

The Family Flyer



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

COAST GUARD EXCHANGE
CGX
MarketPlace
CAPE COD
STORE EVENT
Mar. 15th 11am-2pm

Meet
PRO BOXER
Kippy Diggs
& Jeff Dardenne
of Falmouth Area Sports

FITNESS DEMONSTRATIONS
•
FREE BLOOD PRESSURE CHECKS
•
FREE SAMPLES
•
AND MORE!

Career Transition Series

Session 03—THU March 20th

Location: 102IW, Bldg 158, Wing Conference Room

Time: 10 -12



Build a complex inventory of your skills based on your experiences at work, training you've received and during your personal activities

This series will inventory will be your building blocks to:

- * See more opportunities for which you are qualified
- * Develop resumes which you can more easily adapt for specific jobs
- * Have your "stories of success" for interviews fresh and ready

**Pre-registration is preferred for 102IW members, and required for all others for gate

access

POC:

Email

[Erin Creighton](mailto:Erin.Creighton@umass.edu)

or call 508-968-4855

Military personnel and spouses of all branches are welcome to attend!!

If you missed the first sessions, it's okay! You can catch up!

Purple Up! For Military Kids

DATE: TUE April 15th

April marks the nation's "Month of the Military Child," a time to honor youth impacted by deployment." In celebration, we invite you to join us for the 4th annual Purple Up! for Military Kids. On Tuesday, April 15th, the UMASS Extension 4H Youth Development Program along with the MA National Guard Child and Youth Program is encouraging people across the state to wear purple as a visible way to show support and thank military children in Massachusetts for their strength and sacrifices. Purple is the color that symbolizes all branches of the military, as it is the combination of Army green, Marine red, and Coast Guard, Navy and Air Force blue.



Good To Know

New England Center for Homeless Veterans Clothing Drive

DATES: 7 March—7 April

Welcome The clothing drive in support of the New England Center for Homeless Veterans is going on from 7 March to 7 April 2014.

Bins are located at in the following Buildings at Hanscom AFB:

1305 (Brown Building)	1630
1548 (Fitness Center)	1725 (Security Forces)
1603 (Base Chapel)	1900 (Clinic)
1614	BX
	Before and After School Center

Please donate: Scarfs, hats, gloves, socks (both athletic and business), underwear, woman's clothing and business attire, plus day-to-day wear.

National Prayer Breakfast

DATE: April 4th @ 8:00 a.m.

LOCATION: Minuteman Commons

PRICE: \$13.00 per ticket

One year after the Boston bombing...

This year's Prayer Breakfast will highlight how several individuals overcame the impact of the Boston Bombing. In addition, a few of Team Hanscom and Guard members who rendered crisis management aid will be participants in the program. The Adjutant General and the Civil Support Team will be participating in the event.

There will also be a time for recognizing those who provided follow-on care.

For tickets, contact the Hanscom Chapel at 781-225-5501.

"Finishing the Race: Faith to Overcome Adversity"

Women's History Month—Photos

Calling all women service members! The National Guard Bureau's Family Programs Division, in conjunction with the Department of Defense, wants to honor and empower women in the military!

In an effort to take a more personal look at the contributions of women in the U.S. Armed Forces, they are looking for photos of women in uniform - past and present. These photos will be highlighted throughout the month of March on the Family Program Division's Facebook websites and the Joint Services Support website.

You can email any photos you want submitted to 102iw.pa@ang.af.mil and we'll get them to NGB's Family Programs Division.

The only **restrictions** for the photos are:

- Women must be in uniform, but friends and family can be in the photo with them
- By submitting the photo, you give the Department of Defense permission to use the photograph and post it to their Facebook websites and Joint Services Support website

CES MMA Event

DATE: March 14th @ 7:00 p.m.

LOCATION: 100 Twin River Road, Lincoln, RI 02865 *Civilian attire

PRICE: \$20.00 per ticket

CES MMA is the only combat sports promotion in the world that is approved by the Wounded Warrior Project to send their members to. Last year 1,000 different members attended the CES MMA event.

If interested, directly contact Mr. Sullivan via [EMAIL](#) or telephone, (401) 548-6934.



Great Offers...

Would you be interested in a Free 4-hour Fishing Trip??



SIGN UP TODAY TO HELP SECURE THE GRANT FUNDING FOR THIS EVENT.

Summer 2014, out of Hyannis, MA

Hyannis Elks is trying to put together a free 4-hour fishing trip out of Hyannis on a Hy-line charter boat! The event would be open to our returning soldiers, including their families. There would be about 30 spots available.

If you are interested please contact SrA Michelle Copeland; 508-968-4854 or [EMAIL](#).

10% Off Your purchase at Edible Arrangements for Military Members!

Walk-in, Pick-up or Delivery... Whatever works for you! For Every Occasion!

Edible Arrangements in Plymouth, Sandwich and Yarmouth are now offering military members 10% their purchase of edible arrangements, for any and every occasion!

LOCATIONS:

Store 254

321 Court St
Plymouth, MA
02360

508-746-1717

[WEBSITE](#)

Store 1126

Heritage Park
280 A Route 130,
Sandwich, MA 02644

508-888-1336

[WEBSITE](#)

Store 1020

Union Station Plaza,
23M White Path,
Yarmouth, MA 02664

508-394-3100

[WEBSITE](#)



Women Veterans' Spring Fling

SAT March 29th from 10AM-2PM

@ MSPP, 1 Wells St, Newton, MA 02459

Welcome in the spring with other women veterans in your community.

There will be door prizes, snacks, free parking, benefits information, networking and more! Woman veterans and their families are welcome!

**There will be children activities.

RSVP: by [email](#) OR call 617-210-5958



12th Annual Heroes Breakfast

American Red Cross Cape Cod and Islands Chapter

Friday, March 28, 2014 from 7:30 a.m.—9:00 a.m.

@ The Resort & Conference Center, Hyannis MA

Please join the Cape Cod Chapter of the American Red Cross to celebrate the life-changing achievements of the everyday heroes in our community. This year's special guest presenter Captain Richard Phillips.

This year's event highlights ten life-saving acts including military honorees.

For tickets and event details, please visit their [WEBSITE](#) or call (508) 775-1540, x 14.



American Red Cross
Cape Cod and Islands Chapter

For The Kids

FREE Cape Cod Military Family Easter Egg Hunt



WHEN: SAT April 19th

TIME: TBD

The Golf Club of Cape Cod, Ballymeade and the Otis Civilian Advisory Council invite all Cape Military Families to a FREE Easter Egg Hunt at Ballymeade, in North Falmouth, MA.

On hand will be the Easter Bunny, Balloon Artist, Face Painter, and food!

Reserve Your Space Today! Contact email for information or to register [Michelle Copeland](#)

Summer Stars Camp for the Performing Arts

AGES: 12-15

WHEN: August 10-18

LOCATION: Northfield Mt. Hermon School, Northfield, MA

Summer Stars offers small group programs in improvisational acting, blues performance, dance, musical theater/choral singing, set design, juggling, drumming and much more.

Camp is fully funded by a variety of donors, there is no charge to participants, and transportation is provided.

Camp is limited to 100 spots.

Completed applications, *including one recommendation form*, are **due by May 1** and can be sent to:

Nina Biggar Del Vecchio, 125 Elm Street, Belmont, MA 02478.

For more information, visit their [WEBSITE](#).

If you have any questions regarding the application process or the camp please contact Nina at 617-932-1302. Email inquiries can be sent to [NINA](#) directly.



**SUMMER
STARS**
CAMP FOR THE
PERFORMING ARTS

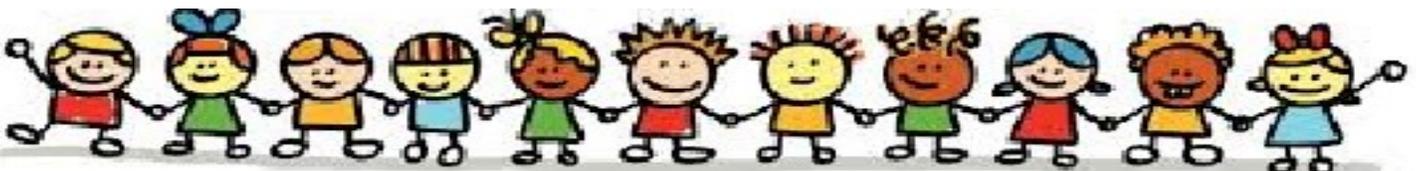
NGAMA 2014 Scholarship Program

Deadline: MON March 31st

The National Guard Association of Massachusetts and The Adjutant General, announce that two \$2,000 scholarships will be awarded to Massachusetts National Guard personnel and their sons, daughters, or spouses.

*You must be enrolled in, or planning to attend a regionally or nationally accredited degree or technical program to apply for this scholarship.

For the application and more details [EMAIL](#) MSgt Rogissart.



Youth Camps

2014 Operation MegaPhone (OMP)

WHEN: 25-26 April 2014

WHERE: Military Youth Centers

THEME: "Memories from Around the World"

At this time, the OMP Planning Committee REQUESTS that you SAVE THE DATE of 25-26 April 2014 for Operation Megaphone 2014! This year, OMP's theme is "Memories from Around the World" and will feature the service project of Aid to the Philippines. The theme was voted upon by the OMP Planning Committee, "because military teens have all been around the world, in a sense. We should share our story with other people."

For more information, visit the OMP [Facebook](#) , [Twitter](#), or [Instagram](#) accounts.



Air Force Teen Aviation Camp

WHEN: 7-12 June 2014

WHERE: Colorado Springs, CO

COST: Lodging, meals, and activity fees are centrally funded beginning with dinner on Saturday, 7 Jun 14.

Air Fare or POV costs are the responsibility of the attendee or installation.

This camp is designed to give all attendees an experience that will help them determine if aviation or the Air Force Academy is a career choice.

For further information contact;

Con Fisher: 210-395-7515, DSN 969-7515, [EMAIL](#) or Kim Gilman: 210-395-7252, DSN 969-7252, [EMAIL](#).



Air Force Teen Leadership Camp (TLC)

WHEN: 9-13 June 2014

WHERE: University of Texas in San Antonio.

COST: Lodging, meals, and activity fees are centrally funded beginning with dinner on Saturday, 9 Jun 14.

Air Fare or POV costs are the responsibility of the attendee or installation.

The Air Force Teen Leadership Camp is a 5-day residential program which provides youth a glimpse of what university life is like while developing their leadership skills. Activities include team building, High/Low ropes course, conflict resolution, public speaking, and more.

For further information contact;

Kimberly Gilman; 210-395-7252, DSN 969-7519, [EMAIL](#) or Marcus Forte: 210-395-7514, DSN 969-7514, [EMAIL](#).



Air Force Service Space Camp

WHEN: 27 July—1 August 2014

WHERE: Hunstville, AL

COST: Lodging, meals, and activity fees are centrally funded beginning with dinner on Saturday, 27 July 14.

Air Fare or POV costs are the responsibility of the attendee or installation.

Air Force Space Camp is hosted by the US Space and Rocket Center. While at camp youth will experience, imagine, and interact through Space Shuttle mission simulations and tours of the center. The camp is an inspiring week of fun and enriching space activities. More information is available on their [WEBISTE](#).

For further information contact; Marcus Forte: 210-395-7514, DSN 969-7514, [EMAIL](#).

Employment Opportunities & Job Search Resources

MARCH 27 VIRTUAL CAREER FAIR

13:00-16:00 EST

ACTIVE DUTY, GUARD/RESERVISTS, VETERANS, MILITARY SPOUSES

THANKS TO OUR GOLD SPONSORS



Meet live with recruiters from dozens of America's most military friendly employers.

More Than 47,000 Veterans & Military Spouses Hired Since 2011!

In addition to the great group of companies, they will also be giving away some great prizes such as wireless speakers, and iPad.

Register *today* on their [WEBSITE](#).

SERVPRO

Production Crew Chief & Production Helper

Primary Role: Manage and complete jobs according to SERVPRO.

Set up and establish efficient job flow, coordinate requirements for the job, complete job documentation, perform and supervise production work, and monitor assigned jobs from start to finish. Follow and enforce all safety procedures on the job site. Monitor all assigned jobs to ensure customer needs are met. Perform sales and marketing activities, including add-on sales and security checks.

Contact Ken at 781-291-1999 with any questions or candidates.



Veteran's Resource Workshop

How to Start a Business!

WHEN: THUR April 10th from 8:30 a.m.—10:30 a.m.

LOCATION: The Hawthorne Hotel, 18 Washington Square W, Salem, MA 01970

Veterans represent a growing number of entrepreneurs. And, like many, they want to learn the how's and why's of starting a business. Come listen to two experts who will describe how vets can start a business as well as a veteran who will share how he started and now runs his own successful business.

Visit their [WEBSITE](#) for more details.

Co-sponsored by: MA Small Business Development Center and The North Shore Alliance for Economic Development

Painting Job at Fenway Park for Red Sox!

DEPARTMENT: Facilities Management

Primary Role: Manage and complete jobs according to SERVPRO. Set up and establish efficient job flow, coordinate Paints, patches, varnishes, stains, enamels, lacquers, and redecorates structures, walls, seats, offices, woodwork, ceilings, furniture, and fixtures throughout the Park.

If interested please send your resume to mkelley@detma.org for consideration!



Work Hard, Play Hard!

Cage FX: Mixed Martial Arts

When: April 12th

Time: 6:30 p.m.

@ Armory 70 Victory Rd, Boston, MA

20 FIGHTS = \$45.00. Call: Lynne 774-238-1113 for tickets.

For More information visit their [WEBSITE](#).



Hire A Veteran Breakfast

When: WED March 19th

Time: 7:30 a.m.

@ MIT Endicott House, 80 Haven St,
Dedham, MA

GOAL: To match up veterans with business owners looking to hire.

If you would like to attend, RSVP with John Gorham (781) 292-3290 or [EMAIL](#).

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?

Open to:

Military families of all branches,
with children

AND

whose unit or home
is on Cape Cod



POC: [Michelle](#)

508-968-4846



Lunch and Learn

When: TBD

Time: 11:30 a.m.-12:30 p.m.
@ 102IW, Bldg 158, 3rd floor

The subject is TBD:

Blending the multiple lives of a Guardsman. So grab your lunch and come on up!!!

Resilient Warrior Course

When: April 16th

Time: Four sessions; 4:00 p.m.—6:00 p.m.

@ Hanscom AFB Commons Building, Heritage Room
1425 Kirtland Street

Stress Management Course for Female Veterans.

Free class for post 9/11 female service members and veterans.

Learn the latest mind/body techniques to help you:

- Manage stress
- Sleep better
- Improve communication with family members and friends

Learn more on their [WEBSITE](#).

To register, E-mail [Emma Morrison](#), or call 617/643/3829.



Register Today at
www.mass.gov/treasury/operationmoneywise



SATURDAY MARCH 22, 2014
MASS BAY COMMUNITY COLLEGE
50 OAKLAND STREET
WELLESLEY

This is a **FREE** one-day personal finance event for
servicemembers, veterans and their families.

Class Topics:

Dealing with Debt	Healthcare
Budget & Goal Setting	Money & Disability
Retirement	Home Buying
Higher Education	Career Counseling

CONTINENTAL BREAKFAST COMPLIMENTARY CHILDCARE* DOOR PRIZES LUNCH

*ages 3-8 yrs old

Presented by the Massachusetts Financial Literacy Trust Fund and
the Office of the Massachusetts State Treasurer in partnership with:



ISFAC
Massachusetts Inter-Service
Family Assistance Committee



MASSBAY
COMMUNITY COLLEGE
Your dreams. Our mission.

Questions? Contact Sheila O'Loughlin, Financial Education Coordinator,
at (617)367-9333 x 615 or flt@tre.state.ma.us

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



Requests to be added or removed from this distribution list may be sent directly to [Erin](mailto:erin.creighton@ang.af.mil).

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THE AMAZING FAMILY PROGRAM RACE

“Route to Resiliency”

28-30 March 2014

2014 Massachusetts National Guard Family Program
Volunteer Workshop

FREE training weekend. Make stops along the way to network, train, and learn how to navigate the multiple Family Program Resources. POC: Lisa Potito 508-233-7231.

Southbridge Hotel & Conference Center
14 Mechanic Street
Southbridge, MA 01550



Find caregivers for Before/After School, Last Minute Needs, Infant Care,

School Closings, Pet Sitting, and Senior Care
Your membership to Sittercity is FULLY PAID by the Dept of Defense and is at no cost to you! For Army, Navy, Marines & Air Force— active duty, Reserve & Guard families.

[Activate your Membership today!](#)

Need a Little Extra Cash??

Military Personnel Needed for Nutrition Research Study

Purpose:

- Determine how sleep restriction impacts immune function and wound healing time.
- Identify nutrition interventions to improve immune function and wound healing time after a period of sleep restriction.

Compensation: up to \$200.

For more information contact:

Tracey Smith
@ 508-233-4868 or
Scott Montain
@ 508-233-4564



wiseGEEK

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“Otis FamilyProgram”
on
Facebook!



FREE Movies

To find out what's playing



Roxy Theater

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



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