

Between the Flyer

25 January 2013

Dung Beetles navigate via the Milky Way and are the only known creature known to use this navigational method.



Monster Jam

ITT order deadline: FRI 25 JAN

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. Tickets will be available for pick up at ITT FRI 01 FEB. For more information, call (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 [Newport NS MWR website!](#)

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

For eligible beneficiaries who would like to enroll visit www.tricare.mil/bwe



Military Salute Weekend

26—27 JAN @ Attitash Mountain & Wildcat Mountain



FREE tickets for military, veteran & retired service men & women AND discounted lift tickets (\$45) for active duty family members* at Attitash Mountain and at Wildcat Mountain. **Must** show proper ID, which includes: CAC card, DDForm 2ACT, DDForm 214, DDForm 2RET or DDForm 1173.

Weekend events include: flag parade, après entertainment; and a "Battle of the Branches" GS Race —fun for all kids & adults!

Employment Opportunities



ARNG BCT/BDE Family Readiness Support Assistant (FRSA), 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**

Veterans Program from C.R. England

C.R. England, the largest refrigerated tractor-trailer carrier in the nation, is offering to train qualified Veterans through their CDL Class A program and offer them a guaranteed job driving for C.R. England upon successful completion of the course. They will pay \$2,995 tuition to a partner school, for those Veterans in exchange for a 6-month commitment of employment. Full tuition would become due if the Veteran fails to complete the employment commitment period. The only upfront costs would be a non-refundable \$100 administration fee, a \$37-70 permit test fee, and money for food until their first paycheck (generally 3 weeks). C.R. England will cover the cost of a bus ticket to one of our 5 schools and lodging for the 17-day training program. Upon successful completion of our program, including a physical and drug screening, the Veterans are guaranteed employment as a driver with C.R. England.



Meet the U.S. Intelligence Community Online @ IC Virtual Career Fair

TUE 26 FEB from 2 p.m.—8 p.m. (Eastern)



The United States Intelligence Community (IC), an integrated network of agencies that work together to protect our nation's security, is seeking a culturally diverse, technologically savvy and skilled workforce for exciting careers in a number of fields. Join us at the fourth annual IC Virtual Career Fair to explore career opportunities, chat with recruiters and subject matter experts, and learn how to apply for job openings.

Space is limited! To guarantee your entrance into this event, pre-registration is highly encouraged. Go to ICVirtualFair.com. (U.S. citizenship is required.)

From the comfort of your computer or mobile device, you can: Visit IC agencies' virtual booths, Chat in real-time (event day only), Attend live presentations, Explore currently available jobs, Link to IC agency Web sites to apply to positions online, Network with other job seekers, Learn about internships and other student opportunities.

[Register online today!](http://ICVirtualFair.com)

Coming in FEB: New TRICARE Copays for Brand Name Medications

The Fiscal Year 2013 National Defense Authorization Act requires TRICARE to increase copays on brand name and non-formulary medications that are not filled at military clinics or hospitals. Increases will be effective sometime in February.



NO Changes on Generics: There is no increase to copays for generic medications. Generic medications filled in network will stay at \$5. There is no co-pay when generic prescriptions are filled through TRICARE Home Delivery. Pharmacies at military hospitals and clinics will continue to provide medications with no copays.



Changes on Brand Names: * \$17 for 30-day supply of a brand name medication purchased at a retail network pharmacy. * For beneficiaries using TRICARE Home Delivery, new price of \$13 for 90-day supply of brand name drugs. * The greatest change in copays applies to non-formulary medications: \$44 at retail pharmacies and \$43 through Home Delivery. The TRICARE Uniform Formulary is a list of all the medications TRICARE covers.

Visit www.TRICARE.mil/costs for more details.

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.

For assistance, 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.

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.

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; and * Specific eligibility criteria are listed on-line at www.afas.org.

Applications available on-line only at www.afas.org. DEADLINE: 8 March 2013
For further information call Dan Mazzuca, Airman and Family Readiness Center at 781-377-4222.



Air Force Services Camps: Teen Aviation—Teen Leadership—Space Camp

Eligible applicants include teen dependents of Active Duty Military assigned to or living on an Air Force/Joint Base Installation, AF Retired Military, AF Civilian Employees and activated Air National Guard or AF Reserve.

Application suspense for all three camps is 29 MAR! Final announcements will be 19 APR 13.

Lodging, meals & program costs will be centrally funded at no cost to the participants or their installation. Airline or POV travel costs to each camp are the responsibility of the attendees or their installation.



Teen Aviation Camp

01–06 JUN @ US AF Academy, Colorado Springs, CO
The intent of the program and scheduled tours are designed to give all attendees an experience that will help them determine if aviation or the Air Force Academy is a career choice.



AF Service Space Camp

28 JUL–02 AUG @ US Space & Rocket Center, Huntsville, AL
Air Force Space Camp is hosted by the US Space and Rocket Center. While at camp youth will experience, imagine, and interact through Space Shuttle mission simulations and tours of the center. The camp is an inspiring week of fun and enriching space activities. More information is available at www.spacecamp.com.



AF Services Teen Leadership Camp

08–12 JUL @ Univ of Texas, San Antonio
The Air Force Teen Leadership Camp is a 5-day residential program which provides youth a glimpse of what university life is like while developing their leadership skills. Activities include team building, High/Low ropes course, conflict resolution, public speaking, and more.

For a full list of criteria or an application, call or [email](mailto:erin.creighton@afsc.com) Erin Creighton, 508-968-4855.

Free Employment Webinar Series

7 Tips & Tricks to a Federal Job Application

Sat, Jan 26, 11:00 a.m.–11:45 a.m.—[Register](#) Sat, Feb 23, 11:30 a.m.–11:45 a.m.—[Register](#)

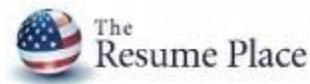
7 Tips for Veterans Applying for Civilian Federal Employment

Mon, Jan 28 12:00 p.m.–12:30 p.m.—[Register](#)

How to Apply for Jobs with USA Jobs & ApplicationManager

Tue, Feb 12, 1:30 p.m.–2:30 p.m.—[Register](#)

Webinars offered by



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.



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

29 JAN 8:00 — 11:30

Influenza vaccine (Flu Mist and Flu shots) will be offered to all civilian employees, dependents, retirees, CG Auxiliary, and all AD/Reserve personnel of all military service.

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

Just come to the Kaehler 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

Changes in Free Access to Your FICO Credit Score Starting 01 FEB

FINRA Investor Education Foundation and SaveAndInvest.org make the myFICO(r) credit score and analysis tool available to active duty service members and their spouses free of charge. The program is intended to provide one credit score per service member (and spouse, as applicable) initially and a single follow-up score 90-120 days later.

Effective FRI 01 FEB all service members registering via a Group Access Code (GAC) to receive a free FICO credit score and analysis via the SaveAndInvest.org web site will be required to enter a valid military email address. Spouses of active duty service members who do not have access to a military email address may register using their service member's email address. It will then be necessary for the service member to forward the registration confirmation email to their spouse. These steps are necessary to ensure that the system is utilized only by active duty service members and their spouses

Step-by-step information is available at SaveAndInvest.org

CREDIT SCORE

720-850

700-799

675-699

620-674

560-619

500-559

SaveAndInvest.org



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.





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.

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



50% Off Select Clearance at Coast Guard Exchange Sale

MA Military Reservation— Take an extra 50% off red ticket price on candy, giftware, clothing, jewelry under \$200.00, furniture, dishware, shoes and handbags.

Excludes electronics department and prior purchases. Sale valid thru 01/27/2013

Super Bowl Party Crosswinds Style

SUN 03 FEB

<http://www.mwrcapecod.com/forms/superbowl2013.pdf>

Doors Open at 2pm, Food & Drink Specials, Doors Prizes and More!



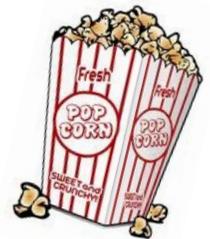
FREE Movies - Forever!!!!!!!!!!!!

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



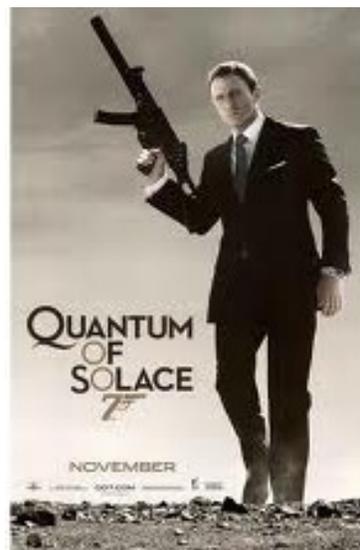
FRI 25 JAN @ 7:30



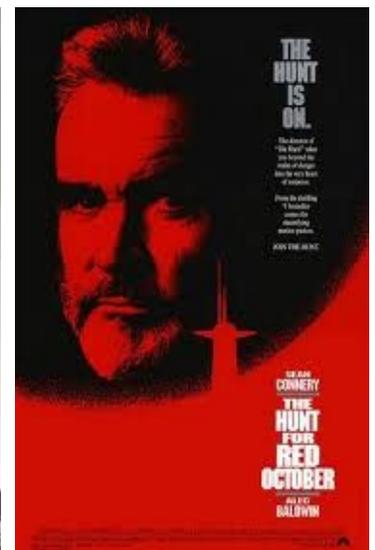
SAT 26 JAN @ 4:30



SAT 26 JAN @ 7:30



SUN 27 JAN @ 2:00



Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

BE WARM AND SAFE THIS WINTER!

- » Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- » Have a three-foot "kid-free zone" around open fires and space heaters.
- » Never use your oven to heat your home.
- » Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- » Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- » Remember to turn portable heaters off when leaving the room or going to bed.
- » Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- » Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- » Test smoke alarms monthly.



Heating Equipment Smarts

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



FACT

Half of home heating fires are reported during the months of **December, January, and February.**



Your Source for **SAFETY** Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education