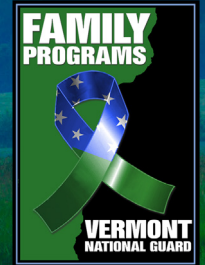


# FROM THE HOMEFRONT

June 2020



## What's Inside This Issue

|  |    |
|--|----|
| Kitchen Spoons<br>& Combat<br>Boots .....      | 2  |
| Military OneSource.....                        | 3  |
| FRSA .....                                     | 3  |
| Child & Youth.....                             | 4  |
| CSFL Career Readiness<br>Counselor.....        | 5  |
| ESGR.....                                      | 5  |
| Military & Family<br>Readiness Centers.....    | 6  |
| Vermont Veterans<br>Outreach .....             | 6  |
| Personal Financial<br>Services .....           | 7  |
| VTARNG State Chaplain<br>.....                 | 7  |
| Vermont Farmers<br>Markets.....                | 8  |
| Thank You .....                                | 9  |
| Contact Information<br>& Upcoming Events ..... | 10 |

## A Note From the Director, Family Programs



Just as storms change the landscape of the earth,  
our hardships change the landscape of the heart.

Yasmin Mogahed

The landscape has certainly changed for all of us over the last few months. We witnessed the effects of isolation and fear of the COVID-19 pandemic on the faces of people around us, as well as in the news. While we continue to manage the isolation, teleworking, and educating our children-there are stories of strength and compassion. I read of a woman who is over 100 years old and was born during the Spanish Flu in 1919 talking about how difficult it was for her mother to give birth during a pandemic. She spoke of how her mother said it was just the two of them for many months. This amazing woman reminded us that we will get through this, we will persevere.

Perseverance is defined as the continued effort to do or achieve something despite difficulties, failure or opposition. As our parents, grandparents and great grandparents persevered through many excruciating events, we too will persevere. We will move forward, absorb lessons learned and be stronger for it. We have already shown signs of perseverance in finding new and creative ways to stay in touch-FaceTime, Facebook, Zoom, Microsoft Teams. If you are still separated from loved ones, doing a Zoom call is a great way to check in with each other-you can even use zoom to play a game together with an app called Kahoot!

Bottom line is, if we lean on each other, watch out for our “battle buddies” and continue to move forward, we will persevere.

**DAVID C. LEONARD**  
Director, Family Programs  
Vermont National Guard  
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 Check us out on Facebook!  
<https://www.facebook.com/VTNGFamilyPrograms/>



# Family Programs 101 - Know Your Resources

## June 3rd, 2020 at 7:00 PM

Is your family experiencing household stressors? Do you have financial concerns? Are you new to the military or may be transitioning out? Do you have youth that would love to connect with other military kids? Then the Vermont National Guard Family Programs is your key to success! The Family Programs' goal is to provide education, support and resources through community, state and federal programs, ensuring that service members, families, and veterans have the knowledge and resiliency to support mission readiness and retention. Join the Kitchen Spoons & Combat Boots team on June 3 at 7pm for Family Programs 101. Connect virtually to learn more about the services and resources that you are entitled to that will maintain your physical, emotional, financial, and spiritual health and well-being.

**888-607-8773**

Military and Family Support Center (24/7/365)  
 Military and Family Readiness Centers  
 Airman & Family Readiness  
 Vermont Veteran Outreach  
 Child and Youth Program  
 Military Kids Vermont  
 Military OneSource  
 Transition Assistance Advisor  
 Survivor Outreach Services  
 Financial Services  
 Behavioral Health Services  
 Career and Employment Services  
 Religious Affairs  
 Yellow Ribbon Program  
 Military Family Community Network  
 Kitchen Spoons and Combat Boots  
 Employee Support of Guard and Reserve

**Visit Us Online**  
[www.ngfamily.vt.gov](http://www.ngfamily.vt.gov)

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

### Upcoming Monthly Webinars

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

**JUL**  
**1**

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

**AUG**  
**5**

**Wednesday, Sep 2**  
 Veterans Benefits

**SEP**  
**2**



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)



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



### Recommended Wellness Apps

Your wellness is a top priority. Military OneSource provides resources so you can manage stress and access benefits and tools that will help you stay strong in body and mind. While Military OneSource does not provide health care services, it provides resources that can help you maintain a healthy lifestyle. This page provides access to self-care mobile applications developed within the Department of Defense, Veteran Affairs and other partners. All mobile applications are free and for iOS and/or Android devices.



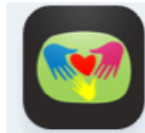
**Breathe2Relax** - Trains you on the "belly breathing" technique that has proven benefits for your overall mental health. Use the app's breathing exercises to learn and practice on your own or as part of a stress management program supervised by your health care



**Breathe, Think, Do** - Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This app helps your child learn Sesame's Breathe, Think, Do strategy for problem solving.



**Virtual Hope Box** - Contains simple tools to help users with coping, relaxation, distraction and positive thinking using personalized audio, video, pictures, games, mindfulness exercises, activity planning, inspirational quotes and coping statements.



**Parenting2Go** - Helps veterans and service members reconnect with their children and provides convenient tools to strengthen parenting skills. The app addresses challenges that come with parenting children of all ages and backgrounds.



For the complete listing of Department of Defense approved wellness apps, visit: <https://www.militaryonesource.mil/health-wellness/recommended-wellness-apps>

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email: [marcie.caulfield@militaryonesource.com](mailto:marcie.caulfield@militaryonesource.com)



## Family Readiness Support Assistant



Hello Friends, I hope you are all staying safe and healthy!

Have you been wanting to give your time or talent to help others during these difficult times? Not sure what to do? Believe it or not, you can volunteer virtually! Do you have time in your day to read a children's book aloud and post the recording to social media? Are you able to paint? Set up a camera and record yourself creating a masterpiece that others can try to replicate! Virtual volunteering is not only a great way to show off your talents; it is a way to stay connected in your community and help keep up morale!

Now, if you are like me: camera shy and in need of some serious acting classes, don't worry!

There are other ways you can maintain social distancing and still volunteer!

Check on your neighbors, (especially if you have elderly neighbors). Make sure they are doing ok and ask if they need anything. Offer to leave it on their door step.

• Give blood: According to a recent press release from the American Red Cross, as the novel coronavirus continues to spread, we can expect to see a decrease in those eligible (and willing) to donate blood.

If you are unable to give blood, please consider:

- Make a donation to a local non-profit food shelf. If you have the resources, making a donation will help out your community with delivery meal services and other programs.
- Think of those still on the front lines. Offer to pick up their groceries so they have more time to relax and be with their families. Call your local Police and Ambulance stations to see if you can donate pizzas.
- Organize a parade! People are missing out on their birthday parties or graduation ceremonies. Have friends and family decorate their vehicles and drive around homes to show support!

I want to see what you are doing to volunteer! I invite you to post what you are doing on Facebook and tag Vermont IBCT Frsa! Happy Volunteering!

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



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



THANK YOU! For keeping yourself, your family, and community safe throughout this strange and trying time.

The last two and a-half (2.5) months have been difficult for all, very difficult for some, and extremely difficult for others. Seemingly overnight we were thrust into drastically changing how we go to school, to work, socialize with family & friends, and more. We have been challenged to find & provide support to those we love and appreciate. We can expect this to continue, with adjustments along the way. Our resilience will be called upon even more, and we can persevere. Not only persevere, but come out the other side a stronger-better self, and community.

One of those adjustments/challenges was the monumentally difficult decision to cancel all in-person youth summer camps. But, with that came an opportunity for growth. Welcome "Not-A-Box Summer Camp 2020" a LIVE Virtual Camp experience! Not only will there be live online programming, but we want to send you a camp-in-a box package!! The package will contain supplies necessary for participation in the activities we are doing, as well as the usual VTNG-CYP camp swag items. There are three (3) opportunities for differing age groups, and as usual they are FREE. Registration is required for participation, and for campers to receive their Not-A-Box. Follow this link to register: <https://www.surveymonkey.com/r/27WDSVC>

Lastly, we would like to congratulate our graduating seniors. These amazing young adults have been faced with all that they envisioned and planned for their Senior Year stolen from them by COVID-19. The photograph to the right is three of our VTNG Dependent Youth Graduating Class of 2020. Pictured from left to right: Aiden, Lauren, and Alexis have been collectively serving on the VTNG-CYP Teen Council for 10 years! They have been part of planning and executing countless events, camps, trainings, and meetings. Their contributions have impacted lives of hundreds of Military Dependent Youth around VT, and across our state borders. THANK YOU and CONGRATULATIONS!!!!



### Upcoming Child & Youth Programs:

Be Your Best-Self - June Social Media Challenge: Activities sure to assist in being your best-self! Launched throughout June on our Facebook page: <https://www.facebook.com/VTNGCYP>

### Not-A-Box: Summer Camp 2020 – LIVE Virtual Camp!

- 6-10 July ~ 10-13yo VTNG Dependent Youth (9:00am and 1:00pm daily)
- 27-31 July ~ 14-17yo VTNG Dependent Youth (9:00am and 1:00pm daily)
- 10-14 August ~ 6-9yo VTNG Dependent Youth (9:00am and 1:00pm daily)

Register Here: <https://www.surveymonkey.com/r/27WDSVC>

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

- National Guard Family Camp (#1) 21-25 June - **Canceled**
- Conservation Camp 5-10 July - **Canceled**
- Teen Leadership Canoe Adventure 9-14 August - **Canceled**
- Farm to Table (STEM) Leadership Camp 9-14 August - **Canceled**
- VTNG End of Summer Camp 16-22 August - **Canceled**

• National Guard Family Camp August/September 2020: Open to eligible (current) VTNG Families. Considering possible option in accordance with Governor Scott's guidelines. Information will be made available soonest.

**\*\*We are monitoring the COVID-19 situation and are unable to guarantee that in-person camps, programs & events will take place. Our intent is to notify the community soonest.\*\***

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



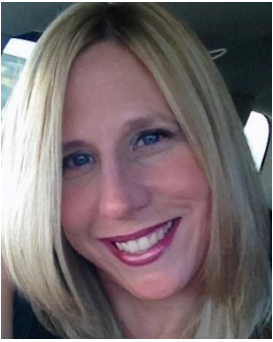
Download the "ARNG CYS" Mobile App for Apple & Android!



Check us out on Facebook!

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

## Citizen Soldier For Life - Career Readiness



Dear Vermont National Guard Members and Families,

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

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

The last piece of advice I want to leave you with is, before you send out applications and resumes, contact all of your references so that they are aware you are on the job hunt and they may get calls from strange numbers. Not only is this a courtesy, it will give the references time to think about how they want to respond regarding your work ethic, professionalism, and accomplishments. Do YOU have three references with contact information? It will take no time at all to create a work document and include these names and numbers so you will be ahead if you ever need kind words from someone that knows you. Karen S. Chesser, M.A.E.P. ~ Citizen Soldier for Life ~ Career Readiness Counselor ~ (802) 338-3709

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

### ESGR Seven Seals Award

The Seven Seals Award is the broadest and most inclusive award given by ESGR and is presented at the discretion of the State Chair or by ESGR senior leadership. The Seven Seals Award is presented in recognition of significant individual or organizational achievement, initiative, or support that promotes and supports the ESGR mission. Below are statements regarding previous recipients:



#### **SFC (Ret) Jim Greene**

Jim Greene has been our photography partner for at least the past 6 years and always does a great job of supporting us. We have been very fortunate to have Jim as our “unofficial” photographer. Prior to his retirement, Jim also worked for Vermont Family Programs Office.

#### **J Brown & Sons Printing, Inc. - Barre Larry and Diane Brown**

This company was recognized earlier this year for their outstanding support provided while the members of the 86 IBCT (MTN) were deployed. This support included corresponding with service members while deployed, sending care packages, and producing a yearbook for the project of supporting those soldiers that their Central VT Pathfinder club adopted.

Service members wishing to have deserving individuals considered for the Seven Seals Award should email [linda.fowler10.ctr@mail.mil](mailto:linda.fowler10.ctr@mail.mil). The email should include “Seven Seals Award Nomination” in the email subject line - the nominee’s name, organizational address, phone, e-mail, detailed summary of how the nominee has significantly advanced the ESGR mission and nominator’s contact information to allow for potential follow-up if approved.



### June 2020 Reminders from **Vermont Employment Support Program**

All known career events originally scheduled for June have been canceled. That being said, many employers continue to seek quality employees, and once the economy re-opens, there may be a need for additional workers around the state! Check employer web sites and local area newspapers (often TV and radio stations) to see who is hiring now!

Need a resume-do-over? Send your resume to Dave Wheel at [dwheel@interactivegov.com](mailto:dwheel@interactivegov.com) (you can also call us at 802-338-4190.) We are connected to great hiring resources around the state.

Check the jobs listings on our ESP Jobs FaceBook page: 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 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 frequent “LIVE” presentations. Visit their jobs site at: <https://www.facebook.com/NGENjobs/>.



## Military and Family Readiness Centers

### MILITARY & FAMILY READINESS CENTERS:

This is the inaugural newsletter article for our Military & Family Readiness Centers! Our centers will be located at the following armories: St Albans, Jericho (CEATS), Berlin, Rutland, White River Junction and Camp Johnson. The specialists at these centers will be offering many services to our veterans, service members and their families. They will include resource and referrals for financial, TRICARE, and property/housing issues. They will also be providing a variety of employment related services such as resume writing and mock interviews. Last but certainly not least, they will also be a resource for our commanders regarding our Family Readiness Groups (FRGs). Over the next few months, we will be introducing the six people who make up this team. In the meantime, do not hesitate to contact me with questions: david.c.leonard3.civ@mail.mil or 802.338.3391.



# COMING SOON

## Vermont Veterans Outreach



Greetings, fellow Vermont Veterans,

My name is Jeremy Stocker and I am the Program Analyst for Vermont Veterans Outreach Program. Keeping track of the critical data collected through our daily operations helps us to identify trends and patterns relating to the needs of our Veteran community. This gives us insight as to what each Veteran may need and allows every Veteran Outreach Specialist to be aware of each situation in real time. Additionally, this also allows for a bird's eye view of what's going on with the community in general.



By adding a few key data points we are able to see what trends are associated with positive Outcomes and what trends are associated with less favorable results, enabling us as a team to find areas where current programs and strategies excel or do not cover. This allows our Veteran Outreach Specialists to identify possible issues and solutions earlier increasing the likelihood of favorable outcomes. These factors help us to better serve the Veteran population of Vermont both individually and as a whole.

Jeremy Stocker  
Program Analyst  
Vermont Veterans Outreach Program

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



## Personal Financial Services



**How to manage your finances through these tough times.** Everyday there seems to be something new about how this pandemic is affecting our economy and our finances. Where can you go to get up to date information? The Consumer Financial Protection Bureau (CFPB) has created a website that has up to date resources to help consumers protect and manage their finances during this difficult time. Below are topics you will find at: <https://www.consumerfinance.gov/coronavirus/>

**Mortgage and Housing Assistance-** If you're concerned about how to pay your mortgage or rent, they have information on what to do now, and what your options are for mortgage and rental relief.

**Managing your finances-**the website has resources to help you protect and manage your finances if you are facing financial difficulties as a result of the pandemic.

**Avoiding Scams-** Scammers are taking advantage of the coronavirus pandemic to con people into giving up their money.

**Parents and kids-**While kids are home with you or other in-home caregivers, try their free activities to help them build the important skills they will need to manage money into adulthood.

**Older adults and their families-** Older adults may have unique financial concerns during the pandemic, including being targeted by scammers, experiencing separation from caregivers who help manage their money, or facing tough choices prior to and during retirement. This website has resources to help.

**Small Business Owners-** Small businesses, including minority and women-owned businesses, are the cornerstone of the American economy and have been hit particularly hard during the coronavirus pandemic.

**Finding help from other Government Agencies-** CFPB has gathered links to other government agencies that can help you find information about unemployment, leave, and health benefits, Social security, and food assistance.

The CFPB also protects you as a consumer; if you are having a problem with a financial service or product, if you have reached out to the company for resolution and haven't gotten it, submit a complaint to the CFPB, they will contact the company, and they will work to get you a response usually with 15 days.

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



Chaplain's Reflection:

Philippians 3:13-14a (ESV) 13 Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, 14 I press on toward the goal...

The past couple of months has changed lives for our families, communities, state, nation, and world. My son graduates this year from high school and we were looking forward to celebrating with family and friends. My brother's son and my wife's niece's son graduate as well. We looked forward to rejoicing with them as they complete high school and begin the next chapter in their lives.

We all had plans that needed to be cancelled or postponed because of COVID-19. An important principle for a person to remember when facing obstacles and overcoming disappointing moments in their life is acknowledging the quote from below is true. We can actually only control about 10% of life and most that 10% is our attitude.

Benjamin Franklin said, "If you fail to plan, you plan to fail!"

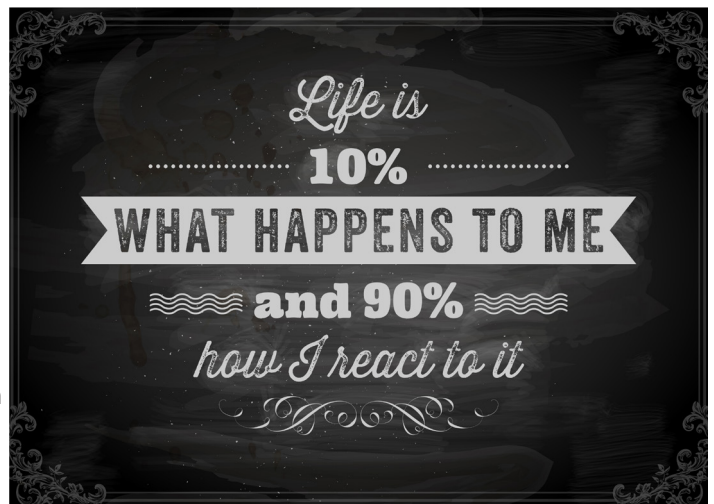
Dwight Eisenhower said, "Planning is everything, the plan is nothing!"

What do both of these quotes have in common? The Bible verse encourages a person to understand that life does not always go according to one's plan, but press on and keep making goals, plan events, and celebrate milestones.

Yes, we all enjoy looking back on our lives, old pictures, mementos, gifts, and relationships, and yet life keeps moving forward. We struggle to enjoy today because of yesterday's regrets or memories and tomorrow's concerns or fear.

Let us give thanks for our memories, cherish today, and plan for tomorrow and see what happens knowing God loves and cares for you.

May the LORD bless you today. For God and Country, CH Brett Charsky



# VERMONT FARMERS MARKET



## Summer 2020 Farmers Markets scheduled openings:

*Please check the town's social media sites for any changes to the schedule as changes may happen quickly:*

- Burlington Farmers Market: Pine Street Burlington, JUNE 6
- Vermont Farmers Market-Rutland & Fair Haven: MAY 16
- Brattleboro Area Farmers Market: New England Youth Theater, MAY 26
- Bennington Farmers Market: Riverwalk Park at Bennington Station, MAY 2
- Brandon Farmers Market: Central Park, JUNE 19
- Jericho Farmers Market: Mills Riverside Park, MAY 28
- Middlebury Farmers Market: VFW 530 Exchange St, MAY 23 (Saturdays) JUNE 17 (Wednesdays)
- Montpelier-Capital City Farmers Market: Taylor St Lot, 2 MAY
- Morrisville Farmers Market: Hannaford Green Lawn, 16 MAY
- Newport Farmers Market: The Causeway, 3 JUNE
- Randolph Farmers Market: Gifford Medical Center Green, 30 MAY
- St Albans-Northwest Farmers Market: Taylor Park, 16 MAY
- St Johnsbury Farmers Market (Caledonia Farmers Market Assoc): Pearl Street, 23 MAY
- Stowe Farmers Market: Field at the Red Barn Shops, 17 MAY

*Be prepared: bring masks, your own bags, electronic payment rather than cash, have a list of what you want to get ahead of time-lingering is not encouraged.*

*Be Safe, Be Smart and Buy Local!*

*For more information, visit the Farming Association of Vermont at:  
<https://nofavt.org/find-organic-local-food/farmers-markets>*





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

We want to say

THANK YOU

for your support



# Calendar of Events



**KS&CB WEBINAR**  
Online



**KS&CB WEBINAR**  
Online



**KS&CB WEBINAR**  
Online

## Contact Information

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### MILITARY & FAMILY READINESS CENTERS LEAD

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### VT VETERANS MENTAL HEALTH COUNSELOR

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### SURVIVOR OUTREACH SERVICES

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### CITIZEN SOLDIER FOR LIFE

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