



E-NEWS ON THE WING

A newsletter brought to you by The Wing of AsMA

VOL. 2, ISSUE 02

SEPTEMBER 2025

WINGSTRONG 2026 – DENVER



Lisa Veronneau, Wing President 2025-2026

Hello Winglets,

We've just returned from our Denver Site Visit, where we brainstormed exciting new ideas for events and tours. Once the Wing Board approves our plans at the Fall Zoom meeting, I'll share all the information with you.

In the meantime, one thing I can share is that The Sheraton Downtown Denver Hotel has been beautifully renovated and now looks refreshed, updated, and better than ever! A makeover, if you know what I mean.

You'll remember at the Annual Business Luncheon in Atlanta; we began discussing a theme for Denver. Our thoughts were to encourage activities relating to health and wellness.

For starters, we want to honor our dear member, **Peggy Trumbo**, who passed away suddenly this Spring. Some of us are interested in doing the Trumbo Run (Walk) showing our love and support for Peggy. For years, Peggy served on the Board as our AsMA Liaison. Even though she couldn't come to AsMA, every November Peggy would always meet some of us in Alexandria, VA when we were there as "accompanying guests" when our "sponsors" attended the Fall Council meeting followed by the Scientific review meeting.

From left to right: Jeanette Egerstom, Yalonda Silberman, Liz Walker, Dale Orford, Peggy Trumbo Alexandria, VA – November 2024



Left to right: Yalonda Silberman, Nevonna Schroeder, Peggy Trumbo with Tiny Elvis - Alexandria, VA 2018



Peggy Trumbo – November 2021 Alexandria, VA - AsMA Headquarters





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In Denver, for the Trumbo Run/Walk, we are allowed to modify the three (3) mile distance to a one (1) mile distance for those of us who want to finish early so we can get ready for our amazing Wing activities. It will be a stretch for a lot of us. It will be an early start for the day, but we can do it!

Our theme for Denver will be ***Wingstrong 2026*** for many reasons. The Wing is still around after 74 years. We were formed in 1952. We have continued to stay connected all these years. Lifelong friendships and bonds have been formed. The Wing met in Denver when AsMA was there in August of 2021. We survived Covid challenges and had a wonderful time after we'd been isolated for so long. Our Denver 2021 Wing attendance was small and we reconnected.

Wingstrong 2026 We want to celebrate how dedicated The Wing is as we've kept this wonderful organization strong and eventful for the years to come. Because of our dedication, we are Wingstrong!!

To kick-off The Wingstrong 2026 campaign, I am encouraging everyone to post on our Wing Facebook page often about our activities related to health and wellness.

Here are some strategies for promoting fitness:

- **Make health and fitness enjoyable:** Find activities you genuinely like, whether it's walking, dancing, hiking, swimming, or playing sports. This makes it more likely you'll stick with it.
- **Start small and build up:** Begin with manageable goals and gradually increase the intensity and duration of your workouts. This helps prevent burnout and injuries.
- **Incorporate fitness into daily life:** Take the stairs instead of the elevator, walk or bike instead of driving short distances, and find opportunities to be active throughout the day.
- **Create a supportive environment:** Work out with friends, join fitness classes, or find a workout buddy. This can provide motivation and accountability.

Let's begin preparing for Denver. I can't wait to see your FaceBook posts and to hear all your success stories!

Thank you for all your support.

Lisa

Lisa Veronneau, President
The Wing of AsMA

P.S. This won't be the first time The Wing has focused on fitness. Check out pictures of EARLY morning aerobics classes in the 1990's. Also, I thought you'd enjoy The Wing Newsletter that was published in September 1995. I've included it here, too.



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**Complimentary
Low Impact Aerobics
Co-Sponsored By
AsMA and The Wing
6:30am - 7:30am
Acadia Ballroom
Monday - May 14
Tuesday - May 15
Wednesday - May 16
Thursday - May 17**





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→
Col. Lynn Francis
will be the instructor
in 1991 — she is a
qualified instructor of
aerobics and is
volunteering to do this —
Thanks Lynn!!





From the President's Desk

The Anaheim meeting was a great success thanks to lots of hard work by Caroline Jensen and her Board. I had a wonderful time as did everyone who was able to attend. The 1996 Meeting will be a change of pace and hopefully even more of our members can look forward to the events we are planning for the Atlanta meeting.

In July, Honorary President Sandra Vanderploeg, Arrangements Chair Nonja Bisgard, Registration Chair Ludy Rayman and I were included in AsMA's visit to the **Atlanta Hilton & Towers** (Headquarters Hotel for the **May 5-9, 1996**, meeting). We selected locations for the Hospitality Room as well as the Wing Registration area, which will be prominently located. The Association continues to be gracious and very supportive of our arrangements requirements - thanks especially to Russ Rayman, Dick Trumbo and Jim Vanderploeg. Nonja & I visited potential sites for the Welcome Reception and the Luncheon. The winners were: The **Ritz** for tea on Monday (wear your hats and gloves for a traditional but fun reception!) and **Miss Pittypat's Porch** (a bit of country in the city!) for the luncheon on Wednesday. These events will be downtown near the headquarters hotel; however, Nonja has some great plans in the works for tours which will allow us to see suburban Atlanta, the old South as well as the new. We will also provide maps of walking tours and public transportation to our members.

I look forward to seeing as many of you as possible in Atlanta. The city will be at its best right before the Olympics and I know many of us are eagerly anticipating the opportunities for great shopping and fine dining as well as seeing old friends!

Jane

Annual Membership Dues & Updates Due

Included with your newsletter you will find a dues envelope. Use the form to correct your address and phone number if they have changed since the last directory was printed. Please respond as soon as possible so that the correct information will be included in our new directory.



1995-96 WING BOARD

ELECTED OFFICERS

President	Jane Mitchell
First Vice President	Mariette Jones
Second Vice President	Jackie Bohnker
Secretary	Judy Waring
Treasurer	Doris Miller

APPOINTED MEMBERS

Parliamentarian	Helen Lestage
Liaison to AsMA	Kathi Dalton
Special Projects	Valerie Nicholson

STANDING COMMITTEE CHAIRPERSONS

Membership	Maureen Shanahan
Registration	Ludy Rayman
Advance Registration	Barbara Rudge
Arrangements	Nonja Bisgard
Reception	Helen Lestage
Luncheon	Virginia Glifort
Tours & Co-Chair	Linda Banta
Hospitality	Malissa Seay
Favors	Helene White
Publicity	Joyce Urbauer
Honorary Membership	Joan Marinelli
Resolutions	Debra Anzalone

SPECIAL

Honorary President	Sandra Vanderploeg
Past President	Caroline Jensen
Nominating Chair	Valerie Nicholson



About Metro Atlanta

Atlanta has a wonderful public transportation system (MARTA) which allows access to many downtown and suburban attractions, such as the CNN Center, the World of Coca-Cola, Zoo Atlanta, the Cyclorama, and the High Museum of Art. World-class shopping is available both downtown and at several suburban malls which can be reached using public transit. With private transportation, a day trip to Callaway Gardens, Warm Springs, Roswell or Stone Mountain would be fun for nature lovers and history buffs. Whatever your interests, you will find the Atlanta area has many exciting places to visit before, during or after the convention. Be sure to read the Wing page in the Journal to learn more about attractions and the history of the region, as well as specific events the Wing has planned for you, our members.

Favors

It's not too soon to start looking for that perfect favor to bring to the May meeting! This tradition started quite a few years back, and it's one our members really enjoy. A small gift (food, handcraft, souvenir or memento) from where you currently live, your home town or a place you visit is brought to the meeting to be "exchanged" with another Wing member. Lately, we have been giving them out as door prizes at the Welcome Reception and sometimes the luncheon. All you need to do is find that "little something," tuck it in your suitcase (it doesn't have to be wrapped), maybe put a note with your name on it so that the recipient can thank you if she wishes, and drop it off at the Hospitality Room or bring it to the Welcome Reception on Monday afternoon of the meeting. What could be simpler or more fun? (And if you forget to bring something from home, a souvenir of Atlanta would surely be appreciated by someone...)

Special Project

A philanthropic Special Project is undertaken at the discretion of the Board each year. The Silent Auction fundraiser benefits a worthy cause nominated by our membership. This year's Board has appointed Valerie Nicholson as Chair, budgeted a set amount to purchase auction items (donated items will also be welcomed), and will

vote on which project will receive the award. Send your nomination with a description of the charity and why you think the Wing should support it to Dr. Valerie Nicholson, 141 Chalmers Street, Oakville, Ontario, Canada L6L5R6. The due date for nominations is December 1, 1995!

Honorary Member Nominations Sought

December 1 is the deadline for submission of nominations for our 1996 Honorary Member award, which recognizes women who have made significant contributions to aerospace medicine or a related field. To nominate a candidate, Wing members should send a biography including name, current address, educational background, experience, awards, honors, publications, organizations, and any other information that would be helpful in the selection process to Joan Marinelli, Honorary Member Chair, at 3512 Alma Avenue, Manhattan Beach, CA 90266, as soon as possible. The Executive Board will make a selection from the nominations received and the award will be made at the Annual Business Meeting & Luncheon in May. Let's continue to identify Honorary Members, who truly appreciate the Wing for its social and supportive role in Aerospace Medicine!

Journal Page

Our new **Publicity Chair** is Joyce Urbauer, recently back in the United States and barely out of boxes! Joyce has returned from Korea, where she accompanied husband Craig as he served as Deputy Chief of Clinical Services for the 121st Combat Support Hospital based in Seoul. Joyce worked as the HIV/AIDS educator for the Army while there. She will be seeking news of members and suggestions for topics for the Wing News & Notes page in the AsMA journal. **Past Presidents and current Board members** - Please send updated information regarding current activities, interests, etc., to Joyce at 100 Bocage Drive, Dothan, AL 36303. Keep an eye on the Wing page for news of members and plans for the Atlanta meeting!

