

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

January/February/March 2013

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

CONTENTS

| | |
|--------------------------------------|-------|
| Director of Deployment Cycle Support | 1 |
| Recent MENG Events | 1 |
| State Family Program Director | 2 |
| Upcoming Events | 2 |
| Youth Program Events | 3 |
| Family Assistance Center Coordinator | 4 |
| Equal Opportunity Program | 4 |
| Sexual Assault Awareness | 5 |
| Resilience | 6 |
| Family Readiness Training | 6 |
| Personal Financial Councilor | 7 |
| VAST | 7 |
| Collins Center Free Tickets | 8 |
| TRICARE | 9 |
| Military OneSource | 9 |
| Notes from the Unit FRGs | 10-14 |

A Word from CH (COL) Andy Gibson Director, Deployment Cycle Support

IF

If you can keep your head when all about you are losing theirs and blaming it on you;

If you can trust yourself when all men doubt you, but make allowance for their doubting too;

If you can wait and not be tired by waiting, or, being lied about, don't deal in lies,

Or being hated don't give way to hating, and yet don't look too good, nor talk too wise;

If you can dream, and not make dreams your master; if you can think and not make thoughts your aim,

If you can meet with Triumph and Disaster and treat those two impostors just the same:.

If you can bear to hear the truth you've spoken twisted by knaves to make a trap for fools,

Or watch the things you gave your life to, broken, and stoop and build 'em up with worn-out tools;

If you can make one heap of all your winnings and risk it on one turn of pitch-and-toss,

And lose, and start again at your beginnings, and never breathe a word about your loss:

If you can force your heart and nerve and sinew to serve your turn long after they are gone,

And so hold on when there is nothing in you except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue, or walk with Kings---nor lose the common touch,

If neither foes nor loving friends can hurt you, if all men count with you, but none too much:

If you can fill the unforgiving minute with sixty seconds' worth of distance run,

Yours is the Earth and everything that's in it, and---which is more---you'll be a Man, my son!

Rudyard Kipling

This is one of my favorite poems. Though Kipling wrote it to his son, it certainly applies to sons as well as daughters. As we head into a new year, with all of its triumphs and failures, gains and losses, joys and sorrows, try to remember, as the poem teaches, that all things have a balance, and that if we give it enough time, care, and wisdom, things will come out where that ought.

Have a wonderful Spring,

CH Andy Gibson

Director, Deployment Cycle Support &
Maine Military and Community Services

Recent MENG Events



It has been a fun and busy season, elves and santa, Red Claws Basketball, Christmas Across the State, Sailing and more. As we say farewell to 2012 we look forward to the new year.

Important Update

Phone number change for Maine's Personal Financial Counselor

Gayle-Rose Martinez's (PFC) phone number has recently changed to:
(207) 274-3987.

State Family Program Director

Dear Families,

It's been two weeks now since the tragedy in Newtown, CT and my heart continues to ache for the families of this tragedy. My first reactions were of disbelief, anger and sadness, and then I starting wondering if any of them were military families. Our Family Programs cross state lines all the time, and with our National Guard and Reserves living in every corners of our nation, I am sure there are service members directly impacted by this tragedy. Certainly indirectly, as a Nation, most are feeling the hurt of this senseless act of violence.

Life certainly doesn't always feel easy. Some of you are dealing with things that are difficult: deployment, reintegration, family tragedy and financial hardship. Just remember that there are places you can reach out to for emotional support. Call our Military Family Assistance Center night or day at 1-888-365-9287 if you want to get in touch with a counselor, chaplain, or other resources. Just know that you are not alone, and there are people who want to support you here.

Please continue to pray for the families of Newtown, CT and remember that you can make someone's life just a little easier each day by just a smile, a listening ear, or a helping hand.

On behalf of the Family Program Office, I wish you a prosperous and Happy New Year!

MSG BARBARA A. CLAUDEL
State Family Program Director

Maine Military Couples Marriage Enrichment

Hilton Garden Inn, Freeport Downtown
22-24 February 2013 (register by 4 Feb.)

Fri.: Travel Day • Sat.: 8 a.m.-4 p.m. • Sun.: 8 a.m.-1 p.m.

Register: www.JointServicesSupport.org. keyword: Marriage
MEARNG: Lodging Friday & Saturday evenings at no cost—we will book it, 3 Meals provided for weekend

MEANG: Couples with questions about lodging and other per diem and/or expense questions, please contact the A&FRPM, Drew Matlins at 207.404.7494.

- A toolbox of good educational communication skills!

What is NOT provided:

- Army Guard-Mileage not available • Childcare.

Other Maine Military Couples:

- Check with unit of assignment to see if there is funding for Strong Bond events. You are most welcome, but attendance must be approved and budgeted through your specific service branch. 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.Darveau@us.army.mil or call 207.430.5779. Questions about curriculum can be directed to Chaplain (CPT) Earl Weigelt @ earl.e.weigelt@us.army.mil or at 430-5898

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

UPCOMING EVENTS

For More Information on these events and more
<http://www.me.ngb.army.mil/family/events.php>

JANUARY

- | | | | |
|----|--|-------|--|
| 14 | VA Home Loan Guarantee Program - Buyer's Seminar - Winthrop (p. 5) | 17 | Portland Pirates Military Appreciation Game (p. 5) |
| 19 | FRG Volunteer Training Augusta (p. 6) | 22 | Military Kids Club - Augusta (p. 3) |
| 24 | Military Kids Club Bangor (p. 3) | 22-24 | Marriage Enrichment |
| 25 | Military Kids Club Augusta (p. 3) | 23 | CPR/First Aid-Adult, child and infant certification, Bangor (p. 6) |
| 26 | USO Crystal Lake Fishing Derby | 28 | Military Kids Club - Bangor (p. 3) |

- | | |
|-------|--|
| 26-27 | Great Pond Fishing derby to benefit House in the Woods |
| 26-27 | Attitash Military Salute Weekend |
| 27 | Red Claws Military Appreciation Game (p. 4) |

FEBRUARY

- | | |
|----|--|
| 9 | Resilience Training for Military family members and teens, Bangor (p. 6) |
| 12 | Planning for Retirement, Lunch and Learn - Augusta (p. 7) |
| 14 | Planning for Retirement, Lunch and Learn - Bangor (p. 7) |
| 15 | Planning for Retirement, Lunch and Learn - South Portland (p. 7) |

MARCH

- | | |
|----|---|
| 2 | FRG Volunteer Training, Portland (p. 6) |
| 12 | Buying Your next/first car, Lunch and Learn - Augusta (p. 7) |
| 14 | Buying Your next/first car, Lunch and Learn - Bangor |
| 15 | Buying Your next/first car, Lunch and Learn - South Portland (p. 7) |
| 22 | Military Kids Club - Augusta (p. 3) |
| 28 | Military Kids Club - Bangor (p. 3) |

APRIL

- | | |
|-------|---|
| 1 | Youth Camp volunteer and JC deadline (p. 3) |
| 13-14 | Youth/Teen Symposium (p. 3) |
| 13-14 | State Conference |

MAY

- | | |
|---|-----------------------------------|
| 7 | Youth Camp Camper deadline (p. 3) |
|---|-----------------------------------|



House in the Woods Ice Fishing Derby & raffle tickets

On sale Now at Great Pond Outdoor Adventure Center.

\$5 a piece

26-27 January

Tickets available here on the morning if the 26th!

(207)584-2000 • greatpondoac@rivah.net

www.navsea.navy.mil/shipyards/portsmouth
9 Dow Pines Road, Great Pond, ME



Free Red Claws Tickets
Tickets are available for
currently serving military
members and their im-
mediate family.

| | | |
|--------------------|--------------------|--------------------|
| 4 Jan 7PM | 25 Jan 7PM | 3 Mar. 1PM |
| 5 Jan. 7PM | 27 Jan 3PM | 8 Mar. 7PM |
| 12 Jan 7PM | 2 Feb. 7PM | 10 Mar. 1PM |
| 18 Jan. 7PM | 8 Feb. 7PM | 14 Mar. 7PM |
| 19 Jan 7PM | 10 Feb. 3PM | 28 MAR. 7PM |
| 21 Jan 1PM | 1 Mar. 7PM | |

10 Tickets are allotted per game. Email
kyra.e.darling.ctr@mail.mil to check for a availability.

Disney Cruise Line Military Rate Program

Update <http://www.disneytravelagents.com/dtn/b07af6b6453f11e2af360022191da637COMMCMMSA?og=DM>

In honor of the brave men and women who serve this country, Disney Cruise Line(r) is proud to offer special military rates on select sail dates during the year.



Open to all Current Military Youth in Augusta Region Ages 5-18, the Second Friday of the Month from 6 - 8 pm at the Buker Center, Augusta.

No cost to you. 3 Separate Age Groups

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

UPCOMING DATES

Bangor

(4th Thursday of the month.
 Must sign up by the Friday before)
 Location: CHCS building at
 42 Cedar Street from 5:30-7

24 January
28 February
28 March

Augusta

(4th Friday of the month. Must
 sign up by the Monday before.)
 Location: Buker Center, 22
 Armory St. from 6-8 pm

25 January
22 February
22 March

Register Today:

To register, e-mail
 steven.r.hughes8.ctr@mail.
 mil, or Kayla.m.cummings.
 mil@mail.mil

Volunteer Opportunity

I am still looking for
 volunteers to help run the
 event once a month. For
 more info, please give Steve
 or Kayla a call - 430-5773 or
 430-5953.

2013 Youth/Teen Symposium

Attention Maine Guard Youth and Teens: The 2013 Youth/Teen Symposium will be held Saturday and Sunday, 13 and 14 April at the Samoset Resort in Rockport, Maine. We will have a special guest speaker. There will also be more amazing activities, presentations and fun. Registration will be available on JSS soon, so please check our Facebook page, MENG Youth Program, or the website, www.me.ngb.army.mil/family, regularly to find out when registration is open. As with prior years, the training provided at the Teen Symposium is a prerequisite to be a Junior Counselor at camp. If you have any questions, please e-mail Steve at steven.r.hughes8.ctr@mail.mil, or Kayla at Kayla.m.cummings.mil@mail.mil.

Youth Camp 2013



14th Annual Maine National
 Guard Youth Camp 2013

Week 1: 14 - 20 July 2013

Week 2: 21 - 27 July 2013

Registration opens 15 Jan 2013

Campers Ages 9-15

Junior Counselors 16-18

Adult Volunteers

Camper Registration deadline 7 May 2013

Volunteer & Junior Counselor Application

Deadline: 1 April 2013

For Registration Please visit

www.jointservicessupport.org

Search Keyword: Campers,

Junior Counselor, and Adults

Questions can be directed to the

Youth Program office 207-430-5773/5953

Family Assistant Center Coordinator:



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

I hope everyone reading this news letter had a wonderful Christmas with their families and have a Happy and Safe New Year. We just finished up with another successful Christmas Across Maine Program and helped many Maine military families of all branches. This program is certainly a blessing for many and all of us here at the Maine Family Program work very hard to make it a

success. Keep in mind that this program would not be successful if it were not for our many sponsors out there, we cannot do what we do if it were not for the wonderful people, small businesses, individual families, and corporations here in this great State of Maine. I have seen firsthand working with all these people the gratitude and appreciation for you all in uniform and for your families



on the sacrifice that you go through. This new year brings us with some joy of our service members returning home to their families and some sadness of some leaving for deployments. Regardless. All of us here at the Military Family Assistance Center, the Maine Family Program and Maine

Military Community Services are here for you and your families. Watch your emails for upcoming events, for example 27 Jan 2013, Military Appreciation Day, at the Portland Red Claws Game at 3pm.

Mark Cater
FACC

Red Claws Military Appreciation Game Free Tickets - 27 Jan.



Vs.
Springfield
27 Jan. at 1500

Special Guest will be Downeast Brass. Kids are invited onto the floor for a special presentation of a giant US Flag and to give the players a high five as they run onto the court (all participants must be there at 2:00PM) Also wreaths across America will make a special presentation.

Tickets are limited. First priority for tickets will be given

to family members of deployed service members and gold star families, second will be service members who have returned from deployment within the last 6 months or have received alert notification. Third will be currently serving military and their dependents. Fourth will be veterans who are no longer serving.

Tickets will be picked up on game day. Confirmation of tickets will be sent on the 7th of January. Those who do not receive tickets will be placed on a waiting list in case of cancellations or discount tickets can be purchased for \$6 each, details for purchasing will be emailed with your notification of being placed on the waiting list.

MEARNG Equal Opportunity Program



MARTIN LUTHER KING, JR - January 15th

Twenty years after Dr. Martin Luther King, Jr. proclaimed to the world his dream for equality, Public Law 98-144 was enacted, designating the third Monday in January as a Federal holiday commemorating Dr. King's birthday. The King Holiday honors the life and contributions of America's greatest champion of racial justice and equality, the leader who not only dreamed of a color-blind society, but who also led a movement that achieved historic reforms to help make it a

reality.

Learn more about Martin Luther King, Jr <http://www.thekingcenter.org>

AFRICAN-AMERICAN HISTORY MONTH - February

The Civil Rights Acts of the 1960s were great breakthroughs. Not only did they afford African-Americans legal rights that every American should have, they provided for enforcement of the anti-discrimination laws of the federal government. By the early 1970s, the military had instituted directives, policies, and training on race relations and

equal opportunity.

To learn more, visit: <http://www.thewright.org/>

WOMEN'S HISTORY MONTH - March

Moving Toward Women Being Allowed to Serve in Special Forces?

American women of every race, class, and ethnic background have made historic contributions to the growth and strength of our armed services in countless recorded and unrecorded ways. Currently the Army is being building elite, all-female teams trained to build relationships with Afghan

women. The Army's best female soldiers, the toughest — mentally and physically — and the sharpest intellectually are being tested not only on their ability to run and march, but also how well they think on their feet and adapt to the unknown. These elite teams are serving alongside Special Forces and Ranger teams to engage with women and children during raids, as it is culturally taboo for male Soldiers to speak with Afghan women.

Learn more about Women's History month at: <http://www.nwhp.org/>



Sexual Assault Prevention and Response

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!



con•sent (kon sént) -permission for something; acceptance of or agreement to something proposed or desired by another.

CPT Cain
(o) 430.5824 (c)620.6335

National: safehelpline.org, • 877-995-5247, 55-247

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

Sexual Assault Prevention and Response Team

CPT+ 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

http://www.facebook.com/pages/Maine-National-Guard-Sexual-Assault-Prevention-and-Response-Program/149128341805240?ref=tn_tnmn

PORTLAND PIRATES

94 FREE STREET | PORTLAND, MAINE 04101 | 207.828.4665 X350

Military Appreciation Night



\$10.00 Discounted Tickets!
Portland Pirates vs. St. John's Ice Caps
Sunday, February 17, 2013 - 4pm
Androscoggin Bank Colisee
Lewiston, Maine

The Portland Pirates have teamed up with local Military and Veterans organizations to bring you Military Appreciation Night during the 2012-2013 Pirates Hockey season!

Active military personnel, veterans, their families & friends- everyone with a connection to the armed forces- are invited to be honored on this special night at the exclusive military discounts!

For more information about the event please contact Bennett Cassidy, Account Executive/Group Sales.
207-828-4665 x308 or email bcassidy@portlandpirates.com

For discount tickets visit <https://www.formstack.com/forms/portlandpirates-militarynight>

VA Home Loan Guarantee Program - Buyer's Seminar

14 Jan - Winthrop

The American Legion Post #40 in Winthrop is hosting buyer's seminar for veterans in purchasing a home using the VA Home Loan Guarantee Program. The seminar will be held at the Winthrop Legion hall on Bowdoin Street on 14 Jan 13 beginning at 6:30 p.m.

Topics will include: obtaining your Certificate of Eligibility, basic types and features of VA loans, the process of buying a home including the borrowers checklist, a checklist for buyers and sellers which helps the appraisal process, discussion of rates available and the cost associated with VA loans.

The seminar is free and open to all veterans.

To register please contact Alan Pattershall at 207-377-2726, cell 207-462-3687 or by e-mail at s31059@aol.com.

2013 Commissary Scholarship opened Dec 3rd.

The 2013 Scholarships for Military Children Are now available at commissaries worldwide.

Click here for more information and to find out where to get an application online.

http://www.commissaries.com/press_room/press_release/2012/DeCA_73_12.cfm



Have you ever reacted to something with an intensity of emotion that didn't seem to match the circumstances of the event? The logical part of your mind is telling you that it's not that big of deal, but you still feel really angry/hurt/depressed/anxious, and you can't seem to turn off the emotion. These "overreactions" can leave us feeling pretty frustrated. They hurt our relationships and keep us from making progress in our lives. Not only do they lead us to dwell on things longer than we should, but we end up making poor decisions in this emotional state. These kinds of incongruous reactions keep us from responding resiliently to our problems.

So what causes these mismatched reactions? A collision with an iceberg, an iceberg belief to be precise. Water is pouring in your hull, but atop the deck you don't really understand what has happened. All you know is that you're sinking-fast.

What Is an Iceberg Belief?

The experience of a mismatched Activating Event and Reaction is a sign you may be affected by an underlying belief—a deeply held belief about how the world ought to operate and how you feel you ought to operate within that world. These deeply held motivations and values often drive us and determine how we respond to adversity. Icebergs are usually outside our awareness, deep beneath the surface of our consciousness. Iceberg beliefs are fixed and frozen ideas about the world that we hold deep within us. Some examples of iceberg beliefs are:

"I should succeed at everything I put my mind to."

"People must respect me at all times."

Icebergs

"Failure is a sign of weakness."

"I must never give up."

"Only weak people can't solve their own problems."

The Problems Icebergs Can Cause

"Iceberg beliefs cause you to over-experience certain emotions and under-experience others. Emotionally resilient people feel it all...but they feel those emotions at the appropriate time and to the appropriate degree. Less resilient people tend to get stuck in one emotion, and that comprises their ability to respond productively to adversity." -The Resilience Factor

It's important to note that icebergs are not by necessity bad or good—they can be either, or both. "Integrity is the most important thing in life" is obviously a positive iceberg. "I will never quit at anything," has some definite positives for your life, but can be taken too far if you're not careful. "People cannot be trusted" is a mostly negative belief. So you have to do a cost/benefit analysis of which icebergs you want to keep and make work for you and which you want to work on melting.

Why It's Hard to Melt Your Icebergs

You may say, well, this is good to know, I'll just snap out of my negative icebergs and melt them away. But it's not so easy, as we are all susceptible to a confirmation bias or what "The Resilience Factor" calls the Velcro/Teflon Effect. As you go about your life, you tend to filter out and ignore whatever doesn't support your iceberg beliefs while honing in on everything that does.

Spotting Your Icebergs to Build Your Resilience

So it's hard to simply shut off your iceberg beliefs. But it's possible to stop yourself from colliding with them by spotting them before impact. By

standing in your crow's nest and being vigilant, you can steer a smoother course for yourself. The more you become aware of your icebergs, the more you can understand why you react the way you do, and the more power you will have to react to things appropriately and resiliently.

To start spotting your icebergs, think back to the last time you felt your reaction wasn't commensurate with the event that elicited it. Then start asking yourself some questions to get to the heart of why you felt the way you did. It helps to do this exercise in a journal or with some you deeply trust.

The Resilience Factor recommends asking the following "what" questions (why questions tend to make you defensive) to figure out the iceberg you hit:

- What is the most upsetting part of that for me?
 - What does that mean to me?
 - What is the worst part of that for me?
 - Assuming that is true, what about that is so upsetting to me?
- Use whichever questions make sense, in any order that makes sense.

When you do this exercise, you'll first come up with more visceral reasons for why you're feeling the way you are. You have to keep digging to get to the heart of the matter and spot your iceberg.

So quit rearranging deck chairs on the Titanic, and start steering a course toward greater resilience. To learn more, see your chain of command about attending the Resilience Training Assistant Course on 4-7 March at the RTI in Bangor or contact CPT Tara Young for more information at 430-5919 or tara.k.young.mil@mail.mil

Source: The Resilience Factor by Dr. Karen Reivich and Dr. Andrew Shatte

Family Readiness Training

Family Readiness Group, Volunteer Training

Volunteer NOW and make a difference at in your life and the lives of others during all stages of the Deployment Cycle. We can provide you all the tools to be an effective Volunteer within your Unit Family Readiness Group (FRG). It's all about Military Families helping Military Families and Staying Connected.

- 19 January, Augusta Area
- 2 March, Portland Area

Resilience Training for Military Family Members & Teens

"Stop searching the world for treasure, the real treasure is inside you."

Join us for a one day training to learn and/or improve the skills you already have within yourself that "get you through" or help you "bounce back" from stressful events. Life's challenges do provide opportunities when you "Hunt the Good Stuff". Living a more fulfilling and complete life begins with you.

- 9 February, Bangor Area

CPR/First Aid-Adult, Child & Infant Certification

This ONE day of training will include the CPR-Adult, Child & Infant, & First Aid courses. The training will be FREE (\$105 Value), and available on a first come first serve basis for any military service member, and/or up to two dependants.

- 23 March, Bangor Area

To register go to www.JointServiceSupport.org and scroll to upcoming events and choose the event. NO login required. Register NOW! For more information contact Michelle Darveau at 207.430.5779 or Michelle.A.Darveau.ctr@mail.mil.

PFC - New number - 2013 Financial Lunch and Learns

Open to all Service Members, SM Family, & Government Employees

Bring Your Questions and Your Lunch

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

Planning for Retirement-Getting Started

Simple steps you can take now to start you planning process. We will discuss "things to consider" and resources to support you in preparing for retirement. We will review sources of

income, projected expenses, and TSP.

Buying Your Next/First CAR - Be an Informed Consumer

If you are thinking about buying a car in the near future this class will provide tips and resources for this

purchase. Information is your strongest consumer asset; you will leave this discussion with tools that will empower you when dealing with a car salesman.

Augusta

Augusta 2013 financial lunch and learn classes will be held on The Hill (Camp Keyes) in Bldg.#15 11:30 -12:00.

February 12 Planning for Retirement

March 12 Buying Your Next/First CAR - Be an Informed Consumer

Bangor

Bangor 2013 financial lunch and learn classes will be held at the 101st in Bldg. #505 in the large classroom 11:30 -12:00.

February 14 Planning for Retirement-Getting Started

March 14 Buying Your Next/First CAR - Be an Informed Consumer

South Portland

South Portland 2013 financial lunch and learn classes will be held at Air National Guard (SPANG) 11:30 -12:00 building P1 in the Dining Facility.

February 15 Planning for Retirement-Getting Started

March 15 Buying Your Next/First CAR - Be an Informed Consumer

If you know of three or more people in your work area that would like to have the class repeated in a more convenient place, just let me know and we will set it up. Other class topics are: Buying a house, credit - building and repairing, children and money, strategies for increasing income and decreasing debt and TSP.

Maine PFC Gayle Rose Martinez at 207-465-5677



VAST opportunities for VETERANS



The goal of our VAST program is to promote lifelong health and well-being of veterans with disabilities through regular participation in a VAST array of physical activities and sports.



MAINE

Research shows that regular exercise and fitness reduce stress, depression, and secondary medical conditions for persons with disabilities and often increase self-esteem, education success and quality of life.



Veterans Adaptive Cross-Country Skiing Program

Every WEDNESDAY from 9am-12noon

starting JANUARY 9, 2013 through MARCH 2013

- Free to all Veterans with physical disabilities, TBI and PTSD
- No experience is necessary
- Ski instructions and equipment are provided free of charge
- We also welcome Veterans who are interested in volunteering
- Snow shoes are available for those who prefer to snow shoe

RSVP by Sunday of each week to: ksabaste@maine.rr.com or (207)310-8694

Located at the Outdoor Center at Pineland Farms 15 Farm View Drive, New Gloucester, ME 04260

Learn a new activity or practice your skills with Army Veteran, two-time Olympic Biathlete, and Occupational Therapist, Kristina Sabasteanski Contact Kristina at ksabaste@maine.rr.com (207) 310-8694

Program hosted by the Pineland Farms Veterans Adaptive Sports & Training (VAST) For more information visit: www.pinelandfarms.org/index.htm

Grant funding for this program is awarded by U.S. Paralympics, a division of the U.S. Olympic Committee, through funding provided by Veterans Affairs. The grants are provided to facilitate the growth of Paralympic-sport programming for disabled Veterans and disabled members of the Armed Forces.

Reinstatement for TRICARE Reserve Select Coverage:

TRICARE will be REQUIRING enrolled service members to switch payment to only automatic payments starting in January. There are changes to getting the "lockout" (12 month lock out=no insurance for 12 months) lifted. TRICARE is not longer allowing waivers for lockouts.

Some examples of reasons people get LOCKED OUT:

- Forgetting to make a payment.
- Not having appropriate funds in your account when they run the payment.
- Going on active duty orders, and not reenrolling once orders end.
- Failure to forward and/or open mail in a timely manner.
- Failure to send a change-of-address notice to the company.
- Lack of a current residential and/ or mailing address in DEERS.
- Lack of any update of status changes in DEERS.
- Expired credit or debit card.

Now you can request TRICARE Reserve Select Suspension be reversed by calling 1877-TRICARE. You may need to submit the request to them in writing and via phone call. If you have a reasonable explanation, have submitted the request within 3 months of being locked out, haven't been locked out within 12 months preceding the paid-through date, payment of overdue, and current premiums are in full and included with the request, and information is provided to establish recurring electronic premium payments then they may submit the reversal of the lockout to the TRICARE Regional Director. IF not all of those are fulfilled, then you may submit (immediately) in writing to TRICARE Management Activity if you were locked out on the basis of "undue hardship".

Examples of "undue hardship" may be:

- Missing in action or prisoner of war status.
- Physical or mental incapacitation of the sponsor or his/her duly appointed legal representative.
- Loss of home or employment.
- Errors made by the Government, financial institutions, or TRICARE contractor processing payments.
- Criminal acts, such as identity theft.
- Intentional/inadvertent destruction of personal records by an external party

REMINDER-REMINDER-REMINDER!

If you have TRICARE Coverage and you go to the doctors, your INSURANCE ID NUMBER is the SPONSOR'S SOCIAL SECURITY NUMBER. The doctor's office should NOT be billing TRICARE with the number on the new ID cards. THEY NEED to use the SPONSORS SOCIAL SECURITY NUMBER. To ensure you don't receive the full bill from your doctor's office because TRICARE denied payment, let them know your insurance ID number is... Whatever the SPONSORS SOCIAL is.

TRICARE For Young Adults:

It has come to my attention that if a sponsor has a child who is eligible to enroll into the TRICARE Young Adult Program, that whatever the sponsor has for coverage is what the young adult may have for coverage.

For example:

Retiree (sponsor) has TRICARE Prime. Young adult may choose the Standard/Extra Coverage OR they may enroll into the Prime Option. The companies who offer the Prime Option are Health Net Federal Services and Martin's Point.

Grey Area Retiree (sponsor, retired before age 60 and is not yet 60) enrolled in TRICARE Retired Reserve. TRICARE Retired Reserve has the Standard/Extra Coverage, therefore the young adult may only enroll to have the Standard/Extra Coverage with the Young Adult Program.

M-Day Soldier (sponsor) has TRICARE Reserve Select. TRICARE Reserve Select has the Standard/Extra Coverage, Therefore the young adult may only enroll to have the Standard/Extra Coverage with the Young Adult Program.

To learn more about eligibility for TRICARE Young Adult visit <http://www.tricare.mil/mybenefit/home/overview/LearnAboutPlansAndCosts/TRICAREYoungAdult>

METLIFE:

Also!!!!!! MetLife can deny enrollment if the form is not filled out neatly.

EXAMPLES:

- 1) If you forget to fill out a portion of the form.
- 2) If you cross out anything and try to write above the mistake to fix the mistake.
- 3) If you send the form in, and plan to have payments come out of your bank account, but don't send a voided check.
- 4) If they can't read your writing.

SSG Cash, Katie
Maine Army National Guard
State TRICARE Operations
NCO
Camp Keyes, Augusta, ME
OFFICE: 207-430-5928
FAX: 207-430-2169



The Collins Center for the Arts is offering free tickets "up to 10 per show" for military families.

| SHOW | Date/Time |
|------------------------------|---------------|
| The Danish Quartet | 1/20 03:00 PM |
| "Music of the Sun" | 2/1 08:00 PM |
| Midtown Men | 2/13 07:00 PM |
| "Bach & Beyond" Jennifer Koh | 2/24 03:00 PM |
| Jonathon Biss, piano | 3/10 03:00 PM |
| Celtic Nights | 3/14 07:00 PM |
| "HAIR" | 4/25 07:00 PM |
| Mnozil Brass | 4/28 03:00 PM |

All requests should be emailed to david.norman.smith@us.army.mil no sooner than 1 week from the scheduled show requested. 2 ticket max per show

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



New Military OneSource Website

The Military OneSource website has had a major change with the key changes and enhancements explained below. However, you cannot truly appreciate the changes without viewing the website for yourself. I am personally excited about the changes and have found the website so much easier to use. The new website combines the best of the original site and the programmatic and policy information from MilitaryHOMEFRONT with a brand new look; redesigned features, including an easy to navigate layout and a faster and more accurate search engine; and new innovative tools, including social media applications, spouse and leadership blogs, and informative podcasts and webinars.

Please take the time to check out the new website at <http://www.militaryonesource.mil/>

Taking advantage of Military OneSource Tax Services

On January 8, 2013, Military OneSource will launch the H&R Block at Home® free electronic filing tax service. File your Federal and State taxes online for free!

The service allows you to complete and electronically file your federal and up to three state tax returns or filings. Your calculations are guaranteed to be 100% accurate or H&R Block pays the penalties and interest. The H&R Block At Home® Basic tax filing service protects the security and confidentiality of your personal information by using industry-recognized security safeguards. You do not have to complete the return all at one time. When you begin, you create a secure user ID and password, which enables you to log on, save, close and return to the program as needed. In addition, Military OneSource provides year round access to tax consultants who can help you and your family find answers to your tax questions and maximize your refund. Military OneSource tax consultants:

- share information about the unique tax requirements and issues related to military personnel and their families
- identify applicable IRS and state tax regulations, definitions and forms
- provide electronic copies of tax forms and help you understand how to complete them
- review options for using a refund, including options for using it to pay down debt
- explain additional tax services available to the military community such as VITA clinics

To learn more about Military OneSource Tax Services, call 1-800-342-9647 or go online.

NOTE-The IRS will begin processing efile returns on January 22, 2013. If you complete your returns with the H&R Block at

Home® service offered through Military OneSource prior to the 22nd of January, your files will be held in a pending status. Once the IRS efile opens, the H&R Block system will automatically submit the return to the IRS.

Military Spouse Employment Partnership (MSEP)

Military spouses possess unique combinations of educational backgrounds, skills and workplace experiences, but a common problem is finding work following each move. MSEP bridges the gap between military families and more than 160 American employers. Not only is MSEP a connection to diverse employment opportunities, it also encourages employers to consider making careers portable for military spouses to improve employee retention and reduce the continuing job search for military spouses. To begin a job search or learn more about the partnership, visit the MSEP Career Portal and register at <https://msejobs.militaryonesource.mil/>

Health and Wellness Coaching Program

The Health and Wellness Coaching Program is a free resource for eligible individuals who wish to improve their health and overall well-being in areas such as weight management, fitness and nutrition, health condition management, and life transitions. Through the phone, online, or self-directed, the Military OneSource Health and Wellness Coaching Program can assist you in reaching your goals. You can find more information on the Health and Wellness Coaching Program online or call 1-800-342-9647 to get started.

About Military OneSource

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

Military OneSource

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

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

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

En español llame al: 1-877-888-0727

Happy 2013 Guard Family!

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

So, I challenge you this New Year to search out YOUR unit's Family Readiness Group. They are the Volunteers who will help you with Readiness preparation, in the event your Soldiers is called to duty, which means a separation. It can be a short separation like a state emergency, or weeks at a time like Soldier training or it could be a federal duty call, which means months away at a time. Your FRG is there to keep you be in the know. So at the very least get connected and be part of their Outreach program via e-mail, the unit newsletter, direct mail, and/or a call list. Whatever method works best with your busy life style.

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

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

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

Michelle Darveau

Senior Family Readiness Support Assistant, JFHQ

PH: 207.430.5779

Michelle.A.Darveau.ctr@mail.mil

52d TC - Volunteering

The simple act of volunteering may well be the ultimate gift to give to yourself this year. When you give of your time, skills, and abilities, you most certainly receive something of value in return. For example, you:

- Make a positive difference to someone else
- Learn new skills or refresh ones you haven't used in a while
- Expand your network of contacts
- Become actively engaged in your military community
- Get to pick what position best fits you.
- Can choose to work on something that matters to you

We have statutory and gratuitous volunteer positions available throughout the Maine Army National Guard.

Contact your units Family Readiness Group for details.

Jill Thibault, 52TC Family Readiness Support Assistant, 207.430.5625 or Jill.A.Thibault.ctr@mail.mil

142nd & 224th

Hello Families and Soldiers,

Thank you to all the families that were able to attend the Christmas Party. A good time was had by all. Our next meeting will be February 2nd @ 2:30 PM at the 142nd Armory. We will be serving coffee and snacks to



Danette Robinson holding the newest member of the 142nd family, Averie Bell

the soldiers before and after the meeting. This is open to any family or friends. Please stop by the armory to see how easy it is to support each other and to see how your Family Readiness Group can support You!

We are still seeking volunteers to join our team. The following positions are available: Secretary, Phone Tree Callers, Fundraiser Coordinator, Youth Chairperson and Treasurer. PLEASE do not hesitate to contact us at the email address below if interested in joining our team or have any suggestions.

Season's Greetings & Happy New Year!

Your FRG Team,

Kelly Varney & Nikki Fennelly

Unit Telephone: (207)430-5348

142nd224thFRG@GMail.Com

133rd HHC FRG

Happy December to all of you!! I am happy to report that the 133rd HHC FRG is officially underway!

Yes, it's finally happened and now I'll need your help. There are many positions to be filled and plenty to do. We will be joining forces with FSC's FRG and Kristi Hamilton to get underway and to coordinate with them due to the combining of the two units due to the possible deployment in August. Please contact me via email at 133hhcfrg@gmail.com or you can contact me by phone at 207-504-0521.

I will be at the Portland Armory on Saturday, January 12th from 10am till 2pm. If you are closer to Gardiner and don't want to travel, please get in touch with me and if there is enough interest we can get together on Sunday the 13th somewhere closer to Gardiner, maybe my home or the American Legion in Sabattus.

Getting your feedback is vitally important to make this a success, so please contact me if you are at all interested in helping. If you prefer not to hold a position in the FRG, no worries, just your hands and ideas would be greatly appreciated.

I am so looking forward to meeting with everyone and getting to know you to help really make and maintain a strong FRG for the 133rd HHC.

Tracey Rancourt

133rd HHC FRG Leader



488th MP FRG

We are pleased to announce that our Christmas Party was a success once again this year. Thanks go out to the VFW Fred J Pare Post 1285 for the wonderful pot roast meal and the lovely gifts. The kids enjoyed crafts, getting to sit on Santa's lap and balloon animals made by The Amazing Lou. Thanks to all of you who made this day possible.

Word has it from Afghanistan that loads of care packages have been coming almost daily. We are so proud to live in such wonderful communities that are so supportive of our troops. Thank you for sending them so much love and showing them support during this difficult time. The ISG has asked that we hold off on sending any more boxes to the whole company for the time being. Please reach out to the FRG for specific items they may need. He says at this time they have more toothpaste, toothbrushes, and candy then you can imagine. He said that they are all very appreciative of all of your generosity however they are running out of room to put all of it right now. Just this week the commander and ISG received over 170 packages. So thank you to all of the schools, scouts, individuals and businesses that have been so active in sending these out. With that being said it is fine to send your soldier a care package for themselves. We do not want to discourage that.

The FRG will be meeting again in February where we will be doing a Valentine's Day Scrapbooking event hosted by our own Michelle Darveau. Please plan to bring your own photos for this project. We are also looking for someone to do some chair massages and some pampering. If you would be willing to donate your time please let us know by emailing us at the email address below.

We are looking forward to ringing in the New Year and all of the great activities we have planned.

From our FRG family to yours Happy Holidays!

Amanda and Alexis
488th MP Co. FRG Leaders
488thmpfrginfo@gmail.com



126th FRG

The 126th had a great Christmas party at the December drill. Thank you to the 126th and 142nd soldiers that planned a great afternoon for us. We were treated to a delicious lunch, stocking stuffers, and even a visit from Santa!

In January the 126th FRG will be holding a meeting on the 5th. Following the meeting we will hold a Race to the Finish party. We will have a potluck lunch, sign creating, and activities for the kids. Please bring your art supplies to help us get ready to welcome our soldiers back home.

Thank you,
Heather, 126th FRG Leader
126frg@gmail.com
207-430-5336



286th CSSB

Hello to the families of the 286th!

Hoping everyone had a great time at our unit Christmas party, what an amazing way to spend quality time with fellow soldiers & their families. Looked like everyone was having a great time at the bowling alley & at the party, lots to eat, great gifts & what a wonderful surprise for our children a visit from the man himself, Santa! Again thank you Santa for your visit!

Still have lots of openings for volunteers, if you would like to join, I will be at the AFRC February 3rd, I look forward to seeing you then.

Happy New Year to all!

Carol Grant, Family Readiness Group Leader
Frge_286thcssb@hotmail.com, Unit Tel# 430-5525

JFHQ-FRG

Soldiers and Families,
Shall I say we had another successful event for JFHQ's FRG? YES! Our Christmas stocking stuffer event went smoothly. Operation Homefront's partnership with the Dollar Tree store provided the stocking stuffers for our Military kids. We hope all those toys, puzzles, coloring books and crayons bring smiles to your children's faces when they open up.

Our FRG team Andrea Richards, Angela Jensen, Christine Thibeault, and Amber Silverman made it all happen

through their dedication and efforts. Well over 75 Soldiers and families stopped by to see us. It was great to say hello and greet new and old (not older) people. We hope you enjoyed the sweets, coffee, hot chocolate and cider AND the gift bags that we made special for each Soldier and Family. If your Soldier did not come home with the coffee mug and treats you might want to at least ask them where your mug is with our new JFHQ-FRG logo (yes, I said "LOGO"!).

continued on page 13

251st FRG

I hope everyone had a great time at the Family Day Xmas Party. We had a great turn out, was so nice to see everyone that came. Miss those of you that were unable to, the weather was not the best. We had a lot of super items for the Dollar Tree Holiday Store...but...There is still TONS left in the room. We with the FRG and those at the Norway Armory are leaving any remaining items upstairs in the classroom for the entire month of December, for those of you who could not make the party and for those that were not comfortable or available to get to the room to select what you would like,,,please feel free to stop in at the armory from Monday-Friday when someone is there, and go upstairs and help yourself to what ever you would like. Might want to give them a call first to make sure they haven't stepped out.

Next FRG Meeting: Saturday, January 12th @ 1pm. Would love to see you all there that can make it. A lot to talk about for the 2013 Drill Year.

Happy New Year.
Lorri Tumac

B-3/172nd FRG

In a fit of temporary insanity, my husband and I adopted a shelter dog less than a week before Thanksgiving. Add this puppy to our herd of one existing dog and two cats and you can see where the insanity comes into play.

As is sometimes the case with shelter dogs, Isis came with a host of health problems that had us scooting her outside every couple of hours. It seemed our plans to travel were now unthinkable. There was no way this poor baby could spend the better part of a day in a crate. Ultimately, we decided that I would drive down to see my extended family while my husband stayed home to take care of the animals.

At first glance, this seemed to be a tragedy. Then I looked back on our life together: two months after we met, my then-boyfriend deployed for 15 months; he was at a military training event during our "engagement party"; and six months after our marriage he deployed again for another 12 months. He missed our first wedding anniversary, my grandfather's funeral and two out of three cousins' weddings.

The military is unpredict-

able. As military spouses and families, we are given a choice: learn to adjust or suffer. Most of us - even the most stringent of planners, such as me - choose to adapt. We come up with creative ways to stay in touch. We realize that challenges only make us stronger. We learn to see the positive side.

Most of all, we learn to appreciate the time we do have together.

So, a few hours apart on a major holiday? Cake walk. My husband lived what is probably every man's dream - he got to play computer games all day long - and I brought home leftovers for us to share the next night.

I wish everyone a wonderful holiday season, together or apart, and thank you for all that you do!

For information about volunteering to be a part of the Mountain Company's FRG and the upcoming 2013 meeting and event schedule my contact information is listed below. Look forward to seeing you in the New Year

Sarah Bucci
FRG Leader
B-3/172 Mountain Company
b3.172.frg@gmail.com
207-430-5829

286th FRG



Carol Grant, FRG Leader for the 286th was recognized at the Christmas Party with a plaque and a fleece jacket, thanking her for all the hard work she has put into the units' Family Readiness Group

MEDCOM FRG



Medical Detachment Soldiers and Families,
This was Medical Detachments 2nd Annual Family Holiday Celebration.

Celebrating family, being a Guard Member, and being a Medical Unit can be challenging at times. This time of year is a wonderful time to get all of these elements together. Santa's elf entertained the children with one special gift from Santa's bag, arts n crafts, and helping the kids fill their bags with donations from Operation Homefront. We also had two booths from Military One Source and our Financial Advisor and Michelle Darveau was our guest speaker sharing the various Family Programs and Services.

We appreciate Operation Homefront for the wonderful donations of toys. Seeing the kids eyes light up as they filled their bags. One little girl after filling her bag, hugged the bag for 5 minutes; One of the boys was taking toys out of his bag and giving what he picked to other boys; Paint(washable) all over the youngest girl face there. These are the moments to embrace, celebrate, and be proud of.

Again, I would like to thank Military One Source, Financial Advisor, and Michelle Darveau. Michelle Darveau has been a great resource for Medical Detachments FRG getting operationally ready. If you are interested in Volunteering for our FRG, please contact me at kimberly.m.collins.mil@mail.mil or 207.430.6101. It's a great opportunity to meet other Military Families and have a fun time too!

Have a wonderful Holiday Season!
SGT Kimberly Collins
Medical Detachments FRG Liaison.



136th FRG



Greetings 136th families!

This year's Winter Carnival Holiday party was a huge success! A big Thank You to our volunteers, all of the soldiers that helped us the day before the event and the day of, our wonderful leadership, Santa, and all of the families that attended. Families certainly are the heart of the guard and this event was just a small token of our appreciation for all of the soldiers and their families and the sacrifices they make every day. We are proud to be members of the Timberwolves Pack! The "cubs" certainly enjoyed themselves. This year we had a bounce obstacle course, a Photo Booth, Popcorn machine, a few carnival games, some dancing, and each child received a huge gift bag of toys from Santa! Thank you again to everyone who made that day awesome!

If you are interested in helping us plan events, have ideas, resources, or would like to become a key volunteer please let us know! We are still waiting for our email tree to grow so that we can spread the word to all military families about upcoming events, giveaways, and important information. But we can't spread the word too far if we don't have enough contacts so PLEASE send us an email to let us know you would like to be added to our email list! Our email address is still: FRG136th@Yahoo.com

Also, be sure to visit <http://www.me.ngb.army.mil/Family/events.php> for a list of all upcoming family program events and registration information. You can also navigate through this site to find many resources.

We hope you all have a very wonderful and safe holiday season!

Good tidings we bring to you and your kin. We wish you a Merry Christmas and a Happy New Year!

~Jessica, Deanne, Nancy, Lindsay, & Danyall

from page 11

In the coming months the FRG will be planning our first Summer Family Get Together. The tentative date for this event is the weekend of August drill. Just a note, but in the past 3 months the FRG team has organized 2 very successful events for our Soldiers and Families. BUT, we need Volunteer HELP to keep the pace going! If you are interested in helping to plan our Summer event or in Volunteering period email us at jfhq-frg@

hotmail.com. All ideas, talents and any amount of Volunteer time is appreciated!

The FRG will be organizing fundraisers in the near future. All proceeds will go towards future FRG events like the Summer Family Get Together in August, so show your support and buy 50/50 raffle tickets or home baked sweets at next January's Sunday morning drill.

Melissa Thibodeau- FRG Leader
JFHQ-FRG@hotmail.com
 207.430.5168

FRSA 120th

Not having the writing gene, I stress each quarter trying to come up with a topic for the Chain of Concern and stress even more trying to write intelligently! Recently I overheard a friend talking about what they were going to make for New Year's Resolutions. Thought about how each November the FRGs sit down and discuss what the next year's meeting/calendar is going to be, they discuss what worked and what didn't the past year, brainstorming topics and events that will draw in their unit's families. That calendar planning process seemed like similar to making New Year's Resolutions. My next thought was wonder what could find out on Internet, so as the saying goes I goggled it! Below is an edited article I found off an active duty Family Program website.

New Year's Resolutions for FRGs

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Typically New Year's resolutions are made by an individual, but what about you're Family Readiness Group? Listed are just a few resolutions FRGs could make for 2013:

1. EDUCATE.....everyone in your unit on the PURPOSE AND MISSION of the FRG. Not everyone really understands WHY an FRG is there. Most see it still as a gossip group or only for people that have problems. Others believe they will need to commit a lot of time. This is not true today. By educating your Soldiers and Family

members on the real mission of the FRG, and sticking to that mission, you will be dismissing the negative stigma from your unit. Furthermore, by explaining the duties of key volunteer positions, you will show that volunteering for the unit's FRG takes little time and is very rewarding.

2. UPDATE.....your PHONE ROSTER! This can be easier said than done, but if you can accomplish #1, you should notice less resistance by Soldiers and Families to FRG contact. The unit Commander can have every Soldier fill out another information sheet to ensure everything is up to date.

3. IDENTIFY.....your GEOGRAPHICALLY DISPERSED FAMILIES and make sure they are connected to your unit and available resources. There are many websites that exist to keep our geographically dispersed Families connected to National Guard services. Military One Source (1-800-342-9647) or www.militaryonesource.com, offers online training, a virtual National Guard Community, free counseling options, and an extensive resource library. Finally, make sure your Families' have the State Family Programs web page at <http://www.me.ngb.army.mil/family/> and to go the Maine Family Program Face Book page for current Soldier and family educational and fun opportunities.

Don't hesitate to call or email me. See you all in the new year.

Maureen Hickling
 Family Readiness Support Assistant
 120th Regional Support Group
Maureen.e.hickling.mil@mail.mil
 207-430-5932

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 March 10, 2012

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

120th RSG FRG

Hello Families of the 120th

It was a Great ending to the year with the Christmas Party. Everyone had a great time and fun was had by the kids with face painting, crafts, pinnate and of course, Santa. It would not had been such a success without the volunteers that helped out. A BIG THANK YOU goes out to Joyce and Mike, Priscilla and Dave, Pam, Diana, Sue, Angela, Katie, Janie, Sherry and Steve, Kyra and Alan. Now it is time to think about our next calendar year and what we want to do for events and training. My next meeting will be February 3rd, Sunday at 12 at the AFRC. Watch for your Unit Newsletter. We will be discussing Family Day and other activities for the calendar year. Bring your ideas to the meeting so we can make plans.



We are always looking for volunteers to join the FRG(Family Readiness Group) and as you will see we have fun together as we plan our activities.

Thanks Again to all who participated at the Christmas Party and hope to see you in February.

Stay safe during the New Year!
Dottie P., FRG Leader
207-234-2086, frg120th@aol.com

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



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

