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... And More!

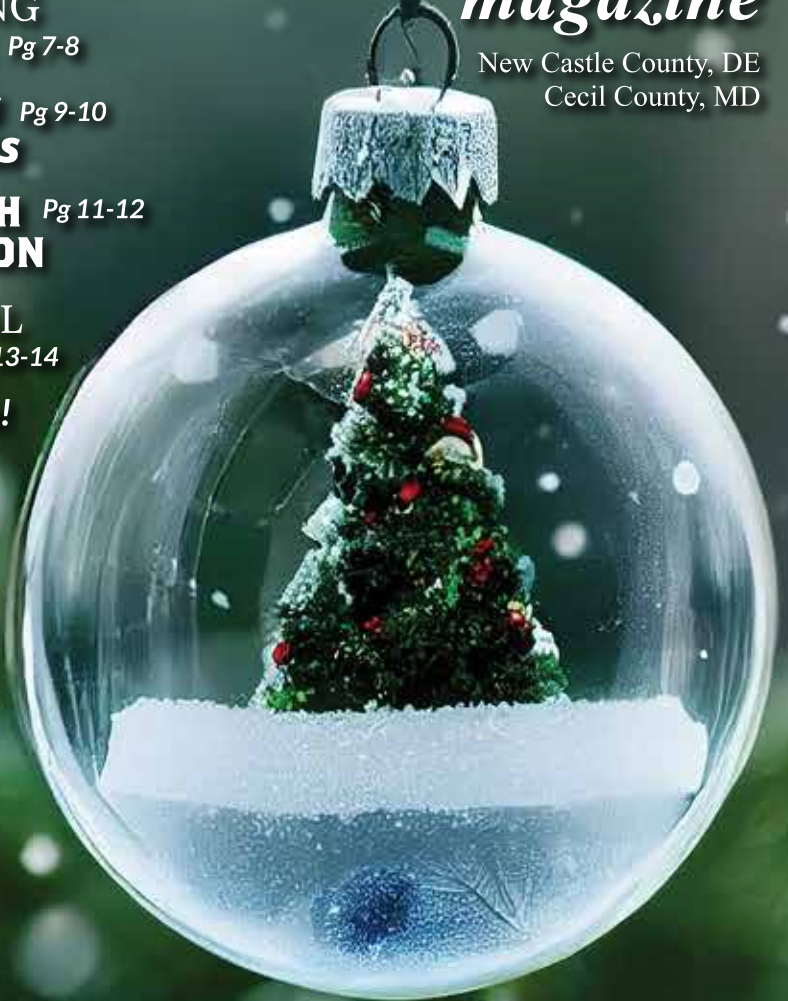
Winter Issue 2022/2023

Veteran's Outreach Ministries

VOM

magazine

New Castle County, DE
Cecil County, MD



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WELCOME *from the* Board of Directors

Welcome to the Veterans Outreach Ministries Winter edition (December 2022-January, February 2023) 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 a Merry Christmas and Happy New Year

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.

As the holidays are upon us, we are blessed to gather with our family and friends but there are many who are suffering from conflict in their lives from loneliness and sadness for the people who are no longer with us 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.

But let us not forget the true meaning of Christmas, "The Reason for the Season" the birth of our Lord and Savior, Jesus Christ. In Isaiah 9:6, it was predicted of the coming of Jesus. In the gospel of Luke 2: 8-12, gives us an accounting of the actual birth of Jesus. With each day coming closer to Christmas let all of us remember to celebrate its true meaning, the birth of our Lord and Savior, Jesus Christ

We should also 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.



**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.

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.

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EASY BANANA BREAD

MAKES: 8-10 Servings **TOTAL TIME:** 60 Minutes

INGREDIENTS:

- 2 to 3 medium (7" to 7-7/8" long) very ripe bananas, peeled (1 1/2 cups mashed)
- 1/3 cup butter, unsalted or salted, melted
- 1/2 teaspoon baking soda
- 1 pinch salt
- 3/4 cup (150g) sugar (1/2 cup if you would like it less sweet, 1 cup if more sweet)
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 1/2 cups (205g) all-purpose flour

INSTRUCTIONS:

1 Preheat the oven to 350°F (175°C), and butter an 8 x 4-inch loaf pan.

2 In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.

3 Mix in the baking soda and salt. Stir in the sugar, egg, and vanilla extract. Mix in the flour.

4 Pour the batter into your prepared loaf pan. Bake for 55 to 65 minutes at 350°F (175°C), or until a toothpick or wooden skewer inserted into the center comes out clean. A few dry crumbs are okay; streaks of wet batter are not. If the outside of the loaf is browned but the center is still wet, loosely tent the loaf with foil and continue baking until the loaf is fully baked.

5 Cool in the pan and then slice to serve.

January is Thyroid Awareness Month

Ladies! Get yours checked

**Article Written by
Lishamarie Hunter**

Recent reports and research show that Thyroid disease is more prevalent in women who have served in the military. Two separate researches within the Military healthcare system show that between the years of 1990-2004 and another report 2008-2017 show that there was an increase in thyroid disease and thyroid cancer in the population that served in various branches. There is a prevalence of five separate disorders: goiter, thyrotoxicosis, hypothyroidism, thyroiditis, and other thyroid disorders.

Hypothyroidism over the ten year period of research showed that close to 9,000 women were diagnosed with this disease, and well over 40,000 cases of thyroid disorder overall. Thyroid disease is treatable but can result in non-deployability. It takes about one year to stabilize the disease. The VA has decided that thyroid disease is a presumptive condition in the computation decision process.

Problems tend to develop slowly, often over a number of years.

At first, you may barely notice the symptoms of hypothyroidism, such as fatigue and weight gain. Or you may simply attribute them to getting older. But as your metabolism continues to slow, you may develop more-obvious problems.



References:

Enewol, L.R. Thyroid Cancer Incidence Among Active Duty U.S. Military Personnel, 1990-2004. American Association of Cancer Research, www.aacrjournals.org, Accessed on: 20 November 2022.

Stahlman, Shauna, PH.D. Thyroid Disorders, Active Component, U.S. Armed Forces, 2008-2017, (12/1/2018), health.mil/New/Articles/2018/12/01/Thyroid-Disorders, Accessed on: 23 November 2022.

Mayo Clinic Patient Health Information, Signs and Symptoms of Thyroid Disease and Disorders, www.mayoclinic.org/diseases-conditions/hyperthyroidism/symptoms-causes/syc-20373659 Accessed on: 28 November 2022.

Hypothyroidism Signs may include:

- Fatigue
- Constipation
- Dry skin
- Weight gain
- Puffy face
- Hoarseness
- Muscle weakness
- Elevated blood cholesterol level
- Muscle aches, tenderness and stiffness
- Pain, stiffness or swelling in your joints
- Heavier than normal or irregular menstrual periods
- Thinning hair
- Slowed heart rate
- Depression
- Impaired memory
- Enlarged thyroid gland (goiter)
- Sensitive to cold temperatures

Hyperthyroidism Symptoms may include:

- nervousness, anxiety and irritability
- hyperactivity – you may find it hard to stay still and have a lot of nervous energy
- mood swings
- difficulty sleeping
- feeling tired all the time
- sensitivity to heat
- muscle weakness
- diarrhea
- needing to urinate more often than usual
- persistent thirst
- itchiness of skin

The best way to diagnose any thyroid issue is to see your primary care provider and have a complete thyroid panel of blood work, not just TSH numbers. Complete thyroid bloodwork includes TSH, T3, T4, Free T, and Reserve T3. An endocrinologist is the specialist that specializes in your thyroid system.

Quite a few women have been told they are fair yet they feel ill. The best way to ensure you receive good quality healthcare is to be your own advocate. Even though women are more likely to have thyroid disease men can suffer from the disorder as well.



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WHO WANTS TO FLY???

What Exactly is Aerial Yoga? Aerial yoga combines the physical practice of yoga with elements of acrobatics through the use of a suspended hammock constructed out of the silk material that is often used in aerial performances.

Aerial yoga is considered a hybrid mind-body practice that combines Hatha Yoga with gymnastics, dance, Pilates and circus arts using an aerial hammock, also known as the aerial silk. Students are often attracted to the Aerial Yoga for spinal traction and passive backbends, but very quickly they learn that the functional pulling and grip strength offered compliments a mat-based yoga practice to create a full mind body and spirit work out.

The ultimate trifecta experience. Instead of performing yoga poses on a mat, aerial yoga utilizes a silk hammock or sling that is suspended from the ceiling to perform those same movements. The purpose of the hammock is to provide support through your yoga class, while also improving flexibility, range of motion, and stilling the mind.

Here are just a few of the Benefits:

- release of dopamine, serotonin, and norepinephrine, all of which help to improve mood
- to supplement existing treatments can lessen the symptoms of anxiety disorders, especially panic disorder
- Reducing stress
- Promoting healthy habits
- Improving sleep
- Assisting in managing anxiety or depression disorders
- Enriching social life
- Increasing balance

Here are the Bonus Benefits:

- Instant traction on your spine (*within minutes*)
- Relief of back pain and possibly sciatica
- Core strength development
- Deeper backbends, shoulder tension release
- Functional upper body and full body strength





Experience length, strength and depth like never before when experiencing an aerial class. Due to muscle tightness from stress mentally or physically, practitioners may experience pressure and even slight warmth in the areas where the fabric touches. Its part of the process. It's also common to feel a little bit of motion sickness from many variables in class one or your 27th class! This is why it's important to experience again if you do feel a little sick in your first class. Thought, dehydration, lack of food or even too much food in the belly may be the culprit.

It's all a part of self inquiry and getting to know your own signs and signals your body ques you

with. A yoga practice or exercise routine that integrates Aerial Yoga, even if just once or twice per week, includes pushing, pulling, holding, twists, backbends, forward bends, hip opening and so much more. You can work your shoulders, calm your nerves, and leave class floating on air.

At Pura Vida Yoga, we encourage in any class to meet yourself at your hammock/mat as you are without judgment and mold the experience to you. We have held classes here for individuals age 4-84.

Age won't stop you here. Nor will ailment or injury if you don't let it. It's possible and we have experience for wheelchair bound individuals and those with loss of limbs. Here at Pura Vida we encourage mind over matter. Set yourself no limits.

You can expect some synchronized moves complimented with many open playground play breaks. **Just do YOU!**



Rebecca Rondone is our Female Veteran of the Quarter for Winter 2022/2023.

Read more about Rebecca on pages 15-16 of this magazine and her incredible services. If you know a veteran who would like to be featured in one of our upcoming issues please reach out to VOM President Thomas Hogate at email ThomasHogate@gmail.com along with your nomination.

by Pastor
Scott Stevens

HANDLING

When I first came into the military in 1990, fresh out of high school, I was a tennis all-star and academically at the top of my class in FL, yet I was without a direction or purpose in life. An Army recruiter appealed to me to go into the US Army to get into better shape for college tennis, to make money and to use the GI College Fund to help me pay for college and my dream was to play Tennis at the next level.

As I entered the Basic Training at Fort Dix, NJ in at the end of Fall of 1990, everything was going as planned. I was maxing out in my PT Tests, impressing the Drill Sargent as a Squad Leader, and had the respect of my peers as I was always out in front every march, run and during drills. Yet, early into our training and as I entered AIT, as a Tank Mechanic, we got news that Desert Storm and the Gulf War was beginning to take shape.

Our training shifted from Basic to training for War. I had a choice to step-up to this new challenge or to fold under pressure. To add to the mental stress, my mother, who was only 45 years old, went into the hospital with a Brain Aneurysm and within 3 days, just as I got orders from Red Cross to return to FL, she died.

Now, I was all alone, she was my sole source of love and support, as my Dad had a new family and my older brother was married with 2 young kids. As I stayed to bury my mother, my unit was deployed with a Calvary Unit from TX on their way into Kuwait, Iraq. I was now left with a choice, Who am I? What do I do now? And What are my next steps in life?

As I returned to training and my unit at APG, I was introduced to a godly man and Chaplain Captain May. He not only counseled me but introduced me to God and I began my person relationship with Jesus. Chaplain May showed me a God that loved me and cared for me.

I read in John 16:33 "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

My first step was to embrace that peace and realize that I am not in control. I found comfort in a personal relationship with Jesus and found comfort in God's words, Psalms 121: 1-2 states "I lift up my eyes to the Hills (mountain or Heavens) where does my help come from? My help comes from the LORD, the maker of heave and earth".

As I progressed and matured in Christ and in life, the Lord has always seen me through, provided me comfort and given me a purpose and plan in life. Shortly after, I was able to reconnect with my Unit and military friends after Desert Storm conflict.

With my new purpose and peace, I was able to communicate with other soldiers about how their life can be different in Christ. Many times, I was able to counsel and comfort those who were hurting.

Matthew 11:29 promises us "take my yoke upon you and learn of me, for I am gentle and humble in heart and you will find rest for your souls."

How do you handle changes or detours in life? Your plans will need to be changed, adjusted and adapted to when storms and struggles in life comes your way.

The difference between a believer and a nonbeliever is WHO is with you when storms rage, and change comes into your life. Being a Christian does not mean you will be immune from life's stressors or tragedies; it just means you will never be alone. Jesus said in John 14:18 "I will not leave you comfortless (desolate): I will come to you." And when He comes to you, you will find peace.

My prayer for you is to stop trying to "figure things out" in life, trust God and do not lean to your own understanding, but trust God in everything - Proverbs 3:5-6.

CHANGE

Let me pray for you: Dear Lord, help the one who is reading this. Help them stop running away from Your call and purpose in life. Let them turn away from their sinful thoughts, actions and ways and help them experience Your peace.

Thank you, Lord, for coming into their life, for dying for their sins and giving them a new heart and home. Lord, when we find things not going our way, help us come to You and find rest for our weary soul.

In Jesus name, Amen.

Reach out to me...

**I would love to hear your military story and your decision to follow Christ, or just to talk about any questions you may have? Blessings.
PastorStevens@aol.com.**



Hot Dogs & Sunsets

I LOVE hotdogs! Some brands rise above others which won't get me as a repeat customer. But, if it looks like a hotdog, chances are, I'm buying.

A former parishioner told me once of visiting a hot dog plant – watching what went into the ballgame/campfire/convenience store menu staple that led him never to eat a hot dog again. Personally, I've never been, so I'm still enjoying a hot dog now and again.

I'm not denying that lots of cow and pig parts find a new home in my frankfurters. I'm not naïve enough to think my Oscar Mayer or Hebrew National or Ball Park is as pure as the ribeye steak I occasionally enjoy. But it doesn't matter because I daresay I will always love my dogs.

It's nice to know that God feels the same way about us. Lots of stuff that I'd rather not have show up on the "ingredient list" that goes into making my life. And I imagine that the same goes for your life.

Stupid mistakes that ruin relationships and dissolve families. Intentional self-serving decisions wrapped in an outer shell of "love" as if selfishness wasn't the main ingredient. Secret parts of our lives that we hope no one discovers and seek to self-justify when they do.

God looks at us and knows about all the fillers and trashy parts in our lives. And yet, our heavenly Father ONLY SEES JESUS – his perfection – his obedient nature – his totally selfless demeanor – IN US.

I am reminded of the song by Bette Midler – From a Distance. Here are the printed words so you can reflect on their meaning for you...

From a distance, the world looks blue and green
And the snow-capped mountains white
From a distance, the ocean meets the stream
And the eagle takes to flight

From a distance, there is harmony
And it echoes through the land
It's the voice of hope
It's the voice of peace
It's the voice of every man

From a distance, we all have enough
And no one is in need
And there are no guns, no bombs, and no disease
No hungry mouths to feed

From a distance, we are instruments
Marching in a common band
Playing songs of hope
Playing songs of peace
They're the songs of every man

God is watching us
God is watching us
God is watching us
From a distance

From a distance, you look like my friend
Even though we are at war
From a distance, I just cannot comprehend
What all this fighting's for

From a distance, there is harmony
And it echoes through the land
And it's the hope of hopes
It's the love of loves
It's the heart of every man

It's the hope of hopes
It's the love of loves
This is the song for every man

And God is watching us
God is watching us
God is watching us
From a distance

As I reflect on the concept of God seeing and knowing EVERYTHING about us, it is hard to comprehend. How can God be that intimately involved with each and every one of his creations, and still love us? Amazing.

And yet, dear friends, one of my church members sent me a picture of our church, taken as the sun was setting. She was in awe of how the sun shone through 2 columns on our breezeway, and it made her – and me – notice how it was as if God was watching us. Perhaps you may feel the same way as you look on the beauty God creates, and be in awe as you reflect on how much God loves you and is watching over you.

I believe that God is always watching over us but what a wonderful reminder of how much God cares, loves, and wants to be involved in our lives. May you take comfort, peace and serenity in that knowledge.

May God bless and keep you and may you be blessed each time you take the time to notice how God is intimately involved in your life!

Days to Display the Flag

Holidays to Display Flag

Dec 2022 - Feb 2023 Winter Issue

- Dec 7 - National Pearl Harbor Remembrance Day (1/2 staff until sunset)
- Dec 25 - Christmas Day
- Jan 1 - News Year Day
- Jan 16 - Martin Luther King Jr Day
- Jan 17, 1991 - Persian Gulf War Began
- Feb 12 - Lincoln's Birthday
- Feb 20 - George Washington's Birthday Observed (President's Day) and other such days as may be proclaimed by the President of the United States

Non Flag Display Days

(for information only)

- Dec 5, 1992 - Somalia Campaign Begins
- Dec 8, 1941 - War Declared on Japan
- Dec 10 - Human Rights Day
- Dec 10 - Hannukah Begins
- Dec 11, 1941 - Germany and Italy Declared War on U.S.
- Dec 15, 2011 - Iraq War Ended
- Dec 15 - Bill of Rights Day
- Dec 20, 1989 - Panama Campaign Began
- Dec 21 - Winter Begins
- Dec 26 - Kwanzaa
- Dec 31 - New Years Eve
- Dec 31, 1946 - Official End To WWII
- Dec 31, 2013 - Kosovo Campaign Ended
- Jan 6 - Epiphany (Traditional)
- Jan 17, 1991 - Persian Gulf War Began
- Jan 27, 1973 - Signing of Vietnam Peace Accord
- Jan 31, 1990 - Panama Campaign Ended
- Feb 1 - National Freedom Day
- Feb 2 - Groundhog Day
- Feb 3 - Four Chaplains Day
- Feb 8, 1910 - Boy Scouts of America Founded
- Feb 14 - St. Valentines Day
- Feb 21 - Shove Tuesday
- Feb 22 - Ash Wednesday



THE BIRTH OF A VISION



DWS is a global technology and Strategic Business Solutions company that has created an ecosystem that provides education and training in drone and virtual reality photogrammetry technology in its school, and solutions to corporations, businesses, organizations, and governments through its employment company.

The Drone industry is projected to generate \$100 Billion in annual revenues (article, "Reporting for Work", Goldman Sachs study of drone industry).

DWS Drone School, Inc., founded in March 2020, is the global training and education school that teaches students how to pass the FAA Part 107 exam to be a commercial licensed drone operator and learn how to fly a drone, with its proprietary drone curriculum that was created by United States FAA commercial airline pilots who are also flight instructors and curriculum developers and commercial licensed drone pilots. We believe it is one of the best curricula in the drone industry. They also teach virtual reality photogrammetry and 3D modeling. dwsdroneschool.com

Drone Workforce Solutions, LLC, is the global drone staffing and employment agency which attempts to employ Federal Aviation Administration (FAA) Part 107 licensed commercial drone operators and VR operators. droneworkforcesolutions.com

The DWS Mission:

1. Is to accelerate the growth of the drone industry, and its capacity to help to solve many of the world's challenges by harnessing technology using drones and virtual reality and 3D modeling (VR) by providing education and training and workforce development opportunities through the DWS global technology school, DWS Drone School, and its global employment company, Drone Workforce Solutions.

2. is to create a Global drone and virtual reality network, (aka "The Universe") which acts as a catalyst in bringing together and accelerating cross collaborations of drone and VR industry innovators, producers, programmers, software developers, robotics/drone manufacturers, FAA Part 107 certified, commercial drone pilots, global thought leaders, strategic partners, and futuristic solution providers, from a range of organizations including major corporations, start-ups, non-profits, universities and governmental entities.

Theo Nix Jr., Esq., President/CEO wants to train and retrain a new generation of Americans with these technologies and create a middle class that thrives economically and makes a transformational difference in the world.



There is no better group to participate in this vision than our Veterans who have protected our country and the world. DWS and its global partners are privileged and honored to be facilitators and a conduit for them to exchange guns for drones and VR cameras.

DWS Drone School has created their "Veterans First" Initiative which aggressively seeks to provide drone and virtual reality education and training for our honorable men and women. DWS is the only school in the nation to be approved by the United States Department of Veterans Affairs to teach veterans in these two technologies which allows vets to use their education benefits to take these classes and they are provided with the drones, batteries and VR cameras and goggles.

DWS Drone School has been approved to operate a technology school and its courses, with more courses to follow, by the Department of Education in the following:

- Delaware- their corporate location
- New Jersey
- Georgia
- Tennessee
- Illinois
- And a pending approval in Kenya, Africa

THE DWS COURSES:

Drone/sUAS Pilot Training Program

DWS Drone School offers a comprehensive training and education aeronautics curriculum on Unmanned Aircraft Systems (UAS) which purpose is designed to not only educate, but to enable and encourage students to learn the art and science of drone technology. Students will gain vast knowledge in how they can apply what they learn to obtain careers in this growing industry through classroom instruction, labs, workshops, and demonstration in the field with "hands-on" training.

This instruction and materials offer the strategies and information to provide each student the in-depth training designed to create successful and proficient drone pilots. Students will also learn the rules, regulations,

and laws, and in particular "Part 107", which is required by the Federal Aviation Administration for drone operations. Students must take the FAA Part 107 exam to obtain their commercial drone license.

Virtual Reality and 3D Virtualization Training Program

DWS Drone School 360 Technology offers a comprehensive training and education curriculum on virtual reality and 3D virtualization systems which purpose is designed to educate, empower, enable, and encourage students to learn the art and science of virtual reality photography workshops and in the field to obtain careers in this growing industry.

We will provide expertise and strategies for our students to apply their skills to various lucrative industries such as marketing, photography, security, training, and documentation.

Our curriculum will include the technology behind virtual reality, market opportunity, the equipment available, how to create a virtual reality product for a client, etc. This best-in-class instruction and materials offers strategies and information that provides the breadth and depth of instruction to be successful and proficient in virtual reality and learn the best practices, regulations and laws to offer virtual reality and 3D virtualization services.

Agricultural and Forestry Drone Collected Imagery Training Program

DWS Drone School, in partnership with Agremo, a world-wide leader in plant counting, plant analyses, and remote sensing technology, provides a training course for using small Unmanned Aircraft Systems (s/UAS) in the Agricultural and Forestry industries.

In this course, students will gain knowledge and skills on how to provide professional drone services and precise analytics to Agricultural producers in the areas of stand count, plant population, plant stress analysis, weed analysis, pest analysis, plant disease analysis, water stress analysis, flowering estimates, and Eagle eye.

You can reach Tyler at 410-398-4214

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Tyler Simonds. Edward Jones, Member SIPC



FINANCIAL FOCUS

If you receive Social Security, you've probably already heard that your checks in 2023 will be bigger – considerably bigger, in fact. How can you make the best use of this extra money?

Here's what's happening: For 2023, there's an 8.7% cost-of-living adjustment (COLA) for Social Security benefits – the largest increase in 40 years. Also, the monthly Medicare Part B premiums are declining next year, to \$164.90/month from \$170.10/month, which will also modestly boost Social Security checks for those enrolled in Part B, as these premiums are automatically deducted.

Of course, the sizable COLA is due to the high inflation of 2022, as the Social Security Administration uses a formula based on increases in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). So, it's certainly possible that you will need some, or perhaps all, of your larger checks to pay for the increased cost of goods and services. But if your cash flow is already relatively strong, you might want to consider these suggestions for using your bigger checks:

Reduce withdrawals from your investment portfolio. When you're retired, you will likely need to withdraw a certain amount from your portfolio each year to meet your expenses. A boost in your Social Security may enable you to withdraw less, at least for a year. This can be particularly advantageous when the markets are down, as you'd like to avoid, as much as possible, selling investments and withdrawing the money when investment prices are low. And the fewer investments you need to sell, the longer your portfolio may last during your retirement years.

Help build your cash reserves. When you're retired, it's a good idea to maintain about a year's worth of the amount you'll spend from your portfolio in cash, while also keeping three months' of your spending needs in an emergency fund, with the money kept in a

COLA is Sweet for Social Security Recipients

liquid, low-risk account. Your higher Social Security checks could help you build these cash reserves. (Also, it's helpful to keep another three to five years' worth of spending from your portfolio in short-term, fixed-income investments, which now, due to higher interest rates, offer better income opportunities.)

Contribute to a 529 plan. You could use some of your extra Social Security money to contribute to a tax-advantaged 529 education savings plan for your grandchildren or other family members.

Contribute to charitable organizations. You might want to use some of your Social Security money to expand your charitable giving. Your generosity will help worthy groups and possibly bring you some tax benefits, too.

While it's nice to have these possible options in 2023, you can't count on future COLA increases being as large. The jump in inflation in 2022 was due to several unusual factors, including pandemic-related government spending, supply shortages and the Russian invasion of Ukraine. It's quite possible, perhaps even likely, that inflation will subside in 2023, which, in turn, would mean a smaller COLA bump in 2024.

Nonetheless, while you might not want to include large annual COLA increases as part of your long-term financial strategy, you may well choose to take advantage, in some of the ways described above, of the bigger Social Security checks you'll receive in 2023.

When opportunity knocks, you may want to open the door.



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FEMALE

VETERAN *of the Quarter*

SGT Rebecca Rondone

The Veteran of the Quarter is SGT Rebecca Rondone, a native of Phillipsburg, NJ who currently resides in Perryville, MD. Rebecca served in the U.S. Army as a Military Police Officer on active duty from 2000-2005 and IRR from 2005-2008. Rebecca graduated basic training as an Honor Grad for her PT and Marksmanship in Fort Leonard Wood, MO. She was able to lead A CO 787 at graduation as the Guidon Bearer.

Following graduation, Rebecca was stationed at Fort Lewis, WA with the 504th Military Police Battalion. Rebecca performed duties as a Military Police Officer, providing force protection and quality enforcement support to the Fort Lewis community of over 80,000 soldiers, civilians and family members. She also attended JRTC (Joint Readiness Training Center) in Fort Polk, LA as a member of Task Force 504 in support of the 10th Mountain Division, Kosovo 3B Rotation. She later was assigned to Aberdeen Proving Grounds Directorate of Law Enforcement and Security, Patrol Division.

While on APG on active duty, Rebecca went through and completed the 683hr CALEA Certified Federal Police Academy. During the Academy, she was selected as squad leader, due to her demonstrated exceptional leader ship, and upon graduation, was awarded the class leadership award and the highest physical fitness award, demonstrating her dedication in fortitude.

After her active duty time was completed, Rebecca went right into civilian police work for the Department of the Army in 2005. Rebecca worked the field as well as performing as the desk supervising sergeant. Rebecca was tasked with direct supervision of a squad of 15 military and civilian police officers on rotating shifts;



responsible for the protection of life and property and enforcement of Federal, State, and local laws, ordinances, rules, and regulations; She provided initial command and coordination for several specialized units tasked with a safe and secure environment for an installation that is over 75,000 acres and 120 miles of shoreline housing nuclear, chemicals, and biological resources; enforced physical security measures for facilities storing arms, ammunition, and explosives; supervised traffic and crowd control during nuclear/chemical incidents; supervised initial investigation of crimes; responsible for accountability and maintenance of government property. Later she was able to take her experiences in the Police Field as an instructor for the Federal Police Academy Schoolhouse, instructing new cadets for their PT and self defense. Due to her accomplishments, she was the only military member selected for and completed the field training officer program in the associate instructor



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program in order to teach and train, new military and civilian police officers. Rebecca was certified as a Maryland First Responder and obtained her degree in psychology.

In 2016 she established Pura Vida Yoga and Physical Training in Perryville, MD. Rebecca has over a decade of experience being a Personal Trainer and is a 200 Hour RYT. Her veteran owned business has been voted Best Yoga class for 6 straight years. Rebecca and her instructors embody a comprehensive skill set geared to enhancing the psychological and physiological well-being of their clients and customers.

Rebecca is also a mother to her 3 children. Jadyann(20) a creative artist, Chase(18) also currently serving in the United States Army as a Cav Scout, and Colbie(14) attending Perryville High School.



See the latest Health & Wellness article from Rebecca on page 5-6 of this magazine.

MALE

VETERAN *of the Quarter*

Tom Kimble

The US Coast Guard Reserve was for 7 years, with 6 months of active duty, monthly reserve meeting and 2 weeks active duty each summer. My active duty was in 1963; 3 months of basic training at Cape May, NJ and 3 months of Radioman's School at Groton, CN. This was followed by 6.5 years of monthly meetings at the naval yard in Philadelphia, PA.

The 2 week active duty alternated between 3 land and 3 sea orders. The land orders were for the USCG Radio Station in Hampton, NY and 2 orders for Leadership School in Virginia.

At the radio station, I was assigned to the radio room clean-up and errands. All of the radio messages I observed were by voice, although I was told a few code messages were occasionally done. I was not allowed to participate in any messages. The only messages I participated in were a few off-duty flashlight code messages at night to boaters in the bay out off gas (if they knew Morse code). The USCG lifeboat station that I was staying at had a marine band receiver. There was constant chatter from the boaters. Several accidents were reported. One was a boy without a life preserver that hit his head and drowned because he was unconscious. This is a lesson that I tell my children that can swim and feel that they do not need a life preserver; "Can you swim unconscious?"

The Leadership School was military, but I do not know which branch (NAVY?). The main objective was to build team leadership usually by physical interaction like transporting logs and people across a creek without leaving any logs or people behind. Each member would take turn being the leader. Another was rival teams would attempt to place their flag by stealth behind the other teams line. With construction in the area the team I was on "surveyed" their



way behind their line. With hard hats and surveying tools we kept measuring transit lines until we were behind their line. Besides the "games" there was classwork on general military topics like the Uniform Code of Military Justice. After all these years the "games" were more memorable than the classwork.

The sea orders were for a USN destroyer cruise to Halifax, a USN destroyer cruise mid-Atlantic and a USCG cutter cruise to Miami. I do not remember the names of the ships. The ships left and returned to the Philadelphia Navy Yard.

The USN destroyer on the Halifax cruise was an older ship and was cramped. Moving and living in very confining quarters and sleeping in stacked beds was a big part of the training. We were assigned a "general quarters" station when boarding and there were regular drills. These stations were in passages, stairs or outside. At these stations we could easily abandon ship or fight fires. I received fire fighting in basic training. Although the destroyer was

armed, we were not assigned “battle stations”. I was again assigned to the radio room for clean-up and errands. All messages were by voice not code. I was told that the Navy no longer used code. The Navy used encrypted teletype for fleet broadcast. I was assigned the task of removing these TTY broadcast from the teletype for distribution. This was only time I was involved with messages. At Halifax we were given a day shore leave.

The Pan-Canadian Games were being held in Halifax and there were sailors from other ships, some Canadian, in port. I attended the “Games” with some Canadian sailors and fellow navy and coast guard shipmates. Afterwards I discover 10% beer, something I never knew existed.

The USN destroyer on the mid-Atlantic cruise was also older and just as cramped as the first destroyer. We also were assigned “general quarters” stations. The radio room assignment was about the same. The Navy’s no code use message was repeated. I was again allowed to remove TTY fleet broadcast for distribution.

We did stop to resupply but there was no shore leave. The cruise was deep out to sea, we did not see any shore for most of the trip. There was a storm that lasted a day and produced swells higher than the ship. Waves were constantly breaking on the bow and stern washing the deck which drove everybody inside.

Although many people were seasick, for some reason I was not. There was no order to clear the deck. To seasoned Navy destroyer sailors this storm was not that bad. To date this is the worst storm at sea that I have experienced. I was in storms on Cruise Ships, but destroyers are much smaller. At the time I was more fascinated and excited than scared. Looking back I should have been at least very worried.

The USCG cutter was newer and larger than the USN destroyers. There was much more room and fewer stacked beds with more between spacing. Moving about was much easier. We were assigned a “general quarters” station, but I do not remember any drills. Although the cutter was armed, we were not assigned any “battle stations”. I was assigned to the radio room to clean-up and run errands. As in the shore radio

station, I only observed voice messages. Again I was told that code messages were occasionally done.

The Coast Guard communicates with a greater variety of ships than the Navy, so still needs code. I did not see any teletype equipment. The Coast Guard does only two way communications, not one way broadcast. In general the Navy primarily communicates with itself. The Coast Guard must communicate with everybody.

While in the Caribbean we picked up a boat load of Haitian refugees. The rubber raft boat was very full. With any sea turbulence, they would have floundered and drowned. Fortunately the sea was very calm. They were not near any shore. About 12 male refugees were taken aboard and put on the bow deck under guard. The cutter then went to Miami where the refugees were turned over to immigration. The crew was given shore leave in Miami.

In 1970 I was promoted to Radioman 3rd Class, soon afterwards I was Honorably Discharged.



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BUSINESS of the Quarter

A Hero's Welcome

We are an organization encouraging Americans to welcome home our brave military personnel from a service commitment or just returning home. We welcome them in a manner fitting of a hometown hero and American veteran.

We hope to promote increased community respect for our service members as well as increased morale for our returning military. We do this by meeting our heroes at the airports, train stations, bus depots and surprising them with a welcome. Quite often this involves a motorcade with a police escort from airport to home.

The Delaware chapter of A Hero's Welcome (AHW) was founded in 2007 and Rosely Robinson has served as its Director since 2011. AHW's mission is "Ensuring all service members get the proper welcome home". During this period, she has taken an active role in many other veteran related initiatives, including organizing the first motorcade in 2013 for the Wounded Warriors who participated in "Operation SEAs the Day" in Bethany Beach, DE.

The motorcade honors these warriors on the last day of this week every September it is an annual event. A Hero's Welcome was named the Delaware coordinator for the POW FLAG 50 STATE TOUR 2018 and did it again in 2019. During this tour, we coordinated 14 separate events in two days throughout the state. Each event was designed to spread awareness of our 81,000 members of our military who remain unaccounted for since WW II.

A Hero's Welcome works closely with Major Stuart Adam Wolfer Institute (MSAWI), Star for Our Troops, and several other veteran organizations. As an advocate for the POW MIA Chair of Honor program and we are actively placing chairs installed through a dedication ceremony in many areas throughout the state including Bethany Beach Boardwalk, Cabela's, our two veterans cemeteries and schools, senior center, Masonic Lodges and others.

We are very passionate about reaching out to all our citizens young and old and teaching them the meaning of the EMPTY CHAIR. So far we have been responsible for over 48 chairs being placed in Delaware alone.

AHW has spent the last 11 years doing whatever we can to make sure our Veterans are properly honored and our POWs/MIAs are never forgotten. We work tirelessly through many organizations as an advocate for all American Veterans. We love to serve in all of these voluntary roles as we believe veterans deserve to be remembered and honored for the sacrifice they have given for our country and our freedom. event and PAWS' first visit back at the Medical Examiners Unit since Covid. There was a squeal of joy when the teams arrived! Even through masks, our teams could feel the smiles and see the tears in the staff member's eyes.

Facebook: @AHerosWelcomeDelaware
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VOM & COMMUNITY EVENTS FOR DEC 2022 - FEB 2023

www.VeteransOutreachMinistries.org
Visit for full Event Details

- Dec - Meet Santa in the Santa House in North East, MD**
Open thru December 24th. Located on 'The Green', The Santa House is a FREE attraction sponsored by Town of North East and North East Chamber of Commerce. Bring your own camera for a captured holiday memory. Schedule here: northeastchamber.org/the-santa-house-2022
- Dec 10 - Visit with Sensory Santa at Oasis Church**
Free digital photo. Register at ldarner@live.com or 910-514-3518
Oasis Church, 2200 Glasgow Ave, Newark, DE 19702
- Dec 10 - Cecil County Christmas Parade, starts at 12pm**
Marching bands, vintage and modified cars, commercial floats, equestrian and animal showcases, firetrucks, motorcycles, and more.
Main Street, North East, MD
- Dec 15 - Wreaths Across America at 12pm**
There will be 24 semi trucks with the wreaths going to Arlington and 36 cars with Gold Star mothers and fathers and a bus plus motorcycles.
Delaware Technical Campus in Stanton, DE
- Dec 21 - Winter Begins**
- Dec 25 - Christmas Day - *Have a Merry Christmas!***
- Dec 25 - New Years Day - *Have a Happy New Year!***
- Jan & Feb - Cecil Nights, Winter Lights**
Participating towns in Cecil County, including Elkton, North East, Chesapeake City, and Rising Sun all have up wintry light displays with special events each weekend, music, dining, and shopping specials. Explore all the winter-time fun and shop local.
www.northeastchamber.org/winter-lights-cecil-nights-2023
- Jan 7 - The Elvis Birthday Bash!**
7-9pm Tribute Concert | Recommended for all ages
at the Milburn Stone Theatre, North East, MD
- Jan 19 - VOM Meeting starting at 6:30pm**
Board of directors meeting (6pm), followed by regular meeting
Oasis Church, 2200 Glasgow Ave, Newark, DE 19702
- Jan 24 - VOM Roundtable Discussion**
10:30am to 1:30pm, location to be determined
check www.VeteransOutreachMinistries.org for details
- Feb 3 - Murder on the Nile (Agathe Christie Play)**
FEBRUARY 3, 4, 5, 10, 11, 12 | Fridays and Saturdays at 8pm, Sundays at 2pm at the Milburn Stone Theatre, North East, MD
- Feb 16 - VOM Meeting starting at 6:30pm**
Board of directors meeting (6pm), followed by regular meeting
Oasis Church, 2200 Glasgow Ave, Newark, DE 19702

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