

BETWEEN THE FLYER JANUARY 11, 2013



Winning Salary Negotiations Workshop

THU 17 JAN 12:30—2:30 @ Otis ANG Base

You will 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.



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

Hosted by the 102nd Intelligence Wing. To register contact: Barbara Powers by [email](#) or call 508-968-4827

One—on—One Financial Counseling

THU 17 JAN 11 a.m.—4 p.m. @ Otis ANG Base

Topics include: Increasing Credit , Debit / Debt Reduction, Checking & Savings, Interest Rates, Mortgages / Foreclosures, Car Buying / Leasing , Budgeting Assistance, Retirement & Estate Planning, College Tuition Planning, SGLI (Service Members Group Life Insurance), AND MORE!

To schedule an appointment contact Erin by [email](#) or call 508-968-4855.



Benefit for Amy Lee Stanley (Gold Star Wife & 102nd Family Member)

SAT 19 JAN @ Plymouth VFW - doors open at 5p



Amy Lee (Bennett) Stanley, Gold Star Wife from Plymouth & sister of SSgt Luke Bennett 102CF was seriously injured in a car accident in OCT 2012.

Pulled from a burning car by good Samaritans, Amy will require long medical care/treatment. She has limited financial means, relying mainly on the military benefits of her deceased husband, who was killed in combat in Iraq, less than a year after they were married. To help offset the financial, her family is holding a benefit which will include raffle prizes, a silent auction and special recognition of her heroes who will be in attendance.

Tickets are \$20 in advance/\$25 at the door. Tickets include buffet & 5 raffle tickets.

For additional information contact [Luke Bennett](#) or [Dana Canniff](#).

Also, find them on Facebook— [BenefitForAmyLeeStanley](#)



4th Annual Polar Plunge for the Troops, Remembering Sgt. Matthew Gallagher

SAT 19 JAN at noon
Old Silver Beach, N. Falmouth MA

**The Falmouth
Military Support Group**



Fundraiser to Benefit the Falmouth Military Support Group. Registration starting at 11:30 a.m.

Come see who goes in!

MA National Guard 2013 Boston Marathon Applications

The Massachusetts National Guard (MANG) will have a limited number of invitational entries for the 117th running of the Boston Marathon (Monday, April 15, 2013). These waiver applications are only available for current members of the MANG and due NLT COB Tuesday, 15 January 2013.



POC is MSG William Armstrong, 508-233-6819 william.armstrong7@us.army.mil



Veterans: Free Stress Relief at Reiki/Acupuncture Clinic

SAT 19 JAN @ 2:30
Charlestown Yoga, 191 Main St, Charlestown, MA

* Are you having trouble sleeping? * Are you talking less and feeling alone or disconnected? * Do you feel your emotions are becoming challenging to manage? * Do you have headaches? * Do you experience pain and stress that diminish your enjoyment of life? * Do you feel irritable or anxious? * Do you frequently experience joint and muscle pain?

Come experience the benefits of Reiki and acupuncture with other veterans and family members.

Acupuncture is effective for decreasing pain, soothing the nervous system, helping people sleep easier & feel calmer. Reiki calms, reduces stress and provides deep relaxation, comfort & peace.

To register, or more information, please contact info@thereandbackagain.org.

Eagle's Nest Membership Club Special

During the month of January, the Eagles Nest is offering a fifteen month membership to NEW members for \$25.00. These memberships may be purchased at the Club anytime this month. If you cannot find the time to make is over there, contact [MSgt Mary Long](#) or [SMSgt Julie Santos](#) to assist in providing you an application.





Basic Resume Writing (Private Sector)

TUE 22 JAN 12:30 – 3:30 @ Otis ANG Base

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 @ Otis ANG Base

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.

Both 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.

Hosted by the 102nd Intelligence Wing. To register email [Barbara Powers](mailto:Barbara.Powers@hanscom.af.mil) or call 508-968-4827

Hiring Our Heroes Hiring Fair - spotlighting: CVS CAREMARK

TUE 22 JAN from 10 a.m.—12 p.m.

541 Airport Rd, Warwick, RI.

Join in on January 22nd for a CVS Caremark hiring fair for veteran job seekers, active duty military members, guard & reserve members and military spouses at the Warwick National Guard Armory. This event will be a one-of-a-kind FREE hiring fair for Rhode Island military job seekers.



Register at HOH.Greatjob.net to guarantee admission. For questions contact hiringourheroes@uschamber.com or call 202-463-5807.

Women in Non-Traditional Careers Event

THU 24 JAN 4 p.m.—6 p.m. (RSVP by: MON 21 JAN)

NSTAR Dorchester, 1165 Massachusetts Ave, Dorchester MA 02125



Women who attend this event can learn more about the jobs represented at the event, learn about the careers of our females and their experiences in the industry and also learn how they got into the industry.



To register for this event please call 781-441-8300 or email EPUT@nstar.com with your contact information.

Thanks To Yanks- Annual FREE MAGIC SHOW SUN 10 FEB @ Stacy Middle School Auditorium, Milford, MA



Featuring Tommy James, the doors open at 12:45 PM, Magic Show from 1:15 - 2:00 PM

Public is very welcome free of charge

If possible bring in an item(s), that we will send to support our troops. For a list of items please visit www.uxbridgesupportsourtroops.org/donate

While tickets are free, seating is limited and must be reserved, by noon, 02/08/2013. To reserve your FREE tickets email requests to mshain@charlesriverbank.com with the number of tickets needed. You will receive a confirmation email.

Special thanks to Charles River Bank, Military Friends Foundation, Milford Junior Women's Club & WMRC radio, for their generous support.

Please call Michael Shain at 508-330-8487 with questions Or visit www.thankstoyanks.org

Weather cancellation posted on Thanks To Yanks Facebook page by 11:00am on 10 FEB.



2013 Armed Services YMCA Essay Contest and Art Contest

Essay Contest: "My Military Hero"

1st prize in grades 1–8 category receive an iPod Touch; Grades 9 –12 receive an iPad.

Deadline: MARCH 15th

Art Contest: "My Military Family"

Grades Kindergarten thru 6th eligible to enter. Winning artwork will receive iPod Touch.

Deadline: FEBRUARY 15th



Complete list of [Guidelines](#) for the Armed Services YMCA Essay and Art Contest

Kaehler Memorial Military Medical Clinic Announces Influenza Vaccinations Available for Dependents & Civilian Employees



Influenza vaccine (Flu Mist and Flu shots) will be offered to all civilian employees, dependants, retirees, CG Auxiliary, and all AD/Reserve personnel of all military service. Dates: 15 JAN 8:00 – 11:30 and 29 JAN 8:00 – 11:30

Very limited supply of pediatric flu mist doses. They will be offered on a first come-first serve basis.

Just come to the Kaehler Memorial Medical Clinic Front Desk at 5201 Lee Road (across from the CG Exchange) during the times posted above. The visit and vaccination will take place in the front area of the clinic, waiting times should be short with an expected 15 minute waiting period immediately following the vaccination before release from the clinic.

Phone:508–968–6582

Discount: 2013 Run-Walk to Home Base

SUN 04 MAY @ Fenway Park, Boston

The Red Sox Foundation and Massachusetts General Hospital Home Base Program is pleased to announce that we have begun the process of offering Military Discount slots for the 2013 Run-Walk to Home Base Presented by New Balance.



These discounted slots will be **reserved for Active Duty Service Members, including Activated National Guard and Activated Reservists.** The **minimum fundraising requirement has been waived** for these slots and they will be offered on a **first-come, first-serve basis.**

The Run-Walk To Home Base is a 9K (5.6 mile) run or 3 mile walk that begins on Yawkey Way, winds through Boston and ends with a timed finish at the Green Monster inside Fenway Park.



Each participant will receive a photo finish crossing home plate, a New Balance t-shirt, a Home Base logoed hat, and post race refreshments.

Friends and family are welcome to come to Fenway Park to watch the race. Activities within the park will include a family fun zone, a military appreciation area, and other exhibits. This is the 4th annual event at Fenway Park that raises funds for the clinical care of Service Members, Veterans and their families who are suffering from Post Traumatic Stress or Traumatic Brain Injury.

There are a limited number of discounted military spots available. All individuals receiving these spots are asked to pay a \$50 registration fee but they are not subject to the \$1,000 fundraising minimum all other Run-Walk participants are required to raise.

Any interested Active Duty Service Members, including Activated National Guard and Activated Reservists should complete the application as soon as possible. The application can be found at: <http://www.runtohomebase.org/military-discount-application>. Please fill out the application per the instructions and upload the requested documents showing Active Duty status. Once the application is approved and verified of Active Duty Status, a special one-time individualized code will be sent to the participant to use for military discounted registration.

Please note that you are not entered into the Run-Walk until you are emailed your registration code. Completing and submitting the application does not guarantee a spot. Any questions about participation can be sent to pgoldfarb@partners.org

The application is now online so please share with any interested Active Duty Service Members that may wish to participate.

Employment Opportunities



Nutrition Educator I (Brockton), UMass Extension Family Nutrition Program

Minimum Qualifications: Bachelors degree in nutrition, health, or education related field **OR** Associates degree in nutrition, health, or education related field and 1-2 years relevant experience

Request full announcement: gulezian@umext.umass.edu. Cover letter, resume and 3 references by January 16, 2013

Nutrition Aide, Part Time Position, 24 hrs/week, UMass Extension Family Nutrition Program

Minimum Entrance Requirements: High School diploma or equivalent. Possession of a current and valid Massachusetts Class 3 Motor Vehicle Operators License (regular) Continuation of appointment beyond 9/30/13 is contingent on the availability of funds.

Request full announcement: gulezian@umext.umass.edu, Cover letter, resume and 3 references by January 21, 2013

Tree Climber, SavATree in Mashpee, MA

As of 1/10/13 - Experienced Tree Climber Needed

Matthew Rehlander – Branch Manager – Certified Tree Safety Professional

Phone 508-539-8723 ext 105 Cell 508-400-4757 E-mail: mrehlander@savatree.com

100 Echo Rd Mashpee, MA 02649 WWW.SAVATREE.COM



ARNG BCT/BDE Family Readiness Support Assistant (FRSA), MPSC, MA
ARNG 51st Troop Command, Wellesley, MA

Qualified candidates must have knowledge, experience, and skills in the area of military personnel and Family programs. Demonstrated working knowledge of military wellbeing programs, family programs, and deployment cycle support.

Request full announcement from cguilbeau@mpscrc.com. Cover letter, a current resume (no more than 2 pages), and the enclosed Application as email attachments to cguilbeau@mpscrc.com and maureen.serrecchia.civ@mail.mil NLT 5:00 EST on 30 January 2013. Email subject lines must read “MA FRSA, 51st Troop Command, Wellesley MA”.

O.R. Health Technician (Scrub Tech) (5 vacancies in West Roxbury, MA), VA Boston Healthcare System

To view the full announcement and apply for consideration please visit: <https://www.usajobs.gov/GetJob/ViewDetails/335246800>

MILITARY SALUTE WEEKEND

January 26-27, 2013

Attitash Mountain Resort in Bartlett, New Hampshire, will honor our nation's defenders and their families with FREE lift tickets for active, veteran and retired service men and women as well as discounted lift tickets (\$45 All Ages) for active duty family members with ID* on January 26 and 27. While all events take place at Attitash, Wildcat Mountain, located in Pinkham Notch just 20 minutes from Attitash, will also be offering free lift tickets for active, veteran and retired service men and women on January 26 and 27.

Event Schedule

Saturday, January 26

All are welcome to take part in the special flag parade, led by an honor guard, which begins at the top of Attitash and concludes with the National Anthem at the base area at approximately 1 p.m. Après ski entertainment will take place in Ptarmigan's Pub from 3-6 p.m. with live music by Lit on the Flash.

Sunday, January 27

Get ready for some fun competition on the slopes in the 4th Annual Battle of the Branches GS Race. Racers (including kids!) will select which branch they are representing and their points will go toward each branch to determine a winner.

Discounted Accommodations at the Attitash Grand Summit Hotel

The Attitash Grand Summit Hotel, located slopeside at the base of Bear Peak, is offering a 20% discount on lodging to military personnel for the weekend. Call 888.554.1900 for reservations.

*Active Duty personnel must show their Common Access Card (CAC) or their DD Form 2ACT. Veterans must present their DD Form 214 and retired military personnel must show their DD Form 2RET. Dependents must show their DD Form 1173.



 **Attitash**
Mountain Resort

attitash.com • 800.223.SNOW

2013 Annual NH Military Family (and Single Member) Ski Day

SUN 24 FEB @ Pats Peak ski area, NH

Open to all Military Members and their Family Members.

Lodge opens at 8 a.m. - 4 p.m. Lift tickets valid from 8:30 until 4p.m.

Reserved & marked area of the "Valley Lodge" will be specifically for military families. Feel free to bring your lunch. Hot chocolate & coffee will be provided.



To Sign up click [HERE](#) and login by entering User name: **military** and the Password: **funday** (You will need to register each member that will be attending.)

Cost: Ticket Adult \$41/Junior \$31; Ticket & Rental \$58/\$48; Ticket, Rental & Lesson \$72/\$64
You will NOT be required to pay on line. Payment will be made the day of the event in the group sales building.

Q? Contact [Bonnie Rice](#). Day-of weather questions, call 603-430-3545 the morning of the event a message will be posted if the event has been cancelled or postponed.

Ski Trips with the MWR Portsmouth Navy Shipyard!



Stowe, VT from 17–20 JAN

All rates are per person, double occupancy.

SKIERS, Night stays & Lift tickets: 2 & 2 = \$225; 3 & 2 = \$255; 3 & 3 = \$295

NON SKIERS: 2–nights = \$135; 3–nights = \$160

TEENS TICKETS: 2–days = \$125; 3–days= \$145 / KIDS: 2– days = \$95; 3–days = \$130

SINGLE PERSON, Night Stays & Lift tickets: 2 & 2 = \$325; 3 & 2 = \$390; 3 & 3 = \$430

Sunday River , ME from 27 FEB–03 MAR

Snow Cap Inn: 2-nights \$230/pp; 3-nights \$290/pp includes 2-day lift tickets

Jordan Grand Summit: 2-nights \$295/pp; 3- nights \$370/pp includes 2-day lift tickets

Attitash, NH 21–24 MAR

Rates for 2–nights: Standard Room (2 queen beds); studio deluxe (2 queen beds); or studio superior (1 queen) = \$240 / 1 bedroom deluxe (3 queen beds) = \$280

Rates for 3–nights: Standard Room (2 queen beds); studio deluxe (2 queen beds); or studio superior (1 queen) = \$300 / 1 bedroom deluxe (3 queen beds) = \$345

Discounts for military—Pay in full by 06 MAR. All rates are per person.

For more information call Portsmouth Naval Shipyard's Gear Rental at 207–438–1514 or email todd.l.brooks@navy.mil . See more at www.discovermwr.com/pnsy

MWR Cape Cod presents January's Family Night
FRI 11 JAN from 5—8 pm @ Crosswinds Activity Center

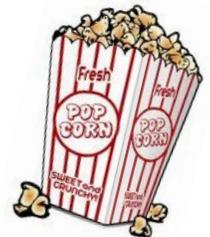
<http://www.mwrcapecod.com/forms/jan2013familynight.pdf> – It's a Snowman Theme!
\$1.00 Bowling & Free Pizza (while supplies last). Snowman fun; games, crafts & bowling!



FREE Movies - Forever!!!!!!!!!!!!

ALL public movies shown at the Roxy Theater will be free of charge. While this is good news, ASCC MWR needs your help to keep the movie program alive.

To offset the loss of income from admission fees and to pay for the staff required to operate the theater, movie patrons need to continue to purchase food and beverages from the concession stand (which are well below the prices at commercial theaters!) Concessions revenue will determine the future of free movies at the Roxy Theater!! Thank you for your continued support of the Roxy Theater and ASCC MWR. Questions please contact the MWR Office at 508-968-6689.



To find out what's playing this week at http://www.mwrcapecod.com/forms/roxy_theater_schedule1.pdf

FRIDAY January 11	SATURDAY January 12	SATURDAY January 12	SUNDAY January 13
A movie poster for 'Trouble with the Curve' featuring Clint Eastwood. The poster shows Clint Eastwood in a dark jacket looking out over a field. Text includes 'CLINT EASTWOOD', 'TROUBLE WITH THE CURVE', 'AMY ADAMS JUSTIN TIMBERLAKE', and 'SEPTEMBER 21: WHATEVER LIFE THROWS AT YOU'.	A movie poster for 'Happy Feet' featuring a penguin. The poster shows a penguin dancing on an ice floe. Text includes 'HAPPY FEET' and 'EVERETT COLLECTION'.	A graphic of a white sign with the word 'CLOSED' in bold black letters, hanging from a string.	A movie poster for 'Here Comes the Boom' featuring Kevin James. The poster shows Kevin James in a white shirt and tie, holding a sign that says 'WORLD'S BEST TEACHER'. Text includes 'HERE COMES THE BOOM' and 'COMING SOON'.
7:30 PM Rated PG13 111 Minutes Run Time	5:30 PM Rated PG 108 Minutes Run Time	7:30 PM	2:00 PM Rated PG 105 Minutes Run Time