The Thunder Gazette

Published by Rolling Thunder® Inc. Chapter 1 Ohio

March, 2017

PLEASE NOTE

OUR NEXT MEMBERSHIP

MEETING WILL BE HELD AT

V.F.W. POST #6768 8584 Olde Eight Rd. Northfield, OH

SUNDAY, March 12, 2017 2:00 p.m.

Board Meeting, March 12, 2017 1:00 p.m.

To be a member in good standing, one must:

- a. Attend at least 3 meetings & 3 events per year;
- b. Pay the annual membership dues of \$30/yr;
- c. Abide by the Membership Patch rules;
- d. Remain loyal to Rolling Thunder® in word, deed and action:
- e. Conduct him/herself in a professional and courteous manner at all times.

UPCOMING EVENTS

Sunday, March 12, 2017 -Board/Membership meeting - 1:00/2:00 p.m.

<u>Friday, March 17, 2017 - St. Patrick's Day</u> <u>Parade</u> - Details given at meeting or call Dave Bush.

Friday, March 17 - Sunday, March 19, 2017
- Piston & Power Show at the IX Center

Saturday, March 25, 2017 - VOA Pizza Party - Details given at membership meeting.

Sunday, April 2, 2017 - Breakfast at JC Restaurant, Burton, OH - 9:30 a.m.

<u>Saturday</u>, <u>April 8</u>, <u>2017 - Bingo at Wade</u> <u>Park</u> - 1 - 3 p.m. - Vikki to give details.

<u>Sunday</u>, <u>April 9</u>, <u>2017 - Board/Membership</u> <u>Meeting</u> - 1:00/2:00 p.m. Chili cook-off. Open to all members.

Saturday, April 22, 2017 - Bowling at Roseland Lanes, Oakwood Village, OH - 7:00 p.m.

Saturday, April 29, 2017 - Red Hackle Ball

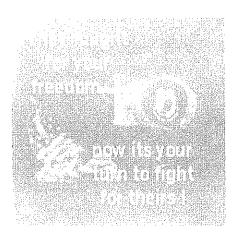
Sunday, April 30, 2017 - Rally For The Troops

Education Team Schedule

Monday, March 20, 2017 - Hudson High School - 7:30 a.m. - 1:00 p.m.

Tuesday, April 18, 2017 - Aurora High School - 7:30 a.m. to end of day

Thursday, June 1, 2017 & Friday, June 2, 2017 - South East High School, Ravenna, OH - 7:30 a.m. - 2:30 p.m.



CHAPTER OFFICERS, BOARD MEMBERS AND PLATOON LEADERS			WE CARE	YVONNE GIERMAN 440-285-3864 arphersfolks@windstream.net		
PRESIDENT	WINSTON BAILEY	440-639-2222	GOVERNMENT AFFAIRS			
VICE-PRES	DAVE BUSH	216-408-2639	CLAUDETTE WLASUK 216-281-881 VIKKI CARROLL 440-283-776			
SECRETARY	CHERYL PILNY	440-543-8468	COORDINATOR FOR WADE PARK VISITS VICKI CARROLL 440-283-7766			
TREASURER	ANDY KLUSH	330-620-6047	EVENTS CHA	AIR JEFF BRADY 440-669-1794		
CHAIRMAN O	F THE BOARD		EVENTS CHA	AIR JEFF BRADT 440-009-1794		
	LEW BALLARD	440-942-1688	PUBLIC RELA	ATIONS CHUCK KETTLER 216-401-4984		
BOARD MEM	BERS TED PILNY LARRY FELEAN CHUCK KETTLER TOM TROJAN	216-346-6407 440-439-4914 216-401-4984 440-384-0744	EDUCATION Address:	CHAIR DAN MCGINNIS 330-618-1720 Rolling Thunder Chapter 1 Ohio P. O. Box 1145 Mentor, OH 44060		
	MIKE NEILAN	440-241-2655				
(ALTERNATE)	JEFF BRADY	440-669-1794	Web Site Add			
CHAPLAIN	DAN MCGINNIS	330-618-1720	Webmaster: CHIP KETTLER 330-472-0871 Please send any pictures you may have to Chip at ckkettler@yahoo.com			
RUN COORDI	NATOR OPEN		~ ,			
MEMBERSHI	SUSAN BAILEY	440-639-2222	Check us out on Facebook: Rolling Thunder Chapter1 Ohio			
QUARTERMA						
	FRANK FOX GERI PHILLIPS	440-494-7165 440-494-7165		MISSION STATEMENT		
ASST. QUAR	RTERMASTER LEW BALLARD	440-942-1688	THE MAJOR FUNCTION OF ROLLING THUNDER® INC. IS TO PUBLICIZE THE POW-MIA ISSUE: TO EDUCATE THE PUBLIC THAT MANY AMERICAN PRISONERS OF WAR WERE LEFT BEHIND AFTER ALL PREVIOUS WARS, AND TO HELP CORRECT			
	OPEN			ND TO PROTECT FUTURE VETERANS		
NEWSLETTE	CHERYL PILNY	440-543-8468	BECOME PRI WE ARE	IG LEFT BEHIND SHOULD THEY SONERS OF WAR-MISSING IN ACTION. ALSO COMMITTED TO HELPING ETERANS FROM ALL WARS.		
PLATOON LE #1	ADERS: MIKE NEILAN	440-241-2655	EAGU AND E	VEDVINDNUDIJA: DOMATEO IIIO OD		
#1	WINE NEILAN	440-241-2000		VERY INDIVIDUAL DONATES HIS OR CAUSE THEY BELIEVE IN THE ISSUES		
#2	RONNIE DINGER	216-799-5535	AT HAND.			
#3	TOM BLECHSCHMID	440-349-2470	Our Adopte	d MIA/POW – Gregory Harris		
#4	SALLY FELEAN	440-439-4914		◆ Application of the property of the prope		
#5	TOM TROJAN	440-384-0744				
#6	VIKKI CARROLL	440-283-7766				
#7	SUSAN BAILEY	440-639-2222				
STATE LIASION TY GEISER		330-466-0086				
ASST. STATE	ELIASION AL KECK	216-374-3310				

Remains Identified

WWII Remains Identified:

- U.S. Navy Fireman 1st Class Walter B. Rogers
- U.S. Navy Fireman 1st Class Lawrence H. Fecho
- U.S. Navy Seamn 1st Class Paul S. Raimond
- U.S. Navy Steward's Mate 1st Class Cyril I. Dusset
- U.S. Navy Fireman 1st Class Charles W. Thompson

VietNam War Remains Identified:

U.S. Air Force Capt. Robert R. Barnett

U.S. Air Force Reserves Capt. Daniel W. Thomas

Government Affairs by Gus Dante (Federal Legislative & Government Affairs for National chapter)

The 115th Congress has begun January 3, 2017. All legislation that was introduced in the 114th congress will have to be reintroduced with ALL new bill numbers. Gus contacted Rep. Leonard Lance's (R-NJ 7) office on reintroducing H.R. 4910. This is now H.R. 504. The Bill reads as follows: "To Amend Title 36 US Code to require that the POW/MIA Flag to be displayed ALL DAYS that the US Flag is Displayed, especially over the US White House and the US Capitol."

Gus is working on a companion bill in the Senate and has contacted New Jersey Senator Cory Booker's office in which he spoke to Michael Songer, a Military Advisor who will work with Rep. Lance's office. ALL Chapters of Rolling Thunder®, Inc. throughout the country will be notified to help make this legislation Law. We must continue to pressure our representatives to promote and pass legislation that pertain to the POW/MIA and Veteran related issues.

Gus is also working with the AOC (Architect of the Capitol) on the placement of the POW/MIA Chair of Honor Memorial. The manufacturing and cost of the plaque is the only obstacle and this obstacle is expected to be resolved soon.

Remember: You are the voice of our POW and MIAs.

Below is a listing of the Ohio representatives.

District	Name	Room	Phone
1	Chabot, Steve	2371 Rayburn House Office Building, Washington, DC 20515	202-225-2216
2	Wenstrup, Brad	2419 Rayburn House Office Building, Washington, DC 20515	202-225-3164
3	Beatty, Joyce	133 Cannon House Office Building, Washington, DC 20515	202-225-4324
4	Jordan, Jim	2056 Rayburn House Office Building, Washington, DC 20515	202-225-2676
5	Latta, Robert E.	2448 Rayburn House Office Building, Washington, DC 20515	202-225-6405
6	Johnson, Bill	1710 Longworth House Office Building, Washington, DC 20515	202-225-5705
7	Gibbs, Bob	2446 Rayburn House Office Building, Washington, DC 20515	202-225-6265
8	Davidson, Warren	1004 Longworth House Office Building, Washington, DC 20515	202-225-6205
9	Kaptur, Marcy	2186 Rayburn House Office Building, Washington, DC 20515	202-225-4146
10	Turner, Michael	2368 Rayburn House Office Building, Washington, DC 20515	202-225-6465
11	Fudge, Marcia L.	2344 Rayburn House Office Building, Washington, DC 20515	202-225-7032
12	Tiberi, Pat	1203 Longworth House Office Building, Washington, DC 20515	202-225-5355
13	Ryan, Tim	1126 Longworth House Office Building, Washington, DC 20515	202-225-5261
14	Joyce, David	1124 ongworth House Office Building, Washington, DC 20515	202-225-5731
15	Stivers, Steve	1022 Longworth House Office Building, Washington, DC 20515	202-225-2015
16	Renacci, Jim	328 Cannon House Office Building, Washington, DC 20515	202-225-3876

Contacting Representatives by phone

Hello, my name is	, and I'm calling today			
from Rolling Thunder@Inc.				
would like to speak with the	Staffer who handles			
Military/Veterans Affairs.				
Make sure you make clear w	hy you are calling:			
If you make contact with the MA (Military Affairs)				
staffer, tell them you would	like for their boss			
Congressman/woman				
H.R. 504- To amend title				
that the POW/MIA flag be				
DAYS that the flag of the United States is				
displayed.				

If you don't make contact, leave Voice Mail message Why you are calling and have them call you back.

More than likely they will want you to email them, but leave Voice Mail and also email them. Get the spelling of the MA. House emails are usually. john.doe@mail.house.gov

After your email, and speaking with the MA, give them about a week. If you don't hear back from them, then call back to see if they are going to cosponsor H.R. 504.

To contact by mail or email:

To:	
Subject: Cosponsoring H.R	.504
R.	_ member of Rolling Thunder® emailing you to have your Boss, to cosponsor

H.R.504- To amend title 36, United States Code, to require that the POW/MIA flag be displayed on all days that the flag of the United States is displayed on certain Federal property.

This is a bipartisan issue and a symbol of our Nation's concern and commitment to resolving as fully as possible the fates of Americans still prisoner, missing and unaccounted for in Southeast Asia." This will be a reminder that the families of our missing and the public that our government has not forgotten those that did not come home.

Ι	appreciate your	time	in this	matter.
I	look forward he	aring	from y	ou.

Your Name:

To date there are only two co-sponsors to this bill—none from OHIO. Get those letters sent!

March is Women's History Month

Remembering 1st Lt. Sharon Lane Young Army Nurse Was The Only American Woman To Die Under Enemy Fire In Vietnam

By Bethanne Kelly Patrick, Military.com Columnist

On June 4, 1969, Army nurse Sharon Lane sent a letter to her parents in Ohio from the first lieutenant's assignment at the 312th Medical Evacuation Hospital in Chu Lai, Vietnam. Lane's unit, the 74th Medical Battalion, had just reached a milestone by treating its 10,000th patient since arriving in country. She wrote: "Start 'nights' tomorrow so don't have to get up early tomorrow. Nice thought. Still very quiet around here. Haven't gotten mortared for a couple of weeks now ..."

Four days later, Lane was dead.

During the early hours of June 8, a Soviet-built, 122-mm rocket slammed into Ward 4 of the hospital. A piece of shrapnel ripped through Lane's aorta, killing her instantly. She died just one month short of her 26th birthday.

Lane is the only American servicewoman killed as a direct result of hostile fire during the Vietnam War. Born in Zanesville, Ohio, she graduated from that state's Aultman Hospital School of Nursing in 1965 and joined the U.S. Army Nurse Corps Reserve in April 1968. She arrived in Vietnam one year later, less than two months before her death. Lane's awards include the Purple Heart, the Bronze Star with a "V" for gallantry, the National Defense Service Medal, The Nation of Vietnam Medal, and the South Vietnamese Gallantry Cross with Palm.

Lane's many honors include a statue at the Aultman School, buildings in her name there and at Fort Hood, Texas, and at Fort Belvoir, Va., the first Department of Defense installation road named after a woman.

Yet her mother says Lane would approve of none of this. "She wasn't that kind of person," Kay Lane has said. "She just thought she was ... an ordinary person."



<u>Iraq, Afghan vets may have their own Agent</u> Orange

ROCHESTER - They are known as the Agent Orange of the Iraq and Afghanistan wars: Massive open-air burn pits at U.S. military bases that billowed the toxic smoke and ash of everything from Styrofoam, metals and plastics to electrical equipment and even human body parts. The flames were stoked with jet fuel.

One of the most notorious was in Balad, site of the largest and busiest air base operated by the military in Iraq. More than 10 acres in size, the pit burned at all hours and consumed an estimated 100 to 200 tons of waste a day. It was hastily constructed upwind from the base, and its plumes consistently drifted toward the 25,000 troops stationed there.

During two deployments to Balad with the Minnesota Air National Guard, Amie Muller worked and lived next to the pits. And now, she believes, she is paying the price. Diagnosed last month with Stage III pancreatic cancer, the 36-year-old mother of three from Woodbury has just completed her third round of chemotherapy at the Mayo Clinic here. As she undergoes treatment, she struggles with anger and awaits a VA determination on whether a host of ailments from migraines to fibromyalgia is connected to her military service at Balad.

"It makes me really mad," said Muller, who monitored and edited video feeds from Air Force fighter jet missions while in Iraq. "I inhaled that stuff. It was all day, all night. Everything that they burned there, is illegal to burn in America. That tells you something."

While it took nearly three decades for the U.S. government to eventually link Agent Orange, the defoliant used in Vietnam, to cancer, President Obama has pledged quick action to make determinations about the effect of the burn pits on perhaps as many as 60,000 U.S. troops.

To date, the VA's official position is that research has not established evidence of long-term health problems from exposure to burn pits. The magnitude of the issue, however, may not be clear for decades as delayed war - casualties slowly emerge.

In Minnesota alone, it is estimated that more than 14,000 Minnesota Army and Air Guard troops qualify to be part of a national registry for potential exposure to burn pits, based on where they were stationed during deployments.

Muller worries the answers might come too late. "Maybe way down the road it will tie what's happened to me to the burn pits," she said. "Maybe in 30 or 40 years, they'll actually start taking responsibility for the damage."

Iraqi talcum powder

Open-air burning has always been a mainstay of waste disposal during times of war. But the technology of modern warfare means that such new items as plastic bottles and electronics are being burned, presenting new health risks.

Burn pits were constructed at more than 230 military bases across Iraq and Afghanistan before their use was restricted in 2009. Although the military gave assurances that the air quality was within safe levels, troops returning home began complaining of problems as early as 2004.

In 2006, an Air Force lieutenant colonel who assessed hazards in Balad documented the risks from burn pit exposure and warned of potential chronic problems. Three years later, the Senate Democratic Policy Committee held hearings to discuss the burn pits and whether KBR, the Houston-based contractor that constructed and maintained many of them, exposed troops, contractors, and civilians to toxic emissions. A former KBR medic, who came home with his own health problems, testified that 30 to 40 percent of the traffic in the Balad KBR medical clinic was caused by ailments related to poor air quality. The soot even had a nickname: Iraqi talcum powder.

Several veterans have since sued KBR, saying they developed respiratory illnesses, neurological disorders, cancer and skin diseases from living and working near open-air burn pits in Iraq and Afghanistan. KBR, which says it was not responsible for the pit in Balad, said it operated its burn pits safely and effectively under the direction of the U.S. military, and that military personnel were exposed to many hazardous conditions.

"The government's best scientific and expert opinions have repeatedly concluded there is no link between any long-term health issues and burn pit emissions," the company said in a statement.

Joseph Hickman, a veteran and author, says the U.S. military has been reluctant to admit its mistakes. Hickman's book, "The Burn Pits: The Poisoning of America's Soldiers," documents what he says is evidence of negligence by the U.S. military and KBR. He said Afghan and Iraq vets suffering from burn pit exposure should not be forced to wait decades for help like the Vietnam vets who were exposed to Agent Orange.

More than 75,000 service members already have signed up with the burn pit registry. Hickman said the number would be higher except the VA will not recognize registration for troops who have already died. He said he has interviewed more than 1,000 veterans who say the burn pits affected their health, but only a handful have had their disability claims approved by the VA. "Without any reasonable doubt, it was a hazard to breathe this stuff in," Hickman said. "It would bankrupt the VA, if they had to take care of all these soldiers."

Burn pit registry

Despite the mounting public outcry from vets, their families and members of Congress, the VA says research does not show evidence of long-term health problems, and that most irritation is likely temporary.

Citing a National Academy of Sciences study of air monitoring samples at Balad, the VA also says that high levels of fine dust and pollution in Iraq and Afghanistan may pose a greater danger for respiratory problems. The study does note, though, that many details on what was burned at Balad were not available.

"The challenges we have is that the exposures to burn pits are really variable," said Dr. Nicholas Lezama, the VA's deputy chief consultant for Post Deployment Health Services. "A lot of different things were burned in the burn pits. Sometimes the burn pits weren't used. Sometimes the winds were different. Some veterans had short deployments, some had multiple deployments." Nevertheless, the VA is encouraging vets to participate in the registry to establish a baseline for research. It is designed to take reports from veterans and service members who served in Iraq and Afghanistan after the

9/11 terrorist attacks, as well as Djibouti. Veterans of the Persian Gulf War may also register, as well as any veteran who served in the Southwest Asia theater after Aug. 2, 1990.

Also, legislation co-sponsored by Sen. Amy Klobuchar, D-Minn., calls for creating a VA center to address the health needs of veterans who may have fallen ill after exposure. The center would establish research and share best practices with doctors trained to treat the illnesses.

"The Agent Orange experience taught people a lot," Klobuchar said. "For years, they [the federal government] were in denial. We don't want to make the same mistake with this issue."

Thought they were lucky

Once healthy and vibrant, Amie Muller was constantly fatigued after returning from Iraq in 2007. She had migraine headaches daily. As doctors struggled to find the cause, she was tested for everything from multiple sclerosis and fibromyalgia to rheumatoid arthritis and irritable bowel syndrome. Her paperwork shows that she told everyone about her fears about the burn pits. After suffering from abdominal pain and gastrointestinal problems this spring, she was hospitalized for several days. A scan revealed the bad news — a tumor on her pancreas and a diagnosis of Stage III cancer.

The cancer has left the Muller family to struggle with the reality of regular trips to Rochester for treatment, handfuls of medications and a young life put on hold. It has also left Amie angry. After more than a year, she was recently informed a ruling on her disability claim may not come until February, leaving the family struggling financially.

"I am frustrated because I tried to tell people what it was, and they still didn't take it serious enough," said Muller, who works full time in public affairs with the Duluth fighter wing.

Julie Tomaska deployed with Muller in 2005 and 2007 and the two lived side by side. Shortly after coming home, Tomaska, too, suffered from chronic fatigue, headaches and digestive problems. Her disability claim with the VA was approved with a diagnosis of "environmental exposures."

Tomaska said she and others returned feeling fortunate that they had survived the war without being killed or wounded. She now realizes that some wounds take time to be revealed.

"We always said we were so lucky to come home OK," she said. "Now we don't feel that way."

EDITOR'S NOTE: <u>Amie Muller died on Feb. 18, 2017</u>, after battling pancreatic cancer. <u>Hundreds turned out for her funeral.</u>

This Is How To Respond To A Veteran Contemplating Suicide

By DUANE K. L. FRANCE on February 12, 2017

Hopefully you'll never need it. Sadly many do. Here's what to say to a veteran considering suicide.

I'll never forget him. Or his voice. That southern drawl made him sound sleepy, but there was more to it. He was weary, frustrated. He wanted to kill himself.

It was a story as old as war: He made it home. His buddies didn't. He was a cavalry scout, an Iraq war veteran. Somewhere in Baghdad, one of the 15-month tours during the surge. He swapped with someone on patrol, the other guy didn't make it. "Should've been me." That kind of thing.

I was coming to the end of my career, and volunteering with a local organization as a veteran peer mentor. I wasn't a mental health counselor yet, just trying help other vets. Someone in the program thought he was thinking of hurting himself. So I called him and asked him.

That's the first step: Get them on the phone. It doesn't matter that you're not a medic, or a therapist, or a first responder. It doesn't matter to your friend, and it shouldn't matter to you: The fact is, you are now the one connection to life that they have. Intimidating? You better believe it. That veteran's life is in your hands in a very real and critical way.

You have to view suicide like any other kind of danger. You would do literally everything you could to

save your friend, whether it's from a burning building, a car accident, or a heart attack. Suicide calls for the same kind of immediate action.

I asked him how he would kill himself.

"I've got a gun here at the house," he told me. "I've tried before."

You have to ask it directly. No messing around. No, "are you in danger?" or "are you going to hurt yourself?" or "you're not thinking of doing something stupid, are you?" All of these questions can be denied. Don't mince words. If they are far enough along in their thoughts, they think the danger lies in living, not dying. People struggling with depression view death as peace, not pain.

"Once, I got drunk and put a round in the chamber," he told me. "I was so wasted, I forgot it had a magazine disconnect. It wouldn't fire."

Don't judge them. That's the first thing to remember: It's not about you. It's not about how you feel, what you think, what you did this morning, what you're doing tomorrow. It's not about how shocked, or betrayed, or sad, or scared you feel. Your total and complete focus is on your friend, on the other end of the phone, holding onto you, holding on to life.

Once you ask directly, and get a positive answer, then you can move on, because you know what you're dealing with — a life-and-death situation.

Maybe you think you're done at that point: "Now I know, I can call 9-1-1, it's out of my hands." Nothing could be further from the truth. Settle in, because it gets real from here. Listen to their story. Tell them you want to hear about it, hear about what's going on. You can be clear with one thing, though: are they in a place, head-wise, to talk? If they've already taken some pills, or they've got some other means, and they are literally seconds away from taking their own life, then 9-1-1 is absolutely one to call. You can even tell them that: "Now that I know what's going on, if you hang up, I'm calling 9-1-1 immediately. If you don't want that to happen, then keep talking to me."

So, if they're not in immediate danger, take it slow and listen to their story. Something happened today, or yesterday, or this past week, to get your friend to this place. It is certainly going to be an accumulation of things, leading back to and possibly beyond their time in the service, but the chance is that there is something very specific that happened to get to this point. That's the story you need to listen to. Without judgment. Is it because something happened with that dude or chick they've been messing with, the one you don't like? Again, not about you. It's about your friend, and their pain, their story.

At some point, something is going to come up that makes them move back toward life. A reason to live, a reason they want to live. Their kids. Their spouse. You, because you're important to them too, if there's nothing else. Don't throw guilt, don't throw shame, no "how do you think they'll feel when you're gone?" Just listen, and when they start talking about things that could happen in the future, then you may have started to turn a corner.

After talking for a period of time, they got some stuff off their chest, they might have gotten a reminder that there is some stuff to live for anyway. Here's where you can start asking questions. What was your plan? What were you going to do? Because we need to figure out how to disable that particular plan. Pills? Let me have them, or give them to someone to keep safe. Guns? Rope? Let's figure out how to keep them out of the way. Not forever, just for now, until we can make sure you're safe. Probably best not to get drunk or high right now, because that keeps us from being focused. The best plan is one that you and your buddy come up with together, and then you confirm that plan.

Next step: Where are we going? Who are we going to tell next? Because we want to stay alive, right? If we're not in the same town, who do you want me to call that will be safe to hang out with you until you can get in to see your doctor, or get into the vet center, or to see a therapist?

Once they're safe — once you know they're safe — tell them you love them like a brother or a sister, and how thankful you are that they chose you to connect with. Trust and believe me, it is an unparalleled honor to be the one who your buddy reaches out to in their darkest moment, and it will do you good to let them know that. Once you're 100% sure they are in a better place and have someone safe near them, you can hang up the phone.

Then you can focus on you. It will be one of the most draining and intense experiences of your life, but know this: You just saved a veteran's life, and that is no small thing.

If you or a veteran you know is in crisis, you can call the Veterans Crisis Line, call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year.

Chaplain's Corner

(Submitted by Dan McGinnis)

Spilling Through Your Fingers

After clumsily knocked over a glass on the restaurant counter, the spilled beverage began to cascade over the edge and onto the floor. Out of sheer embarrassment, you tried to catch the waterfall with cupped hands. Your efforts were largely unsuccessful; most of the beverage rushed through your fingers. In the end, your upturned palms held little more than a meager tablespoon each, while your feet stood in puddles.

Your life may feel similar on many days. You may find yourself scrambling to solve problems, oversee details, and control circumstances. No matter how hard you try, your feeble hands are incapable of managing all the pieces and parts. Something invariably slips through your fingers and pools on the floor at your feet, leaving you feeling overwhelmed. No amount of contorting your hands or squeezing your fingers more tightly together makes you able to handle it all.

Yet God can. Isaiah tells us that God can measure the globe's waters—all the oceans and rivers and rain—in the hollow of His hands (40:12). Only His hands are large enough to hold them all. We needn't try to hold more than the tablespoon He's designed our hands to carry. When we feel overwhelmed, we can entrust our cares and concerns into His capable hands.

Help me, Lord, to stop trying to hold everything in my hands, but instead to trust my needs and concerns into Your perfect care.

We can trust God to handle the things that overwhelm us.

History of The Vietnam War POW/MIA Flag



In 1971, Mrs. Mary Hoff, an MIA wife and member of the National League of American Prisoners and Missing in Southeast Asia, recognized the need for a symbol of our POW/MIAs. Prompted by an article in the Jacksonville, Florida TIMES-UNION, Mrs. Hoff contacted Norman Rivkees, Vice-President of Annin & Company which had made a banner for the newest member of the United Nations, the People's Republic of China, as a part of their policy to provide flags to all UN member nations. Mrs. Hoff found Mr. Rivkees very sympathetic to the POW/MIA issue, and he, along with Annin's advertising agency, designed a flag to represent our missing men. Following League approval, the flags were manufactured for distribution.

The flag is black, bearing in the center, in black and white, the emblem of the League. The emblem is a white disk bearing in black silhouette the bust of a man, watch tower with a guard holding a rifle, and a strand of barbed wire; above the disk are the white letters POW and MIA framing a white 5-pointed star, below the disk is a black and white wreath above the white motto YOU ARE NOT FORGOTTEN.

Concerned groups and individuals have altered the original POW/MIA Flag many times; the colors have been switched from black with white - to red, white and blue, -to white with black; the POW/MIA has at times been revised to MIA/POW. Such changes, however, are insignificant. The importance lies in the continued visibility of the symbol, a constant reminder of the plight of America's POW/MIA'S.

On March 9,1989, a POW/MIA Flag, which flew over the White House on the 1988 National POW/MIA Recognition Day, was installed in the United States Capitol Rotunda as a result of legislation passed overwhelmingly during the 100th session of Congress. The leadership of both Houses hosted the installation ceremony in a demonstration of bipartisan congressional support. This POW/MIA Flag, the only flag displayed in the United States Capitol Rotunda, stands as a powerful symbol of our national commitment to our POW/MIAs until the fullest possible accounting for Americans still missing in Southeast Asia has been achieved.

- decision of