



Yellow Ribbon Ministry Newsletter

Volume 2, Issue 10

October 2010

PRAY FOR OUR DEPLOYED MEMBERS

- Noah Barnhill
- Andrew Folz
- Bob Shaut

Inside this issue:

Military Terms, Abbreviations, and Acronyms	1
Build Your Credit (Part Two)	2-3
Here's Why - Origin of the Corporal	3
Information Websites/Resources and Contacts	4
This Month in Military History	4
A Soldier's Prayer	4

TOGETHER IN SCRIPTURE READING:

This month the book of *Second Corinthians*

Into Their Own Hands

Deborah and I recently attended a Leadership Conference. Two of the speakers at the conference were Major General Mark and Carol Graham. General and Mrs. Graham are Christians who are working to help others through their own pain. A couple of years ago, the Grahams lost their 21 year old son Kevin, an ROTC scholarship student, to suicide. Seven months later, they lost their 24 year old son Jeffery, a second lieutenant in Iraq, to an Improvised Explosive Device (IED). The Grahams feel that both of their sons died in battle - just against different enemies. As a parent and grandparent, it is hard for me to be able to imagine the extreme pain and suffering this family has endured. As a couple, they went through a vast range of emotions. When they lost Kevin, they felt like "complete failures" as parents. When they lost Jeffery, they were elevated to "Gold Star" status for having lost a son in combat. According to Carol, "We've experienced the stigma, the shame, the guilt, along with the honor and respect that goes with a hero that dies trying to save his platoon." To be able to help others through their own pain is a testament to their faith in God and the strength he

provides to them daily.

In Carol's presentation, she stated that it has traditionally been "taboo" in the military to speak about suicidal feelings. Soldiers were expected to "suck it up" or "be a man" and not let their feelings get in their way. She went on to say that she came to find out that it was even more "taboo" to speak about these feelings in the church environment. It has never been more important than now to take down the barriers that have existed, erase old "taboos" and face the problem head on.

This is not a new topic for military members. In previous wars, people had to try to find a way to deal with these feelings. Not many resources were available and the "taboo" of suicide made these issues more difficult to identify and treat. When suicide did occur, many families would say that their loved one died in a car accident or had a heart attack rather than deal with the embarrassment, shame and judgment. I recently viewed a website where Medal of Honor recipients are encouraging military members to drop the stigma and get the help they need. Many of these warriors did not have the resources they



Colonel Steven D. Martin
Phone: 919-571-4378
E-Mail: sdmartin@nc.rr.com

needed to help them through difficult times.

In recent years, the military has worked hard to address these issues. Although there is still a stigma in the military, senior leaders are working hard to erase this stigma and educate the entire force on the dangers now faced in the military population. "Battle buddies" are being trained to get their friend in need the appropriate care. With an increase in post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI) as a result of war, mental health is an area of increasing concern.

CONTINUED ON PAGE 2

MILITARY TERMS, ABBREVIATIONS, AND ACRONYMS



- **Directrix:** Center line of the field of fire of a gun
- **Ditching:** Controlled landing of distressed aircraft in water
- **Doctrine:** Fundamental principles by which the military forces or elements thereof guide their actions in support of national objectives
- **Drum:** To hold ammunition until ready to mount on a weapon and "feed" the ammo



“Never give out personal information in e-mails or in a phone call you did not initiate.”

“Depression can come as a result of a war related injury or as a true medical illness.”



Build Your Credit (part 2)

Editor's Note: This is part two of a two-part article. Step one (from last month's article) of the five steps to building credit was to create a budget.

Defend yourself when deployed. Deployed service-members face the risk of mounting bills and interest. A servicemember in a war zone might be out of reach until the account has accrued so much interest that accumulated bills can't be paid - and his or her credit might be destroyed. The Servicemembers' Civil Relief Act can protect you from skyrocketing interest by capping annual interest rates at six percent while deployed. The cap applies only to debt incurred before beginning active duty. You must request this relief in writing from your lender; include proof of mobilization as well as proof of the difference in military and civilian pay. Also, call your lender to ask about lowering or defer-

ring interest on any student loans while deployed.

Pay off debt. Develop a plan to pay back debt. Pay the debt with the highest interest rate first, then pay the debt with the next highest interest rate. Continue until you are debt-free. Always make at least the minimum payment on every debt, with your house payments the top priority.

Earn a credit history. If you have no credit history, build one. Carefully charge a few expenses you know you can pay in full when the bill comes. Pay the entire bill on time every month to avoid interest charges. Or take a small loan from your bank or credit union to purchase a used car or a small item such as an appliance. Pay the loan on time and in full. If you have student loans, pay those on time every month. On-time payments are the no. 1 factor in determining a credit score.

by Ethan Ewing

Fight identity theft. Protect yourself from those who could root through your trash, steal your account numbers online or obtain personal information through e-mail "phishing" scams. If you are deployed, make sure your bills and financial statements are routed to an address you trust. Record important financial information and account numbers in a secure place. Never give out personal information in e-mails or in a phone call you did not initiate.

A good credit history is like a successful military campaign: It takes careful planning to create a strategy that will pay off in victory when placed into action. Apply your military discipline to strengthening and maintaining your credit rating. Your hard work will benefit you and your family for years to come.

CONTINUED ON PAGE 3

Into Their Own Hands

(continued from page 1)

Many times warriors return home with injuries you cannot see. Some come forward and seek help. Others do not because they are afraid for their careers, ashamed, embarrassed, or concerned that someone will think less of them as a man, woman, or soldier. Depression can come as a result of a war related injury or as a true medical illness. Most military members who commit suicide are less than 25 years of age. Suicide is the number two cause of death in college age kids. In fact, the suicide rate among young adults has tripled in the past 40 years. Carol

related, "For years we had talked to our children about alcohol, drugs, sex, and even strangers, just about anything we could think of to keep our kids safe and healthy. But our ignorance in thinking that all it took to fight depression was a prayer, a proper diet, exercise, and a good night's sleep, kept us from getting Kevin the best medical care he needed." If you knew a member of your family was diabetic, you would not dream of failing to get them the medical attention they need or keep them from getting the insulin that would save their life. Depression,

resulting from an injury or chemical imbalance, is a treatable condition.

Christians are not immune to depression or thoughts of suicide. In the Bible, King David, the prophet Jeremiah, and Job were all greatly distressed to the point of having wondered why they were born. All three had a close relationship with God, but despair came into their lives. In each case, they persevered, trusted in God, and were delivered. When a person considers suicide, depression has reached a crisis point because they feel they have no HOPE.

CONTINUED ON PAGE 4

Build Your Credit

What if you're denied credit?

If you or your civilian spouse are denied credit for a purchase, you have the right to know why. You also have the right to review your credit report for free within 30 days of denial.

If your credit cards were maxed out, work to pay off some cards before reapplying. If you have too much debt on existing cards, pay down the debt to free up more credit.

If your income level was too low, consider buying a less-expensive item. Civilian spouses, reservists or veterans might consider taking a second job to earn additional money. In both cases, check with the lender to see what criteria you need to meet. For instance, you might need to keep a second job for at least six months to qualify.

If the credit report shows errors, request a correction. Send a written request to the credit reporting agencies that

(continued from page 2)

are reporting the error. Corrections can take up to 45 days. You can ask the agency to send a corrected report to creditors who have received the report during the last six months or employers who have received the report within two years.

If you find fraud on your report (charges or accounts you did not open), place a fraud alert on your report. Find out how to do this from the Federal Trade Commission.



For more info visit:
www.ftc.gov

Veteran/Retiree Focus: Sleep Apnea

(a new series)

Editor's Note: *This is the first in an ongoing new series of articles focusing on the needs and interests of veterans and retirees. We plan to make this a semi-regular feature in the YRM newsletter.*

More and more veterans are receiving benefits for the sleeping disorder known as sleep apnea, according to figures from the Department of Veter-



ans Affairs. The number of veterans receiving VA benefits for the disorder has jumped 61 percent in the past two years, according to a story published in USA Today.

The benefits amount to about \$500 million per year. More than 63,000 veterans receive the benefits for the disorder that causes a sleeping person to gasp for breath and awaken often, the newspaper reported last month. Although obesity is the main cause, experts say exposure to dust and smoke in places such as Iraq and Afghanistan can contribute to the problem.

Max Hirshkowitz, director of the Sleep Disorder Center at the Houston Veterans Affairs Medical Center, told the newspaper that veterans are four times more likely to suffer from sleep apnea than other Americans. About 5 percent of Americans have the disorder, but 20 percent of veterans do. In 2007, Congress asked the VA to pay closer attention to sleep apnea among veterans, according to the newspaper. The greater awareness prompted more veterans to seek treatment Hirshkowitz said.

“The number of veterans receiving VA benefits for [sleep apnea] has jumped 61 percent in the past two years ...”

HERE'S WHY - Origin of “Corporal”

Did you ever wonder where the term “Corporal” as a military rank originated?

Corporals often command squads in our Army and Marine Corps. that was also their job in the Fifteenth Century Italian armies. An important tactical formation was the *squadra*, headed by a reliable veteran called the *capo de squadra* or head of the square although some *squadra* members might

have looked on their leader as the “squarehead”. The title seems to have changed to *caporale* by the Sixteenth Century and meant the leader of a small body of soldiers. The French picked up the term in about the Sixteenth Century and pronounced it in various ways, one of them being *corporal*, which indicates a mixing with the Latin word *corpus* or French corps, both of which meant body. The British adopt-

ed corporal in the Seventeenth or Eighteenth Century and it has been a part of their army ever since. The British gave the Corporal his two stripes when they started using chevrons in 1803.

Source: *The Origin of Ranks and Rank Insignia Now Used by the United States Armed Forces (published by the Office of History, Sacramento Air Logistics Center, McClellan AFB, CA)*

Corporal & Senior Airman Chevrons



CHURCH CONTACT INFORMATION

Friendship Baptist Church
5510 Falls of Neuse Road
Raleigh, NC 27609

Phone: (919) 876-0585
E-mail: fbcmail@fbcweb.net
Web Site: www.fbcweb.net

COLONEL STEVE AND DEBORAH MARTIN

Phone: (919) 571-4378
E-Mail: sdmartin@nc.rr.com

OCTOBER BIRTHDAYS:

- Ashley Huskey - 7
- Seth Ingersol - 11
- Sam Johnson - 21
- Ruth Miller - 24

OCTOBER ANNIVERSARIES:

- None this month

Mailing addresses for some of our Deployed Members:

2dLt Andrew S Folz
USAF 332 ECES/CEP
APO AE 09315-9997

Major Robert Shaut
Alpha Co., HC 105th En Bn
APO AE 09355

Mark the Date:

Yellow Ribbon Ministry Fall Fling: at Todd & Tammy Huskey's house on 23 October, noon until 3 p.m. We will email more details (including directions) to our members.

THIS MONTH IN MILITARY HISTORY:

1 Oct 1942 - Maiden flight of the Bell P-59 Airacomet, 1st US jet

2 Oct 1799 - Washington Navy Yard established

5 Oct 1863 - CSS David damages USS New Ironsides with a spar torpedo off Charleston

12 Oct 1942 - US aircraft sink two Japanese destroyers near Guadalcanal

13 Oct 1987 - First operational use of dolphins by the US Navy, in the Persian Gulf

16 Oct 1863 - U.S. Grant is named commander of Union forces in the West

17 Oct 1922 - 1st US carrier take-off: Virgil C. Griffin in a VE-7SF off Langley

19 Oct 1781 - Formal surrender of Lord Cornwallis's British

to George Washington's Franco-American forces

21 Oct 1797 - USS Constitution (Old Ironsides) is launched in Boston

27 Oct 1954 - Benjamin O. Davis, Jr. becomes the first black general in USAF

31 Oct 1968 - President Johnson orders a halt to all bombing of North Vietnam

Into Their Own Hands

(continued from page 2)

Those who repeatedly consider suicide are practicing sin in their heart. Along with medical help, a person with suicidal thoughts needs to examine their heart and their relationship with God. Satan seeks to blind us to our hope in Christ and make us impatient. As Christians, our HOPE is centered in Christ – not our circumstances. David said it best in Psalms 27, "I had fainted unless I had believed to see the goodness of the Lord in the land of the living. Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord."

I am not writing this article to scare parents, spouses, or siblings, but to bring to your awareness a problem that is growing and yet a topic that people do not feel comfortable

discussing. If you suspect any member of your family is going through a mental health crisis, get them the help they need. A warning from Carol Graham rings true. "If someone mentions suicide to you, take them seriously." If you suspect someone is suicidal, care for them, stay with them, and get them immediate help. A person contemplating suicide needs not only medical attention and sympathetic family and friends; they need to be pointed to a sure HOPE in Christ Jesus. Our pastoral staff is prepared to assist the individual and their family through this crisis. Don't let the fear of what others may say stand in the way of getting the help you need.

As I am sitting here writing this, I just received a phone call

from our Emergency Operations Center informing me of the suicide of a young man who had completed two tours of duty in Iraq. This is the fourth such notification I've had in the last two months. Young men and women "taking their lives into their own hands." Our warriors deserve better. Our young people deserve better. It is up to us to "bear ye one another's burden" and help those in crisis.

As Major General Mark Graham now closes all his talks to troops: "We are the land of the free, because of the brave. Thank you for your service to this great nation."



"Wait on the Lord: be of good courage, and He shall strengthen thine heart..."

- Ps. 27:14a

A Soldier's Prayer

(source unknown)



Lord, I ask for courage.

Courage to face and conquer my own fears...

Courage to take me where others will not go.

I ask for strength...

Strength of body to protect others..

Strength of spirit to lead others.

I ask for dedication...

Dedication to my job, to do it well...

Dedication to my country, to keep it safe.

Give me Lord, concern...

For those who trust me and compassion for those who need me.

And please Lord....

Through it all be at my side.