

Fall Issue 2021
Veteran's Outreach Ministries

VOM

magazine

ARE YOU A FOOL? Pg 4

Art Therapy Pg 9-10

The 13 Folds of Old Glory Pg 12

The Fruit of the Spirit Pg 6

FALL 2021 EVENTS Pg 3

FREE

Subscribe to this Magazine online!

WELCOME *from the* Board of Directors

Welcome to the Fall Edition of the VOM News Magazine. With the COVID-19 Delta Variant in control and the governors from Delaware, Maryland, and Pennsylvania are revising the CDC mask mandates for indoor protection, kindergarten to high school, colleges, health services, hospitals, and other venues. Even with all those who are vaccinated, these efforts will still be put in place.

In Psalms 30.2. "O Lord my god, I call to you for help and you healed me". The good/bad news is that the summer heat is still in effect but the heat is waning toward the fall season. Vacations will be taken in the cooler and more enjoyable weather. Lawns will be mowed for the final times, equipment will be serviced and put away until spring when they will be needed again.

We must remember our male and female veterans, and their families at this time who need support and help through non-profit organizations, and local businesses. A Veterans Stand Down (2021) will be held at Schutte Park in Dover, DE and a Vet Fest (2021) will be held at The Village of Whitehall in Middletown, DE. VOM will be attending both.

Lets make it our goal in life to seek salvation through prayer.



**VETERANS 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.

VOM is a 501(c)(3) non-profit organization

Veteran's Outreach Ministries is expanding into the Chester and Delaware County areas in Pennsylvania. Currently, we are seeking volunteers to help us with this growth. If anyone is interested in assisting us with this expansion please contact me at 610-299-5523 or johnd.vom@gmail.com for more information.

Veterans Outreach Ministries
The Board of Directors

President:

Tom Hogate:
tjhogate3@comcast.net

Vice Presidents:

Al Grimminger:
al.grimminger@icloud.com

Colin Diggs:
tcm3245@gmail.com

Steve Hague:
shague427@gmail.com

John Dimeglio:
johnd.vom@gmail.com

Rebecca Rondone:
beckyrondone@gmail.com

Glenn Ahrens:
Glenn@ElShaddaiChristian.com

Inside This Issue

Welcome Message	1
Shrimp Puttanesca Recipe	2
Fall 2021 Events	3
Are You A Fool?	4
Two Wolves, A Cherokee Proverb	5
The Fruit of the Spirit	6
Announcement from VOM	7
Days to Display the Flag	7
Art Therapy	9-10
Financial Focus	11
The 13 Folds of Old Glory	12
Male Veteran(s) of the Quarter	13-16

Thank you Corporate Partners!

Bakers Restaurant and Elm Properties (Gold Tier)

VOM is Sponsored by:

Oasis Church, 2200 Glasgow Ave, Newark, DE

Magazine Design by:

Grunge Muffin Designs (443)-252-2800
Meredith@grungemuffindesigns.com
www.GrungeMuffinDesigns.com



**Grunge Muffin
Designs**



Shrimp Puttanesca from
www.TasteofHome.com

SHRIMP PUTTANESCA

MAKES:

4 Servings

TOTAL TIME:

30minutes

INGREDIENTS:

- 2 tablespoons olive oil, divided
- 1 pound uncooked shrimp, prepped
- 1 tsp crushed red pepper flakes, divided
- 1/4 tsp salt
- 1 small onion, chopped
- 2 to 3 anchovy fillets, finely chopped
- 3 garlic cloves, minced
- 2 cups grape or cherry tomatoes
- 1/2 cup dry white wine or vegetable broth
- 1/3 cup pitted Greek olives, coarsely chopped
- 2 tsp drained capers
- Sugar to taste
- Chopped fresh Italian parsley
- Hot cooked spaghetti, optional

INSTRUCTIONS:

1 In a large skillet, heat 1 tablespoon oil; saute shrimp with 1/2 teaspoon pepper flakes until shrimp turn pink, 2-3 minutes. Stir in salt; remove from pan.

2 In same pan, heat remaining oil over medium heat; saute onion until tender, about 2 minutes. Add anchovies, garlic and remaining pepper flakes; cook and stir until fragrant, about 1 minute. Stir in tomatoes, wine, olives and capers; bring to a boil. Reduce heat; simmer, uncovered, until tomatoes are softened and mixture is thickened, 8-10 min.

3 Stir in shrimp. Add sugar to taste; sprinkle with parsley. If desired, serve with spaghetti.

VOM & Community Events for Sept-Nov 2021

www.VeteransOutreachMinistries.com
Visit for full Event Details

- Sept 11 - Crab Crawl in North East MD**
Dine at 6 locations on Main St to Support Cecil Libraries!
- Sept 16 - CHEP Golf Outing**
from 8m-4pm. More details www.chepinc.org
- Sept 17 - 2021 Veterans Stand Down at Schutte Park**
8am-2pm at Dover, DE - VOM is a Vendor!
- Sept 17 - Elkton Fall Fest Classic Car Cruise from 5-8pm**
Corner of North St. and Main St. in Elkton, MD
- Sept 18 - Elkton, MD Fall Fest 10am-8pm**
Visit www.ElktonFallFest.com - VOM is a Vendor!
- Sept 23 - VOM Roundtable Discussion**
at New Covenant Church in Middletown, DE
- Sept 25 - Vet Fest 2021 at Village of Whitehall**
A Community in Middletown, DE - VOM is a Vendor!
- Oct 2 - Crouch Automotive Car Show**
152 North East Rd in North East, MD
- Oct 13 - VOM and Community Career Fair 11am-4pm**
Oasis Church in Glasgow, DE. Lunch & Table for Vendors
- Oct 15 - Warriors Helping Warriors 4th Annual Golf Tournament**
at Back Creek Golf Course in Middletown, DE
- Oct 21 - Board of Directors Meeting and VOM Meeting at 6:30pm**
Board meeting starts at 6pm. Oasis Church in Glasgow, DE
- Oct 23 - Annual Halloween Party in North East Community Park**
From 1pm-4pm in North East, MD
- Nov 23 - Board of Directors Meeting and VOM Meeting at 6:30pm**
Board meeting starts at 6pm. Oasis Church in Glasgow, DE
- Nov 25 - Happy Thanksgiving!**

by Debbie DiVirgilio

ARE YOU A FOOL?

Become wise by walking with the wise; hang out with fools and watch your life fall to pieces.

~Proverbs 13:20 (MSG)

As I read this verse, I had to chuckle. I don't believe there is anyone of us that would like to be or would choose to be called a fool. But, how often do we unconsciously choose to do so?

This verse confirms for us what our parents always told us as we were growing up – that those that we “hung out with” would influence us, either for our benefit or our detriment. Unfortunately, most of the time when we were hearing this, it was not because we were spending time with wise people. And, all too often, we discovered that when we were around people who were not wise, our lives did indeed “fall apart.”

While we might think that we have grown beyond this verse as adults, as nonprofit or ministry leaders, we haven't. The verse still applies to our lives.

Think about:

- Where do you get your info and resources?
- Who do you go to for advice?
- Who do you spend recreational time with?
- What are you reading and putting into your mind?

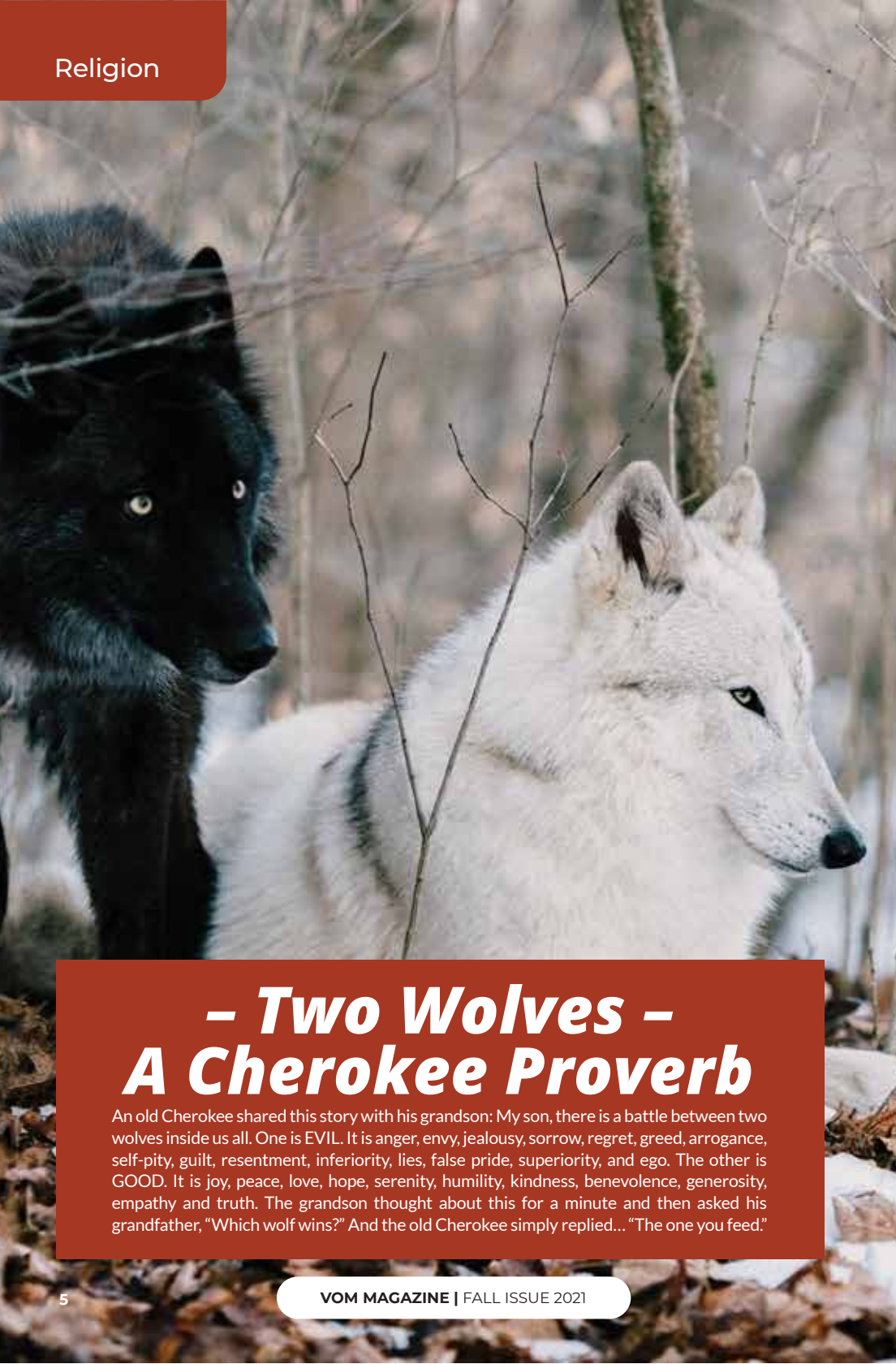
We can become wise by ensuring that we are putting the right information in our minds, that we are going to the right people for guidance and direction, that we read wise material, engage in wise habits and that we spend time with positive people.

Please know that I am not saying to isolate yourself and never interact with non-believers (how would we ever live out the Great Commission?) but instead, we need to be filled with wisdom so that we are equipped and ready to be wise for others.

So, what steps do you need to take toward wisdom today? Perhaps you need to begin by ensuring you are getting information and resources from sources that you can trust...from those whose values align with yours.

Perhaps you need to begin by seeking advice from wise people. Or perhaps you need to look at your recreational and “down time” activities.

But, you may ask, how can I really know if someone is wise? The answer is to look at the fruit in their lives. In other words, what is their life producing? Scripture tells us we are known by our fruit, and wise fruit cannot grow in environments where it is not nurtured. Take time today to nurture the fruit of wisdom in your life. *Sweet Blessings to You, My Friend.*



– Two Wolves – A Cherokee Proverb

An old Cherokee shared this story with his grandson: My son, there is a battle between two wolves inside us all. One is EVIL. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is GOOD. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, generosity, empathy and truth. The grandson thought about this for a minute and then asked his grandfather, "Which wolf wins?" And the old Cherokee simply replied... "The one you feed."

FRUIT OF THE SPIRIT

Shared by Dr. Carol C. Fisher,
Pastor of New Covenant Presbyterian
Church, Middletown, DE

But the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control.
(Galatians 5:22-23a)

Our negative thoughts can create anxiety, anger, resentment, jealousy - an array of emotions. A certain amount of negative thinking is normal. However, if this way of thinking and acting becomes one of the primary characteristics of our behavior, it can derail us from what we want most in life - from our main purpose.

At minimum, negative thinking and behavior saps our energy, erodes our self-confidence and can put us in a bad mood for both those who are exhibiting this type of behavior and those receiving it. Certainly, thoughts come and go so quickly that it's impossible to notice them, but with an awareness and an attitude of compassion and Christlike love, we can redirect our negativism to more positive actions.

Our thoughts can be our own worst enemy. That is, if we let them. Think about how you may be "feeding" your negative thoughts by allowing them to rule your mind. Next time you have a negative thought, catch it and ask yourself, "What is this thought doing for me?"

You will find that the answer is that all negative thoughts are doing is disempowering you. You can immediately feel more empowered by focusing on something good in your life, and then cultivating the practice of gratitude.

We can create greater peace, confidence and a more positive outlook by learning how to manage our thoughts. After all, this battle can be won because we have the power of choice!

Which wolf are you feeding? Remember, you always have a choice...

The fruit of the Spirit is produced by the Spirit, not by Christian disciples. The Greek word is singular, showing that "fruit" is a unified whole, not independent characteristics. This word refers to the natural product of a living thing. Paul used "fruit" to help us understand the product of the Holy Spirit living inside of us.



As we grow in our faith, all the characteristics of Christ will be manifested in our lives. And yet, like physical fruit needs time to grow, the fruit of the Spirit will not ripen in our lives overnight. Like a successful gardener must battle against weeds to enjoy the sweet fruit they desire, we must constantly work to rid our lives of the "weeds" of our old sin natures that want to choke out the work of the Spirit.

The Holy Spirit gives us the power we need to reject sinful desires. We can say "no" to sin and accept the "way out" God faithfully provides (1 Corinthians 10:13) by following the Holy Spirit's lead-ing. As we give the Spirit more control of our lives, the Spirit begins to do in and through us what only it can do - to shape us and grow us to look like Jesus (2 Corinthians 3:17-18).

Since God's goal for all of us is to be like Jesus (Romans 8:29), the Holy Spirit constantly works to rid our lives of the "acts of the sinful nature" (Gal 5:19) and display God's fruit instead. Therefore, the presence of the "fruit of the Spirit" is evidence that our character is becoming more like Christ's.

May we increasingly see more fruit of the Spirit in our lives that we might honor God with everything that we are and do.



VETERAN'S OUTREACH MINISTRIES

"Healing Through Christ"

Veterans Outreach Ministries announce the expansion to Chester, Delaware County and Philadelphia Areas. This 501 (c) (3) non-profit organization is to be known as Veterans Outreach Ministries - Philadelphia Area.

We are seeking Board Members and volunteers to help veterans and military personnel, first responders and their families who are suffering emotionally and physically. By using prayer and fellowship we ask our Lord Jesus Christ to heal them from any pain they are experiencing. This is a part of the VOM mission statement.

By seeking veterans shelters, churches and other groups in need we can offer spiritual guidance to ask our Lord for help.

If you would be interested in joining us or would like additional information about our organization, please visit our website:

www.VeteransOutreachMinistries.org

or please contact John DiMeglio

by phone or text at 1-610-299-5523



2021

**DISTINGUISHED
PARTNERS**

PLATINUM



GOLD



*Baker's
Restaurant*

SILVER



**BRENNAN
& Associates, Inc.**

BRONZE



Days to Display the Flag

Holidays to Display Flag

Sept - Nov 2021 Fall Issue

- Labor Day - Sept 6
- Patriot Day and National Day of Service and Remembrance - Sept 11, 1/2 staff until sunset
- U.S. Constitution approved - Sept 17, 1787
- POW/MIA Recognition Day and Constitution/ Citizenship Day - Sept 17
- Columbus Day (observed) - Oct 11
- Navy Day - Oct 27
- Signing of WW1 Armistice - Nov 11, 1918
- Veterans Day - Nov 11
- Thanksgiving Day - Nov 25

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

Non Flag Display Days

(for information only)

- V-J Day, Japan signed formal Surrender - Sept 2, 1943
- Rosh Hashanah Begins - Sept 6
- U.S. Navy Sea Cadet Corps Incorporated - Sept 10, 1962
- Grandparents Day - Sept 12
- "Star Spangled Banner" written by Francis Scott Key - Sept 14, 1814
- Ladies Auxiliary VFW organized - Sept 14, 1914
- Yom Kippur Begins - Sept 15
- U.S. Air Force Established - Sept 18
- Autumn Begins - September 22
- Gold Star Mothers Day - Sept 26
- VFW Established - Sept 29, 1899
- Afghanistan War Began - Oct 7, 2001
- Columbus Day - Oct 12
- U.S. Navy Established - Oct 13, 1775
- National Boss Day - Oct 15
- Grenada Campaign Began - Oct 23, 1983
- United Nations Day - Oct 24
- Halloween - Oct 31
- U.S. Marines Corps Established - Nov 10, 1775
- Grenada Campaign Ended - Nov 21
- First Sunday of Advent - Nov 28
- Hanukkah Begins - Nov 28



The above information was taken from the Veterans of Foreign Wars (VFW) 2021 Calendar.



**Biggie says VOTE FOR US!!
AUTOMOTIVE REPAIR**



cecildaily.com/contests

Crouch
AUTOMOTIVE
www.crouchautomotive.com

Conowingo, MD

Rte. 1 @ the Conowingo Dam

410-378-5555

North East, MD

Rte. 272 between Rte. 40 & I-95

410-287-5821

Rising Sun, MD

Rte. 1 @ the 273 Split

410-658-5050



**Veteran Owned
& Operated**

**Manufacturer of the
Industry's Leading
Airsoft System**

**"Made with pride in
the USA"**



www.polarstarairsoft.com



5 Garfield Way, Suite B, Newark, DE 19713



Art Therapy: A Creative Approach to Healing

An Article by
Lishamarie Hunter

Every day approximately 22 veterans and one additional active duty service member, reservist or national guard member commits suicide. As the conflicts in Afghanistan and Iraq come to an end there is a growing awareness over veterans and their treatment. The Veteran's Affairs is the largest healthcare system in the United States.

According to Congressional Research Services reported the raise in PTSD among Operation Enduring Freedom and Iraqi freedom veterans. Combat is the leading cause of PTSD among males, military sexual trauma (MST) is the leading cause among females.

What does PTSD look like clinically: re-experiencing, avoidance, numbing and hyper-vigilance? Re-experiencing includes night terrors, flashbacks, and frightening thoughts. Avoidance manifests as avoiding places, events or objects that brings back memories of the traumatic events. Emotional numbing, guilt, depression losing interest in hobbies and activities and and

having difficulty remembering details of the traumatic events is a symptom of the numbing process. Hyper-vigilance is the most common of the symptoms startling easily, angry outbursts, anxiety and trouble sleeping. These behaviors are typical following a traumatic event and lasts for a short period of time. When these behaviors become chronic the individual develops PTSD. Often times people who suffer from PTSD experience substance abuse, alcoholism, depression, aggression, divorce, homelessness, and suicidal ideation.

Preferred treatment within the VA healthcare system is Cognitive Behavioral Therapy (CBT). CBT is individualized counseling which includes Cognitive Processing Therapy and Prolonged Exposure therapy. The goals for these approaches is reduce the symptoms of PTSD. They help to isolate the trauma and help to manage the variety of symptoms the individual is experiencing. It helps the individual reconnect to their beliefs and

helps to manage their emotions. The goal is to reduce negative responses attached to the events.

Recently the VA Healthcare system has taken a more holistic approach to veterans mental healthcare. Clinics within the system are promoting mindfulness classes: yoga, tiao chi, meditation and art therapy. Art therapy is less known and not much research has been done on the benefits.

How is art therapy used?

What is the purpose of using art therapy in the treatment of mental health issues?



Art therapy explores feelings, resolves emotional conflicts, enhances self-awareness helps to manage behavior and addiction. Various art forms like painting in a group setting provide the individual with a safe environment to express feeling through the non verbal Medium, while being in a supportive community. The art therapy session is broken down into three parts. The beginning is allotted to checking in, this establishes a emotional starting point for the veterans. The second segment provides an artistic prompt and the individuals are involved in producing artwork. The final stage is bringing in all together, sharing

feedback regarding the artwork. A number of activities are included in the application of art therapy. The purpose of the process is to allow the individual to manage emotions and process the trauma.

Popular activity in art therapy is drawing. Drawing pictures expressing their inner thoughts and then sharing their interpretations of the images created. Another avenue in use is photography, while taking the picture the person visually captures a moment in their life and they form emotions to their daily activities. Art is more than drawing.

Art therapy utilizes painting, dance, poetry, writing and sculpting. Although the use of art therapy is new in the United States it does have a successful history in the United Kingdom and has been used since 1942 when it was used by a WWI official war artist, Adrian Hill.

The VA healthcare system has realized that a veterans mental healthcare needs a multi pronged approach. They are getting away from the medications and the traditional CBT approaches finding that veterans are having more success with a more holistic and well rounded healing processes. Art therapy can be a part of that.

FINANCIAL FOCUS

Look at Your Financial Situation Holistically

What's the biggest financial mistake you can make? Choosing the wrong investments? Waiting too long to save for retirement?

Underestimating the costs of retirement? All these are reasonable answers, but the biggest mistake you might make is not looking at your financial picture holistically – that is, not bringing into the picture all the elements of yourself. Let's consider some of them:

Your views on helping your family

Your decisions about helping your family are clearly going to be a major part of your financial strategy – and this is true at virtually all stages of your life. When your children are young, you'll need to decide if you're going to put away money for their college education, and, if so, how much, and in what investment vehicles.

When they're young adults, you may also need to decide how much financial support you're willing to provide for things such as the down payment on a new home. And when you're drawing up your estate plans, you'll need to consider how to distribute assets to your children, grandchildren or other family members.

Your personal beliefs

As someone with civic, ethical and moral concerns, you want to positively affect the world around you. And that's why you may feel compelled to make charitable gifts throughout your life and then make philanthropy part of your legacy.

To accomplish these objectives, you'll want to include gifting techniques in your financial strategy today and your estate plans for tomorrow. Of course, for the estate planning component, you'll need to work with your tax and legal advisors.

Your purpose in life when you retire

When you retire, you may be stepping off a career path, but you're also entering a world of possibilities. How will you define, and live out, your new sense of purpose at this stage of your life? Do you seek to broaden your horizons by traveling around the world?

Do you want to give back more to the community by volunteering? Can you spend more time pursuing the hobbies you enjoy? Each of these choices will carry different financial implications for how much you'll need to accumulate for retirement and how much you will need to take out each year from your retirement accounts, such as your IRA and 401(k).

Your health

Your physical and mental health can play big roles in your financial plans and outlook. On the most basic level, the healthier you are, and the better you take care of yourself, the lower your health care bills will likely be during retirement, which will affect the amount you need to put away for health care. And you also may need to prepare for the costs of long-term care, which can be enormous – in fact, a private room in a nursing home can easily cost \$100,000 per year, according to the insurance company Genworth.

It can be challenging to weave all these elements into a single, unified vision, so you may want to get some help from a financial professional. But, in any case, be prepared to look at your situation holistically – because, when putting together a lifetime's financial strategy, every part of your life matters.

The Meaning Behind the 13 Folds of Old Glory

Most Americans have seen the traditional folding of the American flag, at specific events, such as funerals. Have you ever wondered why Old Glory is folded that specific way? Much more than just pomp and circumstance, each of the 13 folds holds special meaning.

The flag-folding ceremony represents the same religious principles on which our great country was originally founded.

The first fold of our flag is a symbol of life.

The second fold is a symbol of eternal life.

protect our country and our flag against all enemies, whether they be found within or without the boundaries of our republic.

The eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor our mother, for whom it flies on Mother's Day.

The ninth fold is a tribute to womanhood. It has been through their faith, love, loyalty and devotion that has molded the character of the folks who have made this country great.



(Arlington National Cemetery/Elizabeth Fraser)

The third fold is made in honor and remembrance of the veteran departing our ranks, and who gave a portion of his or her life for the defense of our country to attain peace throughout the world.

The fourth fold represents our weaker nature; as American citizens trusting in God, it is Him we turn to in times of peace, as well as in times of war, for His divine guidance.

The fifth fold is a tribute to our country. In the words of Stephen Decatur, "Our country, in dealing with other countries, may she always be right, but it is still our country, right or wrong."

The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

The seventh fold is a tribute to our armed forces, for it is through the armed forces that we

The 10th fold is a tribute to father, who has also given his sons and daughters for the defense of our country since he or she was first born.

The 11th fold represents the lower portion of the seal of King David and King Solomon and glorifies the God of Abraham, Isaac and Jacob.

The 12th fold represents an emblem of eternity and glorifies God the Father, the Son and Holy Ghost.

The 13th fold, when the flag is completely folded, the stars are uppermost, reminding us of our national motto, "In God We Trust."

After the flag is completely folded and tucked in, it has the appearance of a cocked hat, ever reminding us of the soldiers who served under Gen. George Washington and the sailors and Marines who served under Capt. John Paul Jones and were followed by their comrades and shipmates in the U.S. Armed Forces, preserving for us the rights and freedoms we enjoy today.

—MALE—

VETERAN *of the Quarter*

David Simpler

I thank pastor and fellow veteran Tom Hogate for asking me to do this! A little history about me. I never thought of myself as a celebrity, just plain ole me.

I was raised on a small dairy farm between Churchill and Sudlersville, MD. in Queens Anne County with my parents and four boys. With a dairy farm and other livestock it was seven days a week work. Sunrise to sunset! I got .25 cents a week allowance and we only went to town one day a week on Sunday morning. My .25 cents got me a 7 oz. Coca Cola and a hand-dipped ice cream cone! I was a happy boy and I worked all week for that Coke and ice cream cone.

I attended high school at Sudlersville High in MD which was known for the major league baseball player, Jimmy Dell Fox. My oldest brother, William A. was named after our father. He joined the National Guard in the 1950's. My second brother, Kenneth R. joined the Army in the early 1960's and served in the early days of Vietnam and Germany. My third Brother, Gary A. got married right out of highschool and started a family.

I graduated in 1965 and went to MD State Teacher's College after highschool. Come summer break you were no longer 4F you were 1A for the draft. The draft was hot hot!! You could not buy a job if you were 1A with the draft board. So, I made the decision to go to the draft board and volunteer to move my number up so I could get it over with.

They moved me up! In sight of 3 weeks I was on my way to Fort Holabird, an Army post in the City of Baltimore, MD for induction. Then on a bus to Fort Bragg, North Carolina for basic training. That was physical and military mental training with discipline included at no charge!

I was about 2 years older than most of the inductees, but as a farm boy I was in better physical shape than most. It was an experience to say the least! After 8 weeks of this, I was sent of Fort Sill, Oklahoma for field artillery school. This farm boy got his 1st ride on an airplane. An old



jump plane with nylon strapped seats and this airplane rattled and shook all the way there. I think I probably had loose teeth by the time we got there. The barracks were still WW2 era but adequate for the purpose.

Graduation day was late December, however we had an ice storm and nothing moved by land or by air. We stayed in a motel until departure was available. Young and dumb (naive) we only has about 1 week before leaving for Vietnam. Some went via boat and some via air. I went by air, landing in Tuy Hoa on January 1, 1968. We had nothing but the government issued fatigues on and we got hit that night and lost a few guys within 24 hours of landing. We knew nothing of this type of environment.

Young and dumb! We were all separated and sent to various artillery units as needed. We were strictly replacements in one form or another. I was located in I Corps 5/27th B Battery 105-155 Towed Artillery.

I thank my Lord and Savior that I survived. The 15 months I survived, I will leave locked in a box and then I returned home to a country that just seemed distant and unfriendly to me. There was



PALUMBO'S CAR CARE CENTER, INC.
FAMILY OWNED & OPERATED FOR 47 YEARS

- Brakes & Shocks
- Struts Experts
- Air Conditioning
- We Love Company Cars
- 12 "State of the Art" Auto Service Bays
- Engine Diagnostics
- Exhaust Systems
- Dealer Maintenance
- We Accept Extended Warranties
- No Appointment Necessary

Financing Available! No Credit, No Problem!

1000^s Of Tires In Stock
 Online Pricing, Same Day Installation
 While you wait

GOODYEAR BRIDGESTONE NITTO DUNLOP Continental
 GENERAL TIRE FIRELLI MICHELIN Fuzion Firestone

www.palumbos.net
 2515 Pulaski Highway • Newark, DE 19702
 On Route 40, Across from People's Plaza

CALL US 302-368-2800

no training for this. Being in a rural area, I knew nothing of how the country that I left had changed. I felt like I didn't belong here again. That's why a lot of Vietnam veterans re-upped and returned to Vietnam. They felt comfortable there.

I had people tell me that I was not the same person that I was before I left. I could not understand that. As most GI's, I tried to acquire the American life that we envisioned and held dear to our hearts while in combat in a foreign country. Not knowing that it would be difficult because of the strict discipline, military training and the mental toll of combat that you never knew you had. The ups and downs with hills to climb was a way of life for me. We will leave that in a box also.

In the mid 1980's I joined a VFW. They needed officers badly, So, I answered the call of duty again. Took on several different offices as needed. When the need for a service officer opened up, I volunteered for it. Again, naive!

At that time the State of MD Service Officer was a man named Phil Medlin. He gave great training classes and was very thorough. Through his guidance many lives were changed and

helped! The veterans received healthcare, treatment, benefits for their families, and compensation for military-related issues.

For some strange reason many veterans don't know about the benefits available to them and their family! I call it; lack of communication! Reaching out to others and communicating is still the issue in my opinion. I know because I did without and it took 40 years for me to get any help!

So, now as a Service Officer with the DAV, I make it a point to COMMUNICATE; which I find is still a stumbling block. My self made Motto is "I EXTEND THE HAND TO YOU THAT NEVER WAS EXTENDED TO ME!"

443.252.2800

Grunge Muffin Designs

Branding, Graphic Design,
 Photography, Social Media,
 Video Production, Web Design

We're A Design Studio In Elkton, MD

www.GrungeMuffinDesigns.com



MALE

VETERAN *of the Quarter*

Dennis G. Lindgren Jr.
(261st TTSB Command Sergeant Major)

CSM Dennis G. Lindgren Jr. was born in Jamestown, New York, and joined the Military in June 1982, his significant experience is as follows.

He enlisted into the Military in June 1982 and attended One Station Unit Training (Basic Training and Advance Individual Training (AIT) at Fort Sill, Oklahoma. He received the 31V MOS as a radio operator and maintainer. His first assignment was in the 2/110th Infantry Unit in the Pennsylvania Army National Guard in Butler, PA until March of 1984. In April 1984 he moved to Delaware and enlisted in the Delaware Army National Guard as a TAC Communication System Operator.

He was assigned to HHD 736 S&S Battalion as a TAC Wire Operator Specialist. In 1991, he was transferred and assigned to 262nd Maintenance Company as Wheel Vehicle Repair, Track Repair, Senior Auto Repair and Auto Repair Sergeant. In 1995, he was transferred and assigned to the 153rd MP Company as the Motor Sergeant and HQ Platoon Sergeant. In 1997, he was transferred and assigned to 261st Signal BDE as Service Maintenance Supervisor. In 1999, he was transferred and assigned to 945th C&C Company as the First Sergeant. In 2001, he was transferred and assigned to 198th Signal Battalion as the Commander Sergeant Major.

In 2003, he was transferred and assigned back to the 261st as the Logistic Sergeant Major. In 2005, he was transferred and assigned to the JFHQ as the J4 Logistic Sergeant Major. In 2005, he was transferred and assigned to the 721st Troop Command as the Battalion Command Sergeant Major. In 2006, he was transferred and assigned to the 193rd RTI as the Commandant Command Sergeant Major. In 2007, he was transferred and assigned back to the 721st Troop Command as the Battalion Command Sergeant Major.

In 2010, he was transferred and assigned to 184th ESC Mississippi Army National Guard where he mobilized and deployed as the LNO for higher at USFOR-A in support of Operation Enduring Freedom Afghanistan. In 2011, he was



transferred back to JFHQ as the Logistic Sergeant Major, and as of 2013 has been serving as the 261st Theater Tactical Signal Brigade Command Sergeant Major.

Civilian education: graduated from Deer Lakes High School, Gibsonia Pennsylvania. He graduated with an Associate of Applied Science Computer Engineer Degree from Delaware Technical & Community College and a Bachelor of Science in Business Management Degree from Wilmington University.

Military Education: Army Basic Combat Training, Tactical Communication System Operator Mechanic Course, Primary Leadership Development Course, Wheel Vehicle Repair Course, Basic NCO Course, Battle Skill Course, Advanced NCO Course, Master Fitness Course, Battle Lab Course, ULLS-G Course, 62B Sustainment Heavy Equipment Course, and Electrician Course, United States Army Sergeant Major Course NRC class 28 and Pre-Command and Command Sergeant Course and SSD5. CSM Lindgren is currently employed with Delaware National Guard Federal Technician Program.



BOWERS, HASSAN & HERNDON

We specialize in injury cases
(auto accidents, work
injuries) traffic cases, and
criminal defense work.

Give us a Call: 410-885-6200
Office Address: 229 E Main St Elkton, MD 21921

Discounts available to Veterans by mentioning this ad

Free criminal record expungement review and
Maryland expungements for eligible charges

Decorations, awards and citations:
Meritorious Service Medal, Joint Service
Commendation Medal, Army Commendation
Medal (3), Army Achievement Medal (3), Army
Good Conduct Medal, Army Reserve Component
Achievement Medal (9), National Defense
Service Medal (2), Afghanistan Campaign Medal
with 2 stars, Global War on Terrorism
Expeditionary Medal, Global War on Terrorism
Service Medal, Armed Forces Reserve Medal
(Gold Hour Glass/M device, Noncommissioned
Officers Professional Development Ribbon (5),
Army Service Ribbon, Overseas Ribbon, Army
Reserve Components Overseas Training Ribbon
(6), NATO Non Article ISAF Afghanistan Service
Medal, Delaware National Guard Medal of
Military Merit (2), Delaware National Defense

Ribbon (2), Delaware Medal for Service in Aid
to Civil Authority, Delaware Physical Fitness
Ribbon (13), Mississippi Magnolia Medal, Joint
Meritorious Unit Award, Governors Meritorious
Unit Award and Unit Strength Award.

Civilian Affiliations: Life time member of
Enlisted Association of the National Guard of the
United States (EANGUS), member of United
States Warrant Officers Association (USAWOA),
associate member of the National Guard
Association of Delaware (NGADE), member of
the Signal Corps Regimental Association,
member of Jersey Shore Volleyball Association,
Head Coach for Women's Volleyball at Del Tech
Community College 2 years. Head Coach for
Women's Volleyball at Cecil College 2006 to
2014.

Would you or a Veteran you know like to be featured in the VOM Magazine?

If so, please email Tom Hogate at TJHogate3@comcast.net and tell him about yourself or
the Veteran that you would like to recommend. Each issue of VOM Magazine features two
veterans each quarter, and we accept both male and female nominations.



Community means everything.

Chuck M Redstone, Agent

920 Peoples Plz
Newark, DE 19702
Bus: 302-832-0345

chuck.redstone.wz8f@statefarm.com

That's why I'm proud to be here to help life go right™ – and to support Veterans Outreach Ministries. If there's anything you need, call me.



UP TO 30% SAVINGS ON INK & TONER*

Veterans and Active Military enjoy an additional 10% Discount when presenting ID at time of purchase.

Great value, consistent, premium quality ink and toner cartridges – matching all major printer brands – at a lower cost.



Cartridge World of Delaware

800 Peoples Plaza Newark, DE 19702

cwde@cwdelaware.com

(302) 832-2933

www.cartridgeworld.com/store472

Bristoll
Plantation

(410) 392-6001

Hardscaping Company from Cecil County

WE DESIGN & BUILD
OUTDOOR LIVING
SPACES FOR:

- > Entertainment
- > Relaxing > Dining
- > Gardening > Recreation



BRUCE RENNER
302-420-5713

Renner's Road Construction

Email:

BruceRRenner@iCloud.com

Website:

rennersroadconstruction.
simplerite.com

**Contact
for FREE
Estimate**

The Art Studio | 310 Kiamensi Road, Wilmington



Thursdays from 6:30-8:30pm at The Art Studio (starting 9/9/21)

A Community Arts Program for Veterans and Military to explore your unique creative side and experiment with elements of art and design. Play with a variety of art forms including drawing, painting, collage and more! No art experience necessary and no expectations! You only need a desire to express yourself. \$5 per class, materials included.

Learn more by calling (302) 995-7661 or newcastlede.gov/artstudio



County Executive Matthew Meyer
Department of Community Services
Division of Community Resources



ART
STUDIO



Baker's Restaurant
1075 Augustine Herman Hwy
Elkton, MD 21921

Hours:

Wednesday: 4–8pm

Thursday: 12–8pm

Friday & Saturday: 12–9pm

Sunday: 12–8pm

Closed Monday and Tuesday

Live music Friday and Saturday 6–9pm

www.bakersrestaurant.net

410-398-2435

Family owned since 1958

Proud supporter of VOM



Subscribe to this Magazine online!