

# IGNITE

THE FIRST RESPONDER'S LIFE GUIDE  
MARCH 2022 ISSUE NO.3

BEING THE VOID

AVOIDANCE AS A  
COPING  
MECHANISM

COMMUNICATION  
SAVES LIVES

STOPPING TO  
GRIEVE

LOVES STRONGER  
THAN PAIN

UNITING FIRST RESPONDER FAMILIES

YOU MATTER!

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*"The angel of the Lord appeared to him and said to him, 'The Lord is with you, o valiant warrior'"*  
- Judges 6:12



**Heather Congo**

**Heather Wagner was born and Raised in a Farm in rural Alberta, Canada. With 2 brothers, 1 sister and many foster siblings, she grew up surrounded by laughter and crazy experiences. Her parents gave her the gift of a Faith, compassion and a drive to serve.**

**Heather is a mother to 4 boys and 2 girls and was the wife of recently passed Veteran/Firefighter Tyrone McDonald. She has also been a firefighter and currently works in Protective Services.**



**Mike Skinner,  
FF/ACP**

**Mike is associated with OSI-CAN Alberta. This organization is a program of the Canadian Mental Health Association, designed to assist our military and public safety personnel through conscious connections and group support in dealing with Operational/Occupational Injury and Post Traumatic Stress. He has been a Firefighter/Paramedic for 31 years.**



**Andrea Fram**

**Andrea Fehr is an author, freedom coach, keynote speaker and Founder of Flying Free Ministries. She is passionate about freedom. Her mission is to provide a safe place for woman to process where they are feeling stuck in life; such grief, chronic illness, pursuing their dreams and even time management. She provides a listening ear, encouragement and practical powerful strategies which move her clients forward into greater freedom no matter what chaos they are facing in life. Her clients call her relatable, calming, encouraging, hilarious and insightful.**



**Cory Holstein**

**Cory Holstein currently resides in Arizona with his wife and two dogs. He was born in Dayton, Ohio but his family relocated to Arizona when he was five years old and he never left. Cory joined the U.S. Army in 2014, after he graduated from Arizona State University. Cory spent most of his military career at Fort Bragg, NC serving as a Gunner and Section Chief in the 18th Field Artillery Brigade and later as a Section Chief in the 2nd Infantry Division in South Korea. After he left active duty in 2018, he spent two years serving in the Army Reserve. He was an Observer Controller Trainer in the 653rd OCT Battalion in Arizona until May 2020. During his free time, Cory enjoys staying active with Paddleboarding, Archery and Jui Jitsu with fellow veterans, family and friends.**



**Barb and Steve Proudler**

**Steve and Barb Proudler have been married for 47th years. They attended a Worldwide Marriage Encounter weekend, a communication workshop for married couples, and continued on to be a presenting couple involved in all levels of the organization for approximately 22 years. This was an absolute blessing for them as they learned so much about themselves and their relationship. They have 2 wonderful adult children and 5 grandchildren. Steve was an entrepreneur owning a few businesses throughout the course of his career and was involved as a reserve officer with the Sea Cadets for 35 years. Barb worked in Oilfield Manufacturing. Currently, they are retired and have been for the past year. It has been an interesting year with covid restrictions and all.**

# WAVES OF TURMOIL

BY EDITOR: LORIE GURNETT

Life is made up of many different situations. Each new scene defines and shapes who we are. We can focus on the good moments like: graduating from high school or university, getting marriage to the love of our life, having our first child. What happens when the waves of different moments hit us like a flood? Have you ever had times in your life when the shifting or dark moments surface and slam against you? Wave upon wave, almost spinning you out of control leaving you battered, bruised, and wondering if you will have the opportunity to take a small gasp of breath before another engulfs you and drags you under again? You are left questioning if life is worth trying? Do you try to surface again, or will you allow these waves to suffocate you and flood your lungs with burning fear and anxiety?

Have you ever felt like there is a battle going on inside of you, where your fear and emotions are fighting against your logic and thoughts? You feel trapped and stuck

in the middle of this turmoil with the only strength to pray, watch, and see which will win out? Sometime you have to pray for clarity, or peace, and perhaps just simple understanding, which is bound to change minute by minute. How do you navigate these moments in time?

One thing I have learned is you need to examine each wave, embrace them, and remember you are not alone. When the negative trauma waves threaten to drown you, it's soul purpose is to segregate and plunge you into darkness. When this happens, do not give it control, remind yourself of the truth. You are loved, you are not alone, there are other's who care, God is holding you, and giving you strength when you feel so defeated and weak. Hold onto hope and allow yourself to be vulnerable. It will not be easy, but it will fill you with a sense of control and freedom. ***YOU ARE WORTH SAVING AND LOVING!*** Don't allow anyone to tell you otherwise.

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**"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." - Phil. 4:6**

# BEING THE VOID

BY: Heather Congo

**“Being the wife of a military vet I learned phonetic alphabet, 24 hr clock (even at home), meticulous care to hair cuts and dark, sarcastic humour. Though some of those I had been exposed to previously, living with Tyrone was a completely immersive culture.**

**His friends became my family. The anniversaries of battles, years served or a fond memory never forgotten. This trickled into other services such as volunteering with the legion, ensuring that someone was at a veterans funeral or birthday celebration.**





The identity cannot be compartmentalized; it cannot be split in halves or thirds, nor have any clearly defined set of boundaries. I do not have several identities, I only have one, made of all the elements that have shaped its unique proportions.

— Amin Maalouf —

AZ QUOTES

Our lives, though similar to others on the outside, carried a strict military overtone. Vehicles always washed and in good repair, garage neat and tools put away where they belonged, BED ALWAYS MADE... every single morning.

It was a wonderful existence. I thrived on being Tyrone's wife. That sense of belonging.

Holding him when a brother died, or

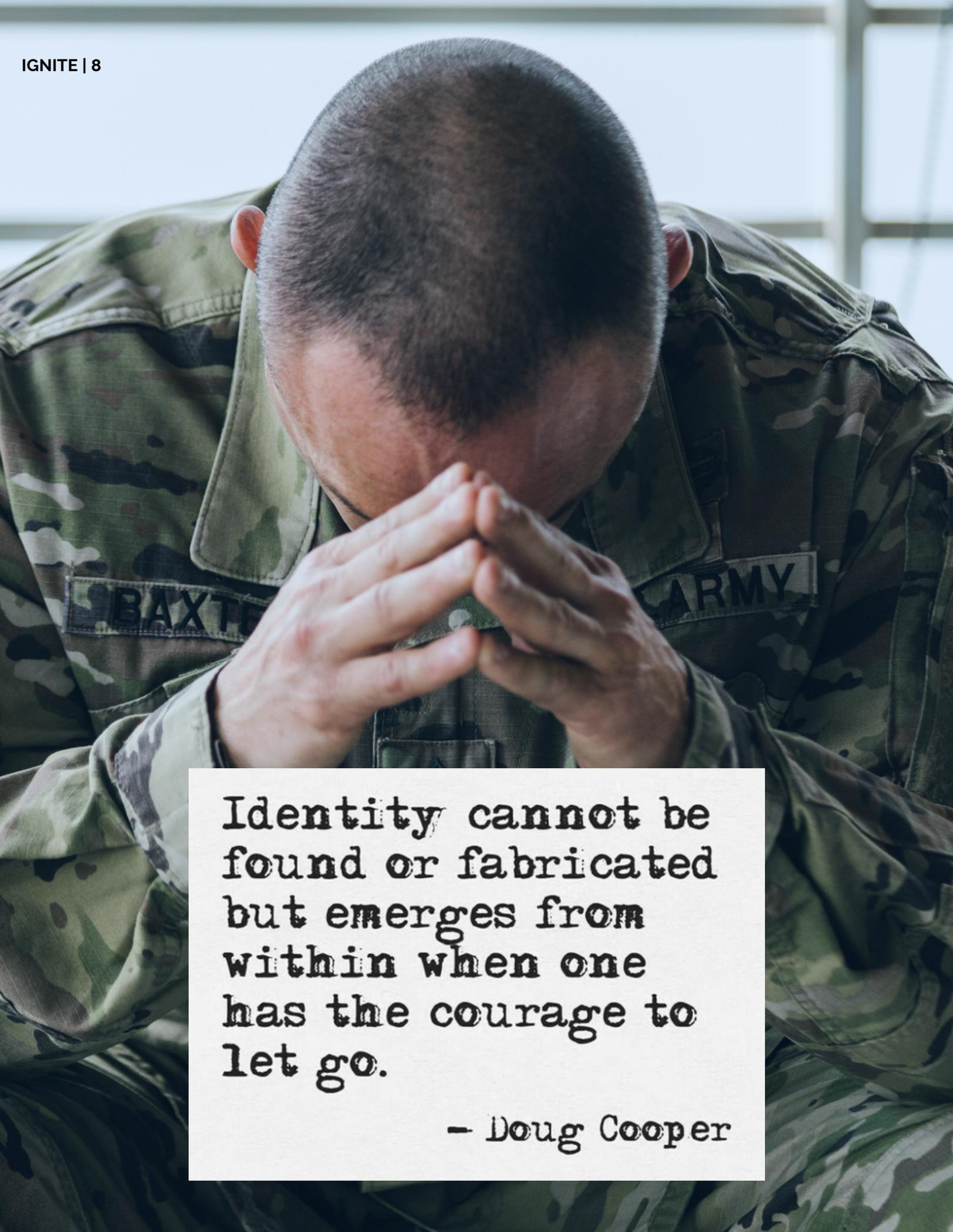
memories came flooding back. Being his soft in the hard of daily living. It was an incredible honour. Raising the children together and teaching them how to be strong, resilient people. It was a valuable existence filled with purpose and love.

On July 16, 2021... I lost my husband and my identity. I lost my connection to the world I had become so accustomed to. A world that would now

continue on without my presence. No change of command parades. No more core anniversaries. No more stories from Afghanistan. No more Tyrone. I was .... adrift.

I was still Heather. I was still a mother to 6 beautiful children. But I was one. One that used to be 2. I was half of me. In many ways I felt as though a limb had been severed.

I couldn't do all the things that 2 were meant to do. All the tasks that were his to keep, were now my job. I had to remove his Vet plates from my vehicle. A knife in my chest. And replace them with support our troops plates???

A close-up photograph of a soldier in a camouflage uniform. The soldier's head is bowed, and his hands are clasped together in a prayerful gesture. The uniform has a name tag that reads "BAXTER" and a patch that says "ARMY". The background is a window with a grid pattern.

Identity cannot be  
found or fabricated  
but emerges from  
within when one  
has the courage to  
let go.

- Doug Cooper

But I wasn't just any civilian??? I was the wife of a vet? I wore that plate with pride... I stood by him willingly. Painstakingly, I held him while he cried.... and now... I'm just another civilian? Tyrone was gone .. just gone... and he took me with him.

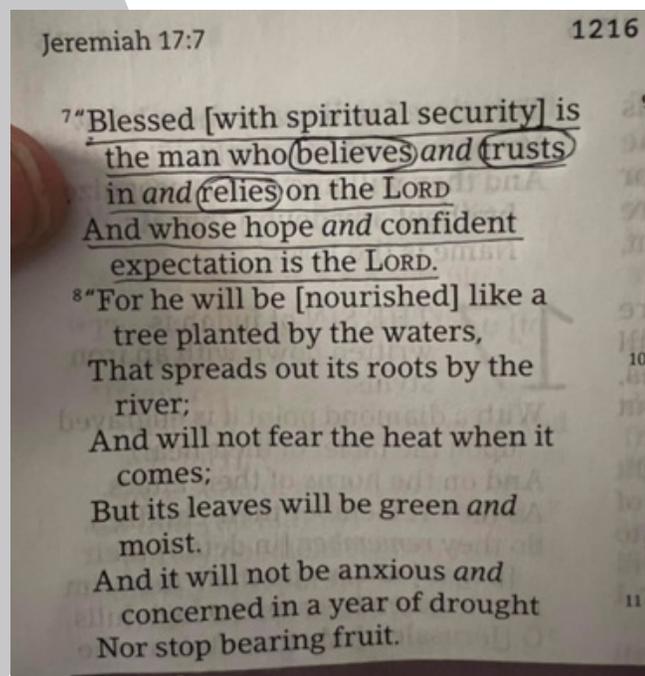
A week after he passed away, I saw a man in



fatigues leaving his apartment. I'm glad I was too far away, because all I wanted to do was fall down and cry at his feet. He, and every other vet, a symbol of that greater existence. That purpose. Tyrone...

I took on a new identity. Lost. Alone.  
Broken.  
A widow.

I talked about him in every conversation. I clung to my widowhood like a security blanket. If I held onto that, I would hold onto my identity we built together??? If I talked about him, he would still be alive? Maybe I would wake up and it would all be a dream? My Tyrone would not be really gone????





**All dreams end in the waking up. All memories fade in the light of existence. As in all things, time makes you move forward.**

**One day I woke up and found I needed to be more than a shell. I couldn't sustain grief at that level and function. Not as a parent, not as a mother. Not as an employee. The problem then became trying to change that.**

**How do you build a new you? A new identity, when your heart is back in the old one.**



**I started re-involving myself. I started attending the Legion again. I started going back to my church more regularly. I started asking my friends about their lives too. Slowly I began to move out of my shuttered house built of grief. I'm still there, but my grief doesn't always hold me captive.**

**I reached out to close friends of his... and keep in touch. Losing him didn't cost me this new family... they hold me even tighter now. Treating me as special on my own, because I loved him.**



**I found a new purpose in helping fresh widows get past the first days. Aiding the newly diagnosed with ALS. Becoming an advocate for our remaining Veterans.**

**But most importantly, I renewed my love of Christ. I fell in love with Him. I found strength in bending in prayer and laying all my**



concerns at His feet. It's not a cure all, but it is a comfort all. I'm not alone. I'm a daughter of God. I am the bride of Christ. I am a part of the body that moves and lives. I have value that cannot be stolen by death or by loss.

Losing Tyrone cost everything. Finding my Identity beyond grief gave everything back and more.

Your identity is not defined by what you do or where you have been. The past has no governing over today. Each morning springs a new. Everlasting in infinite opportunities. We are not held hostage by what was. We are like Chameleons, ever changing yet ever the same. We shift, we move and we adjust to fit our surroundings. Our underlying value never changes. Our capacity never changes.

I still am mother, daughter, sister, friend... but I am more. I am beloved. I am Heather.

*“ Unless we base our sense of identity upon the truth of who we are, it is impossible to attain true happiness. ”*

~ Brenda Shoshanna ~

OkDay.com



My hope for you is that some how, your value becomes reflected in the mirror of your heart. That your mind accepts the uncontrollable changes of life without compromise.

Article by Heather Congo

# AVOIDANCE AS A COPING MECHANISM

MIKE SKINNER

There's no doubt that in my 31 years as a Firefighter/Paramedic, I've had my fair share of exposures to trauma. Many of those exposures undeniably led to my eventual diagnosis of complex PTSD; however, in many ways, it was my own doing and my ill-conceived perceptions that led to the negative manifestations of this wretched condition, taking me down a road of poor mental health and over time beginning to erode nearly every aspect of my life.

I started my career in 1991, a vibrant, confident young man, more than willing to run headlong at this new adventure as a "first responder." As many of us do early on in our careers, I conditioned myself to accept what I experienced and was exposed to, and I wrapped myself in an insular bubble of stoicism. I imposed self-stigmas that I used to convince my inner critic that each exposure was manageable, eventually creating a false construct that no matter what, "I was ok."



**MARCH 8-9, 2022**

# **WORKING STRONGER**

**ALBERTA'S VIRTUAL WORKPLACE MENTAL HEALTH CONFERENCE**



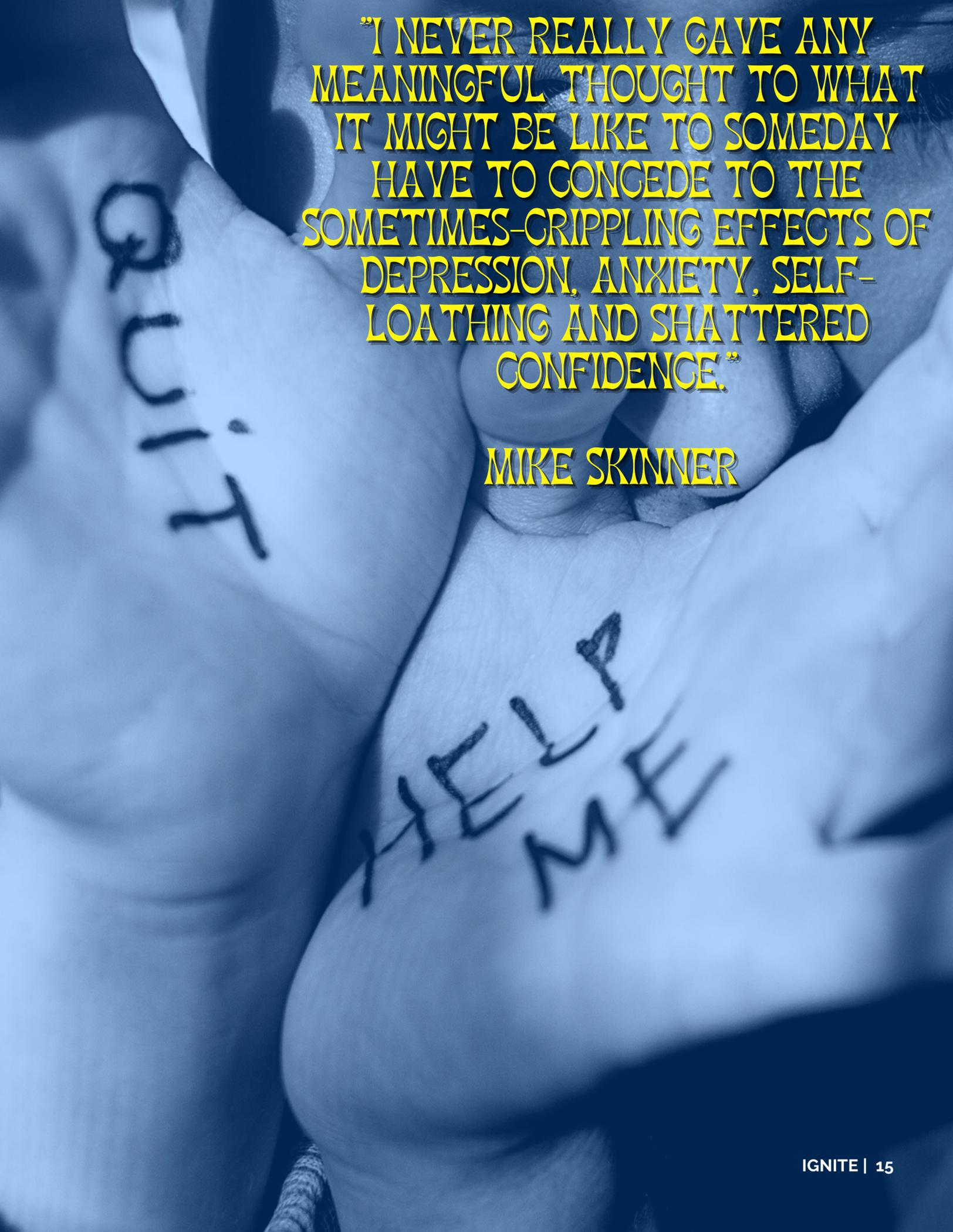
Register for the workplace conference at [workingstronger.cmha.ca/conference](http://workingstronger.cmha.ca/conference)

**I never really gave any meaningful thought to what it might be like to someday have to concede to the sometimes-crippling effects of depression, anxiety, self-loathing and shattered confidence. Having to deal with the deafening sound of uttering the words "I think I have PTSD" and years later coming to the sobering realization that twenty years of unresolved, unprocessed trauma would leave me dealing with its more intense, even less appealing sibling, complex PTSD.**

**We tend to ignore the lifelong effects of trauma with the misconception that we are inherently resilient. Those of us who experienced repeated exposure to trauma know its truth, and in time whether through our own self-realization or that of others, come to understand that we are changed and shaped by those traumas. Without a proper understanding of how these exposures re-wire our brains, it can be difficult to articulate about our mental health and develop healthy coping strategies. Our ability to overcome these challenges significantly deteriorates, and the efforts of others in supporting us can be deeply diminished.**

**Complex trauma can be a weighty burden to bear; it leaves emotional scars, battered confidence, and many day-to-day challenges even years after these traumas occur. The mind's way of coping with such intense and repeated trauma is often to detach from what happened, called dissociation. And although it may be the natural way for the mind to deal with complex trauma, that doesn't mean it's a healthy coping mechanism. While the brain has created some distance between you and the experience, the underlying traumas go unprocessed or unresolved, often intensifying the symptoms and issues accompanying complex PTSD.**



A blue-tinted photograph of a person's hands. The left hand is raised, with the word "QUIT" written vertically in black marker on the back of the hand. The right hand is positioned below it, with the words "HELP ME" written in black marker on the back of the hand. The background is a close-up of the person's face, which is out of focus.

**"I NEVER REALLY GAVE ANY  
MEANINGFUL THOUGHT TO WHAT  
IT MIGHT BE LIKE TO SOMEDAY  
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SOMETIMES-GRIPPLING EFFECTS OF  
DEPRESSION, ANXIETY, SELF-  
LOATHING AND SHATTERED  
CONFIDENCE."**

**MIKE SKINNER**

**Each of us is vulnerable; often, we're empathic, taking on small pieces of every interaction we have with others as emergency responders. It's natural to want to protect our psychological well-being. Still, often we do that by compromising our empathy, disconnecting ourselves from situations and turning our protective mechanisms on and off depending on our response to traumas. I suggest that the only thing we should avoid in protecting ourselves is giving up our vulnerability, becoming disconnected and travelling a path that may lead to complex PTSD.**

**So, you might ask, what's the solution? The simple answer is early detection, early recognition and doing everything you can to deter loneliness. Set aside your pride, let down your hypervigilant defenses, and don't silo thinking that you're alone, that you're different, or that no one else can understand your situation. Don't let your identity as a first responder overshadow who you really are as a spouse, parent, friend, and most importantly, a human being.**

**Don't pack your experiences away. Find ways to process them in a healthy way. Recognize when you might be struggling, learn to respond to yourself and others in a trauma-informed way, learn what resources exist in your organization/community and learn how to connect and re-connect in purposeful ways. Be kind to yourself, be receptive to others in how you seek help and how you desire to help others**



"At times, I felt nothing was going to end the distress, experiencing nearly every symptom on the complex PTSD charts at one point or another... The process of recovery is fraught with lots of struggles along the road, but with the right support, medication, therapies and a long-term plan, I learned to manage my symptoms, talk about experiences, I came to trust again, and I found ways to be less robotic and more empathetic which has significantly changed my life."

PTSD does not have to be part of your life, and if it is, it does not have to define you, recovery and post-traumatic growth are very possible.

Stay well, reach out.





# STOPPING TO GRIEVE

Andrea Fehr

I've run from grief all my life but it always catches up. It caught up when the boy I was obsessed with in high school started dating someone else and my vivacious personality melted away into a shadow. It showed up in suicidal ideations after struggling during my years as a young mom who had an undiagnosed chronic illness. Grief resurfaced with shocking horror, on the gorgeous June day when I learned my uncle was killed suddenly in a car accident.

Grief has no sense of timing. Like the day I learned my dear Grandpa had passed only moments before I was to throw our daughter's birthday party. Or the day I

*was told my oldest brother's cancer progressed to the point of palliative right when I was trying to regroup after a chaotic week. Or the billions of times since grief has popped up to remind me of someone who is missing or things that will not be.*

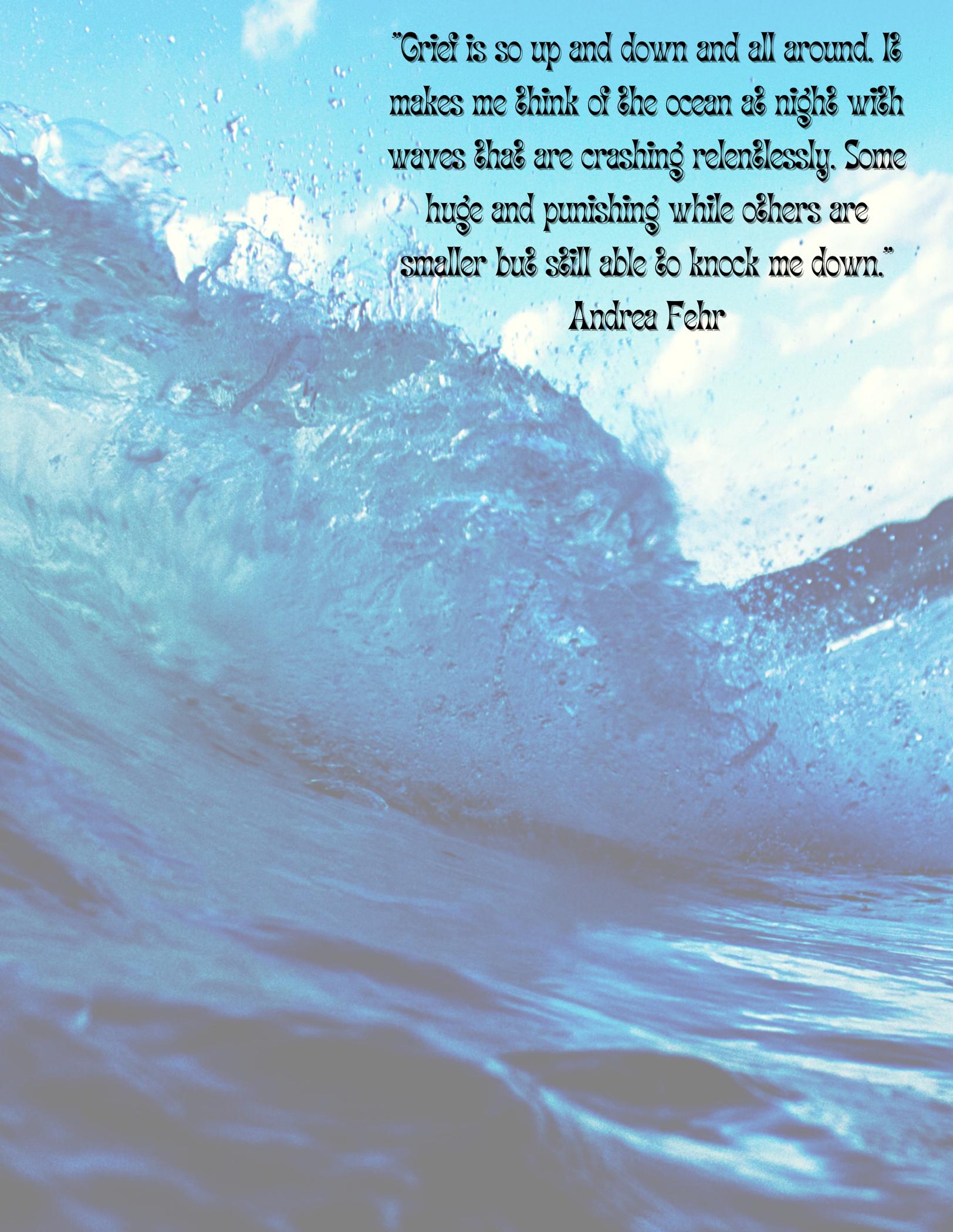
*Grief is a part of life. Do we want it? No. Does it suck to be grieving? Definitely. Grief is so up and down and all around. It makes me think of the ocean at night with waves that are crashing relentlessly. Some huge and punishing while others are smaller but still able to knock me down.*

*So, what do we do with this grief that catches up with us? This grief that shows up unexpectedly or right on schedule of a special day where someone we love dearly is missing? Well, I've discovered I have options. They aren't options that take the ache away but there is some autonomy knowing I get to choose. Here they are:*

*I can RUN from grief and busy myself in anything and everything but giving into the weight on my chest, the ache in my heart and the lump in my throat.*

*I could QUIT and opt out of living life fully anymore.*

*I can STOP and let grief catch up and feel all the feelings and release*

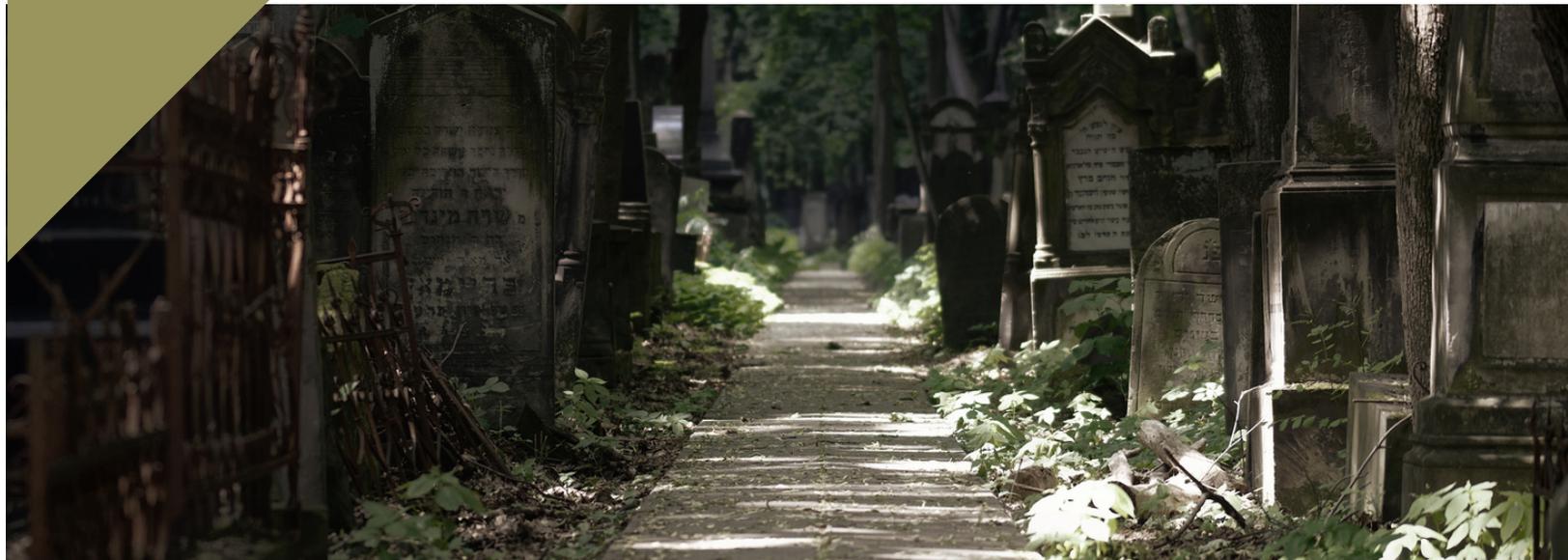


"Grief is so up and down and all around. It makes me think of the ocean at night with waves that are crashing relentlessly. Some huge and punishing while others are smaller but still able to knock me down."

Andrea Fehr



Grief has  
no sense  
of timing.



*tears, the anger and the pain.*

*Each option has pros and cons and I've tried all of them. But the one I keep turning to that has helped me the most is STOP.*

*When I STOP it looks like this:*

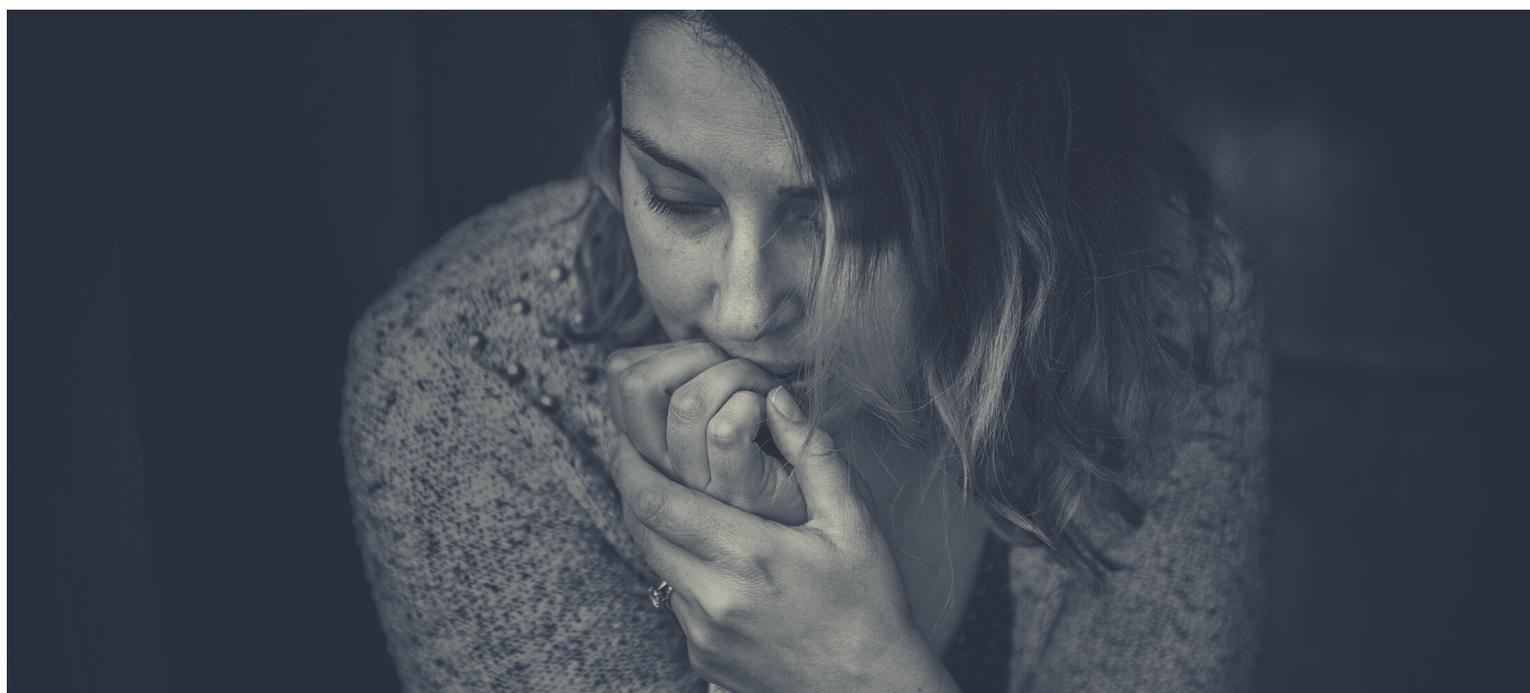
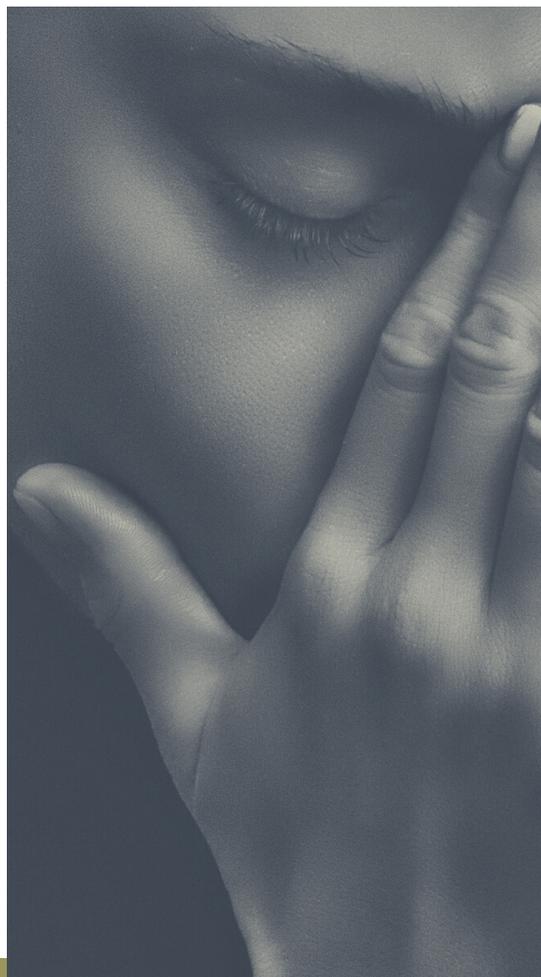
- *Sitting in my pain and feeling it.*
- *Telling someone I'm in a grief wave.*
- *Offering myself the truth that I've made it through billions of grief waves and the intensity will pass and feeling it does make space to keep living.*
- *Pause until I can take my next step.*

***Running works for a time and then something happens that forces building grief wave to burst up and crash down on top of me, anyway. Quitting can be tempting but me ending my life would cause pain to so many others. Quitting for me has looked like pretending I don't want to try anymore but really the thought of continuing on without my dear ones feels so brutally weird and wrong, I just do the essentials and avoid dreams and adventure. Stopping has worked the best for me. In choosing to stop and let grief catch me again and again and again and again I've come to accept grief as part of my journey.***

**The ache of grief is now a sign that I need to let myself S.T.O.P so that I can make space to continue forward and it gives me the ability to enjoy the good in my life that still exists.**

**Andrea's clients have noticed hope and peace come to them during their coaching time along with clarity and doable action steps.**

**Andrea has created numerous courses that she couples with coaching to provide her clients with the encouragement and accountability they need to do the hard work of growing. One of her courses is called Riding the Grief Waves. If you would like to connect with Andrea, you can find her at [www.andreafehr.com](http://www.andreafehr.com) Instagram and Facebook @flyingfreeministries. Her podcast can be found on your favorite podcast platform under, The Freedom Now podcast with Andrea Fehr**



# Treasure Kingdom

"How precious to me are your thoughts, O God! How vast is the sum of them! If I could count them, they are more than the sand. I awake, and I am still with you."  
- Psalm 139: 17-18

NEVER GIVE UP, YOU ARE STRONGER THEN YOU THINK

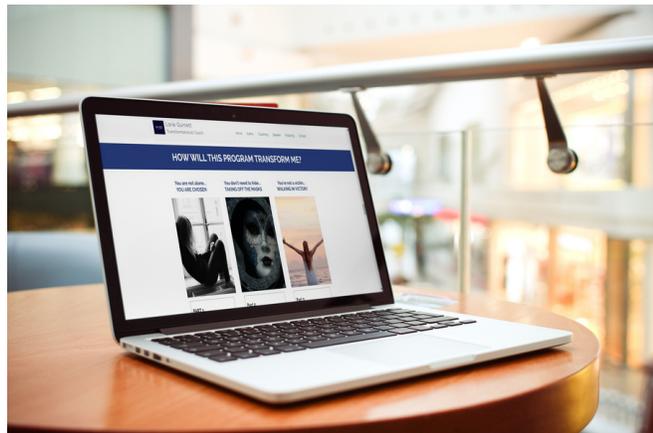
## FREE OFFER!

Do you long to connect with someone who understand the internal battle of trying to find yourself again after trauma has threatened to destroy you?

I am offering a free 30 minute coaching call. IF you are interested in booking one with me, please send me an email and we can set up a time that works for both of us.

STOP THE SEGRAGRATION! YOU ARE WORTH FIGHTING FOR, AND YOUR WORDS AND FEARS MATTER.

Book your free coaching session at [lorie@authorloriegurnett.com](mailto:lorie@authorloriegurnett.com)



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- Feeling Invisible
- A victim
- Insignificant
- Feeling Fearful
- Lost
- Defeated
- Crushed

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- A victor
- valued
- Feeling courageous
- Focused
- Confident
- Determined

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# COMMUNICATION SAVES LIVES

BY: CORY HOLSTEIN

EMAIL:

ARIZONAVETERANSGROUP@OUTLOOK.COM

Communication can be the difference between life and death, especially in the military. I can attest to that statement since my time in the military was largely impacted by communication. In my military career, I served as an artilleryman. It is an expectation that our unit effectively communicates with one another, or lives could be lost.

Personally, I would not brag about my communications skills. Honestly, even back in college I struggled in my interpersonal communications class, but I also learned the





As I previously mentioned, I served in the military. My experience as a soldier allowed me the opportunity to create unbreakable lifelong friendships with fellow soldiers that I served with. Many of these bonds that began while serving have continued into lasting relationships as a civilian. In my experience, the military creates a culture, where through shared experiences together soldiers form a bond like a family versus just friends. When a bond is formed in that way, communication is not just verbal.

Personally, I would know how to read my fellow soldiers in unspoken words. I would be able to read if someone is having an off day. One thing that I observed about the military and first responders is that we are taught and expected to be tough. An outcome of our training is to always find a way and a byproduct of our training is that we do not need help, let alone ask for help. In my opinion, the lack of being able to ask



**“To even imagine one of my military brothers leaving the earth by suicide pains me. If we could only have a word with them.”**

**- Zacharia Gilbert**

for help contributes to veterans and soldiers taking their lives. Personally, I have experienced the loss of five very close brothers to suicide. A few took their lives while still serving in combat zones, others took their life after active duty transitioning back into civilian life. Unfortunately, this is not an uncommon issue. Many veterans I speak to know a fellow soldier who has taken their life.

Copper 48 Veteran Group, formerly, Arizona Veteran Group started in spring 2021 after I lost someone special to me. One of my best friends and roommate had taken his life. I was devastated and wanted to reach out to fellow veterans in my area. I had no plan other than that I wanted to connect and bring veterans together. First, I created and started the veteran group on social media. It is through communication on social media that I hope to reach as many people as possible. Since I have started this group, I have discovered that there are many other groups and organizations out there who have the same mission, to combat veteran suicide. The content that we post is intended to motivate individuals to keep going if they are going through a rough spot and reach out if they need assistance.

BEING A GOOD  
COMMUNICATOR IS NOT JUST  
TALKING AND GETTING A  
POINT ACROSS. THE HARDEST  
AND MOST VALUABLE SKILL  
IN COMMUNICATION IS  
LISTENING.



**This group is meant to bring veterans and first responders together with the intention to use the healing power of nature, conversations and physical movement to help build bonds and ultimately combat veteran suicide.**

**I have noticed since starting this group that what you say or how you communicate with someone during a time of high tension, stress, and anxiety can literally influence the outcome of a situation. I have also learned that what is said or not said can**

**have implications on someone's life. We need to be purposeful and aware of how all forms of communications can affect others around us. Unfortunately, the reality is that we cannot reach everyone. People have to be open to change and work on their mindset. Preventing all suicide is the overarching goal of the group. However, I believe that if I can reach one person through the group, then that is one more person who can watch their children grow up or spend a lifetime of holidays with family and friends.**

## **KEY POINTS**

- LISTEN TO UNDERSTAND, NOT RESPOND**
- COMMUNICATION WITH INTENTION CAN BE THE DIFFERENCE BETWEEN LIFE AND DEATH**
- BE AWARE OF THE AIM AND PURPOSE BEHIND YOUR WORDS**



**Article by Cory Holstein**

**Email: [ArizonaVeteransGroup@outlook.com](mailto:ArizonaVeteransGroup@outlook.com)**

# LOVES STRONGER THAN PAIN

## BARB AND STEVE PROUDLER

Hi. We are Steve and Barb Proudler. Our first date was December 16, 1972 (this year will be 50 years since our first date, YIKES!) July 20, 1974 we got married, my how time flies. Steve is a veteran having worked with Sea Cadets for 35 years. His experience is much different than many veterans, but there were still some issues within our marriage due to his serving. This article is about some of the things we have learned in our years, it is just our opinions. We are by no means experts, just a regular married couple.

If some were to ask us "What is the key to a successful marriage," it would be difficult to say just one thing. Our answer would be for sure the first thing is open and honest communication. One of the issues I had with Steve in cadets was feeling resentful of his

time away from us as a family. I also felt lonely a lot of the time. Luckily for us, we were introduced to a workshop on how to communicate as a couple when we were married about 12 years. It taught us how to be loving and kind in our communication with each other. Don't get me wrong here, everything has not always been perfect but it helped a lot. All of us have ups and downs in our marriage. We need to have the confidence to work through these times and come out on the sunny side. Yes, we still have fights (or as I like to call them, lively discussions) and that is ok. We just need to remember not to fight dirty.

After I explained to Steve how I felt resentful of his time away from family and how I thought I was taking on the majority of caring for the kids and our home, he made some decisions on how he could help when he was home. I also learned that I needed to do some of my own activities and do things for me. That helped me not to feel so lonely.



# Our Prayer For You:

MAY YOU LOVE  
EACH OTHER MORE  
TODAY THAN  
YESTERDAY, MORE  
TOMORROW THAN  
TODAY FOR THE  
REST OF YOUR  
LIVES.



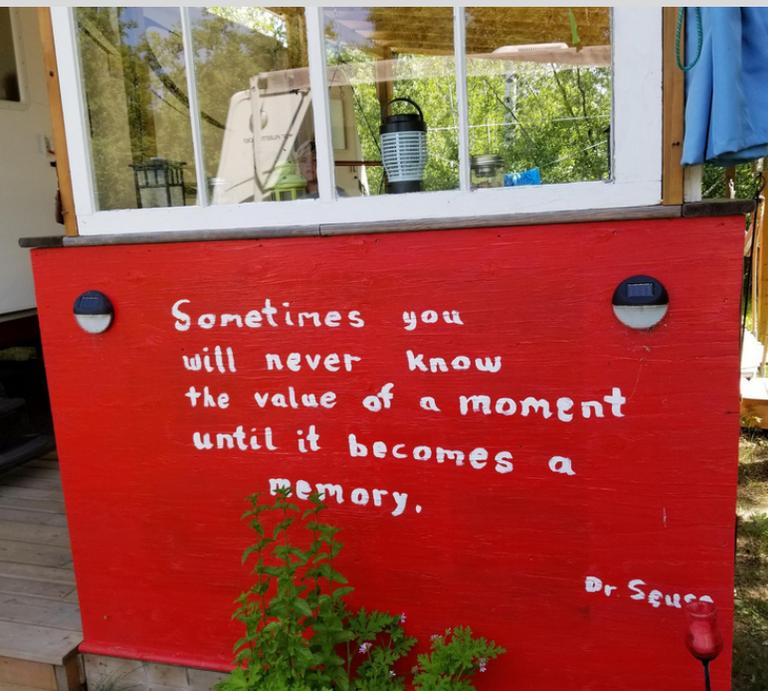
There are so many things that go into a marriage but here a few pointers:

- Take some quality time together every day.
- Be supportive of each other.
- Particularly important for fire fighters, police, veterans etc. After having a rough day, (especially traumatic or some bad incident) share your feelings with your spouse. You don't need to share the details. It is your feelings that are most important. This allows your spouse to understand you. Sometimes it is really hard to share your feelings. It might be helpful to write out a few points first. Don't bottle up your feelings and think you will get over it. Things don't work that way.
- Talk lovingly, kindly and be respectful to each other.



A good marriage is one where each partner secretly suspects they got the better deal.

Author Unknown



- Appreciate each other. Try telling your spouse one (or more) good thing(s) you appreciated in them every day.
- Be forgiving. None of us are perfect. We learnt that to truly forgive is to forget. After practicing this for a bit, we found we could no longer dredge up dirt from the past.
- Being married is not a 50/50 proposition. You each need to give 100%.
- Don't be afraid to ask for outside help. We know of one couple who are both in service careers. They go to a marriage counsellor at least once a year, just for a marriage checkup.

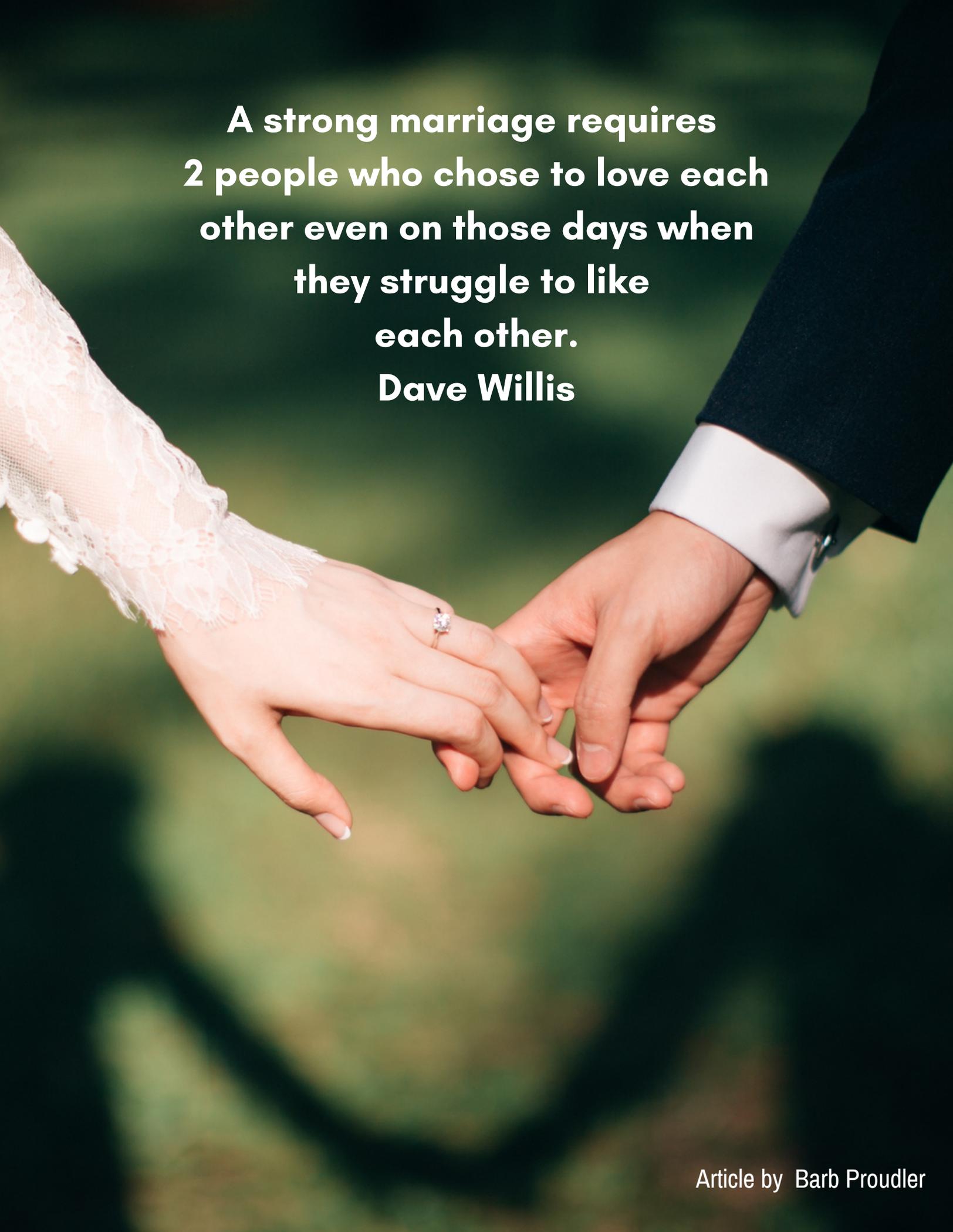


**-Don't be afraid to have a fight or "lively discussion". Just be careful to be kind. Besides, making up is so much fun!**

**-Feelings are neither right nor wrong. They just are. It is how you react that makes the difference. Sometimes, I can feel like I have done something to upset Steve when he is not sharing with me and is grumpy or aloof. After we talk, and he lets me know about his day, it is a great relief to know it wasn't me and I try to be supportive and understanding then.**

**-Remember it is good to also have a sense of humor and have fun.**

**-Keep on loving**



**A strong marriage requires  
2 people who chose to love each  
other even on those days when  
they struggle to like  
each other.  
Dave Willis**



## IN HONOR OF OUR FALLEN HERO'S:

- DAN JENAE
- DONALD L.
- Air Force Lt. Col. James C. Willis
- Air Force Capt. Kelliann Leli
- Army Staff Sgt. Casey J. Harb
- Army Staff Sgt. Christopher Pantos
- Army Staff Sgt. Timothy Luke Manchester
- Army Staff Sgt. Anthony Bermudez



# A HERO

**"A hero is somebody who is selfless, who is generous in spirit, who just tries to give back as much as possible and help people. A hero to me is someone who saves people and who really deeply cares."**

**-Debi Mazar**