



Yellow Ribbon Ministry Newsletter

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PRAY FOR OUR DEPLOYED MEMBERS

- Noah Barnhill
- Andrew Folz
- Bob Shaut

Inside this issue:

Military Terms, Abbreviations, and Acronyms	1
Build Your Credit (Part One)	2-3
Five Golden Skills	2-4
A Poetic 9/11 Tribute	3
Here's Why - Origin of the Private	3
Information Websites/Resources and Contacts	4
This Month in Military History	4

TOGETHER IN SCRIPTURE READING:

This month the book of First Corinthians

Testimony

Cancer is a word that will strike fear in the stoutest of hearts. Most families have been touched in some way by cancer through the death or suffering of a loved one or close friend. I found out about mine in February when a mass showed up on a chest x-ray. You always think it will happen to someone else, but in February, I was that someone else. I spent a whole lifetime preparing to go to war on some distant shore with the tools and training I would need to stay alive. In February, I found out that my fight would come while sitting in a recliner having poison pumped into my body. There is very little in the way of tools or training that prepares you for this. I had to rely on the tools and training of others.

As I look back at it all, I had hoped there would be some amazing revelation or reason that I could lean on to say there was "purpose" in it all. As I sit here and write this, I cannot come up with that great purpose or reason. I am a Christian and I do believe there is purpose in my life, so the purpose for this illness lies in the wisdom of my Heavenly Father. He may or may not reveal these secrets to me over time. Being in the military, I have to deliberately search for the "lessons learned." Here's what I've

come to know over the past few months:

God's Grace is Sufficient for Me.

If you were to be told at this moment that you have cancer, you probably have an idea of how you would react. Before February, so did I. My reaction was quite different than what I envisioned. When the doctor told me about the mass, there was an amazing calm - no panic, no sense of foreboding. It was as if an amazing peace had settled over me and there was no fear. I am no different than anybody else sitting in a doctor's office getting bad news. All rational thought says I should have reacted differently. This is a true indicator that God was right there with me, giving me a calm assurance that everything would be alright. God is not surprised by anything. He didn't have to scramble to be able to give me peace in that hour of need. In the recesses of my heart, He had hidden the faith I would need for this time in my life.

I Am Not Alone. My previous impression of fighting cancer was that of a lonely battle. My fight with cancer was anything but a lonely battle. From the very start I had family and friends who surrounded me and showed great love and support.



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I had churches, and friends of friends who held me up in prayer. I had an 86 year old woman in Asheville, whom I've never met, ask for my full name so that when she prayed for me, God would know exactly who she was praying for. I thought several times over the last few months about the passage in 2 Kings where Elisha tells his servant, "Fear not: for they that be with us are more than they that be with them." Much like the servant, my eyes were opened to see the mountain "full of horses and chariots of fire." The Army I had surrounding me was lifting me up in prayer.

CONTINUED ON PAGE 4

MILITARY TERMS, ABBREVIATIONS, AND ACRONYMS



- **DMZ:** Demilitarized Zone
- **DESIRE:** USAF: Direct English Statement Information Retrieval Extraction
- **Detachment:** A part of a unit separated from its main organization for duty elsewhere
- **Detainee:** Refers to any person captured or otherwise detained by armed force



“Members of the military use payday loans three times as often as civilians.”

“The good news, for those leaving military service, is that they are already ahead of the curve [regarding certain intangible skills many employers are seeking].”

Build Your Credit (part 1)

Money and credit are tight these days; so many people are concerned about credit scores. But what is your credit score, and how can you get a good one?

In a nutshell, a credit score is a reflection of an individual's credit risk. Creditors look at your credit score - or FICO score - to gauge the likelihood that you will repay your debts. Scores typically range between 300 and 850. Credit scores are based on credit history, including debt payments; amount owed and defaults on any loans. The higher your score, the better.

Many military families face financial challenges that can create serious consequences. Among junior enlisted members, for instance, 19 percent have failed to make minimum credit card payments and 11 percent have bounced checks. Members of the military use payday loans three times as often as civilians. (Source: Defense Manpower Data Center Survey of Active Duty Servicemembers, 2005.) Those with severe financial problems can lose security clearances, face sanctions, limit advancement possibilities or even be discharged.

by Ethan Ewing

Before building credit, it helps to know your starting point. By law, all U.S. residents can review their credit report for free once a year. Visit AnnualCreditReport.com to request your report. Then, to improve your score or start building one, try these five steps.

Create a budget. A household budget, or spending plan, is your roadmap to financial security. Good credit comes from living within your means. Do not fund your lifestyle on a credit card!

Editor's Note: We will feature part two of this article next month.

Five Golden Skills

Every Employer wants them – here's how to get them.

Sgt. 1st Class Charlie Fulcher received thousands of hours of training during his Army career, but one course turned out to be particularly helpful when he left service in October 2007. In order to become an Army equal opportunity adviser, Fulcher had gone through diversity awareness training at the Defense Equal Opportunity Management Institute at Patrick Air Force Base, Fla. “They taught me how to know oneself but also how to step outside myself when dealing with others, how to stand in their shoes,” said Fulcher. “That's very valuable training.”

Fulcher found out just how valuable when he took a position as a logistics instructor with military contractor Cubic. His ability to get along with others is one of the intangible skills – so-called soft skills –

employers look for in potential hires. Beyond job-specific capabilities, employers want to see people who know how to communicate, who understand teamwork. They want employees who can take initiative, solve problems and listen well. The bad news is that these skills are hard to quantify. What makes a good listener? When does “take initiative” become a “loose cannon”? The good news, for those leaving military service, is that they are already ahead of the curve.

CareerBuilder recently surveyed 2,667 hiring managers and human resource professionals. They pointed out a number of strengths veterans can highlight on their resumes, based on their military experience: a disciplined approach to work (68%), the ability to work as a part of a team (63%), respect and integrity (57%) and leadership (50%). Feeling weak in a given area? Fulcher fine-

tuned his skills in a military classroom, but there are plenty of other ways to get up to speed.

LISTENING

Communication goes two ways – not just what you say but what you hear. Can you learn to listen? Yes, said Pat Schwalie-Giddis, president of the National Career Development Association. “It's called reflecting. Have somebody say something to you and then say it back to them. You should be able to say back to them the thing they meant to say. Got it wrong? Try again. It's a training exercise. Do it until your partner confirms that you have gotten the message loud and clear.



CONTINUED ON PAGE 3

A Poetic 9/11 Commemorative Tribute

*A normal day as autumn sings
Then evil flew with silver wings
And England froze in disbelief
Like statues wearing masks of grief
Broken lionhearts roar in pain
Salt water falls instead of rain*

*And we were bound in helpless crying
Whilst flesh of our flesh lay dying
A sea of tears with waves so pure
To break upon a New York shore.*

— poem by “Donna”



**For more info visit:
www.jontzen.com**

Editor’s Note: This poem was authored by an English lady named Donna, who emailed it to website developer Bradley Jontzen in 2002, who published it on his 9/11 commemoration website.

Five Golden Skills

SPEAKING

Employers want to hear what you have to say. One time-honored tool for those learning to open up is Toastmasters, an international non-profit organization whose members hone their communications skills by giving prepared speeches. Another way to improve your speaking abilities is to find someone who will listen. “It probably will not be your spouse,” said Ann Ronan, a career coach and director of the Authentic Life Institute in California. “A coach would be ideal, but a friend could do it, too, if they are willing to be honest with you. They want to listen for jargon, things that are just too military.” Still not sure

how you come across? Leave yourself phone messages. Cringe. Repeat .

TAKING INITIATIVE

Employers say they want workers who will take initiative, who can put good ideas on the table and take action. They might be suspicious of someone they believe to be coming from a following-orders culture. To develop the impulse for initiative, look for trouble. “Maybe you see a small problem slowing down a task,” said Louise Garver, career coach and president of Career Directions in Connecticut. “If you tell your supervisor about this, and if you can talk about how the problem can be fixed, that is a

way to develop that skill. Look at your day-to-day tasks and ask, what are the things you can do to make these things perform better?” Keep track of wins. These will help demonstrate to a potential boss that you do know how to get a ball rolling toward meaningful outcomes.

TEAMWORK

Employers might have an idea that a military “team” is a leader and a bunch of followers. They want to know you can sit at a table among equals, working together and independently toward shared goals. If that sounds a lot like your high school basketball coach, it should.

(continued from page 2)

CONTINUED ON PAGE 4

**“Employers say
they want
workers who
will take
initiative ...”**

HERE’S WHY - Origin of “Private”

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

Private comes from the Latin word *privus* or perhaps *privo* that meant an individual person and later an individual without (deprived of) an office. That certainly describes a Private in our Army or Marine Corps. The term as a military rank

seems to come from the Sixteenth Century when individuals had the privilege of enlisting or making private contracts to serve as private soldiers in military units. Before the Sixteenth Century many armies were simply feudal levies in which the feudal lords forced their serfs or subjects to serve. Airman is a recent word that

means somebody involved with flying. The Air Force gave that title to the members of its four lowest enlisted ranks in 1952.

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)

**Private/Airman &
Private/Airman First
Class 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

SEPTEMBER BIRTHDAYS:

- Bob Shaut - 2
- Ruth Ball - 5
- Andrew Perez - 9
- Becky Reece - 12
- Madison Powell - 13
- Ken Folz, Teresa Ralph - 14
- Ashante Parshue - 18
- Shelly Dupree - 26

SEPTEMBER ANNIVERSARIES:

- Shelly Dupree - 3
- Bob & Rita Shaut - 20

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

Drop them a line; let them know you're praying for them.

THIS MONTH IN MILITARY HISTORY:

3 Sep 1944 - US Navy shells the Japanese on Wake Island

9 Sep 1990 - GHW Bush and Gorbachev meet in Helsinki & urge Iraq to leave Kuwait

11 Sep 1812 - USS Constitution captures and destroys brig Lady Warren

11 Sep 1918 - Col. George S. Patton leads the first US tank attack, St. Mihiel, France

11 Sep 1945 - US 5th Armored Division enters Nazi Germany

11 Sep 2001 - The deadliest terrorist attacks in US history

Testimony

(continued from page 1)

I received cards, letters and well wishes from literally all over the country. Each of these blessed me and encouraged me. Most of all, I held on to the promise of Jesus that "He would never leave me or forsake me," and from experience I can tell you it is true.

I Am Blessed. It is hard to quantify the blessings of God; they are new and more wonderful each day. Not only has he given me salvation through my faith in the Lord Jesus Christ, but he has given me abundant life. I remember praying that I would be healed, that I wouldn't have to go through what I was facing. A miracle healing would have been great, but I would have

missed so much. I would have missed the love and care of so many that would have otherwise blended into the background of daily life. I would have missed the comfort I received from calling on Jesus in the midnight hour when I felt the worst and when daylight seemed too far away. I would have missed the thousands of small details that formed an indelible impression in my heart and mind that "all things work together for good to them that love God, to them who are called according to his purpose."

If this all seems to be about me, it's not. It is just as much about you. You were a blessing to me during the most diffi-

cult time in my life. You performed as an emissary of God, ministering to my needs, lifting me up in prayer, encouraging me as I struggled. Serving God and sacrificing for him does not always mean picking up and moving to Africa. You and I have a mission field all around us and God works through us to minister to those in need. A miracle healing would have been great, but what would your reward have been in that. I found three basic truths of faith in my darkest hour: God's grace is sufficient for me, He will never leave me or forsake me, and His blessings are abundant and free. By God's grace, my cancer is now in remission, my strength is renewed, and my faith has been increased.

Five Golden Skills

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Career advisers say organized sports are a great way to get into the corporate team mindset. Another way to improve team skills is to help the underdog, Garver said. "Help someone to finish when they are slower than you. Train them to be more efficient based on your own experience," she said. "When people aren't doing that, it is because they are being too individualistic. They have put in their time and they are done, but that is not going to win them a gold star for teamwork." Notice and honor someone else's good ideas. Help resolve a dispute. Delegate something. All of these key team-player skills that can be practiced easily in your daily work.

PROBLEM SOLVING

Problem solving in the business

world isn't just about knowing whom to call or where the document is filed. Employers want to see creative thinking: They want employees who can get their heads around an issue and find a new way to tackle it. So play some games: math games, logic puzzles, and verbal gymnastics. There are plenty online. The point is not to have your algebra but to stoke up the creative furnace in the face of unexpected dilemmas. Now go out and solve real problems. "What are you doing in your current job that you think could be improved? You start with that," Garver said. "What's wrong with this and how can I fix it?" Do this in your job now, and you can show a future employer you have what it takes to solve problems in the real world.

The skills may be "soft" and difficult to measure, but they are learnable – and demonstrable. Real-world practice exercises can give you something to show your next boss, whether it is teams led, presentations delivered or workplace problems solved.

During Fulcher's interviews, he found the best way to tell this story was by telling stories. Asked about leadership, communications and diversity, he launched into anecdotes of his own training and his work with other soldiers. The more specific, the better: "I'm all about the experience, not the words." After all, a cover letter that says "team player" is only as good as the tangible example that backs it up.

Article by y Adam Stone - Reprinted from Military Times EDGE