



VFW AUXILIARY DEPARTMENT OF WASHINGTON

General Orders #3

Aloha,

We are back from Hawaii Western Conference. My first time in Hawaii, beautiful area and the Hawaiian people are so humble and nice. Had my daughter, son in law and grandkids with us, so it was even more special! Learned a lot! However, I have been freezing, since we got home!

Western Conference was very informative this year. Cara Day, Director National Programs & Communications, gave a very good presentation on the M.A.L.T.A. Program. (Membership Auxiliary Leadership Technology Access). This is the new membership program that will be available on the *Online Auxiliary Academy* page soon.

National Secretary/Treasurer Jan Owens gave a wonderful presentation on our Judiciary Duties as members of the VFW Auxiliary.

1. Faith, act in good faith in the interest of our organization, not what is good for you.
2. Loyalty, act with undivided loyalty to our organization, avoid conflict of interest, avoid perception of impropriety.
3. Obedience, faithful to founding documents, adhere to our mission, obey the law,
 - *Once a new member is voted on, she is a member. No one has the right to question the eligibility except the auxiliary. Section 108.
 - *No member can be deprived of rights, if they pay their dues. Section 110.
 - *All auxiliaries are to give a copy of their first audit to the Post as their financial report.

The year and places for Western Conference are as follows:

- *San Diego, CA Nov. 2-5, 2017 – Crown Plaza Hotel Circle, Mission Valley.
- *Vancouver, WA - 2018
- *Anchorage, AK - 2019

Please utilize our National Web site, vfwauxiliary.org and get all the information you need for your District and Auxiliary. Utilize the On Line Academy site. Your 990N is due November 15. This site can help you do your taxes. If you do not have a computer, someone in your auxiliary does! Use them and they will learn also! Plus, it is fun to work and learn together.

"5 NEW MEMBERS"! And you will receive a cute **M&M pin** from our Department Membership Chairman Laura Guthrie! And... you are in a drawing for a free fishing trip from our Department VFW! Bring in more, get more chances to win the fishing trip. Great Christmas- Birthday gift, if you do not fish. District Presidents you receive a free lunch for reaching 90% membership in your District at Mid-Winter conference in Vancouver WA.

Change Direction from Give an Hour: October 8th will be gone by the time you receive these General Orders; however, mental illness does not take a break. Please continue to use the tools provided to you and support our Veterans and their families struggling with this issue. Mental Wellness is accessible and possible by knowing the 5 signs and getting the proper help.

~~~**KNOW THE 5 SIGNS; YOU CAN MAKE A DIFFERENCE!**~~~

**\*CHANGE DIRECTION:** Know the 5 signs of mental illness;

- \*Personality changes, uncharacteristically angry, anxious, agitated, or moody. Withdrawal or isolation from other people,
- \*May neglect self-care and engage in risky behavior, overcome with hopelessness and overwhelmed by circumstances.

**\*GIVE AN HOUR:** You connect, you reach out, you inspire hope and you offer help. Show compassion and caring and a willingness to find a solution when the person may not have the will or drive to do it alone. There are many resources in our communities. If everyone is more open and honest about our emotional health and well-being, we can prevent pain and suffering, and those in need will get the help they deserve. Did you know that National Home also helps our Veterans find help? Use their hotline and have the veteran call.

**\*WOMEN VETERANS CAMPAIGN:** The Department of Veterans Affairs partnered with *Lean in Women Veterans* to launch the campaign, "I Serve" in efforts to highlight women veterans who have answered the call to duty. The campaign aspires to promote the diversity of women veterans and celebrate the many accomplishments they have had in our military. To participate, female veterans are asked to record a 15 second video on their phones reading a specific script ---"I am... and this is what a veteran looks like..." (Pause)" I serve/served!" To learn more about the campaign, visit <https://likeawomandblog.wordpress.com/2016/10/13/womaens-i-servedeserve-campaing/>.

**\*VETERANS ONLINE SELF-HELP RESOURCES:** The Department of Veterans Affairs has created free, online and confidential training for service members and veterans to learn skills and tools to manage stress and to overcome life's challenges such as parenting, financial difficulties and adjustment issues. [Http://www.veterantraining.va.gov/](http://www.veterantraining.va.gov/).

\*\*\*\**Please pass on the information listed above to our deserving Veterans or his/her families. This is another way, we as the VFW Auxiliary, can help!*

**THANK YOU FOR VOTING:** We have a new United States Commander in Chief as of this writing, President Donald Trump. I hope you continue to make sure he and our Congressmen and women continue to support our Veterans and Military.

**PLEASE PAY YOUR OBLIGATIONS:**

- \* Due to National Headquarters by December 31, 2016. Health and Happiness **\$ .10** per member or **\$ .25**, if you want a citation from National.
- \*Due to Department:    \*Hospital Pledge: **\$3.00** per member    \*Cancer Pledge: **\$2.00** per member

***Enjoy being a member of the VFW Auxiliary!*** Your enthusiasm, your spirit and your knowledge is what brings in new members, retains members and brings back members. We are all volunteers with the same purpose. Let's work together to make it happen for our Veterans, our Military, their families, and our VFW Auxiliary.

Have a Wonderful Thanksgiving and let's all give thanks for our great United States of America! It is time to count our many blessings. We are "One Nation Under God".

***"In the Spirit of America we continue Unwavering Support for Uncommon Hero's"***

Marge Wright, President  
VFW Auxiliary Department of Washington