



Military Outreach, USA

Stand By Me Heroes

3020 Milwaukee Avenue, Northbrook, IL 60062

March 2021

OUR MISSION

Military Outreach USA is a faith-based Judeo-Christian organization focused on Veterans and First-Responder Communities, regardless of their denomination or beliefs, demonstrating the compassion, love and healing of Christ our Lord



WHEN YOU CAN'T RUN YOU WALK,
WHEN YOU CAN'T WALK YOU CRAWL
AND WHEN YOU CAN'T CRAWL
WE WILL CARRY YOU.



A message from the General

MG (Ret) James H. Mukoyama
President & CEO

Welcome to the first Military Outreach USA newsletter. Our intent is to provide you with an understanding and update on our mission, organization and activities, as well as an opportunity to provide feedback and suggestions.

Almost a decade ago we were founded by a group of Christian Military Veterans as a faith-based, non-profit organization to demonstrate God's love, compassion and healing to the Military Community.

Our definition of Military Community is all-inclusive comprised of service members on Active Duty, the Reserves & National Guard, Veterans of all eras and their family members. Our services are offered to anyone who has worn the uniform of the Armed Forces of the United States of America or are family members thereof, regardless of race, ethnicity, gender, religion or no religion.

From the various sections of this newsletter you will see the tremendous blessings that the Good Lord has bestowed on our efforts in terms of the expansion of our

programs and the addition of key experts and volunteers in new areas of service in states throughout the nation.

Unlike other organizations, you will see that 2020 was a year of increased service to Veterans coming out of homelessness with more beds provided by our Beds-For-Vets program than in the previous year and in 2020 new programs through the addition of our Stand-By-Me Heroes Chapters in eight states and our partnership with the Center of Hope for Veterans dealing with physical and invisible wounds.

We look forward with confidence to 2021 and appreciate your continued prayers and support.



A message from Chappy

Chappy Ferrer
Executive Director & Operations

All who have served in our military or as a first responder, and those who are grateful to those who served are welcomed. No matter your faith, race, color, religion, sex, national origin, disability, or age you are welcomed. Military Outreach USA and our programs. Veterans Exiting Homelessness Program and Stand-by-me Heroes Chapters operate in 100% unanimity as servant-leaders.

We have built trust across many communities based on our effectiveness and actions. Our community support and partnerships have resulted in providing \$1,273,136 worth of practical goods to bless our heroes moving into their residences. We have provided 1,725 beds, linens and pillows to ensure our heroes are not sleeping on the floor when they exit homelessness and move into their residence as part of our partnership with the Veterans Administration HUD-VASH program. We have Project Management Professionals and simplified processes and are thus able to exceed expectations and demonstrate commitment. Through our Stand-by-me Heroes Program our mission is to reduce the 22+ suicide rate per day among our Veteran communities and a growing suicide rate amongst our First Responder communities.

We seek to recruit action-oriented volunteers and those who are doers, not talkers. If you are a civilian, First-Responder or Veteran consider joining our small and effective teams as we continue to grow across this great nation making an eternal difference. As servant leaders our services have proven effective and life changing for over 44,000 Veterans. Join us and impact the lives of all our heroes.

Check us out by reviewing our website www.militaryoutreachusa.org to learn more about our mission, our leadership teams and our programs. Serve, lead and make a difference.

We are blessed!

Chappy

Veterans Exiting Homelessness Program (VEHP)



We partner with Veterans Administration (VA) HUD-VASH Program and other organizations and individuals to supply new beds, pillows & linen as no hero should move from homelessness into a residence and sleep on the floor. Certain SBMH Chapters include a Move-in-Essentials (MIE) sub-program supplying household fundamentals needed to more successfully move into a residence.



Jesse Brown VA picking up donations from a Move-in-Essential drive

BEDS-for-VETS Program



In 2020-2021, despite the slowdown from Covid, we provided 169 bed sets (beds, bed frames, sheets, pillows) to **Jesse Brown, Hines and James A. Lovell VAs** in the greater Chicago area for distribution to Veterans who have qualified for transition from homelessness into subsidized housing. In the past five years we have provided over 1,700 bed sets to Veterans across our nation. We are

grateful for the contributions from donors who have made this possible.

BEDS-for-VETS Program



In February we were able to supply 40 beds and bed frames to the Clement J. Zablocki VA in Milwaukee WI. They have rehabbed their Old Main Building which originally housed disabled Civil War Veterans. It will now house Veterans who are transitioning from homelessness into independent living. Their grand opening will be in May. [Click for more information.](#)

Move-in-Essentials Collections

A small group of volunteer parishioners from St. Anne's Catholic Church in Barrington IL were approached by local Veterans to organize a drive in order to donate household essentials to support Veterans Exiting Homelessness Program (VEHP) The items collected were distributed to Veterans served by our three Chicago-area VAs.

Military Outreach USA provided the volunteers with our suggested procedures and publicity materials and they initiated a creative "Bins of Hope" campaign which provided fifty individual containers, each filled with a variety of useful tools as a "home move-in starter kit" to welcome Veterans into their new apartments.

Each container was filled with a cooking pot, a fry pan, dishes, bowls, silverware, measuring cups and various kitchen tools that enabled a recipient to set up a truly functional apartment. The bins also contained specific easy-to-make meals - pasta, pasta sauce, canned soup, beef stew, chili, mac and cheese, tuna, peanut butter and jelly, cereal, nuts, crackers and instant coffee. What a gift of hope!



50 containers of Move-in-Essential items welcome Chicago area Veterans transitioning from homelessness to independent living thanks to volunteers from St. Anne's Catholic Church in Barrington IL

A Hero's Story



*2nd Lt. Billy Walkabout
a Cherokee of the Blue Holly Clan*

Lt. Walkabout served as an Army Ranger in Vietnam, in the Company F, 58th Infantry, 101st Airborne Division. Walkabout distinguished himself on 20 NOV 1968 during a long-range reconnaissance patrol southwest of Hue. After a successful mission on a jungle trail, the patrol radioed for immediate helicopter extraction. When the extraction helicopters arrived, the lead man began moving and was seriously wounded by hostile fire. Sergeant Walkabout quickly rose to his feet and delivered steady suppressive fire toward the attackers while other team members pulled the wounded man back to their ranks. Sergeant Walkabout administered first aid to the soldier in preparation for medical evacuation. As the man was being evacuated by helicopter, enemy elements again attacked the team.

Maneuvering under heavy fire, Sergeant Walkabout positioned himself where the enemy was concentrating continuous rifle fire against his unit. A command-detonated mine ripped through the team, instantly killing three men and wounding all others. Although stunned and wounded by the blast, Sergeant Walkabout rushed from man to man administering first aid, bandaging one soldier's severe chest wound and reviving another by heart massage. He then coordinated gunship and tactical air strikes on the enemy's positions. When evacuation helicopters arrived again, he worked single-handedly under fire to board all his disabled comrades. Only when the casualties had been evacuated and reinforcements had arrived, did he allow himself to be extracted. This is one of his many actions. His bravery earned him a Distinguished Service Cross, 5 Silver Stars, 10 Bronze Stars (5 with V Device) and 6 Purple hearts; making him one of the most decorated Native American soldiers of the Vietnam War. He retired as a 2nd Lt and then died in 2007 at the age of 57 due to Agent Orange.



This monument, honoring our Vietnam Veterans, has become 'The WALL of HEALING' as Veterans from WWII to present and our heroes serving today, come to D.C. or where the moving version is temporarily installed for a special event. Our passed heroes continue to look for us to bring them home and honor our heroes today in service.



Our Foxhole Soul Counselors (FSC) from our SBMH Chapters attend events and engage any who ask for 1:1 Soul Counseling. Not only are those who lost comrades continue to hurt, but we must not forget the families and friends. We hear souls crying out for someone to ‘Stand-by-me.’ Our Foxhole Soul Counselors are there to speak with any suffering from a soul pain, moral injury or

PTSD.

Foxhole Soul Counselors focus on faith, not religion, to restore one's whole person and walk with them as friend, as family. Help Line (847) 378 – 8262. Conversations are private, names are never released and you can use call sign.

How you can reach us!

SBMH Help line - 847-378-8262

For additional information please contact us at

Info@militaryoutreach.org or leave us a message on our website by [clicking here](#).

Stand by me Heroes Chapters

SBMH Northern Illinois



Mayor Rod Craig, Village President of Hanover Park IL, serves on the board of Stand by Me Heroes (SBMH) and reports the blessings received from numerous outreach initiatives by families helping others in their own and neighboring

communities. Many meals were provided to Chicago's northwest suburbs through donations to food pantries and the Basket Brigade. Yousuf and his son, Humza, are providing meals from their restaurant to the area's homeless. Yousuf and Baseer, sponsor youth from the Islamic Foundation School in Villa Park to deliver Asian meals to senior families. With CHI-Care, they support the homeless living on the street with meals, clothing and portable heaters. They have found a surprising number of Veterans among the homeless.

Salutes - SBMH Missouri



Toni & Ben Wineinger, discouraged about homeless Veterans, followed through with a vision to open a 501(c)(3) homeless shelter in West Plains, Missouri, a community full of excellent people and the Ozark Mountains. Before retirement their skill sets centered on the restoration of hotels and motels. Using their SSN checks they started the shelter for Veterans and added a thrift store to become self-supportive.

As civilians with little experience with Veterans, they credit the success of this venture to the enthusiastic community of people wanting to make a difference: Veteran organizations, local businesses and volunteers. In short order, word spread like wildfire and the community immediately began to contribute to the thrift store and provided building materials and free labor. This community's effort built 21 rooms for female and male Veterans, a kitchen, laundry room, showers and community room in the facility. Toni contacted Military Outreach USA (MOUSA) to meet her need for beds for the Veterans relocating to her facility. Her request was immediately honored and beds and linens were provided, but this was only the beginning of our relationship.

The two foundational programs of Military Outreach USA are the Veteran Exiting Homelessness Program (VEHP) which provides bedding and move-in-essential items for Veterans transitioning from homelessness and the Stand-by-me Heroes (SBMH) program in eight states whose focus is to reduce the daily dark number of 22+ suicides by Veterans.

Toni and Chappy are modeling the Salutes SBMH program and work together through MOUSA to provide a certified program called Foxhole Soul Counselors to train individuals to work with Veterans who are struggling and/or homeless and a training program to teach project and business management certification classes.

We continue to work with communities that have overwhelmingly blessed our heroes. The surrounding West Plains, Missouri community, Toni & Ben Wineinger and Military Outreach USA continue to positively impact our American Heroes with their unique methods and processes that simply work.

If you are interested in supporting our Salutes SBMH Chapter model and grow this program across America send your contribution to the website below. You can use the donation drop down adding to the Veterans Exiting Homeless Program and/or Stand-by-me Heroes program.

SBMH Florida

Chapter directors: Phil Jelen is in Englewood; Rick and Leah (Gwen) McCool are in Seminole FL



Phil Jelen received a Purple Heart for his service in Vietnam with the Fourth Infantry Division and worked with Veterans at Jesse Brown and Hines VAs in Chicago for 33 years. He has been with Stand-by-me Heroes since its founding. Now a full-time resident of Englewood, FL, Phil enjoys his retirement by visiting \with Veterans in Florida state prison, in the homeless communities nearby, and through his VFW Post and the Knights of Columbus in Grove City FL.

Rick McCool, Master Sergeant, USMC 1972-1993, Retired.

"Sarge" completed his Foxhole Soul Counselor training in April 2020. He is a great listener with compassion, wisdom and faith! Rick and his wife, Gwen Leah McCool, are active in their community and enjoy spending time with fellow Veterans. Gwen plans to start a chapter of SBMH for Female Veterans. See her *Replenish* article in this newsletter.



The Wall in Punta Gorda
Phil and Rick read names from
The Wall at the Welcome Home
Vietnam Vets ceremony



Sarasota National Cemetery
They will not be forgotten!



Phil Jelen and Rick McCool
SBMH Directors for Florida

SBMH North Carolina



SBMH Director Tarvick Linder embodies a spirit of service for church, community and country

In 2020 after joining Military Outreach USA and SBMH as a director of our North Carolina chapter, Tarvick Linder was recalled to active duty in the National Guard to support COVID-19 response efforts in North Carolina assisting medical personnel in administering coronavirus tests, packing pallets of food at food banks, and distributing supplies door to door. Serving others on the front lines, Linder has dedicated his life to the common good. Tarvick served for six years in the U.S. Army, including a tour of Afghanistan as part of the war on terrorism.

But his real calling, he discovered over three years at the Duke University Divinity School, is helping people one-on-one. Linder's life is about service—to the state of North Carolina, to the nation, to the church, and to God.

In August 2020, Tarvick entered the Chaplain Residency Program at Moses Cone Hospital in Greensboro, offering spiritual care to critically ill patients. "I like the one-on-one interaction I can have with people," Linder said. "I've always been like that."

"As an African American kid in the South, I didn't have a choice whether I went to church or not," he said. "It was a part of who we were." Linder said that his field experience through Duke included ministry in both predominantly white and black churches, a stint preaching at Orange Correctional Center in Hillsborough, as well as providing spiritual guidance to death row inmates at Central Prison in Raleigh and helped him recognize his gifts and calling.

"He embodies the kind of formation we aspire to as a school," said Rhonda Parker, Senior Director of ministerial formation and field education at Duke Divinity. "He has a really deep sense of integrity. He's incredibly compassionate. He's humble and kind. He has really great interpersonal skills."

Tarvick was recently accepted into the Air Force Academy for additional training in his chaplaincy.

Other SBMH directors for North Carolina include Nichole Glover from Wendell NC and Dr. Leigh Sawtelle from Raleigh. See Dr. Leigh's article on Anxiety in this newsletter.

The Chaplain's Corner

The purpose of the Chaplain's Corner is to challenge Veterans and First Responders. Working on restoration, growth and endurance is not an easy path but success is near with a little help from your friends. The solutions for today are not as complicated as most think. We know a faith-based approach has worked for millennia providing healing and forgiveness. Where most organizations are focused on the physical and mental aspects of a person, they ignore the most critical part of the whole person.

Our mission is focused on the mind, body, and more importantly, the soul. If we do not seek to impact the whole person the results will remain the same. To support this fact we only need look at the dark number of 22+ suicides per day across our Veteran community as well as the growing number in our First Responder community.

Our solution is not religiosity, not merely clinical, but fundamental in developing a personal relationship with our God. We know from experience if a remedy does not include the spiritual with the physical and mental, then we will continue to fall short.

A soul approach begins with building a personal relationship with God, one that starts privately requiring no middle managers. Our spiritual lessons include examples of those who overcame, and learned to forgive and to receive forgiveness. Find a local house of worship: this is a soul challenge based on countless testimonies of those who have recovered. Issues of Moral Injury, PTSD and TBI can be managed with a little help from our friends and partners. Just as I am managing my Moral Injuries and PTSD, rebuilding a spiritual foundation must focus on the whole person.

The greatest success with warriors has always been developing and growing a 1:1 relationship with our God. We are not here to proselytize or provide religious views. Let us start with waking each morning and recognizing God; let's avoid looking around, as distractions do not heal. Also, let's volunteer, taking the focus away from ourselves for a while; giving to others yields rewards to the soul, strengthens our physical being and allows recovery of our mental battles. Stand too! Let's begin with going back to the basics.

We are Blessed!

Foxhole Soul Counseling



Francis "Doc" Beeman

Doc Beeman is an SBMH director in the greater Chicago area and provides pro bono biblical counsel and soul care to active military, veterans, first responders and their families. Professional education includes general and surgical medicine, clinical psychology, neuropsychology, and group & individual therapy. "Doc" earned his nickname serving with the MACV-SOG in Vietnam as U.S. Navy Combat Corpsman. He experienced, firsthand, the impact combat has on a person.

This being the first of what I hope will be many more times together, I want to begin by introducing myself and describing the important role of the Foxhole Soul Counselor. I've spent most of my life studying and practicing the medical and mental health profession. My degrees and certifications in general and surgical medicine, clinical psychology and neuropsychology have given me an insight into the complex organism we know as a human being. Later in my career I took a slight turn to the right and studied the spiritual side of being a person, which led me to my current therapeutic methodology known as biblical counseling.

Foxhole Soul Counseling is not any of the above; nor does the application of friendship, empathy, brotherhood, knowledge and wisdom require a degree or license to apply in the life of a fellow veteran who is looking for answers. Before I entered my current vocation, I was a sailor, more specifically, a hospital corpsman. I joined the Navy in 1967 as things were heating up in Southeast Asia. My thinking was that if I deployed to RVN, it would be aboard ship - clean sheets / hot food - sort of assignment. I was wrong. It's a long story, so if you're interested give me a call and we'll talk.

My assignment with MACV-SOG brought me to the Vietnam/Cambodian border, and a ton of grief. What I experienced there, and the 50 years I've spent sorting it all out, brings us to why I'm here right now. I want to help you take the success you've experienced sorting out your own "stuff", the empathy you have for a brother or sister in arms, and apply a few approaches I've learned to accelerate their healing.

Over the next few months we will be discussing the application of a unique mindset and approach to caring for one another. The role of Foxhole Soul Counselor is fundamentally different than what most one on one "sessions" provide, because you - the provider - is different. It is true; you have never walked in the boots of that man or woman sitting next to you, but I'm willing to bet that you have a pair of boots that look a lot like the ones they are wearing. They know that too, and that makes a difference. If they're stuck in the mud right now, they know you've been in a similar spot too. Now you're in a better place, and you're here to help them out of their unpleasant spot. One of my favorite books reminds me that "a brother was born for adversity" (Psalm 17) If you're still reading this, it is highly likely that you are that brother/sister who was born for the adversity that the man or woman you will meet is battling. And just as on the battlefield

we fought so that no man/woman would be left behind and alone, so you are called today to fight alongside them and bring them to a safe and better place. We're in this together - welcome to the fight.



Replenish: Worthwhile Women

Leah Gwen McCool

*SBMH Director Florida Chapter,
Veteran Sergeant U.S. Air Force,
M.A. in education from Liberty University*

Women are amazing creatures; everyone has a purpose. Military history reminds us of brave women who answered a call greater than self. A worthwhile individual is an investment who is considered of value. If you are reading this, you are a treasure! You may have or have not served in the military, but you have compassion, and you too have answered a call greater than self. Women from all walks of life know the meaning of “sacrifice”, and these same women are indefatigable. Women manage homes, careers, provide counseling, offer friendship and demonstrate a servant’s heart because of a common motivator- love. The purpose of this article is to provide insight and encouragement to the many women serving in the trenches, metaphorically speaking.

First, to quote Atticus Finch from literature, “You never really understand a person until you consider things from his point of view...until you climb into his skin and walk around in it.” (Lee 39). Although there may be circumstances too great to fully comprehend, the position of compassion and empathy is paramount. How do you reach the unreachable? All my efforts have failed, what next? Using the warrior princess mentality helps, but the love for others is most beneficial. Often, individuals who are hurting need to be heard. You may know someone who has difficulty speaking during trials or bouts of depression. If this is the case, being present and available to listen may help your friend or loved one. Having compassion and demonstrating empathy may require silence; you will need to rely on discernment for when and how to speak.

Second, authenticity is essential in every relationship; therefore be the best version of you, be genuine. Being an educator gives me the opportunity to connect with students who are amazing! Brutally honest at times, these same students come equipped with “*imposter detectors*.” Students are quick to differentiate the poser from the authentic individual. Being genuine and transparent while helping others is an asset. Each of you has qualities that make you unique; let others experience your kindness, and positive attitude.

Third, invest in you. As I write, a loved one is recuperating from surgery, and feels relief when a fresh ice pack is applied to his arm. However, the icemaker from our refrigerator needs time to *replenish*.. Remember, as you serve, you also must replenish in order to be effective. Replenishing may be a long walk after work or journaling your experiences, but whatever works for you, please do it and take care of yourself.

Jesus Christ led by example and made a habit of serving others. Throughout scripture, we can find examples of Jesus leaving the crowds to be alone; He needed time for rest

and regeneration. Serving and sacrifice require stamina, and you must be a recipient as well as a vessel. You may never know the impact, for good, you have on someone else's life. Keep up the good work, and stay safe!



Anxiety

Dr. Leigh Sawtelle

Leigh is a director of the North Carolina chapter of Stand-by-me-Heroes. She has a degree in counseling, MA degree and PhD in psychology and been a licensed minister for more than 25 years Dr. Leigh has worked with an ambulance service, served in a head trauma/rehab unit and assisted-living homes as well as 1:1 counseling and patient care during Covid. Her passions include the special needs community, Veterans, autistic individuals and rescuing pets.

The definition of anxiety is the fear of the unknown. And right now, we are in a time when everything feels unknown. So, anxiety is a normal emotion. The biggest question that care givers and ministers ask is “How do I minister to so many with today’s social limitations”. Churches are now conducting drive-in services, churchgoers drive to their church’s parking lot and listen on the car radio or cell phone to the appointed speaker preaching to an empty room to reach an online audience. Due to social distancing, wearing face masks and not hugging, the personal touch is not so 1-1 anymore. What can we do to connect with those in need?

How do we care for the Veterans, their families, those who are homeless or deployed? How do we care for our patients or families who cannot be with loved ones when they are dying? How do we care for this and the next generation? How do we calm the anxiety, the fear that rises that is the new norm? How can we help when we ourselves are feeling the same anxiety? Psalm 56:3-4 tells us, “ When I am afraid, I will trust in God. In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.” How many times a day do I say this prayer? As many times as needed.

When anxiety comes a-calling, have a list of what to do. Take a walk, watch funny animal YouTube videos, listen to K-Love, breathe.... learn and teach self-mindfulness. Remember reading a real book? Listening to real albums, taking real walks without self-help pod casts playing in our ears? Enjoy your pets, food, saying “hi” to strangers. Compliment people in stores for their shoes or their smiles. This is how we minister in today’s world. A new bed for a vet, a welcome basket on top of that bed. God will show you your way of ministering in this media-driven, over-stimulated world. Are you listening?

This is an excerpt from Dr. Leigh's article. For the full article, [click here](#).

Need Help?

SBMH Help line - 847-378-8262

For additional information please contact us at

Info@militaryoutreach.org or email us on our website by [clicking here](#).

If you're interested in helping out, **[DONATE HERE](#)**