

March 27, 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

Date: Saturday April 4, 2015

Time: 2 p.m. - 4 p.m.

Location: USCG Building 3172, JBCC

3172 Burge Boulevard, Buzzards Bay 02542



Egg Hunt for ages: Toddler—age 8

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

Bring your own basket!

Food, Refreshments, Face Painter, Balloon Twister, Bounce House & more!

Special Guest: *The Easter Bunny*

RSVP by : **WED 01 APR**

to Erin.Creighton@ang.af.mil 508-968-4855

or Nicole.L.Mantopoulos@uscg.mil 508-968-6689

Include: your name, service branch, kids names & ages

Open to all branches of military & veterans



Space for 500

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

The Golf Club of Cape Cod, Cape Cod Military Support Foundation, and



Employment/Career

All Veterans Career Fair

THU 09 APR @ 11—3 @ Gillette Stadium

A Free hiring event for veterans, transitioning military personnel, national guard/reserve members and spouses. Job, Continuing Education and Business Ownership opportunities Register now! [Details Online](#)



ALL VETERANS CAREER FAIR

Gillette
STADIUM

Merrimack Valley Vet Expo/Career Fair

SAT 28 MAR 10:00a to 2:00p

@ 679 Lowell Street Methuen, MA 08144

Learn about the healthcare and wellness benefits at VA. In addition to assistance with enrollment, Veterans eligible for health care will have the opportunity to schedule medical appointments. Please bring your DD214 if available, and a government issued photo ID. Meet employers eager to hire Veterans! Door prizes!

For more info contact: Jacque Holliday , Bedford VAMC 781-687-3348

Job Seeker Boot Camp Series

Part 1: TUE 31 MAR from 9 am—12 noon

CAREER

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.

FREE Career Transition Series

@ Mashpee Library, from 5:00—6:30 p.m.

Session 1: Inventory of Skills

TUE 24 MAR This inventory will be your building block!

Session 2 : Networking

TUE 31 MAR Cultivate and understanding the skills and knowledge you already have to minimize your opportunities and get the position that you want!

Session 3: Developing a Resume and Interviewing TUE 09 APR

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



Operation Boots to Business

@ Cape & Islands Veterans

Outreach Center

FRI 10 APR from 8:30a—5 p

OPERATION
BOOTS to
BUSINESS
from service to startup

Boots to Business is a customized day long program designed to introduce and orient transitioning service members to business ownership.

Topics will include: What it means to be an entrepreneur, a panel of entrepreneurs to share their stories, Learn how to manage cash flow, Learn how to source funds, What are the various options available to veterans to finance a start-up, Small business marketing, Learn how to manage the ongoing planning and executing of your business plan.

Open to military & spouses of all branches. Reserve a spot 774-238-8417 or jill@graceveterans.org

Community

Caffeine and Your Health

How Much is Too Much?

According to the Mayo Clinic, depending on your circumstances, moderate doses of caffeine for most healthy adults — 200 to 300 mg, or about 2 to 4 cups of brewed coffee a day — aren't harmful. However, heavy caffeine use — more than 500 to 600 mg a day — may cause:

-  Insomnia
-  Nervousness
-  Restlessness
-  Irritability
-  Upset stomach
-  Fast heartbeat
-  Muscle tremors

GOT ENERGY?

The Nutrition Factors in Your Favorite Energy-Producing Drinks



FREE Smoke Alarms from the American Red Cross (ARC)

Every 3 1/2 hours, someone dies in a house fire. There is a new ARC campaign that aims to reduce fatalities caused by a house fire by 25% in five years. The ARC will provide a free fire detector for installation in homes, and even do the installation upon request.

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



Learn to Row —FREE!

SAT 09 MAY in Brighton, MA

A FREE a Learn-To-Row event 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](#)



Summer Camps

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: Kerry Bickford, kbickford@barnstablecounty.org



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, charac-

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.



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

Month of the Military Child

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 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. Show your Military Kid how special they are!!!



In Their Own Words — Their Lives, Their Stories



This year's Month of the Military Child theme is "*Their Lives, Their Stories.*"

The MA National Guard Child and Youth Program would like to highlight our Massachusetts Guard Youth Lives and Stories by allowing them to share just that through their social media pages (first names only).



If your child would be willing to answer one or more of the questions like:

- What is one of the proudest moments you've experienced as a Military Child?
- Do you have a funny story about deployment?
- What do you wish your teachers understood about your being a Military Child?
- What is something about you, that you feel makes you unique?

Please contact [Deb Wilder](#) or [Susan LaFlame](#) for a full list of questions & over view of the program where your Guard Youth and/or Teen can highlight their strength and creativity!

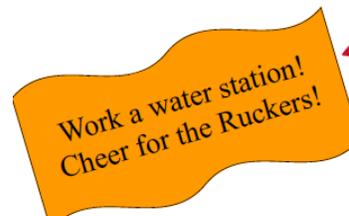
Volunteer at the Tough Ruck with the Child & Youth Program

SAT 18 APR 2015 from 7:15 a.m. — 4:00 p.m.

The Tough Ruck is for Service Members and others to come together to honor and remember Fallen comrades as well as raise funds to support their Families and Service Members in need. Participants will walk with ruck sacks/packs over a 26.2 mile course at the historic Minuteman National Park in Concord.

Register for a time slot: MassNGYouth@aol.com or 339.202.4810

Youth age 11 and up may be dropped off, Youth age 10 and under must be accompanied by an adult.



Veterans

Overcome



Experience



Control



Compete



VA New England Adaptive Sports

Our mission is to create and provide adaptive activities that promote healthy lifestyles for psychological well-being and acceptance, restore and enhance physical function, reconnect veterans to caring communities and nature.

All programs are focused on ABILITY, not disability

"Life is not just living; it's what you do with it that counts"

Contact [Jenny McLaughlin](mailto:JennyMcLaughlin@va.gov) 774-826-1955

Website: boston.va.gov

Volunteer or donate: boston.va.gov/giving



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



Soldiers Who Salsa

Every Tuesday, 1-2 p.m.

@ the Brockton Campus in Bldg. 22/Recreation Center

Salsa & Dance Therapy Clinic for Veterans. This program incorporates fun movement to improve balance & coordination, social interaction, memory recall, self-esteem, improved physical conditioning, body awareness, etc. by using a variety of music and dance with professional instruction provided by MetaMovements Latin Dance Company. To sign up please contact Holly Mayka, Music and Recreation Therapist, at 774-826-1954.



**SOLDIERS
WHO SALSA**

Veterans Quilling Workshop

Are you interested in making classy, creative gifts for friends and family? Try PAPER QUILLING—an ancient art form of rolling paper into intricate designs—Easy enough for the beginner!! If you can fold a piece of paper, YOU CAN QUILL!



Classes starting on Monday, from 11 am- 12pm in the Brockton VA's Building 4, Creative Expressions basement clinic,

This is held on a biweekly basis.

Contact Holly Mayka for information 774-826-1954



Money



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.

Open to: Military families of all branches, with children AND whose unit or home is on Cape Cod. For information, contact: Erin 508-968-4855

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

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

TAX SERVICES



Call. 800-342-9647

Click. 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

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



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.



[Otis Family Program](#)

[Massachusetts National Guard Family Program](#)

Cape, Islands & Southeast MA 13th Annual Heroes Breakfast

Friday April 10 from 7:30—9:00

The American Red Cross & community will honor local heroes of 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. Buy your tickets today! [tickets](#)

MORE
of this
LESS
of that

FEEDBACK WANTED: What Free Programs Do You Want?

Grace Veterans Program of the Cape and Islands Veterans Outreach Center is working with all veterans support agencies and groups on the Cape to coordinate, make more efficient, and expand the services currently provided to our veterans on Cape Cod.

They are asking for **VETERANS & THEIR FAMILIES** your opinion to help them serve you better! Tell them what programs and opportunities are interesting to you so they can put their resources to the best use.

Answer a few questions & the results will drive the programs they create! [CLICK HERE TO HELP](#)

Author & Survivor Led Book Discussion

SAT 04 APR from 3 –5P

Knight Auditorium, Barnstable High School, Hyannis

The Wounds Within follows the iconic case of Marine Corporal Jeffery M Lucey who: - Deployed early in the Iraq War, - suffered Post Traumatic Stress after returning home, - in anguish took his own life in 2004, almost a year after discharge from the military, - and, set his family on a decade long campaign to reform the Veterans Affairs system to end stigma around military-related mental health issues.



The Wounds Within is told from the perspective of Jeff's psychotherapist. It combines a moving and compelling human drama with commentary on national policy and a clinical explanation of how to heal veterans' trauma.

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!



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