

Between the Flyer November 30, 2012

**ATTENTION
Cape Cod ANG Families:
It's time to sign up for the 102IW
Children's Christmas Party
on SAT 08 DEC.
Contact Erin for more info.**



Magical Holiday Canvas Workshop for Deployed Families

SAT 08 DEC from 12:00—2:00PM

@ Three Fish and a Ram Gallery, 36 Bates Rd, Mashpee (next to Zoe's Pizza)

This holiday workshop is being offered to all military youth with a deployed parent and the cost for the program is being covered by Operation Military Kids

Using acrylic paints the participants will be painting four 4x4 canvas's for friends and family for the holiday season. Half of the canvas's will be pre-drawn in ink to alleviate the pressure of wondering "What will I paint?" This method eases the young artist into his/her way of getting used to the medium. The remainder of the canvas's will be blank for participants to paint "freestyle".

Each participant will also get to paint a "mini canvas" to be distributed to local Vets in an effort to create and spread the cheer!

To register contact Kerry Bickford at kbickford@barnstablecounty.org or call 508-375-6695.

This program is supported by Operation Military Kids Cape Cod, Cape Cod Cooperative Extension and UMASS Extension.



Wreaths Across America

SAT 15 DEC

Noon @ Bourne National Cemetery

Did you know: - Bourne National Cemetery is the second largest US National Cemetery? It is final resting place for 56 thousand veterans and their spouses!

Help honor these patriots with **your time**: You are cordially invited to come to the cemetery & help place the flags for the wreathscrossamerica event!

Or, with **your money**: Sponsor a wreath - currently, 950 wreaths sponsored for Bourne. You can visit <http://www.wreathscrossamerica.org/> and select the "sponsor a wreath" tab and select Bourne National Cemetery as the location for delivery, the cost is \$15.00 per wreath, and they have special wreaths "the patriotic pair" that can be purchased this year as well.

For more info contact Dennis Mills at 508-968-4389





MILITARY FAMILIES

**Of deployed troops and those who returned from deployment
anytime in 2012, Gold Star Families,
and injured service members***



**You may have heard the reviews.
This is an event you don't want to miss!**

Let us say "Thank You for your service" with a free



HOLIDAY PARTY

**At Lombardo's in Randolph on
Sunday, Dec. 16, 2:30 – 6:00 p.m.**

Hosted by the Jeffrey Coombs Memorial Foundation

(founded in memory of an Abington dad of 3 who was killed in the 9/11/01 terrorist attacks)

**Teen and Parent Activities, Clowns, Santa, Entertainment,
Face Painting, Video Games, Crafts, Kids' Activities,
former pro athletes, dinner buffet, gifts ... much more**

Featured in Family Circle December 2011

RSVP by Dec. 3, 2012

**Email names, town, age and gender of children, relationship to the service
member, his/her name and unit to rsvp.jcfund@gmail.com**

**Call Christie at 781/982-1608 or go to
www.jeffcoombsfund.org for more information**



* as a result of service in post-9/11 conflicts

Tentative Details: Operation Home Front Holiday Toy Distribution

SAT 15 DEC from 1000-1200

What: Each child will receive one premium toy and unlimited stocking stuffers

Where: 14 Minuteman Lane, Wellesley, MA. The only other New England location this year is in Portland, Maine.

Who: All military children, including children of veterans, retirees, and wounded warriors

How: Registration link TBD. In the meantime, please contact the youth program for information when it is available. massngyouth@aol.com or 508-233-7952



The 2012 Federal Benefits Open Season (for the 2013 plan year)



MON 12 NOV—MON 10 DEC

Now is the time to evaluate, change and update your federal benefits plans.

Plan Ahead—Review Your Plan Rates – Make Your Changes

—Logging onto www.BENEFEDS.com is the fastest and easiest way to view and make changes to your FEDVIP enrollment during Open Season. Remember: You don't need to do anything if you'd like to keep your current enrollment as it was for 2012. Your enrollment will automatically continue into the 2013 plan year, even if you retire.

It Takes a Village: Trauma Informed Responses to Suicide in Multi-Cultural Communities

THU 06 DEC

UMass Lowell Inn & Conference Center

Conference Objectives

This conference will provide an opportunity:

- To increase awareness of culturally-specific and trauma-informed strategies that different racial/ethnic minority groups use in response to suicidality
- To increase knowledge of culturally competent and trauma-informed mental health practices that foster hope and resiliency within Latino, African American, and Asian Communities
- To enhance self-care skills while supporting suicide attempters and survivors in a trauma-informed way



Who Should Attend?

Public health and mental health professionals, social workers, nurses, public safety officials, first responders, law enforcement officers, emergency medical technicians, corrections personnel, community leaders and advocates, survivors, counselors, clergy and faith leaders, educators and school administrators, elder service providers, youth providers, LGBT advocates, veterans' services providers, and anyone interested in preventing self-harm and suicide in the Commonwealth of Massachusetts.

Pre-registration **REQUIRED** by FRI 30 NOV. Cost \$15. More info [here](#).



Barnstable County Dept of Human Resources NEW online Resource!

Barnstable County now has a new website find.bchumanservices.net which features on-line directory of health & human resources in the areas of: food, housing, mental health services, energy/fuel assistance, and services for seniors and people with disabilities.



New Online Cyber-Attack Game for Kids Trains to Keep Safe!

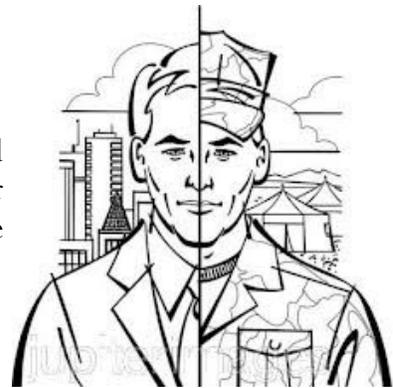
The National Science Center (NSC) is now training kids to stay safe from cyber-attack malware when they are surfing the web or using email and cell phones. The new online game called Cyber Swarm Defenders is targeted to 6th-8th grade students and is also appropriate for younger students. Cyber Swarm Defenders is deployed through the social networking site jabbersmack.com, which was built for children ages 13 and under. Kid-safe requirements are built in, including a parental control feature. To access the game, visit the NSC website at www.NationalScienceCenter.org and click on the Cyber Swarm banner button. Or, go directly to Jammer. To play, participants must first register on [jabbersmack](http://jabbersmack.com), which is not accessible on some older versions of browsers.

Entrepreneurial Resources for Veterans & Wounded Warriors

Below are two interesting programs for Veterans and wounded warriors that can help them to get their own businesses started or lead them into careers in the world of finance. Both programs are at no cost to the member.

<http://whitman.syr.edu/ebv/>

<http://www.wallstreetwarfighters.org/web/>



Small Business Workshop

FRI 07 DEC

12—2 PM @ Hanscom AFB, Bedford, MA



Did you ever think about having your own business? Come to the Small Business Workshop to see if being your own boss might work for you.

Expert presenters from the Small Business Administration (SBA) and Service Corps of Retired Executives (SCORE) will tell you what you need to know to succeed.

Pre-registration is required: Call 781-225-2765 or email 66.fss.fsfr.cmb@hanscom.af.mil

A&FRC programs are available free of charge to military personnel. DoD civilians, retired military and family members.

Programs, Fun Events & Special Offers @ Hanscom

New programs, events & offers posted frequently. Visit Hanscom Air Force Base's Services page daily so you don't miss a thing! Go to: <http://www.HanscomServices.com>. To sign up for notices and ticket information follow the "Subscribe" link on the Services Home Page.

2013 Military Child of the Year® Award—Recognizing Young Patriots

Nominations Close: SAT 15 DEC



Operation Homefront is pleased to present the Military Child of the Year® Award to outstanding military children who demonstrate resiliency, leadership and achievement. Recipients representing each service branch receive their award at a Washington, DC Gala celebration in April each year.

The fifth annual award will be presented April 11, 2013 at the Ritz-Carlton, Pentagon City.

In addition to the trip to our nation's capital, recipients are awarded a laptop computer and a \$5,000 cash prize.

To learn more about Operation Homefront and the Military Child of the Year® Award, visit them [online](#).

Military OneSource hosts free “Budgeting for the Holidays” Webinars

The average American spends more than \$1000 during the holiday season. And much of that spending is on credit cards, which means that many people face big bills in the New Year. The key to keeping holiday spending under control is budgeting. In this webinar you find tips for setting and sticking with a holiday budget.

Register for a session now by clicking a date below:

Wed, Dec 5, 2012 1:00 PM - 2:00 PM EST

<https://www2.gotomeeting.com/register/723370506>

Wed, Dec 5, 2012 7:00 PM - 8:00 PM EST

<https://www2.gotomeeting.com/register/332911074>



Once registered you will receive an email confirming your registration with information you need to join the Webinar.



System Requirement:

PC-based attendees, Required: Windows® 7, Vista, XP or 2003 Server

Mac®-based attendees, Required: Mac OS® X 10.5 or newer

Mobile attendees, Required: iPhone®, iPad®, Android™ phone or Android tablet

Adult Pick-Up Hockey Ice Time with PSU again
FRI 14 DEC @ 9:15 PM



USCG Port Security Unit has reserved ice time (18+) for 14DEC12 at 915pm and opened up this opportunity to the MMR! They are looking to know who is interested. Please let BMC Hammonds (tdenhamm@hotmail.com) to join in this great opportunity! The more the merrier!



Movie Line: 508-968-6452
www.mwrcapecod.com

Roxy Theater





American Red Cross
Cape Cod and Islands Chapter

Heroes of Cape Cod and Islands 2012 Nomination Form

Do you know a person who has performed an extraordinary act of courage to save someone's life or helped in the rescue of someone in need? Or maybe you know someone who commits hours to a special cause?

The American Red Cross would like to honor and celebrate these individuals at the 11th Annual Heroes of Cape Cod and Islands Breakfast Event on Thursday, April 4, 2013 at the Resort and Conference Center at Hyannis, Mass from 7:00-9:00 A.M.

The Red Cross touches lives in our community every day through programs and services such as disaster relief and health & safety training. As an organization committed to helping the community, the Red Cross is honored to salute individuals who are making a difference through their actions.

HERO CATEGORIES *(Please check one category per nomination.)*

- Professional Hero (Fire, Police, Dispatch, EMT, Other)
- Life Saving Hero
- Community Impact /Community Service
- Good Samaritan
- Armed Forces Hero
- Environmental/Animal Hero
- Individual with Disabilities Hero
- Mentor/Role Model Hero
- Volunteer Hero
- Other _____

The Nominating Committee reserves the right to add or alter the categories depending upon the Hero Nominations received.

NOMINEE (HERO) INFORMATION

Name (type or print)

Address

City State Zip

Phone (day) (evening)

E-mail

NOMINATOR INFORMATION

Name (type or print)

Address

City State Zip

Phone (day) (evening)

E-mail

TELL US WHY

On a separate page, please tell us why the person you are nominating is a hero. Be sure to include news articles, police reports, and/ or names of witnesses we may contact to verify the heroic act. Award decisions will be based on the information you provide, so please be detailed and include as much supporting information as possible.

APPLICATION NOMINATION GUIDELINES

Heroic event must be ongoing or have occurred between 12/15/11 and 12/21/12. Hero must live or work on Cape Cod, Martha's Vineyard, or Nantucket.



MAIL ENTRY FORM TO:
Heroes Nominating Committee
286 South Street
Hyannis, MA 02601

Or FAX ENTRY FORM TO: 1-508-771-2209

— **Deadline to submit: December 28, 2012** —

Questions? For more information call (508) 775-1540 x 21 or visit us at: www.cciredcross.org

OPERATION MILITARY Smiles

www.militaryfriends.org | **thinking of you makes me smile**

You have been nominated as a



V.I.P. (Very Important Parent / Grandparent) of a 1-16 year old

Military Friends Foundation in partnership with the Massachusetts Department of Veteran's Services and Local Gold Star Families invite you to attend the

Operation Military Smiles Annual Toy Giveaway

This is an event for Veterans, Service Members and Families of the Fallen to come select toys for the special children in your lives. Come choose from 1,000's of toys and stocking stuffers and join with other parents/grandparents for light refreshments.

SANTA SHOP LOCATIONS – 10:00am to 1:00pm

December 1, 2012: Dwelly Street Armory, 1089 Dwelly Street, Fall River

December 2, 2012: Memorial Building, 150 Concord Street, Framingham

Please visit www.militaryfriends.org for more info!

To ensure we have the best selection of toys for your children, please RSVP with each child's name and age to info@militaryfriends.org or call (617) 733-7994. Please bring a copy of this invite and proof of military service to the event.

MilitaryFriends.org

(617) 733-7994



Silly Sock Snowmen

MATERIALS NEEDED: *scissors *rice, beans or plastic pellets
*all white ankle sock *rubber bands *Poly-fill (fiberfill) *clear elastic bands *small black buttons *toddler sock—(we used baby legwarmers, cut in 1/2. These were found on ebay and 1 pair makes 4 snowman hats!) *orange pom-pom or fun foam *assorted buttons *2" wide strip fabric (about 14" long) *OMK dog tag with chain, cut to length

Instructions:

1. Turn the white sock inside out. Pour 1 cup of rice, beans or plastic pellets into the toe of the sock for the snowman base.
2. Use polyester fiberfill to stuff the rest of the sock up to the heel for the snowman's body. Close by wrapping a rubber band several times around the sock at the top of the fiberfill.
3. Wrap a second rubber band around the sock about 1/3 down from the top of the sock for the neck. Now you have the snowman body & head.



4. For the hat, use 1 clear elastic band and wrap around the hat about 1 - 1 1/2 down from the cut edge. Use scissors to make small cuts down to the elastic band to form the "puff" on the top of the hat.



5. Pull the cuff end of the hat over the top of the snowman's head to cover the rubber band. Use a couple of drop of glue to hold the hat in place if you would like.



6. For the nose, cut a triangle shape out of the orange fun foam or use an orange pom-pom. Use a small drop of glue to place on the snowman's face. Glue two of the black buttons for the eyes. Glue two of the black buttons for the eyes. Glue three buttons down the center front of the body, and tie the fabric "scarf" around the neck. Thread OMK dog tag onto chain and attach around the snowman's neck.



Happy Holidays from
Utah Operation: Military Kids!