

VFW POST 10125 WOMEN VETERANS

JANUARY 2023

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WOMAN VETERAN OF THE MONTH:

YOU. In the PILOT Seat -
Flying a Black Hawk helicopter is ... BADA\$\$.

Let's put you in the PILOT seat: Imagine you are in the front car of a roller coaster, you can see everything in front of you. No one else's arms or back of the heads are in your view. It's all yours to see first. Visualize the track in front of you ... extending out further and further on your ride. Wait, erase that track. There isn't one.

YOU get to decide where you go. How high, how low, how fast or how ... slow. To the right or to the left, which way you should go. It's all up to you. You are in the Pilot's seat of your life.

Becoming one of the first 100 or so women to fly the Black Hawk in the U.S. Army did not come without challenges. Oh? You thought it was easy - right? ...

When I was in flight school as the only girl in the class, the flight instructor tried to fail me because of my gender. It wasn't fair, it wasn't right, it was a fact. He would yell at me every day: "You're stupid. You don't deserve to be here. You are wasting my time." And the worst was "A monkey can fly better than you!" Every day, week after week. It would have been easier to have quit than to persevere. It was physically demanding, and mentally grueling, and emotionally it took a toll on my self-esteem ... until I started developing and utilizing these confidence boosting strategies over 20 years ago (see these at www.soar2success.com). And although my life is different now that I am a disabled veteran and can no longer fly due to my injury, I still use these today to keep my confidence high and perform optimally. By Elizabeth McCormick, CW2 (RET) U.S. ARMY



ELIZABETH MCCORMICK, CW2 [RET] U.S. ARMY
POST 4380 CASEY JOYCE ALL-AMERICAN POST



ORANGEVALE SUMMER PALOOZA
FEATURING RED WHITE & BLUE 5K FUN RUN
AND PARADE
JUNE 17, 2023



SEPTEMBER 15 & 16 2023
ORANGEVALE

IN NEED OF COORDINATORS:

Security Coordinator
Media/Fundraiser/Public Events (This can be broken up if necessary)
New Clothing
Child Care
Massage Therapy

AMERICANRIVERSTANDDOWNVP@GMAIL.COM



VA WHITE RIBBON
PROGRAM



White Ribbon USA and the National Association of Social Workers (NASW) are partnering with the VA to promote **White Ribbon VA** under the "Stand Up to Stop Harassment Now" Campaign. White Ribbon USA, NASW, and VA have the shared goal of taking an active stand in ending sexual harassment, sexual assault, and domestic violence