



## General Orders No 4

October 2026

Greetings Brothers and Sisters,

The Fall season has begun, and we should all be working on our Auxiliary programs. The Department Chairmen have been really excited this year and doing a wonderful job communicating information about their individual programs. If you haven't done so already, follow the Department Facebook page to see the hard work and fun about our programs this year. Don't forget to check out the new Department website too! All our programs and resources are available at your fingertips.

By now all Auxiliaries should have paid their District dues; if not these should be sent to your District Treasurer today. The next upcoming deadline is the completion of the E990. Treasurers go to the IRS website: <https://sa.www4.irs.gov/epostcard/> and get this off your list of things to do. There are instructions on MALTA for how to complete it.

Auxiliary Treasurers please do not hold dues, once you receive them please process them immediately. With the change from National regarding annual member dues cards, this is the perfect opportunity to instruct your members on how to use MALTA. We know some members might be a little shy about using it, but it's a wonderful way for them to get to know more about our Auxiliary.

As my Chief of Staff, Linda Mankey and I have begun our travels throughout this great Department I want to thank those who have sent in their visit information in a timely manner. This has made it so easy for us, by having the information in advance so we can plan our trips accordingly. Thanks to Michele Fallet, Department Historian for accompanying me when Linda is not able to.

Our second Council of Administration meeting will be held during the Department Commanders Testimonial weekend, November 13-15 in Erie, PA. All information is on the Department website.

I would like to extend the sympathy of the Officers and members of the Department of PA Auxiliary To the Family and Friends of District 7 President Kathy Ebling. Kathy's spirit, dedication and smile will truly be missed by all of us.

My thanks to everyone for continuing to do **"Simply the Best for Our Veterans."**

## IMPORTANT DATES:

October 7 District 7 Meeting @ Media #3460 – 7:00 P.M. \*

October 11 District 17 Meeting @ Little Buffalo State Park – 2:00 P.M. \*

October 12 Columbus Day - Department Headquarters Closed

October 30 Deadline for Christmas Canteen Fund in Depart Office

Loyally,

*Cecil*

Cecelia Cook  
Department President

*Jodie*

Jodie Hollinger  
Department Secretary/Treasurer

# Veterans & Family Support

Kristy Murphy, VFWA Dept. of PA VFS Chairman  
kmurphyvfwaux@gmail.com/724-640-3927  
General Orders #4



October is **DEPRESSION AWARENESS** Month. Giving awareness that Depression is treatable medical condition. It is important to get screenings and get help with the vital support available to reduce the stigma that occurs without treatment.

**MENTAL ILLNESS** like Post Traumatic Stress Disorder (PTSD) is a huge struggle that both the veteran along with their family are effected. The extreme stress or terrifying event that they went through will come back in different symptoms anytime and anyplace.

## Warning Signs

- Withdrawal from family and friends
- Feelings of hopelessness
- Increased anger or irritability
- Substance misuse
- Thoughts of self-harm
- Changes in sleep or appetite

Please let Veterans & their family know the resources available to get help.

[www.va.gov/REACH](http://www.va.gov/REACH)

Campaign to Change Direction

Give an Hour

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

One Mind

PatientsLikeMe

October (Depression Awareness Month)

4<sup>th</sup>-10<sup>th</sup> Mental Illness Awareness Week

6<sup>th</sup> National Prayer Day for Mental Illness

8<sup>th</sup> National Screening Day for Depression

10<sup>th</sup> World Mental Health Day

11<sup>th</sup>-17<sup>th</sup> OCD Awareness Week



***Serving America's Heroes*** with Mental Illness with the help with can provide for them to make it through it with the resources available. **'Simply the Best For Our Veterans'!**

# AWARENESS CHALLENGE

***"Not All Wounds Are Visible"- Talk About It***

This challenge holds a special place in my heart. I want to hear your stories.

Tell me how you or your Auxiliary have changed the lives of veterans and their families through PTS, PTSD and mental health awareness efforts. Share how you have connected them with the resources, encouraged someone to seek help, supported a veteran through difficult times or promoted awareness in your community.

***Every story matters. By sharing, you help reduce stigma, encourage conversations and inspire hope and remind veteran and their family that they are not alone.***

## **VETERANS & FAMILY SUPPORT**

***Kristy Murphy, Chairman***

***324 Washington Street, Latrobe, PA 15650***

***724-640-3927 – [kmurphyvfwaux@gmail.com](mailto:kmurphyvfwaux@gmail.com)***



## ***Awareness Share Contest***

***Simply the Best for Our Veterans***



Have your promotions made a positive impact in helping veterans and/or families through **PTS, PTSD or Mental Health Awareness?**

**We'd love to hear & share your story in efforts to help others!**

**Please describe below (please exclude real names to respect sensitive matters)**

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### **Contest Guidelines:**

**Entries will be judged on most impactful change in which awareness promotions assisted he/she to seek the help and resources to move forward.**

**2 (\$25) VFW Store Certificates will be given to a member/auxiliary that Submits the winning entry.**

**Award #1 – Announced at Department Mid-Winter Conference.  
Submissions must be received by December 1, 2026.**

**Award #2 – Announced at Department Convention 2027.  
Submissions must be received by May 1, 2027.**

***Veterans Crisis Line***

***DIAL 988, PRESS 1***

# September Safety Bulletin

September means back to school and the beginning of the fall season. For many, autumn brings colder weather and the preparation of various holidays, family gatherings and seasonal activities. Unfortunately, fall also brings unique safety hazards that can put everyone, including your loved ones, at risk.

September safety is everyone's concern. This September, don't let an accident or hazard negatively affect your month: by prioritizing safety, you can help mitigate the chance of an unfortunate incident by planning ahead.

## Food-related hazards and risks

September is National Food Safety Education Month. Whether you are eating at home or out to eat, there are plenty of hazards and risks to consider. Salmonella, for example, is responsible for more foodborne illnesses in the US than any other bacteria. Bring everyone up to date by sharing four easy steps to take to prevent food poisoning:

- **Clean.** Wash hands, utensils, and surfaces.
- **Separate.** Separate cooked meat from fresh produce.
- **Cook.** Use a thermometer to check the temperature of your cooked goods.
- **Chill.** Refrigerate leftovers and perishable items.

Below are some resources to use to prevent food poisoning, salmonella, and other food hazards.

## Burns and scalds

Every year, the U.S. has 40,000 hospitalizations due to scalds and burns. While these are a combination of household and workplaces incidents, Household accidents are very preventable. One way to do it is to ensure you're using "the right tool for the job".  
burns, scalds, and hazards include:



- **Thermal burns:** from hot liquids, open flames, hot objects, and explosions.
- **Chemical burns:** skin or eyes getting in contact with acids, alkaloids, or corrosive materials including industrial cleaners.
- **Electrical burns:** heat burns from electrical currents.
- **Sun exposure burns:** caused by working outside in the heat and extended exposure to sunlight.



## Back to School Safety

As kids and teenagers return to school, certain safety concerns must be top-of-mind. Reiterate the importance of pedestrian safety, especially in school zones and during rush hour traffic times.

Just because pedestrians have the right-of-way doesn't mean it is always safe to cross.

“Don't assume a driver can see you,” note Seattle personal injury lawyers at The Fang Law Firm, “make eye contact with the driver before proceeding across the road – a driver looking the other way or looking past you may not see you.” Remind your children to pause their music and put their phones down anytime they are a pedestrian.

## Weather Awareness

September weather varies for each area, so ensure to be prepared no matter what the forecast brings! If you live in a hot climate, ensure you are properly hydrated and have appropriate clothing to stay cool and keep the sun out of your eyes and off your face. Pack sunscreen with SPF 30 or above and remember to take breaks in the shade often.

If you live in a climate that experiences cooler weather, wear and bring warm clothing. Opt for beanies, extra socks and gloves, especially in the evening.

## Home Safety

Autumn brings unique safety concerns to homeowners and renters alike. As leaves fall, they can clog up gutters and drains, which can impact the effectiveness of house systems during rainy days. Ensure gutters are cleaned regularly and leaves are disposed of properly.

Before you light your fireplace, ensure it has been serviced and cleaned. Keep your favorite candles a safe distance away from flammable materials, and never leave candles, fireplaces, stoves or ovens unattended, even for a moment.

Double check all smoke and carbon monoxide detectors to confirm they are working properly and batteries are effective. It may also be a good idea to locate your fire extinguisher and keep it in an easily accessible place.



## Road Safety

The holidays can unfortunately mean more dangerous experiences on the road. Whether you are driving down the street, running to the store or embarking on a long-distance road trip, unexpected weather or hazards can appear.

Ensure you are following all posted speed limits and leaving ample room for the car in front of you. Abide by all posted traffic signs and if traveling during



peak times, aim to leave early to help mitigate stress and prepare for traffic.

Weather preparedness is also critical if you are driving during inclement weather: ensure your car has had proper maintenance (for both hot and cold climates!) and that your car is stocked with adequate supplies in case of an emergency.

Brian Delaney

VFW PA Department Safety Chair

# DEPT OF PENNSYLVANIA MEMBERSHIP PROGRAM GENERAL ORDERS #4 - OCT 2026

**Tina Hinkle, Chairman**  
tina@vfw5265.org  
#simplythebestforourveterans  
#servingamericasheroes  
#vfwauxiliarypa #vfwauxiliary

## GO PENNS LYVANIA!

PAID Membership  
as of 9/30/26

### 78.95%

34,488 / 43,686



## IT'S A MEMBERSHIP NIGHT IN *Pennsylvania*

*"Simply the Best for our Veterans", their families, and our communities!*  
*Serving America's Heroes*

**DUES NOTICES** It's important to keep your team together! Get dues notices to your Annual Members so they don't forget to pay their dues. Treasurer's can print dues notices from MALTA along with address labels!

**THANK YOU** to all that sent dues notices early – *now is the time to start sending out REMINDER notices*. Let members know that they can pay their own dues in MALTA or by calling 866-299-1286.

***Are you sharing the VFW and VFW Auxiliary Membership Opportunity with others and encouraging them to join if eligible?***

**PUCK HANDLER Recruiting Award** Auxiliary members recruiting five or more New or Rejoin Auxiliary Members will be entered into a drawing for a \$100 Amazon Gift Card. Details on award form in the Dept Program Book or on Dept website.

**VFW Post Member Recruiter Award** VFW Post Members can recruit eligible candidates for Auxiliary membership! They must be listed on the Auxiliary application and include their National ID number. To be eligible for the award: recruit five new or rejoin members and submit the award form by June 10 to VFW National Headquarters. Details on award form on Dept website under forms.



**"Great Balls of Fire"**  
as of 9/30/26

**100%** D7: 974  
D17: 1964

**101%+** D29: 894

**109%+** D21: 7012

**"Breakaway"  
Award**



**The First  
District President**  
reaching 100%+ paid  
membership **scores 2**  
banquet tickets for  
Dept President's  
Testimonial Dinner!

## ALL STATE DRILLS!

- Christmas Canteen Donation must be received by Dept by Oct. 31
- President, Treasurer & Secretary dues must be paid by November 15
- Attend District Meetings - Auxiliary Presidents must attend at least one District meeting. If President is unable to attend, they must ensure that at least one member will attend to represent their Auxiliary.

**USE  
RESOURCES!**

- Program Books: Dept and National
- Dept of PA website [vfwauxpa.org](http://vfwauxpa.org)
- MALTA on National website [vfwauxiliary.org](http://vfwauxiliary.org)
- 2027 Podium Edition - Bylaws & Rituals will soon be available to order at [vfwstore.org](http://vfwstore.org)



**"Look Out, Loretta!" Stay Out of the Penalty Box!**

Complete Auxiliary Audits according to schedule and send a copy to Dept Treasurer.



## VFW AUXILIARY

Historian & Media  
Relations Program

General Orders # 4

October 2026

🏒.Pass.the.Puck?Log.Those.Wins.™.Preserve.Our.Legacy\*.🏒

I hope everyone is drawing up their game plan to build a digital archive for your Auxiliary's history! I'm currently planning to create a quick "coaching video" or two on how to use Google Drive to store your history securely in the cloud. Stay tuned for those power-play tips soon!

**Your Next Big Play:** Take time to interview one of your longtime members. Every Auxiliary has stories waiting to be told! Use the **5 W's** (Who?What?Where?When?Why) to direct the conversation, and record the interview (audio or video) to preserve their legacy.

- **Bonus Points:** Submit a recorded interview featuring an eligible member (**10+ years of service**), and your Auxiliary will score an official Citation!
- **Deadline:** Pass the interview my way as soon as it's ready, but no later than **April 1, 2027**.

Remember, we aren't just looking at the scoreboard from past seasons—we are building a bridge to the future. Every photo, interview, memory, and story ensures that the legacy of our Auxiliary and the veterans we serve will never be benched or forgotten.

If you need an assist or have any questions, don't hesitate to give me a call. Let's hit the ice and lock down our history!

Michele.Fallet.

Historian & Media Relations Chairman

michfallet@gmail.com | 412-915-1622



**HONOR THE PAST. SHARE THE STORIES. PRESERVE YOUR AUXILIARY'S HISTORY.**





**Vote for those who SUPPORT Veterans Issues, Our Priority Goals for our Veterans, VOTE NO on The Take Care of America's Veterans Act (H.R.9237, S.4744) It is a National responsibility and not a responsibility on our Present or Future Veterans, Honor the Contract and do not take benefits away from any Veteran! Take CARE OF ALL OF OUR VETERANS!**

**Kathy Jo Reinsmith, Department of PA Veterans of Foreign Wars Auxiliary Legislative Chairman  
2026-2027**



## Action Center

Enter Your Information

Community Member \_\_\_\_\_

District # \_\_\_\_\_

Auxiliary # \_\_\_\_\_

Post # \_\_\_\_\_

First Name \*

Last Name \*

Email \*

Yes, sign me up to receive text alerts.

By providing your mobile number, you agree to receive periodic call to action text messages from Veterans of Foreign Wars of the United States. Message and data rates may apply. Reply HELP for help. Reply STOP to unsubscribe. Message frequency varies. Privacy Policy

Mobile Number

Home Information

United States

Street Address \*

ZIP Code \*

Yes, sign me up to receive email updates and action alerts from Veterans of Foreign Wars of the United States

Recruited by : \_\_\_\_\_ Auxiliary # \_\_\_\_\_ District # \_\_\_\_\_  
(Your Name)



[illegible]



## CHRISTMAS CANTEEN FUND

The goal of the Christmas Canteen Fund is to assure that every patient in each of our VA facilities receives at least a \$1.00 canteen book. For some patients this may be the only gift they will receive. We ask that your Auxiliary be generous with your donations to the Christmas Canteen Fund. All donations must be received in Department Headquarters no later than **Friday, October 30, 2026** – NOT postmarked that day. This gives us time to process your gift and send out to our VFW Auxiliary Hospital Representatives.

Make checks payable to: Dept of PA VFW Auxiliary  
4002 Fenton Avenue  
Harrisburg, PA 17109-5943

Pennsylvania All-State Award requires gift of a minimum of \$10.00 per Auxiliary to the Christmas Canteen Fund.

**Coatesville VA Medical Center**  
**October 2026**  
**General Orders #4**

Dear Sisters and Brothers,

Thank you to our Department President Ceil Cook for our appointments as Representative and Deputy at Coatesville VA Medical Center. Our annual carnival was again held in May. With your donations the Veterans were given T-shirts, underwear and bike shorts. Labor Day is our annual picnic when the Veterans enjoy burgers, hotdogs, chicken, potato and macaroni salads with all the fixings plus homemade desserts. The Veterans always have a great time as well as the Auxiliary and Post members that attend.

Parties, Bingos and all the events we have for the Veterans at Coatesville VA would not be possible without all of your generous donations.

Donations can be sent to: VFW Auxiliary Dept of PA  
4002 Fenton Avenue  
Harrisburg, PA 17109-5943

Earmarked: **Coatesville VA Medical Center**

Loyally,

*Diane*

Diane Haller  
Representative

*Trish*

Trish Breneman  
Deputy