



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

CH (COL) Andrew Gibson  
Director, Deployment  
Cycle Services

MSG Barbara Claudel  
Director, Family Program

SFC Jeffrey Bickford  
NCOIC Yellow Ribbon  
Reintegration Program

## Chain of Concern Newsletter October/November/December 2013

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

### Recent Events



The Campers had a great time at the Youth Programs Katahdin Mini Camp.



Freeport Flag Ladies lend a hand the the 5th Annual Veterans Fishing Tournament hosted by Port Harbor Marine. Over 100 Veterans Participated and over 30 boat captains donated time and materials.



Soldiers/Youth Camp Volunteers are recognized for their upcoming deployment at Youth Camp.

### IMPORTANT UPDATE

Email change for Maine's  
Personal Financial  
Counselor

Gayle-Rose Martinez's  
(PFC) email has recently  
changed to:  
gmartinez@mflc.zeiders.  
com

If you have sent an email  
and not recieved a response  
please forward your original  
email to the new address.

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## CH (COL) Andy Gibson Director, Deployment Cycle Support

A seventh grade teacher asked her students what their father did for a living. All the typical professions were named by the students: “my dad is firefighter”, “my dad is a businessman”, etc. Little Johnny, however, said nothing. After the students had finished, the teacher looked at little Johnny and said, “Johnny, please tell us what your dad does for work.” He looked at his fellow students, and looked back at his teacher. “Come on,” she said. “Well, my dad cleans up after the elephants in the circus.”

The teacher was upset that she had embarrassed him, so she quickly changed the subject. When the class was over, she held Little Johnny back. “Johnny,” she said, “I’m so sorry to make you admit that. But tell me, does your dad really clean up after the elephants?” “No,” the boy replied. “Actually, he plays football for the New York Jets; but, that’s too embarrassing to admit!”

Yes, I admit that I am a Jet fan. I know that’s not popular in these parts, and in many cases, it’s embarrassing (Mark Sanchez’ “butt fumble” is YouTube legend at this point). But to me, having grown up with my father’s having season tickets to the Jets, the Jets mean so much more to me. It reminds me of freezing cold winds at Shea stadium, hot chocolate, salty pretzels and huddling into my father’s overcoat to keep warm. It’s experiencing my team win a Super Bowl when I was not yet eight, and then waiting 45 years for another such experience (Apollo 11 went to the moon that year, but we went back there 6 times – the Jets never went back to the Super Bowl!)

Loyalty and love is not about winning. It’s not about sticking to someone or something only when times are good. It’s about finding ways to celebrate smaller victories and truly relishing even the tough times. As you look at the opportunities and benefits that are provided in our newsletter, find those items that will enrich your lives and the lives of the ones you love. After all, we are all we have!

CH Andy Gibson  
Director, Deployment Cycle Support &  
Maine Military and Community Services

## State Family Program Director MSG BARBARA A. CLAUDEL

Fall has arrived and soon the leaves will be changing and the days will begin getting shorter with cool nights. Doesn’t seem possible that we are just a few months from 2014! Depending on your outlook on life, Change can be difficult, cause stress OR Change can good, a time of new possibilities, new adventure. I found these points from <http://www.jelleyjar.com/holiday/relax.html> that I thought I would share this quarter, maybe it will be helpful to think about as the holidays grow closer. Stay safe and enjoy the season.

“Simplify Your Holiday Plans and Relax!

You can’t do it all. So, why worry about it? Be realistic on what you can and want to do. Pick the things that are most important to you and focus on those. Even if it means you will be buying those Holiday cookies instead baking them, think of all the time it will free up for activities that you and your family will really enjoy!

Allow yourself some down time. No one can be perky all the time. While you are doing things for others, don’t forget yourself. Set aside some time for a long relaxing bath, an invigorating long walk or a refreshing cup of coffee or tea. These quiet times for yourself will renew both your spirit and your energy.

Holiday family gatherings can be fun! The key to keeping it as stress free as possible is to accept you are not going to change anyone. Just enjoy them for what they are, and move on.

When planning a stress free Holiday celebration, it is a good idea to make a plan and be a little flexible! Having a “to do” list will help you organize what needs to get done and what needs to be bought, etc.. And just think how great you will feel as you check off each item on your holiday list!

Try to do a much as you can in advance. You can cook and freeze many recipes to save time later.

Plan for rainy days and bored kids. You can buy a few inexpensive puzzles, coloring books and crayons, then hide them away for rainy day occasions. That along with a few rented kid movies and popcorn can work wonders.

Think positive and remember to have fun!”

## Family Assistant Center Coordinator:

Hope this finds you all in good spirits and health. Well, our summer seems like it flew by and now we head into fall and winter seasons. Kids are back at school, which may be a nice break for many families. This was a very busy summer, lots going on and I hope many of you took advantage of the many events that took place that we were involved with. I know youth camp was a huge success again this year, the Veterans Fishing Tournament was a huge success also. There is much more, however I only am authorized half a page. :) I will say that Kyra puts out "Stall Talk" weekly



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

with all the latest and greatest activities and events going on for military families and some veteran events also, so look for "Stall Talk" If you do not receive stall talk by email, please provide your email to us for that purpose and we will be sure to get you a copy. Also, keep in mind that the

Christmas Across Maine Program is starting up and I have many sponsors already to help again this year. They are very excited. I will be sending the application to Staff and Units and it will be available on our web site and you can fill out on JSS this year also. This is a confidential program, so we in

the FAC are only ones that can access the JSS to review your application. As you all know we have one unit deployed so let's keep them close in our hearts and they will be home in no time. We are here for you all and if needed or have a question, need assistance call 1-888-365-9287 as Carolyn, Laura, Michelle, Kyra or myself will be on the other end of the phone to assist you how ever we can. We are here for you. Hope you all have a Happy Thanks Giving, Merry Christmas and safe holiday season. We are here for you!  
 Mark Cater  
 FACC

## UPCOMING EVENTS

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

### OCTOBER

- 3 Lunch and Learn:  
Understanding Credit  
1130-1200 Bangor  
(p.5)
- 3 Pre-Retirement Seminar, 6:00PM, Portland, Clarion (p. 6)
- 3 Personal Health and Wellness: Self-Defense Course, Portland, ME 1800-2000 (p. 8)
- 4-6 Project New Hope Women Veterans Retreat
- 4-5 PAIRS Essentials VA Couple Retreat Poland Springs Resort
- 6 488th Freedom Salute
- 6 Maine Marathon Tribute March, Portland, ME (p. 10)
- 8 Military Licensing and Career Fair (p 12)
- 8 NAMI Maine Veteran's Support Group, Augusta 1800-1930 (p. 11)
- 12 Personal Health and Wellness, self-defense course Bangor (p. 5)

- 13 Ricker Hill Orchards 4th Annual Columbus Day Weekend Event 1400 (Rain Date 14 October) (p. 4)
- 18 Lunch and Learn: Understanding Credit 1130-1200 South Portland (p. 5)
- 19 Madison Rising Concert to Benefit Wounded Heroes (p. 7)
- 19 Veterans Homeless Stand Down
- 22 Lunch and Learn: Understanding Credit 1130-1200 Augusta (p. 5)
- 23 Pre-Retirement Seminar, 6:00PM, Belfast, Comfort Inn (p. 6)
- 26 Personal Health and Wellness, self-defense course Augusta (p. 8)
- 29 Fall Career Fair for veterans 0900-1400 Cross Insurance Center Bangor, ME

### NOVEMBER

- 2 York County MMCN Harvest of Resources Fair (p. 7)
- 2 7-Habits for Highly Effective Teens (p. 4)
- 9 Babysitter Training (p.4)
- 16 Lewiston/ Auburn Resource Fair 10am-1pm, Lewiston Armory, 55 Alfred Plourde Parkway, Lewiston, ME

### DECEMBER

- 14 Save the Date for the Military Ball Bangor Cross Center
- 15 Holiday Cheer at the Blaine House with Maine's First Lady, in Augusta, from 1300-1500 (p. 5)

# SAVE THE DATE

# MILITARY

# Ball 2013

14 December  
 Bangor Cross Center  
 Social hour from 1730-1830



## Ricker Hill Orchards

4th Annual Columbus Day Weekend Event  
 Sunday 13 October 2013, starting at 2 pm  
 (Rain Date: Monday, 14 Oct-Columbus Day)

**Included**

Hay Rides/Climb

Corn Maze

3 Bounce Houses

Petting Zoo

Apple Sling Shot

Corn Box

Mini Disk Golf

Duck Races

Monster Mural...And More

**On Your Own**

Apple and

Pumpkin Picking



**Where:** Ricker Hill Orchards, 11 Ricker Hill Rd, Turner ME 04282. (207) 740-0693

**Cost:** FREE. Events listed are at no cost to you. You may wish to bring \$\$ for apples, pumpkins and other store items which are on your own. There will be a small \$1 charge for adults to use the Apple Slingshot.

**Who:** All current military members and immediate families are invited.

**Deadline to RSVP:** Wednesday, 10 Oct 13 by COB

**Time:** 2:00 p.m. till 5:00 p.m.

**How to Register:**

Please register by going to Joint Services Support (JSS) and under "Events" search on Ricker Hills Orchard. Please e-mail Steve at [steven.r.hughes8.ctr@mail.mil](mailto:steven.r.hughes8.ctr@mail.mil) and Sara at [sara.l.bilodeau.ctr@mail.mil](mailto:sara.l.bilodeau.ctr@mail.mil) if you have any questions. You can also contact us by calling 207-430-5773 or 207-430-5953.



## Babysitter Training: 9 November 2013

We will be offering babysitter training. This training is open to boys or girls ages 11-13, and the class size limit is 8 students. This will be training from Safe-Sitter and will last all day, from 10:00 am - 4:30 pm. The training will be held in Augusta, ME. To sign-up, please e-mail Steve at [steven.r.hughes8.ctr@mail.mil](mailto:steven.r.hughes8.ctr@mail.mil) and info Sara at [sara.l.bilodeau.ctr@mail.mil](mailto:sara.l.bilodeau.ctr@mail.mil). Again, this is only open to the first 8. There will be a \$10 fee to cover lunch. Each student will receive a course book and a completion certificate.



## Operation Tribute

At the request of a member of a service member from New England, operation tribute will provide an age and gender appropriate gift to each child 0-16 registered before November 1st on a first come first serve basis.



Register: <http://operationtribute.com/>

Operation Tribute is accepting registrations beginning September 1! As you may recall, since 2007, Operation Tribute provides holiday gifts to the children of military families. Last year, they expanded the program throughout New England, New Jersey, New York and Ohio and provided over 34,000 gifts to over 1,100 cities and towns! Every child that registered for the program received a gift!

As with prior year, the program is NOT based on need. The people of Operation Tribute issue the gifts as a way of showing appreciation for the bravery and courage exhibited by our children. Even if the military parent is not currently deployed, the child will be given a top quality gift.

There will be no wish lists. Each gift will be sent to the child, individually wrapped and shipped, even if there are multiple children in a household. The package will include a letter of thanks and appreciation for all they sacrifice for having a parent in the military. It is estimated there are over 6,000 military kids in Maine who could benefit from this project.

Military service men and women who are interested in participating will have until November 1 to provide their name, rank, unit, address, phone number, **See TRIBUTE page 7**

## 7-Habits for Highly Effective Teens

### 2-3 November 2013

We will be conducting this amazing training to Maine Military Children attending Junior or Senior High. The training will be held at Camp Tracy in Oakland, ME. In addition to the training, there will be some evening activities, an overnight in the lodge, and we will be on the high and low ropes course on Sunday. This event will be open to the first 25 to sign-up, and there will be a \$10 registration fee. You can register until 25 October on JSS, Keyword: 7-Habits.

# Youth Camp Memories



Scan to The QR code to reach the Youth Program Website



Attention Currently Serving Military Families



## Holiday Cheer at The Blaine House

Sunday, 15 December 2013  
1 - 3 pm

Come and enjoy cookies and milk With the First Lady!



Visit with and get your picture taken with Mr. and Mrs. Claus



Register by 9 December 2013 at [www.jointservicessupport.org](http://www.jointservicessupport.org)  
**YOU DO NOT NEED TO LOG IN!**  
Simply click on "Events" and enter Keyword: Santa

Contact Steve: [steven.r.hughes8.ctr@mail.mil](mailto:steven.r.hughes8.ctr@mail.mil), 430-5773 or Sara: [sara.l.bilodeau.ctr@mail.mil](mailto:sara.l.bilodeau.ctr@mail.mil), 430-5953 for assistance

# Take Control of Your Finances - Understanding Credit

## CREDIT REPORT



**30 Minute Lunch and Learn • 1130-1200 Bring a Bag Lunch**

Service Members, Family members, Civilian Employees and Veterans are welcome

**Bangor** - 101st ARW, Bldg. 505 Large Classroom • Thursday October 3

**South Portland** - SPANGS Friday October 18th

**Augusta** - Camp Keyes, Bldg. 15 North Classroom Tuesday October 22nd

Why Credit Is Important • Translating Credit Reports  
What Determines Your Credit Score • How to Improve a Credit Score  
Get a Free Credit Score (after class)

Register or Questions contact JFSAP MFLC PFC Gayle Rose Martinez at 207-274-3987 or by email at [gmartinez@mflc.zeiders.com](mailto:gmartinez@mflc.zeiders.com)

## One Free Credit Report

Every US Citizen is provided with one free credit report a year from Experian, Equifax and TransUnion. The correct URL for accessing this resource is [www.annualcreditreport.com](http://www.annualcreditreport.com) <<http://www.annualcreditreport.com/>> . You will know you are in the correct place because they will not require any financial information or credit card information. If you use another site and the word FREE is in the URL it is not free. When you use other sites, to obtain your free credit report, they will often ask you for credit card

information and will always open your email to unwanted advertisements and other people wanting to sell you something. Sometimes you have to actively close an account or you will have a small monthly fee on your credit card after the first month of use. If the word FREE is in the URL it is not free. If you have any questions about your credit report feel free to contact me.

Gayle Rose Martinez  
 Joint Family Support Assistance Program  
 Personal Financial Counselor  
 207-274-3987

## Pre-Retirement Seminars

**3 Oct. - Portland, Clarion - 1800**

**23 Oct - Belfast, Comfort Inn - 1800**

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

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

## Looking for the Personal Finance Counselor, Military Family Life Consultant or Military Onesource Representative?

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

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

## Sexual Assault Prevention and Response



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

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

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



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

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

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

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

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

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

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



The following article is taken from the Military OneSource eNewsletter for the month of September under the "Career and Education" section. To subscribe to receive this eNewsletter each month, please click on the following link or paste it into your browser.

<http://apps.militaryonesource.mil/MOS/f?p=AMS:SUBSCRIBE:0>

## Military Spouse Employment Partnership — 50,000 Hires

The Military Spouse Employment Partnership has reached 50,012 military spouse hires as of Aug. 1, 2013. First Lady Michelle Obama and Dr. Jill Biden, through the Joining Forces initiative, challenged employers to reach 50,000 hires by 2015. The 182 partner employers have been hiring military spouses since MSEP's launch on June 29, 2011. More than 1.2 million jobs have been posted on the MSEP Career Portal at <https://msepjobs.militaryonesource.mil/>. The partnership, part of the broader Department of Defense Spouse Education and Career Opportunities program, is a targeted recruitment and employment solution that addresses the employment challenges facing military spouses. It provides partners with access to a pool of qualified, tech-savvy, mobile and highly educated military spouses who are skilled, diverse and motivated and possess a strong work ethic.

### The Military Spouse Employment Partnership in Action

The Military Spouse Employment Partnership creates employment connections by providing companies with direct access to military spouses seeking career opportunities and connecting them with employers that are actively recruiting. The partnership expands career opportunities for military spouses worldwide in the following ways:

- Spouses can access job opportunities through the online MSEP Career Portal at <https://msepjobs.militaryonesource.mil/>
- The partnership helps spouses find and maintain rewarding careers despite frequent relocation.
- The partnership helps spouses find employment, build on their education and experience and achieve their career and personal goals.
- Through active outreach to corporations, small businesses and community organizations, the Department of Defense is building partnerships and expanding the network of potential committed employers of military spouses.

### About Military OneSource

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

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

#### **Military OneSource**

By phone, online, and face-to-face

1-800-342-9647 **En español** llame al: 1-877-888-0727

### TRIBUTE from page 4

email address, child's name, age, gender, and shipping address. This can be done by registering online at [www.OperationTribute.com](http://www.OperationTribute.com) or by calling a separate, dedicated line (207-221-0296). All information is kept strictly confidential.

Operation Tribute is a first-come, first-serve program and monies to support this project will come from corporate sponsors, individuals, and other organizations all over the State of Maine who want to participate. If you know of any businesses or donors that would be interested in donating to Operation Tribute to ensure that no child is refused a gift, please call 207-221-0296 or donate online at the website. Also, if you are interested in volunteering to help, please give them a call. For more information please email [CustomerService@OperationTribute.com](mailto:CustomerService@OperationTribute.com) or call (207) 221-0296. REMEMBER NOV 1 IS THE DEADLINE TO REGISTER

**MADISON RISING**

Portion of proceeds to benefit

**WOUNDED HEROES PROGRAM**  
OF RELATIVES  
A Division Of WARRIOR LEGACY FOUNDATION

**DEAFENED AMERICAN VETERANS**

A FEELING OF PRIDE MOVING ACROSS AMERICA

**SATURDAY, OCT 19<sup>TH</sup>**

**LEWISTON ARMORY**

65 Central Ave, Lewiston  
Presented by the Androscoggin Republicans

**6:00 PM Doors Open / 7:00 PM Program & Concert**

	(advance)	(at door)
<b>Tickets:</b>	<b>\$15.00</b>	<b>\$20.00</b>
<b>Children (12 &amp; Under)</b>	<b>\$ 5.00</b>	<b>\$10.00</b>

Fortickets call 713-8700 or visit [www.AndroscogginGOP.com](http://www.AndroscogginGOP.com)

**Thank you to our event sponsors!**



You are invited to

## 4<sup>th</sup> Annual Harvest of Resources Fair

Serving Veterans and their families.

at

Nasson Community Center Gymnasium  
457 Main Street, Springvale, ME 04083  
Saturday — November 2, 2013  
11:00 a.m. — 2:00 p.m.



## MAINE MILITARY & COMMUNITY NETWORK

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

### REGIONAL GROUPS:

**York County MMCN-** Leaders: Amy Marcotte/ Pam Payeur. Group meets the fourth Tuesday of each month from 11am-12:30pm at the Springvale Vet Center located at 628 Main St., Springvale, ME 04083 (207) 490-1513.

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

**Portland MMCN-** Leaders: Cliff Trott/ Rob Liscord/ Phil Allen. Group meets the second Monday of the month at 4:30-6pm at Alexander Hall, UNE, Stevens Avenue, Portland, ME. For more information, contact Rob Liscord at rlliscord@ptla.org or by phone at 207-400-3232.

**Mid-Coast MMCN** (Brunswick Area)- Leaders: Paul Loveless/ Don Spann/Rob Crowe. Group meets on the first Tuesday of the month: Oct 1st from 5pm-7pm at the Southern Midcoast Maine Chamber of Commerce office 2 Maine Street, Topsham, ME. For more information call 207-725-8797 ext. 5.

**Kennebec County MMCN-** Leader: Randy Liberty. Group meets quarterly; next meeting is October 9th from 10-11:30am at 25 State Street, Augusta, ME. For more information contact Katie Hutchings at 207-623-3614.

**Bangor MMCN-** Paula Bur-

nett: Group meets on the third Tuesday of the month from 4:30-6pm at Camden Hall of UMA Bangor Campus located at 25 Texas Avenue, Bangor, ME. For more information, contact Paula Burnett 207-262-7926.

**Aroostook County MCN-** Newly Forming Group- Leader: Jean Henderson. Next meeting is Oct 16th from 3:30pm-6pm at the Houlton Higher Education Center located at 18 Military Street, Houlton, ME 04730. For more information, call 207-532-3100.

Oct 8th Military Licensing & Job Fair 3pm-7pm at 772 Stevens Avenue Armory, Portland, ME

Oct 19th Veterans Homeless Stand Down

Nov 16th Lewiston/ Auburn Resource Fair 10am-1pm, Lewiston Armory, 55 Alfred Plourde Parkway, Lewiston, ME



## SELF-DEFENSE COURSE

### Bangor

12 Oct. • 1300-1530

### Augusta

26 Oct. • 1300-1530

*Primary steps & techniques to survive & escape a sudden street level assault.*

Open to currently Service Military Service and Family members of any military branch, ages 12+.

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

Fee: \$10 per student

Send Check to:

MENG Foundation Fund DVEM, SHS #33,

Camp Keyes

Augusta, ME 04330-0033.

ATTN: L. Badger

Self Defense.

Attire: Comfortable clothing that allows for easy movement.

[leah.j.badger.mil@mail.mil](mailto:leah.j.badger.mil@mail.mil)

207-430-5123.

*This training was provided by the Anna & Tibor Doby Foundation.*



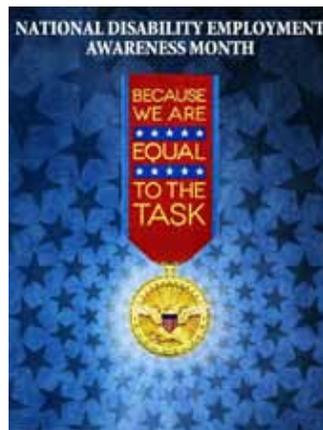
## MEARNG Equal Opportunity

Hispanic Heritage Month 15 Sep - 15 Oct 2013

Hispanics: Serving and Leading Our Nation with Pride and Honor

When and Why is Hispanic Heritage Month Celebrated?

National Hispanic Heritage Month is celebrated in recognition of the historical and cultural contributions of Hispanic Americans. This national observance was first established by Public Law 90-498, approved September 17, 1968 by the 90th Congress. Public Law 90-468 authorized the president to proclaim National Hispanic Heritage Week each year. On August 17, 1988, the 100th Congress enacted



Public Law 100-402, which extended the observance from a week to a month. The annual observance is now a 31-day period beginning on September 15 and ending on October 15.

National Disability Employment Awareness Month October 1 - October 31, 2013

Because We Are EQUAL to the Task

Held each October, National Disability Employment Awareness Month (NDEAM) is a national campaign that raises awareness about disability employment issues and celebrates the many and varied contributions of America's workers with disabilities. The theme for 2013 is "Because We Are EQUAL to the Task."

For more information about diversity, or equal opportunity programs, please contact MAJ Tara Young at 430-5919 or [tara.k.young.mil@mail.mil](mailto:tara.k.young.mil@mail.mil).

# 120th RSG FRG

Hello Families of the 120th  
 Hope everyone enjoyed the training and activities of Family Day and hope everyone learned something from the Fire Safety Event. There will be pictures to look at and enjoy at upcoming events.



Leaves are falling and guess what else will be falling soon? Snow..What comes with SNOW but the Holiday's, shoveling and cold temps. We are planning for the Holiday event and hope you will join us. The date and location

is TBD. Please watch your newsletter with the upcoming info. If you do not receive the newsletter, please let us know so we can make sure that it gets to you. We will be doing a bottle drive in Oct. and

Nov. drill. We will be collecting the bottles on Sunday of drill in Oct. and Nov. We are also looking for other ideas to raise monies for the food. If you have any ideas, please email us or come in and join

us at the meetings. Our next meeting will be Sunday, Oct. 6 at 12.

Thank You for all your support!

120th FRG  
 Dottie/Janie/Sarah/Diana



Positive Parenting Solutions  
 Free Online  
**PARENTING TRAINING**  
 FOR MILITARY FAMILIES



Complimentary  
 1-Year Access  
 To The Award-Winning  
 Positive Parenting Solutions  
 Online Course (\$199 value)

[positiveparentingsolutions.com/giving-back](http://positiveparentingsolutions.com/giving-back)

# 286th FRG



cream was a extra treat.

Also want to congratulate the two soldiers who were promoted in August. You both deserve it.

I will be attending Family Readiness Group training this month, hoping to bring a back a lot of new ideas back and apply them to our unit's FRG.

We still have positions available so if you are interested please contact me thru the NEW unit email address below.

[frg.286thcssb@gmail.com](mailto:frg.286thcssb@gmail.com)

I am in the process of updating this email to include all of the families so when something is happening I can just shoot everyone out an email but like they always say.....Good things take time!

Feel free to get a hold of us with any questions through the new unit email address and looking forward to the next few months before Christmas & planning our annual party.

Carol Grant-FRG Leader

Kim Whitten-Fund raiser chairperson

Unit tel # 430-5525

NOTE: New email [frg.286thcssb@gmail.com](mailto:frg.286thcssb@gmail.com)

Hello to the families of the 286 Starting to feel like fall is on the way, so we all know what that means...winter next! And that will mean the start of planning for our annual Christmas party. We are in the process of changing it up a little bit this year, will keep everyone posted on what is taking place.

Would like to take this time to thank everyone who helped made our annual summer event a HUGE success! We had some soldiers who went above and beyond what they needed to do to help make this happen. I personally wanted to make sure they knew how much they are appreciated.

We had great games, boat rides, tubing, music and the children had a blast with the piñatas! Plenty of good food, ice

## Family Readiness Leaders Meet & Learn

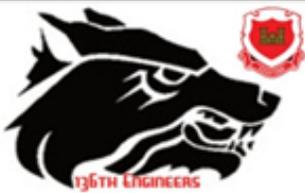


A weekend at Sunday River Jordan Hotel 14-15 Sep 13 brought FRG leaders from across the state together to train and network on their important role in the National Guard. Special guest speaker, Sarah Smiley, surprised the group with a discussion and book signing of her newest publication, *Dinner with the Smiley's*. Pictured from Right to left is: Bottom row: MSG Barbara Claudel, Maureen Hickling, Sarah Smiley, Sandy Bilodeau, Janie Brueneman, Storm Kelso, Elizabeth Babbidge. Top row: Joyce Warren, Jill Thibault, Carol Grant, Jamie Farag, Michele Bayne, Wendy Crawford, Alexis Schools, Michelle Darveau, Sara Dow, and Linda Newbegin.

### Farewell to Michelle Darveau, Senior Family Readiness Support Assistance

We say good bye this month to Michelle with mixed emotions. As our SFRSA for close to six years with the Family Program office, Michelle has worked with enormous passion and dedication to our state and most importantly the families within. We will miss her greatly, however, we are very proud that she has been promoted to regional manager overseeing the FRSA program for 13 states and we will continue to have her working to support military families, just at a higher level. Good Luck & Thank you Michelle!

### 136th FRG



Hello Families!

It looks like it is that time of year again where we welcome the cooler temperatures, school has resumed and we prepare for what is to come... WINTER! With that being said, we do hope all of you enjoyed your summer!

DeAnne and Danyall are working diligently to put together the upcoming Holiday Event. As always, we are looking for volunteers and any ideas that you may have. Please feel free to contact either of us if you have questions, or want to lend a helping hand.

DeAnne & Danyall  
Frg136th@yahoo.com

DeAnne & Danyall  
136th FRG  
Frg136th@yahoo.com

## 488th FRG



Hello Fellow 488th Families!  
We hope that you have enjoyed your summer, as wet as it has been. Most importantly we hope you all had time to spend with your loved ones, especially those soldiers who returned in June. As we embark on our fiscal year as a Unit Family Readiness Group we will be saying goodbye to some awesome volunteers. We would like to thank them for the hours and hours of hard work during the last year. Some volunteers have been volunteering with our FRG for years and for those individuals we thank you for sticking by us and for helping make this

Family Readiness Group what it is today. With that being said it opens up some positions we will be advertising for later on in the next couple months. Make sure you keep your eyes out for our Unit Newsletter for details.

We are excited to unveil our new "Little Guardian" onesies which will be available for purchase during November drill. Please remember we have car decals, insulated coffee cups and yellow bracelets still for sale. During December drill we will have our annual Holiday Party. Watch out for more news on that with special details that will make this one popping party!

Starting January 2014 we will reschedule monthly FRG meetings as well as be present in the Armory on drill week-ends. We look forward to serving our families and getting to know our new soldiers.

Amanda & Alexis  
FRG Leaders  
488th Military Police Company  
488thmpfrginfo@gmail.com

## BEHIND THE BOOTS BLOG



<http://behindtheboots.blogspot.com>

**Maine Marathon  
Tribute March  
6 October 2013  
Portland, ME  
0600-1400**



## 1136th FRG

Hello Families & Troops.

First let me thank you for a successful Family Day! I have had so much input and positive feedback. It was a great day and lots of fun was had by all! There are pictures available on our Facebook page if you would like to review them, look under 1136th Transportation.

Now on to our next event the Christmas party. It is in the planning stages and this is where we are as of today. The party will be held on the Sunday of December drill, date, time and location will be sent out to all as things are confirmed. A catered meal will be provided but appetizers will need to be donated by family members. I will be sending out a sign up sheet if you would like to bring something also the sign up sheet will request information on number attending, gender and age of each child. If you are interested in volunteering or helping in any capacity with the FRG please let me know.

We look forward to hearing from you and working with you in the future. If you would like to contact me or Debbie Boudreau, please contact the Family Readiness Liaison at 430-5469 or 1136thfamilygroup@gmail.com

Have a nice fall.

Joyce Warren, Family Readiness Group Leader  
Debbie Boudreau, Secretary



## KieveWavus

### Upcoming Free Veterans Camps

**2013-2014 Season:**

Dec 9-13 2013 - Vietnam Only

Jan 13-17 2014 - Women Only

April 21-25 2014 - Family Camp

May 16-18 2014 Family Camp

**Register today at:**

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

## 133rd /1035th FRG

Happy fall 133rd and 1035th Families!

This summer was full of anticipation with the current deployment. I commend you for adjusting as well as can be expected. We had a fun-filled time at our Tunes-in-June and what a turn out at the Yellow Ribbon Event at Sunday River in July, thank you to all who were able to attend. I hope you were able to gain insightful and useful information. Our last FRG meeting was held on Saturday Aug. 24th @ the Portland Armory and we had a record turnout...we were so excited to see so many Families come out to assemble their flat soldiers, collect school supplies & get a chance to just talk with other Families.

Our next meeting is scheduled for Saturday October 19th from 1pm - 3pm at the Portland Armory. We are planning on a Halloween themed event, stay tuned for further details.

Our 30 day Yellow Ribbon event will be on Saturday November 2nd; time and location to be determined.

We are currently working on a Christmas event in December.

There has been a great response for volunteers to become Phone Tree callers, but we are still in the need for a few more. Please contact us to let us know if you are interested in going through the Telephone Tree training.

Please let us know if we can be of any assistance, also don't forget to utilize the Family Assistance Center (FAC) at 1-888-365-9287. They are there for you 24/7.

Enjoy the cool crisp days to come, apple orchards, pumpkin picking and before we know it snowman building!

Take care,

The FRG Team

772 Stevens Ave, Portland ME 04103



### Veteran's Support

Recovery focused group for combat or non-combat veterans, active duty personnel, and their family members.

**2nd Wed. of the month • 6-7:30 PM**  
**Prince of Peace Lutheran Church**  
**209 Eastern Ave., Augusta**

This is a peer support group not a clinical group and is designed for military members, veterans and their family members who would like to take part in a supportive and healthy environment providing group wisdom and help.

For more information contact

[mcclenahanbw@gmail.com](mailto:mcclenahanbw@gmail.com)

[christianhcarson@yahoo.com](mailto:christianhcarson@yahoo.com)

NAMI Maine office at 1-800-464-5767

The Chain of Concern is a publication of the Maine Family Program Office located at The Baker 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 December 10, 2013

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



## Military Licensing & Job Fair

**8 Oct. 2013 • 3pm-7pm • Portland Stevens Avenue Armory  
772 Stevens Avenue • Portland, Maine 04103**

Use your military experience to become licensed in the following fields:

**Electrician • Plumber • Fuel Technician**

**Stationary Steam Engine/Boiler Operator**

Use your military experience towards a licensed trade in Maine

Apply on the spot for open jobs!

Please bring proof of military service (DD 214)

For more information, contact Nathaniel Grace at 207-735-8260



**Join Team  
Red,  
White  
& Blue!**

Stay fit and meet people in your area • Open to all current/retired members of the military, as well as civilians. Weekly events like fun runs and yoga classes, along with monthly dinners, BBQs, and 5Ks. [www.teamrwb.org/get-involved/join-the-team!](http://www.teamrwb.org/get-involved/join-the-team!) All current and former members of the military get a free t-shirt just for signing up! Contact [laura.allen@teamrwb.org](mailto:laura.allen@teamrwb.org)

### Deadline is 6 December 2013

*The Maine National Guard Family Program  
Presents...*



**Christmas Across Maine**

**Deadline: 6 December 2013**

This is a completely confidential financially needs based program that enables currently serving Maine military families experiencing a difficult holiday season due to financial or emotional distress to receive assistance, providing we can find a sponsor:

- Presents for Children
- Food Baskets for families with/without children
- Gift Certificates

Units may nominate a military family within their command or individual service members may register themselves. Gifts will be delivered directly to the service member noted on the registration form NLT 21 Dec. Complete the registration form at [www.jointservicessupport.org/Events](http://www.jointservicessupport.org/Events) Keyword: Christmas