

# The Family Flyer



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

## November is “Military Family Month”



“ Military families exemplify the courage and resolve that define our national character. For their country and their loved ones, they rise to the challenges of multiple deployments and frequent moves ~ spouses who care and provide for children in their partners' absence, kids who make new friends and leave known comforts behind. They are the force behind the force, patriots who support their family members in uniform while enriching the communities they call home.”

- Excerpt from 2013 Military Family Month Proclamation

## American's Hometown Thanksgiving

22, 23 & 24 NOV Plymouth MA

The weekend of festivities has become a beloved holiday occasion as well as an important link to our nation's history and heritage. For 17 years, hundreds of thousands of people from all walks of life have traveled to the historic Plymouth Harbor and Waterfront to experience a bounty of authentic Americana. The celebration of Thanksgiving becomes history-brought-to-life as Pilgrims, Native Americans, Soldiers, Patriots, and Pioneers proudly climb out of the history books and onto the streets of Plymouth.

Events include a parade, New England Food Festival, a harvest market, crafter's pavilion, kids activities and crafts, historical demonstrations, Wampanoag educational Pavilion, tours of the Mayflower II, and a concert series. Find more out at <http://www.usathanksgiving.com/>



# MILITARY FAMILY MONTH NOVEMBER 2013

**In celebration of Month of the Military Family we invite you to share your Military Family with us!**

- Email or mail us a picture of your Military Family
- We'll share it proudly on our Facebook page
- Each day we'll choose a Military Family to grace our Facebook Page's Cover Photo for the entire day!
- Each participating family will receive a certificate of thanks



**Share your pride!**

Copies of pictures may be sent to: [MANGFamily@aol.com](mailto:MANGFamily@aol.com) or mailed to Family Programs, 14 Minuteman Ln., Wellesley, MA 02481.

The MA National Guard Family Program Office reserves the right to withhold from posting any material deemed inappropriate.

There is no better way in today's society to spotlight our Service Members and Families than with photos. Please join with the State Family Program Office in recognizing our Guard Families. We are requesting pictures of Guard Members with their Families to include: Service Member/Spouse/Children/Parents/Significant Others/Extended Families. Pictures will be displayed on the [Family Program Facebook](#). Please join us in recognizing your Military Family.



## Federal Employee Open Season Closes 09 DEC 13

The 2013 Open Season for health, dental, and vision insurance and flexible spending accounts will be open until December 9, 2013.

During the Open Season, eligible employees may enroll, change enrollment or cancel enrollment in Federal Employees Dental and Vision Program (FEDVIP), and Federal Employees Health Benefits (FEHB) Program and can enroll in Federal Flexible Spending Account Program (FSAFEDS). Changes made as "Open Season" elections will be effective 12 January 2014.

### Find out more online:

Rates are currently available for 2014 [FEHB premium rates](#) ; [FEDVIP dental premium rates](#) ; and for [FEDVIP vision premium rates](#)

Find 2014 Federal Benefits Open Season information on [OPM's website](#)

**2013 Open Season Live Informational Webcasts** includes live Q & A *Flex Spending Account Program (FSAFEDS)* **TUE 19 NOV 1:30—2:30** Click [HERE](#)

Topics include: \* What is Flex Spending?

\* How does it work?

\* What expenses are eligible for reimbursement?

\* Where can I get more information?



**If you missed the webcast earlier in the Open Season they are available [online!](#)**

Topics are: \* Introduction on Open Season,

\* Federal Dental & Vision Insurance Program,

\* Federal Health Benefits—*Do I have the right health plan?*

\* Medicare & Federal Employees Health Benefits Program

\* Quality Measures HEDIS/CAHPS

### How to make Open Season elections:

*Federal Employees Health Benefits (FEHB)* - Enroll at [www.ebis.army.mil](http://www.ebis.army.mil) (EBIS) If you need assistance with your election, please call ABC-C at 1-877-276-9287.



*Federal Employees Dental and Vision Insurance Program (FEDVIP)* - Enroll at [www.benefeds.com](http://www.benefeds.com)

*Flexible Spending Account (FSA)* - Enroll at [www.fsafeds.com](http://www.fsafeds.com)

For more information [www.abc.army.mil](http://www.abc.army.mil) or 1-877-276-9287

## What's Happening on Joint Base Cape Cod



Breakfast  
with  
Santa

### Breakfast with Santa

07 DEC from 8:30 a.m.—12noon @ ASCC Hangar, 3172 Burge Blvd



Pictures with Santa, Games, Crafts and Breakfast!

Open to all Air Station Coast Guard Personnel, JBCC USCG Commands, and those living in base housing

For more info contact: LTJG Wil Sirokman, ASCC Morale Officer at 508–968–6399

### Child Development Center's Pajama Drive

The CDC is participating in the Scholastic Reading Club's "Great Bedtime Story Pajama Drive" which provides new pajamas and books to children in need—especially those living in group homes, shelters, foster care and orphanages.

Guidelines: Must be brand-new ; All sizes are needed—newborn to adult; Must be in complete sets or nightgowns; PJs in children's sizes must be manufactured as pajamas to ensure that they are flame-retardant and safe. Drive ends: THU 12 DEC. Questions call the CDC at 508–968–6450



### Kaehler Clinic Pharmacy Schedule

The pharmacy is closed: WED mornings & FRI afternoons and all day on THU NOV 28.

New prescriptions from civilian providers will not be accepted due to pharmacist unavailability on: 18th, 25th & 29th of NOV.

Hours & Availability are subject to change. Call 508–968–6571 for the most current information.



### Wild Life Alert

There have been a few vehicle collisions with deer with-in the last week. If you see one deer cross the road, the other is close behind. This is a consistent trend every November. Drive safely!

### Help Wanted

Roxy Theatre—Clerks: Fridays, Saturdays & Sundays. Crosswinds Bowling Center: Recreation Aids  
[More information here](#)

### Family Night Board Games

FRI 22 NOC @ Crosswinds Activity Center from 5–8 p.m. Q: email or call [Candy](#) 508–968–6446

### FREE Movies !!!!!!!!!!!

[To find out what's playing](#)

SUNDAY only this week



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

# Roxy Theater



## 6th Annual Cape Cod Cares for Our Troops Christmas Care Package Event

NOV 23 & NOV 24 from 10 a.m.-4 p.m.

@ Trowbridge Restaurant, Bourne

Help Cape Cod Care for the Troops pack 1,500 Christmas Care Packages for our deployed troops. We need the following items donated: Toiletries: men's shaving cream, shampoo, hand lotion, deodorant, toothbrushes, toothpaste, wash clothes, soap, Q-Tips, and mouthwash. Food: Coffee singles, granola/power bars, Girl Scout cookies, popcorn, peanut butter crackers, powder drink singles Misc: socks, pens, pencils and small items to go in a Christmas Stocking.

If you would like to volunteer send an email to: [cape-cod4thetroops@comcast.net](mailto:cape-cod4thetroops@comcast.net)

Include your name(s) and the day & times you would like to volunteer.



### Toe Jam Puppet Band and Pre-Thanksgiving Pie & Bake Sale

SAT 23 NOV @ Mullen Hall School, Katherine Lee Bates Rd, Falmouth

9:00 Doors Open ; 9:30 Toe Jam performs!

\$2.00 Ticket / \$10 Family max

Call 508-548-0151 x172 for tickets or more information.

Proceeds support the Coalition for Children programming.



### FREE Photo Book for Deployed Service Members!

Families of Deployed Service Members - Now friends and family can create a 20-page personal photo book and ship it to any APO, FPO, or MPO address for free. These full-color, 5x7 softcover books fit perfectly in a soldier's cargo pocket, yet hold over 60 photos. RocketLife prints the books for free, and the USO pays for shipping. For more details or to begin creating a photo book for your Service Member, [click here](#).



**TO OUR U.S. VETERANS & ACTIVE DUTY  
MILITARY PERSONNEL**

***THE HYANNIS ELKS***

**CORDIALLY INVITE  
YOU AND YOUR CHILD(REN)  
TO OUR ANNUAL**

**CHILDREN'S CHRISTMAS PARTY!**

**EACH CHILD WILL RECEIVE A FREE GIFT FROM SANTA!  
COMPLIMENTARY LUNCH PROVIDED**

**SUNDAY  
DECEMBER 15TH,  
2013  
12-3 PM**



**HYANNIS ELKS  
LODGE  
852 BEARSES  
WAY  
HYANNIS MA**

**REGISTRATION REQUIRED: PLEASE EMAIL [hyanniselksactivities@hotmail.com](mailto:hyanniselksactivities@hotmail.com) OR  
CALL 508-775-8103.**

**PLEASE PROVIDE THE FOLLOWING INFORMATION:**

**FIRST & LAST NAME OF CHILD: \_\_\_\_\_**

**AGE & SEX OF CHILD: \_\_\_\_\_**

**Phone registrations please be sure to spell out each child's name for our Elves!**

**REGISTRATION DEADLINE DECEMBER 1, 2013**

**SPACE IS LIMITED—REGISTER TODAY!**





## Free Toys for Military Kids 2014



Again this year Operation Homefront and the Dollar Tree stores have teamed up to collect free toys to military children. Dollar Tree store locations have collection bins for appreciative customers to say THANK YOU to our country's military children. Units will be receiving the toys for distribution in December.

Be on the look out for when your unit will be sharing the Christmas love!

The 102IW Toy Giveaway will be held on SUN 08 DEC in BLDG 158, on the hangar floor. Please note for the 102IW, this IS NOT a children's event. We will be holding the Children's Christmas Party on SAT 14 DEC .

### Officials Announce Deadlines for Holiday Mail Delivery

Military Postal Service Agency (MPSA) officials recommend that parcel post packages for service members overseas be mailed by Nov. 12 for delivery by the holidays.



A chart [online](#) that shows deadlines for various mailing options, broken down by the APO/FPO/DPO numbers of various destinations.

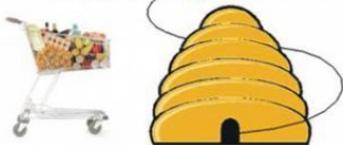
USPS is offering a discount on its largest Priority Mail Flat Rate box at \$14.85. The price includes a \$2 per box discount for military mail being sent to APO/FPO/DPO destinations worldwide. Priority Mail Flat Rate boxes are available free at local post offices, or can be ordered from USPS online. Postage, labels and customs forms also are available online.

### Beehive Food Program for Military Families

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.

#### Beehive Food



A Project of the Masonic Angel Foundation

#### 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.



Below is a link to a very nice story Cape Cod Today ran this week about the expansion of the Beehive Food Program to serve families at Joint Base Cape Cod.

<http://www.capecodtoday.com/article/2013/11/11/22631-masons-beehive-buzzes-otis-time-veterans-day>

# What is SECO?

## Career Exploration

Identify career interests and aptitudes and find information about today's job market and work opportunities, including portable skills and careers, entrepreneurship and top federal employment options.

Comprehensive counseling services are available at no cost to all eligible military spouses through the career center. Staffed by certified career counselors, the career center can help military spouses with creating an action plan targeting education programs, financial aid options, training program resources and credential or licensing information.

Call **800-342-9647** or visit <http://www.militaryonesource.mil/seco> for more information.

## Education, Training, and Licensing

Identify education, training and licensing/certification opportunities as well as financial aid resources and scholarships.

The MyCAA Scholarship offers up to \$4,000 of financial assistance to eligible military spouses who are pursuing a license/certification, certificate or associates degree in a portable career field and occupation. Spouses of active duty service members in pay grades E-1 to E-5, W-1 to W-2 and O-1 to O-2 on Title 10 military orders are eligible for the scholarship.

Call **800-342-9647** or visit <https://aiportal.acc.af.mil/mycaa/default.aspx> for more information.



**SECO**  
SPOUSE EDUCATION &  
CAREER OPPORTUNITIES

## Career Connections

Connect with corporations, government organizations and non-profits to gain meaningful, long-term, portable employment.

The Military Spouse Employment Partnership connects military spouses to more than 180 partner employers who have pledged to recruit, hire, promote and retain military spouses in portable careers. To help with their introduction, spouses are encouraged to self-identify when contacting or applying with these employment partners.

Visit <https://msepijobs.militaryonesource.mil> for more information.

## Employment Readiness

Receive face-to-face support at the installation level for topics such as resume writing, interviewing skills, federal employment, job search strategies, dressing for success, job fairs, career assessments and more.

Visit <http://www.militaryinstallations.dod.mil> and search by program (Spouse Education, Training and Careers) and an installation or postal code to find the closest office.

Regardless of location, spouses can call **800-342-9647** to speak with a certified career counselor or visit <https://myseco.militaryonesource.mil> for information and resources available 24/7.



For more information:

## Families Encouraged to Attend Pre and Post Deployment Events!

If your military member is slated to start a deployment—or will soon be coming home—we warmly invite and encourage family members to join in the many informative opportunities available to you!

Spouses, parents, grandparents, significant others, children—whomever you consider your family—is welcome to attend and find out the more!

Contact your unit's Family Readiness representative or Ombudsman for more details!!



## 102nd Intelligence Wing Children's Christmas Party



**Saturday, December 14, 2013**

**12:00—3:00 p.m.**

**@ Dining Facility**

**Otis ANG Base**



Parents will need to drop off a wrapped gift for each of their children with the child's name on it. (Please try to keep it around \$10) to Erin Creighton in building 158, Room 262 by December 10<sup>th</sup>

**Please sign up your children by December 10<sup>th</sup>**

**with Erin Creighton**

**508-968-4855 or [erin.creighton@ang.af.mil](mailto:erin.creighton@ang.af.mil)**



## Cape & Islands American Red Cross Heroes Nominations NOW OPEN

**Nomination Deadline—Dec. 28, 2013**

Do you know a person who has performed an extraordinary act of courage to save someone's life or helped in the rescue of someone in need? Or maybe you know someone who commits hours to a special cause? The American Red Cross would like to honor and celebrate these individuals at the 12th Annual Heroes of Cape Cod and Islands Breakfast on Friday, March 28, 2014 at the Resort and Conference Center at Hyannis, Massachusetts from 7:30 a.m.-9:00 a.m.



The Red Cross touches lives in our community every day through programs and services such as disaster relief and health & safety training. As an organization committed to helping the community, the Red Cross is honored to salute individuals who are making a difference through their actions.

For more information call (508) 775-1540 x 19 or visit : [www.redcross.org/CapeCodandIslands](http://www.redcross.org/CapeCodandIslands).



## 2014 NH White Mountain Winter Adventure Overnight Camps for Teens with Disabilities in Military Families!

Join Northeast Passage and the University of New Hampshire's Cooperative Extension Military Youth and Family Program for our winter adventure camp, in the White Mountains of New Hampshire, specifically designed for teens (ages 14-18) with disabilities.

**January 3-6, 2014: Camp for teens with physical disabilities**

**January 11-13, 2014: Camp for teens with developmental and cognitive disabilities**

Activities include: Alpine Skiing, dog sledding, ice skating, a winter campfire, snow tubing, and more!  
All activities are facilitated by trained staff and volunteers and are appropriate for teens with disabilities.  
All lodging and facilities are wheelchair accessible.



**ALL INCLUSIVE!** A \$20 registration fee includes lift tickets, lessons, equipment rental, and food/lodging at the Appalachian Mountain Club's Highland Center in Bretton Woods, NH. There are NO additional fees!  
Transportation assistance is available, including airfare for teen and a companion from anywhere in the U.S.!

For over 20 years, Northeast Passage has been a nationally recognized leader in therapeutic recreation. A non-profit affiliated with the University of New Hampshire (50 miles north of Boston), we provide innovative solutions for children, adults, and military veterans with disabilities. We are staffed by a passionate, highly-skilled group of professionals with the sole purpose of empowering individuals with disabilities to define, pursue and achieve their therapeutic recreation goals. Northeast Passage's staff has experience programming activities for youth with a wide range of disabilities including (but not limited to) spinal cord injury, Muscular Dystrophy, Cerebral Palsy, Spina Bifida, Autism spectrum, Down Syndrome, visual impairment, amputation, Traumatic Brain Injury and Pervasive Developmental Disorder.

**All abilities welcome and encouraged to inquire!!!**

**For more information and to register visit [www.nhomk.com](http://www.nhomk.com) or contact Charlotte Cross, UNH Cooperative Extension at 603-862-2495 or [militaryteen.camp@unh.edu](mailto:militaryteen.camp@unh.edu)**

Northeast Passage is a program of the University of New Hampshire.  
For more information on Northeast Passage, visit [www.nepassage.org](http://www.nepassage.org).

Funding for Military Teen Adventure Camps has been made available through a partnership between the Department of Defense, Office of Military Community & Family Policy and the United States Department of Agriculture/ National Institute of Food & Agriculture.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer.  
UNH, U.S. Dept. of Agriculture and New Hampshire counties cooperating.

## Brown University's Football Military Appreciation Day

SAT 16 NOV @ 12:30

Brown vs. Dartmouth. Military Members will receive up to 5 free tickets with a valid military ID on game day.

Find more information at [brownbears.com](http://brownbears.com) or call 401-863-2773



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](mailto:erin.creighton@ang.af.mil)

Requests to be added or removed from this distribution list may be sent directly to [Erin](mailto:Erin).

## Employer Support Freedom Award for 2014 - Nominations Open!

Employer Support of the Guard and Reserve (ESGR), a Department of Defense office, is now accepting nominations for the 2014 Secretary of Defense Employer Support Freedom Award. The Freedom Award is the Department of Defense's HIGHEST HONOR presented to civilian employers for exceptional support of their National Guard and Reserve employees. ESGR encourages Guardsmen and Reservists, or family members acting on their behalf, to submit nominations at [www.FreedomAward.mil](http://www.FreedomAward.mil) by January 20, 2014.

Each year, up to 15 deserving employers are selected as Freedom Award recipients and honored in Washington, D.C. Examples of past recipient support include continued benefits and healthcare for deployed service members, home maintenance and childcare support and veteran hiring initiatives. Service members who have received exemplary employer support should submit their nominations for the Freedom Award today.



## Career Opportunities and Job Fairs

### Raytheon Online Chat

THU 21 NOV from 12—1 p.m.

[Armed Services Programs](#)

[Current Opportunities](#)

[Join Online Chat](#)

### MA JobQuest for Veterans

See what's available today for jobs at  
<http://mass-veterans.jobs/>



### Job Fair

THU 21 NOV from 10:30 a.m.—1 p.m.

@ Quincy Career Center

Veteran's hour from 10:30—11:30

Go [online](#) or call for more information 617-745-4000

### Job Fair

WED 04 DEC from 10:00 a.m.—12:30 p.m.

@ Plymouth Career Center

Veteran's hour from 10—11

Go [online](#) or call for more information 508-732-5300

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