



FROM THE HOMEFRONT

June 2019



What's Inside This Issue

Wing Family Readiness2

Kitchen Spoons & Combat Boots (KS&CB).....2

Military OneSource.....3

FRSA3

Child & Youth.....4

CSFL Career Readiness Counselor5

ESGR.....5

Family Assistance Center (FAC).....6

Vermont Veterans Outreach (VVO).....6

Mental Health Counseling.....6

Personal Financial Counseling7

VTARNG State Chaplain7

Child & Youth Events8

Additional Events.....9

Contact Information & Events Calendar 10

From the Adjutant General



Dear VTNG families:

You may have heard about burn pits, the burn pit registry, and their connection to our service members who deployed to countries in Southwest Asia. I wanted to take this opportunity to ask you, our families, for your help: if your service member deployed to one of the areas listed below, please have them register with the Open Burn Pit Registry today.

Eligible veterans and service members include those who served in:

- Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn (Iraq, Afghanistan)
- Djibouti, Africa on or after September 11, 2001
- Operations Desert Shield or Desert Storm (Saudi Arabia, Kuwait)

- Southwest Asia (Kuwait, Qatar, etc.) theater of operations on or after August 2, 1990

Why should your service member register? Because exposure to airborne hazards such as burn pits, oil well fires and other environmental pollutants may be the cause of any current-or future health issues related to your service member's deployment. By filling out the questionnaire, the VA will gain invaluable information needed to take care of you and all veterans both now and in the future. All of our service members exposed to airborne hazards deserve the very best care possible. The questionnaire only takes about 40 minutes to complete.

The short term and long term effects of airborne hazards is relatively unknown among civilian medical practitioners and this is your chance to educate them about your loved one's exposure. It is important to discuss these concerns at every appointment-your service member can even bring the

questionnaire (it allows you to save it when you register) with them so not to forget any details.

Please note: the burn pit registry is not a disability compensation questionnaire nor does it influence disability compensation; enrollment in the VA's Health Care system is not necessary to register; the question-naire is based on the service member's recollection, not actual military records.

For more information, please visit the U.S. Department of Veterans Affairs at:

<https://www.publichealth.va.gov/exposures/burnpits/registry.asp>.

Click on the "Check your eligibility and sign up" link on the page to register.

To speak with someone locally about the registry, contact Audrey Osgood at 866-687-8387, ext. 5909.

Put the Vermonters ahead!

GREGORY C KNIGHT

Brigadier General

Airman and Family Readiness Manager



We would like to welcome back several of our Security Force members who have been overseas for the last 6 months! We still have several still overseas, and we plan on welcoming them home during the summer! Please keep them and their families in your thoughts and prayers!

ARE YOU ELIGIBLE TO RETIRE OR ARE YOU SEPARATING FROM THE MILITARY???

I want to take a moment and talk about the Transition Assistance Program (also known as TAP). TAP provides information, tools, and training to ensure Service members are prepared for the next step in civilian life whether pursuing additional education, finding a job or starting their own business.

The transition process begins with the completion of the Pre-Separation Counseling. This is a mandatory legal requirement for Active Duty, AGR's and anyone going on T-10 orders for 180 days or more. Pre-Separation and TAP are available for Technicians and Drill Status Guardsman as well and is highly recommended!

The Pre-Separation counseling is done here on base, and takes approximately an hour. You will learn a lot about your benefits and entitlements. After the Pre-Separation Counseling, Service Members will then sign up for a 5 day class that covers VA benefits, budgeting, resume writing, Dept. of Labor Employment workshop, etc. TAP workshops are typically done at Hanscom AFB for VT Air Guard members. Contact Mary Mahoney in your Airman and Family Readiness Office to schedule your Pre-Separation and TAP. 802-652-8035.

Wishing all our Dads a wonderful Father's Day!

Mary Mahoney, Civ

158th FW VTANG

The Green Mountain Boys

Airman and Family Program Manager

mary.k.mahoney13.civ@mail.mil

Office: (802)652-8035 Cell: (802)238-8645



Kitchen Spoons & Combat Boots

~ June. 5th, 2019 at Noon ~

Creative Ways to Fund your Higher Education

Is money holding you back from pursuing higher education? Have you considered starting a new career path or trade? Lace up your sneakers, sharpen your pencils, stuff your back packs and join the Kitchen Spoon & Combat Boots team for our June 5th virtual Lunch & Learn on Creative Ways to Fund your Higher Education. At Noon we will be providing instruction on available scholarships and grants for higher learning and vocational training. This virtual opportunity is open to all!

Don't forget to connect with the Kitchen Spoons & Combat Boots team for our Smart Strategies for Financially Savvy Youth webinar. On Wednesday, July 10th at Noon, we will be educating attendees on age appropriate techniques to increase awareness on financial responsibility for youth. During this time, we will be putting the FUN in financial fundamentals to make the webinar beneficial for adult guardians, as well as children.

Wednesday, June 5

Creative Ways to Fund Higher Education

**JUN
5**

Wednesday, July 10

Smart Strategies for Financially Savvy Youth

**JUL
10**

Wednesday, August 7

TBD

**AUG
7**

Check us out online at:

[http://www.ngfamily.vt.gov/](http://www.ngfamily.vt.gov/ks_and_cb_page.html)

[ks_and_cb_page.html](http://www.ngfamily.vt.gov/ks_and_cb_page.html)



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



Military OneSource Supports Friends & Extended Family Too!

Parents, siblings, grandparents, extended family, friends and loved ones of service members are a part of their service member's network of support – as well as part of the extended military community. It is honorable to have a warrior in your family or friend network. You may feel pride for your service member's call to serve and even concern or curiosity about your service member's military experiences. Military OneSource is committed to helping friends and extended family members have a better understanding of military life, military culture and the resources available to your service member. For more information, visit <https://www.militaryonesource.mil/military-friends-and-extended-family>

In addition, friends and extended family members can subscribe to the Friends & Family Connection eNewsletter; a newsletter written specifically for a service member's network of support. Subscribers will receive a bi-monthly email that highlights military culture information, insights and tips that will help you support your service member, and stay connected to military life.

To subscribe: <https://www.militaryonesource.mil/publications/friends-family-connection-archives>

For further Military OneSource support, connect anytime by calling 800-342-9647 or visit www.militaryonesource.mil for a live chat.

Marcie Caulfield

Office: (802)-338-3164

Cell: (802)-233-9694

email: marcie.caulfield@militaryonesource.com



Family Readiness Support Assistant



I would like to share something personal with you. My husband has been deployed for the last year with C Co 3-126th AVN. This has

been a difficult year for my family and me, but it is finally OVER!!!! We recently welcomed my husband home and we could not be happier!

As excited as our family is to have him home again, we have to remember that there have been a lot of changes in his absence. I grew to be even more independent and had to run the house. The kids have changed as well; the oldest has entered the "pre-teen" stage and the youngest went from diapers to potty-trained. My husband had to change as well since he has been in a completely different environment and has lived the "Army way" for the duration of the deployment.

I, fortunately, have experienced a homecoming before, as I deployed with the 86th IBCT in 2010. I understand what my husband is dealing with through this reintegration process. Many spouses are going through different situations, some are not service members, some have experienced multiple deployments with their service members, and for some this is their first deployment.

Regardless of our experiences with deployments all of us have a few things in common.

1. We all have sacrificed. Whether it's the service member, spouse or child, time has been lost with a loved one.
2. We need to reestablish the open communication. Now that you can talk freely with your service member, let them know how you're feeling. Everyone has grown in their own individual way, therefore having an open family communication is vital for this reintegration period.
3. We know it will take time for things to settle down and get back into a rhythm. It's important to have realistic expectations for the reintegration phase. Things may not go back to "normal" right away and that is ok! My advice isn't just for those returning from a deployment. This is for anytime your service member is away. The struggles of covering down for parental responsibilities and household tasks can be overwhelming - even for a drill weekend. Life isn't always rainbows and unicorns, but everyone has the power to make each situation positive.

You may or may not know, I am a part of the VTNG Family Readiness Support Assistant Team. The benefits to being a spouse and part of Family Programs were vital in helping me through this deployment. My family received emotional support through Military OneSource 24/7 Counseling service, Vermont Veterans Outreach helped me file a VA Claim and I received a monthly wellness check from my Family Assistance Center Specialist. I didn't know that half of these programs existed before joining the team. Know

your resources prior to any long term separation from your soldier. Use your support networks whether it's a friend or family, your unit Family Readiness Group or VTNG Family Programs. For more information check out the VTNG Family Programs website at www.ngfamily.vt.gov
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>

Thoughts From Our State Youth Coordinator



Personal challenge & growth, connections, and esprit de corps sum up Military Kids Vermont (MKVT)-April Vacation Partner Camp. Being the

encapsulating event for Month of the Military Child-April 2019 we felt compelled to provide an experience that highlighted some of what makes these kiddos wicked special.

Connections are critical to the success of our youth. Being a "Guard" state Vermont's Military Youth are scattered around the state, sometimes they are the only military kid in the classroom. Bringing them together, connecting them with other military youth is important to reduce feelings of isolation. This mission was accomplished for those in attendance; new friendships formed and old ones strengthened. Also, connections are critical to the planning and execution of camp. For starters there were 11 (eleven) organizations/individuals involved throughout the week. Their support was afforded in many ways; from providing a location for a day, facility tour and pilot briefing, tennis/ yoga/rock climbing instruction, fish dissection & Lake Champlain ecology,

healthy eating, volunteering for local non-profits, affording background checks and trained adults for supervising youngsters ensuring a safe environment for the campers. Thank you to ALL involved, especially to Vermont Youth Development Corps for staffing the week with wonderful youth development professionals and to Army Aviation for letting us take over your space..

Personal challenge & growth are



important for all children & youth. Military youth tend to be more in tune with this concept than most civilian kids. I attribute this to the constant and unknown challenges placed on them, along with their unwavering respect for their military parent. With this in mind we engaged them in rock climbing, high ropes course, a morning of volunteering to provide caring messages, dog chew toys for a local animal shelter, getting a briefing and tour from a pilot at the Army Aviation Flight Facility, learning how to play tennis, dissecting a fish, going on a fishing boat ride on Lake Champlain, and an eating healthy challenge.

Esprit de corps which is a feeling of pride, fellowship, and common loyalty. This was accomplished through & throughout the entire camp experience. I will let the photos do the talking on this one!

Military dependent camps and programs are great opportunities for kiddos to grow and thrive as leaders, followers, adventurers, friends, community members, and their best-selves. Check out the awesome list of 2019 Military Youth & Family Summer Experiences flyer in this newsletter. I hope to see you there!



Check out the FULL page of Summer 2019 Camp Opportunities

****For additional information or to register for any of the above contact: Brian Stoudnour***

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/>

Citizen Soldier For Life - Career Readiness

Dear Vermont National Guard Members and Families,



CITIZEN SOLDIER
FOR LIFE



The topic of moving on from a workplace to a new one is never easy. There are so many emotions that go through one's mind from the conversations that have to be had with supervisors and co-workers, to the continuity planning that is involved if you hold a position where a 2 weeks' notice is not simply enough. Careful planning is needed to align last days and start-dates as well as saying farewell to the people you have built relationships with. In my journey as a Career Counselor and Contractor in Family Programs with the Vermont National Guard I have been blessed to be able to assist many service members, their family members, and veterans in our community to find new employment opportunities. At the end

of June I will be transitioning to the next adventure awaiting me and have been going through this process myself. I want you all to know that the CSFL program is not going anywhere. Providing Vermont's service members, families, and veterans with the tools to be successful in their job search will certainly continue; with many big opportunities coming your way!

If you are going through a transition, here are some tips to make this part of the job hunting process a little less stressful. The first tip is transparency. Being honest still goes a long way. Especially when balancing job offers and providing your notice that you are moving on. Try not to look for a "good" time to tell your boss you plan on leaving, but rather focus on the amount of notice you are giving. Typical jobs require 2 weeks' notice, but if you are a teacher, counselor, or something more specialized 3-6 weeks' can be in order for planning. Remember being open and honest will go a long way assuring your boss the transition will be smooth. The second tip is keeping the initial conversations short with the facts only. Most managers are supportive of this process, but may have an initial shock. Being extremely clear and having the facts is important. This will lead to less confusion. Over the next few days you can provide more information if you wish, but it is not needed. Be ready to say you will be moving on to other opportunities, firm up the date of your last day, and thank them for the opportunities for growth during your tenure. If the response is not what you were expecting, give it a few days as I mentioned above, the employer may just need time to process this. The last tip is to couple this conversation with a letter of resignation with all of these details in it. Once you leave your boss's office, they potentially might forget your last day, or have other questions. The letter of resignation will be a big help, plus it is usually an HR document that is put in your file.

I want to thank the Vermont National Guard and Family Programs for this opportunity. CSFL will continue to work with you building brighter futures for all who serve in and alongside our Vermont National Guard. The next message from CSFL to you all will be the introduction of my successor and what they bring to the Vermont National Guard family.

Nicholas A. Thomas ~ Citizen Soldier for Life ~ Career Readiness Counselor

Office: (802) 338-3709 | Cell: (802) 310-5391 | Nicholas.a.thomas71.ctr@mail.mil

Employer Support of the Guard and Reserve (ESGR)



Vermont ESGR is looking for a new volunteer State Chairperson. This is a volunteer position, and normally requires up to a couple of hours per week, with a few other times during the year requiring additional time and effort. Contact Linda Fowler, full-time Volunteer Support Technician (802-338-4187) or Jerry Manock, current interim Chair (802-355-6169) for more information. This is a position that would start 1 October and run for 3 years (renewable one time.)

If you were away at the JRTC during May, now is a great time to say thank you to your employer for their support by requesting an ESGR Patriot Award. It only takes a few 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! We will notify you when the award is at our office and make arrangements to come to your workplace to present the award

in person to your boss. Spouses, you can also request a Patriot Award for your employer. When your spouse is away for training you also become a "single parent" doing double duty! Go to: <https://esgr.mil/Service-Members-Family/Nominate-your-Employer>

SAVE THE DATE! If you requested an award for your employer (after May 2018), you, your civilian boss, and your Commander will be invited to our 2019 Annual Employer Awards banquet. The event is on 20 June 2019 at the Delta Hotel by Marriott (formerly Trader Duke's Conference Center) in So. Burlington; begins at 1700 and runs until about 2000. (Please note that if you are just requesting an award, it will not arrive in time for this year's event.)

Need help with your employer, finding a job, or have another question? As always, call us with any employment-related question at 802-338-4187 or 802-338-4190.



Family Assistance Center



One of the things I look forward to the most this time of year is the start of our outdoor Farmers Markets throughout Vermont. I found this great website that lists all the outdoor (and indoor) markets from Arlington to Winooski and every community in between: <https://nofavt.org/find-organic-local-food/farmers-markets>. NOFA stands for the Northeast Organic Farming Association (of Vermont). You can click on the location of your choice and it will bring up a map and details specific to that market-including whether or not they accept EBT and debit cards. The majority of markets I looked up do accept EBT and debit cards, however, be sure to check this website before heading out the door to your neighborhood market.



One of the best things about going to my local outdoor market is the friends I run into that I haven't seen for a while-since last year's outdoor market. It is a great time to connect and catch up on the news and "goings-on" within their family. It has been a hard winter for most of us, now we can enjoy being outside without all the layers of a deep-sea diver! Bask in the warmth of the season, take your time at each stall and enjoy the brief interlude that is Spring/Summer in Vermont.

Sherri Prouty
Family Assistant Center Coordinator (FAC) Contractor
Office: (802)-338-4320

Vermont Veterans Outreach



I am the Program Analyst for the Vermont Veterans Outreach Team currently working out of Camp Johnson. My name is Jeremy Stocker and I am a native born Vermonter, raised here on a small farm before starting my military career. I retired in 2014 after serving 4 years in the U.S. Marine Corps and 17 years in the U.S. Army. During my service I spent 39 months in Iraq over the course of 3 deployments in support of Operation Iraqi Freedom, and was station at Fort Hood Texas for the most part. Other duty stations included Camp Lejeune, 29 Palms, South Korea, and Okinawa Japan, but it was Fort Hood and Fort Sam Huston in Texas that my wife and I raised our two daughters whom have left the nest. Since my retirement I earned a B.S. in Digital Forensics from Champlain College and have seen my children off to colleges of their own. My job here as the Vermont Veterans Outreach program analyst has brought me back among other Veterans, where I have busy restructuring and growing the scope and capabilities of the program's database. The goal is to streamline work flow and reporting as well as making use of the data collected in a meaningful way that can be more easily understood and digested. This will help us identify trends and predict the needs of the Veterans we serve.



Jeremy Stocker
Program Analyst Vermont Veteran Outreach (Contractor)
Office: (802)-338-4314

Mental Health Counseling



Mindfulness: Being in the Present The following 60-second exercises can be integrated into your daily life most anywhere at anytime. **1.** Deep Breathing: calms your mind bringing your thoughts to the present. **2.** Body Scanning the tense areas in your body from head to toe increasing physical and emotional awareness. **3.** Environmental Exploration by studying something indoors or outdoors and explore the details of it. **4.** Use Mindful Activities as a way to create a new experience by noticing every aspect of the activity. **5.** Take a Time Out from Electronics by replacing it using one of the exercises from this article. **6.** Use Reflective Listening to focus on the meaning of what is being talked about. **7.** Use Your Senses by seeing, hearing, smelling, tasting and feeling the environment around you. **8.** Thinking Positive-ly by creating a personal mantra or affirmative statement and practice saying it several times a day. **9.** Show Appreciation by becoming aware of things that go unnoticed. **10.** Planning Mindful Moments by setting your watch to breathe, reflect and dedicate your time to what's important. **11.** Eating Mindfully by using all of your senses. **12.** Take Your Time instead of multi-tasking or hurrying from one activity to another. **13.** Deactivate Diversions by just turning off your electronics or blocking time off in your calendar. **14.** Pay Attention to how you treat others by treating them the way you want to be treated. **15.** Make Stress Your Friend by changing a negative attitude toward certain situations to a positive attitude, which includes changing your body language and smiling more. **16.** Practice Acceptance by accepting things as they are instead of what they should be.

17. Use Self-Reflection by identifying what you accomplished for that particular day without judging yourself. **18.** Set Daily Goals by determining what you would like to accomplish and what you would like the end result to look like. **19.** Commit-to-Commit by practicing one or some of the above exercises and in time you will become more mindfully present.

Charlene Caiano ~ Mental Health Counselor ~ Office: (802)-338-3445

Personal Financial Counseling



Do you want to use a budget but not sure where to start?

Budgets, or spending plans, allow us to set our financial priorities. They get us organized so that we don't spend money we don't have, prepare us for unexpected expenses and help us achieve long term goals like car and home buying, college tuition, and retirement. But how to start and what budget to use can be confusing.

There are many great spending plan options available, here is just one to consider: the 50/30/20 plan breaks take-home pay into three categories: needs, wants, and savings and debt repayment.

- **50% for wants.** These are the essential expenses: housing, transportation, utilities, insurance, child support, minimum debt payments, groceries and basic clothing.
- **30% for wants.** This category includes any spending which is not required to keep you safe, warm, clothed and fed. It includes items like dining out, hobbies, sports, paid TV subscriptions, and vacations.
- **20% for savings.** This includes both short and long term savings goals as well as debt payments above the minimum required amounts.

Sometimes it can be hard to know if something is a want or a need. Most of us would agree that transportation is essential, especially in a rural state like Vermont. However, your basic need may be met by buying a good quality used car for \$10K, rather than the fully loaded pick up for \$46K.

Let's look at an example. Say your income after taxes is \$3,400 per month. That means there is \$1,700 for needs, \$1,020 for wants and \$680 for savings. If you find that you are spending more than 50% for your needs, see what you can do to reduce costs including: negotiating a better deal for your phone plan, shopping for cheaper car insurance, or taking in a roommate to reduce housing costs. Also, can you trim items in the wants category like not buying food at a convenience store, or spending as much on gifts or clothing?

Because every person and family are different, everyone's spending plan will look different too. The key to creating a successful spending plan is taking a little time to evaluate every expense and asking, is it a need or a want? Is it an expense I should or must keep or can I reduce or eliminate it?

For more information about the 50/30/20 Spending plan, go to www.ngfamily.vt.gov and click on Financial Services.

If you are interested in any of these options, check out the links at: <http://www.ngfamily.vt.gov/financial-services.html> or call Susan Kelley-Outten at 802-318-2507 or email at susan.kelley-outten.ctr@mail.mil.

VTARNG State Chaplain



Ephesians 5:33 (ESV), However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

Theodore Hesburgh, "The most important thing a father can do for his children is to love their mother."

I use this statement when I do pre-marital or marital counseling and then listen to their response. I then show the couple how research supports this statement. It goes without saying that your kids need and deserve your love. BUT, if you're in a relationship, your partner comes first. This is tough for some people to hear, but just about every relationship expert agrees. Now there are times when a child's immediate needs might come first momentarily, but ultimately the marriage bond has to be

paramount. Your marriage comes first. Then your kids. When it is the other way around, bad things happen. When kids are the center of your universe, they grow up thinking they "are" the center of the universe. This can cause problems when they're older and enter the "real" world. And, your marriage suffers. I've seen this firsthand with some couples we know. Their mutual focus on the kids instead of each other was a way to avoid intimacy and the issues in their marriage. And that marriage ended as you would expect. Teaching your kids how to love is important too. Putting your relationship first is part of what this quote is getting at. Teaching your kids how to love is the other part. Kids are so sensitive and observant. They pick up everything. And they model whatever we do. If a boy sees his father treating his mother poorly, he is likely to believe that's an acceptable way to treat women. And if a girl sees her father disrespecting her mother, she's more likely to believe this is an allowable way for men to treat her.

Compare this to kids who see their parents expressing true love toward one another. What will those kids grow up believing?

There are also few things that provide more security than children knowing that their parents are a united pair. As long as things are good with mom and dad, kids feel like they can face anything.

Final note.

The most important thing a mother can do for her children is to love (respect-added by me) their father.

<https://www.mamanatural.com/most-important-thing-a-father-can-do/>

CH (LTC) Brett Charsky

C: 315-481-0419

brett.e.charsky.mil@mail.mil

2019 Military Youth & Family Summer Experiences

2019 Air Force Drone Camp-4H

Dates : June 24-26, 2019

Who: ALL VT Military Dependent Youth

What: 3-day opportunity on the University of Vermont campus, June 24-26, 2019 for teens ages 13-18, with a parent or guardian in the Air Force. Each day will run from 8:30 a.m. to 4 p.m. with final presentations being shown on June 26 at 3 p.m. The camp is offered as a partnership among the UVM Extension 4-H Program, UVM Rubenstein School for Natural Resources Spatial Analysis Lab, and the Vermont Youth Development Corps

For more info and registration:

<http://go.uvm.edu/2019dronecamp>

If you have any questions, please call Allison Smith, 4-H youth Learning Experiences Coordinator, at 1-802-651-8343 ext 509 or 1-800-571-0668, or by email at Allison.smith.2@uvm.edu. To request a disability-related accommodation to participate in this program, please call Allison by June 1, 2019 so we may assist you.



Region 1 Youth Symposium

Who: VTNG Teen Council Members

Dates: June 25-28, 2019

Where: Maine

What: Join our Region 1 (ME,MA,NH,RI & CT) counterparts for Leadership Development Trainings, Planning Sessions, Army Family Action Plan Execution, Public Speaking Opportunities, Community Service, and more...

Teen Leadership-Lakes & Mountains Adventure Camp

Who: 15-17 year old Vermont Army National Guard Youth

Dates: July 7-19

Where: Orleans County

What: Looking for an amazing experience this summer? Look no further. Join a group of eight (8) VT Army National Guard Teens on a 13 day-overnight experience. This once in a lifetime opportunity will have you sailing on the lakes of NEK, and Lake Champlain in replica whaling boats. This will be followed up with a backpacking adventure in the Green Mountains of Vermont.



Military Dependent Week

Dates: July 29-August 2, 2019

What: STARBASE VT in So. Burlington offers a summer camp for 5th/6th graders of Military Families. This fun science focused camp takes place each year the week of August 1st. Please fill out the [Summer Application](#) and return it to STARBASE before July 1st to attend. Feel free to email paige@starbasevt.org for more information

Farm to Table Leadership Camp

Dates: August 4-9, 2019

Who: 12-14 year old Vermont Army National Guard Youth

Where: Orleans County

What: The food revolution is upon us! Join 10 (ten) other VTARNG youth. Throughout this experience you will learn about organic backyard gardening skills. While taking those same fruits and vegetables straight to the kitchen and be taught how to prepare it into delectable dishes by professional chefs. Each camp will be accompanied by an off-campus trip to discover what it takes to run a commercial berry patch, own & operate a bakery, manage & facilitate a soup kitchen, lastly visit a chef owned and operated restaurant to get a "behind the scenes" look at the operation.



VTNG End of Summer Camp

Who: 8-17 year old Vermont National Guard dependents

Dates : August 18-24, 2019

Where: Orange County

What: In this age of hectic lives, Summer Camp is an oasis of simple fun in picturesque scenery nestled in the hills of Vermont. Join 60 others for an overnight full camp experience at a great pace in an intentional community. The week is filled with canoeing, water sports, riflery, hiking, climbing, nature walks, arts and crafts, singing, music, and storytelling by the campfire. With so many adventures awaiting it is easy to carve out friendships that will last a lifetime.

For more information contact LCYPC Brian Stoudnour, Lead Child & Youth Program Coordinator (contractor) at 802-338-3369 or email brian.r.stoudnour.ctr@mail.mil

Don't miss an experience!

Upcoming Events



National Guard Association of Vermont & Vermont National Guard Enlisted Association Invites



Soldiers & Airmen, NCOs, Officers, Retirees & Corporate Partners

Sunset Cruise aboard the Spirit of Ethan Allen

&

NGA-VT Annual Business Meeting

SATURDAY, 20 JULY 2019

Hosted by Splash at the Boathouse & Spirit of Ethan Allen On the Waterfront in Burlington

NGA-VT Business Meeting 1530-1630

Pre-boarding 1630-1745

Boarding 1745-1830

Sunset Cruise 1830-2100

Ticket prices are subsidized by NGA-VT, VTNGEA and Corporate Partners

Casual Attire / DJ & Dancing

Sounds of Summer Dinner Buffet (see soea.com for menu)

Register for Tickets at ngavt.org



Attending the NGA-VT Business Meeting is optional and not required for the Cruise



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

Calendar of Events



KS&CB WEBINAR

Online



DRONE CAMP

Burlington, VT



INDEPENDENCE DAY

Nationwide



KS&CB WEBINAR

Online



NGA-VT SUNSET CRUISE

Burlington, VT



LAKE MONSTERS MILITARY APPRECIATION

Burlington, VT

Contact Information

DIRECTOR, FAMILY PROGRAMS

Dave Leonard

david.c.leonard3.civ@mail.mil

cell: 802-598-0140

VERMONT VETERANS OUTREACH

Andre Wing

andre.d.wing.ctr@mail.mil

cell: 802-881-5057

LEAD CHILD AND YOUTH PROGRAM COORDINATOR

Brian Stoudnour

brian.r.stoudnour.ctr@mail.mil

cell: 802-310-6745

SURVIVOR OUTREACH SERVICES

Tammie Conner

tammie.l.conner.ctr@mail.mil

cell: 802-881-6632

VT VETERANS PERSONAL FINANCIAL COUNSELOR

Susan Kelley-Outten

susan.kelley-outten.ctr@mail.mil

cell: 802-338-3446

AIRMAN & FAMILY PROGRAM MANAGER

Mary Mahoney

mary.k.mahoney13.civ@mail.mil

cell: 802-598-0202

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

CITIZEN SOLDIER FOR LIFE CAREER READINESS COUNSELOR

Nick Thomas

nicholas.a.thomas71.ctr@mail.mil

cell: 802-310-5391

ARMY DIRECTOR OF PSYCHOLOGICAL HEALTH

Office: 338-3494

FAMILY ASSISTANCE CENTER COORDINATOR

Sherri Prouty

sherri.l.prouty.ctr@mail.mil

cell: 802-338-0563

TRANSITION ASSISTANCE ADVISOR

Ronnie LaBounty

ronnie.m.labounty.ctr@mail.mil

cell: 802-399-6401

AIR WING INTEGRATOR, YELLOW RIBBON PROGRAM

Kelli Langlois

kelli.j.langlois.ctr@mail.mil

cell: 802-751-5856

AIR DIRECTOR OF PSYCHOLOGICAL HEALTH

Trish Dempsey, LICSW

trish.a.dempsey.civ@mail.mil

cell 802-557-7368