

July 26, 2013

# The Family Flyer



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

## MA Military Reservation Renamed “Joint Base Cape Cod”



On July 19, 2013, Gov. Deval Patrick signed an Executive Order to change the name of the Massachusetts Military Reservation to Joint Base Cape Cod to more accurately reflect the ongoing missions and joint partnerships taking place on at the base.

Joint Base Cape Cod (JBCC) is the geographically largest military installation in MA, covering over 22,000 acres. In addition to four military components, there are over 30 other tenants, which employ over 4,000 full and part-time military, federal and state civilian employees. The economic impact of JBCC was \$405M in 2011.

## 27th Lowell Folk Festival

FRI 26—SUN 28 JUL

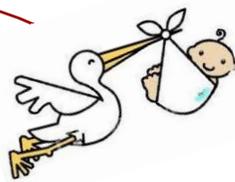
The largest free folk festival in the nation, with continuous music on five outdoor stages in historic downtown Lowell, A family friendly event, the Lowell Folk Festival has presented an international array of folk music, ethnic foods, craftspeople and artisans, as well as kid's activities, to enthusiastic New England audiences every summer for over 26 years. Canal boat and trolley rides are also available this weekend. A partial lineup of performers, representing folk, bluegrass, gospel, world music, dance and more, can be found at [www.lowellfolkfestival.org](http://www.lowellfolkfestival.org)



## Falmouth Military Support Group Scholarships—\$500 & \$1,000

Reminder: OIF/OEF Veterans of Cape Cod are eligible for scholarships to assist in post-secondary/graduate studies. **Application deadline: WED 31 JUL.** Applications can be found [online](#).

## Baby Basic Training



You're invited to a fun day filled with great tips and information from the experts! Open to all branches, this event is for expecting and new parents within 3 months of the event.

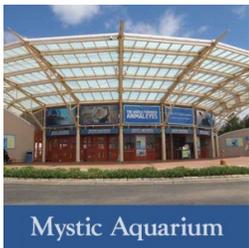
Topics will include: Car Seat Safety, Child Development Services, Budgeting for Baby, Breastfeeding Basics, Self-Care for Mom & Dad, Baby Health & Dental Care, Tricare, US Family Health Care and MORE!

RSVP by 20 AUG to Jody Carman by [email](#) or 508-968-6635.

TUE 27 AUG from 9 a.m. - 3:30 p.m.  
Falcon Golf Course, Joint Base Cape Cod  
Bourne, MA 02542

This event is sponsored by US Family Health Plan, in a joint collaboration with United States Coast Guard and Massachusetts National Guard.





## 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

## Summer Food Service Program

The Summer Food Service Program (SFSP) is a federally funded nutrition program that provides FREE meals to children ages 18 and under when school is not in session. In Massachusetts, the SFSP is administered by the MA Department of Elementary and Secondary Education (DESE). Summer meal sites are located in eligible areas throughout the state, and meals are often provided in conjunction with educational and recreational activities. By providing free, nutritious meals throughout the summer, the SFSP ensures that every child has access to the food they need in order to return to school ready to learn. To find meal sites in the Cape and throughout Massachusetts this summer, please visit the [Child Nutrition Outreach Program website](#).

Child Nutrition



## Free Fun Fridays

2013 Free Fun Fridays program schedule is now available! A record-breaking 60 museums and cultural institutions will participate in this year's summer program that will run from June 28th to August 30th. More info [here](#)

## Prepare for Back-to-School

[Sittercity.com](#) offers FREE membership military families. Sittercity does the work of background checks for you!

Create an account today and find qualified sitters in your area for your needs.

- Before school
- During the day
- Afterschool
- At nights
- Weekend
- Babysitters & Nannies
- Senior Care
- Pet Care
- Housekeepers
- Tutors

Start planning today!

3:00 pm: homework  
5:00 pm: save the world  
**We've got Back-to-School caregivers to keep your hero on schedule!**

Activate today at [sittercity.com/DoD](http://sittercity.com/DoD)



## Operation Military Kids Events JUL & AUG



### Families in Transition Camp at Smithfield Farm in Falmouth

**MON 12– FRI 16 AUG 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](mailto:kbickford@barnstablecounty.org) or by phone at (508) 375- 6695.



Read about the other Horse Camps held this year for military kids at Smithfield Farm!



### Summer Vacation Family Program

50 Skyline Dr., Worcester, MA

#### GO GO Geospatial Gadgets!

**WED 14 AUG from 1:00–3:30P**

Fun with Maps, Apps, GIS and GPS

#### Healthy Hearts and Helping Hands

**WED 31 JUL from 1:00–3:30P**

Sun safety and fun with UV beads added

Sign up for one or BOTH today! Open to all military branches and veterans.

Targeted for school-age children, but younger siblings in tow are welcome.

To register contact Paula Burgielewicz at 101 University Dr Suite A4, UMass, Amherst MA 01003 or [paulab@umext.umass.edu](mailto:paulab@umext.umass.edu) Or call 800-374-4446. Please be sure to be clear on your return contact information so a confirmation message with details for the day can be sent to you.



### Free Ropes Course

**FRI 16 AUG from 9A—3P**

MA Operation Military Kids is offering a free Ropes Course Challenge Day on August 16, 2013 from 9 AM to 3 PM at the Visitor's Center at the Notch in South Amherst, MA for military youth ages 11 and up. Led by officers of the Amherst MA Police Department, the event promises to be challenging yet fun!

To learn more about the challenge, visit [www.amherstma.gov](http://www.amherstma.gov), police department, ropes challenge course.

To register, contact Gretchen May at [gmay@umext.umass.edu](mailto:gmay@umext.umass.edu) or 413-577-0332.

Registration is limited to 20.

## “Soldiers For Soldiers” 2013 Honor Disabled and Injured Veterans

AUG 16—18 ; and SEP 07—08



AbilityPLUS and CHD would like to invite you to attend their “Soldiers for Soldiers” Events this July August and September, which honor you, our injured service members and disabled veterans. The series of events offer Sled Hockey, Kayaking, Rowing, Waterskiing, Court sports (Wheelchair basketball, Wheelchair soccer), Cycling, Hiking and Horseback Riding as well as some specialized workshops on yoga, massage, nutrition and more while providing a safe, welcoming environment to enjoy the camaraderie of fellow servicemen and women.

All programs are free of charge to Disabled Veterans and Injured Service Members. To sign up for these events: Please contact Sue Tatem at [statem@abilityplus.org](mailto:statem@abilityplus.org) or call the summer office at 802-368-7435.

### FRI 16—SUN 18 AUG

This 3 day event in and around the Holyoke/Northampton/ West Springfield, MA includes but is not limited to Watersports (Rowing, Paddling and Waterskiing), Cycling, Court Sports. In addition evening workshops may include: Yoga, Massage Therapy and Zumba. Welcome on THU 15 AUG from 6PM - 8PM.

### SAT 07 & SUN 08 SEP

Join the fun in beautiful Deerfield Valley in Southern Vermont. Enjoy the beauty of the Harriman’s reservoir for paddling and the vista’s of the valley as we try our hand at cycling horseback riding and even a chairlift ride to the top of Mount Snow. Welcome on FRI 06 SEP from 6PM - 8PM.

## Plymouth Career Center Schedule from 01—09 AUG 2013

36 Cortage Park Circle, Suite 200, Plymouth MA



To register for a workshop, seminar or event please call 508-732-5300.

The Career Center Seminar is designed to inform customers of the many services, programs and events offered. Seminar’s are Held on: Tuesdays: 9:30am - 11:00am & 1:30pm - 3:00pm and Wednesdays: 10:00am -11:30am

THU 01 AUG: Resume & Cover Letter (9:30–12) ; TORQ Think Outside of The “Occupational” Box (10-12p)

FRI 02 AUG: Linked-In, Advanced (9:30am-1:00pm)

MON 05 AUG: Sell Yourself Session 1 (1:00-4:00pm) ; Intro to PC’s, Advanced (1:30-3:30pm)

TUE 06 AUG: Financial Tips During Hard Times I (1:00-3:00pm) ; Federal Job Search Workshop (1-3:00pm)

WED 07 AUG: Excel Basics <sup>L4</sup>(9:30am-12:30pm); E-Learning (2:00pm-3:00pm) ;  
South Shore Women’s Employment Network (1:00pm-3:00pm)

THU 08 AUG: Interviewing Basics (9:30am~12:00pm); Intro to MassCIS  
1(0:00am-12:00pm)

FRI 09 AUG: Linked-In, Basics (9:30am-1:00pm)

**One—Stop Career Centers  
are located throughout  
Massachusetts!**

**[Find one near you!](#)**

## “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](http://www.thankstoyanks.org) , email [Michael Shain](mailto:Michael.Shain) or at 508-330-8487.

## Military Youth: Come Be an Artist for a Day

SAT 17 AUG for ages 3—15 from 10:30A—12P

The Artist for a Day Program is FREE for active Service Men and Women from all branches, National Guard, and Reserves along with their immediate family members. Parking is complimentary with participation in this program. Upon arrival, children will be divided into groups by age and have the opportunity to explore some of the galleries for 45 minutes with Museum instructors. Afterward, everyone will meet in the studio and Museum instructors will guide the group in an art-making activity for 45 minutes. For younger children, a story will be read to the group before the tour. **Pre- Registration REQUIRED : FRI 02 AUG.** To register please call 617-369-4027 or email [artfulhealing@mfa.org](mailto:artfulhealing@mfa.org)

## Project New Hope—Free Veteran and Family Retreats & County Music Festival

**UPCOMING RETREATS:**      **Maine/New Hampshire @ Oceanwood**      **Women Warriors Weekend**  
FRI 13 – SUN 15 SEP      FRI 04—SUN 06 OCT

These unique three day retreats for Military and Veterans from all eras, provides a safe and therapeutic environment in-tended to nurture the mind, body, and spirit and allows military/military families 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 veterans or active duty members/families in the military. **Click [Here](#) to sign up!**

## PNH Country Music Festival –Honoring Military Men & Women

SAT 10 AUG from 12:00 - 6 P @ Club KasBar, 234 Rte 20, Worcester MA 01604

Featuring Tim Charron, Cara Brindisi and The Feather Merchants. \$10 Donation at the door, Raffle, food & More. “The Ranch”, 70 James St will host an after-party. Show your Country Music Festival wristband and pay no cover. Get Tickets & find out more [online](#).

## Military Consumer Protection

The unique challenges of military life - frequent relocation, separation from family and friends, and the stresses of deployment - can make military households an attractive target for scam artists.

During 2012, the Federal Trade Commission logged more than 62,000 complaints from servicemembers, veterans, and spouses about their experiences in the marketplace.

These [free tips and tools](#) can help military families avoid scams, invest wisely, manage money and credit, and deal with debt.

## Veterans: “Salute You” Scholarship for Personal Training Certification

American Council on Exercise ACE is committed to providing 1,000 Premium study bundles in 2013 to qualified service members who have been honorably discharged from the Armed Forces within 12 months of their application date. The online study platform divides all of your learning material into convenient lessons that incorporate interactive presentations led by ACE professionals, custom progress tracking, lesson quizzes, two practice tests and an exam review. Upon completion of ACE Academy Elite, candidates will receive an exam seat at one of thousands of testing centers around the world. Find out more at [acefitness.org](http://acefitness.org)



## First Responders & Critical Infrastructure Recruitment and Hiring Event

THU 22 AUG from 10A—1P ; Employment Workshop @ 9A

Harry Malony Reserve Center, Devens MA 01434



Recognizing the experiences, hard-won qualifications, and spirit of selfless service that make veterans and service members uniquely qualified (and highly desired) members of civil service organizations, Hiring Our Heroes presents a FREE hiring fair focused on placing veterans, transitioning service members, active duty military, members of the National Guard and reserve components, and military spouses in emergency response and critical infrastructure protection. Job Seekers: [Register](#) . For registration questions, please [email](#) or call 202-463-5807.

## Uniform for Success—FREE Suits for Veterans

The Gary Sinise Foundation and Jos. A. Bank will provide a free suit to qualifying veterans and service members through this national promotion. In order to qualify for a Jos. A. Bank free suit, you must provide the proper documentation. Fax or [email](#) a DD214 form, a statement of service. Still active duty—you can make a copy of the front and back of your military ID. The suits will be distributed on a first come, first served basis. Additionally, please include your full name as it appears on your identification, your address, city, state, and zip code along with your best contact phone number and email address. For more information email: [contact@garysinisefoundation.org](mailto:contact@garysinisefoundation.org)



## FEHB Open to Married Same-Sex Couples Regardless of Residency



Benefits coverage is now available to a legally married same-sex spouse of a federal employee or annuitant, regardless of the employee's or annuitant's state of residency. New enrollments for benefits will follow procedures similar to those for other changes in life status; in this case, employees will apply as though they had entered a new marriage. Enrollees will have 60 days from June 26, 2013 (i.e., until August 26, 2013) for enrollment actions. Same-sex civil unions or other forms of domestic partnership other than marriage still will be ineligible for most federal benefits.

## Joint Base Cape Cod MWR

### New!! RV Park



Open 01 JUL–15 OCT 2013 (15 MAY–15 OCT 2014) to Active, National Guard, Reservists, Retired, 100% DAV.

RV or hard shell campers only; No popup campers or tents allowed at this time. RVs are allowed to park 1 additional vehicle on their site. The maximum length of stay at one time is 14 days with a maximum stay of 28 days in a calendar year. After the initial 14 day stay is completed, patrons can continue on a space available basis if the site is not reserved. This second

period can last up to 14 additional days (28 days total). Pets are allowed at the sites but must be kept on a leash at all times. Owners must clean up after their pet and must ensure their pet(s) have current vaccinations. Pets cannot be left alone at the site. Do not leave your pet outside unattended, especially at night. Free Internet is available at the Wings Inn, located approximately 1 mile away from the RV sites.

For more details go to [mwrcapecod's RV park page](#) or contact the Wing's Inn at 508–968–6461

**Base Pool:** Located behind Crosswinds, 201 East Hospital Rd 508–968–6476

MON–FRI: 11a–12p Lap Swim ; 12–6p Open Swim ; 6–7p Lap Swim

SAT/SUN/Holidays: 11a–6p Open Swim

Q Conatct Candy 508–968–6446

WED @ 1400: Themed POOL PARTY! 31st: Under the Sea! Children under the age of 10 must be accompanied by and under supervision of an adult.

FRI @ 1400: Pool Games! Kids ages 5–12 with basic water skills. Bring: Swim suit, towel & good sportsmanship!

**Ride your bike on the Cape Cod BMX Track!:** TUEs: 30 JUL, 13 AUG & 20 AUG @ 4–5P. Meet at the Cape Cod BMX track with your bike & helmet; also wear long pants & a long sleeve shirt. A waiver will need to be signed. Info call Candy 508–968–6446

**All Ages Kickball! :** MON night at 6:30P @ Curtis Field. Everyone is invited! Lace up some closed-toe shoes, grab a water bottle and join the fun! Weather permitting–thunder will cancel the fun. Info call Candy

**Falcon Golf Course:** JUN–SEP open MON- FRI 8A–7P ; SAT & SUN 7A -7P

FRI, SAT & SUN: Kids play free after 3PM.

Driving Range: Is always open. Get tokens at Pro Shop. 508–968–6453.

**Tickets:** 508–968–6447. **Six Flags** tickets admission= \$33; Midway Meal ticket = \$13

**“Here’s to the Heroes” Program** = Free admission to Sea World & Busch Gardens



## Coming Up at Hanscom Airman & Family Readiness Center:

### Life in Balance: Relaxation & Stress Relief

WED 31 JUL from 11:30 a.m. - 12:30 p.m. Competing demands will be identified, and stress management strategies (stress reduction and relaxation skills) will contribute to an understanding of how to achieve improved work/life balance.

Pre-registration is required. Call (781) 225-2765 or e-mail [66.fss.fsfr.cmb@hanscom.af.mil](mailto:66.fss.fsfr.cmb@hanscom.af.mil). *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*

Massachusetts National Guard  
Airman & Family Readiness Program  
Cape Cod, MA



Erin Creighton  
Program Manager  
102IW/ A&FRPO  
156 Reilly St Box 70  
Otis ANG Base, MA 02542  
Phone: 508-968-4855  
Fax: 508-968-4846  
[erin.creighton@ang.af.mil](mailto:erin.creighton@ang.af.mil)

Requests to be added or removed from this distribution list may be sent directly to [Erin](mailto:erin.creighton@ang.af.mil).

## Important Schedule Changes Due to Furloughs

Effective immediately until the end of furlough

**Otis ANGB: AIRMAN & FAMILY READINESS OFFICE:**  
**Closed Mondays.** For questions regarding the 102IW, contact MSgt Andrea Burgo 508-968-4667; For Family Readiness topics, contact MA State Family Readiness Office 508-968-7338.

**Hanscom AFB: AIRMAN & FAMILY READINESS CENTER:**  
**Closed Fridays.** Operating hours will be MON-THU 0730-1630. Effective immediately, their computer lab (The Employment & Relocation Resource Center) will be closing at 1600. To access Air Force Aid-MON-THU contact A&FRC at 781-225-2765; On FRI call the Command Post 781-225-6960; during the evenings and weekends, call the American Red Cross at 877-272-7337.

**ID CARD SECTION: Closed Fridays.** Need an ID Card? To schedule an appointment go [HERE](#).

**LEGAL ASSISTANCE: Closed Fridays.** Walk-in legal assistance will be moved to THUs from 0900-1100. Notary and Power of Attorney service will be available MON-THU from 0900-1500.



**FREE Movies - Forever!!!!!!!!!!!! @ Roxy Theater**

To find out what's playing [http://www.mwrcapecod.com/forms/roxy\\_theater\\_schedule1.pdf](http://www.mwrcapecod.com/forms/roxy_theater_schedule1.pdf)



## Facilitator Job Opportunities for Transition Assistance Program

DP George & Company is seeking a VA Benefits Briefer in support of Veterans Opportunity Work (VOW) to Hire Heroes Act. The successful candidate will be responsible for the effective delivery of standardized courses of instruction that include a four-hour class with up to 50 students in attendance. Through engaging, motivational, effective, on-site, and hands-on instruction, the Department of Veterans Affairs will facilitate a Service member's successful transition out of uniform and into civilian life. Possible openings at Hanscom AFB, Ft Drum & Ft. Dix. \$34K to start.



To obtain the full VA Job Description please contact: [michael.beghtol@dpgeorge.com](mailto:michael.beghtol@dpgeorge.com).

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.



# 100<sup>th</sup> Anniversary Golf Tournament



*Friday, September 13, 2013*

*The Brookside Club*

*11 Brigadoone Road  
Bourne, MA 02532  
(Behind Toyota Dealership on RT28)*

**Register and Submit Payment  
by August 31<sup>st</sup>, 2013**

\$100 per player

Registration 8:30 am  
Tee-off 10:00 am

Longest Drive Contest  
Closest to the Pin  
Straightest Drive Contest

**CONTACTS:**

SFC MATTHEW STUDLEY  
Matthew.d.studley.mil@mail.mil  
508-968-5411

1SG CRAIG CHAPMAN  
chaps50@aol.com  
508-968-5671

*Semper Paratus!*



*Celebrate with the nations  
oldest state-run military  
academy!*

Four Person Scramble-(Best Ball)

\$100 includes 18 holes of golf, riding  
cart, sit-down banquet, and  
**101<sup>st</sup> Regiment (RTI)(MMA)  
100<sup>th</sup> Anniversary Memorabilia!**

The awards presentation, raffle  
drawing and sit down dinner will be  
directly following the completion of  
the golf tournament.

Make checks payable to:

“RTI Association”

Mail to SFC Matthew Studley  
Bldg 5222 Turpentine Road  
Camp Edwards, MA 02542



# 100<sup>th</sup> Anniversary Golf Tournament



## ENTRY FORM:

Name: \_\_\_\_\_

Unit: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

### Team members:

Player one name: \_\_\_\_\_

Player two name: \_\_\_\_\_

Player three name: \_\_\_\_\_

Player four name: \_\_\_\_\_

### CONTACTS:

SFC MATTHEW STUDLEY

Matthew.d.studley.mil@mail.mil

508-968-5411

1SG CRAIG CHAPMAN

chaps50@aol.com

508-968-5671

**DATE:** September, 13 2013

**TIME:** 10:00 AM Shotgun!

**PLACE:** The Brookside Club  
11 Brigadoone Road  
Bourne, MA 02532

**ENTRY FEE: \$100** (Includes: green fees, cart, and banquet dinner.)

**FORMAT:** Tournament will be played in a Scramble with 4-person teams. If you do not enter a team list, you will be placed with others.

## SPONSOR OPTIONS:

**Contest sponsor: \$150.00**

Have your name or company logo posted on one of our tournament contest locations.

**Hole sponsor: \$150.00**

Have your name or company logo posted on one of the eighteen hole locations.

**Buffet sponsor: \$250.00**

Have your name or company logo posted at the post tournament banquet.

**Contact 1SG Chapman for details!**

### Please Send Form & Payment to:

**"RTI Association"**  
**SFC Matthew Studley**  
**BLDG 5222 Turpentine Rd**  
**Camp Edwards, MA 02542**

Would you like to donate an item for the raffle?

Contact First Sergeant Chapman

chaps50@aol.com