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PRESIDENT'S PERSPECTIVE

President, COL. (Ret) Carol St. Pierre



Greetings, NABMW NYC Chapter Members!

Sisters and Supporters,

As we come to the close of another year, I find myself reflecting on the strength, grace, and determination that define who we are as women, as veterans, and as a sisterhood. Each of you carries a story of service, sacrifice, and resilience that continues to inspire me and everyone blessed to serve beside you.

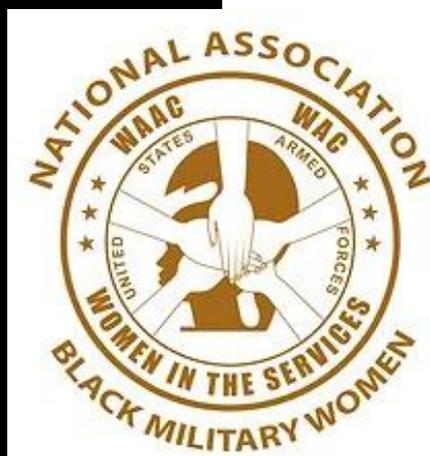
This season is often filled with both celebration and reflection. For many, the holidays bring joy; for others, they can stir up memories or quiet moments of loss. Wherever this season finds you, I encourage you to take time to rest, breathe, and remind yourself of how far you've come. You are part of a legacy of Black women who have worn the uniform with pride and dignity. Women who broke barriers, lifted others, and stood tall when it wasn't easy to do so.

Let's also remember the power of connection. A simple phone call, text, or visit can make a difference in someone's day. We are at our best when we show up for each other in laughter, in prayer, in support.

As we move into a new year, may we carry forward the same courage that carried us through service. Let's continue to build, to mentor, to speak life into one another. On behalf of the NYC Chapter Executive Board, I wish you peace, purpose, and renewal in the year ahead.

With love and gratitude,

Carol St. Pierre
President, NABMW NYC Chapter



MEMBER HIGHLIGHTS

Honoring Excellence:



Congratulations to Major (Ret.) Louise Nixon, NABMW Northeast Regional Director, who was recognized as a Distinguished Veteran Award Recipient at Golconda Temple #24's Annual Veterans Day Brunch on **November 1, 2025**.

The 7th Annual Veterans Appreciation Day Parade and Resource Fair was also on **November 1, 2025** Maj (Ret) Tracee Millard was the Grand Marshall and key speaker.



On **November 7, 2025** The Stars & Pearls Gala honored Women Veterans including our own LTC (Ret) Blossom Fergusson for their service and dedication.



On **November 12, 2025**, COL (ret) Andrea Gayle-Bennett was honored with the DG Bob Wood Memorial Heroes' Award by the Rotary Club of Lynn, MA



IN THE NEWS

In The News

All Services Now Issue Form DD214-1 to Departing Reservists. Good news for reservists leaving service — the military has rolled out the DD214-1, a new form that gives a full picture of both active and reserve time served, including retirement points. This change helps ensure every day of service counts when it comes to benefits, reemployment rights, and retirement. The DoD says the new record will make it easier for members to access the benefits they've earned. To read the full article go to: <https://www.military.com/benefits/records-and-forms/all-services-now-issue-form-dd214-1-departing-reservists.html>

We're Proud to Sponsor Wreaths Across America (WAA) 2025!

The NABMW New York City Chapter is honored to be a registered Sponsorship Group for Wreaths Across America 2025. Wreaths will be placed at Calverton National Cemetery on December 13, 2025.

Let's remember, honor, and teach together.



The Metropolitan Museum of Art Honors Veterans

On Wednesday, **November 5, 2025**, The Metropolitan Museum of Art opened its doors exclusively to veterans in honor of Veterans Day. Members of the NABMW were proud to attend this special celebration recognizing the service and sacrifice of our nation's veteran.



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 found at <https://911memorial.org/support/give-collection>

CALENDAR



MARK YOUR CALENDAR



PRAYER CALL- MONTHLY @ 7 PM

Dec 5, 2025	May 1, 2026
Jan 2, 2026	Jun 5, 2026
Feb 6, 2026	Sep 4, 2026
Mar 6, 2026	Oct 2, 2026
Apr 3, 2026	Nov 6, 2026



EXECUTIVE BOARD MTG @7PM

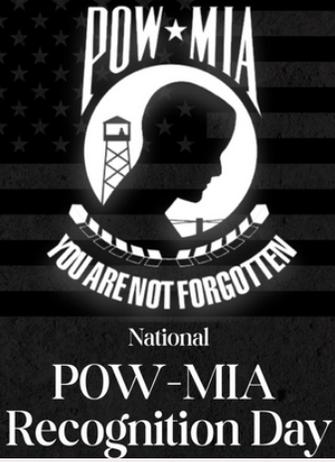
Dec 9, 2025	May 5, 2026
Jan 6, 2026	Jun 9, 2026
Feb 10, 2026	Sep 8, 2026
Mar 10, 2026	Oct 6, 2026
Apr 7, 2026	Nov 10, 2026



MEMBERSHIP MTG @ 7PM

Dec 7, 2025	May 16, 2026
Jan 16, 2026	Jun 19, 2026
Feb 20, 2026	Sep 18, 2026
Mar 20, 2026	Oct 16, 2026
Apr 17, 2026	Nov 2, 2026

QUARTERLY RECAP



SEPTEMBER 2025 Highlights

The Congressional Gold Medal Ceremony, honoring the Harlem Hellfighters of World War I, the 368th Infantry Regiment, was attended by the NYC Chapter members of NABMW at the U.S. Capitol. September 3, 2025.



🎓 The NYC Chapter Scholarship Awards was held on **Saturday, September 27, 2025**, This special event celebrated and honored scholarship recipients, recognizing their hard work, dedication, and achievements.



Happy Birthday
US NAVY!

QUARTERLY RECAP

October 2025 Highlights

Membership Renewal Season Is Open

Thank you for your continued support of the New York Chapter and the National Association of Black Military Women. We look forward to seeing you at our monthly meetings held every third Friday, unless otherwise noted by email.

Renewal Period: October 1 – December 31, 2025 - Deadline for National Submission: January 31, 2026

Dues:

- **Regular Members: \$150 total (\$75 Chapter + \$75 National)**
- **Life Members: \$75 Chapter dues**
- **Associate Members: \$50 total (Chapter + National)**

If your contact information has changed, please complete the enclosed membership application so we can keep you updated on all activities.

Dues can be sent via Zelle to nycnabmw2009@gmail.com

For questions, contact the Treasurer or Membership Chair.

Family Stories Chapter Project

At our October 17, 2025 General Members Meeting, members committed to a chapter project to preserve our families' military stories. Each member and associate member is asked to write a poem or short narrative (up to two pages) about a family member who served.

Submission deadline: **March 30**

Compilation completed: **July 30**

Goal: Present the finished collection at the **October 2026 NABMW Conference**.

Early submissions welcome.

Contact: **Stephanie Dawson**

Happy Birthday
US NAVY!

QUARTERLY RECAP

November 2025 Highlights

Several members attended the 7th Annual Veterans Appreciation Day Parade and Resource Fair was on **November 1, 2025**. Major (Ret) Tracee Millard, a chapter member, served as Grand Marshal and presented a keynote address.



Several members of the NABMW, including the NYC and Brooklyn Chapters, attended a special screening of American Heart in WWI: A Carnegie Hall Tribute at the Robert H. Smith Auditorium at the New York Historical Society on **November 3rd**. The event explored World War I through the experiences of F. Scott Fitzgerald's fictional characters, and featured remarks from former Harlem Hellfighters Commander **Col (Ret) Stephanie E. Dawson**, a proud member of the NYC Chapter.





QUARTERLY RECAP

November 2025 Highlights con't



Borough President Richards hosted Celebration of Veterans on Thursday, **November 6**. The event celebrated Queens' military veterans and their families, and honored the sacrifices of those who have served our nation in uniform. At the event, several military veterans received citations of honor from the Borough President including NABMW NYC Chapter MAJ (Ret) Stanlee Richards . He said it was honor to welcome heroes to Borough Hall.

On **November 8, 2025**, Catherine Laporte, a member of the NYC Chapter of NABMW, was honored by the Haitian American Veterans Association (HAVA) as one of our heroes and sheroes.



Veterans Day Parade Nov 11, 2025



Members of the NYC and Brooklyn chapters of the NABMW proudly took part in this year's New York City Veterans Day Parade. Led by Rev. Dr. Annie Suggs, the group marched up Fifth Avenue with pride and purpose, undeterred by the frigid temperatures. After the parade, several members gathered at Applebee's to share a meal, laughter, and good conversation. It was a wonderful day of fellowship and celebration among sisters in service.





QUARTERLY RECAP

November 2025 Highlights con't



On **November 15, 2025**, NYC chapter of NABMW hosted a seminar on the Benefits of Preplanning.



Giving Back This Thanksgiving

The NABMW New York City Chapter was proud to partner with AML Post 483 and Mount Sinai Hospital for a community Turkey Distribution on Wednesday, **November 19, 2025**. Our chapter contributed 20 turkeys, a donation of \$500 (five cases, four turkeys per case), to help families in need enjoy a warm holiday meal. We served 699 individuals, including 100 veterans. Together, we're serving our community with gratitude and care this Thanksgiving season.



Vanessa Lee and Renee Harper, members of the New York City Chapter of Entrepreneurs, attended the Queens Borough President's Nonprofit Small Business Conference on **November 25**.



LOOKING AHEAD

December – February

December:

NABMW NYC Chapter Enjoys Alvin Ailey Performances

Members of the NYC Chapter of NABMW joined partners from across the community for an evening with the Alvin Ailey Dance Theater this month. Kimberly Velez from NACL, Ronda Konegay from NCNW Queens, and SSG (Ret.) Judy Reeves from the 344 CSH attended the December 6 performance. NYC Chapter member Andrea Gayle-Bennett attended on December 11.

A wonderful way to support the arts and share time together.



Holiday cheers for the soldiers!

The NYC Chapter of NABMW partnered with the Proctor Hopson Post #1896 VFW Military Family Support Center, along with the Department of New York VFW and Auxiliary, to send holiday gifts to service members stationed in Bahrain, Kuwait, Qatar, Djibouti, Doha, and Abu Dhabi. **On December 8, 2025**, Christmas trees, lights, ornaments, and menorahs were shipped with warm wishes for a joyful holiday season.



New Members Orientation – December 10, 2025

The NYC Chapter will host its New Members Orientation on December 10. We'll walk through your roles in the organization, review key policies, and set clear expectations. The session will also include activities to help clarify duties and build strong working relationships. We look forward to welcoming you.

Zoom Meeting link: <https://us02webzoom.us/j/87223043010?pwd=peGx9GLuU1MFdCdyiGafevBbQDDI9v.1>

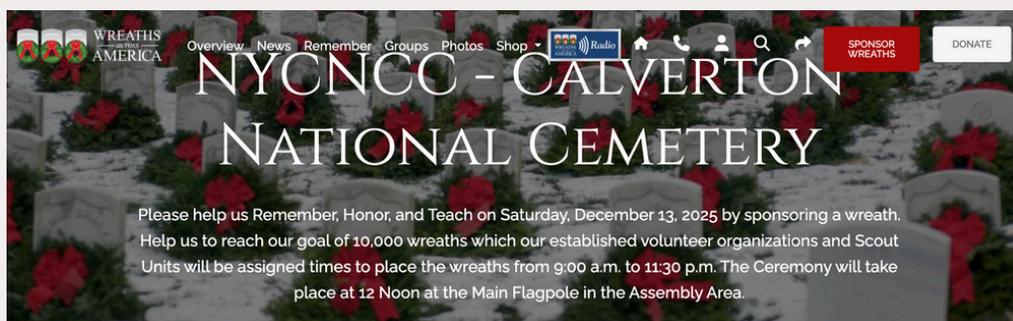
Meeting ID: 872 2304 3010

Passcode: 530969

LOOKING AHEAD

December – February

December con't



WREATHS ACROSS AMERICA

Honoring Our Sisters at Calverton National Cemetery – December 13, 2025

The NYC Chapter of the NABMW is registered as a Sponsorship Group for Calverton National Cemetery for 2025. Members are invited to join us as we honor and remember three of our veterans:

Hattie Harris – Section 32, Site 1562
 Phyllis T. Grant – Section 52, Site 735
 Annie E. Malone – Section 52, Site 719

If you plan to participate, please wear your NABMW jacket, T-shirt, black pants, and hat (if you have one). Let's show up together, in unity and respect, to honor their service and legacy.



COL (Ret) Stephany Dawson and Arthur Thompson to Receive Military Service Award

The NABMW is proud to celebrate our own, **COL (Ret) Stephany Dawson and Arthur Thompson**, who will be honored with the Military Service Award by the Omicron Chapter, Chi Eta Phi Sorority, Incorporated. This special event, will take place on Saturday, **December 13, 2025**, from 12 PM to 4 PM at Marina Del Rey Caterers, 1 Marine Drive, Bronx, NY 11414. Congratulations to COL Dawson on this well-deserved recognition of her distinguished service and continued leadership within the veteran community.



LOOKING AHEAD

December con't

Empowering Her:
A Women Veteran Growth Event

Sponsored by the NYS Department of Veterans' Services

FREE PROFESSIONAL HEADSHOT
to Empower Your Career!

Friday, December 19, 2025, 10 A.M. – 2 P.M.
St. Albans Community Living Center
17900 Linden Boulevard, Jamaica, NY 11434
RSVP By Emailing WomenVets@veterans.ny.gov

Event Partners:

CONTACTUS: 888.838.3687 | DV530@veterans.ny.gov | veterans.ny.gov

Free Professional Headshots for Women Who Served
Women Who Served are invited to a free professional headshot event hosted by the New York State Department of Veterans' Services on **Friday, December 19, 2025, from 10 AM to 2 PM** at the **St. Albans Community Living Center, 17900 Linden Boulevard, Jamaica, NY.**

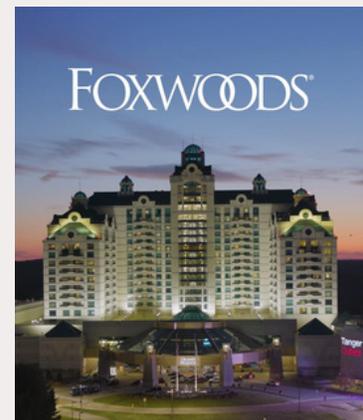
This event is presented in partnership with LinkedIn, the NYS Department of Labor, Municipal Credit Union, and Veteran Readiness & Employment. Women from all branches — Active Duty, Guard, and Reserve — are welcome. To RSVP, email WomenVets@veterans.ny.gov. Spread the word and show up for yourself!

Join Us for a Day at Foxwoods!

The NYC Chapter of NABMW is heading to Foxwoods Casino on **December 20, 2025**. The bus leaves promptly at 9:00 AM from 1752 Park Avenue, Manhattan, NY 10035.

Cost is \$60, and space is limited.

For details or to reserve your seat, contact Stanlee Richards at 917-402-9178.



NEW YORK CITY CHAPTER OF NATIONAL ASSOCIATION OF BLACK MILITARY WOMEN

MEET & GREET
2025 NEW MEMBERS BRUNCH

December 27, 2025 | 1:00 PM - 5:00 PM
Early Bird Donation \$45 until December 19th afterwards \$50

AMERICAN LEGION POST 483
240-08 135 AVE. ROSEDALE NY

ZELLE: nycnabmw2009@gmail.com

The Meet & Greet 2025 New Members Brunch

will be on **December 27, 2025** at 1pm at VFW Post 483, 240-08 135th Ave Queens, NY.

POSTPONED: Due to severe weather conditions, this event has been rescheduled to January 10, 2026

LOOKING AHEAD

January

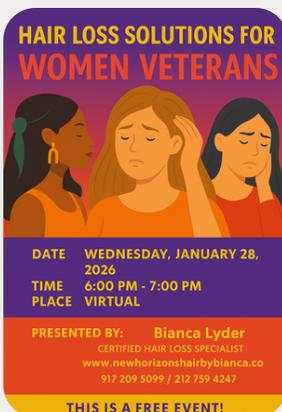


The NYC Chapter extended a warm welcome to new members at a Meet and Greet brunch reception on **January 10, 2026**, at American Legion Post 483.

Save the Date

The Veterans Mental Health Coalition will hold its next meeting on Wednesday, **January 21, 2026**, 11:00 a.m. to 12:30 p.m. EST. The meeting will focus on women veterans and the unique challenges they face.

Featured presenters include Jade Williams, LCSW, Women Veteran Program Manager at the James J. Peters VA Medical Center, and Major Louise Nixon, Northeast Regional Director of the National Association of Black Military Women, who will share the organization's mission, history, and support pathways for Black women veterans.



Hair Loss Solutions for Women Veterans

Join us for a Zoom seminar on .

Date: January 28, 2026

Time: 6:00 PM ET

Registration is required. Register here:

https://us02web.zoom.us/meeting/register/TofIT7FJT8uVbTFy_POHAg

LOOKING AHEAD



February

Save the Date
Friday, February 27th 2026
Hellfighter's Ball

Cocktail Hour 6-7pm
Formal Program and Reception 7-10pm
Harlem Hellfighter's Amory
New York, NY 10037

Join us as we commemorate the extraordinary legacy of the Harlem Hellfighters, who were awarded the Congressional Gold Medal on September 3, 2025, for their exceptional bravery and service during World War I – the highest honor bestowed by the United States Congress. This distinguished unit takes its place among the select few military organizations to receive this rare and historic recognition.

Formal Invitation to Follow

SAVE THE DATE!

The NYC Chapter has been invited to attend the Hellfighter's Ball, a special evening that brings people together to honor history, service, and community. Please save the date for **February 27, 2026**, and see attached flyer for more details.

Everyone is invited to attend!

SAVE THE DATE!

The NYC Chapter is hosting its second community workshop focused on Alzheimer's and Dementia in our community. This important session will take place on **February 28, 2024, from 6:00 to 7:00 PM**. Members are encouraged to attend and to share this opportunity with family members and friends.

ALZHEIMER'S & DEMENTIA IN OUR COMMUNITY

In honor of Black History Month, join the New York City Chapter of the National Association of Black Military Women and the Alzheimer's Association to discuss the importance of brain health in the Black Community.

Join us to learn about:

- The impact of Alzheimer's;
- The difference between Alzheimer's and dementia;
- The different stages, and risk factors;
- Current research and treatments;
- Alzheimer's Association resources and more!

Join Zoom Meeting
<https://us02web.zoom.us/j/88021574517?pwd=ZU9kY3M5bDlMdkk0QVhSc0RlcW5lQk09>

Meeting ID: 880 2157 4517
Passcode: 257206

Dial by your location
+1 646 931 3860 US
+1 646 558 8656 (New York)

Wednesday, February 28, 2024
Starting at 6 p.m. Eastern Standard Time
Zoom

ALZHEIMER'S ASSOCIATION
New York City Chapter
alz.org/nyc | 24/7 Helpline 800.272.3900

LOOKING AHEAD

March

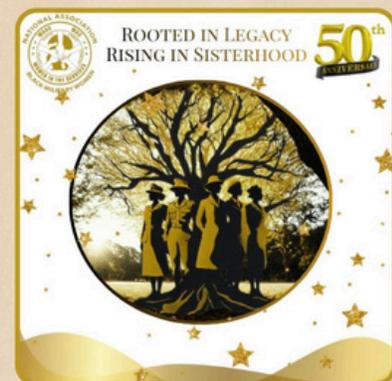
Members will be attending the Debbie Allen-directed Broadway revival of August Wilson's Joe Turner's Come and Gone at the Barrymore Theatre. Starring Golden Globe winner Taraji P. Henson and Cedric "The Entertainer," previews begin March 30, 2026. Attendance planned for either **March 30 or March 31, 2026.**

**SAVE THE DATE!**

The National Association of Black Military Women will celebrate its **50th anniversary** at the next biennial convention on **Oct 8-11, 2026** at the Harbor Side Hotel in Oxon Hills, MD

This will be an unforgettable and exciting event.

Everyone is invited to attend!

SAVE THE DATE!**NABMW 50th Anniversary Celebration**

October 8-11, 2026

Thursday: Check In & Social Mixer

Friday: Executive Board Meeting & Installation of Officers

Saturday: Memorial Service & Gala

Sunday: Self-Guided Museum Tours

Harborside Hotel

HISTORICAL HIGHLIGHTS

Spotlight: Recognizing Our Own: MAJ (Ret) Stanlee Richardsn

This month, in the spirit of honoring trailblazers within our own NABMW family, we proudly highlight the remarkable service and accomplishments of our Vice President of Military Affairs, Stanlee Richards, whose career reflects commitment, compassion, and steady leadership.

Stanlee began her work in health care in 1967 as a Nurse's Aide with NYC Health + Hospitals. What followed was more than four decades of devoted service. Rising through the ranks to become Director of Nursing at Coler-Goldwater Specialty Hospital and later at the Henry J. Carter Specialty Hospital and Nursing Facility, she built a reputation for raising standards of care and advocating fiercely for medically fragile patients. Her leadership helped overhaul nursing practices, strengthen training, and improve outcomes in key areas including infection control and ventilator-associated complications. Colleagues describe her as both a master of her craft and a deeply compassionate presence.

Alongside her civilian career, Stanlee served 24 years in the United States Army Reserve, retiring as a Major. She worked as a critical care nurse, trauma training coordinator, movement officer, family care plan officer, and assistant chief nurse with the 8th Medical Brigade. She also volunteered her time supporting deployed soldiers and their families at Fort Hamilton, offering reassurance and guidance when it mattered most.

Her dedication has been widely recognized. She received the 2013 Sloan Public Service Award, one of New York City's highest honors, for her work improving care for vulnerable patients. In 2024, she was awarded the Omicron Chapter Inc. Professional Achievement Award during their 70th Anniversary and annual scholarship celebration. She also leads one of the top Breast Cancer Fundraising Committees for the American Cancer Society.

Stanlee continues to serve our chapter and community with the same energy that has defined her career. Her example motivates all of us, and we celebrate her unwavering commitment to service, excellence, and advancing the mission of NABMW.

Congratulations, Stanlee and thank you for everything you bring to this chapter and to the veterans you continue to uplift.



SECTION 3

IN MEMORIUM

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



CONDOLENCES TO:

- LTC (Ret) Bettye J. Tucker on the loss of her nephew Angel Mouzon Jr. He passed away on September 27, 2025.
- National Parliamentarian, Dr. Vitina Speciale-Olmo on the passing of her mother, Francesca Speciale. She passed away on October 30, 2025.
- Arthur Thompson on the loss of his sister in-law, Barbara Harper. She passed away Nov 10, 2025. LTC (Ret) Barbara Harper was in the 344 CSH and a member of the NYC Chapter prior to her relocation to Atlanta.



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

The holidays can be both beautiful and overwhelming. Between family gatherings, financial strain, travel, and expectations to be “joyful,” many of us end up running on fumes before the new year even starts. For veterans and service members, the season can also stir old memories or feelings of loss and isolation. That’s why protecting your peace isn’t optional, it’s essential.

Start by giving yourself permission to slow down. You don’t have to attend every event, host every meal, or meet every expectation. Create boundaries that make sense for you. If large gatherings drain you, it’s okay to decline. If you need quiet time before socializing, schedule it. Boundaries aren’t selfish; they’re how we stay emotionally healthy.

It also helps to set intentions early. Write down three things you want to feel this season, maybe calm, connection, or gratitude and let those guide your decisions. When you feel pulled in too many directions, return to your list.

Try simple grounding techniques: deep breathing, journaling, or stepping outside for fresh air. Limit your social media if it adds pressure or comparison. And if you notice feelings of sadness or anxiety lasting beyond a few days, reach out, talk to a counselor, chaplain, or friend who understands.

Protecting your peace doesn’t mean isolating yourself; it means tending to your mind like a garden. With space, care, and intention, peace can grow even in the busiest season of the year.

SECTION 4

HEALTH & WELLNESS MIND, BODY & SOUL



MEDICINE FOR THE BODY

Slow Down and Nourish Yourself

The holidays often take a toll on our bodies. We eat differently, sleep less, skip workouts, and carry stress in our muscles and stomachs. But small, thoughtful choices can help your body stay balanced through the season.

Start with hydration and rest. It sounds simple, but fatigue and dehydration are two of the biggest drivers of stress. Drink water before coffee, and try to get even 30 extra minutes of sleep each night. When you can, stretch before bed. Your body will thank you.

It's not about restriction or guilt. Food is part of the celebration, and you should enjoy it. Just aim for balance: a colorful plate, smaller portions, and a few mindful bites before you go back for seconds. Movement also matters. You don't need a full workout. A short walk after dinner, a few push-ups, or dancing in the kitchen all count.

If you notice stress showing up physically, tight shoulders, headaches, stomach aches, pause and listen. Your body is communicating. Take a warm shower, get a massage if possible, or simply sit quietly with a heating pad.

And remember to breathe. A few slow, deep breaths can calm your nervous system faster than you might think.

Most of all, don't push your body to "power through" the season. Rest is productive. Nourishment is strength. When you care for your body, you're not taking away from the holiday, you're giving yourself the energy to enjoy it fully.

SECTION 4

HEALTH & WELLNESS MIND, BODY & SOUL



MEDICINE FOR THE SOUL

Finding Stillness and Joy

The holidays can fill every inch of the calendar, but often what our souls crave most isn't more, it's less. Less noise. Less pressure. More peace.

Soul care is about connection to God, to others, and to yourself. It can look different for everyone: prayer, music, scripture, nature, or quiet reflection. What matters is making space for stillness. Try starting your morning with five minutes of gratitude or end your night by naming one small joy from the day. Those moments remind your spirit what's real beneath the rush.

This season, try focusing less on perfection and more on presence. The perfect gift or meal won't matter as much as the conversations and laughter that happen around it. If you've lost someone or this time of year feels hard, allow both grief and joy to coexist. Light a candle in remembrance. Write a letter. Let your feelings have a place.

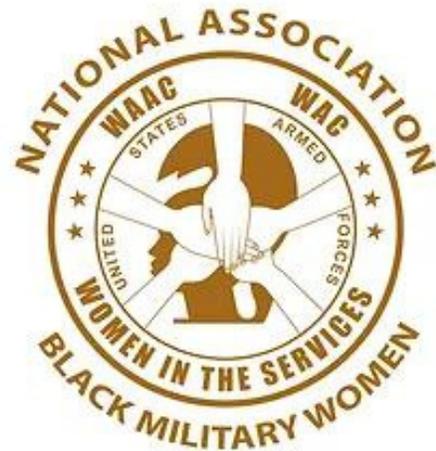
And give back. Acts of kindness, calling a fellow veteran, checking on a neighbor, volunteering, replenish the soul in ways nothing else can. Service softens worry and redirects the heart toward gratitude.

Remember the words of Psalm 46:10 "Be still, and know that I am God." That stillness isn't about doing nothing; it's about grounding yourself in the awareness that God is present even when life feels loud.

The holidays were never meant to be a race; they were meant to remind us of light, love, and renewal. So this December, make time to breathe, to pray, to rest, and to notice the beauty around you.

Your soul deserves care too.

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:

- Facebook: <https://www.facebook.com/NYCNABMW>
- Website: <https://www.nycnabmw.org/>

Contact Us:

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