



Backchannels

Army Spouses' Club of the Greater Washington Area

May 2019



PRESIDENT'S PEN

It has been a great ride the last two years serving as your club president! I am excited to see what amazing things happen next year. Michelle Funkhouser will do an outstanding job as our president, and I am so thankful she said YES!

I would love to thank everyone individually in my last article; however, I do not get that much space, and I do not think you would read something that long since I have so many people to thank. I do have to mention a few names. They are by no means the only individuals who have given their time and energy to this amazing organization. The entire board has worked tirelessly this year to make sure our club runs well, that we have great events and programs.

Jackie and P.A. have done a wonderful job with the newsletter this year. They both have other positions on the board and took this on as an extra duty. Their servant hearts and love of this club inspires me.

Barb Patterson agreed to do Ways & Means with me for ONE year. That was three years ago. She has quietly worked behind the scenes (or been front and center) for every event, helped me with every great and not so great idea, listened when I needed to vent, and been the best partner-in-crime anyone could ask for. The club will not be the same without her next year. If I could figure out a way to move Kansas closer to NOVA, I would. Thank you, Barb, for not being "one and done" three years ago!

It's the little things, always the little things, that get me. The last two years have been full of hundreds of little things. Thankfully more good things than bad, but so many little things that made a difference. I've been overwhelmed by the kindness from so many of our club members. The smiles, pats on the back (literally and figuratively), and words of encouragement on the success of the club have all meant more to me than you can possibly know. It is because of all these little things, and because I truly believe in our club and its purpose, that I've poured my heart and soul into the organization over the last two years.

It's hard to wrap my head around all the changes our club has made, all the changes in my personal life, and all the changes yet to come. I'm proud of our accomplishments, and how far we've come. However, I know we still have more work to do. The organization must continue to grow, thrive, and evolve. We cannot do this without the support of our membership. I encourage you to take an active role in our club, participate in our events, get to know other members, and encourage other Army spouses to join. Our organization is worth your effort! For those members who've "done your time" and can no longer attend events regularly but still continue to support the club with your membership dues, I appreciate you and your continued support! I look forward to seeing everyone at our Kickoff in September!

Much Love,
Kelly

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LUNCHEON DATES

2019

May 16



**April Luncheon
Allison Priebe
Queen Bee Designs**



ASCGWA 2018-2019

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Holly Dailey
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Esther Howard

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Zip Code Groups

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Paula Ann Mancini
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Maggie Hollinger
Holly Scherer
Melissa Pederson & Amanda Foote
Connie Semonite
Barb Patterson
Patty Barron
Jill Vaniman
Jackie Habel

Mandy Downey
Sharise Spellmon & Kim Houston
Jill Vaniman
Michelle Zuniga
Kathy Fox
Kim Nykanen
Christie Kehoe
Diane Martinez
Jennifer Stepetic



The Army Spouses' Club *of the Greater Washington Area*

Do you have a military friend moving to the area? Joining ASCGWA at any point in the year is easy! Simply fill out our online membership form found at: armyspousesclub.org/Join. New members are always welcome!

BACKCHANNELS SUBMISSIONS

If you would like to submit an article, information about an upcoming club activity, movie or book review, restaurant recommendation, recipe, local event, or a must-see travel destination please let us know! We would love your input!

All Backchannels submissions are due no later than the second Friday of each month.

Pictures from the monthly luncheon are due the following day on the third Friday of each month.

We can be reached at:
newsletter@armyspousesclub.org

Fondly,

Jackie Habel & Paula Ann Mancini
Co-editors



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ASC GWA

May Luncheon

Featuring

Amanda Baity

Semper K9 Assistance Dogs

Semper K9 Assistance Dogs, founded by Christopher and Amanda Baity in 2014, rescues dogs from shelters and trains them to be service dogs at no cost to disabled service members.

May 16, 2019
10:30 a.m.–1:30 p.m.
Patton Hall
\$25

Registration at: armypousesclub.org
RSVP NLT May 9, 2019



Happy Spring everyone!

Thank you to our amazing, talented, and inspiring April luncheon speaker Allison Priebe. As many of you know our originally planned speaker Small Business Administrator Linda McMahon, resigned from her position and was no longer available to speak at our event. Allison was "gifted" to us by Monte Durham from the television show Say Yes to the Dress Atlanta. It's too long of a story to share here but if you are interested in the details please ask me the next time you see me. Allison is the designer and owner of Queen Bee Designs. Our members loved hearing her story and shopping her beautiful jewelry. Her biography and information about her shop are included in this issue for those who were not able to attend the luncheon.

A belated thank you to the wonderful Frances Biggerstaff who made the fabulous prizes for our March Mad (ness) Hatter Bunco luncheon. Cookies by Rhonda made the cookie basket prize and Allison Carlock of The Crumbling Cookie made the basketball cookies for the takeaway. Congratulations to Michelle Zuniga for winning the March Madness bracket contest.

I can't believe there is only one more luncheon left for this club year. I am so excited to hear from our May luncheon speaker, Amanda Baity, from the organization Semper K9 Assistance Dogs. Amanda and her husband, Christopher, founded Semper K9 in 2014. The organization rescues dogs from shelters and trains them to be service dogs at no cost to disabled service members. Amanda was recently named as one of the Top 30 Women Military Influencers by Military Home Life Magazine.

Lastly, our luncheons could not happen without the efforts of our fabulous, brilliant, giving, and supportive board members. They are truly remarkable and there are not enough superlatives to thank them for all they have done this past year. A special note of gratitude (and admiration) to our esteemed President Kelly Kreis; we could not have accomplished anything without her leadership, enthusiasm, and love for this club and its members.

Michelle Funkhouser
First Vice President



SEMPER K9
Assistance Dogs

www.SemperK9.org

Semper K9 Assistance Dogs, founded by Christopher and Amanda Baity in 2014, rescues dogs from shelters and trains them to be service dogs at no cost to disabled service members.

Christopher Baity is an OEF/OIF veteran Marine Corps dog trainer and kennel master with three combat deployments, one civilian deployment, and two additional overseas deployments with working dogs. He has over 16 years of dog training and handling experience. Currently a Certified Dog Trainer (CDT), evaluator and service dog instructor, Baity is proficient in animal behavior, obedience training, and kennel management. He specializes in mobility and psychiatric alert service dogs and enjoys being able to connect with veterans and help them regain confidence and independence. Because of his dedication to Semper K9's mission, Baity was awarded American Heroes Channel's Red Bandanna Hero in 2016 and named a Washingtonian of the Year for 2017 by Washingtonian magazine.

"The most important things to us were to utilize rescue dogs and ensure that our veterans are assisted at no cost to them," said Baity. "Also, being a military family with small children, the family involvement was high on our list of priorities since our mission is to enhance the quality of life for our wounded veterans."

Amanda Causey Baity is currently the publisher of American Service Dogs Magazine and Prince William Living's Director of Operations and Photo Editor. She recently took over the role of Media Director for Brides & Weddings of Northern Virginia. An Atlanta native, she has 8 years of print & online media experience. In her early work career, she was Controller for a multi-million dollar corporation in Atlanta as she attended college. While finishing her degrees in Optometry and Astro-Biology she worked as a family service worker for the Department of Health & Human Services Head Start Program. She is currently an officer on the board of directors for the Northern Virginia Veterans Association and Vice President of the nonprofit Give Back Prince William.

Additional information about Semper K9 may be found at their web page at www.semperk9.org/about-us/mission/ or on their Facebook page at www.facebook.com/SemperK9/

how did we do?

We hope that you have enjoyed the 2018-2019 club year as much as we have! We love our members and are always striving to provide you with a great experience, whether it is at our luncheons, with our special activity groups, or in raising funds for scholarship and welfare. In our continued effort to give you the best club experience, we would appreciate it if you could take a few moments to tell us how you feel about our club. It is very important

to us to know if we are meeting your needs. We will be emailing a survey to our members in the next few weeks. If you receive Backchannels in the mail, we will mail you a copy of the survey that can be filled out and mailed to our club address. Paper copies will be available at the May luncheon. If you are not able to attend the May luncheon but would prefer a paper copy please email Michelle Funkhouser at firstvp@armyspousesclub.org. Each

person who submits the survey will be entered in a drawing to win a free ASCGWA luncheon. Thank you and we look forward to hearing from you.

We need you! If you are interested in serving on next year's Governing Board, on a committee, or as a volunteer please email:

volunteer@armyspousesclub.org.

Walking Group



Weather permitting, our last walk will be Friday, May 31.



The Walking Group enjoying the beautiful Cherry Blossoms



Walking the Four Mile Run in Arlington

Time to Travel

UPCOMING TOUR SCHEDULE

May

Hillwood Estate, Museum and Gardens
Annapolis

Look for emails about upcoming tours!
Questions should be sent to Michelle at
tours@armypousesclub.org



Library of Congress Tour



Out and About

One of the many benefits of living in this area is the plethora of activities the VA, MD, and DC area has to offer. Each month we will spotlight one event that catches our eye! Get out and enjoy the day!

EU Embassy Open House

May 11, 2019

10:00 a.m. - 4:00 p.m.

The Delegation of the European Union to the United States and the Embassies of 28 EU Member States to the United States will open their doors to the Washington public during the EU Embassies' Open House Day. This annual event is the highlight of the Washington spring calendar.

Each embassy will open their doors to the public from 10 a.m. until 4 p.m., offering a rare look inside the buildings. The day will provide a unique opportunity to experience the country's cultural heritage and national traditions.

Additional information:

https://events.euintheus.org/landing_page/euopenhouse/

Corner

Volunteer April was National Volunteer month and we were excited to be able to thank some of our volunteers at the April luncheon. Sarah Wade, Mary Pawlow, Paige Kellogg, Suzie Woodring, and Margaret Lepak were recognized with a Certificate of Appreciation, a fun Burt's Bees takeaway, an ASCGWA tin of cookies, and of course, our sincere gratitude. Those volunteers who were unable to attend, but for whom our appreciation is the same, include Kathy Fox, Carol Place, Mary Doherty, Evelyn Rodriguez, Lynne DeFrancisco, Deanna Henson, Edie Gunnels Klimow, Rosa Santos, Edna Towry, and Maria Yee. Whether you volunteered once or multiple times, THANK YOU ALL for pitching in!

I enjoyed volunteering with and getting to know each of you and will miss the entire ASCGWA club when I move to the West Coast next month. Keep up the good work! The club needs you!

Kim Nykanen
Volunteer Coordinator



TO VOLUNTEER

First Person

Holly Scherer



Holly and Kathie at an AUSA sponsored book signing

I was that Army spouse who complained about everything. Guess who I complained to? Anybody who would listen to me!

The first nine years of our marriage, we moved seven times. With each move my husband was given more responsibility and higher rank while I couldn't keep my career intact despite two Master's degrees. I felt like I had lost my identity. Don't get me wrong. I love my husband. We are still happily married after 35 years. I just couldn't figure out how to be happy as a military spouse.

When I complained to another Army spouse, Kathie Hightower, she shared resources which helped her when she lost her identity going from being a soldier to being a "dependent." We had an AHA moment. Maybe we weren't the only military spouses struggling. We decided to figure out what works and share that information.

After reading all the academic research in the Positive Psychology field we could get our hands on, we found ourselves saying, "This is great information for NORMAL people, but what about military spouses who move all the time and will most likely experience more life & death, crises, and stress than most people will in their ENTIRE lifetime?" We decided to interview hundreds of military spouses, asking "How do you find joy in this lifestyle?" and then created a workshop based on the research and interviews. We offered the workshops for free in Germany where we lived at the time.

As news of our workshops spread, we were invited to share our workshops at military installations worldwide (Europe, Japan, Korea and throughout the US) and then were offered a contract with the Marine Corps' Spouse's Learning Series, to take our workshops to all the Marine Corps bases.

As our families grew and life challenges presented themselves, (deployments and seven additional moves) we couldn't travel at the rate we were requested, only when it worked for our families, so we put our research into a book. We had three publishers and three editions. The most recent edition is *Military Spouse Journey: Discover the Possibilities and Live Your Dreams*. We also wrote the *Married to the Military* columns for the Air Force, Army, Marine Corps, Navy Times newspapers and a number of military magazines, as well as collaborated with many military spouses on other military family projects within our own communities.

Kathie and I LOVED what we were doing and felt we were making a difference. We were especially excited to hear how we helped military spouses see past obstacles to find possibilities toward what they wanted to do in life.

With our newfound happiness within our own lives, we could see clearly all the things we loved about military life which led to another book, *1001 THINGS TO LOVE ABOUT MILITARY LIFE*. This book focuses on one of the key findings of happiness in life – GRATITUDE!

Who would have guessed I would end up celebrating military life! If those people who heard me complain in the early days could see me now, they would get one heck of a good laugh.

Wishing you joy, happiness and much laughter on your journey!

Do you have an interesting story or photo relating to one of your military posts or a job you have held? If so, we would love to hear from you. Please contact Jackie or P.A. at newsletter@armyspousesclub.org



Allison Priebe of Queen Bee Designs is one of the nation's premiere jewelry designers. Allison is a life-long Washingtonian and has been heralded by The Washingtonian Magazine as one of DC's Top Style-Makers. She completed her studies at the prestigious Smithsonian studio arts program in jewelry design after leaving her job in the United States Senate. Her designs are worn by First Ladies, Senators, Congresswomen with a long list of fans including Laura Bush, Hillary Clinton, Michelle Obama, Barbara Bush, Nancy Pelosi, and dozens of members of the Senate and House. Lynne Cheney even hosted a jewelry trunk show for Queen Bee Designs at the home of the Vice President at Number One Observatory Circle. Allison also is the Lifestyle Editor at Local Kicks and former co-host of the television show The District Dish.

The world of high fashion has also taken notice of Allison and Queen Bee Designs with fans like Vogue Magazine's Andre Leon Talley and fashion expert Tim Gunn. Celebrities like Sofia Vergara, Barbara Walters, Parker Posey, Dolly Parton and Marcia Cross all own pieces from Queen Bee Designs. Allison's big bold designs are a favorite in our nation's capital and each necklace is finished with Queen Bee's signature Bumble Bee. A lady always creates a buzz when wearing a piece of jewelry from Queen Bee Designs.

Allison is the proud daughter Florence and retired Army officer Louis Priebe. Allison resides in Alexandria, Virginia with her daughter Cynthia McClain Brooks - a sophomore at The Episcopal High School in Alexandria, Va. Allison is involved with The Junior League of Washington, The JLW Garden Club, The National Press Club, The Mount Vernon Country Club, Mensa, The Capital Speakers Club, The Salvation Army Women's Auxiliary, The University of Georgia Alumni Association, The Alexandria Chamber of Commerce, and The Old Town Boutique District. Allison owns a 2,000 square foot showroom and gallery in The Bradlee Shopping Center at 3690 King Street (next to The Alexandria Pastry Shop). Each of you are invited to BEE Allison's guest in the gallery, which is open daily 10 a.m.-6 p.m.



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CookiesbyRhonda@gmail.com

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The Crumbling Cookie

413 East Dr
Montgomery, AL 36113

Allison Carlock

Owner, baker, designer
254.462.8631

Find us on Facebook at The Crumbling

Cookie Ordering Page-Alabama

Thecrumblingcookieordering@gmail.com

SPECIAL ACTIVITIES

Bridge Groups

The Bridge Group meets the third Tuesday of every month at the Army Navy Country Club of Arlington. You must have knowledge of how to play.

Please contact Henriette Gordon at hmg1776@sbcglobal.net

Tours

Throughout the year, various group tours are scheduled. One of the most popular is the yearly New York City bus ride with tickets to the Radio City Music Hall Rockettes show.

Please contact Michelle Zuniga at tours@armyspousesclub.org

Flick Chicks Movie Group

Once a month, this group meets up to enjoy a movie together.

Please contact Ellen Pirog at specialactivities@armyspousesclub.org

Walk Around Washington Group

Each month a walk is organized in and around the Washington, DC area.

Please contact Nina O'Shaughnessy at ninaspangos@gmail.com

or Mary Pawlow at mlspawlow@aol.com

Bible Study

The Living Word Bible Study meets every Monday at 10 am at the Memorial Post Chapel on Fort Myer, across from the PX.

Please contact Nancy Jackson at jacksonjn@verizon.net

Happy Hour Group

Meet new friends and catch up with other members at Happy Hour gatherings throughout the year in the DC/Northern Virginia area.

Please contact Kim Farnsworth at jkfarns@comcast.net

Great Decisions

Do you enjoy talking about current events and exploring the rationale of our foreign policy decisions? Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching a DVD, and meeting in a discussion group to discuss the most critical global issues facing America today. A National Opinion Ballot is compiled and presented to the Department of State, Congress, and the White House at the end of the year.

Please contact Lori O'Neill at meoneill@aol.com

Zip Code Groups

Zip Code Groups meet in one another's homes, at local restaurants, or visit places of interest and are a perfect opportunity to meet your ASCGWA neighbors in a smaller setting.

Please contact Jennifer Stepetic at zipcodegroups@armyspousesclub.org

You are
invited!

ZIP CODE GROUPS

Alexandria

LaDonna Cavanaugh
678-464-7470
cavanaugh@comcast.net

Annandale, Fairfax, & Fairfax Station

Mary Pawlow
703-764-9656
mlspawlow@aol.com

Arlington

Paige Kellogg
703-248-8313
Paigekell@aol.com

Burke

Jeanne Sander
703-426-2880
ebs17@verizon.net

Falls Church/Fort Myer/McLean

Lori Borgna-Strong
706-799-9308
borgnalori@gmail.com

Fort Belvoir

Fran Biggerstaff
973-997-8074
biglittlestaff@gmail.com

Chantilly, Clifton, Centerville, Herndon and Beyond

Pat O'Neill
703-378-3624
pponeill6@aol.com

Prince William County and Beyond

Paula Ann Mancini
703-346-4468
pa.mancini@comcast.net

Springfield

Jennifer Stepetic
910-263-2063
stepetic@yahoo.com

Maryland-Howard County and Beyond

Marie T. Corbett
410-418-4934
mtcre@aol.com

Maryland-Montgomery and Beyond

Deidra Stubbs
803-447-8700
dleestubbs@aol.com

Washington D.C.

Mary Dulany
240-644-2467
medulany@msn.com



CHARITABLE CAUSE

Thank You for your generous donations last month to the Joint Base Myer-Henderson Hall Summer Reading Program!

Our April luncheon attendees stepped up in support of local military children by contributing to the JBMHH library's Summer Reading Program. Donations included a wide variety of art supplies: Mod Podge, beads, construction paper, paints, popsicle sticks, and over \$100.00 in Michael's gift cards were a few of the much-needed supplies provided by our members.

The library staff was delighted to see our many bags filled with all things crafty! Your contributions are appreciated and will help to make this year's Summer Reading Program a success!



ASCGWA Charitable Cause is proud to support **Semper K9** at the May luncheon

Semper K9 rescues dogs from shelters and trains them to be service dogs at no cost for disabled service members. Join us in making a difference; your generous donation will go toward helping a veteran receive a custom trained service dog to aid in their recovery.

Please donate any of the following items:

- 🐾 "Zukes" dog treats in chicken or peanut butter - these special training treats are available at PetSmart
- 🐾 PetSmart or Petco gift cards
- 🐾 Postage stamps
- 🐾 Gasoline gift cards - our veterans often travel many miles for training with their service dogs

***You may bring your donation with you
to the May 16th luncheon***

With over 50 military families served per year, and approximately 15 dogs trained quarterly, Semper K9 is proud to save two lives at once!



Is there someone that needs a little cheer, a get well wish, a condolence, or a congratulations? If you know of a member in need, please let our secretary know.

Email the member's name, address, and the type of card that should be sent to LaDonna Cavanaugh at secretary@armyspousesclub.org.



The Army Spouses' Club of the Greater Washington Area (ASCGWA) is a non-profit organization seeking to enhance the quality of life of its members and the Military District of Washington community at large.

We offer friendship, monthly luncheons, special activities and many volunteer opportunities. Additionally, there are zip code groups to make it easier to connect to the military spouses who live near you. Our volunteers organize fun activities and share information about unique opportunities available in the Washington, D.C. area.



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Community News



GARY SINISE
* FOUNDATION *

INVINCIBLE SPIRIT
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GARY SINISE & THE LI DAN BAND

DELICIOUS MEAL BY **TEAM IRVINE**

THURSDAY, MAY 23, 2019, 5:00 PM

PULLEN FIELD, FORT BELVOIR

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Spring is in the Air

~ MAGS ~

Maggie Hollinger
myColorSTREET.com/MAGS
hollinger.maggie@yahoo.com
910.824.6520



colorSTREET



All active duty military and those who have honorably served, along with immediate family, are invited to join us for a free specified Chick-fil-A® Meal. Offer valid only at participating Metro D.C. area Chick-fil-A restaurants on May 15, 2019 from 5:00 – 8:00 pm.

One offer per customer which includes their immediate family (spouse and children). Must show a military ID or proof of service. Not valid with any other offer. Offer valid while supplies last. Ask restaurant for details.



In 1984, President Ronald Reagan recognized the profound importance of spousal commitment to the readiness and well-being of military members with Proclamation 5184, dated April 17, 1984. Congress officially made Military Spouse Appreciation Day part of National Military Appreciation Month in 1999. Subsequently, the Department of Defense standardized the date by declaring the Friday before Mother's Day every year as "Military Spouse Appreciation Day" to show appreciation for the sacrifices of military spouses.

On Military Spouse Appreciation Day we honor the contributions and sacrifices made by military spouses. Their commitment and support help to keep our country safe. America's military spouses are the backbone of the families who support our troops during mission, deployment, reintegration and reset. Military spouses are silent heroes who are essential to the strength of the nation, and they serve our country just like their loved ones.

National Military Spouse Appreciation Day is celebrated on the Friday before Mother's Day in May. This year it will be observed on Friday, May 10th, 2019.



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*Would love to assist you in your
home buying or selling!*





ADVERTISING

We have reached maximum capacity for advertising space for the year in Backchannels. We know being able to reach our targeted audience is important to advertisers so we are offering a special web page only advertising package. We will place your ad on our web page for the remainder of the year (now until August 2019) for a fee of \$20.

For more information, please contact newsletter@armyspousesclub.org



Fort Belvoir Zip Code Group exploring Alexandria




LOOK BETTER.
FEEL BETTER.
LIVE BETTER.
NERIUM

<https://sarablaschke.nerium.com>
<https://www.facebook.com/NeriumwithSaraBlaschke>




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Prince William County and Beyond Zip Code Group enjoying a lunch at Matchbox Vintage Pizza Bistro in Woodbridge



Fort Belvoir Zip Code Group dining at Mia's Italian Kitchen



The Arlington Zip Code Group had a fun cooking class with Cooking Thyme with Stacie



Burke Zip Code Group enjoying lunch at First Watch in Fairfax

