

The Family Flyer



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

**ATTENTION
CURRENT & FORMER
MILITARY**

\$500

**CLOSING COST DISCOUNT*
ON ALL VA LOANS TO CURRENT
& FORMER MILITARY**

You've Served Us, Now Let Us Serve You.
\$500 Closing Cost* Discount on all VA Loans to Current & Former Military Members.

*A credit from PrimeLending will be applied at the time of closing. This offer is valid from November 1-30, 2014. Savings only applies to direct originations made by PrimeLending for first mortgage purchase or refinance transactions, and is not available on loans obtained through mortgage brokers. Only one offer per loan transaction is available, and savings cannot be combined with any other offer. Savings will reflect on HUD-1 at closing. Borrower must lock their loan between 11/1/14 and 11/30/14.

Operation Holiday 2014

DEADLINE: SUN 30 NOV

If your service member is deployed or home for the holidays or you're a Gold Star or Survivor family, take advantage of the Project New Hope Inc. (PNH), Christmas program to help them enjoy their holiday.

Military, Veterans and Gold Star families who have a need (Children between 1 -16) can submit a wish list to PNH and their donors will adopt their family by purchasing items from their wish list (within reason) for Christmas.

Families must fill out the application on or before SUN 30 NOV in order to get on the list.

Families who are not adopted will still receive toys from PNH on SAT 13 DEC at the Worcester Lodge of Elks 233 Mill St, Worcester, MA 01602 between 1:00pm and 3:00PM

To request an application please contact Bill Moore by [email](#) or call 774-243-7859.

Blood Drive

Where: Crosswinds

When: Thursday, December 4 from 9:00 a.m.—2:00 p.m.

Sponsor Code: AIRSTATIONCAPECOD

1-800-733-2767

Appointments preferred/Walk-ins welcomed

You must have a positive ID Before donating, get a good night's sleep!



Plymouth Regional Veterans Expo

SAT 15 NOV from 10a.m.—2 p.m.

**@ Plymouth North High School, Plymouth
Jobs & Benefits Fair!**

- ◇ Free food & Live music! Kids Fun Zone!
- ◇ Jobs & Employers! Door Prizes & gifts
- ◇ Enroll for VA Healthcare & Benefits
- ◇ Free Health checks & VA Claims!
Legal & Financial Services
- ◇ Bring Resumes & DD214s

Operation American Soldier

Please visit the following link if you know of someone that would like to receive a care package this holiday season. Operation American Soldier is looking for APO addresses to send care packages to for our deployed Servicemembers and has 3 packing dates scheduled: 10/28, 11/4 & 12/4.

OperationAmericanSoldier.org

Wreaths Across America!

Sponsored wreaths are placed on the grave markers at state, national veterans cemeteries as well as local cemeteries each December. Wreaths may be purchased online at their

[WEBSITE.](#)



Veterans Forum

Open to all Veterans, Active Military and Guard/Reserves and families

November 17, 2014 from 5 to 7 pm
Atria Woodbriar, 339 Gifford Street, Falmouth
Light refreshments will be served

Veteran Benefits: learn the secrets

Topic: Find out the secrets of veteran benefits that you're not aware of: not just Federal, State and Local, but also private organizations that will help you out. Learn how to apply for benefits such as education, medical, spousal, tax, housing, food, and elderly services. Do you know how to update your disability status, or access VA medical care when traveling?

Presenter: Rob Harrington is an outreach worker at Cape and Islands Veterans Outreach Center, where he offers Supportive Services for veterans and their families. He is also a member of the Commonwealth Veterans Services SAVE Team. Rob served in the Army National Guard and is an Iraq War Veteran. He welcomes your questions.

Help with PTS

Topic: Energy Medicine is a process that requires no discussion and involves no touching. Yet a single session usually *at least* "takes the edge off" of PTS symptoms. This talk will describe the process, give examples of benefits, and offer to schedule a no-charge session.

Presenter: Don Cameron trained in Energy Medicine after retiring from a career in computer technology. His practice has focused on helping survivors of emotional and physical traumas, including from combat. For more information: HelpingVetsPTSD.com

Stress Management Techniques

Topic: Discover how Reiki can aid in healing at a physical, emotional, mental and spiritual level, and how Reiki can complement traditional therapy and reduce the need to say much. Also learn how horse therapy can help veterans with PTS to connect in an environment of self-discovery.

Presenter: Betty Anne Bevis has a master's degree in Marriage and Family Therapy. She works with families, couples, and individuals to find their inner strength and talents and to recognize their resiliency. She is also a Reiki Master and uses this healing technique to release emotions and stress.

Outdoor Wellness Activities

Topic: Outdoor Wellness Activities are a portal to escaping individual and external stresses, can be the tool that conquers mental and physical illness, and can serve as the vehicle for learning how we all can live happier and more meaningful lives. This presentation will describe several upcoming programs free to veterans and families.

Presenter: Dan Badger is a licensed and trained guide, writer, medic and counselor who facilitates outdoor and experiential activities for veterans and their families. See badgerwildernessguides.org

Experience a Chair Massage – Free!

After the presentations, John Rosario, a licensed massage therapist, will offer brief sessions in his massage chair. If you've never experienced the benefits of a massage, now's your chance.

PLEASE RSVP to Jill Blanchard 774-238-8417 or email jill@graceveterans.org

Falmouth area forums will be held the third Monday of the Month
 Cape and Islands Veterans Outreach Center, Est. by the Nam Vets Assoc.

US Military Personnel & Family Member Threat

SAT 08 NOV @ 10 am

As you are likely aware from media coverage, U.S. Military, including the National Guard, and our allies have been targeted recently in both real-world incidents and virtually via social media. Terrorist organizations have openly encouraged sympathizers to attack DOD personnel and their families. While there is no known corroborating intelligence reporting regarding definitive plots to conduct attacks against the continental United States, Homegrown Violent Extremists (HVE) and terrorists may attempt to carry out attacks with little or no warning to capitalize on recent extremist incidents in Canada.

Reporting the immediate safety of you and your family is of primary concern. If it can be done without further risk, gather as much information as you can about the suspicious activity (Who What Where and when).

- For on or off base emergencies dial 911 (cell or military phone) and the call will be routed to the appropriate agency. Security Forces Base Defense Operation Center (BDOC) 968-4879 (manned 24 X 7)
- 102nd AT Office 968-4266, non-emergency, suspicious activity reporting

ONLINE:

- Avoid posting to social media or social networking sites information that may place yourself, your families or other National Guard personnel in jeopardy.
- Avoid posting photos in uniform • Be mindful that posting deployment locations or dates are OPSEC violations • Understand links and their impact: does your public friends list look like your official recall roster? Do you connect work and family in a precise manner online? • Be aware of the presence you and your family have online; know the privacy features of whatever system you prefer and know the risks of exposure.
- Avoid posting home or work address and phone numbers or details of your day (e.g. when you leave for and return from work) • Avoid posting information about your government or military affiliation NEVER allow applications to geolocate your position (i.e. "check in" on Facebook) • Report any suspicious activity promptly to the appropriate local law enforcement authority your 102nd chain of command and AT Office

STRONGLY Recommended - Personal Protective Measures:

- Minimize the wear of uniforms off base; • Don't hang uniforms in the side windows of your vehicle
- Reevaluate license plate holders, bumper stickers and other visual items on your vehicles that may affiliate you or your family to the military, government or law enforcement
- Reevaluate anti-Muslim/Islam bumper stickers
- Consider your manner of dress out in public, to include shirts, hats jackets etc. that reference military, government or law enforcement
- When possible walk in groups—practice the Wingman concept

All members should vary their routines to disrupt the terrorist planning cycles and be aware of unusual activities:

- Be alert for surveillance activities, including: taking pictures, notes or video of DOD facilities, personnel or vehicles
- Pay special attention to vehicles parked near military facilities and unattended packages
- Be aware of suspicious activities or anything that is out of the ordinary or just doesn't "seem right" and report it immediately.
- Acknowledge all visitors, have visual awareness of hand carried items, and use the buddy system, especially at small stand-alone facilities.
- Review suspicious activity reporting systems (See Something, Say Something)



For more information
follow these links:
[FOX](#) or [ARMY TIMES](#)

Good to Know

Federal Employees: Open Season MON 10 NOV—MON 08 DEC

Things to Consider:

- My family's health, dental, and vision needs for 2015
- Whether my current plan will be available in 2015
 - If I do nothing, FEHB and FEDVIP enrollments rollover automatically
- How my current plan's benefits and premiums change in 2015
- Whether the online comparison tools show a better plan for me
- How much money I could save with a flexible spending account



More Information go to www.opm.gov/openseason

To Enroll, Change or Cancel:

FEHB HEALTH: Use your agency's online enrollment system or contact your human resources office.

FEDVIP Dental and/or Vision:

www.BENEFEDS.com or 1-877-888-3337

FSAFEDS Flexible Spending Account:

www.FSAFEDS.com or 1-877-372-3337

November Rec Deck

Don't miss out on all that MWR has to offer on Joint Base Cape Cod! Check out the [November issue of the Rec Deck](#) today!

US Family Health Plan Representative at Joint Base Cape Cod

The 102nd Medical Group is excited to announce that Mr. James Souza, US Family Health Rep, will be hosting walk in hours, once a month, at the 102nd Clinic. Mr. Souza can assist all members with enrollment options for both member and family, changes of Primary Care Managers, billing issues, referrals, specialty care, etc. With Tricare closing all regional offices, this is a great resource for all!

Schedule as follows:

14 Nov, 0900-1500
12 Dec, 0900-1500
23 Jan, 0900-1500
20 Feb, 0900-1500



**US FAMILY
HEALTH PLAN**

No appointments necessary.

If you have any questions, please contact SMSgt Cynthia Thomas at 508-968-4083.

1st Annual Education Workshop

WED 19 NOV from 10 a.m.—4 p.m. @
MANG Joint Force HQ, Hanscom AFB

Topics include:

- State Tuition & Fee Waiver,
- College & University Info
- Joint Service Transcript
- GI Bill Information
- Selected Service Incentive Program
- Student Loan Repayment Program
- Veteran Services
- Outreach Services
- Yellow Ribbon
- Family Readiness Programs
- Military Testing Programs

Please contact CPT Tania Sang to request a registration form by [email](#) or call 339-202-3171.

For The Kids

Want to learn about what's happening for Military Connected Children around Massachusetts and New England?

Check out the State Child & Youth Program Virtual Bulletin Board and Calendar [HERE!](#)

Edaville USA

TUE 23 NOV

For details, November 21, 2014 through November 23, 2014 Edaville USA's will be hosting Military Appreciation Weekend! All you need to bring is a valid Military ID, which entitles you to FREE admission and Family members will be half off (just \$10).

If you have any questions please [EMAIL](mailto:) Samantha or call (508)866-8190. For more information please visit: their [WEBSITE](http://www.edaville.com).



Veterans Crisis Hotline

The Veterans Crisis Line **1-800-273-8255, Press 1** is available **24/7/365** to provide confidential counseling and referrals for Veterans and their families. This is an integrated national outreach effort to increase awareness and use of the Veterans Crisis Line, support and promote broader VA suicide prevention efforts, and promote help-seeking behaviors among Veterans at risk of suicide and other mental health problems.

Operation Homefront Seeks Military Child of Year Nominations

Officials of the nonprofit organization, which provides aid to service members and their families, said they understand what military children go through in supporting their service members and want to recognize their contributions.

Parents, grandparents, Scout leaders, teachers, counselors, priests, rabbis, imams, pastors and others can nominate a military child for the honor.

Operation Homefront presents the award to an outstanding military child from each branch - Army, Navy, Marine Corps, Air Force and Coast Guard, honoring the award winners at the organization's annual gala in the nation's capital.

Nominees selected as finalists must provide letters of recommendation and agree to a background check. Winners receive the award, a \$5,000 cash prize and a laptop computer. Nominations close Dec. 12.



Operation Homefront's Military Child of the Year® [SEE FULL DETAILS ONLINE](#)

Employment Opportunities & Job Search Resources

Veterans Job Search Strategy Session

WED 19 NOV from 9–11 a.m. @ Hyannis Career Opportunities

The first step to finding and getting your next job! RSVP as soon as possible to: Mike Swaney, Veterans Employment Rep 508-862-6127

Hot Jobs!

Find a job today!

Go to [MA One Stop Career Centers](#) to look for jobs now! Opportunities include currently hiring full time & seasonal positions.



SAVE THE DATE: Career Transition Series

Session 3: Developing a Resume & Interviewing
THU 18 NOV

Military personnel and veterans of all branches are welcome to attend. All workshops are located at Mashpee Public Library. RSVP to [Jill Blanchard](#)

Presented by Dan Riley, in association with Cape & Islands Veterans Outreach Center, hosted by the Grace Program.

Facebook & Your Job Search

Facebook is a powerful tool when it comes to finding a job. It can either help or hurt you, depending on how you use it. Learn how to use Facebook to your advantage today! Download this Guide [off LinkedIn](#).



MANG MOBILE APP

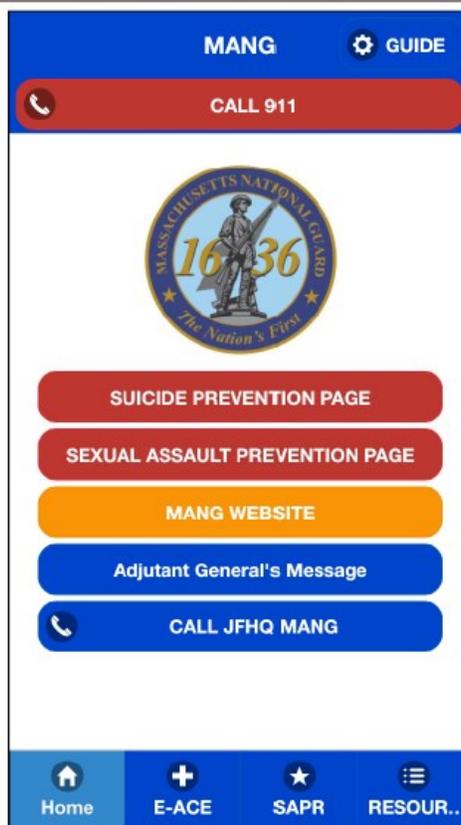


Search:
Massachusetts National Guard
at mobile app store or use the
QR Code below

ANDROID



APPLE



Resources Available for Service Members, Leaders and Families

- Behavioral Health
- Family Programs
- Chaplain Services
- Sexual Harassment
- Sexual Assault
- And Many More Resources!

**Downloaded
Application may
be carried in lieu
of ACE and
S.H.A.R.P. Cards**

Serving a Resilient and Ready Force



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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Military Deer Hunt

FRI 05 & SAT 06 DEC on Joint Base Cape Cod

Camp Edwards, in cooperation with the Division of Fisheries and Wildlife, is sponsoring a special hunt open to members of the US Military.

Veterans and Currently Serving or Retired Military

- Can bring any DEERS-enrolled dependent or one non-dependent child (age 17 and under).
- Ages 15-17 requires a youth hunting license.

Follow Signs on Connery Avenue to Check-in Station.

- Required to present hunting license, FID, and proof of military service.

For more information go to Mass.gov



Heroes of Cape Cod and Islands 2014



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 Cape Cod & Islands Chapter would like to honor and celebrate these individuals at the 13th Annual Heroes of Cape Cod and Islands. Breakfast on Friday, April 10th, 2015 at the Resort and Conference Center at Hyannis from 7:30 a.m.-9:00 a.m.

HERO CATEGORIES:

Life Saving Hero

Community Service Hero

Individual with Disabilities Hero

Armed Forces Hero

Professional Hero (Fire, Police, EMT, Dispatch)

Youth Hero

APPLICATION NOMINATION GUIDELINES:

Heroic event must be ongoing or have occurred between December 1, 2013 and December 21, 2014. Hero must have a connection to Cape Cod, the Islands or the South Coast of Massachusetts.

Deadline to submit: December 28, 2014

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.

Questions? For more information call (508) 775-1540 or visit www.redcross.org/CapeCodandIslands