

# Maine Military Community Services



**“Your guide to essential resources  
for ALL military families”**

**1-888-365-9287**



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## Important Contact Information

<b>24 Hr. Military Family Assistance Line</b>	<b>1-888-365-9287</b>
AAFEES....Augusta	207-626-4213
AAFEES....Bangor	207-404-7233
Air National Guard Family Program	207-404-7494
<b>American Red Cross-Armed Forces Call Center</b>	<b>1-877-272-7337</b>
Chaplain	207-430-5898
<b>Chaplain 24 Hour Careline</b>	<b>207-620-6009</b>
Commissary....Bangor	207-404-7752
Commissary....Portsmouth	207-439-5532
Child and Youth Services Coordinator	207-430-5773
Deployment Cycle Support Services, Director	207-430-5770
Director of Psychological Health	207-205-7841
Education Office	207-430-5922
Employer Support of the Guard and Reserve	207-430-5891
Family Assistance Center Coordinator	207-430-5781
<b>Family Assistance Center 24 Hour Hotline</b>	<b>1-888-365-9287</b>
Family Program, Director	207-430-5777
Family Readiness Support Assistant	207-430-5779
ID Cards/DEERS (Camp Keys)	207-430-5914
Joint Substance Abuse Prevention Program	207-430-5253
Judge Advocate General (JAG)	207-430-6000
Judge Advocate General (Drill Weekend)	207-430-2113
MM&CN Community Liaison	207-430-5651
Military One Source Consultant	207-232-8710
<b>Military One Source 24 Hour Hotline</b>	<b>1-800-342-9647</b>
Sexual Assault Response Coordinator	207-430-5824
Survivor Outreach Services	207-430-5959
Transition Assistance Advisor	207-430-5778
USPFO	207-430-5619

# Deployment Cycle Support Services

Deployment Cycle Support (DCS) is a comprehensive process that ensures Soldiers and their families are better prepared and sustained throughout the deployment cycle. It provides a means to identify Soldiers and families who may need assistance with the challenges inherent to extended deployments. Personal reconstitution for Soldiers is both commanders' and sergeants' business, and the Army provides them with the right tools and training to execute the mission. The goal of the DCS process is to facilitate Soldier and family well-being throughout the deployment cycle. All Soldiers deployed away from home station for 90 days or more will complete the DCS process. Services for families are integrated in every stage of the process, and they are highly encouraged to take advantage of the resources provided.



## Seven Stages of the Deployment Cycle Support :

### **\*Train-up / Preparation**

**\*Mobilization**

**\*Deployment**

**\*Post-Deployment**

**\*Reconstitution**

**\*Employment**

**\*Redeployment**

# Maine National Guard Family Program

On behalf of the entire team we would like to extend our great appreciation to those who serve in the US military and those who support our military service members and families.



Our dedicated staff provides reliable, relevant and timely information, resources, and training to support our current military families of all branches of service.



Throughout this handbook, you will find a description of many programs offered, and points of contact. We sincerely hope that when you think you are in possible need of a service, you will call upon our organization for guidance and assistance.

**[www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family) • 1-888-365-9827**

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## Airman & Family Readiness Program Office

Our mission is to provide support services which assist service members and their families at all stages of their military career.



We provide support and assistance during times of crisis and offer programs to educate and assist individuals in gaining greater personal preparedness and self-reliance. Programs and resources we provide include:

- |                                 |                                 |
|---------------------------------|---------------------------------|
| Information & Referral services | Life skills education workshops |
| Emergency financial assistance  | Deployment cycle support        |
| Transition assistance           | DVDs, CDs, printed materials    |
| Notary Public                   | Family programs                 |
| Discounts and special offers    |                                 |

**207-404-7494 • 1-888-625-7200 (24 hour hotline)**  
101ARW/FS, 101 Maineiac Ave, Suite 505, Bangor, ME 04401  
Facebook: Maineiacs Yellow Ribbon

# Yellow Ribbon Reintegration Program

The 2008 National Defense Authorization Act-Public Law 110-181 Section 582 enacted the *Yellow Ribbon Reintegration Program* for all Guard and Reserve units. The YRRP specifies educational and support programs that must be provided before, during and after deployment for Service Members and their families.



The purpose of this guide is to give our soldiers and their families, a quick, easy to use resource for finding information about these programs and services that are available to them, especially when the Service Member is deployed. There are many services and resources which can help families deal with the changes deployment brings.

We want to provide you with everything we can to help you remain independent, resilient and successful during this time.

## **MEARNG Yellow Ribbon Program**

207-430-5777

or visit on the web at [www.jointservicesupport.org](http://www.jointservicesupport.org).

## **MEANG Yellow Ribbon Program**

Comm- 207-404-7594      Cell- 207-852-4289

101ARW/FS, 101 Mainiac Ave, Suite 505, Bangor, ME 04401

Facebook:

[www.facebook.com/pages/Mainiacs-Yellow-Ribbon/154982704541284](https://www.facebook.com/pages/Mainiacs-Yellow-Ribbon/154982704541284)

Service Member's Unit: \_\_\_\_\_

Rear Detachment Commander: \_\_\_\_\_

Senior FRSA: \_\_\_\_\_

Command FRSA: \_\_\_\_\_

FRG Leader: \_\_\_\_\_

**Military Family Assistance Center 1-888-365-9287**

# Military Family Assistance Center

The primary mission of The Military Family Assistance Center is to inform and emotionally support all Maine military families during long or short term deployments and peace time. MFACs are intended to simplify the process of accessing needed services especially for geographically dispersed families unable to access services at a local base or installation.

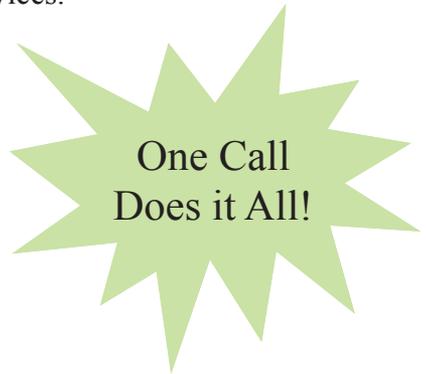


**1-888-365-9287**

## Goals:

The Military Family Assistance Center (MFAC) provides a focal point of information through six essential services.

- Crisis Intervention & Referral
- Legal Resources & Referral
- Financial Resources & Referral
- TRICARE Resources & Referral
- ID Cards & DEERS
- Community Information & Outreach



The Military Family Assistance Center works hand in hand with community organizations and volunteers and is a “One Stop Shop” to address the needs and concerns of all service members and their families.

## Locations:

**Bangor · Augusta · Portland**

Closest MFAC team member: \_\_\_\_\_

<http://www.me.ngb.army.mil/Family>

# Family Readiness Group (FRG)

## Volunteer Opportunity

### What is a Family “Readiness” Group (FRG)?

A Family Readiness Group (FRG) is a professional volunteer organization. Every National Guard unit, battalion or headquarters has a FRG, which is a commanders program. The folks that make up the FRG group want to help families meet the challenges of military life by working with the unit and the State Family Programs Office.



**Who can belong to an FRG?** Anyone interested in the military and its members can be part of this professional volunteer group. Spouses and children, parents, friends and relatives, retired service members, community members or service members too.

**What can an FRG do for me?** An FRG can help strengthen your relationship with the military family through: COMMUNICATION which provides a forum to ask questions and share ideas and concerns, SHARING which provides the opportunity to share volunteer work together and plan activities that make military life easier and more rewarding and SUPPORT, being the link to help families support each other. People who understand the military life are a source of strength and comfort to one another.

### What are some of the things an FRG does as a volunteer group?

Develop “*Telephone Tree, E-mail tree, Newsletter or Website*”

Organize “*Open Houses, Classes or Workshops*”

Organize “*Family Days*”

Embrace “*Sponsorship*” programs

Others would be “*Adopting a Deployed Unit*”

**Why is an FRG so important?** An FRG can help families and service members face the possibility of mobilization and deployment.

During normal National Guard duty an FRG provides the opportunities for families to meet and form a strong network. This network of families and military personnel makes facing mobilization and deployment more manageable.

## Family Readiness Group (FRG) Cont.

During Mobilization or Deployment your FRG network will work together to help each other get what they need by reaching out to state resources like the Military Family Assistance Center. Ready families make it easier for the service members to concentrate on their duties, and less time worrying about family, because they know their Family are in good hands.

**How do I find out if my service member's unit has an FRG? How do I get involved? Contact:** State Family Readiness Assistant at the State Family Programs Office at 207-430-5779

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### Family Readiness Support Assistants (FRSA)

The FRSA Mission statement is "To empower commanders in their duty to deliver the Total Army Family Program (AR 600-20) so that Service and Family members are entitled, informed, educated, assisted, and made ready for the unique demands of military life before, during, and after deployment." To contact your FRSA:

Senior FRSA: 207-430-5779

52nd Troop Command FRSA 207-430-5625

120th Regional Support Group FRSA 207-430-5779

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### Maine National Guard Youth Program

***FUN!*** That's the mission of the Child and Youth Program! We are here to provide fun, safe, educational activities to current school aged children of the Maine National Guard at LOW or NO COST to the families. Some of our events include:

- \* Week Long Summer Camp at Bog Brook
- \* National Guard Teen Panel Weekends
- \* White Water Rafting
- \* Military Kids Club
- \* Counseling Services
- \* Holiday Parties
- \* Scholarship
- \* Grant Opportunities
- \* Leadership and Volunteer Opportunities
- \* Childcare...and SO MUCH MORE!!!



To take advantage of all we have to offer, please contact a Child and Youth Specialists at (207) 430-5773 or (207) 430-5953. Find us on

**FaceBook** at 'MENG Youth Program', or on the web:

<http://www.me.ngb.army.mil/FAMILY>

# Chaplain

The Chaplains of the Maine National Guard are available to provide spiritual support and pastoral counseling for service members and their families. We are fortunate to have a full time Chaplain available to provide these services. Contact a Chaplain today if you need assistance.

**Chaplain (MAJ) Weigelt:** 207-430-5898 cell: 207-620-6009  
earl.e.weigelt@mail.mil

**Chaplain (COL) Gibson:** 207-430-5770 cell: 207-409-3230  
andrew.l.gibson@mail.mil

**Chaplain (LtCol) Bach:** 207-404-7380 cell: 207-356-0674

**Chaplain (Maj) Michaud:** 207-404-7242

**24 Hour Careline 207-620-6009**

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## Sexual Assault Response Coordinator (SARC)

### Aiding Victims of Sexual Assault

- Providing primary prevention programs with the goal of eliminating sexual assault.
- Encouraging victims to report all incidents of sexual assault
- Ensuring victims are properly treated
- Ensuring medical and psychological needs are properly met
- Consideration of all issues related to the incident
- Providing community referrals to victims of domestic or intimate partner violence.



To contact your Sexual Assault Response Coordinator at 207-430-5824 or

Cell: 207-620-6335

101st ANG SARC

207-404-7741 Cell: 207-299-8135

The logo features the text 'DoD Safe Helpline' in a blue and orange font, with 'Sexual Assault Support for the DoD Community' below it.

**Live 1-on-1 Help Confidential Worldwide 24/7**

When you don't know what to do or with whom to talk, contact Safe Helpline for confidential sexual assault support...24/7, worldwide access to sexual assault experts.

**Click** [www.SafeHelpline.org](http://www.SafeHelpline.org)  
**Call** 877-995-5247  
**Text\*** 55-247 (INSIDE THE U.S.)  
202-470-5546 (OUTSIDE THE U.S.)

\*Text your location for the nearest SARC.



## Vet Center

U.S. Department of Veterans Affairs Readjustment Counseling Service

**Bangor Vet Center** 368 Harlow St., Bangor (207) 947-3391  
**Caribou Vet Center** 456 York St., Caribou (207) 496-3900  
**Lewiston Vet Center** 35 Westminster St., Lewiston (207) 783-0068  
**Portland Vet Center** 475 Stevens Ave., Portland (207) 780-3584  
**Sanford Vet Center** 628 Main St., Springvale (207) 490-1513  
**24/7 Hotline (877) 927-8387 [www.vetcenter.va.gov](http://www.vetcenter.va.gov)**

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### VA - U.S. Department of Veterans Affairs

The U.S. Department of Veterans Affairs (VA) Maine Healthcare System is a dynamic and progressive health care organization dedicated to providing quality, compassionate and accessible care and service to Veterans in Maine. A medical center located in Augusta and 11 outpatient clinics in the state work together to form this comprehensive health care delivery system. Recognized for its outstanding patient safety and state-of-the-art technology.

[www.va.gov](http://www.va.gov)

eBenefits <https://www.ebenefits.va.gov>

VA Togus, 1 VA Center, Augusta, ME 04330

1-207-623-8411 1-877-421-8263

Maine Outpatient Clinics located in Bangor, Calais, Caribou, Lewiston/Auburn, Lincoln, Portland, Rumford, Saco, Bingham, Fort Kent, and Houlton.



## Maine Army National Guard Substance Abuse Program

The mission of the Maine Substance Abuse Program (SAP) is to increase the readiness and resiliency of Soldiers and Families through:

- **Education and Training-** Provide prevention, education and training to Soldiers and command.
- **Early Identification-** Assist in identification of users through drug testing, medical evaluation, screening, investigation, apprehension or self-referral.
- **Risk Reduction-** Compile, analyze, and assess behavioral risks to identify trends and units with high-risk profiles. Provide methods to eliminate or mitigate risks.
- **Deterrence-** Help units initiate smart testing and advise Soldiers of command policies.
- **Screening and Self-Assessment-** Provide screening and self-assessment tools to Soldiers to evaluate their own risk.
- **Rehabilitation-** SAP is not a treatment provider, but helps Soldiers find approved treatment around where they live to ensure successful completion.
- **Targeted Intervention-** Provide educational and motivational programs which focus on the adverse effects and consequences of alcohol and other drug abuse.

Maine has an Alcohol and Drug Control Officer (ADCO), and a Prevention Coordinator (PC) who support the SAP program.

Additionally, the ADCO and PC serve as subject matter experts for the SAP program and Army Regulation 600-85, and act as a resource for Soldiers and command with any questions and concerns. Please do not hesitate to contact any member of the SAP program team for more information.

Maine Army National Guard Substance Abuse: 207-430-5253

# When A Military Family has an Emergency

## WE ARE HERE!

Through the generous support of Maine citizens, the establishment of funds exist for the sole purpose of helping current military families in emergency situations.

**The Maine National Guard Foundation Fund**, a non profit, grassroots program was established during Desert Storm and today continues to help Maine families currently servicing our Great State and Nation. This fund is supported through Combined Federal Campaign (CFC), The Yellow Ribbon License Plate sales and a state tax check off, individuals, service organizations and businesses .

These funds are available for any military family in Maine regardless of branch. Go to [www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family) for guidance and applications (Money matters) The applications MUST go through the chain of command before being considered and is for EMERGENCY situations.

Questions about donations or procedures can be provided by calling 207-430-5777.

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## Maine Military and Community Network

### “Connecting Maine Military Families with their Local Communities”

The Maine Military & Community Network is an informal community based organization that seeks to increase support and understanding of the needs of the military and to assist military members, veterans and their families with connections to community and government resources. The MM&CN also assists community based organizations with outreach efforts to military members, veterans and their families in Maine.

For more information or to locate a meeting near you, visit [www.Mainemcncn.org](http://www.Mainemcncn.org), email [info@mainemcncn.org](mailto:info@mainemcncn.org) or by call : 1-888-365-9287 or 207-430-5651 [//www.facebook.com/Mainemcncn](https://www.facebook.com/Mainemcncn)



Find us on  
**Facebook**

## Military OneSource Overview

**Military OneSource is a free 24/7 information and referral service available by toll-free telephone and the Web to all Active Duty, Guard, and Reserve (regardless of activation status) members and their families.** The program is especially helpful to those who live at a distance from installation services or who can't easily seek assistance during traditional working hours. Our goal is to improve the quality of life of military families and the overall effectiveness of the military community.

**Calls to Military OneSource are answered live by trained master's-level consultants.** Support includes personalized consultations on issues such as deployment, relocation, parenting, education, special needs, and finances, as well as customized research describing community resources and appropriate military referrals. We also offer personalized online and telephonic health coaching for stress management, weight loss, and cardiovascular health.

**Our interactive Web site at [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil)** includes search and decision tools, locators for education and child care, educational materials, recordings, links to military and community resources, financial calculators, live online workshops, podcasts, discussion boards, e-newsletters, "E-mail a consultant," and, during tax season, online preparation and filing federal and state tax returns.

**All Military OneSource services and materials are available at no cost to service members and their families.**



**Call from the U.S.:** 1-800-342-9647

TTY/TDD accessible: 1-866-607-6794

**Call from overseas:** xx-800-3429-6477

(Country Code: <http://CountryCode.org/>)

**Overseas collect:** 484-530-5908

(Contact an overseas operator first)

## Survivor Outreach Services



Survivor Outreach Services provides long term support to families of our fallen, those who died serving our country while on active duty, whether in combat, car accident; illness; suicide, homicide or from natural causes. We provide direct services as well as information, referrals and recommendations. We connect individuals with peer groups, bereavement and financial counselors, direct you to additional

Survivor resources such as emergency financial assistance, legal, medical, educational and non-government organizations that offer benefits to Survivors. The kinds of benefits and entitlements may vary with the cause of death, the military status at time of death and the relationship with the service member, but the eligibility for assistance doesn't change.

Survivor Outreach Services also assists spouses of military deceased retirees (those drawing a military pension or eligible to draw a military pension at time of death) in submitting for military Survivor Benefits if eligible, and will provide assistance in contacting a representative to assist with Dependency and Indemnity Compensation claims and filing of burial benefits through the Veterans Administration.

The army is dedicated to fulfilling the Family covenant by providing support to Surviving Families for as long as they desire. While services can be offered over the phone, Survivor Outreach Coordinators are available to go to your place of choosing and at your convenience.

For more information or to contact your local Survivor Services Coordinator call 207-430-5959. You can also visit us on facebook at "Maine Survivor Outreach Services" .

Survivor Outreach Coordinator: 207-430-5959 or 207-332-6804

# **TRICARE / Providers / TRICARE Dental**

## **HealthNet Federal Services—TRICARE Standard and Prime**

<https://www.hnfs.com>

1-877-874-2273



## **Martin's Point– US Family Health Plan—TRICARE Prime**

Phone: 207-400-0201

1-888-241-4556

## **TRICARE Dental Program**

<https://mybenefits.metlife.com/tricare>

Phone: 1-855-638-8371



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## **National Guard Psychological Health Program**

The mission of the National Guard Psychological Health Program is to advocate, promote, and guide National Guard members and their families by supporting psychological fitness. We offer assessment, resource identification, wellness education and many other services to all service members regardless of branch. For more detailed information visit [www.jointservicesupport.org](http://www.jointservicesupport.org)

ME NGB PHP Director of Psychological Health  
Camp Keyes Augusta ME, 04330  
BB # 207-205-7841



ME ANG Wing Director of Psychological  
Health  
109 Pesch Circle, Suite 423, Bangor, ME 04401  
COM: 207 404-7633; DSN: 698-7633  
BB: 207 404-0348; FAX: 207 404-7415

## American Red Cross in Maine

*“With the American Red Cross, you’re never out of touch...around the clock...around the world”.*

Red Cross volunteers and the Service to Armed Forces (SAF) network worldwide is available 24 hours a day, 7 days a week to keep military families connected. When it is essential that your serviceman receive word of a family emergency, such as a death, illness, or birth, or your command needs verification of a situation at home in order to grant leave, the SAF network is here for you.

The American Red Cross in Maine has three Chapters: Southern, Midcoast, and Pine Tree. They are here to support the families of deployed soldiers in a variety of ways:

- \*Emergency notification to deployed service members
- \*Get verification of emergency leave information
- \*Secure emergency financial assistance
- \*Obtain counseling, information, referrals and other social needs
- \*Receive veterans services
- \*Disaster assistance
- \*Educational programs
- \*Volunteer opportunities

### **Regional headquarters:**

Southern Maine: 1-877-372-7363

Midcoast Maine: 207-729-6779

Pine Tree: 207-941-2903

<http://www.redcross.org>

Armed Forces Call Center Emergency  
Communication Line: 1-877-272-7337



# Employer Support of the Guard and Reserve (ESGR)



Contact Information:  
207-430-5891  
1-800-336-4590  
[www.esgr.org](http://www.esgr.org)

Employer Support of the Guard and Reserve (ESGR) is a Department of Defense (DoD) organization. It is a staff group within the Office of the Assistant Secretary of Defense for Reserve Affairs (OASD/RA), which is in itself a part of the Office of the Secretary of Defense (OSD).

The nation's Reserve components (referring to the total of all National Guard members and Reserve forces from all branches of the military) comprise approximately 48 percent of our total available military manpower. The current National Defense Strategy indicates that the National Guard and Reserve will be full partners in the fully integrated Total Force. Our Reserve forces will spend more time away from the workplace defending the nation, supporting a demanding operations tempo and training to maintain their mission readiness



## Hero 2 Hired

Everything you need to find a job.  
Start now.

We know that searching for a new job is a big undertaking. That's why Hero2Hired (H2H) was created: to make it easy for National Guard and Reserve Component service members to connect to and find jobs with military-friendly companies. H2H also offers career exploration tools, military-to-civilian skills translations, education and training resources, as well as a mobile app. Support for H2H is provided through the Department of Defense's Yellow Ribbon Reintegration Program.

Register at [www.h2h.jobs](http://www.h2h.jobs)

207-779-6921 [thill@a-teamsolutions.com](mailto:thill@a-teamsolutions.com)

# Judge Advocate General (JAG)

## Services Provided by the Legal Office include:

Legal Assistance: Certain legal services may be provided if resources are available to service members, retirees and dependents. Legal assistance is provided by appointment only on certain days, typically the first Friday of each month. Our attorneys can not represent you in a court of law, but they are able to answer many legal questions that you and your spouse may have.

- Questions on things such as: foreclosures, creditors calling, Service Member's Civil Service Relief Act, rights as a tenant, real estate, domestic relations, etc.
- Will or Living Will
- Powers of Attorney (POA): General or Special
- Durable Power of Attorney
- Notary
- Military Justice Matters
- Advanced Health Care Directive



This describes your desires for health care preferences.

## General Information...

- Your SGLI is separate from your Will
- All information discussed with a legal representative is **CONFIDENTIAL**
- Attorneys are Notaries
- Our legal services are provided **FREE OF CHARGE** to Guard Members

## How do I make an appointment?

If you would like to make an appointment with the legal office, call 207-430-6000.

## ID Cards/DEERS

Please call ahead to ID Card facilities as some locations require an appointment. ID Card facilities are also a DEERS (Defense Eligibility Enrollment System) Stations. Eligibility for dependents into TRICARE, Commissary, MWR, PX and more are based on your DEERS eligibility. It is the “sponsors” responsibility to ensure DEERS is updated: marriage, divorce, birth/adoption of children or any other change of a dependency. Obtaining an ID Card requires DD Form 1172-2 signed by the sponsor, 2 forms of ID, 1 has to be a picture: acceptable IDs for a picture, unexpired drivers license, unexpired passport, unexpired student ID; 2nd form can be 2 of above or 1 above and original birth certificate, original social security card.

Augusta: ARNG AG HQ Camp Keyes Bldg 7.....207-430-5914  
Bangor: ANG, 102 Ashley St. Suite 489, Bldg 489.....207-404-7395  
Bath: SUPSHIP 574 Washington St.....207-442-2773  
Limestone: ANG 27 Arkansas Road.....207-328-1116  
Portsmouth, NH: 1 Walker Street, Building 384.....207-438-2640  
Portland: US Coast Guard Sector.....207-741-5424  
South Portland: ANG, 50 Western Ave.....207-756-7853

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### Transition Assistance Advisor (TAA)

Transition Assistance Advisors assist all service members with access to care and enrollment at VA healthcare facilities. They also assist service members in applying for other VA entitlements and benefits such as compensation for disabilities, veteran’s insurance, VA home loans, vocational rehabilitation/employment and educational benefits. They also offer help to Wounded Warriors, veterans and redeploying service members and retirees with employment resources, retirement benefits, military healthcare benefits (Tricare) and other various state and federal benefits. Additionally, they work with the Maine National Guard Army and Air Headquarters staff and the Family Program to build a state coalition of support with community organizations for service members to access in their community.



Call 207-430-5778 or email: [wendy.j.moody2.ctr@mail.mil](mailto:wendy.j.moody2.ctr@mail.mil)

Visit [www.me.ngb.army.mil/family/taa.php](http://www.me.ngb.army.mil/family/taa.php) for info and job postings.

## Morale Welfare and Recreation

MWR - Morale Welfare Recreation  
Information, Tickets, and Tours  
Judy Durnin, Mgr  
207-438-2713 judy.durnin@navy.mil

Info On the Web:  
[www.armymwr.com](http://www.armymwr.com)

### MWR Philosophy

Service Members are entitled to the same quality of life as is afforded the society they are pledged to defend. Keeping an Army ready to fight and win takes more than hard work and training. Soldiers need a balance of work and play. The FMWRC mission is to create and maintain "First Choice" MWR products and services for America's Army, essential to a ready, self-reliant force.

### More on the web:

- \*<http://www.discovermwr.com/pnsy/>
- \*[www.militarycampgrounds.us](http://www.militarycampgrounds.us)
- \*[www.dodlodging.net](http://www.dodlodging.net)

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### GI Bill/Scholarships

For more information or to contact your local Survivor Services Coordinator call 207-430-5959.

Contact the Education Office at 207-430-5922 for up to date information on your GI Bill. Check the following websites for scholarships geared for military members and dependents:

<http://www.militaryscholar.org/>

<http://www.military.com/education/>



## Commissary

Since November 2003, members of the Guard and Reserve - including the Ready Reserve, Selected Reserve, Individual Ready Reserve, Inactive National Guard, Guard and Reserve retirees and their authorized family members - have enjoyed unlimited access to commissaries in the United States, Guam and Puerto Rico. This change is the result of the 2004 National Defense Authorization Act.



### **Bangor ANG Commissary**

207-404-7752

[www.commissaries.com/stores/html/store.cfm?dodaac=HQCNEQ](http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCNEQ)

### **Portsmouth Naval Shipyard :**

207-439-5532/5635/6054

[www.commissaries.com/stores/html/store.cfm?dodaac=HQCNFV](http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCNFV)

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## PX/Exchange Services

Camp Keyes JFHQ in Augusta and the 101st Air Refueling Wing in Bangor both have PX/Exchange facilities. Limited items can be purchased locally and proceeds support MWR and Family Programs.



### **Did you know?**

- \*You can place catalog orders at your local PX/Exchange
- \*Catalog orders are shipped FREE to your local PX/Exchange
- \*Catalog orders are tax-FREE
- \*You can also shop online at: [www.AAFES.com](http://www.AAFES.com)

For additional information and hours of operation call:

### **Camp Keyes PX**

207-626-4213

### **Bangor PX**

207-942-1809

## **Web Resources**

### **AKO...For Training, My Pay and More!**

*www.us.army.mil*

### **Bureau of Maine Veterans Services**

*www.maine.gov/dvem/bvs*

### **Employer Support of the Guard and Reserve**

*www.esgr.mil*

### **ID Cards/DEERS**

*www.dmdc.osd.mil/rsl/owa/home*

### **Maine Military & Community Network**

*www.MaineMCN.org*

### **Maine Military Community Services**

*www.me.ngb.army.mil/FAMILY/*

### **Maine National Guard Online Community (JSS)**

*www.jointservicessupport.org*

### **Military One Source**

*www.militaryonesource.com*

### **National Military Family Association**

*www.nmfa.org/site/PageServer*

### **TRICARE-Healthnet**

*www.tricare.osd.mil*

### **TRICARE-USFHP-Martin's Point**

*www.martinspoint.org*

### **VA Medical Center, TOGUS**

*www.togus.va.gov*

### **Vet Centers...Bangor, Caribou, Lewiston, Portland and Springvale**

*www.vetcenter.va.gov*

### **Women's Veterans Health & Benefits Information**

*www1.va.gov/womenvet/*



**\$10.00** from the sale of each plate goes to  
the Maine National Guard Foundation Fund

Military Family Assistance Center  
22 Armory Street  
Augusta, ME 04333

<http://www.me.ngb.army.mil/Family>  
24 Hour Family Assistance Line  
1-888-365-9287