

Between the Flyer

February 1, 2013

During the Super Bowl, Americans will consume:

Pizzas: 4.4 million

Chips: 46 million pounds

Beer: 111 million gallons

Wings: 1.25 billion chicken



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



IMPORTANT: CHANGES in FREE Tax Preparation Program

Due to a significant demand for the free tax center services offered by the MANG Free Income Tax Assistance & Asset Building Program a change has been made in the registration process.

Anyone who is interested in scheduling an appt for Cape Cod, Chicopee, Devens, Milford, Reading, Wellesley and Worcester locations, please go to <http://massguard.org/appointments/> Currently the Brockton location is closed to new appointments. See Page 2 for full details.



New TRICARE Copays for Brand Name Medications

NDAA2013 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.



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

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



BOOK AN APPOINTMENT ONLINE

<http://massguard.org/appointments/>

If you have any questions about the program you can email SGT Marroquin at freetaxes@massguard.org

WHO IS ELIGIBLE FOR THIS PROGRAM? : ALL ACTIVE, GUARD, & RESERVE SERVICEMEMBERS 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.

Employment Opportunities

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.



FOR MORE INFO
CALL
1-866-219-6080
OR APPLY ONLINE AT
www.crengland.com/vets

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!](#)

Free Employment Webinar Series

How to Apply for Jobs with USA Jobs & Application Manager
Tue, Feb 12, 1:30 p.m.—2:30 p.m.—[Register](#)

Webinars offered by



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.

4—H Babysitting Course

TUE 19 FEB from 9 a.m.—4 p.m.

At Crosswinds Activity Center, MA Military Reservation, Bourne MA

Pre-Registration by WED 13 FEB

Learn to become a responsible babysitter. Sessions include: Child Safety, First Aid, Feeding, Stages of child development, Discipline, Entertaining, and Business of babysitting. Participants must be 11 years old or older. This is FREE for military families. Certificates and ID cards upon successful completion of course.

Class size is limited to 15 participants. Participants should bring a lunch, drink & snack.

To register contact: Candy LeBlanc by [email](mailto:candy.leblanc@ma.mil) or call 508-97-68-6446



2013 Project New Hope Veterans Retreats

In 2013 Project New Hope will be hosting 10 free weekend retreats and branching out across New England with retreats in RI, CT, MA, ME and are hopeful to add a retreat in VT and NH and build upon their 2011 and 2012 successes by doing more outreach into communities reaching more Veterans, their family members and Gold Star and Survivor families.

Priority will be given to veterans who have not attended a retreat yet



15 -17 February - Camp Canonicus, Exeter, RI - Couple's; Register by 01 FEB

08-10 March - Camp Wightman, Griswold, CT - Male Veterans; Register by: 22 FEB

19-21 April - Grotonwood, Groton, MA - Gold Star & Survivors Families only with a (Natures Classroom): Register by: 05 APR

17-19 May - Pine Brook Camp, Shutesbury, MA -Family; Register by: 03 MAY

21-24 June - Camp Canonicus, Exeter, RI - Family; Register by: 07 JUN

12-14 July - Grotonwood, Groton, MA - Family; Register by: 28 JUN

30 August-01 September - Camp Wightman, Griswold, CT- Family; Register by: 16 AUG

13-15 September - Oceanwood Camp, Ocean Park, ME - Family; Register by: 30 AUG

04-06 October - Barton Center, N. Oxford, MA - Women Vet's; Register by: 20 SEP

For more information visit Project New Hope online at www.projectnewhopema.org

CHANGES for Run/Walk to Home Base Military Discount



“Due to our immense respect for all our service members, we are altering our policy for the special military registrations and extending the application to all current members of the National Guard and Reserves. We welcome applications from all current service members and appreciate your service.

Current Military: Apply now for a special Military Discount to participate in the 2013 Run-Walk to Home Base with NO fundraising requirement. Please note the no fundraising requirement option is AVAILABLE TO CURRENT MILITARY including NATIONAL GUARD AND RESERVES. To apply,

please complete the online form in its entirety with required attachments. Military verification is required. Prior to submitting, please upload your current orders, or a letter from your commanding officer on official stationary that verifies your current status.

While military members that receive a military entry are not required to fundraise, all participants will automatically receive a personal fundraising page to fundraise if they choose. We suggest a fundraising goal of at least \$250.

There are 500 Military registrations with NO FUNDRAISING REQUIREMENTS available. They will be filled on a first-come, first-serve basis. If you are unable to submit your application and verification online, you can download the application and fax to 617-726-7661. Please fax both your application and your verification of status. <http://www.runtohomebase.org/run>

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. Reserved & marked area of the "Valley Lodge" will be specifically for military families. 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. For more information contact Contact [Bonnie Rice](#).

Ski Trips with the MWR Portsmouth Navy Shipyard!

Sunday River , ME from 27 FEB–03 MAR

Attitash, NH 21–24 MAR

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



OIF/OEF Veteran and their Family/Guests Wanted

A family has generously donated their week at a 2-bedroom condo as a small gesture of the appreciation for the sacrifices of our military and their family. Past guests have been thrilled with the condo, area etc. The condo is fully furnished and ready for use!

WHO: An OIF/OEF Veteran and family or guests

WHAT: 2 bedroom/ 2 bath Condo, at the Port O Call at Shipyard Plantation on Hilton Head

WHEN: check in Sat March 9- March 16

WHERE: Hilton Head, SC

Private resort inside gates of Shipyard Plantation; Miles of bicycle, rollerblading, and walking paths throughout the plantation; Activities programs for children and adults.

Units include whirlpool spa, DVD Player, and stereos; All bedrooms and living room have TV's; Two outdoor pools (one heated), outdoor whirlpool spa, steam bath and sauna; Wireless Internet; Picnic and gas grill area; Adjacent to Van Der Meer Racquet Club and Crowne Plaza Resort; All units have a washer & dryer

If interested, please contact the Falmouth Military Support Group at falmouthmilitarysupportgroup@gmail.com



Resume Writing for the Private Sector

THU 07 FEB from 12:30-3:00 p.m.

Airman and Family Readiness Center, Bldg 1218, Hanscom AFB

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.

Taught by a former Private Sector HR Staffing Specialist and member of the Professional Association of Resume Writers and Career Coaches and the Career Planning and Adult Development Network.

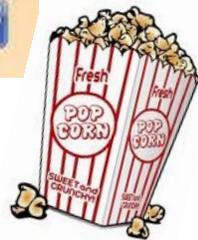
To sign up please call (781) 225-2765 or email 66.fss.fsfr.cmb@hanscom.af.mil.

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

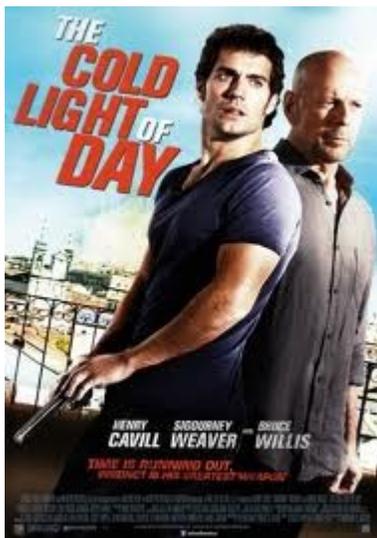


FREE Movies - Forever!!!!!!!!!!!!

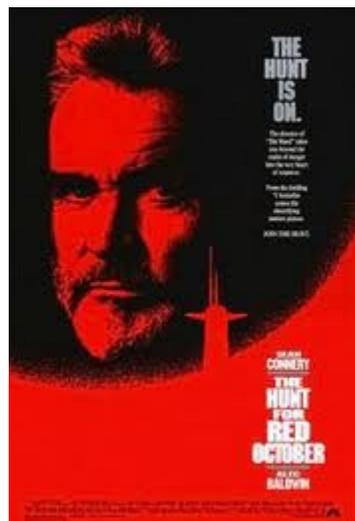
To find out what's playing http://www.mwrcapecod.com/forms/roxy_theater_schedule1.pdf



FRI 01 FEB @ 7:30



SAT 02 FEB @ 4:30



SAT 02 FEB @ 7:30



SUN 03 FEB @ 2:00

