



horizontal stowage: the lateral distribution of unit equipment or categories of supplies so they can be unloaded simultaneously from two or more holds

horn: in naval mine warfare, a projection from the mine shell of some contact mines which, when broken or bent by contact, causes the mine to fire

HOSTAC: acronym for helicopter operations from ships other than aircraft carriers



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Words to Ponder:

"Bravery is the capacity to perform properly even when scared half to death."

~ Omar Bradley



Pray for our Deployed Members:

Chaplain Brian Palmer and Family: serving the Lord in Fort McCoy, Wisconsin
LCpl Timothy Robinson, USMC: Praise!! He has come home; now living on base at Cherry Point!

Together in Scripture Reading:

This month:
the book of First Corinthians



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Nicky's Kids

Colonel Steve Martin

In February 1988, a seventy-eight year old man sits in the crowd as a part of a British Broadcasting Corporation (BBC) show "That's Life!" Unaware that he is to be the subject of the evenings show, he intently watches all of the actions that go into the production of live television. As the show begins, the host, Esther Rantzen begins to explain the significant achievements of an audience member and at one point even shows a scrapbook documenting the details of these achievements. The elderly man on the front row, Nicholas Winton begins to realize that he is the man Rantzen is speaking of. After finishing the listing of achievements, Rantzen asks if anyone in the room owes their life to Nicolas Winton? Over two-dozen people who are sitting all around him stand and begin to applaud. As tears begin to well in the eyes of this elderly man, there are very few dry eyes in the studio audience or in the homes of those watching via television. Now the world becomes aware of the amazing story of Nicholas Winton and the 669 children he saved from certain death at the hands of Nazi Germany during the Second World War.



Nicholas Winton (*pictured above, circa 1938*) was born in Hampstead, London in May of 1909. His parents were German Jews who had moved to London two years prior and had changed their name from Wertheim to Winton to better acclimate to their new country. Although he was Jewish, his parents converted to Christianity following their move. Nicholas enjoyed athletics and decided to follow his father, a bank manager, into banking and finance. He began his training at a local bank in London, with additional training at banks in Germany and France. After having earned his banking credentials, he became a

stock broker at the London Stock Exchange.

Prior to 1938, Winton had been following the developments taking place in Germany and through family contacts knew of the persecution of German Jews at the hands of the Nazi's. During 1938, Adolf Hitler was acknowledging his intent to combine all German speaking peoples under the German flag. On September 30, 1938, the Munich Pact was signed by Germany, Italy, Britain and France giving Germany the Sudetenland in Czechoslovakia with 3 million German-speaking Czech's and an abundance of natural resources. The pact was made to appease Hitler and keep the peace. However, this was only the first move by Hitler - his ultimate goal was the whole of Czechoslovakia and then Europe itself. Shortly before Christmas 1938, Winton had planned to take a two-week skiing holiday in Switzerland; however, he changed his travel plans when he was invited by a good friend Martin Blake to come to Prague, Czechoslovakia to help at the British Embassy with the British Committee for Refugees. Winton took his two-week vacation and went to help his friend.

Nicholas Winton and his friend Martin Blake were very concerned about the dangers posed by Nazi Germany. As Winton visited the Jewish refugees, it became very apparent to him that they were facing grave danger in a Nazi occupied territory. In November 1938, the British House of Commons approved a measure that would allow entry into Britain of refugees younger than 17, provided they had a place to stay and a warranty of £50 for their eventual return to Czechoslovakia.

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HERE'S WHY: THE STORY BEHIND CHALLENGE COINS (CONCLUSION)

Editor's Note: Before we pick up the story where we left off last month, here's additional information from Don King about the traditional origin of the term "challenge" in Challenge Coins. Don says, "The tradition is that if a Soldier (or Sailor, etc.) walks into an establishment and slaps his challenge coin down on the bar, he's in fact challenging everyone there to produce their own coin. This is usually done within one unit; Special Forces has held this tradition ever since its founding in 1952. If there is anyone there that cannot show his coin, he's obligated to buy a round of drinks for everyone present." Here's the rest of the story.

Modern coins are manufactured in a fashion that allows each to display 3-dimensional images that rival the detail found on actual currency. Virtually every element of a custom coin now can be tailored to suit individual preferences. Some of the more popular features of challenge coins made in the last ten years include numbering, specialty edging, and photographic inserts, which allow an actual picture to be affixed to one or both sides of a coin.

Throughout the career of an armed services member, he or she will have the potential to encounter and receive a substantial number of challenge coins. For example, the United States Air Force holds a coin ceremony for its cadets upon graduation, and for many Airmen, this is the first of many they will hold dear during their service term. (Side 1 of Don King's challenge coin is pictured below.)



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The Army's Telehealth Program

Editor's Note: This is the conclusion of the story contributed by Gigail Cureton about a new program the US Army launched on 2 Feb 2016 to measure the impact of technology on providing primary care services in reducing the time non-urgent care patients spend in busy emergency centers.

High-Tech, Right-Touch

Hospitals across the region have used telehealth, mostly tele-behavioral health for years. Eisenhower Army Medical Center (EAMC) is among the leading telehealth centers in the region, its location at Fort Gordon, home of the Army Cyber Center of Excellence, the Army's proponent for communications and information services, provides prime access to the subject matter experts and technology infrastructure.

"Of course, you can do telehealth anywhere with the right resources,

but I like to think we are at the right place for this pilot program," said Joseph Wood, chief, Telehealth Service Line, EAMC.

"We have been pro-telehealth for a number of years and with our medical center status, medical specialty expertise, and an interest in trying new things, I am excited that EAMC is a part of the pilot."

Telehealth exams are more complex than the traditional face-to-face exams, according to Wood. Physicians have to be credentialed at every hospital where they see patients and patient appointments must be made at both the hospital and telehealth site.

"We also have to ensure that system access at both locations is available and meets our high standards regarding HIPAA and PII compliance," Wood said. "We also have to have point-to-point encryption. This is not like using your computer with some

of the popular software on the market."

The peripheral devices used for evaluating ear and throat pain provide high-definition images that the doctor and patient are able to see at the same time, according to Horde. Those high-definition images are then uploaded into the patient permanent medical record for use by their primary care physician or specialist.

"The technology allows me to share what I see immediately with the patient and use those images to help them understand what is happening," says Lt. Col. Kevin Horde, a family medicine physician from Fort Benning's Martin Army Community Hospital supporting the pilot at EAMC. "This actually increases doctor-patient interaction because we can discuss what they see and hear going on in their body."

Getting a team of more than 50 interdisciplinary professionals together was a challenge, according to Alexander, who serves as project lead for the RHC-A Clinical Operations Directorate.

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Nicky's Kids

Placing the refugees in other countries faced a tremendous amount of bureaucracy and the timetable to certain war seemed to be moving forward at a rapid pace. While in Prague, Winton decided that he would make an effort to get as many children as possible out of the country as quickly as possible. Once he made his intentions known, Jewish parents lined up day and night appealing to Winton to help their children. Each day, he would work until 2 a.m. interviewing parents, catch a few hours of sleep, and then start back early interviewing again for the remainder of his "holiday" in Prague.

When he returned to London, he earnestly began the process of trying to place the children in homes. The procedure was slow and his mother acted as his secretary while he balanced his job as a stock broker during the day and worked on placing the refugees during the evenings. He made urgent appeals to neighboring countries and even to

President Roosevelt in the United States. Only Sweden agreed to accept some of the children. He had such difficulty in dealing with the British bureaucracy that he resorted to extreme measures. Later in life, he acknowledged that his sense of urgency was so great that he bent the rules by using bribes, forgery, and even blackmail to get the paperwork completed to get the Jewish children out of Czechoslovakia. He worked through the summer of 1939, and was able get 669 children transported first by train from Czechoslovakia to Holland and then on to England by ferry. On September 1, 1939, Germany invaded Poland beginning the Second World War. On this same day, a train was to leave Prague with 250 children aboard transporting the children to Holland. Because of the invasion of Poland, the train never left. Most if not all of the 250 chil-



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dren were to perish along with other Czech Jews at the infamous Auschwitz concentration camp.

During World War II, Winton served as an ambulance crew member for the Red Cross and then volunteered with the Royal Air Force, eventually gaining the rank of Flight Lieutenant. Following the war, he married Grete Gjelstrup and became the father of three children. Later in his life, he worked to help aging British citizens through the development of Abbeyfield Homes for the Elderly. His significant efforts in helping the aged of Great Britain resulted in him being appointed a Member of the Order of the British Empire (MBE) in 1983 (medallion pictured above). However, his greatest accomplishment was still to be recognized.

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Stress Can Become a Perfect Storm

Stew Smith

Stress makes us stronger both physically, mentally, and spiritually so not all stress is bad. However stress not dealt with properly or metabolized over time becomes chronic. Consider stress like a perfect storm of events that can hit all at once and break the strongest of wills.

Physiologically, stress wreaks havoc on the body. The same thing happens to your body when you are stressed at work or family issue as it does when you are in an emergent fight or flight situation. However, when in an emergency usually you are able to physically exert yourself to help relieve the stress hormones that are rushing into your bloodstream that some say is equivalent to 5-6 Red Bulls! In a nutshell, Adrenaline and Cortisol are some of

the stress hormones that affect our response to a stressful situation, but can also affect our health long term if not dealt with properly. When at a home office or cubical during work, it is difficult to exert yourself physically in order to reduce these stress hormones. Don't get me wrong, there are good things that come out of stress hormones like getting pumped up for a presentation or competition or the rush of adrenaline before a fitness test. These hormones help you perform better. But after several years of not actively adding in recovery periods, you will break physically or emotionally or both.

Long term issues resulting of not being able to deal with stress properly are: high blood pressure,

high cholesterol, increased body fat, decreased immunity, uncontrollable mood and attitude, decreased muscle tone, and decreased sexual desire to name several.

How do you Fix Stress?

We will never make stress completely go away but you need to attack stress on many different fronts just as it attacks you each day at home, at work, to/from work, on travel, financially, and physically. Next month, we'll look at how to beat stress at its game before it becomes a perfect storm.

For more information, visit www.military.com

CONTINUED NEXT MONTH

CHALLENGE COINS (PART 2)

(continued from page 2)

Major news agencies have recently covered the presentation of challenge coins by high ranking officials to war heroes upon their return from duty in Iraq and Afghanistan. Such media awareness has helped to create an increasing popularity of these coins in venues beyond the military as well. Law Enforcement and Firefighter organizations have followed suit by distributing challenge coins to their staff for recognition and achievement purposes. Many have recognized that a small, personalized token can build unity among a team, which also promotes morale along the way.

Coins given as awards for accomplishments are normally given to the recipient during a handshake, passing from the right hand of the giver to the right hand of the awardee. It is also normal for the giver to offer a brief explanation of the reason for awarding the coin.

There is no doubt that challenge coins have a significant and deep-seeded role within many military organizations, both here in the United States and abroad. It has been said that only those who have served and received a coin for certain accomplishments will truly appreciate their meaning, but along the way it is clear that this closely held tradition has evolved and expanded outside the military. (Adapted from a December 2014 article by author Kevin Santiago, us-military.about.com.)



King Challenge Coin, Side 2

Nicky's Kids

For 50 years, his efforts to save the Jewish children of Prague was unknown to all but a very few.

Later in life he stated, "It's not that I was trying to hide it; it just never came up." Even the 669 children who were now adults with their own children and grandchildren were unaware of how they were saved. In 1988, Winton's wife Grete found his scrapbook containing the records of the 669



children and where they were placed. She gave the book to Elisabeth Maxwell (pictured at left), a Holocaust researcher who was also the wife of media magnate Robert Maxwell. Efforts began to find as many of the 669 children as possible based on the information

they had at the time - eighty were still in England. When the BBC found out the details of the story, they set up the vehicle to make the

story of Nicholas Winton known to the world through the television show "That's Life."

It is estimated that over 15,000 people are alive today as a result of Nicholas Winton's efforts to save 669 children in 1939. The recognition of Winton's accomplishment has been extensive since 1988. In 2003, he was knighted by Queen Elizabeth. Also in 2003 he received the Pride of Britain Award for lifetime achievement.

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The Army's Telehealth Program

"You need a great team and that is exactly what we have," Master Sgt. Jason Alexander (Clinical Operations NCO) said. A lot of the leadership has really brought in to this whole telehealth concept and using it to assist their patients. It creates more capacity in our health system. If you look at it from a regional health perspective, telehealth provides us the opportunity to leverage other resources and other facilities to create what we call an integrated delivery system."

"We have two facilities connected to each other and at least 25 people working to make this happen from different departments—primary care, emergency department, patient administration, resource manage-

ment, pharmacy, information management/information technology," he said. "This has touched almost every major bellybutton in both hospitals to come together to include at the regional level where we have had to tap into those same shops to make this program work."

The team also extends beyond RHC-A to include combat medics and nurses from Fort Campbell's 86th Combat Support Hospital who are training on the equipment to test the feasibility of using telehealth with forward deployed units.



Colonel Telita Crosland, commander, Blanchfield Army Community Hospital said moving health care from within a defined medical structure to wherever the patient is would be a real-game changer for our community and organization.

"We're taking technology and using it to be more accessible to our patients," Crosland said. "It [telehealth] has the potential to project capabilities worldwide from a continental United States location allowing us to better support deployed service members."



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MAY BIRTHDAYS:

- Dianna Perez - 4 ♥
- Gene Hayden - 6
- Andy Ralph - 16
- Andrew Parchue - 21
- Ashley Shaut - 22
- Catherine Carver - 24
- Kiah Reece - 26
- Steve Martin, Annette Parchue - 31

MAY ANNIVERSARIES:

- Gene & Pat Mesley - 19
- Ken & Cheryl Folz - 31



Sir Nicholas Winton, circa 2008

THIS MONTH IN MILITARY HISTORY

3 May 1861 - President Lincoln orders expansion of the Army by 23,000 and the Navy by 18,000.

4 May 1776 - Rhode Island declared its freedom from England, two months before the Declaration of Independence was adopted.

6 May 2011 - The US Coast Guard closes a section of the Mississippi River near Caruthersville, Missouri due to heavy flooding.

11 May 1918 - Sgt Henry Johnson, 369th Infantry, called by T. Roosevelt one of the "five finest

soldiers" in the AEF, earns America's first Croix de Guerre in WWI.

18 May 1951 - US General J. Lawton Collins predicts use of atom bomb in Korea.

Nicky's Kids

In 2010, Winton was named British Hero of the Holocaust by the British Government. He has also received several honors and awards from the Czech Government including the Cross of Merit of the Minister of Defense, Grade I in 2008. Also in 2008, the Czech Government nominated him for the Nobel Peace Prize. The minor planet "19384 Winton" was named in his honor by two Czech astronomers. On May 19, 2014, on Winton's 105th birthday the Czech Government awarded him their highest award, the Order of the White Lion, for giving Czech children "the greatest possible gift: the chance to live and be free". The Order of the White Lion was awarded to Sir Nicholas Winton on the same day that the Czech Government awarded the same honors to Sir Winston Churchill. Additionally, statues of Sir Nicholas Winton are displayed at three locations in London and one also in a railway station in Prague. Schools in Czechoslovakia are named in his honor, as are countless streets and buildings. There are even literary competitions named after him. On July 1, 2015, Sir Nicholas Winton died at the age of 106. His life is remembered not for its length, but for its content. For two weeks in 1938, Nicholas Winton went on holiday and as a result ended up with 15,000 children, grandchildren and great-

grandchildren.

Our Heavenly Father knows of our helpless estate and has made provisions to take care of His children. He sent His only begotten Son, Jesus, to die on the cross so that we could have eternal life. His plan of salvation was so very complete that we are told by Paul in Romans Chapter 8 that tribulation, or distress, or persecution or famine, or nakedness, or peril, or sword cannot separate us from the love of Christ. Then Paul goes on to tell us: *"For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."* There is nothing real or even imagined that can separate us from this great love. God provided the only sacrifice possible to save us from eternal destruction. Jesus came to earth, died a cruel death on the cross, and then arose on the third day to conquer death on our behalf. God saw the destruction that stood in our future and Jesus intervened on our behalf. He had compassion on us and died in our place! Once you become a child of God through accepting Jesus Christ as your Savior, you have everything you need to

make the trip from Earth to Heaven.

God our Father has unlimited resources and provides for our every physical and spiritual need. The Holy Spirit is in our lives guiding us in the paths we should take. Jesus is sitting at the right hand of the Father, ever interceding on our behalf. No bureaucracy to have to work through here! If you have accepted this great salvation and now have Jesus Christ as your personal Savior, your ticket has been punched and you are on your way to Heaven. The great news is that once salvation is in place, nothing can separate you from God's love. If you've accepted Christ, never doubt it and rejoice in God's great provision. If you have not accepted Christ as your savior, God is calling you to be one of His children. 2 Peter 3:9 says: *"The Lord is not slack concerning His promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance."* God has made the provision for your rescue from death - all you have to do is accept.

Editor's Note: You can view the story of Sir Nicholas Winton produced by "60 Minutes" of CBS news at www.youtube.com/watch?v=c0a0ifNziKQ

Prayer Notes, Event Announcements

Please continue to keep Ashley Huskey in your prayers as Doctors are treating her for vasculitis over the next few months. Ashley is the daughter of Todd and Tammy Huskey; please pray that the treatments she is taking will completely stop the vasculitis. Please keep Merry Dare Goodwin in your prayers as she has entered Basic Training for the U.S. Navy. Merry is the granddaughter of Dale and Dixie Ulmer and the niece of Pastor and Rachel

Vradenburgh. Please continue to pray for Malia Barnhill who has Stage IV lung cancer. I worked with her husband for a number of years and he is a close friend. Please also pray for Brian and Ivey Palmer as they minister to soldiers and families at Ft. McCoy, Wisconsin.

~ Colonel Martin

Coming up next month:

- **Here's Why:** Do You Remember These Men?
- **Stress:** The Perfect Storm (part 2)

