

February-April 2018

VOM

Bear • Glasgow *magazine*

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The Chapel at
Victory Village

FLAG ETIQUETTE

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WELCOME *from the* BOARD of DIRECTORS

Welcome to the Veteran's Outreach Ministries' first quarterly magazine publication. Frequently, this ministry is referred to as VOM. We hope that you enjoy reading through these articles, and begin to understand that God's agape love for us will never end. As veterans we constantly are fighting wars to preserve what we cherish; family, freedom, and our faith in God and Country. These wars are fought on land, at sea, in the air, and inside of all of us.

Although a war can be thought of for its finality, or the winner, or the loser, there is an internal horror that strikes at the heart and soul of some Veterans. These are the horrific effects of war that remain forever inside them. Through HIS, Jesus Christ's, suffering and dying on the cross, the war for our eternal salvation, was won.

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life" (John 3:16)

Through God's unfailing Love the war within one's self can cease, and you will be healed from your pain and suffering. By believing in God who is our FATHER and that all things are possible through HIM. The goal of Veteran's Outreach Ministry is to spread the word of God to veterans and their families seeking comfort from their pain. Through this ministry our prayers are for all to find peace through our Lord and Savior, Jesus Christ.

In the VOM magazine we welcome articles, upcoming events, nominations for Veteran of the Quarter and information about services to help veterans and their families. We also welcome suggestions that will help improve our magazine. Veterans Outreach Ministries in Delaware was started in April 2014 by veterans for veterans and their families as well as for the local community. VOM was incorporated as a 501 (c)(3) corporation in July 2014 in the State of Delaware.

Thank You!



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Try at Home Recipe

Ingredients

For a Single Layer Cake:

- 1 box yellow cake mix, sifted
- ½ teaspoon baking soda
- 2 eggs
- 1¾ cup pumpkin
- ½ teaspoon ginger
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- ¼ teaspoon ground cloves
- 1 cup sugar

For the Cream Cheese Filling:

- 8 oz cream cheese, softened
- ½ cup sugar
- 1 egg
- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla

Icing:

- 3½ cups powdered sugar
- 5-6 tablespoons milk
- red and yellow food coloring
- Optional: real pumpkin stem

Instructions

Preheat oven to 350. Grease a round bundt pan and set aside.

In a large bowl combine cake mix, baking soda, ginger, cinnamon, cloves, and sugar and whisk to mix well. Mix in eggs, pumpkin, and vanilla. In another bowl beat cream cheese, sugar, and egg until creamy. Mix in cinnamon and vanilla.



Pour half of cake batter into prepared bundt pan. Next, spread on cream cheese mixture. Top with remaining cake batter. Bake 50-60 minutes or until inserted knife comes out mostly clean.

To make full pumpkin, you will need to make the above cake twice. Do not double the recipe and split between two cake pans. Make the cake two times. Flip one cake upside down, set second cake on top.

Make the icing by mixing together powdered sugar and milk in a microwave safe bowl. Stir in ½ teaspoon yellow food coloring. Add red coloring 2-3 drops at a time until desired shade of orange is reached. Warm icing in microwave (20-30 seconds) until pourable consistency is reached. Pour icing over cake. Allow to cool and set. Top with optional pumpkin stem. Slice and serve at room temperature.

The Chapel *at* Victory Village

An enduring memorial to those who paid the ultimate price for freedom and for those who are in need of a place for peace and meditation during their transition from the traumas of war to civilian life.

Like the Four Chaplains Memorial Foundation's vision, The Chapel at Victory Village has been created to impart the principles of selfless service to humanity without regard to race, creed, ethnicity, gender or religious belief. In 2014, when the property was purchased and the vision of a transitional home for Veterans was being created, it was decided that a chapel would be a private place to meditate and practice the power of Mindfulness to enhance their recovery from the traumas of war.

The Chapel at Victory Village, like the chapel of The Four Chaplains for whom it was named, exists to further the cause of "unity without uniformity."

On February 3, 1943, U.S.A.T. Dorchester carrying 902 service men Merchant Marines and civilians was torpedoed by a German Submarine and was under water in 20 minutes. During the abandoned ship process, the four chaplains unselfishly gave up not only their life jackets but their lives so others could live. As the ship went down survivors could see the four chaplains with arms linked and braced against the slaying deck and heard them pray.

Therefore The Chapel at Victory Village was named The Chapel of Four Chaplains to support and reinforce the ultimate gift a man can give in life and more importantly continue to be an enduring example of extraordinary faith, courage and unselfishness of those who defend our freedom.

Serving Veterans,

L. J. Nick Callazzo III

NVAC Executive Director

Victory Village Program Manager



Address:

554 Port Penn Rd
Middletown, Delaware

"This chapel would not have been possible without the generosity of The Pettinaro Development Corporation."

- L. J. Nick Callazzo III

Photo by Dolores M. Bernal
for the Middletown Transcript





Just Breathe, Try Yoga

By: Rebecca Rondone

Owner of Pura Vida Yoga & Physical Training

Breath is essential to life. Simply put, it is the first thing we do when we are born and the last thing we do when we leave. We take about half a billion breaths in a lifetime. What we may not realize is that the mind, body, and breath are intimately connected and can influence each other. Our breathing is influenced by our thoughts, and our thoughts and physiology can be influenced by our breath.

Learning to breathe consciously and with awareness is vital. It can be a valuable tool in helping to restore balance in the mind and body. Deep breathing sends a message to your brain that has a calming effect. It can lower your heart rate and breathing rate, decrease your blood pressure, reduce muscle tension and help you feel less stressed overall – all essential for your health and well-being.

Put into practice:

Complete Belly Breath: With one hand on your belly, relax your abdominal muscles, and slowly inhale through the nose, bringing air into the bottom of your lungs. You should feel your abdomen rise.

This expands the lower parts of the lungs. Continue to inhale as your rib cage expands outward, and finally, the collar bones rise.

At the peak of the inhalation, pause for a moment, then exhale gently from the top of your lungs to the bottom.

At the end of exhalation, contract your abdominal muscles slightly to push residual air out of the bottom of your lungs.



A Veteran Owned Business in Perryville, MD

Pura Vida Yoga & Physical Training is a veteran owned and operated facility. Our mission is to maintain an intimate and sacred environment for people to grow in their physical and spiritual practice. In addition we will help guide individuals in the evolution of their yoga practice and life.

Pura Vida Yoga & Physical Training provides a unique environment, in which anyone can be comfortable and encouraged on their way to a healthy lifestyle.

Services we offer are personal training, partner training, group PRT, kids and teens conditioning, Aerial, Vinyasa, Hatha, Gentle, and Private Group Yoga, fitness boot camps, corporate wellness days, and other fitness and wellness workshops.

We can not wait to walk this journey with you.



Pictured: Yoga Sessions at Craft Haven Campground, located in Perryville, MD

Want to Host a Yoga Session?

Call Rebecca Rondone at 443-206-2839 or Email: beckyrondone@gmail.com

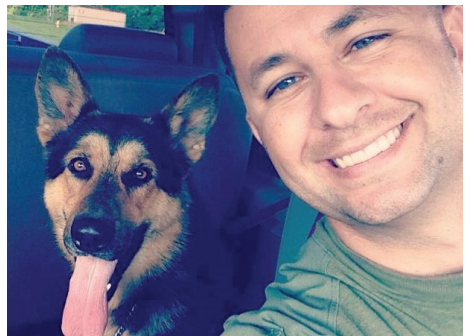
VETERAN *of the Quarter*

The Veteran of the Quarter is Jeremy Rondone, a native of Sacramento, CA, who currently resides in Perryville, MD. Jeremy served in the U.S. Army as Military Police Officer on active duty from 1999-2004. Jeremy was stationed at Fort Lewis, WA and Aberdeen Proving Ground, while also being deployed to Kosovo during his active duty time.

After his active duty time was completed, Jeremy went right into civilian police work for the Department of the army in 2004. In this time Jeremy has been a Field Training Officer, a SWAT team member, and a K-9 Handler. While attached to the Swat team he utilized his skills and training in every position from being the point man to being assigned as the sniper, before becoming a K9 handler.

Because of his love of his country and the U.S. Army, Jeremy could not stay away from the military for long and returned to U.S. Army reserves in 2007, where he has remained and has proudly served for 18 years total in the Army. SFC Jeremy Rondone has taken his experience in the Police Field and brought it with him as an instructor for the Military Police Schoolhouse, instructing our young leaders how to become successful leaders for the next generation of soldiers.

Jeremy is happily married to his wife Rebecca of 16 years and together with their 3 children Jadyynn(15), Chase(13), and Colbie(9), keep each other on the right path and try to ensure that their spiritual cup overflows with love and laughter.



BUSINESS *of the Quarter*

PolarStar Engineering & Machine is a fully equipped, design, engineering, machine shop, manufacturing, and fabrication facility. We design and engineer systems and components from “art to part”. Whether a unique one off prototype, or large quantity order.

We use Siemens NX suite of computer aided engineering, design, and manufacturing software to support our CNC (Computer Numerical Control) turning and milling capabilities creating finished parts to exacting tolerances. We also have a full complement of manual equipment such as lathes and mills to complement and support the CNC equipment, as well as supporting unique customer needs.

Some of the customers we service include the high performance plastics extrusion industry,

keeping alive our proud manufacturing heritage of “Made in the USA”.

We also have mechanical engineers on staff to service the needs of clients to help solve their issues, creating a value added experience for the customer. This unique skill set makes PolarStar a rare resource with total customer service and satisfaction guaranteed. Operating in accordance with the Delaware Association of Professional Engineers, PolarStar retains a Professional Engineer (P.E.) on staff to certify all design and engineering standards are met.

Veteran owned and operated by Steve Hague, PSE&M is celebrating just over 20 years in business. Steve served honorably in the United States Airforce for just over 11 years. He started his career as a Structural Repair Technician, then



tooling and support equipment for aviation, and the high performance automotive and marine specialty markets.

PSE&M employs a unique blend of tenured Journeymen toolmakers and machinists from very diverse backgrounds allowing us to solve many manufacturing and machining issues,

became a Journeymen Machinist, supervising the second shift machine shop at Dover Air Force Base, and finished his service as a Basic Military Training Instructor at Lackland Airforce Base, Texas.

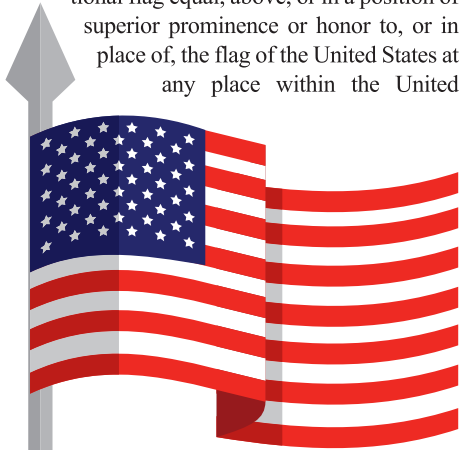
FLAG ETIQUETTE

It is the universal custom to display the American flag only from sunrise to sunset on buildings and on stationary flagstaffs in the open. However, when a patriotic effect is desired, the flag may be displayed twenty-four hours a day if properly illuminated during the hours of darkness.

1. GENERAL FLAG DISPLAY

When displayed either horizontally or vertically against a wall, the union should be uppermost and to the flag's own right, that is, to the observer's left. When displayed in a window, the American flag should be displayed in the same way, with the union or blue field to the left of the observer in the street. No other flag or pennant should be placed above, or, if on the same level, to the right of the flag of the United States of America, except during church services conducted by naval chaplains at sea...for personnel of the Navy...when the church pennant may be flown above the flag.

No person shall display the flag of the United Nations of any other national of international flag equal, above, or in a position of superior prominence or honor to, or in place of, the flag of the United States at any place within the United



Portions taken from the The Flag Code of The United States and the National Flag Foundation

States or any Territory of possession thereof; provided, that nothing in this section shall make unlawful the continuance of the practice heretofore followed of displaying the flag of the United Nations in a positions of equal prominence of honor, and other national flags in positions of equal prominence or honor, with that of the flag of the United States at the headquarters of the United Nations.



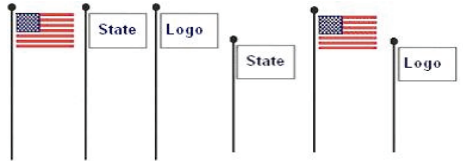
The flag should be hoisted briskly and be lowered ceremoniously.

2. OTHER FLAGS ON HALYARD

When flags of states, cities, or localities, or pennants of societies are flown on the same halyard with the US flag, the US flag should always be at the peak. When the flags are flown from adjacent flagpoles, the US flag should be hoisted first and lowered last. No such flag or pennant may be placed above the US flag, or to the right of the US flag.

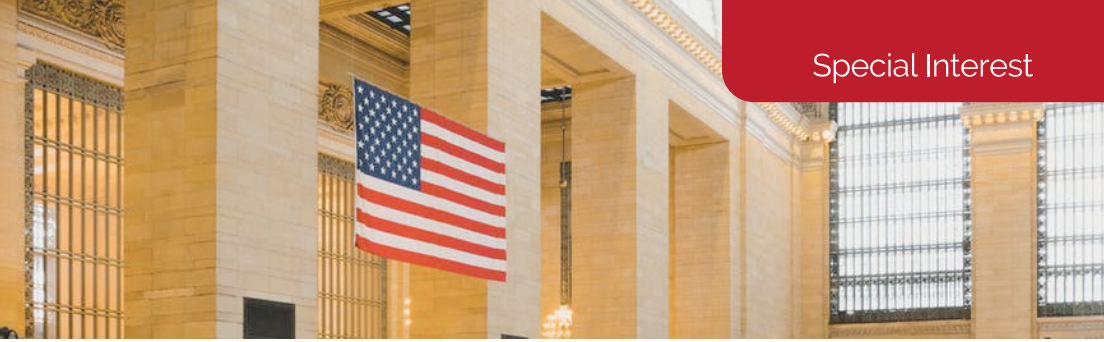


When the flags are flown from adjacent staffs, the American flag should be jostled first and lowered last. No such flag or pennant may be placed above the flag of the United States or to the right of the United States flag.



The American flag, when it is displayed with another flag against a wall from crossed staffs, should be on the right, the flag's own right, and its staff should be in front of the staff of the other flag.





5. When flags of two or more nations are displayed, they are to be flown from separate staffs of the same height. The flags should be of approximately equal size. International usage forbids the display of the flag of one nation above that of another nation in time of peace.



6. When used on a speaker's platform, the flag, if displayed flat, should be displayed above and behind the speaker. When displayed from a staff in a church or public auditorium, the flag of the United States of America should hold the position of superior prominence, in advance of the audience, and in the position of honor at the clergyman's or speaker's right as he faces the audience. Any other flag so displayed should be placed on the left of the clergyman or speaker of the right of the audience.



7. HALF-STAFF

The flag, when flown at half-staff, should be first hoisted to the peak for an instant and then lowered to the half-staff position. The flag should be again raised to the peak before it is lowered for the day.

Days the American flag should be flown at half-staff:

- **May 15th** – Peace Officers Memorial Day
- **Memorial Day**
- **July 27th** – Korean War Veterans Armistice Day
- **September 11th** – Patriot Day
- **December 7th** – Pearl Harbor Day

By order of the President, the flag shall be flown at half-staff upon the death of principal figures of the United States Government and the Governor of the State, territory or possession, as a mark of respect to their memory.

In the event of the death of other officials of foreign dignitaries, the flag is to be displayed at half-staff according to presidential instructions of orders, or in accordance with recognized customs practices not inconsistent with law. With the death of a present or former official of the government of any State, territory or possession of the United States, the Governor of that State, territory or possession may proclaim that the National flag shall be flown at half-staff.

Flags flown on poles affixed to a home or building are not to be flown at half staff but a memorial streamer can be affixed to the top of the flagpole to signify half staff.



8. CASKET

When the flag is used to cover a casket, the union (blue field of stars) is at the head and over the left shoulder (of the deceased). The flag should not be lowered into the grave or allowed to touch the ground.



9. OVER A STREET

When the flag is displayed over the middle of the street, it should be suspended vertically with the union (blue field of stars) to the north over an east-west street, or to the east over a north-south street.



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