

The Family Flyer



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

November is
"Military Family
Month"



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 [USA Thanksgiving](#)



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. 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.



Federal Employee Open Season Closes 09 DEC 13

The Federal Benefits Open Season is open & [here is a checklist](#) to make enrolling and changing your FEDVIP plan(s) simple and easy. Important FEDVIP Open Season updates:

- There are more FEDVIP plan choices than ever this year. With 10 dental and 4 vision FEDVIP plans, you're certain to find one that's right for you.
- A redesigned BENEFEDS.com to make researching, enrolling, and changing your FEDVIP plan(s) even easier. New BENEFEDS Mobile, providing you secure account access and the ability to compare FEDVIP plans while on the go.
- You do not have to do anything if you prefer to keep your current enrollment as it was for 2013.
- If you are currently enrolled in a FEDVIP dental plan, research your 2014 plan to determine whether your FEDVIP dental rating region, and therefore your premium, is changing in 2014. (A rating region is a group of zip codes that corresponds to a particular rate charged by a dental plan. Vision plans have the same premium nationwide.)

Remember, the 2013 Federal Benefits Open Season (for the 2014 plan year) runs through Monday, December 9, 2013. During this time, you can make qualified changes to your Federal Employees Dental and Vision Insurance Plan (FEDVIP) by visiting [BENEFEDS.com](#).

For questions, please visit the new Education and Support section at [BENEFEDS.com](#). If you have specific questions about your enrollment, please email Service@BENEFEDS.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 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!

Breakfast with Santa



What's Happening on Joint Base Cape Cod



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, 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 NOV

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: 25th & 29th Hours & Availability are subject to change. Call 508-968-6571 for the most current information.

Family Night Board Games

FRI 22 NOC @ Crosswinds Activity Center from 5-8 p.m. Q: email or call Candy 508-968-6446

Eagle's Nest Annual Holiday Party

SAT 07 DEC at 5 p.m. Appetizers will be served, Mike "MC" Carter will be DJ and there will be raffles!

Boston Bruins Bus Trip vs LA Kings.

MON 20 JAN

Come join the fun- watch the Boston Bruins at the TD Garden in our very own Promenade Suite!

Snack on a limited amount of pizza, chicken tenders, popcorn, soda and water. Adult beverages can be purchased on your own at the concession stand located outside of suite. Each ticket holder will receive one complimentary Boston Bruins baseball cap.

Depart from the JBCC at 10:45 a.m. Gate time 1:00 p.m. Estimated Return: 6:00 p.m.

Tickets are \$160 /pp. Tickets are for sale immediately to all MWR patrons. First Come, First Served.

For more info call Pete, ITT/Gear Issues at 508 -968- 6447.

FREE Movies !!!!!!!!!!!!!

To find out what's playing



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

Roxy Theater



VA Offers Dental Insurance Program

VA is partnering with Delta Dental and MetLife to allow eligible Veterans, plus family members receiving care under the Civilian Health and Medical Program (CHAMPVA), to purchase affordable dental insurance beginning 15 NOV 13.

Veterans who are enrolled in VA health care can choose to purchase one of the offered dental plans. This three-year pilot has been designed for Veterans with no dental coverage, or those eligible for VA dental care who would like to purchase additional coverage.

There are no eligibility limitations based on service-connected disability rating or enrollment priority assignment. People interested in participating may complete an application online through either [Delta Dental](#), or [MetLife](#). Coverage for this new dental insurance will begin 01JAN 14.

Also eligible are spouses and dependent children who are reimbursed for most medical expenses under VA's CHAMPVA program. Dental services under the new program vary by plan and include diagnostic, preventive, surgical, emergency and endodontic/restorative treatment. Enrollment in the VA Dental Insurance Plan (VADIP) is voluntary. Participants are responsible for all premiums, which range from \$8.65 to \$52.90 per month for individual plans. Copayments and other charges may apply.

For more visit the [VA online](#), or Delta Dental at 855-370-3303 or MetLife at 888-310-1681.

Veterans who are not enrolled in the VA health care system can apply at any time [online](#), by calling 877-222-8387 or visiting their local VA health care facility.



TSA Pre-Check Changes for Service Members



As the holidays are fast approaching, many service members and their families will be traveling. **Beginning Dec 20, 2013**, Transportation Security Administration and Department of Defense has announced a partnership to expand TSA Precheck expedited screening benefits to all members of the US Armed Forces, including those who are serving in the US Coast Guard, National Guardsmen and Reservist. This will also include Wounded Warriors (as well as the caregivers for Wounded Warriors). This partnership expands the current TSA Precheck lanes to all 100 airports offering TSA Precheck.



Department of Defense and Transportation Security Administration Partner to Provide Military TSA Precheck at 100 Airports. Find out more [HERE](#).

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](#).



FREE Children's Christmas Party
DEADLINE TO REGISTER: SUN 01 DEC

**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 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.

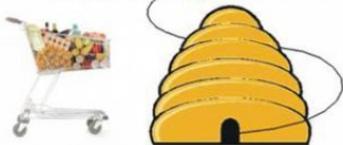
USPS is offering a discount on its largest Priority Mail Flat Rate box at \$14.85. The price includes a \$2 per box discount for military mail being sent to APO/FPO/DPO destinations worldwide. Priority Mail Flat Rate boxes are available free at local post offices, or can be ordered from USPS online.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

Shape the Cape Survey

Cape Cod is a great place to raise a family, however, real challenges face the next generation of Cape Cod's workforce and residents. From 2000 to 2010 there was a 26% decline in Barnstable County residents between the ages of 25–44. If current trends continue, Cape Cod communities could experience a vacuum of wealth in culture, spirit and revenue.

The Cape Cod Young Professionals have launched a survey which aims to create a plan to identify priorities to be addressed to improve the lives of Cape Codders and grow the 25-44 demographic. Please take the [Shape the Cape survey](#) and be entered for a chance to win one month's rent or mortgage payment up to \$2,000.



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 10th

Please sign up your children by December 10th

with Erin Creighton

508-968-4855 or 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.

Students Can Submit a Story About Managing Finances and Win

The University of Arizona is hosting The Good, The Bad, The Ugly contest, for students 12 and older. Students must submit a story about managing finances and the lessons that they learned from the experience. The deadline is November 27, so if they wish to enter, they need to get writing! Submissions can be made online. For more details, see the contest rules.



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 or contact Charlotte Cross, UNH Cooperative Extension at 603-862-2495 or 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.

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.

JBCC Angel Tree Program 2013

This program run by the USCG Chaplain's Office is designed to assist those families in need. All nomination forms are due to [Karl Armstrong](#) office NLT than Monday December 2nd, 2013.

For those interested in sponsoring a child or a family, that information will be available beginning on December 3rd. Thanks to your generosity last year we provided gifts for 75 kids. Q: call Karl at 508-968-6341

Holiday Angel Tree Program

If your family or one you know of could use some assistance this year, please fill out the form below and return it to Mr. Armstrong (Bldg. #5215, East Hospital Road) **by December 2nd**. For additional information, please call Mr. Armstrong at 508-968-6341. Gifts for Angels may be picked up at the Chapel Support Building (bldg#1015) on Friday December 20th, from 8:30 a.m. to 11:30 a.m.

ALL INFORMATION RECEIVED WILL REMAIN CONFIDENTIAL!!

Family Name/Contact Person:

Branch of Service:

Phone Number(s): [Please include both home and work number]

Total Number of Children in Family:

Child's Name: Sex: M / F Age: Size: Wants/Likes: (1)
(2)
(3)

Child's Name: Sex: M / F Age: Size: Wants/Likes: (1)
(2)
(3)

Child's Name: Sex: M / F Age: Size: Wants/Likes: (1)
(2)
(3)

Child's Name: Sex: M / F Age: Size: Wants/Likes: (1)
(2)
(3)

Enclose extra names of children if applicable

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.

Employer Support Freedom Award for 2014 - Nominations Open!

Employer Support of the Guard and Reserve (ESGR), 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 civilian employers for exceptional support of their National Guard and Reserve employees. [Nominate your employer](#) by 20 JAN 14.



Roth TSP for Reserve/Guard

Beginning October 1, 2013, members of the reserve forces of the Army, Navy, Air Force and the National Guard can add the Roth TSP option to their investment plans.

The Roth TSP option uses **after-tax** pay and bonuses to start and maintain contributions. Information on this and traditional TSP can be found online at www.tsp.gov. You may also find information from your command or installation personal financial counselors, or your finance office.

Boston & Park University Spring 2014 Schedules @ Hanscom AFB

Graduate Degree & Certification Programs

Registration: 01 DEC—22 JAN

Active Duty Military, Guard, Reserve, Dependents, DoD Employees, and Contractors are eligible!

- Masters of Science in Leadership (MSL),
- Master of Science in Computer Information Systems (MSCIS),
- Master of Science in Computer Science (MSCS)
- Graduate Certificate in Project Management (GCPM)

For more information contact Gerald Keegan, Faculty and Academic Program Director at gkeegan@bu.edu

Registration begins 09 DEC

MON/WED 5:30—8:30P

First year Writing Seminar I

Management & Organizational Behavior

TUE/THU 5:30—8:30P

Principles of Accounting I

Introduction to Sociology

Bachelor's & Master's Degree classes and CCAF required classes also offered ONLINE every term.

For more information email HANS@park.edu or visit www.park.edu/hans



INVITE YOUR FAMILY AND FRIENDS!

OTIS AIR NATIONAL GUARD

== **NIGHTS WITH THE PROVIDENCE BRUINS** ==



vs.



P-BRUINS VS. PORTLAND PIRATES

FRI, DEC. 13

7:05 AT THE DUNK

**FREE CINCH SACK FOR THE FIRST
2,000 FANS IN ATTENDANCE!**



vs.



P-BRUINS VS. SPRINGFIELD FALCONS

FRI, DEC. 20

7:05 AT THE DUNK

**FREE KEY CHAIN FOR THE FIRST
2,000 FANS IN ATTENDANCE!**



TICKETS ONLY \$17

== **SAVINGS OF UP TO 50% PER TICKET** ==

TO ORDER CONTACT

RICK BOURASSA AT

508.968.7732 OR RICHARD.BOURASSA@ANG.AF.MIL

DEADLINE TO PURCHASE IS DECEMBER 4, 2013