



*"Every thought we think, every feeling we have, every word we speak goes out into the atmosphere to either heal or harm. Let us be healers. Let us be harmless."*

2023 is finally here. It felt like an eternity for Christmas to arrive with its bone chilling temperatures and raging winter storms. Here it January 2023, and it is a balmy 60 degrees, sunny and the daffodils in the front yard are beginning to sprout! WAIT!! It is winter – don't tease us like this and then the bottom falls out again. I feel like that in the beginning of a New Year. We all start with a clean sheet of paper, waiting for us to write in our accomplishments, our challenges and other issues that are creating dilemmas for us.

This year, the Women Marines Association is going to address many issues that typically are

WMA is going to focus its efforts for this year on Mental Health awareness. Members will soon be seeing mental health resources being posted on our Monthly Minute, on the website and in our

'Nouncements that will provide members information on how to tap into these many resources. Nationally, the stigma associated with mental health is finally beginning to wane. And it is about time. Our entire nation is immersed in some very dangerous behaviors that has affected how we treat one another and prevent our children from enjoying the many adventures that life brings. My intent is to also

part of the resolution process at the beginning of each new year: fitness, emotional health, finances, entrepreneurship and the sort. Mental health is going to be our “north star”; our aiming point and focus of effort. I found a great article posted by someone on Linked In that said: “the start of a new year typically means a spike in gym memberships — but more people are focused on a different kind of fitness this time around. According to a new survey conducted by Forbes Health, 45% of adults aged 18-25 listed improved mental health as one of their top New Year’s resolutions, compared to 39% who listed improved physical fitness. Many are also thinking about their financial wellness heading into 2023. Sticking with resolutions tied to money and health can improve your productivity and happiness at work. (#MentalHealthMonday)

explore partnering with other veteran organizations with like minded efforts to see how we can expand our reach – and of course always on the recruitment effort to obtain more members. This is your organization, Marines. I am at the helm for now and want to ensure that WMA remains a viable, strong organization for many more years to come. It is a New Year, full of opportunities. Use that clean sheet of paper to your advantage!

Semper Fidelis,  
Ann Crittenden  
WMANatPresident@womenmarines.org

**VP NOTES**

Happy New Year Marines, hope your holiday season was amazing. I am so looking forward to seeing what 2023 and WMA has to offer. I am motivated to start our Chapter training calls and New member meet and greets. As the year progresses I am hoping to get out to some of your chapters and see all the great things you all are doing. I'd love to see what you are all up to. So please send me pictures of all the things you do. So strap up everyone this year is going to be a great ride. Semper Fi Go WMA.

Patty  
WMAVP@womenmarines.org

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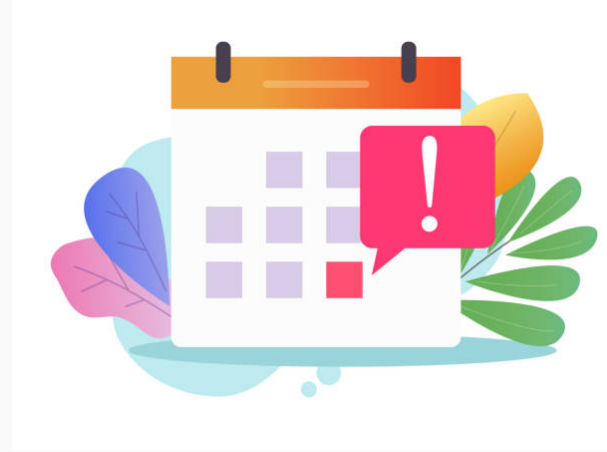
**From the Director of Marketing and Communication Margaret Lazarus**

As your new Director of Marketing and Communications, I was privileged to attend the past WMA Convention in Las Vegas. I met the new board and past board members, along with many of our members from every state. I asked many questions, and I listened to all of you. Several of the chapters wanted suggestions of what type of programs/activities they should be doing. This is where we need all Chapters to submit an end-of-year report. We want to know what you have done throughout the past year. Your achievements will inspire other Chapters to push ahead to become stronger and more confident. 2023 will be the year the WMA begins its new initiative toward Mental Health awareness. We must extend our helping hands to our WMA members and all women Marine veterans. Sometimes it will only be simple words of encouragement or just someone to listen to. The VA organization provides many professional help programs for those in greater need. We will be providing information for many of these programs for you. We need to work together to become the WMA organization that is always there for our fellow Women Veterans.  
WMADirComm@womenmarines.org

**Deadlines for 2023 Nouncements**

- January 10
- April 10
- July 10
- October 10

Chapters get your info in. We want to know what you are doing!



### **From the Chaplain - Melinda Townsend**

January Monthly Minute – Chaplain

Would you mind joining me for a minute to just breathe. Nothing else. Just breathe smoothly and evenly. Be conscious of your breath.

Breathing in and breathing out. Take a long slow inhale, expanding your stomach as you do so and as you take a long slow exhale, retract your stomach. If you can do so breathe only out of your nose. Breathwork is often associated with Buddhist meditation, Tai Chi, Yoga, etc.

Breathwork in Yoga helps you focus and get in touch with the life force (prana) within you.

Whether you are religious or not, studies are showing that breathwork can make a difference in our overall wellbeing – emotional, physical, and

spiritual. Just a few benefits can be: improved focus; reduced anxiety; improved respiratory function; improved cardiac function; etc.

Breathwork is frequently used as a tool in managing the effects of PTSD. Now that the hustle and bustle of the Holiday Season is over and as we start 2023, let's take time to breathe and be grateful for the life that flows in and through us.

### **2022 Passings**

In 2022, the WMA was notified that 51 of our members had passed. Sixteen of these deaths occurred prior to 2022. May these sister Marines now rest in peace and may those who loved them be comforted.

### **The 2024 Atlanta Convention**

**Atlanta Hilton**

**Thursday 8/8/2024 – Monday, 8/12/2024**

The 2022 Convention in Las Vegas was a big success! It was so great to get together again after a four year “post-pandemic” absence. We are already looking forward to 2024 in Atlanta Georgia with the local GA-1 Chapter’s support as our “boots on the ground”. We are booked into the Hilton Atlanta Downtown

[https://www.hilton.com/en/hotels/atlahhh-](https://www.hilton.com/en/hotels/atlahhh-hilton-atlanta/)

[hilton-atlanta/](https://www.hilton.com/en/hotels/atlahhh-hilton-atlanta/) Located right off I-75, the Hilton is connected via skywalk to Peachtree Center Mall

<https://www.peachtreemall.com/en/directory/>

and the (Metropolitan Atlanta Rapid Transit Authority) MARTA Station, linking to Atlanta Airport. The Hilton is located six blocks from the heart of downtown, Centennial Olympic Park, and Mercedes-Benz Stadium. They are also a preferred hotel of the Georgia Aquarium, a mile away.

We look forward to seeing you all in 2024!

### **Scholarship - Please note changes in dates**

The WMA Scholarship committee administers a variety of awards and the total number of scholarships granted is determined by the annual earnings from the investments (available funds) and the specific scholarship requirements. All submissions completed within the application period by qualified applicants get reviewed for consideration.

Application Period is 1 February – 31 March

Applications that are postmarked after 31 March will not be considered

Eligibility: All scholarship applicants must be sponsored by a WMA member in good standing (apart

from Marine Corps JROTC cadets who have a special eligibility requirement as stated Proof of Military Service) and satisfy one of the identified criteria outlined in WMA Scholarship Procedures Applications must be submitted each year; they are not reoccurring.

WMA Scholarship Procedures

WMA Scholarship Application



## January Dates

**January 1, 1804** – The tradition of the Marine Band serenading the Commandant was established.

**January 1, 1950** – Mary T. Sproul commissioned as first female doctor in Navy

**January 2, 1964** LtCol Barbara J. Bishop becomes the Director of Women Marines.

**January 9, 2002** – A US KC-130 aerial refueler crashed at Kharan, Pakistan, and all 7 marines

## Post your EVENTS!

WMA wants to help you promote your chapters to see continued strength and growth! But we need your help!

Please be sure to post your events online. It is a simple process and then they will appear on the WMA National Calendar

Send us pictures of your events so that we can promote your chapter on social media. From our National FB page to Instagram and Flickr.



aboard were killed. Radio operator: **Sgt.**

**Jeannette L. Winters**, 25, of Du Page, Illinois  
**January 10, 1995**, the Pentagon announced that 2,600 U.S. Marines would be deployed to Somalia for Operation United Shield to assist the final United Nations peacekeeping troops withdraw from the country.

**January 16, 1991**, Operation Desert Shield became Operation Desert Storm

**January 29, 1945**, the first detachment of 5 officers and 160 enlisted women Marines arrived in Hawaii for duty.

Post your [EVENTS HERE](#)

## WHAT TO SEND WHERE

Have you changed your address? Your email? Has there been a death in your chapter?

Please send all information to  
[wma@womenmarines.org](mailto:wma@womenmarines.org)

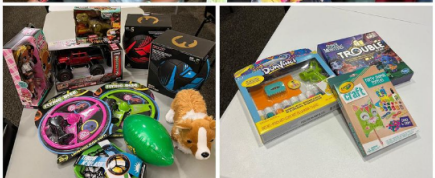
Have a suggestion? Something bothering you?  
Email [listening@womenmarines.org](mailto:listening@womenmarines.org)

Have a story to tell? Need to promote your chapter? Send it with pictures to  
[pro@womenmarines.org](mailto:pro@womenmarines.org) for inclusion to the WMA National Blog and here in our picture section!

## Get to know Ann and her vision for WMA.



## December Chapter Highlights



Women Marines Association CA-7 Southern California Chapter is at VANC

WMA would love to hear from you. Be sure to follow us on our links below.



Become a Volunteer | [DONATE TODAY](#)

If you have any questions please contact us [listening@womenmarines.org](mailto:listening@womenmarines.org).  
[Unsubscribe](#) from our mailing lists.

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