



# FROM THE HOMEFRONT

May 2020



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### A Note From the Vermont State Family Program Director



*“Any change, even a change for the better, is always accompanied by discomforts.”*


**Arnold Bennett**

Vermont’s Family Programs is fortunate to be allocated six new positions titled Military & Family Readiness Specialists who will be working in our armories around the state. The goal is to streamline the process of providing services and resources to Vermont’s veterans, service members and their families. As well as assisting our commanders and FRG leadership in managing the efforts of our amazing volunteers. The end result will be a more efficient and organic program that will meet the needs of our clients.

But as the quote says above, these changes come with some discomforts. These new positions will be the combination of our Family Assistance and Family Readiness Programs. This will allow for less duplication of services and more streamlined communication for our families. With this change, our national contract for FAC and FRSA contractor positions will be going away. It is our hope that there will not be a gap in service. As the folks in these new positions become acclimated to their new duties, the rest of Family Programs will huddle around and help through this transition period.

The hardest part of being the director of a program such as ours, is having to say goodbye. We work and collaborate very closely with each other and form friendships through fellowship. The end dates of our Family Assistance and Family Readiness positions will be phased out incrementally over the next few months to minimize the impact on our veterans, service members and their families. It is with heartfelt gratitude that I sincerely thank each and every one of our Family Assistance Specialists and Family Readiness Support Assistants for their contributions to making our program the best it can be.

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



## Airman and Family Readiness Manager

### Greetings from the Airman and Family Readiness Office:



We hope that you and your families are doing the best you can during this time! Some of you are facing challenges you may never expected! These are tough times! There are financial resources, and employment/career resources. Also, there are resources for helping your kids with school classes. Free tutoring is available for children and adults! Check it out at WWW.TUTOR.COM/MILITARY. If you need to talk to someone confidentially, don't hesitate to contact our base counselor, Trish Dempsey at 802-557-7368 or our Full time base Chaplain, Capt. Will Treftz at 802-508-8618. Our office is here to help you find resources for challenges you may be facing! Keep checking our Facebook Page (Vermont Air National Guard Family Readiness) and the VTANG App for resource links! Our office is teleworking from home for the time being, but we are still available so don't hesitate to reach out to us!! Please take care of yourselves and your families!



Mary Mahoney  
158th FW Airman and Family Readiness Manager  
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## Kitchen Spoons & Combat Boots

### May 6th, 2020 at 7:00 PM Boost Your Budget

Do you live paycheck-to-paycheck? Do you ever feel like you cannot get ahead financially? Are you ready to try something new to help shift your financial mindset? For the month of May, the Kitchen Spoons and Combat Boots team will be collaborating with Megan Sather, Personal Financial Counselor to bring you resources on how to "boost" your budget to start moving away from financial stress. To learn more, join us on Wednesday, May 6th at 7pm for How to Live One Paycheck Ahead!

To join the meeting from your personal computer, tablet or smartphone (**Government computer access is NOT allowed**):  
<https://militaryonesource.zoom.us/j/3015674328>  
Audio/Phone: 1 (646) 876 9923 Meeting ID: 301 567 4328  
Passcode: KSCBMAY20

Check us out online at:  
[http://www.ngfamily.vt.gov/ks\\_and\\_cb\\_page.html](http://www.ngfamily.vt.gov/ks_and_cb_page.html)

### Upcoming Monthly Webinars

**Wednesday, June 3**  
Family Programs 101 – Know Your Resources

**JUN  
3**

**Wednesday, July 1**  
Exceptional Family Members and You

**JUL  
1**

**Wednesday, Aug 5**  
Transitioning "Back" to School

**AUG  
5**



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

Click on the link below!

<https://militaryonesource.zoom.us/j/3015674328>

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

To access audio, dial by phone: 1 (646) 876 9923

Meeting ID: 301 567 4328

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

## Military OneSource COVID-19 Support



Military OneSource has updated services and resources in response to the coronavirus disease outbreak. Learn what is new, what remains the same, and what has changed. One thing that's always the same – our commitment to serving you and our military community. To learn more, check out our dedicated section on the website for Department of Defense-related COVID-19 updates and impacts. This area is updated regularly, so check back frequently at [www.militaryonesource.mil](http://www.militaryonesource.mil).

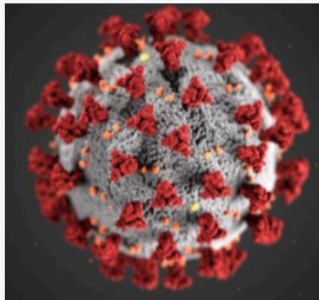
## Tax Day Has Been Extended to July 15

Join the thousands who use free Military OneSource MilTax to file their taxes with ease and get answers to all their tax questions. MilTax consultants can assist with your unique military tax situations like Permanent Change of Station (PCS) deductions, reservist travel and more. When you're ready, file your federal tax return and up to three state tax returns for free with the MilTax e-filing software. Leave no military service tax deduction or credit unclaimed with MilTax. To access, visit [www.militaryonesource.mil](http://www.militaryonesource.mil) or call 800-342-9647.

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800-342-9647 | OCONUS Calling Options



## CORONAVIRUS UPDATES FOR OUR MILITARY COMMUNITY

The Department of Defense is working closely with the Centers for Disease Control and Prevention and the U.S. Department of State to provide support in dealing with the coronavirus disease outbreak. **Check back for the latest information on COVID-19. We will be updating this page regularly.**



## Family Readiness Support Assistant



### Important updates to the Family Readiness Support Assistant Contract:

The following changes have been made to the FRSA Contract.

- 1) Contract end dates have been adjusted for both contracts by NGB
  - a. Contract end date for SR FRSA (Candice Bryan-Broe) 30 APR 20
  - b. Contract end date for 86th IBCT FRSA (Michaela LaCoss) 31 AUG 20

This doesn't mean that the Family Readiness Program is going away. No! In fact, there are some really exciting new positions that have been created for the Family Readiness Program. The Military & Family Readiness Specialist positions will start possibly early May. Responsibilities for these new positions will include: developing and implementing the family Readiness Program at the State level, volunteer training

& management, collecting volunteer & family related data, conduct briefings at local, unit & state levels to provide necessary information to leadership, as well as many other tasks. This is how NGB is growing the Family Readiness Program and I am confident that this will be a positive change for families and for the VT Army National Guard as a whole. The FRSA team is working hard to make sure that there will not be a gap in services during this transition period and to continue to support the service members, families and volunteers that support the Vermont Army National Guard.

On a personal note: thank you all for everything you have done and thank you so much for allowing me the opportunity to do what I love best. I have found my time with the Family Readiness Support team to be some of the most fulfilling work I have ever done and I am so proud to have worked with everyone who supported our program. From the SFPD and Command Leadership to the hardest working group of volunteers I have ever had the pleasure to know...

Thank you!

Sincerely ~ Candice Bryan-Broe



VOLUNTEER  
*all that's missing is U!*

### DON'T FORGET!

Record your volunteer hours & email them to [michaela.m.lacoss.ctr@mail.mil](mailto:michaela.m.lacoss.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



Not a day goes by that I am not astounded by the resilience of our community. Yes-you, the Military Youth, Families, and supporting programs of the Vermont National Guard. This was reflected throughout the week of 20-23 April 2020 when Military Kids Vermont (MKVT) held its first ever Virtual April Camp!

No sooner than Governor Scott declared a "State of Emergency in response to COVID-19" did MKVT begin modifying its planned yearly April Vacation Day-Camp. The group determined to carry forth and adapt to the situation at hand. Pretty quickly the group came up with a planned Virtual April Camp to be run during VT's Spring Break Week. Not only that, but the group put together camper care packages which were sent out to the 22 military kids originally signed up for April Vacation Day Camp. I was aware that this is business as usual, but the response and engagement we got from VTNG Youth and Families was amazing. The week of camp had nine (9) 45-60minute camp sessions ranging from Birding, to Paper Airplanes and the Science of Flight, Photography, A Scavenger Hunt, Kitchen & Cooking Safety, and more. What is remarkable is that we had 37 military kids register for the camp and the average attendance for the sessions was 23 campers! A true testament to your resilience and the elasticity of our community. You really do come together to overcome.

A BIG thank you to MKVT, VTNG Families, and the amazing Military Kiddos of Vermont!

Please see below for updates to Summer Camps 2020.

Be Well, Be Safe, Stay Resilient.



### Upcoming Child & Youth Programs:

**Happiness at Home - May Social Media Challenge:** 10 activities for the whole family, sure to lead to a happier you! Launched throughout May on our Facebook page: <https://www.facebook.com/VTNGCYP>

### VTNG-Child & Youth Program FREE Summer Camps 2020

- National Guard Family Camp (#1) 21-25 June: **CANCELED due to COVID-19**
- Conservation Camp 5-10 July: Open to VTNG dependent youth between 10-17yo (Rutland County), Registration OPEN! **Decision to be made by 6 May 2020**
- Teen Leadership Canoe Adventure 9-14 August: **CANCELED due to COVID-19**
- Farm to Table (STEM) Leadership Camp 9-August: **CANCELED due to COVID-19**
- National Guard Family Camp (#2) 15-19 August: Open to eligible (current) VTNG Families. **Decision to be made by 6 May 2020**
- VTNG End of Summer Camp 16-22 August: Open to VTNG dependent youth 8-17yo (Orange County), Registration is OPEN! **Decision to be made by 6 May 2020**

To register, or for more information contact Brian Stoudnour, VTNG Lead Child & Youth Program Coordinator via email: [brian.r.stoudnour.ctr@mail.mil](mailto:brian.r.stoudnour.ctr@mail.mil)

**\*\*We are monitoring the COVID-19 situation and are unable to guarantee that in-person camps, programs & events will**

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Lead Child & Youth Program Coordinator- Contractor  
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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



Searching for a job can be one of the most frustrating and challenging things you'll ever experience. Whether you're looking for a job in the interim, you are making a career change, or somewhere in between, at the end of the day, the job search brings about the same headaches for all of us.

Danielle Elmers who is currently an editor for such brands as Top Resume, TopCV and Top Interview, wrote an article titled, "The Job-Search Statistic All Job Seekers Should Know." Danielle writes, "Finding the right formula to help you land your dream job is a hassle. But no matter how frustrating the process becomes, don't lose hope. These job-search statistics will shed a little light on why the process is so difficult and give you the insight you need to make the experience easier."

The titles of the job search statistics Danielle mentions in her article are as follows. To read in more detail about each statistic, go to:

<https://www.topresume.com/career-advice/7-top-job-search-statistics>. The average job search in the U.S. takes 5 months, 60 percent of jobs are found through networking, not online, 75 percent of resumes are rejected before they reach the hiring manager, 77 percent of recruiters rely on LinkedIn, 54 percent of employers have rejected candidates based on their social media profiles, A professionally written resume boosts your earning potential by 7 percent, Only about 5 applicants out of hundreds actually earn a face-to-face interview, more than 70 percent of people who are currently employed are considering a new job. In realty reea job hunting can be a long process. While some professionals can find a new job right away, others take months to find a fit; especially now with COVID19 affecting our current job market. Whichever the case may be, paying attention to job-search statistics like these, you can more readily prepare yourself for success and make the job search easier on yourself.

If you are looking for FREE resume assistance for jobs in the civilian, state or federal realms and/or would like your resume tailored to specific job descriptions, contact Karen Chesser, Citizen Soldier for Life CSFL), Career Readiness Counselor (CRC) at 802-310-5391 Karen.s.chesser.ctr@mail.mil.

## Employer Support of the Guard and Reserve (ESGR)



The Secretary of Defense Employer Support Freedom Award was instituted in 1996. In the years since, a total of 280 employers have received this prestigious award. The award was created to publicly recognize employers who provide exceptional support to their Guard and Reserve employees. Nominations must come from a Guard or Reserve member who is employed by the organization they are nominating, or from a family member.



Today, up to 15 awards are presented each year to employers in three categories, large business, small business and the public sector. The Secretary of Defense Employer Support Freedom Award is the highest recognition given by the U.S. Government to employers for their support of their employees who serve in the Guard and Reserve. This award recognizes employers who provide the most outstanding support for their Guard and Reserve employees and is presented annually by the Secretary of Defense.

This year ESGR received 2,623 nominations for this prestigious award for employers throughout the 50 states, Guam-CNMI, Puerto Rico, U.S. Virgin Islands and District of Columbia. Although our three nominees were not one of the 15 selected for the 2020 Secretary of Defense Employer Support Freedom Award, we would like to publicly express our heartfelt appreciation and congratulations to the following Vermont companies:

Revision Military – nominated by CPT Michael W. Clark, VTARNG  
Vermont Service Center (USCIS) – nominated by SSG William Cahill, VTARNG  
UVM Medical Center – nominated by ILT Andrew Kehl, U.S. Army Reserve

Charles Martin  
State Chair, VT ESGR

### Employment Support Program

#### May 2020 Reminders from Vermont Employment Support Program

Area job fairs: All known job fairs originally scheduled for May have been canceled. That being said, many employers continue to seek quality employees, and once the economy re-opens, it's anyone's guess as to the anticipated need for workers around the state!

You won't see us out and about because we are under a travel restriction that now goes through the end of June. But that doesn't mean you can't dust off your resume and figure out your next steps in your job search. You don't have to come into the office to have your resume reviewed. Send your resume to Dave Wheel at [dwheel@interactivegov.com](mailto:dwheel@interactivegov.com) (you can also call us at 802-338-4190) and also indicate when you are available to talk. We are connected to great resources also some warm contacts among HR Managers around the state.

Check the jobs listings on our ESP Jobs FaceBook page: We have launched 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. You can also check the variety of jobs listed at [www.vermontjoblink.co](http://www.vermontjoblink.co) (many pulled from Indeed.).

While you're looking online, check out the NGEN (National Guard Employment Network) on Facebook, with a frequent "LIVE" presentation. Visit their jobs site at: <https://www.facebook.com/NGENjobs/>.

Questions? Contact Dave at: [dwheel@interactivegov.com](mailto:dwheel@interactivegov.com) or 802-338-4190.



## Family Assistance Center



### A Heart Felt Good Bye From the FAC program!

It is with a heavy heart that I let you all know, this will be our last month of serving you all. The FAC contract will end on the 10th. On behalf of my team, we would like to say it was a pleasure serving you all. This team is and was dedicated to you, the services members and your families. It is never easy saying good bye but all good things come to an end.

Working in Human Services is one of the most rewarding jobs anyone can have. This job and working with this team was no exception. It will be hard saying good bye to my team. Wendy Krapowicz, Rita Durgin, Deanna Rider and Chelsea Wells. I have never met a more compassionate and hardworking team. I really cannot say enough about you all.

To all the Service members and families, I wish you all the best and thank you all for your service. It is not easy to be part of a military family, but I know you all will continue to serve with loyalty, duty, courage and selfless service.

Sincerely

Brendan Richards

Family Assistance Coordinator

HOW LUCKY ARE WE TO HAVE



# SOMETHING

*That makes saying*



GOOD-BYE SO HARD

## Vermont Veterans Outreach



Hi All! Coronavirus pandemic has change all our lives. As we all learn how to adjust our team wants you to know that we are still here for you.

Business practices have changed for the moment. We ask that you be patient. We can provide you with information that can help you even though we aren't able to see you physically. Please use our VT Military & Family Support Center: 888-607-8773 (24/7) to reach out to us.

If you have recently been laid off I would highly recommend that you look at this YouTube presentation that was conducted on the 8th of Apr at <https://bit.ly/VTLabor-Youtube> or <https://labor.vermont.gov/event/vittual-town-hall-series-unemployment-insurance-101-claimants>

The VT Department of Labor has a lot of information at: <https://labor.vermont.gov/> and more specifically concerning unemployment insurance questions:

<https://labor.vermont.gov/unemployment-insurance>

Another great resource if you have food insecurities is Hunger Free Vermont – they have a section dedicated to the coronavirus:

<https://www.hungerfreevt.org/coronavirus>

Please visit our Facebook page <https://www.facebook.com/vtvfot/?ref=hl> for continuous information and remember, please use the 3S's....Stay Home...Stop the Spread.....Save Lives!

David Beaulieu

Veteran Outreach Specialist



Check us out on Facebook!

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



## Personal Financial Services



### What to do with your stimulus check?

We have all been hearing about the stimulus checks coming to many of us as part of the CARES Act, so what are some options for using these checks to your best advantage. Here are five options to think about.

1. Take care of your immediate needs, make sure you are keeping a roof over your head, food in the fridge, utilities paid-especially your cell phone to make sure you can stay in touch with friends and family while you are home.

2. Start or add to an emergency fund, this crisis has shown all of us how important having an emergency fund is. Experts say you should have 2-4 months of living expenses in an emergency fund, and this money may not completely fund that, but it is a good way to start an

emergency fund. The key to saving is consistency, so start saving each paycheck, even if it is just \$20 a paycheck it will add up if you are consistent.

3. Reduce your debt, use this money to pay off some of your debt, that will save you money on interest in the long run and also free that monthly payment up in your budget to be used elsewhere.

4. Give to those who are in need now, places like your local food bank or hospital. When donating to any charity do your research on [www.charitynavigator.org](http://www.charitynavigator.org) or [www.guidestar.org](http://www.guidestar.org) and make sure the charity you are giving to is legitimate. This website will let you search for charities by name and tell you all about them and if they have non-profit status, I hate to say it, but a crisis always brings out a lot of scam websites.

5. You may also be getting a stimulus check for your children, how about using this to start a long-term investment for them in a 529 savings plan, to help fund your child's education? You can find out more information about Vermont's 529 plan at [www.vheip.org](http://www.vheip.org)

As I always say when I sit down with a client to make a spending plan, make sure you also give yourself a little bit of money to have some fun.

Megan Sather

Personal Financial Counselor (Contractor)

Cell: 802-318-2507

[megan.j.sather.ctr@mail.mil](mailto:megan.j.sather.ctr@mail.mil)

## VTARNG JFHQ State Chaplain



Fr. (1LT) Scott Gratton and SPC Kayla Wainwright serve as the Unit Ministry Team (UMT) at the Alternate Health Facility and Medical Detachment for the Covid-19 Response. They serve Soldiers and Airmen who work around the clock, helping those in need during these trying times.

The UMT advises the Commander on religious impact of the mission, and carries out the Commander's intent by providing religious support to anyone that requires it. The UMT also nurtures the living, cares for the wounded, and honors the dead.

The Covid-19 Response UMT reminds all Soldiers, Airmen, and their families, that while they give of themselves to serve the needs of others, there is a Chaplain and his assistant whose primary task is to serve them. The UMT has eyes on the ground at all times, and supports others by lifting morale, reminding them that they are not alone in this fight, and by providing resources for spiritual strength. The UMT supports everyone, and since each person is different, getting to know them is key.

This particular mission has forced the UMT to learn quickly, prepare, and adapt, by providing special services and meals throughout Passover and Easter, and even forming a library at the surge site. The UMT encourages all Soldiers, Airmen, and their families, through prayer/sacraments. It provides a strength and resiliency that no other military department can provide. It is a ministry designed to strengthen the heart and soul of our military. It is a ministry that gives hope to all!

Submitted by: UTM at Alternate Health Facility - Essex Fair Grounds



Fr. (1LT) Scott Gratton



Fr. (1LT) Scott Gratton



SPC Kayla Wainwright



Search site

# VERMONT NATIONAL GUARD FAMILY PROGRAMS

Home Programs & Services Resources Events Multimedia Newsletter & Reports Contact Us Vermont National Guard



## Vermont National Guard Family Programs Supporting Vermont's Veterans, Service Members and Families

Is your family experiencing stressors related to Quarantine?  
Concerns about your finances?  
How can your family stay active and healthy?  
Need ideas for leisure/educational activities for your family?

### Family Programs can help...

24/7 Military and Family Support Center at 888-607-8773  
OR  
<https://www.ngfamily.vt.gov/>

## COVID-19 Quarantine

Below are just some of the resources you can find on our VTNG Family Programs website homepage. We are constantly adding more resources as time goes on to keep you and your families informed!

### FINANCIAL & EMPLOYMENT RESOURCES

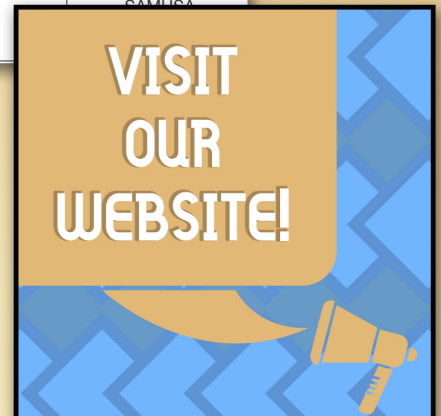
LINK	Vermont workers with questions on unemployment claims <a href="https://labor.vermont.gov/covid19/employees">https://labor.vermont.gov/covid19/employees</a>	VT Department of Labor
LINK	<b>Apply for the COVID-19 Grant</b> <a href="https://eangus-wcfa.org/covid-19-application/">https://eangus-wcfa.org/covid-19-application/</a>	EANGUS
PDF	Economic Impact Payments & Coronavirus Tax Relief	IRS

### MENTAL HEALTH

PDF	VTNG Tech	Psychological Effects of Quarantine During the Coronavirus Outbreak: What Healthcare Providers Need to Know	Center for the Study of Traumatic Stress
PDF		Coping With Stress During Infectious Disease Outbreaks	SAMHSA
PDF		Grief Leadership During COVID-19	Center for the Study of Traumatic Stress

### YOUTH, FAMILY & CHILDCARE

PDF	Helping Homebound Children During the COVID-19 Outbreak	Center for the Study of Traumatic Stress
LINK	Vermont essential workers who need help finding childcare <a href="https://webportalapp.com/webform/essentialworkers">https://webportalapp.com/webform/essentialworkers</a>	State of Vermont
PDF	At-Home Activities and Resources for Youth and Families - v1.0	Child and Youth Program Army National Guard
PDF	Want to keep your children engaged while stuck at home? Here are some great resources to help.	Child and Youth Program Army National Guard
PDF	Ages 2-5 yrs old - Corona_BookForKids	MindHeartKids



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



# VERMONT NATIONAL GUARD - STATE ACTIVE DUTY SERVICE MEMBERS AND THEIR FAMILIES

We want to say

★ **THANK YOU** ★

for your support



# Calendar of Events



**JUN 3**

**KS&CB WEBINAR**  
Online



**JUL 1**

**KS&CB WEBINAR**  
Online



**AUG 5**

**KS&CB WEBINAR**  
Online

## Contact Information

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### VERMONT VETERANS OUTREACH

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### FAMILY ASSISTANCE CENTER COORDINATOR

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### LEAD CHILD AND YOUTH PROGRAM COORDINATOR

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### FAMILY READINESS SUPPORT ASSISTANCE

**Michaela LaCoss**

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### VT VETERANS MENTAL HEALTH COUNSELOR

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### CITIZEN SOLDIER FOR LIFE

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### AIR WING YELLOW RIBBON PROGRAM COORDINATOR

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### ARMY DIRECTOR OF PSYCHOLOGICAL HEALTH

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