

March 13, 2015

# The Family Flyer



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



## 2nd Annual Joint Base Cape Cod Military Family Easter Egg Hunt

Saturday April 4, 2015 from 2 p.m. - 4 p.m.

Location: TBD (Falmouth/Base area)

Bring your own basket!

Egg Hunt for ages: Toddler—age 8

Kids will be separated by ages for the hunt — Older children welcome for the fun!



Food, Refreshments, Face Painter, Bounce House & more! Special Guest: *The Easter Bunny*

RSVP to [erin.creighton@ang.af.mil](mailto:erin.creighton@ang.af.mil) or 508-968-4855 Include: your name, service branch, kids names & ages

Open to all branches of military & veterans. Space for 500 kids!

**This FREE event is generously sponsored and presented by:**

*Cape Cod Military Support Foundation, Falmouth Together We Can, Otis Civilian Advisory Council, and The Golf Club of Cape*

### Attention All Service Members, Veterans and Family Members Save the Date: Operation MoneyWise 2015



Saturday, March 21, 2015  
9:00 am - 3:00 pm

Mass Bay Community College  
McKenzie Auditorium  
50 Oakland Street, Wellesley MA



This is a FREE one-day personal finance event for Service Members, Veterans and their Families.

Class Topics Include:

Dealing with Debt

Higher Education

Basics of Investing

Healthcare

Budget & Goal Setting

Couponsing 101

Money Mentors

Money & Disability

Retirement

Home Buying



Registration will be open very soon [www.mass.gov/treasury/operationmoneywise](http://www.mass.gov/treasury/operationmoneywise)

# Child & Youth

## Saddle Up & Serve Day Camp

Location: East Falmouth, MA \* Ages of Youth Participants: 11-14 \* Dates: July 27-31, 2015

Hours: 9:00 AM - 5:00 PM \* POC: Sherri Guyott, [sguyott@umext.umass.edu](mailto:sguyott@umext.umass.edu)



Campers share a unique, weeklong activities in a horse farm environment. The camp is designed to meet the needs of pre/teens ages 11-14 whose families reside on or nearby an airbase in MA. The camp takes into account the unique circumstances and challenges these young people share by being part of a military family whose members are always “on call and ready” to respond to local, state, and/or national emergencies. At best, adolescence is a challenging time. The aim of the camp is to provide a five day summer program that incorporates fun and engaging activities into real-life learning experiences that build resilience, character, relationships, responsibility, confidence, mastery, and contribution within their lives and community.

## 2015 AFR/ANG Teen Leadership Summits and Air Force Camps

The Summit dates are:

12-17 Jul AFR/ANG Teen Leadership Summit Dahlenega, GA

11-16 Aug AFR/ANG Teen Leadership Summit Estes Park CO

Teens interested in applying must complete [the electronic application form](#). Completed forms are due to the University of Georgia NLT 15 May 15. The registration link will be opening shortly.

AF Youth Programs also offers the following residential camps:

6-11 Jun Teen Aviation Camp - Colorado Springs, CO

13-17 Jul Air Force Teen Leadership Camp - San Antonio, TX

27-31 Jul Air Force Space Camp, Huntsville, AL

The Information Sheets and Application form for these camps will be available [online](#). They are due by April 15th. Lodging, meals. And activity fees are centrally funded, specific details are included on each camp Information Sheet. For these three camps Airfare or POV travel costs are the responsibility of the attendee.



## Month of the Military Child Certificates

April is Month of the Military Child and its fast approaching! We all know the strength and sacrifice that defines our Military Kids, and this is your chance to show it. The MANG Child and Youth Program will once again be mailing out certificates that recognize the outstanding accomplishments of National Guard youth.

Please email us at [MASSNGYouth@aol.com](mailto:MASSNGYouth@aol.com) to register your National Guard connected child, and they will receive their well-deserved certificate this April. Please include the Service-Member name, Service-Member's branch, children's names & ages, and the mailing address for the certificates.



# Money

## Now Accepting Applications for 2015 Military Spouse Fellowships

The application period for the FINRA Foundation [Military Spouse Fellowship Program](#) is open until **April 17, 2015.**

The program provides military spouses with the education and training needed to earn the Accredited Financial Counselor® (AFC®) designation. If you know someone who might be a good candidate, please encourage him or her to apply. [Apply online](#) today!



## Need Help with Financial Matters?

Make the Most of Your Money! The Military and Family Life Counselor (MFLC) Program includes Personal Financial Counseling (PFC) to help you and your family manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.

Services include:

- Support & Counseling
- Training & Workshops

PFC services are no cost, private and confidential

**Your contact is:**

Rhonda Bowden CFP®

Personal Financial Counselor (PFC)

Phone: (508) 570-6479

Email: [MA--PFC1@mflc.zeiders.com](mailto:MA--PFC1@mflc.zeiders.com)

## TAX SERVICES



**Call. 800-342-9647**

**Click. [MilitaryOneSource.mil](http://MilitaryOneSource.mil)**

**Connect. 24/7**



Get started on a stress-free tax season this year. Check out Military OneSource tax services today.



## Dude, Where's My Refund ???

Wonder when you are going to get your tax refund? Find out today the status of your refund! On [irs.gov/refunds](http://irs.gov/refunds)

Get up-to-date refund information using [Where's My Refund?](#) or the [IRS2Go](#) mobile app. Where's My Refund? is updated no more than once every 24 hours, usually overnight. Refunds are generally issued within 21 days after the IRS receive your tax return.

You will need

- SSN, or Individual Taxpayer Identification Number
- Filing status
- Exact refund amount



# Community

## FREE Smoke Alarms from the American Red Cross

Every 3 1/2 hours, someone dies in a house fire.

There is a new American Red Cross campaign that aims to reduce fatalities caused by a house fire by 25% in five years.

Why do smoke alarms matter?

- 37% of all house fires in homes without smoke alarms result in fatalities. Where smoke alarms are installed but not working, an additional 23% result in a fatality.
- In homes with smoke alarms, these numbers go down to 4% and 19% respectively.

Through this new campaign, the Red Cross will provide a free fire detector for installation in homes, and even do the installation upon request. This offer is extended to military families living on base housing, to include the alarm installation, if requested.

If you are interested, please contact [Erin Creighton](#) to get connected with your local Program Manager overseeing the campaign in your area.



## Cape, Islands & Southeast MA 13th Annual Heroes Breakfast 2015

DATE: Friday April 10

TIME: 7:30—9:00 a.m.

LOCATION: Resort & Conference Center,  
Hyannis

The American Red Cross along with members of the community will come together to honor local heroes who have exemplified the mission of the Red Cross over the past year. These heroes have performed extraordinary acts of courage, rescued someone in need, or gave of themselves to better our communities. Please join us as we celebrate these heroes and hear their inspiring stories.

### MILITARY HONOREES:

Mark Castiglione, Life Saving Hero Award

Brendan O'Byrne, Armed Force Hero Award

John Keel, Life Saving Hero Award

ATTEND: [tickets](#)  2015

*Heroes Breakfast*

## Want to Learn How to Row for FREE?

WHEN: SAT 09 MAY

WHERE: Brighton, MA

Community Rowing, Inc. is hosting a free a Learn-To-Row event in Brighton on SAT 09 MAY for personnel associated with Joint Base Cape Cod!

It will be a fantastic opportunity to provide them with hands on, practical experience about this amazing sport.

They are currently trying to gauge the interest level for this event. If you would be interesting in attending please email the POC of your affiliated branch :

Active Air Force: [Heather Hurley](#)

Active and Reserve Coast Guard: [Candy LeBlanc](#)

Army National Guard: [Roy Aylward](#)

Air National Guard: [Erin Creighton](#)



# Veterans

## Drumming through Trauma; A Class for Veterans with PTSD



WHAT: 90-minute classes using wooden drums and hand instruments.

WHO: Veterans with PTSD.

WHEN: Tuesdays, starting 17 MAR from 5:30–7 pm

WHERE: The Art Barn @ Cotuit Center for the Arts

COST: Free

The classes focuses on drumming as a group, and each week begins with a warm up and ends with open jamming, also known as a drum circle. Drums are provided  
Group drumming is an ancient healing practice used for thousands of years for stress reduction, self-expression and community building. Drumming Through Trauma is a unique drumming program that gives participants a physical and emotional outlet to relieve the feelings they have internally suppressed.

## 2nd Annual Women Veterans Spring Fling

SAT 21 MAR from 10 a.m.–2 p.m. @ One Wells Ave, Newton MA

FREE Social event for Women Veterans and their families including: food, fun, games, yoga, arts, and crafts.

Last year's attendees said "I enjoyed the relaxed atmosphere" "inclusion of children in activities", and "connecting with other Women Veterans and Service Members"

Please RSVP and get a schedule of the day's activities click [HERE](#)



## Women Veterans' Coffee Social

In honor of Mother's Day, join the MA Women Veterans' Network in a spring celebration honoring ALL women veterans & children welcome!

SAT 18 APR 1–4 p.m.  
@ American Legion, Newton, MA

Art & crafts for kids, Exhibitors, Door prizes, coffee & light refreshments, desserts bar & MORE! This is a free event

[RSVP](#)

Hosted by the MA Dept. of Veterans Services, Women Veterans' Network, 617-210-958



## Women Veterans: A Listening Session

MON 23 MAR from 2–4 p.m.

@ JFK Federal Building, Rm 275A, Boston, MA

Many women veterans, who have returned from various conflicts these past few years are homeless, face multiple barriers to achieving gainful employment, un-able to find safe and stable housing, and independent living. These challenges can make the transition to civilian life difficult.

The Women's Bureau, of the DOL is eager to hear about the experiences of these women veterans who are looking for work in the skill or trade which they learned while serving our country or returning to their workplace and find that they lack updated skills.

The listening session will allow opportunity for the sharing of lessons learned and promising program approaches from providers as well.

RSVP to [Angela Rizzolo](#), at USDOL/Women's Bureau, by 20 MAR.

Seating is limited. Please include your name, organization, and email address. Women Veterans who wish to do so may remain anonymous or use only their first name. Hosted by the U.S Dept. of Labor Women's Bureau

# Employment/Career

## Hire a Veteran! Networking Breakfast

WED 18MAR @ 7:30 Dedham, MA

The Neponset Valley Sunrise Rotary and TripAdvisor will be sponsoring the 3rd annual **"Hire a Veteran" breakfast**. The goal is to match up veterans with business owners looking to hire.

If you are a business owner or a veteran and would like to attend, please, **RSVP** to John Gorham (781-292-3290 or [jgorham@bulfinchgroup.com](mailto:jgorham@bulfinchgroup.com)).

## Plymouth Career Center's March Career Fair

THU 26 MAR 1 –3:30 p.m.

Admission is **FREE**

Call 508–732–5300 to register or register at the front desk.

So far nearly 30 employers will be there.

Be sure to dress for an interview & bring plenty of resumes.

For more information visit their [website](#).

## Job Seeker Boot Camp Series

Part 1: TUE 31 MAR from 9 am—12 noon

**8:30 am - 8:55 am:** Check in/Coffee and Donuts

**9:00 am:** What do you want to be when you grow up?

How to determine what you want and what you do best.

**10:00 am:** What to say after you say Hello: The art of successful networking

**11:00 am:** Lasting First Impressions: Would you hire you?

Held at Career Opportunities, Hyannis

Advanced registration required.

Space limited.

Register with Emily Johnson by [email](#) or call 508-862-6105 by 27 MAR.

## CAREER

## Career Transition Series

@ Mashpee Library, 64 Steeple St. from 5:00–6:30 p.m.



### Session 1

#### Inventory of Skills

TUE 17 MAR

This inventory will be your building block!

See more opportunities for which you are qualified

Develop resumes you can easily adapt for specific jobs

Have your "stories of success" for interviews fresh and ready!

### Session 2

#### Networking

TUE 24 MAR

Cultivate and understanding the skills and knowledge you already have to minimize your opportunities and get the position that you want!

Understand the role of networking in your career search

Learn how to develop your brand  
Learn the Job Search Game Rules

### Session 3

#### Developing a Resume and Interviewing

TUE 31MAR

Learn how to use the PARs you previously created to build your resume

Learn how to develop strong interviewing skills necessary to land a job

Develop a 90 second speech to introduce yourself effectively

Open to military & spouses of all branches. Reserve a spot 774–238–8417 or [jill@graceveterans.org](mailto:jill@graceveterans.org)

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



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Office Hours:  
Monday – Friday 8:30 a.m.—4:30 p.m.  
Saturday of UTA weekends 7 a.m.—3 p.m.

Requests to be added or removed from this distribution list may be sent directly to [Erin](mailto:Erin).



[Otis Family Program](#)

[Massachusetts National Guard Family Program](#)

## \$2,000 Military Spouse Scholarship



Career Step and Army Wife Network have joined forces to provide a jumpstart a spouse may need to gain the education needed to improve their life. This scholarship offers one deserving military spouse \$2,000 to be used for higher education at the institute of their choice. Current spouses of service members who are active duty or veterans of the Army, Navy, Air Force, Marines, Coast Guard or National Guard are welcome to apply. There is no age requirement. Applications can be an essay or a video. For more visit them [online](#). The deadline to apply is April 24, 2015.

## Camp Marshall Military Discount

Camp Marshall, in Spencer MA , is proud to now offer a \$50 per camper discount for any children whose parents or guardians are active members of the military .

Come and experience all the fun that summer camp has to offer! Both day and overnight programs for children and teens ages 4 – 16. LIT and CIT also offered for teens. Activities include swimming, boating, hiking, survival, challenge course, shooting sports, horseback riding, agriculture and horticulture, art & crafts, and so much more!

Camp weeks are filling up fast! Secure your child's spot at camp now using their easy [online registration](#)! For direct questions for the office, call 508-885-4891 or [campmarshall4h@yahoo.com](mailto:campmarshall4h@yahoo.com)



## 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?

The Beehive program provides monthly supplemental food (snacks, pasta, rice, cereal) to military families.



For other locations in Massachusetts for food resources, please visit the [Greater Boston Food Bank's Food Finder](#) listing pantries and community meal programs