

The Family Flyer



Supporting Military Families
Cape Cod—Southeastern Massachusetts—SE New England

April: Month of the Military Child

APRIL — MAY 2012

Volume 7, Issue 2

Spring Fling

SAT 28 APR

11am-1pm @ Hanger 3172
Air Station Cape Cod

Open to All MWR Patrons

Free Games & Prizes - Free Hot Dogs & Drinks

Arts & Crafts - Three Bounce Houses - Face Painting

POC: [Wendy Weston](#), USCG MWR at 508-968-6689

Bike for a Strike

Any child that bowls a strike has a chance to win a new bike @ Air Station Cape Cod's Bowling Alley!

FREE bowling every Saturday for every youth bowling with an adult the month of April!

Bike winner will be drawn at Spring Fling event on 4/28.

Inside this issue:

"Purple Up!" for Military Kids	2
Operation Purple	3
MeLife new Tricare Dental Provider	4
Breathe2Relax	5
Job Fairs	6
VA Program for Unemployed Vets	6
Red Sox Tickets!	7
Veterans Fishing Derby	8
Troops in the Spotlight	8



FRI 11 MAY Military Spouse Appreciation Day

MON 28 MAY Memorial Day



MAY: National Fitness Month



You Go Girl 5K Run/Walk

SUN 13 May
11:00 am start @

Crosswinds Club, MA Military Reservation, Bourne MA

1st 50 people receive a t-shirt!

Prizes: Top man & woman runner; Top woman walker

POC: [Candy LeBlanc](#)
508-968-6446

America's Armed Forces Kids Run

SAT 12 MAY

[NS Newport](#)

SAT 19 MAY

[Hanscom AFB](#)

19th Annual US Coast Guard MWR Sprint Duathlon

SAT 26 MAY

Run 2 miles

Bike 12 miles

Run 2 miles

Race as an individual, or participate in a team



KISS wants you!

KISS needs a roadie — and they want to hire a veteran

The band, touring with Motley Crue this summer, are participating in

[Hiring our Heroes](#) to give a job to a touring set carpenter who will travel with the band from July 14 through Sept. 25.

Applicants do not need to be a trained carpenter, but will work long hours.

To apply, send an [email](#) with your resume and contact details.

[Full Story](#)



“Purple Up!” on April 13th for Military Kids

OPERATION:

Military Kids



April marks the nation’s “Month of the Military Child,” a time to honor youth impacted by deployment. In celebration, Massachusetts Operation: Military Kids (OMK), part of the 4-H Youth Development program of UMass Extension, invites you to join us for the 2nd annual “Purple Up! For Military Kids.”

Everyone across the Commonwealth of Massachusetts is encouraged to wear purple on **Friday, April 13th**, as a visible way to show support and thank military children for their strength and sacrifices. Purple is the color that symbolizes all branches of the military, as it is the combination of Army green,

Coast Guard blue, Air Force blue, Marine red and Navy blue. OMK hopes everyone will take this opportunity to appreciate and celebrate these young heroes.

Be creative....the goal is for military youth to actually see the support of their community! Need some ideas to get you started?

- Ask local, regional, and state officials to wear purple on April 13th

- Spread the word by inviting newspaper and media outlets to feature a story about Purple Up! For Military Kids

- Involve area schools, sports teams, youth organizations and clubs, after-school programs, recreation depart-

ments

- Engage the Chamber of Commerce, fraternal organizations, social clubs, and Rotary groups

- Request local businesses post a Purple Up! message on their roadside signs, and ask their employees to wear purple

- Ask stores and restaurants to offer a discount to all patrons who wear purple

- Invite coworkers, members of your spiritual community, exercise class, or golf league to join you in showing support for the military youth in your town

Remember to send **OMK** your photos to post on the MA OMK website, where military youth and families from across the state will see them.



18 Apr: Shriners Circus Salute to Military - Complimentary Tickets



The USO will be offering complimentary tickets to the opening night of the circus, Wednesday, April 18th at 7:00PM. This event is ideal for children 12 and under, but will certainly entertain those of all ages! Details on how to obtain your tickets is posted on the [USO website](#). The Shriners’ Auditorium is located at 99 Fordham Road, Wilmington, MA and parking is free, so don’t miss this event, as the Shriners say, “Thank You” to service members and their families.



Free: Island Lake Camp

Attention kids aged 8–13: Consider one of five chances for Air Force youth to attend Island Lake Camp, located in the Pocono Mountains, during the weeks of Jul 31 – Aug 13, 2012!

Camp tuition (valued at \$3,000) is being provided at **no-cost** through a generous offer from the [Island Lake Camp](#) owners who wish to support military families by providing each of the Armed Forces Service Branches free spaces at the camp. Parents are responsible for transportation either to/from the camp or one of the bus pickup points in NY, NJ & PA.

Island Lake Camp offers youth a

chance to participate and develop their interest in a variety of camp offerings, to include: mountain biking, circus techniques, dance, skate boarding, pioneering, gymnastics, science, theatre, horseback riding, technology, music, water sports and more. Under the supervision of qualified, conscientious and nurturing staff, youth will experience the excitement of unique challenges and the satisfaction of success. Youth receive interest-based instruction to help develop poise and mastery of skills in a variety of areas.

Interested Air Force youth must com-

plete an application and submit a letter that describes, “The reasons why I should be selected to go to Island Lake Camp.” Camp selection priority will go to youth affected by current or recent parental deployment and should indicate such in their essay. All Air Force entries must be submitted electronically no later than 01MAY.

Military campers who have previously attended an Island Lake Camp session are eligible to return for a minimal fee of \$300 as are their siblings.

Q: [Email](#) or call Erin at 508-968-4855.



MilitaryKidsConnect during Deployments

The Department of Defense (DoD) launched a new website for children experiencing the challenges of military deployments.

The highly interactive website, www.MilitaryKidsConnect.org, helps children of deployed parents cope with the stress, changing responsibilities, and concern for the safety of their parents.

The website has informative videos, educational tools, and engaging games and activities for three age groups: 6 to 8, 9 to 12 and 13 to 17. The site features monitored online social network forums for the groups to safely share their experiences with deployments.

This is the first DoD website to connect children in the widely separated active, reserve, and National Guard military communities.

Since 2001, an estimated 2 million children have said goodbye to a parent headed to deployments. Military children are deeply affected by the separation of their parent's deployment. It's seen that in their hearts, kids deploy too.



LAST CALL: AFR/ANG Teen Leadership Summit



FRI 13 APR is the deadline for teens to apply for this year's Teen Leadership Summits!

The 2012 Air Force Reserve/Air National Guard Teen Leadership Summits are open to all 15-18 year old dependents of current Air National Guard or Air Force Reserve members. There are two Summits scheduled for summer 2012: Classic Teen Leadership

Summit, 17-22 Jun 12 at Wahsega 4-H Center in Dahlonega, Georgia and the Adventure Teen Leadership Summit, 7-12 Aug 12 at Cheley Colorado Camps in Estes Park, Colorado.

Additional information and instructions for applicants and adult volunteers are currently available [online](#).

Operation Purple Camps 2012

Operation Purple camps offer a free week of summer fun for military kids with parents who have been, are currently, or will be deployed. The goal of the Operation Purple camp program is to give military children tools to help deal with the stresses that result from a parent's deployment, through a memorable camp experience in a "purple" environment. Operation Purple camps are open to military children of all ranks and Services: active and reserve components and give priority to children whose parents are in a deploy-



ment phase between SEP '11 and DEC '12.

Due to budget constraints, the National Military Family Association was forced to reduce the number of camp locations for the 2012 season. Because of the extremely limited number of spots for the 2012 camp season, we highly encourage families with children who

have never attended Operation Purple camp to apply. If you know a family with children who have never attended Operation Purple camp, encourage them to apply so as many deserving military children as possible can experience Operation Purple camps.

Camps will be held in AK, CA, CT, FL, HI, IN, NC, NY, OR, PA, TN, TX, WA and WV.

Traditional [camp applications](#) are now available!!

Tricare Welcomes MetLife as New Dental Administrator

The TRICARE Dental Program (TDP) provides comprehensive dental care for more than 2 million enrollees worldwide including active duty family members, and members of the Selected Reserve, Individual Ready Reserve and their eligible family members. Beginning May 1, 2012, the TDP will be administered by MetLife.

As the TDP contractor, MetLife will manage enrollment, claims processing and customer service. You will receive a welcome package and a new enrollment card in the mail ahead of the May 1 start date. The transition should be seamless for you, and no new enrollment forms or other paperwork are

needed. However, if you pay your premiums through a direct payment from your checking account or credit card, you need to contact MetLife to reauthorize this payment to ensure there is no break in coverage.

MetLife offers an extensive network of more than 164,000 dentist locations available to you as part of your coverage. With the new contract come some enhancements to your benefits. These include an increased annual benefit maximum from \$1,200 to \$1,300, an increase in the lifetime orthodontic maximum from \$1,500 to \$1,750 and first-year premiums less than current

rates for each enrollment category.

If your premiums are automatically deducted from your paycheck, you will see the new, lower deduction on your April leave and earnings statement.

MetLife has also created a [new TDP Web site](#). Benefit updates will continue to be available thru [Tricare](#) online.

Avoid interruption on coverage!

If you pay your monthly TDP premiums by electronic transfer, please remember to reauthorize your payment with MetLife before April 20th.

Call MetLife at: 1-855-638-8371

Military Family Support on Defense.gov

In FEB 2012 as part of the official Department of Defense webpage, Families finally have their place. This section, [Military Family Support](#), is specifically targeted for Families.

As it states, caring for military families has become a national priority with the launch of the White House's "Strengthening Our Military Families" initiative and the related "Joining

Forces" campaign. This ongoing AFPS special report provides regular updates on all DOD related efforts to improve the lives of military families.

The page contains top related stories, official blogs, photos, videos, and links on

• federally recognized strides made on a grassroots level to improve the lives

of military families from across the county;

• Initiatives from Washington focusing on diminishing military specific challenges; and

• Inspiring and timely news and stories.



Military OneSource Offers Free Counseling

Military OneSource (MOS) provides Department of Defense counseling program to Active Duty, National Guard, and Reserve service members and family members as an Employee Assistance Program. Non-medical counseling is aimed at preventing the development or worsening of conditions that may detract from military and family readiness. The counseling is to empower participants to learn to anticipate and resolve chal-



lenges associated with the military lifestyle.

MOS professionals have earned a Master or Doctorate degree in a mental health related field, are licensed to practice independently. Counseling is confidential, with the exception of mandated reporting per established state, federal & military laws and regulations.

Issues appropriate for services include, but are not limited to problems that may be Partner Relational, Phase of Life, Academic, Occupational or Life Skills Development (decision-making, coping, communication, deployment, reintegration, stress management, etc).

Up to 12 sessions may be authorized per person, per issue as no cost to the participant. Services may be accessed 24/7 at 800-342-9647 or online at [militaryonesource.com](#)



Housing Relief to Veterans and Service Members

On March 6, 2012, the President announced two steps to provide significant housing relief to thousands of service members and veterans who have faced wrongful foreclosure or been denied a lower interest rate on their mortgages. While the announcement outlines additional avenues for service members to pursue benefits, it does not expand the benefits provided under the Expanded Homeowners Assistance Program (HAP), established under the American Recovery and Reinvestment

Act of 2009, or change the eligibility requirements of the HAP. More details regarding this announcement can be viewed [online](#).

For Further Questions:

• Any Service member who believes his or her rights were violated by Bank of America, J.P. Morgan Chase, Ally, Citi, or Wells Fargo can contact the Department of Justice (DoJ) directly at 1-800-896-7743. The DoJ will have access to information to determine whether or not service members are victims and the settlement requires those individuals to be contacted.

• Service members and their dependents who believe that their Service member Civil Relief Act rights have been violated should contact the nearest Armed Forces Legal Assistance office. For the relevant contact information, please consult the [military legal assistance office locator](#) and click on the Legal Services Locator.

• Additional information about the Justice Department's enforcement of the SCRA and the other laws protecting service members are available at [servicemembers.gov](#).

Resiliency “Breathe2Relax” App

You've probably had someone tell you at least once: "You have to take care of yourself, so you can be around to take care of others."

The [Breathe2Relax app](#) is a new free mobile application for iPhone and Smart Phone users. It is a diaphragmatic breathing trainer that uses the phones' interactive learning capabilities to teach deep-breathing exercises through video instruction and interactive demonstrations.

Diaphragmatic breathing (belly-breathing) has widely-known benefits for reducing stress, tension and anxiety by calming the "fight or flight" response. This kind of breathing has been taught for centuries as a way of turning on the body's relaxation response. You can easily customize your

Breathe2Relax experience, using the app's preference settings to select breath duration and number of cycles, as well as choice of music and background images.



Toastmasters: A Resource to Jumpstart Your Career

The MANG Federal Women's Program started a Toastmasters club called VOLUME (Voices of Leaders Unite, Motivate, and Excite) three years ago. Comprised of men and women working for the National Guard, family members and civilians, it has over 30 members, looking to improve their confidence through the development of communication and leadership skills, giving them a competitive edge in the workforce.

[Toastmasters International](#) is a non-

profit organization that gives members an opportunity to develop and improve their leadership skills by offering public speaking opportunities within a supportive group.

This program is "self-paced" and can be worked into any schedule. Whether it takes 6 months or 6 years, you will have the support of fellow Toastmasters!

You will learn: - organize and deliver a speech with confidence, give both prepared and impromptu speeches, leadership skills, how to give & receive con-

structive feedback, and time management skills.

VOLUME Toastmasters
1st and 3rd Thursday of each month
50 Maple St, Milford MA
6 p.m.—7:30 p.m.

Commit to 90 minutes, twice a month and see improvement in your communication.

Accepting new members year round. Scholarships are available.

Contact [Tammy Lashley](#) for questions.



Upcoming Job Fairs

Wednesday, April 11th

The JFHQ Community Outreach is putting together a career fair to help our Soldiers/Airmen that are unemployed, especially those deployed that find themselves with no work.



The career fair will be opened to the community and it is our deepest wishes that our Guardsmen find jobs during this fair.

12–1pm: Informational Luncheon hosted by Employer Support of the Guard and Reserve (ESGR) for participating Employers

1–6pm Career Fair

Location: Methuen Readiness Center, 697 Lowell Street, Methuen, MA

Thursday, April 12th

11 a.m.–3 p.m.

@ 1 Patriot Place, Foxborough, MA 02035

RecruitMilitary is producing this Expo in cooperation with the American Legion to benefit veterans, transitioning military personnel, members of the Guard and Reserve, and military family members. [Click to register.](#)

RECRUIT MILITARY®

WED 25 APR

1:00 p.m.–4:00 p.m.

Northeastern University

360 Huntington Ave, Boston MA

Visit jobnetboston.org for more info!



Free Veterans Golf Clinic & Hire-A-Hero Event



Save the Date—Sunday July 8th

3rd annual "Bogies to Birdies" Heroes Golf Clinic

9:30 a.m.—11:30 a.m.—includes Lunch!



This golf clinic is free of charge to area veterans and active military personnel.

The clinic will be lead by Doug Errhalt, TGC PGA professional and Jeff Handler, renowned personal trainer and specialist in the biomechanics of golf. Vets and military personnel will need to pre-register for the clinic and lunch as space is limited by calling the Club at 508-457-7200 or email Gwen at gerrhalt@tgccc.com



Hire—A—Hero TGC's inaugural Veterans' Job Fair from 1–3pm

Specialists from Career Opportunities, a Hyannis-based career counseling group, and representatives from local Veterans Services will be on-hand to assist participants with job search, resume skills, assistance with benefits, etc.

Area veterans are invited to attend!

New VA Program for All Unemployed Vets ages 35–60

The new program, now known as Veterans Retraining Assistance Program (VRAP), will offer up to 12 months of Montgomery GI Bill benefits for older unemployed veterans. The program is part of the VOW to Hire Heroes Act which also includes tax breaks for companies that hire veterans.

That means that pre-9/11 veterans who often feel left out, may soon qualify for as much as \$17,600 (\$1473 a month) for education and training. Here's what



you should know about the new VRAP:

This benefit can be used to earn an associate degree, non-college degree, or certification, and training for a high demand occupation.

According to the VA, the program will begin July 1, 2012.

This new benefit will be limited to 45K vets in FY2012 and 54K for FY 2013 through March 31, 2014.

Once participating veterans have completed the VRAP education program, the Dept. of Labor will provide employ-

ment assistance.

To be eligible for the VRAP GI Bill Veterans must:

- Be at least 35 but no more than 60 years old.
- Be unemployed, as determined by DoL.
- Not have a dishonorable discharge.
- Not be eligible for any other VA education benefit program.
- Not be drawing VA compensation due to unemployability.
- Not be enrolled in a federal or state job training program.

Veterans Living with PTS Talk

Sunday, May 6th @ 1:00pm

You are invited to a public talk, "Veterans Living with Posttraumatic Stress," presented by Claude AnShin Thomas. Open to Veterans, Their Families & Friends and the general public. This event will take place at Assumption College - 500 Salisbury Street - Worcester, MA.

This event is brought to you by [Project New Hope](#) Inc in collaboration with Assumption College Institute for Social and Rehabilitation Services.



Talk to Me: Project New Hope Retreats

Talk to Me - [Project New Hope](#) Retreats is for Single and Married Veterans and their Families to include Retreats for our Gold Star Families and Survivors from all eras.

When Veterans come back from overseas, not all have the communication tools to talk to their spouse about their pain, their frustration, their grief. Project New Hope Inc. helps singles and couples with their communication skills.

Problems are seen in both males and females...even the females returning from Iraq, Afghanistan

and other wars want to seclude themselves. Just like the guys, they don't want to be around crowds...they don't want to go on family vacations or outings...

Remarkable transitions have been seen at Project New Hope retreats. Couples who won't hold hands, who won't touch each other by the end of the retreat, are holding hands. They're hugging, laughing and they have Hope!

May 18-20: Gold Star & Survivors

June 29-July 1: Gold Star & Survivors

July 13-15: Single & Married Veterans

Red Sox Tickets at Cape Cod MWR



Air Station Cape Cod's MWR has three games of [Red Sox Tickets](#) available for sale!

The Ticket Office will be selling the Red Sox Tickets to all MWR Eligible Patrons on a First Come, First Serve basis.

To expedite the purchase process please preselect your ticket preferences

Games Available:

Sunday, June 10, 2012 vs. Washington Nationals @ 1:35 p.m.

Friday, Jul 20, 2012 vs. Toronto Blue Jays @ 7:10 p.m.

Friday, Aug 3, 2012 vs. Minnesota Twins @ 7:10 p.m.

Limit 4 tickets per person

resale of tickets is not authorized

9:00 a.m.—4:00 p.m.

THU 12 APR & FRI 13 APR

@MWR ADMIN 5205 Ent Street (the road behind the Kaehler Clinic)

For More Information Please Contact the Ticket Office at 508-968-6447

Veterans Crisis Line Includes Text Messaging

Veterans Crisis Line



1-800-273-8255
PRESS 1

The Department of Veterans Affairs is expanding its efforts to prevent suicide through several new initiatives that increase the availability of services for Veterans, Servicemembers and their families.

The new initiatives include a new, free, confidential text-messaging service in the existing Veterans Crisis Line, introduction of toll-free access from Europe, and collaboration with Vets Prevail and Vets4Warriors, two groups providing crisis help to Veterans, Servicemembers

and their families.

Now, in addition to the Veterans Crisis Line (800-273-8255 and Press 1) and [online chat](#). Veterans and Servicemembers in crisis—and their friends and families—may text free of charge to **83-8255** to receive confidential, personal and immediate support. The text service is available, like the Veterans Crisis Line and online chat, 24 hours a day, seven days a week, 365 days a year and connects a user with a specially trained VA professional ~ many who are Vet-

erans themselves.

As a part of the effort to extend VA's reach, Veterans and members of the military community in Europe may now receive free, confidential support from the European Military Crisis Line, a new initiative recently launched by VA. Callers in Europe may dial 0800-1273-8255 or DSN 118 to receive confidential support from responders at the

Veterans Crisis Line in the U.S.

For more information visit [VA's suicide prevention program](#).



Massachusetts National Guard
Airman & Family Readiness Program
Cape Cod, MA



The Family Program works to establish and facilitate ongoing communications, involvement, support and recognition between Guard families and the guard in a partnership that promotes the best in both.

“Families Matter”

Erin Creighton
Program Manager
Phone: 508- 968- 4855
Fax: 508- 968- 4846
erin.creighton@ang.af.mil

102IW/ A&FRPO
158 Reilly St Box 70
Otis ANG Base, MA
02542

Requests to be added or removed from this distribution list may be sent directly to Erin at the address above.

Veteran Fishing Derby

Cape Cod Cares for Our Troops and Vets Fish Prawn will be holding the 3rd Annual Fishing Trip on **Saturday June 9th** in Provincetown, MA.



This event is open to all active duty members and/or Iraq/Afghanistan Veterans. You may bring your immediate family or 1 guest. There will be a BBQ lunch

at noon, and at 6pm will be a dinner at the Surf Club. This event is free, it is our way to honor you for your service to our country!

First come, first serve and this event fills up fast! Priority is given to those who have not attended in the past. I

To register or for questions or special requests email capecod4thetroops@comcast.net or call 774-216-9052.



8th Annual Troops in the Spotlight

Cape Cod Cares for Our Troops proudly presents the 8th Annual Troops in the Spotlight this Memorial Day weekend. This is a 24 Hour event to honor our men and women currently serving in our military and our Veterans, Wounded Warriors, and Gold Star Heroes and their families.



Troops in the Spotlight takes place at the Kmart Plaza in Hyannis, MA for 24-hours, **11:30 a.m. SUN 27 MAY – 12:00 p.m. MON 28 MAY.**

Donations and monetary donation to help with shipping costs will be accepted at the event for send care packages to deployed members (over 12,500 to date!). Stop by, thank a troop in person or send a video message!

For more information on this event and more go to www.capecod4thetroops.com.

Don't forget the branch challenge! Participation of military members & veterans is key! To volunteer an hour of your time and uniform, please contact SGT Daniel Small at 508-815-9845 or dsmalldes@gmail.com.

This announcement is provided for the benefit of members of the National Guard. It is intended for informational purposes only and does not constitute an endorsement by the Massachusetts National Guard, the Commonwealth of Massachusetts or the United States Armed Forces. Any participation is solely the responsibility of the individual.