

April 03, 2015

# The Family Flyer



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



**OPERATION**  
**BOOTS to**  
**BUSINESS**

from service to startup

## Operation Boots to Business

@ Cape & Islands Veterans Outreach Center  
FRI 10 APR from 8:30a—5 p

This is offered free of charge, and lunch is included.

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 & veterans all branches. Reserve a spot 774-238-8417 or [jill@graceveterans.org](mailto:jill@graceveterans.org)

## 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



## Creating an Effective Federal Resume

WED 15 APR @ MANG Headquarters, Hanscom AFB  
Room E-205 from 12-2 p.m.

Creating a federal resume that brings your qualifications to life and shows that you are a perfect fit for the job can be a challenge. How you present

**USAJOBS**  
"WORKING FOR AMERICA"



your skills and experience in your resume will help determine whether or not you are invited to interview for a job. Join us on Wednesday, April 15th for a federal resume workshop, which will provide you some tricks to assist you when applying for jobs announcements on USAjobs.gov. Learn how to navigate the federal application process, create a winning federal resume and become the BEST QUALIFIED applicant.

Pre-registration is required due to limited seating:

[REGISTER HERE](#)

NOTE: You MUST have a military or spouse ID to get onto Hanscom. Veterans, Military & Spouses Welcome!

# April is Month of the Military Child

CELEBRATE MONTH OF THE  
MILITARY CHILD



THE NEW ENGLAND PATRIOTS & THE NEW ENGLAND PATRIOTS ALUMNI CLUB PRESENT

# FOOTBALL For You

Wednesday, April 22 from 2-4pm

USCG Air Station Cape Cod Hangar 3181

## Football Clinic or Cheerleading Clinic

Military youth ages 7-14 are welcome to attend one of the clinics hosted by the New England Patriots, Patriots Alumni Club and the Patriots Cheerleading Squad.

Registration is limited to 200 children. First come, first serve.

**MUST PRE-REGISTER. DEADLINE IS COB APRIL 15.**

**REGISTER @ <https://bccpatriots.eventbrite.com>**



# April is 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](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. 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](mailto: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.



# Employment/Career

## FREE Career Transition Series

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

### 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

Open to military & spouses of all branches. Reserve a spot 774–238–8417 or

[jill@graceveterans.org](mailto:jill@graceveterans.org)



## Hiring Fair & Boston Red Sox Night

WED 20 MAY @ 1130–3 @ Fenway Park

A one-of-a-kind event featuring hiring fair, networking opportunities and workshops tailored for veteran job seekers, active duty military, guard & reserve, and military spouses.

The first 200 pre-registered participants who attend the fair are eligible to receive up to two (2) FREE tickets from them and their families to attend that evening's game vs the Texas Rangers.

Register now! [HiringourHeroes.org](http://HiringourHeroes.org)



## VA for Vets Event

WED 08 APR from 10:00 AM - 2:00 PM  
U Mass Boston, 100 Morrissey Blvd,  
Campus Center Testing Center, Boston

\*Overview of the "VA for VETS" program & demonstration of the Site

\*Setting Up USA Jobs Account

\*Federal Hiring Process & Federal Hiring Authorities

\*USA Jobs Announcements & Applying for Positions

\*Veterans Employment Center on e-Benefits

Find more at [VAforVets](http://VAforVets) online.



## Job Opening: Army National Guard (ARNG) Family Assistance Center (FAC) Specialist

Time: Part Time (20 hours) ; Location: Wellesley, MA

Salary: \$19,785 /annual ; Availability: Immediate

Deadline: THU 09 APR @ 5 p.m.

The FAC Specialist will provide information, referral, outreach and support services to geographically dispersed Service Members and Families.

Interested parties should register on the HRCI website: [hrciweb.com](http://hrciweb.com).

## 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](#)



## April at the Plymouth Career Center

WED 08 How to Turn an Interview into a Job (part 1) 1:30–4:30P

THU 09 Boston South Women's Employment Network 1:30–3:30P

MON 13 Selling Yourself Session 1 from 1:30–4P

THU 16 Small Business Association Overview 10–12P

TUE 21 Salary Negotiations



For details, to enroll or to find the who list of events, call 508-732-5300 or visit them at

[plymouthcareercenter.org](http://plymouthcareercenter.org)

# Child & Youth

## Summer Stars Camp for the Performing Arts



Summer stars camp provides deserving youth, ages 12 -15, an intensive experience in performing arts. The camp will take place August 9-17, 2015 at the Northfield Mt Hermon School in Northfield, M A

They are offering several scholarship spots for military children.

To apply and learn more, visit [summerstars.org](http://summerstars.org)



## Change to Sittercity/DoD Program

Beginning Aug. 1, 2015 Military Families will begin to pay for Sittercity's premium service but fees will be discounted.

Existing accounts will move from <https://www.sittercity.com/dod> to <https://www.sittercity.com>



## 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](mailto:campmarshall4h@yahoo.com)

# Veterans

## 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](http://boston.va.gov)

Volunteer or donate: [boston.va.gov/giving](http://boston.va.gov/giving)



Overcome



Experience



Control



Compete



## Project New Hope Upcoming Retreats

### Gold Star Families & Survivor Retreat

10 April – 12 April : A weekend retreat in Hyannis for Gold Star families to heal, share and remember their fallen loved ones

### Military Families with Special Needs

17 April – 19 April : The retreat will focus on spouses, children and dependent parents who require special medical or educational services

### Women Veterans & Daughters Retreat

22 May – 24 May : This retreat will focus on addressing psychological, physical and social related to PTSD and MST for women

### 2nd Annual LGBT Family Weekend Retreat

12 June – 14 June: Lesbian, gay, bisexual and transgender individuals, their partners and children will find a safe, supportive community of professionals and peers in an LGBT-positive, LGBT-affirming setting. Free from judgement

## 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](mailto:Heather.Hurley@va.gov) ; Active and Reserve Coast Guard: [Candy LeBlanc](mailto:Candy.LeBlanc@va.gov) ; Army National Guard: [Roy Aylward](mailto:Roy.Aylward@va.gov); Air National Guard: [Erin Creighton](mailto:Erin.Creighton@va.gov)



# Money

## How to Build an Emergency Fund

1. **Set a Goal:** Having 3– 6 months of living expense is a good goal, but make your initial goal smaller; aim for \$500 or \$1,000
2. **Make a Plan:** Set weekly savings goals that are reasonable. Putting aside \$25 a week will be \$500 in only four months! Automatic payroll deductions can make savings easy!
3. **Reset Goals & Repeat:** Once you meet your initial goal, set further goals for the long-term. After you have one month's living expenses, aim for two or three months

Finding money in your budget can take some work but there are free financial counseling available for military through:

- Joint Family Support Assistance Program's Personal Financial Counselors
- MA Certified Financial Planner Association Volunteers
- Military One Source

For more information, contact your Family Program Office! 102IW: [Erin Creighton](#) ARNG Joint Base Cape Cod: [Roy Aylward](#)



## 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.



## 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

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



Erin Creighton  
Program Manager  
102IW/ A&FRPO  
156 Reilly St Box 70  
Otis ANG Base, MA 02542  
Phone: 508-968-4855  
[erin.creighton@ang.af.mil](mailto:erin.creighton@ang.af.mil)

**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**

**Am. Red Cross Blood Drive**  
**SAT 02 MAY from 0900-1400**

The 102nd Intelligence Wing will be hosting a blood drive with the ARC at the Rubb Tent behind the Eagle's Nest.

Sign up online for a donation appointment [online](#) In the 'Find a Blood Drive' box enter the sponsor code 102IW. You will be provided with a list of available appointments. Even if you haven't registered, you can still come by and donate - walk ins are welcome!

Take a look at what the American Red Cross does for the military and their families.

[Supporting America's Military Families](#)

**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](#)

**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 you connected with your local Program Manager.



**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!

