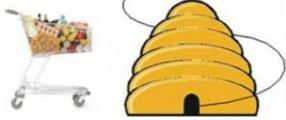


The Family Flyer



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

Beehive Food Food Program for Military Families



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](#).



2nd Annual Food Fun and Facts for Families

THUR 17 OCT 5-8 p.m.

@ Crosswinds Activity Center, Building 5210 East Hospital Road, JBCC

Great Information and Giveaways! Come dressed as your favorite Super Hero! Enjoy FREE pizza and \$1 Bowling

6:30 p.m. The Clown Act

7:00 p.m. Magician Brandon Fox

6:00 p.m.- 8:00 p.m. Face Painting



For more information contact:

Jody Carman, 508-968-6635

jody.l.carman@uscg.mil

This free event is brought to you by USFamily Health Plan, the USO, the Boys & Girls Club and USCG.

Military Appreciation Day at Apple Hill Farm

SUN 13 OCT from noon—4 p.m. @ 580 Mountain Rd, Concord NH

There will be free apple picking, face painting, pumpkin painting, apple crisp with ice cream, and lots of other activities. FREE to military members and their families—one free bag of apples per family with an Military ID.

Help Your Children Understand Money and Challenges in the Family Finances

For Parents:

[Talking With Your Kids About Living on Less](#) - This article discusses how to teach your children and teens about financial decisions during hardships. Topics include making choices, budgeting, and setting goals & priorities. Provided American Institute of Certified Public Accountants, www.feedthepig.org courtesy of Military OneSource.

[Financial Woes? How to Talk to Kids When Money is Tight](#) - This articles discusses how to talk to your children about money when times are tight. Topics include what to say, talking to younger children, talking to teens, and making rules stick. Provided by KidsHealth.Org Reviewed by: Michelle New, PhD

For Children:

[Easy Ways For You to Pitch in and Help Your Family Spend Less](#) - This article is directed at children and discusses ways they can help reduce expenses around the household. Topics include utilities, supermarket shopping, movies and more. By Jack Silbert courtesy of Scholastic.com.

[Money Problems Can Mean Changes](#) - This article is directed at children and discusses what money troubles can mean for their family. Topics include changes, ability to help out, stress, and activities children can do to try and help make things better. Provided by KidsHealth.Org Reviewed by: Michelle New, PhD

For Teens:

[5 Ways to Cut Spending...and Still Get to Do and Buy Cool Things](#) - This article is directed at teens and discusses money management for teens. Topics include practicing self control, researching purchases, tracking your spending and more. Provided by the FDIC Consumer Protection

[Family Money Troubles](#) - This article is directed at teens and discusses what money troubles can mean for their family. Topics include how a difficult economy affects families, what teens can do to make things easier, finding inexpensive entertainment and activity ideas. Provided by KidsHealth.Org Reviewed by: Michelle New, PhD



**Hyannis Youth
HYCC
Community Center**

Family Fun Night

FRI 01 NOV from 4 PM - 7 PM

@ Hyannis Youth & Community Center gym

The program is a free event to families and young people to come out and enjoy a night together watching appropriate entertainment as well as checking out the table displays by service agencies on Cape Cod of all types.

For more information contact Sally-Ann Imes at Sally-Ann.Imes@town.barnstable.ma.us or 508/790-6345 x109

Rock Climbing with Operation Military Kids

SAT 26 OCT from 12:30—4:30 @ Metro Rock, Everett, MA

For military youth ages 14 +. This FREE event promises to be challenging & fun!

Contact Va Shon Hiltpold to register by [email](#) or 781-891-0650. Registration deadline is WED 23 OCT! Space limited. Learn more about rock climbing [here](#).



3rd Annual Disaster 5K Run/Walk

SAT 19 OCT @ Hyannis Village Green

Registration from 8—9a.m.; Race starts @ 9:15 a.m.

Medals for the first male & first female finishers “Master & Mistress of Disaster” ! Free T-Shirt for the first 100 registrants.

Join them for a special “Boston Strong” responders recognition opening ceremony.

For more information on how to register or form a team, visit

www.RedCross.org/CapeDisaster5k,

call (508) 775-1540 ext. 19, or email hilary.greene@redcross.org



1st Annual Bourne Special Needs Resource Fair

SAT OCT 19 from 9 a.m.—12 p.m.

Bourne Middle School Cafeteria located at 77 Waterhouse Road

Bourne SEPAC Special Needs Resource Fair joins over special needs community organizations and businesses across Massachusetts to put together the 1st Annual BOURNE SEPAC Special Needs Resource Fair. It is an opportunity for individuals, families and professionals to discover the wonderful disability and special needs resources Massachusetts has to offer its Special Needs and Disabled Community.

Community members with family members who have special needs are invited to attend this FREE and OPEN TO THE PUBLIC event.

Participants will have an opportunity to meet with many local agencies and organizations that provide services and support for individuals with disabilities. . Light refreshments are provided and parents will have an opportunity to network as children can explore the various Activity Booths provided by school staff, students, and volunteers.

Operation MCIT (Military Child Intelligence Training)

Who: All MA National Guard Youth

What: A series of missions for you, should you choose to accept

When: November—March, one per month

Where: Right from your own home

Why: Learn more about the Military and why it's special to be a Military Youth!

To participate and receive your missions;

1. Register with the Child and Youth Program: e-mail your name, age, Service Member's name, email and mailing address to MASSNGYouth@aol.com
2. Each month you will receive a mission to complete
3. Keep track of completed missions and report back to us
4. Each child will receive a certificate of completion



Pay and Leave During the Fiscal Year 2014 Shutdown Furlough

From: Dept. of Defense Defense Civilian Personnel Advisory Series—HR Operations Directorate

Pay and leave provisions for Department of Defense civilian employees during the Fiscal Year 2014 shutdown furlough will vary by individual, from those originally exempt or excepted, those recalled under the provisions of the Pay Our Military Act (POMA), and those remaining on furlough.

Exempt from Furlough: Department of Defense (DoD) employees who are exempt from the shutdown furlough (e.g., Non-appropriated Fund employees) will receive their regular pay and allowances since they are not affected by the lapse in appropriations. Exempt employees may also take annual and sick leave during the furlough period; normal Federal holiday rules apply for Columbus Day.

Excepted from Furlough: DoD employees originally subject to, but excepted from, the shutdown furlough will receive their regular pay and allowances on time via the authority and appropriation in the “Pay Our Military Act” (POMA). These employees will receive a normal paycheck for the pay period that includes October 1-5. These employees may now also take annual and sick leave; normal Federal holiday rules apply for Columbus Day.

Employees Recalled under POMA: DoD employees furloughed on October 1, 2013, then recalled to work based on the POMA, effective October 6, 2013, will receive their regular pay and allowances through September 30, as they were affected by the lapse in appropriation and were furloughed from October 1-5. Employees will receive a partial paycheck for the pay period that includes October 1-5. They will receive their regular pay and allowances for subsequent pay periods via the authority and appropriation in POMA. Until and unless Congress passes legislation to restore their pay and allowances for October 1-5, AND there is a 2014 appropriation for the Department, these employees will not receive pay or allowances for the days upon which they were furloughed. These employees will be paid for the time they spent conducting orderly shutdown activities on October 1, but they will not receive that pay until there is a 2014 appropriation for the Department by which they may be paid. Employees recalled under POMA may take annual and sick leave; normal Federal holiday rules apply for Columbus Day. Furlough affects leave accrual. Most employees already have taken six furlough days (48 hours); when they reach a total of 10 furlough days or 80 hours (on/about 4 October), they will lose the sick and annual leave they would have earned for the pay period. Once an employee reaches 80 hours of non-pay time during a calendar year, no leave is accrued during the pay period that threshold is reached. A new 80-hour threshold begins the following pay period, and employees will again lose leave in each pay period in which the employee reaches 80 hours in a non-pay status. If Congress restores pay to furloughed employees, any lost leave will also be restored.

Furloughed Employees: Employees furloughed on October 1, 2013, and not recalled to work, will receive their regular pay and allowances for the hours worked through September 30, 2013. These employees will receive a partial paycheck for the pay period that includes October 1-5. They will remain in a non-pay, non-duty status until recalled to duty; if they are in a non-pay and non-duty status on the days before and after Columbus Day, they will not receive pay for the holiday. Congress must pass legislation to restore their pay and allowances for all days spent in a furlough status before any such employee may be placed in a “pay status.” If such legislation is passed, these employees will be paid for the time they spent conducting orderly shutdown activities on October 1, but they will not receive that pay until there is a 2014 appropriation for the Department by which they may be paid; they will receive pay for the Columbus Day holiday at that time.

Furlough affects leave accrual. Most employees already have taken six furlough days (48 hours); when they reach a total of 10 furlough days or 80 hours (on/about 4 October), they will lose the sick and annual leave they would have earned for the pay period. Once an employee reaches 80 hours of non-pay time during a calendar year, no leave is accrued during the pay period that threshold is reached. A new 80-hour threshold begins the following pay period and employees will again lose leave in each pay period in which the employee reaches 80 hours in a non-pay status. If Congress restores pay to furloughed employees, any lost leave will also be restored.

MA National Guard Financial Resources Packet



Please find attached information for you to utilize as a resource to trim dollars from your monthly spending plan.

Included within are the following:

- Personal Budgeting
- Cutting costs and Furlough Tips
- Military One Source on line resources
- Unemployment resources
- Family Assistance Center Contacts

For more in-depth Budget concerns or counseling, please contact the Personal Financial Counselor at the following information:

Jack Wier, PFC JFSAP Team member
508-233-7954
JackWphd@yahoo.com



Easy Ways to Trim Dollars from Your Monthly Spending Plan

1. Start recording everything you spend and this means every dime. If you start to record your own spending, some other cuts may become obvious. Once you see how much money you're spending on clothes or eating out or in other nonessential areas, your changes will become obvious.

2. Create a menu of the meals based on what is on sale that week and what coupons you have. Browse coupons and sale ads to find out where you can buy the best price ingredients and food that you need to create those meals. Make a list before you shop and stick to it. Beware of impulse buying.

3. Consider cutting down on meat from your meals when possible. Meat is one of the most expensive parts of most household budgets.

4. Be stingy about food and beverages you purchase. This includes not just eating out but also buying items from the vending machines at work, and convenience foods. Bring in soda and snacks from home. Spend extra time on the weekends making some simple and healthy replacements that you can take with you. An hour's worth of preparation one weekend can give you a ton of cheap and handy meals that will end up saving you a lot of cash and not eat into your time when you're busy.

5. Don't buy bottled water. The public water supplies in Massachusetts are among the best in the country, and they are subject to the most stringent government standards in the world. But if you still feel the need, invest in a filter system for your tap or Filter pitcher for the Fridge.

6. Look at your cell phone plan. Many people waste money on expensive plans with minutes they never use. Switch to a cheaper plan and save those long conversations with friends when you can use free "anytime" minutes. Never use your phone to text or check the internet or anything else that costs an additional amount unless it's an emergency.

7. Look at your cable television and internet package. Cable companies rarely tell you about cheaper plans available so you need to call up and ask. Think seriously about premium channels you never watch and cancel them. You can often lower your internet speed for a reduced rate as well.

8. Visit thrift shops when you do need to shop for clothes and other items, especially for the kids. You can cut household expenses by buying secondhand clothes and used furniture. Check Craigslist and eBay as well. Many of these places offer name brand items some of which are still new with tags.

9. Invite friends over instead of going out. Almost every activity at home is less expensive than going out. Invite some friends over and have a cookout or a potluck meal, then play some cards and have a few drinks. Everyone will have fun, the cost will be low, and the others will likely reciprocate not long afterwards.

10. Utilities: Often there aren't tons of ways to save on your local utilities whether it is electric, garbage, gas or other services. Quite often you only have one utility option to work with. What you can do is cut back on how much you use the services to limit costs. Turn the temp up in the summer, and down in the winter to save on electric costs. Use a programmable thermostat. When you're not using something, turn it off or un-plug it. Turn the water heater down to 112 degrees and don't run the dishwasher or laundry every time you've got a small load. Look for energy leaks in your home by getting a home energy audit, and find ways to maintain your home to cut costs – like cleaning your AC condenser coils or changing furnace filters regularly.



Personal Budgeting During Furlough

- Don't plan to spend more money than you have coming in
- If your income is reduced, take time to determine where you can reduce your spending
- The objective is to:
 - Continue paying your bills on time to avoid late charges and increased interest rates that can adversely affect your credit score
 - Ensure you have enough money in your account to cover any automatic payments you have signed up for

Design a Spending Plan

- Cash Flow tells you where your money came from and where it went
 - Fixed Expenses: rent, mortgage payment, utility bills
 - Variable Expenses: groceries, clothing, donations, recreation etc



General Ways to Cut Costs

- Reduce variable expenditures (groceries, entertainment, clothing, donations) as much as possible
- Reduce monthly payment to minimum required payment
- DO NOT rely on credit cards – if your income is reduced DON'T make up the difference using credit cards – this is Financial Death
- Do not go out and create addition debt that your income can not cover (house, car, boat, anything that has a “convenient” payment plan)
- Future planning - Establish an emergency fund of at least one months income and add to it when you can

Furlough Tips

- This is a temporary problem. Making short-term sacrifices in your spending and not incurring debt that you'll be struggling to pay off after the furlough can help you avoid dealing with the problem for years to come
- Some lenders may be willing to work with you during the furlough period by reducing your auto, home or student loans through deferment, forbearance or reduction of payments. Contact them individually to determine what programs they might be offering
- Loans from retirement plans are a much better alternative than a hardship withdrawal. With a loan you can avoid paying income taxes and penalties. Even though you have to pay the loan back, you're paying it to yourself

FREE Financial Resources from Military OneSource

Below you will find a list of Military OneSource resources available such as webinars, articles and services. When printing articles it is beneficial to print articles in PDF format which you can select as an option on the bottom of the right side of the webpage. Please visit www.MilitaryOneSource.com for the full articles and other resources to assist you.

Articles:

[Managing Your Money as a New Service Member](#)
[Quick Tips for Saving Money on Gasoline](#)

[Saving Fiscally Fit When Your Spouse is Deployed](#)



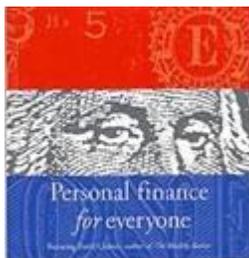
Programs:

[Personal Financial Management Programs for Service Members](#)

[Programs to Help Service Members Stay Financially Fit](#)

[Military OneSource Free Online Tax Filing Service](#)

Orderable Material:



Webinars:

[Learn How to Better Manage Your Finances and Decrease Your Stress](#)

[Money Matter-Reduce the Impact of Financial Distress](#)



FEDERAL OCCUPATIONAL HEALTH

Concerned about a Furlough? EAP Can Help

What are the benefits?

- Available 24/7 – you can call the EAP 24 hours a day, 7 days per week, 365 days a year
- The EAP is a professional service that provides problem solving, coaching, information, consultation, counseling, resource identification, and support to all employees
- The EAP works in partnership with managers to complement and enhance their strengths
- The program helps improve productivity, morale, and employee motivation by providing timely support to both managers and employees
- The EAP is designed to help with any concern or issue
- The resources of the EAP are available for employees and managers, with both personal and work-related concerns.
- The EAP is completely confidential in accordance with state and Federal laws

The uncertainty of a government furlough may leave some federal employees feeling stressed and anxious. Fortunately, you can still access your Employee Assistance Program (EAP), provided by Federal Occupational Health (FOH), during a furlough. Here are some things the EAP can do for you if you face this challenge:

1) Counseling Services

Licensed or credentialed professional counselors provide face-to-face, short-term counseling to employees and family members. Counselors can also provide referrals to community resources based on client needs, health insurance coverage, and financial resources.

2) Financial and Legal Services

FOH's EAP includes free consultation with financial experts and licensed attorneys to provide assistance with your legal and financial questions. Services include help with housing or real estate matters, living will and health care power of attorney, budgeting, credit/debt, estate planning, education funding, retirement planning, and investment strategies.

3) Online Tools

Access articles, tips, tools, calculators and assessments on topics including: *Budgeting 101*, *Money and Relationships*, *Financial Health*, *Resiliency*, *Managing Stress*, and much more.

1-800-222-0364 / 888-262-7848 TTY
www.FOH4YOU.com



Employee Assistance Program

Financial Resources — Governmental and Non-Governmental

www.FOH4YOU.com

Your Federal Occupational Health (FOH) Employee Assistance Program (EAP) provides financial consultation services, including free phone consultation, as well as an extensive library of materials and financial tools online. Legal consultations are also available on topics outside of those related to employment law. To access free consultation services call **1-800-222-0364**.

www.mymoney.gov

MyMoney.gov is the U.S. government's website dedicated to teaching all Americans the basics about financial education. "Whether you are planning to buy a home, balancing your checkbook, or investing in your 401k, the resources on MyMoney.gov can help you do it better." Throughout the site, you will find important information from 20 federal agencies government wide. Telephone services available: **1-888-MYMONEY**.

www.hopenow.com

HOPE NOW is connected to the U.S. Department of Housing and Urban Development (HUD). It's an "alliance between HUD-approved counseling agents, mortgage companies,

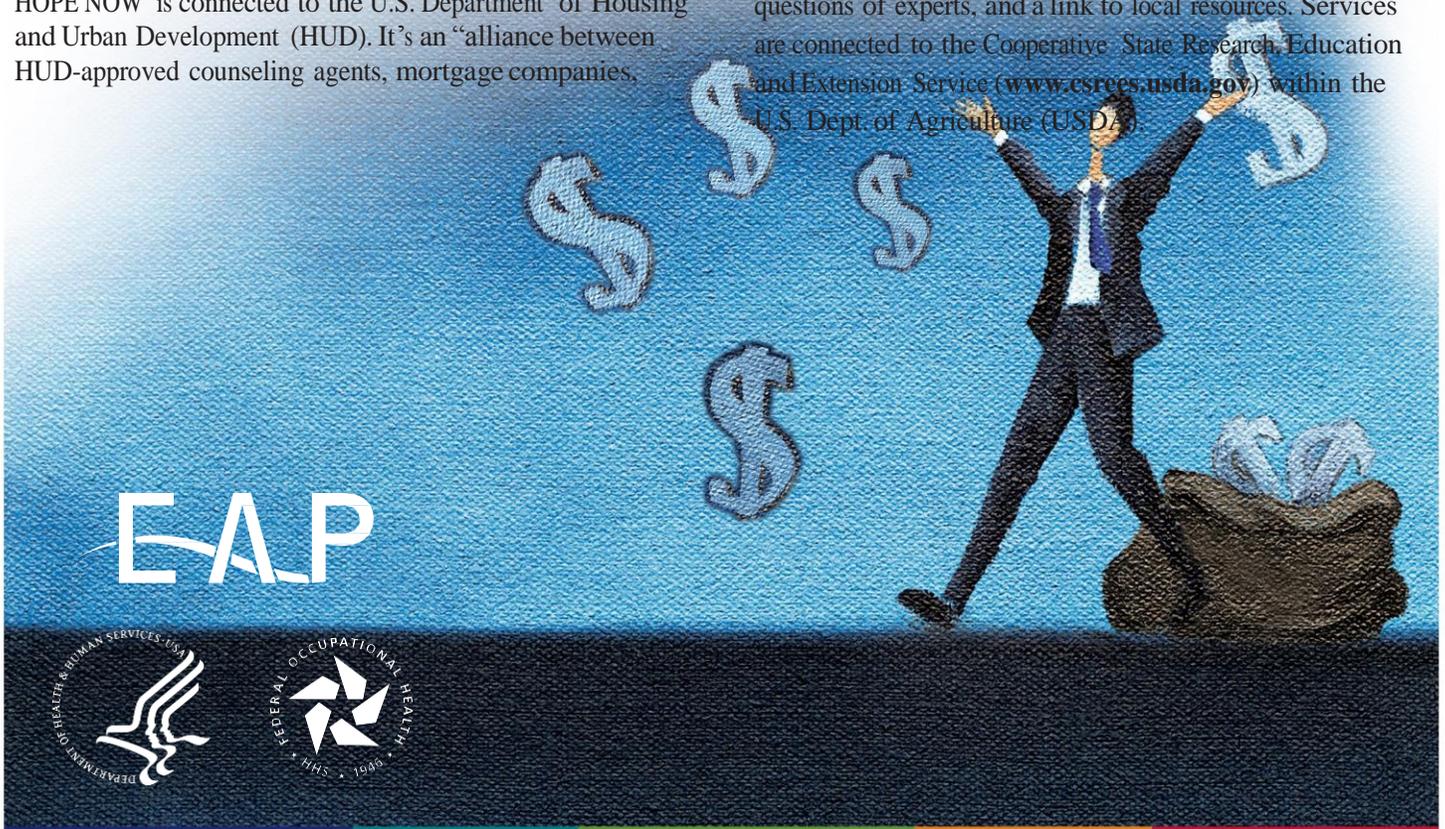
investors and other mortgage market participants" that provides free foreclosure prevention assistance. Counseling organizations play a key role in the success of HOPE NOW, providing borrowers in-depth debt management, credit counseling and overall foreclosure counseling. Telephone services available: **1-888-995-HOPE**.

www.fdic.gov

Federal Deposit Insurance Corporation: Click on "Quick Links for Consumers and Communities" for many resources, including information on specific banks and whether deposits are insured.

www.extension.org/personal_finance

Extension is an "interactive learning environment delivering the best, most researched knowledge from the smartest land-grant university minds across America." Highlighted is the section on personal finance, which offers multiple resources on financial matters, the opportunity to ask questions of experts, and a link to local resources. Services are connected to the Cooperative State Research, Education and Extension Service (www.csrees.usda.gov) within the U.S. Dept. of Agriculture (USDA).



EAP



www.feea.org

The Federal Employee Education and Assistance Fund (FEEA) is the “only non-profit organization devoted solely to helping civilian federal and postal employees.” FEEA helps federal employees through three signature programs: the Emergency Assistance Program, the Child Care Subsidy Program, and the Annual Scholarship Competition. FEEA partners with some three dozen membership organizations, unions and federal agencies to administer special programs that are available only to their members.

www.debtadvice.org

A service of the National Foundation for Credit Counseling or NFCC (**www.nfcc.org**), DebtAdvice.org is designed to “help consumers understand the wise use of credit and locate a trained, certified counselor if you are in need of assistance.” Information is provided by NFCC members, most of them known as Consumer Credit Counseling Services (CCCS), and there are links to consumer credit counseling services nationwide.

www.360financialliteracy.org

A service of the American Institute of Certified Public Accountants or AICPA (www.aicpa.org), 360 Degrees of Financial literacy is a national volunteer effort of the nation’s Certified Public Accountants (CPAs) to help Americans understand their personal finances and develop money management skills. It focuses on financial education as a lifelong endeavor—from children learning about the value of money to adults reaching a secure retirement. There are links to CPA state resources, government information, and an opportunity to ask volunteer experts general financial questions.



Massachusetts Unemployment Information

The earliest your claim may be filed is during your first full week of unemployment or the first week that you experience a significant reduction in the number of hours you normally work.

MA Website: <http://www.mass.gov/lwd/unemployment-insur/>

Unpaid Waiting Period: 1 week

Benefit: 50% avg weekly or \$674 weekly max

When to claim earnings: Week earned, not paid

Can work and collect? Allowed to earn 1/3 of benefit before deduction from unemployment, above 1/3 will be deducted \$ for \$

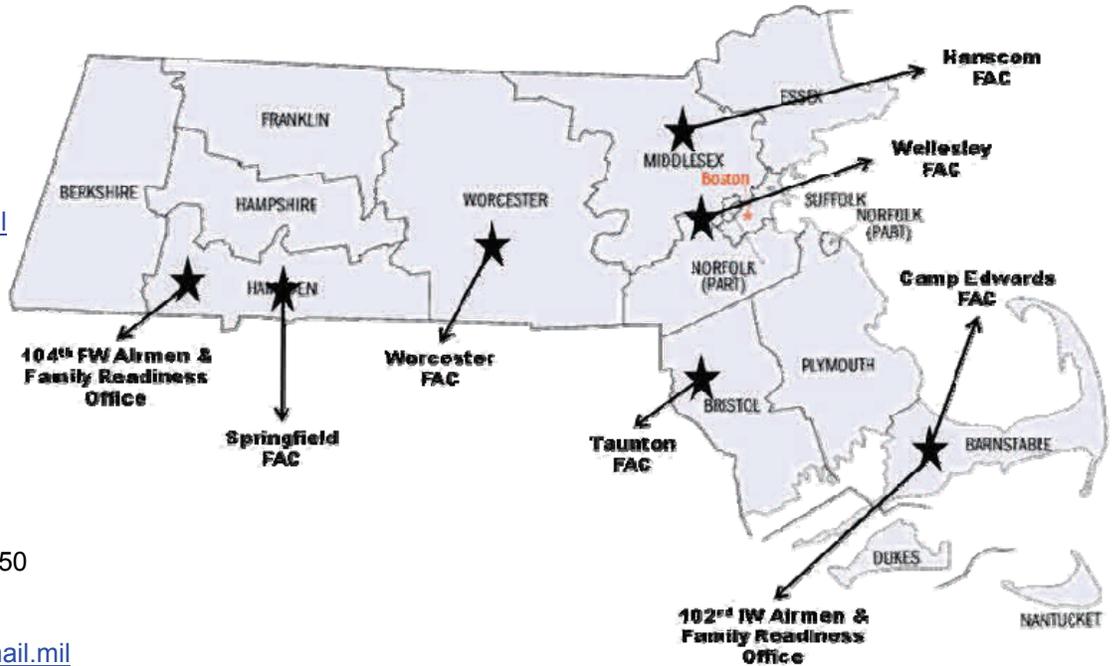
1. Are employees entitled to unemployment compensation while on furlough?

It is possible that furloughed employees may become eligible for unemployment compensation. State unemployment compensation requirements differ. Some States require a 1-week waiting period before an individual qualifies for payments. In general, the State in which an employee's last official duty station in Federal civilian service was located will be the State law that determines eligibility for unemployment insurance benefits. (See the Department of Labor website "Unemployment Compensation for Federal Employees" at <http://workforcesecurity.doleta.gov/unemploy/unemcomp.asp>). Agencies or employees should submit questions to the appropriate State (or District of Columbia) office. The Department of Labor's website provides links to individual State offices at <http://www.servicelocator.org/OWSLinks.asp>.

Massachusetts Military Family Assistance Centers

FAC Supervisor

Tanya Rioux
 14 Minuteman Lane
 Wellesley, MA 02481
 Office # 508-233-7338
 Cell # 781-771-6308
 Fax # 508-233-7232
Tanya.m.rioux.ctr@mail.mil



Springfield FAC

Jennifer Remillard
 1505 Roosevelt Avenue
 Springfield, MA 01109
 Office # 888-301-3103 x7950
 Work Cell # 781-771-7285
 Fax # 413-737-2946
Jennifer.m.remillard.ctr@mail.mil

Worcester FAC

Stephanie Winslow
 50 Skyline Drive
 Worcester, MA 01605
 Office # 508-753-3164
 Work Cell # 781-771-5313
 Fax # 508-753-3165
Stephanie.a.winslow.ctr@mail.mil

Hanscom FAC

Charles Pinder
 2 Randolph Road
 Hanscom AFB, MA 01731
 Office # 339-202-3147
 Work Cell # 781-760-0727
 Fax # 508-823-0892
Charles.p.pinder.ctr@mail.mil

Taunton FAC

Bethany Pinard
 111 H Gordon Owens Riverway
 Taunton, MA 02780
 Office # 508-822-6024
 Work Cell # 781-760-0201
 Fax # 508-823-0892
Bethany.a.pinard.ctr@mail.mil

Worcester FAC

Nicholas Smith
 50 Skyline Drive
 Worcester, MA 01605
 Office # 508-755-8571
 Work Cell # 781-771-5313
 Fax # 508-753-3165
Nicholas.b.smith52.ctr@mail.mil

Wellesley FAC

Roy Aylward
 14 Minuteman Lane
 Wellesley, MA 02481
 Office # 508-233-7221
 Work Cell # 781-771-7137
 Fax # 508-233-7232
Francis.r.aylward.ctr@mail.mil

Camp Edwards FAC

Barbara Powers
 102 General's Blvd
 Camp Edwards, MA 02542
 Office # 508-822-6024
 Work Cell # 781-760-0201
 Fax # 508-823-0892

104th FW Airman & Family Readiness Center

Jennifer Cesaitis
 175 Falcon Drive
 Westfield, MA 01085
 Office # 413-568-9151 x 698-1183
 Work Cell # 413-237-5458
 Fax # 413-572-1528
Jennifer.cesaitis@ang.af.mil

Wellesley FAC

Dawn Wetherbee
 14 Minuteman Lane
 Wellesley, MA 02481
 Office # 508-233-7444
 Work Cell # 781-571-1906
 Fax # 508-233-7232
Dawn.e.wetherbee.ctr@mail.mil

102nd IW Airman & Family Readiness Center

Erin Creighton
 158 Reilly Street
 Otis ANG Base, MA 02542
 Office # 508-968-4855
 Work Cell # 774-313-8534
 Fax # 508-968-4855
Erin.creighton@ang.af.mil

Family Assistance Centers are a source for Community Relationships and Information, referral and Follow-up.

- Financial Emergency Assistance
- Information, Referral & Follow-up
- Mobilization Support
- Healthcare Referrals
- Social Services Referrals
- DEERS & ID Cards
- Legal Assistance
- Chaplain Assistance
- Youth Assistance

Massachusetts National Guard
 Airman & Family Readiness Program
 Joint Base 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

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



4th Annual Seacoast Veterans Conference “ Seeking Your Normal in the Face of War” SAT 19 OCT
 Portsmouth, NH
Veteran’s Appreciation Weekend SAT 09 & SUN 10
 NOV, Chatham, MA

 **Movie Line: 508-968-6452**
www.mwrcapecod.com

Roxy Theater 

FREE Movies !!!!!!!!!!!!!
 To find out what's playing



TRUNK OR TREAT
Trunk or Treat!
THURS 31 OCT 4—6p.m.
@ Crosswinds Parking Lot

Includes Youth Costume Contest at 6 p.m.

Decorate your Treat -Filled -Trunk



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