

February 2020

Happy February, everyone. As I am writing this bulletin, we are preparing to hold our Spring SEC meeting in Grand Rapids on February 15th. While this meeting is for Department Officers, all members are welcome to attend but have no vote. Past Department Presidents are also invited to attend and, in accordance with our by-laws, are permitted to vote.

There are a couple of important reasons to celebrate women this year, so I decided to take this opportunity to share them with you:

The Nineteenth Amendment to the Constitution forbade the federal government from denying the right to vote to citizens of the United States on the basis of their sex. After several failed attempts to pass a women's suffrage bill, it finally passed in the House of Representatives on May 21, 1919 and in the Senate on June 4, 1919. As I am sure you all know, any proposed change to our Constitution must be sent to the individual states for ratification. Tennessee voted to ratify on August 18, 1920 and secured women the right to vote. This year we celebrate 100 years of the ratification of the Nineteenth Amendment to the Constitution.

On March 10, 2020 please use your voice and exercise your right to vote in the Michigan primary. Those women who worked for so many years and suffered so many indignities for the right to vote would be very proud of those who participate. The 100th anniversary of this momentous event should be celebrated with a roar from all the women who cast their ballots in honor of those who went before us.

Every February there is a campaign to Wear Red for Women's Heart Health Month. We wear red on Fridays to honor those who serve and are far from their families. On the other days of the week, wear red as a reminder to you and your sisters to take care of their hearts. As someone who comes from a family where every generation has lost many to heart disease, I know the importance of taking care of your heart.

Exercise, reduce the stress in your life, eat healthier, try to lose some weight – trust me I totally understand it's easier said than done. My cardiologist advised me, studies have shown even if you carry more weight than you should, exercise is the key to keeping your heart healthy. It doesn't mean to stop trying to lose weight, it just means if you keep exercising your overall health will improve.

So, ladies, take care of your hearts and get out the vote. Those are two of the most important messages I can share with you.

I look forward to hearing your comments and ideas about the future of the AMVETS Ladies Auxiliary Department of Michigan.

Yours in Service to veterans and their families.

Bert

If you have a topic you would like me to discuss in a future bulletin, pass it along! I can be reached by email at lema81@wowway.com or by phone at 586.214.1019.