

FROM THE HOMEFRONT

July 2020



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A Note From the Director, Family Programs



Summer is here! Not a moment too soon-the last few months have been beyond difficult for all of us. But, for now, we can go outside and visit with our families, friends and neighbors. We can catch up with each other and learn what has been happening for those in your life. It is a good time to stay in the moment.

More than ever, we need to practice mindfulness; being aware of every moment, every step and letting that be enough. The Buddhist Monk, Thich Nhat Hanh (phonetically pronounced Tic Nat Han) has published many, many books on the practice of mindfulness. The key word here is “practice” because that is what is involved-it isn’t a task that you master or finish-there is no beginning, middle or end to the practice of mindfulness.

The best place to start in my opinion is with the master’s The Miracle of Mindfulness which has wonderful examples of mindfulness such as washing the dishes, eating your breakfast, mindfully walking. Sound “new-agey”? Actually, this book was published in 1975 and the tenets Thich Nhat Hanh teaches still hold true.

If this is not your cup of tea, that is ok-I hope you are able to enjoy this very brief time we call summer with family and friends in gratitude for each day.

MINDFULNESS



DAVID C. LEONARD
 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



Greetings from your Airman and Family Office!

We all know that times have been difficult for many of you during the past several months. A somewhat new way of going about our lives, our kids lives and family lives. Please remember to reach out to your Wellness Team if there are any struggles or challenges that you are facing. We are all here for you to help you navigate whatever it is that may seem difficult. Even with the smallest challenges, we may have an answer for you!



Wellness Team:

Airman and Family Readiness- Mary Mahoney and Kelli Langlois- 802-652-8035
Chaplain- Capt. Will Treftz- 802-503-8618
Director of Psychological Health- Trish Dempsey- 802-557-7368
SAPR- Serena Furnari-802-735-4579

Are you planning on retiring or are you separating from the military?? Transition Assistance is available for you! We can help you schedule your pre-separation and help you get scheduled with attending TAP (virtually) through Hanscom AFB. It is important to get this started a year before you plan on retiring or separating! Please contact Family Readiness to get you started! 802-652-8035

Mary Mahoney
158th FW Airman and Family Readiness Manager
802-652-8035 office
802-238-8645 cell
Mary.k.mahoney13.civ@mail.mil



Kitchen Spoons & Combat Boots

Exceptional Family Members & You July 1st, 2020 at 7:00 PM

If you have a loved one with special needs that you care for, please join us for our next webinar as we explore the resources and services available to you and your family in both the military and civilian communities. The military's Exceptional Family Member Program can provide guidance and assistance to navigate the real challenges involved in caring for exceptional family members.

Join us on July 1 at 7pm for Exceptional Family Members & You! Connect virtually to learn more about the services and resources that you are entitled to that will help you and your family members connect to your best military life.

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

Upcoming Monthly Webinars

Wednesday, Aug 5

Transitioning "Back" to School

**AUG
5**

Wednesday, Sep 2

Veterans Benefits

**SEP
2**

Wednesday, Oct 7

TBD

**OCT
7**



KITCHEN SPOONS



& COMBAT BOOTS

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 or Michaela LaCoss at 802-338-4317

Military OneSource



Controlling Anxious Thoughts in Difficult Times

The coronavirus pandemic is a global crisis, and feelings of stress, sadness, anger, and confusion are normal reactions. It takes time to adapt to a crisis and to create new ways to respond to it. While many often focus on the negatives, a crisis can also be an opportunity for positive change.

The challenges you face will vary based on your specific situation. You may be working from home, or you may have a profession that puts you on the front line. You may be a working parent dealing with multiple tasks at the same time. Or you may not be working temporarily, or afraid of losing your job.

Here are some general principles that may help you managing distress:

- Keep your attention in the present.
- Even if the internet is your way to keep informed, try to avoid overexposure to media.
- Focus attention on hobbies and personal interests.
- Keep in touch with your loved ones by phone or video calls.
- Exercise can be a helpful coping strategy.
- Realize that it's normal to feel some emotions: sadness, anger, fear.
- Try to identify the things you can have control over and focus on them.
- Develop self-compassion.
- If possible, find ways to help others.
- Consider creating a new schedule according to your needs.

Be sure to make use of resources available to you for support. Consider talking to a Military OneSource non-medical counselor for help managing distress. Contact us any time by calling 800-342-9647 or by using our Live Chat feature on the website (www.militaryonesource.mil).

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

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



Family Readiness Support Assistant



Hello Friends! I hope everyone has an amazing Independence Day! I would like to throw a shout out to the service members in the VTNG for their tireless efforts supporting Vermont during COVID-19. These men and women are going above and beyond! I also would like to recognize the families of these service members. They are sharing their loved ones with us during this trying time which probably is adding more stress on their lives. Don't forget, you have your Family Readiness Group (FRG) for support as well!

Not only is the FRG there for your unit when you deploy, they are there for families when soldiers are at Drill, Annual Training as well as in these unprecedented times. Our amazing FRG Leaders and volunteers are there to support you while your loved one is away. Believe me, I know

from experience how important it is to have someone you can call if you need help. The FRG is part of your support system along with family and friends. Just think of them as extended family!

We hope you have a wonderful rest of the month! Remember, stay cool, drink water

Michaela LaCoss
Family Readiness Support Assistant (FRSA)
Contractor (ESC)
Vermont Army National Guard
Office: 802-338-4317
Cell: 802-318-0692
michaela.m.lacoss.ctr@mail.mil



VOLUNTEER
all that's missing is U!

DON'T FORGET!

Record your volunteer hours & email them to
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



Take to the outdoors this summer! With social distancing still a reality in our daily lives, we are fortunate to call the Green Mountain State our home. As New Englanders we value outdoor activities and summers are fantastic for outdoor family adventures. There has never been a better time to discover what the great outdoors of VT and the rest of New England has to offer us! For some ideas check out: <https://www.vermontvacation.com/things-to-do/recreation>
Planning family activities can be challenging, to say the least. Here are three (3) ways to go about it that will also aid in establishing trust, open communication, inclusivity, as well as increased engagement,

awareness, and interest in each other's lives:

- Family Meetings-standardize a time and place every week that the entire team comes together to share what is happening in their personal world. This provides the perfect time to address upcoming family events and plan more.
- Family Calendar-one LARGE calendar for ALL individual and family activities, meetings, sports, music, camps
- Regularly Plan Family Activities-During family meetings have a time where each member can propose an activity for the entire family. The activities can be as simple as going for a scenic drive, seeing a movie, outdoor concert, etc...

Activities as a family can get costly very quickly. Be diligent in your planning and research to find cost savings; ask about military discounts, CertifiKid.com, Yelp, early purchase, and so on. In fact, members of the National Guard are eligible to receive a FREE "America the Beautiful-National Parks & Federal Recreation Lands Annual Pass"

visit: <https://store.usgs.gov/pass/index.html>. Also, if you happen to have or be a 4th Grader, or 10 year old there is the "Every Kid in a Park Annual 4th Grade Pass" which provides a free National Park annual pass go to:

<https://store.usgs.gov/faq#4th-Grade-Pass>

Vermont State Parks have two FREE options; First is the "Library Pass" which is available to 'check out' at your community Library, give them a call and ask. The pass permits one (1) vehicle entry into any VT State Park day use area. The second option is the "Green Mountain Passport" which is a \$2.00 lifetime membership for VT residents who are 62yo and older, or veterans honorably discharged from active duty from any military component. The "Green Mountain Passport" is available from your town clerk's office. Find out more at www.vtstateparks.com/fees.html

FREE! Sign Up Today!!!

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>

More Upcoming Child & Youth Programs:

Finding Your Independence - July Youth & Family Activity Packet:

Request yours today! <https://www.surveymonkey.com/r/FindingYourIndependence>

VTNG-Child & Youth Program FREE Summer Camps 2020

- 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.

For more information contact Brian Stoudnour, VTNG Lead Child & Youth Program Coordinator via email: 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 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



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



Check us out on Facebook!

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

VT Veterans Mental Health Counselor



What exactly does it mean to love someone? How do we define love and affection? Our personal definition is shaped by our upbringing, cultural messages, and our interactions with a specific person. In addition to having a variety of ideas in terms of what love is, we also have different expectations as to how love should be expressed. There is no one “right” way to love another person. To succeed in a long-term relationship, we must not only understand our partner’s preferences and our own, but we should also understand what happens when these styles are combined. You may also find that your expression of love changes throughout the years that you share together.

How do you want your partner to express love and affection? A. I like to receive notes of affirmation or I like to be hugged B. I like to spend one-to-one time with a person who is special to me or I feel loved when someone gives practical help to me C. I like to sit close

to people whom I enjoy being around or I like for people to tell me I am attractive/handsome

In Gary Chapman’s, “The 5 Love Languages,” he provides a love language profile for both singles and married couples. There are several pairs of statements of how people may show love to one another. Generally, our immediate thought of love languages is romantic. However, there are a variety of ways that love and affection can be expressed through different relationships. When expressing love, we have to keep in mind what makes our partner feel supported, not just what makes us feel good.

Charlene Caiano ~ charlene.a.caiano.ctr@mail.mil ~ Ph 802-338-3445

Employer Support of the Guard and Reserve (ESGR)



The Vermont Committee of the Employer Support of the Guard and Reserve (VTES-GR) announces the launch of their formal search for their next ESGR State Chair.



ESGR, a Department of Defense organization, was established in 1972 to promote cooperation and understanding between Reserve Component service members and their civilian employers and to assist in the resolution of conflicts arising from an employee’s military commitment. Paramount to ESGR’s mission is encouraging employment of Guardsmen and Reservists who bring integrity, global perspective and leadership to the civilian workforce.

The State Chair is an official Department of Defense volunteer position and carries a three-year term (renewable once.) Most importantly, the VT ESGR State Chair’s role is to provide the leadership and vision for a small but dedicated team of volunteers reaching across Vermont in carrying out the mission. Vermont ESGR enjoys a moderate but meaningful events calendar, while undertaking critical employer and military outreach activities. The Chair translates direction from the national ESGR headquarters into a Vermont message, best suited to our demographics and our many close relationships with the Vermont National Guard, the Reserves of the various Armed Forces in Vermont, the Vermont Department of Labor, US DOL-VETS, the US SBA, and the many Human Resources Professionals around the state. Our continuing challenge is to expand our volunteer reach to the four corners of the state. A candidate should expect to dedicate an average of 4 hours a week in fulfilling their ESGR role. We are seeking someone who is innovative, engaging, and dedicated to our mission. Women, people of color, other minorities, and semi-retired or fully-retired candidates are encouraged to apply for the position. Prior service in the military is not required, but may facilitate understanding of the role. The search will close on September 1, 2020.

Anyone interested in learning more about Vermont ESGR and the Chair position should contact Ms. Linda Fowler at: linda.fowler10.ctr@mail.mil or 802-338-4187.

As our economy begins to reopen, many employers are rehiring or hiring new employees. Be sure to let us know if you need help with a search or your resume. And watch the job ads, whether online or in local papers. Need a warm handoff? Contact Dave Wheel at dwheel@interactivegov.com.

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 (many pulled from Indeed.).

Now for the not so great news – the National Guard will end the Employment Support Program on 30 Aug 20. If you haven’t already done so, please contact Vermont Department of Labor staff who will assist you in finding a job. Go to: labor.vermont.gov and find your local Career Resource Center. You can see the listing and your closest center at: <https://labor.vermont.gov/workforce-development/find-your-local-career-resource-center>. You may also contact the VT Guard Hotline at: 1-888-607-8773.



Military and Family Readiness Centers

You may be seeing new faces in the armories-three of our Military & Family Readiness Specialists have started their career with Family Programs! Bambi Patch is working at our St. Albans Armory on Fairfield Street, Herman Moore is working at CEATS in Jericho and Patrick Knapp hit the ground running a few weeks ago in our Berlin Armory on Fisher Road.

We are so pleased to have Bambi, Herman and Patrick as part of Family Programs. They all bring a wealth of experience and knowledge and a great deal of energy to assist our service members, veterans and their families. We could tell right away that they would be a tremendous asset to Family Programs.

Our Military & Family Readiness Specialists are your resource and referral experts and can assist you with a host of services: financial, employment, housing, TRICARE and so much more. They will also be your conduit to our Unit Family Readiness Groups (FRG) by working on your behalf with the Commanders and unit leadership to foster communication, support and connection.

If you get a chance, please stop by and meet Bambi, Herman and Patrick-they will be happy to see you!



Vermont Veterans Outreach



Summer is finally here! My name is Heather Morris and I am a member of the Vermont Veterans Outreach Team. I cover the northern portion of Caledonia County and all of Orleans and Essex Counties. I hope all of you are able to enjoy some time in the sun and relax this season.

2020 has been a strange year to say the least. If any of you are in need, please reach out to our team. We assist with employment, VA benefits, housing, food, education, local resources, etc. The list goes on! Many of us have been isolated at home for months, assisting our children in completing their school year, some of us are working overtime in essential positions, some are out of work, and some have followed their normal routines. All of these scenarios

can be challenging. Please reach out if you need anything, we are all in this together!

Summer is a time for BBQ's, fireworks, swimming, hiking, gardening, fishing, and many other outdoor activities. Make sure you are staying hydrated, wearing sunscreen, checking for ticks, and using precautions while you enjoy your leisure activities of choice. Be safe while you enjoy the longer days, warmer temperatures, and beautiful sunsets!

Heather Morris ~Veteran Outreach Specialist ~ Email: heather.m.morris41.ctr@mail.mil ~ Office: (802) 338-4325



Check us out on Facebook!

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



Personal Financial Services



The Thrift Savings Plan is adding more Lifecycle Funds to your investment choices in TSP. Each L Fund is made up entirely of the five core funds—G, F, C, S, and I—in different proportions. The L Funds are target date funds, meaning they automatically adjust as you get closer to the time you plan to retire.

When your target date is far in the future, you can take more risk, seeking greater reward, because you have time to recover from any market downturns before you will need your money. When your target date is close, you may want to be more conservative with your investments. To make that gradual adjustment on your own, you'd have to regularly shift the money in your TSP account from the more aggressive C, S, and I funds to the more conservative G and F Funds. The L Funds do that work for you.

So, for example, the L 2050 Fund today is 82% invested in the C, S, and I Funds and only 18% invested in G and F. That is because its target date, the year 2050, is still 30 years away. But when we get within a year or two of 2050, the percentages will be close to the other way around. It will still be called the L 2050 Fund, but it will have a completely different investment approach, all without your having to make changes on your own.

The current L Funds are L 2050, L 2040, L 2030, L 2020, and L Income. The years in the names are the target dates. The L Income Fund is for people who have already reached the target date. It is always the most conservative of the L Funds.

TSP is adding more L Funds so that the target dates will be separated by only five years instead of ten. Say you plan to retire within a year or two of 2035. Without these additional options, you would have to choose between the L 2030 Fund and the L 2040 Fund, or maybe split your account between the two. The new L 2035 Fund will allow you to target the time more precisely when you think you'll need your money.

You can find more information about these new TSP funds at www.tsp.gov

As always please feel free to call or e-mail me if you have any questions about this or any other financial topics you want to know more about.

Megan Sather ~ Personal Financial Counselor (Contractor) ~ Cell: 802-318-2507 ~ megan.j.sather.ctr@mail.mil

VTARNG JFHQ State Chaplain



Chaplain reflection:

Proverbs 31:11 (KJV) The heart of her husband doth safely trust in her, so that he shall have no need of spoil.

This verse is so important because it teaches that trust is foundational to the relationship and to the couple's health and strength. I praise God for my wife and the fact that I trusted her when I was deployed, as well as during weekend drills, and annual training. She trusts me when she is away and our relationship is stronger and healthier than when we first were married 23 years ago.

I became a certified Strong Bonds Instructor for "Speed of Trust" developed by Stephen M. R. Covey.

Trust is both an action and a feeling. The feeling of trust is often the result of a deliberate action of creating trust.

Once you begin to speak and behave in high-trust ways, you'll start to recognize its effect on you and the people around you. You'll begin to see it. Clearly, these three dimensions are interdependent. (Stephen M. R. Covey, Speed of Trust Facilitator Guide, pg. 14)

Master Religious Affairs NCOIC SFC Sanders and CH (COL) Brett Charsky are beginning to plan and coordinate a Strong Bonds training course using this material. We need your input on a number of questions and invite you to go to the link and fill out the Survey Monkey. The results will guide our planning and coordination. We greatly appreciate you taking the time to fill out this survey and help us provide you with a great Strong Bonds training event (see flyer on next page for more information).

May the LORD bless you CH (COL) Brett Charsky



Check us out on Facebook!

www.facebook.com/VTNG-Religious-Affairs

!!!Check Out Our New Facebook Page!!!

<https://www.surveymonkey.com/r/STRONGBONDS20>





VERMONT ARMY NATIONAL GUARD SERVICE MEMBERS AND THEIR FAMILIES

SAVE THE DATE

**The Vermont Religious Support team is pleased to present a couples Strong Bonds offsite retreat on
11-13 September, 2020**

The National Guard Bureau funded Strong Bonds events are designed to strengthen relationships through communication, peer support and Chaplain-led training exercises.

The location for this event is still to be determined.

For more information, please contact Master Religious Affairs NCOIC SFC Sanders at james.a.sanders78.mil@mail.mil

Please take our Strong Bonds Survey
<https://www.surveymonkey.com/r/STRONGBONDS20>



**Please note local area health regulations may continue to prohibit in-person events.*

Strong Bonds

Building Ready Soldiers and Families





Vermont National Guard



Child and Youth Program

Not-A-Box: Summer Camp 2020 Live Virtual Camp

6-10 July	10-13yo	9 AM & 1 PM	daily
27-31 July	14-17yo	9 AM & 1 PM	daily
10-14 August	6-9yo	9 AM & 1 PM	daily

Vermont National Guard Dependent Youth Only

We know you LOVE camp! We too will miss seeing everyone at camp! So...let's take it online!
But wait what about ALL the activity supplies? Well, we want to send you 'camp-in-a-box'!
(95% of supplies provided)

Register now for your appropriate age group: <https://www.surveymonkey.com/r/27WDSVC>
FREE for VTNG Dependent Youth! Space is limited to 25 campers per session

For more information contact:
Brian Stoudnour, VTNG Lead Child & Youth Program Coordinator
email: brian.r.stoudnour.ctr@mail.mil



Calendar of Events



JUL 6-10

NOT-A-BOX VIRTUAL CAMP
Online



JUL 27-31

NOT-A-BOX VIRTUAL CAMP
Online



AUG 5

KS&CB WEBINAR
Online



AUG 10-14

NOT-A-BOX VIRTUAL CAMP
Online



SEP 2

KS&CB WEBINAR
Online



SEP 11-13

Strong Bonds

Building Ready Soldiers and Families

STRONG BONDS EVENT
Location TBD

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

**MILITARY & FAMILY
READINESS CENTERS LEAD**

Andrew Richard

cell: 802-598-0140

**LEAD CHILD AND YOUTH
PROGRAM COORDINATOR**

Brian Stoudnour

brian.r.stoudnour.ctr@mail.mil
cell: 802-310-6745

**FAMILY READINESS
SUPPORT ASSISTANCE**

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**

Chris Chaves

christopher.a.chaves.ctr@mail.mil
cell: 802-338-3354

**VT VETERANS PERSONAL
FINANCIAL COUNSELOR**

Megan Sather

Office: 802-338-3446

megan.j.sather.ctr@mail.mil

**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

CH (COL) Brett Charsky

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

MILITARY ONESOURCE

Marcie Caulfield

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

