Baileys appointed new territorial leaders

Lt. Colonels Bikutiewicz head South as Chief Secretary and Territorial Secretary for Women’s Ministries

Colonels Bradford and Heidi Bailey, Central officers currently serving as Chief Secretary and Territorial Secretary for Women’s Ministries in the Southern Territory, have been appointed as territorial leaders in the Central Territory. Colonel Brad Bailey is appointed as Territorial Commander and Colonel Heidi Bailey as Territorial President of Women’s Ministries. They will take up their new appointments with the rank of commissioner—Colonel Heidi Bailey on July 1 and Colonel Brad Bailey on July 2—succeeding Commissioners Paul R. and Carol Seiler who will be retiring.

“We are thrilled to be coming home and are excited to be a part of what God will continue to do in the Central Territory in the days to come,” said the colonels. “We already love the people, and look forward to coming alongside them as together we promote Kingdom principles and celebrate God’s goodness.”

The Baileys have been serving in their current positions in the Southern Territory since September 1, 2012. Immediately preceding this appointment they served as Under Secretaries in the Americas and Caribbean Zone at International Headquarters (IHQ) in London.

They were commissioned from the College for Officer Training in Chicago, Ill., in 1982. Following two corps appointments in the Central Territory, the Baileys began their overseas service in August 1988 in the South America West Territory. During their 13 years of overseas service, the Baileys served as corps officers, territorial youth secretaries and divisional leaders for the Central Division in Santiago, Chile.

Upon returning to the Central Territory, the Baileys served four years as corps officers of the vibrant Oakbrook Terrace, Ill., Corps, during which time 23 people entered fulltime ministry as officers.

Three years as command leaders of Spain followed, after which they returned to the South America West Territory as Chief Secretary and Territorial Secretary of Women’s Ministries before being appointed to IHQ in 2010.

Both Colonels Brad and Heidi hail from Salvationist families. He is the son of Central officers Majors Fred and Lilian Bailey, who served in Chile, where he was born and raised. She is the daughter of soldiers Jim and Toni Chandler and is a third-generation Salvationist. The Baileys have been married for 38 years and have two daughters, Danielle Rowland, who resides with her husband, Jeremy, and sons, Micah and Eli, in Atlanta, Ga., and Lindsey who works in the Central Division in Santiago, Chile.

The Baileys have been serving in their current positions in the Southern Territory since September 1, 2012. Immediately preceding this appointment they served as Under Secretaries in the Americas and Caribbean Zone at International Headquarters (IHQ) in London.

They were commissioned from the College for Officer Training in Chicago, Ill., in 1982. Following two corps appointments in the Central Territory, the Baileys began their overseas service in August 1988 in the South America West Territory. During their 13 years of overseas service, the Baileys served as corps officers, territorial youth secretaries and divisional leaders for the Central Division in Santiago, Chile.

Upon returning to the Central Territory, the Baileys served four years as corps officers of the vibrant Oakbrook Terrace, Ill., Corps, during which time 23 people entered fulltime ministry as officers.

Three years as command leaders of Spain followed, after which they returned to the South America West Territory as Chief Secretary and Territorial Secretary of Women’s Ministries before being appointed to IHQ in 2010.

Both Colonels Brad and Heidi hail from Salvationist families. He is the son of Central officers Majors Fred and Lilian Bailey, who served in Chile, where he was born and raised. She is the daughter of soldiers Jim and Toni Chandler and is a third-generation Salvationist. The Baileys have been married for 38 years and have two daughters, Danielle Rowland, who resides with her husband, Jeremy, and sons, Micah and Eli, in Atlanta, Ga., and Lindsey who works in the Central Division in Santiago, Chile.

The Baileys have been serving in their current positions in the Southern Territory since September 1, 2012. Immediately preceding this appointment they served as Under Secretaries in the Americas and Caribbean Zone at International Headquarters (IHQ) in London.

They were commissioned from the College for Officer Training in Chicago, Ill., in 1982. Following two corps appointments in the Central Territory, the Baileys began their overseas service in August 1988 in the South America West Territory. During their 13 years of overseas service, the Baileys served as corps officers, territorial youth secretaries and divisional leaders for the Central Division in Santiago, Chile.

Upon returning to the Central Territory, the Baileys served four years as corps officers of the vibrant Oakbrook Terrace, Ill., Corps, during which time 23 people entered fulltime ministry as officers.

Three years as command leaders of Spain followed, after which they returned to the South America West Territory as Chief Secretary and Territorial Secretary of Women’s Ministries before being appointed to IHQ in 2010.

Both Colonels Brad and Heidi hail from Salvationist families. He is the son of Central officers Majors Fred and Lilian Bailey, who served in Chile, where he was born and raised. She is the daughter of soldiers Jim and Toni Chandler and is a third-generation Salvationist. The Baileys have been married for 38 years and have two daughters, Danielle Rowland, who resides with her husband, Jeremy, and sons, Micah and Eli, in Atlanta, Ga., and Lindsey who works in the

Continued on page 2

Think Again!

by General André Cox

“Salvation is found in no one else; for there is no other name under heaven given to mankind by which we must be saved” (Acts 4:12, NIV).

As Easter is a time for us to reflect upon the incredible, extravagant and measureless grace of God. Through Christ he provided a way for mere mortal human beings to be both reconciled to him and enabled to enjoy the matchless benefits of a personal relationship with him.

Sadly, for many Easter weekend may not represent anything more than an opportunity to have an extended break from the relentless pursuit of other personal goals and ambitions.

We live in a world resolutely turned towards materialism, to the almost total exclusion of the other elements we require in order to find fulfillment and purpose—to be complete and totally satisfied. Modern society offers us many of the things we need from a material perspective, but these are not enough to ensure happiness and freedom.

If you think material possessions bring happiness, then think again! You only have to take a look at society today to see the negative effects of materialistic consumerism.

Despite all that we have, modern humankind remains unsatisfied, seeking to find the point of our very existence and trying to find assurance that there is something after death.

In the midst of that context, the Christian message is unique because the message is not about a set of doctrines and beliefs but about a person, Jesus Christ. We recognize the fact that we are not perfect people, but Easter brings the hope of new life—one that has been changed and transformed. The fact that we are imperfect is not, however, an excuse to justify a life of continual sin and rebellion.

Sadly, we recognize that some people in society have turned their backs on the Church because they feel that Christians are lacking in credibility. We preach love, yet the Church can be the most unforgiving place. We preach spiritual values, yet in reality Christians often aspire to material wealth, power and influence. We preach justice for the oppressed, but how many of us actually do anything to make a difference?

The apostle Paul reminds us in Romans 3:23 that “all have sinned and fall short of the glory of God.” It is because of sin that man is unable to enjoy a relationship with God, and this explains why so many of our contemporaries are unsatisfied and seeking.

Despite a world that appears to be resolutely materialistic, we do see much evidence of people who search for meaning, who seek spiritual answers to the most preoccupying question of all: is there life after death? Could it be that many in our world today are trying to fill the spiritual void and find ways through their own efforts to reach the eternal paradise?

Jesus came to reconcile the world to God—and this is the primary reason for his incarnation. Everything else resulting from the presence of Jesus in the world and in our lives is a direct result of us being reconciled to God.

Jesus came to fill the void that separates us from God. What is absolutely extraordinary—and what we need to remember every day of our lives—is the incredible fact that God in Jesus took the initiative in order that we might be reconciled to him.

It is for this reason that Jesus willingly paid the price so that people like us who were considered to be “enemies” could be reconciled as a result: “Once you were alienated from God and were enemies in your minds because of evil behavior. But now he has reconciled you by Christ’s physical body through death to present you holy in his sight, without blemish and free from accusation” (Colossians 1:21-22).
**Investing intentionally in our spiritual lives**

by Colonel Jeffrey Smith
Chief Secretary

**Central Connection**

Reading each issue of my subscription to WOOD magazine is a relaxing diversion which feeds my hobby. Last year the magazine ran a series of articles designed to help new woodworkers build their shop. The investment required for a workable shop and the knowledge of which tools to buy first and what brands are best can be daunting to the beginner.

The premise was a beginner could build a credible shop in one year if he or she set aside $100 from each paycheck and purchased tools according to the plan laid out in the articles. (I wondered how many woodworkers could afford this, but I enjoyed reading the articles anyway.) Every paycheck some tools would be purchased and some money set aside for more substantial purchases later. The plan also included building workbench and storage systems and the cost of the materials. At the end of the series, the newbie woodworker who followed the plan would have a shop complete with a table saw, a good mix of hand and portable power tools and all the benches and support equipment needed to make intermediate-level projects. But this would be true only if the woodworker was intentional in his or her investment.

One of our guiding principles in the Central Territory is to invest intentionally. We recognize many important goals can only be achieved if we start with the goal in mind and set time and money aside on a regular basis to help us move forward with our investments. At this moment, we are investing for the future in new data management systems for the territory, new ways for donors to give to support our work, new ideas for corps to be revitalized in their approach to outreach and ministry and many others. This principle has application to our personal spiritual lives as well. What if we each have a goal to become holy? My firm conviction is this doesn’t happen by accident. Our best approach is to be purposeful in our spiritual lives. Holy character is a work of the Holy Spirit accomplished in us as we yield our will to His and as we intentionally respond to His guidance and direction in our lives. That guidance is obtained as we study His Word, pray, enter into fellowship and worship with other believers and engage in missional service on God’s behalf. It almost never happens without active, personal and deliberate action on our part.

It is God’s will that His Salvation Army soldiers would be holy. Are you investing intentionally to see that blessed goal and opportunity realized in your life?
Refueled by God’s story

by Captain Jenny Orman

"God doesn’t want to be part of your life. He wants to be the whole thing. God’s story is not all about you, but the good news is that it does involve you. You get to be part of the best story ever told—His," exclaimed keynote speaker Megan Faith Marshman at the Refuel youth leaders’ conference earlier this year at Camp Wonderland. The realization for some delegates that they’re not the main characters in their own stories was eye-opening.

The second day Reggie Joiner, founder of the reThink Group which produces the Orange materials soon to be used in Salvation Army Sunday schools across the nation, spoke to delegates about how the church can partner with families in order to influence the story of a child’s life. He urged leaders to work toward relating every parent to be more present at home and more connected with a faith community.

Dr. Christopher Yuan, author of Out of a Far Country, shared his story on the third day. His past life involved homosexuality, drugs and time in prison. His mother found Christ and prayed for him and advocated Christ to him until he finally found faith himself. He went from being a prisoner to being a professor at Moody Bible Institute. He preached a powerful message reminding delegates that the opposite of any sin struggle is holiness.

Each morning of the conference began with prayer and devotions together. There were also networking opportunities for youth workers in formal and informal settings, including an epic Nerf™ dart gun battle. Workshops were conducted on the topics of discipleship, ministry, spiritual formation of the next generation, Pathway of Hope and family ministry.

Igniting a passion for prayer

Pray in the Spirit on all occasions with all kinds of prayers and requests. (Ephesians 6:18, NIV)

Captains Roberto and Elia Davila believe in the power of prayer. Wanting to ignite a passion for prayer and create a greater sense of community among the people at the Kansas City, Mo., Blue Valley Corps, they used the STEPs (Strategic Tool to Engage Potential) process to develop an ongoing prayer meeting. STEPs is designed to help corps identify “vital few” areas which if focused on will make the most significant difference in their corps. For the Davilas, prayer tops the list.

“Without prayer, we can’t get anywhere," said Captain Roberto. “If you don’t put prayer in everything you do, you are lost. We need God’s hand in everything.”

With the corps’ STEPs goal in place, the captains scheduled a prayer group to meet before church every Sunday. Initially, the group met with only marginal success. The early hour seemed to discourage participation, so the Davilas moved the meeting to between Sunday school opening and the start of classes. The response to the new prayer time has been overwhelmingly positive. Not only are people receptive, but they are actively engaging in it. Each week 15-20 people gather to pray. The 20-minute meeting focuses on intercessory prayer for the community, leaders, friends or unsaved family members.

“Whatever God puts in our hearts, that’s what we pray for others," Captain Roberto said.

The captain has begun to notice changes in the corps since the start of the prayer group. People are becoming more steadily involved in corps programs and are digging into Bible study. They also are building community as they frequently gather outside of the corps’ programs to fellowship. He said the congregation is like a close-knit family, lifting one another up and encouraging one another in the Lord.

In addition to the prayer meeting at the corps, every Friday Captain Roberto visits a senior living facility where he holds a worship service and prayer meeting. He shares requests from the Sunday prayer group, and the seniors pray for them. In an exciting answer to the prayers of this group, the Lord provided the opportunity for the Army to purchase a wheelchair accessible vehicle to transport mobility-restricted individuals to the corps.

The captains are committed to continuing these prayer ministries.

“Churches have to be praying churches," Captain Roberto said. “Prayer is what moves the whole ministry in the right direction.”
I'm not alone

by Miriam Sawka

A

s an officers’ child, I accepted Jesus into my heart at age 6. So, I can’t remember when He wasn’t part of my life. But in 2014 at age 12, I started having serious problems with my faith. Trusting and loving Jesus suddenly became very hard. My uncle died from long-term kidney disease in January, and then in April I was diagnosed with stage 4 Ewing Sarcoma in my left femur. Bone cancer. My life started to spiral out of control, and I focused on myself instead of God.

So much happened so quickly. I had two surgeries within days of each other. A device was implanted in my chest. I wasn’t allowed to walk. I started five types of chemotherapy. Perhaps hardest of all, I lost my hair. I endured scans after scans to see how big the tumor was. All of this was leading up to a huge surgery.

Right before the surgery we learned my cancer had shrunk but had moved into my hip. Though this meant I’d undergo an easier surgery, it was worse for my future. We were devastated because I couldn’t get the treatment that would have been the best path for me.

However, in God’s providence my surgeon was a wonderful Christian man. He shared with me his own testimony. His words really struck me. “The worst pain I’ve ever felt was going out to a child’s parents and telling them I lost their little girl or boy,” he said. “I can do that almost weekly, but know this: I will always remain eternally hopeful. I believe God holds your hands, their hands, your hands. I promise, I will never tell your parents you died on my table because I am eternally hopeful God will save you, and I promise I will do my best on earth to help Him keep you alive.” I was sitting along with my hip. Along with the tumor, 48 percent of my quadriceps muscles were removed. After four months of not walking, I had to relearn to walk with a new hip. But progress works. The new hip was great!

After surgery, I had 17 more rounds of chemotherapy and 28 rounds of high-dose radiation. After four months of not walking, I had to relearn to walk with a new hip. But progress works. The new hip was great!

What has changed:

Emblems, stars and awards! Jerrie Miller of the territorial youth department, who wrote the new materials, said girl guards will earn emblems covering the same topics as before. Guards will have the option to earn stars on these emblems by completing stretch activities. They also will be able to earn the General’s Guard and Catherine Booth awards by completing the required emblems and activities. The opportunity to create emblems related to subjects not covered remains. Girl guards continue to be fun, accessible and applicable to girls today.

What has stayed the same:

Emblems,其中stars and awards! Jerrie Miller of the territorial youth department, who wrote the new materials, said girl guards will earn emblems covering the same topics as before. Guards will have the option to earn stars on these emblems by completing stretch activities. They also will be able to earn the General’s Guard and Catherine Booth awards by completing the required emblems and activities. The opportunity to create emblems related to subjects not covered remains. Girl guards continue to be fun, accessible and applicable to girls today.

What has changed:

New emblems! Based on the feedback of guard leaders, archery, Christmas ministries and internet safety and “netiquette” have been added. Discovering I and It also have been modified slightly to be more flexible. To ensure a well-balanced experience in each of the four focus areas, every emblem now requires completion of sections titled: Mind Matters, Body Basics, Soul Quest and Others.

Web-based materials! Online materials provide increased accessibility for girls growing up in the technological age. Girl guards (and leaders!) who prefer screens to paper can access emblems from their smart phones, tablets, laptops or PCs in addition to keeping an official book. When accessed online, resources can be browsed by clicking on the website links provided. Girl guards also has its own profile on Pinterest.com, a free online bulletin board where more resources and activities are posted. Subscribers are able to browse for ideas or follow individual emblem boards under TSA girl guards.

How to get it:

All materials are available online at centralyouthnetwork.com, where the emblems can be downloaded one-by-one. Currently the materials are exclusively online but are in a printable format so leaders or guards can print section-by-section and place into a binder. While pre-printed copies are not currently available, this option is being explored.

For more information and to browse the new girl guard materials, go to www.centralyouthnetwork.com and click on the character-building link.

Girl guards enters cyberspace

For more than 100 years, girl guards has helped ‘tween and teen girls develop healthy spiritual, mental, physical and social lives through its four-fold program. Last fall updated girl guard materials were rolled out. The purpose has not changed, but the materials have been revised to maintain relevancy in a rapidly changing world.

What has stayed the same:

Emblems, stars and awards! Jerrie Miller of the territorial youth department, who wrote the new materials, said girl guards will earn emblems covering the same topics as before. Guards will have the option to earn stars on these emblems by completing stretch activities. They also will be able to earn the General’s Guard and Catherine Booth awards by completing the required emblems and activities. The opportunity to create emblems related to subjects not covered remains. Girl guards continue to be fun, accessible and applicable to girls today.

What has changed:

New emblems! Based on the feedback of guard leaders, archery, Christmas ministries and internet safety and “netiquette” have been added. Discovering I and It also have been modified slightly to be more flexible. To ensure a well-balanced experience in each of the four focus areas, every emblem now requires completion of sections titled: Mind Matters, Body Basics, Soul Quest and Others.

Web-based materials! Online materials provide increased accessibility for girls growing up in the technological age. Girl guards (and leaders!) who prefer screens to paper can access emblems from their smart phones, tablets, laptops or PCs in addition to keeping an official book. When accessed online, resources can be browsed by clicking on the website links provided. Girl guards also has its own profile on Pinterest.com, a free online bulletin board where more resources and activities are posted. Subscribers are able to browse for ideas or follow individual emblem boards under TSA girl guards.

How to get it:

All materials are available online at centralyouthnetwork.com, where the emblems can be downloaded one-by-one. Currently the materials are exclusively online but are in a printable format so leaders or guards can print section-by-section and place into a binder. While pre-printed copies are not currently available, this option is being explored.

For more information and to browse the new girl guard materials, go to www.centralyouthnetwork.com and click on the character-building link.

Scout's honor

At the heart of The Salvation Army’s programming for youth resides character-building. For boys, the Army offers Adventure Corps, Explorers, and at times forms troops with Boy Scouts of America. Adult volunteers commit time, energy and effort to help boys come to know the love of God and develop life skills and knowledge of the world around them. Once in a while, one of those volunteers stands out from the rest, showing dedication and passion that go far beyond the norm.

Juanita Belcher is one of those individuals. Recognizing Juanita’s devotion to character-building and particularly to scouting, her corps officer, Major Kim Ray, nominated Juanita for the highest award The Salvation Army gives to its Boy Scout leaders, the Scouter Award.

According to Major Kim, “Juanita has a heart for children and adults, and strives to help them see God in the world around them.”

In order to be honored with this award, the leader must show exemplary dedication to the scouting program over a minimum of five years. In addition, the recipient must promote the Scout Oath and Law, and support adult leaders, in a role model for the corps teens and serves as Pekin’s corps sergeant-major.

Girl guards enters cyberspace

For more than 100 years, girl guards has helped ‘tween and teen girls develop healthy spiritual, mental, physical and social lives through its four-fold program. Last fall updated girl guard materials were rolled out. The purpose has not changed, but the materials have been revised to maintain relevancy in a rapidly changing world.

What has stayed the same:

Emblems, stars and awards! Jerrie Miller of the territorial youth department, who wrote the new materials, said girl guards will earn emblems covering the same topics as before. Guards will have the option to earn stars on these emblems by completing stretch activities. They also will be able to earn the General’s Guard and Catherine Booth awards by completing the required emblems and activities. The opportunity to create emblems related to subjects not covered remains. Girl guards continue to be fun, accessible and applicable to girls today.

What has changed:

New emblems! Based on the feedback of guard leaders, archery, Christmas ministries and internet safety and “netiquette” have been added. Discovering I and It also have been modified slightly to be more flexible. To ensure a well-balanced experience in each of the four focus areas, every emblem now requires completion of sections titled: Mind Matters, Body Basics, Soul Quest and Others.

Web-based materials! Online materials provide increased accessibility for girls growing up in the technological age. Girl guards (and leaders!) who prefer screens to paper can access emblems from their smart phones, tablets, laptops or PCs in addition to keeping an official book. When accessed online, resources can be browsed by clicking on the website links provided. Girl guards also has its own profile on Pinterest.com, a free online bulletin board where more resources and activities are posted. Subscribers are able to browse for ideas or follow individual emblem boards under TSA girl guards.

How to get it:

All materials are available online at centralyouthnetwork.com, where the emblems can be downloaded one-by-one. Currently the materials are exclusively online but are in a printable format so leaders or guards can print section-by-section and place into a binder. While pre-printed copies are not currently available, this option is being explored.

For more information and to browse the new girl guard materials, go to www.centralyouthnetwork.com and click on the character-building link.

Scout’s honor

At the heart of The Salvation Army’s programming for youth resides character-building. For boys, the Army offers Adventure Corps, Explorers, and at times forms troops with Boy Scouts of America. Adult volunteers commit time, energy and effort to help boys come to know the love of God and develop life skills and knowledge of the world around them. Once in a while, one of those volunteers stands out from the rest, showing dedication and passion that go far beyond the norm.

Juanita Belcher is one of those individuals. Recognizing Juanita’s devotion to character-building and particularly to scouting, her corps officer, Major Kim Ray, nominated Juanita for the highest award The Salvation Army gives to its Boy Scout leaders, the Scouter Award.

According to Major Kim, “Juanita has a heart for children and adults, and strives to help them see God in the world around them.”

In order to be honored with this award, the leader must show exemplary dedication to the scouting program over a minimum of five years. In addition, the recipient must promote the Scout Oath and Law, and support adult leaders, in a role model for the corps teens and serves as Pekin’s corps sergeant-major.
Focusing on reconciliation

by Abby Johnson

Young adults in the Central Territory came together earlier this year for Regeneration, a conference specifically tailored for them to deepen their relationship with Christ and pursue holiness. This year’s theme of reconciliation was addressed by guest speakers Dr. Cornel West, professor of philosophy and Christian practice at Union Theological Seminary; Steve Carter, teaching professor at Willow Creek Community Church; and Captain Lisa Barnes, Seattle White Center, Wash., corps officer.

The response believers in Jesus should have in regard to injustice.

Seeing people come, accept Christ and begin to grow in their faith has been whole picture. People have been accepting Christ; they have become choseto take a step back and view the whole picture. People have been accepting Christ; they have become part of the Kingdom of God. Reminded of a perspective presented to them when they were missionaries in the Republic of Georgia, the Duskins decided to aim lower, think smaller, give up and go have a cup of coffee. At first glance, this might seem counterintuitive. Yet it has helped the Norfolk Corps grow by roughly 40 percent in the past year. They aim lower. The captains and adult leaders give special attention to building relationships with their youngest contacts—children age 12 and under. Through these relationships, kids from youth activities are bridged into Sunday worship services. The Duskins and lay leaders also minister to the children’s parents and invite them to church. They think smaller. The captains build relationships for Christ with a small group of adults through mentoring, prayer and discipleship. This stewardship of God’s people has led to strong, committed leaders. They give up. The captains encourage their corps to give up their own comfort to help others. The corps emphasizes World Services/Self-Denial. They use what they have before purchasing new items. They host missionaries. They share donated items with other churches and organizations that need them. “The more we give,” said Captain Miranda, “the more He [God] replenishes us.” Finally, they go have a cup of coffee—though not literally—since the captains admit they don’t drink it. Having a cup of coffee means networking and connecting with others. The captains are members of community groups and partner with other churches. The churches work together to schedule vacation Bible schools, concerts and guest speakers to avoid competing events and support one another by attending events held at each other’s locations. The result is greater fellowship within the Kingdom and more people reached with the Gospel.

New Sunday school curriculum debuts

This June a new Sunday school curriculum will be introduced throughout the nation. To provide dynamic and cutting-edge yet biblically sound educational materials to corps, The Salvation Army has partnered with the reThink Group. For more than 20 years, reThink has helped churches by providing creative Sunday school strategies. Currently, more than 10,000 churches use their comprehensive curriculum strategy called Orange which is divided into four age-focused stages from preschool through high school.

The web-based curriculum features complete interactive lesson plans that can be customized. Teachers will be able to access many tools like reproducible PDFs, videos, music, stories or scripts, dramas and craft ideas, small group dialogue guides and even room decoration/design suggestions. Resources extend beyond the classroom with items such as materials and activities for youth at home, an app for parents, and social media plans to better connect Sunday school teachers with parents. In addition, there are free training resources and customer support through dedicated Orange specialists for each age-focused stage.

“The new curriculum will meet our immediate ministry needs, leverage our collective passion and equip corps to prepare generations for the Kingdom of God,” said Captain Keith Maynor, national youth secretary.

In the Central Territory 15 corps representing every division were trained last fall using a web-based and app-driven platform called “Schoology” and have been piloting the curriculum since January. Their feedback is being used to streamline the five-week Schoology training for all corps this spring in preparation for the national launch in June. Also, at the Army’s request, reThink is developing adult Sunday school curriculum called “Live a Better Story” which will be piloted this spring and released concurrently in June.
When it comes to The Salvation Army’s Emergency Disaster Services (EDS) ministry, the first thing that often comes to mind is the ever-present canteen which serves as a beacon of hope and comfort and provides life-sustaining provisions in times of disaster. Many people are not aware of other important elements of care provided by EDS. For many years the Central Territory has focused on the “disaster” preparedness and response of EDS, but in 2017 the territory is focusing on developing the “emergency” component. Some of the new priorities for training and volunteer development this year are outlined here.

Communications

The Salvation Army has a well-established emergency communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program called the Salvation Army National Disaster Communications program. It is working to more closely integrate these ham radio and communication specialists to be fully credentialed EDS volunteers who can play dual roles of communication and service in other areas like food service in disaster operations.

Crisis Response

The Salvation Army has taken a leading role in crisis response teams which provide emotional and spiritual care. Dr. Kevin Ellers, Central territorial emergency disaster services coordinator, serves as the chair of the National Voluntary Organizations Active in Disaster (NVOAD).

Preparedness

Many of the courses in The Salvation Army National Disaster Training Program (NDTP) address preparedness issues. An often overlooked part of disaster services ministry is the long-term recovery assistance that The Salvation Army provides well after a disaster is forgotten by the media. EDS is working hard to link people with the Pathway of Hope initiative and developing its disaster case management training program to help people not only survive the disaster but be sustained and perhaps even experience positive gain in the long term.

Kevin explained, “In 2017 we are initiating collaborative relationships with partner organizations that share our mission and values to recruit and train new volunteers to expand capacity to serve in both emergencies and disasters from the initial stages through long-term recovery.”

Parting the waters

Because one of the most frequently occurring disasters in the Central Territory is flooding, emergency disaster services (EDS) is developing cleanup crews for deployment throughout the territory. Since water damage often isn’t covered by homeowners’ insurance, EDS has identified this as a common unmet need of flooded households.

The first priority is getting water out of flooded streets and basements. Thanks to a generous donation from Polaris Industries, the Central Territory has four mobile hydraulic pumping units with the capacity to extract 500 gallons of water per minute. Because these compact pumps and generators are fully self-contained and mounted on four-wheel drive Hippo UTVs (utility terrain vehicles), they allow cleanup teams to get into tight areas where normal-sized vehicles can’t fit.

These cleanup teams also will help homeowners carry trash and belongings to the curb, tear down walls, repair surfaces for mold remediation and guide the homeowners to local long-term recovery committees for information on receiving grant funds. In addition, emotional and spiritual care teams will be deployed for support.

The Central Territory has 11 military-grade Ranger UTVs, four Hippos and one Brutus UTV, which is outfitted with a fork-lift and scoop shovel. In addition, the UTVs have non-pneumatic tires capable of maneuvering through all types of debris to provide fast and effective disaster assistance to communities.

A place for you in EDS

There are many ways you might participate in the fulfilling ministry of emergency disaster services from food service to command logistics, counseling and the new cleanup crews. But whatever your interest, skills and experience, first you’ll need to create a disaster worker profile and get certified.

Here’s how to start:

Visit the national disaster website (www.disaster.salvationarmyusa.org) to either create or update your disaster worker profile.

Make sure you have completed the core requirements and have a current EDS ID badge.

Check the site regularly to take upcoming disaster courses in the territory.
Meet your Territorial EDS team

**Visionary leader**

Emergency disaster services (EDS) has expanded significantly since Kevin Ellers began working as a territorial training coordinator in 2003 before moving into his current position of Central territorial disaster services coordinator.

In tandem with the other U.S. territorial training coordinators, Kevin developed a National Disaster Training Program (NDTP) which offers standardized training across the country. It enables disaster volunteers to go anywhere in the U.S. and understand their role within the Incident Command System.

Under Kevin’s leadership, territorial EDS is now working with divisions to create their own plans. One of the most significant areas developed during Kevin’s tenure is emotional and spiritual care (ESC) during disasters and crises. He has not only written and integrated courses on ESC into the training program but has trained Salvationists and members of other churches as far away as Japan and the Philippines.

“I feel called to better prepare the church and community to serve hurting people in times of crisis,” said Kevin, who brings a broad scope of ministry experience in social services, pastoral care, counseling, trauma, grief and crisis response to his job.

In his role as chairman of the Emotional and Spiritual Committee of National Voluntary Organizations Active in Disaster (NVOAD), Kevin has provided leadership in crafting significant documents that give guidance to organizations and churches seeking to help hurting people in a sensitive and appropriate way.

Kevin has partnered strategically with other churches and organizations to recruit volunteers and bring other resources into The Salvation Army. One of the greatest partnerships has been with ICLOVE radio, which sponsors crisis response training throughout the nation and has provided access to a new group of volunteers who align with the Army’s mission. Some of them now serve in key leadership positions in disaster operations.

Prior to working with the Army, Kevin founded the Institute for Compassionate Care.

**Training expert**

Kevin joined the EDS team in October 2016. His career history in finance and insurance has prepared her for the position of administrative assistant. In this role, Christy anchors the team by serving as the hub of a very busy office where the majority of the staff are on the road much of the time. She provides support for the territorial disaster team and serves as a key point of contact for divisions and national headquarters. A critical part of her job is managing grants monies for EDS throughout the territory and maintaining EDS records and files to provide critical information to the divisions.

Christy views her work as challenging, yet rewarding. “I feel I can make a significant impact in my role,” she said.

**Database specialist**

Veronica Rohrer began volunteering for EDS prior to accepting her position as training and data support specialist in December 2016. Having recently moved from Virginia to Chicago, she searched out a position that would relate to her undergraduate and graduate degrees in psychology and trauma/crisis intervention.

Her work at Liberty University providing data support to the faculty gives her a strong background to fulfill the duties of her new position. This part-time position is critical to the territorial disaster services team. Veronica is responsible for managing all of the data for the territory. While the primary functions of the position are inputting data, database management and updating website information, a key component is providing customer support to the divisions when they experience problems with the systems.

As the territory works to expand its volunteer capacity, Veronica is instrumental in helping people develop into fully prepared and credentialed volunteers.

“Training is critical to the professional growth of our volunteers,” she said. “Our training program is designed to help volunteers develop the skills and knowledge they need to be effective in their roles.”

**Team anchor**

With more than four decades of safety training and curriculum development experience for the federal government, Dexter Noonan joined emergency disaster services (EDS) last fall as the territorial disaster services training coordinator.

“Dexter’s main job is making sure people are prepared to respond,” said Kevin Ellers, territorial disaster services coordinator. “He’ll be working with divisions to develop training plans for volunteers, directors and leadership, and he’ll be revising various curriculum, particularly in our specialty courses. Dexter also will be helping to launch a new volunteer management curriculum.”

A soldier at the Elgin, Ill., Corps, Dexter became hooked on participating in Metropolitan divisional EDS responses. When the territorial training position opened up not long after he retired, Dexter jumped at the opportunity.

“This is a fun job,” he said. “One of my spiritual gifts is service, so I get great satisfaction from helping others.”

With more than four decades of safety training and curriculum development experience for the federal government, Dexter Noonan joined emergency disaster services (EDS) last fall as the territorial disaster services training coordinator.

“Dexter’s main job is making sure people are prepared to respond,” said Kevin Ellers, territorial disaster services coordinator. “He’ll be working with divisions to develop training plans for volunteers, directors and leadership, and he’ll be revising various curriculum, particularly in our specialty courses. Dexter also will be helping to launch a new volunteer management curriculum.”

A soldier at the Elgin, Ill., Corps, Dexter became hooked on participating in Metropolitan divisional EDS responses. When the territorial training position opened up not long after he retired, Dexter jumped at the opportunity.

“This is a fun job,” he said. “One of my spiritual gifts is service, so I get great satisfaction from helping others.”

**Capacity builder**

“IT’S all about connecting people with their God-given destiny,” said Richard Schwoegler about his ministry as territorial disaster resources coordinator. His passion, in large part, comes from his own experience.

After 27 years in law enforcement, Richard shifted from focusing on his career to furthering God’s Kingdom. Devoted to helping others, he moved into the city and took a demotion on the police force to desk work so his weekends would be free to engage in community ministry through his church on Milwaukee’s south side. But he felt called to a fuller ministry and resigned.

His obedience led to an opportunity to partner with The Salvation Army when he gave a faith-based chaplaincy program he’d written to the Wisconsin and Upper Michigan (WUM) Division. It segued into his current role at territorial headquarters.

Richard’s primary responsibilities are to increase capacity of volunteers and equipment and to streamline deployment of trained individuals into actively involved credentialed volunteers. He’s developing new streams of volunteers with specific skills and experience to serve in specialized roles that are harder to fill during disasters. Richard has been networking to introduce churches to EDS as a way to serve others in Christ’s name. Richard also is assessing existing disaster equipment and seeking to acquire new resources. Recently, he coordinated a trailer donation from the Squincher Corporation for WUM.

**Fresh faces, new ideas and a lifetime of experience create one amazing team at your service.**
TV show altered my life... becoming a Christian changed me

Salvationist and popular British singer Charlie Green will perform throughout our Congress weekend, June 9-11, 2017. If you were fortunate enough to attend the International Boundless Congress in London in 2015, you’ll be familiar with him but you may not know his story. Here he tells UK Salvationist Lauren Jeans about life after “Britain’s Got Talent” and describes where his faith is taking him now.

As contestants prepare for the live finals of Britain’s Got Talent, more than eight years on from his own appearance on the show, Charlie Green can still remember exactly how he felt when it was his turn on the stage.

“I was the most nervous I’ve ever been,” he admits. “At my first audition I was ill. My dad said to me, ‘You know you don’t have to do this,’ but I was determined. I was just so scared because every act before me had been buzzed off; I just didn’t want the buzzers to buzz.”

Thankfully, Charlie’s talent as a singer—evident despite his young age of just 11—would see him receive a standing ovation from the audience, three yes votes from the show’s judges and a spot in the semi-finals of the competition. Though he just missed out on a position in the final, appearing on a show broadcast nationwide made Charlie a familiar face overnight.

“I went from being an ordinary person to having people, who had never even spoken to me before, trying to be my friends,” he remembers. “I’d be walking downtown and people would just stare at me. On the first day of school I was mobbed by everyone, and the head teacher had to tell them to go away—I even had 16-year-old students as bodyguards!”

Within three years of Britain’s Got Talent,” he had toured round the UK and America, visited Japan and China, appeared on television in the Philippines and recorded a CD.

“It all happened at once, which was pretty cool. Ever since I was about 2 years old I’ve wanted to be a performer, and now I’m doing that. At most of the gigs I do today, people still call me ‘Charlie Green from Britain’s Got Talent,’ so I do feel very lucky to have had that opportunity. Sudden fame at such a pivotal point in his life was undoubtedly hard. When you’re that age, you’re still really trying to find yourself. It’s easy to lose focus because everybody just says ‘yes’ to you. But Charlie thanks his family for keeping him grounded and also acknowledges the role the Army had to play.

“I feel blessed to have such a good family. My parents and my other family members loved me no matter what I was doing. I’m also thankful to the Army. When I was doing all my schoolwork in my hotel room, it was hard because you lose connections with people, but I’ve still got really good friends from the Army that I’ve kept.”

It’s perhaps surprising then that, although he comes from a Salvationist background, Charlie did not always plan to stay in the Army.

“I just didn’t think I was ever going to be a senior soldier,” he reveals. “I thought it would be something I did as I grew up and then I’d leave. The whole G reen side of my family have been Salvationists, but I thought I’d rebel and maybe return when I was older. Then, at 16, I became a Christian and everything changed.”

Though Britain’s Got Talent altered his life in an obvious way, Charlie is clear that becoming a Christian changed him in a much deeper way. “With Britain’s Got Talent I was still the same person—just everything around me changed; other people were different. When I became a Christian, God changed me. It’s hard to explain because it’s such a personal thing. It’s this inner thing, feeling God’s presence.

“I saw God in family members; they were different from others in the way they behaved. I wanted something like that. Then I felt God’s presence, saying He loved me. I’d never felt that before—I’d always thought He was there but I didn’t make it a personal thing. That’s when I decided to become a senior soldier.”

Now Charlie is deputy songster leader at Droitwich Spa Corps, helps out at a kids’ club at the corps during the week and visits Army centers around the country. He sang at the international congress last year, has recorded one CD for the Army and has another in the pipeline.

“It’s weird how it’s turned out,” he muses. “When I’m at home I try to be with the Army as much as I can because I love it.”

This newfound strengthening of faith is evident in the work Charlie is doing now. Continuing to live out his childhood dream of performing, Charlie is touring with singer Jimmy Osmond of the American Osmond family. The Osmonds have welcomed him as one of the family and, together, Jimmy and Charlie are involved in “Moon River and Me,” a touring show featuring the music of Andy Williams.

“The Osmonds aren’t afraid to show their faith,” says Charlie. “I spoke to Jimmy about this once and he said he thinks it’s important that, as he’s got this sort of fame, he should use it to tell people about Jesus. I think that’s probably the thing that I admire about him the most—he’s not afraid to say what he thinks about his faith.”

This admiration shows in Charlie’s song preferences. Though he enjoys singing secular songs, it is clear he has a great love for singing worship songs, too.

“I love singing faith songs in church; I think singing in harmony with other people is really powerful and sort of spiritual. Doing a mix of secular and worship songs when I perform is a good way to send out the message of my faith. People know that I sing songs from shows or big band stuff, but I try to show them my faith through gospel songs.”

As Charlie’s father, Roger, puts it, Charlie is an excellent role model for young people to look up to. “As well as his faith and his singing, Charlie loves ordinary things like sport,” Roger says. “Often it seems people don’t reconcile religion with normal things or with show business. People think you can’t do both, of course you can whatever business you’re in.”

Reprinted with permission from the UK Salvationist May 28, 2016 issue.
New exhibits fan flame for history

by Nanci Gasiel
Director, Central Territory Historical Museum

The Central Territory Historical Museum recently opened its new permanent exhibit Midwest on Fire: The Salvation Army in the Central Territory. The exhibit showcases a wide variety of objects and images to provide visitors with a look at the Salvation Army in the Central Territory from when it opened fire in 1880 to the present.

Beginning with the Army’s formation and the creation of the Central Territory, the exhibit traces the development of the Army’s key social service programs, the experience of officer-ship and the history of the College for Officer Training and how the Army has helped military troops during peace and wartime.

The second section of the exhibit discusses the roles of women in the Army, the variety of programs available to youth, the history of the Scandinavian Division and multicultural ministries, the importance of Christmas to the Army, and how music and the performing arts have helped to further the Army’s ministry.

Midwest on Fire is located in the first floor atrium at Territorial Headquarters (THQ). The exhibit presents an overview of Central Territory history, the museum’s other exhibit galleries on the second, third and fourth floors allow a rotating variety of subjects in far greater detail. Currently the exhibits in these galleries feature the Army’s work during World War I, special artifacts in the collection, the history of girl guards, and Salvation Army brass instruments.

During the next few years, these four exhibits will be replaced with new ones which present different aspects of Salvation Army history.

The completion of Midwest on Fire is the capstone to a very busy and exciting period for the museum staff. Over the past two years the museum staff removed all of the exhibits and prepared the whole collection for the museum’s relocation to the new THQ in Hoffman Estates, Ill., unpacked and settled the collection into its new home, and developed and installed five new exhibits—a process which normally takes about five years!

Amid all of this excitement, two new staff members were brought on board. The current four-person staff has more than 65 combined years of museum experience, and three staff members hold advanced degrees in the museum field.

We are delighted with the central location of our five exhibit galleries in the new THQ as they allow us to share more Salvation Army history and stories.

Over the next several years we plan to develop new exhibits, make more of the museum’s resources and collection available online, create educational programs and videos designed for use by corps and other Salvation Army entities, and maybe even develop a series of traveling exhibits which can be borrowed and exhibited in corps and other Salvation Army facilities.

It’s an exciting time for the museum as we continue to work toward our goal of developing new ways to better serve the territory.

Visit the museum!
Come peruse exhibits and participate in drop-in, hands-on family-friendly programs during Friday and Saturday.

Come hear Charlie!
A highlight of the Congress is sure to be British singing sensation Salvationist Charlie Green, who will be featured throughout the event.

Register at centralcommissioning.org
God is able

by Captain Chris Marques

In addition to assisting the territorial youth secretary, I was appointed as assistant officer of the Suginami Corps in March 2016, which is not uncommon since most officers in Japan have two or even three appointments.

Only a five-minute walk from my apartment, Suginami is surrounded by other Salvation Army facilities like the training college, men’s social center/bazaar (adult rehabilitation center/thrift store) and Booth Hospital. After helping at various corps’ events for the past five years, it’s been nice to invest my energy in one place. While I already knew the children, I’ve gotten to know the parents and older adults. Currently, I work three days at territorial headquarters, three days at the corps, including Sunday, and have one day to rest.

This past year we welcomed our new territorial leaders, Colonels Kenneth and Cheryl Maynor, and have been blessed by their servant leadership. When needed, I help translate and share with them my insights on life in Japan. I’ve been impressed with how they intentionally spend time with every staff member, listen to us and pray for us. I think people are feeling valued and loved, and it’s transforming the office. Of course, I have enjoyed hearing messages in English and having other Americans to laugh and share with. I believe God has placed them in Japan for such a time as this.

One big project we undertook last year was making a movie about the first Japanese officer, Gunpei Yamamura, in which many of us acted as extras. I also translated the script and subtitles into English so the film can be enjoyed in other countries. Over 600 people attended the premiere at a congress with General André and Commissioner Silvia Cox in October; a full-scale release is slated this year.

During the congress, Commissioner Silvia Cox held a women’s rally, while the General spent time with our youth in worship where the Holy Spirit moved powerfully. Several young people were enrolled as soldiers by the General, and many accepted the call to officer. We are praying for their next step. The General challenged us to be pure, passionate for souls and to get out of our corps to share the love of Jesus where it’s needed the most.

With the Whole World Mobilizing campaign, we are unfurling our territory’s flag with strengthened evangelism and intentional, relevant outreach. Our subtheme for 2017 is “God is able.” In a country where Christianity is small and has struggled for so long, we can easily feel defeated, afraid or tired. But as Colonel Maynor often reminds us, with God all things are possible!

When we rest in God and His perfect love for us, we can boldly go out to win others for Jesus.

Originally, I intended to return to the Central Territory after six years but feel compelled to stay longer. We in the youth department believe this will be a year of great harvest after the famine. At a recent Tokyo divisional youth night, I was moved to hear youth talking about their spiritual lives, setting new goals and praying together. God is moving in their hearts, and I’m excited to see what will happen. I also want to keep supporting the Suginami Corps and do what I can for the territory. Thank you for your continued prayers for me and the people of Japan.
Outwitting Old Man Winter

by Colonel Dennis Phillips

“Neither snow nor rain nor heat nor gloom of night...” The United States Postal Service is proud of its unofficial motto, but last year in the dead of a brutal winter it became the battle cry of Lts. Matthew and Rona Beatty.

Just six months earlier they had saluted the territorial commander who issued their first marching orders—to Grand Forks, N.D., a city of 55,000 resting along the Red River just 80 miles from Canada. Upon arrival, the endless sky was blue and the air clear and pleasantly warm as steady breezes charged by North Dakota’s wide open spaces kept things comfortable. “I think we’re going to like it here,” they said.

Come December the landscape changed dramatically and amid their pursuit of a $200,000 Christmas fundraising goal, the area was struck with a devastating blizzard, a minus 60-degree wind chill, an unceasing six-hour deluge of snow and a travel ban due to 50 mph winds—all on the day of a scheduled auction which previously had raised $46,000 and was pivotal to success.

With no time to despair, creativity, bravery and determination became the order of the day. Hundreds of families and children were counting on The Salvation Army, and the tenants were not about to let them down. Technology and social media were engaged to save the day. Since no one could get to the Valley Dairy and Convenience Store where the auction items were displayed, Lt. Matthew, with the help of store personnel, featured the items on Facebook Live and received bids through the internet. Nearly $50,000 was raised!

Christmas was looking merry and bright until Old Man Winter delivered his second sucker punch. On the last Saturday before the Christmas weekend—the biggest kettle day of the season—a second immobilizing and life-threatening storm virtually shut down the city. That day would determine the success of the Army’s Christmas efforts. A call to WDAZ-TV’s Assistant News Director Jason Hibbs re-set the momentum as the media community stepped up to the “ice-covered plate” and delivered a record victory—$214,000!!

And on Christmas morning the children of Grand Forks unwrapped their presents and families gathered for dinner all because a community cared.

The Salvation Army

- Mustard Seeds -

Lt. Matthew Beatty with Jason Hibbs of WDAZ-TV in Grand Forks, N.D., ABC Channel 8, which was highly instrumental in the Grand Forks, N.D., Corps’ fundraising success!
When Christina Louis-Williams attended the National Seminar on Evangelism (NSE) last summer she wasn’t sure what to expect. “I wasn’t hoping for anything but found everything!” exclaimed Christina, the Evanston, Ill., corps sergeant-major. “That’s the beauty of the Holy Spirit; when you move, He can shift you in unexpected directions.”

Not only did Christina receive new tools for evangelism at NSE, her husband, Kevin, developed a spiritual boldness that was unprecedented for him! “He now strikes up conversations and shares his faith wherever he goes!” she added.

Working in the medical field, Christina said her sphere of influence is huge but restricted in what she can say. “Yet, I’m amazed at how God has placed people in my path for sharing my faith,” she said. “God isn’t looking for my abilities but my availability.”

Those who attended NSE with Evanston Corps Officer Lt. Denesia Polusca have been teaching others what they learned, particularly how to share their personal testimonies.

For Christina being at NSE was a figurative and literal mountain-top experience. Finding herself on a summit during a morning hike, she said, “I had an encounter with the Living God and saw how great and majestic He is. The beauty of God’s creation from up there was like nothing I’d ever seen before.”

Christina concluded, “In life mountains are the challenges that can make or break us. You might experience pain and fatigue or slip and fall, but it’s worth the effort when you see the view and realize how far you’ve come. We just need the inner determination to take that first step knowing God is with us.”

Sweatin’ at the Sal

For more than a decade, older adults have enjoyed a senior aerobics class offered three times a week at the Pontiac, Mich., Corps. “We have several people who are losing weight, and most of the regulars are experiencing better mobility,” said Ronald Washington, youth and family ministries coordinator for more than seven years after a 25-year career as a school physical education and health instructor, athletic director and coach.

“My current position enables me to continue teaching on a different level that includes adults. The one thing I’ve noticed with this aerobics class is that adults have enjoyed a senior aerobics class more than seven years after a 25-year career as a school physical education and health instructor, athletic director and coach.

Men and Women of Promise

When a woman is born, the only thing that is a certainty is that she will age. As we get older we do not see as much progress as we did when we were younger. What we see is that the body starts to slow down and the organs start to fail. As we age, we start to think more about our health and how we can slow down the aging process. This is when we start to look for ways to stay healthy and fit.

One way to improve health and fitness is through exercise. Exercise can help increase muscle mass, bone density, and flexibility. It can also help improve cardiovascular health and reduce the risk of chronic diseases such as diabetes and heart disease. Exercise can also help improve mental health and reduce the risk of depression and anxiety.

Many of them were attending the classes before I arrived and are still going strong today. This is one of our best programs, averaging 50 ladies and gentleman three times a week year-round. I really enjoy seeing them get a quality workout,” said Ronald.

The free fun fitness classes are taught by volunteer instructors, including Earlene who has observed improved mobility even among the newcomers.

“Many have even trimmed down a bit and are eating better thanks to the nutritionist who comes in once a month to teach healthy recipes to the group,” she said.

Sweatin’ at the Sal

For more than a decade, older adults have enjoyed a senior aerobics class offered three times a week at the Pontiac, Mich., Corps. “We have several people who are losing weight, and most of the regulars are experiencing better mobility,” said Ronald Washington, youth and family ministries coordinator for more than seven years after a 25-year career as a school physical education and health instructor, athletic director and coach.

“My current position enables me to continue teaching on a different level that includes adults. The one thing I’ve noticed with this aerobics class is that adults have enjoyed a senior aerobics class more than seven years after a 25-year career as a school physical education and health instructor, athletic director and coach.

Men and Women of Promise

When a woman is born, the only thing that is a certainty is that she will age. As we get older we do not see as much progress as we did when we were younger. What we see is that the body starts to slow down and the organs start to fail. As we age, we start to think more about our health and how we can slow down the aging process. This is when we start to look for ways to stay healthy and fit.

One way to improve health and fitness is through exercise. Exercise can help increase muscle mass, bone density, and flexibility. It can also help improve cardiovascular health and reduce the risk of chronic diseases such as diabetes and heart disease. Exercise can also help improve mental health and reduce the risk of depression and anxiety.

Many of them were attending the classes before I arrived and are still going strong today. This is one of our best programs, averaging 50 ladies and gentleman three times a week year-round. I really enjoy seeing them get a quality workout,” said Ronald.

The free fun fitness classes are taught by volunteer instructors, including Earlene who has observed improved mobility even among the newcomers.

“Many have even trimmed down a bit and are eating better thanks to the nutritionist who comes in once a month to teach healthy recipes to the group,” she said.

Sweatin’ at the Sal

For more than a decade, older adults have enjoyed a senior aerobics class offered three times a week at the Pontiac, Mich., Corps. “We have several people who are losing weight, and most of the regulars are experiencing better mobility,” said Ronald Washington, youth and family ministries coordinator for more than seven years after a 25-year career as a school physical education and health instructor, athletic director and coach.

“My current position enables me to continue teaching on a different level that includes adults. The one thing I’ve noticed with this aerobics class is that adults have enjoyed a senior aerobics class more than seven years after a 25-year career as a school physical education and health instructor, athletic director and coach.

Men and Women of Promise

When a woman is born, the only thing that is a certainty is that she will age. As we get older we do not see as much progress as we did when we were younger. What we see is that the body starts to slow down and the organs start to fail. As we age, we start to think more about our health and how we can slow down the aging process. This is when we start to look for ways to stay healthy and fit.

One way to improve health and fitness is through exercise. Exercise can help increase muscle mass, bone density, and flexibility. It can also help improve cardiovascular health and reduce the risk of chronic diseases such as diabetes and heart disease. Exercise can also help improve mental health and reduce the risk of depression and anxiety.

Many of them were attending the classes before I arrived and are still going strong today. This is one of our best programs, averaging 50 ladies and gentleman three times a week year-round. I really enjoy seeing them get a quality workout,” said Ronald.

The free fun fitness classes are taught by volunteer instructors, including Earlene who has observed improved mobility even among the newcomers.

“Many have even trimmed down a bit and are eating better thanks to the nutritionist who comes in once a month to teach healthy recipes to the group,” she said.

Sweatin’ at the Sal

For more than a decade, older adults have enjoyed a senior aerobics class offered three times a week at the Pontiac, Mich., Corps. “We have several people who are losing weight, and most of the regulars are experiencing better mobility,” said Ronald Washington, youth and family ministries coordinator for more than seven years after a 25-year career as a school physical education and health instructor, athletic director and coach.

“My current position enables me to continue teaching on a different level that includes adults. The one thing I’ve noticed with this aerobics class is that adults have enjoyed a senior aerobics class more than seven years after a 25-year career as a school physical education and health instructor, athletic director and coach.

Men and Women of Promise

When a woman is born, the only thing that is a certainty is that she will age. As we get older we do not see as much progress as we did when we were younger. What we see is that the body starts to slow down and the organs start to fail. As we age, we start to think more about our health and how we can slow down the aging process. This is when we start to look for ways to stay healthy and fit.

One way to improve health and fitness is through exercise. Exercise can help increase muscle mass, bone density, and flexibility. It can also help improve cardiovascular health and reduce the risk of chronic diseases such as diabetes and heart disease. Exercise can also help improve mental health and reduce the risk of depression and anxiety.

Many of them were attending the classes before I arrived and are still going strong today. This is one of our best programs, averaging 50 ladies and gentleman three times a week year-round. I really enjoy seeing them get a quality workout,” said Ronald.

The free fun fitness classes are taught by volunteer instructors, including Earlene who has observed improved mobility even among the newcomers.

“Many have even trimmed down a bit and are eating better thanks to the nutritionist who comes in once a month to teach healthy recipes to the group,” she said.