

July 12, 2013

The Family Flyer



Supporting Military Families
Cape Cod—Southeastern Massachusetts—SE New England

THE BASE POOL IS NOW OPEN!!!

The base pool is located behind Crosswinds
5201 East Hospital Rd. 508-968-6476

Mon-Friday 1100-1200 Lap Swim

1200-1800 Open Swim

1800-1900 Lap Swim

Sat/Sun/Holidays 1100-1800 Open Swim



Mystic Aquarium in Mystic, CT— FREE ADMISSION

For the entire month of July Mystic Aquarium is offering free admission to Active duty and retired military members with valid ID. Family members receive a discounted admission as well \$15 for Adults and \$10 for children



The Barnstable County Fair is Coming!!! JULY 20th-27th

Admission for military is \$8 everyday. JULY 23rd is Veterans Appreciation Day Military and Veterans get a \$6 admission all day



Stripes and Saddles Camp at Smithfield Farm in Falmouth

JUL 15-19th AGES 10-13



Geared toward youth currently experiencing the deployment of an immediate family member, but will accept active duty military youth on a wait list.

To Register: Contact Kerry Bickford at kbickford@barnstablecounty.org



Families in Transition Camp at Smithfield Farm in Falmouth

AUG 12-16th From 3:00-8:00 p.m.

The camp is open to families currently experiencing a deployment or to those who have recently experienced one. Your whole family is invited to spend a week out at Smithfield Farms learning about and working with horses. Dinner will be served every night followed by separated group adult and children times. There will also be babysitting on site for those children too small to participate. The program is free thanks to Heroes In Transition. Please contact Kerry Bickford by e-mail at kbickford@barnstablecounty.org or by phone at (508) 375-6695. All registrations must be completed by July 22nd



Kaehler Memorial Clinic Pharmacy Schedule for July

New prescriptions from civilian providers will not be accepted due to pharmacist unavailability on:



Monday, 01 July 13

Friday, 05 July 13

Monday-Friday, 08-19 July 13

Thursday-Tues, 25-31 July 13

The pharmacy is **CLOSED** on **Wednesday mornings and Friday afternoons**



Kids Bowl Free

Registered Kids Receive two (2) FREE games of bowling every day, ALL summer long! Valued at over \$500 per child!! Bowling centers, schools and other community organizations work together to launch a super summer activity option for kids & families.

Over 20 participating locations in MA. Click [HERE](#) for more info!

10th Annual "Operation Thank You"

SUN 21 JUL @ Redhook Brewery, Portsmouth N.H.

Military service members and their families are invited to attend the 10th annual "Operation Thank You". This event is free for children, active duty, National Guard & Reserves. All others will be \$15 per adult.

For more information, visit their website at [Operation Thank You](#).



SAVE THE DATE: Military and Family Wellness Day

SAT 03 AUG from 9 a.m.—4 p.m. in Attleboro



Open to veterans, spouses, partners, parents, siblings and adult children of currently deployed service members and military members and veterans. This special day includes food, activities, quiet time and connection for mind, body and spirit. Look for more information or contact [Barbara Cox](#) for full details or to register.

Cape Cod MWR Youth Program & Event JUL

July Calendar - click [here](#) for the schedule overview

Click Below for Program Details:

[Kids Golf](#) (Mondays & Thursdays)

[Kick Ball](#) (ALL AGES - Mondays)

[Field Games](#) (Tuesdays)

[4H Crafts for the Fair](#)

[BMX](#) (Tuesdays)

[Tennis](#) (Wednesdays)

[Pool Parties](#) (Wednesdays)



Register Today for the Thanks the Yanks Military Appreciation Dinner

WED 11 SEP from 6—8 p.m.

@ Medway VFW



You are cordially invited to a special tribute dinner in honor of our military families, including Blue Star & Gold Star, veterans and to pay tribute to the heroes and victims of 9/11/01. This is completely a non-political event. It is merely a way of saying **THANK YOU** for your service and sacrifices. The dinner is our free gift to you, families are welcome, free child care will be provided.

RSVP by September 9, 2013, by visiting www.thankstoyanks.org or contact Michael Shain 508-330-8487 or info@thankstoyanks.org.

3rd Annual SGT Mark Vecchione Fishing Trip (FREE)

SAT 24 AUG from Rock Harbor, Orleans

Hosted by Cape Cod Cares for Our Troops, this The trip is a four hour deep sea fishing trip, followed by a BBQ Dinner. This trip is open to all Iraq/Afghanistan Veterans and one guest.

There is no cost involved as this is our way to give back to our veterans. If you would like to attend send an email to capecod4thetroops@comcast.net with the following information:

Your name & rank, dates deployed, unit, contact phone number and email to send a confirmation. If you are bringing a guest I will need their name (and age if under 16).

Families are also welcome to join in at the BBQ following the trip, just let CCC4OT know how many family members will be attending. Lots of fun for the kids with games, crafts, etc and Horseshoes Tournament for the adults!

Space is limited so please reserve quickly. If you have any questions please call Michelle at 774-216-9052.



Free 4-week Math & Writing Classes at Cape Cod Comm. College

Veterans Upward Bound will be conducting Free Math and Writing workshops at CCCC this summer from 15 JUL–08 AUG. The class meets 2hrs/day for 4days/week. The classes are designed for veterans planning to attend CCCC in the fall but they will accept any veteran who desires to increase his/her skill level in these subjects. Veterans we are already attending college are not eligible for this program.

For more information email Veterans Upward Bound or call them at 617–287–5870.

Veterans Groups Seeking to Pair up Service Dog with Veterans

A Mashpee-based nonprofit organization that helps military veterans readjust to civilian life is still seeking Cape veterans who could benefit from the assistance of a service dog.

Heroes in Transition, started by Gold Star parents Kenneth and Cynthia Jones, has been working with the North Carolina-based nonprofit organization Patriot Rovers to bring service dogs to the Cape to help veterans dealing with post-traumatic stress disorder.

Two dogs already have been placed on the Cape, and Patriot Rovers is seeking applications from other veterans. The dogs, which go through months of behavioral training, are provided at no charge. The goal is also to name the dogs in memory of fallen local service members. One of the dogs placed here has been named for the Joneses' son, Eric, who was killed in Afghanistan in 2009.



To find out how veterans can apply for a service dog, call 336-664-6990, [email](mailto:), or visit www.patriotrovers.org. To find out more about Heroes in Transition [visit them online](http://), [email](mailto:), or call 508-539-1010.

Fourth Cliff is Now Open for the Summer Season!

Fourth Cliff Family Recreation Area is a 56-acre seaside resort located in Humarock (Scituate) on Massachusetts' South Shore. Fourth Cliff is in a superb location, sitting high on a cliff at the end of a peninsula, overlooking the Atlantic Ocean on one side and the scenic North River on the other. It offers an excellent opportunity for solitude and relaxation.

The facilities – including cottages, chalets, townhouses and efficiencies – are open to all ID cardholders, including active duty, reservists, DoD civilians, NAF employees, base contractors, retirees and authorized family members. RV camper sites and spaces for tent sites are also available from May 1 to October 31.

For more information, reservations, locations and directions visit: HancomServices.com

Blue Star Museums - FREE Admission!



The 2013 season of Blue Star Museums is off to a fantastic start with more than 2,000 art centers, museums, and exhibits offering FREE entrance for all active duty, National Guard and Reserve military personnel and their families from Memorial Day through Labor Day. Over 80 participating museums in MA! Go to the map to locate museums or find MA listing [HERE](#)

Check Out Your State's Veterans' Benefits

Many states offer veterans' benefits, which may include educational grants and scholarships, special exemptions or discounts on fees and taxes, home loans, veterans' homes, free hunting and fishing privileges, and more.



Each state manages its own benefit programs [HERE](#).

New Website Focuses on Women Vets' Employment Issues

The Department of Labor launched a new website focusing on employment issues affecting women veterans. Three DOL entities—the Veterans' Employment and Training Service, Women's Bureau and Office of the Secretary—cooperated to create the [site](#) as part of the Labor Department's efforts to address the distinct work-related issues encountered by women veterans.



DOL said the site "highlights potential challenges that may affect the economic security of women veterans." The department points out that women vets, for example, are more likely than male counterparts to have significant service-related disabilities; are twice as likely to be divorced as male vets; and are more likely to be raising children alone—11 percent of women vets versus 4 percent of male vets. Women vets also tend to earn about \$6,000 less per year than male vets.

The website includes links to sites and pages that offer information on employment opportunities, education and professional development, mentoring, health care and other pertinent topics—as well as links to statistics, research studies and guides related to women veterans' employment issues.



MEMA Offers Tips for Family Hurricane Preparedness

Build an Emergency Kit

Every home and business should have a stocked basic emergency supply kit that could be used for any emergency, regardless of the time of year. Everyone should keep certain items around the house and workplace in the event you are isolated for three to five days without power or unable to go to a store. While some items, such as bottled water, food, flashlight, radio and extra batteries, a first aid kit, sanitation items and clothing should be in everyone's kit, it is important to customize the kit for the needs of you and your family.

Create a Family Emergency Communications Plan

Develop a Family Emergency Communications Plan in case family members are separated from one another during an emergency (a real possibility during the day when adults are at work and children are at school, camp or at a friend's house). This plan should also address reunification after the immediate crisis passes.

- Ask an out-of-state relative or friend to serve as the Family Emergency Communications Plan contact person.
- Keep a list of important contact phone numbers (particularly if your cell phone is lost or dead). Make sure everyone knows the name, address and telephone number of the Family Emergency Communications Plan contact person. Children should know their parent/ caregiver's full name, home address, and an emergency contact number.
- Create a personal support network and a list of contacts that include caregivers, friends, family, neighbors, service/ care providers, and others who might be able to assist during an emergency.
- Designate two meeting areas for family members – one within your community (your primary location), and one outside of your community (your alternate location). Sometimes an emergency could impact your neighborhood or small section of the community, so a second location outside of your community would be more accessible to all family members.
- Know the emergency plans of locations where your family might be (work, school, daycare) to understand what might happen during an emergency.



Stay Informed

Know what potential risks your community and neighborhood are susceptible to in a hurricane, such as storm surge, flooding, road or bridge closures, etc. Learn how local authorities will warn you of a pending or current disaster situation and how they will provide information to you before, during and after a disaster.

. Be aware of severe weather warnings and watches, which can be obtained from media sources, the National Weather Service, a NOAA all-hazards radio, and [on your cell phone](#). In addition, sign up for your community's emergency alerting system to get local information.

Mass 2-1-1 is the Commonwealth's primary telephone call center during times of an emergency and is able to provide information on emergency resources. This system is free to the public, available 24 hours a day/ 7 days a week, confidential, multilingual, and TTY compatible.

Find additional information about MEMA and Preparedness [online](#). Also, follow MEMA updates on [Twitter](#) and [Facebook](#). Download the free ping4alert! app to your Smartphone to receive important weather alerts and emergency messages from MEMA. Easy instructions are available [HERE](#).

Project New Hope—Free Veteran and Family Retreats



Register today!!

Maine/New Hampshire @ Oceanwood

FRI 13 – SUN 15 SEP

Deadline to register is 30 AUG

At Project New Hope Inc., we believe the whole family serves, and the best way to “support the troops” is by supporting the whole family. Therapeutic retreats enable military families to re-connect and reintegrate into their communities through education, holistic services, and supportive follow through...and HAVE FUN!

Activities may include, but not limited to: Swimming, Meditation, Adventure Activities, Crafts, Campfires and Yoga, etc.

All activities are designed with the families in mind, and is intended to keep families together throughout the retreat as much as possible. However, some activities or workshops may re-quire childcare, which is always provided for children of all ages. During such times, there will be Adventure based and special crafts and kid-friendly activities supervised by qualified individuals.



Free Fun Fridays



A record-breaking 60 museums and cultural institutions will participate in this year's summer program that will run from 28JUN–30AUG. More info [here](#)

JUL 5: MA Audubon's Boston Nature Center; Cape Cod Museum of Art; Martha's Vineyard Museum; Children's Museum at Holyoke; Volleyball Hall of Fame; and Peabody Essex Museum.

DoD's MilitaryRider Provides Important Tips

For service members and veterans who ride motorcycles, the Department of Defense provides information to enhance the safety and overall riding experience for the through training, mentorship and education.

“The Right Skills > The Right Training > The Right Attitude” found at [MilitaryRider](#) provides stories, experiences, articles, stories, videos, links and more for the DoD Motorcyclist!



[Semper Ride](#)

[Air National Guard Safety](#)



Employment & Training Opportunities

H2H.jobs - Everything You Need to Find a Job. Start now!

We know that searching for a new job is a big undertaking. That's why Hero2Hired (H2H) was created to make it easy for Reserve Component service members to connect to and find jobs with military-friendly companies. H2H also offers career exploration tools, military-to-civilian skills translations, education and training resources, as well as a mobile app. Ready to find your next job? Start now and visit <http://h2h.jobs>.

Boots to Business Veterans Mentoring Program

The MA Dept of Veteran Services, Dept of Career Services, Greater Boston Chamber of Commerce and other organizations are sponsoring this program to increase veteran employment in MA. This program matches unemployed veterans to someone in their community, often another person who served, who might be able to provide that perspective, edit that resume or make that networking connection that could assist them in gaining employment. Veteran mentees must be a MA resident, honorably discharged and be unemployed. For more info email [Carlene Arambula](mailto:Carlene.Arambula).

Free Vocational Training for Veterans

The Veterans Training School (VTS) is recruiting unemployed and under-employed Veterans for the following vocational free vocational programs:

Commercial Drivers License (Class B) Course

Next Start Date: August 5, 2013

Duration: 10 weeks, Monday–Wednesday 9:00–1:00 p.m.

The Commercial Drivers License Course is certified by the Commonwealth of MA. Training modules are divided into classroom (4 weeks) and road (6 weeks) component, focusing on permit test preparation, vehicle maneuvers, expressway and local driving, and Class B license test preparation.

Requirements: Copy of driving records, DOT physical, and additional qualifications. Fees for license and test, as well as RMV fees of up to \$300 are student's responsibility.

Apply today! Email Andrew Moyseowicz or call 617–371–1810. Find more online at www.nechv.org

Security System Technician Opening Camp Edwards, Cape Cod

Open Systems Technology has a position as a Security System Technician at Camp Edwards that requires a Secret Clearance. Description: *low level security techs; *Installing and maintaining security systems; *Well versed in both electronic and physical security; *Only phone interview (will be conducted this week).

Details: Security Technician will be responsible for installing, troubleshooting, and maintaining security systems. Security Systems will include Access Control, alarm systems, CCTV, glass breaker, DVR, IDS (intrusion detection systems), card/door access, motion detectors. Will be provided with vehicle, phone, and laptop. For more info contact [Mark Lewis](mailto:Mark.Lewis). *This information provided by Plymouth Career Center.

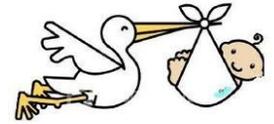
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 Airman & Family Readiness Program
 Cape Cod, MA



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Requests to be added or removed from this distribution list may be sent directly to Erin.

Baby Basic Training
 TUE 27 AUG from 9:00—3:00
 MA Military Reservation, Bourne MA



Expecting a new baby? Join us for the Baby Basic Training Workshop!

This daylong event will bring specialists to discuss and uncover the exciting changes coming your way!

Open to all branches of the military this fun filled day with help you get the basics for your baby!

Register today with [Jody Carman!](#)



MANG Child & Youth Survey

MA National Guard Members & Families are invited to attend an online Family Member Satisfaction Survey. This survey will be used

to gather valuable information related to current strengths and where continued development could be targeted.

This survey is anonymous to be used on state & national levels.

Now open, this survey will take approximately 10-15 minutes to complete and will run until FRI 09 AUG.

[TAKE SURVEY](#)



FREE Movies - Forever!!!!!!!!!!!!!! Movies resume on JUL 12th

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



FRI 12 JUL @ 7:30

SAT 13 JUL@4:30

SAT 13 JUL@7:30

SUN 14 JUL@2:00



This announcement is provided for the benefit of members of the National Guard. It is intended for informational purposes only and does not constitute an endorsement by the Massachusetts National Guard, the Commonwealth of Massachusetts or the United States Armed Forces. Any participation is solely the responsibility of the individual.

PROJECT NEW HOPE



So glad to see young families involved in retreats for military families - gives me hope for the future.



OCTOBER 4TH-6TH, 2013

**Clara Barton Center
OXFORD, MA**

Honoring the Path of Women Warriors 3rd Annual Project New Hope Retreat for Women Veterans

Activities Include
(but not limited to)

- Reiki
- ✦ Hiking
- ✦ Campfires
- ✦ Yoga
- ✦ Movies
- ✦ Meditation

This unique three day retreat for female Military and Veterans from all eras, provides a safe and therapeutic environment intended to nurture the mind, body, and spirit and allows military women to return to their communities and their home and work environments revitalized, empowered, and strengthened. And of course, we want you to relax, have fun, eat plenty of good food, sleep like a baby, build great memories and have fun in the process! This program, includes room and board, is available at **no cost** to qualified female combat veterans or active duty women in the military.

Deadline to register is September 30, 2013

Click Here to sign up

www.projectnewhopema.org