



FROM THE HOMEFRONT

November 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
- VTARNG State Chaplain5
- Citizen Soldier for Life (CSFL).....6
- Vermont Veterans Outreach (VVO).....6
- Personal Financial Services.....7
- Family Assistance Center.....7
- Commissary Case Lot Sale & Veteran Day Benefit Concert Flyer8
- Military Ball.....9
- Contact Information & Events Calendar 10

State Family Program Director



Thanksgiving conjures up images of pumpkin pie, football and spending time with family and friends. However, also during this holiday, one very lucky turkey receives a “Presidential pardon” from the President of the United States.

When did this tradition begin? Who started the tradition of sending the pardoned turkey to a zoo or farm? Abraham Lincoln’s son Tad interceded on behalf of the live turkey brought to the Lincoln home which led President Lincoln to “spare” the turkey’s life. Presenting a turkey to the White House has been a tradition as far back as the 1870s, but not the pardoning... Fast forward to 1963 and President Kennedy being presented with a live turkey-to which he said of the turkey, “Let’s keep him going” (it is not clear if this bird survived that holiday season). Patricia Nixon, in 1973, sent their bird to the Oxon Hill Children’s Farm and Rosalynn Carter sent the 1978 donation to the Evans Farm Inn to live out its days in a mini zoo. But again, no official use of the word “pardon”...

It was actually George H.W. Bush, who said, “But let me assure you, and this fine tom turkey, that he will not end up on anyone’s dinner table, not this guy -- he’s granted a Presidential pardon as of right now -- and allow him to live out his days on a children’s farm not far from here.” And so it began...The gifts of a turkey to the White House has become a national symbol of good cheer and a welcome diversion from the politics of the day. So whether you are partaking in the traditional poultry, tofurky or perhaps you prefer a turducken for your holiday feast, I hope you are surrounded by friends, family, and good cheer!

Happy Thanksgiving to all!

Sincerely,

DAVID C. LEONARD
Lieutenant Colonel, USA (Ret)
Director, Family Programs
Vermont National Guard
(Office) (802)-338-3391
email: david.c.leonard3.civ@mail.mil



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

Airman and Family Readiness Manager



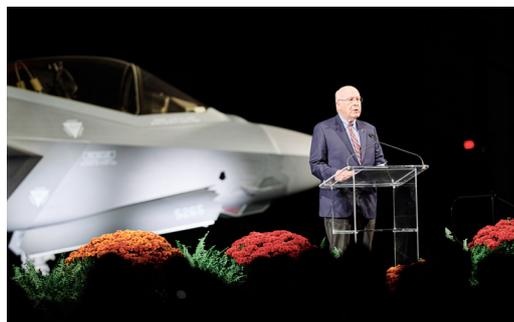
What an awesome celebration weekend we had during our October Drill. The Airmen, families and retirees all had a great time on Airman Appreciation Day welcoming our F-35's. Thank you to all who helped with the planning!



The Commissary will be having a sale on Camp Johnson in Colchester Friday November 8 from 9-5 and Saturday Nov 9 from 9-4. Items will include a variety of meat, canned goods, paper goods, holiday items, baking products, and much more! Please pass this information on to any current or retired military member of any branch of service. Military ID required. Feel free to call or email Ft Drum Commissary with any questions or to get on their email distro list. Contact Patty Mushtare at patty.mushtare@deca.mil (315) 774-9130 or DSN 774-9130.

****If you are aware of an Air family who may benefit with some confidential help over the holidays with food or gifts for your kids, please let our office know as soon as possible.****

Mary Mahoney
VTANG Airman and Family Readiness Manager
802-652-8035



Kitchen Spoons & Combat Boots

November 6th, 2019 at Noon – Influence on the Homefront Starts With You

Join the Kitchen Spoons & Combat Boots Team on November 6th from 12:00PM to 1:00PM for the “Influence on the Homefront Starts With You” lunch & learn webinar. This virtual opportunity will focus on:

- Stress and emotions - what they are and how they affect you.
- Stress thresholds and plan implementation.
- Understanding levels of self-care.
- Respectful ways to disengage.
- How to develop a self-care plan.
- Climate of seeking help.

For those who plan ahead:

November 16 – In-person workshop (with youth programming) at 11:00 am in the Swanton Armory (bring yourself and a friend for free, hands-on activities that can help reduce stress and boost the holiday spirit.

December 4 webinar – Do Your Holiday Like a Boss at Noon
January 8 webinar *date change* - Market Yourself... Proactively!!! at Noon

Check us out online at:

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

Monthly Webinars

Wednesday, December 4
Do Your Holiday Like a Boss

**DEC
4**

Wednesday, January 8
Market Yourself... Proactively!!!

**JAN
8**

Wednesday, February 5
TBD

**FEB
5**



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



Comparing Non-medical Counseling and Health and Wellness Coaching



The Military OneSource Program offers both health and wellness coaching and non-medical counseling to help best meet the individual needs of service members and their families. Sometimes it can be difficult to identify which program will best meet your needs as a service member or family member. Both health and wellness coaching and non-medical counseling staff share a similar background and utilize many of the same approaches. Coaches and non-medical counselors use members' strengths to achieve a goal or reach a solution, and utilize techniques such as unconditional positive regard, empathy, and motivational interviewing. Choosing whether to engage in health and wellness coaching or non-medical counseling will depend on you or your loved one's needs.

Health and wellness coaching

Coaching is a wellness-based approach to help motivate you when you have already identified a goal that you are striving toward. Coaching is most effective when you have a goal in mind and are looking for assistance to help you develop motivation and stay accountable as you strive to achieve your long-term vision with:

- a weight-loss goal
- improving nutrition
- managing stress
- tackling transitions

Non-medical counseling

Non-medical counseling is a strength-based approach to help you identify internal strengths that you can use to find solutions to overcome life challenges. Non-medical counseling is most appropriate for someone dealing with situational stressors, not persistent or chronic mental health issues that would best be resolved through TRICARE or base resources.

In non-medical counseling, you are the expert on yourself and you develop the goals for counseling. The role of the counselor is to guide the process of identifying goals and to help you identify strengths and resources that can help you overcome or manage the issue; such as:

- a family member is experiencing stress related to a spouse's deployment or a PCS
- dealing with blended family issues
- improving couples' communication or coping with a recent breakup of a relationship

While both health and wellness coaching and non-medical counseling meet different needs, both programs can be accessed concurrently and in support of each other. There may be situations in which you have both a wellness-based goal and the need to participate in solution-focused counseling. For more information, call 800-342-9647.

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

Employer Support of the Guard and Reserve (ESGR)



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

Notice to Your Employer – Please be sure to notify your employer of the upcoming deployment, especially if you are a member of the 86 IBCT or you have knowledge of another deployment. Military spouses, don't hesitate to speak with your own supervisor to let them know that in a year or so, you will be taking care of business for the family, and may need some flexibility in your work schedule.

Known job fairs in November:

19 November Burlington VT DOL Fall Veterans Job Fair, 0900-1500 – Doubletree Burlington

Need help finding a job? If you need to tune up your resume or don't even know where to start, contact Dave Wheel at dwheel@interactivegov.com or 802-272-5509. Be ready if you're looking for a job, or a better job! 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.

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, VT ESGR Vice Chair (802-355-6169) for more information.

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



Thoughts From Our State Youth Coordinator



Ah, Thanksgiving! An entire day dedicated to appreciating family, friends & food. Did you know that a full-time employee spends on average 1,811.16 hours per year at their job. I certainly consider you all my 'work family', and am ever so thankful to have this opportunity to serve you. You provide the inspiration when developing positive youth programs; You regale at new experiences & challenges; You allow yourself to be vulnerable when expanding your community; You are tenacious in being your



best-self. THANK YOU!

The past several weeks have been busy with the DREADED closing out of the Fiscal Year. For the Child & Youth Program this includes the creation of an Annual Report. From all accounts, this document finds it's way to the POTUS's desk, what!?? Below are a few photos from which inspiration was gained, but did not make it into the report. To see the full 6-page report follow this link: <https://www.ngfamily.vt.gov/Newsletter-Reports/>



★ Are you between 8-17yo and looking for something to do on Saturday 16 November 2019? Join us at the Swanton Armory for a day of "Tenacious Youth" program. Registration require, do it here: <https://www.surveymonkey.com/r/KSCBFall19Workshop>



Date: December 22, 2019 Time: 1:00 pm - 4:00 pm

Where: American Legion Post 91, 3650 Roosevelt Highway, Colchester, VT

Description: The American Legion Auxiliary Unit 91 would like to invite your whole family out to a Christmas Celebration Party at the Post. Watch our social media feeds and our next months VTNG Family Programs Newsletter for more information

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



Dear Volunteers!

It's that time of year again! Operation Homefront's Holiday Toy Drive is back in full swing and the Family Readiness Support team is looking for volunteers to help with donation pickups from local Dollar Tree stores.

I'd like to Volunteer! How do I get involved?

1. Contact me, Candice Bryan-Broe, saying that you would like to volunteer.
 2. Pick a Dollar Tree location that you would like to pick up from. There is a list of Dollar Tree stores that are supporting the VTNG and you would choose a store from that list. I will provide that list when you contact me with your interest.
 3. Pick a VTNG armory to drop off at.
 4. Choose a time that you would like to pick up/drop off.
 5. I will provide you with a contact for the store and for the armory and any other information that Operation Homefront requires you to have for pick up.
 6. Pick up/Drop off at your designated time
 7. Contact me when you are done. And that is it!
- So if you would like to learn more, please contact Candice Bryan-Broe (that's me) Looking forward to hearing from you soon!



Candice Bryan-Broe ~ Office: (802)-338-3652 ~ Cell: (802)-316-6342 ~ email: candice.e.broe.ctr@mail.mil



DON'T FORGET!

Record your volunteer hours & 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>



VTARNG State Chaplain



Chaplain's Reflection:

Ecclesiastes 10:10 (ESV) If the iron is blunt, and one does not sharpen the edge, he must use more strength, but wisdom helps one to succeed.

Summer has come and gone and now Autumn is upon us. The change in the color of the leaves are beautiful and people enjoy taking drives just to see the reds, yellows, oranges, and greens mixed together. People plan weekend trips or take bus tours through Vermont to see the beauty.

I grew up in a rural community surrounded by trees that change color and I never grow tired of the beauty of the leaves. I enjoy going for hikes with my family and taking pictures early in the morning when the sun's rays hit the leaves still coated with dew. However, I meet a lot of people that grew up surrounded by the changing of the leaves and only complain that winter is coming. They miss the beauty of the season because they are focused on the next season.

Solomon teaches us an important lesson: if one uses an axe and does not sharpen it, it becomes dull and is not useful. However, when a person stops chopping and takes a few minutes to sharpen their axe, then the blade remains sharp and they work both more effectively and with less effort.

It is the same in relationship! When was the last time you went on a date with your spouse or significant other? When was the last time you enjoyed a cup of coffee or a meal with your spouse or significant other without your cell phone? When was the last time you turned off the TV and went for a walk holding hands? The questions could continue, but you understand the purpose of these questions. If we are not intentional about taking time to connect emotionally, physically, or spiritually with one's spouse or significant other, then the relationship becomes dull and more work than fun. Once this happens, the couple is at a crossroads in their relationship: 1. Take time to connect and encourage one another or 2. Continue to drift apart and experience the consequences.

I encourage you to be intentional about taking time with your spouse or significant other and connect emotionally, physically, and spiritually and watch how the relationship deepens.

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

Life moves pretty fast. If you don't stop and look around once in a while, you could miss it
- Ferris Bueller's Day Off -

Citizen Soldier For Life - Career Readiness



Hello from White River Junction

The fall weather is finally upon us and the bright leaves are starting to lose their luster, and with the change of the season comes Halloween, and Thanksgiving.

As we begin the holiday season many face the stresses of the holidays and how they effect their income. Many find themselves under employed or unemployed and not able to provide as well as they would like. So let me help you free of charge!

Hello, Brian Duchesne here and I am the Career Readiness Counselor here on White River Junction and I cover the southern part of the state. I assist with resume preparations, mock interviews, cover letters, as well as financial planning, career transition and much more. You just need to be a service member, veteran, or family of a service member or veteran. The best part of the deal it's all

free of cost to you. If you need assistance please do not hesitate to reach out. I am in the Army Reserve building at 209 Balsam Lane, on the Hartford / White River Junction line and I can be reached at 802-338-4332 or at brian.m.duchesne.ctr@mail.mil

If you are in the Northern part of the state do not hesitate to contact my counterpart Karen. She works out of Camp Johnson in Colchester. Her contact is Karen Chesser Cell: 802-310-5391, Office: 802-338-3079, karen.s.chesser.ctr@mail.mil

Sincerely

Brian Duchesne

Office: 802-338-4332

brian.m.duchesne.ctr@mail.mil



Vermont Veterans Outreach



The Vermont Veterans Outreach Team will be assisting individuals during their units Soldier Readiness Processing (SRPs) with signing up for the Burn Pit Registry through the VA (Veterans Administration). Veterans and service members may be eligible if:

- Veteran and/or service member participated in OEF/OIF/OND/OFS
- Veteran and/or service member who have deployed to the Southwest Asia theater of operations on or after August 2, 1990
- Veteran and/or service member that deployed to Afghanistan and/or Djibouti after September 11, 2001.



If eligible, individuals can use the registry questionnaire to report exposures to airborne hazards (such as smoke from burn pits, oil-well fires, or pollution during deployment) as well as other exposures and potentially linked health concerns. Individuals do NOT need to be enrolled in the VA Health Care system to participate in this survey. To learn more about the Burn Pit Registry visit:

<https://veteran.mobilehealth.va.gov/AHBurnPitRegistry/>

At SRP's, there will be laptops and Outreach Specialist to assist individuals with the registry when they visit the Family Programs table. Individuals should use their CAC to log in. Once logged in, individuals will need to initiate a DS Logon so they can finish the questionnaire at home, if needed. If veterans and service members do not have access to a CAC reader they can use their DSN Logon (which is used for DFAS, eBenefits, DEERS, etc.). Individuals can reset their password but in order to do so they will need to remember and answer their previously selected security questions.

The Burn Pit Registry is an important tool for both the VA and for veterans /service members alike. Entering the registry and providing information on what one has been exposed to helps the VA determine patterns of illnesses and it also helps support individuals with potentially similar health concerns related to their exposures. Entering the registry helps YOU and your fellow veterans/service members AND...we're happy to help!

Andre Wing

Program Manager

Vermont Veterans Outreach Program



Check us out on Facebook!

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

Personal Financial Services



Surviving the Holidays Financially

The holidays will be here soon, and we need to plan now to be able to survive them financially. No one ever wants to go into debt to pay for the holidays. You still have a few months left to plan. The first thing you need to do is know where all your money is being spent right now, and that will require some type of spending plan. There are many free resources to help you create a budget, start by checking with your bank or credit union and see if they have a spending tracker. Once you have found where you are spending your money now, you need to make a spending list for the holidays.

Start by listing everyone you purchased gifts for last year and add new people you will be buying for this year. Then make a list of all the extra expenses you will be spending on beyond the individual gifts, include things like, gift wrapping, travel, holiday parties and extra food and drinks for the holidays.

Now that you have made a list of things you want to spend money on, you have to find that money in the budget you already completed. If you don't know how much to spend, some experts say no more than 1-2% of your yearly salary is a good guide for spending on the holiday's, that's for All the holiday's you celebrate this time of year.

If there is very little or no extra money in the budget, then you need to get creative. Two great gifts to think of giving are gifts you make or giving of your time. If you love baking, or love crafts, you can make something and also help children make gifts, they say people appreciate the time you put into handmade items, what a great lesson to teach your children. Giving your time, maybe running errands for a homebound family member, a date night out for new parents, or making a photo calendar for friends and family. Put yourself in their place and think what would you love to receive.

Planning for the holidays continues after they are over, keep track of what you spent this year, and beginning in January you can start saving that in a holiday account and be on track to have a debt-free holiday season.

Megan J. Sather, AFC, FFC, FSW
Vermont Veteran's Outreach
Personal Financial Counselor (Contractor)
Cell: 802-318-2507
megan.j.sather.ctr@mail.mil

Family Assistance Center



Hello, my name is Brendan Richards. I am the new Family Assistance Center Coordinator. I have spent the previous 5 years working with Veterans through the Supportive Services for Veteran Families (SSVF) Grant. As a Veteran myself, I took great pride in helping my fellow veterans keep/find housing and help them become sustainable. It is pride and excitement that I bring with me to my new position.

The Family Assistance Center (FAC) is an exceptional team. I started in August and have spent the past couple months working and getting to know my team. It is a huge honor to work with such talented and caring people. To all who do not know, we have five Family assistance centers throughout the state that cover multiple counties and units:



FAC

Wendy Krapowicz
Chelsea Wells
Rita Durgin
Deanna Rider
Kamryn Heidtmann

Territory

Grand Isle, Franklin, Orleans Counties
Chittenden County
Washington and Lamoille Counties
Addison, Rutland Bennington, Windham Counties
Essex, Caledonia, Orange, Windsor Counties

Location

Swanton Armory - Swanton, VT
Williston Armory - Williston, VT
Berlin Armory - Berlin, VT
Armed Forces Reserve Ctr - Rutland, VT
Armed Forces Reserve Ctr - White River Jct, VT

If you are in the Army or Air National Guard, a service member or family member, veteran or retired veteran- of any branch of service-please stop in to your closest Armory and meet with our FAC team. You will find each one well trained and knowledgeable of all the resources available that will fit you and your family's needs.

Brendan Richards
Family Assistance Center Coordinator
Office: (802) 338-3076
Cell: (802) 338-0563



Check us out on Facebook!

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



Fort Drum Commissary Case Lot Sale November 8 & 9, 2019

Vermont National Guard
Building 6, 789 Vermont National Guard Road
Camp Johnson, Colchester, VT 05446

Sale OPEN:

Friday, November 8th, 10:00 am to 5:00 pm &
Saturday, November 9th, 9:00 am to 4:00 pm

Cash, Checks, STAR Card, Credit Cards & Debit Cards accepted
Manufacturers' coupons will be accepted.

Note: A 5% surcharge will be added to all orders.

Feel free to call or email us with any questions. patty.mushtare@deca.mil
(315) 774-9131 or DSN 774-9131

VETERANS' DAY WEEKEND BENEFIT CONCERT BY VERMONT'S OWN

JAMIE LEE THURSTON

Saturday, November 9, 2019, 8 p.m.

Doors open at 6 p.m.

Plumley Armory • Norwich University • Northfield, VT



Tickets:

<https://alumni.norwich.edu/legacymarchconcert>
\$25 each

Join Norwich University students for an amazing concert to entertain and support our veterans. 100% of the proceeds from this benefit concert goes toward The Veterans' Place – a community-based, non-profit, 26-bed, substance-free, transitional housing program.



SAT. NOVEMBER 9, 2019

5PM TO MIDNIGHT

2019 VERMONT NATIONAL GUARD ALL RANKS

Military Ball



& Awards Banquet

MEALS

MEMBERS

E1—E6; W1 & O1 : \$35.00
E7—E9; W2 -W5 & O2 - O8 :
\$45.00

NON- MEMBERS

E1—E6; W1 & O1 : \$45.00
E7—E9; W2-W5 & O2-O8 : \$55.00

ROOMS

1 NIGHT

E1-E6, O1, W1 \$120.00
E7-E9, O2-O8, W2-W5 \$175.00

★ 2 NIGHTS

E1-E6, O1, W1 \$225.00
E7-E9, O2-O8, W2-W5 \$330.00

3 NIGHTS

E1-E6, O1, W1 \$330.00
E7-E9, O2-O8, W2-W5 \$485.00

*Join the Vermont chapters of
EANGUS and NGAUS at the
annual All Ranks Military Ball!!*

VTNGEA & VT-NGA

JAY PEAK RESORT
830 JAY PEAK RD.
Jay, Vermont

TICKETS GO ON SALE IN SEPTEMBER
www.VTNGEA.org
LIMIT 200 tickets: Waitlisted after 200

Calendar of Events



KS&CB WEBINAR
Online



VETERANS DAY BENEFIT
Northfield, VT



VETERANS DAY
Nationwide



KS&CB IN PERSON WORKSHOP
Swanton, VT



THANKSGIVING
Nationwide



KS&CB WEBINAR
Online

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
Office: 802-338-3446
megan.j.sather.ctr@mail.mil

CITIZEN SOLDIER FOR LIFE CAREER READINESS COUNSELORS

Karen Chesser (North) & Brian Duchesne (South)
PH: 802-310-5391

AIR WING YELLOW RIBBON PROGRAM COORDINATOR

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

ARMY DIRECTOR OF PSYCHOLOGICAL HEALTH

Chuck Brewer
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

MILITARY ONESOURCE

Marcie Caulfield
marcie.caulfield@militaryonesource.com
cell 802-233-9694

