

The Family Flyer



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

FREE GAME at Monster Mini Golf

SAT 25 JUL at 3PM

Seekonk MA

Clear your calendar - It's going down & you're invited to take part in the festivities of ESGR Mini Golf!

WHAT: Free round of mini-golf complements of ESGR & H2H

OPEN TO : Employers, Military Members, and Dependents— bring your children!! Earn prizes and learn about our programs!



Registration required:
esgrminigolf.splashthat.com



Military Education Sessions

WED 22 JUL from 1—2:30 on Joint Base Cape Cod

This is a great opportunity to enhance your lifelong learning in your civilian and military careers:

- ◆ Military Education Benefits/Education Counseling
- ◆ Certificate & Associate Degree Programs
- ◆ Bachelor Degrees & Bachelor Completion Programs
- ◆ Master Degree Programs
- ◆ Transfer your military credit into degree programs (Joint Service Transcripts)



Any questions please contact: [Christopher Rush](#)
Education Services Specialist, 508-968-5889



FREE Fishing Charter

Spots are currently available a veterans fishing charter sponsored by the Hyannis Elks



DATE: TUE 21 JUL

WHEN: 7:30 on dock; returns at Noon

You are then cordially invited to a complementary BBQ cookout immediately following the trip!

OPEN TO: Veterans, Active Duty, Guard & Reserves

Participants are allowed to bring a spouses, family members, or children. Fishing poles, tackle boxes, etc. will be given to the children.

SPOTS ARE LIMITED for this fantastic opportunity so sign up today! To Sign up email [Roy Aylward](#), Family Assistance Center Specialist. Include: Military Member name, # guests, – if children, names, ages & sex.



Join in the July Festivities all through the month!

SAT 18: Fitness Sale

SUN 19: Blood Pressure & USFamily Health 10-1

WED 22: Healthy Food Demo 1-3

THU 23: Healthy Food Demo 1-3

FRI 24: Famer's Market 9-1

US Family Health 9-1

Q: Call
CGX Cape Cod
508-563-2581

Good to Know

Important OPM Announcement on Cyber Incidents



The Office of Personnel Management (OPM) has launched a new, online incident resource center, located at <https://www.opm.gov/cybersecurity> to offer up-to-date information regarding the OPM incidents as well as to direct individuals to materials, training, and useful information on best practices to secure data, protect against identity theft, and stay safe online.

You are encouraged to use this resource to answer questions. If you have questions after reviewing the website, or suggestions for additional content, please email the DoD CIO Inquiry Mailbox at: DOD.DATA.BREACH.QUESTIONS@MAIL.MIL or OPM's new email: cybersecurity@opm.gov

Additionally, here are updates on both incidents:

- 1. Personnel Records Incident:** OPM has largely concluded notifications to individuals whose information may have been compromised by the incident involving personnel records. OPM is offering credit restoration and monitoring services, and other protections through CSID, a company that specializes in identity theft protection and fraud resolution. CSID is working on the personnel records incident only. All affected employees are automatically enrolled in identity theft insurance and identity restoration services – which means that if your information was affected by the breach, you are already enrolled in these programs even if you have not yet contacted CSID. If you have NOT yet received your notification by email or mail (or may have deleted or lost the notification), or are wondering if your records were affected, **you are encouraged you to call CSID at (844)-777-2743.**
- 2. Background Investigations Incident:** In the coming weeks, OPM will begin sending notification letters to people whose Social Security Number appeared on files impacted by the background investigation records incident. OPM and the Department of Defense (DOD) (as the agency impacted the most) will work with a private-sector firm specializing in credit and identity theft monitoring to provide services. Notifications to those affected by this incident have not yet begun.

American Red Cross Events

Centennial Run for the Red THU 16 JUL from 6:30P–8:30 P @ Village Green Hyannis



A two-mile run/walk organized by the Cape Chapter to invite people to come together for a fun community event and get to know how the local American Red Cross represents and serves the unique needs of Cape Cod, the Islands and SE

Massachusetts. To register for the race, log on to www.semcsports.com

Falmouth Road Race SUN 16 AUG

The American Red Cross Cape, Islands and SE MA Chapter is happy to announce its participation in the 41st annual Falmouth Road Race. The historic 7 mile race takes place on Cape Cod beginning in Woods Hole and finishing in Falmouth Heights. The Red Cross has received a limited number of guaranteed entries for runners who would like to participate in support of our mission. Interested parties can find [more info here](#)



Trips & Eats

→ **ONE OPENING LEFT** ←

FREE GOLF TRIP TO IRELAND for Cape Cod Wounded Veteran (visible or invisible)



The Golf Club of Cape Cod is sponsoring one OIF/OEF wounded (visible or invisible) Veteran from Cape Cod for the Fairways for Freedom Golf trip in Ireland this Fall. The trip is 26 SEP–03 OCT.

Veteran will be responsible for getting themselves to NY for connecting flight to Ireland.

Trip will include a life-skills seminar, mindful resilience-yoga based sessions and golf! You must have: A basic understanding of golf, although established handicap is not necessary; ability to get the ball airborne and down the fairway; Basic knowledge of golf rules and etiquette.

It is not necessary to be able to walk the 18 holes, as golf carts will be provided at each of the courses.

For an application and flyer email Erin.

The West Bay Anglers invite military youth, ages 6–18, to join them on their fishing yacht! Everything is FREE of charge! Rods, reels and bait will be provided. Each youth and all adult volunteers (limited) will be given a free lunch—choice of hamburger or hot dog with chips and a drink

* Dress comfortably* Bring water bottle * Wear Sunscreen * Rain OR Shine, please dress appropriately *

Want to Join Us!? Of Course You Do!

Spaces are limited. You may only register for ONE trip. Adult volunteers are welcome on a first come, first serve basis. One per family. BCI required.

TRIP #1: Tuesday, July 21st

TRIP #2: Tuesday, August 4th

To register: download the [Summer 2015 Family Registration Form](#)

Send completed forms to [Holland Tulip](#)

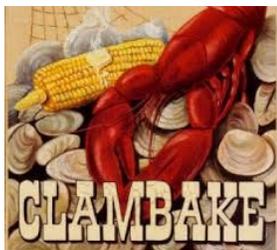
Q: Call Mrs Tulip at 401–275–1254

Trips leave out of Narragansett, RI.

Arrive at 12:45, Yacht sails from 1–5p



Generously offered to your courtesy of the Rhode Island National Guard Child & Youth Program



Otis Fish & Game Club Annual Clam Boil

15 AUG at 2 pm @ the Clubhouse

Their famous chefs are preparing their outstanding Clam boil! Includes clam, a lobster and all the fixin's!

Tickets are \$30—available from club members or by calling the clubhouse 508-564-6442.

Order now! Cut off date for ticket sales is 04AUG.

Q or tickets: call Mike Veloza 508-367-4727

Save the Date!

Annual Pig Roast 26 SEP @ 2PM



Employment

Plymouth Career Center 20—31 JULY 2015

To register for a workshop, seminar, or event please call 508-732-5300



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 Word Basics^{L2} 1:00pm - 4:00pm	21 Resume & Cover Letter Critique 10:00am-12:00pm	22 Mock Interviews See flyer for prerequisites How to Turn an Interview into a Job (Stage 3) 1:30pm-4:00pm Elearning 2:00pm-3:00pm	23 Interviewing Basics 9:30am-12:00pm TORQ Think Outside of The "Occupational" Box^{L5} 1:30pm-2:30pm	24 Linked-In (Advanced)^{L3} 10:00am -12:30pm
27 Resume Review (by appointment) Editing Word Documents^{L3} 1:00pm - 4:00pm	28 Mature Worker Job Search Tips 10:00am -12:00pm	29 Excel Basics^{L4} 9:30am-12:30pm How to Turn an Interview into a Job (Stage 4) 1:30pm-4:00pm	30 Resume & Cover Letter 9:30am -12:00pm	31

Employment Events in July

North Central Job Fair

THU 23 JUL from 9 AM—12 PM
 @ Doubletree Hotel
 Leominster, MA
 Network & Interview with
 Up to 50 Companies & Career Center Staff
 For details or to pre-register call 978-534-1481



Linked In Workshop

THU 23 JUL @
 MA National Guard Headquarters, Bedford, MA

"How to Utilize LinkedIn to Your Benefit" from 9—11 AM
Mock Interviews from 11 AM—3 PM

Learn: * tips from top recruiters on how to make a positive impression and stand out among other qualified candidates.

- * How to make a LinkedIn Profile
- * Gain Feedback on Your LinkedIn Account Profile
- * Veterans Take Advantage of FREE upgrade

RSVP to [SPC Kristen Cunha](#), ESGR

You must have a military or spouse ID to get onto Hanscom AFB.



Boston Job Fair

WED 29 JUL 10 AM - 3 PM
 @ JVS CareerSolution Career Center
 Boston, MA
 Call 617-399-3347 or
 email resumes@careersolution.org to register!



Employment Assistance Programs

The 1021W Airman & Family Readiness Office is here to assist in connecting you with resources, workshops and specialists in: **Resume Assistance:** including Private Sector & Federal Resume Critiques

Career Transition: military and civilian changes **Employment Searches:** helping you locate real opportunities

COMING SOON: Veterans Job Search Workshops "Finding and Getting Your Next Job" & "What Do You want o Be When You Grow Up" **JOB**

Workshops will address successful strategies, resumes, interviews, transferability of skills from military to civilian and more! For info contact Mr. Mark Gilliard by [email](#) or at 508-968-4854.

Good to Know!

Summer Reading Program

Read 20 minutes per day!

All MA NG Youth & Teens Grades K–12 are invited to participate in the Summer Reading Program.

Registrants will receive:

- A Welcome Kit to get you started
- Weekly emails with updates, tips and fun ideas
- A reading log to track your reading



For more info or to register contact your Unit Child and Youth Coordinator or State CYP at MassNGYouth@aol.com



New this summer! Upon completion receive a free backpack full of school supplies courtesy of Operation Homefront Northeast!



FREE Pass to National Parks

Available Military Members and dependents; must be obtained in person at a Federal recreation site by showing CAC or Military ID. [Details here](#)

WARNING: NG Job Opportunities

A company identified as Resume-Library.com, is posting job announcements from USAJOBS onto their company's website and collecting applications/resumes from applicants. Applicants believe they are actually applying for and being considered for the vacancy announcement when submitting their application to this company, WHEN IN FACT THEY ARE NOT. All NG job opportunity announcements have specific instructions for applicants on how to apply for the vacancy.

This has been elevated and is currently being investigated by the OPM. You are strongly advised NOT to apply or submit your application/resume through any link associated with this company or the applications@resume-library.com address for any National Guard vacancies.

Summer Meal Programs

To find a summer site for food in your community, please visit:

[Food and Nutrition Service online](#)

or call 1-866-3-HUNGRY or 1-877-8-HAMBRE (for Spanish)



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

Are You:

1. Currently in a Military Family with Children?
2. Is your unit or home is on the Cape & Islands?

If so, you ARE eligible for FREE FOOD!

The Beehive Food Program is a grant that provides supplemental food to military families of Cape Cod who struggle to make ends meet.

You will be provided two bags of food per month.

For information, contact: [Mark](tel:508-968-4854) 508-968-4854



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

Shakespeare on Vacation

A Midsummer Nights Dream

Performed outside at the Gregerman Bandshell on the Onset waterfront!

SUN – MON – TUE
July 2015 at 6:30pm

Free admission. For information call 508-295-7072 or visit onsetbay.org



Community



Cape Cod 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 families 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 site will ease the access to these services by the veterans, military and families, as well as create an accurate data base for referrals by all service providers.



Learn to ride for free

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 thru September 13, 2015.* [MORE INFO](#)



Scholarship for Military Spouses & Wounded Warriors

What: H & R Block, is offering a Military Scholarship for military spouses and wounded warriors to enable interested persons to take the 'H & R Block Free Income Tax Course'.

Who: Military spouse of an active, retired or reserve military service member, Wounded Warriors (as defined by the DoD), Wounded Warrior's spouse and widow/widower with DoD-issued ID card.

When: Registration commences early JUL to AUG. Classes usually begin early AUG to mid SEP and go through NOV.

How: Obtain scholarship certificate with valid coupon code from your employment services on your installation. Or, Call 1-800-HRBLOCK enter zip code when prompted to be routed to an operator that will help you register for classes in your area. When speaking to the operator, tell them you are a military spouse or Wounded Warrior & directions where to get code.



H&R BLOCK®
NEVER SETTLE FOR LESS™

Pedroia's Platoon

New Balance, Boston Red Sox 2nd baseman Dustin Pedroia and his wife Kelli would like to honor a MA NG Solider or Airman and their family by inviting them to attend a Red Sox home game. The Solider 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 please fill out the Pedroia's Platoon nomination form and [submit](#) it to the MANG Recruiting and Retention Battalion.

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



Veterans Programs

\$500 and \$1,000 Scholarships for Veterans of Cape Cod

WHO? OIF/OEF Veterans of Cape Cod are eligible

WHAT? \$500 & \$1,000 Scholarships to assist Veterans in their pursuit of post-secondary or graduate studies

WHEN? Applications are being accepted now through **July 31, 2015** for the 2015-2016 school year

WHERE? Applications can be found online www.FMSGrp.org

WHY? As the GI Bill doesn't cover all expenses, the FMSGrp would like to assist in this effort.

The Falmouth
Military Support Group



FRI August 28th
@ IBEW 103 Hall
Dorchester MA

**2015 Massachusetts Stand
Down for Homeless & At-Risk**



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.



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](mailto:Joseph.Quintiliani@DAV.org), DAV Chapter 8 508-548-0329

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. Held on alternating Tuesdays at 5:00. Please let us know if you're interested!

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

Veterans Interest Group

TUE from 6:00 pm -7:30 pm

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](mailto:Jill@veteransinterestgroup.org) or [Gina](mailto:Gina@veteransinterestgroup.org) for more information.



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!



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 Fun Fridays with FREE ADMISSION

70 Museums & cultural venues

10 weeks of Fun this summer

JUL 17: Museum of Fine Arts Boston

Larz Anderson Auto Museum

The Sports Museum

Cape Ann Museum

Children's Museum in Easton

Fitchburg Art Museum

Tower Hill Botanic Garden

JUL 24: Commonwealth Shakespeare Company

Arnold Arboretum of Harvard Univ.

Battleship Cove /Marine Museum

Edward Gorey House

Pilgrim Hall Museum

Fruitlands Museum

Museum of Russian Icons



Please visit highlandstreet.org or call 617-969-9800 for more information.

NG Child & Youth Satisfaction Survey

If your Family has utilized the National Guard Child & Youth program, going back to 01JUN14, you are invited to share your feedback! The purpose of this survey is to gather valuable information related to current strengths of the program as well as areas where continued development could be targeted for improvement.



**Take the
Survey**

US Family Health Plan Questions & Answers

Come to Joint Base Cape Cod to talk to Jim Souza regarding your USFHP & Tricare questions

Kaehler Clinic: 7 Aug, 4 Sep



102nd Medical Group: 21 Aug, 18 Sep

All times are 0900-1500. Open to all eligible program users—AD, Reserve, Guard, Retirees.

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 the American Red Cross at 800-746-3511.



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.