

April 17, 2015

# The Family Flyer



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

CELEBRATE MONTH OF THE  
MILITARY CHILD



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



A FEW spots  
still open!!!  
Act now!!!

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>**

Registration  
Extended!



# School Vacation Week

## April Vacation Week Activities

Apr 20-24

MWRCapCod.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2:00 @ Roxy Theater FREE! Paddington</p> 	 <p>Celebrate month of the Military Child Strike for a bike!</p> <p>Youth ages 5-16</p> <p>Bowl a strike at the MWR Crosswinds bowling alley. Put your name in a drawing for a new bike!</p> 	<p><b>SPECIAL EVENT!</b></p> <p>“NFL FOOTBALL AND YOU” CELEBRATE MONTH OF THE MILITARY CHILD WITH THE NEW ENGLAND PATRIOTS ALUMNI AND CHEERLEADERS!</p> <p>SPACE IS LIMITED, REGISTRATION REQUIRED.</p>  <p>EVENT INFORMATION &amp; REGISTRATION</p> <p>Contact Candy Candace.c.leblanc@uscg.mil</p>	<p>9:00-5:00 @ Crosswinds 4H Babysitting Course Registration required Age 11 and up</p>  <p>2:00 @ Roxy Theater FREE Animal Show! All ages!!</p> 	<p>10:00 @ Crosswinds Kids paint party Registration required \$5.00 per child Ages 5-12</p>  <p>2:00 @ Crosswinds Kids paint party Registration required \$5.00 per child Ages 5-12</p>

### Tech Camp - April Vacation

April 20-24, 2015 @ Youth Center, Hanscom AFB  
Ages 9-12 from 9A-noon ; Ages 13-18 from 1-4P

Design Logos and Video Games \* Learn Digital Photography  
Shoot a Movie Trailer \* Write a Song

Cost \$40 club members, \$45 for non-members; National Guard welcome  
For more information or to register, contact [Shana Wickham](#),  
Teen Coordinator, Hanscom AFB, 781-225-6044



### FREE Performances for Military Kids

Science from Scientists Interactive Learning  
THU 23 APR from 10 -2 @ Patriots Place

Includes live performance & tour of NE Patriots Hall of Fame. Appropriate for ages 8-14.

[More Info HERE](#)

“Welcome to Spring” Storytelling event

THU 23 APR from 5-8P @ Lexington Armory  
For children ages 4-11. Includes Supper, Performance & dessert

[More Info HERE](#)



# 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!

# SUMMER CAMP

## 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.



# Employment/Career



## 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)

## Military Spouse Employment Information Hub

The MySECO Information Hub provides Military Spouse Employment Program support materials for service providers and military spouses on various topics such as “Understanding the Job Search Process” and “How to Build My Resume”. The goal is to provide easy access to information, including downloadable program materials, by aggregating and categorizing pertinent information in one centralized location.

You may access the MySECO Information Hub [HERE](#)

Should you have any questions or concerns, please contact [Nicole Inabinet](#)



## Salary Negotiations Seminar

TUE 21 APR from 11A—1P @ Hanscom

**8 out of 10**  
companies are willing to negotiate salary, but only  
**3 out of 10**  
job candidates ever try

Did you know?

- 51% of managers leave room for salary negotiation
- 21% of managers will make 2 or more offers to the same candidate
- 8 out of 10 recruiters are prepared to

negotiate salary and benefits yet only 33% of applicants do so

Please join us as we cover the following topics:

- The importance of negotiating the initial offer
- The keys to successful negotiation
- How to initiate a negotiation discussion
- What is negotiable
- Factors impacting employer's offer
- Employer negotiation tactics
- Negotiation mistakes

Learn insider secrets from a former HR/Staffing professional. Call the Airman and Family Readiness Center at 781-225-2765 to register.

## April Job Fair- Plymouth Career Center

FRI 24 APR from 1p—3:30p

To Register please call 508-732-5300

Find out what other programs are coming up [online](#)

## Career One Stops

If you are in the job search market, go visit the experts at your local Job Center for advise like this, workshops, trainings, career fairs and more!

[CareerOneStop.org](#)



# Activities



## Learn to Row —FREE!

SAT 09 MAY in Brighton, MA from 1—4 pm

This event is FREE and open to all service men and women, veterans, and eligible family member to learn how to row, train and compete together in the ultimate team sport. *Brought to you & hosted by Community Rowing Inc.*

It will be a fantastic opportunity! **RSVP by May 4th.**

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](#)

## Project New Hope Upcoming Retreats



**Project  
New  
Hope** INC.  
Where Veterans  
Rebuild With Honor

### 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

## Run to Home Base

SAT 25 JUL @ Fenway Park

Starting inside Fenway Park, opt for a 9K run or a 2 mile walk through Boston and finish with a photo as you cross Home Plate!

There are 500 special spaces for actively serving military members.

[MORE HERE](#)



## Family Nights Out

Wednesdays, 5:30 pm—7:00 pm from May 13th—June 17th,  
@ Cape Cod Children's Museum, Mashpee MA *Light dinner is included*

Join in this six week program that focuses on fostering effective communication among Veteran and Military family members, including children and spouses.

This Veterans and Military Readiness Program is offered FREE of CHARGE to all veterans and military families

**Children** will enjoy the Cape Cod Children's Museum's interactive exhibits and have a choice of project play (yoga, music & movement), or hands-on art projects.

**Adults** will work separately with the following experts: **Joanie Winberg**—Certified Human Behavior Consultant, Conflict Resolution Corporate Trainer, International Divorce Mentor ; **Betty Anne Bevis** - Marriage and Family Therapist ; and **Kevin Terrill**, LICSW

Register by May 11, 2015 by calling Jill Blanchard at 774-238-8417 or email [jill@graceveterans.org](mailto:jill@graceveterans.org)

# Activities

## FREE Weekend Getaway: Laugh Your Way to a Better Marriage!

**The 102IW Couples:** The Chapel and Airman & Family Readiness Offices are pleased to announce the next Strong Bonds Marriage Retreat

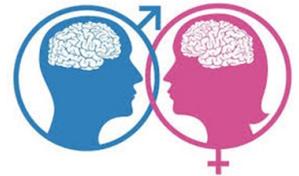


**Date: June 27-28, 2015**

**Location: Area of Southbridge/Sturbridge MA (exact location is to be determined)**

The curriculum for the event will be "Laugh Your Way to a Better Marriage." This is both an inspirational and educational (with a bit humor) seminar to enhance a couple's understanding and compassion for one another.

Arrive on Saturday Morning— Enjoy classes & a provided lunch on Saturday. Saturday night is on your own with your spouse, or enjoy time with other couples. Sunday morning, there is optional worship, followed by a provided breakfast and a half day of class time.



This is a multi tiered educational setting – not a death by PowerPoint event. Topics include: "Why Does He/She Do That?" "The No. 1 Key to Mind-blowing Sex!" and "How to Stay Married and Not Kill Anyone"

Space is limited – Sign Up Today with TSgt Rebecca Duvall by [email](#) or call 508-968-4508

## 11th Annual Troops in the Spotlight SUN 24—MON 25 MAY @ Kmart Plaza, Hyannis MA

This is a great family event and a special way to spend Memorial Day Weekend.



Troops in the Spotlight is a 24 hour event to honor and support our deployed troops and their families, our veterans, wounded warriors and honor our Gold Star Families and their "Fallen Heroes."

Check out [www.capecod4thetroops.com](http://www.capecod4thetroops.com) or follow them on Facebook or Twitter.



## Camp Edwards Grassland Bird Tour

**SAT 30 MAY from 6—8A; register by THU 21 MAY**

**SAT 13 JUN from 6—8A; register by FRI 05 JUN**

Each tour is limited to 25 people; first come first served.

This is an unusual opportunity for avid birders, naturalists and photographers to walk through the Camp Edwards grasslands on a guide-lead tour. Information on the grassland habitat [online](#).

Each tour will cover approximately 137 acres of this rare and endangered habitat and will last around two hours. Attendees should bring sunscreen, tick protection, and water. Don't forget your binoculars and camera. Photography is encouraged. Children over 10 years of age are welcome on the tour.

**To register for a tour, email:**

[emily.d.kelly2.nfg@mail.mil](mailto:emily.d.kelly2.nfg@mail.mil), with your name, telephone number, and which tour date you would like. A confirmation email will be sent with further information including directions, base access, meeting place and parking.



# Healthy Living

## Financial Readiness Courses FREE Online

Financial fitness is right at your fingertips with new training for service members and their families.

This series of five online training courses about money management will help service members and their families make sense of their money and become financially savvy.

Choose only the courses you're interested in, or take them all:

**Consumer Credit** – This course teaches participants all about consumer credit.

**Developing Your Spending Plan** – Participants in this course will learn how to create smart financial goals and a realistic spending plan.

**Investing in Your Future** – This course teaches participants how to make smart investments.

**Car Buying Strategies** – Participants in this course will learn how to negotiate when purchasing a vehicle.

**Money and the Move** – This course helps participants learn to make good financial decisions when moving with the military.

Go to [My Training Hub](#) today!

My Training Hub is the Department of Defense's new consolidated, online training platform. This platform was created by professionals with the highest standards in training and technology, and responds to different learning preferences, tracks learners' participation and evaluates training outcomes.



## Addiction Support Groups for Family Members

The Gosnold Reaching Out program is a resource

for family members and loved ones affected by addiction. It assists the family in all stages of addiction through education, intervention, and support. Weekly groups as follows

TUE 6 –7:30P in Centerville

WED 6–7:30P in Falmouth

SUN 4–5P in Falmouth

An educated and supportive family has a positive impact on treatment outcomes. Family members receive support and guidance to manage the challenges of early recovery. Family support of shared experiences gives hope and learn how to sustain recovery.

For more information contact 781-366-0143 or email [ljmccarthy@gosnold.org](mailto:ljmccarthy@gosnold.org) [Full Flyer](#)



## 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 [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](#)

## Free Baseball Clinic for Military-Connected Children

SUN 03 MAY from 10A—12P @ College of the Holy Cross

Open ages 5—18

Instruction by Holy Cross coaches/players

To register, go to [Home Base Adventure Series](#)

For questions contact [Kelsey Lally](#)



**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.



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