

# The Family Flyer



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

## Food Program for Military Families

### Beehive Food



A Project of the Masonic Angel Foundation

Are you a Cape Cod connected military family who could benefit from free food? Maybe you struggle to make ends meet but make too much to take advantage of other food assistance programs?

This program is designed to ease the financial challenges of families. Open to: military families of all branches, with children AND who's unit or home is on Cape Cod.

Once a month participant families would be able to pick up a bag containing:

- Large package of cereal
- Large package of pasta
- Can of pasta sauce
- Multi-pack of animal crackers
- Package of fruit-filled cereal bars
- Bag of white rice
- Box of Mac & Cheese
- Multi-pack of toaster pastries
- Pound cake
- Multi-pack of cookies (for recess snacks)
- Box of pasta salad

**HOW IT WORKS:** Participants pick up a food package each month for year, allowing other bills to be paid.

For full details [email](#) or call Erin 508-968-4855.

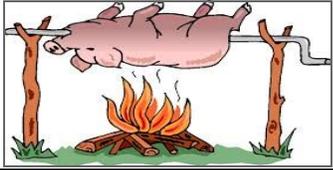
Read about Beehive Food Programs at local schools [HERE](#).



## Otis Fish and Game Club Annual Pig Roast



SAT 21 Sept at 2:00 P.M.— Tickets \$20 per person Call 508-564-6442 or Mike Veloza at 508-367-4727 Order by Sept 17th



## 102nd Intelligence Wing IW Family Day

**SUN 15 SEP** The annual 102nd Intelligence Wing Family Day festivities are scheduled for SUN 15 SEP. All wing members who are not directly supporting operations must be in formation wearing the uniform of the day (ABUs for most) with cover (hat) on the hangar floor of building 158 no later than 9:45 a.m. If your family needs a base access pass, please contact your first sergeant during the August UTA. This event is for all wing members (military, civilian, and contractors) and their family.

Look forward to a day of fun and fellowship!



## “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 email [Michael Shain](mailto:Michael.Shain) or at 508-330-8487.



## The Big E's Military Appreciation Day

FRI 13 SEP

Military Appreciation Day is The Big E's way of saying thank you to all those who are currently serving or have served in the United States armed forces. ID is required for free admission for: \* Active

duty military personnel, \* Dependents of active duty military personnel, \* Veterans (no dependents) - (copy of DD-214 or proof of membership to any veterans' organization).

This year's Military Appreciation Day will feature a first-ever performance by the USO Show Troupe, a dedicated group of entertainers that sing and dance all over the world for active troops and veterans alike. These talented men and women have brought joy to our military members since World War II. Watch as these USO members steal the show on the Court of Honor Stage at 3 p.m., followed by their appearance in The Big E Grande Mardi Gras Parade, sponsored by *Mohegan Sun*, at 5 p.m..

More visit [TheBigE.com](http://TheBigE.com)

## King Richard's Faire

Want to go more than just one day?? JBCC's MWR is excited to announce King Richard's Faire tickets again this season! Tickets this year for adults are \$20 each (A savings of \$8!) and good for the following dates:

- September 7, 8, 14, 15, 21, 22, 28
- October 5, 12, 14 (Columbus Day), 19 & 20, 2013

Remember the MWR Ticket Office will be open the following hours this week due to the upcoming holiday weekend: Friday, August 30th 9am-2pm, but Closed Saturday, August 31st

The MWR Ticket Office is located at 5205 Ent Street in the MWR Administration Office, Air Station Cape Cod, Joint Base Cape Cod. 508-9686447. Cash, check and charge are all accepted for payments.





## Save the Dates!!

- [Veterans Expo 2013](#) SAT 21 SEP VA Boston Healthcare System
- [Soldier's Ride 2013](#) THU 19 SEP: Cape Cod Rail Trail,  
FRI 20 SEP: Shining Sea Bike Path SAT 21 SEP : Boston Wounded Warrior Project
- [Heroes In Transition Gala](#) SAT 05 OCT Heroes In Transition
- [3rd Annual Disaster 5K Run/Walk](#) SAT 19 OCT Cape & Islands American Red Cross
- [Retreat for Military Women & Women Veterans](#) FRI 04—SUN 06 OCT Project New Hope

## 9th Annual 6SWS "PAVE PAWS" Open Golf Tournament

FRI 20 SEP @ Falcon Golf Course, JBCC

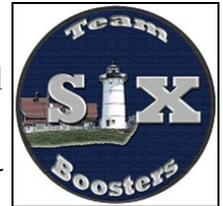
4 Person Scramble, 10 a.m. registration, 11 a.m. shotgun tournament

This is one of the biggest events of the year for supporting our military men & women & local community programs. Everyone is welcomed. Great food and great prizes!

Price: E1- E4 = \$50/player; All Others = \$60. Includes: 18 Holes of golf & cart, and boxed lunch.

There will be prizes and contests. Please sign up by September 13, 2013. A foursome is not required, as golfers can be paired up. If you don't have access to the base please let the following know and arrangements will be made for a day pass.

All proceeds to benefit the "Team 6 Boosters", A non-profit organization that supports military men and women and local community programs. For more information email or call: [Heather Hurley](#), (508) 968-3644 or [Deb Donovan](#), (508) 968-3277.



## Fathead's Salute to Service Sweepstakes & Everyday Discount

### Sweepstakes:

Win a FREE Custom Fathead! Fathead sponsors a sweepstakes that is open only to active service members and members of their immediate family. Qualifying entrants will be eligible to win one of five free custom Fatheads in our monthly drawings. Enter once a month to increase your chances of winning! Sweepstakes ends 31 OCT 13. NO purchase necessary. More [HERE](#)

### 20% - Everyday

Fathead offers an everyday discount valid for 20% off all Fathead products, everyday, that is open to United States active and retired service members and members of their immediate families. To see if you qualify for this discount, visit [www.fathead.com/military-service/](http://www.fathead.com/military-service/) and click on the banner that says "Fathead offers 20% off to Military Families".



## “Ready54.org” - Air National Guard Resiliency for the Whole Family

The Air National Guard welcomes Airmen and their families from all 50 states and four territories to connect with CAF. The four categories featured on this website incorporate the four pillars of CAF into informational articles and videos that will help you achieve a fully balanced and resilient lifestyle.



**DWELL:** Maintain and grow a healthy, resilient household

**WORK:** Grow professionally in your military and civilian careers

**LIVE:** Stay emotionally, mentally and spiritually resilient

**PLAY:** Stay physically healthy while growing socially

Visit them online today at [Ready54.org](http://Ready54.org) !

## Back To School with the Child & Youth Program



With summer camps winding down for the season, parents and children alike are focusing their attention on preparing for the start of the school year. While this is certainly an exciting time of change and new beginnings, families may experience concern or become overwhelmed by all the necessary preparations. See below for a listing of resources to support your children's academic development and let the Child & Youth Program help your family prepare for the upcoming school year!

[Free tutoring for military families](#) ★ [Free SAT/ACT test prep programs](#)

[Discussion of tough topics & helping children cope](#) ★ [Quality before/after school care](#)

[Scholarships for military youth](#) ★ [Student Online Achievement Resources designed for military families](#)

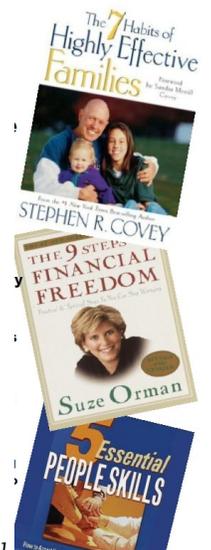
[More 'Back To School' postings on the Guard's facebook site](#)

## MA National Guard Audio Library

The Massachusetts National Guard Audio Library allows you to access hundreds of audiobooks on CD AT NO COST TO YOU. Once you order, you will receive two selections for a two week listening period.

1. Visit the dedicated web site [www.NGB.3LeafGroup.com](http://www.NGB.3LeafGroup.com) and explore our extensive catalog, dedicated to the needs and interests of Soldiers and their Families.
2. You will be able to order as many audiobooks as you'd like. Your selections will be placed in your queue. Two selections will be sent directly to you!
3. When you are finished, return your CDs as per the instructions on the pre-paid mailer in which you received your initial titles.
4. Contact 3Leaf Group at 877-238-8350 or [info@3leafgroup.com](mailto:info@3leafgroup.com) for further information.

Provided by the Massachusetts National Guard Exclusively for Massachusetts National Guard Members and their Families HAPPY LISTENING!





## Suicide Prevention You are not alone. There is support.

The Department of Defense (DoD) takes the issue of suicide very seriously and is actively working to reduce the number of suicides. DoD has many programs and services to help service members and their families cope with everyday stresses and those unique to military life.

Everyone can help prevent suicide. Know how to recognize common risk factors including chronic pain; feelings of guilt, anger, or shame; exposure to trauma; a sense of hopelessness; relationship problems; and posttraumatic stress disorder (PTSD). If you notice these behaviors in friends and family who have served in the military, encourage them to seek help.

Remember ACE: Ask, Care & Escort.

# Military Crisis Line



1-800-273-8255  
PRESS 1

It's important to talk about feelings of depression or posttraumatic stress. If you're looking for more information or resources, trained health professionals are available 24/7 at the [DCoE Outreach Center](#) by live chat, email or phone, 800-273-8255.



## Free FICO Score Available

If you are interested in finding out your FICO score contact your Family Readiness Office/Center, or the Joint Family Assistance Program's Personal Financial Consultant. Locations can be found on [JSS website](#) (note: login is not necessary to access the search feature of this website.) Joint Base Cape Cod POC: [Erin Creighton](#) 508-968-4855

## MISSION GRATITUDE **Mission Gratitude Benefits Home Base Program** MON 23 SEP @ Boston Symphony Hall



Join Sarah Silverman, The Band Perry, Big & Rich, and many more at Mission Gratitude, benefiting the Home Base Program. Home Base Program helps Iraq and Afghanistan veterans and their families heal from the invisible wounds of war through clinical care, clinical and community education and research. Home Base serves active duty, Guard, Reserve and out of uniform veterans throughout New England, regardless of status, insurance or ability to pay. Find more about Mission Gratitude Event [HERE](#); More about Home Base [HERE](#).

## Apply For Your VA Health Benefits or Update Your Information

The fastest and easiest way to apply or update your information is online! First time enrolling for benefits or already enrolled? Submit or update your personal, insurance, and financial information on [va.gov](#)



## Career Fairs:

Virtual Career Fair for Active Duty, Guard, Reservists, Veterans and Military Spouses

WED 11 SEP from 1:00 p.m.—4 p.m. <http://www.veteranrecruiting.com/>

**RECRUIT MILITARY®**  
**HIRING OUR HEROES**



Wounded Warrior Virtual Open House TUE 17 SEP for military and spouses Register [here](#)

Women for Hire - Nationwide Online Career Fair

THU 19 SEP from 1:00 p.m.—4 p.m. [Registration and information](#)

## TAOnline.com—a Tool for Transitioning Military Find a Job

Create an account or just look at their resource and job postings to help you!

[Taonline.com](http://Taonline.com) ; Look at [current MA openings](#)



## National Grid Offers “Veterans Only Career Day”

TUE 24 SEP @ Millbury Training Center, Millbury MA

Veterans can come out to our training center to get a feel for what it is that a utility worker in the energy industry does. The events of the day will include overviews on: AC Power Systems, Overhead Electric Line Laboratory, Underground Electric Laboratory, Gas Laboratory, Customer Meter Services, Distribution Design/GIS, Our Business Overview, and Troops to Energy Job.

Space is limited to 50; lunch will be provided. For more information contact Mike Kelly, [mkelley@detma.org](mailto:mkelley@detma.org) 508-732-5309.

## U.S. Customs and Border Protection (CBP) is hiring

U.S. Customs and Border Protection (CBP) is hiring Customs and Border Protection Officers to work for one of the Department of Homeland Security’s largest agencies. CBP’s priority mission is protecting our nation’s borders by keeping terrorists and their weapons out of the United States.

Find out more at [www.CBPcareers.com](http://www.CBPcareers.com)

## Kaehler Clinic Pharmacy Schedule for September

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

unavailability on: September 10TH

September 19th-27th

**\*The pharmacy is CLOSED on Wednesday mornings and Friday Afternoons\***



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



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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).

102d INTELLIGENCE WING  
**DINING-IN**  
*In Memory of Many  
In Honor of All*

**2 NOVEMBER 2013** | **5 O'CLOCK IN THE EVENING**

*Guest Speaker*  
Senator Scott Brown

*Dinner Menu*  
Rolls and butter, Garden Salad with specialty dressing, Choice of Chicken Breast stuffed with Cranberry Sage stuffing or Prime Rib of Beef Au Jus, Seasonal vegetables  
Chef's selection of potatoes or rice  
Chocolate Cake, Tea and Coffee

*Information*  
Early release (1400 Sat) and delayed report time (0900 Sun) for all attendees  
Uniform for Officers: Mess Dress  
Enlisted: Mess Dress or Semi-Formal  
Civilian: Formal  
Discounted rooms available at Cape Codder Resort at \$85 per night. Call (508) 771-3000

Cocktail Hour: 1700 - 1800  
Dinner: 1800 - 2200

**\$30** E-1 to E-4  
**\$35** E-5 / E-6 / Civilians  
**\$40** E-7 / E-8 / O-1 / O-2  
**\$45** E-9 / O-3 / O-4  
**\$50** O-5 and up

**Cape Codder Resort & Spa**  
1225 Iyanough Rd.  
Hyannis, MA 02601

**Ticket Sale Reps**  
Wing Gp: Lisa Ahaesy • MDG: Cindy Thomas • MSG: Michael Dorsey, Stephen Tibbets • AOG: Carrie Lucas, Sharon Rich • IG: Donald Kochka, John Conti, Katherine Dias, Regina Baker • CCG: Julie Santos, Tracy Sylvia, Robert MacDonald  
Please purchase tickets from YOUR group POC. Preferred payment is by check, made payable to: 102 Intelligence Wing Fund

## Cape Cod MWR on Joint Base Cape Cod

### Demo Sale @ Falcon Golf Course!

All clubs must go and are priced to go quickly so do not hesitate if you're interested in something.

The greens are being aerated for the next week or so, but the course is open and the weather looks good so...

**Movie Line: 508-968-6452**  
[www.mwrcapecod.com](http://www.mwrcapecod.com)

# Roxy Theater



**FREE Movies !!!!!!!!!!!!!**

To find out what's playing



## Camp Edwards Open House

21 & 22 SEP

## Car, Motorcycle & Truck Show

SAT 21 SEP

**Free & Open to the public!**

Both events will be held on Joint Base Cape Cod & presented by MA National Guard and sponsored by the Otis Civilian Advisory Council.

[MORE INFO HERE](#)

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.