From The Homefront...

August, 2018

Inside this issue:

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wing Family Readiness</td>
<td>2</td>
</tr>
<tr>
<td>Kitchen Spoons &amp; Combat Boots (KS&amp;CB)</td>
<td>2</td>
</tr>
<tr>
<td>Military OneSource</td>
<td>3</td>
</tr>
<tr>
<td>Personal Financial Counselor</td>
<td>3</td>
</tr>
<tr>
<td>Child &amp; Youth</td>
<td>4</td>
</tr>
<tr>
<td>CSFL—Career Readiness Counselor</td>
<td>5</td>
</tr>
<tr>
<td>ESGR</td>
<td>5</td>
</tr>
<tr>
<td>Vermont Veterans Outreach (VVO)</td>
<td>6</td>
</tr>
<tr>
<td>Mental Health Counselor</td>
<td>6</td>
</tr>
<tr>
<td>FRSA</td>
<td>7</td>
</tr>
<tr>
<td>Season of Change Flyer</td>
<td>8</td>
</tr>
<tr>
<td>Strongbonds Flyer</td>
<td>9</td>
</tr>
<tr>
<td>Contact Info</td>
<td>10</td>
</tr>
</tbody>
</table>

Vermont State Family Program Director

When I was in college, I had a professor who loved to recite the definition of EUSTRESS (what we want to engage in) versus DISTRESS (what we want to avoid) before a big test. He would say that eustress is moderate or normal psychological stress interpreted as being beneficial for us whereas distress is extreme anxiety, sorrow or pain. He instructed us to tap into our eustress rather than our distress during the test…easier said than done!

This professor was a Vietnam War veteran who completed 2 tours and learned how to constructively deal with stress—given the life and death situations he dealt with in combat, taking a test was not a big deal to him. His perspective on stress was healthy and appropriate and he wanted us to see that we have control over how we process stress. I’m sure this didn’t happen overnight for him, rather it took him many years to reach this level of “enlightenment”. Me, I just wanted to pass the test.

When stress is managed effectively, it can lead to personal growth, confidence and coping skills. For example, if you have the lead role in a theater production and are experiencing “butterflies” mixed in with excitement- that is eustress which can lead to great personal achievement.

If you find that you are in the “distress” column more than the “eustress” column, there is help for you here at Family Programs. The Military OneSource website ([www.militaryonesource.mil](http://www.militaryonesource.mil)) has a whole section on managing stress under their Health & Wellness module that you can access. Our Family Assistance Center specialists (FACs) can provide you with both military and civilian resources proven to help reduce stress.

Our very own mental health counselor, Charlene Caiano can help you develop the skills to work with the “thinking traps” we all fall into at one time or another. These are just a few of the resources available to you and your family.

Visit our website at: [http://www.ngfamily.vt.gov/](http://www.ngfamily.vt.gov/) and explore the programs listed under the “Programs & Services” tab. On the right side of the pages, you will find our contact information (or a Contact Us button to click for those programs with multiple staff members). Or you can call our 24/7 VT Military & Family Support Center at 888-607-8773 that is there to help.

Have a great rest of the summer!

LTC Dave Leonard
State Family Program Director
david.c.leonard3.mil@mail.mil
Greetings from the Kitchen Spoons & Combat Boots Team! We had a fantastic time celebrating Independence Day and we are ready to get back to work!

Join the KS&C&B Team on Wednesday, August 1st where we will discuss VA Home Loans. Come to this webinar with questions on eligibility, first-time homebuyers, refinancing, etc. This webinar will be from 7-8PM. Can’t make the webinar on August 1st? We will be hosting a “Lunch and Learn” webinar on VA Home Loans on Thursday, August 2nd from 12-1pm!

For those of you connected with the southern part of state, we will be holding an in-person workshop at the Bennington VFW on Saturday, August 11th from 11-2pm. 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, August 11th - bring your lunch as there will be time for peer support networking. To register: https://www.surveymonkey.com/r/seasonsofchange

Coming up for September’s KS&C&B webinar, we will be discussing Family Change. This will feature changes families may endure during a military separation. Join us on Wednesday, September 5th from 7-8pm!

These free opportunities are open to all who are interested in attending. Please feel free to share this information with anyone who would benefit.

To connect virtually on August 1st, August 2nd and September 5th, join the meeting from your computer, tablet or smartphone:

https://beaconhealthoptions.webex.com/join/MCaulfield

Questions? Call: Candice Bryan-Broe at 802-338-3652
Michaela LaCoss at 802-338-4317 or Marcie Caulfield at 802-338-3164

Check us out online at http://www.ngfamily.vt.gov/ks_and_cb_page.html
Enjoying National Parks as a Military Family

There's something for almost everyone in our national parks. Follow these travel tips to plan your next great national park adventure:

Visit the National Park Service's website (www.nps.gov) to pick a park and plan your trip.
Get your free annual pass, available to active duty, National Guard and reserve service members.
Pick from hundreds of activities.
Have fun and stay safe.
Whether you're an outdoor enthusiast or a sit-and-watch-the-world-roll-by kind of person, there's a national park vacation right for you.

Enjoy an outdoor adventure on a budget

It costs next to nothing to discover nature and spend quality time with your family, so pick a park, pack up your car and hit the road. Here are a few travel tips as you plan your next vacation to one of the country's 417 national parks or areas:

~ Find a park. ~ Visit the park's website ~ Pick your activities ~ Play safely.

With free passes and tons of activities, you can spend quality time with your family and explore the country's national parks. Get free, year-round access to national parks and other federal recreation spots with the military pass.

For the complete article and/or more information on other staycation ideas, visit www.militaryonesource.mil or call 800-342-9647.

What are Money Scripts and Why Do They Matter?

Budgets, credit score, savings, investments. These are the building blocks of our financial life. Right? Yes, but the numbers are only part of the story. The other part, arguably the most important part, is the belief we have about money. What it is, what it can and can’t do and role money has in our lives. These beliefs form our money scripts and we start to create them as soon as we become aware of money as children. Our scripts are created by watching the adults in our lives deal with money as well as from our own experiences growing up and becoming adults.

There are a lot of money scripts but some of the more common include the following: I’m no good with money; More money will make things better; Money corrupts people and I don’t want anything to do with it; I deserve to spend money; Saving a lot of money will give me security.

These money scripts often have some truth to them. Certainly, if you don’t make enough money to pay for basic needs – more money is essential. And saving money for emergencies is vital to deal with life’s unexpected events. The problem comes when we believe our stories are 100% correct all the time. If we continuously tell ourselves we are no good with money or that money is bad, we can actually sabotage our own efforts at success. And numerous research studies have confirmed that once our basic needs are met, more money does not bring more happiness or satisfaction.

What can we do about our, often unconscious, money scripts?

1. Take a little time to figure out what we have been telling ourselves about money. Often we have been telling ourselves the same story for decades.

2. Recognize that our script may not be true all, or even most of the time.

3. Challenge our stories by looking at evidence that may contradict what we think is true.

4. Realize that we have a choice about how we deal with and think about money.

5. Take responsibility for both our financial successes and failures and learn from them.

Need help figuring out the next steps to achieving your financial goals? Contact our Personal Financial Counselor at 802-318-2507 or via email at susan.kelley-outten.ctr@mail.mil

This article is based on research by Dr. Ted Klontz, Dr. Bradley Klontz and Dr. Sonya Britt.

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

The first 6 days of July brought about our first overnight camping experience for Summer 2018. This offering was provided in collaboration with Vermont Fish & Wildlife’s Green Mountain Conservation Camp (GMCC) at Kehoe Camp on Lake Bomoseen in Castleton, VT. The 28 youth in attendance represented both the Vermont Army & Air National Guard.

Make no mistake this is not a typical week of Conservation Camp. The curriculum presented during that week was a melding of GMCC’s Basic and Advanced Session curriculum, the mingling of both girls & boys between 10-17 years old (sex separated sleeping accommodations), as well as Resilience Training provided by VTNG-CYP. VT Fish & Game Wardens and highly trained GMCC Staff provided educational seminars in hunter firearm safety (to include archery, crossbows, rifles, shotguns and muzzle loader), wildlife & aquatic ecology, botany, festry, outdoor safety & first aid, fishing skills including fly tying, advanced backpacking, canoeing, land navigation, and an overnight wilderness campout. Participants also had ability to earn both their Hunter Education and Bow Hunter Education Certifications for VT. Can you say BUSY-phew! Enjoy these photos from camp:

The school year will be upon us soon enough, and a quick calculation shows; school faculty, staff, and administrators are with our children at least 7 hours/day for 180 days totaling 1,260 hours/year. Over the next 12-18 months we are on a mission to ‘Educate the Educators’ that are educating your children. The purpose of this outreach is to provide them with a briefing on Military Connected Youth & Deployment. With your assistance we would like to engage ALL school teachers, counselors, coaches, nurses, administrators, boards and care providers across VT, including Interstate School Districts. This interactive briefing can be provided in a 45 to 90 minute time block, depending on availability in their schedule. If they are unable to fit us into their training we would love to send them informational material for reference. Your assistance with this would be greatly appreciated!

We have found the best way to make this happen is for YOU to make a request via the school counselor and principal. Please reach out and provide them with my contact information found below.

Upcoming Programs:

- 5-10 August—Teen Leadership Canoe Adventure (VT Army NG Youth 14-16yo)-FULL
- 10-12 August—Vermont Hunter’s Safety Course in Jericho, VT (all ages welcome)
- **For more information contact CPT. Chris Stafford at 802-595-2522**
- 18-22 August VTNG Family Camp-FULL
- 19-25 August—VTNG End of Summer Camp in Orange County (VTNG Youth 8-17yo)
- 31 August—The Champlain Valley Fair Military Appreciation Day

To see the latest program opportunities and available resources check out our webpage on the VTNG Family Programs website 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 |
brian.r.stoudnour.ctr@mail.mil

https://www.facebook.com/VTNGCYP/

Download the “ARNG CYS” Mobile App for Apple & Android
Citizen Soldier For Life - Career Readiness

Dear Vermont National Guard Members and Families,

References. The reference section of a job application or resume has been approached many ways and is either something that is easy or complicated for people. For starters who is appropriate to put as a resume? It depends on the audience for the job but the standard rule I like to use is three references, two professional and one personal. The ideal would be one professional, one educational, (from a professor or trainer who can confirm your ability to learn and engage new material) and one personal character reference. If all you have are personal references it will be fine to put those down. Same, for if you are a recent high school or college graduate and only have teachers and professors to include.

The basics are all the same no matter who you choose. Choose individuals who will pick up the phone or at least get their messages, speak highly of your accomplishments, and are professional when speaking to others. Family with the same last name is never a good idea and is often even excluded. This is because they are biased in your favor, the only exception would be if you worked for a family business, but even then I would try to use an unrelated co-worker.

The last piece of advice I want to leave you with is, before you send out applications and resumes, contact all of your references so that they are aware you are on the job hunt and they may get calls from strange numbers. Not only is this a courtesy but it will give the references time to think about how they want to respond regarding your work ethic, professionalism, and accomplishments. Do YOU have three references with contact information? It will take no time at all to create a work document and include these names and numbers so you will be ahead if you ever need kind words from someone that knows you.

All of my best,

Nicholas A. Thomas
Citizen Soldier for Life Career Readiness Counselor
Office: (802) 338-3709  Cell: (802) 310-5391

Employer Support of the Guard and Reserve

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

Saying Thanks Before or After: Whether you are a member of the Vermont Army or Vermont Air Guard, or a member of our in-state Army or Navy Reserves, presenting your boss with an ESGR Patriot Award is a great way to say thanks for their support and their own sacrifice. It only takes 2 minutes at www.esgr.mil. Call us if you have a question or would just like some help!

Employer Training Visits: We are inviting a small number of employers to observe local training, view and use simulators, and see some of the Guard training facilities. We will visit the EST simulator training site in the Guard RRTC at Norwich on 16 August and the Open Training Day on Saturday, 8 September 2018. We have reached out to a number of Vermont employers but let us know if you think your employer would like to join us.

Job Fairs and related events in August: While there are no known job fairs scheduled for August, many area businesses conduct their own fairs or in conjunction with VT Department of Labor. If you are searching for a job, trying to find a better one, don’t know where to start the process, or need some help with your resume, 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

Join the Rutland office of the Vermont Center for Independent Living (VCIL) in recognizing the 28th anniversary of the signing of the Americans with Disabilities Act (ADA)!

There are forums such as “Forum on Healthier Living for People with Disabilities,” Hear about local programs/services geared towards healthy living that can benefit people with disabilities. Provide feedback on obstacles to accessing these programs/services and what other offerings you would like to see in our area that would contribute to healthier lives for you.

Learn about the Americans with Disabilities Act (ADA) at the Disability Rights: ADA 101 Training. The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life. VCIL presenters will discuss rights & responsibilities under the ADA, including how to interact with businesses that have access issues, what to do if your sidewalk is not usable, and more. For further information, to register or to request a sign language interpreter or other reasonable accommodations (5 days before event), call VCIL at (802) 779-9021 or email: greed@vcil.org. Learn about your rights! The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life including employment, schools, transportation and all public and private spaces that are open to the general public. How to interact with businesses that have access issues, what to do if your sidewalk is not usable, how to have success dealing with state bureaucracy, who to call and what to say, and more.

Are you looking for a career change?

Vermont provides a multitude of services for job seekers, including Family Readiness Program’s very own, Employer Support of the Guard and Reserves (ESGR), but there is more help at the state and federal level.

At the state level, the Vermont Department of Labor have Local Veteran Employment Representatives (LVERs) and Disabled Veterans’ Outreach Program (DVOPs). LVERs and DVOPs are veterans themselves, who have been specially trained to address the specific employment and training needs of veterans in the job market. DVOP Specialists provide intensive services to meet the employment needs of disabled and other eligible veterans, with a case-management approach that individually tailors training and job placement opportunities for those who are economically or educationally disadvantaged, including homeless veterans and veterans with severe barriers to employment. LVERs conduct outreach to employers and engage in advocacy efforts with hiring executives to increase employment opportunities for veterans and monitor all job listings from federal contractors and agencies to ensure veterans receive priority of service in referrals to these positions. LVER staff conduct seminars for employers and job search workshops for veterans seeking employment and facilitate priority of service in regard to employment, training, and placement services furnished to veterans by all staff members. More information can be found at the websites listed below:


At the federal level, Veteran Employment Training Services (VETS) serve America’s veterans and separating service members by preparing them for meaningful careers, providing employment resources and expertise, and protecting their employment rights. More information can be found at: www.dol.gov/vets/

Make sure you connect with these excellent resources for employment opportunities

Richard Gallo (Contractor) Office: (802)-338-4323 Cell: (802)-310-5334

Charlene Caiano Vermont Veterans Mental Health Counselor

PREPARING FOR DEPLOYMENT “NOW” TO REDUCE STRESS

Part Three of a Three Part Series

Using Good Judgment- Other than family, friends and colleagues, don’t tell people (strangers) your spouse is gone; When someone calls asking for your spouse, never tell them your spouse isn’t home; Don’t discuss their absence in public, even with friends; Don’t give social security numbers to persons over the phone unless you are requesting a service or information that requires it; Secure bank accounts, credit cards, credit reports, and other important accounts and documents. Make house rules

Practical Matters- Learn about maintenance responsibilities; Organizing all log-on user names/passwords and account numbers (ex: credit/debit card); Make a list of easy to find names/numbers especially in case of an emergency: Lawn services, Bank/Financial/Mortgage Services, Healthcare, Snow Plowing Services, Seasonal Yard Work, Childcare Services, Pet Services, Plumbing/Carpentry/Handyman Services, Car/Mechanic Services, Military services, Water/Electric/Fuel Services, FRG, Friends and family (Possibly make a list of Birthdates); Work Information: Work/office number and address; Certifications: Expiration dates/CEU’s; (Family) Medications list/Allergy List; Pharmacy number and location.

VT Veterans Mental Health Counselor ~ Charlene Caiano, ~ charlene.a.caiano.ctr@mail.mil ~ Ph 802-338-3445
Hello from the FRSA team!! We hope everyone is staying cool and checking out all of the fun things to do around Vermont this summer! I had my first maple creamie of the season, oh my, was it delicious! What a perfect way to cool down on a hot day!

The FRSA team sent out our first FRSA Newsletter! What did you think? Please contact us with any questions, concerns or comments! We would love your feedback. We will be sending this fantastic newsletter out every other month, full of great information for you and your family!

Be sure to check out the Kitchen Spoons & Combat boots section of this newsletter to find out about our helpful upcoming trainings: VA Home Loans Webinar on August 1st & 2nd and our second in-person of Seasons of Change Workshop in Bennington, VT on August 11th.

Michaela LaCoss—86th IBCT
Family Readiness Support Assistant (FRSA) Contractor (ESC)
Office: 802-338-4317

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!

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-FRSA1885186798430201/
SEASONS OF CHANGE WORKSHOP

Saturday, August 11 from
11:00-2:00PM
Bennington VFW, Bennington VT

Thinking of revamping your resume or strengthening your cover letter for a specific employment opportunity? How about engaging in your inner-wellness? Join us for this Kitchen Spoons & Combat Boots In-person workshop! Bring your lunch as there will be time for peer support networking! Registration is not required but highly suggested. Register at https://www.surveymonkey.com/r/SeasonsOfChange

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
Vermont Army National Guard
Strong Bonds Event

Strong Bonds for Married Couples empowers Army National Guard Soldiers and their spouses with extraordinary relationship and communication skills. Get ready for a great time while strengthening your marriage!

Open to Vermont Army National Guard (VTARNG) Soldiers and their spouses enrolled in DEERS.

This year's event will be held 14 -16 September 2018 and the location is TBD

This event is limited to 30 VTARNG married couples who have not attended a Strong Bonds Couples event in the last 18 months. Please register early because this event will fill up fast.

PLEASE NOTE: Online registration does not guarantee your spot at this event. You will receive an approval email once your registration is confirmed and approved.

Registration Process:

1. Go to www.strongbonds.org
2. Go “Events” then click “Find an Event”
3. Choose “ARNG”
4. Click the type of event Desired - Strong Bonds Couples
5. When the site asks for credentials click cancel
6. Use drop-down (ALL) to find “Vermont” click search
7. Click event ARNG-FY18-00228, read details and click “Register”

Any questions please call MSG Mascola 1-802-249-2977 or email gerard.d.mascola.mil@mail.mil.

Best to call as the email is not checked daily.
Please Welcome to Family Programs:
SPC April Petersen! April is our new Yellow Ribbon Specialist. April just returned from AIT and is looking forward to the next step in her career with the VTARNG! April will be assisting 2LT Trevor Pituck, VTARNG’s Yellow Ribbon/R2SP Coordinator, with our “pre-during-post” Yellow Ribbon events. April brings a wealth of knowledge and multiple skill-sets for this unique position. Welcome, April!

Jeremy Stocker! Jeremy is the Vermont Veterans Outreach’s new program analyst. Jeremy spent 20 years in the US Army with multiple tours to Iraq. He is a native Vermonter who returned home to Vermont in 2014. Jeremy’s expertise in analytic methods, various databases, and metric measurement makes Jeremy a valued member of the Vermont Veterans Outreach team. Welcome, Jeremy!

Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 1</td>
<td>Kitchen Spoons and Combat boots</td>
<td>Webinar Online</td>
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<tr>
<td>August 11</td>
<td>Kitchen Spoons and Combat boots</td>
<td>Bennington, VFW</td>
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<td></td>
<td>Seasons of Change Workshop</td>
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<tr>
<td>August 16</td>
<td>Rutland County Fair</td>
<td>Rutland, VT</td>
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<td></td>
<td>Military Appreciation Day</td>
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<td>August 18-22</td>
<td>VTNG Family Camp</td>
<td>Post Mills, VT</td>
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<td>August 31</td>
<td>Champlain Valley Expo</td>
<td>Essex Jtc, VT</td>
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<td></td>
<td>Military Appreciation</td>
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<td>September 5</td>
<td>Kitchen Spoons and Combat boots</td>
<td>Webinar Online</td>
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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: Sherri Prouty, sherri.l.prouty.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, 1LT 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