

March is Women Veterans Month
Veterans of Foreign Wars Department of PA
Is proud to sponsor the
Women Veterans Retreat
March 29-31, 2019



Attention all Women Veterans in Pennsylvania!

Please join us for a weekend of fellowship, camaraderie, and informational workshops by, for, and about women veterans—and the issues that matter and impact them directly.

Preregistration is required; please see the VFW Dept. of PA Website for forms and the tentative agenda. Register by 2/23/19.

<https://www.vfwpahq.org/membership/women-veterans/>

All women veterans in Pennsylvania are welcome to attend.

You do not need to be a member of the VFW in order to attend.



This event is sponsored by the Department of Pennsylvania's Veterans of Foreign Wars, with contributions from Districts, Posts, Auxiliaries, & Individuals.

Location: Hampton Inn & Suites Ephrata / Mountain Spring, 380 E Main St, Ephrata, PA 17522

This event provided [mostly] free of charge through donations; we ask participants pay a small portion of their room reservation (\$15.00 / night).

Optional chair massages will be offered at an additional fee.

Veterans of Foreign Wars Department of PA Women Veterans Chairperson

Amy MacKenzie

717.575.3982

quartermaster@ephratavfw.org

2019 Women Veterans Retreat

When: March 29-31, 2019

Where: Hampton Inn & Suites Ephrata / Mountain Spring, 380 E Main St, Ephrata, PA 17522

****Please send the completed registration form and funds by February 23, 2019**

Mail to: Amy MacKenzie, 311 Jeff Avenue, Ephrata, PA 17522

Attendee Name _____

Address _____

City, State, Zip _____

Phone Number _____

E-mail _____

Special Needs _____

Dietary Restrictions _____

Branch of Service _____

Please list any Military Organizations to which you belong (include Post #, charter, etc.):

Registration Fee (\$15.00 per night of lodging) _____ nights @ \$15.00 = \$ _____

We ask each participant to assist with their lodging

10 Minute Chair Massage (optional) \$12.00 \$ _____

Donation to Event (optional) \$ _____

Totals Funds Submitted \$ _____

Please indicate if you are planning to attend the Saturday evening dinner Yes No

Please indicate if you plan to attend Sunday worship services at Bethany UCC Yes No

Make checks payable to "Department of PA VFW" with "Women Veterans Retreat" in the memo
Mail payment and registration form to Amy MacKenzie, 311 Jeff Avenue, Ephrata, PA 17522

Please call Amy with any questions, concerns or suggestions: 717.575.3982 or email
quartermaster@ephratavfw.org

At registration, please provide either a DD-214, VA ID card, Military ID card, or
VSO card (such as VFW, AmVets, American Legion)

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Friday, March 29	1800 - 1930	Event registration (RSVP if overnight room is needed) (Room paid for by VFW, \$15 registration fee per night)
	1930 - 2100	Meet & Greet with Department of PA VFW Commander Hanzes, Cocalico Valley VFW Post 3376 "The Ephrata VFW", 141 S. State Street, Ephrata, PA 17522 <i>(Open attendance-complimentary food and beverages provided)</i>
Saturday, March 30	0600-1000	Complimentary Hot Breakfast, Hampton Inn
	0830 – 1130	Various Workshops / Seminars Bethany UCC, 140 E. Main St., Ephrata (0.1 mile away)
	1130-1300	Lunch
	1300-1630	Various Workshops / Seminars Bethany UCC, 140 E. Main St., Ephrata (0.1 mile away)
	1800	Dinner with a Special Guest from PA VFW HQ, Cocalico Valley VFW Post 3376 "The Ephrata VFW", 141 S. State Street, Ephrata, PA 17522
Sunday, March 31	0600-1000	Complimentary Hot Breakfast, Hampton Inn
	0900	Church Service at Bethany UCC (optional) Veterans will be recognized; fellowship afterwards
		Departure

Please RSVP (with payment and registration form) by February 23, 2019
to Amy MacKenzie quartermaster@ephratavfw.org or 717.575.3982

Sponsored by fellow VFW Posts throughout Pennsylvania-No One Does More for Veterans

Tentative Workshops

VA Healthcare Benefits – How to Advocate for Yourself and Receive Proper Care in the VA

Caring for your family – children, spouse, parents – and YOURSELF!

Mental Health Awareness

Nutrition Counseling for all Stages of Life

Planning Ahead – "Wills for Heroes"

Public Speaking – How to be Confident, Decisive, and Assertive

Motivational Speaker – to be announced

Chair Massages will be offered throughout the day; this is optional and has an additional fee