

Winter Issue 2018-2019

# VOM

*magazine*

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# WELCOME *from the* Board of Directors

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Welcome to the Veterans Outreach Ministries Winter edition (November 2018 to January 2019) of the VOM News Magazine publication featuring articles from the Veteran of the Quarter (male and female), Business of the Quarter, Recipes, Health & Wellness plus Inspirational Messages and Patriotism, and local advertisements.

Each member of the Board of Directors and/or volunteers have offered prayers for another successful News Magazine edition. As we successfully transition from fall (the change of colors and cooler weather) to Winter (colder weather and heating bills) we must remind ourselves that the Lord is still in command and is still responsible for the change of seasons and everyone/everything around this change.

There are many who are suffering from conflict in their lives, with spouses and 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 with. 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.

In the VOM News Magazine publications, 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, sponsored by Friendship Baptist Church and 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.



**VETERANS OUTREACH  
MINISTRIES**  
*"Healing Through Christ"*

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# Grunge Muffin Designs



Sausage, Egg and Cheddar Farmer's Breakfast Recipe photo by Taste of Home

## Sausage, Egg, and Cheddar Farmer's Breakfast

### MAKES:

4 servings

### TOTAL TIME:

Prep: 30 minutes

### INGREDIENTS:

- 6 large eggs
- 1/3 cup 2% milk
- 1/2 teaspoon dried parsley flakes
- 1/4 teaspoon salt
- 6 ounces bulk pork sausage
- 1 tablespoon butter
- 1-1/2 cups frozen cubed hash brown potatoes, thawed
- 1/4 cup chopped onion
- 1 cup shredded cheddar cheese

### INSTRUCTIONS:

**1** Whisk eggs, milk, parsley and salt; set aside. In a 9-in. cast-iron or other heavy skillet, cook sausage over medium heat until no longer pink; remove and drain. In same skillet, heat butter over medium heat. Add potatoes and onion; cook and stir until tender, 5-7 minutes. Return sausage to pan.

**2** Add egg mixture; cook and stir until almost set. Sprinkle with cheese. Cover and cook until cheese is melted, 1-2 minutes.





# Safe Holiday Shopping

Written by:  
Lishamarie Hunter Veteran

It's already October and the holidays are rapidly approaching, with more people shopping online, there are things we need to be careful about. We want to have a joyous holiday season there are a couple of issues that could gum it up for you and your family: identity theft, fraud and scams just to name a few.

No age group is exempt from having their identity stolen, keep your SSN secure and never provide this information to people unsolicited. Here's an example, Mrs. Cake, I'm calling from Blah-Blah credit card company there seems to be a problem with your account. Could you provide your credit card number and last four so that we can verify that you are the actual card holder? NO!

You can ask them to give you the card number and SSN in question and then you will tell them if it's accurate or not. Another security tip is to use a credit card specifically for online purchases. You can transfer exactly the amount needed for the purchases made on your shopping experience.

When making online purchases ensure that the website is a secure site. You can even put everything in your shopping cart and then call the customer service center and purchase those items over the phone if you're not comfortable making an online purchase.

There are many other ways to protect your identity. You want to regularly review your credit card and bank statements. Look for unknown or strange transactions: \$300 for pizza or \$1.50 for a magazine in Cuba. Call companies, as soon as you identify a problem. Check your mailbox as soon as your mail is delivered, better yet a post box in a secure location will eliminate the stress and worry throughout the day about having your mail just sitting there.

Maybe you rather go to the mall to shop. When going to the mall ensure you are aware of others around you. If you're purchasing something with your credit card make sure nobody is watching while you input your PIN.

Check to ensure that the clerk has given you back YOUR credit card, and always ask for a receipt. Make sure when using a credit card the people around aren't using their cellphone camera to capture your card number. If you are robbed during your shopping trip report it immediately to the police, credit card companies, and your bank.

With a little diligence you will have a stress free holiday shopping experience. Stay aware and alert. Be safe. Enjoy yourself and your family, sometimes that's the best present you can give and it doesn't cost a thing.



# Church Rules

Written by Kelvin Ramsey,  
Deacon of Friendship Baptist

By the age of 16, George Washington had copied out what became known as the "110 Rules of Civility & Decent Behavior in Company and Conversation." For the most part these rules became his Code of Conduct for the rest of his life. Among the common sense rules are:

1. Every action done in company ought to be with some sign of respect, to those who are present.
22. Show not yourself glad at the misfortune of another though he were your enemy.
41. Undertake not to teach your equal in the art himself professes; it savors of arrogance.
44. When a man does all he can though it succeeds not well, blame not him that did it.
63. Speak not injurious words neither in jest nor earnest, scoff at none although they give occasion.

## Some rules are probably a bit dated:

9. Spit not in the fire, nor stoop low before it neither put your hands into the flames to warm them, nor set your feet upon the fire especially if there be meat before it.
55. Eat not in the streets, nor in the house, out of season. (I think this means don't snack!)

A rule is defined as a principle, regulation, or maxim governing individual conduct. If you watch NCIS, there are Gibbs' Rules. Most readers will be familiar with the Code of Conduct of the United States Fighting Force governing conduct in battle and if captured. Rules govern sports and games. Without them, chaos erupts. All societies need rules.

Many people think that being a follower of Christ means being a follower of rules. It is actually quite different. Being a follower of Christ gives freedom because he has shown us undeserved grace because we cannot ever perfectly live up to any code or follow rules in the hope that we will get a ticket to heaven if we keep enough of them.

We have freedom in Christ without the worry of being penalized either here on earth or en if we are not perfect. So, does this mean that if we are Christians that we can do whatever we want? Here's where the rules apply. Jesus was asked "what is the greatest Rule?" (Commandment). He replied that it was to love God with all that we have (heart, mind, soul, resources).

He also said that there was another important Rule. "Love your neighbor as yourself." If we consider these two rules as the code for our lives, then the Ten Commandments (summarized as Love and honor God and love and honor each other), the teachings of Jesus, and all the other principles in the Bible become the guidelines (Rules) for our lives. We will only do things that will honor God. We will conduct our lives to treat others decently and with respect.

**May you have a life of Freedom in Christ and live by rules that honor him.**



# THE NEED FOR UNDERSTANDING PTSD

Written by Nick Callazzo III,  
VP of Business

## Problem:

82% of all veterans who have experienced trauma were diagnosed at the Veterans Medical Center with PTSD, yet; there is no specific center dedicated to help them with this problem.

## Solution:

To develop a collaborative and comprehensive PTSD Center Using all the medical resources and support groups, educated and trained to help these veterans transition to a normal life.

## PTSD:

Post traumatic stress disorder is a serious mental condition that some people develop after a shocking, terrifying, or dangerous event. These events are called traumas. After a trauma, it is common to struggle with fear, anxiety, and sadness. One may have upsetting memories or find it hard to sleep. Most people get better with time. But, if you have PTSD, these thoughts and feelings don't fade away. They last for months and years, and may even get worse.

PTSD causes problems in your daily life, such as in a relationship and at work. It can also take a toll on your physical health. But with treatment, you can live a fulfilling life. Therefore, it is our responsibility to establish a PTSD Center to insure that our Veterans receive the services they have earned to live again. PTSD was first described in war veterans as "shell shock" (WW I) and "battle fatigue" (WW II). As a result of the Vietnam War, the term "PTSD" came on the scene.

PTSD causes one's brain to get in danger mode. Even after you are no longer in danger, it stays on high alert. Your body continues to send out stress signals, which lead to PTSD symptoms. Over time, PTSD changes your brain and the area that controls your memory will become smaller. A primary reason for seeking treatment early.

There are many effects of PTSD. They may include disturbing flashbacks, trouble sleeping, emotional numbness, angry outbursts and feelings of guilt. One might also avoid things that

remind them of a past event, and lose interest in doing things.

Symptoms usually start within three months of a trauma, but they might not show up until years afterward. Without treatment, one can have PTSD for years or the rest of their life.

PTSD interferes with your life. It makes it harder for one to trust, communicate and solve problems. This often leads to problems in relationships with family, friends and co-workers. It also affects one's physical health. In fact, studies show that it raises your risk of heart disease and digestive disorders.

There is no cure for this condition. But one can successfully treat it with therapy and an understanding of what it is. With proper treatment, some may stop having PTSD symptoms. For others, they may become less intense.

Although there are treatment resources at every VA medical center, there is enough evidence that Delaware should have a PTSD Center. A medical resource center fully dedicated to not only diagnosing but prescribing medicine, such as antidepressants. With prompt and proper treatment, veterans may stop having PTSD symptoms and begin to feel good again.

In a professional center, Psychotherapy for PTSD involves helping the veteran learn skills to manage symptoms and develop ways of coping. Therapy also aims to teach the veteran and his or her family about the disorder, and help the veteran work through the fears associated with the traumatic event.

This article is based on research by Carol DerSarkissian and personal experiences working directly with veterans as a member of The Board of Directors of Operation Home Front.

## Victory Village's Rehab & Wellness Center

This Rehabilitation and Wellness Center is needed to insure care and provide high quality, patient focused, cost effective care for veterans who are displaying a wide variety of symptoms that they are experiencing post traumatic stress disorder (PTSD) or moral injury.

Since the Vietnam War (1960-1975), Post-Vietnam War (1976-1989), The Desert Era (1990-2000) and Post 9-11 (2001-Present), approximately 68% of the men who served in combat have experienced these symptoms. With the increase in veterans needing health care and the latest news about the VA's NEW "Wait List" problem, the need for PTSD centers has become a legitimate concern for all health agencies.

The Veterans Health Administration is America's largest integrated health care system, providing care at 1,240 health care facilities, including 170 medical centers and 1,061 outpatient sites of care of varying complexity (VHA outpatient clinics) serving 9 million enrolled Veterans each year. The VA Medical Center is my primary provider.

Although this is commendable, VA researchers are looking for better treatments for Veterans with Gulf War Illness, a group of symptoms found in about one third of Veterans deployed in Operation Desert Storm and Desert Shield. This is only one example of the research and resources that are being exhausted to help our veterans.

Although much research is being accomplished to cure these symptoms, there seems to be little effort in establishing centers dedicated to meeting the immediate needs of veterans displaying these symptoms. There is an abundance of facts / data to support the existing problem that there is a definite need for a PTSD

center in Delaware.

I personally feel that there is enough evidence to support the establishing of a PTSD Center in Delaware. But, the process to make it cost-effective and efficient as a proactive and positive solution to the problem would have to involve utilizing the professional resources of the Veterans Medical Center and financial support from our State and federal agencies as well as corporate partners. The success of the PTSD center would be in direct proportion to the Center's program values:

### 1. Trust and Respect

The basis of our relationship with our veteran clients, the VA Medical Center, Support Service groups and community partners.

### 2. Ethics and Integrity

The strict standards of professional behavior and personal conduct to which we adhere in every customer contact.

### 3. Teamwork and Partnerships

How we work with our customers to achieve their goals.

### 4. Recognition and Collaboration

The way in which we highlight success and use that to motivate others and to reinforce our own commitment to our goals.



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# Celebrating Veteran's Day



**by Beverly Hernandez**  
**Updated October 31, 2017**

People sometimes confuse the meanings of Memorial Day and Veterans Day. Memorial Day, often called Decoration Day, is observed the last Monday in May as a remembrance of those who died in military service of the United States. Veterans Day is observed on November 11 in honor of military veterans.

## **The History of Veterans Day**

In 1918, on the eleventh hour of the eleventh day in the eleventh month, the world rejoiced and celebrated. After four years of bitter war, an armistice was signed. The "war to end all wars," World War I, was over.

November 11, 1919 was set aside as Armistice Day in the United States. It was a day to remember the sacrifices that men and women made during World War I in order to ensure a lasting peace. On Armistice Day, soldiers who survived the war marched in a parade through their home towns. Politicians and veteran officers gave speeches and held ceremonies of thanks for the peace they had won.

Congress voted Armistice Day a federal holiday in 1938, twenty years after the war ended. But Americans soon realized that the previous war would not be the last one. World War II began the following year and nations great and small again participated in a bloody struggle. For awhile after the Second World War, November 11 continued to be observed as Armistice Day.

Then, in 1953, the townspeople in Emporia, Kansas began calling the holiday Veterans Day in gratitude to both the World War I and World War II veterans in their town. Soon after, Congress passed a bill introduced by Kansas congressman, Edward Rees renaming the federal holiday Veterans Day. In 1971, President Nixon declared it a federal holiday to be observed on the second Monday in November.

Americans still give thanks for peace on Veterans Day. There are ceremonies and speeches. At 11:00 in the morning, most Americans observe a moment of silence, remembering those who fought for peace.

After the United States' involvement in the Vietnam War, the emphasis on holiday activities

has shifted. There are fewer military parades and ceremonies. Veterans gather at the Vietnam Veterans Memorial in Washington, D.C. They place gifts at the names of their friends and relatives who fell in the Vietnam War. Families who have lost sons and daughters in wars turn their thoughts more toward peace and the avoidance of future wars.

Veterans of military service have organized support groups such as the American Legion and Veterans of Foreign Wars. On Veterans' Day and Memorial Day, these groups raise funds for their charitable activities by selling paper poppies made by disabled veterans. This bright red wildflower became a symbol of World War I after a bloody battle in a field of poppies called Flanders Field in Belgium.

### Ways to Honor Veterans on Veterans Day

It is important that we continue to share the significance of Veterans Day with younger generations. Try these ideas with your kids to help them understand why it's important to honor our nation's veterans.

Teach your children history of the holiday. Passing on the history of Veterans Day and ensuring that our children understand and remember the sacrifices that servicemen and women have made for our country is a meaningful way to honor our veterans. Read books, watch documentaries, complete Veterans Day Printables, and discuss Veterans Day with your children.

Visit veterans. Make cards and write thank-you notes to deliver to veterans at the VA hospital or nursing home. Visit with them. Thank them for their service and listen to their stories if they'd like to share them.

Display the American flag. The American flag should be displayed at half-mast for Veterans Day. Take time on Veterans Day to teach your children this and other American flag etiquette.

Watch a parade. If your city still holds a Veterans Day parade, you can honor veterans by taking your kids to see it. Being there clapping on the sidelines demonstrates to the men and women in the parade that we still remember and recognize their sacrifices.

Serve a veteran. Take time on Veterans Day to serve a vet. Rake leaves, mow his or her lawn, or deliver a meal or dessert.

Veterans Day is much more than simply a day when the banks and post offices are closed. Take some time to honor the men and women who have served our country and teach the next generation to do the same.

# Days to Display the Flag

## Holidays to Display Flag

**Nov 2018 - January 2019 Winter Issue**

- Labor Day - September 3
- Veterans Day - signing of WW1 Armistice - November 11, 1918
- Veterans Day - November 11
- Veterans Day Observed - November 11
- Thanksgiving Day - November 22
- Pearl Harbor Remembrance Day - December 7 (until sunset)
- Christmas Day - December 25
- New Year Day - January 1
- Martin Luther King Jr Day - January 15

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

## Non Flag Display Days (for information only)

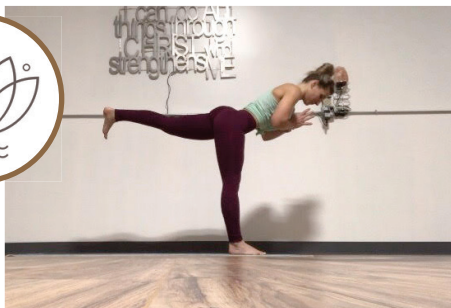
- Daylight Savings Time Ends - November 4
- Election Day - November 6
- U.S. Marine Corp Established - November 10, 1775
- Grenada Campaign Ended - November 21
- Giving Tuesday - November 27
- Hanukkah Begins - December 2, 2018
- Somalia Campaign Began - December 5, 1993
- War Declared on Japan - December 8, 1941
- Human Rights Day - December 10
- Germany and Italy Declared War on U.S. - December 11, 1941
- Iraq War Ended - December 15, 2018
- Bill of Rights Day - December 15
- Panama Campaign Began - December 20, 1989
- Winter Begins - December 21, 2018
- Official End of WWII - December 31, 2018
- Kosovo Campaign Ended - December 31, 2013
- Kwanzaa - December 26, 2018
- Epiphany (traditional) - January 6
- Persian Gulf War Began - January 17, 1991
- Signing of Vietnam Peace Accord - January 27, 1973
- Panama Campaign Ended - January 31, 1990

# Embrace Opposites as One for Whole Health



**By: Rebecca Rondone**

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



Liberation means to be free. In the flow of a yoga practice, it is the action of letting go. As Patriots, we do our duty, live abundantly, express gratitude, and let go. It is a great skill to practice the state of non-attachment, the releasing of your fruits through action, our efforts, our hopes and dreams.

With life comes opposites, and we must learn to accommodate these pairs: Desire and aversion, love and hate, man and woman, simplicity and paradox, committed action and non-attachment.

At the end of each day, confirm you showed up, burn brightly, lived passionately, and held nothing back. When the moment is over, when our work is done, step back and let go. Carry all opposites in your heart, unite them as one, and your trials with the world will come to closure. Try to do everything in the world with a mind that let's go.

If you let go a little you will have a little peace. If you let go a lot you will have a lot of peace. If you let go completely, you will know complete peace and freedom. Your struggles with the world will have come to a place of Peace.



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## FEMALE

# VETERAN of the Quarter

*Lisa M. Smith*

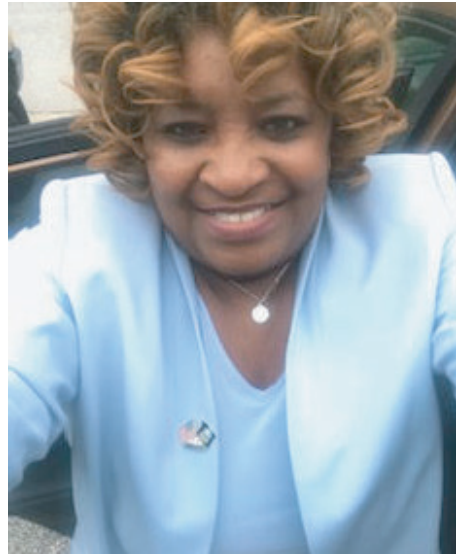
I was born in the City of Philadelphia, Pennsylvania. I am one of four siblings and the only girl with three brothers. This is where my love for sports comes from. I love the Philadelphia Eagles, Philadelphia Seventy Sixers, Philadelphia Phillies and the Philadelphia Flyers.

I joined the US Navy and stationed aboard USS Samuel Gompers AD-37 in San Francisco CA for active duty. My Reserve duty was the Naval Control Shipping Organization of the Naval Ship Yard in Philadelphia, PA. And the LY Spear of Norfolk VA. I traveled from Virginia thru Delaware then decided to make Delaware my home in 1995. I worked for a credit card company for 14 ½ years who down sized.

In 2009 I accepted employment with the Delaware Department of Labor and remain there today. I work as a Disabled Veteran Outreach Program (DVOP). In this role I serve as a resource for veterans who may have barriers to employment and help them find employment. I provide Intensive Services, introduction and access to all of Department of Labor resources and services.

Sherese Brewington-Carr, DE Department of Labor Veterans Coordinator says this about Lisa: "Lisa is an asset to the Department of Labor. In her job as the Disabled Veterans Outreach Program Representative she is a consummate professional and works diligently with compassion with every veterans she encounters to meet their needs.

Lisa seizes every opportunity to advance personally and professionally and is an advocate



for all veterans with a specific interest in issues impacting women veterans. I am very proud of Lisa and on behalf of the Department of Labor we salute her for this honor." Congratulations Lisa!

Lisa volunteers at the Liberty USO and is also a member of the Women Veterans Rock Organization serving as the Delegate of Delaware.

Lisa says her lifetime accomplishment is her two crew members: Son, DaRon D. Smith and Daughter, Desiree M. Smith, a Mothers Love!!



## Recipe for a Happy Home



Cups of love  
1 Quart of Faith

5 Spoons of Hope  
2 Spoons of Tenderness

3 Cups of Forgiving  
1 Barrel of Laughter

2 Cups of loyalty  
1 Cup of Friendship

Take love and Loyalty, mix thoroughly with Faith. Blend with Tenderness, kindness and Understanding. Add Friendship and Hope. Sprinkle abundantly with laughter. Bake with Sunshine and serve daily with generous helpings.

— - *MALE* - —

# VETERAN *of the Quarter*

*Alan Pfau*

Did you know that less than 1% of Americans join the Armed Forces, I am part of that 1%. Starting at a very young age, I have always been into helping people. I grew up with a single mother that did her amazingly best to provide for myself, my two brothers and my sister. We grew up very poor and sometimes living in shelters. I have always done what I could to help my mother out from going out shoveling snow in the winter, to mowing grass, and doing odd jobs in the summer. As my mother worked a full time job, we as kids had to sometimes provide in many ways of our own. That's where I learned that I had to work hard for everything and nothing comes easy.

While school was not my favorite place to be, I still graduated but barely. During my high school years, I knew that I couldn't go to college, it just wasn't an option for me. Remember, was not my favorite. At the time, I did not realize how much my mother did love me and provided for me. So during my stubborn teenage years, it is unfortunate that my mother and I had a fallen out. It took many years but we reconciled and realized I was just a dumb kid. My loving mother understood. She knew that no matter what she would always love me. So during my high school years, I would work a full time job and go to school. I thank the teachers that were understanding when I did not get my homework done.

I managed to always stay out of trouble. Don't know honestly how I managed that in some of the places I lived. It was the support of very friends that I had. So, during high school, I always tried to help others out. Sometimes putting myself, friends and family last. With still being young joining the police force was not an option. So one day during school lunch, me and some friends had a serious conversation. That conversation lead to me making a life changing decision.



After I graduated high school, started one of the most rewarding careers in my life. The United States Army was the toughest job, but the best. Where else can you get paid 24/7, full medical and dental benefits, as well as 30 days of leave a year. It is the best job in the world. You can do anything you want, with many rewards for doing it. Many options were put before me as far as jobs go. So I chose wisely and joined the Infantry, the best MOS job the U.S. Army had to offer. While basic wasn't any fun at times. Hands down was the one of the best experiences I had. Almost 20 years later I am still best friends with my original battle buddy from basic training. Granted we are both fatter, broke, and still good looking with good looking wives.

As my career in the U.S. Army started, so did life. Being stationed at Fort Hood, Texas was a huge difference than being from a small town in Maryland. When they said things were bigger in Texas, they were not lying. I had a little bit more time to adjust than most, because when I arrived at A co 2-5 Cav, 1st CAV DIV they were still deployed to Kuwait. When my future brother returned they welcomed me with open arms, then left me again for leave. Boy when they got back, it was awesome. Some days were ups and some were down, but together we got through it. I had to work a little harder to prove my worth,

since I did not deploy with them. Being the people that they are, they accepted me fairly fast. During basic training, I learned to shoot. That's when my love for firearms began. Being on active duty we had a lot more chances to train with our rifles, which I loved doing some days and some days just wanted to stay in bed.

During my years at Fort Hood, I learned how to drive, shoot and command an M2 Bradley Fighting vehicle. It wasn't a tank, but to me it was much better. While it was not the small arms I loved, I still did dismount training with passion. Every chance I got, I went to the range. Whether it was to do details, shoot or teach what little I knew at the time. We had awesome NCO's that took the time to teach you what you needed to know. They never got annoyed by all the questions us Privates asked, well not all the time. After my time on active duty, I decided to make a decision to go back home. With that decision I didn't stop serving my Country. I joined the Maryland National Guard, where the second part of career began.

Towards the end of my active duty time, I had met my wife. She supported all my military decisions, even ones that were stupid. So the beginning of my National Guard career I stayed true to heart and stayed in the Infantry for many years to come. During those years I had multiple deployments state side and one overseas to my first war zone, Iraq. During my years in the guard, I took up more and more shooting skills for handguns. I picked the brain of many of my soldiers, as some of them were skilled law enforcement officers. We went shooting whenever we could.

Many years had passed when I had to make another career decision, that one wasn't so easy. It was because I had to switch MOS in the Army. So I went from being in the Infantry, to going to being in the Aviation. Which is another rewarding job in the military. I chose to become a 15B, which is a Helicopter Engine Mechanic. Needless to say that was short-lived due to one of my great NCO's found out I had some logistics experience. Once I got back from my Aviation school, I was sucked into logistics. Being there I learned a lot more of what went into the behind the scenes of supplying soldiers with what they need. During that time, we had one deployment to Kuwait, which was so different from being in a combat zone, it was more relaxed.

During my time in Aviation I had helped many soldiers qualify on their rifles, which is a requirement in the Military. That being said, in some

ways I really enjoyed it. I started doing it more and more. I helped officers with their pistol qualifications, and soldiers with their rifle qualifications. It was much more rewarding than some of the other things I had to do as a Logistics specialist. With me getting more and more into training, a few of the people asked me to help them on the civilian side. Getting ready for the police academy, or security guard positions, and also just recreational shooting.

With all the experience I had gained from learning from professionals in the Army. I decided to take what I knew and open my current business, Peacock Training Institute. I decided to make another huge decision, and leave the place that had taught me so much about life. Once that decision was made, I went full time in opening my firearms training business. Once I had the business established I got a part time job working at the Post Office. I know odd combination isn't.

Through the journey of opening my business, I met even more inspirational people that got me through some tough times in recent years. I had lost my mother a week before Mother's Day 2017. That was the worst day of my life. After that, I had a very rough year. If it wasn't for my inspirational people in my life I honestly wouldn't know what I would have done. During my rough time, I had the pleasure of encountering Veterans Outreach Ministries. All I can say is their inspirational words and support gave me even more strength to get up and fight. So I did, and I won.

My life has been full of ups, downs, and uncertainties, but the people we along our way are meant to be put in our path at the right times. Fellow business owner and veteran, got me through a lot with learning Yoga. Yes I have now learned, real men do yoga. My mother's Chemo nurse, gave me strength. I knew if I couldn't be there with my mom that day, she would be in good hands. That nurse, found out she had she got Breast Cancer. Long story short, she kicked its ass. So in turn, no matter what we go through in life or what we have been through. Everything happens for a reason. Whether it would be separating from a loved one to grow stronger or meeting new people that give you joy, inspiration, and health.

**Love everyone, live your life  
as if there is no tomorrow,  
Always pay it forward.**



# BUSINESS *of the Quarter*

## Veteran's Watchmaker Initiative, Inc

**by Sam Cannan—Chairman of the Board of Veterans Watchmaker Initiative, Inc**

Welcoming the Educational Opportunities and Jobs Provided by the Veteran's Watchmaker Initiative, Inc. to 307 Sixth Street in the quiet, historic suburb of Odessa, Delaware, houses the country's lone "Veteran's only" technical school. The Veteran's Watchmaker Initiative, Inc., provides for, as its focus, disabled veterans, with a valuable and highly sought-after skill—horology, otherwise known as watchmaking; a skill that has all but disappeared due to attrition of the work force through retirement or death.

The donated former EMT building in Odessa draws no attention, located in this sleepy, quiet town, nor does it show a flashy sign to passersby. The light comes from within this treasure—a special class of students, the school's first class ever to prepare to graduate. Every one of the students in these specialized halls are disabled American Veterans; they all are learning a skill that can be used to change the shapes of their lives. As a horologist, the veteran will be able to work anywhere in the world for a very respectable salary.

On Wednesday, September 12, 2017, a monumental and groundbreaking occurrence for American's Veterans took place: the opening of the Veteran's Watchmaker Initiative (VWI). The VWI is the first of its kind in two ways; first, it is the only American technical school specifically for American veterans, and second, this in statute of learning is the only watchmaker school that accepts by default, only honorably discharged American Armed Forces Veterans.

Building in Odessa, as the first stage of the school, is sweetened by the fact that two of the most famous watchmakers of all time: John Janvier Sr., and Scottish immigrant, Duncan Beard (who specialized in tall-case clocks) lived and worked in this unassuming town during the mid- to late 1700's, making it the Colonial hub for watchmaking.

The Watchmaker program not only

prepares our veteran graduates to make a watch from what seems an incredible number of parts, but it also bestows the title of micro-machinist, says Sam Cannan, Chairman of the Board, Director and instructor at the VWI, "[after training]...any part they need, they can create from scratch, which is the hallmark of a watchmaker." There is a second program currently in place at the school, quartz repair technician, an intense 6-week program that will leave any participant ready to enter the job market as a watch technician at any jewelry counter.

The VWI program is modeled after the 1946 Bulova Watch Company program, that both saw a need in the economy, and a need to service our disabled veterans who had fought in WWII at the same time. These Bulova trained workers are some of the very last watchmakers in the world. Of approximately 2800 watchmakers worldwide, the industry lost over 300 workers last year to death or retirement.

Overseas companies are scrambling to build millions of dollars' worth of schools that might, if lucky, graduate 7 or 8 students every 2 years. Overkill? Perhaps not. In recent years, high end, mechanical time pieces have been making a comeback. New watches as well as collectable pieces, family heirlooms and timeless designs have begun, once again, to pulse with the rhythm of today's enterprise. And so, there is a need for trained watchmakers—masters of a craft that at one time, and that very recently, had all but died away.

But here, following the Bulova model, Cannan has renewed interest in the profession, if the 300+ people who are on the waiting list are to be believed. With a classroom size of only 6 to 7 students at a time, the ratio of student to teacher is 3:1, and will remain at that approximation with each new stage of growth of the program through its new location and housing. The level of education that comes

from such a small class size is staggering to imagine. Not only will the veterans be ready for employment, these students will be actively sought by different companies, their highly specialized training more than preparing them to enter the worldwide workforce once more.

Sam Cannan states, “The focus of our program is to teach our war veterans, especially disabled veterans, the highly skilled art of watchmaking. We are the only technical school devoted to disabled veterans in the USA. All our programs are free of charge to the veteran. By starting this initiative, we hope to repay the sacrifice and service of our veterans by teaching them a skilled profession (using state-of the-art equipment) that is in high demand and well-paying.”

Cannan has improved on the original Bulova family’s program. First, only honorably discharged veterans can get into the VWI technical school. Ever. Emphasis on admissions goes to those vets who are service disabled, and they get precedence for any class. Second, this education is completely free to the veterans who are in the program. The school, when completed will be 4-acres with a 28,000 sq./ft. main campus with housing for up to 54 full-time residents. On site at the Middletown campus will be a cafeteria, gym, chapel,

and other amenities when it is built.

In the future, the school plans on opening a class on jewelry repair. To this end, and to triple the current class size, building construction has begun to remove the ambulance bay doors and give the ambulance dock cum storage area a makeover into a new, larger watchmaking lab, a jewelry repair lab and two smaller workshops. This construction was to have started during the week of July 9th, but scheduling problems arose. For the Middletown campus, there have been several town meetings, go a-heads and hold ups from the town that are currently working toward resolution. Hopefully, with donations to yet be received, the ground will be able to be broken soon and the campus built, serving up to 54 veteran students at a time.

The largest need now is for three essential pieces of equipment, setting up temporary housing in Middletown, and for the campus construction in Middletown. When Middletown opens its doors, the former EMT hall in Odessa will become a workshop for graduates of the program. At that time, graduates who choose to pursue their profession, but not work in a public setting for whatever reason, will be able to work from their new closed-door facility.

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