



FROM THE HOMEFRONT

August 2019



What's Inside This Issue

- Wing Family Readiness2
- Kitchen Spoons & Combat Boots (KS&CB).....2
- Military OneSource.....3
- ESGR.....3
- Child & Youth.....4
- FRSA5
- Citizen Soldier for Life (CSFL).....6
- Vermont Veterans Outreach (VVO).....6
- VTARNG State Chaplain7
- Anti-Terrorism Message..7
- LakeMonsters Military Appreciation & Summer Camp Flyers.....8
- Stay Alert Flyer9
- Contact Information & Events Calendar 10

From The Adjutant General



Soldiers, Airmen and Families of the VTNG:
 On average, 20 service members and veterans die by suicide each day. This statistic is not news to most of us as we have been grappling with too many lives lost to suicide among our VTNG family for quite some time. I realized that we need to talk about this - openly and honestly. The reality is that any one of us could find ourselves struggling with suicidal thoughts or prone to destructive behavior. Life stressors such as failed relationships, unmanageable depression, anxiety, substance abuse, or mounting debts can derail even the most resilient.

Until we all agree to let go of the shame we feel discussing suicide, we will not get ahead of this crisis. So often after a suicide of a loved one, friend or colleague we experience crushing shame and guilt. Which then perpetuates the stigma attached to suicide- we can stop this by not judging ourselves or others when talking about suicide. I urge all of our families to talk to each other and your children about suicide without judgement or shame. Thankfully, we don't have to do it alone; there are many confidential resources available to us. Seek help if you or a loved one is in crisis or if you would like assistance on how to start these conversations.

GREGORY C KNIGHT
 Brigadier General
 The Adjutant General



Military & Family Support Center
 (24/7) 888-607-8773



VTNG Suicide Prevention Program: 802-338-3485
 Substance Abuse Prevention Coordinator: 802-338-3010
 Alcohol Drug Control Officer: 802-338-3352

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

In Crisis? Text VT to 741741 **Vermont** ★
2-1-1
Get Connected. Get Answers.
 United Ways of Vermont

Veterans Crisis Line
1-800-273-8255 PRESS 1

Airman and Family Readiness Manager



Greetings! Here is hoping that your summer is going well! We would like to welcome home some more of our Security Forces members who have recently returned from their 6 month deployment overseas!

Below is important information about the Transition Assistance Program. Are You Separating, Retiring, or Becoming Eligible to Retire? The Transition Assistant Program (TAP) is a mandatory program for airmen separating from Active Duty to include those who are on T-10 orders for 180 days or more. Transition services are available to all service members and their family members who are retiring or separating from active duty military service. If you are a National Guard Technician or DSG, you are able to get the same services, but it is not mandated. Please start a year early and get the transition information you need! Call the Airman and Family Readiness Office at 652-8035 for more information.

The TAP program consists of 4 components. DoD Pre-Separation Counseling (typically done within a year prior to separation (AGR) or within 90 days of starting T-10 orders), Department of Labor briefing to help with transitioning to civilian workforce (If applicable), Department of Veterans Affairs briefing and a Department of Veterans Disabled Transition Assistance, if you have or suspect you have a service connected disability.

The Airman and Family Readiness Office is where you start the TAP process. Please call 802-652-8035 to set up an appointment.

Are you and your family into sports? United Heroes League 501(c)(3) has provided over \$10 MILLION dollars' worth of free sports equipment, game tickets, cash grants, skill development camps, and special experiences to military families across the US & Canada. It's taken dedicated volunteers, donors, partners, supporters, and amazing military families for making the mission possible! United Heroes League keeps military kids active and healthy while their parents serve our country. So far we have helped over 50,000 military families keep or start their kids in sports.

<https://unitedheroesleague.org/our-team/>

As a reminder, October 20 will be a sizable family event here on base! Airmen will be coming home with more information after August Drill.

Mary Mahoney
Airman and Family Readiness Manager
Mary.k.mahoney13.civ@mail.mil
802-652-8035



Kitchen Spoons & Combat Boots

August 7th, 2019 at Noon

Credit Score Mistakes You Don't Want to Make

What's a credit score and why is it important? Are you making mistakes that can affect your credit? Need help improving your score? Tune into the Kitchen Spoons & Combat Boots Lunch and Learn series on August 7th at noon for the "Credit Score Mistakes You Don't Want to Make" webinar. We will be discussing what a credit score actually is, tips to help raise your score, mistakes that affect your credit, and debunking credit score myths!

For those who plan ahead: the September webinar – VA Benefits is scheduled for September 4. Same time, same location.

Check us out online at:

http://www.ngfamily.vt.gov/ks_and_cb_page.html

Wednesday, August 7
Credit Score Mistakes You Don't Want to Make

**AUG
7**

Wednesday, September 7
VA Benefits

**SEP
4**

Wednesday, October 2
TBD

**OCT
2**



To join the meeting from your computer, tablet or smartphone:

<https://militaryonesource.adobeconnect.com/vt/>

(Please utilize the "chat box" to be heard)

To access audio, dial by phone: (855) 568-6581

(No access code needed)

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

Keep a Sharp Eye Out for Identity Theft



Millions of people each year fall victim to identity theft or military scams of some kind. If you fall prey, it can cost you money, time and lots of stress. It happens when you let your guard down. Safeguard your Social Security number, military ID and other sensitive data by follow these nine suggestions to prevent identity theft:

1. Check your credit.
2. Install anti-virus, anti-spyware software on all your devices.
3. Shop online carefully.
4. Don't give out personal information online or over the phone unless you initiated the contact.
5. Keep your passwords private; change them regularly.
6. Be careful on social media.
7. Don't open phishing emails.
8. Keep your wallet, military ID or purse secure.
9. Destroy any identifying information.

If you do fall victim to identity theft, call your local police and visit the Federal Trade Commission website (consumer.ftc.gov).

Tip: Alert your commanding officer to avoid potential hassles down the road and consider contacting your Family Programs Office to connect with a personal financial counselor or call Military OneSource at 1-800-342-9647 for additional support.

Marcie Caulfield
Office: (802)-338-3164
Cell: (802)-233-9694
email: marcie.caulfield@militaryonesource.com



Employer Support of the Guard and Reserve (ESGR)



August 2019 Reminders from Vermont Employer Support of the Guard and Reserve and the National Guard Employment Support Program

Vermont ESGR is always looking for new volunteers, especially from the “four corners” of Vermont (St. Albans, Lyndonville, Brattleboro and Bennington.) Most of our readers work a full-time job and then some, but you may know someone who would like to serve a few hours a month. Contact Linda Fowler, full-time Volunteer Support Technician (802-338-4187) or Jerry Manock, current interim Chair (802-355-6169) for more information.

Looking for a job? Contact Dave Wheel at dwheel@interactivegov.com or 802-272-5509. We have also recently created a Facebook page that will display an increasing variety of job opportunities. Go to: “Vermont Employment Support Program” and click on “Groups” and “Job Opportunities.” The available opportunities will increase over time as employers become more knowledgeable of the site. Also, job fairs will begin again soon. Call if you'd like some help!

Requesting a Patriot Award – a repeat reminder cause it's worth it! Whether you were away at AT for an entire month or for a more “routine” two week period, consider thanking your employer for their support by requesting an ESGR Patriot Award. It only takes two minutes online to request the award and is a great way to say “thanks” for the support you get from your boss, especially after supporting your month-long absence if you were gone with the Brigade. Spouses, you can also request a Patriot Award for your employer (since if your spouse was gone for AT, you also became a single parent doing double duty!) Go to: <https://esgr.mil/Service-Members-Family/Nominate-your-Employer>

Have an employment-related question, need help finding a job, or need more information about your job protections? As always, call us with any employment-related question at 802-338-4187 or 802-338-4190.



Thoughts From Our State Youth Coordinator



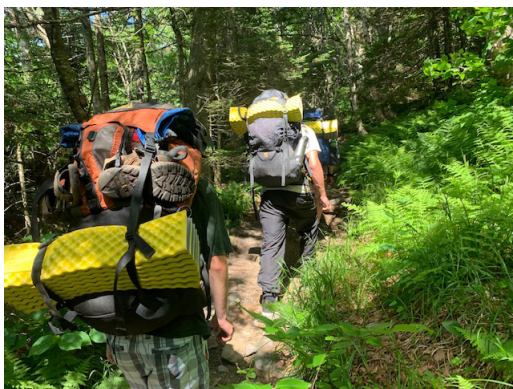
Camp season is in FULL swing, and I LOVE it! This time of year is when VTNG-Child & Youth Program has the greatest impact on your youth. The extra time afforded due to school being out allows them to spend extended periods of time with their peers (expanding community and forming lasting bonds), participating in trainings (Teen Resilience, Public Speaking, Self-Care & more), as well as developing their personal leadership skills & style. This summer is proving no different.



Summer 2019 started off with the Region I Youth Symposium. This annual training for 30 National Guard Teen Council members from across New England gather for several days of intensive training. The theme for this year was "Life Skills and Sustainability". I had the pleasure of attending with 4 (four) amazing VTNG Teen Council Members: Aidan Williams, Alexis (Lexi) Gaetz, Ethan Moultroupe and Lauren Tourangeau. Throughout the entire experience these VT Teens led the way by example; taking the lead on several activities, fully & enthusiastically participating in all sessions, stepping out of their comfort zones to grow as an individual & leader. Following the awards ceremony at training's end, I was delighted to have ALL my counterparts from the other attending states come to me and tell me how impressed they were with VT's performance, especially the respect & integrity with which they conducted themselves throughout. Needless to say the 4 (four) above mentioned VTNG Teen Council members have set a standard that all states will be working to achieve.



Next to come was the 2-week Lakes & Mountains Teen Leadership Adventure Camp. This experience proved to challenge, and push the limits for all the "trekkies". They started off with a week of sailing on Lake Champlain. The winds, weather, and bugs proved to be difficult, yet rewarding. None of the attendants had ever sailed and they all came away with a great respect for "proper" sailors. This was followed by a week of backpacking on the Long Trail, culminating on top of Jay Peak, at 3,858 feet tall. Through blisters, rain, mud, and sweat they persevered to come out on top. More importantly, to become a better version of themselves!



It doesn't end there. We still have the Farm to Table Leadership Camp (4-9Aug), Session #2 of VTNG Family Camp (17-22Aug), and it all closes with VTNG End of Summer Camp (18-24Aug) for 70+ VTNG kiddos! Hope you have the chance to join us! If you would like more information about our programs don't hesitate to contact me.

Brian Stoudnour
Lead Child & Youth Program Coordinator- Contractor
O: 802-338-3369 | M: 802-310-6745 |
brian.r.stoudnour.ctr@mail.mil

Download the "ARNG CYS" Mobile App for Apple & Android!

 Check us out on Facebook!
<https://www.facebook.com/VTNGCYP/>



Family Readiness Support Assistant



Recipe for a Summer Family Day

Ingredients: FRG Leader, Unit Command Team, Volunteers, Venue, Creative Activities, Commanders Approval, Service Members, Family Members Resources, FRSA Support

Directions:

At an FRG Meeting, add together the FRG Leader and Command Team goals for the Family Day. Next, drop in a venue of choice and add a dash of creativity for activities. Combine this proposal with support from the FRSA team. This mixture will help provide resources such as volunteers, potential support from Military Kids of Vermont or Operation Homefront, and Annual Information Briefs. Once this is topped with the Unit Commanders' Approval, spread this idea out over a day of their choosing. When the Family Day arrives, sprinkle on the fun and enjoy with Service Members and their Families!

Chef's Note: Remember to reach out to Family Programs for Support with resources and youth activities!

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



DON'T FORGET!

Record your volunteer hours in JSS or email them to candice.e.broe.ctr@mail.mil. Send them in by the last day of each month.

Check us out on Facebook!
<https://www.facebook.com/FamilyReadinessVTARNG>



How to Improve Your Bounce Back-Ability In-person Workshop

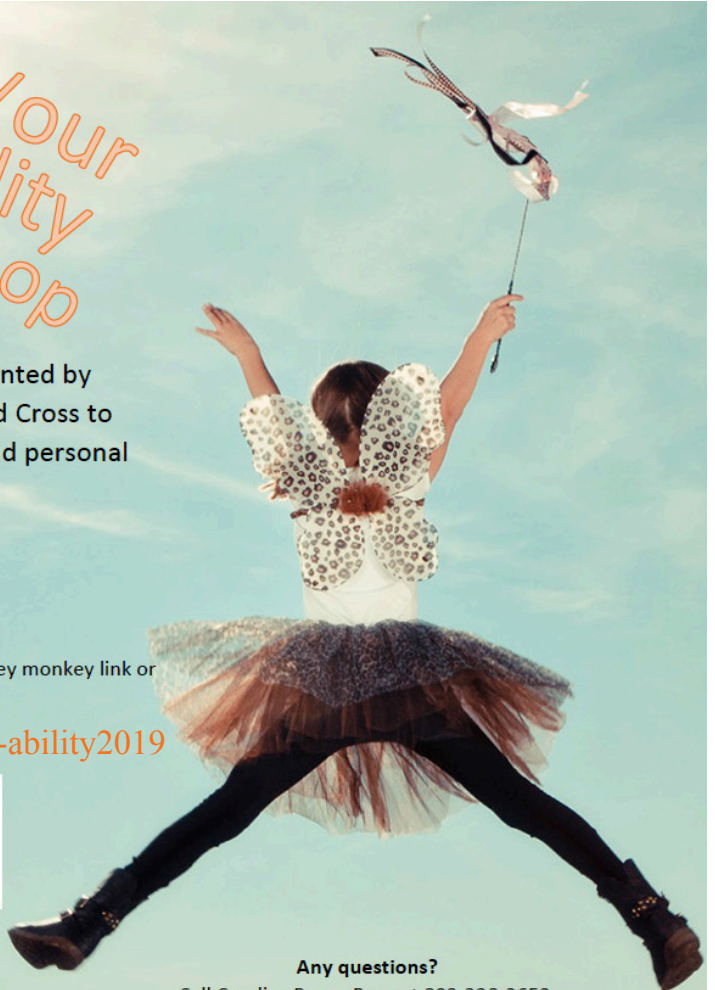
Join us for the collaborative in-person workshop presented by Kitchen Spoons & Combat Boots and the American Red Cross to help improve coping abilities, communication skills, and personal wellness strategies. This FREE event includes a guided empowerment art activity!

When: Sunday, August 11th 2019 10:00AM to 3:00PM

Where: Rutland Armory: 2143 Post Road, Rutland VT 05701

Registration: REQUIRED! Please register by August 2nd 2019 via the survey monkey link or the QR code. **FREE** lunch provided to those who register!

<https://www.surveymonkey.com/r/BounceBack-ability2019>



Any questions?

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

Citizen Soldier For Life - Career Readiness



Hello, my name is Karen Chesser and I am the new Career Readiness Counselor representing the Citizen Soldier for Life Program. I come into this job with over twenty years of working in the school systems as a school counselor, work-based learning coordinator, and volleyball coach. I received both my undergraduate and graduate degrees from American International College located in Springfield, Ma while on a volleyball scholarship.

**CITIZEN SOLDIER
FOR LIFE**



I've been married for 15 years to my wonderful husband Steve who is a retired Marine. We have a beautiful seven year old daughter named Reagan. We have gone through 3 deployments; 2 to Iraq (2005 and 2007) and 1 to Afghanistan (2011-12) - totaling approximately 28 months. Reagan was born while Steve was on his last deployment.

Lastly, while we contemplated my husband's military retirement, Reagan and I flew from California home to Vermont in order to put our roots down. I single parented for over a year waiting for the retirement-transition process to work. Through all my experiences as a military wife coupled with my educational background, I understand and support the unique needs of the military and I am thrilled to be able to support our military members in this new capacity. I was born and raised in Southington, CT. My father built a camp on Coates Island in Colchester 50 years ago. My family and I would travel to Vermont every summer since I can remember; therefore, I consider Vermont my second home. I look forward to our time together.

Karen Chesser
Citizen Soldier for Life
Career Readiness Counselor
Office: (802) 338-3709 | Cell: (802) 310-5391
k.chesser.csfl@gmail.com

Vermont Veterans Outreach



Hello, my name is Richard Gallo. I am a Veterans Outreach Specialist in the Rutland and Bennington County areas. I am a native born Vermonter of the Rutland area. I retired from the US Army in 2004 honorably after 21 years of service. Airborne and Air Assault style units. I have been involved in the Vermont Veterans Outreach group for the past four.



I find my inspiration through many community partnerships providing service to our veterans and their families. Vermont Veterans Outreach collaborates with these community partners to provide resources and services to our veterans and their family members. One such resource is Youth Mental Health. Youth Mental Health is an educational program which introduces participants to the unique risk factors and warning signs of youth mental health problems in adolescents, builds understanding of the importance of early intervention and teaches individuals how to help an adolescent in crisis or is experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; connect young people to professional, peer, social and self-help care. Partners for Prevention (another community based resource) is a community network providing trainings, forums, support for Law Enforcement, and Community Outreach. Their texting Crisis Help Line: 74174. There are now more than 1.7 million people trained in Mental Health First Aid in the United States by more than 17,000 Instructors. The National Council for Behavioral Health is the unifying voice of America's health care organizations that deliver mental health and addictions treatment and services. Together with the 3000 member organizations serving over 10 million adults, children and families living with mental illnesses and addictions, the National Council is committed to all Americans having access to comprehensive, high-quality care that affords every opportunity for recovery. For more information, please visit (www.TheNationalCouncil.org).

Richard Gallo
Vermont Veterans Outreach Specialist (Contractor)
Office: (802) 338-4323
Cell: (802) 310-5334



Check us out on Facebook!
<https://www.facebook.com/vtvfot/>



Pastoral Reflection

Ephesians 5:33, However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

I was listening to Klove Christian radio station the other day and they were talking about how the card industry decided to use the weather and it phrases as the theme for some of their cards.

Weather is not always predictable, even with the latest and greatest technology. Weather can change quickly and the damage from weather can be horrific.

Some of the phrases I heard and you can add to these:

1. You are the sunshine of my life!
2. Even on a cloudy day, I know your love is like the sun, which is still shining!
3. Your arms are like a shelter in the storm!
4. Your smile is like a breath of fresh air!
5. Your touch is like a gentle breeze!

We often talk like weather forecasters when talking about our marriages.

1. We are experiencing the storms of life right now!
2. Our marriage is like blue skies and sunshine!

Pastor, counselor and speaker Dr. Emerson Eggerichs in his book, "Love and Respect," teaches that the single most powerful secret to marital success lies in crack-

ing the communication code between husbands and wives. His "code-cracking" secret is this:

- A woman needs love like she needs air, and without it, she will react negatively.
- A man needs respect like he needs air, and without it, he will react negatively.

Decoding to break the cycle

1. A man who acts in an unloving way is sending the encoded message: "I want your unconditional respect."
2. A woman who acts in a disrespectful way is sending the encoded message: "I want your unconditional love."

Two Outcomes:

1. Bitterness hardens the heart and the couple drifts apart.
2. Forgiveness breaks the cycle and starts the healing process that reconnects the couple.

Men, choose to unconditionally love your significant other with joy and watch how she responds.

Women, choose to unconditionally respect your significant other with joy and watch how he responds.

May the LORD bless you as you forgive each other and spend less time in the Crazy Cycle!

CH (LTC) Brett Charsky
C: 315-481-0419
brett.e.charsky.mil@mail.mil

Guest Author: Colonel Randall Gates Director of Military Support and the State Anti-terrorism Officer

Hello from the Director of Military Support Office. As you read through your family readiness newsletter, it is important to understand what readiness means as an all-encompassing concept. You are all familiar with why the Family Readiness Program exists and the many things that go into preparing and sustaining our Soldiers and Airmen through a deployment. Readiness can also be an umbrella for the important Anti-terrorism and Emergency Preparedness Programs; Army programs that have easy applicability to your homes and family preparation.

The Month of August is Anti-terrorism Awareness Month and you may hear an increased number of public service announcements and see more flyers to this affect. Unfortunately Vermont is not necessarily immune to bad people wanting to do bad things and Guard members or their families could get caught in the middle of an event. The best solution I know is to maintain awareness of your surroundings and be able to spot something that is a little different than the everyday routine: a car circling your neighborhood more than once, someone expressing undue interest in your workplace, or an increase in politically-motivated graffiti, among many others. Units can continue to inform their members on warning signs and indications by having qualified Level I, and especially Level II-trained Anti-terrorism Officers.

The United States Army maintains the Threat Awareness and Reporting Program (TARP) which has an iSALUTE report webpage formatted and ready for easy

use. It allows you to quickly fill out a report on suspicious activity such as suspected insider threats, espionage, sabotage and security compromise. The website is at: <https://www.inscom.army.mil/isalute/iSalute.aspx>. You can obtain additional information from Mr. Marcus Wendt, our Anti-terrorism Program Coordinator, by calling 802-338-3098. Please enjoy your traditional summer activities such as baseball games, picnics and water activities but also maintain good situation awareness and vigilance.

Colonel Randall Gates
Director of Military Support and the State Anti-terrorism Officer





Come join us at Historic Centennial Field for

MILITARY APPRECIATION NIGHT!

TUESDAY, AUGUST 6TH | GAME TIME: 7:05 | GATES OPEN: 6:05

**ACTIVE DUTY, GUARD AND RESERVE
MEMBERS, RETIRED MILITARY AND IMMEDIATE
FAMILY WILL RECEIVE FREE TICKETS**

WHEN THEY SHOW THEIR MILITARY ID AT THE REVISION TABLE OUTSIDE THE GATES.

FOR MORE INFORMATION, PLEASE CALL (802) 655-6611

**SUMMER
CAMPS**

Farm to Table Camp
4-9 August 2019 (overnight)

End of Summer Camp
18-24 August 2019 (overnight)

Contact Brian Stoudnour for more details
email: brian.r.stoudnour.ctr@mail.mil - Phone: 802-338-3369

Stay Alert.

Protect yourself, your family, and your community.



Summertime! A time for outdoor activities, travel, vacations, and moves to new duty locations. It is also a time when we may let our guard down—given all of the distractions around us. We are good at protecting ourselves against the obvious dangers, but may overlook the hidden threats. Make summer fun and safe by staying vigilant, alert, and aware of your surroundings. Get in the practice scanning your surroundings and know what to do if you spot suspicious activity.

**Be aware of your surroundings.
Protect yourself, your family and your community.**



Always Ready, Always Alert
Because someone is depending on you



Calendar of Events



LAKE MONSTERS MILITARY APPRECIATION
Burlington, VT



KS&CB WEBINAR
Online



KS&CB BOUNCE BACK WORKSHOP
Rutland, VT



MULTIPLE CHILD & YOUTH SUMMER CAMPS
Statewide



CHAMPLAIN VALLEY EXPO MILITARY APPRECIATION DAY
Essex Jct, VT



LABOR DAY
Nationwide

Contact Information

DIRECTOR, FAMILY PROGRAMS

Dave Leonard
david.c.leonard3.civ@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

Brendan Richards
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

Megan Sather
Contact Information coming soon

CITIZEN SOLDIER FOR LIFE CAREER READINESS COUNSELOR

Karen Chesser
PH: 802-338-3079

AIR WING YELLOW RIBBON PROGRAM COORDINATOR

Kelli Langlois
kelli.j.langlois.ctr@mail.mil
cell: 802-751-5856

ARMY DIRECTOR OF PSYCHOLOGICAL HEALTH

Office: 338-3494

AIR DIRECTOR OF PSYCHOLOGICAL HEALTH

Trish Dempsey, LICSW
trish.a.dempsey.civ@mail.mil
cell 802-557-7368

AIR WING CHAPLAIN

Capt Wilson Treftz
wilson.l.treftz.mil@mail.mil
cell 802-503-8618

ARMY CHAPLAIN

LTC Brett Charsky
brett.e.charsky.mil@mail.mil
cell 315-481-0419

