



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 July/August/September 2013

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

Look inside
for military
deals,
discounts
& events



Take you kids to work day and Proclamation with the First lady of Maine.

Recent Events



The Freeport Flag Ladies hand out roses to the 488th as they return home on 15 June 2013. Photo by the Freeport Flag Ladies

MENG participates in Special Olympics Parade. Photo by SPC Baltazar



CONTENTS

Recent MENG Events 1

Director of Deployment Cycle Support 2

State Family Program Director 2

Upcoming Events 3

Marriage Enrichment 3

Family Assistance Center Coordinator 3

Youth Program Events 4

MRT Skill: Problem Solving 5

Sexual Assault Awareness 5

State Recognition for FRG Volunteer Leadership 6

Military OneSource 7

Back to School Ice Cream Social 7

Motorcycle Charity Ride 6

Maine Military Tribute March 8

Family Readiness Training 8

MEARNG EO 8

FRG notes 9-11

Travel Discounts 12

CH (LTC) Andy Gibson Director, Deployment Cycle Support

Two Tibetan monks belonged to an order that had sworn off all earthly contact. They were not to speak to anyone but other members of their order, they could not own anything, and they could not even look at a woman, much less touch one. As they made their way from the market, they came upon a swollen stream, the water rushing by. On the bank was a young woman, holding heavy baskets from the market place, wondering how she would ever get across. The two monks paused for only a moment before entering into the flow and making their way across when one stopped. He moved back to the bank, approached the woman, hoisted her in his arms and carried her across the stream.

His fellow monk was astonished! How could he breach their vows so wantonly! As the two men walked away from the thankful young woman, the one who had carried her had to listen to his companion scold him and yell at him for many miles. He spoke of his violations, his sins, his disloyalty to the monastery and the order. Finally, after listening for what was a very long time, the offending monk stopped and addressed his fellow monk. "Brother," he said, "I admit that I sinned when I touched that woman. However, I put her down many miles ago; why are you still carrying her?"

Forgiveness is a powerful thing, when we employ it. Too often, we hold on to things that are long passed; what is known as carrying a grudge. Just remember, when someone offends you and you carry that grudge, you are the one bearing the burden. Of all the things that are worth holding onto, which are the ones that we can place on the ground and walk away from? How can each of us lighten our load? As we enjoy the Maine Summer, let us do so with a light as possible. Honesty and forgiveness are the greatest pathways to freedom. Use the resources in this newsletter to enjoy your time with your family, friends, or with yourself; and use those tools that will set you free.

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

State Family Program Director

Welcome home 488th MP Company! I am so happy for you and your families and look forward to seeing you all at your Yellow Ribbon events in August and September. As the 133d Engineer Battalion and 1035th Survey and Design Team gear up for deployment, please know that our team is here to serve you in any way possible. Your pre deployment yellow ribbon event July 13-14th will be a great time to meet everyone and get some tools for your toolbox as you begin the journey. Youth Camp begins July 14th with a combination of campers and young adult staff at 270 military youth! We are all super excited and very busy getting things all scheduled for this event.

I would like to welcome two new team members to the Family Program Office. Laura Williams is working in the Family Assistance Center in Bangor and Sara Bilodeau is our new part time Child & Youth Specialist in Augusta. We are happy to have them onboard and wish them the best in their new positions.

Happy summer everyone! Be safe and enjoy the sunshine!
MSG BARBARA A. CLAUDEL
State Family Program Director

Relationship Building Renewal Retreat PAIRS Essentials

A two-day event for couples Funded by the Veterans Administration

9-hour training introduces essential PAIRS (practical application of intimate relationship skills) for enhanced communication, self-worth, empathy, emotional expression, and healthy conflict resolution. Begins Friday night with dinner at 6:00 p.m. and ends by 4:30 p.m. on Saturday. For Active duty military personnel, Guard, Reserves, and Veterans without regard to the years they served, and their spouses/ partners.

Priority will be given to returning Iraq/Afghanistan Vets.

A special grant covers registration, one night of lodging, and three meals. Travel to the hotel is not covered. You must attend the entire event to be eligible for the grant. Additional nights are at your own expense, and Poland Spring is offering a reduced rate for a second night!

Poland Spring Inn and Resort
The Maine Inn
22 Robbins Way, Poland, Maine

Upcoming Dates:
August 2-3, 2013
September 27-28, 2013
October 4-5, 2013

To REGISTER
Kathleen Gagnon Rood
207-623-8411 X 5470
kathleen.gagnon-rood2@va.gov

Family Assistant Center Coordinator:

Hope this News Letter finds everyone in good spirits and enjoying your summer with family and friends. As you know, the Maine Military Family Assistance Center (FAC) is here to provide information and resources to you and your military family. We are operational 24/7 for your needs and questions, by calling 1-888-365-9287. Also, I am happy to announce the NEWEST member to our team, who will be working out of the Bangor Office at the AFRC. Her name is Laura Williams, and she comes to us from PA and has been a Family Assistance Specialist down there for the past two years. Laura brings a lot of experience and knowledge to our team and she will be a huge asset to this State and our military families. She is very excited to be



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

here and she looks forward to meeting you and working with you. If you have a opportunity, please introduce yourself to her, as she is working at the AFRC. Welcome to the Team Laura! As always, stay clued to your email, as the summer and fall comes, for tickets to the different events in the community. Many times businesses in the community provide tickets either free or discounted for our military families. We just ask that if you sign up for tickets, to please at-

tend the event, or call and cancel so we can pass on to other military families that want to attend. Again, our number here with the Family Assistance Center is 1-888-365-9287 and our website is <http://www.me.ngb.army.mil/Family>. We look forward to talking with you and assisting you in any way that we can. Have a very happy and safe summer. Thank for serving and all that you do.

Mark Cater
FACC

Maine Military Couples Marriage Enrichment

Portland
16-18 August 2013 (register by 6 Aug.)

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

Register: www.JointServicesSupport.org. keyword: Marriage MEARNG: Lodging Friday & Saturday evenings at no cost—we will book it, 3 Meals provided for weekend

MEANG: Couples with questions about lodging and other per diem and/or expense questions, please contact the A&FRPM, Drew Matlins at 207.404.7494.

- A toolbox of good educational communication skills!
- What is NOT provided:
- Army Guard-Mileage not available • Childcare.

Other Maine Military Couples:

• Check with unit of assignment to see if there is funding for Strong Bond events. You are most welcome, but attendance must be approved and budgeted through your specific service branch. 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 lines is key to maintaining a successful marriage especially after experiencing long separations associated with deployment. Registration questions contact Michelle.Darveau@us.army.mil or call 207.430.5779. Questions about curriculum can be directed to Chaplain (CPT) Earl Weigelt @ earl.e.weigelt@us.army.mil or at 430-5898

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



Family Camp

September 13-15, Bryant Pond
\$25 per family (all ages)
low and high ropes course, ecology studies including underwater robotics, archery, canoeing, kayaking, water zip line, crafts, Capture-the-Flag, campfires

Staying indoors in one of their cabins/bunkhouses or camp in a tent - tents provided or you can bring your own.

Limited handicap accessible rooms. Includes all meals and activities. The registration will be available soon, so check the MENG Youth Program facebook for updates.

UPCOMING EVENTS

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

| JULY | |
|-------|--|
| 9 | NAMI Maine Veteran's Support Group, Augusta (p. 11) |
| 14-20 | Youth Camp (p. 4) |
| 21-27 | Youth Camp (p. 4) |
| 20 | Port Harbor Marine Veterans Appreciation Fishing Tournament (Tournament is full) |
| 16-18 | Marriage Enrichment |
| 17-18 | RRB Annual Soldier and Family Day Training weekend (p. 7) |
| 18 | Maine Wounded Warrior Shootout (p. 8) |
| 21 | Back to School Ice Cream Social (p. 7) |
| 25 | Run for the Fallen |

| AUGUST | |
|--------|---|
| 2-3 | PAIRS Essentials VA Couple Retreat Poland Springs Resort (p. 2) |
| 3 | New England Retiree Activity Day Concord NH |
| 8 | NGAME Annual Golf Tournament |
| 10 | Motorcycle Charity Ride (p.6) |
| 13 | NAMI Maine Veteran's Support Group, Augusta (p. 11) |
| 10 | NAMI Maine Veteran's Support Group, Augusta (p. 11) |
| 13-15 | Our military Kids Family Camp (p. 2) |
| 27-28 | PAIRS Essentials VA Couple Retreat Poland Springs Resort |

| OCTOBER | |
|---------|---|
| 4-5 | PAIRS Essentials VA Couple Retreat Poland Springs Resort (p. 2) |
| 6 | Maine Military Tribute March (p. 8) |



The MENG Child and Youth Program would like to welcome Mrs. Sara Bilodeau to the staff. Sara has taken Kayla's place in the program as Kayla is preparing to deploy with the 133rd this summer. We want to say Thanks to Kayla for all her hard work and dedication to the program. Sara can be reached at 430-5953

July 14-27, 14th Annual MENG Youth Camp - although this year's camp is full (over 200 campers), we just want to remind you that during this time, your Child and Youth program Coordinators will be out at Bog Brook for camp, but we will be checking our e-mail and we will have access to our telephones, so although the office at the Buker center will be closed, the Child and Youth Program will be "Open for Business."

August 19-22 - 2nd Annual Katahdin Mini Camp. Once again, we will be holding our Katahdin Mini Camp near Hay Lake. This 3 day camp is open to all Military Children ages 9-18 and will be limited to 50 campers. Hiking, Kayaking, campfires, team-building, games, and teens will get the 7-Habits of Highly effective teens too. Register on JSS, keyword "Katahdin". There will be a \$40 activity fee for this camp. We will also need adult chaperones, so if you want to help, please let Steve or Sara know at 430-5773 or 430-5953, or steven.r.hughes8.ctr@mail.mil - and as soon as Sara gets her e-mail, we will let everyone know.

Steve Hughes
Lead Child & Youth Coordinator
207-430-5773

KATAHDIN MINI CAMP

19-22 AUGUST 2013

Hay Lake • 3 day camp
open to all Military Children ages 9-18
limited space
Hiking, Kayaking, campfires, team-building, games, and teens will get the 7-Habits of Highly effective teens too, plus all the other fun stuff.

Register www.jointservicesupport.org keyword "Katahdin". \$40 activity fee for this camp.

Adult chaperones needed, call 430-5773 or 430-5953, or email steven.r.hughes8.ctr@mail.mil



The Military Kids Club has temporarily been suspended due to low participation, and also changes with Child and Youth staff, and a very busy summer schedule. The Child and Youth staff will re-evaluate MKC in the fall, and we will try and come up with something that will work for more people in more locations.



22-26 July 2013
High school students
entering freshman-senior
years can earn a college
credit.

\$50 Discount for
Dependents of Service
members and Veterans
Learn more about the
program at yo.uma.edu

For the discount
call or email prior
to registration
207.621.3075,
youma@maine.edu.

2013-2014 Military Kids Camps around the US

Military Teen Adventure Camps

http://www.extension.purdue.edu/Adventure_camps/campsloc.html

4-H/OMK camps

<http://www.4-hmilitarypartnerships.org/p.aspx?tabid=205>

2013 discount coupons to York Wild Kingdom for service members, veterans, DOD employees



www.yorkzoo.com

\$11 per person (ages 4+) Zoo & Rides
3 under \$4.75 for the Zoo & Ride pass, or \$1 for zoo
Register for discount coupons at www.jointservicesupport.org
Sign up by pick-up or mail location and Search: York Wild
You can register to pick them up or have them mailed to your address or Pick-up your discount coupons at the nearest Family Assistance Center location
Potland Armory • Augusta Buker Center • Bangor AFRC



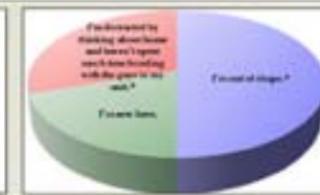
MRT Skill - Problem Solving

People often waste time and energy on problems because they have not accurately identified the causes of problems. The Confirmation Bias or Velcro/Teflon Effect interferes with problem solving because it causes people to notice the evidence that fits their thoughts and to miss the evidence that contradicts their thoughts.

The Problem Solving Skill helps to build Mental Agility. You need to understand a problem before you can solve it and old habits in thinking can keep you from solving problems effectively. Using the Problem Solving Process allows you to consider information you missed so that you can solve problems more effectively.

You can't effectively problem solve unless you have an accurate understanding of what caused the problem, so it is important to:

- Focus on thoughts about WHY the problem happened
- Identify the contributing factors that caused the problem through Critical Questions and evidence
- Evaluate which factors are controllable



- Develop solution strategies that will bring about positive change

The Confirmation Bias causes us to notice, seek out, remember, and give weight to the evidence that supports our thoughts and to fail to notice, seek out, remember, and give weight to the evidence that does not match our thoughts. Confirmation Bias can also be thought of as the Velcro/Teflon Effect. Evidence that fits our thoughts sticks, while evidence that contradicts our thoughts slides off. You can have the Confirmation Bias for negative thoughts (e.g., "I am not a good leader") or for positive thoughts (e.g., "I am a great leader"). We are more likely to interpret ambiguous information as supportive of our thoughts. We tend not to actively seek evidence that counters our thoughts and we give weight to evidence for and against our thoughts differently. Once we find evidence that

supports our thoughts, we tend to stop gathering evidence. Tips to fight against the Confirmation Bias or Velcro/Teflon Effect are:

- Distance yourself from your thought by writing it down
- Be neutral; ask fair questions
- Consult with others
- Prove your thoughts false; what would you notice if you had another thought

To start the Problem Solving process, write down the issue. Using the ATC model, describe the problem objectively, stating the relevant who, what, when, and where. Next you'll list your heat-of-the-moment thought(s) about what caused the problem and pie chart those thought(s) so that the more the factor(s) contributed to the problem, the bigger the slice. Then use three Critical Questions to identify other factors that may have caused the problem:

- How did others or circum-

stances contribute?

- How did I contribute?
- What specific behaviors contributed to the problem?

 Then, consider the evidence for and against the factors you've identified in Steps 2 and 3 and record critical evidence you identify.

List the factors you found evidence to support, and pie chart the factors so that the more the factor(s) contributed to the problem, the bigger the slice. Put an asterisk next to factors you can control or influence. Compare your heat-of-the-moment and accurate pie charts. Based on your new and more accurate understanding of the problem, briefly identify strategies for solving the problem. Make sure the solutions you identified map onto the causes on the pie chart.

- Identify the causes: Use the Critical Questions to identify causes that you initially missed.

• Avoid the Confirmation Bias (or Velcro/Teflon Effect): The Confirmation Bias can interfere with accuracy. So work around it.

- Slow down: For problems that don't require quick solutions, slow down and get more information.

Sexual Assault Prevention and Response

Safe Helpline
Sexual Assault Support for the DOD Community
Live 1-877-HELP Confidential Worldwide 24/7
When you don't know what to do or with whom to talk, contact Safe Helpline for confidential sexual assault support. 24/7 worldwide access to sexual assault experts.
Click www.SafeHelpline.org
Call 877-995-5247
Text* 55-247 (4466 HELPS)
202-470-5546 (4466 HELPS)



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

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

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

State Recognition for FRG Volunteer Leadership

The Maine National Guard Family Readiness Training Weekend is held annually, and this year the event was 13-14 April at the Samoset Resort in Rockport. The event provides an opportunity for Leadership and the Volunteers who support the Commander's Family Readiness program and initiatives to attend work group sessions together. These sessions provide time for them to reflect on what they have done well in the past year and to discuss what they can do to improve in the coming year to enable self-serving and prepared Military Families.

Our great state of Maine has numerous Volunteers who support our troops and Family members. Some take on specific leadership positions and other are there when you say the "word". The educa-



tion, support and care they provide our Military Families is invaluable. These Volunteers give of themselves freely, as an act of giving back, sharing life experiences and providing support NOT ONLY during a unit's deployment time, BUT ALL of the time.

Brigadier General James

D. Campbell, The Adjutant General, and Brigadier General Brent M. Boyles, The Deputy Adjutant General greeted and shook the hands of each Volunteer, as they were recognized for their achievements and services to our Maine Guard Families. Volunteers were presented Certificates of Apprecia-

tion and Volunteer Service Hours' Awards as follows: >200 Hours of Volunteer Service: Carol Grant, Amanda Peacock, Dottie Pinkham, Alexis Schools, and Melissa Thibodeau; >100 Hours: Terry Handrahan, Angela Jensen, Sharon Richard and Lorri Tlumac; Up to 100 Hours: Michele Bayne, Cassandra Brown, Janie Brueneman, Sarah Bucci, Wendy Crawford, Anne Renne Elefson, Annessa Furr, Danyall Hallett, Mallory Hammond, Deanne Kiilsgaard, Teresa Pattle, Tracy Rancourt, Destinee Ryder and Jessica Towle.

Congratulations and thank you for making a difference Volunteers 2013!

Michelle Darveau
Senior Family Readiness
Support Assistant
JFHQ
207.430.5779



Motorcycle Charity Ride

10 August 2013 • 1000
(Rain Date 11 August)

REGISTRATION FROM 0900- 0945 DAY OF RIDE

The M Room at Millennium at 416 OXBOW Rd, PALMYRA
TO BENEFIT



REGISTRATION

\$20 (by 3 Aug.)

\$25 (after 3 Aug.)

Registration forms can be requested by Email: MASPELUND@YAHOO.COM or snail mail at 834 Blackstream Rd, Hermon Me 04401 Patches will be given to the first 100 registrants. Fee includes lunch and a raffle ticket for prizes at the end of the ride.

Make checks payable: The Maine Infantry Foundation.

Questions? Contact Matt at 207-215-6317

No passenger charge passenger must sign a waiver to participate. Registration fees are considered a charitable donation and a receipt will be given for tax purposes.

Starting and Ends at the M Room in Palmyra.

Poland Springs Resort

Offers Free Stay to currently serving
military families of Combat Veterans

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

1. Complete the registration at: www.jointservicessupport.org
2. A confirmation email will be sent upon approval with a number to a number to call to make your reservations, with the Resort.
3. Call and reserve. All reservations are required to place a \$25.00 registration fee down (reimbursed upon check in) to hold your reservation, please have a major credit card ready.



Recruiting And Retention Battalion Annual Soldier And Family Day Training Weekend On 17-18 August.

The location will be forthcoming. The battalion is currently seeking Volunteers to assist with Family events. The first will be a Back to School Supplies Drive to provide FREE schools supplies to our RRB Military Kids by way of a National initiative by Operation Homefront. Contact Michelle Darveau at 207-430-5779 or E-mail Michelle.A.Darveau.ctr@mail.mil or MSG Steven Roy at 207.430-6144 or E-mail steven.l.roy3.mil@mail.mil for more information.



The following excerpts about the **Family Readiness System** were taken from Military OneSource and can be accessed in its entirety at

http://www.militaryonesource.mil/phases-new-to-the-military?content_id=266979

The Family Readiness System

The Family Readiness System (FRS) is the network of programs, services, people, and agencies, and the collaboration among them, that promotes the readiness and quality of life of service members and their families. The services available through the FRS can help you develop new skills and tackle life's challenges - in every stage of military life.

What services are available through the Family Readiness System?

The following services are available through the FRS. Additional services, which vary by access point, may be offered to meet the unique needs of your installation or community:

- [Mobility and deployment assistance](#)
- [Personal financial management](#)
- [Spouse education and career services](#)
- [Family life education](#)
- [Emergency family assistance](#)
- [Domestic abuse prevention and response services](#)
- [Child abuse prevention and response services](#)
- [New parent support](#)
- [Exceptional family member \(EFM\) support](#)
- [Non-medical individual and family counseling](#)
- [Transition assistance](#)
- [Morale, Welfare, and Recreation](#)
- [Information and referral](#)

How do I access services?

Reserve Component Family Programs deliver family readiness services in a number of ways: through facility-based locations, website, or by telephone. While these access points deliver a limited number of direct services to members and their families, they can readily refer you to other FRS resources. Find your Reserve Component Family Program by visiting the links below:

- National Guard Family Program at <http://www.jointservicessupport.org/FP/About.aspx>
- Maine Army National Guard Family Program at <http://www.me.ngb.army.mil/family/>
- Maine Military Family Assistance Center at 1-888-365-9287
- Military OneSource at www.militaryonesource.mil Or by phone at 1-800-342-9647

Joint Family Support Assistance Program (JFSAP)

JFSAP is a Defense-wide program that augments services provided through installation-based Military and Family Support Centers and Reserve Component Family Programs. JFSAP teams, which are based at each state's Joint Force Headquarters, provide services such as non-medical individual and family counseling through Military and Family Life Counselors (MFLCs); information about MOS resources and services; and referrals to community-based services and support such as assistance locating child care.

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

En español llame al: 1-877-888-0727

Back to School Ice Cream Social

Sponsored by The First Lady of Maine,
Mrs. Ann LePage

Enjoy ice cream with Mrs. LePage at the
Blaine House, Augusta

21 August 2013 • 5 - 7 pm

FREE to all Maine Current Military Families

Also, pick up free school supplies from
Operation Home Front.



To Register (by 15 Aug)
at www.jointservicessupport.org
Keyword: Ice Cream

Remember the Fallen, & Volunteer NOW for the Maine Military Tribute March in Portland, ME

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

event will be 6 October 2013, Saturday, and is held in conjunction with the Maine Marathon in Portland.

Annually, FRG Volunteers, parents, Family members, and Military kids walk the last leg of the March in support of the

fallen, and their Families. Anyone interested in marching the final leg with the group, and/or helping to host the BBQ that follows, please contact Michelle Darveau at 207.430.5779 or Michelle.A.Darveau.mil@mail.mil. This event is an

amazing, heartfelt experience, so act now, and don't miss your opportunity to support your fellow Military Service members, and Families.

Michelle Darveau, Senior Family Readiness Support Assistant, JFHQ, 207.430.5779

MEARNG Equal Opportunity

What Do Complainants Want?

Very few formal complaints are filed in the Maine Army National Guard. Just like many of the complaints that are filed in other states, the majority of complaints could be prevented by a prompt and incisive response from the first line leader. Acting quickly to resolve incidents of harassment and discrimination can also prevent more, and potentially escalating, incidents. Leaders can be held accountable for harassment or discrimination that occurs if the leader knew, or should have known, about the situation.

Most complainants just want the harassment to stop. While Maine has been stable, the number of complaints filed in many states rose last year. This could be the result of leaders' failure to take action to resolve issues at the lowest level.

Prevention begins with education and an attitude that harassment and discrimination will not be tolerated. When incidents occur, however, leaders must respond promptly and effectively. Below are some tips on effectual response techniques:

DON'T

• Attempt to ease the tension by making jokes or comments that could be con-

sidered offensive

• Don't respond to the situation if you are unsure of the appropriate actions to take or if you are not familiar with policies. Contact the State Equal Employment Manager (SEEM) for technician issues or the Human Relations/Equal Opportunity Officer (HR/EO) for assistance

• Don't assume that your gut feelings are accurate - get the facts

• Don't grant some employees favors that others do not enjoy

DO

• Lead by example - act professionally at all times

• Do take all complaints seriously, no matter what you believe to be true at first

• Do talk about equal opportunity when talking to employees about performance

• Do learn about the issues of harassment and discrimination in the workplace from websites or newspapers, attending training, and by familiarizing yourself with relevant policies

• Do carefully document all incidents by writing down the who, what, where, and when of any occurrence and keep it on file

For questions or more information, contact MAJ Tara Young at 430-5919, or tara.k.young.mil@mail.mil



OUTWARD BOUND

Outward Bound is supplying free adventure Camps for Veterans, these courses are running six days and they have both land and sea programs. All courses are completely FREE for Veterans and promote personal renewal, leadership, and teamwork to support healing a transition back to either future deployments or productive civilian life.

Maine Backpacking

Veterans Dates
08/24/13 - 08/29/13
09/07/13 - 09/12/13
09/29/13 - 10/04/13

<http://www.hiobs.org/courses/?program=7>

Maine Coast Sailing

Veterans Dates
09/06/13 - 09/11/13
10/01/13 - 10/06/13

MAINE WOUNDED WARRIOR SHOOT OUT III
Presented By: *Gayle Cunningham*
Maine Infantry Foundation
2013
WATCH A FREE GATLING GUN DEMO
PAY TO SHOOT A REAL 40mm GRENADE LAUNCHER
MACHINE GUN RENTALS - BBQ & CORN ROAST
HOURLY GIVE AWAYS - VENDORS ON SITE
Hosted By: *Williams Machine Gun Range, LLC*
AUG. 18th
10AM
GATES OPEN AT 9 AM
GATE FEE \$20
WAIVER REQUIRED TO ENTER
FOR INFO EMAIL: gayle.cunningham@mainegeneral.org
GO TO: www.maineinfantryfoundation.com FOR MORE DETAILS
www.williamsmachinegunrange.com
Williams Machine Gun Range, LLC
636 River Rd. North Anson, ME 04958

120th FRSA

What is your definition of a Family Readiness Group?

This morning during a conversation with unit leadership, this Soldier used the term FRG instead of Family Readiness Program. When corrected the Soldier said aren't they the same, I get confused.

I'm sure if you asked Soldiers the definition of a FRG you'd get as many answers as those asked. If you asked family members they'd probably mention bake sales and t-shirt sales.

After the conversation with unit leadership, decided this would be a good topic to explain.

Family Readiness Group
Extracted from Wikipedia

The Family Readiness Group (FRG) is a command-sponsored organization of family members, volunteers, soldiers and civilian employees associated with a particular unit. They are normally organized a company and battalion levels, and fall under the responsibility of the unit's company commander.

FRGs are established to provide activities and support to enhance the flow of information, increase the resiliency of unit soldiers and their families, provide practical tools for adjusting to military deployment separations, and enhance the well-being and esprit de corps within the unit. The activities emphasized will vary depending on whether the unit is in pre/post deployment, deployed, or in a training/sustainment period at home station. Since one of the goals of an FRG is to support the military mission through provision of support, outreach, and information to family members, certain FRG activities are essential and common to all groups, and include member meetings, staff and committee meetings, publication and distribution of newsletters, maintenance of virtual FRG websites, maintenance of updated rosters and readiness information, and member telephone trees and e-mail distribution lists.

Ideally, all Army units, both active and reserve, sponsor

FRGs as an avenue of mutual support and assistance, and as a network of communications among the family members, the chain of command, chain of concern, and community resources. The FRG also provides feedback to the command on the state of the unit "family" and is considered a unit commander's program.

Historically, FRGs developed out of military family support groups as well as less formal officer and enlisted wives clubs, telephone and social rosters, volunteer groups, and clubs. Modern FRGs are a fully defined and officially supported function within the U.S. Army, and include men, women, and children from throughout the military community

Hopefully this will clear up any future confusion that the FRG is the same as the State Family Readiness Program!

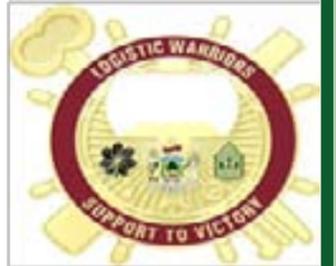
Maureen Hickling

ME Family Readiness Support Assistant (Contractor)

Wk: 430-5932

Maureen.e.hickling.ctr@mail.mil

286th FRG



Hello families of the 286th CSSB!

Summer is finally here and it is time to set aside August 4th for our family day! As of this writing the location and final details are still being finalized.

Would like to say a BIG welcome home to the 488th MP's!

In April the commander and I attended the annual state Family Program training weekend, came back with a lot great information.

We are still looking for volunteers to help out with the FRG so if you are interested please contact us at the contact number below.

We're in the developmental phase of setting up a new email account for the 286th FRG email distribution, hope to have up it up and running by the time this newsletter hits the mail.

Also by the time you're reading this, the 286th will have unit Logistic Warrior T-shirts, which were designed by a local grade school.

If anyone would like to help out with the 286th family day please contact us and we will put you to work! Come out and help support our soldiers, this includes everyone, spouse, mother, father, sibling, aunt, uncle or friends. You don't have to have a Soldier in the 286th to help.

Support to Victory.

Carol Grant- FRG Leader
Kim Whitten-Fundraising chairperson

Unit Contact POC SFC Whitten 430-5525

frg_286thcssb@hotmail.com

Old Orchard Beach Flag Raising Ceremony for Deceased Veterans

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

Dennis Robillard 207-468-0443 email info@oobmemorialflagraising.com.



Paws for Peace

Paws for Peace is an initiative launched to pair Veterans living with symptoms of Post Traumatic Stress and/or TBI to companion dogs. Dogs will be obtained from participating shelters, with financial assistance and training opportunities available.
www.embraceavet.org

133rdHHC FRG

The warm weather is certainly upon us and this means busy summer months ahead. We definitely understand your time with your soldier is precious so the FRG will not be holding any meetings in June or July due to the deployment. However, this does not mean we won't be getting together. June 15th was our Tunes in June event, a time for the soldiers and their significant others to have an evening out with a live band, dancing, giveaways & silent auction. Also the Yellow Ribbon Pre-Deployment event is scheduled for Saturday & Sunday July 13th & 14th at Sunday River. We are looking to having an End of Summer/Back to School event for the kids and the Families of the soldiers late August. Stay tuned for more details on that.

Be sure to take time for yourselves, I know that those with children will try very hard to fit in as much "Family Time" as possible, but remember you need time with your soldier as well; maybe just dinner out or a night away. Take time to relax and just enjoy the simple things that your Family loves, don't try to do too much it will just lead to unnecessary stress. With the summer months approaching two things increase greatly children and motorcycles. Please be aware of your surroundings and for those of you who ride, Ride Safe!!

Remember that your FRG is here for you. Do not hesitate to contact us. We look forward to seeing everyone at the Yellow Ribbon Event.
Mallory, Michele & Wendy
133 EN BN FRG
133rd.hhc.frg@gmail.com

126th FRG

The 126th FRG would like to wish MAJ Stevens well on his next assignment and thank you for all the support you gave the family readiness group.

If you are looking to volunteer for the 126th FRG please email us at 126frg@gmail.com. Have a great summer!
126th FRG
Heather Trainor

136th FRG



Although it does not look like we will be able to have a summer event this year as DeAnne and I are just getting settled in, DeAnne as FRG leader and I as CoLeader. We are enthusiastically looking forward to our winter event. We are looking for anyone who would like to volunteer, all the time or even occasionally with events or fundraisers. We have several volunteer positions available. And we are always looking for ideas for fundraising.

As we are getting going with our FRG DeAnne and I are looking to be at the armories and be available to soldiers and families. We will be available for questions about the FRG, volunteering or services and links that are out there. We would like to be there part of Saturday of each drill week that the soldiers are at their armories.

We would like to wish everyone a wonderful and safe summer 2013.

DeAnne Kiilsgaard
Danyall E Hallett
136th FRG
Frg136th@yahoo.com

Welcome Home 488th!



Welcome Home Guardians!
Amanda P & Alexis S
FRG Leaders
488th Military Police Company
488thmpfrginfo@gmail.com



Find more photos of the homecoming celebration at:

www.flickr.com/photos/mearng/sets/72157634178659354/
<http://freeportflagladies.com/488mp/488mp.1.html>

Photos shown here are courtesy of the Freeport Flag Ladies.



Offering limited Free and Discount Tickets to Combat Veterans
UPCOMING MAINE EVENTS

Portland Sea Dogs
Rockstar Energy
Drink Mayhem Fest
ASYLUM NIGHTCLUB
Aaron Carter
Southside Johnny & the Ashbury Jukes
Event dates vary

www.vettix.org



Kennebec Valley YMCA is offering a 50% discount on membership for TRWB Maine (Even if you're an existing Y member.) This provides you with not only full access to the KVYMCA's facility and programs, but it's also a reciprocal membership across all Ys in New England.
www.teamrwb.org/

1136th FRG

Hello Family and Friends of the 1136th,

My name is Joyce Warren and I am the new FRG Leader for Bangor. My husband is SSG Michael Warren who works in the 1136th Supply. I have been involved with the FRG in some manner since my husband joined the Guard. Most recently I held an appointed position with the 120th FRG as the Treasurer, working closely with Dottie Pinkham. We are currently in the planning stages of our Family Day which is being held during August drill. I will be sending updated information as soon as the plans are confirmed. This will be a great opportunity for me to meet you and your families and also a day filled with fun and games and food! I am looking for anyone who is willing to volunteer and work together to make our FRG one of the best. Your thoughts and ideas are always welcome!

Please feel free to contact me if you have any questions
FRG1136thbangor@aol.com.

Joyce Warren
1136th FRG Leader

NAMI Maine 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
christianhcarson@yahoo.com
NAMI Maine office at 1-800-464-5767



**BEHIND
THE BOOTS
BLOG**

<http://behindtheboots.blogspot.com>



120th RSG FRG

Hello Families of the 120th

Crazy weather we are having this Spring but Summer is on its way. We made it through the Special Olympics Parade without being rained on. I want to thank the soldiers that helped to decorate, set up and take pictures of the parade. It wouldn't had been such a success without you! The Military is a "BIG HIT" with the Olympians as seen on their smiling faces and giving thanks to the soldiers as they passed out candy and goodies.

Ready for Family Day? Family Day is at Parks pond in Clifton. There were a few sites available. Go to www.parkspond-campground.com. We have a Jam Packed Day planned. Formation at 9 and activities to follow. A volunteer fireman and fire woman will demonstrate "How to get out Alive" with a smoke house. Everyone will have a chance to go through the smoke house and practice fire safety. A fire extinguisher demonstration will follow. We will have 120th Fireman hats and fire safety coloring books to hand out. Wendy Moody from the State Family Program will be there with info on Tri-care and Martins Point Health Care. Wendy is a great representative that knows a large variety of Military resources and benefits. We will have activities and games and prizes for all ages. Some kayaks will be available.. Safety Tips "Watch your dependents as there will NOT be a Life Guard Present", "Bring your own life jackets". Have Fun, Stay safe and think smart! A BBQ to follow the activities. Bake Sale Contest..Bring your favorite dessert to enter in the contest. The contest winner will win a prize!

I want to send out a BIG THANK YOU AND WE WILL MISS YOU to Joyce Warren. Joyce was my dedicated treasurer who never missed a beat at sending out the report to the necessary people and keeping track of all our endeavors. She took over for me when I was not feeling well and planned a GREAT Christmas Party in 3 weeks. Joyce has moved on to the 1136th where SSG Warren is currently located. She will be a BIG ASSET to the 1136th! THANK YOU JOYCE!!! I do have volunteer openings so if you are interested in joining a fun and ambitious team email me at frg120th1@aol.com. We have a monthly meeting on drill weekends.

Hope to see you at Family Day! A Day you will not want to miss! There is a tent and out building for cover in case of rain..

Dottie Pinkham
120th FRG Leader



Specialist Jeremy Rowell of the 521st Troop Command and Specialist Jonathan Chevrier of the 1136th Transportation Company pass out Army National Guard lanyards during the Special Olympics parade in Orono on June 7. The 120th Regional Support Group's Family Readiness Group leader Dottie Pinkham organizes the Maine Army National Guard's involvement with the parade, which includes driving several military vehicles, providing Army personnel and passing out small prizes. Photos by SPC Baltazar

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

Editorial Director
MSG Barbara Claudel

Editorial Assistant
Kyra Darling

Editorial Policy
The Chain of Concern Newsletter may edit the length and content of articles submitted. The Deadline for next quarter September 10, 2013

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



MILITARY VACATION TRAVEL

Are you Planning your next Vacation? Think Military Deals!

Accommodations

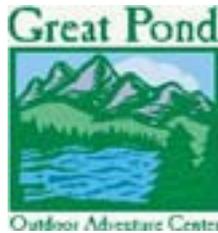
Looking for the perfect place to stay? Locations in US and around the globe:



**RV Parks
Inn & Suites
Camping Facilities
Cottages & Cabins
Vacation Rentals**
www.dodlodging.net

Available to all currently serving and retired members of the Armed Forces and DoD employees.

**Maine Navy
GetAways include**



**Gull Cottage
Prospect Harbor**
A lighthouse keepers cottage



www.afvclub.com
Available to all active and retired members of the Armed Forces, Department of Defense employees and select civilian employees in military support roles

Activities

Find fun and discount activities for you and your family through the ITT office closest to your destination.



Find the ITT office closest to your destination for a listing of discount tickets.

Portsmouth ITT
207-438-2713

Discount tickets

Bon Jovi
July 20, 7:30 pm, Gillette Stadium, Clubhouse seats, \$75 per ticket
Taylor Swift, "The Red Tour"
Saturday, July 27
Gillette Stadium, Clubhouse Seats, \$123 per ticket

Kenny Chesney's "No Shoes Nation"
Saturday, August 24
Gillette Stadium, Clubhouse Seats, \$113 per ticket

Deep Sea Fishing Trip
Save the date! Sunday, September 8. ITT has booked our annual fishing trips. The diesel powered boat will carry you close to Jeffrey's Ledge in the Gulf of Maine, New England's most productive fishing grounds. \$55, 15 years and older.



Free admission to participating museums for all active duty, National Guard and Reserve military personnel and their families from Memorial Day through Labor Day.
arts.gov/bluestarmuseums

Transporation



**Military Personnel
Save 10%**



USAA Members can receive exclusive discounts on Rental Vehicles from a variety of providers that come with exclusive benefits

www.usaa.com

**Free Annual Pass
for U.S. Military**



Available to U.S. military members and dependents in the Army, Navy, Air Force, Marines and Coast Guard and also, Reserve and National Guard members. Must be obtained in person at a Federal recreation site by showing a CAC or Military ID (Form 1173).
www.nps.gov/findapark/passes.htm