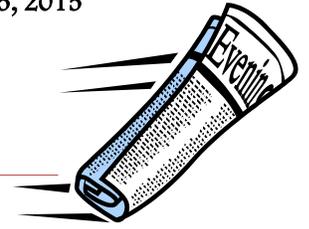


June 5, 2015

The Family Flyer



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

Growing Healthy Military Families

DATE: Friday June 5th

TIME: 9:00am to 1:30pm There will be three sessions of the same content. You can choose to attend either the 9-10:30 am, 10:30-12:00 pm or 12:00 - 1:30 pm session

LOCATION: Roxy Theater , Joint Base Cape Cod
213 Turpentine Road, Buzzards Bay, MA

DETAILS

- 30-40 minutes seminar on healthy eating and budgeting w/ Q&A time
- Workshop to teach you how to grow your own food
- Basket full of healthy meal items which includes (but may vary): - **Value \$52**
 - * Ten Bean Soup Mix
 - * Cornbread Mix
 - * Raw Chocolate Truffles
 - * Banana Chips (might be trail mix or dried cherries substituted)
 - * Five Seed Packets (Lettuce Blend, Bush Beans, Radishes, Basil and Parsley)
- Fresh fruits & vegetables, available in addition to the basket - **Value \$2 -3**

FREE FOOD



750 Spaces Available!
Ranks: E1 - E6

Details: Living on a diet budget doesn't have to mean forsaking healthy foods. Let Operation Homefront help you and your family save money on fresh fruits and vegetables while keeping costs low. Our new program Growing Healthy Military Family offers a seminar on healthy eating and budgeting, a workshop to teach you how to grow your own food, and a basket full of healthy meal items!

Registration required—REGISTER TODAY!!! : [Click here](#)

Questions contact: Joe.Ohara@operationhomefront.net

Having trouble Registering online? Contact **Joe** for a manual survey to sign up!

Interested, but can't make it on FRI? Contact **JOE!**



Good Stuff

Openings: FREE Horse Camps in Falmouth

“Saddle Up & Serve” from 27–31 July

NOW OPEN to **ALL MILITARY FAMILIES OF JOINT BASE CAPE COD!!!!**

Ages 11-14 from 9A–5P

For more information contact

[Kerry](#), Military Family Outreach Program, Cape Cod Extension, 508-375-6695



Big Salute to Your Newest Recruit!

Friday, June 26 Time: 11:00 - 1:30pm @ Hanscom Airman & Family Readiness Center

The March of Dimes proudly invites you to a baby shower in your honor! Join us in celebrating military moms and moms-to-be! (eligibility: E-6 and below).

Plus, you'll learn the best ways to stay healthy and relieve stress during and after pregnancy to get your baby off to the very best start!

Please RSVP by June 15th to: SMSgt Shon Teicheira, Shon.Teicheira@us.af.mil
781-225-2750



Wedding Gown Giveaway

JULY 9, 2015 @ Tulle Bridal, Andover MA



Brides Across America kicks off its annual Operation Wedding Gown campaign at Tulle Bridal Andover, MA. Tulle Bridal will say thank you to military brides by giving away free gowns valued up to \$5,000. Designers will vary and brides are encouraged to register early. “Operation Wedding Gown” has grown and we are now able to grant weddings to our military couples in need. Oftentimes military couples find it difficult to plan their “fairy tale” wedding due to deployment, injury and/or economic hardship. With the collaborative effort, Brides Across America has donated over 14,000 gowns to military brides and has gifted 20 weddings.

Brides
across
AMERICA

How to qualify and register for an Operation Wedding Gown Event:

In order to qualify, brides or their fiancé must be serving in the military; either currently deployed, have a future deployment, or have been deployed within the last five years to Iraq, Afghanistan, Middle East, Korea, Japan or surrounding territory. To find a salon near you, brides can go to www.bridesacrossamerica.com to pre-register for an event. Brides must bring proper identification along with deployment papers to be presented the day of the event.

People who want to help the cause can donate gowns or financial gifts online at www.bridesacrossamerica.com.

Free Golf Clinic

CAPE COD
VETERANS &
ACTIVE
MILITARY



FREE
HEROES
GOLF
CLINIC

rookies & scratch golfers

Sunday, June 28

& BBQ LUNCH! ON THE TGC PATIO

THE GOLF CLUB OF CAPE COD
132 Falmouth Woods Rd., East Falmouth

CONTACT GWEN ERRHALT
EMAIL: GERRHALT@TGCCC.COM
PHONE: 508-457-7200, Ext. 3

 **TGC FUND MISSION**

The TGC Fund is a donor-advised fund established by The Golf Club of Cape Cod and administered by The Cape Cod Foundation that provides critical financial aid to Cape-area veterans and active military families.

Community

Learn to ride for free with Harley Davidson Riding Academy

Operation Personal Freedom: Ride Free

To thank the millions of people who have courageously defended our country and everyone's personal freedom to ride, Harley-Davidson is offering a free H-D Riding Academy New Rider Course for all current and former U.S. military personnel. The offer runs May 16 - September 13, 2015.* [MORE INFO](#)



VETERANS Inc. 10th Annual STAND DOWN

Thursday, June 18th - 11AM to 7PM
Friday, June 19th - 9AM to 3PM
69 Grove St. Worcester, MA

FREE

OPEN to homeless and in-need VETERANS & their families
Bring DD-214 or VA Card as proof of Veterans Status

Career Fair * Employment & Training
Counseling & Substance Abuse Referrals
Health & Wellness Services * Legal Services
Housing Resources * AND MORE!

Free items: Clothing, Food & Refreshments;
Haircuts & Personal Care items

For more information contact:
800-482-2565 or email standdown@veteransinc.org



Pedroia's Platoon

New Balance, Boston Red Sox 2nd baseman Dustin Pedroia and his wife Kelli would like to honor a Massachusetts National Guard Soldier or Airman and their family by inviting them to attend a Red Sox home game. The Soldier or Airman would be a guest of the Pedroia's. The service member would also be honored during the game.

Criteria to be nominated is as follows:

- 1) Soldiers and Airmen who have served in support of OEF or OIF
- 2) Soldiers and Airmen injured in support of OEF and OIF
- 3) Soldiers and Airmen should be in good standing with their units

To submit nominations for selection by New Balance please fill out the Pedroia's Platoon nomination form and [submit](#) it to the Massachusetts National Guard Recruiting and Retention Battalion.

Nomination form can be found on the last page of this newsletter.



Veterans Programs

Running Club

Meets every Monday at 5:00 at the Hyannis Vet Center, 474 West Main St.

Are you looking to get active and connect with other vet's in the process?

Join the Run/Walk Training Club at the Hyannis Vet Center! We will meet on a weekly basis and follow a training program, culminating in a 5K race later this summer. Training program, water, and snacks provided!



Post 9/11 Veterans Group

This is a drop-in group for Post 9/11 Veterans who are looking to connect with others in the community.

Alternating Tuesdays at 5:00

Please let us know if you're interested!

Hyannis Vet Center
474 West Main St.
Hyannis, MA
(508) 778-0124

Veteran Coffee Break

2nd SAT of each month from 9a-11a
@ Falmouth Elks Lodge, Palmer Ave
Coffee and morning refreshments will be provided.

Q? Contact [Joseph Quintiliani](#), DAV Chapter 81, 508-548-0329.

Art Therapy Group

This is an informal, drop in support group where veterans use the process of making art to improve one's physical, mental, and emotional well-being. No art experience is necessary to join the group and no one will be judging your creations. All forms of art are welcomed, for example poetry, writing, painting, drawing, photography, or playing music.

The group will be held every other TUE at 5:00-7:00 PM beginning on 16JUN. Call 508-778-0124 & speak to Dannon Tarpley, if interested joining.



Activities

Constellation Senior Players Championship

June 9-14, 2015
Belmont Country Club,
Complimentary tickets for
all Active Duty, Reserve, Mil-
itary Retirees and their De-
pendents. Non-retired Mil-
itary Veterans and one guest may also obtain a
complimentary ticket. [HERE](#)



7th Annual Hot Dogs for Hot Jobs, Job Fair

FRI 19 Jun from 1-3:30 PM
@ Heritage State Park Holyoke, MA

Your job search just got easier! You can grab a hot dog and
network with recruiters from various industries. The job fair
is FREE and open to all job seekers.
Don't forget to bring copies of your
résumé and dress to impress!



Hosted by Career Point, a
MA One-Stop Career Center

Project New Hope Upcoming Retreats



Project New Hope INC. **2nd Annual LGBT Family
Weekend Retreat**
Where Veterans
Rebuild With Honor

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

NEW: [Blind & Visually Impaired Veteran's Family Retreat](#)
September 18th–20th

NEW: [Sleep Disorder Family Retreat](#) October 9th–11th

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](#)



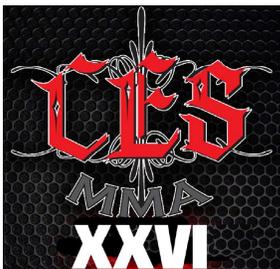
MMA Military Discount

Friday, June 12th @ 7p
@ Twin River Casino

General Admission Fight tickets \$25
(while supplies last)

Contact: Patrick Sullivan
401-548-6934 or

patrick.sullivan18@gmail.com



Cape Cod Military Veterans and Family Collaborative Launches Service Directory!



The Cape Cod Military, Veteran and Family
Collaborative is network of organizations and
agencies which provide assistance, services and
information to military, veterans and their fami-
lies on Cape Cod. The centralized on-line listing
of organizations and agencies which provide assistance, services and
information to military, veterans and their families on Cape Cod is:
www.capecodveteransdirectory.com

This website identifies the services in the areas of Housing, Jobs,
Health, Family Support and Education. This site will ease the access
to these services by the veterans, military and families, as well as cre-
ate an accurate data base for referrals by all service providers.

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: Bedford, MA

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.

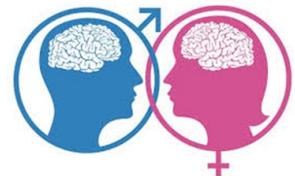
Arrive on Saturday Morning— Enjoy classes & a provided lunch on Saturday. Saturday night is on your own with your spouse, or enjoy time with other couples. Sunday morning, there is optional worship, followed by a provided breakfast and a half day of class time.

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"



Veterans Interest Group

Tuesday Evenings, Beginning May 26
from 6:00 pm -7:30 pm
@ Cape and Islands Veterans' Outreach
Center, 569 Main Street Hyannis, Ma.

A place to connect with fellow Veterans
on Cape Cod to discuss Veteran issues
with those that understand.

Light refreshments will be served

Meeting will be facilitated by Kevin
Terrill, LICSW, USMC

Open to all Veterans. Please email [Jill
Blanchard](#) or [Gina Giambusso](#) for more
information.



Shootout for Soldiers

FRI 26—SAT 27 JUN @ Harvard University

WHAT: A 24 hour series of non-stop lacrosse
games

WHY: [Shootout for Soldiers](#) raises money for
the five major wounded warrior charities

The USO, Red Cross, local VA and Wounded
Warrior Programs are all involved, with boys/girls/men's and women's
teams ranging in age from 9 to 50 playing

WANTED: Military volunteers who would like to be "Honorary
Captains" for each team. The intent is to connect a Veteran with
each team to be their "Honorary Captain" before, during and after
the game to increase the interaction between the Veteran and local
community and share you military experience with participating
players. This is a great opportunity to have fun at a 24 hour event
that includes music, food and other interactive activities. You can
also volunteer to help with staffing the event, including set-up and
breakdown.

You do NOT need to know anything about lacrosse!

More info contact [MSgt Paul Stewart](#)

Living

LESBIAN GAY BISEXUAL TRANSGENDER PRIDE MONTH



CELEBRATING
Victories
THAT HAVE
Affirmed
FREEDOM AND
Fairness

President Barack Obama



JUNE 2015

LGBT Pride Month, 2015

In June of 2000, President Bill Clinton deemed the month of June, "Gay and Lesbian Pride Month." The month was chosen to remember a riot in 1969 at the Stonewall Inn in Manhattan that is thought to be the beginning of the gay liberation movement in the United States. June is now the month of acceptance and the month to welcome diversity in communities regardless of sexual orientation and is meant to recognize the impact Gay, Lesbian and Transgender individuals have had on the world.

"All people deserve to live with dignity and respect, free from fear and violence, and protected against discrimination, regardless of their gender identity or sexual orientation. During Lesbian, Gay, Bisexual, and Transgender Pride Month, we celebrate the proud legacy LGBT individuals have woven into the fabric of our Nation, we honor those who have fought to perfect our Union, and we continue our work to build a society where every child grows up knowing that their country supports them, is proud of them, and has a place for them exactly as they are."
BO-2015

USDA Summer Meal Programs

Summer Food Service Program (SFSP) and the National School Lunch Seamless Summer Option (NSLP SSO), are two USDA nutrition assistance programs that help America combat hunger.



To find a summer site in your community, please visit: [Food and Nutrition Service online](#) or call 1-866-3-HUNGRY or 1-877-8-HAMBRE (for Spanish speakers).

Summer site information varies by State and will be available as the school year is ending and summer is about to begin in your community.



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: [Mark](#) 508-968-4854

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



102IW/ A&FRPO
156 Reilly St Box 70
Otis ANG Base, MA 02542
Phone: 508-968-4855

[Erin Creighton](#)

Program Manager, 508-968-4855

[Mark Gilliard](#)

Work-Life Specialist, 508-968-4854

Office Hours:

Monday – Friday 8:30 a.m.—4:30 p.m.

Saturday & Sunday: hours determined by events

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



[Otis Family Program](#)

[Massachusetts National Guard Family Program](#)

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.



Free Fun Fridays with FREE ADMISSION

70 Museums & cultural venues

10 weeks of Fun this summer



JUN 26: Tanglewood

Norman Rockwell Museum

The Mount: Edith Wharton's Home

Worcester Art Museum

MIT Museum

Peabody Essex Museum

The House of Seven Gables

JUL 03: Boston Children's Museum

Heritage Museums and Gardens

Falmouth Museums on the Green

Berkshire Museum

Amelia Park Children's Museum

Naumkeag, Trustee of Reservations

Old Manse, Trustee of Reservations

Please visit highlandstreet.org or call 1617-969-9800 for more information.

FEEDBACK WANTED: What Free Programs Do You Want?

MORE
of this
LESS
of that

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](#)

This announcement is provided for the benefit of members of the National Guard. It is intended for informational purposes only and does not constitute an endorsement by the Massachusetts National Guard, the Commonwealth of Massachusetts or the United States Armed Forces. Any participation is solely the responsibility of the individual.



PEDROIA'S PLATOON NOMINATION FORM

MASSACHUSETTS NATIONAL GUARD

2 Randolph Road
Hanscom AFB, MA
United States

01731
Phone: 339-202-9007
Fax: 339-202-0111

nq.ma.maarnq.mbx.rrf-marketing-support@mail.mil

Name/Rank:

Home Town/State:

National Guard Unit:

Military Occupation Specialty:

E-mail:

Cell Phone:



Brief Biography Of Soldier/Airman Being Nominated:(include awards, deployments, volunteer work, etc.)

Reasons For Recommendation:

Name Of Person Nominating Soldier/Airman
Nominating Soldier/Airman:

E-mail & Phone Number:

Please submit all nominations and or questions to MA National Guard Recruiting & Retention Battalion attention SFC Gaitan
E-mail: nq.ma.maarnq.mbx.rrf-marketing-support@mail.mil - Cell: 781-953-4924. Soldiers or Airmen should have been deployed in support of Operation Enduring Freedom or Operation Iraqi Freedom to be nominated. Soldiers or Airmen who where injured in the line of duty will have priority on the nomination list.