nearly six-decade career of innovative paintings, sculptures, and archival materials.



Contact: Lieutenant Colonel Edward E. "Ed" Saunders, US Army, (retired), Billings, Montana. Email: EESaund1865@gmail.com

Billings, Montana

Montana WWI Army Nurse to Receive (Posthumous) Silver Star Medal for Valor in Combat.



Elizabeth D. Sandelius
Nurse, American Red Cross
Army Nurse Corps, WWI
(James Benbow)

In ceremony at Bob Hope Memorial Chapel, Los Angeles National Cemetery, Los Angeles, California, September 24, 2025, 10:00 a.m., Lieutenant (nurse) Elizabeth Dorothy Sandelius, US Army Nurse Corps, WWI, will receive, posthumously, the Silver Star Medal for heroism under fire in WWI France. In history she will be among the first four American servicewomen, all WWI Army Nurse Corps nurses, to receive the Silver Star Medal.

Born April 1893 in Cokedale, MT, to Swedish immigrants, Sandelius became a Red Cross nurse in Helena, MT. She was head nurse at the Columbus, MT, hospital and clinic. In October 1917 she entered the Army Nurse Corps and volunteered for war duty in France.

In August 1918, Sandelius was with the tented Field Hospital 112, US 28th Infantry Division, on the front battle lines near Cohan, France. German forces bombarded the village and field hospital. The nurses were ordered to withdraw. Sandelius refused the order to leave her patients.

QUARTERLY RECAP

Aug 2025 Highlights con't



NYC Chapter had a blast at Jeff Ross:
Take A Banana for the Ride 🍌🍌—14
free tickets, great seats at the
Nederlander Theatre, and a night full of
laughs on August 27! 🎉.



LOOKING AHEAD

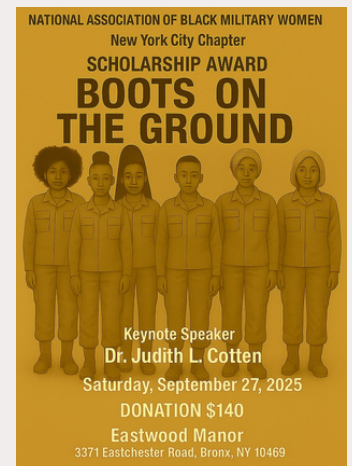
September – November



September:

On **September 17, 2025** the NYC Chapter of NABMW will host a virtual Heart Health Workshop! 🍏❤️ Participants will learn how to use natural foods to boost their heart health. F.U.N FOOD Presenter is Ms. Brandy Cochrane.

🎓 The NYC Chapter **Scholarship Awards** will be held on Saturday, **September 27, 2025**, from 1:00 PM to 6:00 PM at Eastwood Manor, 3371 Eastchester Road, Bronx, NY 10464. This special event will celebrate and honor scholarship recipients, recognizing their hard work, dedication, and achievements.



The NYC Chapter of NABMW is joining United In Sisterhood for a night at **Moulin Rouge** on **September 30, 2025**...an evening of glamour, music, and sisterhood!

November:

- 7th Annual Veterans Appreciation Parade & Resource Fair on **November 1, 2025**, proudly led by **MAJ (Ret) Tracee Millard**, NYC Chapter member, as Grand Marshal. Celebrate and honor our veterans while connecting with community resources!
- The Stars & Pearls Gala will be held on Friday, **November 7, 2025**, from 8:00 PM to 1:00 AM at Leonard's Palazzo, 55 Northern Blvd, Great Neck, NY 11021. This year's gala will honor our Women Veterans, including LTC (Ret) Blossom Ferguson, for their service and dedication.
- **November 11, 2025**, The NYC Chapter is Marching in the Veteran's Day parade.

HISTORICAL HIGHLIGHTS

Spotlight: Recognizing Our Own: COL (Ret) Stephanie Dawson

This month, in the spirit of honoring trailblazers within our own NABMW family, we proudly highlight Colonel (Ret) Stephanie Dawson, a woman whose service, leadership, and vision reflect the very best of Black women veterans.

COL Dawson made history as the first woman to command the 369th Sustainment Brigade of the New York Army National Guard, a unit famously known as the Harlem Hellfighters. In that role, she not only broke barriers but also set a new standard for excellence, demonstrating the strength, resilience, and brilliance of women of color in military leadership. Her career embodies the NABMW legacy: courage under fire, compassion for soldiers, and unwavering dedication to service.



Beyond her trailblazing military accomplishments, COL Dawson is also a mentor, advocate, and role model. She has guided countless service members, especially women, encouraging them to claim their seat at the table and to walk boldly in their calling. Her impact extends far beyond the Army—she continues to inspire through her commitment to community leadership, civic engagement, and support for fellow veterans.

By recognizing COL Dawson this month, NABMW not only celebrates a historical figure but also one of our own members whose story is still being written. Her life reminds us that we stand on the shoulders of women who have served with distinction and that we, too, have a responsibility to lead, to uplift, and to make history for those who follow.

✨ Takeaway: COL Dawson's legacy challenges us to keep pressing forward, to honor our past, and to create new pathways for Black women in military service and leadership.

SECTION 3

IN MEMORIUM

MOMENT OF SILENCE – FOR OUR
DEPARTED...
MAY THEY REST IN PEACE



CONDOLENCES TO:

- Vanessa Lee, Athena Pettway, and Tiffany Taylor on the loss of their cousin, Mrs. Shaneika Collins, who tragically passed in a car accident on June 22, 2025.
- Carol St Pierre on the loss of her aunt, Mrs. Jackeline Pierre Donjoie, who transitioned on August 14, 2025



IN MEMORIAM

“They Served. They Led. They Inspired.”

As we remember those who have passed, we honor their legacy of service, strength, and sacrifice. Their footsteps paved the way—may we carry their memory forward with pride and purpose.



HEALTH & WELLNESS

MIND, BODY & SOUL

MEDICINE FOR THE MIND

Protecting Your Peace

Mental wellness is just as vital as physical health. For women veterans, navigating the invisible wounds of stress, trauma, or transition can be isolating—but you are not alone. Protecting your peace might mean setting boundaries, seeking therapy, journaling, or unplugging from social media. It might mean saying “no” without guilt and “yes” to what nourishes your mind.

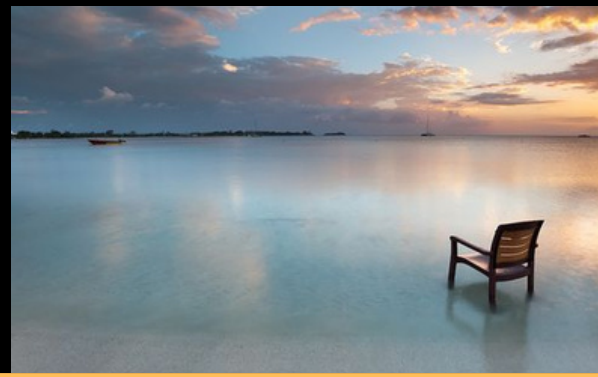
Healing starts with acknowledging where we are and reaching for support. The strongest thing you can do for your mind is to honor it with compassion, not criticism.

During Suicide Prevention Month, it's important to remember that caring for our minds saves lives. Checking in with yourself—and others—can make all the difference. Don't hesitate to ask for help or to offer a listening ear to a sister in need.

Mind Health Tip: Write down three things each day that made you smile or brought you calm. Small wins, big relief.

SECTION 4

HEALTH & WELLNESS MIND, BODY & SOUL



MEDICINE FOR THE BODY

Movement Is Still Medicine²

As women veterans, we know that our bodies have carried the weight of duty, discipline, and sometimes, even trauma. But our bodies are also vessels of resilience—and caring for them is not just survival, it's a celebration. Whether it's a morning walk, water aerobics, Zumba, or gardening, intentional movement is medicine for our bodies. It reduces inflammation, improves sleep, and strengthens our hearts—both literally and emotionally. We encourage every sister to find joy in movement, not for weight or appearance, but for the gift of mobility and presence. Listen to your body, treat it with kindness, and celebrate every step.

During Suicide Prevention Month, it's especially important to remember that physical activity is also a proven way to support mental health. Even a short walk can help break through feelings of isolation or sadness. If you or someone you know is struggling, moving together can be the first step toward healing—and connection.

Wellness Tip: Start with 10 minutes of gentle stretching each morning to awaken your body and set the tone for your day.

SECTION 4

HEALTH & WELLNESS

MIND, BODY & SOUL



MEDICINE FOR THE SOUL

A Time to Pause, Reflect, and Uplift

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”
—Psalm 34:18 (NIV)

September marks Suicide Prevention Month, a time that reminds us of the sacred responsibility we share to care for one another, especially within our sisterhood and our veteran community. As Black military women, past and present, we carry visible and invisible scars. Some are from battlefields. Others are from loss, trauma, or seasons of silence. But there is hope, and there is healing.

“Medicine for the Soul” this month is a call to be still and listen, not just to others, but also to our own hearts. Too often, we suffer in silence, believing that our strength means we must endure alone. But God did not design us to walk alone. He gave us community. He gave us each other.

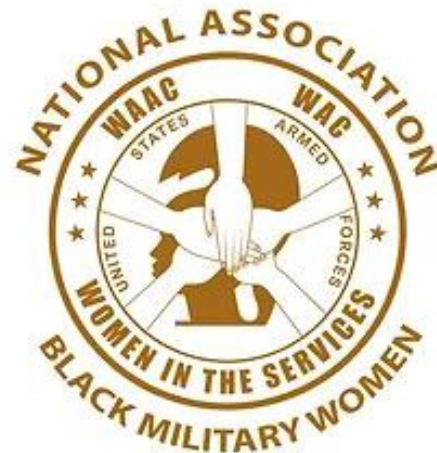
If you or someone you know is struggling, remember that your presence can be the bridge between despair and hope. A phone call. A shared memory. A prayer whispered together. These small acts may seem insignificant, but in God’s hands, they are powerful tools of restoration.

Let us use this month to pray intentionally for those battling thoughts of hopelessness. Let us remind our sisters that they matter, that they are seen, and that there is no shame in seeking help. God is not only close to the brokenhearted—He calls us to draw near to them too.

This month, may your soul find rest, and may your heart be stirred to act. Whether it's lighting a candle, sending an encouraging note, or simply sitting in quiet solidarity with someone in need—do it in love, and do it with purpose.

Because sometimes, the greatest medicine for the soul... is simply knowing someone cares.

STAY CONNECTED



THANK YOU FOR YOUR CONTINUED DEDICATION
TO NABMW'S MISSION. TOGETHER, WE WILL KEEP
TELLING HER STORY AND INSPIRING THE NEXT
GENERATION OF BLACK MILITARY WOMEN



Follow us on social media:

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- Website: <https://www.nycnabmw.org/>

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