

## SERVICES

July 2011  
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Maine National Guard



As we continue to grow, SOS would like to hear from our Families. SOS is constantly looking for positive Survivor feedback on how to develop the SOS program. Please share your ideas, concerns and questions so that we can address the needs of Maine Survivors. We look forward to hearing from you!

The SOS Staff  
Email or phone us at

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207-430-5959

Or

[mary.omara@us.army.mil](mailto:mary.omara@us.army.mil)  
207-430-5930

Help us keep you informed on the latest SOS news and information! If you have changed your mailing address or email address, let us know so we can keep your contact information current!

**We have facebook!**  
Join our Page on Facebook  
at  
Maine Survivor Outreach

### Survivor Outreach Services Coordinators

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From time to time we all need a good uplifting story to give us a little boost or make us say, "Hmmm". I found this in the Missouri SOS Newsletter and wanted to share with you all. It's called The Mayonnaise Jar – Author Unknown

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes".

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now", said the professor, as the laughter subsided, "I want you to recognize this jar represents your life. The golf balls are the important things – family, children, health, friends, and favorite passions, things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, house, and car. The sand is everything else – The small stuff.

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. So...Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner.

There will always be time to clean the house and fix the disposal. Take care of the golf balls first – the things that really matter. Set your priorities. The rest is just sand. One of the students raised her hand and inquired what the coffee represented.

The professor smiled.. "I'm glad you asked". "It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

If you need a cup of coffee – SOS is here for you, call us.

*Never Forgotten, Never Alone....*

## DoD to Remove Social Security Number on Military ID Cards

Starting June 1<sup>st</sup>, as part of a campaign to protect service members, their families and retiree from identity theft, **Expired** cards will be replaced by cards with a new and unique 10 digit identification number. **When your card expires**, it will be replaced through the normal updating process. Do not rush to the closest ID card office to replace your card.

The program is planned to remove SSNs over time in 3 separate phases.

- Phase I started in 2009 with removal of dependents SSNs from their ID cards.
- Phase II starts June 2011. All printed SSNs will be removed from the cards. The SSNs will be replaced by DoD IS numbers.
- Phase III is expected to begin in late 2012. SSNs will be removed from the bar codes on the back of ID cards. Then no SSN will be on ID cards in any format.

Those with indefinite expiration dates (NDEF) may get a new card by making an appointment at your ID Card Office. **Doctors' Offices** use the Military ID card with SSN as proof of TRICARE eligibility. Now medical providers will use the eleven (11) digit DoD Benefits number on the new ID cards. DEERS will recognize this number and process will be accepted by both the beneficiary and the provider.



## VA Survivor Website

The Department of Veterans Affairs has a website for surviving spouses and dependents of military personnel who died while on active duty and for the survivors of veterans who died after leaving military service. The site provides visitors with information about benefits for the surviving spouse, dependent children, and dependent parents of deceased veterans and active duty personnel, along with links to other federal agencies and organizations that offer benefits and services to survivors. The site is found at [www.vba.va.gov/survivors](http://www.vba.va.gov/survivors).



## Invasion of Privacy

## *Protect Yourself*

During down economic times, identity theft is predicted to rise. One ID theft hot spot? Your mailbox. Here is how to protect it:

- Consider a post office box
- Get financial documents electronically rather than in the mail
- Do not leave outgoing mail in an unsecured mailbox
- If you are expecting a package, track progress on the carrier's Web site to minimize time it sits unattended.
- When traveling, ask the post office to hold your mail until you return

# UPCOMING EVENTS

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195<sup>th</sup> Army Band July Schedule – for more information visit the website at:  
[http://bands.army.mil/webschedule.asp?band=195AB&date=next\\_90](http://bands.army.mil/webschedule.asp?band=195AB&date=next_90)

Monday July 4<sup>th</sup>: 3:00 pm 195<sup>th</sup> Concert Band – Public Library Amphitheatre Camden, Maine

Thursday July 7<sup>th</sup>: 10:30am 195<sup>th</sup> Jazz Combo – Vet’s Home, South Paris, Maine  
12:00pm 195<sup>th</sup> Quintet&Quartet, Downeaster Train Station, Saco, Maine  
5:00pm 195<sup>th</sup> Five Star Rock Band, Monument Park, Houlton, Maine  
6:30pm 195<sup>th</sup> Jazz Combo, Wescustogo Hall, North Yarmouth, Maine

Friday July 8<sup>th</sup>: 8:30am 195<sup>th</sup> Jazz Combo, Vet’s Home, Augusta, Maine  
12:00pm 195<sup>th</sup> Five Star Rock Band, The Gazebo, Lincoln, Maine  
2:00pm 195<sup>th</sup> Quintet&Quartet, Auburn Library, Auburn, Maine  
6:30pm 195<sup>th</sup> Quintet&Quartet, Public Library, Scarborough, Maine  
7:00pm 195<sup>th</sup> Five Star Rock Band, Opal Myrick Park, East Millinocket, Maine  
7:00pm 195<sup>th</sup> Jazz Combo, Sea Shell Stage, Hampton Beach, New Hampshire

Saturday July 9<sup>th</sup>: 12:00pm 195<sup>th</sup> Quintet&Quartet, Maine Mall, South Portland, Maine  
2:00pm 195<sup>th</sup> Jazz Combo, Vet’s Home, Scarborough, Maine  
6:30pm 195<sup>th</sup> Quintet&Quartet, First Parish Church, Saco, Maine  
7:00pm 195<sup>th</sup> Five Star Rock Band, The Green, Bar Harbor, Maine

Saturday July 30<sup>th</sup>: 9:30am 195<sup>th</sup> Marching Band, Bucksport Bay Festival Parade, Bucksport  
12:15pm 195<sup>th</sup> Jazz Combo, Main Street Gazebo, Bucksport, Maine  
6:00pm 195<sup>th</sup> Five Star Rock Band, Town Park, Clinton, Maine

Veteran’s Memorial Park  
Flag Raising Ceremony  
To Honor Our Veterans Nightly  
Memorial Day through Labor Day  
At 6:00pm

Veterans Park, OLD ORCHARD BEACH

Check out the website for more information and to see the available dates.

<http://www.oobmemorialflagraising.com/>

**21 August 2011** - Run for the Fallen - remember the fallen troops from the State of Maine who gave the ultimate sacrifice during Operation Iraqi Freedom and Enduring Freedom. The run starts in Ogunquit and ends in Portland, Maine. Visit <http://runforthefallen.org/>

**2 October 2011** - Maine Marathon Tribute March - Every year members of all services gather to remember the fallen troops from the State of Maine by conducting a 26.2 mile road march in Portland Maine in conjunction with the Maine Marathon during which respect is paid to those who gave the ultimate sacrifice.

**6 November 2011 – Survivor Family Luncheon**

# WHAT'S BEEN GOING ON

Gold Star Mothers visit the Maine Military Museum at Camp Keyes on May 1<sup>st</sup>, 2011 with a guided tour by Mr. Ron Roussel, Retired CW5, Maine Army National Guard.



Listed right to left:

Bethel Shields, Joyce Richmond, Christine Hensley, Brigadier General Albert White, Mary Burns, Wally Seavey, Peggy Dostie and Robin Norwood and center Gayle Green



Listed left to right: Mary Andrews, Gayle Green, Thelma Brooks, Christine Hensley, Mary Burns, Wally Seavey, Mr Ron Roussel and Wanda Kilaore

## Whats been going on continued: Run for Cash-5K Memorial Run to Honor CPT Christopher S. Cash, June 25<sup>th</sup> 2011 In Old Orchard Beach

Words from Nancy Lee Kelley, mother of CPT Christopher S. Cash. "We are blessed to say the race was a huge success, 490 people came to RUN in The RAIN.... It was our best turnout ever. The Governor's wife, Ann Lepage walked, and Major General Bill Libby and Peter Ogden of Maine Veterans Services presented us with Christopher's Silver Star and Gold Star Honorable Service Awards signed by Governor Lepage. We were able to award a total of six \$1,000.00 scholarships."

Suzanne Brochu runs her first 5K – great job Suzanne!! Left to right: Rachel, Mary and Suzanne



Andrew Slack receives CPT Christopher S. Cash Memorial \$1000.00 Scholarship – he graduated from Waterville Senior High June 9th of 2011. He plans on going to KVCC in the fall and eventually transfer over to Unity college, to pursue a career in the direction of Wildlife Biology major.

Nancy receives the Silver Star and Gold Star Honorable Service Award in honor of her son Christopher.

## Maine National Guard **Family** Assistance Center (FAC)

FAC works hand in hand with community organizations and volunteers statewide to provide resources and assistance to Military Families throughout Maine.

**1-888-365-9287** or visit  
[www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family)

**DFAS** now on facebook. Visit:  
<https://www.facebook.com/#!/DefenseFinanceandAccountingService>

### MILITARY SALUTE FOR THE FLAG DURING THE NATIONAL ANTHEM BY MEMBERS OF THE ARMED FORCES NOT IN UNIFORM AND BY VETERANS.

Section 301(b)(1) of title 36, United States Code, is amended by striking subparagraphs (A) through (C) and inserting the following new subparagraphs:

(A) individuals in uniform should give the military salute at the first note of the anthem and maintain that position until the last note;

(B) members of the Armed Forces and veterans who are present but not in uniform may render the military salute in the manner provided for individuals in uniform; and

(C) all other persons present should face the flag and stand at attention with their right hand over the heart, and men not in uniform, if applicable, should remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart;

## YOUR CLOSEST ID CARD STATION

ARNG AG HQ Maine  
Department of Defense, Veterans,  
and Emergency Management  
Bldg 7, Camp Keyes, Augusta  
207-626-4387

Appointments not required  
Hours: Tues-Friday  
0700-1130 and 1200-3:00pm

ANG 101st ARW Maine ANG Bangor, Maine  
102 Ashley St Suite 489,  
Bldg 489 Bangor ME 04401  
(207) 990-7387

Appointments Not required.  
Hours Tuesday - Friday  
0730-1130 and 1200-1500

Portland National Guard Armory  
772 Stevens Avenue, room 102  
Portland, ME  
(207) 430-5497  
Appointments are not required.  
New hours 0700-1530.  
Tuesday -Friday.

ARNG Caribou National Guard Armory  
120 Sincock St Caribou ME 04736  
(207) 498-6583  
Appointments are not required.  
1st and 3rd Thursday every month  
Hours 9-2

Other sites throughout the United States and across the globe may be found at  
<http://www.dmdc.osd.mil/rs1/owa/home> .

If you are the spouse of deceased retiree, when you turn age 65, your Tricare benefit will expire the last day of the month before you turn 65 because of Medicare PART B. You are still entitled to lifetime benefits with Martin's Point or Tricare. As soon as you get confirmation from Medicare you must go to a DEERS/ID card office and get a new ID card. Remember your ID card expires every 4 years under the age of 75.

## *"Trauma Times Two"*

I recently watched a mandatory training video for chaplains on how to conduct myself as part of the notification team after the death of a Soldier. I entered the training site on the computer and began to watch as the video unfolded. The training included two dramatizations of actual notifications. I was not prepared for my reaction! Let's just say that it approached reality too well and left me re-traumatized. I have done a lot of thinking since watching the training (though I refused to watch the rest of the dramatizations), and I have a few thoughts I'd like to share with those of you who have been on the other side of the notification, those who have lost loved ones.

First, if it was hard on my side of the notification, it must have been compounded at least a hundred times on the other side! I have never lost a son, or daughter, or spouse, or parent for that matter. Your loss is profound, and beyond the comprehension of anyone except those who have shared in the same thing. You are a pretty exclusive group which no one else wants to belong to.

Secondly, if I was traumatized by this dramatization, what must life be like for you? The images in the video were a trigger that set off a flood of emotions from deep in my soul. I can only imagine that you have experience such things, but again, magnified one hundred fold. Perhaps for a time after your loved one's passing, this was very frequent. Maybe now it is less frequent but just as powerful. Something triggers a memory, a perception, and you experience an overwhelming swell of anxiety that engulfs your whole being. It catches you off guard, and it brings it all back, again.

Third, that overwhelming swell of anxiety that engulfs you, though it totally consumes your energy and your mind, is normal. You are not losing your mind, there is not something wrong with you. Even though for some of you much time has passed, the loss is still as fresh and real as though it was yesterday. And why shouldn't it be – this was someone you loved very deeply. Don't let people tell you that you should be "over it" by now.

May God bless you as you continue to deal with your life and future. Please know that your sacrifices have been appreciated by thousands upon thousands who have heard your stories. We love you. As we watch your lives you inspire us. It is our hope that we can bring some measure of normalcy to your disrupted lives. Peace to you all.

Chaplain (Colonel) Valmore G. Vigue

[Valmore.Vigue@us.army.mil](mailto:Valmore.Vigue@us.army.mil)

July 2011



*"Embracing and reassuring Survivors that they are continually linked to the Army Family through a unified support program that enables them to remain an important part of the Army for as long as they desire."*

SURVIVOR OUTREACH SERVICES  
 MAINE NATIONAL GUARD  
 BLDG #7  
 CAMP KEYES  
 AUGUSTA, ME 04333-0033

**Maine National Guard**  
 Bldg #7  
 Camp Keyes  
 Augusta, ME 04333-0033

and

74 Drummond Street  
 Waterville, ME 04901

**SOS TEAM Phones**  
 (207) 430-5959 - Waterville  
 (207) 430-5930 - Augusta

## Phone Numbers

DFAS 1-800-321-1080

Tri-Care Support Specialist 207-430-5928

ID Cards 207-626-4387

Martins Point Specialist 1-800-431-0777 x4458

## Web Sites

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

[www.taps.org](http://www.taps.org)

[www.va.gov](http://www.va.gov)

[www.tricare.osd.mil](http://www.tricare.osd.mil)

[www.martinspoint.org](http://www.martinspoint.org)

Gold Star Mothers  
 President Maine Chapter - Bethel Shields

[blomsk@roadrunner.com](mailto:blomsk@roadrunner.com) or 207-782-7451

[www.goldstarmoms.com](http://www.goldstarmoms.com)