



The Family Flyer

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

It's Tick Season!

- ◆ Be sure to check for ticks after spending any time outside
- ◆ Use repellents (DEET)
- ◆ Stick to main pathways and center of trails
- ◆ Wear long-sleeved shirts and pants tucked in
- ◆ Remove any attached ticks carefully and as soon as possible



Find more about Tick Protection [online](#)

LTC Michael J. Greene Foundation; 1st Annual Lacrosse Jamboree!

DATE: SAT May 24 from 9:00 a.m.—3:00 p.m.

LOCATION: Memorial Park, Mansfield

This is a jamboree for lacrosse players (boys) from ages 8–14.

The cost is \$30 per individual/ \$300 per team.

To register visit their [WEBSITE](#).

Run 2 Remember (5K Run/1M Walk)

DATE: SAT May 24 @ 10:00 a.m.

LOCATION: BATTERY BROOK PARK;

123 Williamansett Street, South Hadley, MA

Entry Fee: \$25.00 ; Day of Race: \$30.00

Teams of 5: \$100.00 *

Register online at their [WEBSITE](#). *Teams must mail in registration.

HONOR & TRIBUTE—Boston's 2nd Annual Memorial Day Concert

DATE: May 26 from 6:00 p.m.—7:00 p.m.

LOCATION: Tia's Waterfront Restaurant,
200 Atlantic Ave, Boston, MA

Mayor Martin J. Walsh and the City of Boston Veterans' Services



RSVP Sarah Keller-Likins at 617-733-7994 or by [EMAIL](#).
To reserve your seat please visit their [WEBSITE](#).

Plymouth Career Center & Middleboro on the Move Career Fair

DATE: THUR May 29 from 10:00 a.—2:00 p

LOCATION: Middleboro Town Hall, 2nd Floor,
10 Nickerson Ave, Middleboro

Be sure to dress for an interview. Bring plenty of resumes. Register on their [WEBSITE](#) and bring your account # with you. If you are collecting unemployment, this counts toward your work search.

Free Day at Mystic Aquarium

DATE: May 24—26

As a special thank you to United States military personnel, Veterans and Active-Duty Service Members receive free admission to the Mystic aquarium in CT from May 24-26. Simply show your US Military ID at the admission gate.



10th Annual Troops in the Spotlight

Sunday May 25 at 11:30 - Monday May 26 at noon

Kmart Plaza, Rte 130, Hyannis MA



11:30 Opening Ceremony (honoring our WWII, Korea, Iraq & Afghanistan Veterans)

Noon-5 Lunch with the X-Grill

Noon-6 Kids Tent with lots of activities and prizes

1:00 EOD & K9 Demonstrations

2:00 Vietnam Honor Ceremony...

4:00-7 Ziggy's Cruise/Car Show

Midnight Flag Lowering Ceremony

2am Local Police Dept. Drive By

11:30 Closing Ceremony - Renee Rancourt (Boston Bruins) will sing the National Anthem.

Please stop by anytime and help us honor our military members both past and present! Bring donations for care packages, cards and letters for our troops, send a free video message to our deployed troops, see all the military vehicles and displays, check out all the great prizes in the Support Our Troops Raffles. Help [Cape Cod Cares for the Troops](#) fill their truck with care package supplies and raise the money to help with the cost of shipping care packages, providing financial aid to our wounded men/women, military families and veterans. This is a 24 hour event so please stop by anytime. This is a great family event, with a special kids tent.

Visit the Iraq/Afghanistan Memorial Wall! This wall was created by the Yarmouth Moose Lodge and has the name of every member of our military killed in Iraq and Afghanistan. This is an amazing way to honor those who have made the ultimate sacrifice for our country and to guarantee they will never be forgotten.



Take the train to Troops in the Spotlight on Sunday May 25th!!! Military Members IN UNIFORM will ride free of charge. For everyone living in Boston/South the Cape Flyer will be leaving South Station



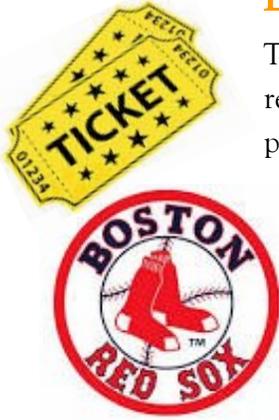
at 8am for Hyannis, stopping at Braintree at 8:20, Middleboro at 8:50, Wareham at 9:08, Buzzards Bay at 9:18 and then arriving in Hyannis at 10:18. Free transportation will be provided from the Hyannis Train Station to Kmart Plaza where you will arrive... before the Opening Ceremony. The train will leave Hyannis at 6:30, making the same stops and arriving back in Boston at 8:45PM. This is a great way to come to Troops in the Spotlight without the hassle of traffic onto the bridge.

Military Members: Participate in the highlight of the event & volunteer to stand at attention for one hour!



Good to Know

Deep Discounts on Red Sox Tickets



The Boston Red Sox are proud to offer special pricing on tickets to active-duty, reserve/guard, veteran, and retired service members and families/friends. You can purchase as many as 10 tickets per game.

[CLICK HERE](#). On the main page you will see a section "Game Dates". Click on "Buy Tickets" for the game(s) you want to attend. This will send you to a window where you will need to register for a website named GovX. Register with GovX, including creating your password. You will be sent a confirmation email to complete your registration. Then go back to the "Game Dates" and click "Buy Tickets" for the game(s) you would like to attend and purchase your tickets.

Blood Drive

DATE: FRI 13 JUN from 9A—3P

LOCATION: Mass Military Reservation Fire Dept.

Building 3138, Joint Base Cape Cod

Give Blood for Cape Cod! For more information visit their [WEBSITE](#) or call 508-86BLOOD.



Sox vs Yankees Bus Trip to NY

Red Sox vs Yankees

Sat. June 28th at Yankee Stadium



\$104/pp includes round trip transportation and Terrace level seats.

Depart from Hanscom AFB at 1:30 p.m. Enjoy Silver Fox Coach for a great day in New York as the Red Sox battle the Yankees at the Yankee Stadium. Enjoy all the action from your excellent Terrace Level reserved seats as the Yankees and Red Sox take the field. You'll depart for home after the game and a great day at Yankee Stadium! Approximate return will be about 3 a.m.

Call Tickets & Tours for more information or to reserve your spot today! (781) 225-6505

Cooking Matters at JBCC Commissary

Dates

Wednesday, June 11
Thursday, June 12
Wednesday, June 25
Thursday, June 26
Friday, July 11
Saturday, July 12

Time

A.M. and P.M. tours available to accommodate busy schedules.

Location

CGX, Coast Guard Exchange, Lee Road, Bldg. 5203



RSVP

Please visit our online scheduling [FORM](#). Questions? Can't make this tour but want to participate in the future? Just [EMAIL](#) them your situation.

Plymouth Memorial Day Parade

DATE: MON May 26 @ 9:30 a.m.

The parade will start at Shirley Square.

Free parking only until 12:00 noon.

Inclement weather; ceremonies will take place in Memorial Hall at 10:30 a.m.



2014 Joint Base Cape Cod Runway 5K Run

DATE: SAT June 7th @ 9:00 a.m.

LOCATION: Runway, JBCC, MA

PRICE: \$5.00 per person

Run a 5K along the runway. Family members are invited! Lunch following the run.

If you are interested in participating please contact Michelle Copeland via [EMAIL](#) or call (508) 968-4854.

Work Hard, Play Hard!

“Airmen 4 Life”

Air Force Recovery Care Coordinator

Bobbie Kendall

Location: Hanscom AFB

Comm: 781-225-2757

Cell: 603-552-7944

E-Mail: bobbie.kendall.ctr@hanscom.af.mil

Air Force Warrior and Survivor Assistance Toll

Free Help Line: 1-877-USAF HELP

What is the goal of the Recovery Coordination Program (RCP)?

The Recovery Coordination Program streamlines and improves the way care and support are delivered to wounded, ill and injured Airmen and their families.

The RCP provides the support of a Recovery Care Coordinator (RCC) who guides the Airman and family along their road to recovery.



90% Discount on SAT & ACT Test Prep

Through eKnowledge access SAT and ACT test preparation for \$20! Fee includes online materials, shipping and access to online streaming.

The SAT and ACT PowerPrep Programs are available online or on a single DVD. Programs include more than 11 hours of video instruction and 3,000 files of supplemental test prep material, thousands of interactive diagnostic tolls, sample questions and practice tests.

Students select the training they need and study at their own pace.

Request your program

ONLINE TODAY!



The Hero Triathlon is looking for Service Members and Veterans that would like to compete in the event which is conveniently located on the “Upper Cape”. We’ll even comp the entry fee for those who sign up to represent their military branch on a relay team (2 or 3 person relay teams - each member completes a segment of the triathlon). This is a first come first serve offer. Interested teams or participants should [EMAIL](#) by June 15th. A portion of the event proceeds will go to the Women Veterans’ Network of Massachusetts. For more information visit herocapecod.com.



.9 MI. IN JOHN'S POND

22 MI. ON OTIS AFB

6 MI. - ONE LOOP

VETERAN/MILITARY RELAY COMPETITION



SUNDAY JUNE 22, 2014

For The Kids



FREE: “Stars & Saddles” and “Family in Transition” Horse Camps

Location: Smithfield Farm, 809 Sandwich Rd, Falmouth

July 14—18

9 a.m.—3 p.m.

A week long day camp!

Offered to military children ages 8–14 who are currently experiencing the deployment of a loved one.

\$295 fee waived by OMK.

July 28—Aug 1

9 a.m.—3 p.m.

A week long day camp!

Open to Air Reserve & Guard children ages 8–14.

\$295 fee waived by 4-H/Air Force Military Partnerships

Aug 11—15

3 p.m.—7 p.m.

Second annual camp!

For military families who are undergoing or have recently undergone a deployment.

Funded fully by Heroes in Transition

Each day will consist of a formal riding lesson with Carol and Amanda, our head instructors, lots of hands on horse care, horse related activities (such as learning body parts or proper horse nutrition, bathing a horse, or how to properly “time” a jump), Miniature Horse time (a camp favorite) and horse-related art and music activities. The campers will also be teamed up in groups of 2 or 3, in which they will work together to care for a particular horse.

They will build the skills necessary to safely care for and enjoy a horse by practicing: leading a horse safely, tacking and untacking, preparing a horse for riding, grooming, mucking a stall, and many other necessary skills. Aside from the daily activities, each week will include a visit from a horse professional, such as a veterinarian or a blacksmith, and either a trail ride or a small horse show on the last day of the week!

For more information, To obtain a registration form or for more details, contact Kerry Bickford, OMK Coordinator, by [Email](#) or call 508–375–6695.

Your whole family is invited to spend a week to learning about and working with horses. We will serve you dinner each night, and adults and children will break out into separate support groups after dinner. Adults will have “down time” to share challenges and to connect with local community military support groups. Youth will participate in a variety of activities including a lesson in drumming, arts & crafts, Life is Good interactive playmaker games and more! There will be babysitting on site for families with children too young to participate.

Rhode Island Military Family Camp

WHEN: 25-27 July

WHERE: Rhode Island

COST: FREE

RI Military Family Camp is a FREE weekend of family togetherness for service members and their loved ones. Everything is included and planned for maximum family fun, all on the beautiful campus of the URI Kingston. You will sleep in the dorms, eat in the college dining hall, swim in the pool, skate in the rink, and much more! To register or for more information visit their [WEBSITE](#) or contact; Pamela Martin: 401-874-5291, [EMAIL](#).

For other camps outside of Rhode Island visit their [WEBSITE](#).

Employment Opportunities & Job Search Resources



A proud partner of the [ameriCanjobcenter](#) network



Find the One-Stop Career Center Nearest You

Visit a Massachusetts One-Stop Career Center for:

- Job search assistance;
- Career planning information;
- Workshops on job search techniques including interviewing, networking, and resume writing;
- Data on the current statewide and local job market; and
- Resources to help you find the right training opportunities;
- Tools to help you conduct an effective job search.

For more information about One-Stop Career Centers, go to www.mass.gov/careercenters



MWR Help Wanted

Positions available with the Wings Inn, Roxy Theater, Crosswinds Bowling Center, our Food & Beverage Department and more...

Ranging from limited hours to full time (temporary). Follow individual links on the MWR Cape Cod Employment page for application instructions (positions and application processes vary) For more information visit their [WEBSITE](#).



6th Annual Women Veterans' Conference

DATE: SAT June 14 @ 8:00 a.m.—3:30 p.m.
LOCATION: Nichols College, Student Center, 124 Center Road, Dudley, MA

Some of the workshops offered will be: Knitting, Art and Music therapy, Improv Theater, and a Writing Group with *Band of Sisters* author Kristen Holmstedt. There will also be financial education and state and federal benefits workshops.

RSVP: [EMAIL](#) or call 617-210-5958.

Employment Webinars

60-minute sessions are interactive so that participants can benefit from immediate, actionable advice and have the experts address their questions in real time! Feel free to attend one or multiple sessions!

Sessions on:

- Analyzing a job announcement and developing a resume strategy;
- Writing an effective resume; and
- Planning for transition

New topics added regularly. Check out MilitaryTransitionAdvisors.com today!

Transitioning Service Members: Become an Entrepreneur!

DATE: June 25 & 26

Two-day entrepreneurial training boot camp offered as part of the Transition Assistance Program for FREE. To sign up [EMAIL](#), or for more information visit their [WEBSITE](#).



Massachusetts Veterans Crisis Resource Guide

**** If you or someone you know is in immediate crisis, call 911 immediately****

The following list was collected by Massachusetts Fallen Soldiers as part of the Save One PTSD campaign. It is but a small portion of resources available, yet provides a succinct starting point to find the proper support. You will need to contact each respective organization to determine eligibility.

CRISIS SERVICES

RESOURCE:

Veterans Crisis Line

(800) 273-TALK (8255) and Press 1 - or - Text 838255

Bedford VA Mental Health Clinic

(781) 687-2347

Boston VA Mental Health Clinics

(508) 583-4500 (Brockton) - or - (617) 232-9500

(Jamaica Plains)

Leeds VA Mental Health Clinic

(413) 584-4040

National Suicide Prevention Lifeline

(800) 273-TALK (8255) - or -

www.suicidepreventionlifeline.org - or - Facebook

New England Center for Homelessness (Boston)

(617) 371-1800 - or - 17 Court Street - or www.nechv.org

Statewide Advocacy for Veterans' Empowerment (SAVE)

(888) 844-2838 - or - (save@massmail.state.ma.us)

Veteran Homestead

(978) 353-0234 - or - www.veteranhomestead.org - or -

Facebook

Massachusetts Department of Veterans' Services

(617) 210-5480 or www.mass.gov/veterans

Veterans' PTSD Project (Online)

Facebook

PHYSICAL SERVICES

RESOURCE:

Chelsea Soldiers Home (Eastern MA)

(617) 884-5660 - or - 91 Crest Street,
Chelsea

Holyoke Soldiers Home (Western Ma)

(413) 532-9475 - or - 110 Cherry Street,
Holyoke

New England Center for Homelessness (Boston)

(617) 371-1800 - or - 17 Court Street
- or - www.nechv.org

Bedford VA Social Services

(781) 687-2375

Leeds VA Social Services

(413) 584-4040

Soldier On

(413) 582-3059 - or - www.wesoldieron.org
- or - Facebook

Massachusetts Department of Veterans' Services

(617) 210-5480 or www.mass.gov/veterans

Veteran Homestead

(978) 353-0234 - or -

www.veteranhomestead.org - or - Facebook

Veterans Northeast Outreach Center (Essex & Middlesex Counties)

(978) 372-3626 - or -

www.northeastveterans.org - or - Facebook

Veterans Transition House (Southcoast)

(508) 999-3909 - or - www.vetshouse.org

SUPPORT SERVICES

RESOURCE:

Veterans Northeast Outreach Center

(978) 372-3626 - or - www.northeastveterans.org

Soldier On

(866) 406-8449 - or - www.wesoldieron.org - or - Facebook

Paralyzed Veterans of America (New England)

(800) 660-1181 or www.nepva.org

National Suicide Prevention Lifeline

(800) 273-TALK (8255) - or -

www.suicidepreventionlifeline.org - or - Facebook

Veterans Crisis Line

(800) 273-TALK (8255) - or - www.veteranscrisisline.net

Massachusetts Fallen Soldiers does not endorse any of the organizations above and all information is subject to change. If you have additions or comments, please contact us at mafallensoldiers@yahoo.com.

For more information about us, please visit us on Facebook.

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).

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

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!



Store 254

Plymouth, MA
508-746-1717

[WEBSITE](#)

Store 1126

Sandwich, MA
508-888-1336

[WEBSITE](#)

Store 1020

Yarmouth, MA
508-394-3100

[WEBSITE](#)

FREE Heroes Golf Clinic

DATE: SUN, June 29

LOCATION: The Golf Club of Cape Cod



All Cape-area veterans and active military are invited to participate in a FREE 90-minute golf clinic and luncheon at The Golf Club of Cape Cod in East Falmouth. The clinic will be conducted by PGA instructors from across the Cape, led by Doug Errhalt, TGC Director of Golf, and Jeff Handler, renowned personal trainer and expert in body mechanics.

Individuals with disabilities are encouraged to participate! Representatives from Spaulding Rehabilitation will be at the clinic to assist all athletes. Call TGC for the Troops Tournament Director Gwen Errhalt at The Golf Club of Cape Cod 508-457-7200
Space is limited - First come, first served!

Child Care Assistance subsidies for Service Members on Title 10, Title 32, and dual status technicians! Visit their [WEBSITE](#) or call 1- 800-424-2246.



Kaehler Clinic Pharmacy Schedule MONTH OF MAY

New prescriptions from civilian providers will not be excepted due to pharmacist unavailability on:

- May 27-30
- They accept civilian provider prescriptions: Mon, Tues, Thurs & Friday mornings 0800-1100.

Pharmacy is closed on:

- Wednesday mornings and Friday afternoons & May 26.

Please call 508-968-6571 for the most current information.

NEWS AND UPDATES:

-They do not accept faxes/ E-prescriptions from outside pharmacies or civilian doctor offices, vaccines are only available to active duty, and they carry a limited formulary of medications.



Find
"Otis Family
Program"
on

