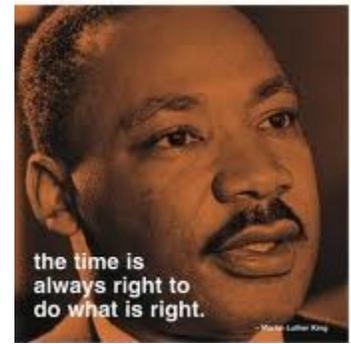


BETWEEN THE FLYER

JANUARY 18, 2013



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.
More info [here](#)
Come see who goes in!

Monster Jam

FRI 22 FEB & SAT 23 FEB @ at the Dunkin Donuts Center

Newport Naval Station ITT has tickets reserved for Monster Jam shows. Tickets are center stage, section 232, row C & D. Customers must call ITT (401) 841-3116 and place their order for tickets. Tickets must be paid in full to place an order. Tickets cost \$23.75 for adult and \$15.50 for child. Savings are \$3.25 per adult ticket and ITT does not have any handling fees.
Deadline to order: FRI 25 JAN. Tickets will be available for pick up at ITT Friday, February 1. For more information, call ITT at (401) 841-3116.



This event is open to active duty personnel, retirees, reservists, eligible family members, DoD employees and contractors with base access. Check out the brand new MWR website at www.discovermwr.com/navalstationnewport very user friendly and easy to navigate!

New Tricare Dental Program Rates



Effective February 1, 2013, the new TDP monthly premium rates are as follows:

AD Family Member / Single Premium - \$10.66 / Family Premium - \$31.96
National Guard and Reserve Sponsor - \$10.66
National Guard and Reserve Family Members / Single Premium - \$26.64 / Family Premium - \$79.91



For more information: Online: www.metlife.com/tricare ; Telephone numbers: CONUS: 1-855-MET-TDP1 (1-855-638-8371); Facebook: www.facebook.com/metlifetdp

Check to see if dentists are part of MetLife's Preferred Dentist Provider (PDP) network. Visit www.metlife.com/tricare



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 Fairs

See what's coming up for Rhode Island, Massachusetts, Vermont & Maine!

<http://www.uschamber.com/hiringourheroes/events>



Employment Opportunities

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.

APPLICATION DEADLINE: 30 JAN



Army National Guard (ARNG) Family Assistance Center (FAC) Specialist, MPSC, MA ARNG Wellesley, MA

Family Assistance Specialists shall have broad based knowledge, experience, and skills in the areas of military personnel, human resources, and Family programs as well as an understanding of the ARNG. The contract employee must demonstrate a working knowledge of military well-being programs, Family programs, and the deployment support cycle requirements.

Request a full announcement from bkrynicky@mpscrc.com.

APPLICATION DEADLINE: 25 JAN



2013 MASSACHUSETTS NATIONAL GUARD FREE INCOME TAX ASSISTANCE & ASSET BUILDING PROGRAM



The Massachusetts National Guard is proud to offer free tax preparation and asset building services to ALL SERVICEMEMBERS and POST 9/11 VETERANS in Massachusetts. In 2012 we prepared over 1,500 tax returns and saved Servicemembers, Veterans and their Families close to \$240,000 in tax preparation fees. We are experts in preparing returns for the military and we do it for FREE. We hope that you utilize our program in 2013. –MAJ Shannon McLaughlin

PROGRAM LOCATIONS

Brockton, Cape Cod, Chicopee, Devens, Milford, Reading, Wellesley, Worcester



EMAIL SGT MARROQUIN FOR AN APPOINTMENT

We prepare returns at many locations throughout the state by appointment only. Please email me at freetaxes@massguard.org to schedule an appointment. Include your name, phone number, best time to contact and preferred location. I will then contact you to walk you through the intake process. –SGT Daisy Marroquin

WHO IS ELIGIBLE FOR THIS PROGRAM? : ALL ACTIVE, GUARD, & RESERVE SERVICE-MEMBERS FROM ALL MILITARY BRANCHES LIVING IN OR IN A UNIT IN MASSACHUSETTS. ALL POST 9/11 VETERANS LIVING IN MASSACHUSETTS.

CAN YOU PREPARE STATE RETURNS?: YES. ALL OF THEM.

FAQs

CAN YOU PREPARE ALL TYPES OF RETURNS: YES, WE PREPARE MOST TYPES BUT SOME ADVANCED TAX FORMS FALL OUTSIDE THE SCOPE OF THE PROGRAM.

WHEN CAN I MAKE AN APPOINTMENT?: WE WILL START TAKING APPOINTMENTS THE LAST WEEK IN JANUARY. THE IRS WILL ACCEPT E-FILES STARTING ON JANUARY 31ST.

DO I NEED AN APPOINTMENT TO HAVE MY RETURN PREPARED? YES, PLEASE EMAIL SGT MARROQUIN AND SHE WILL CONTACT YOU AS SOON AS POSSIBLE.

IS THIS SERVICE FREE?: YES. WE PREPARE & E-FILE, ALL FOR FREE.

WHO DO I CONTACT IF I HAVE QUESTIONS?: PLEASE EMAIL SGT MARROQUIN.

Scholarships



Air Force Aid Society Gen. Henry H. Arnold Education Grant Program

Applications are currently being accepted for this annual program which provides \$2,000 undergraduate education grants to eligible spouses and children. Eligible dependents of all ranks encouraged to apply.



BASIC ELIGIBILITY:

- * Children of active duty, Title 10 AGR/Reserve, Title 32 AGR performing full-time active duty, retired, retired reserve, and deceased Air Force members.
- * Spouses (stateside) of active duty members and Title 10 AGR/Reservists.
- * Surviving spouses of Air Force members who died while on active duty or in retired status.
- * Specific eligibility criteria are listed on-line at www.afas.org.

DEADLINE: 8 March 2013

APPLICATION PROCEDURE: Applications available on-line only at www.afas.org.

SELECTION CRITERIA:

- * Based on financial need; however, uniquely tailored to recognize the proper weighing of family income and education cost factors.
- * Applicants only compete with others in their own category of eligibility, such as children of Active Duty, children of Retired, spouses of Active Duty, etc.

Applicants within each category are then ranked based upon financial need.

For further information call Dan Mazzuca, Airman and Family Readiness Center at 781-377-4222.

Apply to Become a Tillman Military Scholar

Applications are now open through FRI 15 FEB

Eligibility: Veterans & Active Duty military members, (pre & post 9/11), of all branches AND spouses of AD or Veterans, including, surviving spouses, who are seeking assistance to pursue an undergraduate, graduate, or post-graduate degree as a full-time student at a public or private 4-year accredited US based institution.



Criteria: Strong leadership potential and a drive to make a positive impact on others through service.

To Learn more visit the [Pat Tillman Foundation](http://www.pat-tillman-foundation.org) online.

More Scholarship Information:

<http://www.militarychild.org/parents-and-students/scholarships>

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

JAN is Military Appreciation Month @ Kittery Premium Outlets

In appreciation of your service, show your Military or Government I.D. at either the Management Office located at Kittery Premium Outlets behind Old Navy, or at the Information Center

7 Days/9am-5pm to receive your **FREE VIP Coupon Book** filled with added savings at participating stores.

Looking for the perfect gift? You can purchase gift cards at the Information Center in KPO or online at premiumoutlets.com. The Simon American Express or Visa Giftcards can be used almost anywhere American Express and Visa are accepted.

65 Stores · (207) 439-6548 · Kittery, ME



2013 National Military Fatherhood Award

Do you know a military dad who demonstrates ongoing dedication to his children, puts in extraordinary effort to stay connected with his kids, successfully balances his military duties and family life, and invests in other military fathers and children?

Nominate him for the 2013 [Military Fatherhood Award](http://www.militaryfatherhoodaward.org)™!

Every year, National Fatherhood Initiative honors a military dad who goes above and beyond in his service to the nation and his responsibility as a dad.

Your dad, your child's dad, or a military dad you know, could receive this year's Award!

Nominations will begin on TUE 22 JAN at 12:00 p.m. EST. Only the first **600** nominations will be accepted! Learn more about the Military Fatherhood Award™ and review nomination criteria at www.militaryfatherhoodaward.org

Burn-pit Registry for Veterans Signed Into Law

Legislation now requires the Veterans Affairs Department to establish a registry for troops and veterans who lived and worked near open-air burn pits used to dispose waste in Iraq, Afghanistan and elsewhere overseas.

Troops deployed in support of contingency operations and stationed at a location where an open burn pit was used will be eligible to register.

VA has acknowledged troops may suffer from illnesses related to environmental exposures. According to VA, it has established a surveillance program for service members exposed to hexavalent chromium, a known carcinogen, at a water treatment facility near Basrah in 2003, and it lists nine infectious diseases found in the Middle East as service-related conditions.



Discount: 2013 Run-Walk to Home Base

SUN 04 MAY @ Fenway Park, Boston

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.

Any interested Active Duty Service Members, including Activated National Guard and Activated Reservists should complete the application as soon as possible – [CLICK HERE](#) for more details.



Facing The Challenges of Divorce Workshop

TUE 22 JAN from 11:30—12:30

Living through a divorce is a tremendous challenge that affects all facets of life. Please join us on at the Hanscom AFB Airman and Family Readiness Center, Building 1218, for "FACING THE CHALLENGES OF DIVORCE."

This free workshop will address the causes and the realities of divorce, how to forgive, and how to help children work through the challenges so everyone can move on as positively as possible.

Presented by Hanscom's Military and Family Life Consultant. To register, please call the A&FRC at 781-225-2765, or email: 66.FSS.FSFR.CMB@hanscom.af.mil

Serving the Total Force... Programs are free to all single and married military personnel, DoD civilians, retired military personnel and family members.



Seats Open for Classes offered by Cape Cod Community College



Seats remain available for the "**English Composition I**" class beginning Thursday, 31 January. Classes will be held in "Training & Education" (Bldg. 3164) at Air Station Cape Cod at 5:15 p.m. Successful completion of the "Accuplacer" exercise is required and can be administered at Bldg. 3164. Registration forms are also available.

Enrollment is open to anyone with base access: active duty, reserve, civilian and contract employees, dependents, retirees and Auxiliaries.

The "**Human Communications (Public Speaking)**" class beginning 28 January is now full; no further applications will be accepted.

For further assistance, please do not hesitate to contact Jim McLoughlin, Air Station Cape Cod Education Office 508-968-6440, or "Mitzi" Anderson at Cape Cod community College, 508-362-2131, ext. 4318.

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!



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

Welcome Home Veterans Ski Appreciation Day @ Mount Sunapee

THU 14 MAR

This event is free to all PRE-REGISTERED Veterans. For more info or to register, contact;

JENNY MCLAUGHLIN

VA Boston Healthcare System

(774) 826-1955(phone)

(774) 826-2048 (fax)

Jenny.mclaughlin@va.gov

ANGELA NEILSON

NEHSA

(603) 763-9158 (phone)

(603) 763-4400 (fax)

info@nehsa.org

Presented by VA Boston Healthcare System & NE Handicapped Sports Association



Cape Cod MWR Martin Luther King Jr Weekend Hour

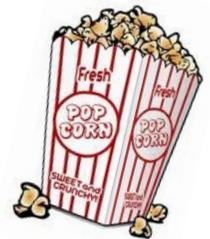
- ITT/Gear Issue Office closure dates and times: Fri 18 JAN open 9:00 a.m.-4:30 p.m.; SAT 19 JAN closed
- Crosswinds is Open Friday and Saturday for regular hours.
- Roxy Theater is open Friday, Saturday and Sunday regular hours
- Monday what's CLOSED includes: Falcon Golf Course, Falcon Deli, Child Development Center, Youth Activities, Temporary Quarters Office, and MWR Administration



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!!



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

<p>FRIDAY January 18</p> <p>DREDD 3D</p> <p>JUDGMENT IS COMING</p> <p>7:30 PM Rated R 95 Minutes Run Time</p>	<p>SATURDAY January 19</p> <p>HOTEL TRANSYLVANIA</p> <p>EVEN MONSTERS NEED A VACATION</p> <p>5:30 PM Rated PG 91 Minutes Run Time</p>	<p>SATURDAY January 19</p> <p>U-571</p> <p>COLLECTOR'S EDITION</p> <p>"CRIPPING FROM BEGINNING TO END!"</p> <p>7:30 PM Rated PG13 116 Minutes Run Time</p>	<p>SUNDAY January 20</p> <p>WALL·E</p> <p>Disney·PIXAR</p> <p>JUNE 27</p> <p>2:00 PM Rated G 98 Minutes Run Time</p>
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