



# Maine SURVIVOR OUTREACH SERVICES

Strength *built on*  
Sacrifice

**August 2014**

**Volume 5, Issue 2**

Upcoming Events	2-3
Past Events	4-5
Scholarships	6
A Soldier's Child Foundation	7
Health and Wellness	8
Chaplains Corner	9
Websites and Resources	10

**YOUR Survivor Outreach  
Services Coordinator**

**Rachel Bosse**

**[rachel.n.bosse.ctr@mail.mil](mailto:rachel.n.bosse.ctr@mail.mil)**

**207-332-6804/207-430-5959**

**194 Winthrop St, Bldg 7, Camp  
Keyes, Augusta, ME 04333-  
0033**

Greetings from Survivor Outreach. Well I must say that it been a very busy summer with events around the state and looks to be just as busy as we come to the start of the fall season. Did I just say that word, "Fall". How can it be, it was just spring.

***I need your help.*** Often, my office assists outside organizations to get information to you about their services and events. Many times using the postal service doesn't allow us to get the information to you in a timely fashion. If you would like to be sure you are kept up-to-date and connected with information put out by our office, please send your email address to me. Send me an email then I will have your current address and remember if you change it let me know. I don't share your contact information unless I have your permission so know your information is safe with me.

***What do you think*** about starting a column in my newsletter called "***.....sharing the journey - My Hero's Story***". It would be articles, stories, tributes, remembrances, about your loved one. It could be about their favorite food, a favorite recipe, how funny they were, what their hobbies were, their life. Anything you want to share to help us get to know them.

If interested send your article along with pictures to [rachel.n.bosse.ctr@mail.mil](mailto:rachel.n.bosse.ctr@mail.mil). Hope to hear from many of you.

### ***More IMPORTANT News.....***

I was approached by Mr. Tim Hoffman, a retired Lieutenant Colonel from the Army and member of the Rockport Harbor committee who established VETS on the Water.

VETS on the Water provides disabled veterans, soldiers returning from combat and gold star families, the opportunity to experience and enjoy the RRR (rest, relaxation and recreation) of getting out on the water. There is no expense to the family.

He was inquiring if our Gold Star Families would be interested in spending a day on the Penobscot Bay? The day would be spent sightseeing and sailing on the Penobscot Bay, stopping on one of the islands along the way for a picnic, and getting a chance to mix and mingle and connect with each other. Also to get to know our Maine Coast and their hosts?

If you would be interested please let me know either through email, phone or send me a note. The timeframe would be late fall (SEP/OCT). My contact information is listed on the left.



# Run for the Fallen Maine



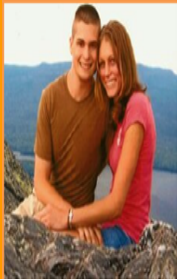
**Sunday August 24, 2014 - 10am**  
Executive Airport—Brunswick Maine

An event to honor the memory of our military heroes who gave their lives to protect our freedom since September 11, 2001

Go to <http://www.runforthefallenmaine.org/> to register

7:30 a.m. same day registration; 9:30 a.m. opening ceremony; 10:00 a.m. run/walk starts

**I will see you there!**



## "5K for Jay"

1<sup>st</sup> Annual Run/Walk/Crawl Event

To raise scholarship funds for those who serve our country and for the cause of freedom

Monday, Sep 1, 2014  
American Legion Hall, Newport, ME  
Registration 11:30-12:30  
Race/Walk at 1:00PM

Capt. John "Jay" Brainard, 26 of Newport, was killed in action facing the enemy in Wardac Province, Afghanistan, Memorial Day, May 28, 2012. He had been assigned to the 12th Combat Aviation Brigade, Ansbach-Katterbach, Germany, supporting Operation Enduring Freedom. Jay served as a platoon leader and then brigade adjutant for 12th CAB before his first deployment April 30, 2012 as an Apache helicopter pilot in Afghanistan. Jay loved serving in the Army. It's been said that he was very career minded and "bled green." He was a strong leader and believed his most important job was helping other soldiers. Jay was a local boy who attended Nokomis and Foxcroft Academy and was a graduate of UMO.

**COURSE DESCRIPTION:** This 5-kilometer (3.1 mile) event is a down and back course, starting at the American Legion Post in Newport. The route travels through a residential area along the shore of Sebasticook Lake with minimal traffic.

**ENTRY FEE AND AWARDS:**

Pre-registration by August 25:	\$15 for 18 and under \$20 for 19 and over
After August 25:	\$20 for 18 and under \$25 for 19 and over



T-shirts will be provided on a first-come, first-serve basis. A BBQ will be held at the end of the race for all participants and their families, family members and friends who would like to attend.

## 50th Anniversary of the Vietnam Conflict

Join us on September 6th, 1:00 PM at Coles Transportation Museum, 405 Perry Road, Bangor, Maine to recognize a long overdue welcome home to our Vietnam Veterans. Come on out and help celebrate

and thank our Vietnam Veterans for their service and sacrifice to their state and nation.



For more information contact [trueknight77777@gmail.com](mailto:trueknight77777@gmail.com) or go to Maine Survivor Outreach Services facebook page for application

**SAVE THE DATE - TSP at ANP 2014 - October 4, 2014**

On Saturday, October 4, 2014, from sunrise to sunset, The Summit Project is hosting TSP at ANP 2014. 80 hikers will climb Cadillac Mountain in beautiful Acadia National Park and with every step, they will voluntarily carry the memories and memorial stones of our fallen heroes of Maine.

**We are inviting Families of the Fallen to join us for the day!**

Please meet us early at our private picnic area on ANP and help “sendoff” our hikers. Stay for a day of food, activities and fun along the beautiful coast of Maine. Welcome our hikers back to “basecamp” and allow them to transfer the memorial stones to you. Celebrate their accomplishment and meet new friends at a post hike BBQ with bonfire rings. Finally by late afternoon, help transfer our memorial stones to the Patriot Rider motorcycle group as they prepare a convoy to Camp Keyes, Augusta.

**Please RSVP to [mail@mainememorial.org](mailto:mail@mainememorial.org) by Sept 15, 2014.  
After receiving your RSVP, I will provide the specific details.**



**Major David J. Cote, USMC  
Founder -- The Summit Project  
[www.mainememorial.org](http://www.mainememorial.org)**

**[facebook.com/TheSummitProject](https://www.facebook.com/TheSummitProject)**

*We carry their stones for the trek, but carry their stories for a lifetime.  
We make a small sacrifice because they made the ultimate sacrifice.  
We honor the fallen by challenging the living.  
Maine heroes are NOT forgotten.*



***Tribute March***  
***Honoring our Maine  
Fallen Heroes***

**Save the date - 5 October 2014**

**Portland Stevens Ave Armory**

Come join Survivor Outreach at the Stevens Ave Armory in Portland. We will do a meet and greet, be transported to Payson Park and finish the last two miles to the finish line with service men and women, who have marched 26.2 miles, the route of the Maine Marathon to honor Maine fallen heroes. There will be a small ceremony at the finish line. You will be transported back to the Armory where a luncheon will await, put on by our Maine Military Family Program volunteers, along with the volunteers of the Freeport Flag Ladies and Pam Payeur and the Wounded Heroes Program of Maine. Mingle and get to know the service men, women and their families who marched to honor and remember your loved one. If you are unable to walk the two miles, you may remain on the bus that will take you close to the finish line or you can remain at the armory where we will return. I can make buttons of your loved one, please send me a picture either through mail or email, but get it to me soon. (my contact information is on the front page of this newsletter) If I don't receive a picture I will use one that Run for the Fallen has on their website. Go to: Maine Survivor Outreach Services facebook page and check out the event Maine Marathon Tribute March; let me know if you will be attending. You will also receive a letter in the mail, look for it coming your way soon with more detailed instructions.



# ★ American Gold Star Mothers, Inc



American Gold Star Mothers, Inc is an organization of mothers whose sons or daughters have made the supreme sacrifice while in any branch of the Military Service of the United States of America, or died as a result of such service. If you've lost your child in the service of the country and would like the community of others in your situation, please contact Mrs Bethel Shields, President of the Maine Chapter at 207-782-7451 or email: [blomsk@roadrunner.com](mailto:blomsk@roadrunner.com). Mother of LTJG Jeb Shields, killed at the end of the First Gulf War in 1991.

Bethel wants you to know that the Gold Star Mothers of Maine meet twice a year to have lunch and fellowship. They welcome all Gold Star Moms and would love to have you join them. For the present time they meet in late September and in May at the American Legion, Post 2 in Augusta from 11:30 to 1:30. You bring our own lunch and drinks and light dessert is provided.

This quilt was hand made and hand painted by Sandra Troutt, Grandmother of SPC Dustin Harris, KIA April 6th, 2006. The quilt was donated to the American Gold Star Mothers National Committee to raffle off during Memorial Day weekend.



Gold Star Mothers at the May 2014 meeting. From left to right: Carol Sakofsky, Peggy Dostie, Bethel Shield, Lorna Harris, Christine Hensley, Thelma Brooks, and Mary Andrews.

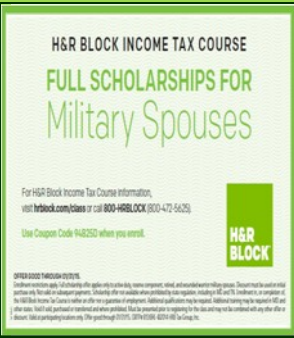
Thelma Brooks is wearing a WWII Gold Star Mothers cape that she donated and will be placed in the Military Museum at Camp Keyes.



Many families of Maine's fallen heroes spent time together on Memorial Day weekend at the New England Outdoor Center for a special ceremony put on by the Summit Project. Thirty-six hikers came together from all over the United States of America, as far as California and as close as Patten, Maine to carry the tribute stones and memories of our fallen Maine heroes who have fallen since September 11th, 2001. The families of the fallen gathered at a campground over the weekend to support the hikers and thank them for their tribute. It was truly an amazing weekend.



H&R Block Income Tax Course



**Who is Eligible for the Scholarship providing FREE Income Tax Course?**

H&R Block offers a Scholarship that provides FREE Income Tax Course registration and covers tuition. Although we would like to hire a large percentage of eligible military spouses and wounded warriors, there may be situations that prevent candidates that have completed the course to be immediately hired with a local HRB tax office. Each situation will be examined on an individual basis.

Any I.D. holding military spouse of an active, retired or reserve military service member, Wounded Warriors (as defined by the DoD) and the wounded Warrior's spouse are eligible. Eligible candidates must have their a military I.D.

The code on the scholarship coupon will be used to identify any student who takes the Income Tax Course as a military spouse or wounded warrior. This code is **ONLY VALID** to I.D. carrying Military Spouses and Wounded Warriors. The coupon code changes every season, so potential students will not be able to use a previous year's coupon for the current year's Military Income Tax Course. **This year's coupon code is 94b25d.**

**Captain Matthew Freeman, USMC  
Gold Star Sibling Scholarship**



**The Matthew Freeman Project**

Matthew Bears  
Gold Star Sibling Scholarship

This scholarship was established in 2012 to honor the life of Captain Matthew C. Freeman, USMC, killed in action in Afghanistan on August 7, 2009. To find out more information on how to apply go to: [www.freemanproject.org](http://www.freemanproject.org).

<http://www.scholarshipoffers.com>

Go to this link that will help you search for scholarships and grants available.

**Expansion of Marine Gunnery Sergeant John David Fry Scholarship to spouses—HR 3230 signed into law**

(a) EXPANSION OF ENTITLEMENT.—Subsection (b)(9) of section 3311 of title 38, United States Code, is amended by inserting “or spouse” after “child”.

(b) LIMITATION AND ELECTION ON CERTAIN BENEFITS.—Subsection (f) of such section is amended—

(1) by redesignating paragraph (2) as paragraph (4); and (2) by inserting after paragraph (1) the following new paragraphs:

“(2) LIMITATION.—The entitlement of an individual to assistance under subsection (a) pursuant to paragraph (9) of subsection (b) because the individual was a spouse of a person described in such paragraph shall expire on the earlier of—

“(A) the date that is 15 years after the date on which the person died; or “(B) the date on which the individual remarries.

“(3) ELECTION ON RECEIPT OF CERTAIN BENEFITS.—A surviving spouse entitled to assistance under subsection (a) pursuant to paragraph (9) of subsection (b) who is also entitled to educational assistance under chapter 35 of this title may not receive assistance under both this section and such chapter, but shall make an irrevocable election (in such form and manner as the Secretary may prescribe) under which section or chapter to receive educational assistance.”.

(c) CONFORMING AMENDMENT.—Section 3321(b)(4) of such title is amended—

(1) by striking “an individual” and inserting “a child”; and (2) by striking “such individual’s” each time it appears and inserting “such child’s”.

(d) **EFFECTIVE DATE.**—The amendments made by this section shall apply with respect to a quarter, semester, or term, as applicable, **commencing on or after January 1, 2015.**

**For more information go to: [http://www.benefits.va.gov/gibill/docs/factsheets/fry\\_scholarship.pdf](http://www.benefits.va.gov/gibill/docs/factsheets/fry_scholarship.pdf)**

**More info will be put out as I receive it**



The inspiration for A Soldiers Child Foundation came while Daryl Mackin, Founder & Executive Director, was preparing for his own 6 year old son's surprise birthday party. Like most parents, he was easily caught up in all of the "chores" required to pull off the birthday celebration.

I quickly lost sight of the joy of the moment. I was sitting at my computer at work, where on my wall I have a memorial of Staff Sgt. Marc Golczynski. Marc is the son of my previous neighbors, Henry and Fay Golczynski, and a fallen soldier of the Iraq war. I also have a very moving picture of Marc's son Christian receiving his father's flag. This photo by Aaron Thompson won photo of the year. It went all over the world. As I finished typing out my son's invitations and gave a big sigh of frustration, I looked up at my wall and was immediately convicted in my spirit for my negative attitude. My heart turned to Christian Golczynski, who will never be able to have a party planned by his dad.

There are many children like Christian that will never receive another birthday gift from their father/mother because they gave their life while defending our freedoms. Likewise the fallen soldier will never be able to give their child a surprise birthday party, a bicycle for their son, a necklace for their daughter, or financial assistance for their child's first car or pursuit of higher education.

### **Who is ELIGIBLE and HOW to REFER a CHILD**

A Soldiers Child Foundation was established to stand by the children of the military men and women who have paid the ultimate sacrifice while protecting our lives and our country's freedom. Our benefits are available to the children, 18 years of age and younger, whose parent, from any branch of the military, lost his or her life while on active duty.

#### **Who can refer a child?**

The surviving parent, legal guardian or grandparent may enroll an eligible child.

#### **What benefits does the child receive?**

With humility as parents, we aim to keep the legacy of the soldiers alive by celebrating the birthday of his or her children. Recipients will receive a birthday box from ASC on each birthday through age 18. For more info go to:

**<http://asoldierschild.org/refer-a-child/> or contact [daryl@asoldierschild.org](mailto:daryl@asoldierschild.org) or his assistant Michelle at [michelle@asoldierschild.org](mailto:michelle@asoldierschild.org). Phone number for Michelle is 615-631-9965.**

U.S. Marine Staff Sgt. Marcus Andrew "Marc" Golczynski (Christian's father) wrote this in a letter to his mother shortly before he died in combat:

We are warriors... we fight and sometimes die so that our families don't have to... Stand beside us.

This is the intention of A Soldier's Child Foundation.

As citizens of the United States of America, we are forever indebted to the men and women who so unselfishly protect our freedoms. It is our objective to communicate through A Soldiers Child to the children left behind that the memory of their parent will not fade away. We want them to know that there are many Americans that are forever grateful for their parent's sacrifice.

With humbleness of heart we aim to honor the memory of the parent by giving a meaningful gift to his/her children on their birthday. Christian Golczynski was the first child to receive a gift from ASC, and our goal is to reach every soldier's child, adopting them into the foundation until they are of adult age. We cannot substitute the bond and love of the parent that is forever gone, but with your help we can show them that we really do care.

**I personally had the opportunity to meet Daryl at my national conference in Kentucky this past July. He is so inspiring and committed.**

### Maine Personal Financial Counselor

Ms Gayle Rose Martinez  
207-274-3987  
gmartinez@mflc.zeiders.com

### SOS Financial Counselors

**Stephen Premo**  
ChFC, CLU, FLMI  
585-338-7400, ext: 2276  
Stephen.w.premo.ctr@mail.mil

**Erin Wilcher, AFC**  
Fort Drum  
315-772-0050  
erin.m.wilcher.civ@mail.mil

### Military and Family Life Consultant

**Ms Jaynce Beck**  
207-458-6327  
Janyce.b.beck@healthnet.com

### Transition Assistance Advisor

**Ms Wendy Moody**  
207-430-5778  
Wendy.j.moody2.ctr@mail.mil

### 10 Point Veterans Preference for Jobs

Widows and in some cases, mothers of our Fallen Heroes may, qualify to claim a 10 point Veterans preference when applying for a federal job. You will need to complete form SF-15, Application for 10-Point Veteran Preference. See website [http://www.opm.gov/forms/pdf\\_fill/sf15.pdf](http://www.opm.gov/forms/pdf_fill/sf15.pdf) for more Details on eligibility criteria and how to apply.

### Resilience Tips



**Physical** - More than nutritional supplements and mental games, aerobic activity enhances brain functioning and provides protection from age-related decline in functioning.



**Emotional** - Daily expression and reflection of feelings such as gratitude, appreciation and thankfulness can promote balance within your nervous system, leaving you feeling more rested, calm and alert throughout your day.



**Family** - A prepared family anticipates, plans and practices their emergency plan so that everyone in the family will know the role they are to play. Families who are prepared are more likely to be resilient through life-changing situations.



**Social** - Foster and build internal motivation with competence, relatedness and autonomy: goal attainment is more likely if we feel competent and confident in ourselves, are part of a social network that relates and supports our goals, and have personal autonomy.



**Spiritual** - Turn off all electronic devices for an hour and take a walk in the park or around your neighborhood.

### Health Tips to De-Stress

1. Exercise: a 20 minute walk/jog around the block can yield up to 12hrs of improved mood.
2. Laugh: proven to lower tension, improve blood flow and your heart health.
3. Write: journaling can help solve a problem or find positive angles.
4. Socialize: spend time with friends/family.
5. Take care of yourself: go ahead and put yourself first, take some "me" time.
6. Get some fresh air: soak in the sun, take in some fresh air. Stop and smell the flowers.
7. Be kind to yourself: think about positive affirmations daily. Thinking negative thoughts only makes you feel bad and will increase stress. Tell yourself you're doing a good job and Believe It!
8. Meditate: learn to practice deep breathing and meditation exercises daily.
9. Be Thankful: showing thanks for family, friends and loved ones and being thankful for the positive aspects of your life has calming affect. Not only does it give you perspective, it makes other people feel good, too.
10. Make a change: sometimes the best way to obtain stress relief is to remove your source of tension. Change your routine and get a new outlook.



## Chaplains Corner

“Little Foxes”

“In this life you will have troubles” (John 16:33). These troubles seldom seem to be spread -out or far-between so that we can handle them, but they come in a raucous, ragged fashion. “When sorrows come, they come not as single spies but as battalions” (*Hamlet*, Act IV). Sometimes, for me, it seems like as I struggle to get my arms around the big sorrows and the most devastating losses, it’s the little nagging things that get the best of me. I misplace a set of keys or a phone; or I just get around to a chore that I’ve had to put off and I get interrupted; or the car goes on the blink. I can feel like I’m doing okay, even congratulate myself for doing well managing a particular challenge, but then some little impediment will crop up and I’ll react all out of proportion to the situation. Does this sound like you? Well, there IS hope for us. There is hope in the notion that God cares about those little things. Sometimes we think that God is busy like us, and only has time to notice our biggest trials and deepest hurts. Believe it or not, God is engaged enough and accessible enough to talk to about the misplaced keys; the little interruptions; the car that won’t start. The Gospel says that the very hairs of our heads are numbered and that a sparrow doesn’t fall from the sky without His notice (Matthew 10). He cares. More than that, He invites us to come to Him and invite Him into our every day and to help us manage the chaos... more than that, to give us perspective ON the chaos... a perspective that says, “God has promised to never leave me nor forsake me and walk with me through whatever today brings... big or small, heavy or light..

Chaplain Weigelt





Survivor Outreach Services  
194 Winthrop St, Bldg 7  
Camp Keyes, Augusta, ME 04333-0033

“Embracing and reassuring Survivors they are continually linked to the Army Family through a unified support program that enables them to remain an important part of the Army for as long as they desire”

#### PHONE NUMBERS and WEB SITES

DFAS 1-800-321-1080—[www.dfas.mil](http://www.dfas.mil)  
Tri-Care Support Specialist at Camp Keyes 207-430-5928  
ID Cards, Camp Keyes, Augusta 207-430-5194  
Martins Point Spec 1-800-431-0777 X4458  
HealthNet-1-877-874-2273—[www.tricare.osd.mil](http://www.tricare.osd.mil)  
VA Togus 1-800-827-1000— [www.va.gov](http://www.va.gov)  
MilOneSource-1-800-342-9647-[www.militaryonesource.com](http://www.militaryonesource.com)  
Tragedy Assistance Program-1-800-696-8277-[www.taps.org](http://www.taps.org)  
Social Security Administration-1-800-772-1213-[www.ssa.gov](http://www.ssa.gov)  
VA GI Bill - [www.gibill.va.gov/resources/student\\_handouts](http://www.gibill.va.gov/resources/student_handouts)  
National Alliance for Grieving Children Website:  
<http://www.childrengrieve.org/>  
American Foundation for Suicide Prevention Website:  
<http://www.afsp.org/>  
National Resource Directory—<https://www.nrd.gov/>  
State of Maine Veteran Services—[www.maine.gov](http://www.maine.gov)  
Survivor Outreach Services—[www.sos.army.mil](http://www.sos.army.mil)



[Maine Survivor Outreach Services](http://www.maine.gov/sos)  
and LIKE us!!

#### Gold Star Mothers

President, Maine Chapter  
Bethel Shields 207-782-7451  
[Blomsk@roadrunner.com](mailto:Blomsk@roadrunner.com)  
[www.goldstarmoms.com](http://www.goldstarmoms.com)

#### Gold Star Wives Chapter

If interested in starting a chapter call  
Amber Chisholm 207-924-4315  
[armymedic0789@hotmail.com](mailto:armymedic0789@hotmail.com)  
[www.goldstarwives.com](http://www.goldstarwives.com)

#### Gold Star Dads/Fathers web-sites

<http://goldstardads.org/>  
<http://goldstarfathers.com/>

#### Army Wounded Warrior Advocate

Mr. Harry Dumont  
(207) 430-5851 (Office)  
(207) 620-6175 (BB)  
[harry.g.dumont.mil@mail.mil](mailto:harry.g.dumont.mil@mail.mil)