



May 31, 2019

Fellow Veterans, Grace and Peace to you and your family.

Note: A new feature has been added to the Veterans for Christ, Inc. web site. Check our home page for our Register to Vote drop down window. Register to vote in the privacy of your home www.veteransforchristinc.org

Letter from your Robins Commissary Manager: Susan Edmonds

Our next Marietta On-site Sale will be held 13-15 June 2019. Times for the sale are: Thursday - Friday 9AM - 5PM and Saturday - 9AM - 3PM. The address is 1901 Terrell Mill Rd, Suite 200 Marietta, GA 30067. Take I-75 North to Windy Hill Rd (Exit 260.) Turn left onto Windy Hill Rd and drive approximately 1 mile to Cobb Parkway. Turn right onto Cobb Parkway and stay in the far right lane. Turn right into Marietta Plaza (about 1/4 mile. There is a building called Guitar Center where you will turn.) We are located next door to Burlington.

We will have lots of items needed for your July 4th BBQ and picnics. Plan to shop and stock up.

We will also be sponsoring our Healthy Lifestyle/Healthy Pet promotion. The Cobb County Animal Shelter will be on site on Thursday offering pet adoptions. I have attached a flyer on this.

All special orders must be received in my office no later than Tuesday, 4 June in order to ensure we have your product for you to pick up. If you need special cuts of meat, please provide as much information as possible (i.e. T-bone steaks cut 1 1/2" thick packed 2 to package, etc.). Please provide as much information as possible on items you are requesting. IF you have the UPC please provide it to ensure we order the correct item.

I have attached the June flyer that includes dates for the next 3 months. Please share this with others that have commissary shopping privileges.

We look forward to seeing everyone at the sale in June.

\$500.00 College Scholarship for a qualifying Veterans dependent.

Apply for our VFC Gerald Prince College Scholarship which will be donated at our September 21st Anniversary Luncheon. (www.veteransforchristinc.org)



We will raffle a Chrome Book and 2 Reality head sets in support of this Scholarship. See any VFC member for raffle tickets

What is PTSD?

PTSD (post-traumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event like combat, a natural disaster, a car accident, or sexual assault.

It's normal to have upsetting memories, feel on edge, or have trouble sleeping after a traumatic event. But, if it's been longer than a few months and you're still having symptoms, you may have PTSD.

There are several different types of effective treatments available for PTSD. Treatment can help manage or lessen symptoms and, in some cases, get rid of PTSD altogether. **Check out our website to get the basics on PTSD and treatment options to help you.**

PTSD Basics

PTSD (posttraumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault.

It's normal to have upsetting memories, feel on edge, or have trouble sleeping after a traumatic event. At first, it may be hard to do normal daily activities, like go to work, go to school, or spend time with people you care about. But most people start to feel better after a few weeks or months.

If it's been longer than a few months and you're still having symptoms, you may have PTSD. For some people, PTSD symptoms may start later on, or they may come and go over time.

How I Knew I Had PTSD

When you have PTSD, the world feels unsafe. You may have upsetting memories, feel on edge, or have trouble sleeping. You may also try to avoid things that remind you of your trauma — even things you used to enjoy.



Who Develops PTSD?

Anyone can develop PTSD at any age. A number of factors can increase the chance that someone will have PTSD, many of which are not under that person's control. For example, having a very intense or long-lasting traumatic event or getting injured during the event can make it more likely that a person will develop PTSD. PTSD is also more common after certain types of trauma, like combat and sexual assault.

Personal factors, like previous traumatic exposure, age, and gender, can affect whether or not a person will develop PTSD. What happens after the traumatic event is also important. Stress can make PTSD more likely, while social support can make it less likely.

Colin Powell Promotes Career Training Program for Vets, Military Spouses





The shorter training course will focus on issues that might not have come up during the prospective officers' time in the military like criminal law, juvenile law, traffic law and rules governing searches and seizures. (Photo provided by North Dakota National Guard)

By: Joshua Axelrod

North Dakota is giving trained military police officers an easier path for transitioning to civilian law enforcement.

The North Dakota National Guard struck a deal recently with the North Dakota Peace Officer Standards and Training Board to offer certain military police officers a partial training waiver as they attempt to join law enforcement in the Peace Garden State.

Instead of going through the usual 12-week training process, Army and Marine military police are now eligible to train for just two weeks. They must still pass the same final exams as everyone else.

Our soldiers and airmen go through military training that in many cases makes them better or at least competitive for civilian jobs," said Maj. Gen. Al Dohrmann, adjutant general for the North Dakota National Guard. "We wanted to make sure our military members get civilian credit for their military-acquired skills."

This waiver is currently not available to Air Force and Navy police officers but hopefully will be soon, said Lt. Dan Haugen, training director for North Dakota's Law Enforcement Training Academy.

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The shorter training course will focus on issues that might not have come up during the prospective officers' time in the military, like criminal law, juvenile law, traffic law and rules governing searches and seizures, Haugen said. It will also include an emphasis on North Dakota-specific police procedures, Dohrmann added.

"We're hoping that with two weeks and their military police background that there'll be highly qualified police officers in our state," Haugen said.

Haugen was a Marine police officer from 1994-98 who had to go through the then-mandatory 12-week course for North Dakota law enforcement. He found it redundant given that a lot of what he was being taught overlapped with his military experience.

He believes that military personnel are generally well-suited for civilian law-enforcement work.

"Our core function is protecting and serving the public or the military on the base where we're stationed," he said. "What we're taught is essentially the same, it's just how we go about doing it that's different."

From the North Dakota National Guard's perspective, this waiver also serves as a recruitment and retention tactic, according to Dohrmann. Thanks to this initiative, an aspiring police officer can join the North Dakota National Guard, get a free education while going through basic training and then become a civilian officer 10 weeks earlier than was previously allowed.

"We really look at this as a potential win-win," Dohrmann said. "We have a workforce shortage in North Dakota ... and our hope is that with this accelerated process, we'll get more young people interested in being a policeman."

Dohrmann said that military training allows these officers to become "much more adaptive" to crisis situations and helps them learn to "make better decisions when under pressure."

Like Haugen, he believes that military and civilian police officers share certain traits that make service members ideal fits for those roles once they return to the U.S.

"All that training experience that employee gets while they're in the National Guard will make them a better employee when they get back home," Dohrmann said.

YOU TOO CAN BE A MEMBER OF THE VETERANS FOR CHRIST, INC.

Sign up online to become an associate member. The annual associate membership of \$120.00 which can be used as a tax deduction for supporters. You will get a free VFC T-shirt with your associate membership. Your tax deductible membership fee will support the VFC mission.

All Honorably Discharged Veterans are welcome to come and observe the VFC, feel free to ask questions and learn more. If we don't know the answer we know someone who does. Please browse our web site www.veteransforchristinc.org. There you'll find information on many subjects of

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interest to veterans. You'll also find a Newsletter for your branch of service and links to Social Security and many other links with an abundance of information.

Our monthly meetings are held at the Wesley Chapel Library at 2861 Wesley Chapel Rd., Decatur, Ga. Our meetings are the fourth Wednesday of every month and start at 6:30 (PM) for approximately one hour and a half, unless otherwise advertised. We will be respectful of your time.

Thank you for your interest in the VFC. We look forward to communicating and fellowshiping with you soon. We are looking for a corporate sponsor for our VFC Gerald Prince College Scholarship which is donated each September at our Anniversary Luncheon. Please email me if you would like to be a sponsor of our Scholarship.

"Be on your guard, stand firm in the faith, being men of courage, be strong." 1Cor 16:13

Sincerely,

William A. Harris, Jr.

William A. Harris, Jr., USAF Retired
President, Veterans for Christ, Inc.
www.veteransforchristinc.org

Verse of the Day

Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

John 14:6 KJV