

Fall Issue 2018

VOM

Bear • Glasgow *magazine*

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BRILLIANT!

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WELCOME *from the* Board of Directors

Welcome to the Veterans Outreach Ministries Fall issue of the 2018 VOM News Magazine publication featuring articles from the Veteran of the Quarter, Business of the Quarter, Recipes, Health & Wellness plus Inspirational Messages and Patriotism. Each member of the Board of Directors and/or volunteers have offered prayers for another successful News Magazine issue.

As we successfully transition from summer to fall, we must remind ourselves that the Lord is still in command and is responsible for the change of seasons and everyone around this change. There are many who are suffering from conflict in their lives, with families also being affected.

As we reflect on our relationship with God and pray for his understanding and guidance, this can be accomplished by Bible Study, Prayer Time, Worship and Fellowship at the Church of your choice, or one that you feel comfortable at. Using the Mathew 7.7 bible verse one can feel a very powerful force for healing and of self reflection to building a relationship with God our Father.

We should pray for the safety of all U.S. military forces that are located at home and throughout the world, saying "THANK YOU". This includes all military forces that are coming home from deployment and/or those being deployed. The prayer for our troops is from Isaiah 40:31: " But, those who hope in the Lord will renew their strength. They will soar on wings like eagles. They will run and not grow weary. They will walk and not be faint".

We should also say a prayer for our first responders, EMT, fire and police personnel. For this VOM 2018 News Magazine publication, we welcome articles, upcoming events and information about services to inspire veterans and their families. We also welcome suggestions that will help improve this VOM News Magazine.

Veteran's Outreach Ministries, located in the Bear-Glasgow area, was incorporated in Delaware in July 2014 by veterans to be a resource to veterans and their families. VOM is a 501 (C) (3) non-profit corporation.

Thank You!



Veterans Outreach Ministries The Board of Directors

President:

John DiMeglio:
johnd.vom@gmail.com

Vice Presidents:

Tom Hogate:
tjhogate3@comcast.net

Colin Diggs:
tcm3245@gmail.com

Steve Hague:
shague427@gmail.com

Teresa Staten:
teresa.staten@pepcoholdings.com

Rebecca Rondone:
beckyrondone@gmail.com

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Rao's Grilled Lemon Chicken-Rao's Homemade

MAKES: **TOTAL TIME:**

2-4 servings Prep: 40 min.

INGREDIENTS:

- Pack of chicken tenderloins (desired amount)
- Rao's Lemon Cooking Sauce

Optional Salad Ingredients:

- Pack of baby spinach
- Rao's Extra Virgin Olive Oil
- Rao's White Balsamic Condiment
- Rao's Grilled Artichokes
- Feta cheese
- Salt and pepper

INSTRUCTIONS:

- Rinse chicken tenderloins, pat dry and place in bowl.
- Pour Rao's Lemon Cooking Sauce over chicken and let marinate for at least 20 minutes.
- Heat grill to medium/high heat.
- Grill chicken tenderloins for approximately 3-4 minutes per side until done.
- Plate chicken with salad or grilled vegetable of your choice.



Rao's Grilled Lemon Chicken photo by Rao's Homemade

Optional Salad Directions:

- Rinse baby spinach and spin dry, place in bowl.
- In a small bowl, whisk together 1 tablespoons Rao's Extra Virgin Olive Oil, 2 tablespoons Rao's White Balsamic Condiment and salt and pepper to taste.
- Drain and pat dry about 4-5 pieces of Rao's Grilled Artichokes and cut into 1/2 inch pieces.
- Add dressing mixture, artichoke pieces and crumbled feta cheese to bowl and toss salad.
- Plate with Grilled Lemon Chicken and serve.



An Obituary printed in the London Times

Absolutely Dead Brilliant!

(Author Unknown)

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years.

No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

- **Knowing when to come in out of the rain;**
- **Why the early bird gets the worm;**
- **Life isn't always fair;**
- **And maybe it was my fault.**

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children.

It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death,

- **by his parents, Truth and Trust,**
- **by his wife, Discretion,**
- **by his daughter, Responsibility,**
- **and by his son, Reason.**

He is survived by his 5 stepbrothers;

- **I Know My Rights**
- **I Want It Now**
- **Someone Else Is To Blame**
- **I'm A Victim**
- **Pay me for Doing Nothing**

Not many attended his funeral because so few realized he was gone. If you still remember him, pass this on. If not, join the majority and do nothing.



FAITH: A TRUE STORY

Author: Unknown

A junior officer was posted in an area of the Middle East that was a tinderbox ready for violence. He was in a small town that was safer than the big city. In fact, it was safe enough that he brought his family along to live in a small rental space at the edge of town. He also felt safe because he commanded a troop of about 100 soldiers who was always on alert.

He and his family had gotten to know some of the folks in town and because he was a good person, he was accepted as much as one could be in his position. Life was okay, the pay wasn't great, but he would have an excellent pension once he retired.

Then his son got sick. The boy was partially paralyzed and racked with pain and dying. Being in a part of the world where care was far away, the soldier despaired as to what to

do. He then remembered that there was a famous physician was about to visit the town. The physician had a reputation for being able to diagnose and heal just about any disease. However, there was a significant problem. This physician belonged to a pagan religion that was notorious for only caring about their own kind.

The officer, however, was desperate. He went to see the physician to see what could be done for his son. He found him in the middle of a crowd that was just entering the town along the main road. He explained his boy's situation to the physician and was astonished by his reply. "You want ME to come and heal him?" Not to be put off, the officer replied, "you don't have to come to my house because I know your religion would not allow you.



I am accustomed to orders and giving orders. Just order me as to what has to be done to heal him and I will carry out the order". Now it was the physician's turn to be astonished.

He replied, "I have not found in my own people, the confidence, faith and obedience to follow my orders that you have just displayed. Go home, because of your faith in me, your boy will be just fine !". The soldier hurried home and found that his son was recovered from his illness.

This account is in the Bible, the 8th Chapter of Matthew verses 5 through 13. The officer was a Roman Centurion who commanded 100 men in the area they occupied in Galilee, northern Israel today. To him, the Jewish inhabitants of the region would have been pagans because they worshiped only one God rather than dozens. He had heard about the physician, Jesus of Nazareth, who had been healing everyone who was coming to him.

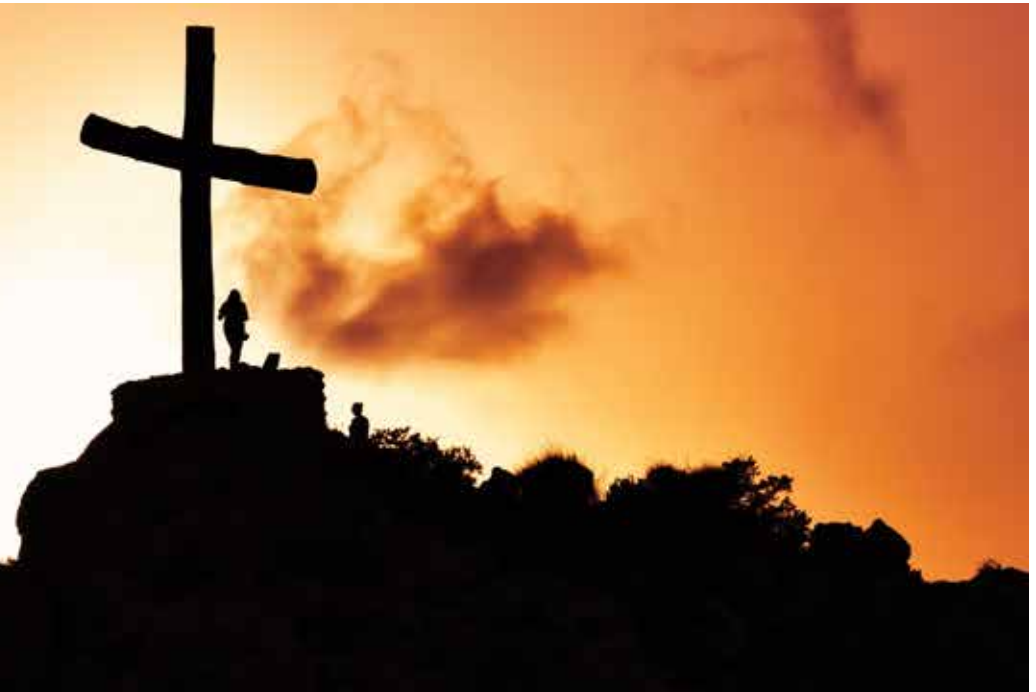
So the officer went to Jesus to see about having his son healed. Being a life-long

soldier, he knew obedience but more importantly, he knew authority when he saw it. He immediately knew that Jesus had an authority and that at his command, orders would be followed, and his son healed.

This officer was used to a command structure. He knew that if he asked someone in authority, someone who was truly in command, to issue an order (even to heal a sick boy) it would be carried out. This is a true measure in faith. He knew the one in command had demonstrated his ability to do what was asked of him. It is what Jesus still asks of us today.

He can and does heal sickness. Why do you think just about everyone asks for prayer when someone is sick? More importantly, he can and does heal our hearts of despair, loneliness, and the consequences of our mistakes of the past.

All he asks from us is to have the faith that He and only He can do it. Be like the centurion and have faith that Jesus can heal you.



Days to Display the Flag & Flag Maintenance

Holidays to Display Flag

Aug-Sept-Oct 2018 Fall Quarter

- Labor Day - **September 3**
- Patriots Day, National Day of Service and Remembrance - **Until Sunset September 11**
- United States Constitution Approved - **September 17, 1787**
- POW/MIA Recognition Day - **September 21**
- Columbus Day (observed) - **October 8**
- Navy Day - **October 27**

And such other days as may be proclaimed by the President of the United States

Non Flag Display Days

(for information only)

- Air Force Day - **August 1**
- United States Coast Guard Established - **August 4, 1790**
- Purple Heart Medal Established - **August 7, 1782**
- Vietnam War Began - **August 7, 1964**
- Japan Surrendered: Ending WWII - **August 14, 1945**
- National Navajo Code Talkers Day - **August 14**
- National Airborne Day - **August 16**
- National Aviation Day - **August 19**
- V-J Day: Japan Signed Formal Surrender - **September 2, 1945**
- United States Sea Cadet Corps Incorporated - **September 10, 2018**

- "Star Spangled Banner Written by Francis Scott Key - **September 14, 1814**
- Ladies Auxiliary in VFW Organized - **September 14, 1914**
- United States Air Force Established - **September 18, 1947**
- VFW Established: VFW Day - **September 29, 2018**
- Gold Star Mothers Day - **September 30**
- Afghanistan War Began - **October 7, 2001**
- United States Navy Established - **October 13, 1775**
- Grenada Campaign Began - **October 23, 1983**
- United Nations Day - **October 31**

Flag Care

Weather

American flag should not be displayed on days when the weather is bad, except when an all-weather is used.

For the best results, do not expose your American flag to rain, snow or exceptionally high winds; these forces of nature can shorten a flag's life considerably. Should the flag become wet, it should be carefully spread out and allowed to dry completely. Never fold or roll-up a wet or damp flag.

Proper Respect

The American flag should never be fastened, displayed, used, or stored in such a manner as to be easily torn, soiled, or damaged. It should never be used as a covering for a ceiling.



Health & Wellness

By: Rebecca Rondone

**Owner of Pura Vida Yoga
& Physical Training**

People exercising in today's world to be healthy is common. Others choose to drink to one's health as well. There are also new diets or health fads in the world of nutrition or exercise every day. Rarely do people hear of wellness trends or exercising to be well. It's all about health.

Is there a difference between health and wellness? Let's explore shall we. Health is defined as the overall mental and physical state of a person with the absence of disease. Wellness refers to the state of being in optimal mental and physical health. But wellness is more than that for sure. It's about living purely and fully with personal responsibility and therefore taking proactive steps for one's entire well-being.

Another dimension is intellectual: Critical thinking, curiosity, and learning new things. Developing intellectual wellness is critical not only to help a person's growth in school or work, but prevents the onset of disease. It's been shown that people who routinely learn new things and challenge their mind can starve off many mental health problems.

A further dimension is emotional: Being confident, having a solid self-esteem, trust building, and understanding another's

feelings. A person who is emotionally well is aware of their feelings and is able to properly cope. Emotional wellness also implies a person who can deal well with stressful situations. We all are faced with stress.

Furthermore, there is an interpersonal dimension of wellness: Having good communication skills, the ability to establish good and healthy long-term relationships, and having good relationships with family and friends. Interpersonal relationships are very important in order to maintain a good emotional and physical state of being. We are, of course, 'pack animals,' so to speak, that depend on one another to survive and live well.

There is also a spiritual dimension of wellness: Developing compassion, forgiveness, being caring, having a sense of purpose and meaning in life all are critical in your wellness.

Please know that nature, meditation, volunteer work, and family time can all add to your health and wellness. So while God provides us with this beautiful season in our lives get out there and get active Body, Mind, and Soul. People exercising in today's world to be healthy is common. Others choose to drink to one's health as well. There are also new diets or health fads in the world of nutrition or exercise every day. Rarely do people hear of wellness trends or exercising to be well. It's all about health.

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— MALE —

VETERAN *of the Quarter*

*Al
Grimminge*

I was born in Philadelphia, PA on 10 Dec 1940 and raised in Wilmington, DE. I have been married to Janet L. Grimmer for 40 years. We have 6 children, all grown up. I have lived in the Middletown, DE area since 1952.

I Enlisted in Battery C, 197th AAA Bn (AW)(SP), Delaware Army National Guard on 31 Mar 57. This Unit was changed to HQ, 109th Ord Bn (Ammo) and he was assigned to this unit. This unit was ordered to Active Duty during the Berlin Crisis in 1961.

After Active Duty, I was assigned to the 1049th Transportation Company when he became a Full Time Employee of the Delaware National Guard as an Administrative and Supply Technician (AS&T). When the unit was changed to Co A, Ranger Company, he was with the unit until he transferred to the 261st STRATCOM as the Financial NCO. He then transferred to Troop Command as the Operations NCO.

After that he transferred to State HQ as the State Personnel Sgt., then returned to the 261st Signal Command as the Senior Logistics NCO for the command. He then transferred back to HQ, Delaware National Guard as the Senior Logistics NCO for the State of Delaware, where he retired in Dec 2000 at the age of 60.

During this time I worked Full Time not only with the 1049th Trans. Co, but at the Army Aviation Support Facility and the USP&FO For Delaware where he retired in Dec 1994 as the Warehouse Foreman.

On the civilian side of SGM Grimmer, he has been involved with the Cub Scouts and Cub Master two different times, once when he had a son in the Scouts and another time, 28 years



later, when his church wanted to start a Cub Scout Pack and he took on the Cub Master position to get the pack started.

I have been, and still am, involved in the Enlisted Association of the National Guard, not only at the State of Delaware level, but also at the National level. I am a life member of both the State and National Guard organizations.

My other involvement in the civilian world is with the local School District where I keeps up to date on how we are educating our children. In this area, I have run several successful School District Referendums where the people of this District voted to approve a tax increase for construction and the education of the children in the District.

I am also involved with the U.S. Coast Guard

Auxiliary, where I am a Past Division Captain, and at the present time, the District Directorate Chief - Prevention. This District takes in all of the State of Delaware, most of New Jersey and most of Pennsylvania. I am also heavily involved with the patrolling of the Delaware Bay under the command of the U.S. Coast Guard and the Auxiliary, which is under the Department of Homeland Security.

Military Education: Personnel Admin Spec Crs, Personnel Mgmt Spec Crs, Non-commissioned Officer Basic Crs (Class #5), Management Training Crs, Finance Management Tng Crs, Senior Non-commissioned Officer Course, Tech Transport of Hazardous Materials, Radiation Protection Crs, B-Supv Training Crs, Log Exec Environmental & Hazardous/Material Crs, OSHA Compliance Crs.

I got involved with Victory Village several years ago when I saw an article in the Middletown Transcript Newspaper. My wife and I

drove out to see what the place was all about. Next thing I know, I started cutting the grass, which at that time was almost 3 feet tall, and also doing some repairs to the buildings, etc.

Then we worked to get the property up-to-speed with required repairs in order to get approval to open Victory Village as a home for Veterans in transition. Rick Hagar, who is the President and CEO of "National VAC", assigned me the position of "Facilities Manager". All of us who help out/work at Victory Village are volunteer's.

Awards:

ASR/NCOPDR-3/OSR/ARCOM/AR-COTR-9/NDMSM-2, AAM/AFRM-4/ARCAM-8/MS-M/DE-R EC-BAD/DEMMM-6/DEACA-5/DEPTR-9/DENDSR/DECSC/CAMPAIGNS: BERLIN CRISIS AWD

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FEMALE

VETERAN *of the Quarter*

*Lishamarie
Hunter*

My family has served this country for a total of 133 years. My father served 21 years, I served 25 years, my brother served 16 years, my sister served 10 years, another sister has served 8 years, my husband served 22 years, my son served 13 years and my daughter in-law served 18 years. A very proud family.

I was destined to be a soldier. I was born at West Point Military Academy. I wanted to be a soldier since 6th grade. I joined the Army at 17 during my senior year of high school. I told the recruiter I want a job that most females didn't do, I enlisted as a Special Electronic Device Repairer (search lights, mine detectors, night vision goggles).

I graduated my training and went to Germany where I changed jobs and became a tank turret mechanic on the first M-1 tanks in Europe. I completed my first enlistment at the Department of Engineering at West Point.

In 1987 I changed my MOS and became a Utilities Equipment Repairer (HVAC). I developed training and an MOS identifier for a Combat Medical Laundry and Bath unit.

I was stationed in Germany, Ft Campbell, Ft Lee, Ft Lewis, Ft Wainwright, Camp Kyle Korea, and Aberdeen Proving Grounds. While serving, I held positions as shop foreman for 201 Military Intelligence Battalion Motor Pool, an Equal opportunity representatives and platoon sgt for a 6th Infantry Division 46th support BN, Ground support platoon.

I continuously went to college while serving and graduated with a associates in fine arts, from St Martin's college. I retired in 2006 worked as a contractor for General Dynamics, and eventually decided to become an art teacher.



I attended Towson University in Maryland from 2007-2011 graduating Cum Laude with 2 Bachelor of Science degrees one in Art Education with a concentration in Art History and the other in English Creative writing.

I worked as an art teacher in the Cecil county public school system. I resigned and currently teach at the local colleges in the area. I teach private lessons and design jewelry under the name Huntress Treasures.

I became a yoga teacher in December of 2017. I have a certificate in yoga for PTSD/trauma. I teach yoga at Pura Vida Yoga & Physical Training Studio. I also volunteer to teach yoga at the Vet Centers in Elkton and Aberdeen. Yoga and art have been my tools to transitioning from a battle-ready warrior to a peaceful warrior.

BUSINESS *of the Quarter*

Subworks *Carl & Kathy Jarusek*

Subworks is a Family and Christian oriented restaurant owned and operated by Carl and Kathy Jarusek since 1987, a total of 31 years. Located in Perryville Md. on Pulaski (route 40) Highway.

We were voted Best Pizza in 2003, We serve lunch and dinner with a Multi-Cuisine menu, at this "Family Pizzeria Restaurant" with seafood to Italian recipes, including pizza. We also have dine in, carry out, and delivery 7 days a week to Perryville, Port Deposit, Havre de Grace, Conowingo and Charleston, Maryland communities. We are open from 10:00am to 10:00pm, 7 days a week.

Here at Subworks, We have some of the same employees from the time we first opened our doors 31 years ago and we really appreciate and thank them. We would not be the same successful company we are today without these employees and the local community supporting us. We also support the local community organizations and are always promoting their outreach and fundraising events.

Subworks loves being a part of this community and the support of this community, including fire, police, EMT, first responders and the veterans at Perry Point is well appreciated and they always come back to our



pizzeria to eat time after time.

Subworks is Subworks because of the people and we always want that to be known. Our customers are not just customers but part of our family and if they enter as strangers they leave as friends.

For more information about our Family Pizzeria Restaurant please visit us online:

- Website: www.subworkspizzeria.com
- Facebook: [subworkspizzeria](https://www.facebook.com/subworkspizzeria)

Commentary on the Pledge of Allegiance

by Red Skelton

I - Me; an individual; a committee of one.

Pledge - Dedicate all of my worldly goods to give without self-pity.

Allegiance - My love and my devotion.

To the Flag - Our standard; Old Glory; a symbol of Freedom; wherever she waves there is respect, because your loyalty has given her a dignity that shouts, Freedom is everybody's job.

United - That means that we have all come together.

States - Individual communities that have united into forty-eight great states. Forty-eight individual communities with pride and dignity and purpose. All divided with imaginary boundaries, yet united to a common purpose, and that is love for country.

And to the Republic - Republic; a state in which sovereign power is invested in representatives chosen by the people to govern. And government is the people; and it's from the people to the leaders, not from the leaders to the people.

For which it stands

One Nation - One Nation; meaning, so blessed by God.

Indivisible - Incapable of being divided.

With Liberty - Which is Freedom; the right of power to live one's own life, without threats, fear, or some sort of retaliation.

And Justice - The principle, or qualities, of dealing fairly with others.

For All - For All; which means, boys and girls, it's as much your country as it is mine.

And now, boys and girls, let me hear you recite the Pledge of Allegiance:

I pledge allegiance to the Flag of the United States of America, and to the Republic, for which it stands; one nation, indivisible, with liberty and justice for all.

Since I was a small boy, two states have been added to our country, and two words have been added to the Pledge of Allegiance: Under God. Wouldn't it be a pity if someone said that is a prayer, and that would be eliminated from schools, too?

As a schoolboy, one of Red Skelton's teachers explained the words and meaning of the Pledge of Allegiance to his class. Skelton later wrote down, and eventually recorded, his recollection of this lecture. It is followed by an observation of his own.

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