

**CH (COL) Andrew Gibson**  
*Director, Deployment  
 Cycle Services*

**MSG Barbara Claudel**  
*Director, Family Program*

**SFC Jonathan Jensen**  
*NCOIC Yellow Ribbon  
 Reintegration Program*

# Chain of Concern Newsletter

## April/May/June 2012

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

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## DIRECTOR, DEPLOYMENT CYCLE SUPPORT CH (COL) Andy Gibson

A Maine Clergyman was visiting a California Clergyman in Los Angeles. While in the office, the Mainer noticed an odd looking phone with a slot for a debit card. "What is that?" he asked his colleague. "Why that is my phone to Heaven," the minister replied. "You can call Heaven from here?" he asked, somewhat astounded. "Yep, all you have to do is slide your debit card. You will be charged five dollars and you can talk as long as you like."

"Wow," said the Mainer, "I'll try it right now." And he did.

A few months later, the Californian visited Maine. While sitting in the Mainer's office he noticed a phone very similar to the one back home. "Is that what I think it is?" he asked. "Yep, all you have to do is slide your debit card. You will be charged two cents and you will be talking to Heaven." "That's great," exclaimed the California Clergyman. "But how come it's only two cents?" "Well," said the Mainer with a smile on his face, "From Maine, Heaven is a local call."

Spring in Maine can truly be Heavenly! The lengthening of days, the budding of the trees and the first signs of the mud turning into grass is something that not many people get to experience, even after a mostly mild winter. Spring reminds us of new life, of awakening, of a new start, of possibilities for the future, and of opportunities to grow and to share this wonderful life that we have been granted.

In this issue, you will see many events and offerings that will help you make the most of this new reality, played out each year in nature. There are opportunities for families, for leaders, for children and for healing. Please share the information with as many as you can and take advantage of all that you have earned for being a Service Member and/or by being a family member. This is for YOU!!!!

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

**April is the  
 Month of the  
 Military Child**

April is the Month of the Military Child. Since it began in 1986, the DoD has teamed with various partners to recognize the sacrifices, and to applaud, the courage of military children. The theme for 2012 is "Military Kids: Heroes for the Future." As part of the Month of the Military Child, the Governor and First Lady of Maine, Gov Paul LePage, and Mrs. Ann Le Page, will recognize the sacrifices of military children with a proclamation at the State House, Hall of Flags, on Monday, 2 April at 1:00pm, we invite you to join the celebration. Approximately 40 military children from throughout Maine will participate in the event, and will serve as Honorary Pages in the State House.

## Military Appreciation Night at the Red Claws



Photos by Michael McSweeney

## Happy Spring Everyone!

Safe travel to the 126th Aviation soldiers - you will not forget! Such small words, how can we express our gratitude? The best way it to be here for your families in any way possible. The Family Program has a full range of benefits that are available to deployed and non deployed service members and their families. No one should feel they can't get help - it only takes a phone call!

15-21 April is Volunteer Appreciation Week - Have you Thanked your FRG leader today? A little appreciation goes a long way and there is nothing better than an unexpected show of appreciation. Remember, Volunteers don't necessarily have the time, but they have the heart. On 27-29 April we will be hosting the annual Family Readiness Conference at the Samoset in Rockport - I am so looking forward to seeing all the leadership in one place in support of our military families! All of this along with the many events that you see posted in the next several pages is what we are all about! Support to our military families through education, fun events, and the many changes to meet other military families! Thank you for your personal sacrifices that you make each and every day and enjoy the warm weather!

MSG Barbara Claudel

### Maine Military Couples Marriage Enrichment

18-20 May 2012 • Harborside Hotel, Bar Harbor

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

Deadline for registration is April 15, 2012 or until full

\$20 Non-refundable Application Fee per couple in order to secure your spot for this event. Mail check and information to

DVEM: ATTN: Family Program, #33 SHS, Augusta, ME 04330

**Provided for MEARNNG couples:** Room at no cost – we will book it!, Dinner Friday evening, Breakfast/lunch/dinner Saturday, Breakfast/lunch on Sunday, A toolbox of good educational communication skills!, Door prizes

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

**MEANG:** Must book your own hotel room by calling 1-800-328-5033 and refer to the Maine Air National Guard Marriage Enrichment. Spouses will receive a travel voucher to cover mileage, hotel and food allowance. Meals are not provided. To receive travel orders contact the 101st Airmen & Family Services office at (207) 404-7494/7594.

**MEARNNG:** Mail registration fee (check made out to MENG Foundation Fund) with the following information: first & last name of both persons attending, mailing address, email address, unit of assignment and phone number. Email confirmation and a welcome packet will arrive two weeks prior to the event. Questions: Alan.Pinkham@us.army.mil.

**Other Maine Military Couples:** Check with unit of assignment to see if there is funding for Strong Bond trainings.

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

## UPCOMING EVENTS - Things You Don't Want To Miss!

### April 2012

*The month of the  
Military Child*

- 1 Augusta Area Annual Easter Egg Hunt (See page 4)
- 2 Proclamation for Military Child Appreciation Month at the Statehouse (See Page 1)
- 3 MCEC Living in the New Normal Training Bangor, ME
- 10 Guard and Reserve Pre-retirement Seminar, Caribou, ME (See page 7)
- 13 2nd Annual Purple Up for Military Kids Day
- 13 Military Kids Club Augusta (See page 4)
- 20 2nd Annual York County Regional Job Fair 1000-1400, Springvale, ME. (See page 5)
- 20 Camp Keyes/Augusta Armory Bring you Child To Work Day (See page 4)
- 27-29 Teen Symposium
- 27-29 State Family Readiness Conference
- 28 Commissary CaseLot Sale Augusta Armory

### May 2012

- 11 Military Kids Club Augusta (See page 4)
- 12 Commissary CaseLot Sale Caribou Armory
- 16 Guard and Reserve Pre-retirement Seminar, Augusta, ME (See page 7)
- 18-20 Maine Military Couples Marriage Enrichment Bar Harbor, ME (See Page 2)

### June 2012

- 23 8th Annual Run for Cash
- 24-26 White Water Rafting Teen Extreme (See page 3)

### July 2012

- 8-14 Youth Camp Week 1
- 15-21 Youth Camp Week 2
- 28 2nd Annual Burgers and Bikes to Benefit Kieve Veterans Camp Bikeride and BBQ



### Therapy Group for Veterans Bangor

Fridays 1000 – 1130  
began 16 March 2012 in  
You don't have to face  
your difficulties alone.  
To be considered for the  
group please call Acadia's  
Access Center at 207-  
973-6100.

## Upcoming Commissary Caselot Sales Augusta Armory

28 April 2012  
0900-1500

## Caribou Armory

12 May 2012  
0900-1500



## National Guard child and youth program Maine

The Maine National Guard Child and Youth program would like to welcome the following individuals to the program: Mr. Steve Hughes recently took over as the Lead Child and Youth Program Coordinator for the State. Steve comes to us with a wealth of knowledge and experience with both the military and with kids. The father of 7, and grandfather of 11, Steve spent 28 years on Active duty in the Air Force and retired as a CMSgt. For the past 5 years, he has been teaching Air Force JROTC at Brewer High School. He is eager to continue to build on an already awesome program, and looks forward to working with many of you

through the Child and Youth program. He can be reached at [steven.hughes2@us.army.mil](mailto:steven.hughes2@us.army.mil), or at (W) 430-5773, (C) 322-5856. Kayla Cumming officially joined the team as the Child and Youth Program Coordinator. Kayla has been involved in the youth program for about 8 years as camper, a cadet, and a Junior Counselor. She has also been an adult volunteer, and is currently a member of the Maine Army National Guard. She brings a high level of enthusiasm and experience that will be a huge benefit to the program and those participating in it. She can be reached at [Kayla.m.cummings@us.army.mil](mailto:Kayla.m.cummings@us.army.mil), or 430-5953. Welcome to the Team Steve and Kayla!



### "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

<http://www.facebook.com/#!/pages/MENG-Youth-Program/113047838718028>

Also check out our website at [www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family)

So please check in from time-to-time and see what's new!



Limited  
Space



## '12 WHITE WATER RAFTING TEEN EXTREME

June 24-26

at Three Rivers in West Forks, ME

**Pizza Lunch • Moxie Falls • Team Building  
Bon Fire • Rapids • Karaoke • McD's**

ALL Current Maine Military Teens 13-18.

Transportation provided from Augusta & Bangor

Register at [www.jointservicesupport.org](http://www.jointservicesupport.org)

Deadline: June 4th

\$80 non-refundable Registration fee covers transportation, lodging, rafting, meals, and a karaoke Party. Applications are available in the Youth program office in Augusta, or on the website under Youth Programs.

430-5773 • 430-5953 • [www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family)

### Resources: 4-H Science Toolkits available on loan:

<http://umaine.edu/4h/youth/4-h-projects/science-engineering-technology/4-h-science-toolkits/>

## NATIONAL GUARD YOUTH CAMP REGISTRATIONS DUE NLT 7 MAY 2012 !

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  
Adult volunteers are still needed and deadline for those applications is 1 April 2012. Applications for all category of campers and adult volunteers are available in our office or on the website [www.me.ngb.army.mil/family/youth-camp.php](http://www.me.ngb.army.mil/family/youth-camp.php)

## 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](http://www.me.ngb.army.mil/family/youth.php)



## AUGUSTA AREA ANNUAL EASTER EGG HUNT FOR MILITARY FAMILIES

**1 Apr 2012 • Buker Community Center  
22 Armory Street, Augusta • 1-4 pm**

Bring Your Own Basket!

All Ages Welcome!

Magic: The Amazing Lou  
"Maine's Favorite Magician!"

TOY PRIZES • ACTIVITIES

1,000'S OF EGGS

Bring Your camera and Take a Picture  
With The Easter Bunny!



1 pm- Doors Open	1:30 - Magic Show
2:30 - Egg Hunt	3:00 - Games/Activities

## MILITARY DISCOUNT Playland Adventures Brewer, ME

Wilson St. across from Dairy Queen/beside TD Bank)  
Military discount to ID card holders.

**Bracelet special for \$12 (reg. \$15),**  
Birthday parties, office parties, and more.

Teen Night the 2nd and 4th Saturday of each month -  
music, pizza and soda from 8 - midnight for ages 12-18 for  
\$15. You can visit them on their website,  
[www.playlandadventures.net](http://www.playlandadventures.net), or call them (Ask for Tina) at  
989-6611. A lot of fun for kids of ALL ages.



### 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 Second Friday of the Month 6 -7:30 pm** **3 Separate  
Age Groups**  
**At the Buker Center, Augusta,**

## MILITARY BRING YOUR CHILD TO WORK DAY

*This is your opportunity to show your children  
how you make a difference in the military  
community everyday!*

**Where: Camp Keyes**

**Ages: 8 years and up**

**When: Friday, April 20**

How to Register: E-mail the Child and Youth  
Program, [Kayla.m.cummings@us.army.mil](mailto:Kayla.m.cummings@us.army.mil), or [stven.hughes2@us.army.mil](mailto:stven.hughes2@us.army.mil) by 17 April if you plan on  
participating and how many kids are coming.  
Senior leadership will address the employees and  
families in the morning and there will be activities  
for the children after lunch hosted by the Maine  
Military Child and Youth Program.

Questions, please call your Child and Youth  
Specialist at (207) 430-5953 or 430-5773.

## Operation Military Kids Opportunities:

The annual 4-H @ UMaine conference will be held May 18-20,  
2012 at the Orono campus. This event is for Maine youth ages  
12-17. This popular conference takes place at the University of  
Maine-Orono, where youth participate in workshops and activi-  
ties that familiarize them with campus life. Information regarding  
cost, registration forms, transportation and workshop options  
will be available in mid-March. For more information on 4-H @  
UMaine, including a list of last years workshops, please go to the  
website: <http://umaine.edu/4h/youth/4-h-events/4humaine/> or  
contact Mitch Mason @ [mitchell.mason@maine.edu](mailto:mitchell.mason@maine.edu), 781-6099.



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

**207-592-2824**  
**Classes Statewide**

# 2012 Financial Lunch and Learns

Contact Gayle Rose Martinez MFLC PFC to register at 207-465-5677 or [maine.pfc@gmail.com](mailto: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.  
Bangor Classes held at the 101st ARW

April- 3rd Augusta & April 12th Bangor 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 preapproval.

May- 1st Augusta & May 10th Bangor Purchasing/Leasing a Car

Information that will put you in the driver's seat when negotiating a deal, fi-

nancing and learning the pros and cons of leasing vs. purchasing.

June- 5th Augusta & June 14th Bangor 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.



## 2<sup>nd</sup> Annual York County Regional Job Fair

20 April 2012 • 1000-1400  
Nasson Community Center  
457 Main St. Springvale, ME  
Veteran's Representatives will be available.

### Workshops:

Resume Writing • 1030-1200  
Transferable Skills • 1230-1400  
The Maine CareerCenter provides a variety of employment and training services at no charge for Maine workers and businesses.

[www.mainecareercenter.com](http://www.mainecareercenter.com)

For assistance, call 1.800.343.0151  
or TTY 1.888.697.2913

### Sponsors:

- The Sanford-Springvale Chamber of Commerce
- Sanford Regional Technical Center
- York County Maine Military Community Network
- Springvale CareerCenter
- Goodwill Workforce Solutions

## UMO The New Balance Recreation Center Military Discount

National Guard Members qualify for our lowest rates on Full Memberships!

Leisure Pool - Two 25-Yard Lap Lanes • Vortex Pool • Spa  
Sauna. • 140+ Pieces Of Cardio And Weight Equipment Volleyball • Basketball • Racketball • Tennis • Indoor Track  
15+ Miles Of Running Trails Through The Demeritt Forest.

Membership Includes: Unlimited access to the New Balance Recreation Center, Open rec access to the Maine Bound Adventure Center, Wallace Pool, and Mahaney Dome, A wide selection of free adult group exercise classes, Reduced-fee access to fitness classes, outdoor adventure programs, special events and services such as personal training and equipment rentals, and Use of the locker rooms, including rental at the Rec Center

**\*\* 2 WEEK FREE TRIAL \*\***

Duration	Individual	Individual Plus	Family
12 Months	\$ 384	\$ 480	\$ 576
Academic Year	\$ 288	\$ 360	\$ 432
Semester/Summer	\$ 144	\$ 180	\$ 216

Individual Plus = member + spouse/partner or member + dependent children (< 22 yrs) all living in the same household.

Family = member + spouse/partner + dependent children (< 22 yrs) all living in the same household.

For more information: (207) 581-1082 | [www.umaine.edu/campusrecreation](http://www.umaine.edu/campusrecreation)

# VETS4WARRIORS

[www.vets4warriors.com](http://www.vets4warriors.com)  
24-Hour Peer Support Line

1-855-VET-TALK

1-855-838-8255

Toll-Free & Confidential



You're Not Alone...  
Anytime, Anywhere!

Confidential Military Support By Veterans



## Chaplains' Corner: What Really Matters!

Chaplain (CPT) Earl Weigelt

*"Marriage has no guarantees. If that's what you're looking for, go live with a car battery." –Erma Bombeck*

When it comes right down to it, marriage is hard work! Nobody really tells us that before we get married, or if they do, we're either too infatuated with our future mate to believe it, OR we imagine that WE'LL be the exception, and we shrug off the idea before we get our arms around it. What makes marriage so hard is that we're both human. We are sometimes: selfish, stubborn, tedious, agenda-driven, devious, deceitful, opinionated, forgetful, callous, assuming, arrogant, lazy, mouthy, pious, peevish, sneaky, messy, defensive... sometimes all in one day. We are imperfect. And marriage IS an imperfect relationship between two imperfect people. We are gonna get it wrong with our mate from time to time, and he or she... with us. It's that simple. What goes a long way toward stabilizing a marriage and helping it to grow, is a willingness to acknowledge this fact, particularly when it comes to ourselves. If I'm able to face my faults, limitations, and imperfections honestly, I'm able to do two things: First I can recognize when I've screwed up... and apologize and second, I can extend grace to my mate and not expect perfection from him or her. We are free to be ourselves, we learn how to extend and receive forgiveness, and as we weather more and more of life together, bearing with each other's weaknesses and exulting in each other's strengths, we build a history that bonds us even closer.

If you're married, I invite you to attend our 18-20 MAY Marriage Enrichment Event in Bar Harbor. It is SUCH a great time, and you're sure to come away with some tools you can use in your marriage. If you're single, pay attention to what folks who've been married awhile have to say, (especially the good stuff). Seek their advice and counsel so you can go into your future relationships eyes-open. And be sure to sign up for the Premarital Interpersonal Choices and Knowledge (PICK) events as they come around (another one coming up in August).

Yours Truly,  
Chaplain (CPT) Earl Weigelt  
430-5898 Office • 620-6009 Cell



### Military OneSource Tax Services

Military OneSource will provide free tax filing services (both federal and state) and free tax consultations to service members and their families.

For Details Visit  
[www.MilitaryOneSource.com/](http://www.MilitaryOneSource.com/)



The spotlight currently on resilience highlights an important aspect of Army leaders taking care of our nation's warriors. Since the beginning of the wars in Afghanistan and Iraq, the word "resilience" has been used in a medical context. Doctors and nurses needed to be resilient to provide effective health care. Now, resiliency is required by all Soldiers to maintain the high operational tempo.

We needed to become concerned with prevention as opposed to treatment, and that is what resilience skills are — prevention techniques.

The Army's Comprehensive Soldier Fitness (CSF) program builds resilience by maximizing Soldiers' mettle and mental thinking. The Global Assessment Tool can help determine your level of fitness in five dimensions of strength: physical, spiritual, emotional, social and family performance. Individually tailored skill training can increase functioning in each area. The GAT and skills modules are accessible at <https://www.sft.army.mil/>. Each Soldier is required to take the GAT annually. Access family member GAT at <https://www.sft.army.mil/SFTFamily/>.

The driving force in the CSF program is the master resilience trainer (MRT). The MRTs are in units at battalion-level and above. Senior NCOs or officers complete the 10-day MRT course and are a com-

mander's point of contact for CSF issues. These MRTs, in turn, have resiliency training assistants (RTAs) down to the company level who act as the "eyes and ears" for the trainers.

Once RTAs have completed their 3-4 day course, they will go back to their units and assist the MRTs in facilitating the resilience training for their respective units in the major core competencies associated with the CSF program, including self-regulation, self-awareness, optimism, mental agility, connection and strength of character. As Soldiers develop their holistic fitness and strength, they develop the resilience not only to bounce back, but to thrive under challenging conditions. It all comes down to our thought processes. We can always change our thoughts; it's the emotions and reactions that we can't change, and that's why we need real-time resilience.

RTA training will be offered at the RTI in the 3rd or 4th quarter this year. If you are interested in attending, speak to your chain of command. More details will follow as they become available. For more information contact MAJ Grant Delaware, Master Resilience Trainer and Deputy Director of Military Support, at 207-430-5749 or [grant.delaware@us.army.mil](mailto:grant.delaware@us.army.mil) or CPT Tara Young, Resilience, Risk Reduction, and Suicide Prevention Coordinator, at 430-5919 or [tara.k.young@us.army.mil](mailto:tara.k.young@us.army.mil).



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EVENTS • SERVICES**

Sign up Today at [www.jointservicesupport.org](http://www.jointservicesupport.org)

# Sexual Assault Prevention And Response

## GET HELP GET INFORMED GET INVOLVED

*Knowing your resources can empower you against violent crime and help you know what to do if it happens to you or some-one you know.*

Service Member's Rights - Bill of Rights

The Directive includes a DoD Victims' Bill of Rights which resembles the Federal Crime Victims' Bill of Rights. DoD law enforcement and legal personnel directly engaged in the detection, investigation or prosecution of crimes are responsible for ensuring that victims of military-related crime are accorded

the following rights:

- Be treated with fairness and respect for the victim's dignity and privacy.
- Be reasonably protected from the accused offender.
- Be notified of court proceedings.
- Be present at all public court proceedings related to the offense, unless the court determines that testimony by the

victim would be materially affected if the victim heard other testimony at trial.

- Confer with the attorney for the government in the case.
- Receive available restitution.
- Be provided information about the conviction, sentencing, imprisonment and release of the offender.

Additionally, court-martial convening authorities, as well

as clemency and parole boards, are directed to consider making restitution to the victim a condition of pretrial agreements, sentence reduction, clemency and parole. They may consider victim statements on the impact of crime when reviewing a case.

**Maine Joint Force Headquarters Sexual assault Response Coordinator & Domestic Violence Program Manager 207.430.2181 BB 207.620.6335**

1LT Jasmine Cain  
 Maine National Guard  
 Sexual Assault Response Coordinator  
 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



National Coalition Against Domestic Violence  
 1.800.799.7233



National Sexual Assault Hotline 1.800.656.4673



State Wide 800.871.7741

## 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.*

*Our next event is a Pre-deployment on 2-3 June in Rockport, ME.*

Yellow Ribbon Team • SFC Jensen at 430-5771

## 2012 Guard and Reserve Pre-retirement Seminars

Seminars begin at 6PM at the locations shown below. E-mail or call Wendy Moody, Transition Assistance Advisor, at 207-430-5778 or wendy.moody@us.army.mil for more information or to register. Registration is not required but is helpful to the presenter.

- Bangor:** 21-Mar Holiday Inn, 404 Odlin Road
- Caribou:** 10-Apr Caribou Inn and Convention Center, 19 Main Street
- Augusta:** 16-May Best Western Civic Center, 110 Community Drive
- Lewiston:** 19-Sep Ramada Inn, 490 Pleasant St.
- Portland:** 9-Oct Clarion Hotel, 1230 Congress St.
- Belfast:** 24-Oct The Comfort Inn, 159 Searsport St.

## Military Family Assistance Center (MFAC) -News and Notes

I hope that this news letter finds you and your family in good spirits and health. This is the time of year that many of us look forward too. Meaning SPRING is here! With that being said, it is also a time to remember that we have service members deployed, and some possibly preparing to deploy. So let's keep them and their families are in our thoughts. As some of you may know, Kerry Birmingham who was the Military Family Assistance Center Manager has retired, as did Gerald Soucy, our Caribou Family Assistance Center Specialist, they both will be missed. I was privileged to be hired to replace Kerry. We also have some new hires to our Family Assistance Center Team. Michelle Ouelette, and Kyra Darling are our new Family Assistance Cen-



### Bangor MFAC

Dave Smith

### Augusta MFAC

Michelle Ouelette

Kyra Darling

### Portland MFAC

Carolynn Taylor

### MFAC Manager

Mark Cater

**1-888-365-9287**

ter Specialist, both located in Augusta, at the Buker Center. Carolynn Taylor is located in Portland, and David Smith is located in Bangor. I feel that we have a very well rounded team with lots of experience and everyone of them are passionate about their job and care so much for our military service members and families of all branches. We all are

dedicated to serving you, and helping you with any needs that you may have. This is also a time of year that many events, opportunities for military families and community activities take place, so I ask that you watch for emails, read the news letter's, and stall talk flyers that we send out. The Military Family Assistance Center Specialist are

also working drill weekends most months and will be visiting units to assist with any needs that service members and their families may have. I know I speak for our team and we all look forward to working with you, talking with you and assisting you to find resources if needed. Also, please remember that our 1-888-365-9287 number is available 24/7. If you need us, have a question or concern, do not hesitate to call. Have a safe spring and enjoy the beautiful weather we have a head of us.

Mark Cater

Family Assistance Center Manager.

### New Fax Numbers in Augusta Family Assistance Center

207-430-6204

207-430-6205

## Equal Opportunity

The Equal Opportunity (EO) Office is responsible for the day-to-day implementation of EO and diversity policies. Our major responsibilities are to support units in ensuring all Soldiers are presented with the opportunity to succeed by educating Guard members regarding diversity and equal opportunity policies, encouraging diversity initiatives, supporting Soldiers, and ensuring compliance with regulatory requirements.

The primary goal of the EO program is to provide an environment that is free from discrimination. In addition, the EO Office will assist in processing complaints concerning discrimination based on the following protections: race, color, national origin, gender, and religion. The EO office recognizes special observances each year. The Day

of Remembrance is Thursday, April 19, 2012, and May is Asian Pacific American Heritage month.

The United States Congress established the Days of Remembrance as our nation's annual commemoration of the Holocaust and created the United States Holocaust Memorial Museum as a permanent living memorial to the victims. This year's theme is Justice and accountability in the face of Genocide. In accordance with its Congressional mandate, the Museum is responsible for leading the nation in commemorating the Days of Remembrance, and for encouraging and sponsoring appropriate observances throughout the United States.

The internationally recognized date comes from the Hebrew calendar and corresponds to the 27th day of Ni-

san on that calendar. It marks the anniversary of the Warsaw ghetto uprising. In Hebrew, Holocaust Remembrance Day is Yom Hashoah. For more information, see the website: <http://www.ushmm.org/remembrance/dor/calendar/>

May is Asian Pacific American Heritage Month. Some ideas for commemorating this celebration are listed on the following website: <http://www.asian-nation.org/heritage.shtml>

A few examples are, Dine at an authentic Asian restaurant. Instead of just eating, talk to the owners. Learn more about their stories, how they went about establishing their business, the obstacles, and local issues that they care about as business-owners. It will give you a better sense of the rewards and challenges they face, especially if the owners

are first-generation immigrants.

Look at any popular magazine, website or show and carefully look at how they portray Asian Pacific Americans. Are the portrayals positive or negative? Are Asian women more objectified or sexualized than other women in the media or are there no images of Asian women and men at all in certain media? What other kinds of stereotypes are depicted? What kind of message do you think this sends to media consumers?

Read a book by an Asian Pacific American author. Each author writes through his or her unique "lens" which the writing reflects. For questions or more information, contact CPT Tara Young at 430-5919, or [tara.k.young@us.army.mil](mailto:tara.k.young@us.army.mil)

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



The following information is taken from the January 2012 issue of Military OneSource eNewsletter which is a monthly newsletter available from Military OneSource at [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com).

## Teaching Teens about Financial Responsibility

With the current economic downturn, it is increasingly important that teenagers understand how to manage their money. Learning the basics of budgeting before moving out on their own is a necessary step toward ensuring that teens grow up to be financially responsible adults. Setting a good example for your teen to follow and a little parental involvement may be all it takes to transform a naïve teen into a budget-conscious adult.

### LEAD BY EXAMPLE

Even before teens accept their first jobs, they're watching you, their parents. Involve your teens in the family budgeting process, and show them your family's monthly income versus expenditures. Explain to your teens how you prioritize spending and the difference between needs and wants. For example, you need a home, food, and utilities, so bills and grocery expenses generally have priority over wants, like a new television or a family vacation. Showing your teens how to save money is also important. Teach them what it means to have a "rainy day" fund and why having extra cash on hand can be useful in the event of unexpected expenses.

Choosing to be spending-savvy parents makes it easier to pass on cost-saving techniques to your teens. Make sure that they know the importance of product research and reviews and cost comparison before making a large purchase, like a new computer, appliance or car. Also, make an attempt to cut back on unnecessary spending, like dining out or stopping for coffee each morning. Cooking at home and brewing your own coffee may seem to only save trivial amounts here and there, but over a period of time the savings are significant.

### BUDGETING WITH AN INCOME

When your teens take on a part-time job, don't be afraid to get involved in their budgeting process. View your son or daughter's paycheck as a teaching tool that can help them prepare for their future when they will deal with a large income.

If you haven't already established a bank account for your teen, this is the time to open one. You may already have a savings account established for your teen, but now that they will most likely have a steadier stream of income and expenditures, this might be an appropriate time to open a checking account as well. Just like any other investment, shop around for a bank or credit union that offers accounts with no monthly fees, low or no minimum balance requirements, parental access and competitive interest rates. It may also be beneficial to find a bank that allows quick and easy

money transfers between checking and savings accounts to make saving even easier.

Get in the habit of sitting down with your teens when their monthly statement arrives in the mail to discuss their spending habits. In the meantime, encourage them to keep a spending journal or detailed check register so that they are conscious of their spending habits. These days, spending money can become mindless. With just a swipe of a debit card or one-click online shopping, it can be easy to forget that these swipes and clicks deduct hard-earned money from their bank account. Actively documenting spending will force teens to consider the purchases they make and think twice before spending money on something that is not a necessity.

Saving should be a priority for teens since, while living at home, their basic needs are covered. However, you may find it worthwhile for your teens to assume some financial responsibility at home, like paying for their own gas, car insurance, or cell phone bill. Talk with your teens, and decide on a realistic monthly savings goal. For a little extra motivation, encourage your teens to work toward a savings goal. Whether it's the purchase of a car or an upcoming class trip, a target dollar amount can bring a purpose to saving.

Above all remember that it is a learning process full of teachable moments and, inevitably, a few setbacks. For additional support or suggestions visit the Department of Defense's [Military Youth on the Move](#). Navigate to the appropriate age category for your children, and select "Making Sense of it All" in the menu.

## 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](http://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

## Volunteers Are Shining Stars!!

*“Some people WANT it to happen, some WISH it to happen, other MAKE it happen!”*

National Volunteer Week, April 15-21 2012, was established in 1974. This week is a time to acknowledge and honor the efforts of unselfish people who donate their time, energy and passion. I would personally like to do that by declaring the month of April as the “Month of the Volunteer: My Shining Stars”, because one week isn’t possibly enough time for me to thank the numerous Volunteers who support our Maine Army National Guard Soldiers, and Families.

Most of us have been asked to Volunteer, right? We believe Volunteering, and paying it forward is “the right thing to do”, its “honorable”, and it “feels good”. All true. However, just as we’re being convinced about how great we would be for a certain Volunteer position - - ALMOST simultaneously... Excuses begin running through our mind a million per second: “Well, umm, ahh, you know, the new episodes of The Voice is coming on, work is so busy, summer is hectic, and money is tight – I just can’t get involved.” Sound familiar?

Well, I’m proud to say the

Maine Army National Guard has an amazing group of Volunteers who have worked around most of these excuses, and for that I say, “Thank you for a job well done, and for the sacrifices you make every day to serve our Military Service Members, and Families!” The work is hard, the effort, and enthusiasm is critical, the sacrifice of self is much, but the reward is to know that one single act of good work can transform and make a difference in the life of another; over and over again.

The following Volunteers are part of a team who manage Unit FRGs for Commanders across the great state of Maine. They are the back-bone of support that helps our Military Families face the challenges of military life at every stage of the Deployment Cycle. I consider them my “Shinning Stars”!! Definition of Shinning Stars: Ordinary people who emit rays of light through the love, hope, and support they provide to Military Families day and night.

They go above and beyond to welcome new members to the unit, provide opportunities for Family members to gather:

Summer and Holiday Family Events to build relationships, and consistently communicate directly, or electronically important information on a regular basis, PLUS they meet regularly, and face-to-face with, Command, Service Members, and Families, during drill week-ends. I am privileged to work with you all, and I am proud!!



Michelle Darveau, Senior FRSA

*“Thank you, Shinning Stars!!!”*

Linda Newbegin (State)  
Dottie Pinkham (120th RSG)  
Joyce Warren (120th RSG)  
Diana Townsend (120th RSG)  
Christine Thibeault (120th RSG)  
Jessica Voter (136th EN)  
Lindsay Taylor (136th EN-\*)  
Nancy Ashmore (136th EN-\*)  
Lori Eubank (MEDCOM)  
Danyall Hallett (136th EN-\*)  
DeAnna Kiilsgaard (136th EN-\*)  
Aimee Brooks (RR/RSP)  
Heather Maker (262nd EN)  
Johanna Stickney (262nd EN)  
Lorri Tlumac (251st EN)  
Melanie Rounds (251st EN-\*)  
Cindy Adcock (251st EN)  
Cheryl Quint (185th EN)  
Kristi Hamilton (133rd FSC)  
Faye Jariz (133rd FSC)  
Carol Grant (286th CSSB)

Kelly Varney (142d/224)  
Nikki Fennelly (142d/224)  
Sarah Bucci (3/172d IN)  
Kristen Bender (142d/224)  
Heather Trainor (126th AVN)  
Elizabeth Ryder (126th AVN)  
Samantha Treadwell (126th AVN)  
Amanda Peacock (488th MP)  
Alexis Schools (488th MP)  
Sharon Richard (488th MP)  
Tracy Richard (488th MP)  
Jessica Frank (488th MP)  
Beth Tilton (488th MP)  
Darlene Bergeron (1136th TC)  
Connie Farquharson (1136th TC)  
Marguerite Cannon (1136th TC)  
Ann Renne Elefson (1136th TC)  
Wendy Crawford (1136th TC)  
Flo Dionne (152d CRC)  
Sharon White (152d CRC-\*)  
\* New Volunteers

## Family Readiness - “What’s It All About Anyway?”

Family Readiness is especially important for Military Families, as we MUST be prepared at a moment’s notice in the event our Service Member is called to serve our nation. Family Readiness is for EVERYDAY, not just during deployment time. It’s proven to be easier on the Military Family, if they practice Family Readiness EVERYDAY.

### Personal Financial Readiness

We are fortunate to have a Personal Financial Counselor (PFC) Ms. Gayle Rose Martinez available to meet with any service member or their dependent family members. These sessions are FREE. The PFC can provide guidance on a wide range of topics, including retirement planning, college financial planning, and debt reduction and investing.

The PFC is available to travel around the state to meet with people. If you would like to contact her you can call 207.465.5677 or email [maine.pfc@gmail.com](mailto:maine.pfc@gmail.com)

### Disaster Preparedness Readiness

Do you remember the Ice Storm of 1998? How about recent

weather-related disasters in Maine including blizzards in December 2010 and torrential rains in February 2010 that created record tidal surges and knocked out power to 133,000 homes.

Ask yourself, “Am I really ready or prepared in the event of a disaster?”

As a parent and family member one of the jobs you do best is to provide a healthy, safe and secure world for your family. But if you are like many other parents some issues feel overwhelming and you would rather not worry about them. The prospect of a disaster is one of those issues. However, there are special resources to help you protect your family in case of a disaster. And all of us can prepare. A few simple steps will help us to protect our families, assure that our children feel safe, and make it easier to recover if and when we have to go through a disaster.

Courses will be available at no charge, and will be approximately two hours in length. Additional information can be found on JSS under events by going to [www.JointServicesSupport.org](http://www.JointServicesSupport.org). For questions e-mail [Michelle.Darveau@us.army.mil](mailto:Michelle.Darveau@us.army.mil).

## Family Contact Information

Did you know as part of Soldier and Family Readiness your Soldier needs to provide his/her family contact information to his/her unit? This also includes single Soldiers. This past August an army regulation was published that states "Service Members shall ensure the command is informed of any changes in their Family status, to include current military Family contact information. Prior to August 2011 this requirement was encouraged but not enforced.

Why does the Soldier need to provide current Family Contact information? As most of you know your Soldier doesn't always share with you information he's has received at drill. The Maine Guard is blessed with A LOT of opportunities for the Soldier and his/her family, and we need a way to get that information to you in a timely manner.

Your Soldier's Family Readiness Liaison or Family Group Leader will develop a data base with your family contact info as well as an email address specific to family contact information. An example this address would be (unit name)frg@gmail.com. This way when you see this email you know it is from the National Guard and not just another piece of spam

If you haven't received emails from the Guard in your personal email, ask your Soldier if he/she has provided your information to his/her unit.

Hopefully every Soldiers' family member is readiness this Chain of Concern newsletter.

Happy Easter, and Mothers Day everyone! Spring is knocking at our door.

Maureen Hickling

ME Family Readiness Support Assistant (Contractor)

52d Troop Command

Military Personnel Services Corporation

Office: 207-430-5932

Fax: 207-735-1083

maureen.hickling@us.army.mil

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**CENTRAL MAINE  
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**Augusta  
Armory**

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2-6 pm**

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\$20 for  
members of  
the Maine  
National  
Guard**

Contact the  
Maine Armory  
Rentals Program  
207-430-2105



## Vacations for Veterans

*Vacations For Veterans seeks to provide Purple Heart Medal recipients from the Iraq and Afghanistan Campaigns with a week of free lodgings donated by vacation homeowners.*



[www.vacationsforveterans.org/](http://www.vacationsforveterans.org/)

## Absolute Beauty Salon Military Discount.

Morgan Hill Event Center • Rt2 In Hermon  
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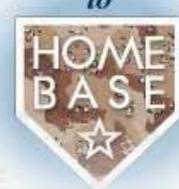
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Presented by



**new balance.**

**RUN-WALK**  
to  
**HOME  
BASE**



Ever dream about crossing home plate at Fenway Park as the crowd cheers you on?

Want to be part of an exciting fundraising event that helps provide much needed services to local veterans returning from Iraq and Afghanistan?

The 2012 Run-Walk to Home Base presented by New Balance is a 9K fundraising Run scheduled for Sunday, May 20th, 2012. This year, we also added an option of a 3 mile fundraising Walk too! 20 May 2012

9K run or 3 mile walk  
Full-time Active Duty waiver for fundraising requirement  
*(\$50 Registration fee still applies.)*

<https://register.gorun.org/runtohomebase>

Funds raised will provide clinical care for veterans with combat stress or traumatic brain injury; support services and counseling for wounded vets families; research into improving treatments and preventing these devastating injuries that effect as many as 30% of troops returning home from Iraq and Afghanistan; and community education for health care providers, clergy and the public

## 488th FRG



As we move into 2012 our Unit has received notification of sourcing and will be training as if they are deploying. As a Family Readiness Group we will be training and treating this year as if there will be a deployment to come as well. This year we plan on having a number of meetings to educate families on readiness, resiliency and let's not forget that we do love to have fun.

So we invite you to be a part of our FRG family, whether that is in a volunteer position or just as a family mem-

ber who wants to be educated and have some fun. Please remember that you do not have to be a spouse to be involved and supportive, you can be a mom, dad, sibling or friend. Also, remember that you do not have to volunteer to be involved with the FRG, but that we do need volunteers who want to be part of our team to help make a positive impact in the lives of our families by offering their knowledge, skills, resources and time. Please stay tuned for our monthly newsletter which highlights the topics we will be discussing at our future FRG meetings as well as information on our Yellow Ribbon and Family Day events.

If you have any questions or do not currently receive a copy of our newsletter please feel free to e-mail us at 488thmpfrginfo@gmail.com.

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

## 286th FRG

Hello 286th Families Spring is in the air! Well at least as I write this it is! Just some reminders of upcoming events to start planning will be our annual summer event. Would love to have some input from family as to what everyone would like to see us do? Maybe having a BBQ & some fun activities for the kids? Getting our Youth leaders to come & let families know of all the great stuff they do through-out the year with kids of all ages. Any suggestions & ideas are welcome. I will be attending the State Conference meeting in April & hopefully able to bring back lots of information & ideas to the unit & families. They also have a teen symposium so if interested go to [www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family) to read all about it, the teens have a great time & learn a lot

while doing it. We still have lots of volunteer positions open so if you are interested please contact me either at my e-mail or unit e-mail listed below. Now would like to take this time to say a BIG THANK-YOU to Gen. Libby for all of his service & his support for the family programs, Sir you will be GREATLY missed but we wish the best for you & Mrs. Libby. Also don't forget about Youth Camp! Applications can be downloaded from [www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family). This is an amazing week for all who attend! Upcoming meetings will be announced either through e-mail or snail mail. Any questions feel free to contact me!

Carol Grant  
286th FRG Leader  
[w.cgrant@myfairpoint.net](mailto:w.cgrant@myfairpoint.net)  
Unit # 430-5857

## 120th FRG

I want to start off with Thanking all of you who had brought something in for the bake sale. We have some awesome cooks. The soldiers were very pleased and we had a lot of positive feedback. It was a great success, thanks to you all.

The planning for Family Day is looking good and we still have a few things we need to work on. ONE VERY IMPORTANT ITEM is the Surveys that were passed out at March Drill, which should be returned by April drill. This is to get a proper head count for cabins and food, which we need to lock in early. Please don't forget to bring them to drill with you. The sooner the better. We have a tentative plan for vendors coming on Saturday of Family Day with information for families on what resources and benefits that they have to offer to us. Sunday, we will have the Financial Counselor there for an hour in the morning to let us know what she can do for us. We are in the planning stages for activities for the kids and adults, so if there is anything that you would like to do or help with, please let us know. We are looking for help with the children when the Financial Counselor speaks, so if you have any ideas please let me know.

The 120th Family Program has committed to doing the concession stand during the Woodcarvers Event. We are still waiting for a date and will let you know in the newsletter or by email. If you would like to come and help us out or know of a group that would be willing to help, would be awesome.

Our Meetings are held Sunday of drill weekend at 12 at the Augusta Armory, usually upstairs. You are welcome to attend and help us to plan this years events.

Again thank you for your support.  
Dottie  
234-2086  
[frg120th@aol.com](mailto:frg120th@aol.com)

## 1136th FRG

Happy one year anniversary to the 1136th Transportation Company! This time last year we returned to the frozen tundra of Maine from the mountains of Kabul, Afghanistan to an amazing group of supporters at the Augusta Armory.

We have recently opened a gmail account - 1136thFamilyGroup@gmail.com - to help get the word out to both our Soldiers and families regarding employment opportunities, freebies, Veterans benefits and anything else that is deemed worthy from the mountain of e-mails we get every day! We have a spring family day on Sunday, May 6th which will include a climbing wall and bounce house for the kids (thank you R&R!) Additionally, we've set up a class for the Soldiers and significant others with the state Personal Financial Counselor who has proved time and again to be a valuable asset to both Soldiers and families throughout the state. All of this (and a BBQ!) will happen from 0900-1300 and we welcome all to attend.

If you ever want to know what about upcoming events and opportunities check out the Maine Family Program page on Facebook.

SGT Meghann Burnett  
1136th FRL  
430-5469

[1136thFamilyGroup@gmail.com](mailto:1136thFamilyGroup@gmail.com)

### Free Notary Service:

Anyone needing items notarized can get this done at the Buker center in the Youth Program office - Mr. Steve Hughes will provide this service to all national Guard members for free - call ahead to make sure he is available 430-5773.

## 1136th Calais Det.

Hello Calais Detachment of the 1136th! Let me take a moment to re-introduce myself, my name is Connie Farquharson and I will be rejoining Calais as the Family Readiness Support Group Leader. Many of you are familiar with me in this role, as prior to and during deployment, I shared the responsibilities with LeeAnn Farley. With my husbands transfer back to Calais I am happy to be returning and working with SGT Crawford.

We want to extend an invitation to all families to attend Family Day, which will be held at the Calais Armory, on Sunday, May 6th. This event will kick off at 9 AM and will include a variety of activities for adults and children.

SGT Crawford is excited about the obstacle course, so come prepared to challenge his abilities on this! B-B-Q lunch of hamburgers and hot-dogs will be enjoyed at noon. A sign up sheet will be out for Salads, Desserts, ect- so families plant the seed with your soldier on what you want to be signed up to bring.

I am please to announce we will have a "Royal" visitor at our family day event. Honey, or otherwise known as the "Queen" at our house, will be joining us for a visit. For those of you who have not met her, she is the LUCKY dog that was adopted by the 1136th from Ft. Hood in the days before departing for Afghanistan. If the last time you saw her was at the Bangor Airport the day the 1136th left for Afghanistan, wait until you see her at Family Day. Being a true Mainer she has "wintered well" so to speak. If you would like to view pictures of her, check her out on Facebook- just look for Honey Farquharson and she will friend you.

If at any time you have questions or concerns that can be address by the Family Support Group please feel free to contact us by phone or e-mail at the following: 207.430.5445 1136thfamilygroup@gmail.com. Looking forward to seeing everyone and meeting new soldiers and families,

Connie Farquharson

## 262nd FRG

Where has the time gone? Spring is just around the corner and hopefully everyone remembered to set their clocks ahead as Daylight Savings time has arrived!! As we continue to undergo a makeover and transition to new leadership in the FRG for the 262EN, thanks go out to our Soldiers and their families for their patience.

The past three months have been extremely busy for us, with accepting our roles and training with the folks in the Family Readiness Program. As I attempt to maneuver my way around both Armories in Westbrook and Belfast, I continue to hear and experience nothing but positive and excitement regarding all the great changes that are taking place!

Having accepted the position of Family Readiness Leader, combined with the tremendous support of Johanna Stickney and SSG. Tenney Noyes, Family Readiness Liaison, we hope to begin to structure ourselves and begin to get new and exciting news and announcements out to our Soldiers and families as quickly as possible. As always, we will strive to provide support and assistance to our Soldiers and families of the 262 EN.

## 136th FRG



Here's a shared picture of the 136th Engineers in Vermont for Hurricane Irene flood recovery

Welcome Spring! We hope you all had a wonderful winter season and that the nice days to follow offer exciting plans. Some events to look forward to can be found on the National Guard website: <http://www.me.ngb.army.mil/Family/events.php> There you will find all upcoming events and how to register for them. A few highlighted events are the 2012 Teen Extreme White Water Rafting trip, Youth Camp 2012, and the Maine Military Couples Marriage Enrichment. All information about these events can be found on the above website and it will guide you to how you can register. This website is also an excellent spot for all resources so be sure to check it out!

I am happy to announce that I will have more volunteers on board with the FRG and cannot express just how excited I

am that I will have a team to work with to help better serve our military families and plan events! With that being said, it is just about time to start planning our annual Summer Family Day. We would love to hear your ideas for any ways to make this day more fun for all age groups as well as any fundraising ideas! Would you like to have unit T-shirts, hats, decal stickers, etc? Let us know! The email address is still: FRG136th@yahoo.com Please also indicate if you would like to be added to our mailing list to receive updates, event info, and savings!

We hope you all have a happy spring and we look forward to seeing you all this summer!

~Jessica Voter  
FRGL, 136th EN CO  
[frg136th@yahoo.com](mailto:frg136th@yahoo.com)

## 142nd & 224th FRG

Hello Families & Soldiers,

Our next project will be the unit Family Day. We are looking for suggestions and ideas on activities at our next meeting on March 31st, 8:00 AM at the 142nd armory. All are welcome and encouraged to attend.

We are seeking more volunteers to join our team. The following positions are still available: Secretary, Phone Tree

Callers, Treasurer and a Fundraiser Chairperson. PLEASE do not hesitate to contact us at the email address below.

Safe Drilling & A Happy Easter to All!

Your FRG Team,  
Kelly Varney, Nikki Fennelly & Kristin Bender

Unit Telephone: (207)430-5348

[142nd224thFRG@GMail.com](mailto:142nd224thFRG@GMail.com)

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 June 2012

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

# 126th Aviation Company

We have had a busy month preparing for the 126th's deployment. In January we gathered in Portland for the Yellow Ribbon Event. It was wonderful to have so many families all together and begin to create a network of support for one another. Our next event will be our Flat Soldier party. We are going to be creating our Flat Soldiers, meeting with representatives from different military organizations, and creating a care package to send to our soldiers. There will be activities for children and snacks. This will also be a wonderful chance for you to come and meet our Rear Detachment Commander, CW2 Libby, who we would like to welcome to our unit. We hope to see everyone the Flat Soldier party! If you are interested in coming to the event, or would like to get involved with the 126th FRG, please do not hesitate to contact us: 126frg@gmail.com

Heather, 126th FRG Leader

## FRG Leadership

If you are in a leadership position for a Family Readiness Group, you likely have the same kind of goals that I did – keep Families informed, support unit readiness, and maintain a flow of communication with your unit members. There are many ways to work toward these goals ... taking FRG Leader training, completing the online FRG Leader Training at Army OneSource, taking webinars on JSS, and working with fellow FRG Leaders to plan events activities, and share best practices. The best place that I've found to start sharing ideas is on a website created specifically for FRG Leaders: The FRG Leader Forum at <http://frgleader.army.mil/>. If we all work as team we can accomplish our mission together.

Jill Thibault, FRSA

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



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

