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Director, Deployment
Cycle Services

MSG Barbara Claudel
Director, Family Program

SFC Jonathan Jensen
NCOIC Yellow Ribbon
Reintegration Program

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Chain of Concern Newsletter

July/August/September 2012

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

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

Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.

-Calvin Coolidge

It is easy to underestimate the pure power of persistence. Supposedly, Thomas Edison failed at making the light bulb over 1,000 times. Michael Jordan, who many consider to be the best basketball player of all time, did not make his 9th grade nor his Junior Varsity High School teams. Albert Schweitzer who rose to become a Doctor, Medical Researcher, Theologian, Philanthropist, and Philosopher, failed his school entrance exam and was told he would be nothing but a ditch digger.

Though not all can rise to the great heights of these individuals, none can if you don't try. In our lives, this can mean school, work, relationships, re-integration from war, and our relationship with a Higher power. There is untold potential in each person; there are things that you can do that might have only wished in your wildest dreams, and have not tried, because you decide that it is impossible before you even start. In this issue, you will find many opportunities to move forward, to try something new, to move beyond your current boundaries. No one will do it for you, but there are tons of programs that can help you along. Take advantage of them! You are worth it and the rest of us need you to excel.

Remember, "By persistence, the snail made it to Noah's Ark!"

CH Andy Gibson

Director, Deployment Cycle Support &
Maine Military and Community Services

Memorial Day Celebration with the Portland Seadogs



Honor Guard Presents the color for the pre-game ceremonies.

Photos by Michael McSweeney

Service members escorting players to their positions at the pregame ceremonies take a moment to pose with Slugger, the Seadogs mascot.



Service members present wreaths for each branch of service and for POW and MIA comrades for wreaths across America in the pregame celebration.

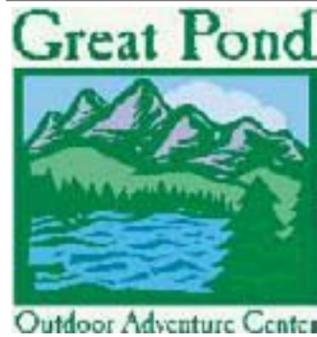


Dear Military Families

Thank you for taking a moment to review all the great happenings in your military community. I hope you will find something that will benefit your family.

Two years ago the MENG Foundation Fund was given a sizeable monetary gift by the estate of Tibor & Anna Doby, Hungarian immigrants who made Maine their home in the mid 1950's after fleeing their war torn country. This wonderful contribution came with specific guidance that it be spent 1) on the wants and needs of MAINE military families 2) that it be spent in a two year period, and 3) it stays in Maine to Maine residents. We have a very dedicated group of volunteers who sit on the Fund Council and together with command input, we established several initiatives and budget for the first, larger allotment. Some of the things you may remember was the morale things we did like Fun Town Day, Ski Day, Cabbage Island Lobster Bake, etc. Educational programs such as first aid, self defense, winterization were other events scheduled. A beautiful Gazebo was built at Bog Brook. Emergency gift cards were provided to units enabling them to have immediate help for military families in need at their finger tips and physical fitness equipment was purchased for armories. These events have mostly closed. We have now received the final allotment and would like your input for things we can do to impact the readiness, family wellness and overall climate for FY13. Understand this allotment is a MUCH smaller amount, but still can be used to affect many. If there was something you attended previously and want to see it repeated, please let us know. If you have a new idea, we would most appreciate an email with as much detail as you can. I promise that it will be presented to the Fund Council at our July meeting and who knows - your idea might be selected!

Thank you and have a wonderful and safe summer!
MSG Barbara Claudel
Barbara.claudel@us.army.mil



Nightly Rates	
Bigelow Lodge	\$150
Guest Cabins	\$115
RV/Campsites	\$25
Campsites	\$20
Yurts, campsites	\$50
Yurts, wilderness	\$30
Pets	\$10

(207)584-2000 • greatpondoac@rivah.net
www.navsea.navy.mil/shipyards/portsmouth
9 Dow Pines Road, Great Pond, ME

Wilderness campground with 14 cabins, 14 campsites with RV hookups for both water and electricity, and 5 yurts all available for rental. Cabins can be rented out year round while the campsites and yurts are available from May to October. The property sits on a 700 acre pond that has great fishing. We have canoes, kayaks, and motor boats all available for rental as well as fishing equipment and mountain bikes. It is available to active duty, retired, 100% disabled service members, DoD civilians, and National Guard. Reservations can be done as far out as one year in advance.

UPCOMING EVENTS

JULY

- 8-14 Youth Camp Week 1
- 13-15 Marriage Enrichment White Water Rafting
- 15-21 Youth Camp Week 2
- 28 2nd Annual Burgers and Bikes to Benefit Kieve Veterans Camp

AUGUST

- 9 NGAME Golf Tournament Palmyra
- 19 Run for the Fallen
- 23-25 Kathadin Palooza
- 24-26 Single Service Members Retreat and RED SOX baseball game
- 25 15th Annual Northern New England Military Retiree Activity Day Augusta Armory

SEPTEMBER

- 19 Guard and Reserve Pre-retirement Seminar, Lewiston, ME Ramada Inn at 6PM.
- 21 AUSA Lobster Bake in Kennebunkport
- 30 Maine Tribute March

OCTOBER

- 2 Planning for retirement lunch and learn in Augusta
- 9 Guard and Reserve Pre-retirement Seminar, Portland, ME Clarion Hotel at 6PM.
- 2 Planning for retirement lunch and learn in Bangor
- 24 Guard and Reserve Pre-retirement Seminar, Belfast, ME The Comfort Inn, at 6PM.

Singles Retreat

August 24-26th, Details to follow



Who: Any Currently Drilling Non-Married Service Members*
What: Premarital Interpersonal Choices and Knowledge (P.I.C.K.) Training and Red Sox v.s. Kansas City Royals at Fenway Park.
How: Transportation provided to Constitution Inn and Back to Maine
When: Friday, August 24 – Sunday, August 26
Where: Constitution Inn, Charlestown, MA
Cost: \$50 which includes cost of breakfast and lunch Sat. & Sun. , cost of hotel room Fri. & Sat. night, cost of Red Sox ticket for Sat August 25 game
Deadline: Register by 1 July 2012
To Register: Send your Name, Unit, Phone #, Email and \$50 check (Made out to MENG Foundation Fund) to: Family Program, SHS#33 Camp Keyes, Augusta, ME 0433.
For more information: Email Nathaniel.grace@us.army.mil and Alan.pinkham@us.army.mil or call (207) 430-5776.
*First time P.I.C.K. attendees will have priority



KATHADIN PALOOZA

23-25 AUGUST 2012

Sign-up for a weekend camping trip in the "county" the weekend of 23-25 August 2012. The trip will be to the Hay Lake Ranger Station near Patten, Maine. Applications are available at <http://www.me.ngb.army.mil/Family/documents/Events/Youth/KathadinAug2012.pdf> , and there will be a very minimal cost to cover food and incidentals. This is open to children 9-18, and you don't have to live in the County to attend. 430-5773 or 430-5953.

195th Band 2012 Summer Concert Tour

Concert Band

- 3 JUL Old Orchard Beach 1800-1930 (Salvation Army Pavillion)
- 4 JUL Camden 1330-1500 (Library Amphitheatre)
- 6 JUL Calais 1900-2030 (Memorial Park)
- 9 JUL Machias 1800-1930 (Performing Arts Center)
- 10 JUL Houlton 1800-1930 (Performing Arts Center)

Rock Band

- 5 JUL Calais 1800-1930 (Triangle Park)
- 7 JUL Winslow 2100-0100 (Fort Halifax)

Quintet/Quartet

- 5 JUL Old Town 1830-2000 (Park)
- 7 JUL Lubec 1100-1230 (Lighthouse Park)

Jazz Combo

- 8 JUL Belfast 1000-1200 (Waterfront)



Kids Club for July will be cancelled due to youth camp 10 August 2012 is our next scheduled date.

Open to all Current Military Youth in Augusta Region Ages 3-18, the Second Friday of the Month from 6 -7:30 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!

Register Today
Option 1: Log into and register your entire group at once on JSS at www.jointservicessupport.org type in your keyword: Kids Club in the events search panel.

Option 2: Contact us with questions about this or any other MENG Youth Program event. Call/Email (207) 430-5773 or 5953. steven.hughes2@us.army.mil

Youth Symposium



The Kids at the Youth Symposium

Free Entrance Days at the National Parks
29 September - National Public Lands Day
10-12 November - Veterans Day weekend

Military Teen Adventure Camps

Maine OMK camps for \$10

<http://umaine.edu/4h/2012/04/25/maine-military-teen-adventure-camps-are-open-for-registration>
POC Tiffany Gillespie, OMK Project Coordinator,
207-622-7546 or tiffany.gillespie@maine.edu

Family Assistant Center Coordinator:

Wow! Time for another news letter which means that the last three months have flown by. That might be due to the fact that the Military Family Assistant Center (FAC) has been very active and very busy, which is a good thing, as that means we are providing resources, outreach, information, support and many community activities to our military families in the Great State of Maine. In the last three months, we have seen our 1968th Contracting Team, and 126th Aviation unit deploy, we have supported large and small Soldier Readiness Process's and are getting ready to see the 488th and members of the 121st PAD deploy. This is a time of year that the weather is nice, many outdoor activities take place, and our families are



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

out and about tending to their everyday routines. Our service members, the families loved ones are away providing us all the freedoms to do what we do. Let us not forget that. Here at the Military Family Assistance Center, we remember this every day, and we are here to support all military families regardless of branch however we can. Families just need to know one very important number, which is 1-888-365-9287! This is a 24/7 phone line

where you will reach a FAC Specialist, who will do all they can to help in any way that they can. June is a busy month and by the time you read this, June will have passed. Dates and activities to be aware of in the coming months, Veterans Fishing Tournament, 28 July 2012, at Port Harbor Marine (this is full), Seadogs Games (may have tickets) Concerts at the Bangor Water Front (may have tickets), Retirement Activity Day (RAD) 25 August at the Augusta Armory, AUSA Lobster Bake, 21 Sept 12 in Kennebunkport, with the First Lady being recognized as the AUSA Person of the Year and Top Recruiters in the State from the Army, Army Reserves, Army Guard, NCO/Soldier of the year. Also

all summer the Poland Spring Resort is offering a free stay for Military Families to get away and relax. Call 1-888-365-9287 for more info. We at the FAC are here to serve and support you in many ways. When you do call, you will get either: David Smith, Carolyn Taylor, Michelle Ouellette, Kyra Darling, or Mark Cater, one of us is on call at all times. Stay tune to your emails, unit monthly newsletters, as we put out a lot of information on opportunities in our communities for our military families. I wish you all a very happy and safe 4th of July 2012, and a safe and eventful summer. We are here for you with community information, Referrals, Child Care issues, Finding an FRG Group, Financial issues, Grants, Military pay issues, ID Cards, DEERS issues, Legal Resources and Referral, Tri-Care/Medical/Dental issues, and Crisis Intervention and Referral issues to name a few! Call 1-888-365-9287.

Mark Cater
 FAC

Free National Park Annual Pass For active duty military personnel and dependants with proper identification



(CAC Card or DD Form 1173) Admits the pass owners and accompanying passengers in a private non-commercial vehicle at per vehicle fee areas, or the pass owner and up to additional 3

adults at sites that charge per person. Obtain in person at Federal rec sites that charge entrance fees starting on 19 May 2012. Covers entrance to Fish and Wildlife Service and National Park Service sites that charge Entrance Fees, and Standard Amenity Fees at Forest Service, Bureau of Land Management and Bureau of Reclamation sites.

MARRIAGE ENRICHMENT White Water Rafting Adventure 13-15 July 2012

www.northernoutdoors.com

Open to military Couples

Included for MENG Couples:

Lodging, meals, door prizes

Also Included for MEANG: mileage

\$40 registration fee per person includes rafting (\$20 if you are not rafting)

To register send your check (MENG Foundation Fund) Names, mailing, email, and unit of assignment and phone number to:

DVEM, ATTN: Family Programs/Michelle Darveau,
 33 State House Station
 Augusta, ME 04333

Questions contact michelle.darveau@us.army.mil
 Registration Deadline 1 July

Sexual Assault Prevention and Response

Safe Helpline
 Sexual Assault Support for the DOD Community

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
 Call 877-995-5247
 Text* 55-247 (inside the U.S.)
 202-470-5546 (outside the U.S.)

*Not your helpline for the record! SARC

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!

CPT Cain (o) 430.5824 (c)620.6335

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

****Remember the Date**** During the Last week of September there will be Sexual Assault & Domestic Violence Prevention training held in The Bangor Area and the Portland Area. Specific details will be on our facebook page in the coming weeks. Look up Maine National Guard Sexual Assault Prevention and Response Program



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

1LT Jasmine Cain
 Maine National Guard
 Sexual Assault Response
 Coordinator
 Domestic Violence Program
 Manager
 Suicide Prevention Program
 Manager
 207-430-5824
 jasmine.cain@us.army.mil
 Lt Col Debbie Kelley
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 Wing SARC
 207-404-7604
 deborah.kelley@ang.af.mil
 Mr. Norm Pacholski
 Alternate Sexual Assault
 Response Coordinator
 207-660-5153
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http://www.facebook.com/pages/Maine-National-Guard-Sexual-Assault-Prevention-and-Response-Program/149128341805240?ref=tn_tnmn

Poland Springs Resort Offers Free Stay to currently serving military families of Combat Veterans

Poland Spring Resort is again this year opening up their doors for current military families that have deployed. (Max 10 families per week) They are offering free stay for a weekend or a 7 day stay. They are also offering this to veterans that are referred by one of our VET Centers in the State. The process will be as follows:

1. Complete the application at:
www.me.ngb.army.mil/Family/documents/Events/ps2012.pdf
2. Send to carolynn.r.taylor@us.army.mil or fax to 207-430-5557, ATTN: Carolyn Taylor.
3. A confirmation email will be sent upon approval with a number to a number to call to make your reservations, with the Resort. \$25.00 registration fee down (reimbursed upon check in)



Warrior Legacy Foundation - Wounded Heroes Program of Maine
 presents

WOUNDED HEROES RIDE 2012

Join us as we honor and benefit Maine's Wounded Military Heroes
 Saturday, July 14th - Rain or Shine

8:00 am: Gather at
 Maine Veterans' Home
 290 US Route 1,
 Scarborough

11:00 am: Rollout to
 Bentley's Saloon
 1601 Portland Rd.,
 Arundel

Register Day of Ride at
 Maine Veterans' Home
 in Scarborough
\$15 per Person - includes
 a Heroes Ride patch
 *No Colors

MOTORCYCLES ONLY
 Non-riders meet at Bentley's Saloon for
 our post-ride celebration at 11:30am.



Please Join Us!



FMI Call Pam Payeur at 207.468.1026

MEARNG Equal Opportunity Program



During the late 1800s and early 1900s, women and women's organizations worked to gain the right to vote, as well as broad-based economic and political equality and for social reforms, such as better schools, the regulation of child labor. During this time, women also gained the right to control their own earnings, own property, and, in the case of divorce, have custody of their children. By 1896, women had gained the right to vote in state elections in four states (Wyoming, Colorado, Idaho, and Utah).

Not all women believed in equality for the sexes. Women who upheld traditional gender roles argued that politics were

improper for women. Some even insisted that voting might cause some women to "grow beards." The challenge to traditional roles represented by the struggle for political, economic, and social equality was as threatening to some women as it was to most men.

Women in the United States were given the right to vote on August 26, 1920 when the 19th Amendment to the United States Constitution was signed. The amendment was first introduced many years earlier in 1878. Every president has published a proclamation for Women's Equality Day since 1971, designating August 26 of each year as Women's Equality

Day. As Election Day will soon be upon us again, every man and woman should exercise their right to vote without fearing the impact upon facial hair.

Hispanic Heritage Month is celebrated nationwide and begins Sept. 15, 2011. In 1974 President Gerald Ford issued a Presidential Proclamation extending Hispanic Heritage Week into a month-long observation. Hispanic contributions to our military are as old as our military itself. They can be traced back to the American Revolution, when an officer in the Spanish Regiment in Louisiana supported the colonial forces in their fight for independence from Great Britain

by providing cattle and weapons.

Hispanic Americans have played a vital role in every one of our wars, in every battle and in every fight. Since the Civil War, there have been more than 40 Hispanic American service members who have received nation's highest military award - the Medal of Honor. You can learn more about Hispanic American Medal of Honor recipients at http://www.homeofheroes.com/e-books/mohE_hispanic/index.html

For more information on these or any other EO topics, please contact CPT Tara Young at 430-5919, or tara.k.young@us.army.mil

The Resilience Skill Activating Event-Thought-Consequence



The resilience skill Activating Event-Thought-Consequence (ATC) is the foundation for resilience training and develops the core competency of self-awareness. Basically, this skill points out that we do not experience emotions and reactions as a direct result of activating events but how we interpret the activating event.

An activating event (AE) is a trigger, a challenge, adversity, or a positive event. An AE is categorized as positive or negative based on personal interpretation. Two people may experience a similar AE but categorize the event completely different. For instance, if two workers are laid off, one may think "They can't do this to me after all I have put into this job!" while another thinks, "Thank God, I'm free!" What kind of emotion and reaction would you expect from each thought pattern?

When we look at an AE we want to be objective and identify the who, what, where, and when. In the above example the who is the laid off worker,

"Anyone can get angry- that is easy- but to get angry with the right person, to the right extent, at the right time, for the right reason, and in the right way is no longer something easy that anyone can do." -Aristotle

Thought Flavors

Loss
Danger-
Trespass-
Inflicting Harm
Negative Comparison
Positive Contribution-
Appreciating
Positive future

Emotions/Reactions

Sadness/withdrawal
Anxiety/Agitation
Anger/Aggression
Guilt/Apologizing
Embarrassment/Hiding
Pride/Sharing
Gratitude
Hope/Energizing

the what is getting the pink slip, where is at the workplace, and when is simply the day and time the event occurred.

The thought is that unfiltered, "heat-of-the-moment" statement that reveals the interpretation of the event. Thoughts are broadly classified by type or "flavor." It is the flavor of thought that drives the consequence. The consequence has two components emotions and reactions. Emotions are what are felt and the reaction is what is done.

In our above example, can you detect the flavor of trespass in the first worker? The thought-consequence connection to trespass is anger (emo-

tion) and aggression (reaction). The second worker had a thought flavor of positive future; the thought-consequence connection is hope (emotion) and energized (reaction), quite possibly displayed with a leap and a fist pump.

We can view our AEs with "glasses." These glasses are patterns of thought flavors that are developed through interpretations of life experiences that develop into icebergs (more on this in the next newsletter, and at CSF training in your unit or FRG) and may be accompanied with strong thinking trap patterns. Have you ever been around someone that seems angry most of the time? This per-

son may wear trespass glasses.

Get familiar with the thought-consequence connection chart and consider the following:

1. Do you frequent certain thought flavors more than others? Look for a pattern of thinking, particularly patterns that decrease performance.

2. We cannot control the AEs but we can control the thought about it. Is the thought accurate? Is this thought helping or harming me? What would I feel if I had a different thought?

Reflect a moment on Aristotle's quote. We all have situations that we handle better than others. Recognizing patterns, slowing down to challenge the thought (avoid thinking traps), and understand how thoughts drive our emotions and reactions will develop our self-awareness and contribute significantly to self-regulation. Exercising the skill of ATC will increase performance, promote better relationships, and enhance mental toughness.

For more information, or to schedule training for your unit or FRG group, please contact CPT Tara Young at 430-5919 or tara.k.young@us.army.mil

FOCUS on the VOLUNTEER

Mrs. Jessica Voter, 136th Engineer CO

How did you become a Volunteer and for which unit Family Readiness Group(FRG)?

I heard about the FRG 101 training in 2009 and thought it would be a great opportunity to learn how to assist and serve our soldiers and their families. I have always enjoyed attending the annual family functions at



my husband's unit, the 136th Engineers. I wanted to get involved to help keep those family days going. Days like those are so crucial to soldier morale and building friendships with other military families. During my time as a volunteer I've also learned about the abundance of resources and services that are available. My goal is to aid in getting this information out to everyone and that they know the FRG is here for them!

Besides being a Volunteer what is another interesting passion or career you have had?

I have been a Pharmacy Technician for 10 years, but I have hopes of returning to college to complete a degree for a different medical profession such as Respiratory Therapy. I enjoy helping others and being able to bring comfort to them when they are ill or are just having a bad day. As most people know I'm usually fairly quiet and somewhat shy, but I'm a good listener and love to make people happy!

Tell us about your family.

My husband, Norman Voter, of 7 years this July, our wonderful daughter Alanna who will be 3 years old on July 17th, our cat-Chance, and our blue beta fish- Clifford (Alanna named him!)

Were you born and raised in Maine?

I was born in Bowling Green, Kentucky. Lived there with my parents and brother until my parents divorced when I was five years old then we moved to Mexico, Maine. Eventually my mother remarried, she and my step father worked in several group home settings, one of which we all lived in together for a few years (Opportunity Farm in New Gloucester, ME). Throughout the time that we stayed there I had 40+ foster brothers. They then went on to work with Spurwink and Kid's Peace, where we built an additional 20+ relationships with foster kids. My father also remarried and had a girl, who is now 14 years old and is a great little sister.

If you could set the requirements for becoming a FRG Volunteer, what is the one skill you would want to see first?

Just to have a BIG heart!

Tell us something interesting about you that most people would not automatically know?

I danced from age 4 to 19, 8 of those years I was on a competition team. Jazz, Tap, Ballet, Pointe, Hip-hop, Lyrical, and Contemporary; my favorite was Jazz. If I wasn't in school or working I was dancing. It was my life and I miss it! If I had the money and resources I would love to open my own little dance center someday.

Who is your hero or the person that you admire the most?

It probably sounds cliché, but it's my husband. He is my best friend, the best father to our daughter, and he makes us proud each and every day. I have been with him since the second year of his military career and I look forward to the years ahead.

Mrs. Alexis Schools 488th MP CO

How did you become a Volunteer and for the 488th Family Readiness Group?

When my husband first became an AGR with the MP's I knew that I wanted to get involved. That was 4 years ago. I had volunteered with another unit my husband was in on active duty and loved the atmosphere it provided to the "military family member."

I wanted to do the same thing and provide the same thing the other unit had provided to me.

Besides being a Volunteer what is another interesting passion or career you have had?

Career, I worked as a Project Manager for a couple of years when I was in my early 20's and I loved it, but now that I have kids I LOVE being a full time Mom and that is absolutely my passion now.

Tell us about your family.

This year my husband and I will be celebrating 11 years of marriage. We have been blessed with 2 wonderful daughters ages 3-1/2 and 2-1/2.

Were you born and raised in Maine?

No. I was born in Texas and moved to England with my parents who got stationed there. I have only lived in Maine for 5 years and I LOVE it!

If you could set the requirements for becoming a FRG Volunteer, what is the one skill you would want to see first?

Commitment and hard work like you would have at a paying job. Being a volunteer is just as much a real job as one that pays the bills. The things we do for our military families are important, and it should be as important as the real job we go to everyday.

Tell us something interesting about you that most people would not automatically know?

I love to sing and I lead our song service in Church most Sundays.

Who is your hero or the person that you admire the most?

My husband. He has such strength and dedication to his family life, spiritual life and work. He is always striving to be a more rounded person and even though the stresses of life sneak up on us he always knows how to "hunt for the good stuff."



Maine Chapter of the Air Force Sergeants Association (AFSA) annual Community Support "calendar" raffle
250 calendars for the month of September. \$10 each.

Cash Prize each day during September 2012 (except Sundays). You can win as many times as luck will allow. Supports our military and veteran community. Calendars can be purchased from CMSgt (ret) Steve Hughes at the MENG Child and Youth program Office in Augusta and checks would be made out to AFSA Chapter 154.

FOCUS on the VOLUNTEER



Ms. Crystal Byers Joint Force Headquarters

How did you become a Volunteer and for which unit Family Readiness Group?

While working with MEDCOM (09-12), I developed a true compassion for our Soldiers and their families. I am now a full time nursing student and have missed being able to give back to those who sacrifice so much for us. I was honored when asked if I would be interested in volunteering for the JFHQ FRG.

Besides being a Volunteer what is another interesting passion or career you have had?

I have been working in the healthcare field for 12 years now. Thanks to my experiences in MEDCOM, I am now pursuing my true passion, Nursing.

Tell us about your family.

My significant other, CW4 Mark Perry and I are proud parents of seven beautiful children. Ariana (20) attends UNE and is pursuing a PhD in pharmacy; Ashley (16) has graduated from high school early and will be attending USM with an interest in Marine Biology; Timothy (14) will be going to Erskine this Fall; Hunter (10) is entering middle school; Lexis (8) attends China Primary as does Andrew (6); then we have Zakary (3) who goes to pre-school while I am in class.

Were you born and raised in Maine?

Anybody who meets me can tell that I am not an original Mainer within the first five words I speak. I must have a "wicked" southern accent. I was born in the Georgia Mountains and raised in the small town of Hayesville, NC. I moved to Maine in 2009 to be with my sweetheart, Mark.

If you could set the requirements for becoming a FRG Volunteer, what is the one skill you would want to see first?

One skill that I feel is crucial to becoming an effective FRG volunteer is compassion for others; being able to recognize a need and connect that need with a resource that satisfies that need.

Tell us something interesting about you that most people would not automatically know?

Hmm this one is tough.... well, I was in a car accident about five years ago. After running off the shoulder and over correcting, I flipped three times and was stopped by a concrete barrier on a bridge. I almost died—was in the ER for 8 hours and was airlifted to a better equipped hospital. I'm glad I went through it because it made me appreciate life and the people in my life more than anyone could ever know. Something beautiful came from something horrible and I think that's one of the amazing things about life.

Who is your hero or the person that you admire the most?

This one is easy for me. The person that I most admire is CW4 Mark Perry. Being a Soldier is an automatic qualification for being a hero in my opinion and I am proud of him for that but, there is an attribute Mark has that peaks my admiration above any other, HE IS AN INCREDIBLE DADDY.

ROTH TSP – Start today!

ROTH vs. Traditional TSP

Roth contributions are taken out of your paycheck after your income is taxed. This is different from the Traditional TSP which uses (pre-tax) contributions that lower your current taxable income and give you a tax break today. The traditional TSP contributions grow in your account Tax-deferred, but when you withdraw your money, you pay taxes on both the contributions and earnings.

When you withdraw funds from your Roth balance, you will receive your Roth contributions tax free since you have already paid taxes on the contributions. You also won't pay taxes on any earnings, as long as you're at least age 59½ (or disabled) and your withdrawal is made at least 5 years after the beginning of the year in which you made your first Roth contribution.

Deployment Entitlement

If you are a uniformed services member making contributions from tax-exempt pay earned in a combat zone and elect Roth contributions, you will not pay taxes on either your Roth contributions or their earnings (as long as you satisfy the age and 5-year holding requirements mentioned earlier).*

How to Get Started

You will elect to make Roth contributions in the same way as you have always elected

Traditional contributions — using either the electronic system of your agency or service, or Form TSP-1, Election Form (TSP-U-1 for uniformed services).

Once you set up a ROTH TSP your contributions will go into the "G" Fund unless you go to TSP.gov and make another choice.

Check with Finance to find out whether your TSP elections should be made electronically or by using a TSP form.

This information was taken directly from the TSP brochure which you can see in its entirety on the TSP website. Questions: www.tsp.gov, 1-877-968-3778 or contact Maine PFC Gayle Rose Martinez at 207-465-5677.

Old Orchard Beach Flag Raising Ceremony for Deceased Veterans

Old Orchard Beach Flag Raisers will be honoring Deceased Veterans by name each night from Memorial Day to Labor Day at 6:00 pm in Veterans Memorial Park again this summer. They want to try and fill up the calendar and right now have many openings. To see the open dates go to oobmemorialflagraising.com to see the dates available. For more information call Dennis Robillard at 207-468-0443 or email info@oobmemorialflagraising.com.



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



The following information is taken from the April 2012 issue of Military OneSource *eNewsletter* which is a monthly newsletter available from Military OneSource at www.MilitaryOneSource.com.

ESGR with potential problems in the workplace, and tips for service members on how to encourage continued employer support for their military service.

AFTER YOU GO BACK TO WORK

It will take some time to feel at ease again in your workplace. You'll make better progress if you follow these tips:

- **Show your appreciation** for the people who performed your job while you were away. You'll need their support and insight as you get up to speed, and your good will can make it easier for them to adjust to their new roles in the workplace.
- **Stay aware of how your combat experiences may change the way you see your job.** Most service members returning to a civilian job after military duty in a combat zone find that their day-to-day work-life has changed dramatically. Your job may not seem as exciting, interesting, or meaningful as what you were doing on active service. A military-style approach to solving problems may not work well at your civilian job. Remember, you may have new skills and knowledge from your military experiences that can bolster your performance and benefit your organization.
- **Get support if you're having difficulty performing your work.** You may have rushed back to work without giving the readjustment process enough time, or you may be dealing with ongoing physical or emotional issues that interfere with your job performance. Employers will usually work with veterans to find accommodations that allow them to continue working, or they may offer the services of an employee assistance program. Sometimes, simply talking to a trusted friend, fellow veteran, or family member is enough to help you gain perspective about work-related concerns. Keep in mind that members of the Guard and Reserve get counseling and support through Military OneSource regardless of their activation status.

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

Reconnecting on the Job following Deployment with the Guard or Reserve

Going back into the civilian workforce after a long absence and intense experiences in a combat zone has its challenges. You may be assigned different work or different people to work with. There may be unfamiliar new policies, procedures, and programs to learn. Also, your own perceptions and attitudes about your job may have been affected by your military experiences.

Combat veterans returning to civilian work after a long absence often need a period of adjustment before they feel connected to their work and their co-workers. In the beginning, don't be surprised if you:

- feel out of place or not sure where you fit in
- miss the intensity and emotional commitment typical of combat duty
- have mixed feelings about how your job was handled while you were gone
- lack the enthusiasm and motivation you once had for your job

These feelings are part of the process of readjusting to civilian employment after military deployment. There are things you can do to make your work transition as smooth as possible.

BEFORE YOU GO BACK TO WORK

Anticipate some of the challenges of returning to your civilian job and be more prepared for going back to work by taking these actions before reporting back to work.

- **Meet with your supervisor** to learn about changes that may have taken place while you were gone and about what your responsibilities will be now that you're back. You might ask for a briefing to be brought up to speed so you'll know what to expect on your first day back. Make sure you understand what will be expected of you and how processes, goals, and personnel may have changed. You can also learn a great deal about changes that have taken place by talking to co-workers.
- **Know your rights.** Employed Guard and Reserve service members called to active duty are protected by the Uniformed Services Employment and Reemployment Rights Act (USERRA). You can learn about your rights under USERRA by visiting the [Employer Support of the Guard and Reserve \(ESGR\)](http://www.dhs.gov) website (click on "Resources"). The site provides a summary of the law, answers to frequently asked questions, information on how to obtain assistance from

Volunteers Recognized by First Lady, Mrs. Ann LePage

Michelle Darveau, Senior Family Readiness Support Assistant, JFHQ



The Maine National Guard Family Readiness Conference is held annually, and this year the event was 27-29 April at the Samoset Resort in Rockport. The event provides an opportunity for Leadership and the Volunteers who support the Commander's Family Readiness program and ini-

tiatives to attend work group sessions together. These sessions provide time for them to reflect on what they have done well in the past year and to discuss what they can do to improve in the coming year to enable self-reliant and ready Military Families.

Our great state of Maine has

numerous Volunteers who support our troops and Family members. Some take on specific leadership positions and other are there when you say the "word". The education, support and care they provide our Military Families is invaluable. These Volunteers give of themselves freely, as an act of giving back, sharing life experiences and providing support NOT ONLY during a unit's deployment time, BUT ALL of the time.

Recognizing the achievements and services of our Volunteers is important to our First Lady, Mrs. Ann LePage. So important that she attended the State Conference and shared a few words with

them and our Military Service Members. It was with great honor that on behalf of the First Lady, I presented 23 Certificates of Appreciation to the following Volunteers: Darlene Bergeron, Aimee Brooks, Sarah Bucci, Marguerite Cannon, Wendy Crawford, AnnRenne Elefson, Nikki Fennelly, Carol Grant, Danyall Hallett, Kristi Hamilton, DeeAnn Kiilsgaard, Heather Maker, Linda Newbegin, Amanda Peacock, Dotti Pinkham, Cheryl Quint, Sharon Richard, Alexis Schools, Elizabeth Tilton, Lorri Ladd-Tlumac, Heather Trainor, Kelly Varney and Jessica Voter.

Congratulations and thank you for making a difference!

Volunteer NOW for the Maine Military Tribute March

The Maine Military Tribute March is comprised of ALL armed force branches, along with Families of service members marching in remembrance of those who made the ultimate sacrifice serving the United

States of America. The event will be 30 September 2012, Saturday, and is held in conjunction with the Maine Marathon in Portland.

Annually, FRG Volunteers, parents, Family members, and

Military kids walk the last leg of the March in support of the fallen, and their Families. Anyone interested in marching the final leg with the group, and/or helping to host the BBQ that follows, please contact Michelle

Darveau at 207.430.5779 or Michelle.Darveau@us.army.mil. This event is an amazing, heartfelt experience, so act now, and don't miss your opportunity to support your fellow Military Service members, and Families.

Bangor Commissary Farmer's Market 5-7 July



The 17th Annual National Guard Association of Maine Invitational Golf tournament.

9 August 2012
Palmyra Golf Course
\$240 per Team of 4

Includes greens fee, golf cart, prizes, team pictures, & chicken barbecue lunch.

Register early as space is limited.

For more information visit

www.me.ngb.army.mil/Family/events.php

Combat Veterans Motorcycle Association 17-1 presents 2nd Annual Burgers and Bikes to Benefit Kieve Veterans Camp 28 July 2012



Open to All riders
Registration 0800-1000
At LA-Harley Main St. Lewiston

Donation of \$20 per bike and rider and \$10 per passenger is greatly appreciated
Kick Stands up at 1030
the ride will proceed to camp Kieve for hamburgers, hot dogs and camp tours

Raffle with many prizes

50/50 Drawing

For more information contact:
Steve Spooner at 207-784-6332 or
steve1349@mealink.net

488th MP FRG

The 488th FRG is pleased to announce we have started a Parent Support Group. This group meets directly after the regular FRG meeting. This is a place where parents can gather to network with other parents through the deployment. We held our first meeting in May and it was a huge success!! During the meeting, ideas of what parents were looking for from us were discussed. We encourage parents of soldiers in our unit to join us. In addition, we welcome parents from other units as well. We are after all, one big military family. For more information contact Sharon at jeryjo@gmail.com.

NEXT MEETING:

- Sunday, August 5th at the Waterville Armory at 10:00 AM. Flat Soldier Assembly and Potluck. BRING A DISH TO SHARE.
- Sunday, September 16th at the Waterville Armory at 10:00AM. Care Package Tips and Assembling Packages for OUR SOLDIERS.

Our Yellow Ribbon Pre-deployment event was held the first weekend in June. We want to say thank you to SFC Jensen, his team and all the volunteers for doing such an outstanding job putting it together! Your hard work did not go unnoticed.

By the time you read this our unit Family Day held on Saturday, June 24 at the Waterville Armory will have passed. It is with great anticipation the event will have been a great success. We must once again extend our overwhelming gratitude to the Waterville VFW for providing our Family Day Barbeque. We could not pull it off without you!! Activities planned are an inflatable obstacle course, a dunk tank, a popcorn machine, face painting, bubbles, and some humvees to check out. A BIG thank you goes to Amanda B. for donating the dunk tank for the event. The FRG Volunteer group hopes those who attended had a fantastic time. If you have any questions about Volunteering to help with future event, please contact us at 488thmpfrginfo@gmail.com.

Amanda Peacock, FRG Leader
Alexis Schools, FRG Co Leader
488thmpfrginfo@gmail.com
Unit Tel# 207-430-5382

FRSA 52d Troop Command

Are you a military dependant? When was the last time you checked the expiration date on your military ID card? Is it about to expire or did you discover that it already expired? Do you even have a military ID card?

Do you know who to call to get a new ID card?

Maine has 10 locations where you can get a new or updated Military ID, or make changes to the data base which is called

DEERS (Defense Enrollment Eligibility Reporting System).

Instead of listing all 10 locations, the telephone numbers and hours of operations just give the FAC (Family Assistance Center) a call at 1-888-365-9287. The FAC representative will be able to give you the contact information for a location nearest you. You don't have to travel to a National Guard DEERS center. Once the FAC member gives

126th AVN FRG

The 126th had a very productive meeting in June. We have begun holding parent support group meetings prior to our FRG meetings. The group is for parents who have young children at home and are looking for ways to help their children cope with the deployment. If you would like more information about this group or would like to be involved in the group please let us know.

During our FRG meeting we began planning our family days. The 126th will be hosting two family days in August.

The first family day will coincide with our 120 day Yellow Ribbon event on Saturday, August 4th, at the Alford Youth Center in Waterville. This family day will be for families who have deployed soldiers.

The second family day will be for all families, deployed and rear detachment. This family day will be held in Bangor on August 5th. Mark your calendars; we hope to see you there. More details about both family days will be in the upcoming unit newsletters.

After our FRG meeting we planted a Yellow Ribbon Garden. We planted different types of flowers and look forward to adding to the garden as the summer continues. The FRG would like to thank CW2 Libby for all his hard work in constructing the raised garden bed.

Heather Trainor
FRG Leader
126frg@gmail.com



Chief Libby planting the Yellow Ribbon Garden on 2 June 2012



you the telephone number of the your nearest DEERS center give them a call. Some locations require appointments others will accept walk-ins, by calling ahead you can find out their hours and most importantly what documentation if any you need to bring with you. You wouldn't want to get there and be turned away!

So have you checked your ID card yet?

Have a wonderful sum-

mer with family and friends. Memories are priceless, go out create some.

Maureen Hickling
ME Family Readiness Support Assistant (Contractor)
52d Troop Command Military Personnel Services Corporation

Office: 207-430-5932
Mobile: 207-624-2861

Fax: 207-735-1083
maureen.hickling@us.army.mil

1136th TC



Family Day was a great success in Calais!

A great turnout was seen with almost 100 people in attendance!

Many thanks to the presenters of our workshops. Lanette Pottle, founder of Positivity Nation website is www.positivitynation.com. While there fill out a chance to win a free workshop with Lanette!

Positivity Nation is an international website that was started in 2010 that shares motivational & inspirational quotes on a daily basis. This website has grown to include over 10,000 people who span more than 50 states and 20 countries! This workshop session was both informative and interactive teaching the participants how they can be more positive in their daily lives. Since our family day, Lanette has launched a new venture, Positivity Lady Enterprises. Many thanks to all who came and helped to make the Family Day a huge success!

During August Drill I will be meeting with all of the soldiers that have joined 2 Platoon since August 2011. I am requesting for these soldiers to make sure to bring their families contact information to drill with them. One important piece of information to bring is your POC's e-mail address, as I will be requesting that information.

Connie Farquharson

Family Readiness Leader, Calais Detachment
207-430-5445



USA CARES INC

A lot of military families are struggling right now with things like unemployment and dealing with Post Traumatic Stress Disorder. If you don't already, you should know about USA Cares, Inc. They are a 501(c)3 registered charity that provides financial assistance to post-9/11 military service members, veterans and their families. They have programs that help with housing, unemployment, paying for utilities and food, and getting treatment for PTSD. Please check out their website if you are struggling or know someone who is. It is NOT a loan. They just want to give "a hand up" to our brave men and women who have done so much for us! www.usacares.org

2012 tickets to York Wild Kingdom for service members, veterans, DOD employees and family



www.yorkzoo.com

\$11 per person (ages 4+) Zoo & Rides

3 under \$4.75 for the Zoo & Ride pass, or \$1 for zoo

Pick-up your discount coupons

Potlond Armory: Carolynn Taylor, carolynn.r.taylor@us.army.mil

Augusta Buker Center: Michelle Ouellette michelle.ouellette@us.army.mil

Bangor AFRC: Dave Smith david.norman.smith@us.army.mil

Bangor ANG: or Drew Matlins: andrew.matlins@ang.af.mil

136th FRG

Greetings families of the 136th!

Important MEMO from our Commander concerning the Summer Family Day

To the families of the 136 EN CO,

I want to express my sincere thanks for your continued support of your Soldier and our Family program. Over the last year I have seen this program grow and become a solid foundation for the future. Please continue those efforts and know that you have my support and thanks. We have been planning a Family day for summer/fall time frame but unfortunately, I have to cancel that event due to our military schedule and funding issues. I wish I could give better news but I can't. That being said, I have asked the Family program to move ahead with making plans for our yearly Christmas/Holiday party. This event will have funding and our schedule will not interfere with this very important tradition. I appreciate your understanding.

Always yours

CPT Steven Morin
CDR 136 EN CO

With that being said, there is still an opportunity to plan a Summer Family Day next year but it will not be able to be held during a drill weekend and the FRG will need to fund the event (which will require lots of fundraising!). We will be sending our Family Surveys in the next few months to obtain information and ideas. We will continue

to work on plans for the Holiday Family Day in December and will keep you posted with details as they become available. As always, if any of you are interested in being a volunteer please don't hesitate to contact us via email: FRG136th@Yahoo.com We look forward to hearing from you!!!

Looking for some fun things to do this summer? Be sure to check out the National Guard website for information and a list of upcoming family program events! <http://www.me.ngb.army.mil/family/>

Some of these events include the Army Band Summer Concert Schedule, Youth Camp, Marriage Enrichment and Whitewater Rafting at The Forks, Run for the Fallen, and much more! The site is constantly being updated and there are more events added frequently! This site is also a wonderful place to search for resources and assistance. If you would like to be contacted directly via email regarding any upcoming events, seminars, offers and giveaways, please send us an email requesting to be added to our email distribution list. Emails are distributed on a weekly basis and contain tons of important and fun information! We hope you all have a fantastic and safe Summer!

Sincerely, Your FRG~ Jessica, Deanne, Danyall, Lindsay, and Nancy
FRG136th@Yahoo.com

262nd EN CO FRG

"Fathers are angels sent from heaven". I for one can certainly state that I am indeed ready for warmer and sunnier days leaving the rain behind as our soldiers plan and participate in their upcoming Annual Training Days.

I have enjoyed spending time at the Armories and being able to get to Belfast and work at updating the bulletin board with news and invitations brought forth from numerous organizations and community members. It is my hope to cycle the information monthly and update opportunities as they arrive. I will work with the FRG Liaison- SSG Tenney Noyes to make sure that we don't miss any valuable updates!

I realize that our soldiers are extremely busy preparing for the Annual Training 2012. We are moving ahead with our Family Day plans, scheduled for 27 June 2012 at Goodwill-Hinckley in Skowhegan. There will be dinner scheduled and socializing, to begin at 1700. I am still looking to get numbers together for those soldiers and families that wish to attend, making sure that we are fully prepared. If there are any questions, concerns please don't hesitate to contact me.

As I have been busy preparing for our gathering with our soldiers, I would like to extend my hand towards those that might be interested in helping with salads, rolls or "fixings" to complete our meal. If you are able or wish to help with the FRG planning for this event, please drop us an email at 262frg@gmail.com. We certainly would appreciate your assistance. Volunteers are key to all great events!

It is my understanding that the 262 EN Monthly Newsletter is now available to soldiers by email, still a great way to receive updated and current news for the soldiers. I have also been receiving a monthly newsletter that highlights current activities, a compilation of most of the forwards coming from the FRSA and folks in Augusta. Make sure you take a look at them both, lots of great information for everyone!

School will be out soon for summer break! "Today a reader, tomorrow a leader." W. Fusselman. I encourage you to read to/with your children! Let today's dreams be tomorrow's actions!

Heather Maker, FRG Leader, 262frg@gmail.com

142nd/224th FRG

Hello Families & Soldiers,

Thank you for another successful bake sale. The money raised was just enough to start our unit t-shirt production. Our first order of fifty shirts has been submitted. Please stop by the FRG table on Family Day to pick up your unit shirt.

A Scentsy wax burner valued at \$60 was donated to the FRG. We will be selling raffle tickets over the next few months. Ticket cost is \$1 for one or six for \$5. The winner will be drawn on Family Day on August 5th.

Meeting dates and times have been changed. Starting with May drill, all meetings will be held on drill Sundays, 2:00 P.M. @ 142nd Armory. All are welcome and encouraged to attend.

We are seeking more volunteers to join our team. The following positions are still available: Secretary, Phone Tree Callers and a Fundraiser Chairperson. If you are interested in joining our team, ordering a unit t-shirt or would like to purchase a Scentsy ticket please contact us at the email address below.

Your FRG Team,

Kelly Varney, Nikki Fennelly & Kristin Bender

Unit Telephone: (207)430-5348 142nd224thFRG@GMail.Com

185th EN CO FRG

I hope everyone is well and is ready to enjoy some great summer weather. I want to remind everyone about the 185th family day that will be held on June 29th at the Caribou armory. Families can start arriving anytime after 9am. There will be something for everyone! The bounce houses will be available, there will be fun lawn games for the older kids and the unit will be having some demonstrations on what they do with all that big equipment!! There will also be a couple of people from the Maine Military Assistance Center to discuss services that are available. Make sure to mark your calendars and bring the family out on this fun-filled day. The FRG is still looking for volunteers. With this being said, if you aren't sure what the FRG is all about, and would like to find out, there will be a class on Family Readiness Group 101,

being offered in Augusta on June 23rd. Please let me know as soon as possible if you are interested. I would also like to pass along a few other events. There will be free summer math help for grades 3-5 for those living in the Augusta area. It will be July 9th-13 from 12-1400. The class is free and sign up will be at the Buker Center in Augusta. Also don't forget about the great summer camps for our kids. Its not too late to get them signed up. There are pamphlets in the Caribou armory, on the wall in the hallway. Lastly, I would like to inform everyone that there will be a Maine National Guard Military Ball on October 27,2012. Mark your calendars and there will be more details to follow. Hope to see you all at Family Day.

Cheryl Quint
185th FRG Leader
cheryl_quint@yahoo.com
207-694-2209

120th RSG FRG



Spend the ENTIRE WEEKEND at NEMC New England Music Camp & Goldenrod Road Sydney

Soldiers and their families are invited to arrive any time between

Friday evening and Sunday morning.

Rooms and LOTS of activities will be provided! For More Information Contact S.F.C. Wal

Special Thanks to the New England Music Camp for supporting our Soldiers and their families by donating rooms and use of their facility!

Dottie P., FRG Leader, 207-234-2086, frg120th@aol.com

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

Editorial Director
MSG Barbara Claudel

Editorial Assistant
Kyra Darling

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

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

Kayak Donation to National Guard Family Program

In True Purple Spirit, I want to share this wonderful gift we will be receiving soon! The American Legion Auxiliary Child & Youth Representatives, Jerry & Jeri Greenwell visited youth camp last year and wanted to know what they could do to support us. After talking with our guys who handle the worn and ever deflating rafts, they soon understood our need for kayaks. The wheels started turning and the project began by collecting support from statewide members of the American Legion family to sponsor a kayak for OUR kids!

With the coordination of SMSgt Gerry Martin from Maineacs charities and Tsgt Jason Howes, the wizard of the trailer project, this is the



“almost” final product that was delivered to the family program office. Each kayak will be marked with the American Legion Post or Auxiliary and the logo. Very impressive work, and most important teamwork to get a need filled by VOLUNTEERS - the greatest resource we have!



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

