

# FAMILY TIES MASSACHUSETTS NATIONAL GUARD FAMILY PROGRAM



**January 2013**



**Volume 59**



## New Look for National Guard Volunteer Program (National Branding Initiative in Progress)

### “Massachusetts Family Program representatives Engaged and Supporting”

The Massachusetts National Guard Family Program along with MANG State Volunteer Advisory Council member, Elizabeth Flagg was invited to attend the National Guard Bureau Volunteer Planning Session at the Pentagon from November 14-16, 2012. This Volunteer Planning Session consisted of members from the Regional and National Family Program Volunteer Training Teams from eight states along with representation from the National SFPD Advisory Council, Air Wing Managers, Army Family Assistance Center and Family Readiness Support Assistant Managers.

Erika Slaton, NGB Volunteer Program Director and Chief Judy Wolf encouraged the participants to be creative and engaged all in a lively discussion as to the Vision and Mission of the NGB Volunteer Program. Erika's goal is create a National branding for the Guard Volunteer Program to be utilized by the State Family Program Director to enhance their state's Volunteer Program and presence. The outcome of the week's work was the proposed Vision; "Enhance Military Family Readiness through an effective Volunteer Network" and the proposed Mission; "Educate, Assist, and Advocate for the Readiness and Well-Being of Military Families and Volunteers". The group created the Tag-Line of "Volunteering for American's All Volunteer Force".

Discussions at this planning session included the roles of the National Volunteer Program, the State Volunteer Program and the Unit Volunteer Force. The conversation produced a magnitude of ways to enhance the programs at each level.



Further discussion was developed on the challenges that states are encountering with building and maintaining a viable Family Readiness Network and Volunteer Force. A marketing and mentoring concept was identified as a way to support some of these challenges. Elizabeth Flagg has brought this challenge back to Massachusetts and is working with the State Family Program Volunteer Advisory Council to establish a statewide Volunteer mentoring program.

The week ended with the representatives receiving a tour of the Pentagon courtesy of the NGB Volunteer Program. Thank you to Erika Slaton and CW3 Wolf for an engaging and enlightening planning opportunity.

We, along with the rest of the country, are looking forward to the results and products from the National Guard Volunteer Program branding initiative.



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# Mark Your Calendars!

Lights! Camera! Action!

Spotlight on Guard Volunteers!



2013 Massachusetts National Guard  
Family Program Volunteer Workshop

## SAVE THE DATE!

April 12-14, 2013  
Southbridge, MA

This year's workshop will be focusing on the hard work of ALL our volunteers and Guard Families - A Spotlight on Guard Volunteers! Featuring dynamic guest speakers and glamorous networking opportunities, we will highlight volunteerism and provide the knowledge so you can make sure your Family Readiness Network is worthy of an Academy Award!



# Family Readiness



## Treasurer's Corner

Do you have a hard time keeping your banking expenses organized? Are you tired of trying to find a easy template to use for your FRG records? Well guess what, the 2013 Excel FRG Checking Account Register is available. The FRG Checking Account Register is a great excel spreadsheet which will track your spending trends for the year, and has all of the formulas built in!!

Don't forget that your End of the Year Treasurer reports are due by January 15th, so please make sure you get it to your FRSA, and Commander by the due date. If you have any questions or need help contact your FRSA today!!



**Note for January:** FRG Leadership Teams, it is time to set a date in January to have your Annual Planning Meeting. At this meeting you should go over the past year, what you did, what worked well what didn't work. You should plan out events and FRG Meetings for the New Year. Invite the Commander to this meeting, so you can set the dates for your Family Day and Holiday Party. Plan a couple of other fun family meetings or events. If you need ideas please contact your FRSA. You should also look at your financial year end report. See what the balance is and create a new spend plan for the New Year. If you need to do a fundraiser for an event you want to have plan it out and get approval. Be sure to have a current unit roster and update all volunteers' information with your FRSA.

### FRG SPOTLIGHT

The 181 Engineer Company Family Readiness Group and the Det 1, 181 En Co Family Readiness Group have combined their Family Readiness Groups and are an incredibly well organized and hard working team.

This team is lead by Denise Woolf and includes Brenda Meehan, Cheryl Sweeney, Teri Iovine, Bonny DeBeaucourt, Julie Donoghue, Kim Miller and Ann Marie Fernandez.

Since this unit deployed in September, they have held an event every month including pot luck dinners, Halloween party, pillow and blanket drive, and, most recently, a successful Holiday Party. The FRG Leaders played an important role in making sure that those Families that needed gifts received them. Well done FRG Leaders of the 181 Engineer Company and the DET 1, 181 Engineer Company.



### FAMILY READINESS SUPPORT ASSISTANTS

**LISA POTITO**

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**AMANDA CARLSON**

151st RSG Family Readiness Support Assistant  
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**TANYA PEREIRA**

79th Troop Command Family Readiness Support Assistant  
Office: 508-233-7523  
[Tanya.L.Pereira.ctr@us.army.mil](mailto:Tanya.L.Pereira.ctr@us.army.mil)

### Upcoming Volunteer Leadership Training

**Saturday, January 19th, 10 a.m. - 2 p.m. in Wellesley, MA**

Any and all FRG leaders who wish to participate in this training are welcome to join us. Please bring a bagged lunch with you. Please call Lisa Potito 508-233-7231 to register. Thank you.





**DEBBIE WILDER**  
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 Phone: 888-301-3103 x 7290

**SUSAN LAFLAME**  
**YOUTH COORDINATOR**  
*Susan.l.laflame.ctr@us.army.mil*  
 Phone: 888-301-3103 x 7952

## New Year's Resolutions for Kids Parenting Advice Basics

By Vincent Iannelli, M.D., About.com Guide

In addition to your own New Year's Parenting Resolutions, this year, how about helping your kids, even your preschoolers and younger school age kids, come up with some New Year's Resolutions? With the rise in childhood obesity, continued parental complaints about discipline and behavior problems, and continued teen problems, such as drug and alcohol use, some New Year's Resolutions to be healthy might be a good idea. Each year, the American Academy of Pediatrics makes it easy by providing these 20 healthy New Year's resolutions for kids, which you might talk to your child about trying, depending on their age:

### Preschoolers

- I will clean up my toys.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.
- I won't tease dogs - even friendly ones. I will avoid being bitten by keeping my fingers and face away from their mouths.

### School Age Kids

- I will drink milk and water, and limit soda and fruit drinks.
- I will apply sunscreen before I go outdoors. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when bicycling.
- I will wear my seat belt every time I get in a car.
- I'll be nice to other kids.
- I'll never give out personal information such as my name, home address, school name or telephone number on the Internet. I'll never send a picture of myself to someone on the computer without my parent's permission.

### Teens

- I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink.
- I will take care of my body through physical activity and nutrition.
- I will choose non-violent television shows and video games, and I will spend only one to two hours each day - at the most - on these activities.
- I will help out in my community - through volunteering, working with community groups or by joining a group that helps people in need.
- I will wipe negative "self talk" (i.e. "I can't do it" or "I'm so dumb") out of my vocabulary.
- When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or discussing my problem with a parent or friend.
- When faced with a difficult decision, I will talk with an adult about my choices.
- I will be careful about whom I choose to date, and always treat the other person with respect and without coercion or violence.
- I will resist peer pressure to try drugs and alcohol.

To help you kick start a healthy New Year, be sure to check our Facebook page each day for tips and resources! Also check out Military OneSource's Life Coach Connect at <http://lifecoachconnect.com/Default.aspx?tabid=3172&caltid=as871>.





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**The National Guard Teen Council**

The Teen Council is embarking on a new project, the 2013 "Driven by Mission, Inspired to Serve" National Guard Volunteer Service Challenge. The idea behind the challenge is to share your personal and special story on how National Guard Volunteers impact the lives of Service Members and Families in support of the Family Program by submitting a one to two minute video that illustrates your National Guard Volunteer activities at your unit, wing, or community. The council is excited to be volunteering at various events to complete this project! Let the Youth Program know if there is an opportunity for our teens to help out at your event.

Please check out The Armed Services YMCA 2013 Essay Contest and the 2013 Art Contest. Prizes awarded include IPod Touch and IPADS!

If you have any questions/concerns, please feel free to contact the MANG Child and Youth and Youth Program. [MANGYouth@aol.com](mailto:MANGYouth@aol.com) or call 888-301-3103 Ext #7290 or Ext #7952

All National Guard service member children are eligible, so get those creative minds flowing!

**ARMED SERVICE YMCA ESSAY CONTEST**

**What:** Essay Contest // Win an IPAD

**Deadline:** March 5th

**Age Groups:** Grade 1-8 and 9-12

**Theme:** My Military Hero / 300-500 words

**For more details & to enter:** [www.asymca.org](http://www.asymca.org)



**ARMED SERVICE YMCA ART CONTEST**

**What:** Art Contest // Win an IPAD

**Deadline:** February 15th

**Age Groups:** Grade 1-8 and 9-12

**Theme:** My Military Family

**For more details & to enter:** [www.asymca.org](http://www.asymca.org)



**OPERATION MILITARY KID CLUB SPONSORED**

**APRIL VACATION HORSE CAMP**

**What:** Horse Camp for children

**Where:** Camp Marshall

**When :** April 15—19th

**Cost:** Free for Military children age 7 & up

**How to register and for more details:**

Contact Kim Pond, OMK Coordinator by email at

[Kima@umext.umass.edu](mailto:Kima@umext.umass.edu) or call 508-831-1223 x245



## What's Happening Around the State



### Hanscom Family Assistance - Charlie Pinder

Hanscom FAC and the Military One Source Representative are holding a Virtual Meeting on February 21, 2013 from 7-8 PM. You can join in by phone or log in on your computer. By computer: <https://www2.gotomeeting.com/join/703197570>. By phone: dial 1 312-878-3080. Enter access code: 703-197-570. A notice is going out to all, if you wish to discuss a specific item let us know.

Just a reminder for those with kids, you can use "Our Military Kids" to get a \$500 grant for "after school" activities. You go into the website "ourmilitarykids.org" and click on the wounded warrior icon on the right side. Also, for E-7's and below, you can apply for a \$200 grant through the Military Friends Foundation at: <http://www.militaryfriends.org/> and click on the program icon and then the Massachusetts cares icon and follow the instructions.

### Springfield Family Assistance — Jennifer Remillard

Happy New Year! As 2013 begins reflect on what 2012 brought you. Whether it was good or bad, take what you have learned and put it to good use for this year. If you are one to make New Year's Resolutions, write down your list and put it somewhere you can see it. As each day passes see what you have accomplished and what goals you are still struggling with to complete. If your New Year's Resolution includes becoming more financially sound, losing weight, or becoming more organized keep in mind that Family Program has an abundance of resources to assist you with meeting them. Contact the Springfield FAC for more details on the resources available.

A reminder to our 182<sup>nd</sup> Sapper Service Members and Families, there is a Post-Mobilization Yellow Ribbon event this weekend. Please contact the Springfield FAC for assistance. Please note that my email address has changed. It is now [jennifer.m.remillard.ctr@mail.mil](mailto:jennifer.m.remillard.ctr@mail.mil).



## Family Assistance Center Quick Finder

### Stephanie Winslow

Worcester Family Assistance  
508-753-3164  
[Stephanie.A.Cox@us.army.mil](mailto:Stephanie.A.Cox@us.army.mil)

### Charlie Pinder

Hanscom Family Assistance  
339-202-3147  
[Charles.P.Pinder.ctr@mail.mil](mailto:Charles.P.Pinder.ctr@mail.mil)

### George Pontes

Camp Edwards Family Assistance  
508-823-0891  
[George.Pontes@us.army.mil](mailto:George.Pontes@us.army.mil)

### Bethany Pinard

Taunton Family Assistance  
508-822-6024  
[Bethany.A.Pinard.ctr@us.army.mil](mailto:Bethany.A.Pinard.ctr@us.army.mil)

### Courtney Edwards

Wellesley Family Assistance  
508-233-7221  
[Courtney.l.edwards.ctr@us.army.mil](mailto:Courtney.l.edwards.ctr@us.army.mil)

### Jennifer Remillard

Springfield Family Assistance  
508-233-7950  
[Jennifer.M.Remillard.ctr@mail.mil](mailto:Jennifer.M.Remillard.ctr@mail.mil)





## What's Happening Around the State (cont.)

### Taunton Family Assistance — Bethany Pinard

The 188 EN DET is in the end stages of preparing for their upcoming deployment to Afghanistan in February. A Family Readiness Check is scheduled for January 13 at the Upton VFW from 10am-2pm. If you are unable to attend this event, please call your FAC, Bethany Pinard at (508) 822-6024 and she will connect you with the deployment support information and/or resources you may need. Also, be sure to keep an eye out for emails from your Family Readiness Group (FRG) Leadership for upcoming meetings and events. Again, if you have any questions or concerns, please contact your FAC at (508) 822-6024 or [Bethany.a.pinard.ctr@mail.mil](mailto:Bethany.a.pinard.ctr@mail.mil).

We would like to sincerely thank the Southern Mass Credit Union in Fairhaven for their generous support this holiday season. Each year the employees lead by Receptionist Jean Kowal, of the Southern Mass Credit Union, located in Fairhaven, MA, coordinate a U.S. Armed Forces Collections Drive. They designate a place in their expansive lobby for community members, schools and other local businesses to drop off care package items to support deployed soldiers. Students from East Fairhaven Elementary School and Hastings Middle School drew the posters and provided boxes to promote the event. Members from the Fairhaven Council on Aging, dentists and other local businesses contributed generously to the cause. After a very successful drive and for the second year in a row, the Taunton Family Assistance Center was contacted to pick up a car load of donated items. They were brought to the Taunton Armory where they were graciously accepted by the 772 MPs who will be sending them overseas to their 972 MP counterparts.

### Worcester Family Assistance - Stephanie Winslow



D Co 223 MI's holiday party last month was a great success, the food was great and the kids had a fun time with all their goodies. On Wednesday, January 23<sup>rd</sup> Families are invited to a Mid Deployment Briefing. There will be great information and resources. Military One Source will be represented and discuss some great programs they have that could be very beneficial for this time of year, as well as for this point in the deployment. Homecoming will also be discussed. Please RSVP by Monday January 21<sup>st</sup> to [Stephanie.a.winslow.ctr@us.army.mil](mailto:Stephanie.a.winslow.ctr@us.army.mil). This is a new email address so please updated the contact information in your records for future use. In February the FRG is hoping to facilitate a Mohegan Sun or AHL Hockey game trip for the families, dates and details will be available soon. To join the FRG email list and stay in touch please email Kelly Durkee at [kelly.durkee.erwin@gmail.com](mailto:kelly.durkee.erwin@gmail.com).

Worcester County is quite a Military Friendly community. There are so many Veteran and Military focused groups to support our Families. You are strongly encouraged to look and see what's just around the corner from you, and if you need any assistance locating a group, please contact the Worcester Family Assistance Center.

### FAC Quick Finder

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## What's Happening Around the State (cont.)

### Wellesley Family Assistance - Courtney Edwards

The 972 MP Co. had a great holiday party with twenty Family members participating. The Rear Det. was able to attend the party and helped the families celebrate! The children were kept busy receiving gifts from Santa and spending time with each other. The FRG is currently working on planning the next meeting on February 2nd.

The holiday season was very busy but very successful for the Wellesley Office. We were grateful to receive many donations this year. But now that the holidays are over and the cold weather is settling in, don't forget that your Family Assistance Center is waiting and ready to help! Remember with tax season coming up fast that we have people financial planners to help during this stressful time! Cheers to a new year and completion of all resolutions!



### Camp Edwards Family Assistance - George Pontes

The **181<sup>st</sup> Vertical Engineers** Holiday Party was attended by over 100 Family and Friends as well as a good number of Soldiers via Skype. The FRG, and volunteers outdid themselves setting up a beautiful tree as well as different winter scenes around the hall and of course they hosted a visit from Santa Claus. Teens of the deployed Soldiers greeted everyone at the door as they gave out scarves and bells to all attendees. Every child received a special gift and had the chance to whisper a few secret wishes to Santa during his visit to Camp Edwards. It was a joyous time with good food, good fellowship and a great demonstration of what the spirit of this time of year is supposed to be about. The forward Command had arranged for as many of the Troops to be available to Skype with their loved ones and it was a treat to see the smiling faces on the large screen where everyone could view. Even those whose loved ones were not able to share in this seemed very happy for those who did. Special thanks go out to SFC Wil Miller for his technical guidance and support to pull this off. Several Families who did not make the trek to Camp Edwards enjoyed a fun filled day at the USO sponsored Smolak Farm Tree giveaway. If you have any questions during the deployment please contact George, the Family Assistance Center Specialist, (FAC) at (508) 823-0891, (781) 760-0201 or [george.pontes@us.army.mil](mailto:george.pontes@us.army.mil). You can also contact one of the Family Readiness Group leaders at [dee1992@aol.com](mailto:dee1992@aol.com), or [Terri.lyn@me.com](mailto:Terri.lyn@me.com).

**387<sup>th</sup> EOD** Families attended the Post Deployment Yellow Ribbon event December 1<sup>st</sup> with their Soldiers. During the event the Family Readiness Group, Becca Walters, Caitlin Roberts and Samantha Gharony were recognized for the great job they did during the deployment. Becca Walters received her State and Regional Volunteer of the Year awards during the event as well. Immediately following that they held their unit Holiday party back on Camp Edwards. Please remember if you have any questions in the upcoming months about benefits or programs for vets, drop George a line so he can get an answer for you. As always you can contact the FAC, George, or Becca at [beccawalters@comcast.net](mailto:beccawalters@comcast.net) anytime.

### FAC Quick Finder

**Stephanie Winslow**  
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508-753-3164  
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## Airmen & Family Readiness Programs

### 104th Fighter Wing—Barnes ANGB Sandy Wakefield, Wing Family Program Coordinator



#### FEBRUARY VACATION KIDS BOWLING

**What:** Children's Bowling  
**Date:** During Feb Vacation (but TBD)  
**Ages:** 5-15  
**RSVPs will be Required**  
**Cost:** TBD (expected to be \$5-\$8 per child)  
**How to register and for more details:** Email the Family Readiness Group at [104fwfrg@gmail.com](mailto:104fwfrg@gmail.com)



#### FAMILY READINESS GROUP EASTER EGG HUNT

**What:** Easter Party  
**Where:** NCO Club  
**When :** March 24 at 1300—1600  
 For more details, and to **RSVP** email the Family Readiness Group at [104fwfrg@gmail.com](mailto:104fwfrg@gmail.com)



**BLANDFORD MILITARY DAY**  
**What:** Free Ski at Blandford Ski Are  
**Date:** Saturday January 12  
**Who:** All Veterans and families  
 For more details : [www.skiblandford.org](http://www.skiblandford.org)



### 102nd Intelligence Wing (102IW) Erin Creighton, Wing Family Program Coordinator

#### Upcoming Job Search Workshops at Otis ANG Base

##### Basic Resume Writing (Private Sector)

TUE 22 JAN 12:30 – 3:30

Topics include: Types of resumes and when they are used, How to grab the employer's attention, How to create a "wow" factor and format an effective resume, How to highlight your skills and abilities to meet job requirements, How to create a visually appealing private sector resume, How to write a cover letter.

##### Federal Resume Writing

WED 23 JAN 12:30 – 4:00

Improve your odds of getting the federal job you want by learning resume writing basics, how to locate essential skills and keywords to include, how to write accomplishment statements and essays, resume builder formats, and more.

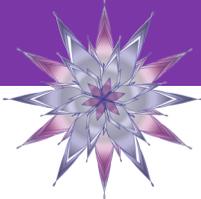
##### Winning Salary Negotiations Workshop

THU 17 JAN 12:30—2:30

Learn the importance of negotiating salary, the keys to a successful negotiation, How to initiate a negotiation discussion, Employer negotiation tactics. Negotiating mistakes, Learn insider secrets from a HR/Staffing Professional.

To register contact: Barbara Powers by email <<mailto:Barbara.Powers.ctr@ang.af.mil>> ([Barbara.Powers.ctr@ang.af.mil](mailto:Barbara.Powers.ctr@ang.af.mil) <<mailto:Barbara.Powers.ctr@ang.af.mil>> ) or call 508-968-4827

These workshops are presented by Hanscom Airman & Family Readiness, Serving The Total Force... Programs Are Free to All Single and Married Active Duty, Reserve, and Guard Personnel, DoD Civilians, Retired Military Personnel and Family Members; and hosted by the 102nd Intelligence Wing.



## Schedule of Events January 2013

- **1 Jan** - New Year's Day
- **3 Jan** - Fruitcake Toss Day
- **11 Jan** - USPS Career Fair
- **12-13 Jan** - 182 SAPPERS Yellow Ribbon
- **13 Jan** - 188 EN DET FRC, Upton
- **15 Jan** - Treasurer's Reports Due
- **17 Jan** - Winning Salary Negotiating Tips, Otis ANGB
- **18-22 Jan** - Strong Bonds, West Yarmouth
- **19 Jan** - Volunteer Leadership Training, Wellesley
- **21 Jan** - Martin Luther King, Jr. Birthday
- **22 Jan** - Basic Resume Writing Workshop, Otis ANGB
- **22 Jan** - Hiring Our Heroes Fair, Warwick, RI
- **23 Jan** - D Co 223 MI Mid Deployment Brief
- **23 Jan** - Federal Resume Writing Workshop, Otis ANGB

## JANUARY 2013

| Sun   | Mon  | Tue   | Wed   | Thu   | Fri   | Sat   |
|---|--|---|---|---|---|---|
|       | 1  | 2   | 3   | 4<br>  | 5   |   |
| 6   | 7  | 8   | 9   | 10  | 11<br> | 12<br> |
| 13<br> | 14<br>  | 15<br> | 16  | 17<br> | 18  | 19<br> |
| 20<br> | 21<br> | 22<br> | 23<br> | 24  | 25  | 26  |
| 27  | 28   | 29  | 30  | 31  |   |   |



## FEBRUARY 2013

| Sun | Mon   | Tue | Wed | Thu | Fri   | Sat  |
|-----|---|-----|-----|-----|---|--|
|     |   |     |     |     | 1   | 2<br> |
| 3   | 4   | 5   | 6   | 7   | 8   | 9  |
| 10  | 11  | 12  | 13  | 14  | 15<br> | 16   |
| 17  | 18<br> | 19  | 20  | 21  | 22  | 23   |
| 24  | 25  | 26  | 27  | 28  |   |  |

**For more information on any of the listed events, please contact your local Family Assistance Specialist!**

## Plan Ahead! Schedule of Events February 2013

- **2 Feb** - Groundhog Day
- **12 Feb** - Abraham Lincoln's Birthday
- **14 Feb** - Valentine's Day
- **15 Feb** - Deadline for ASYMCE Art Contest
- **18 Feb** - President's Day
- **21 Feb** - Military OneSource Virtual Meeting
- **22 Feb** - George Washington's Birthday



**DEERS & TRICARE INFORMATION**



**Ask questions. Get answers.**



Is US Family Health Plan is the right TRICARE choice for you?  
 We invite you to drop by one of our informal briefing sessions and find out.  
 If there's anything you'd like to know, just ask!  
 There's no obligation, no pressure—just conversation.

Thursday, January 17, 2013  
 Drop by anytime between 10:00am – 2:00pm  
 Brighton Marine Health Center at Hanscom  
 1609 Eglin Street  
 Hanscom AFB, MA 01731

Wednesday, January 23, 2013  
 Drop by anytime between 3:00pm – 7:00pm  
 Hampton Inn  
 600 Memorial Drive  
 Chicopee, MA 01020

Thursday, January 24 and 31, 2013  
 Drop by anytime between 10:00am – 2:00pm  
 Brighton Marine Health Center at Hanscom  
 1609 Eglin Street  
 Hanscom AFB, MA 01731

Wednesday, January 9, 2013  
 Drop by anytime between 2:00pm – 6:00pm  
 Providence Marriott  
 One Orms Street  
 Providence, RI 02904

Wednesday, January 16, 2013  
 Drop by anytime between 2:00pm – 7:00pm  
 The Beechwood Hotel  
 363 Plantation Street  
 Worcester, MA 01605

Tuesday, January 15, 2013  
 Drop by anytime between 12:00pm – 4:00pm  
 Bristol Harbor Inn  
 259 Thames Street  
 Bristol, RI 02809

Tuesday, January 22, 2013  
 Drop by anytime between 2:00pm – 6:00pm  
 The Hotel Northampton  
 36 King Street  
 Northampton, MA 01060

Wednesday, January 16, 2013  
 Drop by anytime between 2:00pm – 6:00pm  
 Courtyard by Marriott Raynham  
 37 Paramount Drive  
 Raynham, MA 02767

**Marriage Enrichment (Strong Bonds) WORKSHOP:  
 The PREP® Approach**

The Strong Bonds program is designed to increase individual Soldier, Airmen and Family Member readiness through relationship education and skills training. Take advantage of one of the Army's premier opportunities for National Guard Families.

**LIMITED SEATS ARE STILL AVAILABLE!  
 COME JOIN OUR NEXT EVENT!  
 January 18-20, 2013**

Hampton Inn, West Yarmouth, MA

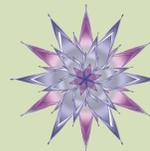
\*Learn to develop a healthy and lasting marriage\*

\*Tricks for keeping the fun in the marriage\*

The Strong Bond Weekend includes:

Lodging, Reception and Appetizers Friday Night, Breakfast & Lunch on Saturday,  
 Breakfast on Sunday

Please contact Dawn Wetherbee at 781- 570-1906 or Dawn.E.Wetherbee.mil@mail.mil.



### Career Opportunities with the US Postal Service

Friday, January 11th 2013 from 10:30 am—12:30 pm

On Friday January 11th 2013 a representative from the US Postal Service will be facilitating an informational workshop on careers with the USPS and how to navigate their application process.

Learn what opportunities are available and how to successfully apply for these positions. Learn what's involved with these positions and the hiring process.

You may register to attend this seminar by calling 508-799-1600 or through your Workforce Central Staff Representative. Space is limited to 65 attendees.

The USPS is indeed a large and growing organization with varied needs that range from mechanics to administrative assistants etc. As a Federal Agency, Veteran's preference and the need for a diverse and inclusive applicant pool are priorities. They have openings throughout the Commonwealth and current needs in Central Massachusetts. <http://about.usps.com/careers>

Sponsored by Workforce Central Career Center  
44 Front Street, 6th Floor,  
Worcester, MA 01608.

### 2013 Hiring our Heroes Hiring Fair

Spotlight: CVS CAREMARK  
541 Airport Road, Warwick, RI  
January 22, 2013

Join Hiring our Heroes from 10:00 am to 12:00 pm for a CVS Caremark hiring fair for veteran job seekers, active duty military members, guard and reserve members and military spouses at the Warwick National Guard Armory. This event will be a one-of-a-kind FREE hiring fair. Register today at [HOH.Greatjob.net](http://HOH.Greatjob.net)

CVS Caremark will be offering positions in a variety of areas. Job opening will include Supervisory or individual contributor roles in the following functional areas: IT, Finance, Human Resources, Distribution and Supply Chain, Merchandising, Marketing, Retail Store Operations support, Retail Store & Field positions, Pharmacists, PBM Sales & Operations, Nurse Practitioners (MinuteClinic Division). Although their primary focus will be for positions available in SE New England, there are additional opportunities available throughout the United States. A full listing of current available open positions will be sent to all pre-registered job seekers as we get closer to the event date. CVS Caremark will also offer candidates the opportunity to participate in exploratory interviews should you be uncertain of where your skill sets are best matched, and hiring leaders will be conducting interviews on the spot.

#### Massachusetts ESGR

Ellie Cash, Program Support Specialist  
50 Maple Street  
Milford, MA

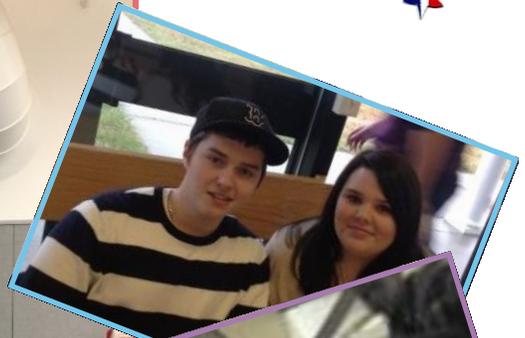
508-233-7249 Direct  
256-7249 DSN  
888-301-3103 x 7249 Toll Free  
[Eleanor.j.cash.ctr@us.army.mil](mailto:Eleanor.j.cash.ctr@us.army.mil)



**Massachusetts ESGR has consistent job opening and career fair announcements!**

Visit <http://maesgr.com/> for the latest information.

# 181 Engineer Holiday Party



## USO Holiday Support Christmas Tree Give-away and Little Elf



**Thank you to ALL of our Community partners for your assistance during the 2012 Holiday season!**

**Your support is priceless.**

**JANUARY 2013**



**MASACHUSETTS  
NATIONAL GUARD  
FAMILY PROGRAM OFFICE**

**Find Family Program  
on Facebook!**



**Email or write to us.  
Your opinions matter!**

### Helpful Websites

**American Red Cross**

[www.redcross.org](http://www.redcross.org)

**Concordia Dental Plan**

[www.ucci.com](http://www.ucci.com)

**DEERS**

[www.tricare.osd.mil/deers/](http://www.tricare.osd.mil/deers/)

**EANGUS**

[www.eangus.org](http://www.eangus.org)

**ESGR**

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

**Guard Support of MA**

[www.guardsupport.org](http://www.guardsupport.org)

**Legal Services**

[www.jagcnet.army.mil/legal](http://www.jagcnet.army.mil/legal)

**Military Friends Foundation**

[www.militaryfriends.org](http://www.militaryfriends.org)

**Military Child Care**

[www.naccrra.org](http://www.naccrra.org)

**Military One Source**

[www.militaryonesource.com](http://www.militaryonesource.com)

**NGB Family Online Community**

[www.guardfamily.org](http://www.guardfamily.org)

**Operation Military Kids**

[www.operationmilitarykids.org](http://www.operationmilitarykids.org)

**Tri-Care Information**

[www.tricare.osd.mil](http://www.tricare.osd.mil)

**USFamily Health Plan**

[www.usfamilyhealth.org](http://www.usfamilyhealth.org)

**Veterans Affairs**

[www.va.gov](http://www.va.gov)

**Veterans Affairs Kids K-12**

[www.va.gov/kids](http://www.va.gov/kids)

**Youth Online Community**

[www.guardfamilyyouth.org](http://www.guardfamilyyouth.org)

**MANG Family Program**

<http://www.massguardfamily.org>

### Important Numbers

**Taunton Armory**

111 Hon. Gordon Owen Riverway, Taunton, MA 02780  
Tel# 508-822-6024 Fax# 508-822-0263

**Springfield Armory**

1505 Roosevelt Avenue, Springfield, MA 01109  
Tel# 508-233-7950 Fax# 508-233-7975

**Wellesley Armory**

14 Minuteman Lane, Wellesley, MA 02481  
Tel# 508-233-7221 Fax# 508-233-7232

**102D Intelligence Wing (102IW) Family Program Office**

Otis Air National Guard Base  
58 Reilly St, Box 70 Otis ANG Base, MA 02542  
Tel# 508-968-4855

**Camp Edwards Armory**

102 General's Blvd, Camp Edwards, MA 02542  
Tel# 508-823-0891

**Worcester Armory**

50 Skyline Drive, Worcester, MA 01605  
Tel# 508-753-3164 Fax# 508-753-3165

**Hanscom Joint Force Headquarters**

2 Randolph Rd, Hanscom AFB 01731  
Tel# 339-202-3147 Fax# 508-233-6774

**104th FW Family Program Office**

Barnes Air National Guard Base  
175 Falcon Drive, Westfield, MA 01085  
Tel# 413-568-9151 Ext#6981183