

Federation Friday

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GFWC-NC is calling and I must go

Friday's Focus: Women in the Military and Resolutions

Women in the Military

USO: The United Service Organizations Inc. is a nonprofit organization that provides live entertainment, such as comedians and musicians, and other programs to members of the United States Armed Forces and their families. Since 1941, it has worked in partnership with the Department of War, and later with the Department of Defense, relying heavily on private contributions and on funds, goods, and services from various corporate and individual donors. Although it is congressionally-chartered, it is not a government agency.

The USO makes a difference in the lives of our men and women who are serving in the military.

This from a mom found on the USO website: *"I am so thankful for USO and their service and assistance to our soldiers and families in the military. They are a tremendous help to young soldiers that come through the airport. These young soldiers are usually nervous and stuck at the airport for hours waiting on their flight. The USO provides them with a secure place to relax, some food, and such an appreciative attitude. As a military mom I am thankful for the services they provide for my soldier when we cannot."*

This from a NC club: *"Members were asked to contribute snacks in June & in September for the USO at the Airport. Members brought donations and it took 3 SUVs to take them to the Airport, the site of the USO. The volunteers were thrilled as they were low on supplies and they were expecting some hungry marines that afternoon."*

With North Carolina's large military presence, 11 USO locations are listed on-line for our state. Go to www.northcarolina.uso.org to find out how you can help and the one closest to you.



Tips for keeping your New Years' Resolutions

Choose a Specific, Realistic Goal

Instead of selecting an overly ambiguous goal, focus on something concrete that you can measure.

Pick Just One Resolution

Richard Wiseman, a professor of psychology at Hertfordshire University, suggests that you pick just one from your list and focus your energies on it, rather than spreading yourself thin by trying to achieve too many different objectives.

Don't Wait Until the Last Minute

Planning is an essential part of achieving any goal. Experts suggest that you should spend some time thinking about how you will tackle a major behavior change.

Start with Small Steps

Taking on too much is a common reason why so many New Year's resolutions fail.

Remember that Change is a Process and Get Support from Family and Friends!

Source: <https://www.verywellmind.com/how-to-keep-your-new-years-resolutions-2795719>

"Cheers to a new year and another chance for us to get it right." — Oprah Winfrey

Best Wishes for a Happy and Very Healthy New Year!