



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

CH (COL) Andrew Gibson  
Director, Deployment  
Cycle Services

MSG Barbara Claudel  
Director, Family Program

SFC Jeffrey Bickford  
NCOIC Yellow Ribbon  
Reintegration Program

## Chain of Concern Newsletter

### April/May/June 2014

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

### Recent Events



A huge THANK YOU to Operation Community Support and Author Stephen King for the bringing Military Families the Repeat Rally on 26 January 2014.



MM&CN had a great day in Portland at the Occupational Licensing & Job Fair on 4 March 2014. Thank you to all who helped make this event a huge success!

## CONTENTS

Recent MENG Events	1
The Chaplain's Word	2
State Family Program Director	2
Upcoming Events	3
Marriage Enrichment	3
Family Assistance Center Coordinator	3
Youth Program Events	4-5
Sexual Assault Awareness	6
Run for Cash	6
MFLC Locator	6
Substance Abuse Prevention Coordinator	7
Military OneSource	7
Understanding the Family Program	8
MM&CN	8
Pre-Retirement Seminars	9
MM&CN Annual Conference	9
Run to Home Base	9
5 Tips for building Good Credit	10
Kieve Wavus Veterans Camps	10
Goodwill LBD Fundraiser	10
Veteran Interviews	11
Military Deals and Events	12

## The Chaplain's Word

The command that I am giving you today is not too difficult or beyond your reach. It is not up in the sky. You don't have to ask, 'Who will go up and bring it down for us, so that we can hear it and obey it?' Nor is it on the other side of the ocean. You don't have to ask, 'Who will go across the ocean and bring it to us, so that we may hear it and obey it?' No, it is here with you. You know it and can quote it, so now obey it. (Deut. 30:11-14)

The King of England for more than half of the thirteenth century was Henry III. He was generally considered to be an ineffectual and "simple" King; he was regarded as being naïve and even stupid. He knew of these criticisms; therefore, in his later life, he was happy when a court jester compared him to Jesus Christ. "And how could I possibly compare to our Lord and Savior," asked the smiling King. "Because," replied the jester, "our Lord was as wise at the moment of His conception as when He was thirty years old; so likewise our King is as wise now as when he was a little child."

This, of course, was an insult; I doubt the jester had much job (or life) security from that moment on. However, all too often we complicate things far too much. At the end of the day, doing the right thing is truly a simple thing – though it might be a hard thing. We all have learned from a very early age to treat each other with respect and kindness; to tell the truth; to help when needed; to say, "please and thank you"; and yet, so often we feel the need to make things more complicated.

We are in an atmosphere where austerity, and not prosperity seems right around the corner. We might fear cutbacks, change, vulnerability and uncertainty. Yet, the principles of God and/or of nature do not change. If we each stick to what we know to be right, if we each cherish those around us as brothers and sisters, if we each try each day to reach our potential, than what happens on the outside will be largely irrelevant. Trust in that which does not change and that which does not decay or rust or suffer sequestration. Trust in love and the principles that you have known since you were a child.

God Bless You,  
CH Andy Gibson  
Joint Forces, Headquarters – Maine  
Chaplain

## State Family Program Director MSG BARBARA A. CLAUDEL

There are two special groups that we are celebrating this month in the Family Program office!

It's Military Child Appreciation Month! Who deserves a bigger thanks for their service & sacrifice for our country than the Military Child. Whether you have kids or not, you have to admit, they are pretty amazing little people and do make a direct impact on our mission every day. Like many of you, I have four fantastic children who are the reason I get up every morning and I couldn't imagine life without them. Let's take this time to really show them that we appreciate everything they do to make us proud, strong American Soldiers. The lists on page 5 and 9 will give you some ideas of how you can celebrate this special time.

April 10-16th is National Volunteer Appreciation Week! This is another special group of people who directly impact our mission every day and deserve a big Thank You! Our Family Readiness Groups provide support to units that many people do not even see. Providing a smile and welcome a new family, sending emails of upcoming events, sharing comforting words to unit members and families when they just need someone to talk to, and of course, planning some pretty terrific events for everyone to enjoy. No pay, no frills can make someone do what they do - it has to be an act from the heart. Please take this time to tell them you appreciate the little things that they do and if you don't know what they do, find out! Volunteers are always welcome and we would love to help you get involved if you don't know where to start! A thank you will go a long way, a card of thanks maybe even further!

Speaking of the above two wonderful group of people: We are looking for Volunteers to work with our amazing Military Kids! Camp is coming in July and we still need a few Volunteers with specific talents. Medical Staff and Cabin counselors are the jobs we currently need filled for either/both weeks. Family members, retirees, or current military can apply.

Have a great Spring!

Scan to visit the  
Family Program  
Website



# Stay Up to Date with



Deals, Discounts, And Freebies For Service Members

**DEALS, DISCOUNTS & FREEBIES FOR MILITARY FAMILIES**  
**Email a request to:**  
**kyra.e.darling.ctr@mail.mil**  
**to receive your weekly copy**

# Family Assistant Center Coordinator:

Happy Spring from the FAMILY ASSISTANCE CENTER (FAC):

We are looking forward to some great events this spring. We are tracking a couple of military appreciation baseball games, fishing tournaments, and our youth program has a lot in store as well. Keep up to date with us by requesting to be on our Stall Talk email distribution list. (look left for details)

I also want to welcome our newest Family Assistance Cen-



**24/7 Availability**  
**For the information you need when you need it,**  
**Reliable, Free, Confidential**  
**Serving All Military Families**  
**1-888-365-9287**

ter specialist, Dorothy (Dottie) Pinkham located in Bangor. Dottie is jumping in with both feet and doing a great job. If you have a chance stop by and say

hi, I am sure she would love to meet you. The FAC is always here for you and we can be reached at 1-888-365-9287. Kyra Darling, FAC Specialist

## UPCOMING EVENTS

<http://www.me.ngb.army.mil/family/events.php>

### APRIL

- 2 The United States Army Field Band and Soldiers Chorus (p. 7)
- 4 Honorary Maine Legislature Page Day
- 4 Month of the Military Child Proclamation
- 11-13 Teen Symposium (p. 4)
- 19 Easter Egg Hunt (p. 4)
- 23 Pre-Retirement Seminar Augusta (p. 9)
- 25 Bring your Child to Work (p. 4)
- 26 1LT James Zimmeran Memorial Fitness Challenge (p. 5)

- 16-18 2014 Family Readiness Academy Bar Harbor
- 16-18 Teen Panel Training Bar Harbor, ME (p. 4)
- 16-18 Marriage Enrichment
- 24 Fallen Warrior Ceremony (p. 3)

### JUNE

- 13-15 2nd Annual Aaron Henderson Memorial Softball Tournament, Houlton
- 20 MM&CN State Conference (p. 9)
- 21 Run for Cash <http://runforcash.org> (p. 6)
- 24-26 Teen White Water Rafting Leadership (p. 4)

### MAY

- 15 UMaine Military Appreciation Baseball Game
- 16 Portland Sea Dogs Military Appreciation Baseball Game

### JULY

- 19 Run to Home Base (p. 9)
- 13-19 Youth Camp Week I
- 19 Run to home Base (p.9)
- 20-26 Youth Camp Week 2
- 26 Veterans Appreciation Fishing Tournament

## Maine Army National Guard

### Marriage Enrichment

Bar Harbor

16-18 May 2014 (register by 2 May)

Fri.: Travel Day • Sat.: 8 a.m.-4 p.m. • Sun.: 8 a.m.-12 p.m.

Register: [www.JointServicesSupport.org](http://www.JointServicesSupport.org)

keyword: Marriage

Lodging Friday & Saturday evenings at no cost—we will book it, 3 Meals provided for weekend

- A toolbox of good educational communication skills!
- What is NOT provided:
- Mileage not available • Childcare.

PREP is an educational program designed to help couples communicate and build a stronger connection to each other. It is a research-based approach to helping couples prevent divorce and preserve a lasting love. Developing and keeping open communication lines is key to maintaining a successful marriage especially after experiencing long separations associated with deployment.

Registration questions contact Michelle.l.ouellette2.ctr@mail.mil or call 207.430.5779. Questions about curriculum can be directed to Chaplain (CPT) Earl Weigelt @ earl.e.weigelt@mail.mil or at 430-5898

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



## FALLEN WARRIORS CEREMONY

24 May 2014 • 62 Pegasus St. Brunswick, ME • 1300-1400

Presented by: Vietnam Veterans of America Chapter 1044

& the Mid-Coast Maine Veterans Council

**Guest Speaker Gov. Paul LePage**

For more information contact:

Roger Dumont 833-6110 or Joe Armstrong 490-2094





## Bring Your Child to Work

Friday, 25 April, as part of the Month of the Military Child celebration, we will host our annual Bring Your Child to Work Day at Camp Keyes. The event will begin at 0730 in the morning with a briefing by Senior Leadership, and then the children will accompany their parent to their work area. At noon, everyone will get back together for a pizza lunch provided courtesy of the American Legion Auxiliary Department of Maine. After lunch, we will have a tour of Camp Keyes, and at 1500, Mrs. LePage, the First Lady of Maine, will join us for our annual "March" from Camp Keyes to the Blaine House to celebrate the Month of the Military Child -

Register at [www.jointservicessupport.org](http://www.jointservicessupport.org)  
keywords: "Bring Your Child to Work"



### MAINE MILITARY TEEN LEADERSHIP White Water Rafting Adventure 24-26 June 2014

Adventure Bound in Caratunk, Maine  
Open to military Teens from 13-18  
\$50 Activity Fee Per Child

Transportation provided from Augusta, Bangor and Portland.

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

Scan to The  
QR code to  
reach the  
Youth Program  
Website



## Youth Camp 2014



15th Annual Maine National  
Guard Youth Camp 2014

Week 1: 13 - 19 July 2014

Week 2: 20 - 26 July 2014

Registration is open  
Campers Ages 9-15  
Junior Counselors 16-18  
Adult Volunteers  
Camper Registration deadline 9 May 2014  
Volunteer & Junior Counselor Application  
Deadline: 11 April 2014

For Registration Please visit  
[www.jointservicessupport.org](http://www.jointservicessupport.org)  
Search Keyword: Campers,  
Junior Counselor, and Adults  
Questions can be directed to the  
Youth Program office 207-430-5773/5953

## Teen Symposium

The Annual Teen Symposium will be held the weekend of 11-13 April in Central Maine (Location TBA). This training is open to any Army/Air National Guard Teen. Teens will participate in Team Building, leadership training, the high and low ropes course, and other activities. Our guest speaker will be Mr. Jerry Ackerman, <http://jerryackerman.org/> - All meals are included, and there will be a \$20 activity fee for this event. Bus transportation will be available from Augusta, Bangor and Portland.

Register at [www.jointservicessupport.org](http://www.jointservicessupport.org)  
search JSS Events - "Teen Symposium." 1 April 2014 Deadline



## EASTER EGG HUNT

For Military Families

19 April 2014 • 1300 – 1500

Buker Center • Augusta

TOY • PRIZES • ACTIVITIES  
LOTS OF EGGS • Easter Bunny  
Bounce House • Magician

Magician  
Performance  
by Conjuring  
Carroll

Bring Your camera and Take a Pictures  
Register at: [www.jointservicessupport.org](http://www.jointservicessupport.org)

## Recent Youth Events



## 1LT JAMES ZIMMERMAN MEMOIRAL FITNESS CHALLENGE



**26 April 2014 • 1700**  
**UMaine Orono Campus**  
 Teams of 4 • \$60 per team  
 Running, Combat Fitness  
 Course, Mud Pit/Low O-Course,  
 Upper Body Station  
**Three brackets:**  
 Hardcore  
 Motivated • Family  
 Awards and prizes will be  
 presented to the top performing  
 teams.

For More information and to register visit  
<https://sites.google.com/site/umainezfc>

## 10 Ideas to Celebrate Military Child Appreciation Month

1. Write a letter thanking your Military Child for their service. It may be something they read to their children some day.
2. Take 5 minutes to send a card of thanks to a Military Child who has a parent away right now (add a gift card and you will surely be the star of the day!).
3. Read a book together
4. Plan a special party in celebration of your military child. Invite friends, make BIG, make it SMALL, either way, just make it happen!
5. Make a play date. Go bowling, skiing, ice fishing, sliding (surely we will still have snow & ice in April, yay).
6. Make a video together, sharing the memories of your Military service.
7. Plan a mini vacation
8. Sign up to support the MENG Youth Camp (what's a week in the big picture?) Even if you don't have children, they deserve your time and talents.
9. Introduce your military child to other military children - this is more powerful than people think!
10. Just say Thank you!

**THE AMTRAK DOWNEASTER  
SALUTES OUR TROOPS & VETERANS  
WITH \$11 FARES**

The Amtrak Downeaster will offer active military personnel and veterans \$11 one-way fares on the 11th day of each month.

\*This promotion is valid for travel on the 11th day of each month. From November 11th, 2013 through December 11, 2014. Tickets must be purchased at least 3 days in advance of travel. Reference promotion code V159 to receive this discounted fare. This offer is valid for active duty military personnel and veterans only. Valid I.D. is required.

**Run For Cash: The 10th Annual Memorial 5K Run, 3 Mile Walk, & Kids' Fun Run**

Old Orchard Beach, ME  
 Free T-Shirts to the First 400 Entries!  
 Great post-race Awards and Recognition Ceremony with refreshments for participants. (at OOB HS)  
<http://runforcash.org>



**Saturday June 21st, 2014**  
*Rain or Shine!*

**Looking for the Personal Financial Counselor, Military Family Life Consultant or Military OneSource Representative?**

*Make an appointment by calling, texting, or emailing or stop in when they are in your area. Appointments can be made for other areas.*

	Personal Finance Counselor	Military OneSource	Military Family Life Consultant
CONTACT	Gayle-Rose Martinez gmartinez@mflc.zeiders.com 207-274-3987	David M. Duehring david.duehring@militaryonesource.com 207-232-8710	Janyce Beck janyce.beck@ahsg.us 207-210-3365
Augusta	Tuesdays 0800-1600	Tuesdays 0630-1500	Tuesdays 1000-1600
Bangor	Most Thursdays 0900-1500	Most Thursdays 0900-1500	Every other Thurs. 1000-1600
South Portland	SPANG - One or Two Fridays a month 0900-1200		

**Sexual Assault Prevention and Response**



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

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

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

\*Text your location for the nearest SARC



**MCEDV.**  
 Maine Coalition to End Domestic Violence

The 45 Members of the Maine Army & Air National Guard Sexual Assault Response Team are dedicated people who are ready to respond. If you have any questions do not hesitate to click, call or text, You have options!

National: [safehelpline.org](http://safehelpline.org) • 877-995-5247 • Text 55-247

**State Wide 24hr Domestic Violence Helpline From Area code (207) 1.866.834.HELP**

**CPT Jasmine Cain**  
 Maine National Guard  
 Sexual Assault Response Coordinator  
 Domestic Violence Program Manager  
 Suicide Prevention Program Manager  
 207-430-5824  
[jasmine.a.cain.mil@mail.mil](mailto:jasmine.a.cain.mil@mail.mil)

**Lt Col Debbie Kelley**  
 101st Air Refueling Wing  
 Wing SARC  
 207- 404-7604  
[deborah.kelley@ang.af.mil](mailto:deborah.kelley@ang.af.mil)

[http://www.facebook.com/pages/Maine-National-Guard-Sexual-Assault-Prevention-and-Response-Program/149128341805240?ref=tn\\_tnmn](http://www.facebook.com/pages/Maine-National-Guard-Sexual-Assault-Prevention-and-Response-Program/149128341805240?ref=tn_tnmn)

Elizabeth Munsey has joined the MEARNG as the Suicide Prevention Program Manager (SPPM). Elizabeth has taken on the responsibilities of suicide prevention within the Army and Air Guard, managing of the ASIST and ACE-SI programs, as well as, coordinating trainings with the State, developing staff policy and conducting suicide surveillance. Any questions or concerns should be directed to Elizabeth at 207-430-5762 or 207-520-0277 or emailed at [elizabeth.munsey@accenturefederal.com](mailto:elizabeth.munsey@accenturefederal.com) and [elizabeth.m.munsey.mil@mail.mil](mailto:elizabeth.m.munsey.mil@mail.mil)



The following are extracts from the Military OneSource web site providing information about several areas in which Military OneSource offers Specialty Consultations. [http://www.militaryonesource.mil/k-12-and-college-education?content\\_id=268391](http://www.militaryonesource.mil/k-12-and-college-education?content_id=268391) .

## Military OneSource Specialty Consultations

**What is a specialty consultation?** A specialty consultation is an online or telephonic meeting between eligible individuals and specialists with various areas of expertise.

**What types of specialty consultations does Military OneSource offer?** Military OneSource offers specialty consultations for the following categories: Wounded Warrior; Special Needs, Adult and Elder Care; Financial; Education; Adoption; and Health & Wellness Coaching.

**How can I arrange a specialty consultation through Military OneSource?** To schedule a consultation, call Military OneSource at 1-800-342-9647 and ask for an appointment with the type of specialty consultant you need. Specialty consultations give you the chance to talk to a trained professional for an hour up to twelve times a year.

**What assistance can I receive through a specialty consultation on finances?** Financial consultants can assist with financial planning; provide financial counseling; help you understand your retirement, 401K, and investment options; provide information on credit management, budget analysis, loans, home buying, and credit cards; and make referrals to state tax preparers on your behalf.

**What assistance can I receive through a specialty consultation on education?** Education consultants can help you deal with topics such as college admissions, financial aid applications, tutoring, and more. In addition, Spouse Education and Career Opportunities (SECO) provides high quality education and career services, resources, guidance, and consultations designed to meet the needs of military spouses.

**What assistance can I receive through a specialty consultation on health and wellness?** Military OneSource Health and Wellness Coaching is a free resource for individuals who wish to improve their health and overall well-being. A coach can help you focus on weight management, fitness and nutrition, stress management, life transitions, and more. To sign up for a health and wellness coach, a Military OneSource consultant will register you and schedule your first online or telephone session right away.

## 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.mil](http://www.MilitaryOneSource.mil)

# Substance Abuse Prevention Coordinator

I wanted to take this opportunity to introduce myself. My name is Tracy Richard, and I am the newly appointed Substance Abuse Prevention Coordinator (PC) for the Maine Army National Guard. As you may well be aware, The ARNG has the highest illicit positive drug rate, surpassing both the Active Army and the Army Reserves. I am very fortunate to have inherited a robust program, and with the addition of a Drug and Alcohol Control Officer, the Substance Abuse Program will strive to meet the needs of each service member in the State of Maine. Our mission is to provide prevention training, outreach to military Families, and treatment resources to military Service members in an effort to increase military discipline, individual performance, and combat readiness. I can be reached during business hours at 430-5253, and outside of business hours at 431-4787 or [tracy.l.richard8.ctr@mail.mil](mailto:tracy.l.richard8.ctr@mail.mil).

### WHAT CAN THE SAP DO FOR ME?

- Provide information & resources concerning drug and alcohol addiction, for a Service Member or their Family
- Make a referral for substance abuse assessment or treatment, including exploring options for grants and other payment sources if needed.
- Provide education and promotional materials at Yellow Ribbon and other Military and Community Events
- Administer the Unit Risk Inventory to individual units
- Provide annual Substance Abuse Prevention and Resiliency training to soldiers and units



The United States  
Army Field Band  
& Soldiers' Chorus

The Musical Ambassadors of the Army  
Washington, DC

## IN CONCERT!

APRIL 2 • 7:30 PM

LAWRENCE SENIOR HIGH SCHOOL - WILLIAMSON AUDITORIUM

FAIRFIELD, MAINE

FOR FREE TICKETS/INFO, CALL 207-453-4200X2273



ARMYFIELDAND.COM

## Understanding The Family Program

As a member of the Maine Army National Guard, understanding and supporting the Family Program (FP) can ensure your family enjoys the many benefits available through the Family Program.

The FP was designed to educate and inform families on the military, the benefits available through military service, and to establish a communication and support network for you and your family to prepare for and cope with the many separations that occur during a career in the military. The catalyst for implementing the FP for the Commander is the Family Readiness Group (FRG). FRGs are a sanctioned entity of the military and are the Commander's "unpaid staff" to develop the unit Family Program.

As such, with the Commander's approval, the FRG can have access to equipment, supplies, and any unit assets necessary

to manage the FP. They may also have access to names, addresses, and phone numbers of unit members.

Keeping in touch with families is a key role the FRG performs for the commander, which is why they are given access to personal information.

**WHY HAVE A FRG** – Many members don't support or involve their families in the unit Family Program for a number of reasons. Several of the main reasons are: 1) members do not feel their family needs the family program; 2) they live outside the commuting distance to their unit, and 3) there is no FP at their unit. This section deals with clarifying how the FP can benefit every Guard member and his/her family.

First, with a better understanding of the Guard and your unit, families know what to expect from the military and where to turn for help. Second,

the endless list of quality of life benefits available through the FP can enhance every facet of your life, not just your time in the Guard. Next, when you are away from your family, either with your civilian job or on Guard duty, the tools available through the FP can prepare your family should something happen. The support network gives your family the comfort that someone is there to help. Regardless of the support network you think is there for your family, no one really knows what your family is going through, or can offer the help needed, except someone going through the same circumstance – another Guard family.

The Family Program is going towards a more "community based" approach. This means Guard families will have a network that may be closer to their home than your Guard unit. This also can involve the

numerous organizations and agencies that support and offer assistance to military families. Remember, a family in need is more concerned about getting assistance than what component or agency provides it.

**BENEFITS** – A primary need for members and families is to know what military benefits are available to them. In the past, benefits were few. Now, they are numerous and sometimes confusing because it depends on what status you are in. Many Guard members are unsure of what benefits are available to them. Helping clarify benefits is a great service the State Family Program Office can provide.

**VOLUNTEER** – Contact Michelle Ouellette, Michelle Ouellette Senior Family Readiness Support Assistant, JFHQ  
PH: 207.430.5779  
Michelle.L.Ouellette2.ctr@mail.mil



### MAINE MILITARY & COMMUNITY NETWORK

The Maine Military & Community Network is a community organization made up of Federal, State and local military advocates; all coming together to identify unmet needs of Maine's Military, Veterans and their families. Throughout Maine, regional groups meet regularly to develop local solutions to problems facing local Military, Veterans and their families.

#### Regional Groups:

**York County**- Leaders: Amy Marcotte/ Pam Payeur. Group meets the fourth Tuesday of each month from 11am-12:30pm at the Springvale Vet Center located at 628 Main St., Springvale, ME 490-1513.

**Lewiston & Auburn** - Lead-

ers: Rich Oberg/Jerry DeWitt. Group meets on the fourth Wednesday of each month at 1pm at Tri-County Mental Health located at 1155 Lisbon St Lewiston, ME 04240 (207) 783-9141.

**Portland** - Leaders: Cliff Trott/ Rob Liscord/ Phil Allen. Group meets the second Monday of the month at 4:30-6pm at Alexander Hall, UNE, Stevens Avenue, Portland, ME. For more information, contact Rob Liscord at rlicord@ptla.org or by phone at 400-3232.

**Mid-Coast (Brunswick Area)**- Leaders: Paul Lovell/ Don Spann/Rob Crowe. Group meets on the first Tuesday of the month: 5pm-7pm at the Southern Midcoast Maine Chamber of Commerce office

2 Maine Street, Topsham, ME. For more information call 207-725-8797 ext. 5.

**Kennebec County** - Leader: Randy Liberty. Group meets quarterly; next meeting is 18 June from 10 -11:30am at 25 State Street, Augusta, ME. For more information contact Katie Hutchings at 207-623-3614.

**Bangor** - Leader: Paula Burnett: Group meets on the second Tuesday of the month from 4:30-6pm at Camden Hall of UMA Bangor Campus located at 25 Texas Avenue, Bangor, ME. For more information, contact Paula Burnett 262-7926.

**Aroostook County** - Leader: Jean Henderson. 12:30pm-2pm at the Houlton Higher Education Center located at 18

Military Street, Houlton, ME 04730. For more information, call 207-532-3100 ext 3103.

**Washington County**- Leader: Bobbi Ann Harris. Newly forming group will meet on the third Friday of the month at WHCA at 1pm-2:30, 7 VIP Lane, Machias, ME 04654 For more information, call 207-610-5916.

**Hancock County** - Leader: Lucy Barnhart. Newly forming group will meet on the third Friday of the Month at 248 Bucksport Road, Ellsworth, ME 04605. For more information, call 207-664-2424.

To Join your business with MMCN follow link to [http://www.mainemcn.org/POC\\_Form.php](http://www.mainemcn.org/POC_Form.php) For more information call 207-430-5651.

## 262 Engineer Co. FRG

The 262 Engineer Company FRG is up and running with new leadership and volunteers. To start, new members will be attending FRG training in March to prepare us to work closely with and under the direction of the command staff. The FRG is working to establish goals to move us forward in 2014 as we serve our Soldiers before, during and after deployment. In February, the FRG was honored with the invitation to meet with the soldiers at the Belfast Armory. We were greeted with respect and a friendly welcome from the command staff and each soldier. We were impressed with their dedication to service and willingness to sacrifice.

We are planning to establish "Office Hours" at the Armory's both in Westbrook and Belfast in order to be as accessible to the soldiers as possible and provide a "face to face" opportunity while on drill weekends. However, the FRG team is accessible to assist the soldiers and provide them with information necessary to get the services needed at all times of day.

We are in the planning stages of fundraising in order to support family events to include our summer family outing in August. This event will be planned in a central location and provide entertainment and relaxation for all family members. More information to follow.

As we plan and set goals, more volunteers are needed to build and grow the program. Currently, we are looking for a secretary, treasurer and a communications chairperson to fill core positions in addition to other committee members and event volunteers.

I would like to introduce our new core team members but first want to thank Jill Thibault for being our advisor and leading us in the right direction, thanks for your guidance.

Tim DeLuca: Leader

Laurie DeLuca: Co-Leader

Elizabeth Babbidge: Phone Tree Manager.

## 10 Ways to Show Your Appreciation to a Volunteer

1. Offer to help - become a Volunteer yourself!
2. Leave a sticky not on their desk or door
3. Send a card
4. Buy them a cup of coffee or soft drink
5. Send an email
6. Be positive and promote their efforts
7. Share an idea
8. Prepare a baked treat
9. Attend a meeting/event
10. Just say Thank you!

## Pre-Retirement Seminars 2014

Augusta – Wed, 23 April (Senator Inn) 1800

Lewiston – Thur., 11 Sept. (Ramada Inn) 1800

- Retirement application process
- Survivor Benefit Plan
- HealthNet and Martin's Point • US Family Health Plan Tricare benefit
- Other State and Federal benefits available to the retired member and their dependents.

Service members who have received a 20 year letter and those service members within a year and a half of turning age 60 of all branches of service are welcome to attend. Spouses are encouraged to attend. To register, contact Wendy Moody at 430-5778  
wendy.j.moody2.ctr@mail.mil



### SAVE THE DATE

MMCN and "Working With The Military" are pleased to present the

**Fourth Annual Maine Military & Community Network Conference: Community Covenant**

June 20, 2014  
The University of New England  
Portland Campus



Date: June 20<sup>th</sup>, 2014

Time: 8am-4:30pm

Where: UNE Portland Campus

Cost: \$40-General Admission

\$25-Military Veterans if registered by May 20

For More information, contact Nathaniel Grace at 207430-5610 or Nathaniel.e.grace.mil@mail.mil

Keynote Speaker:  
Dr. Kelly Posner  
Suicide Prevention

Breakout Speaker:  
Dr. Cynthia Lischick  
Domestic Violence  
in the Military



## Run to Home Base

19 July 2014

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

### FREE REGISTRATION FOR ACTIVELY SERVING MILITARY:

Complete the online form. Verification is necessary in order to complete your application, you must upload your current orders, your letter of service or other formal documentation on official stationery that verifies you are actively serving in the military.

If you are unable to submit your application and verification online, you can download this application, complete it and fax to 617-226-6760.

<http://www.runtohomebase.org/military>

## 120th RSG FRG

Hello Families of the 120th

We have a pretty busy agenda planned for the upcoming three months. April, May and June we will be finalizing on our Family Day Event. We could use some help with the Bake Sale on May 4. Anyone able to bring in your favorite goodie? We will also be doing a Fundraiser for an Overnight Stay at Acadia Inn in Bar Harbor. We will be doing the Special Olympics Parade on June 6 held at 5pm. . Any Unit wanting to participate and help out with the Parade, please contact 1SG Pinkham at 234-2086. We also have open positions for the Family Readiness Group. We would love to have you a part of our Team! If you are interested in joining a Fun and ambitious group, contact Maureen Hickling at 430-5362.

Thank You and Hope to see you all at drill.

120th FRG

Sarah, Janie, Irene

## 1136th FRG

Hello 1136th Families,

Well here we are on the verge of spring and I can't help but get excited about the warm weather and the opportunity to be outside. First, congratulations to Captain Pelletier on his promotion! The FRG has been quiet for the last couple of months while I was finishing my Masters, so now that that is complete its time to start thinking about this year's trainings and Family Day. I am in desperate need of volunteers who are willing to help with planning events and trainings with me. If you are interested please contact me. I am hoping to meet with Captain Pelletier to get his input on dates and events that he would like to see happen. We are required to have trainings yearly and I will do my best to make these trainings fun and educational.

I will be in touch with family members in the near future to schedule a FRG meeting for April drill. I hope all is well with everyone and look forward to seeing you again soon.

Think Spring,

Joyce Warren,

1136th FRG Leader



### Upcoming Free Veterans Camps

**2013-2014 Season:**

April 21-25 2014 - Family Camp

May 16-18 2014 Family Camp

**Register today at:**

**[www.kieve.org/veterans/](http://www.kieve.org/veterans/)**

## 5 Tips For Building Good Credit

It's important to maintain a good credit score to protect your security clearance and perhaps your employment with the Military.

### 1. Establish a credit report

To establish a credit report you must have an open, active credit account. To get your first credit account talk to your bank or credit union.

### 2. Always pay as agreed

Make at least the minimum payment due each month and never be late. Delinquent payments and payments that don't meet at least the minimum contractual amount will have the most immediate, negative impact on your credit report and credit scores.

### 3. Keep your balances low

Keeping your balances low as compared to your available credit limits is a sign of good credit management and shows lenders you are a good credit risk. Your utilization rate, also called your balance-to-limit ratio is a key component to credit scores.

### 4. Apply for credit wisely

Do not apply for multiple accounts in a short period of time. Taking on large amounts of debt in a short time is a sign of high credit risk. Apply for credit when you need it, and only in the amount you need. Just because credit is offered, doesn't mean you have to accept it.

### 5. Demonstrate good credit habits over long periods of time

In order to have good credit scores you must demonstrate a habit of good credit management over a long period of time.

If you have questions or would like support with building or repairing your credit contact:

Gayle Rose Martinez

Joint Family Support Assistance Program

Personal Financial Counselor

207-274-3987



## Goodwill's Little Black Dress Event

Goodwill Industries of Northern New England  
24 April 2014 • 6:00-9:00 PM • Portland  
Proceeds help Goodwill meet the needs of veterans and their families. Together, with a committee of veterans and other experts, we are working to help these families meet immediate financial needs, connect to available resources, and move forward.

Live Music from The Wetsuits

Hors d'Oeuvres by Black Tie Catering | Cash Bar

Live Auction | Silent Auction | Fashion Show

Together we will make a powerful impact on veterans!

4 Veteran Volunteers needed to attend in uniform. Each volunteer will receive 2 complimentary tickets.

Call 774-6323 for details.

## 133rd /1035th FRG

Spring is almost here! Really it's coming, I think. Ha-Ha!!

At our last Yellow Ribbon Event on Feb.1st we had asked Families to donate items for care packages to be sent over to the unit. We are excited to

report that we were able to send 10 boxes!! One of those boxes was filled with Valentine's Day crafts that were made at the YRE and goodies. The boxes were received in time for the holiday! The following

is an email from Chaplain De-Rienzo, "Just wanted to let you know that we have been receiving your packages. Everything has been wonderful and we really, really, appreciate it. Having such consistent, loving support from our families makes a big difference in our experience here. You all are the unsung heroes of this war. We couldn't do it without you. We miss you, we love you, and we'll see you soon! Thanks so much."

We want to send a huge thank you out to the Cole Land Transportation Museum in Bangor. They have been a longtime supporter of our military units here in Maine. Their most recent donation has been the purchase of 175 3x5 nylon U.S. flags from Allen Flag Company in Cape Elizabeth. These flags will be flown in theater and presented to each member of the 133rd and 1035th at a future date. Please be sure to check out the Museum's website [www.ColeMuseum.org](http://www.ColeMuseum.org) as well

as their fliers in this newsletter for more information regarding their Free Commemorative Walking Stick program for Veterans; their need for Veteran volunteers for their Ambassador program; an essay contest, Patriotic Grant and Project Graduation programs.

There will be an FRG meeting at the Portland Armory on Saturday April 5th from 1:00pm-3:00pm and then on Sunday May 4th at the Augusta Armory from 1:00pm-3:00pm. In June we will have our last Yellow Ribbon Event before our unit returns home!!! Look for further details in the mail as that time gets closer.

Hang in there the end is in sight!!! Before you know it we will be welcoming our Heroes home and enjoying the summer weather!! Take care and remember to reach out the FRG or FAC should you have any questions, concerns or needs.

Your 133rd & 1035th FRG Team

## Students Experience History Through Veteran Interviews at the Cole Land Transportation Museum



### Ambassador Opportunities

**Veteran Student Interviews**—This is an incredible opportunity for students to interface with living sources of history. You can't repeat these life stories of history in books. This powerful program has attracted many veterans willing to share their life experiences with the youth of Maine. The low student to veteran ratio (generally 3:1) allows the student's prepared questions to be answered in an intimate, non-threatening manner, and for great spontaneous exchanges!

**We need Veterans to be a part of this one of a kind program! Be a part of a bond between the warriors of our past and the warriors of today! Share your unique experiences.**

**CALL:(207)990-3600**

**email: [Info@colemuseum.org](mailto:Info@colemuseum.org)**

*Join the Cole Land Transportation Museum as an Ambassador committed to the ongoing effort of giving back to the community.*

*Thank you for your Service!!*

**From The**

**Cole Land Transportation Museum**

*Open Everyday 9-5 • May 1st - Nov 11th*

**Adults: \$7 - Seniors: \$5 - Children 18 & Under: FREE**

**Home of the:**

State of Maine WWII Veterans Memorial

Maine Korean Veterans Memorial

Maine Vietnam Veterans Memorial

Maine Military Order of the

Purple Heart Memorial



405 Perry Road  
Bangor, ME 04401  
(207) 990-3600  
[www.colemuseum.org](http://www.colemuseum.org)

**FREE Commemorative Walking Sticks available for Maine Veterans who served in an era recognized with a National Defense Service Medal:**

World War II: Dec. 8 1941—Feb 10 1947

Korean War: June 1950—July 1954

Vietnam War: June 1961—August 1974

Global War on Terrorism: 1990—Present

*Veterans must personally come to the Museum with their DD-214 or another form of Military ID to pick it up.*



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 2014

Please send comments or articles to  
kyra.e.darling.ctr@mail.mil



Check out the amazing things that the MENG has been accomplishing lately with the newest edition of **The Bayonet Magazine** published by the 121st PAD

<https://www.joomag.com/en/newsstand?q=the+bayonet>



**Free Annual National Park Pass for U.S. Military**  
[www.nps.gov/findapark/passes.htm](http://www.nps.gov/findapark/passes.htm)



The Collins Center for the Arts is offering free tickets "up to 10 per show" (2 max per show per service member) for currently serving military families for the following select shows:

<b>SHOW</b>	<b>Date/Time</b>
Calidore String Quartet	Sun., Apr. 27 at 3PM (Minsky Hall)
Rainforest Reptiles	Sun., May 4 at 3PM
Ani DiFranco	Wed., May 7 at 7PM
Spencer's: Theatre of Illusion	Wednesday, May 14 at 7PM

Email to [carolynn.r.taylor.ctr@mail.mil](mailto:carolynn.r.taylor.ctr@mail.mil) no later than 1 week from the show requested. 2 ticket max per show



26 July 2014  
Port Harbor Marine  
South Portland  
Veteran Registration Begins 1 May 2014!  
[www.vetsaft.com](http://www.vetsaft.com)

## Trust - Hope - Purpose

### A Six Week Program for Veterans

#### Therapeutic Horsemanship Program

This program is tailored to meet veterans' needs and interests. Based on experiential learning through horses, sessions will include ground work and horsemanship skills. Activities will be designed to foster trust, hope and purpose.

Group size is limited. Friday Mornings, 9:00 am -10:30 am.

For more information or to register, contact Kate Davis McKelvy  
[www.ridingtothetop.org](http://www.ridingtothetop.org)

Supported by: Bowdoin College Common Good, Wounded Warrior Program, RTT Scholarship Fund



**Portsmouth ITT**  
207-438-2713

Find fun and discount activities for you and your military family through the ITT office

### Deep Sea Fishing Trips

8 June 2014 • 0800-1600  
7 Sept.2014 • 0800-1600  
\$55 per person

Portsmouth Naval Shipyard  
The boat will carry you close to Jeffrey's Ledge in the Gulf of Maine, New England's most productive fishing grounds for cod, haddock and pollack. Bring a lunch, do not bring alcohol, the boat sells beer on board. Boat leaves from the shipyard, Sound Basin Marina. Open to those 15 years and older.

### One Direction "Where We Are Now Tour 2014"

7 August, Gillette Stadium  
Clubhouse seats \$118

