



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

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

MAJ Lori Robichaud
*Deputy Director,
Deployment
Cycle Services*

MSG Barbara Claudel
Director, Family Program

Chain of Concern Newsletter

October/November/December 2014

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

Recent Events



Youth White Water Rafting Trip 2014!



Veterans Appreciation Fishing Tournament July 2014. Photo Courtesy of the Freeport Flag Ladies

Look inside
for military
deals,
discounts
& events

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The Chaplain's Word

ANYWAY

*People are often unreasonable, illogical and self centered;
Forgive them anyway.
If you are kind, people may accuse you of selfish, ulterior motives;
Be kind anyway.
If you are successful, you will win some false friends and some true enemies;
Succeed anyway.
If you are honest and frank, people may cheat you;
Be honest and frank anyway.
What you spend years building, someone could destroy overnight;
Build anyway.
If you find serenity and happiness, they may be jealous;
Be happy anyway.
The good you do today, people will often forget tomorrow;
Do good anyway.
Give the world the best you have, and it may never be enough;
Give the world the best you've got anyway.
You see, in the final analysis, it is between you and your God;
It was never between you and them anyway.*

Kent M. Keith

I shared this poem with those members and family members of the 133rd and 1035th families who attended service during the Yellow Ribbon in September. I don't know that I have ever found a piece that more inspires me to move forward, not because of any earthly reward, but merely because it is what we ought to do in the first place.

The cries for justice in the media, running the gamut from what we and CEOs are paid to what ought to happen when athletes break the law to how we ought to deal with those who have come to our shores without permission or documentation are enough to make your head explode. We are constantly seeking our own definition of fairness, of retribution, of equality, and lo and behold, we are constantly disappointed. This is because we are seeking perfection in a patently imperfect world. Therefore, we will never be satisfied while we seek mundane accolades or penalties.

Don't do your job for money – you will always feel underpaid. Don't help others so that you can get a pat on the back – there are not enough hands to give you the sense that you are appreciated. Don't expect people to think you are special – they are too busy with their own worlds to notice. Do what is right because it is right not for any reward; do it Anyway!

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

State Family Program Director

MSG Barbara A. Claudel

New school year, sporting events, apple picking and leaves dropping off the trees – Fall is such an exciting time of year bringing many new changes. Good time to talk about the many changes happening in the Family Program Office. I would like to first welcome MAJ Lori Robichaud, newly assigned to the Deployment Cycle Support/Family Program team. We said farewell and best wishes this past week to Maureen Hickling, Family Readiness Assistant for the 120th RSG; Mark Cater, Family Assistant Center Coordinator, and Steve Hughes, Child & Youth Lead Specialist. All three of these individuals have provided excellent services and programming to military families over the past years and although they cannot be “replaced”, we have begun the process of filling their shoes. Steve's new replacement, Elizabeth Marcotte, is on board and is excited about the upcoming opportunities. Mark's replacement has not been announced yet, and unfortunately, due to down-sizing, Maureen's position will not be filled. Additionally, effective 15 November 2014, JSFAP Military Family Life Consultant, Janyce Beck and our JSFAP Financial Counselor, Gayle Rose Martinez will be leaving as part of the restructuring of current programs at the Department of Defense level due to the deployments slowing down. Military One Source is prepared to fill any gaps and provide personal and financial counseling services via private visits to someone local to you, online services or telephonic counseling. Please use these services and provide any feedback on the quality and satisfaction of the services offered. I need this feedback to ensure that these changes are not adversely affecting the readiness of our service members and their families. Thank you for all your service and commitment to the Maine Army National Guard.

Barbara A. Claudel
MSG, MEARNG State Family Program Director
(207) 430-5777

Family Assistant Center:

We would like to give a huge THANK YOU to our Military Family Assistance Center Coordinator, Mark Cater. He has recently retired, thank you for your hard work and dedication to military families. As we await his replacement we are always here to assist you and your family.

We are gearing up for another wonderful holiday season! Our program Christmas Across Maine is now accepting applications. If you are



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

a currently serving military family in need of assistance this holiday season or you know one. Please submit an application. Commands can

submit an application on behalf of a service member. (See the back page for details on how to register.)

We are also collaborating

with a few wonderful groups. The first is the Portland Pirates to bring you free tickets to the Military appreciation night on 8 November 2014 in Portland. Next is the University of Maine. They are also offering FREE tickets to military and veterans to the Armed Forces Appreciation Football Game on 22 November.

We wish you all a lovely holiday season!

Military Family Assistance Center

UPCOMING EVENTS

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

OCTOBER

- | | | | |
|----|--|----|--|
| 5 | Maine Marathon Tribute March (p. 10) | 22 | UMaine Armed Forces Appreciation Football Game FREE Tickets (p. 7) |
| 13 | Ricker Hill Harvest Fest (p. 5) | 29 | UMaine Military Appreciation Hockey Game FREE Tickets (p. 12) |
| 22 | Pre-Retirement Seminar Belfast (p. 8) | | |
| 28 | Pre-Retirement Seminar Portland (p. 8) | | |

NOVEMBER

- | | | | |
|----|---|----|--|
| 8 | Portland Pirates Military Appreciation Night Free tickets | 6 | Holiday Cheer at the Blaine House (p. 5) |
| 15 | Family Skate Night (p. 4) | 8 | Christmas Across Maine Deadline (p. 12) |
| | | 13 | Military Ball (p. 3) |
| | | 14 | Youth Christmas Event in Portland/ Polar Express or Red Claws (p. 4) |

DECEMBER



Deals, Discounts, And Freebies For Service Members

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

Family Program Website



A Night in Italy

Benefit Italian Dinner to support a military family,
 Kate Schiessl

11 Oct. 2014 • 1600-2200
 Brooks Fire Station,
 Brooks, Maine Dinner
 1600-1900

DJ • Dance

Send Donations to
 Nan Simpson,
 135 Reynolds Road,
 Brooks, ME 04921
 "The Brooks Fire Dept."

SAVE THE DATE

MILITARY Ball 2014

13 December 2014
 Bangor Cross Center
 Tickets sales begin 13 Oct.

PORTLAND PIRATES

Military Appreciation Night

8 Nov. 2014 • 1900 • Cross Arena Portland

LIMITED FREE TICKETS FOR CURRENT MILITARY & VETERANS

First priority will be for currently serving military families, second priority to veterans, last priority will be given to service members who failed to pickup tickets for previous events.

Register by 15 October 2014

register: www.jointservicesupport.org/Events



Youth
Program
Website



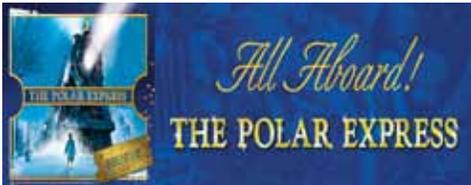
Welcome
Elizabeth Marcotte,
Youth Coordinator

Elizabeth Marcotte

207-430-5773

Jeannine Paradis

207-430-5953



**Attention I.D. Card
Holding Military
Families in Maine**



Through the support of Operation Homefront New England, we are able to once again bring you An evening on the Maine Narrow Gauge Polar Express or an Evening of fun and excitement with the Maine Red Claws!

Sunday, 14 Dec, From 1-5 pm at the Stevens Ave Armory in Portland

For Currently Serving Maine Military Members and **ID Card Holding Dependents ONLY**

(Due to High Demand for this event we will not allow any exceptions.)

What: From 1-5 you will be able to fill a stocking with presents, and from 2-4:30 you can visit with Santa and Mrs. Claus. You will also get your Polar Express Tickets or Basketball Tickets.

Registration begins on 1 Dec. All registration will be done through JSS, Keywords: Polar Express or Red Claws.

Polar Express Tickets will be limited to the first 300 to register on JSS. There will be two train times, 4:00 and 5:15 - When you register, you can choose your preferred time, but there is a chance you may not get your first choice. In addition to your Polar Express ticket, you will get a \$5 McDonald's gift card, and a gift bag from the Polar Express. Children under the age of 2 DO NOT have to be registered. Pajamas are encouraged (All Ages!!)

For the Red Claws game that will be played that same evening, 14 Dec, at 5 pm. In addition to the game tickets, you will get a \$5 food voucher, and a Red Claws Souvenir at the game. There will be up to 150 Red Claws tickets available.

For more info, contact Elizabeth Marcotte or Jeannine Paradis by calling the Child And Youth office at 430-5773 or 5953.



Presents

15 November 2014

FAMILY SKATE NIGHT

FREE Military Appreciation Ice Skate
Night

5:30-7:30 pm

Bank of Maine Ice Vault Arena.

Skate rentals are Included

Address: 203 Whitten Rd. HALLOWELL, ME

Sponsored by the American Legion Auxiliary,
Department of Maine.

Register at www.jointservicessupport.org/Events

Keyword SKATE

Questions? Contact the Youth Office at 430-5953

MILITARY TEEN LEADERS WANTED

15 Nov. • 1300-1700
Followed by skating
Cool games and prizes
Kennebec Ice Vault
Training Room

Learn about the teen
panel, leadership
opportunities, and
plan the year 2015
to be filled with youth
activities and training
opportunities!
Register on JSS by
1 Nov 14.

Recent Youth Events



60 Day Yellow Ribbon Event 133rd and 1035th



Ice Cream Social at the Blaine House 2014



Katahdin Mini Camp 2014

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! Since 2007, Operation Tribute provides holiday gifts to the children of military families.

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.

Deadline: 1 November 2014



Attention Currently
Serving Military Families

Holiday Cheer at The Blaine House

Saturday, 06 December 2014
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 1 December 2014 at
www.jointservicesupport.org
YOU DO NOT NEED TO LOG IN!
Simply click on "Events" and enter Keyword: Santa

Ricker Hill Orchards

5th Annual Columbus Day Weekend Event
Sunday 12 October 2014, starting at 2 pm
(Rain Date, Monday, 13 Oct-Columbus Day)

<p>Included</p> <ul style="list-style-type: none"> Hay Rides/Climb Corn Maze 3 Bounce Houses Petting Zoo Apple Sling Shot Corn Box Mini Disk Golf Duck Races Monster Mural...And More <p>On your own</p> <ul style="list-style-type: none"> Apple and   Pumpkin Picking And a few "New" things! 	<p>Where: Ricker Hill Orchards, 11 Ricker Hill Rd, Turner ME 04282. (207) 740-0693</p> <p>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.</p> <p>Who: All current military members and immediate families are invited.</p> <p>Deadline to RSVP: Wednesday, 8 Oct 14 by COB</p> <p>Time: 2:00 p.m. till 5:00 p.m.</p> <p>How to Register: Please register by going to Joint Services Support (JSS) and under "Events" search on Ricker Hills Orchard. Please contact the Child and Youth Program at 207-430-5773 or 207-430-5953.</p>
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Resilience: Put it In Perspective:

Have you ever had so much anxiety about a situation you have gotten stuck and aren't able to focus or take purposeful action? The skill of Put It In Perspective (PIIP) allows us to stop catastrophic thinking and lower anxiety so we can accurately assess a situation and deal with it. Downward Spiral is one style of catastrophic thinking when an Activating Event occurs and our brain starts to tell a story that gets increasingly negative and improbable, causing us anxiety.

Our brain is like a "runaway train" with these worst case thoughts. The second style of catastrophic thinking is Scattershot, which is when we start thinking about many disconnected, catastrophic events. The final style of catastrophic thinking is Circling, which is when our thoughts about one potentially negative outcome repeat.

There are five chronological steps to using PIIP.

Step 1: Describe the Activating Event, and jot down the

4 W's – who, what, when and where.

Step 2: Capture all the worst case thoughts.

Step 3: Generate best case thoughts, so we can identify most likely outcomes.

Step 4: Identify the most likely outcomes.

Step 5: Develop a plan to deal with the most likely outcomes

By using the skill of Put It In Perspective we are able to halt catastrophic thinking and create a mindset that allows us to identify the most likely

outcomes of a situation and develop a plan for those outcomes.

If you would like to learn more about this or any other Resilience skill, contact your unit's Master Resilience Trainer (MRT), or MAJ Tara Young at tara.k.young.mil@mail.mil or 430-5919. Soldiers and family members who are interested in attending a 3-day resilience training or Soldiers interested in becoming MRTs should also contact MAJ Young.

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

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

	Personal Finance Counselor	Military OneSource	Military Family Life Consultant
CONTACT	Gayle-Rose Martinez maine.pfc@gmail.com 207-274-3987	David M. Duehring david.duehring@militaryonesource.com 207-232-8710	Janyce Beck/Willow Briggs ngaugustamesurge@magmflc.org 207-458-6327/207-458-6658
Augusta	Tuesdays 0800-1600	Tuesdays 0630-1500	Tuesdays 1000-1600
Bangor	Most Thursdays 0900-1400	3rd Thursday of the month 0900-1500	Every other Thurs. 1000-1600
South Portland	SPANG - One or Two Fridays a month 0900-1200		Monday and Friday: Portland and South Portland
Bath- SUPSHIP	Mondays 0800-1500	Wednesdays 8-3	

Sexual Assault Prevention and Response



MCEDV.
Maine Coalition to End Domestic Violence

CPT Jasmine Cain
Maine National Guard
Sexual Assault Response Coordinator
Domestic Violence Program Manager
207-430-5824
jasmine.a.cain.mil@mail.mil

Elizabeth Munsey
Suicide Prevention Program Manager
207-430-5762 • 207-520-0277
elizabeth.m.munsey.mil@mail.mil

Lt Col Debbie Kelley
101st Air Refueling Wing
Wing SARC
207- 404-7604
deborah.kelley@ang.af.mil

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 • 877-995-5247 • Text 55-247

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

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



New! - Redesigned Military OneSource eNewsletter

Military OneSource has changed the look, layout, and the content of the eNewsletter to ensure this publication is relevant to you! We also made getting the news a snap. You can easily view this eNewsletter on any device. From your desk, to your tablet, to your phone. Check it out at <http://www.militaryonesource.mil/enewsletter>

Military Spouse Employment Partnership (MSEP)

MSEP is part of DoD's broader Spouse Education and Career Opportunities (SECO) initiative, which seeks to strengthen the education and career opportunities of military spouses by providing career exploration opportunities to help them understand their skills, interests, and goals; education and training to help them identify academic, licensing, or credentialing requirements that can help them reach their career goals; employment readiness assistance to optimize their self-marketing skills; and employment connections that help them find and maintain a rewarding career. MSEP, a targeted recruitment and employment solution, creates employment connections that provide companies with direct access to military spouses seeking career opportunities and spouses with direct access to employers who are actively recruiting.

MSEP currently has more than 220 partners, who have hired over 60,000 military spouses.

To learn more about the MSEP program and how it can help military spouses connect with organizations looking for the dedication and commitment military spouses have demonstrated, please visit their Career Portal web site at <https://msepjobs.militaryonesource.mil/page/about-us>

Registration for use of this service is easy. You can also contact Military OneSource and ask to speak to a certified Spouse Education and Career Opportunity (SECO) Career Counselor at 800-342-9647.

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



Free Annual National Park Pass for U.S. Military
www.nps.gov/findapark/passes.htm

Auto Buying Programs

When you are thinking about purchasing a new or used car consider using an Auto/Car Buying Program. A good program will find for you the best deal in your geographic area. There are many of these programs, so choose a program that is attached to a business or organization you trust and in which you already have a relationship.

Perks offered by these programs are: availability to the latest purchases prices people in your area are paying for the vehicle you are considering, Guaranteed Used Vehicles Certifications, and an opportunity to buy a car without the hassles incurred at a dealership, which could save you time and often money.

In order to use one of these services you must already know what vehicle you want, color, year, make, model and mileage you are willing to consider. Explore vehicle options on-line and/or visit dealerships that carry the vehicle you're seeking.

Some places to find a reputable program would be a credit union, bank, service organization, or your employer.

It's always nice to have choices. Blessings Gayle Rose Martinez, MFLC-PFC

Personal Financial Counselor

Gayle Rose Martinez

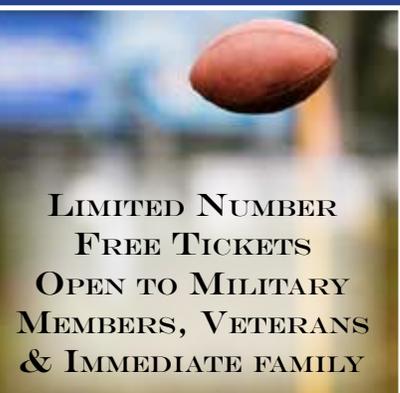
Joint Family Support Assistance Program

Personal Financial Counselor

207-274-3987

maine.pfc@gmail.com

ARMED FORCES APPRECIATION FOOTBALL GAME 22 NOVEMBER 2014 · 3:30 PM UNIVERSITY OF MAINE Vs. NEW HAMPSHIRE



LIMITED NUMBER
FREE TICKETS
OPEN TO MILITARY
MEMBERS, VETERANS
& IMMEDIATE FAMILY

To reserve tickets visit www.jointservicesupport.org

Keyword: Football

Tickets deadline 12 November 2014.

Tickets will be picked up on game day at the Maine Military Community Services Booth with ID/Proof of military service.

Failure to pick-up tickets or cancel reserved tickets will result in becoming last priority for future event tickets for 18 months. If for any reason you can no longer attend, cancel your reservations on JSS or at dorothy.m.pinkham.ctr@mail.mil.

Pre-Retirement Seminars 2014

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

Belfast - Oct. 22 (Fireside Inn & Suites) 1800

Portland – Oct. 28 (Clarion Hotel) 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

Substance Abuse Prevention Coordinator WHAT CAN THE SAP DO FOR ME?

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

Our mission is to provide prevention training, outreach to military Families, and treatment resources to military Service members in an effort to increase military discipline, individual performance, and combat readiness.

Tracy Richards 207-430-5253 • 207-431-4787
tracy.l.richard8.ctr@mail.mil



Everything you need to find a
job. Start now.

Travis Hill 207-779-6921

thill@a-teamsolutions.com



The Maine Military & Community Network serves as a single touch point for Maine Service Members, Veterans and their Families made up of Federal, State and local military advocates; all coming together to identify unmet needs and develop local solutions.

Regional Groups:

Arroostook County

Leader: Jean Henderson.
Next meeting is Oct 1 from 1pm-2:30pm at the Houlton Higher Education Center located at 18 Military Street, Houlton, ME 04730. Contact 207-532-3100 ext 3103 or jean.henderson@umpi.edu

Washington County

Co-Leaders: Michelle Mersereau and Megan Burgess . This newly forming group meets the fourth Thursday of the month from 1pm-2:30pm at the Machias Career Center, Prescott Drive Machias, ME 04654. For more information, contact Michelle Mersereau at Michelle.J.Mersereau@maine.gov or phone at 207-255-1920.

Hancock County

Leader: Lucy Barnhart. This newly forming group meets at 248 Bucksport Road, Ellsworth, ME 04605. Contact LBarnhart@whcacap.org or 610-5924.

Greater Bangor

Leader: Joyce Hedlund, Secretary is Michelle Mason. Group meets on the second Tuesday of the month from 4:30-6pm at Camden Hall of UMA Bangor Campus located at 25 Texas Avenue, Bangor, ME. Contact Joyce Hedlund at joyhed@yahoo.com

Kennebec County

Leader: Sheriff Randy Liberty. Group meets quarterly

on the third Wednesday of the month from 10 -11:30am at 25 State Street, Augusta, ME. Next meeting December 17. Contact at jlquinn@kennebecso.com or 623-2270 Ext. 1319.

Lewiston & Auburn

Leaders: Jerry DeWitt and Alley Smith. 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). Contact jdewitt@tcmhs.org or by phone at 783-4663 x228 or 576-0376.

Mid-Coast (Brunswick Area)

Leaders: Paul Loveless. The group meets quarterly and the next meeting is on Oct 7th from 5pm-7pm at 62 Pegasus St., Brunswick, ME. Contact navyraomevt@gmail.com or 207-406-4103.

Greater Portland

Leaders: Rob Liscord/ Travis Erickson. Group will meet on October 6 from 4:30-6pm at Alexander Hall, UNE, Stevens Avenue, Portland, ME. Contact Rob Liscord at rliscord@ptla.org or 207-400-3232.

York County

Leaders: Amy Marcotte/ Phil Allen. Group meets the fourth Monday of each month from 1pm-2:30pm at the Springvale Vet Center located at 628 Main St., Springvale, ME 04083. Contact Amy.Marcotte@va.gov or 490-1513.

To add your business on the MMCN website, follow link to http://www.mainemcn.org/POC_Form.php For more information contact Nathaniel.e.grace.mil@mail.mil or call 207-430-5651.

133rd /1035th FRG

School has started, the weather is cooling down but we hope everyone enjoyed their summer, never seems to last long enough.

This past weekend we spent our last Family Yellow Ribbon Event together over at Sunday River. For the most part the weather held out, at least for the planned outdoor activities. We are thankful to the planning committee for trying to avoid PowerPoint.

As we get back to the "new normal" please remember that if you are having any challenges or questions regarding insurance, job search, schooling, etc. to reach out to your FAC. They will point you in the right direction and / or provide you with contact information. Someone is always available 24/7 @ 1-888-365-9287.

October drill will be the soldiers' 90 day event. Upon completion of this upcoming drill the FRG will meet with Command to discuss any family events for 2014-2015. We will keep you posted.

Enjoy the fall with apple picking, pumpkin carving, cool nights and the holidays! Take care and God bless.

-Your 133rd & 1035th FRG Team

52d TC and 1968th CCT

Fall is in the air and our Battalion and units are in full reintegration mode! With the 133 Engineer Battalion return and their upcoming move to the new facility in Brunswick, we are working hard to keep families in mind as we roll into 1st Quarter 2015!! If you have time and would like to volunteer and be involved in the planning of upcoming events please contact me at caree.l.kavanaugh.mil@mail.mil. If you don't have time to volunteer, we would still appreciate and value your input! Remember - the holiday activities are for the families and we want them to be worthwhile to you!

There are some future events coming up - so check out the current events or Family Program website to see if you are interested in an event or maybe your children would like to participate in!

CALLING ALL TEENS.....we are looking to get the teen panel for the state up and running in the next couple months. 52 TC has some eligible and pretty special teens that could make this council not only FUN and CHALLENGING, but a lifelong memory for those that take the ride!

MSG Caree Kavanaugh

ASIST

According to the DoD Suicide Event Report, in 2012, 156 Soldiers died by suicide. Although the VA Department has named September, National Suicide Prevention Month, the MEARNG is committed to a year-round, comprehensive, multi-pronged approach to address the issue of suicide in the military. The Suicide Prevention Program has been working to increase ASIST and ACE trainings, decrease the stigma of receiving mental health services, making resources available to Soldiers and reminding Service Members that Suicide Prevention is a year round commitment, not just for the month of September.

The next Applied Suicide Intervention Skills Training (ASIST) is scheduled for 01-02NOV14 in Augusta and is open to all Soldiers, Family Members and Civilians. Learn valuable skills pertaining to suicide intervention, resilient thinking and relationship building.

SPPM Elizabeth Munsey (207)430-5762

EO Officer

Many people spend more waking hours at work than at home. Getting relationships right in the workplace is a way to start getting those relationships right in the wider community. Inclusiveness is a key value of the MEARNG.

An inclusive workplace is one where the human rights principles of fairness, respect, equality, dignity, and autonomy are promoted. Policies are in place concerning equality and human rights, working conditions, dignity at work, employee welfare and fair recruitment practices. Members of staff at all levels should be aware of the inclusive values of the organization and are encouraged to actively participate.

Working teams that are diverse in their make-up are able to come up with a wider range of solutions.

Inclusive leaders who understand the needs of their people and make them feel valued and respected have greater success in retaining personnel.

Inequalities and stereotypes spread into the workplace from the wider society. Barriers to equality, human rights and inclusion can be amplified in the workplace. But this process can also work in reverse. Cultural change within the workplace can spread outwards into the wider community, as colleagues learn more about each other and pass on this knowledge to others.

For more information on diversity, inclusion and equal opportunity, please contact Ms. Stephanie Leet at Stephanie.m.leet.civ@mail.mil or 430-6014 or MAJ Tara Young at tara.k.young@mail.mil or 430-5919.

MAKE A DIFFERENCE in the Life of a Vet

Become a VET to VET VOLUNTEER

If you served in the military, this is your chance to help older veterans and those with disabilities in York and Cumberland Counties.

- Visit a veteran in his/her home
- Chat and swap stories
- Go out for coffee or lunch
- Make referrals for needed services
- Provide much-needed companionship

Sign up now!



FMI: Call
207-396-6525
or e-mail
volunteer@smaaa.org
or sgold@smaaa.org
Sign up on line at
www.smaaa.org

FRSA CORNER

The new fiscal year brings changes to our Family Readiness Support Office. Our contract eliminated one position, and team member Maureen Hickling was affected. Maureen had been on the FRSA contract for five years and really enjoyed supporting military Family Members the same way she enjoyed supporting military Service Members. On her last day of work, Maureen was presented with an award from Military Personnel Services Corporation for her years of service by her Regional Man-

ager, Michelle Darveau. It was a pleasure working with Maureen, and we wish her the best of luck in her future activities.

Jill Thibault
Family Readiness Support Assistant
207-430-5625
Jill.a.thibault.ctr@mail.mil

Michelle Ouellette
Senior Family Readiness Support Assistant
207-430-5779
Michelle.l.ouellette2.ctr@mail.mil



Maureen Hickling is recognized for her years of service with MPSC.

Military Ski Deals

Shawnee Peak: Free seasons pass if deployed in the last 12 months. Military Discount offered with valid military ID card. Family and service member. 119 Mountain RD. Bridgton. 207-647-8444

Sugarloaf: 10% off ski and stay packages. \$10 off ticket price for day with valid military ID. Family and service member. 5092 Access Rd. Carabassett Valley 237-2000

Sunday River: \$10 off ticket price for the day. Special military price days: TBA 15 South Ridge Rd. Newry 800-543-2751



Maine Conservation Corps

Veteran Community Leader Program

A program for veterans and those who currently serve with the Guard or Reserves.



Perks of joining the MCC include:

- Unlimited networking, training and experiential learning opportunities
- Exploring the mountains and coast of Maine, and everywhere in between!
- Living allowance/stipend, as a weekly check
- Immediate health coverage, with COBRA option when service is completed
- CPR/First Aid certification
- Maine State Parks Pass
- AmeriCorps education award
- Child care reimbursement
- Pro-deals and gear discounts

To learn more about the Veteran Community Leader Program, visit: <http://tinyurl.com/mcc-veteran> • Applications accepted year round. Apply today!

251st Sappers

251st Sappers are looking for volunteers to help with the Family Readiness Group! We are looking for the following positions. No previous experience needed.

Family Readiness Group Leader
Secretary

And if those don't interest you we have other positions available as well. As you may know the purpose of the Family Readiness Group is to assist the commander with upcoming family readiness events and activities as well as educate the families on the resources that are available to them. The volunteers play a key role in all of this. It is an opportunity to make a difference for our soldiers and their families.

If you are interested in becoming a volunteer please contact:
Jill Thibault

Family Readiness Support Assistant
207-430-5625 or jill.a.thibault.ctr@mail.mil

Maine Marathon

Tribute March

5 October 2014

Portland, ME

0600-1400

Contact: SFC Timothy MacArthur

207-430-5276 or

Timothy.b.MacArthur.mil@mail.mil



120th RSG FRG

Good Day 120th Families,

A huge Thank you goes out to all the families for the sacrifices they made so their soldier could be away for most of the month of June at AT. We also want to thank the Families for another successful Family Day even with all the roadblocks we had along the way! The day was perfect sunny and warm. There were a number of activities for the children, bounce house, games, and a slip and slide. A Thank You goes out to all who made salads and desserts for the contests. They were a great addition to our meal. The highlight of the day was the canine demonstration arranged by Sheriff Liberty of the Penobscot County Sheriff's Department. The children were enthralled by the dogs and we all learned how the



dogs are used in searching for people and evidence. Again this year, we were able to give out bags of school supplies to all the school-aged children and sand pails filled with age appropriate toys.

There will be a bottle drive during November drill. So bring your bottles. The FRG is in the process of planning the Christmas party for Sunday December 7. So mark your calendars.

Maine Army National Guard

Marriage Enrichment

17-19 October 2014 (register by 7 Oct.)

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

Register: Contact: Michelle at 207-430-5779 or email Michelle.L.Ouellette2.ctr@mail.mil Provided

- Lodging Fri. & Sat. evenings at no cost—we will book it
- 3 Meals provided for weekend.
- A toolbox of good educational communication skills

NOT provided:

- Orders for training not available
- Mileage not available
- Childcare

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

Questions about curriculum can be directed to Chaplain (MAJ) Earl Weigelt @ Earl.E.Weigelt.mil@mail.mil or at 430-5898

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

JFHQ FRG

Summer Family Day

Thank you to all those who participated in and helped out at our Summer Family Day! We had a lot of fun together, sugaring-up on cotton candy, painting face masks, and decorating cookies with the kids. The adults also seemed to enjoy themselves out on the athletic field! We were able to issue new ID cards for several family members during the event, meet our new company commander, and were briefed and had questions answered by Dave Duering of Military One Source, and Gayle Rose Martinez, Personal Financial Counselor. We are always looking to hear from you as to what you liked, what you'd like to see next year, and would love to have you volunteer with us! Remember, you can volunteer as for as much or as little time as you'd like, and volunteers can be anyone from within the community, not just family members. Please email Kim Stark kstark@centerpointlargeprint.com with input, or to learn how to get involved the JFHQ Family Readiness Group.

CareerCenter Veterans' Services



Helping Veterans find jobs, get training and access services

A CareerCenter Veteran Representative can help you with employment readiness, including:

- Career counseling, job coaching and help staying positive.
- Job search strategies including informational interviewing, how to uncover the hidden job market and networking.
- Job development, including outreach to employers for identified veterans.
- Resume development, including effective strategies to ensure an interview.
- Interview skills, including information on frequently asked questions and how to answer difficult questions.
- Referrals to other state and federal resources.
- Veterans and eligible spouses are given **Priority of Service** for the receipt of employment, training and placement services provided under most Maine Department of Labor funded programs. This means that a Veteran or eligible spouse either receives access to a service earlier than others, or if resources are limited, access to the service instead of others.

CareerCenter
The Maine Employment Resource

www.mainecareercenter.com

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

Editorial Director
MSG Barbara Claudel

Editorial Assistant
Kyra Darling

Editorial Policy
The Chain of Concern Newsletter may edit the length and content of articles submitted. The Deadline for next quarter 10 December 2014

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



AUGUSTA VETERANS ACUPUNCTURE CLINIC

Opens Tuesday, 7 October 2014

Free, weekly clinic is open to all war veterans, active duty personnel and their families. The community-style acupuncture that is used at the clinic is effective for treatment of both physical and emotional concerns. Acupuncture is gentle, safe and effective and complements conventional treatment approaches.

Reported Benefits:

- Full night's sleep
- Improved mental clarity
- A reduction in stress
- Fewer bad dreams
- Less Anxiety

Every Tuesday evening, Doors open at 6:00. Please be signed in and seated by 6:15
Old CMP building • 9 Green Street, Augusta, ME
Donations gratefully accepted but are not required or expected toward off-setting the cost of running this clinic

www.AugustaVetsAcuClinic.org



KieveWavus

Upcoming Free Veterans Camps

2014-2015 Season:
8-12 Dec. 14 - Vietnam only
12-16 Jan. 15 - Women's only
20-24 April 15 - Family Camp
8-10 May 15 - Family Camp

Register today at:
www.kieve.org/veterans/



Portsmouth ITT 207-438-2713

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



MILITARY APPRECIATION HOCKEY GAME

29 Nov. 2014 • 7:00 PM • ALFOND ARENA • UNIVERSITY OF MAINE VS. VERMONT



LIMITED FREE TICKETS OPEN TO CURRENT MAINE MILITARY MEMBERS, DEPENDENTS, AND VETERANS (4 MAX)



Tickets are limited. Priorities for tickets: 1st - service members who have recently returned from deployment. 2nd - currently serving military, 3rd - Veterans. If you have failed to pick-up tickets in the past 18 months, without cancelling you are not eligible. Reserve tickets www.jointservicessupport.org/Events/ Search keyword hockey Reserve by 10 November.

The Maine National Guard Family Program Presents...



Christmas Across Maine

Deadline is 8 December 2014

This is a completely confidential FINANCIALLY NEEDS BASED program for currently serving Maine military families experiencing a difficult holiday season due to financial distress to receive assistance, providing we can find a sponsor.

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

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 20 Dec. Complete the registration form at www.jointservicessupport.org/Events Keyword: Christmas