

# The Family Flyer



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



OCT—NOV 2012

Volume 7, Issue 5

Each year the President signs a proclamation declaring November Military Family Month. Last year President Obama said that our nation owes "each day of security and freedom that we enjoy to the members of our Armed Forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support."

This annual proclamation marks the beginning of a month-long celebration of the Military Family in which the Department of Defense and the nation will honor the commitment and sacrifices made by the families of the nation's servicemembers.

To each and every military family: "Thank You!"

## Free Bed & Breakfast Stay for Veterans Day

Inns and B&Bs throughout the U.S. and Canada are looking forward to welcoming active military, retired military and vets for Veteran's Day. Participating properties will offer complimentary stays to one or more vets and a guest on SUN 11 NOV 12 as a thank you for service to your country.

This year marks the fourth year for the B&Bs for Vets program. In years past the demand is high for the rooms. It's encouraged to register early.

Rules of Participation:

\* Military ID or discharge papers may be required as proof of eligibility by the innkeeper.

\* A credit card number may be required to hold the room. No-shows may be charged for the full amount of one night's stay. The room is only free if the guest shows up. Be aware of the



property's guidelines and rules before making a reservation, and follow the policies and guidelines for the room, cancellations, etc.

\* Rooms are limited.

\* Vets may bring one guest to stay with them.

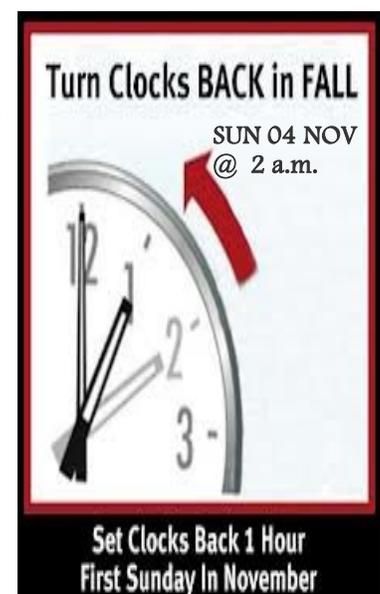
\* If an Inn/B&B is listed as FULL you may call to see if they will place you on a waiting list.

\* Arrangements are made by contacting the Inn/B&B directly by phone or email.

Find a participating a participating inn/B&B at [BetterwaytoStay.com](http://BetterwaytoStay.com).

### Inside this issue:

Helping Children Thrive	2
Sesame Street App for Military Families	3
Federal Benefits Open Season	4
Easier Way to Get a New Military ID Card	5
Voter Information for NOV Elections	6
Troop Appreciation and Care Package	6
Electronic Payments Requirement for Tricare	7





## Helping Children Thrive in Good & Challenging Times

The Military Child Education Coalition's Professional Development

Institute presents:

**Living in the New Normal Institute;** *Helping Children Thrive in Good and Challenging Times*

**Audience:** For counselors, school nurses, educators, daycare and social service providers, and anyone who works with or is interested in helping children.

**Location:** University of Massachusetts, Amherst's

Lincoln Campus Center, Rm 165-69

**Cost:** No cost to participate. FREE.

**Event Dates:** Wednesday November 14 & Thursday November 15

**Schedule:**

Registration & Breakfast: 8–8:30  
Institute Training: 8:30–4:00 (includes working lunch)

**Credits:** Earn educational credits in the form of 1.2 CEU's for \$25.00 and/or 1 hr of graduate credit from Texas A&M for \$175, payable at completion. 95% attendance is

required to receive Institute credit and course materials.

**Registration and Questions:** For more information about this institute, please contact Joe Clever at 254–953–1923 or email at [joe.clever@MilitaryChild.org](mailto:joe.clever@MilitaryChild.org)

Please visit [www.MilitaryChild.org](http://www.MilitaryChild.org) and click on [Training](#) to register.

**Funded:** Office of the Secretary of Defense.

**Hosted:** UMass Amherst School of Education, and Operation Military Kids

## Nestle “Very Best in Youth” Award Program

Nestlé helps young people, who want to make a difference, realize their dreams by donating \$1,000 in the name of each winner to the charity of his/her choice. The winner receives a trip for them and a parent or guardian to Los Angeles, California for the awards ceremony. The trip includes round trip coach air travel, hotel accommodations

for three nights, and spending money. Each contestant will receive a certificate of achievement from Nestlé.

Contestants must be between 14 and 18 years of age and have parental or



legal guardian permission to submit the entry form. Contestants must also demonstrate good citizenship, a strong academic record, and show

how they have made a special contribution to their school, church or community.

For a full list of the details, please visit the [Very Best In Youth](#) webpage.

## “Give Army Parents a Break” Free Childcare



Participants deployed and in the Army National Guard or Army Reserve are eligible for up to 16 hours of child care every month for each child through age 12 during the deployment cycle, including 30 days prior to deployment and 90 days after returning.

The Soldiers orders must state "Overseas Contingency Operations" in order to qualify for "Give Army Parents a Break" child care. For more information visit [NACCRRRA](#) online today!

## Building Resiliency in Youth

**SAT 03 NOV 10 a.m.—noon**

@ American Legion, 292 Ludlow Rd, Chicopee, MA

**SUN 04 NOV 2 p.m.—4 p.m.**

@ Wellesley Armory, 14 Minuteman Ln, Wellesley, MA

Please join in for a fun, hands-on session answering the questions on **Resiliency**

What is it? Who has it? How do military children get it?



Please register by email to the [MANG Child & Youth](#) Program or at 508–233–7290. Include name, contact info and which session you'd like to attend.

## Cape Cod MWR in OCT



FRI 26 OCT **Halloween Party** & Pint Night w/ Stella Artois and DJ Karaoke w/ DJ 'Scarey' Scooby. 21+ Event @ Crosswinds Club

### Falcon Golf Course

Open 8–6 Daily!

October Tournaments:

THU 11 @ 9a–Base Challenge

SAT 13 @3p–Commanders Cup

SUN 14–Fall 2-Man Best Ball



**FREE Diapers:** Free Huggies diapers available for active duty families while supplies last. Sizes 3,4 or 5.

Stop by CDC by 9a–4p MON–FRI.

### Food, Fun & Facts! Family Night

An event for all ages

@ Crosswinds Activity Center,  
5210 East Hospital Rd, Bourne MA  
(behind the USCG Exchange on  
the MMR)

Includes: \*Bowling \*Arts & Crafts

\*Games & Challenges \*Food

\*Comedian Wayne Soares “Bullying  
is NOT Cool” @ 6pm

\* Magician Brandon Fox @ 7pm

Q: Contact [Jodi](#) 508-968-6635

Presented by: USO, Boys & Girls Club,  
Operation Military Kids, Military One-  
Source, Work Life, USCG, and  
MANG Family Programs.

### Community based Events @Chapel:

TUEs–Lap Babies @ 9:30a

WEDs–Effective Parenting @ 9:30

### Youth Programs:

MON: Power Hour

TUE: 4-H ages 5–12

WED: Youth Golf or Tennis

WED: Girls Club ages 8–18

THU: Boys & Girls Club “Torch  
Club” ages 11 –13

THU: MWR Youth Bowling League

FRI: Pizza Night ages 8–16

Q on Youth Programs contact [Candy](#)



For complete info & all the Cape  
Cod MWR events for OCT check  
out the [October Rec Dec newsletter!](#)

## Sesame Street for Military Families—New App!



Sesame Street has a new App for military Families! This app is available to all at no cost for both phones & android smartphones.

Sesame Street has taken all their great work and bundled it in one great App to make it a really useful tool for military families that can be easily accessed!

Topic areas for military Families include: Deployments, Homecomings, Injuries, Grief and Self-Expression.



To access this app, simply go to your App Store and search using the words: “Sesame Military”

## Operation Tribute Registration Open Now—15 NOV

Operation Tribute acknowledges the sacrifices being made by the children of all military families living in New England, New York and New Jersey including the Coast Guard, National Guard, Reserves, Army, Navy, Air Force and Marines by offering them a holiday gift. At the request of a member of a military family, Operation Tribute will provide an age and gender appropriate gift to each child regis-

tered ranging from newborn to age 16. Each participating military family will be required to make the request between 01SEP through 15 NOV and include the name, age, and gender of each participating child, the address that the package will be shipped to and the name, email address, service, rank and unit of the military service person. Registration can be done by



calling (207) 221-0296 or [can be done online.](#)

Although the goal is to provide each child a holiday gift, gifts will be provided on a first-come, first-served basis and requests will be filled based upon the amount of funding that is raised in each state.

To learn more, to register or to donate to Operation Tribute, please visit them [online.](#)

# National Veterans Creative Arts Festival

Nationwide, Dept of Veterans Affairs uses creative arts as a form of rehabilitative treatment. Across the country each year, Veterans treated at VA facilities complete in local create arts competitions in over 120 categories, including: oil painting, leatherwork, music, dance, drama, creative writing. A national selection of the top three winners



## National Veterans Creative Arts Festival

**MON 08— SUN 14 OCT**  
Boston, MA

### Arts Exhibit

FRI 12 OCT  
10am-2pm  
Great Hall, MA State House

Free admission, no ticket required

### Stage Show

SUN 14 OCT @ 2pm  
Cutler Majestic Theatre at Emerson College

Free admission; tickets required—call 857-364-2443

in each category and selected winners are invited to attend this festival each year.

The purpose of the National Creative Arts competition and Festival is to recognize Veterans for their creative accomplishments and to educate and demonstrate to communities throughout the country the therapeutic benefits of the arts.

To learn more about this program & the events for the 2012 festival visit [va.gov](http://va.gov)

For more local features from the Boston VA visit them [online!](#)

## 2012 Federal Benefits Open Season 12 NOV—10 DEC

Open Season is the time of year when you should think about your health, dental, vision, and tax-saving needs and to make changes to or enroll in one of the programs. The Programs that participate in the annual Open Season are:

- Federal Flexible Spending Account Program (FSAFEDS)
- Federal Employees Dental and Vision Insurance Program (FEDVIP)

- Federal Employees Health Benefits (FEHB) Program.

Open Season is the time to make elections you usually can't make any other time of year. If you are already enrolled in FEDVIP and FEHB, those enrollments will continue automatically although benefits & premiums may change.

For assistance,

- \* Visit [opm.gov](http://opm.gov);

- \* Find it on Facebook at [fedbenefits](#);

- \* Follow on Twitter at [FedEmployeeBen](#); or

- \* See your Human Resources Office.



# Operation: Thank You!

Ocean State Job Lot salutes service members and their families\*

## Get 30% Off

\*Includes Active Duty, National Guard, Reserve and Retired personnel, Veterans and their families. ID required.





Program Dates: Oct. 21 - Nov. 3



### Different Types of Depression

Common types of depression include:

*Major depression*—The sad, empty feelings with this chronic illness can be so intense that eating, sleeping, or just getting out of bed become almost impossible.

*Postpartum depression*—This can occur in women soon after giving birth.

*Seasonal affective disorder*—This causes people to be depressed mostly during autumn and winter, when there is less daylight.

*Dysthymia (pronounced dis-THI-mee-uh)*—People may be depressed, have low self-esteem and trouble concentrating over a number of years.

*Bipolar disorder*—This causes swings between lows (depression) and highs (mania).

#### Warning Signs of Depression

- Feelings of helplessness, guilt, hopelessness, or worthlessness
- Sadness, crying, tearfulness
- Trouble concentrating or making decisions
- Loss of interest in pleasurable activities
- Anger or emptiness
- Fatigue, sleeping too much or too little

The good news: treatment works!

Employee Assistance Program  
*We care, just call.*

**1-800-222-0364**

1-888-262-7848 TTY Users  
www.FOH4YOU.com

## Easier Way to Get a New Military ID Card

The process of getting a new ID Card has just become much easier. The [Defense Manpower Data Center \(DMDC\)](#) now offers the Real-time Automated Personnel Identification System (RAPIDS), a self-service portal that provides common access card (CAC) holders with online access to apply for ID cards for family members or retirees or to update dependent statuses. The RAPIDS portal provides a way for the service member to authenticate eligibility without the need to be physically present.



The process is simple. The CAC holder can log in to the [RAPIDS](#) site and access their family member's information, which the military sponsor can update, if needed. For an ID card, the CAC holder must complete DD Form 1172-2 and electronically sign it. The family member can then take a printed version of the Form 1172-2 to the nearest ID card office, easily located by using the [RAPIDS Site Locator](#), to get an ID. The service member does not need to accompany the family member to the site to pick up the card.

## NuRide for 'Green' Commuting



NuRide is an exciting initiative launched by MassRIDES in May 2011 to further encourage 'green' commuting. MassRIDES are the people who plan and brainstorm about all the trips you take in and around the Commonwealth. They're a free service brought to you by the Massachusetts Department of Transportation (MassDOT).

NuRide is a free online service where you get rewards when you travel by public transportation, biking, walking, telecommuting, compressed work week, carpooling or vanpooling. To date, 166 local

employees representing 28 Federal agencies are currently taking advantage. Let's help increase those numbers and make a difference for our area!

How can you join in? It's easy!

1. Join NuRide - [sign up is free](#)
2. Take a green trip - bike to a friend's house, walk from home, carpool with friends, or hop on a bus.
3. Enjoy Rewards - Confirm your trips and get points that you can redeem for restaurant coupons, retailer discounts, and tickets to shows and attractions.



# Absentee Ballots for NOV Elections & MA Ballot Questions

**Federal Voting Assistance Program (FVAP):** Voting help for Uniformed Service Members, Their Families & Citizens Living Outside the U.S [click here](#).



received by 12:00 p.m. noon on MON 05 NOV  
• Voted Absentee Ballot received before 8:00 p.m. on Election Day, TUE 06 NOV

**MA Statewide Ballot Questions**  
The NOV ballot will also have three statewide questions.

Question 1: [Availability of Motor Vehicle Repair Information](#)

Question 2: [Prescribing Medication to End Life](#)

Question 3: [Medical Use of Marijuana](#)

## Massachusetts Absentee Ballot Guide Important Deadlines

- Voter Registration Form post-marked on/before WED 17 OCT
- Absentee Ballot Application

For MA citizens who live or will be out of the state for the election, more information on this topic can be found [online](#)

**Absentee Ballot** [other States](#)



## Troop Appreciation & Care Package Support Events

**SAT 10 NOV**

**Military Appreciation Day @**  
Cape Cod Harley-Davidson,  
750 MacArthur Blvd, Pocasset

This is always a great day filled with live music, a great BBQ lunch and much more. For more information please contact Cat at 508-563-7387. Also items can be donated for the Christmas Care Packages (go to [www.capecod4thetroops.com](http://www.capecod4thetroops.com) for a list of items). If you can not be there donations can be dropped off the week prior at Cape Cod Harley-Davidson.

**SAT 17 & SUN 18 NOV**

**Christmas Care Package packing @**  
Trowbridge Tavern, Bourne

1500 Christmas Care Packages will be assembled during this two-day event. It is a great way to start the Christmas Season...lots of fun, Christmas music, arts and crafts table for the kids, and great food, too!

Needed: items for the care packages, Christmas stockings, Christmas cards (6-8 cards per care package), and monetary donations to help with the cost of shipping.

The Trowbridge always provides great pizza, if you can offer help with food, donate water, juice, Christmas cookies, etc please send us an [email](#).

If you know if a servicemember who is deployed please [email](#) their name and mailing address to be add to the list of recipients.



## Roth TSP Now for Active Duty; 2013 for Guard & Reserve



Beginning MON 01 OCT, active military members of the Army, Navy and Air Force can begin making Roth Thrift Savings Plan (TSP) contributions. Active duty members can now start Roth TSP contributions by using their online myPay account or by completing a TSP-U-1 form and submit-

ting it to their local finance office. Further instructions can be found at [www.dfas.mil](http://www.dfas.mil).

Marine Corps members and all civilians paid by DFAS have been able to participate in Roth TSP since JUN 2012.

For Reservists and National Guardsmen (except Marine Corps), the start dates for Roth TSP deductions

have changed to mid to late 2013. This change is because the interim solution for RC/NG did not meet Federal Retirement Thrift Investment Board (FRTIB) requirements. In the meantime, work continues to attempt to identify options that will be available more quickly and will satisfy both the law and the FRTIB requirements.

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



Erin Creighton  
Program Manager  
102IW/ A&FRPO  
156 Reilly St Box 70  
Otis ANG Base, MA 02542  
Phone: 508- 968- 4855  
Fax: 508- 968- 4846  
[erin.creighton@ang.af.mil](mailto:erin.creighton@ang.af.mil)

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

*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”*

### Helpful Websites

**Military One Source**  
[www.militaryonesource.com](http://www.militaryonesource.com)

**RAPIDS Site Locator**  
[www.dmdc.osd.mil](http://www.dmdc.osd.mil)

**NGB Family Program**  
[www.jointservicessupport.org](http://www.jointservicessupport.org)

**Financial Assistance**  
[www.operationhomefront.net](http://www.operationhomefront.net)

**Veterans Affairs** [www.va.gov](http://www.va.gov)

**US Family Health Plan**  
[www.usfhp.org](http://www.usfhp.org)

**American Red Cross**  
[www.redcross.org](http://www.redcross.org)

**Our Military Kids**  
[www.ourmilitarykids.org](http://www.ourmilitarykids.org)

**TriCare Information**  
[www.tricare.mil](http://www.tricare.mil)

**ESGR** [www.esgr.org](http://www.esgr.org)

## Electronic Payments Required for Tricare Reserve Select (TRS) & Tricare Retired Reserve (TRR) Monthly Premiums

To avoid losing coverage, beneficiaries enrolled in TRICARE Reserve Select (TRS) or TRICARE Retired Reserve (TRR) who pay monthly premiums by check need to switch to an electronic form of payment before 01 JAN 13.

Beginning 01 JAN 13, TRICARE will only accept monthly premium payments using recurring automatic payments by credit or debit card, or by recurring electronic funds transfer (EFT) from a linked bank account. To avoid confusion,



beneficiaries should verify that their bank sends EFT payments. The Defense Manpower Data Center is notifying current TRR and TRS beneficiaries directly by email, and new beneficiaries will be informed in their welcome package information when enrolling.

Electronic payments streamline account management and ensure continuous coverage for beneficiaries. Failure to pay premiums by

the due date results in termination of coverage. Beneficiaries can contact their regional contractor to set up automatic payments and get more information. Contact information for each region is available online at [www.TRICARE.mil/contacts](http://www.TRICARE.mil/contacts).



TRS and TRR are premium-based health plans. TRS is available for eligible members of the selected Reserve of the ready Reserve and their families; and TRR can be purchased by retired Reserve members, and their families.

*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.*