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Director, Deployment  
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Reintegration Program

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# Chain of Concern Newsletter

## October/November/December 2012

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

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

"Ready or not, here I come!" This warning, that most of us have heard when we were playing hide and go seek, can be quite prophetic of life. Life moves on. Events come at us and depending on whether or not we are ready, the events happen none the less. Holidays and birthdays will come whether or not we have bought our presents. Getting a job, losing a job, having children, or grandchildren, bills, football season, another Maine winter. There is very little we can do to halt these events; and even if we are successful, no doubt some other event will pop up unexpected. These events can be happy or sad; exciting or boring; calming or frustrating, but they come none the less.

What can we do? How can we anticipate everything that the future will bring? The simple answer is we can't. However, the more things we prepare for, the better we can respond to the stuff that we had not thought of. Right now, at no cost, you could be making sure your finances are in order through our Personal Financial Consultant (PFC) or Military OneSource (MOS). Right now, you can work on your relationship to your kids by taking advantage of the fun events that are planned for the next several months through our Military Family Assistance Center (MFAC). Right now, you can work on your relationship with your spouse or significant other by utilizing our Military Family Life Consultants (MFLCs). Right now, you can build resiliency in our kids by taking advantage of the events that our sponsored by our Child and Youth program. Right now, there is so much you can do to get ready for tomorrow. All you have to do is ask, and all of it is confidential!

Please read all the articles in this quarter's newsletter. Please take advantage of all that you have earned as a military member or family member. Get ready for fun, preparedness, and peace of mind!

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

## Recent MENG Events



*It has been a fun and busy summer from youth camp, hiking Mt. Kahtadin, to back to school events, and the Annual Veterans Fishing Tournament.*



## State Family Program Director

Thank you to all volunteers that gave of their heart and time throughout the summer at so many great events! Unit Family Days take a lot of planning and our FRG groups worked super hard all across the state so that families could meet, get to know their benefits and enjoy a day together. Without the volunteers, these things just don't happen! Another large group of volunteers who worked extremely hard this summer are the folks who attend Youth Camp, Teen adventure, and for the first time ever mini-camp up north. Thanks to these "big kids" who just love to give back to our military children, a well deserving group of young people who are the heart and soul of our military members. Thank you just doesn't seem like enough!

As the New Year (Fiscal year) gets started, there will be more opportunities to get involved. If you have an interest in volunteering, do not hesitate to reach out to your unit FRG, the Family Assistance Center or the MENG youth program! There is a place for everyone and we guarantee you will enjoy the feeling of helping other people!

Everyone can do SOMETHING! Take a few minutes each day to check in on a buddy, talk to a friend or family member or do something special for a stranger. This act of kindness will make their day and may be perfect timing for pulling someone up from a bad day. YOU can make a difference!

Be safe, enjoy the Fall and hope to see you at an event soon!

MSG Barbara Claudel  
State Family Program Director  
Barbara.claudel@us.army.mil

## UPCOMING EVENTS

For More Information on these events and more

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

### OCTOBER

- |    |  |    |   |
|----|--|----|---|
| 1  | Tee It Up Fore a Veteran Golf Scramble to benefit Camp Kieve | 17 | Jump Start Lunches Saying "NO" with Courage                   |
| 2  | Planning for retirement lunch and learn in Augusta           | 20 | Homeless Veterans Standdown VA Togus                          |
| 3  | Jump Start Lunches Series Augusta Raising Resilient Children | 20 | Family Harvest Fest   |
| 5  | 1st Annual Mid-Coast Veterans Golf Tourney                   | 20 | During Deployment Yellow Ribbon Event                         |
| 7  | 3rd Annual Ricker Hill Orchards Event                        | 24 | Alfond in Waterville  |
| 9  | Guard and Reserve Pre-retirement Seminar, Portland, ME       | 24 | Guard and Reserve Pre-retirement Seminar, Belfast, ME         |
| 11 | Planning for retirement lunch and learn in Bangor            | 25 | Jump Start Lunches Saying "NO" with Courage                   |
| 11 | Jump Start Lunches Series Bangor: Raising Resilient Children | 26 | Military Kids Club  |
| 15 | USMC Band Brunswick at Farley Field House                    | 27 | The Marketplace Vendor and Craft Fair Augusta Armory          |
|    |  | 27 | Bowl-A-Thon to Strike out Hunger in Military Families Augusta |
|    |  | 27 | Military Ball Augusta Civic Center                            |
|    |  | 31 | Jump Start Lunches A LA LA Holiday Prep                       |

### NOVEMBER

- |    |  |
|----|--|
| 8  | Jump Start Lunches Series Bangor Presents FA LA LA Holiday Prep 101 1130-1230 BLDG 505 101 ARW |
| 10 | University of Maine Military Appreciation Football Game  |
| 17 | Harvest of Resources Fair Lewiston High School   |
| 17 | Portland Pirates Military Appreciation Night   |
| 30 | Military Kids Club   |

### DECEMBER

- |     |   |
|-----|---|
| 5   | Deadline for Christmas Across the State |
| 8-9 | American Red Cross Babysitting Training |
| 9   | Family Ice-skating night - Augusta      |

**PAY IT FORWARD**  
PARENTING PROGRAM

## Free Online Training for military families

Inspired by Joining Forces, Positive Parenting Solutions is proud to sponsor **Pay It Forward Parenting**, a program designed to support military families with concrete tools and strategies to help reduce parenting stress and bring out the best in their kids.

Every time someone purchases a copy of our book or enrolls in our online course, Positive Parenting Solutions donates a course scholarship to a deserving military family. It's our way of saying "thanks" for your service and sacrifices on our behalf.

- ▶ Complimentary 1-year access to the award-winning Positive Parenting Solutions Online course (\$199 value)
- ▶ Step-by-step solutions to put an end to frustrating misbehaviors and bring out the best your kids.
- ▶ Available to all eligible military service members. Including Active, Veteran, Reserve or Guard service members of the Army, Marines, Navy and Air Force.
- ▶ Access the program 24/7 for a full year with on-demand training. Learn at your own pace, when it's convenient for you.

To apply visit:  
[www.positiveparentingsolutions.com/giving-back](http://www.positiveparentingsolutions.com/giving-back)



## Red Cross Babysitting Course

Babysitting Training Courses open to dependents of currently serving Active, Guard and Reserve Military

Open to youth ages 11-15

Cost is \$50 (includes 2 days of training, lodging, and lunch on Saturday).

Minimum of 10 students required

Augusta, ME. 8-9 Dec 2012

Contact Kayla at [kayla.m.cummings@us.army.mil](mailto:kayla.m.cummings@us.army.mil), or Steve at [steven.hughes2@us.army.mil](mailto:steven.hughes2@us.army.mil) no later than 16 November if you will be attending the training. If we don't get the minimum of 10, we will have to cancel the training. You can also give us a call at 207-430-5953 or 207-430-5773.



**UPCOMING Dates  
for Kids Club**

**26 October  
30 November**

Open to all Current Military Youth in Augusta Region Ages 5-18, the Second Friday of the Month from 6 - 8 pm at the Buker Center, Augusta.

No cost to you. 3 Separate Age Groups

- Spend regular quality time with your military comrades!
- Make new friends,
- Learn something new about yourself
- Have a super fun time!

Register Today

Please RSVP to Kayla at [Kayla.m.cummings@us.army.mil](mailto:kayla.m.cummings@us.army.mil) by the following dates: 22 Oct and 26 Nov - this helps us ensure we have enough volunteers: If you would like to be a volunteer for this event, please let us know and we will get you set up.

## Ricker Hill Orchards

3rd Annual Columbus Day Weekend Event

Sunday 7 October 2012, starting at 2 pm

THANKS! to a generous donation from the Maine American  
Legion Auxiliary!

**Included**

Hay Rides/Climb

Corn Maze

3 Bounce Houses

Petting Zoo

Apple Sling Shot

Corn Box

Mini Disk Golf

Duck Races

Monster Mural...And More

**On Your Own**

Apple and

Pumpkin Picking

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

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

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

**Deadline to RSVP:** Wednesday, 3 Oct by COB

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

**How to Register:**

Please call or e-mail Steve at 207-430-5773, [steven.hughes2@us.army.mil](mailto:steven.hughes2@us.army.mil); or Kayla at 207-430-5953, [kayla.m.cummings@us.army.mil](mailto:kayla.m.cummings@us.army.mil), with a message that includes a name, contact information and the number in your party.



## Youth Volunteer Opportunity

Help Raise Money for the MENG Youth Program -

Windy Ridge Deer Farm in South China have offered to donate a percentage of their earnings from their haunted hayride this fall to the Youth Program in exchange for our volunteer assistance.

12,13,19,20,26 and 27 Oct from 5:30 - 10:00 PM.

We need 20-25 volunteers 15+ (adults/kids) who will be "actors" for the hayride.

There are several scenes that need to be manned - all you have to do is put on a scary costume, and try to scare people! Arrangements can be made to go out to the site and look over the scenes so you can "pre-pick" - they are also open to suggestions to enhance the "scare" factor.

Please let me know if you can help NLT 28 September, and which dates you can do - of course, you don't have to do all the dates, but I do need 20-25 each evening. Should be a lot of fun!! You can wear your own costume or what they have.

Don't forget, our contact info is as follows: You can see this on our website: [www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family), you can check out our facebook page - MENG Youth Program, or you can contact me, Steve at [steven.hughes2@us.army.mil](mailto:steven.hughes2@us.army.mil), 430-5773, or Kayla at [kayla.m.cummings@us.army.mil](mailto:kayla.m.cummings@us.army.mil), 430-5953!



## Family Assistant Center Coordinator:

Hope this news letter find you all in great spirits and good health. Where has the summer gone? It flew by so fast. I must say we could not have asked for better weather this year, so hopefully everyone was able to take advantage of it. Now we move into another awesome time of year, the Maine Fall Season and winter months. Kids are back at school, fall sports and activities start, parents are on double duty getting the kids where they need to be, and NFL football has started. I love this time of year. With that said and everyone's busy schedules, be sure to check your emails and Family Program web page for upcoming events for military



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

families. I am in the process of helping coordinate a few coming up. Some dates to keep in mind, 27 Oct 2012, American Legion Bowl-A-Thon, at 1-7-10 Bowling Alley, 2246 North Belfast Ave, Augusta. Proceeds will help military families in need at Thanksgiving and Christmas, so come out and support. 17 Nov 2012, Portland Pirates Military Appreciation

Day game, we will be working something with the Portland Red Claws also. We also have the Christmas Across Maine Program, for military families in need, applications can be found at your unit or on our web page. We have many things in the works for military families to partake in and as we coordinate we will send out via email and post on web

site. As always, I want you to know that our Family Assistance Team is here for you, if you need anything, have questions, need help or know of a military families out there that needs some assistance, please call the 1-888-365-9287 Family Assistance line. This phone line is maintained 24/7, serving all military branches. If we do not know, we cannot help or assist. Again, keep an eye and ear open for the many families events that will be coming and I hope that you all have a safe and happy holiday season. Wish you all the best. Remember we are here for you!

Mark Cater  
 FACC

## MEARNG Equal Opportunity Program - VOTE



The basic principle that governed voting in colonial America was that voters should have a "stake in society." Leading colonists associated democracy with disorder and mob rule, and believed that the vote should be restricted to those who owned property or paid taxes. Many colonies imposed other restrictions on voting, including religious tests. Catholics were barred from voting in five colonies and Jews in four. When the Constitution was written, only white male property owners (about 10 to 16 percent of the nation's population) had the vote. It took about 80 years to get voting rights extended to a majority of the white male population. Read the timeline below for other milestones in the fight for every citizen to be able to exercise his or her rights at the polls. Go to <http://maine.gov/sos/cec/elec/votereg.htm> to get more information on registering to vote in Maine.

1850 Property ownership/tax requirements eliminated by 1850. Most adult white males can now vote.

1855 Connecticut adopts the

nation's first literacy test for voting. Massachusetts follows suit in 1857 to discriminate against Irish-Catholic immigrants.

1870 The 15th Amendment is passed. Former slaves get the right to vote; protects the voting rights of adult male citizens of any race.

1890 Mississippi adopts a literacy test to keep African Americans from voting. Numerous other states also establish literacy tests. To avoid disenfranchising numerous whites, grandfather clauses exempt voters before 1870, and their descendants from literacy or tax qualifications.

1915 In *Guinn v. United States* the Supreme Court rules literacy tests in conflict with the 15th Amendment, thereby outlawing literacy tests for federal elections.

1920 The 19th Amendment guarantees women's suffrage.

1924 Indian Citizenship Act grants all Native Americans the rights of citizenship, to include the vote.

1944 The Supreme Court outlaws "white primaries" in *Smith v. Allwright* (Texas). In some

states, primaries were

conducted by private associations which excluded whom ever they chose. The Court declares the nomination process to be a public process bound by the terms of 15th Amendment.

1964 The 24th Amendment bans the poll tax as a requirement for voting in federal elections.

1965 Dr. King leads a voter registration drive in Selma, AL, to draw national attention to infringements on African-American voting rights. The Voting Rights Act passes to protect minority voters' rights and eliminate voting barriers such as the literacy test.

1966 The Supreme Court eliminates the poll tax for voting in any election. A poll tax was still in use in Alabama, Mississippi, Texas, and Virginia.

1970 Literacy requirements are banned for five years by the 1970 renewal of the Voting Rights Act. At the time, 18 states still have a literacy requirement in place. The Supreme Court upholds the ban on literacy tests, which is made

permanent in 1975. Judge Hugo Black, writing the court's opinion, cited the "long history of the discriminatory use of literacy tests to disenfranchise voters on account of their race" for their decision.

1971 The 26th amendment sets the minimum voting age at 18 fueled in large part as a response to the notion that Soldiers old enough to fight for their country in Vietnam should be allowed the vote.

1972 In *Dunn v. Blumstein*, the Supreme Court declares that lengthy residence requirements for voting in state and local elections is unconstitutional and suggests that 30 days is an ample period.

1995 The Federal "Motor Voter Law" takes effect, making it easier to register to vote.

2003 Federal Voting Standards and Procedures Act require states to streamline registration, voting, and other election procedures.

2009 Military and Overseas Voter Empowerment Act establishes procedures for absent uniformed services voters and overseas voters.

## Sexual Assault Prevention and Response



It will take a community to end domestic violence. Are you ready to do your part? Is this the day you'll say to a co-worker who has come to work with bruises — "Are you

o.k.? I'm worried about you. I have some information about people who can help you"? If you are a health care worker, is this the day you start asking every patient, "Are you safe at home"? If you are a parent of small children, is this the day you share that "hands are not for hitting" and that there are better ways to handle conflict? If you are an employer, is this the day you devise a domestic violence policy for your place of business? If you are the leader of a faith community, is this the day you deliver a sermon about treating

partners with respect and that abuse — whether physical, sexual, emotional, or financial — should never be part of any relationship? If you are a teen, is this the day you help your peers learn the "red flags" of an unhealthy dating relationship? If you are a neighbor, is this the day you admit that the abuse going on next door is not just a "marital spat" that's "none of your business," and you call 911? — Excerpt from Deborah K. Shepherd, Executive Director of the Family Violence Project, Augusta.

### Sexual Assault Prevention and Response Team

#### 1LT Jasmine Cain

Maine National Guard  
Sexual Assault Response Coordinator  
Domestic Violence Program Manager  
Suicide Prevention Program Manager  
207-430-5824  
jasmine.cain@us.army.mil

#### Lt Col Debbie Kelley

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

#### Mr. Norm Pacholski

Alternate Sexual Assault Response Coordinator  
207-660-5153  
norman.pacholski@us.army.mil

# MCE DV.

Maine Coalition to  
End Domestic Violence

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

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

## A Harvest of Resources Fair

For Veterans and Military Members of all Eras  
& their Families

Saturday, Nov. 17, 2012  
10 a.m. – 2 p.m.  
Lewiston High School Cafeteria



### PLEASE JOIN US!

- Keynote Speaker (10am) - Eric Estes - Lewiston Vet Center
- 40+ organizations that specialize in the areas of Veteran's benefits, recreational opportunities, elder services, children's services, education, employment, healthcare, housing, therapy dogs, legal, personal finances, women's issues, Veteran Affairs, traumatic brain injury and much more!
- Guest Speakers

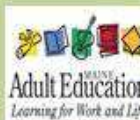
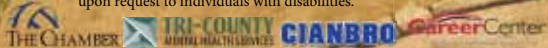
**Free Lifetime Veteran State Parks Passes will be Available**  
(bring a DD214)

**Free Admission & Door prizes**  
**Lewiston Boosters Club Snack Bar will be open.**

**For more information, please call Rich Oberg 753-9092**  
**or Jerry Dewitt 783-4663 x228**

**TTY USERS CALL MAINE RELAY 711**

The Maine Department of Labor provides Equal Opportunity in employment and programs. Auxiliary aids and services are available upon request to individuals with disabilities.



### Attention OIF/OEF Veterans!

MSAD 61 & 72 Adult Education and  
BONNEY Staffing are partnering  
to offer a FREE 5-week

### WorkReady for Veterans

Monday through Wednesday

October 15 to November 14

3 pm – 8 pm

Frustrated with your job search? We can help!  
Register for this class and:

- Network with veteran friendly employers
- Learn what questions potential employers can and can't ask
- Learn how to create cover letters and resumes
- Participate in mock interviews with real employers

MSAD 61 & 72  
Regional Adult &  
Community  
Education

1437 Poland  
Spring Road  
Casco, ME 04015

207-627-4291  
Ext. 60

BONNEY  
Staffing  
207-892-8826

[www.crookedriver.maineadulted.org](http://www.crookedriver.maineadulted.org)

## Distance Learning Center and Your FRG

The Distance Learning Program is not only here to assist Soldiers but their families as well. We would like to offer our facilities and equipment to the Family Readiness Group. With three classrooms and multiple remote sites across the state, from Portland to Caribou, we are able to access almost anyone in the state. If the FRG wants to have a quick meeting, then they can use anything from a teleconference to a Video Teleconference (VTC), which

will help save in time, travel, and cost for everyone. Since a simple teleconference is able to be called from the comfort and security of your own home it allows the Soldiers family to spend more time with them. The distance learning classrooms would also be an ideal place to have any classes that the FRG would like to give, like the Lunch and Learn program. Since the classrooms in Augusta, Bangor, and Portland are in the VTC network they

are ideal for holding a class that needs to be hosted at multiple sites, instead of having to set up different dates for it. The classrooms also have large projectors which would be perfect for a family movie night. Please feel free to contact either Mr. David Nichols or Seth Tillotson with any question or to gain more information. Also check out <http://www.me.ngb.army.mil/resources/dlc/> to gain more information and request the use of the rooms.

Bangor  
Mr. David Nichols  
[david.m.nichols@us.army.mil](mailto:david.m.nichols@us.army.mil)  
Office: (207)735-1030  
300 Hildreth Street North  
Bangor, ME 04401

Augusta  
Mr. Seth Tillotson  
[seth.tillotson@us.army.mil](mailto:seth.tillotson@us.army.mil)  
Office: (207)430-6547  
179 Western Ave  
Augusta, ME 04330



In the last chain of concern article, we introduced the concept of Activating Events (A in the ATC Model) and how they shape our Thoughts (T) which, in turn, lead to Consequences (C). Consequences can be emotions or reactions. The next skill, Thinking Traps, helps us avoid overly rigid patterns in thinking that can cause us to miss critical information about a situation or individual situation or individual.

It's common to fall into a Thinking Trap, particularly when stressed. Thinking Traps often lead to missing important information. We can avoid Thinking Traps by becoming more aware of which traps are more frequent in our own thinking patterns, and remaining on the lookout for these common traps. Using the critical questions which appear after the definition and examples below will build mental agility and broaden your awareness of important information and lead to more adaptive responses to Activating events. Identify the Thinking Traps you tend to fall into so you can correct your thinking in the moment and avoid the traps in the future.

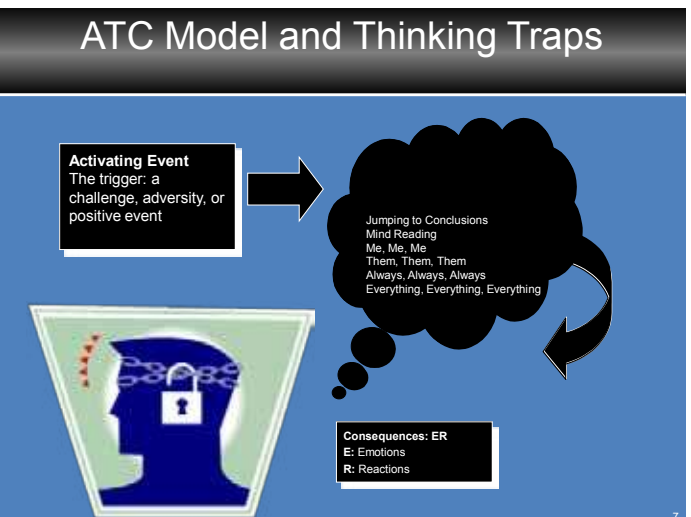
The six common Thinking

Traps taught in CSF Training are listed below with an example. The way to avoid and combat the thinking trap is written in bold after the example.

**Jumping to Conclusions:** Believing one is certain about a situation despite having little or no evidence to support it. You've called home several times during deployment and haven't been able to reach your spouse. You think to yourself, "S/he's out running around on me!" Slow down: What is the evidence for and against my thoughts?

**Mind Reading:** Assuming that you know what another person is thinking, or expecting another person to know what you are thinking. An example may be you call home to talk to your young son and he is distracted by the cartoons on the TV. You think, "He's mad at me for being away." Speak up: Did I express myself? Did I ask for information?

**Me, Me, Me:** Believing that you are the sole cause of every problem you encounter. There are two seconds left in regulation. Your team is down by two and you're on the foul line. You make one of two free throws, and your team loses the game. You think to yourself, "It's all my fault. This was a big game



and I lost it for us." Look outward: How did others and/or circumstances contribute?

**Them, Them, Them:** Believing that other people or circumstances are the cause of every problem you encounter. Your unit screws up a training exercise. You think to yourself, "I'm stuck with a bunch of losers. These guys are bringing the unit down." Look inward: How did I contribute?

**Always, Always, Always:** Believing that negative events are unchangeable and that you have little or no control over them. You receive a poor evaluation from your supervisor. You think to yourself, "I'll never get promoted. My career

is over." Grab control: What's changeable? What can I control?

**Everything, Everything, Everything:** Believing that you can judge a person's or your own worth, motivation, or ability on the basis of a single situation (character assassination). A Soldier in your platoon needs a haircut. You think to yourself, "He's a soup sandwich and lacks the motivation to excel as a Soldier." Look at behavior: What is the specific behavior that explains the situation?

For more information, or to schedule training for your unit or FRG group, please contact CPT Tara Young at 430-5919 or [tara.k.young@us.army.mil](mailto:tara.k.young@us.army.mil).





*Programs hosted by the Pineland Farms Veterans Adaptive Sports & Training (VAST).*

### **Weekly Veterans Archery Program**

The Outdoor Center at Pineland Farms invites Veterans with disabilities and veterans interested in volunteering.

Every Tuesday from September 18th through December (weather permitting) from 5:00 pm to 6:30 pm

Try your skills with archery, and enjoy a sense of camaraderie with fellow veterans. All equipment is provided. Free to all veterans with disabilities and veterans who are interested in volunteering for the program. No experience needed.

Learn a new activity or practice your skills with Army Veteran and two-time Olympic Biathlete Kristina Sabasteanski, OTR/L.

### **Weekly Veterans Running Club**

Open to all veterans, including those with disabilities and PTSD to join the running club at The Outdoor Center at Pineland Farms every Tuesday from September 18th through November (weather permitting) from 5:00 pm to 6:30 pm

Train for an upcoming race, or get back in running shape and enjoy a sense of camaraderie with fellow veterans. Free to all veterans, including those with disabilities and PTSD. All runs will be on the Pineland Farms ski trails, which offer varying terrain for all ability levels.

### **Weekly Veterans Cycling Program**

Open to Veterans with disabilities and veterans interested in volunteering

Weekly Veterans Cycling Program at The Outdoor Center at Pineland Farms Every Wednesday from October 3rd through December (weather permitting) from 9:00 am to noon

Come try out some hand and sit cycles, and join us for a tour around Pineland. All adaptive equipment is provided. Free to all veterans with disabilities and veterans who are interested in volunteering for the program. No experience needed.

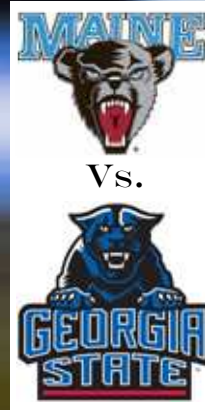
Learn a new activity or practice your skills with Army Veteran and two-time Olympic Biathlete Kristina Sabasteanski, OTR/L.

**All programs must RSVP by Sunday each week to Kristina. For more information, please contact Kristina by email or by telephone: (207) 310-8694.**

## **MILITARY APPRECIATION FOOTBALL GAME**

**10 Nov. 2012 • 2:00 PM**

**UNIVERSITY OF MAINE  
Vs. GEORGIA STATE**



**FREE TICKETS  
OPEN TO  
CURRENT  
MAINE  
MILITARY  
MEMBERS &  
IMMEDIATE  
FAMILY**

To reserve tickets email

kyra.e.darling.ctr@us.army.mil

Subject Line: UMaine Football

Body: # of Tickets, Name of Service Member, Rank, Branch of Service, and unit.

Tickets must be reserved by 7

November. First Come First Served.

Tickets will be picked up at the ticket booth on game day.



**265 Water Street • Augusta, ME**

**Military Discount - \$75 Unlimited Monthly Access**

**[www.crossfitundaunted.com/](http://www.crossfitundaunted.com/)**

**(207) 514-5734 • [cfundaunted@gmail.com](mailto:cfundaunted@gmail.com)**



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

Deadline for requests: 5 December 2012



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

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

**Who can register?**

Units may nominate a military family within their command or individual service members may register themselves.

Reminder: **This program is for currently serving Maine Military Service Members and their dependents.**

Gifts will be delivered directly to the service member noted on the registration form no later than 21 Dec.

Please complete the registration form at <http://www.me.ngb.army.mil/Family/documents/2012-christmas-application.pdf> with *names, ages, genders, favorite colors, clothing and shoe sizes*. Include each child's individual Christmas wish list.

**Important:** Include a **brief description** of the family situation causing you to request assistance through this confidential program. Please provide all requested information and contact numbers.

**Send completed registration form to:**

Military Family Assistance Center  
Buker Community Center  
22 Armory Street  
Augusta, Maine 04333  
ATTN: Mark Cater/Michelle Ouellette/Kyra Darling

**Email:** [mark.cater@us.army.mil](mailto:mark.cater@us.army.mil) • **Fax:** 207-430-5783 • **Tel:** 207-430-5781/207-430-5780

Happy Holidays!

**This program is supported by generous contributions from DVEM employees, units, and community members.**

**Please return completed form to the above address.**

**Name of service member:** \_\_\_\_\_ **Unit:** \_\_\_\_\_ **Div** \_\_\_\_\_

**Point of Contact:** \_\_\_\_\_ **Phone number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Names, ages and genders of family members.**

Name	Age & Size (clothes & shoes)	Gender

Please use an additional sheet of paper to include a brief description of your situation and additional wish list items.



## Holiday Mailing Deadlines

The Postal Policy Division has announced mail-by dates for pre-Dec. 25, delivery of holiday cards, letters, and packages.

The dates are as follows:

APO/FPO/DPO AE zips 090-098 (except 093); AA zips 340; AP zips 962-966

Express Mail: Dec. 17

\* First-Class Mail (letters/cards and priority mail): Dec. 10

\* Parcel Airlift Mail: Dec. 3

\* Space Available : Nov 26

\* Parcel Post: Nov. 13

APO/FPO/DPO AE ZIP 093

\* Express mail Military Service: N/A

\* First-Class Letters/Cards/Priority Mail: Dec. 3

\* Parcel Airlift Mail: Dec. 1

\* Space Available: Nov. 26

\* Parcel Post: Nov. 13

Express Mail Military Service (EMMS) is available from selected military post offices. If mailing to an APO/FPO address, check with your local post office to determine if this service is available.

Parcel Airlift Mail (PAL) is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

Space Available Mail (SAM) refers to parcels mailed to

APO/FPO addresses at parcel post rates that are first transported domestically by surface and then to overseas destinations by air on a space available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at Parcel Post rates are sent to CONUS by air on a space available basis. The maximum weight and size limit are 70 pounds and 130 inches in length and girth combined.

It is also recommended that customers check with their local civilian or military post office for information on size restrictions and possible need for customs declaration

forms. Additionally, customers are advised that certain mail restrictions apply and some items can not be mailed. Examples are: switchblade knives, pornography, controlled substances, and explosive or incendiary devices. If in doubt as to what can or cannot be sent through the mail, contact your local civilian or military post office.

As a final note, customers are cautioned that packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol, or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed.



**94 FREE STREET | PORTLAND, MAINE 04101 | 207.828.4665 X350**



## The Portland Pirates Present: Military Appreciation Nights

The Portland Pirates have teamed up with local Military and Veterans organizations to bring you TWO Military Appreciation Nights during the 2012-2013 Pirates Hockey season!

Active military personnel, veterans, their families & friends- everyone with a connection to the armed forces- are invited to be honored on these two special nights at the exclusive military discounts!

**GAME 1 - \$12.00 Discounted Tickets!**  
Portland Pirates vs. Providence Bruins  
Saturday, November 17, 2012 - 7pm  
Cumberland County Civic Center  
Portland, Maine

**GAME 2 - \$10.00 Discounted Tickets!**  
Portland Pirates vs. St. John's Ice Caps  
Sunday, February 17, 2013 - 4pm  
Androscoggin Bank Colisee  
Lewiston, Maine

For more information about the event please contact Bennett Cassidy, Account Executive/Group Sales.  
207-828-4665 x308 or email [bcassidy@portlandpirates.com](mailto:bcassidy@portlandpirates.com)

For discount tickets visit <https://www.formstack.com/forms/portlandpirates-militarynight>

## 136th FRG



Greetings families of the 136th!

We would like to give a HUGE THANK YOU to the awesome group of volunteers we had the privilege of working with at The Great State of Maine Air Show on Sunday, August 26th! Deanne Kiilsgaard (136th FRG co-leader), SFC Todd Kiilsgaard, SSG Norman Voter, Wanda Mitchell, Jillian Chabe, Kyle, Brian, Michelle, Hanna, and Daniel! You all made that day so much fun and it wouldn't have been a success without you! We worked a concession booth all day with smiles on our faces, we served tons of friendly people, got to watch the show, and they are donating to the FRG for all of our hard work! Thank You, Thank You, Thank You!

We are currently in the process of putting together a Unit Recipe Book as our first major fundraiser. We will be accepting all recipes and ask that entries be submitted no later than October 20th! The recipes can either be dropped off by the soldier during drill or you may email them to us at FRG136th@Yahoo.com.

If anyone is interested in helping us plan events, have ideas, resources, etc. please let us know! We are still waiting for our email tree to grow so that we can spread the word to all military families about upcoming events, giveaways, and important information. But we can't spread the word too far if we don't have enough contacts so PLEASE send us an email to let us know you would like to be added to our email list! Our email address is still: FRG136th@Yahoo.com

We Look forward to seeing you all soon!

~Jessica, Deanne, Nancy, Lindsay, & Danyall

**The Military and Family Life Consultants Present:**

### Jump Start Lunches

**1130-1230**

Augusta - AAMA Club  
Bangor - BLDG 505 Conference Room

**Raising Resilient Children**

Oct. 3 • Augusta

Oct. 11 • Bangor

**Saying "NO"**

Oct. 17 • Augusta

Oct. 25 • Bangor

**FA LA LA...Holiday Prep 101**

Oct. 31 • Augusta

Nov. 8 • Bangor

## 126th FRG

In August the 126th had two family days. Our first family day coincided with our Yellow Ribbon event. The Yellow Ribbon team put on a great day in Waterville. We were treated to the amenities at the Alford Youth Center. The kids had a blast playing in the gym, swimming in the pool, and bouncing on the inflatable bounce houses and obstacle courses. In the afternoon we were treated to the waterpark next door.

The rear detachment's family day was in Bangor at the flight facility. We had a delicious cookout, toured the new UH-60M model helicopters, and played with pedal cars. Thank you to all the families that attended this summer's family days.

On October 13th we will be holding a Fall Festival Flat Rate Party. We are still collecting bottles and cans for our bottle drive to fund the Flat Rate Care Packages we are going to be sending to our unit. If you have any bottles or cans you would like to donate to our project they may be dropped off at the Brewer Redemption Center under the account name "Bottles for Troops". We also invite families to join us on October 13th to help us fill the Flat Rate boxes and take part in Fall activities and treats.

Thank you,

Heather

126frg@gmail.com

### Halloween Harvest Fest Party



October 20th 2012

1500-1700

### Free for Currently Serving Military Families.

At the Alford Youth Center in Waterville, ME

Best Costume wins a prize

*(must be appropriate, no gore)*

Pumpkin Carving Contest

Bounce Zone

Trick or Treating and More!

To Register: Those attending the 488th Yellow Ribbon event DO NOT need to register!

Use the contact information below to contact our office and leave your name, contact information and number in your party, Including ages of youth. Deadline for registration is Monday, October 15th.

Call/Email (207) 430-5773 or 5953.

steven.hughes2@us.army.mil or,

kayla.m.cummings@us.army.mil

As always, please feel free to contact us with questions about this or any other MENG Youth Program event.



## 488th MP FRG

### Upcoming Meetings And Events

September 16th -  
FRG Meeting 10 am  
Rules on what to send in Care Packages -  
Tracy Richard  
Craft to put into a Care Package  
Parent meeting 11 am

October 20th  
Yellow Ribbon Event  
FRG Meeting 10 am  
Christmas Pictures - Done  
by Erin Whittaker  
Pumpkin Painting/Hallow-  
een Games

November 4th  
(Tentative) FRG Meeting 10  
am  
December  
Unit Christmas Party

For more information about  
the 488th upcoming events con-  
tact either the FRG Leader Amanda Peacock or the Co-Leader  
Alexis Schools at the below:  
488thmpfrginfo@gmail.com



## 7 Tips When Purchasing a Car

1. Beginning the vehicle/car buying process by doing research on the car you want to purchase and the dealership you are working with. Call county or state consumer affairs, the BBB, Google dealer complaints. Ask yourself why some of the advertising sounds too good to be true.

- www.NADAguides.com
- www.ConsumerReports.org
- www.FTC.gov
- www.Edmunds.com

2. Do not tell a dealer up front how much you are willing to spend monthly on your car loan. They will figure out how to get you to spend that and more.

3. Stay focused on the actual cost of the car without talking about down payments, trade-ins or financing.

4. Keep negotiations about the value of your trade-in separate from the negotiations over the price you are going to pay for the newer vehicle.

5. Ask to see Invoice

- Start negotiations at Invoice Price
- \$500 over invoice

6. Ask What is the total out the door cost

- cost + document fees+ taxes
- Never Pay more than MSRP - Manufactures Retail Price

Price

7. Never settle - they can get you another car

**Maine PFC Gayle Rose Martinez at 207-465-5677**

## Holiday Shopping Tips and On-Line Safety

U. S. Consumers spent \$35.3 billion during last year's holiday season which was 15% more than the previous year. More gifts are being purchased on-line; \$1.25 billion was spent on 2011 Cyber Monday. If you are one of the consumer thinking about purchasing gifts during the holiday season these tips may help you save money and be safe.

1. Know your limit. Sit down and plan out your holiday budget before you head to the malls or turn on the computer. Keep track of your holiday spending. Make a list of those you are going to purchase gifts for and how much you want to spend on each person.

2. Plan ahead - Save Money

- Look for special "savings days" at your favorite retail stores.

- Use coupons from your newspaper, online or in-store.

- Take advantage of free shipping with online purchases.

- Buy gifts throughout the year, not just during the peak season.

- Get creative, make a gift.

3. Trim your list. Do you really need to exchange gifts with everyone in your family? Consider cutting your list back this year. Or suggest giving a group gift to certain members of your family.

4. When shopping on-line be safe,

- Use well-known price comparison site such as Amazon.com or PriceGrabber.com. Hacker seed search results with fraudulent sites. Even if you are using a site you think is legitimate look for security labels, such as VeriSign and Cybertrust and for https:// to appear in the URL on page that prompt you to enter personal information.

- Understand your credit card and debit card have different kinds of protection. You may want to use one credit card just for on-line purchases and a separate email address.

- Review your credit card statement to make sure there are no unauthorized purchases.

- Never shop online using a public Wi-Fi connection. Also, never use a public computer to shop or check accounts online. Hackers can tap into Wi-Fi connections at hotspots, such as coffee shops, airports and hotels, to capture your personal information.

- When using your smart phone or tablet be cautious about putting your personal information at risk. For example, before you download shopping applications, check what sort of access they want to your phone. Opt for ones that require fewer "permissions." If you use your smart phone or tablet to shop online, click "no" when asked whether you want a site to remember your password.

If a Web site or individual offers a deal that's too good to be true, demands a direct transfer of funds and won't accept credit cards, it's probably a scam. This sort of offer often appears in unsolicited e-mails. Don't ever click on a link in an unsolicited e-mail to go shopping, even if the e-mail looks as if it came from a legitimate retailer,

Maine PFC Gayle Rose Martinez at 207-465-5677



## 142nd & 224th FRG



Hello Families & Soldiers,

We would like to extend a very large thank you to all of our volunteers, soldiers and family members that were able to attend our Family Day at Sewall Park. There are still backpacks and school supplies available. If interested email us at the address below.

Our next meetings will be September Ninth, October Seventh and November Fourth at 2:00 PM at the 142nd Armory. Please feel free to join us. All are welcome and encouraged to attend.

We are also seeking more volunteers to join our team. The following positions are still available: Secretary, Phone Tree Callers, Treasurer, Youth Chairperson and a Fund-raiser Chairperson. PLEASE do not hesitate to contact us at the email address below if you are interested in joining our team or have any other suggestions.

Your FRG Team,  
Kelly Varney &  
Nikki Fennelly  
Unit Telephone:  
(207)430-5348  
142nd224thFRG@  
GMail.com

## STRIKE-OUT-HUNGER

**SATURDAY**  
**October 27, 2012**  
**TWO STARTING TIMES**  
**9 AM & 12 (noon)**

**@ 1-7-10**  
**Bowling & Entertainment Center**  
**2246 N. Belfast Avenue**  
**Augusta**

**Teams of 4 - RESERVE NOW**

**D J Music**

**Grand prizes for most  
money raised**

**Raffles**

**50/50**

**Drink & Food Special**

**Donations may be made to:**  
**Veterans Memorial Post 205**  
**The American Legion**  
**400 Eastern Avenue**  
**Augusta, Maine 04330**  
**622-9061**

**E-mail: post205adj@gmail.com**  
**or contact**  
**Don Demers**  
**ddemers18097@roadrunner.com**

## 133rd FRG

Hello, my name is Tracey Rancourt and I will be assuming the position of the FRG Leader for the 133rd HSC in Gardiner. I have been part of the National Guard Family for over 25 years. I have been active as a volunteer in the past and look forward to participating again.

We have not yet met with the commander, so we are still in the planning and strategy stage of our FRG. The most important thing though is that this is your FRG. So, volunteers are needed to create a strong FRG and make it what the families and soldiers want and need. Positions available are: Treasurer,

Phone Tree Coordinator, Secretary and Planning Coordinator. Other positions may be available as we progress and form our FRG.

Please consider volunteering your time and receive some worth while satisfaction by supporting your soldier, the family and the unit.

You can reach me at the following email address: tarancourt@yahoo.com.

As our group progresses more information will become available and a time for a meeting/get together will be determined.

With Regards,  
Tracey Rancourt

## The Marketplace Vendor & Craft Fair

**Saturday, October 27th**  
**10 - 4 pm**

**Augusta Armory 179 Western Ave, Augusta, ME**

**Free Admission**

*Join us for an Amazing & Fun Fall Afternoon  
full of Shopping, Samples, Drawings, Job Opportunities  
and so Much More...*

*With over 70 Crafters, Independent Reps, Local  
Small Businesses and several Yard Sales  
There's a Little Something for Everyone!*

**Raffle & 50/50**

**To benefit Christmas Across Maine**

For Information, Space Availability or to  
make a donation for our raffle  
Please contact Melanie Rounds  
207-577-8457 melanie.rounds@gmail.com

## Resilience Training for Military Family Members & Volunteers

*Stop searching the world for treasure, the real treasure is in yourself*

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

On Saturday, November 10th in Bangor join us for a one day training to learn and/or improve the skills you already have within yourself that "get you through" or help you "bounce back" from stressful events. Life's challenges do provide opportunities when you "Hunt the Good Stuff".

In the Resilience course you will learn the six competencies: Self-awareness, Self-regulation, Optimism, Mental Agility, Strength of Character, and Connections. We will learn skills that will build your mental toughness and develop the ability to understand thoughts, emotions and behaviors of yourself and others. We will identify your top strengths and the top strengths in others. Mastering these skills will surely strengthen your relationships both professionally and personally.

sonally.

Living a more fulfilling and complete life begins with you. So register today for all the details (cut and paste ENTIRE link into browser, if necessary) at:

<http://www.jointservicessupport.org/Events/KioskRegistration.aspx?Mode=AddNew&Id=982600aa-3fd8-4e6b-b5e1-8a33fc481bde>

For Questions:

Michelle Darveau

SrFRSA, JFHQ

207.430.5779

Michelle.Darveau@us.army.mil

## B-3/172nd FRG

On Saturday, September 8th, the soldiers of the B-3/172 Mountain Company welcomed 15 friends, wives, girlfriends, parents, children – and even two dogs! – to the Pickerel Pond training site where they hosted a special Friends and Family Day. During the course of the afternoon, our soldiers shared a wealth of information on their mission and equipment. Friends and family members got the opportunity to try on body armor, hold a rifle, look through a mortar site, tie a mountaineering knot and take



a ride in a Humvee.

We closed the day by watching a demonstrated battle situation as we feasted on



hamburgers and hot dogs served up by the soldiers. First, artillery simulators sent chest-pounding sound waves

through the field, spurring the rattle of a machine gun returning enemy fire. A team tossed smoke canisters into the battle zone before emerging through the woods to ensure the threat had been eliminated. It was an impressive display of Mountain Company's competence and hard work.

Look for future unit events via our FRG email distribution list. If you are not currently on our list and would like to be, please email me at [b3.172.frg@gmail.com](mailto:b3.172.frg@gmail.com).

Sarah Bucci  
B-3/172 FRG Leader

## Invitation to tryout for the MEARNG Ice Hockey Team.

Seeking anyone interested in playing ice hockey that is physically fit, compliant with Army fitness, height and weight standards, and not on an active profile. The team is competing in the International Fire & Police Winter Games in Lewiston, ME at the Colisee from 12-13 January 2013. The championship game is scheduled for Monday 14 January 2013 at 1800.

We seek male and female players capable of playing hockey and have their own equipment. If selected to play on the team, members will be required to pay \$200 up-front for practice ice between October and the end of December.

### Tryouts:

- 0500 on the 5th of October Overview
- 0530 to 0630 on ice skills and drills assessment

### Things to bring to tryouts:

- \$15 dollars (pays for ice time)
- Complete set of hockey equipment. *If you don't have all equipment to protect yourself from injury, you will not be allowed on the ice.*

### Eligibility to play:

- Any active or retired Guardsmen can try-out.
- Spouse or child (18 or older) of active or retired Guardsmen

Tryouts and Practice at The Bank of Maine "Ice Vault" in Augusta each Friday at 0530.

Contact CPT Joel Dunn and CW2 Peter Fournier at:

[joel.dunn@us.army.mil](mailto:joel.dunn@us.army.mil) or 430-4440 • [Peter.fournier@us.army.mil](mailto:Peter.fournier@us.army.mil) or 430-5462



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  
December 10, 2012

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

## 120th RSG FRG

Our annual family day was a huge success. The weather was a bit windy, but all the better for the kites that were flying high. We had a couple of visitors from come out to camp to see us and offer us resources that help make you a successful military family. Thanks for your support Steve, youth program, Mike Rice, Military OneSource, and our MFLCs Gayle-Rose, Stephanie and Luanne. An even bigger thank you goes to all the volunteers and unit personnel who made this wonderful weekend possible. As the unit embraces the upcoming changes we wish the best to all who are in the 120th RSG in Augusta, wherever the Guard may take you.



Dottie P.  
FRG Leader  
207-234-2086  
frg120th@aol.com

*Photos by SGT Jessica Wood*

Family Assistance Center (FAC) 1-888-FMLY-CTR (1-888-365-9287) [www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family)



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

