

Winter Issue 2019-2020

Veteran's Outreach Ministries

VOM

magazine

RELIGION

Get Rid of Small Business
TECH TRASH

Women in Part 4
the Military

WHO TOUCHED ME?

*What is the
Fruit of the
Spirit?*

**Do It Right
The First Time**

Branding Tips

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WELCOME *from the* Board of Directors

During this holiday season of Thanksgiving and Christmas many of us will be busy preparing for family gatherings, going to events, shopping for that perfect gift, etc. It is a time that most people forget the true meaning of this holiday. Thanksgiving is a time of reflection for giving thanks and giving praise to the Lord for all he has given us: good health, and good families.

As we leave Thanksgiving for the Christmas Season this is the time to celebrate the birth of Christ who is ultimately our savior. Without the birth of Jesus we would not have the opportunity to be with God our Father in heaven after our Earthly passing. In the book of Luke 2:8-12, "Now there were in the same country shepherds living out in the fields, keeping watch over their flock by night. And behold, an angel of the Lord stood before them, and the glory of the Lord shown around them, and they were greatly afraid. Then the angel said to them. 'Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people'. For there is born to you this day in the city of David a Savior, who is Christ the Lord." For this reason is why we celebrate Christmas. Let's take time this Christmas and thank God for bringing us Jesus Christ our Savior. During the bleak months after Christmas is the time to reflect on our salvation.

Christmas months can be a depressing period for some, but through our faith it is a time to reflect on our relationship with God. To all our soldiers at home and abroad we pray for your safety and a happy and blessed Christmas.

Let's make it our goal in life to seek salvation.

We at Veteran's Outreach Ministries (VOM) offer this prayer to all the U.S. military forces stationed at home and Abroad saying "Thank You" This prayer is from Isaiah 40:31. "But those who wait on the Lord shall renew their strength. They shall mount up with wings like eagles. They shall run and not be weary. They shall walk and not faint. "

To our readers and subscribers of this VOM News Magazine we thank you and we welcome articles, suggestions and information about services to inspire veterans and their families. Testimonials are also welcome regarding this magazine content, and should be sent to Meredith@grungemuffindesigns.com.



VETERAN'S OUTREACH
MINISTRIES
"Healing Through Christ"

www.VeteransOutreachMinistries.org

Veteran's Outreach Ministries, is located in the Newark/Bear/Glasgow area. We were incorporated in Delaware in July 2014 by veterans to be a resource to veterans and their families.

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John Dimeglio:
john.d.vom@gmail.com

Rebecca Rondone:
beckyrondone@gmail.com

Kammie Kirkpatrick:
kammie.work@outlook.com

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By Kittencalskitchen on July 25, 2004

French Toast Casserole

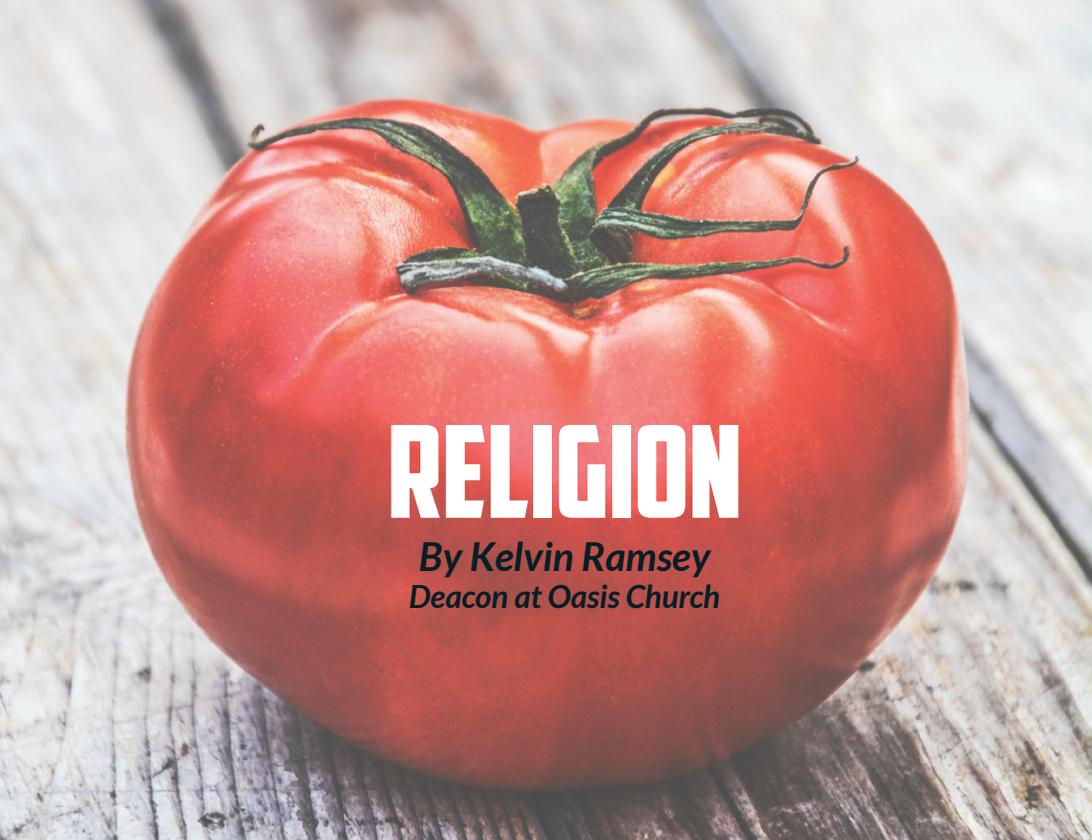
MAKES: 9 Servings **TOTAL TIME:** 50 minutes

INGREDIENTS:

- 10 cups white bread (cubed into 1-inch pieces)
- 1 (8 ounce) package cream cheese
- 8 large eggs
- 1 ½ cups milk
- 2/3 cup half-and-half cream
- ½ cup maple syrup
- 1 teaspoon vanilla
- 2-3 tablespoons powdered sugar (to garnish)

INSTRUCTIONS:

- 1** Place the bread cubes in a greased 13 x 9-inch baking dish. Separately, Beat the cream cheese at medium speed of mixer until smooth.
- 3** Add in the eggs (one at a time) mixing well after each addition.
- 4** Add in the milk, half-and-half, ½ cup maple syrup and vanilla; mix well until smooth.
- 5** Pour the cream cheese/milk mixture over the top of the bread cubes; cover, and refrigerate overnight.
- 6** The next morning: Set oven to 375 degrees
- 7** Remove the bread mixture from the fridge; let stand for 30 minutes before baking.
- 8** Bake for 40-45 minutes, or until set (should be a nice golden brown color)
- 9** Remove from oven, cover with powdered sugar. Serve with maple syrup.



RELIGION

*By Kelvin Ramsey
Deacon at Oasis Church*

***Life does not have to be like
a store-bought tomato.***

Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. James 5:7

I look forward to the summer. Tomatoes, peppers, corn, squash, beans dance like sugarplums in my head. Vegetables fresh from the garden become a part of my diet. The winter's soups and stews are banished until the weather turns cool again. Every summer I have a small garden. Even though I come from a heritage of farmers and from a rural area, it never turns out quite as well as I had planned. A few bugs here, a rabbit there, a bit of fungus on the tomatoes, make it somewhat less than perfect. Yet every year I work at it, get the plants or plant the seeds, and expect the best garden yet that produces so much that I share with all those around me.

Jesus constantly used the example of planting, growing, and gardens to tell us about our spiritual

lives. Farmers planted with the expectation of a harvest. The harvesters went out to fields full of grain. My garden reminds me of my own spiritual life that may never quite reach perfection because of the sin in my life, but which is constantly planned, sowed, worked, and harvested with the expectation that the next summer's crop will be even better. I have thought once or twice about not planting a garden because of the previous year's disappointment. The thought quickly leaves me when I think of the tomatoes from the grocery store (no flavor, a texture like plastic, and rots overnight).

If we choose not to work our spiritual lives because of expectations not met or from previous disappointments, our relationship with God ends up not being plowed, worked, or harvested. The result leaves us with a spiritual life that has all the flavor of a store-bought tomato. I pray that you will work in your spiritual garden and that it will produce a harvest beyond all your expectations!

In Mark 5:25-34 we have a familiar story. It is about a certain woman who has a blood disorder for twelve years. This not only was a medical problem but it had emotional consequences as well. In Jewish law others must avoid physical contact with her. She was not able to hold one's hand, feel a needed hug when hurting or lonely, or enjoy the company of others.

The story goes on to say that she had spent all she had. She suffered many things of many physicians and was none the better, but rather grew worse. Before you read on pause here for just a moment to reread and meditate on what it might be like to endure this absolute feeling of helplessness and loneliness.

The story continues. She hears that Jesus is near. There is a large crowd and clearly it would be difficult to get an audience with Him. However, undeterred she presses forward believing that if she could "but touch the hem of His garment" she would be healed. Once again pause for a moment to meditate on the faith this woman had. Her faith is rewarded as she accomplishes her mission and "the fountain of her blood is dried up"!

Twelve years of constant bleeding, shame, embarrassment, avoidance, and a human guinea pig for physicians GONE in an instant. What is more amazing to me is found in verse 30.

One, Jesus immediately knowing that virtue is gone out of Him. And two, He asked the question, "who touched me"? We could easily land here for a day or two just to meditate and dig deeper but time will not permit. So as we enter the Thanksgiving and Christmas season, known to be the loneliest time for many. Perhaps they are in a hospital, lost their job, it's their first time experiencing the absence of a loved one during this season, or have just found out they have a very serious health issue, and on and on.

WHO TOUCHED ME?

By Harry Marcus

All of this and the crowds of shoppers, hustle and bustle of life, deadlines, appointments, people jostling for position, pushing and shoving. Perhaps if you and I pause, and if we really want to be more like Jesus, maybe, just maybe God has impressed on a hurting someone's heart that if they seek you or I out they have heard that we care.

The verse says that Jesus looked around to see who had done this. We need to look around as well. It could be recognizing the absence of a co-worker, the lack of response when asking casually "how's it going", noticing watering eyes in a friend. All of these are evidence of "who touched me". But more important is we must turn around "in the press". The press of daily obligations, time schedules, and comfort zones. It will cost you to cost Him. Selah.

*Selah - found 71 times in the Psalms. It means to meditate, to pause, to "think of that" or "stop and listen".

Women in Military Service Memorial
Images, www.womensmemorial.org,
Retrieved: 1 November 2019.



Series Part 4 of 4

A Series by Lishamarie Hunter

Women in the **Military**

Monuments & Memorials

This is the last installment of the four part series celebrating all the contributions that women have made for this nation's democracy and freedom. Women have always stood ready to serve and fight for this country, starting in the revolutionary war to our current conflict situations throughout the world.

Within this last article I will list some of the memorials and monuments that you and others could use to plan your summer vacation around. Or possibly celebrate Women's Equality Day 26 August or Women's History Month during the month of March.

Maryland Women in the Military Memorial

This Memorial focuses on the contributions specifically of the women who have served. Maryland has approximately 463,000 military veterans. As of 2007 of those, 44,000 are women. Lawmakers began planning of the Memorial, in 2005. After several committees and task forces the monument never was built. In 2014, a push to honor the service and sacrifice of women was renewed. The monument was a tribute to women of Maryland who have served and are serving whether in peace time or during

conflict in the United States or Overseas. Jerry Boden, chief of staff for Maryland Department of Veterans Affairs suggested putting the monument where people from all over could see it. So it currently resides at the Chesapeake House Travel Plaza with the approval of the Maryland Transportation Authority.

The Chesapeake House gets over 5 million visitors annually. The designs are made up of several triangular plaques at the base of trees. These are made from granite each are engraved with inspirational quote about women's service in the military.

Women in Military Service for America Memorial

Women in Military Service for America Memorial (WIMSA) was established by the government and honors women who have served in the United States Armed Forces. The monument is located at the end of Memorial Avenue and the entrance of Arlington Cemetery.



This monument was originally known as the Hemicycle and was built in 1932. The Hemicycle was to be used as the entrance to the cemetery. It was built as a to honor the 200th anniversary of George Washington the first president of the United States and Revolutionary War hero.

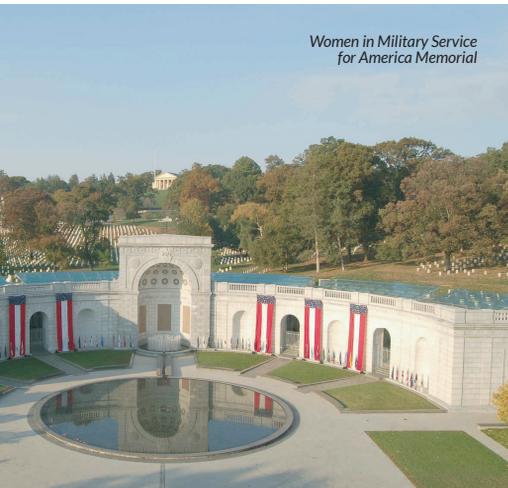
It was never used as the entrance to the cemetery, its original purpose. By 1986 it was quite a bit of disrepair. In 1985, Congress approved the Memorial and in 1988 they allowed the Hemicycle for the WIMSA. Competitions were held and Marion Weiss and Micheal Manfredi's designs won. Much controversy surrounded the design of the WIMSA.

The design was revised and eventually approved in March 1995 and ground was broken in June 1995. The structure was dedicated in Oct 1997. Women have contributed to the rich history with articles of clothing and stories of their contributions to the Armed Forces. You can find much more history about the Memorial at the www.womenmemorial.org.

Vietnam Women's Memorial

The Vietnam Women's Memorial is dedicated to the women of United States Military who served in Vietnam during the war. The majority of women who served during the war served as nurses. The monument reminds those who visit the National Mall of the service to the country during this time of conflict. The monument is part of the Vietnam Veterans Memorial. A former Army nurse founded the...

...Continues on Page 7



Days to Display the Flag

Holidays to Display Flag

Dec 2019-Feb 2020 Winter Issue

- National Pearl Harbor Remembrance Day Dec 7 (1/2 Staff Until Sunset)
- Christmas Day - Dec 25
- New Years Day - Jan 1
- Martin Luther King Jr. Day - Jan 20
- Lincoln's Birthday - Feb 12
- George Washington's Birthday Observed (Presidents Day) - Feb 17

Non Flag Display Days

(for information only)

- First Sunday of Advent - Dec 1
- Somalia Campaign Began - Dec 5, 1992
- War Declared on Japan - Dec 8, 1941
- Human Rights Day - Dec 10
- Germany & Italy Declared War on U.S. - Dec 11, 1941
- Iraq War Ended - Dec 15, 2011
- Bill of Rights Day - Dec 15
- Panama Campaign Began - Dec 20, 1989
- Winter Begins - Dec 22
- Hanukkah Begins - Dec 22
- Christmas Day - Dec 25
- Kwanzaa - Dec 26
- Official End of WWII - Dec 31, 1946
- Kosovo Campaign Ended - Dec 31, 2013
- Epiphany (Traditional) - Jan 6
- Persian Gulf War Began - Jan 17, 1991
- Signing of Vietnam Peace Accord - Jan 27, 1973
- Panama Campaign Ended - Jan 31, 1990
- National Freedom Day - Feb 1
- Groundhog Day - Feb 2
- Boy Scouts of America Founded - Feb 8, 1910
- St. Valentines Day - Feb 14
- George Washington's Birthday (actual) - Feb 22
- Shrove Tuesday - Feb 25
- Ash Wednesday - Feb 26

Women in the **Military**

Monuments & Memorials

Continued from Page 6

...Vietnam Women's Memorial in 1984. Glenna Goodacre designed the Memorial and it was dedicated on Veterans Day 1993.

There are plans for a monument dedicated to the women in military service in Delaware. The monument will be built next to the Legislative Hall. The dedication was scheduled for Mother's Day 2018. The cost of the project is \$51,000. The purpose is to ensure that all the women in Delaware are represented in the finished project. No image was found upon researching.

What I discovered while writing these articles were that women have served throughout this nation's history. It has been a struggle to get support for their issues and concerns, through agencies who would provide those

services. Lastly, that there are very few monuments and memorials that provide acknowledgement or celebrate their accomplishments.

References

Brown, Jeff. Memorial to honor Delaware's women veterans. *Dover Post*. Posted. 20 December 2017. Retrieved: 12 October 2019.

Vietnam Women's Memorial, images. vietnamwomensmemorial.org. Retrieved: 1 November 2019.
Wood, Pamela, Maryland poised to dedicate monument to women in the military, *The Baltimore Sun*, 10 November 2014, Retrieved: 1 November 2019.



A large advertisement for Renner's Road Construction. On the left is a large red letter 'R' with the word 'RENTERS' written vertically inside it. A white silhouette of a construction worker is positioned in front of the 'R'. To the right of the logo, the text reads 'BRUCE RENNER' and '302-420-5713'. Below this, it says 'Renner's Road Construction' in bold. Further down, it lists 'Email: BruceRRenner@iCloud.com' and 'Website: rennersroadconstruction.com' and 'simplesite.com'. On the right side of the ad, there is a graphic of a winding road with yellow dashed lines. A yellow starburst graphic contains the text 'Contact for FREE Estimate'. The background is a grey textured surface.

WWII DOCUMENTARY RECOMMENDATIONS

Streaming on Netflix

RECOMMENDED BY MEREDITH S. K. BOAS

If you find yourself looking for a new docuseries or documentary to delve into, consider the some of the Netflix series that are out now. In the 'Great Events Of WWII in Colour' the series provides a decent overview of the war and how certain events and innovations affected outcomes and progressions.

I was personally was anxious to see Episode 7 and the colorized footage of the Battle of Bulge where my grandfather Joseph Baker fought.

If you're already a history-buff when it comes to WWII then the series isn't likely to provide you with new information, but the colorized footage, and historian interviews provide a fresh perspective. Each episode has a focus topic, and in order they are:



- Episode 1: Blitzkrieg
- Episode 2: Battle of Britain
- Episode 3: Pearl Harbor
- Episode 4: Battle of Midway
- Episode 5: Siege of Stalingrad
- Episode 6: D-Day
- Episode 7: Battle of the Bulge
- Episode 8: Dresden Firestorm
- Episode 9: Liberation of Buchenwald
- Episode 10: Hiroshima

You'll come to recognize some of the speakers throughout the series, as they frequently appear in other documentaries about the war. I recommend delving into some of the other series available on Netflix that take a closer look at key political figures at the time, weapons, or morals and ethics surrounding the war.



Spitfire: The Plane That Saved the World 2018

In this epic documentary, last-surviving veterans trace the history of a legendary fighter aircraft that dominated the air during the Battle of Britain. 8/10 on IMDB



Nazi Death Squads 2009

Testimony from witnesses, survivors and Nazis themselves reveals the truth about the mass executions carried out. 7.5/10 on IMDB



Prosecuting Evil 2018

A portrait of Ben Ferencz, the last surviving Nuremberg Trial prosecutor, who continues to wage his lifelong crusade in the fight for law and peace. 7.5/10 on IMDB



The Accountant of Auschwitz 2018

70 years after WWII, Oskar Gröning, one of the last surviving members of the SS, goes on trial as an accessory to the murder of 300,000 people at the Auschwitz. 7.3/10 on IMDB



The Devil Next Door 2018

A Cleveland grandfather is brought to trial in Israel, accused of being the infamous German death camp guard known as Ivan the Terrible. 7.7/10 on IMDB



Hitler's Circle of Evil 2018

This is the story of the rise and fall of the Third Reich told like the drama it really was: through the personal relationships of the movers and shakers of the Nazi Party. 8/10 on IMDB



Do It Right The First Time

Branding Tips from a Maryland Designer Who Grew Up in Delaware, Raised by a Military Dad

My father is an E-7 Master Sergeant in the Air Force, entering his 32nd year of service, and who spent his first twenty-three years in the Navy.

Throughout my life he has used a lot of “dad” catchphrases such as “Do it right the first time, so you don’t have to do it again” that have sculpted my personal work ethic, and shaped the way I look at projects. Over the six years I’ve owned my business I’ve had clients come across my path, who generally belong to one of three categories:

1. The Planner.

This type of client has a business plan in place and has their business registered. They’re ready to secure their website domain name, have a logo designed and trademarked, get small design items created so they can start networking, etc. They believe in the design process and they are seeking a professional to guide them.

2. The Do-It Myselfer.

This type of client feels confident in forging ahead and putting something workable together by themselves, be it a logo, a website, business cards, etc. It might not be pretty but it’s functional. Typically this type of client comes across my path after they’ve been in business for a year or two and have saved up for professional branding.

3. The Mess.

This type of client has typically been in business for many years. They have inconsistent, mismatched marketing materials that sometimes look outdated with multiple logo variations. They may have relied on friends or family to create designs for them. This type is often more skiddish about setting up their brand professionally because they think “If it ain’t broke don’t fix it”.

Regardless of whatever category you fall into - don’t feel bad! Ideally you’d be a planner from the outset - but the important thing is to connect with a designer and formulate a brand strategy with a budget in mind for each year. It’s never too late to get things “ship shape”.

When you do connect with a designer, I want you to protect yourself and have autonomy from your graphic designer or web developer. I don’t want you to feel stuck or beholden to someone. So let’s get started. These 7 tips are important to getting your business branding started in a way that benefits you and your wallet.

1. Get a Logo - Trademark It

Most designers will only create 1 logo mockup based on the information you give them, so you need to be clear about what you want to see. Provide the exact wording (business name, slogan, etc), the colors, any specific icon or illustration. Give reference images to other logos or brands you like.

Once you have the logo - trademark it. You can either file the application yourself with the trademark office OR hire a lawyer to handle the application for you (trademark lawyers usually have a package deal - ask me about it).

Trademarking will legally give you the ability to stop other businesses from encroaching on your visual business identity.

2. Buy Your Domain Name

This is usually \$12 a year. I recommend going to www.GoDaddy.com. You want to get your domain name from the same place you’ll be getting your website hosting because it takes 60 DAYS to transfer a domain name from one place to another. Your domain name is free for the first year if you buy hosting BUT don’t get hosting until you’re ready to have the site built, otherwise you’re just wasting money.

January & February 2020 Workshops

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in Elkton, MD*



Business Branding for Beginners

Tuesday, January 14 from 6 - 8 pm
Workshop Fee: \$25



Holiday Promotions: How to

Thursday, January 23 from 6 - 8 pm
Workshop Fee: \$25



Creating a Digital Media Kit

Thursday, February 6 from 5 - 7 pm
Workshop Fee: \$25

3. Cover the Basics - Get Designs

With your new logo in hand, and website underway, start getting other items together that you will need to network with. Get your business cards, a tri-fold with your services laid out, a nice name badge, etc. What are your competitors using? Zero in on the things you need to best represent yourself.

4. Get Social Media

DO NOT feel like you need to be represented on every social media platform. Pick one or two that you're going to actively learn and use. Not all social media sites are good for every type of business. Instagram for example is a visual platform, it's all about pictures. Youtube is also visual, but caters more to videos. Facebook is a good option for writing posts, getting reviews, sharing events, and joining groups. So decide which ones you'll actively enjoy using.

5. Buy A Website Hosting Plan

Get hosting yourself from somewhere like www.GoDaddy.com that way you have access to your billing and your site. Be weary of having your site built on a private server by a web developer. If the business relationship goes south, will they give you access to your site?

6. Get Your Website Up

When it's time to build the site - make it a Wordpress site. Not Weebly, not Wix. Wordpress is a FREE application that can be installed on your website. You then want to install a purchased theme that has a ton of advanced functionality. I recommend having a designer/developer that's fluent in Wordpress set it up for you. Wordpress will give you, the client, the option to maintain your own site if that's important to you.

Your job should be to focus on gathering website content - the wording and images that need to go on your site. Write it out in detail because your designer will use that content to populate the site. Your website should not feel like an annoying chore - it is a place to direct your potential clients who want more information about you.

7. Connect With Community

Get out there! Join at least one networking group, and start getting to know other business owners in your area. Refer one another!

Get Rid of Small Business **TECH TRASH**

by Rhonda Abrams, Columnist

Reprinted with permission from the News Journal/USA Today.
Original publish date: Sunday, April 28, 2019.

It's time to talk about how you can help protect the environment in your small business. In particular, what are you going to do with all that tech trash you have?

If you own a small business, you've probably created a whole bunch of tech waste. Look around. I bet you have a box full (or a closet full) of old computers, monitors, keyboards, printers, and phones.

One small thing you can do for the environment this Earth Week is to figure out a better way to deal with your small business tech trash. Here's the first thing: Find ways to **USE IT LONGER**.

Refresh it.

The Environment aside, as a small business owner, you certainly can't afford to buy new equipment every couple of years. You can often "update" your equipment by doing a complete reinstall on a computer or buying new or additional components for other equipment.

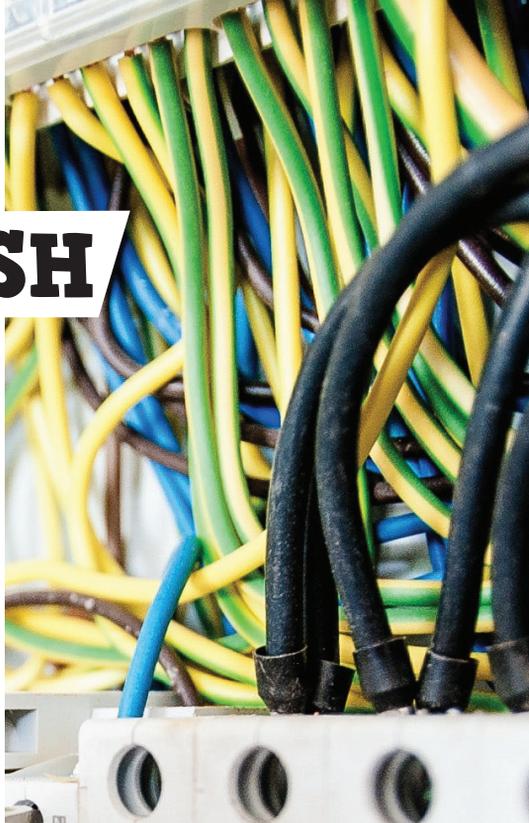
Repair it.

Yes, I know it may be difficult, especially since it may be hard to find repair services. Twenty states have introduced "right to repair laws." These laws would give consumers the right to take their devices to third parties for repair rather than having to return them to the manufacturer.

Of course, at some point you'll no longer want your old devices, so here are some responsible (and legal) ways to get rid of your equipment:

Sell it.

Perhaps you can find a buyer for some of your old but working equipment. To figure out the value of your electronic devices, check out Gadget Value.



Donate it.

At some point, you may upgrade your devices and still have working ones to get rid of. If you donate, get a receipt.

Send it back.

Many device manufacturers offer easy ways to donate or recycle their devices. You can find a list on the Environmental Protection Agency's website.

Recycle it.

Certified electronics recyclers must meet specific standards for handling and recycling electronics, ensuring that toxic materials don't end up in a landfill or in the environment. But Before you get rid of your equipment: **DELETE YOUR INFORMATION**.





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ELIGIBLE CHARGES (AUGUST-OCTOBER 2019)

What is the Fruit of the Spirit?

By: Rebecca Rondone
Owner of Pura Vida Yoga
& Physical Training

The fruit of the Spirit, found in Galatians 5:22-23, is made up of the following nine qualities or gifts: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. They reside within each and every person who walks this Earth. Our responsibility is to harvest them out onto others to share our authenticity of these gifts. Fruit of the Spirit list: 1. Love 2. Joy 3. Peace 4. Patience 5. Kindness 6. Goodness 7. Faithfulness 8. Gentleness 9. Self-control Love

“And above all things have fervent love for one another, for ‘love will cover a multitude of sins’” (1 Peter 4:8). In these next few months, be intentional by displaying love by action. Joy “Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit” (Romans 15:13). Our Joy is tied to what we desire most. The problem with seeking Joy is that often we seek it in things that can’t



What is the fruit of the Spirit?

The fruit of the Spirit, found in Galatians 5:22-23, is made up of the following nine qualities or gifts: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. They reside within each and every person who walks this Earth. Our responsibility is to harvest them out onto others to share our authenticity of these gifts. This is Pure Health and Wellness.

Fruit of the Spirit list:

1. Love
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Faithfulness
8. Gentleness
9. Self-control



Love

"And above all things have fervent love for one another, for 'love will cover a multitude of sins'" (1 Peter 4:8). In these next few months, be intentional by displaying love by action.

Joy

"Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit" (Romans 15:13). Our Joy is tied to what we desire most. The problem with seeking Joy is that often we seek it in things that can't be sustained. I urge you to use "J~O~Y" Jesus~Others~You. Notice the order.

Faithfulness

"For we walk by faith, not by sight" (2 Corinthians 5:7). Take away one of our 5 senses and the others grow. Children learn this at a young age. Faith is yet another Fruit we must maintain walking through life harvesting. Live out of a place of Faith that God will redeem every situation for his glory and our good.

Kindness

"Those who are kind benefit themselves, but the cruel bring ruin on themselves" (Proverbs 11:17, NIV). Simply put. Practice the Golden Rule. Be Kind and through Gods Kingdom it shall loop back in abundance. Gods Kingdom of ~Kind Karma~.

Goodness

"Who among you is wise and understanding? Let him show by his good behavior his deeds in the gentleness of wisdom" (James 3:13). Goodness sits within us. It's the seed that grows and gives through a lifetime. Like a sponge. Soak up wisdom of goodness and ring it out.

Gentleness

"A gentle answer turns away wrath, but a harsh word stirs up anger" (Proverbs 15:1). Remind yourself to breath and take a pause in both words and action. Use these fruits of the Spirit as a painter uses his brushes. How more magnificent will our life be if we always pause to grab our brush.



Patience

"The Lord is not slow about His promise, as some count slowness, but is patient toward you, not wishing for any to perish but for all to come to repentance" (2 Peter 3:9). So some may say that time is an Illusion. And that this Illusion is like giving permanence to something that flickers in an out of existence. Like those things not bound to time. Gods planted seed of Patience is not bound to time. It's our Human minds that are ignorant to put patience in a compartmentalizations bounded box.

Peace

"Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful" (Colossians 3:15). Remind yourself everyday or even every breath that the fruit of the Spirit of Peace reside within you and don't cease on allowing it to Rule you.

Self-control

"Like a city that is broken into and without walls is a man who has no control over his spirit" (Proverbs 25:28). God has given us this tool, use it to walk close to him and live fruitful.

FEMALE

VETERAN of the Quarter

Deborah A. Sides

When you are part of a military family no one ever asks what will you do when you grow up; the assumption is you will follow in the family's footsteps and become a soldier too. As an Army Brat, we lived by the rules of Duty, Honor, Country. I graduated high school I was going to college. I had dreams of becoming a chef. I realized I didn't have a way to pay for the dream, so I joined the Army in August 1983. I went to Basic A 5/1 at Ft. Jackson, SC. I attended Advance Individual training as 31D Radio Communications Operator Training at Fort Gordon, GA.

My first duty was Kaiserslautern Germany. My job required me to go to remote stations and install antennas to send and receive radio communications. We continuously moved throughout the field exercise; breaking down antennas and reinstalling them. Often times during my enlistment I was the only female on site. My second duty assignment was: D 313th Signal Company, 16th Signal Bn, on Ft Hood Texas. While assigned on Ft Hood, I was married and had two daughters. I was injured during my units deployment preparations, and worked with rear detachment during the deployment. I ETSed November 1990 I was honorably discharged.

I decided to use my military leadership skills and GI Bill to become a teacher. I graduated with a Bachelor of Science from Mary Hardin Baylor, Belton, Texas, June 1997. I majored in education, minored in reading. I have been teaching in a public school environment for 25 years. I have taught middle school math.

Throughout my 25 yrs of teaching I continued to challenge myself to achieve. July 2003 I graduated Sum Cum Laude from Jones



International University Masters in Curriculum & Assessment with a minor in principles of Leadership. I became an Assistant Principal in 2010 and currently have 1 yr towards my Doctorate of Curriculum from Capella University. Urgently I am teaching Algebra I and 8th grade Math. I am a Team Leader and the math department Chair person. I will be retiring next year and I'm looking forward to a new adventure.

I love teaching and know that the skills I learned in the Army helped to shape me into the strong teacher I am today. I look back at my military training and teaching career, and I'm reminded of my family's most important lesson: service to community and country. I feel I have done both with Courage, Pride and Grace.

Are you a Veteran or do you know a Veteran who would like to be featured in VOM Magazine?

Please Email Tom Hogate: tjhogate3@comcast.net

MALE

VETERAN of the Quarter

Jorge Cruz

Jorge Cruz SFC, US ARMY Retired, Finance Corps

My name is Jorge Cruz, born in Fajardo, Puerto Rico; I graduated from the Inter American University of Puerto Rico, with a degree in Accounting and Management. I entered the military in 1981, with the Finance Corps. I Attended Basic training at Fort Leonard, Missouri, attended the Finance School at Fort Benjamin Harrison, Indiana and subsequently was assigned to various locations overseas, spending fifteen years in Germany. I had a tour in Kuwait, Macedonia, and was instrumental in 1991 during Operation Desert Shield and Desert Storm, providing finance support in Frankfurt Germany, to all soldiers in theater. In 1996, I deployed to Kuwait in support Operation Desert Strike, and 1999, I deployed to Macedonia, on a Peace Keeping Mission.

I was honorable discharged, retired, after twenty years of services with The United States ARMY, at Fort Stewart, GA.

I am currently a Local Veterans Employment Representative, Business Service Representative with the Maryland Department of Labor, located at Bel Air, MD. I has been with the Maryland Department of Labor, for over fifteen years of services. I engage and network with employers such as the Federal Government, Federal



Contractor Employers, Unions, Universities, Colleges and Small Businesses, with the focus/intend on referring qualified veterans, for employment and training opportunities.

I am very proud of my services provided to the United States ARMY and the Maryland Department of Labor. "Once a Soldier, Always a Soldier" HOOAH.

*Thank
you!*
FOR YOUR
SUPPORT

A very Merry Christmas and Happy New Year to all of you! We ask that you remember that Jesus is the Reason for the Season, and we wish you much love and success.

A BIG thank you to all the article providers, both veteran and non-veterans, who supplied all the featured articles for our VOM News Magazine from the beginning to now. We also thank all the advertisers who believe in our magazine. We cannot forget a thank you to the First Responders, Veterans and active military, both male and female, and may each be blessed with health, happiness and spiritual fulfillment.

BUSINESS *of the Quarter*

Next Day Mobility



Rhonda and Kenneth McMullen started Next Day Mobility in 2011 to deliver mobility and accessibility solutions to those faced with limited physical mobility. We started in a small town in rural Maryland, serving our local community and helping both families and businesses meet their accessibility needs.

Our company has grown, but it still remains in the same small town while serving the needs of four states within the Mid-Atlantic region. The small hometown values of compassion, friendliness and responsiveness to our client's needs are still maintained as the bedrock of our core principles.

Kenneth has a Bachelor of Science degree in electrical engineering and was employed by the US Army at Aberdeen Proving Grounds for 31 years specializing in soldier survivability. Now that he no longer works for the US Army he has turned his focus to those who have served, veterans with needs that Next Day Mobility can meet by providing accessibility solutions making life easier.

If you or a family member are faced with mobility restrictions, limitations, challenges or frustrations, Next Day Mobility's team of experts will work with you to determine which of our mobility products will best suit your



needs. We understand no two situations are alike, so rest assured, we will meet with you to discuss your specific situation before suggesting mobility solutions.

The true benefit of Next Day Mobility is our people—the experts, the problem solvers, the trusted friends that work every day to deliver the best solution at the best value to our clients. It's our mission to stand by your side and be there when you need us. Changing lives for the better is what drives us.

Next Day Mobility will not abandon you after the sales and installation process is done. We offer friendly and quick mobility scooter repair and stair lift repairs to our clients. Accessibility and mobility equipment may be our business, but customer support is where Next Day Mobility started and it's our passion to this day.

Your freedom is important to us.

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Irish Christmas Blessings

Here are some Irish Christmas blessings, poems, songs and sayings to share with your family, friends and loved ones!

Blessing #1

God grant you lightness in your step,
A smile on every face you meet,
Loved ones gathered at your hearth,
And at your door, good friends to greet
A holy hymn upon your lips,
A window candle burning bright
And may the Good Lord bless your heart
And come to dwell here Christmas night.

Blessing #2

The light of the Christmas star to you
The warmth of a home and hearth to you
The cheer and good will of friends to you
The hope of a childlike heart to you
The joy of a thousand angels to you
The love of the Son and
God's peace to you

Blessing #3

This Christmas may you have...
Walls for the wind
And a roof for the rain,
And drinks bedside the fire,
Laughter to cheer you,
And those you love near you,
And all that your heart may desire.

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