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FAMILY MATTERS

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On first glance “family” and “military” seem like an oxymoron of opposites that don’t mix. The old, not-so-humorous cliché, “If the Army wanted you to have a wife, they would have issued you one,” had its day and thankfully is done. Also gone are the days when spouses lived in substandard quarters on a base, yet were expected to attend social events in hats and white gloves, and performed mostly volunteer work.

Joyce, my wife, was not employed outside the home during my chaplain career. If you value your health and safety I suggest you not ask her or other stay-at-home spouses/ parents if she or they work; implying, “What an easy life you have sitting around watching TV all day!” Due to frequent moves and limited employment opportunities, many spouses are not

employed. After years of neglect, consideration for spousal careers is now fully supported by the military services as part of the Department of Defense emphasis and support for military families.

Today’s family matters in a number of ways for the person serving the public in uniform. Insuring the well-being of one’s family is a major motivation for being willing to sacrifice life, limb, and personal comfort or convenience. Just as your buddies in front, behind, and on either side are primary reasons to fight in battle, defending the family and maintaining their lifestyle constitutes a primary reason for serving. After the terrorist attack on 11 September 2001, many people, such as football star Pat Tillman, enlisted to help protect their country and families.

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Families provide emotional support. Knowing Joyce and the children relied on me and were proud of my public service role and duties made the work worthwhile. When being pinned with a new rank, most service members acknowledge the contributions of their family towards the promotion. With the higher position more is expected not only of the service member, but also of their spouse to be involved in unit activities and supporting the community. Joyce often assisted the commander's wife to care for younger spouses, organize activities, and volunteer at installation organizations like the hospital or thrift store. She earned the commander's award for public service.

Families keep the "home fires burning." Even when not separated for long periods, tasks to keep the family running smoothly require attention and completion. The garbage must be set out, the yard mowed, car cleaned and maintained, kids taken to appointments, bills paid,

and a checking account balanced, etc. The spouse who remains at home must do everything while the service member "plays war games," or goes "under cover" for extended periods. When the service member returns home and finds the kids growing, the house still standing, the car running, and more money in the bank than when first deployed – and usually an exhausted spouse – then how much the family matters really comes alive.

Spiritually, a family actively involved in their chapel or church becomes an exemplary model of faith to the community. Over the course of my years in the military I noticed service members and families active in practicing a religious faith received many awards for their community service in other activities. These included coaching a little league sports team, Girl Scouts, etc. Their faithfulness to and support for one another within the family spilled over into being good citizens for the

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WHAT IS YOUR STORY?

Many Seventh-day Adventists have faithfully served God and country through military service. This is a legacy that should be shared with family, friends, and the church at large.

Adventist Chaplaincy Ministries is seeking stories about Adventists serving on Active Duty, in the Guard or Reserve, or from veterans about their service experiences. Please contact the editor at Deena.Bartel-Wagner@nad.adventist.org to learn how your story can be told.



FAMILY STRONG

A Chinese proverb says, “A family in harmony will prosper in everything.” Family harmony and prosperity creates a strong family unit that can weather the stressors of daily life. How is your family harmony? Is your family a leading example to others around you or do you wish for the positive traits you see in other families?

Studies on families who have at least one parent serving in uniform consistently indicate several traits that enhance family resiliency. These traits include commitment, communication, appreciation, coping skills, humor, and community outside the family circle.

COMMITMENT

In a successful relationship, this attribute must be mutually held. One individual cannot make the decision of how the relationship will play out. Instead, both partners will share in the decision of what the commitment is and how this will be demonstrated. In families, children feel more secure when their parents exhibit a strong commitment to each other. “With commitment comes the desire to help family members reach their potential,”¹ says Dr. Kay Kuzma, president of Family Matters Ministry.

As a husband and wife model that they are invested in their marriage, their children will also develop in their commitment to the family. Growth in the family’s spiritual life also enhances the commitment to



one another. Spending time together reading the Bible and praying provides a foundation on which the family can grow spiritually.

willing to give up your desires for another, this bonds you closer to that person and you will grow in your respect for each other.

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Dr. Michael P. Johnson, sociology professor at Penn State University, says that commitment is experienced in three different structures.

1 Personal Commitment –

This is the “I want to” form of commitment. You make conscious choices such as “I want to be happy in my marriage.” “I enjoy spending time with my family.”

2 Moral Commitment – This is “I ought to” commitment. You make your choices based on your personal belief system. An example would be, “I choose to stay in my marriage because I promised to love my spouse until death parts us.”

3 Structural Commitment – This is “I have to” commitment. You might find yourself saying, “I have to stay for the sake of the children” or “I can’t afford to get a divorce.”

As you examine these, where does your commitment lie? Does your relationship emphasize the positive aspects? Is there a benefit of having all three levels of commitment as a part of your relationship? Why or why not?

One of the ingredients of commitment is respect. In Ephesians 5:21, Paul writes that we are to “submit to one another out of reverence for Christ.” As you are

Respect can be shown in an act as simple as never criticizing your spouse in public. Instead, if there is something you disagree on, discuss it privately and work through the solution together.

Wise parents will spend time studying their children and learn how to interact with their personalities. Children aren’t created from a cookie-cutter mold. As you begin to understand them for their individual traits, you will better relate to them and how your child reacts to various situations? Is this an area of growth that you can help them in? Are they modeling how they see you react to things? Are you finding ways to focus on the good in each other? It’s easy to fall into seeing the negative.

Sometimes, no matter how dedicated we are to keeping tight family bonds, life gets messy. If your family has built a strong commitment to each other, the seasons when there are upheavals and distractions will be much easier to endure.

COMMUNICATION

It’s not surprising that communication makes the list of characteristics. When spouses and families don’t talk with each other, it becomes increasingly difficult to feel connected. Communication is obviously more than the perfunctory questions of,

“How was your day?” followed by the reply, “Fine. How about yours?” Your goal as a couple and a family should be to build open conversations.

connect with a snuggle, a quick pat, or an arm around a shoulder.

Ask your family members to share with each other the actions

communication skills development leads to successful decision-making.

Couples should lay the foundation for this during their courtship and early marriage. Communication skills development leads to successful decision-making. It aids parents in their role of child-rearing and other family issues. It also provides an avenue for good financial planning and management.

As the family grows, the circle of communication must increase. Teaching children to express themselves and listen to others is part of the parenting process. Families that participate in active listening and open communication discover that it is truly a two-way process. Both parents and children must model these skills for family communication to be effective.

APPRECIATION

One way that families can strengthen this trait is to be intentional in expressing appreciation to each other. In a busy family life, this can often be overlooked as everyone is just trying to make it through a week of school, work, and other responsibilities. Sincere appreciation serves as affirmation and has been proven to reduce behavior issues in children. Do you take time to notice the small things you can complement each other on? Write a short note to your spouse or child and mention something specific that you noticed they did. Don't forget the power of touch and how important it is to

and behaviours that make them feel appreciated. What each person says is especially meaningful to him or her in speaking from an individual life experience. Marriage and family life specialist Gary Chapman calls these love languages. They are “the primary way of expressing and interpreting love.” In his book, *The 5 Love Languages*, Chapman writes that individuals can feel loved through words of affirmation, acts of service, receiving gifts, quality time, and physical touch.

COPING SKILLS

Developing coping skills is another trait of a strong family. Often this is called resilience. It has been defined as the ability to cope with living in spite of the stress that may be currently a part of a person's life.

As a person feels equipped to deal with the unexpected, it provides a sense of self-power and security. Building resilience can encourage individuals to tackle difficult tasks and respond positively to challenges they may experience.

Families may have various stressors. It can be helpful to list the stressors that your family may be facing collectively, as well as any individual stressors. Once these are identified, discuss ways in which these can be managed in a positive manner. Taking control in this manner is a coping skill that provides a positive reaction to

what may seem a negative situation.

HUMOR

Laughter and humor are also a characteristic that is found in strong families. When tensions crop up, laughing can relieve the stress of difficult situations. Humor can help to smooth over small differences, before they become large disagreements. These situations are more likely to happen if you spend time as a family playing and laughing together during the good times. What are the things that tickle the family funny bone without demeaning or hurting another person? Do you and your spouse share the intimacy of private jokes? What is it that you and your child can laugh about together?

COMMUNITY OUTSIDE THE FAMILY CIRCLE

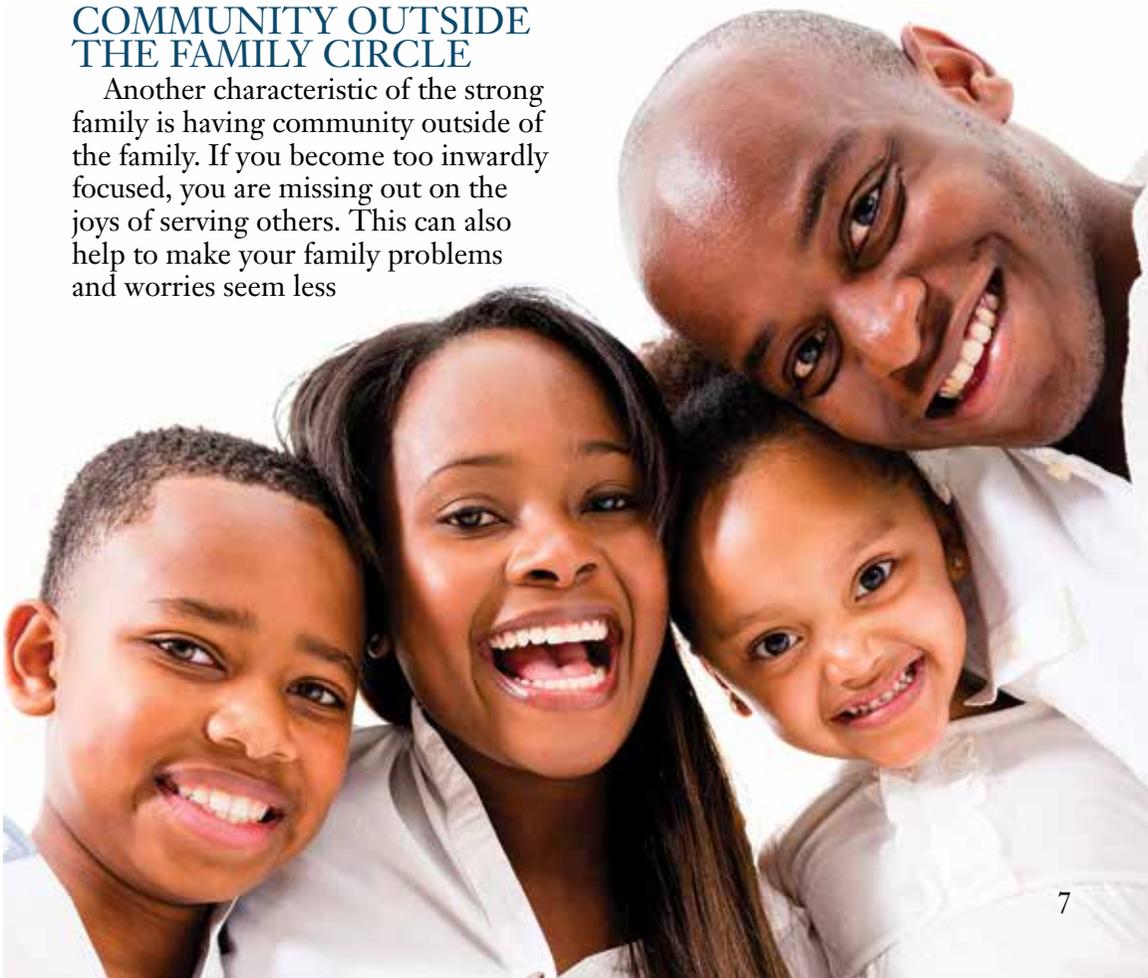
Another characteristic of the strong family is having community outside of the family. If you become too inwardly focused, you are missing out on the joys of serving others. This can also help to make your family problems and worries seem less

significant. How do you as a family serve others? Are you involved in your local church? Is there a community service project that peaks your interest? One of the keys is to provide a meaningful experience that will engage participation and enhance your family's community service experience.

KEEP ON DEVELOPING

There isn't a single family that has reached the pinnacle of having the traits of a strong family. Room for improvement always exists. If your family continues to renew its commitment to each other, the way is opened to multiply the benefits of the other traits of strength.

1. <http://www.appleseeds.org/family-strong.htm>



What Have We Gotten Ourselves Into



At the beginning of any new endeavor, the excitement of the unknown can be a heady feeling. There is much to learn in a new job. It can begin to seem like you are cramming more knowledge into your brain than it was ever meant to hold. If there is a physical element to the job, then the body may be pushed further than ever before.

As the new becomes routine, that heady feeling can begin to turn into something else. It might be contentment, because you are doing something you have always wanted to do. Or it could be a feeling of second-guessing your decision. You may wonder if it was the right choice for your spouse and family. Their reaction to what you do can play a large role in your achievements.

THE EARLY DAYS

Whether it is spouse and children or parents of singles, when a loved one dons a uniform, family members often have many thoughts and questions. Sometimes they are willing to express these feelings. Or they may choose to bury them, but eventually the concern will surface in one form or another.

Initial emotions may include feeling proud and happy. The patriotic feeling of “my loved one is serving their country/community” is important in those early days. It helps family members to balance some of their unspoken questions and fears.

Another sentiment is that of expectation. A job and a career have begun, which brings with it income and perhaps much needed benefits. These are important phases also.

In spite of the positive aspects, the troubling questions should also be discussed. These might include the

physical challenges of the job itself. Safety issues are another concern. Will my spouse be safe in the field? How will this job change me? How will it change the ones that I love? How will we cope with the special stressors that come with this type of work?

Working through each of these questions and others like them is a fundamental part to long-term happiness and success. Understanding what others are feeling and thinking can avoid adverse reactions later.

WHAT LIES AHEAD?

Understanding the unknown can make it easier to cope. Discussing and making action plans with your loved ones for some of the following topics will set the stage for success. Even if you aren't starting out, it's always good to recalibrate. Have you fallen into some of these? Is it time to have a family meeting to make changes?

- **Long shifts, odd hours** – These are inevitable. What will the family do while you are away? Are they comfortable carrying on with their activities and events if you can't be with them? What will you do if you have to work on a holiday? Will the family celebrate it at another time? How can you make this work to everyone's satisfaction? If you have to sleep during the day, how will the family deal with this, especially

You may wonder if it was the right choice for your spouse and family.

if there are small children at home? What are the other concerns that are specific for your family? If you are the spouse who is waiting at home, will you be able to sleep at night when your other half is gone? When will you find time for the two of you?

- **You have got a job and a paycheck?** – Is it enough to meet the needs of your family? Do you have a budget prepared? How do you plan to implement it? Rarely does it work to say you are going to live a bare bones existence, without any special treats. Be practical in the budgeting process. Attend a financial training course, such as Financial Peace University. Another challenge will be when your friends are getting the new toys. What will be your response to the desire to have the same things?

Be honest with each other. When tough times hit, do you shop to make yourself feel better? If you are

doing that now, it might increase when long duty hours become a reality. Is professional help needed in this area?

- **The storm and then the calm** – By nature of the job, there will be adrenaline-filled moments and times when boredom can set in. It's easy to get addicted to the adrenaline rush. When a scenario is over, the adrenaline is still pumping. Discussing this as a family can help everyone understand that it's not easy to just set work aside when you come home. It's important to note that this natural response can take hours and perhaps days to slow down.
- **Mission creep** – Mission creep is defined as a gradual shift in objectives during the course of a military campaign, often resulting in an unplanned long-term commitment. Job creep is the same thing. When your job begins to move into your after hours, weekends, and while on vacation, you need to stop. Job creep is an easy pitfall when you are passionate about what you do.

Extra overtime means more money for the family budget. This is an easy justification, but costly in the end if you lose touch with the daily events of your family's life.



Your job will affect you physically, mentally, emotionally, and even spiritually. Take the time you need to unwind. Don't miss out on family because you have become so lost in your work. Burnout is more likely to happen when work is all consuming. Don't make your family secondary victims by allowing work, and the stress that comes with it, to invade their lives. Actively pursuing time away from your job provides the physical and mental health break that will keep you and your family strong.

WE ARE IN THIS TOGETHER

As you traverse through the demands and challenges of being a family "in uniform" keep the lines of communication open. The way you communicate is as important as the words spoken. When jobs require quick response, the communication can be rapid and even rushed. Don't carry that over into family communication.

Become an active listener. Lay aside the 50 million details that are running through your mind; the remote control; the smart phone or tablet. Spend time really listening to the chatter of your children or the words between the lines that your spouse is saying. You might be surprised what you will learn.

Don't forget to be thankful and express this to one another. Model it to your children and find times to share positive things as a family. Recognize the sacrifices that each individual might be making and acknowledge them.

Stretch those flexibility "muscles." Albert Einstein said, "The measure of intelligence is the ability to change." Show the world just how intelligent your family is when you summon up

Don't miss out on family because you have become so lost in your work.

your resilience as you deal with the unexpected events that come because your family has a member in uniform.

Parents need time to have space for themselves, individually and as a couple. Don't skimp on this. You don't want to wake up one morning and not recognize each other. When duty hours are long, find time to reconnect with each other. Make sure your spouse has some down time when s/he can have some much-needed space, also.

See the world through each other's eyes. Learn the lingo of your spouse's job and be interested in their responsibilities and skills. Listen to stories that are shared. They are important enough to your spouse that they want you to understand part of their life away from home. Take advantage of those moments to better understand this "work" side of his/her make-up.

Most importantly, daily place each family member in God's hands. Without this spiritual hand-off, not one other thing in the previous paragraphs will matter. A family that isn't bound together with spiritual cords will find it more difficult to negotiate life. *"A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken."* Ecclesiastes 4:12, NLT

They Are Here TO HELP

Jackie was at a loss of what to do. This was the first time Joe, her law enforcement officer (LEO) husband had to deploy to a disaster out of town. Joe had been excited to expand his skills by responding, but Jackie didn't share his feelings. She felt abandoned.

Keith's wife was a member of the National Guard. When she got orders to deploy to one of the world's hotspots, her military training would kick in. But, Keith wondered how he was going to handle being the single parent at home.

Shawna and Travis were at their wit's end. They had reworked the numbers a hundred times. With the medical bills that Travis had incurred while on duty, they always had more bills than money by the end of each month.

Scenarios such as these play out in the lives of families who are called to serve. Having backup support can make a difference to families. Offering that support is the role of auxiliary organizations of all types. They may be military or branch specific, fraternal organizations, charity-based, spouse and family support, veterans organizations, and trade and career associations.

No matter the affiliation, these auxiliary groups can provide advocacy, networking opportunities, benefits support, a lobbying group and more. Local auxiliary



groups often support their local police and fire departments and their families.

GETTING INVOLVED

Choosing to become involved with an auxiliary group or an integrated family support program provides an avenue for morale building, overall family participation and can help families adjust to challenges that they may face.

Participation also gives opportunities to become better acquainted with others in the local community. Building friendships, finding a mentor, and attending social events all serve to create a valuable support network.

Once you decide to attend your first meeting, don't be intimidated by the fact that you are the "newbie." There may be a bit of an awkwardness factor at the beginning. Make mental notes as you listen to the conversations around you. Discover ways that you can become involved using your talents and creativity. If you are seeking a mentor, take the time to get to know other members before you make a choice.

If your spouse serves in a uniformed service outside of the military, do some research to see what is available in your local area for support. Social media, doing a web search, word of mouth, and networking with others are good ways to learn what is available in your area.

NO GROUP AVAILABLE? START ONE

If an auxiliary doesn't exist, you may want to consider starting one. If this is an option, don't go it alone. Find like-minded individuals

to participate.

Determine the objectives of the group. Check with the department's leadership and get their support. You also need to understand what your local and state laws governing non-profits. Perhaps you want to link with a nationwide group that will provide guidance in how to organize your group.

WHY JOIN?

Remember Jackie, Keith, and Shawna and Travis? They were able to find the support they needed through their local auxiliaries. Jackie connected with other LEO's wives who stayed behind. They'd experienced deployments before and help Jackie understand her feelings.

Keith found a group that helped parents who were suddenly coping with being a single parent while their spouse was deployed. He learned he wasn't the only dad in this situation. Talking with others helped Keith gain some tips that he needed to keep life running smoothly. Shawna and Travis learned of groups who offered financial support for extenuating circumstances. This provided them the margin they needed to get back on track with their budget.

Whatever the reason, becoming involved in a community of like-minded people can offer camaraderie, friendships, and be a source of practical information.





SAY GOOD-BYE & *Leave the* LIGHT ON

It was inevitable. Tina knew that at some point she and her husband, Tim, would be physically separated by deployment. She'd married a military man and his being gone came with the job.

Stacy married John, a law enforcement officer and wasn't as prepared when he had to be sent to another state across the country following a natural disaster that had wreaked mayhem, destroyed homes and ended lives.

These examples have components that are the same, and are at the same time different. In both situations, husband and dad have been deployed. They are going to be away from family and the daily routine. Jackie and Stacy must take up the role of being a single parent.

Both families face similar emotional stages of deployment. These include pre-deployment, deployment, sustainment, re-deployment and post-deployment.

Pre-deployment is often variable in the amount of time advance warning is given. When a natural disaster hits, officers who are called to respond must do so quickly. The need is urgent and immediate. This doesn't give much time to deal with anticipation of being separated.

For military families, pre-deployment varies from a few weeks up to a year. Longer times are not necessarily good. When the length of pre-deployment is several months or longer, denial and procrastination can be an escape to deal with the inevitable.

Another behavior that may occur during this part of the cycle is for a couple to become involved in a prolonged or unresolved argument. Young couples who are facing an extended separation may have fears that the relationship won't be able to withstand the separation.

Pre-deployment is the time to prepare to be apart. Discuss how to handle home emergencies. Do you know where the main gas valve is located? Do you know the name of a plumber and the furnace guy?

Discuss the budget and how finances will be handled. Do you know if there will be a per diem for daily expenses? Is there extra money set aside for an emergency? What if a large purchase has to be made while you are apart?

Spend time creating some special memories together as a couple and as a family. Don't forget to take photos and upload digital files that can be viewed when far away from home.

Plan something that the two of you can do together, even though the miles are many. You might choose to study a particular book in the Bible, keeping notes and looking forward to sharing what you are learning, both through emails and when you are reunited.

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Stage two is the actual deployment. This is when goodbyes are said, the family watches as one of them leaves to an unknown place. The family circle is incomplete. Uncertainty about personal safety may be felt. (Can I stay alone at night? How will I cope if I have car trouble? Can I manage if the kids get sick?) It's not unheard of for some major crisis to happen while the husband is gone. One wife had to deal with a hot water heater blowing up and spewing water over 100 bags of cement that were being stored in the garage. What else can you do, but sit down and laugh about it? Keeping a sense of humor helps in this type of situation.

Sustainment is the long haul period. Routines are established. Life goes on. Families on the home front are going to school, paying the bills, meeting up with family and friends. The deployed individual is focused on the job at hand.

Now is the time to send care packages filled with goodies and needed personal supplies. Email is great, but there is something special about receiving an actual letter in an envelope with a postage stamp. Don't just fill it with the day's events. Spice it up a little by writing a love letter. Make it something that the recipient will want to read over and over again.

When you have a surprise delivered to the house, imagine the smile on



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your spouse's face at the end of a long day of corralling children and handling a multitude of errands. It might be your spouse's favorite takeout delivered or a bouquet of her favorite flowers. Perhaps you have preplanned for a friend to come and babysit the children, so your wife could go shopping for a new dress. Don't forget to include a gift card to her favorite store!

Increasing your prayer time for each other should be a high priority. You might not be able to talk to each other daily, but you can talk to God. Praying without ceasing can become a very real behavior during this time.

This is the time when children will begin to react to the missing parent being gone. Depending on the age, the coping mechanisms can vary. Infants and toddlers may cry and have tantrums. Preschoolers may revert to having "accidents"

and what had seemed like successful potty training is nowhere to be seen. School-aged children may become clingy and whiny. They may exhibit imagined illnesses. Teens may become withdrawn and even rebellious. Increased attention, holding and hugs can help alleviate some of the emotions that the children are experiencing. Maintaining routines is vital during this time. Children need to feel there is some control in their lives. Routines help balance what they might feel they have no control over. Always monitor the behaviours with attention to whether professional help might be needed.

The re-deployment stage is a time for anticipation. The family will be reunited soon. Emotions can run the gamut from excitement to uneasiness. How will we reintegrate as a family? Have we changed too much to be compatible? Now that I've dealt with

raising my family by myself, I've learned I like to be the one making the decisions. Will this end when we are together again?

At long last, the post-deployment stage arrives. A honeymoon stage sets in and life seems like it can't get any better. Take it slow and allow yourselves to get reacquainted. Allow plenty of down time with each other and the family. The deployed person will face the realization that life has gone on while s/he has been away.

This can be disconcerting. Hopefully, you've taken lots of photos and kept little mementos that you can share together to bridge the gap somewhat.

You each might find the need for your own space. Let that happen without being threatened. Don't be afraid to talk about this feeling. It's natural and expected. Find ways to make this happen for each other.

Reuniting with children can present a wide variety of hurdles.

Young children may not remember the parent who has been away. Older children may be grappling with their feelings about the absence and have difficulty accepting discipline from the returning parent. These reactions can hurt, but understanding that they could happen might help lessen those feelings. Take the time to get reacquainted and reintegrated into the family's life cycle. Encourage older children to discuss their feelings and how they have changed during the separation.

It is beneficial for the family to discuss the positive aspects of the deployment. Separations can encourage growth in independence and maturity. Flexibility and gaining skills that might not be developed otherwise are another advantage. Deployments can also help prepare children to cope with separations and other losses they may experience throughout life.

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OF HONOR FLIGHTS AND MONUMENTS

On a snowy March morning, Fred Welch stood at attention at the Tomb of the Unknown Soldier and shed a tear. “I’m not too emotional,” says Fred, “but I shed a tear or two when watching the changing of the guard at Arlington National Cemetery.” Fred was one of 450 veterans whose military service was being recognized by the Honor Flight Network.

The journey to this moment had been years in the making. In the 1950’s, with the Cold War casting its shadow and the Korean War heating up, Fred embraced the wave of patriotism that many others experienced. “When I enlisted I knew I wanted to serve in the Navy,” says Fred. “A friend and I volunteered for sea duty. We thought this would be an opportunity to see the world.” The



After being trained as a dental technician, Fred assisted dentists in Adak, Alaska.

friend shipped out to Japan and Fred was eventually sent to Adak, Alaska.

Fred trained as a dental technician and medic aid man and earned the rank

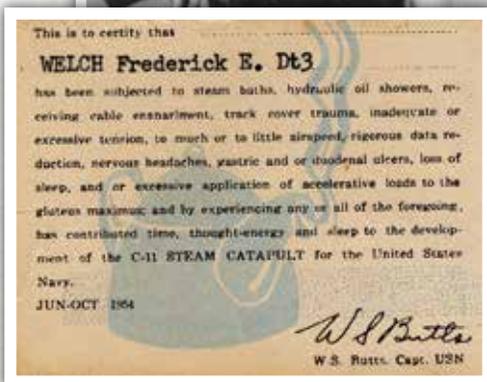
of Petty Officer 3rd Class. Assigned to the USS Hancock during a portion of his service, Fred was impacted for the rest of his life by the refitting of the ship. The Hancock was being converted to an attack aircraft carrier. “The refitting was to modernize the carrier for jet fighters,” says Fred. “She was the first carrier that was outfitted with steam catapults that were used to launch the fighter planes.” In those days, the importance of the use of hearing protection wasn’t stressed, and Fred eventually suffered a 95% hearing loss because of his exposure to the jet engines that were constantly running on the deck of the Hancock.

Life in Adak was busy working as a dental tech. “I assisted the dentists on procedures, took x-rays, and did general tasks in the dental office,” says Fred. “Weekly, we spent time on the firing range. We also received arctic survival training. The troops were taken out to the boondocks, given a sleeping bag and rations. Then you had to create shelter and make the best of the situation.”

Following his discharge, Fred returned to Lincoln, Nebraska and enrolled at Union College where he studied business administration. Owning his own company was a dream that came true when Fred and his brother opened Union Drywall, a professional drywall contracting company. Many a student from Union college earned tuition money by working with Fred.

Since he retired, Fred has found ways to contribute in his local community. One of his recent volunteer activities has included working at Christian Record Services for the Blind for the past 10 years. “Volunteering at Christian Record makes me feel good,” says Fred. “I

Fred Welch served in the United States Navy during the Korean Conflict.



Fred was presented this humorous certificate in recognition of his work on the USS Hancock during its retrofitting.

have worked with at least three other veterans there. We assemble mailings to donors and churches.”

Fred believes that working as a volunteer is an important role for everyone to participate in. “Helping other people is one of the most important ministries we have in the Adventist church,” says Fred.



As the years slipped by, Fred remembered his Navy years, but thought that to others it probably wasn't as important. It came as a genuine surprise when he was selected to travel to Washington, D.C. as a part of an Honor Flight for veterans who served during the Korean War.

The work of the Honor Flight Network is summed up in their mission statement – “Transport America’s veterans to Washington, D.C. to visit those memorials dedicated to honor their service and sacrifices.” Veterans who participate in a flight receive an all-expenses paid trip to Washington, D.C. They tour the nation’s capitol and the memorials that honor the service of millions of Americans who have served their country.

As the 450 veterans, their spouses, and others gathered in Omaha, a banquet was provided to honor and recognize their service and sacrifice. The next morning at 0200 hours, it was time to leave for Eppley Airfield and the 0600 flight that would leave for Washington, D.C. “We boarded

three planes and it took 13 charter buses to transport everyone,” says Fred. “Each veteran had an escort who saw to all of our needs.”

Upon arrival at Baltimore-Washington International Airport, other veterans from Nebraska, youth groups, and other citizens who wanted to show their appreciation greeted Fred and the group. “We boarded buses that took us to the various monuments,” says Fred. “We even had a military escort that led the way.”

The day was filled from beginning to end with the veterans recalling their service and viewing the sites. “We visited the White House, the Pentagon and the United States Senate,” says Fred. “Then it was on to Arlington Cemetery, the World War II, Viet Nam, Korean, Iwo Jima, and Lincoln Memorials.”

As the day came to an end, the group once again boarded planes that would take them back to Omaha, where their families waited for their return. “While we were seeing the sites, our family members enjoyed special activities that had been planned

for them in Omaha,” says Fred.

Once all three planes touched down at Eppley Airfield, it seemed like forever before the veterans were allowed to disembark. “I started to get a little irritated,” admits Fred. “I couldn’t understand what was taking so long.”

Although Fred says he isn’t emotional, it was at least the second time that day that tears welled up in his eyes. As the veterans entered the terminal, they were greeted with the sight of over three thousand people welcoming them home. “I was so surprised to see thousands of people there to meet us,” says Fred. “Our first homecoming when I was discharged from the Navy was nothing like this!”

The surprises kept coming, too. Veterans were draped with a medallion that recognized and honored their sacrifice and service. Three marching bands played music and hundreds of American and Korean flags unfurled as part of the festivities. “It took more than three hours for us to get through the reception,” recalls Fred. “It was overwhelming! I felt so honored that so many would come out to see so many old men.”

As the memories of that day play over in his mind, Fred asks, “What we did so long ago deserves this much honor?”

For Fred and many other veterans like him, being a part of the Honor Flight is one of the highlights of his life. And typical of those of his generation, Fred believes that his military service was his duty for his country.



Photos courtesy of
Nebraska Honor Flights



HONOR, COURAGE, AND COUNTRY

Honor and Remember was the theme of the Union College Alumni Weekend. Events for the weekend included time to honor and remember the students and faculty who have served and are currently serving their country and to reflect on the anniversary of the Medical Cadet Corps, organized under the leadership of Dr. Everett N. Dick, professor emeritus at Union College.



▲ Dr. John Wagner, former Union College president, presents a medallion to Bill Fitts, Vietnam veteran. Dr. Fitts currently serves as a professor of English at Union College.



◀ An Honor Guard featuring veterans from various eras opened the ceremonies. (Photos by Josh Allison.)

The opening event was a noon luncheon followed by the program *Tribute to Veterans—Honor, Courage, and Country*. Dr. Darrel Huenergardt, attorney and Religious Liberty director of the Mid-American Union Conference spoke about the sacrifice that many made. His presentation also included the personal story of his father's military experience and the impact it made on his life.

Chaplain Gary Councill, Adventist Chaplaincy Ministries and National Service Organization director, told the group, "The Saints salute you for your service." He affirmed the veterans for the service they had rendered to

their country and thanked them on behalf of the Seventh-day Adventist Church. Councill also announced that a new military coin recognizing the contributions of Adventist veterans has been minted. (See complete story on page 24.)

At the close of the ceremony, each veteran and currently serving uniformed personnel received a medallion from Union College and the National Service Organization coin from Adventist Chaplaincy Ministries and the National Service Organization. More than 50 veterans were presented with these tokens of appreciation.

The concept of the Medical Cadet

Corps (MCC) was conceived and pioneered by Dr. Everett N. Dick who was a professor at Union College. It was designed to prepare young adults for noncombatant roles in the military.

The first MCC meeting was held on January 8, 1930 at Union College. From that humble beginning the model was used to establish MCC around the world. Later, Dr. Dick was appointed as the director of MCC for the General Conference of Seventh-day Adventists. As popularity and need for the program grew, MCC programs were established on most Adventist college campuses, as well as on many Adventist academy (boarding high school) campuses. Annual training retreats were an integral part of

their appreciation for the training they received. Having received MCC training often meant a cadet was more advanced in basic military skills than other draftees during early weeks of military basic training, and were appointed to leadership roles.

As the draft came to an end in the

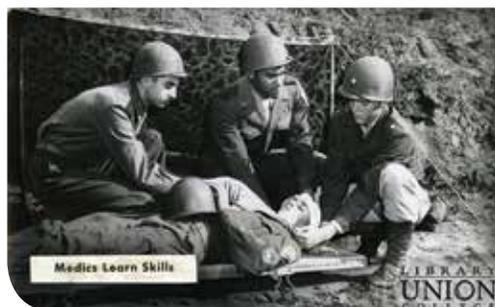


▲ More than 50 veterans were honored at the recognition ceremony.

(Photo by Cid Coto.)

◀ The weekend festivities included a look back at the Medical Cadet Corps that was organized by Dr. Everett Dick, professor emeritus at Union College.

(Courtesy of Union College Heritage Collection.)



the training. Cadets would put the knowledge they had gained in their classes to practical use as their skills were tested.

Many MCC cadets, who later went on to serve in the military, express

United States, the Medical Cadet Corps began to be phased out. The last annual retreat at Camp Doss was held in 1970, ending an era of mutual denominational and military “co-operation without compromise.”

Union College desires to add to their list of Adventist veterans. If you or a family member attended Union College and served in the armed forces, please contact the Alumni Office at alumni@ucollege.edu or call 402-486-2503. Please include the name of the Union College veteran, branch, ranks, years served and where served (or any details that you have.)

The Union College Library has an extensive collection of online photos of the Medical Cadet Corps. You can view the photos at http://bit.ly/MCC_Corps_UC. If you have photos that you would like to have included in the collection, contact Sabrina Riley at 402.486.2514.



Veterans Recognition Coin

NOW AVAILABLE



The National Service Organization and Adventist Chaplaincy Ministries is pleased to announce the first in a series of four challenge coins is now available through the ACM offices.

“The National Service Organization coin is for Adventists who serve and have served in uniform. The coin will be available for uniformed members around the world.” says Gary Councill, Adventist Chaplaincy Ministries (ACM) director. “On the face of the coin, two uniformed personnel are portrayed saluting the Christian flag. The choice of the Christian flag symbolizes that we are united in Christ.” The reverse side of the coin bears the official Seventh-day Adventist Church logo.

The remaining coins in the series will include:

- a. *Chaplain’s coin* – These will be available to ACM endorsed chaplains to use for presentation in recognition of excellent service to persons in work-related circles of influence.
- b. *Spouse and family coin* – In recognition of the sacrifice made by those who support their family member who serves in uniform.
- c. *Director’s coin* – Presented by ACM directors in recognition of exceptional ministry.

The National Service Organization coin is available to purchase for presentation for a donation of \$5.00 per coin. Churches and individuals who wish to honor uniformed personnel and veterans may order the

coin through the ACM offices, Phone 301-680-6780.

Online ordering will be available soon at the NSO website, AdventistsInUniform.org.

The tradition of the challenge coin has many different legends. One of the earliest known stories tells of enlisted soldiers in Ancient Rome. When a soldier performed with valor, when he received his day’s pay, a separate coin would be included as a bonus. There are some indications that the coin would be a uniquely minted coin that contained the mark of the legion from which it was presented. The troops would then keep the coin as a memento, rather than spend it.

A modern-day story from World War I relates that a wealthy lieutenant presented members of his air squadron with a bronze medallion. One of the pilot’s wore his medallion in a leather pouch around his neck. When his plane was shot down, he had no personal identification, but his medallion served as proof that he belonged to an American squadron. This proof saved the pilot from execution by the French.

During World War II, challenge coins were used in Europe during personal meetings to verify a person’s identity. In the Pacific, the story is told of an American soldier who used a Philippine solid silver coin to identify to guerilla fighters that he was their contact in the fight against the enemy invaders.

D

on't you see that children are God's best gift? The fruit of the womb his generous legacy?

Like a warrior's fistful of arrows are the children of a vigorous youth.

Oh, how blessed are you parents, with your quivers full of children!

Your enemies don't stand a chance against you; you'll sweep them right off your doorstep.

Psalm 127:3-5 The Message



INSIGHT4VETS Developed for Blind Veterans

by Rajmund Dabrowski
with Doris Burdick

InSight4Vets, a unique “Thank You” gift initiative for blinded veterans, is now available from Christian Record Services for the Blind (CRSB). “We saw a need. It connected perfectly with what we do best. Now it’s our privilege to share this gift with those coming home from military service without sight,” says Larry Pitcher, president of Christian Record Services for the Blind.

Sparked by news reports of the prevalence of eye wounds from the wars in Afghanistan and Iraq, the initiative caps months of research, collaboration, audio production, and planning. Eye trauma – from penetrating wounds and traumatic brain injury (TBI) – has been identified as the second most common injury among active military. Serious eye wounds have accumulated at

almost twice the rate as wounds requiring amputations. Traumatic eye injuries have accounted for upwards of 16 percent of all injuries in Operation Enduring Freedom and Operation Iraqi Freedom.

“By providing such an important service, Christian Record is contributing to mending a hole in a social safety net by reaching out to a small – yet so very important – group of people,” says Gary Councill, Adventist Chaplaincy Ministries director. Christian Record envisions cooperation with a number of organizations whose mission is to serve veterans with visual impairment.

At the heart of inSight4Vets is a pocket-size solar audio player pre-loaded with a special collection of books. “The books were chosen for

continued on page 31



IN A FLASH LIFE CAN CHANGE . . .

Help us say ‘thank you’
to veterans who are blind
or visually impaired

INSIGHT4VETS

www.inSight4Vets.org

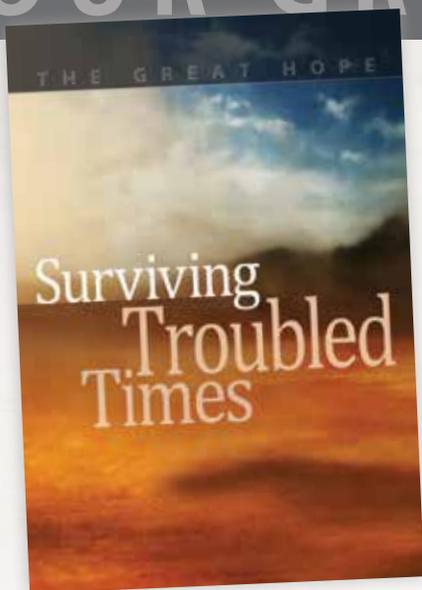
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402-488-0981

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ProjectManager@inSight4Vets.org

OUR GREAT HOPE



again and again by men claiming to act in God's name. The world has been darkened by a misunderstanding of who God really is. Many people doubt that He even exists. But God's love for humans has not dimmed. In spite of what has been said about Him, and what has been taught by some who claim to speak for Him, the truth about God can be found in His Word—by all who search for it with open hearts.

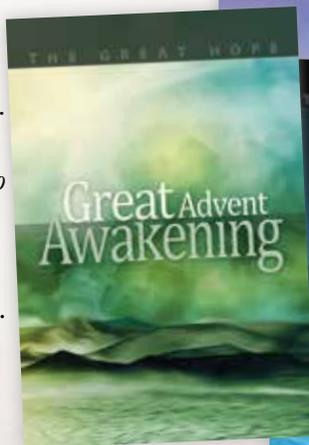
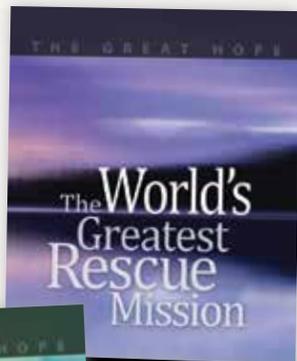
Do you also search for truth? For peace? For hope? Trace the footsteps of God through human history in this series of booklets and see for yourself what He offered to save us. Discover the truths that can change your life today, and show you the promise of a life without end.

As a part of the international *The Great Hope* project, Adventist Chaplaincy Ministries has published twelve short booklets, which are available, upon request. The booklets feature selected chapters from *The Great Controversy*. The opening page leads the reader through an explanation of why hope is possible in a world that is filled with tragedy and uncertainty.

When our dreams of success are shattered, when disaster strikes, when sickness and death stalk our loved ones, hope can lift our heads and point us forward. Hope that there is more to life than what we now see and feel.

*This booklet is a selection from a larger book called *The Great Controversy*. It portrays a God of love, a God who acted to protect and save humans even before they came into existence. When sin and death entered the world, God did not just stand on the sidelines and watch the devastation. He revealed a plan to save humans—a plan that is in full operation today.*

Hope and peace have been devastated

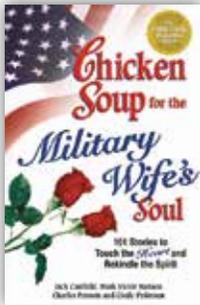


RESOURCES

BOOKS

Military

Chicken Soup for the Military Wife's Soul: Stories to Touch the Heart and Rekindle the Spirit
by Jack Canfield

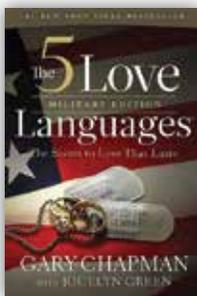


A tribute to the women who uphold the written and unwritten oaths of service and of marriage.

The stories in *Chicken Soup for the Military Wife's Soul* are written by military

family members and the courageous women who themselves serve in the military. They celebrate the women who unite with kindred spirits to raise families, maintain homes and uphold the most positive attitudes when facing the fears of losing a loved one.

The 5 Love Languages Military Edition: The Secret to Love That Lasts
by Gary D Chapman

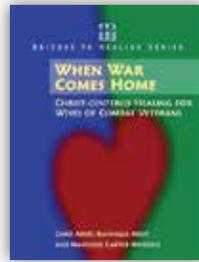


Marriage is hard enough for the everyday civilian. But imagine marriage when you're separated by thousands of miles . . . when one of you daily faces the dangers of combat . . . while the other shoulders all

the burden of home front duties.

The 5 Love Languages profile will help you and your partner identify your love languages so you can put the principles to work for you immediately. Guided by input from dozens of military couples in all stages of their careers, authors Gary Chapman and former military wife Jocelyn Green offer you an unparalleled tool for your marriage with *The 5 Love Languages Military Edition*.

When War Comes Home: Christ-centered Healing for Wives of Combat Veterans (Bridges to Healing Series)
by Marshéle Carter Waddell



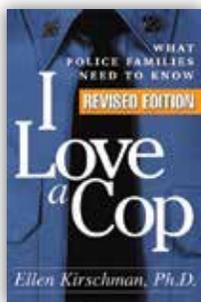
When War Comes Home: Christ-centered Healing for Wives of Combat Veterans offers spiritual comfort and practical, Christ-centered solutions for wives of combat

veterans struggling with the hidden wounds of war ranging from reintegration challenges to potentially devastating Post-Traumatic Stress Disorder (PTSD). These are solutions for the “Secondary Trauma” she is experiencing when his trauma symptoms impact the family and even begin to show up in her. Insights from the medical and counseling community are wrapped in biblical principles and combined with the shared experiences of wives who are veterans of their own husbands’ PTSD struggles.

Law Enforcement

I Love a Cop

by Ellen Kirschman, PhD



Nothing worth doing is easy—and that includes loving a cop. Being a member of the law enforcement community is a source of pride for officers and families alike. But long hours, unpredictable shifts,

and the crisis-driven nature of the profession can turn life on the home front into an emotional roller coaster. Dr. Ellen Kirschman, a psychologist who's worked with police officers for more than 30 years, gives you practical ways to deal with the challenges that come with the territory. Packed with stories from cops and their significant others, this book explains how to reduce spillover from on-the-job stress and cope with loneliness or worry during extended deployments. Dr. Kirschman acknowledges the tough realities of 21st-century law enforcement and offers frank, realistic suggestions for handling serious issues like alcohol abuse and domestic violence. She also covers special topics for women and minorities on the force. Whether you read it from cover to cover or reach for it when problems arise, *I Love a Cop* is an indispensable tool that everyone in your family can depend on.

Emotional survival for law enforcement: A guide for officers and their families

By Kevin M. Gilmartin

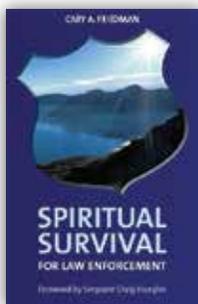
Addresses the dynamics that can transform within a matter of a few years, idealistic and committed law

enforcement officers/employees into cynical, angry individuals who begin having difficulties in both the personal and professional aspects of their lives.

ISBN-13: 978-0971725409

Spiritual Survival for Law Enforcement

by Cary A. Friedman



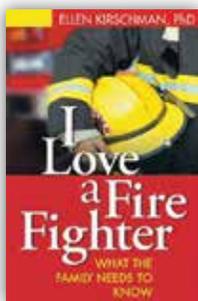
This book is designed to provide spiritual fortification for officers who are faced with a barrage of experiences in the course of their careers, which challenge their most deeply held personal

beliefs. Jam-packed with exercises, tools, and insights, this practical guide restores inner peace and clarity. A must have for all new and seasoned law enforcement officers!

Firefighters and Emergency Services

I Love a Fire Fighter: What the Family Needs to Know

by Ellen Kirschman



How can fire fighter families manage the stress that comes with life in the service? How do you keep a grip on fears and worries during long hours of separation from your spouse? Dr.

Ellen Kirschman provides the first self-help book written to address the questions and concerns of today's fire fighter families.



NAD MILITARY CHURCH

Charter Membership

If you are assigned overseas for six months or longer in some type of official government or military-related service for Canada or the United States (active duty in the armed forces, civilian employee, teacher, AAFES worker, contractor, or family member), then you are eligible to join the NAD Military Church. To request a transfer of your membership, visit <http://nad.AdventistChaplains.org>. Click on the link "NAD Military Church."

Membership transfer request forms are available under "Membership."

Your NAD Military Church staff and board look forward to serving you!

Online Giving

Honoring God through faithful stewardship is encouraged of all Seventh-day Adventists. In the Bible rich blessings are promised to those who return an honest tithe and are generous with offerings to support God's work.

In response to requests from Adventist members in the United States military, the NSO has made arrangements for members in the U.S. Armed Forces serving outside the United States to be able to send tithes and offerings through the North American Division, and thus qualify for a receipt for tax-exempt contributions.

For your convenience go to www.nad.adventistchaplains.org and use the drop-down menu to make your contribution online.

Chaplains and members are encouraged to support ACM/NSO as their "conference" that provides pastoral care and religious materials for their spiritual well-being. Also, please remember to support your base chapel program. Military members serving in countries in other world divisions should contact their conference/union leadership or the division ACM director for further guidance in this area.



**RICH BLESSINGS
ARE PROMISED
TO THOSE WHO
RETURN AN
HONEST TITHE.**

continued from page 3

greater community. The tried and tested cliché about a family that prays together stays together is valid. And entrusted to God, parents and children alike were careful to be true to beliefs, values and each other. Public service requires and often demands personal and family sacrifice. Families do matter and are the essential ingredient for success of those who serve in uniform.

continued from page 26

their interest and inspiration. It's a mix of lighter and heavier reading, to see veterans through perhaps the most difficult season of their lives, adjusting to their 'new normal,'" says Pitcher. "The audio player's filled with stories; stories about overcoming during the worst possible circumstances, stories of survival, stories of hope, and stories of transformation."

"When I received the player, my first reaction was this: Such a small device but so much goodness in it!" says George Haley, blind veteran from Dowagiac, Michigan, and a consultant for the project. The audio player is packed with seven complete audio books, about a hundred hours of listening. It can be charged by the sun or other light source, through USB cable, or with the plug-in charger provided.

Initial start-up support for the inSight4Vets project came from individual donors and a Versacare grant. Among co-sponsors of inSight4Vets is Adventist Chaplaincy Ministries.

To access more information about inSight4Vets, including how to donate to the project, visit insight4vets.org.

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If you would like to be added to the mailing list, e-mail ACM or call 301-680-6780. Comments and/or articles are welcome and should be sent to the editor at Deena.Bartel-Wagner@nad.adventist.org. Include your full name, complete mailing address, telephone, e-mail address, and current digital photos with all submissions. Items submitted by mail will not be returned unless accompanied by a self-addressed stamped return envelope.

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The National Service Organization is the official military-relations office of the Seventh-day Adventist Church. Its primary mission is to provide pastoral care and religious resources to support the spiritual well-being of Seventh-day Adventist military-related personnel.

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*In time of test,
family is best.*
.....

– Burmese Proverb



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