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Director, Deployment
Cycle Services

MSG Barbara Claudel
Director, Family Program

SFC Jonathan Jensen
NCOIC Yellow Ribbon
Reintegration Program

CONTENTS

Director, Deployment Cycle Support	1
Christmas Across the State	1
Happy New Year!	2
Commissary Scholarship Program	2
Operation Military Childcare	2
Youth Program Events	3
Winter Fest	3
Kid's Corner	4
Developing resiliency	4
2012 Financial Lunch and Learns	5
Upcoming Events	5
Chaplains' Corner: What Really Matters!	6
Yellow Ribbon Program	6
Sexual Assault Prevention And Response	7
What is Sexual Harassment?	7
MFAC -News and Notes	8
Military OneSource	9
Our New FRSA	10
Happy New Year Guard Family!	10
What is an SRP?	11
Notes from the FRGs	9-13
Happy New Year from the Family Program	14

Chain of Concern Newsletter

January/February/March 2012

Family Program Office Buker Center
#33 State House Station Augusta, ME 04333

DIRECTOR, DEPLOYMENT CYCLE SUPPORT CH (LTC) Andy Gibson

Two men were on line for the "Pearly Gates", both having died suddenly and unexpectedly. One lamented, "Oh, I wanted to do so much more! I hadn't made much money in my life but I wanted to start a foundation to help the poor, the ill, and the young. I am sad that I died before I got the chance." The other man replied, "Well, I wanted to do more too. However, I wanted to be more handsome and more attractive to the ladies, if you know what I mean. I can't say I was always true to my first love, but frankly, I wanted to meet even more."

When they got to the angel's desk, she said, "Oh my, it seems you two are early! You are not due for another month." After some consultation with her superior, she came back to the men and said, "You have to go back to earth, but I cannot send you back as yourself; that would cause too much alarm. But since it was our mistake, you can be sent back as anything you like!" The first man said, "I want to be a rich man and start a foundation; I want to give it all away!" "You have your wish," said the angel, and the man immediately disappeared. The second man said, "Angel babe, I want to be a stud, if you know what I mean!" "You have your wish as well," she replied and he too was gone.

A month later, the angel and her superior were talking. The superior said, "Hey, did we ever go back and get those two guys?" "Only one," she replied. "He was easy to find! He was known as the most generous man in the world and he was in all the papers and on TV. But the other one was really hard to find." "How so?" asked the superior. She answered, "Have you ever tried to find a snow tire in Aroostook County in the middle of February?"

Though there are many things that we don't have a choice about, our personal choices determine so much of our lives. Taking responsibility for those choices and making them intelligently, slowly, and clearly will lead to a much happier and fulfilling life. As you will see in this edition, there are many opportunities for you to choose to do the things that will help you in the long run. The Yellow Ribbon Event, Marriage Enrichment, and the various family and youth events are only a few. All are free, all will benefit you, and some might seem inconvenient. Despite the fact that they might seem a greater drag on your schedule, I encourage to take advantage of every opportunity to do the right thing and to learn what the right thing is. Just about all of us have more than a month to live - make that life one of giving, sharing and excelling. Take every opportunity to make life better for you, for your family, and for all that you meet.

Have a wonderful winter,
CH Andy Gibson
Director, Deployment Cycle Support &
Maine Military and Community Services

Santa's Helpers for Christmas Across the State *Thanks to All Who Made this Program Possible.*



Helping making Christmas possible for over 100 families. This program wouldn't be possible without the assistance of our communities, businesses, and individuals that lovingly support military families.

Happy New Year!

Another year has passed by so quickly and many of us have made New Year's resolutions for what we will do better in 2012: how we will save, lose weight, make our relationships stronger, etc.. Just for today, take a moment to remember how lucky you are and be happy with just that. Don't change a thing, just be you! Then tomorrow, set a goal to do one thing for another person and one thing for

yourself. Write it down. See how many days you can do that each time writing down what you did. Soon you will see what a changed person you really have become!

Best wishes, be safe, and know that everyone at Maine Military Community Services is here for you! All you need to do is call - 1-888-365-9287

MSG Barbara Claudel
State Family Program Director



Operation: Military Child Care

Operation Military Child Care is a Department of Defense (DoD) initiative to support the child care needs of parents who are activated/deployed including Families/Child Guardians of National Guard & Reserve Service Members. This is a fee assistance program for all branches of the Military. Fee assistance will vary for each family depending upon total family income, location, DoD child care fee policies, and available funding. Note: Operation: Military Child Care services are not an entitlement and are subject to geographic availability of child care and DoD/Military Service Funding.

For more INFORMATION contact:

The National Association of Child Care Resource & Referral Agencies

(NACCRRRA)

Call Toll-Free 1 (800) 424-2246

Log on at www.NACCRRRA.org/Military

Maine Military Couples Marriage Enrichment

10-12 February 2012 • Hilton Garden Inn, Freeport

Friday: Travel day • Sat: 8:30 AM – 4 PM • Sun: 8:30 AM – 1 PM

Deadline for registration is January 25, 2012 of until full

Provided for MEARNG couples: Room, 6 Meals, a toolbox of educational and communication skills

Not Provided: mileage/transportation cost, childcare, pay and allowance for soldiers

Sign up instructions for Army Couples: Email first & last name of both persons attending and include mailing address, unit of assignment and phone number to: Alan.Pinkham@us.army.mil. A response will be provided quickly to confirm receipt. Welcome letter with complete instruction will be provided two weeks prior to event.

Questions about curriculum can be directed to Chaplain (CPT) Earl Weigelt @ earl.e.weigelt@us.army.mil or at 430-5898.

A FREE Service provided by National Guard Bureau Family Program & Chaplain Services



Commissary Scholarship Program Opens

Applications for the 2012 Scholarships for Military Children Program are now available at commissaries worldwide as well as online through a link on www.commissaries.com and directly at www.militaryscholar.org. Awards will be based on funds available, but the program awards at least one \$1,500 scholarship to a student at each commissary.

To be eligible for a scholarship, the student must be a dependent, unmarried child, no older than 21 - or 23, if enrolled as a full-time student at a college or university - of a service member on active duty, reservist, guardsman, retiree or survivor of a military member who died while on active duty or survivor of a retiree. Eligibility is determined using the

Defense Enrollment Eligibility Reporting System database.

Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military ID card. The applicant must also be planning to attend or already attending an accredited college or university, full time, in the fall of 2012 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants must submit an essay on a topic which will be available Dec. 1 on www.militaryscholar.org. Applications must be turned in to a commissary by close of business Feb. 24, 2012. Students with questions about the scholarship program application can call Scholarship Managers at 856-616-931.

SINGLE SERVICE MEMBERS

THIS ONE'S FOR YOU!

Sugarloaf Ski Resort • 9-11 March 2012

What do you get? Transportation provided for Augusta & Bangor, Hotel Room, Good Training - Good Food - Good Company

What you don't get? Pay & Allowances - travel to bus location.

What to expect - Friday night social, Saturday Training/Discussion, Sunday morning closing followed by Ski, Snowboard, Snow Shoe, or just go play in the snow!

To register, Mail a non reimbursable \$20 to the MENG Foundation Fund @ DVEM, Attn: SSG Nathaniel Grace, SHS #33, Augusta, ME 04333-0033. Questions? Call 430-5775. Fee will help cover the cost of the ski rental and lift tickets. Everything else is covered to include food, room, even hot cocoa!

Limited to 30 Servicemembers - do not delay - Deadline is 8 February or until full.

This is a Strongbonds event authorized by the Department of Defense and trained through the Chaplains Corp. Training consist of communicating skill building, understanding what you are looking for in a relationship, and how to strength current and future ties.



**National Guard
child and
youth program
Maine**



“Like” MENG YOUTH PROGRAM Facebook
- Receive updates on upcoming events and trips
- Post suggestions of trips and events you would like to see us plan



Military Kids receive a \$200 scholarship towards a collision-free training program through A-1 Driving School.
207-592-2824



Winter Fest

19-20 Feb. 2012

Military Kids 7-18
(7-11 must bring an adult)



**BOYS & GIRLS CLUBS
OF AMERICA**

\$20 (excludes lunch on Sunday)

Transportation Provided

Pick-up Saturday

Bangor: 9 am

Augusta: 10:15

Return Times Monday

Augusta: 3pm

Bangor: 4:30

- Watch the Red Claws Play
- Hear from Motivational Speaker & Former Harlem Globe-trotter, Dajuan “Piece” Eubanks
- Information on cyber safety, teen violence and bullying.
- Swimming, Ping Pong and much more!

Registration Deadline: 8 Feb

REGISTER TODAY

Visit our Web site www.me.ngb.army.mil/family/youth-events.php and download the FEBRUARY WINTER FEST Application. Complete the application and mail it along with your \$20 fee

Contact us with questions about this or any other MENG Youth Program event. Call/Email (207) 430-5773 or 5953.
Kevin.a.babcock.ctr@us.army.mil, Christine.L.Fairservice@us.army.mil

NATIONAL GUARD YOUTH CAMP REGISTRATIONS HAVE BEGUN FOR ALL!

Sign up Today at www.me.ngb.army.mil/family/youth-camp.php
An entire week of fun activities, camping, trips, and more!
Only \$50. Week One: 8-14 July Week Two: 15-21 July
Ages: 9-15

Winter Survival Camp at Bryant Pond

February 19-24, 2012 • Participants: 30 • Ages: 14-18

Primary activities: Shelter building, ice fishing, outdoor cooking, and primitive living. Gear up and join fellow campers at Bryant Pond for a winter adventure that includes dog sledding to a remote campsite on the shores of Lake Umbagog National Wildlife refuge. The Mahoosuc Guide Service will assist you in learning about winter survival including shelter building, ice fishing, outdoor cooking, and primitive living while exploring the amazing world of winter in Maine.

<http://extension.umaine.edu/programs/military-adventure-camps/>

Contact Ryder Scott, (207) 665-2068, ryder.scott@maine.edu

YOUTH COUNCIL:

Want to team up with the best Youth Program in the state? Want to be a voice for your military brothers and sisters? Have what it takes to be a leader? We're looking for you!

We are accepting Youth Council applications. Download an application at www.me.ngb.army.mil/family/youth.php



FREE to All Military Kids!

- Spend regular quality time with your military comrades!
- Make new friends,
- Learn something new about yourself
- Have a super fun time!

Open to all Current Military Youth in Augusta Region Ages 3-18,

Meets First Friday of the Month 6 -7:30 pm

At the Buker Center, Augusta,

Coming to Bangor First Wed. of Each Month beginning Feb. 2012

3 Separate Age Groups

KORNER

IDS

In October we started a monthly Youth Newsletter, "Youth News"! Filled with articles, contests, upcoming events, and news highlights from past events. To receive your free copy contact the youth office to be added to the mailing list.

Contact Christy Fairservice
Christine.L.Fairservice.us.army.mil
or mail to
DVEM Family Program
Attn. Youth Program
#33 State House Station
Augusta, ME 04333



Developing resiliency

The ability to overcome and bounce back from challenging situations and experiences, essential for long-term success.

SGT Jones listened to the morning's voicemails on the way to the office. The 1SG delivered stressful news: 3 Soldiers were involved in a minor accident, and the squad will be short-handed for this month's drill. The secretary at the civilian job was distressed that two employee lawsuits would require a deposition, causing an upheaval in the schedule for all of next week. SGT Jones oldest child is not feeling well, and wants a call back, just to talk. "A typical morning. Can't wait to get to it!" SGT Jones thinks.

SGT Jones passes by SGT Snuffy in the hall. SGT Snuffy's morning messages were equally challenging. The designated presenter for NCOOP is ill, and SGT Snuffy will be taking the slot. The car insurance payment is overdue, and the owner of the small business SGT Snuffy works for is considering retirement, and selling the business.

"I can't take it anymore." Thinks SGT Snuffy, "I wish I could just go back to sleep!"

Individuals deal with the stresses and challenges of balancing work, family and military service roles in different ways. The key to staying successful in each role, despite the challenges, is finding ways to bounce back. Resilient Soldiers and family members need to be able to problem solve with a calm, confident sense of being able to overcome adversity. Soldiers need the skills to approach challenges with learning agility: the ability to learn from each experience, positive or negative.

To develop resiliency in yourself and your unit, you should:

- Build and maintain supportive and positive relationships.
- Develop the capacity to make and implement realistic plans.
- Evaluate and affirm strengths and abilities.
- Enrich skills in communica-

tion and problem solving.

- Learn greater self-control to manage strong feelings and impulses.

Some actions you can take to build resiliency:

- Become part of a civic group. You might meet people with common perspectives and experiences.
- Assist others in time of need.
- Do a perspective audit. Take a look at the positive elements in a situation.

- Focus on what you can learn. You can't change what is happening to you, but you can change how you respond.

- Measure and manage your goals. Identify the one thing you can do next to further your goals in a situation.
- Identify what is holding you back.

- Engage in a supportive, pleasing, nurturing activity. You need to relax during stressful situations. Not doing so will make the demands of the situation even greater.

- Meditate and journal to clarify your feelings, reasons for those feelings, and "work it out" to find the best solution. Reflect on what you did in previous situations that are parallel to the current challenge and use the lessons you learned to overcome the challenge at hand.

- Ask others what they did in similar situations.

Finally, become more flexible. Flexibility is essential to developing and enriching your resilience. It means keeping your emotions from hijacking your good reason, being able to step back and gain perspective. Understand that your past and your personal qualities are resources to inform your next choice. In short, the greater your resilience, the greater the chances you'll overcome challenges - and even be rewarded by them.



SKI CAMP FOR TEENS

2012 NH White Mountain Winter Adventure Overnight Camps for Teens in Military Families! (Ages 14 - 18)

Includes Sessions For Teens With Physical, Cognitive, And Developmental Disabilities

Lift tickets • Lessons • Equipment rental • Food/ lodging

**Bretton Woods, NH
\$20/camper**

Fee may be waived in cases of financial need. Transportation assistance is available, including limited airfare funding for January sessions. All camps are open to military teens from anywhere in the United States!

6-9 January 2012

Teens with physical disabilities

20-23 January 2012

Teens with developmental and cognitive disabilities

19-22 February 2012

Teens without disabilities

26-29 February 2012

Teens without disabilities

Sample activities: Nordic skiing, alpine skiing, dog sledding, ice skating, sled hockey, tubing, snowshoeing, and learning how to build a snow shelter!

www.nepassage.org
www.nhomk.com

HOUSE IN THE WOODS BEAR HUNT FOR FEMALE VETERANS

Where: Lee Maine with Paul House, Maine Master Guide House in the Woods Military and Family Retreat **When:** 26 August thru 1 September 2012 (come in on Sunday and leave on Saturday) Resident or Non-Resident welcomed Spots are limited to 10 – solid commitments are a must and serious inquires only For more info call: Paul House at 207- 570-4806 Or email: me_guide@hotmail.com **WHAT YOU NEED:**

A valid Big Game Maine Hunting License • Bear Tag • Transportation to Lee, Maine



FREE DOWNLOAD

Darby Ledbetter - "I Won't Let My Guard Down"
www.nationalguard.com/events/darby-ledbetter
 Songwriter, soldier, singer

2012 Financial Lunch and Learns

Contact Gayle Rose Martinez MFLC PFC to register at 207-465-5677 or maine.pfc@gmail.com

Augusta 2012 financial lunch and learn classes will be held on The Hill in Bldg. #15, the first Tuesday of most months from 11:30 -12:00.

3 January

Children and Money

Learn how to teach your children about money (they can learn as early as 3 years old). Also learns tips on how to stop being a bank and how to prepare your children for leaving home or going to college.

February 7th –Strategies to Increase Saving - Decrease Debt

Develop strategies to enhance savings and accelerate debt repayment.

March 6th – Credit Building and Repairing Strategies

Increase your credit score: Tips on building positive credit and repairing negative credit.

April– 3rd Buying a House

You will learn how to prepare for buying a house including the differences between a VA loan and conventional loan, and about inspections and pre approval.

May- 1st Purchasing/Leasing a Car

Information that will put you in the driver's seat when negotiating a deal, financing and learning the pros and cons of leasing vs. purchasing.

June- 5th Planning for Retirement

Simple steps you can take now to start you planning process. We will discuss things to consider and resources to support you with important decisions.

October- 2nd- TSP

Explore why and how to get

started in the TSP and how to maximize your investments. Learn the choices of funds and their returns. This is a repeat of last year's TSP class.

November 6th - Stretching Your Dollars

Tips on how to stretch your dollars with many different kinds of expenses, including: couponing, energy consumption, and creative shopping.

If you know of four people in your work area that would like to have the class repeated in a more convenient place, just let me know and we will set it up. Last month I was requested to repeat, "Stretching Your Grocery Dollars" twice. I would appreciate at least 4 people to repeat a class.

UPCOMING EVENTS -

Things You Don't Want To Miss!

January 2012

- 3 PFC - Children and money (see below)
- 28 FRG Training - Portland (See Page 7)
- 6-9 Ski Camp for Teens (See page 4)
- 14-15 Yellow Ribbon Pre-deployment
- 20-23 Ski Camp for Teens (See page 4)

February 2011

- 7 PFC Strategies to increase savings - decrease debt
- 10-12 Marriage Enrichment (See page 2)
- 19-20 WinterFest (See Page 3)
- 19-22 Ski Camp for Teens (See page 4)
- 19-24 Winter Survival Camp (See page 4)
- 26-29Ski Camp for Teens (See page 4)

March 2012

- 6 PFC Credit Building and Repairing Strategies
- 9-11 Single Service Members PICK (See pg 2)

RED CLAWS MILITARY DISCOUNT TICKETS

Military Families will receive the group discounted price on the best Claws seats - center court or baseline. This offer is good for any Red Claws game during the 2011-12 season and for any number of tickets. Visit <https://www.ticketreturn.com/prod2/team.asp?sponsorid=3546> and enter the Promo Code: MILITARY



Chaplains' Corner: What Really Matters!

Chaplain (COL) Valmore G. Vigue
at the end of 2012.

The holidays are over, the tree has lost most of its needles, and all that's left of beautifully wrapped gifts is a pile of crinkled up paper waiting for a trip to the trash can. Fortunately, Christmas doesn't rise or fall on the endurance of balsam fir needles. I'm sure you agree with me that what really makes Christmas important is not tinsel and wrappings, but precious time with family: children, grandkids, parents, siblings, and also close friends.

One of the many advantages of working full time with the great people of the MeARNG is the opportunity to hear stories about kids, spouses, and grandkids. One grandma just brought a beautiful picture of her granddaughter on Santa's lap in for me to see. I talked with a mommy this morning about her 2 year old son who has been sick but cuddled up next to her for hours yesterday and slept with his warm little body next to hers. I had my own recent experience of having a four year old grandson pressing his nose into mine, hugging and shouting, "I love you grampa!" These images remind me that nothing matters like the people in our lives.

Since this is a family program newsletter, family is a pretty good topic. And since we are at the dawn of a new year, might I challenge you to set some significant family goals for the coming year? We often evaluate our financial situation, our employment situation, our housing situation, our insurance situation, our health situation, but do we evaluate our family situation? If family really is "all that matters", we ought to give serious thought to where we want our family to be

Chaplain Valmore Vigue
430-5899 Office
624-2310 Cell

Is this the year to have kids or to complete that adoption? Is this the year to go ahead and get married? Is this the year to make that trip to Disney or the Smithsonian with the kids? Is this the year of the swimming pool? Or the college fund? Or the less expensive house? Is this the year to stop playing in the softball league in order to support your kids in Little League? Is this the year to drop the 28 channels of major league baseball "league pass" and spend the time playing tennis, field hockey, or soccer with the kids? With no family "target", you are bound to not hit it!

Setting family goals means asking and answering important questions like: What do my kids really need from me? What do I need to do to equip my kids for life? How can I help my spouse/significant other be fulfilled in life? What do we have to do to ensure a safe and productive future for our entire family? Are there things we need help with, things that we cannot accomplish on our own? What do my aging parents need from me this year that they maybe didn't need a year ago? Am I willing to make personal sacrifices for my family's success?

Another daddy, recovering from a strained relationship, recounted how his 3 year old son pulled him into the other room after an hour of playing, got right on top of his daddy, squeezed his daddy's hand and said, "Daddy, I love you!". With tears in his eyes, this dad appropriately said, "That is what life is all about. It's the greatest thing of all." Let's make sure that our pursuits in 2012 focus on what really matters.

Chaplain Earl Weigelt
430-5898 Office
620-6009 Cell

Yellow Ribbon Program



The Mission is to provide National Guard, Reserve members and their families with information, services, referrals, and proactive outreach opportunities throughout the deployment cycle.

To enable the National Guard and Reserve Components to deliver effective, timely and standardized support to Service members and their families throughout the deployment cycle regardless of Service affiliation or location.

The support around every service member is spectacular from events and discounts to services offered. If you haven't seen our weekly publication of "Stall Talk" I encourage you to check it out to find out the latest deals and events available to service members and families. Sign up for you free

digital copy by emailing Kyra Darling at kyra.e.darling@us.army.mil with your request.

Our next event is a Pre-deployment on 14-15 January in South Portland.

Yellow Ribbon Team
Kyra Darling at 430-5772
SFC Jensen at 430-5771.



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JSSMOBILE.ORG

**INFORMATION • TOOLS • VALUABLE RESOURCES •
EVENTS • SERVICES**

Sign up Today at www.jointservicesupport.org



Faces of War

**A Photographic Essay Exhibit by Jerry Robinov
Displayed at the University of New England Art
Gallery from 11 November to 12 February**

Wed., Fri., Sat., Sun. 1-4

Thur. 1-7 and by appointment

For more information visit

www.commcc.org/facesofwar/

or call 207-553-9324

Sexual Assault Prevention And Response

Child Sexual Abuse From: Department of Veterans Affairs National Center for PTSD

What is child sexual abuse?

Child sexual abuse includes a wide range of sexual behaviors that take place between a child and an older person. These behaviors are meant to arouse the older person in a sexual way. In general, no thought is given to what effect the behavior may have on the child. For the most part, the abuser does not care about the reactions or choices of the child. Child sexual abuse often involves body contact. This could include sexual kissing, touching, and oral, anal, or vaginal sex. Not all sexual abuse involves body contact, though. Showing private parts ("flashing"), forcing children to watch pornography, verbal pressure for sex, and exploiting children as prostitutes or for pornography can be sexual abuse as well. Researchers estimate that in our country about 1 out of 6 boys and 1 out of 4 girls are sexually abused.

Who commits child sexual abuse?

• Most often, sexual abusers know the child they abuse but are not family. About 6 out of 10 abusers fall into that group.

• About 3 out of 10 of those who sexually abuse children are

family members of the child.

What are the effects of childhood sexual abuse?

It is not always easy to tell whether a child has been sexually abused. Sexual abuse often occurs in secret, and there is not always physical proof of the abuse.

Some child sexual abuse survivors may show symptoms of PTSD. They may behave in a nervous, upset way, and may have bad dreams. They may act out aspects of the abuse in their play. Young children may lose skills they once learned and act younger than they are. Some sexual abuse survivors show out-of-place sexual behaviors that are not expected in a child. They may act seductive or they may not maintain safe limits with others. Children, especially boys, might "act out" with behavior problems. Other children "act in" by becoming depressed. They may withdraw from friends or family. Older children or teens might try to hurt or even kill themselves.

What can caregivers do to help keep children safe?

Although caregivers cannot protect their children 100% of the time, it is important to get

to know the people that come around your child. Most importantly, provide a safe, caring setting so children feel able to talk to you about sexual abuse. Other tips to keep your children safe include:

- Talk to others who know the people with whom your child comes in contact.

- Talk to your children about the difference between safe touching and unsafe touching.

- Tell the child that if someone tries to touch his or her body in their private areas or do things that make the child feel unsafe, he should say NO to the person. He needs to tell you or a trusted adult about it right away.

- Let children know that their bodies are private and that they have the right not to allow others to touch their bodies in an unsafe way.

- Let them know that they do not have to do EVERYTHING the babysitter, family member, or group leader tells them to do.

- Alert your children that abusers may use the Internet. Watch over your child on the Internet.

What should you do if you think your child has been sexually abused?

1LT Jasmine Cain
Maine National Guard
Sexual Assault Response Co-ordinator

Domestic Violence Program
Manager
Suicide Prevention Program
Manager

207-430-5824

jasmine.cain@us.army.mil

Lt Col Debbie Kelley
101st Air Refueling Wing
Wing SARC

207-404-7604

deborah.kelley@ang.af.mil

Mr. Norm Pacholski
Alternate Sexual Assault
Response Coordinator

207-660-5153

norman.pacholski@us.army.mil

If a child says she or he has been abused, try to stay calm. Reassure the child that what happened is not her fault, that you believe them, that you are proud of them for telling you, and that you are there to keep them safe. Take your child to a mental health and medical professional right away. Many cities have child advocacy centers where a child and her family can get help. These centers interview children and family members in a sensitive, warm place. They can help you report the abuse to legal authorities.

What is Sexual Harassment?

Sexual harassment is not about attraction. It is about power, control, and anger. The main motive is not romance but dominance. It is intimidation, and meant to belittle the victim of harassment.

The message that sexual harassment violates Army policy has gotten out, and there seems to be less of the blatant quid pro quo type of sexual harassment, (like when the boss refuses favorable action for an employee because s/he turns down a sexual advance). Most people today are aware that the quid pro quo type of sexual harassment is not OK, and it is declining.

What we currently see more is the hostile work environment type of sexual harassment. These instances -- where harassers may claim they merely were "having fun" or "didn't really mean it" -- pervade the workplace today. It is important to remember that sexual harassment is not determined by the "intent" of the harasser, but rather by the perception of the victim. If a "reasonable person" would be made uncomfortable by the situation and it is sexual in nature, then there is sexual harassment.

Leaders must take all complaints seriously or risk los-

ing credibility. Furthermore, leaders can be held accountable for sexual harassment which takes place under their supervision if they knew, or should have known it was occurring. Conduct which does not meet the threshold for sexual harassment, but is still inappropriate for the workplace, such as humiliating, intimidating, slandering, shaming, etc., should also be dealt with immediately to maintain a healthy, positive work environment.

SOME EXAMPLES OF SEXUAL HARASSMENT:

- Suggestive remarks
- Teasing or taunting of a sex-

ual nature

- Unwelcome physical conduct or sexual advances
- Continual use of offensive language
- Sexual bantering
- Bragging about sexual prowess
- pin-ups

Remember, sexual harassment can occur regardless of the age, rank, gender or status of the offender(s) or victim. If you have any questions, concerns or would like more information about sexual harassment prevention, training or resources, please contact CPT Tara Young at tara.k.young@us.army.mil or call 430-5919.

Military Family Assistance Center (MFAC) -News and Notes

Greetings from the MFAC to all our service members and their families. We hope you enjoyed the holiday season and the opportunity to spend some quality time with family and friends. Without being politically correct, we hope you had a very Merry Christmas and have a great 2012.

Let us not forget, however, we still have service members in harm's way. Alpha Co 1st Bn 25th Marines based in Brunswick is still deployed as are some members of our MEANG and individual MEARNG soldiers. Our thoughts and prayers continue to be with them and their families.

In a year end review of 2011, the MFAC Specialists worked with hundreds of military families during various stages of the deployment cycle process and from all branches



Bangor MFAC

Dave Smith

Augusta MFAC

Mark Cater

Portland MFAC

Carolynn Taylor

MFAC Manager

Kerry Birmingham

of Maine's military services. Monthly wellness calls were made; family issues and concerns were addressed with information and referral; confidential cases were opened and worked to closure; our community outreach continued to be an important part of our program as well.

On a staff note, we were sorry to have Gerald Soucy

leave our team in November. Gerald decided to finally retire for real and we miss him. He was our 'go to guy' in the county and one who was committed to providing excellent support to the families he served. We wish him well and thank him for doing such a great job.

While there was a lull in Maine deployments in 2011,

2012 will be busier as we prepare to send off the 126th AV for the third time since 911. There will be others deployed as the year progresses, though in smaller groups. These brave men and women continue to answer the call and we will be here to support their families in their absence.

As we look forward to 2012, our MFACs will continue to offer our support and assistance whenever there is a need. Our goal has always been, and will always be, to provide the best customer service possible to our families in a professional and courteous manner.

Carolynn, Mark, Dave, and Kerry wish you and your family a very Happy New Year. God bless you for your service.



MAINE WOMEN VETERANS COIN

Maine woman veterans can receive a silver commemorative coin struck in the likeness of the plaque Maine Women Veterans Plaque. Download an application today at:

<http://maine.gov/dvem/bvs/Women%20Veterans%20Plaque%20Donations.htm>

Bangor FAC new office located in AFRC. Located to the right of the after entering the main entrance.
300 North Hildreth Drive, Bangor, ME

262nd FRG

I want to first start off with thanking everyone for making this another successful Christmas party. There was a lot of work that went into this event that sometimes gets unnoticed and I just want to take this opportunity to let you all know how much it is appreciated. Thank you to our Kitchen staff SGT Darling and SGT Cook who prepared and cooked this amazing meal for all of us. A special thanks is in order to the JMG kids from Dale Hall High School, this is the second year these kids have volunteered to come to our Christmas party to help us set up, serve food, run a children's room, take pictures, dance to our Dj's music, and help us clean up. This year the JMG instructor Matt St. John was able to schedule the JMG Choir for us, who did an amazing job singing Christmas Carols as all of our families and friends entered into our "winter wonderland!"

We truly could not have pulled this event off without all of your help. Thank you once again for helping make this happen!

The FRG Leadership will be transitioning as Jill Thibault took a full time position as a FRSA (Family Readiness Support Assistant) and Wendy Dugas has resigned – details forthcoming!

152d CRC

The 152d Christmas Party at the Millennium in Newport was a huge success; we had close to 300 in attendance which included approximately 80 children! Please extend gratitude and thanks to 1SG Dionne and SSG Magoon for all their help and time towards making the Holiday Party a great success.

I would also like to thank Sharon White for her generous donation of gift certificates from Absolute Beauty Salon for the employees at the Millennium in Newport.

We still need volunteers for the FRG which include an FRG co-leader, Secretary and Treasurer. Remember the success of the FRG start's with its volunteer's.

I will be at the unit January drill if you're interested in volunteering, feel free to contact me if you have any questions.

Flo Dionne
152 CRC FRG Leader.
flodionne@hotmail.com • 948-3057



Military Family Assistance Center (MFAC) 1-888-FMLY-CTR (1-888-365-9287) www.me.ngb.army.mil/family



The following information is taken from the December 2011 issue of Military OneSource eNewsletter which is a monthly newsletter available from Military OneSource at www.MilitaryOneSource.com.

Get Connected and Stay Informed with Military OneSource Social Media

Military OneSource understands the importance of sharing valuable information and resources with our service members and families when they need it. We also understand the importance of not just connecting you to resources, but connecting you to each other. One of the ways we do this is through our social media channels like Facebook, Twitter, blogs, moderated chats, webinars, and discussion boards. These social media platforms also allow us to stay connected with you so we can understand your needs through your participation, comments, and feedback. Here is a brief description of each of these social media resources and what you will find there.

Military OneSource Facebook

We have over 70,000 fans on our site! Our site has links to information and resources specifically geared to the military lifestyle. Our fans are having conversations about all sorts of issues and topics. Come find out what folks are talking about!

Military OneSource Twitter

If you prefer to "tweet," you can find the same great information on our Twitter page. You can follow our tweets from your desktop, laptop, tablet, or mobile device. With the touch of a button, you can retweet the valuable information to all of your military friends and family.

Blog Brigade

The Blog Brigade is the place to discover what military spouses are up to around the world. Our bloggers share their twists, turns, and tips through a series of entertaining posts that are bound to leave you energized and ready to meet the challenges of a military lifestyle. The blogs cover topics such as military spouse careers, education, deployment, and military life in general. It's military life from a "boots on the ground" perspective. We will have experts who blog about military family issues that are important to you. Finally, look out for an opportunity to be a guest blogger on Military OneSource. More details will be coming out soon.

Moderated Chats

Join us for our live, interactive chats on topics ranging from military life issues such as "Discovering Your Passion," which focuses on military spouse careers, to topics that are just plain fun such as "How to Entertain on a Dime." Top experts on military life issues will be online to chat with you and answer your questions on some of the specialty areas. The best thing of all is that you can join in the chat right from your computer!

Webinars

Webinars are seminars that are offered on the web. We will offer webinars on topics that are important to you and your family. Starting in January 2012, we will launch a series of four monthly webinars focused on helping families navigate their special needs world. A renowned expert in the field of special education will present the webinars and answer your questions at the end of the presentation. Additional topics will be announced on our page on a regular basis so keep checking back to see what exciting webinars are coming.

Discussion Boards

Join other service members and family members on our discussion boards to chat about the issues that matter most to you. Some of the topics include career, education, deployment, TRICARE, parenting, money, and special needs. This forum allows you to ask questions and even share tips with other folks based on your experiences. You will quickly discover what a fabulous support network we have within our own military family.

Making the Military Spouse Employment Partnership Work for You

As a military spouse, you know all too well the challenges of starting and maintaining a career. Almost every new duty assignment means packing up and moving with your family to a different part of the country and, sometimes, even to a different part of the world. You have great skills, you are educated, and you have the drive to succeed, but because of the mobile military lifestyle, it is hard to keep a long-term job, advance within a company, or build a career. Landing that job you always dreamed of may seem harder and harder as you face another move, but the Military Spouse Employment Partnership (MSEP) is here to help you make that dream a reality.

Military spouses need portable jobs that are flexible and can withstand relocations, deployments, and other challenges that go hand in hand with the military lifestyle. MSEP is helping spouses locate jobs and build careers by connecting them with companies that understand their needs and the skills, loyalty, and integrity they bring to a job.

Let MSEP Help Connect You with the Job You Want

MSEP connects military spouses who are seeking long-term career opportunities with Fortune 500 companies, government agencies, small businesses, and other organizations that are looking for talented employees with twenty-first century workforce skills. The online job search site can connect you with opportunities in a wide range of career fields including education, health care, information and technology, legal affairs, office and administrative support, and much more. The positions range from entry-level to senior management, so there is something there to match almost any career goal.

Use MSEP to locate a job that meets your particular needs and interests. Browse by job description or location and easily find recently posted jobs right from the homepage. Once you create an account, you can access and save automated job matches created for you. You can also connect with Military OneSource by calling (800) 342-9647 for career counseling and assistance with resume writing and interview techniques.

MSEP is Not Like Other Job Search Sites

As a military spouse, you may have worked for a company that didn't understand what it means to be a military spouse. Maybe they didn't understand that you could be asked to relocate unexpectedly or that you may be the only parent at home to care for a sick child during your spouse's deployment. The companies, agencies, and organizations that become MSEP partners understand all of these challenges. MSEP employers know that flexibility and mobility are essential components of the jobs they offer. The ninety-six MSEP partner companies understand that you need jobs that can withstand relocations, deployments, and other aspects of military life that have made career advancement difficult in the past. Partners offer employment options that make maintaining and advancing in your career possible, like virtual employment and flexible schedules.

See MOS on page 10

Our New FRSA

Greetings my name is Jill Thibault, and I am the new addition to Family Readiness Support Assistant team. I will be supporting the volunteers within the 120th RSG.

My office is located in the Augusta armory and I am the 120th RSG point of contact. I will be working with you and your military points of contact to further strengthen and broaden your Family Readiness Groups. Most of you have seen me at several FRG training events and I am looking forward to the opportunity to work more closely with all of you.

Just a little about my background. I have been a military spouse for almost 4 years now and during that time have experienced a deployment. I've also been the FRG Leader for Unit 262 for about 3 years. Previously to accepting my new position I worked in customer service for several years.

In 2012 my goal is to visit each of you at your armories and sit in on one of your monthly meetings. I want to know what challenges you are facing and how I can help you overcome those challenges. I also need some paperwork that is missing from each of my units, some of it you may have signed before, but we are starting to have them signed yearly, sorry if this becomes redundant.

I look forward to seeing all of you at the FRG Training 101 on January 28, 2011!

Jill Thibault
ME Family Readiness Support Assistant
(Contractor) Military Personnel Services Corporation 120th RSG
179 Western Avenue
Augusta, ME 04330
Office: 207-430-5625
Mobile: 207-624-2302
jill.a.thibault@us.army.mil

MOS from page 9

Since June, 2011, MSEP partners have hired over 8,000 military spouses. Over 70,000 jobs are currently available on the website. With companies such as GEICO, Microsoft, H&R Block, United Health Group, and Tutor.com, the list of employers wanting access to your skills and strengths is impressive and growing. Check out MSEP today and start down the road toward a meaningful, long-term career.

About Military OneSource

This free 24-hour service from the Department of Defense is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. Free face-to-face counseling in the local community (up to twelve sessions per issue) is also available to service members and family members. To reach the program call 1-800-342-9647 or access the Web site at www.MilitaryOneSource.com.

Military OneSource

By phone, online, and face-to-face
You name it. We can help—24/7!
1-800-342-9647

Overseas: xx-800-3429-6477 (Country access codes can be found online)

Collect from Overseas: 484-530-5908 (Dial an international operator first)

En español llame al: 1-877-888-0727

Happy New Year Guard Family!

I hope this message find you well. As the State Family Readiness Support Assistant, I can vouch that it has been an extremely busy year for our Volunteers who manage the Family Readiness Groups (FRG) at every Army National Guard unit from Sanford to Caribou. These Volunteers are responsible to the Commanders Family Readiness program, which is extremely important to the success of our Soldier's mission with the Guard. The FRG Volunteers work directly with the Unit Commander to ensure Soldiers and Families are entitled, educated, and informed throughout the year about programs, services, and resources available to them. Information about programs like our State's robust Youth Program, Youth Summer Camps, Marriage Enrichment, and Singles programs, Military Family Life Consultants for both Family, and Youth, a Personal Financial Consultant, and our Military Family Assistance Center available 24X7, PLUS many others. You may be most familiar with your Unit's Family Day event, which brings Soldiers, Family members, friends, and loved ones together. In most cases representative for the resources and services I listed are present during the Family Day. This is the day when we become most familiar with others who are like us, "Military Families".

So, I challenge you this New Year to search out YOUR unit's Family Readiness Group. They are the Volunteers who will help you with Readiness preparation, in the event your Soldiers is called to duty, which means a separation. It can be a short separation like a state emergency, or weeks at a time like Soldier training or it could be a federal duty call, which means months away at a time. Your FRG is there to keep you be in the know. So at the very least get connected and be part of



their Outreach program via e-mail, the unit newsletter, direct mail, and/or a call list. Whatever method works best with your busy life style.

It is because of our Volunteers that our Commanders have strong programs. Volunteer opportunities are always available, and each of us have a talent, or skill for sharing. I know first hand that Volunteering with my Unit FRG was one of the most rewarding experiences for me, dating as far back as 1997, when I was first introduced to the FRG, as a spouse who was about to experience a deployment. It connected me with others in the same situation, and I felt good knowing that my Volunteer services helped our Families cope, and ensured our Soldiers kept focus on their mission and to return home safe.

Below are a few of my favorite quotes. Be still your heart as you read them, and if they call you to Volunteer, I ask you to contact me. I promise, I will work with you to make it one of the most rewarding experiences of you life.

There is no better exercise for your heart, than reaching down and helping to lift someone up.
~Bernard Meltzer

When you cease to make a contribution, you begin to die.
~Eleanor Roosevelt

There is a tremendous strength that is growing in the world through...sharing together, praying together, suffering together, and working together.
~Mother Teresa

Michelle Darveau
207.512.0936
Michelle.Darveau@us.army.mil

What Is A SRP?

And What Does It Mean To Me?

You've may have heard your Soldier say he/she will be going through a SRP during drill. Ever wonder what a SRP was and what it means to you as a family member? Simply put the letters S.R.P stand for Soldier Readiness Processing. During the SRP your Soldier will be going thru a series of stations administratively and medically to see if he/she is ready for deployment. On the administrative side three of the most important stations are Finance, ID Cards, and Tricare Health Insurance. The finance station will review the Soldiers financial information making sure everything is correct so he/she gets paid correctly. ID card station reviews the Soldiers electronic ID record to make sure all his family is enrolled correctly and he/she has a current ID card. This electronic ID system is called DEERs and it affects the Soldier and family's health benefit eligibility. Lastly the Tricare Health Insurance station, at this station the Soldier will be given information about the military Health Insurance called Tricare. During the final SRP prior to deployment the Soldier will be enrolled in Tricare.

Now how does the SRP relate to you as a family member? As you've heard we now speak of family readiness and not family support. Families need to be ready for deployment just like their Soldier. The SRP stations that the Soldier goes through are similar areas the family needs to prepare for. On the finance side will you be managing the household finances when he/she deploys? Have you sat down and gone over everything financially with your Soldier, are you ready to take over in his/her absence? Financially can you make decisions in his/her behalf? Do you have signature authority?

DEERs/ID cards, do you as a Military Dependant have a dependant ID card, if you have children with your Soldier, are they enrolled, do they have an ID card if they're over the age of 10? Do you know where your nearest ID card office is? Finally the military health insurance, Tricare, do you know about Tricare, do you have the Point of Contact number to call with questions. Do you have a Tricare membership card? Are you sure you as a spouse and any children are enrolled? Do you know upon deployment as a military dependant you're eligible for Tricare Dental?

As you can see family readiness parallels in a lot of ways Soldier readiness, maybe one day we will have a FRP (Family Readiness Processing) for families prior to deployment with the same stations Soldiers now have.

Family Readiness is something to seriously think about, are YOU ready for your Soldier to deploy if he/she is called.

If you ever have any questions about Family Readiness contact me anytime.

Maureen Hickling
ME Family Readiness Support Assistant (Contractor)
52d Troop Command
Military Personnel Services Corporation
Office: 207-430-5932
BB: 207-624-2861
Fax: 207-735-1083
maureen.hickling@us.army.mil

120th FRG



Hello Families of the 120th

I want to start off with thanking all the volunteers that helped in the set of the Christmas Party. These are people that made the party a success..Diana Townsend, Joyce Warren, Priscilla and MSG Bernard, SGT Darling, PVT Veazie, Cheryl and SPC Jossierand, Chief Rideout, Pam Rideout and MSG Pinkham. It was a good time to meet you all and to share your thoughts and ideas.

Snow will soon be here and the New Year approaching. Time to plan out the Calendar for 2012. Our next meeting will be in Bangor on January 8. Location address will be in the Unit newsletter and emailed to the families I have email addresses for. Please help us to input your ideas or information you like us to bring to the table. Email or call me with your thoughts.

Hope to hear from you soon.

Dottie Pinkham
234-2086
FRG120th@gmail.com

1136th FRG

The Sanford Detachment of the 1136th recently had our Christmas Party. We had a very nice time with a spread of various sandwiches, pasta and salad dishes from Amatos, along with dessert. We had Christmas music, goodie bags for the kids, and plenty of items donated to us by the Dollar Tree in Wells.

The children had a great time picking through all of toys. We had approximately 80 Soldiers and Families at the party. Thanks goes out to all the Soldiers who helped put this together.

We are continually looking for family members to be volunteers in our FRG (Family Readiness Group). Our 2 major projects next year is Family Day in the summer and next December's Christmas Party.

I would love to have you join me, to brain storm different ideas on what we could do to make our unit Family Program more of a success. The State Family Program does supply training for anyone interested.

Next on the long range planning calendar is Family Day this summer. Date TBD. Enjoy this holiday season with your family and friends. Have a Merry Christmas & Happy new year!

Marguerite Cannon, FRGL
mtcannon@gwi.net
490-2117

185th FRG

I would like to start off by giving everyone a big THANKS for making this years Christmas parties a huge success. A special thanks to Chelsey Cheney, Theresa Beaver, Jessica Gary and Mrs. Folsom, for decorating, face painting and being Santa's helper. I would also like to thank Kevin Barnes for all his help with the adult party. It was a huge success. Around 70 adults came and fun was had by all. I would also like to thank Santa, who did a great

job! Lastly, I would like to give 1SG Quint, CPT Gary and SSG Beaver a big thanks for your continued support to the Family Readiness Group.

I will be getting the kids pictures developed soon and will have them out as soon as I can. I will not be at the armory January drill, but will return in Feb. If need I can be reached at 694-2209 or cheryl_quint@yahoo.com. I hope everyone has a safe and happy holiday!

Cheryl Quint 185th FRG

488th FRG



The 488th FRG, Guardians, and families want to thank the Waterville VFW for providing over 85 gifts to our MP kids and a great meal for our Holiday event. The kids were thrilled with their gifts and the food was great! We also want to recognize Dow's Market for providing a lavish feast for our Houlton Detachment. Due to your generosity, we as an FRG were able to have a very successful Holiday party this year. The FRG was able to offer some great give-a-ways such as gift cards to LL Bean, Game Stop, a fire safe, a Holiday meal, a blue tooth and many other great items. Congratulations to all of our give-a-way recipients. It was nice to see military families mingling and networking. Thank you to all of the family, friends, and leadership who attended and also the Youth Program, Gayle Rose, Personal Finance Consultant, and The Amazing Lou (magician) for helping to make our event so successful.

Family Programs continue to grow and strengthen so FRG events are no longer forced fun days. It is great to see families coming out to show support to their soldier and really enjoying themselves.

In the works for 2012: Our first very own Military Police Ball!! The date has been set. We are in the process of finding a location that can hold us all. If you are interested in becoming a part of the planning committee please contact us at the email below.

We are also working on building a program for parents this coming year. If you are the parent of a soldier and would like to become involved with this please let us know.

Behind every great FRG is great leadership. Thank you to ISG Clifford and Capt. Dos Santos for supporting all that we do as an FRG and helping us to execute our missions!

Sincerely,
Amanda P. and Alexis S.
488th FRG
488thmpfrginfo@gmail.com



286th FRG



start planning for our summer event, we can never start planning too early!

Thank you to the Bangor VFW for hosting the 286th party. Without you and your support I don't think our event would go as easily as it did. Thank You.

After Jan I will be up dating everyone via email or snail mail on our upcoming meetings and events.

So until than everyone have a Merry Christmas & Happy New Year!!

If you're interested in volunteering contact me @ w.cgrant@myfairpoint.net or the unit e-mail which is FRG_286thCSSB@hotmail.com.

Carol Grant
286th FRG Leader

Winter is in the air and we had our annual Christmas party. All went great with time for families to bowl , have a wonderful meal , and then the man himself showed ..Santa!

I had a lot of great "elves" help me this year to make the party a success, so thank-you to all of my Soldier "elves" it was greatly appreciated.

We still have a lot of volunteer positions to be filled, if you are interested call or e-mail me, would love to hear from you.

We'll be holding our next meeting Feb. drill along with a bake sale at the AFRC.

Even though winter is not yet done it is now time to

251st FRG

FRG Leader for the 251st is: Lorri Tlumac, assisting is Erin Buckley.

We have the following volunteer positions opened:

Treasurer • Secretary • Phone Tree • Communications Chair
My contact info: Lorri Tlumac • FRG251sappers@hotmail.com

FSC 133rd



Happy Holidays to All! The FSC had their Christmas Party on Saturday December 3rd after drill at the Mariner's Church Banquet Center in Portland Maine. We would like to thank Sgt. Campbell and his wife Sarah for helping us get the beautiful venue and generous hospitality. It was wonderful to see so many families attend and the kids having so much fun. Several local companies and establishments donated great raffle items and there was an extra special visit from Santa, which the kids

all loved. A big Thank You to Sgt. Pellerin, Erin Brown, Fay Jariz, and Michelle Seavey for all of their time and help to make it a great success!! If anyone is interested in joining our team we have some open appointed positions for Treasurer and Secretary , please do not hesitate to contact the unit FRG email at frg4133fsc@gmail.com or contact Sgt. Pellerin at 430-5497. Have a great Holiday Season!!

Warm Regards,
Kristi Hamilton
FRG Leader FSC 133rd

172nd Mountain Co. FRG

One year ago I stood trembling as uniforms filed into the cargo bay at the AFRC in Bangor. Long months of waiting had finally come to an end. Do you remember how our hearts were filled with joy as we welcomed back the soldiers of Mountain Company? I can't think of a more powerful Christmas gift.

It is at once a great honor and a great sacrifice to be part of a military family. It can be easy to feel forgotten. But this Christmas season, I am awed and humbled by the support and recognition our community has shown for military families.

Operation Homefront teamed up with the Dollar Tree to collect toy donations. The Veterans' Home gathered some amazing gifts. And Gathering Hands, a group of all-volunteers, provided beautifully hand-knit or crocheted clothing. We were fortunate enough to be able to distribute these lovely presents

to our military families at locations in Portland, Augusta and Brewer during December drill weekend.

It is heartwarming to know that the community appreciates what we do. I urge you to bask in the glow of this kindness. Take a moment to reflect with gratitude that Mountain Company is again home for the holidays. And then "pay it forward": express your thanks to other soldiers and their families.

Not sure how? How about buying an overseas soldier a cup of coffee at www.greenbeans-coffee.com/coj/index.php

Thanks for all that you do. Happy Holidays!

Sarah Bucci
B-3/172 FRG Leader
b3.172.frg@gmail.com

P.S. The Mountain Company FRG is always looking for volunteers! If you are interested, please contact me at b3.172.frg@gmail.com for more information.

142nd FRG



A great time was had by all at this year's Holiday Party. It was priceless to see all the kids on stage singing Christmas Carols. Thank you to everyone that helped to pull this last minute event together and to all the families who attended.

Please join us in welcoming our newest volunteer, Kristin Bender. An early childhood education major, she will be a huge asset to our military kids. There is still a secretary, treasurer and phone tree operator positions available. If you are interested in joining the team

please contact us via the email address below.

Our next meeting will be on January 7th, 8:00 AM at the 142nd/224th armory. All are welcome and encouraged to attend. As always, if you have any questions, concerns, ideas or would like to volunteer... Please do not hesitate to email us.

Happy Holidays From Your FRG Team,

Kelly Varney, Nikki Fennelly & Kristin Bender
142nd224thFRG@gmail.com
(207)430-5348

136th FRG

What a wonderful season it's turning out to be! Temperatures in the 40s, a couple snowfalls here and there; can't complain! Hopefully this doesn't mean that we're in for a long, treacherous Winter- you never know in Maine!



We kicked this joyous season off with a Holiday Family Day at the Skowhegan armory. It was a great day to mingle and meet families, eat great food (courtesy of Steve Stagecoach Catering), the kids enjoyed FOUR hours of playing in the inflatable obstacle course, AND Santa was able to make an appearance after his sleigh's GPS re-routed him. He was very apologetic for being late but very excited to see so many kids and listen to their Christmas wishes. J All-in-all, it was a fun day and it would not have been possible without everyone that helped!

Be sure to join the email list

for more great updates, offers, events, and great deals! Just send a message to FRG136th@yahoo.com and let me know that you're interested.

I want to wish you all a very happy holiday season. Remember the important things this season, love your family and friends, and be thankful for your blessings. Take care in celebrating- BE SAFE! Think and plan ahead for all of your festive outings. Best wishes for a wonderful New Year. We will see you in 2012!

~Jessica Voter
FRGL, 136th EN CO
frg136th@yahoo.com

126th FRG



Joey T.

December has been a busy month for the 126th FRG. We had two fundraisers where we sold wreaths and t-shirts. We are continuing to take orders for more t-shirts. We also held a meeting in December. Following the meeting we did a cookie swap. We have some great bakers in the 126th FRG! The 126th is still looking for a secretary if anyone is interested. Be on the lookout for more information about a family event in February. We hope everyone has a wonderful holiday season!

Heather, Elizabeth, & Sammi
126th FRG
126frg@gmail.com

Happy New Year from The Family Program

The Chain of Concern is a publication of the Maine Family Program Office located at The Buker Center, in Augusta, Maine.

Editorial Director
MSG Barbara Claudel

Editorial Assistant
Kyra Darling

Editorial Policy
The Chain of Concern Newsletter may edit the length and content of articles submitted. The Deadline for next quarter 10 Mar. 2012

Please send comments or articles to
kyra.e.darling@us.army.mil



Wishing You and Your Family the best this new year. We are here for you.

IMPORTANT UPDATE:

One year free credit monitoring for those affected by Tricare's loss of Personally Identifying Information (PII). TRICARE has indicated that a letter is being sent from SAIC (government contractor providing support to Tricare) offering the letter's recipients one year free credit monitoring due to the theft of computer backup tapes containing Personally Identifying Information.



Family Assistance Center (FAC) 1-888-FMLY-CTR (1-888-365-9287) www.me.ngb.army.mil/family

DVEM
ATTN: Family Program Office
State House Station #33
Augusta, ME 04333

