



June, 2018

Inside this issue:

Vermont State Family Program Director

Wing Family Readiness	2
Kitchen Spoons & Combat Boots (KS&CB)	2
Military OneSource	3
Personal Financial Counselor	3
Child & Youth	4
CSFL—Career Readiness Counselor	5
ESGR	5
Vermont Veterans Outreach (VVO)	6
Family Assistance Center (FAC)	6
Mental Health Counselor	6&7
Lake Monsters Military Appreciation Night	8
CYP Flyer	9
Contact Info	10



Space, the final frontier...these are the voyages of the starship Enterprise....

As a kid, I used to love watching the re-runs of Star Trek and dreaming about space travel. Did you know that many modern day astronauts credit the influence of shows such as Star Trek for igniting the spark in them to become astronauts? And we all know what influence all things Star Trek has had on Sheldon Cooper from Big Bang Theory.

Neil deGrasse Tyson, an American astrophysicist, is one of the most relatable scientists of our time. deGrasse Tyson makes discussions about dark matter and nebulae interesting and more importantly understandable to those of us without multiple degrees. Neil also has an awesome sense of humor. He had this to say in the event of alien contact:

"If an alien lands on your front lawn and extends an appendage as a gesture of greeting, before you get friendly, toss it an eight ball. If the appendage explodes, then the alien was probably made of antimatter. If not, then you can proceed to take it to your leader."
(—From Death by Black Hole)

So, why am I on this topic? Stargazing. While this isn't the best time of year to view a clear night sky—that honor lies with winter time. However, the most I can manage during that time of year is to glance at the sky as I take my trash bins out for pick up and then race back inside for warmth. In Vermont, we are lucky in that we can view the night sky pretty much anywhere here—unlike bigger cities where artificial lights block out the stars.

There is more good news! Four bright planets appear at their best over the next four months: Jupiter in May, Saturn in June, Mars in July and Venus in August. (www.space.com/3369-visible-planets-guide.html). So brush off the dust on that telescope and spend time stargazing with your family. You can also simply look up at the sky with your kids and point out the constellations. If you don't know the constellations, make it an activity to find them together. You never know, this may be the thing that ignites the spark in them to dream big.

Happy stargazing!

Sincerely,

LTC Dave Leonard
State Family Program Director
david.c.leonard3.mil@mail.mil

Photo

Airmen and Family Readiness Manager



Hello from the Airman and Family Program Office! We're hoping that the summer season is off to a great start! Last month we sent off several of our airman overseas for a few months to assist another Fighter Wing. Please keep them and their families in your thoughts during this time.

This month I wanted to bring up the subject of Self-Care. With our lives being so busy, it's important to be good to ourselves. Self-Care is crucial for our physical, emotional and mental well-being.

There are many different ways to take care of ourselves, and none of them are especially difficult. The trick is to find ways that you genuinely enjoy and that fit with your life. Some quick ideas may be...Go for a walk, run or a light jog, meditate or do deep breathing for five minutes, take a break when you need it, laugh at least once a day, learn to say No and stop overthinking. There are several articles about Self -Care out there with plenty of ideas such as on www.health.com.

Taking care of ourselves and making sure we take time for ourselves is essential to be able to take care of each other, whether it's a fellow airman, family member or friend. Here is wishing all the Dad's a wonderful Father's Day!

Mary Mahoney

158th FW Airman and Family Program Manager

802-652-8035

Mary.k.mahoney13.civ@mail.mil

FaceBook page: Vermont Air National Guard Family Readiness



Kitchen Spoons & Combat Boots



Summer time is just around the corner as the school year comes to an end. Kitchen Spoons & Combat Boots (KSCB) is here to help you find fun things to do this Summer. Are you thinking about engaging the whole family? Making plans to help make time go faster while a loved one is away? Come join us on **June 6th** at **7pm** where we will be discussing free, summertime activities to do with your family, friends, or for quality time with yourself.

Also, just a head's up – the KSCB team is taking a break to celebrate the Fourth of July. For those of you who are interested, we will be holding an in-person workshop at Camp Johnson on **Saturday, July 28th** from **11-3pm**. Thinking about revamping your resume or strengthening your cover letter for a specific employment opportunity? How about engaging your inner-wellness? Join us for the **Seasons of Change** workshop on Saturday, July 28th - bring your lunch as there will be time for peer support networking.

The KSCB webinar series will continue on **August 1st** where we will discuss **VA Home Loans**. Come to this webinar with questions on eligibility, first-time homebuyers, refinancing, etc.

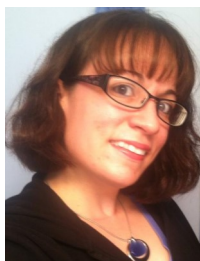
These free "live" webinars are open to all who are interested in attending. Please feel free to share this information with anyone who would benefit To join the meeting from your computer, tablet or smartphone:

<https://connect.militaryonesourceconnect.org/kscb>
(please utilize the "chat box" to be heard)

Questions: Call Candice Bryan-Broe at **802-338-3652** or Marcie Caulfield at **802.338.3164**

Check us out online at http://www.ngfamily.vt.gov/ks_and_cb_page.html

Military OneSource



Keeping Your Child Healthy and Engaged Over the Summer

A little leisure is much needed when school lets out; however, it is beneficial for children to maintain a routine during the summer as a way to keep your child learning and developing healthy habits.

Here are a few ideas to help your child have a healthy and happy summer:

- **Seek out a summer program.**
- **Crack open a book.**
- **Take an in-state field trip.**
- **Travel out of state.**
- **Incorporate numbers during activities - count, track and measure.**
- **Think ahead – ask your school for summer math and reading activities.**
- **Get moving.**
- **Snack healthy.**
- **Recharge – keep a regular bedtime.**

**MILITARY
ONESOURCE**

Helping your children stay engaged academically and physically throughout the summer will help set them up for success in the new school year. For additional summer resources and support, visit www.militaryonesource.mil or call 800-342-9647.

Personal Financial Services



The Impact of Taking a TSP or Other Employer's Retirement Plan Loan

Your car just died and you need a new one fast. A college tuition payment is due or you want to consolidate your credit card debt. Taking a loan on your TSP, or another employer's retirement plan account can seem like a good idea. The interest is generally lower than you can get elsewhere and you are paying yourself back. If your credit is poor, it may be the only place you can get a loan.

Before you take that loan, here are a few things to consider:

- 1) When you take money out of your TSP or other retirement plan, you miss the chance for the money you borrow to grow in value. You also miss the opportunity for that growth to be reinvested and grow again through compounding.
- 2) You'll pay tax twice on the money you borrow from a traditional retirement plan. How? First, you will repay your loan with after-tax dollars through payroll deductions. Then, when you retire and take money out, you'll be taxed on that money again.
- 3) If you leave or lose your job, you will be required to pay back the loan quickly. If you can't do it, your loan will be classified as a taxable distribution. You will have to pay taxes on an unpaid loan balance and you may be subject to a 10% early withdrawal penalty as well.
- 4) People who take one retirement plan loan are 50% more likely to take another one. Generating more income, making serious changes to spending habits, and committing to a savings plan can be challenging but once you are in a cycle of borrowing it can be hard to break. Steering clear of borrowing from your retirement plan can encourage better financial habits.

If you are facing debt and not sure what to do or would like to develop your financial management skills, contact

Susan Kelley-Outten,

Personal Financial Counselor

802-318-2507 or email her at susan.kelley-outten.ctr@mail.mil

This is a free and confidential service for service members and veterans.

Thoughts From Our State Youth Coordinator



This past weekend I had the pleasure of attending my very first Pre-Deployment Yellow Ribbon Program. It was wonderful to spend a few moments with the Soldiers and families in attendance. The event afforded me the opportunity to share with them the programs, services, and support that are available through the VTNG Child & Youth Services Program. During events and programs I challenge myself to step into the shoes of the participants. The Yellow Ribbon was significantly more challenging to do so.

One of my early visitors of the day was a male Soldier and his son. During the five (5) minutes of their day they shared with me I came face to face with how difficult preparing for a deployment must be for all families of Service of Members. As I handed them a 12-Month Deployment Calendar, for his son and family to track little & big events that take place on the homefront to be recalled during opportunities of communication, both of their eyes were wet with tears. At which point I had to turn around and gather my composure. It's unimaginable to comprehend the amount of strain managing a deployment must be on the entire family, especially the relationship between the Service Member and their children. I want to appreciate and acknowledge this father and son for the emphasis they are placing on their relationship, and in particular the time they are putting into working through this new challenge together as a team with open communication. In full disclosure I spent the evening hugging, loving, and chatting up my two sons to the fullest extent they would allow. If you did not have a chance to visit with me at the Yellow Ribbon Program this past weekend, would like additional resources and information that are available, or would like to get ahead of a deployment that is in the future please don't hesitate to contact me.

I would be remiss to not mention that **VTNG-CYP 2018 Summer Camps Registrations are NOW OPEN!** Contact me today for more information and sign up to be part of our AMAZING community of Military Youth!



Upcoming Programs:

- ♦ 3 June—Teen Council Meeting (Teen Council)
- ♦ 25-28 June—Region I Youth Symposium in Connecticut (Teen Council)
- ♦ 1-6 July—Conservation Camp in Rutland County (VTNG Youth 10-17yo)
 - ♦ 19 July—Vermont Lake Monsters Military Appreciation Night
- ♦ 28 July—Kitchen Spoons & Combat Boots Summer Workshop Youth Programming
"Identifying Your Character Strengths"
- ♦ 5-10 August—Teen Leadership Canoe Adventure in Orleans County (VT Army NG Youth 14-16yo)
 - ♦ 19-25 August—VTNG End of Summer Camp in Orange County (VTNG Youth 8-17yo)

To see the latest program opportunities and available resources check out the new webpage on the recently launched VTNG Family Programs webpage at <http://www.ngfamily.vt.gov/childandyouth.html>

In the Spirit of Adventure,
 Brian Stoudnour
 Lead Child & Youth Program Coordinator - Contractor
 O: 802-338-3369 | M: 802-310-6745 |



<https://www.facebook.com/VTNGCYP/>
 Download the "ARNG CYS" Mobile App

for Apple & Android

Citizen Soldier For Life - Career Readiness

CITIZEN SOLDIER
FOR LIFE



Dear Vermont National Guard Members and Families,

I want to say a big Congratulations to all of you that have graduated from any program whether it be high school, college, graduate school or certificate program, or even specialized classes such as getting your motorcycle endorsement. June is a time of celebration of accomplishment. It is also a time for growth and looking ahead to a wonderful summer of memories. I would like to use this space this month to encourage you to take some time and enjoy the warming weather and find something to celebrate. It can be as small as noticing the smell of flowers on a walk, or as large as a promotion at work or finishing a chapter in your life.

I am sure that there are facets of all of our lives that feel out of control, and slowing down to celebrate is a real simple way to regain some footing during some chaotic times. How will this help you during the job hunt and resume writing process? As cliché as it sounds, interviewees that are calmer and more genuine during the interview process have a better chance of building connections with the hiring staff, and that is the real goal of an interview. Your resume speaks volumes about qualifications, but the hiring staff want to know about you as a person before bringing you on. Celebrating life's small accomplishments and noticing some of the small slices of beauty in our lives is not only great for our mental health, but is a great preparation tool for your next interview.

All of my best,

Nicholas A. Thomas

Citizen Soldier for Life Career Readiness Counselor

Office: (802) 338-3709 Cell: (802) 310-5391

Nick.thomas@csfl.online



Employer Support of the Guard and Reserve



June 2018 Reminders from Vermont Employer Support of the Guard and Reserve and the National Guard Employment Support Program

Saying Thanks Before or After

If you are a VTARNG soldier, demands are ever-increasing for you to be away from home and your employer. Chances are pretty good that you are already at Fort Drum with the 86 IBCT by the time this goes to press. Now more than ever, we encourage you to say thanks to your boss for their sacrifice and support by requesting an ESGR Patriot Award. If you are the spouse of a soldier and working out of the home, we also suggest you think about doing the same for your employer to say thanks for their support, especially while your spouse is away on duty. Whether you are a member of the 86 IBCT, GSC, RTI, JFHQ, or the VTANG, please consider this as a simple way to recognize your employer. Requesting a Patriot Award for your supportive boss only takes 2 minutes at www.esgr.mil. Call us if you have a question!

Job Fairs and related events in June

While there are no job fairs scheduled for June, we can still help you. If you are searching for a job, or trying to find a better one, or don't know where to start the process, contact us at 802-338-4190.

Need help with your employer, looking for work, or have another question?

As always, call us with any employment-related question at 802-338-4187 or 802-338-4190.



Vermont Veterans Outreach



David M. Beaulieu is our Vermont Veteran Outreach Specialist for Chittenden County, Vermont. David's military career spans over 26 years between the US Army as an Airborne Ranger and as a Recruiter for the Vermont Army National Guards. He earned his Combat Infantry Badge in the Panama Invasion as the 1/9 INF Scout Platoon Sergeant and retired here in the State of Vermont in 2007. David has been with the Outreach Team since May 2009 and has helped many veterans through our program. David is currently working with the Aviation Unit and the Vermont Air National Guard as they prepare to deploy. David continues to network, research, and advocate for veterans.



<https://www.facebook.com/vtvfot/>

Family Assistance Center



So last weekend my husband and I started a new adventure. After a year of research and helping my neighbor, I got to pick up and move in my new tenants. They say making friends is difficult, but I just made hundreds of them. Not only that -- I have them working for me day and night-FOR FREE! They don't take up much room and are pretty contained. I am talking about my new Bee Friends. Yes- I got my first hive. I cannot tell you how wonderful and therapeutic this hobby is.



Like I said, I did research bee-cause I wanted to make sure this would be a good fit and stick ---- not just bee sticky. There is a lot out there to read and watch if you are interested in starting a hive of your own. I am amazed that this relaxes me, I just sit in the back yard watching them come and go.

I came across a great read that was written at the end of World War I. It was directed toward veterans explaining the relaxation and how to make beekeeping a good hobby. If you have time check out "Opportunity Monograph, Vocational Rehabilitation Series No. 37 Bee Keeping," April 1919. It shows how beekeeping can be very good for those suffering from PTSD or TBI.

I still have so much to learn, and I am looking forward to the whole experience.

Sherri Prouty

Family Assistance Specialist

Rutland

(802) 338-4322



Find us on FACEBOOK at <https://www.facebook.com/VTNGFAC/>

Charlene Caiano Vermont Veterans Mental Health Counselor



PREPARING FOR DEPLOYMENT "NOW" TO REDUCE STRESS—Part One of a Three Part Series

Preparation is the key for managing deployment issues - Nothing is off the table at this point Hash things out

Communicate (Spouses, Children, Other Relatives and Friends, Loved Ones)- Prepare and talk openly with family members, Have numerous family and one-on-one discussions, Avoid power struggles, Discuss how you would like each other to behave while you're apart, Discuss issues and roles

before deploying, Determine how much your service member wants to know about what's going on back home, Decide on the type and frequency of communication your service member would like you to have with his family and friends, Come to an understanding of what an "emergency" is for both of you, Develop a safety plan and a plan to keep in touch, Admit when you have made a mistake, Use "I" messages, Use reflective listening, Say "I love you," Attack the problem not the person, Plan future events/activities to have a goal to work toward, Spend some alone time with each child/teen, Make a paper chain, countdown calendar, or stones in a jar of when parent returns, Make a list of tasks or goals for each family member to achieve during deployment, involve children in deployment preparations, Decorate a deployment box filled with treasures for the deployed parent, try to keep normal family routines (bedtime stories, chores, family walks with your pet), Remind your children that the same rules and limits apply while the parent is away, reassure children that you will help support them while parent is away, Include children in family goodbyes, Keep rituals/togetherness by staying consistent (Sunday dinners, bedtime prayers, holiday activities)

CONTINUED ON NEXT PAGE

Continued from previous page...

What children can write or draw about:

Hearing about my parents deployment, I felt:

most worried about....

least worried about....

missing the most about....

helps me the most is....

best about is....

Seek help- if you have difficulty managing deployment especially when feeling overwhelmed: Take advantage of military support; Chaplains; Military Family Support Services or Behavioral Healthcare Services; Know your FRG; Military One Source (800-342-9647); Tri Care Services; School counselors

Take good care of yourself- Try to maintain a balanced lifestyle, Practice self-care, Eat healthy well-balanced meals, Get plenty of rest, Surround yourself with positive people, Avoid spending sprees, Avoid disturbing news reports and articles, Exercise, Avoid excessive use of alcohol and drugs, Treat yourself to a special outing, Try to set aside time every day to do something you enjoy, Do not try to please anyone/everyone, Set better boundaries by saying "No," Laugh, Get organized, Simplify, Volunteer, Develop or join a support group, Learn good coping strategies to reduce stress, Journal, Sign-up for educational activities .

Check back here next month for part two for "Preparing for Deployment NOW to Reduce Stress"

VT Veterans Mental Health Counselor, Charlene Caiano, charlene.a.caiano.ctr@mail.mil Ph 802-338-3445

Family Readiness Support Assistant



Is it spring yet? Have the seasons finally changed? I sure hope so! I don't know about you, but I'm ready for a lot more sunshine and a lot less rain. I always feel less stressed when I get a chance to run around in the sun. However, not all change is fun

and there is a certain amount of stress that comes with any life changes, whether it be good stress or bad stress. Sometimes finding the coping skills to deal with our stress can be difficult. Going on a shopping spree every time you are anxious is probably not a great coping skill, but perhaps going for a walk on the Burlington Waterfront is. Drinking alcohol...maybe not the best coping skill. Baking, gardening or playing a team sport may be a better way to relieve tension. If you feel like you are having a hard time trying to figure out what is causing your stress, or how to relieve your stress then perhaps you would like to attend the **Seasons of Change Workshop** on July 28th from 11am to 3 pm. This is going to be an informational but relaxing workshop on the topic of change, how change can stress us out and tips on how to overcome stress. It will be a very hands on event and will include a full hour dedicated to writing a resume and cover letter fit for a Super Hero. Already have a resume/cover letter? Don't worry! Go ahead and bring a copy and our Citizen Soldier for Life Counselor, Nick Thomas, will show you how to improve it and really make it stand out.. Registration for this event is not required, but is highly recommended. You can register at

<https://www.surveymonkey.com/r/SeasonsOfChange>

The FRSA Team and KS&CB Team is really looking forward to seeing you there!

candice.e.broe.ctr@mail.mil

Candice ☺

REMINDERS:

1. Record your volunteer hours in JSS or email the candice.e.broe.ctr@mail.mil. Send them in by the last day of each month.
2. Join us for the Kitchen Spoons & Combat Boots webinar on the 1st Wednesday of every month at 7 pm.
3. Sign up for the FRG Leadership Trainings at JSS or with your FRSA. All trainings are done via teleconference!

Don't Forget!

VOLUNTEER
all that's missing is U!

www.jointservicessupport.org

Forgot your login and password?

Contact your FRSA

FRSA Contact Info:

Candice Bryan-Broe, Contractor -

candice.e.broe.ctr@mail.mil PH: (802)-316-6342

Check out the Family Programs website!

<http://www.ngfamily.vt.gov/>



<https://www.facebook.com/Vermont-FRSA>
1885186798430201/

Come join us at Historic Centennial Field for
MILITARY APPRECIATION NIGHT

Wednesday, July 18th | Game Time: 7:05 | Gates Open: 6:00



**ACTIVE DUTY, GUARD AND RESERVE MEMBERS, AND
RETIRED MILITARY MEMBERS RECEIVE FREE TICKETS**
when they show their military ID at the Revision table outside the gates.



After the game, kids (12 and under) can run the bases!

For more information, please call **(802) 655-6611**

2018 Summer Camp Opportunities For VTNG Dependent Youth



- 1-6 July Conservation Camp in Rutland County (VTNG Youth 10-17yo)
- 5-10 August Teen Leadership Canoe Adventure in Orleans County
(VT Army NG Youth 14-16yo)
- 19-25 August - VTNG End of Summer Camp (VTNG Youth 8-17yo)

****To be placed on Camper Rosters for the above experiences contact**

Brian Stoudnour, VTNG Lead Child & Youth Program Coordinator (contractor) at brian.r.stoudnour.ctr@mail.mil or via phone at 802-338-3369

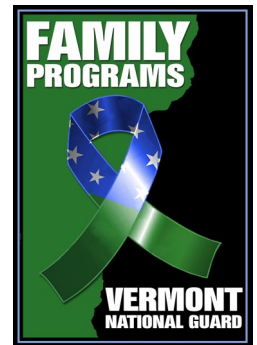
To see the latest program opportunities and available resources check out the new webpage on the recently launched VTNG Family Programs webpage at <http://www.ngfamily.vt.gov/childandnyouth.html>





Calendar of Events

Date	Event	Location
June 6	Kitchen Spoons and Combat Boots Summertime Activities	Webinar
July 1-6	Conservation Camp	Rutland, VT
July 4	Independence Day	
July 19	Military Appreciation Night at Lake Monsters	Burlington, VT
July 28th	Kitchen Spoons and Combat Boots Workshop	Camp Johnson GMA



Contact Info

- Director, Family Programs: LTC Dave Leonard, david.c.leonard3.mil@mail.mil cell: 802-598-0140
- Airman & Family Program Manager: Mary Mahoney, mary.k.mahoney13.civ@mail.mil cell: 802-598-0202
- Vermont Veterans Outreach: Andre Wing, andre.d.wing.ctr@mail.mil cell: 802-881-5057
- Family Assistance Center Coordinator: Glory O'Neil, glory.d.oneil.ctr@mail.mil cell: 802-338-0563
- Lead Child and Youth Program Coordinator: Brian Stoudnour, brian.r.stoudnour.ctr@mail.mil cell: 802 310 6745
- Senior Family Readiness Support Asst: Candice Bryan-Broe, candice.e.broe.ctr@mail.mil cell: 802-316-6342
- Family Readiness Support Asst: 86 IBCT: Michaela LaCoss, michaela.m.lacoss.ctr@mail.mil cell: 802-318-0692
- VT Veterans Mental Health Counselor, Charlene Caiano, charlene.a.caiano.ctr@mail.mil Ph 802-338-3445
- Survivor Outreach Services: Tammie Conner, tammie.l.conner.ctr@mail.mil cell: 802-881-6632
- Transition Assistance Advisor: Ronnie LaBounty, ronnie.m.labounty.ctr@mail.mil cell: 802-399-6401
- VT Veterans Personal Financial Counselor: Susan Kelley-Outten, susan.kelley-outten.ctr@mail.mil cell: 802-338-3446
- Citizen Soldier for Life-Career Readiness Counselor: Nick Thomas, nicholas.a.thomas71.ctr@mail.mil cell: 802-310-5391
- Air Wing Integrator, Yellow Ribbon Program: Kelli Langlois, kelli.j.langlois.ctr@mail.mil cell: 802-751-5856
- Army Director of Psychological Health, ILT Matthew Emelett, matthew.j.emelett.mil@mail.mil cell: 802-760-9223
- Air Director of Psychological Health, Trish Dempsey, LICSW, trish.a.dempsey.civ@mail.mil cell 802-557-7368