

MBVS December Newsletter

Veterans' Emergency Financial Assistance Program



The Maine Bureau of Veterans' Services (MBVS) and Fedcap's Veterans Forward program have partnered to offer the Bureau's Veterans' Emergency Financial Assistance Program (VEFAP), for veterans who suffer an emergency and do not have sufficient savings or access to other financial assistance to resolve it. Examples of grant assistance (up to a \$2,000) for veterans who are Maine residents include: to prevent or resolve the veteran from being homeless; vehicle repair to maintain employment; illness of the veteran or family member that results in hardship; and any other condition that puts the veteran at risk of not having basic necessities of food, shelter, or safety.

"We look forward to this beneficial collaboration," noted Deputy Director Steven Lanning, "Fedcap's multiple locations across the state combined with their knowledge of community and social services will strengthen the Bureau's ability to serve Maine's veterans and increase our outreach along with our partners, the American Legion of Maine."

Widely known for their Families Forward program, Fedcap was also recently awarded a \$500,000 grant by the United States Department of Labor for a Homeless Veterans Reintegration Program (HVRP) to help homeless veterans and those at risk of homelessness gain stability, obtain training, and pursue high earning careers in Maine's leading industries.

"Fedcap was founded by veterans and we are honored to partner with the Maine Bureau of Veterans' Services. This an incredible opportunity to help veterans in Maine get the resources they need so they can keep housed, retain their employment, and ensure their long-term economic well-being." said Serena M. Powell, Executive Director of Fedcap Inc. serving Maine.

If you are a veteran who is struggling with a financial emergency, or know a veteran who is, please contact the Maine Bureau of Veterans' Services at 207-287-7020 or visit www.maine.gov/veterans for more information regarding available resources.

Wreaths Across America



Each December on National Wreaths Across America Day, our mission to Remember, Honor and Teach is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as at more than 3,400 additional locations in all 50 U.S. states, at sea and abroad.

2022 WAA Escort to Arlington

The country's longest veterans' parade – Wreaths Across America's annual escort to Arlington National Cemetery – kicks off on Saturday, Dec. 10, 2022.

Below is the itinerary for planned stops along the weeklong route. Please note, times and locations are subject to change. Please keep an eye out for local media coverage in advance of this year's events in your area.

Saturday, December 10

- 6:30 AM - Arrive at West Quoddy Head Light Sunrise Service, S Lubec Rd, Lubec, ME
- 11:00 AM - Honoring Allies Remembering Together (H.A.R.T.) Ceremony, Canadian border in Calais, ME

Sunday, December 11

- 7:45 AM - Escort Leaves Narraguagus School in Harrington, ME
- 9:00 AM - Arrive at Maine Coast Mall, 225 High St. Ellsworth, ME
- 12:45 PM - Arrive at Hannaford, 33 Hannaford Dr., China, ME
- 2:35 PM - Arrive at McMahon Elementary School, 151 N Temple St., Lewiston, ME

- 5:45 PM - Arrive at Deering Oaks, Portland, ME (parade staging)
- 6:00 PM - Veterans' Parade proceeds down Congress St., Portland, ME
- 6:45 PM - Arrive at Ocean Gateway, Portland, ME

Monday, December 12

- 7:45 AM - Escort leaves Ocean Gateway, Portland, ME
- 9:15 AM - Arrive at Biddeford Middle School, 25 Tiger Rd. Biddeford, ME
- 1:00 PM - Arrive at Eliot Elementary School, 1298 State Rd., Eliot, ME
- 5:15 PM - Arrive at American Legion Post, 20 Webster St. Jaffrey, NH

UMaine Extension:

Boots-2-Bushels Boot Camp for Market Gardeners



The University of Maine Cooperative Extension is offering a comprehensive 9-month hybrid (online and in-person) training program for all beginning farmers. Participants will acquire the knowledge, skills and abilities required to successfully grow produce for small-scale private or commercial fruit and vegetable operations. Online training begins Jan. 17, 2023. The program continues twice-monthly through the end of September and includes farm field days throughout the growing season.

Boots-2-Bushels: Boot Camp for Market Gardeners will cover topics that include soil health and crop planning; no-till production; vegetable and fruit production; food safety; integrated pest management; tools and equipment; marketing and farm economics; and more. Subject matter experts from UMaine Extension, Maine Organic Farmers and Gardeners Association and local farms will serve as instructors. Participants will earn a certificate of completion.

Registration is open to all beginning farmers; priority will be given to veterans, their family members and farmers with a disability. The \$150 fee includes course materials and in-person farm visits. For out-of-state veterans who cannot attend the farm visits, the registration fee is reduced. For more information and registration instructions see the [program webpage](#). Space is limited and registration closes on Dec. 14. To request a reasonable accommodation, contact Anne Martin, 207.944.1533; anne.martin1@maine.edu.

Boots-2-Bushels is a project of Maine AgrAbility, a federally funded program that addresses health, safety and injury prevention on the farm, on the water and in the forest.

As a trusted resource for over 100 years, the University of Maine Cooperative Extension has supported UMaine's land and sea grant public education role by conducting community-driven, research-based programs in every Maine county. UMaine Extension helps support, sustain and grow the food-based economy. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational program in Maine through 4-H.

Winter Recreation Opportunities



As the temperatures begin to drop in Maine, that doesn't mean your level of recreation needs to dip as well. Our Maine winters offer a great opportunity to share many activities with fellow Mainers, but also with other veterans.

Research shows that daily physical activity results in reduced stress, helps with depression, lessens secondary medical conditions, and increases self-esteem, educational success, employment rates and quality of life. In our state we are very fortunate for the substantial veteran support community that provides resources and activities throughout the year promoting a fun and healthy lifestyle, regardless of the season.

A great example of this is the **Veterans Adaptive Sports and Training (VAST) program** held at the Pineland Farms Outdoor Center in New Gloucester. Led by Olympic athlete, Kristina Sabasteanski, VAST offers weekly activities and events every Wednesday from 9 A.M. to noon. This includes year-round activities based on the needs and wants of veterans, such as cross-country skiing, archery, snow shoeing, biathlon, and much more. VAST is free, includes equipment and is welcome to all veterans with or without disabilities. For more information, please visit:

www.PinelandFarms.org/recreation/VAST

Another opportunity for outdoor and camaraderie is **Operation ReBoot Outdoors**, a non-profit organization concentrated on getting veterans, law enforcement officers, and servicemembers out of the house and into nature, providing healing through hunting, fishing, and other outdoor activities. For additional information regarding events opportunities, visit:

www.operationrebootmaine.org

Similarly, Kieve Wavus Education offers veterans and their families stress-free week-long programs at their camps offer veterans a chance to relax, have fun and reconnect with their family and with other veterans. Indoor climbing, ice fishing, snowshoeing, cross-country skiing and more offer a fun, entertaining, and challenging activities. Check out their website at:

www.kwe.org/retreats/veterans

A complete listing off all benefits, programs and resources throughout the State of Maine can be found on the Maine Bureau of Veterans' Service website at www.maine.gov/veterans, or in the Maine Veterans Benefits and Resource Guide: www.maine.gov/veterans/resources/index.html

Upcoming Events:

December 1st, Winter Carnival, 3:00 - 5:00 p.m. (Togus, Outside building 207)

December 4th, Veterans Brotherhood VMC Maine Chapter Spaghetti Dinner, 4:00 p.m. - Sanford AMVETS (169 School Street, Sanford, ME).

December 7th, Pearl Harbor Day Remembrance Ceremony

AMVETS Department of Maine will be hosting their 55th Pearl Harbor Day remembrance ceremony, at 1pm, at the base of the *U.S.S. Portland's* Mast in Fort Allen Park on Portland's Eastern Promenade. The public is welcome to attend.

There will be a Color Guard and Honor Guard in attendance, and a wreath laying. Portland's Mayor Kate Snyder and David Richmond, Director of Maine Bureau of Veteran Services, will be featured speakers along with representatives from Maine's congressional delegation. This is the 81st Anniversary of Japan's attack on Pearl Harbor, Hawaii that took place on December 7, 1941.

December 10th, Army vs. Navy: Maine Veterans Project watch party, 2:00pm at the Penobscot Pour House (14 Larkin St., Bangor, ME).

December 10th, House in the Woods Old Fashioned Christmas (walk the luminary Heroes Trail, Sing along, hot cocoa, baked goods, crafts, games, and more!) - noon-5pm (217 Skunk Hill Rd., Lee, ME).

December 15-17th, Trees for Veterans: South China American Legion, 4pm (79 Legion Dr., South China, ME).



