

The Family Flyer

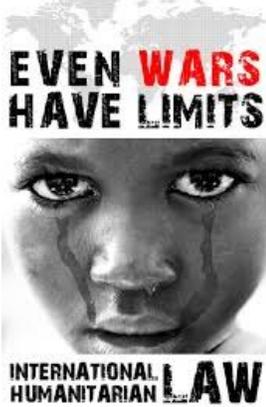


Supporting Military Families
Cape Cod—Southeastern Massachusetts—SE New England

Military Spouse of the Year for 2014

Nominations are officially open for the 2014 Military Spouse of the Year award! This is a chance to ensure the military spouses who not only support their servicemember, but who are actively supporting and working to better the military community as a whole, are recognized for their valiant efforts. Nominations due by: FRI 17 JAN.

Visit msoy.militaryspouse.com or [facebook](#) to find out how to submit yours!



International Humanitarian Law—Introductory Course

SAT 18 JAN

From 9 a.m.—1 p.m. @ 286 South St, Hyannis MA

Want to learn more about humanitarian law in an informal classroom environment? The American Red Cross of MA Cape Cod & Islands Chapter is offering a free class on humanitarian law to raise awareness about the Geneva Conventions, the basic rules of international humanitarian law, and the role of the Red Cross during armed conflict.

For more information or to register, contact [email](#) or call Becky Alden at 508-775-1540 x12. Coffee will be provided. Seating is limited so register today!

Last Call!! Nominations Close 20 JAN Employer Support Freedom Award for 2014 -

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.



Free Family Skiing at Stowe's Military Appreciation Sundays

All active, full-time, United States Military Personnel, Guard and Reserve Members along with their families (spouse & dependent children), will receive complimentary single-day lift tickets at Stowe Mountain Resort on three select Sundays this winter.

DATES: January 26, February 23 and March 30.

Find out more at Stowe.com



DOD Announces Changes to Some Imminent Danger Pay Areas

The Defense Department announced the recertification of some locations as imminent danger pay areas while discontinuing that designation for others.

Following the Defense Department's review, it was determined that the imminent threat of physical harm to U.S. military personnel due to civil insurrection, civil war, terrorism, or wartime conditions has been significantly reduced in many countries. As a result, IDP will be discontinued in those areas.

The following locations will no longer be designated as imminent danger areas for IDP purposes, effective on 01 JUN 14:

- The nine land areas of East Timor, Haiti, Liberia, Oman, Rwanda, Tajikistan, United Arab Emirates, Kyrgyzstan and Uzbekistan.
- The six land areas and airspace above Bahrain, Kuwait, Qatar, Saudi Arabia, Serbia, and Montenegro.
- The four water areas of the Arabian Sea, Gulf of Aden, Gulf of Oman, and the Red Sea.
- The water area and air space above the Persian Gulf.

IDP will remain in effect for Iraq, Afghanistan, Lebanon, Jordan, Pakistan, Syria, Yemen, and Egypt within the U.S. Central Command area of responsibility. [Full Article Here](#).



Murder Mystery Dinner—\$25/pp

SAT JAN 25



The Hanscom Spouses Club (HSC) is hosting a Murder Mystery Dinner at the Minuteman Commons. Doors open at 5:30 pm. Show starts at 6:00 pm. Cost: \$25.00 per person. Menu: Garlic Bread, Salad, Chicken Alfredo, Chicken Parmigiana, Eggplant Parmigiana, Ziti Garlic & Oil. **Reservations must be made and paid no later than 12:00 noon on Friday, January 15th.** To purchase tickets, go to www.hanscomsc.org, select "Reservations" Tab, or contact Christin Hoffman (808)489-8867 reservations@hanscomsc.org. Tickets may be purchased via checks or PayPal only. Seating is first come first serve.

LGBT Retreat for Service Members & Veterans

21– 23 FEB in Groton, MA Register [HERE](#).

Project New Hope presents LGBT Support Retreat for military service members and veterans - honoring connecting and supporting you and your partners, spouses and children. We want you to relax, have fun and reconnect with your family and other veterans. Eat plenty of good food, sleep like a baby, build great memories and have fun in the process! This program includes room, board, and meals throughout the weekend.

We can accommodate food allergies, gluten free diets, vegetarian diets, and other special dietary needs. We need advanced notice to plan accordingly so please note concerns upon registration.

On site facilities include: Archery, Indoor Rock Climbing Wall, Fishing, Firepit, Hiking Trails, Sports Facilities, Field Games, Mountain Biking Trails, 24/7/ Gym and a number of holistic health professionals

Project New Hope Inc. proudly sponsors this event and is no cost to the Servicemember /Veteran.





The Road to Parental Empowerment for Military Families

The Commonwealth of Massachusetts Department of Veterans' Services in partnership with Families First and the SAVE Team is proud to offer a series of parenting classes focusing on communication with your children and handling the stress of parenthood.

When: February 5, 12, 19, 26 from 7:00 P.M. to 9:00 P.M.

Where: American Legion Nonantum Post 440 , 295 California Street, Newton, MA

**** Free Child Care & Parking is available**** To register for the series please contact (617) 939-5786 or register online at <https://gamcauliffe.eventbrite.com>



@ Stacy middle School, 66 Spruce St, Milford MA

Free Event—All are welcome!

Honoring families & Children of those who selflessly answer the "Call of Duty".

In support of our Veterans, please bring an item(s) to support homeless veterans.

Visit www.veteransinc.org - Donations - Wish List

Seating is limited and reservations are required. To reserve tickets, send request to mshain@charlesriverbank.com by 2/7/14 by 12:00pm with number of tickets needed. An email confirmation email will be sent.

Cape Cod Children's Museum to Provide Free Admissions to 100 Mashpee Residents

The Cape Cod Children's Museum has received a grant from the Mashpee CFCE (Coordinated Family and Community Engagement) allowing the museum to provide free admission to 100 Mashpee residents. Residents must call the museum at 508-539-8788 to reserve tickets in advance and be prepared to provide identification before admission. Frequency restrictions apply to allow for the most number of Mashpee families free entry.

The Cape Cod Children's Museum is located at 577 Great Neck Road South, Mashpee, MA. Hours are Monday through Friday 10-3; Saturday, 10-5; Sunday noon to five. To learn more about the fabulous exhibits and engaging programs at The Cape Cod Children's Museum, visit www.capecodchildrensmuseum.org Or call 508-539-8788





TRICARE® Service Center Walk-In Service No Longer Provided

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Health Net Federal Services, LLC
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www.hnfs.com

South Region
Humana Military, a division of
Humana Government Business
1-800-444-5445
Humana-Military.com

West Region
UnitedHealthcare Military & Veterans
1-877-988-WEST (1-877-988-9378)
www.uhcmilitarywest.com

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<http://milconnect.dmdc.mil>

Update your e-mail and mailing address in DEERS and view eligibility, enrollment information, enrollment cards, and important correspondence about your benefits.



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PHS1000001014



Please note that this means that the WILL NO LONGER be walk-in services for Tricare assistance at the Joint Base Cape Cod's Kaehler Memorial Clinic starting 01 APR 14.



VETERANS

APPLY YOUR SKILLS
TO THE **RIGHT** JOB!



Military Crosswalk helps you match your *military* experience to open job titles in the Commonwealth.

www.mass.gov/hrd/strategic-plan-for-veterans >>>>>>>



SAVE THE DATE!

What: Statewide Veterans Career Fair
Massachusetts State House
Boston, MA 02133
(Great Hall, Grand Staircase, Nurses Hall)

Date: January 28, 2014 *

Time: 10am - 3pm

For more information and access to reasonable accommodation, visit us at www.mass.gov/hrd/veteranscareerfair

* Alternate Snow Date:
February 7, 2014



You are helping to shape our diverse and inclusive workforce.



The Commonwealth: Working to be a Model Employer Deval L. Patrick, Governor



Roth Option for TSP

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.



Employment Opportunities & Job Search Resources

NStar Electric & Gas: Women in Non-Traditional Careers Event

WED 29 JAN from 4–6P in Dorchester

To register for this event please call 781-441-8300 or [e-mail](#) with your contact info.

Job Title: Mechanical Assembler

[Job Number: 3514118](#)

Experience includes: Min 6 years applicable experience, Veteran/NG preferred, all wheeled vehicle mechanic, aircraft, auto or auto body, familiarity with power & mechanical tools, cable routing, and read schematics.

POC: [Karen Willis](#), Taunton Career Center

Job: Program Assistant/ Administrative Assistant

Location: Taunton area Wage: 12.50-13.00

Organization: Community based Work: Full time

Skills: Strong Microsoft Excel, Word, Outlook, Writing Skills, and experience with services to people with disabilities.

POC: Send resume to KWillis@detma.org

Service to Semis—Zero Tuition for Veterans

For Truck driving school with C.R. England ; includes a job offer upon completion.

Apply today 866–219–6080



Air Force Aid Society General Henry H. Arnold Education Grant Program 2014-2015

How would you like to receive a \$2,000 check for your college-bound child or spouse? Well, just ask the 14 children and spouses of Hanscom Air Force Base Air Force active duty members who received education grants last year! If we subtract those who did not complete the Financial and GPA verification forms, the selection rate for Hanscom AFB was 100%! So there is no reason not to apply.

Applications are now being accepted for the Air Force Aid Society General Henry H. Arnold Education Grant Program for the 2014-2015 school year. This annual program provides \$2,000 undergraduate education grants to eligible spouses and children.

BASIC ELIGIBILITY: Eligible dependents of all ranks encouraged to apply; Children of active duty, Title 10 AGR/Reserve, Title 32 AGR performing full-time; active duty, retired, retired reserve, and deceased Air Force members; Spouses (stateside) of active duty members and Title 10 AGR/Reservists; Surviving spouses of Air Force members who died while on active duty or in retired status. Specific eligibility criteria are listed on-line at www.afas.org.

DEADLINE: 7 March 2014 (no extensions). Applications available on-line only at www.afas.org.



What's Happening on Joint Base Cape Cod

Training & Education Offerings:

WED 22 JAN Mr. Bob Stewart from Southern New Hampshire University. Mr. Stewart will be available at the Air Station Galley from 1100~1230 and at Bldg. 3164 (Training & Education) until 1400.

Help Wanted [For more info click here](#)

Roxy Theater:

Sales Clerks (17+)

Fridays, Saturdays & Sundays

Customer Service, Cash Handling, Stocking, Cleaning

Crosswinds Bowling Center:

Recreation Aids (18+)

Customer Service, Cash Handling, Technical Know-How for Machinery, Flexible Availability

Crosswinds Diner & Falcon Deli:

Food Service Workers (18+)

Day Hours or Evening Hours, Flexibility Desired

Food Prep, Sanitation, Cash Handling, Customer Service



FREE Movies

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



Disney Armed Forces Salute Discount

Disney World and Disneyland have a great military discount, the Armed Forces Salute. The Disney Armed Forces Salute offers Disney theme park tickets at over half off the regular price and Disney resort rooms at a 30% to 40% discount! Eligible to: Active, Reserve & Guard; Retirees of Active, Reserve & Guard; 100% Service connected disability with DAVPRM code, Spouses or Un-Remarried Widows of the above. [FULL DETAILS](#)



Buy Tickets Locally at The Ticketing & Rental Office

Tickets to Disney, Universal, Sea World or any other attraction tickets. If they don't have them, they usually know who does! Please allow a minimum of 7-10 days before you travel so the tickets can be ordered. Find out more [HERE](#) or call 508-968-6447 for details.



Military Appreciation Night—UMass Lowell vs. BU

SAT 18 JAN @ 7p at UMass Lowell Tsongas Center

Come watch nationally ranked UMASS LOWELL Hockey.

Free Admission for any Active Duty, Guard, Reserve, or Retired military service members and their dependents when they show their military ID at the box office.

Fuel Assistance Guidelines

The Massachusetts Low Income Energy Assistance Program for the 2013-2014 heating season begins November 1st. This program is designed to provide relief to low-income households. The income eligibility guidelines and the required documents are based on Household Size Gross Income: 1—\$32,065 ; 2—\$41,932 ; 3—\$51,798

To Apply you will need: Identification for head of household along with Social Security #'s and birth dates for all household members.

Income Verification: Last four (4) weeks gross income for everyone in the household 18 years and older. All income must be documented such as Child Support, Odd Jobs, Veterans, Pension, AFDC, Social Security, Interest/Dividends, etc. Any adult receiving income for a minor must have proof of that income. For the self-employed, a copy of 2012 federal tax returns with all pages and schedules. If self prepared, signature page must be notarized. Full time students need documentation from the school or college. Copies of complete electric bill, heating bill, Verizon phone bill, Mortgage statement, real estate tax bill, homeowners insurance or for renters a signed lease or letter from landlord stating amount of monthly rent. [Learn more](#)



Cold Relief Heatline
1-800-632-8175

[here!](#)



Save the Date: Operation Money Wise

SAT 22 MAR @ Mass Bay Community College
50 Oakland St., Wellesley, MA 50

This is a FREE one-day personal finance event for veterans, active duty, reserve members and their families.

The conference will build financial knowledge and answer financial questions specific to your service.

Presented in partnership by the Massachusetts Financial Literacy Trust Fund, Massachusetts National Guard & Reserve and Office of Veterans' Services.

Online registration will be available February 2014. Questions? Contact Sheila O'Loughlin, Financial Education

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.



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.



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.

Winning Salary Negotiation Seminar

TUE 21 Jan form 9—11@ Hanscom AFB

Please join us as we cover the following topics:

- The importance of negotiating the initial offer
- The keys to successful negotiation
- How to initiate a negotiation discussion
- What is negotiable
- Factors impacting employer's offer
- Employer negotiation tactics
- Negotiation mistakes

**80% of companies
 will negotiate salary**

**Only 30% of
 applicants try!**

Learn insider secrets from a former HR/Staffing professional. Call the Airman and Family Readiness Center at 781-225-2765 or send us an e-mail at 66.fss.fsfr.cmb@hanscom.af.mil to register.



New Rates at the JBCC Child Development Center Starting 01 FEB 2014

If you use the tier system, please provide your LES and pay stubs so an accurate tuition rate can be computed. Those that do not provide paperwork will be automatically placed in Tier 9.

| Tier | Total Family Income | Fee—Per Month | |
|------|---------------------|---------------|---|
| 9 | > \$128,246 | \$950.00 | Part Time Full Day = \$53.00 Part Time Half Day = \$35.00 |
| 8 | \$102,597—\$128,245 | \$900.00 | This is a NAEYC accredited Child Development Center with intentional learning, routine child assessments, and professionally trained and educated staff. They provide flexible scheduling opportunities for parents and accept Child Care Network vouchers for members who meet established income requirements. For children 6 weeks—6 years old. For more details contact them at 508-968-6450 |
| 7 | \$87,208—\$102,596 | \$850.00 | |
| 6 | \$75,409—\$87,207 | \$798.33 | |
| 5 | \$59,250—\$75,408 | \$699.89 | |
| 4 | \$47,400—\$59,249 | \$603.19 | |
| 3 | \$36,628—\$47,399 | \$446.25 | |
| 2 | \$30,165—\$36,627 | \$393.54 | |
| 1 | \$0—\$30,164 | \$268.59 | |

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