



Maine SURVIVOR OUTREACH SERVICES

Strength
built on
Sacrifice

July 2012

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**TO RECEIVE NEWS AND
UPDATES FASTER
EMAIL me at
rachel.bosse@us.army.mil or
call me at 207-430-5959**
You will be confidentially
added to our distribution list.

Upcoming Events

- 3 AUG-Midcoast Veterans Memorial
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I hope everyone had a safe 4th of July. Let's talk sun and summer safety. The Tricare Activity Management publishes "Healthy Living tips.." and so I wanted to pass on this good information to know.



Spending long periods of time in the sun can make you hot, hot enough to make you sick. The sun can bring unwanted skin issues such as sunburn, freckles and skin cancer. The Centers for Disease Control and Prevention (CDC) gives steps on how to protect your skin from sun damage and steps you can take to prevent heat-related illness and injuries during hot summer months. Use sunscreen with SPF 15 or higher and both UVA and UVB protection; wear appropriate clothing such as a hat with a wide brim to shade your face, head, ears and neck, and wear sunglasses that wrap around and block up to 100 percent of both UVA and UVB rays; wear sun screen that covers exposed skin and most important drink plenty of fluids and pace yourself.

For more helpful hints go to:
www.cdc.gov/features/xtremeheat.

Also if you're planning on traveling internationally keep in mind vaccinations that may be required before entry into another country. The CDC Traveler's Health



Web page offers information on destinations, vaccinations and how to stay healthy and safe abroad. Check out www.cdc.gov/travel

Remember a few easy precautions can help you and your family stay safe and healthy throughout the summer.

*"Life is not merely to be
alive, but to be well."*

~ Marcus Valerius Martial

Brunswick Air Show to Honor Gold Star Families



June 19, 2012

Special Invitation to the Great State of Maine Air Show

Dear Maine Gold Star Families,

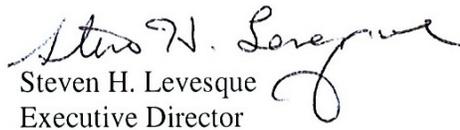
On behalf of the Board of Directors and staff of the Midcoast Regional Redevelopment Authority, I would like to invite Maine Gold Star Families to be our guests at the Great State of Maine Air Show during the Friday, August 24th, practice show. We have selected “Honoring Those Who Serve” as our air show theme. Nothing would be more fitting to this theme than having you here as our guests.

This will not be a media event. Our intent is only to provide you an opportunity to enjoy the air show in relative privacy. The practice show is closed to the public, so you will have VIP access to the air show venue without the crowds and traffic associated with weekend air shows. You will be seated up front in our chalet area, which provides both privacy and a shaded area if needed. You can enter the air show venue beginning at 8:00 AM and the air show will run from 9:00 AM until approximately 4:00 PM.

If you would like to attend the show, please RSVP to Rachel Bosse at 207-430-5959 or email at rachel.bosse@us.army.mil. Please let us know if you have special needs when you RSVP and we will make every effort to accommodate you.

We are humbled to host you and thank you for allowing us to pay tribute to your family's sacrifices and fallen hero.

Sincerely,


Steven H. Levesque
Executive Director

RUN FOR THE FALLEN MAINE
Sunday, August 19th, 2012
 Start: Ogunquit Center
 Ceremony at 7:45 a.m. - Run: 8 a.m.
 Finish: Portland's Ocean Gateway on the waterfront
 at approximately 3 p.m. *Last 5 for the Fallen!*
 Final yearly run!
 It's the least you can do for their sacrifice - 5 mi, 5k or 5280 ft.



Remember! You can run all or any part of the 42 mile event.

Special bus available for those who only want to run the last 5 mi, 5k or 1 mile.

Don't miss the festivities at the Finish Line following the run.



www.runforthefallenmaine.org
 For more information, contact John Mixon at:
 207-646-1125 (office) or 207-251-1254 (cell)
 jmixon@maine.rr.com

Sunday August 19, 2012 the 5th run to honor our heroes will be held. Run for the Fallen Maine is an organization dedicated to keeping alive the memory of our military heroes that gave their lives to protect our freedom since September 11, 2001.

This is a 65 kilometer event with each kilometer being dedicated to the memory of one or more of our heroes that lived in Maine, had family from Maine or had some ties to our home State.

This is the final yearly run. Don't miss the festivities at the Finish Line following the run. Included in these festivities are The Marine Corps Silent Drill Team, a double leg amputee parachuting in at the finish line, the American Hero's Car and much more. Make sure you sign up at www.runforthefallenmaine.org or call John Mixon if you don't have a computer at 207-251-1254.

Midcoast Area Veterans Memorial

On August 3rd at 6:00 pm a ceremony will be held in Rockland to formally dedicate the Midcoast Area Veterans Memorial. This memorial honors all Veterans who have served our Country from all wars and conflicts.

Mr. Michael McNeil would like to honor and recognize Gold Star Families during the ceremony and will have a dedicated seating area for you. **If interested in attending please let me know NLT 24 July either by calling me at 207-430-5959 or email me rachel.bosse@us.army.mil.**

In attendance will be Maine's First Lady, Mrs. Ann LePage along with our Maine State Legislative Representatives, The Maine Army National Guard Color Detail and 195th Army Band. After the ceremony a reception will follow at the Winslow-Holbrook-Merritt Post 1, 335 Limerock St., Rockland, ME 04841



This memorial is designed as an outdoor display and is technically always open. It is open to all Veterans from everywhere. A digitized photo is etched into a tile with the veteran's name, rank, home town, location of service, as well as a short caption. For more information check it out on line at

www.getetched.com/midcoastveteranswall

POW-MIA Recognition Weekend

Where: Old Orchard Beach and Biddeford

When: 21-23 September 2012

Website: <http://www.vfw7997-pow-mia.com/>



Mr Russ Warriner, Chairman of the POW/MIA would like to invite Gold Star Families to attend and be recognized during this weekend event. If you are interested contact me at rachel.bosse@us.army.mil or 207-430-5959. Looks to be a great event.



Wreaths Across America.

This is a week long trip; the bus leaves Sunday Dec. 9th. You're responsible for hotel fees. When the wreaths are laid you'll head back to Maine and stay overnight one time. I will put more information out again in the October newsletter with points of contact to call for the bus ride. For more info check out www.wreathscrossamerica.org

15th Annual Military Retiree Day August 25th, 2012 (0800—1500)

Augusta Armory on 179 Western Avenue in Augusta

Military Retirees to include Gray Area Retirees and dependents of ALL branches of service.

Registration starts at 0800, Opening Ceremony at 0900 and station displays open at 0945-1500

Legal Assistance, Health Care Info, Survivor Benefits, Recreational Facilities, Commissaries, Exchanges, Veterans Administration, Veterans Cemeteries, Veterans Homes, Deers/ID Card Renewals, and much more.

Round trip transportation will be offered from the Armory to Camp Keyes to visit the PX, see what's available, then stop off at the Maine Military Museum.

If you're hungry, grab a dog or burger, chips, & soda for \$5.00 at the Armory sponsored by the Augusta Area Military Association.

For more info call LTC (Retired) Laflin 207-685-3152 or jlflin@roadrunner.com or LTC Darveau at (207) 430-5463 or rick.darveau@us.army.mil.

Eagle Head Canes—Originating in Oklahoma, The Eagle Cane Project was introduced in Maine in 2008. A collaborative effort involving Maine Wood Carvers Association and Maine Woodturners, the aim of the project was to present quality, hand-carved and highly personalized Eagle Head Canes to Maine's disabled veterans in recognition and appreciation for their service to our country.

Members of Maine Woodturners use tapered dowels, purchased locally from Peavey Manufacturing in Eddington, Maine, and turn the tenons and adaptors. The carver assembles the cane, adds the hand-carved eagle head, attaches replicas of the requested medals and ribbons, adds the personalization and applies a finish.

Mrs Kathleen Webster who works for the Maine Army National Guard as a health occupational nurse and is a retired navy nurse and a member of the Maine Wood Carvers Association graciously agreed to hand carve Eagle Head Canes for Families of our Fallen. To this date, she has hand carved 6 and plans on doing many more. Thank you Kathy for you outstanding talents honoring our fallen and their families.





Run for Cash 5k

8th Annual Christopher Scott Cash 5K Memorial Run happened on 23 June 2012. Over 550 participants and volunteers made the race a success. Nancy Lee Kelley, mom of Captain Christopher Scott Cash, for the first time in 8 years watched runners/walkers cross the finish line, because of a new certified route. In attendance was Maine's First Lady, Mrs. Ann LePage who ran her very first 5k.



Maine's First Lady Ann LePage with Nancy Lee Kelley

Nancy receives Eagle Head Cane carved by Kathleen Webster in honor of her son Captain Christopher Scott Cash prior to the race in a small informal setting. Kathy, a member of the Maine Woodcarvers association also hand painted his awards on the cane a Bronze Star, Purple Heart and Air Assault Badge.



Vietnam Veterans Homecoming 50th Anniversary

Over 250 Vietnam Veterans and or family members crossed over the Two Cent Foot Bridge on June 14th in Waterville. The "Coming Home" March was an opportunity for Veterans to physically, emotionally and spiritually cross over the water to repair the injustice bore by those men and women for the last half century, by allowing them once more to be welcomed home, with open arms, by their families, our nation's citizens and their fellow service members. Over 1000 family members and citizens within the communities attended the ceremony to honor these Veterans. The event was put on by Sheriff Randy Liberty, Colonel John Mosher and Mr Peter Ogden, Director of Bureau of Maine Veteran Services.

Father, Daughter Relationship through War, Death

Sunday, June 17th Father's Day, the Maine National Guard Military Funeral Honors Team folded the flag over CPL Andrew Hutchins headstone and presented the flag to his daughter, Allyssa Braelyn Hutchins at her father's gravesite at the Maine Veterans' Memorial Cemetery in Augusta. Allyssa never met her father, but even though she's only 15 months old, her mother says she has a sense of who he is. The afternoon was spent with friends and family to honor Allyssa with a symbol of her father.



Chaplains Corner

Habits

So I'm trying to lose weight. Not the flash-in-the-pan, "special occasion" weight loss, but a lifestyle switch; a "changing-my-thinking-about-food" that is slowly paying off. Basically I think of "white carbs" (Potatoes, Rice, Pasta, Bread) as "rocket fuel," and if I don't have any "trips to the moon" scheduled, I won't take on any extra fuel that I won't burn so it doesn't become fat. I'm laying-off the sweets, sodas, and fried foods to boot. "So what's left," you ask? Well, lean meats, fish, veggies, and nuts, some dairy and so-on.

Well, getting used to the diet has taken some time. I don't cheat a whole lot, and the weight really isn't just "falling off," but I've made progress, and the key to that has been to stick to it long enough for it to become *habit*. Somebody has said it takes about 21 days for a behavior to become habit. I'm about 90 days into the process and so some things have become ingrained, and I'm glad.

Have you ever thought about developing habits that can translate into your spiritual and emotional health? There are a few things that can become ingrained... in a healthy way. Focusing on those things that you can identify as blessings in your life can be one such behavior. I know it can sound like a slogan, but there really is something about "counting blessings." Being intentional about those things in life that bring us joy and make us feel closer to God and one another is a powerful thing, and it can make us more resilient (and a blessing to others) when we face new trials.

Another habit can be looking into the Word of God and letting the Word of God look into us. The Psalmist says, "Thy Word have I hid in my heart..." (Psalm 119:11). When God's Word takes up residency in our heart, through our habitual returning to the Scriptures, it is *there* for us when we face our struggles; a powerful habit of the heart.

God's Grace, Peace, and Abiding Presence to you all.

-Chaplain Earl Weigelt
Full Time Support Chaplain, MEARNNG



Maine Survivor Outreach, Financial and Grief Counseling Services

Survivor Outreach Services Coordinator

Rachel Bosse, Support Coordinator
194 Winthrop Street, Camp Keyes
Augusta, Maine 04333-0033
(207) 430-5959 (desk)
(207) 332-6804 (cell)
Office Hours: 8:00 am—5:00 pm M-F

Maine Personal Financial Counselor

Ms Gayle Rose Martinez
22 Armory Road
Augusta, Maine 04330
207-465-5677
PFC@gmail.com

SOS Financial Counselor— Devens, Massachusetts

Erica Zeiger 978-796-3119
Devens Reserve Forces Training Area
Army Community Service
20 Quebec Street, Unit 11
Fort Devens, MA 01434
erica.a.zeiger.civ@mail.mil

Military and Family Life Consultant

Ms Luanne Rhoades
(207) 210-3365
22 Armory Road
Augusta, Maine 04330
luanne.s.rhoades@healthnet.com

Behavioral Youth Coordinator

Stephanie Doughty
(207) 505-0182
22 Armory Road
Augusta, Maine 04330
stephanie.x.doughty@healthnet.com

National Military Family Association-www.militaryfamily.org

Army Family Programs - www.arfp.org

Beaumont Foundation of America—www.bmtfoundation.com

Camp Solari—www.solarihospice.com/go2/solari-kids-camp.cfm

Child Grief Education Association—www.childgrief.org/

Children of Fallen Heroes—www.cfsrf.org

Children of Fallen Patriots Foundation—www.fallenpatriots.org

Children of Fallen Soldiers Relief Fund—www.cfsrf.org

Fisher House Foundation—www.fisherhouse.org

Folds of Honor Foundation—www.foldsofhonor.org

Bereaved Parents of the USA Newsletter-www.bereavedparentsusa.org



Army Echoes on line. Get your retirement news at the click of a mouse and receive additional retirement related bonus information by signing up for the online version of the Army's Bulletin for Retired Soldiers and Families -- Army Echoes at <https://www.armyg1.army.mil/rso/e-echoes/e-form.asp?checked=true>



Are you a Veteran, or Veteran's surviving family member who wants to help? Do you want to learn the skills to facilitate a military survivors support group to help other Gold Star families with their grief?

Learn about group dynamics, group structure and process and practice skills that insure an effective support group meeting for FREE

If you are willing to make a commitment to lead a support group and want more information contact Wade Hoover, NAMI Veterans Support Coordinator at 1-800-464-5767 or email him at Whoover@namimaine.org. You can always call me for more information at 207-430-5959.



Survivor Outreach Services
194 Winthrop St, Bldg 7
Camp Keyes, Augusta, ME 04333-0033

“Embracing and reassuring Survivors 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”

PHONE NUMBERS and WEB SITES

DFAS 1-800-321-1080—www.dfas.mil
Tri-Care Support Specialist at Camp Keyes 207-430-5928
ID Cards, Camp Keyes, Augusta 207-430-5194
Martins Point Spec 1-800-431-0777 X4458
HealthNet-1-877-874-2273—www.tricare.osd.mil
VA Togus 1-800-827-1000– www.va.gov
MilOneSource-1-800-342-9647-www.militaryonesource.com
Tragedy Assistance Program-1-800-696-8277-www.taps.org
Social Security Administration-1-800-772-1213-www.ssa.gov
VA GI Bill - www.gibill.va.gov/resources/student_handouts



[Maine Survivor Outreach Services](#)
and LIKE us!!

Gold Star Mothers

President, Maine Chapter
Bethel Shields 207-782-7451
Blomsk@roadrunner.com
www.goldstarmoms.com

Gold Star Wives

Washington DC
Email: DC@goldstarwives.org
703-351-6246

Gold Star Dads

Contact 951-833-2935 or via email at
www.goldstardads.org/

Army Wounded Warrior Advocate
Mr. Harry Dumont
(207) 430-5851 (Office)
(207) 620-6175 (BB)
harry.dumont@us.army.mil