

FAMILY TIES

MASSACHUSETTS NATIONAL GUARD

FAMILY PROGRAM



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MA NG Family Program Plans for a Future of Health and Wellness



One of the most important tasks of the MA NG Family Program is to provide the most relevant programs, services and information that will enhance the Quality of Life of our Air and Army National Guard Servicemembers and their Families. Though the last 10 years of heavy deployments in Massachusetts have been demanding, our Servicemembers and their Military Families are proud of their accomplishments and the challenges that they have overcome. The Family Program team has been by their sides and continues to strive to build upon the strength and resiliency of all of our Military Families. With this vision in mind, the Family Program team has reviewed the goals and objectives of each program offered to the Servicemembers of the MA National Guard and their Military Families and adjusted our focus from the increased deployment burdens to health and wellness improvements.

In the month of June, the Family Program team worked diligently to create a strategic plan for our current programs; Air and Army Family Readiness and Family Assistance, Child and Youth Services, Survivor Outreach Services and Community Collaborations. Servicemembers and Families can expect to see increased communication and collaboration with their communities, Units and support organizations to offer information, referrals and services that will address all areas of Military and civilian life.

Family Program Values

Respect
Commitment
Unity
Integrity



Utilizing the experience, knowledge and dedication of the Family Program team, we are revitalizing our purpose to the Military and Families and our everyday efforts will reflect the values that have made the Program a success.



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Family Readiness Groups

It's time for Family Day!



Since the days of the Revolutionary War, members of the MA National Guard have all had one thing in common; their families. These "citizen soldiers" train, drill, and deploy on a regular basis and their families at home stay strong.

Once a year, these soldiers and families get together for what we refer to as Family Day. A day when new families meet old, Squad leaders meet spouses, and lifelong friendships can form in line while waiting for potato salad. Family day is usually held in the warmer months, from about May-August, and each unit in the MA NG holds one. There are a range of activities that can be held during family day, and there is a plethora of resources out there to make yours one of the best.

One unit recently invited USO New England to their family day, and the volunteers there brought along quite a few surprises for the kids, including everyone's Fair favorite - sand art! The kids had an absolute blast, despite the rainy weather, and went home with a few new memories for themselves.



Units can hold Family Day at a variety of different venues, including; Westover AFB, Hanscom AFB, Look Park, Leominster State Forest, or even at the Armory itself, though it is nice to get away for the day. When planning Family Day, don't hesitate to research the area around where your unit is located. Hidden gems like Davis Farmland, Ice Cream/Farm Stands, State Parks and town owned lakes, and fields can make an amazing backdrop for a fun filled Family Day. One advantage to being a member of the National Guard is the ability to rent items from either Westover AFB or Hanscom AFB to aide in your family day. Chairs, tables, balls, bounce houses, and tents are just a few items available for rent. Also don't forget, your State Youth Coordinators have hockey equipment, various balls, board games, karaoke machine and much more available to borrow for FREE.

If you are in need of any ideas, advice, or assistance in planning and executing your family day, please do not hesitate to contact your FRSA. We are here to help you!



LISA POTITO
Senior Family Readiness
Support Assistant
Office: 508-233-7231
Lisa.Potito@us.army.mil

KIMBERLY POTTS
Family Readiness
Support Assistant
Office: 508-233-7707
Kimberly.A.Potts@us.army.mil



ERICA STANKIEWICZ
Family Readiness
Support Assistant
Office: 508-233-7946
Erica.I.stankiewicz@us.army.mil

AMANDA CARLSON
Family Readiness
Support Assistant
Office: 508-233-7946
Amanda.j.carlson.ctr@us.army.mil

Family Readiness Group Volunteer Leadership Training
Saturday, August 4th, 10 a.m. to 2 p.m. in Wellesley
Contact Kim Potts to Register today!



DEBRA WILDER
YOUTH COORDINATOR
 Debra.wilder@us.army.mil
 Phone: 888-301-3103 x 7290

SUSAN LAFLAME
YOUTH COORDINATOR
 Susan.l.laflame.ctr@us.army.mil
 Phone: 888-301-3103 x 7952

182nd Infantry Children enjoy activities at the Unit's Yellow Ribbon Event

The 182nd Infantry had their Yellow Ribbon event the weekend of June 2-3, 2012. We had a very rainy day with no possibility of outdoor activity, but the youth rooms were certainly busy! A highlight was an interactive talk/demonstration with the Family Program's own MSG Aylward. The captivated audience of youths along with several of the adult staff, were entertained with the equipment demonstration and especially with the mementos of deployment. It was amazing to see the correspondence between soldiers and civilians, especially the Girl Scouts who sent letters and cookies. MSG Aylward went to their school when he returned from duty to thank them personally. To help everyone remember, the children at the talk all had the opportunity to take Girl Scout cookies home.



OMK Family FUN Day at Camp Marshall

July 7, 2012 10am-4pm, 92 McCormick Rd., Spencer, MA

Participate in a variety of hands-on activities led by OMK, B&G Club and 4-H. Explore popular camp activities including: Low Ropes, Horses, Shooting Sports & Barnyard Adventures.

For more information contact the Youth Program.



Museum of Fine Arts presents Artist for a Day!

Please join us for a fun-filled day at the MFA on Saturday, August 18, 2012! Children between the ages of 3 and 15, along with accompanying family members, are invited to explore and look at some of the amazing artwork in the Museum's collections and then create their own masterpiece to take home.

Upon arrival children will be divided into groups by age and have the opportunity to explore some of the galleries for an hour with Museum instructors. Toward the end of their gallery exploration they will be able to make a sketch of their favorite gallery piece. Afterward, everyone will meet in the studio and Museum instructors will guide the group in an art-making activity for an hour. For younger children a story will be read to the group before the tour.

Saturday, August 18, 2012

The Artist for a Day Program is FREE for active service men and women and their immediate family members. Parking will be complimentary as part of this program.

To register, please call 617-369-3303 or e-mail artfuladventures@mfa.org. Registration is accepted on a first come, first serve basis.

These announcements are 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.

Family Assistance - What's Happening Around the State

Worcester Family Assistance — Stephanie Winslow

D Co 223 MI is gearing up for their deployment this month. Their official send off will be on July 6th, using facilities on Deven's for a luncheon and ceremony. Please work with your Soldier and his chain of command if you haven't received the details on this event yet, or contact dco223mibnfrg@gmail.com for more information. Keep an eye out for upcoming events the FRG will be hosting in the coming months. We wish send them off with well wishes and high hopes for a successful mission. Contact your FAC at Stephanie.a.cox@us.army.mil for local central Massachusetts Military resources that could benefit you and your family!



Springfield Family Assistance — Jennifer Remillard

Join us on at 1 p.m. Saturday, July 21st for our **Operation Youth Deployment Day** coordinated by the **182nd ENG, 181st ENG CO, 181st ENG DET and 972 MPs CO. FRGs**. This event is open to the Families of the 182nd ENG, 182nd ENG DET, 181st ENG CO, 181st ENG DET and 972 MPs CO. Please contact your FAC for more information. This is great way to show your children how your Soldier goes through a MOB station!

Spouses, Partners, Parents, Siblings, and Adult Children of the **182nd ENG** are invited to attend a Military Family Wellness Day on Saturday, July 28th from 9 a.m. to 4 p.m. Activities to take place during the day include your choice of introduction to yoga, military family scrapbooking, labyrinth walks, healthy cooking during stressful times, hands on art, a short chapel service, guided meditation, and more. Everything is optional...you do as many things or as few as you want! A free lunch is included. Please contact Kathy at 182ENCOFRG@comcast.net to RSVP and to receive all details.

Spouses, Partners, Parents, Grandparents, Siblings, and Adult Children of the **182nd ENG DET** are invited to join a group of National Guard, Marine Corps Reserve and Air Force Reserve family members for a day of wellness, relaxation, connections and fun! This special day together will offer food, activities, quiet time and connection for mind, body and spirit. This event will take place on Sunday, July 29th from 1 p.m. to 6 p.m. with a free sandwich dinner included. Please contact the Springfield FAC to RSVP.



Milford Family Assistance — Charlie Pinder

The **126th Military History Detachment** and their Families are now about half way through the deployment. You will all be invited to a mid-deployment meeting very soon where each of you will be able to discuss some of the common challenges, resources available to you, and what to expect from now until the Soldiers return home. Details will be sent as soon as they are finalized and we all look forward to seeing you at the meeting.

The **Wounded Warriors** and their **Families** are reminded to check the expiration date on your ID cards. When Servicemembers are extended, Families will most often need to obtain an updated ID card to ensure continuity of benefits. There will be a meeting for **Wounded Warriors** and Families coming in September and the details will be sent once they are finalized. If you need help with updating your ID card or have any questions, please call the Family Assistance Center at (508) 233-7338 and Charlie will assist you. You can also reach him via email at Charles.pinder@us.army.mil.

Office hours are Monday – Friday from 7:00 am – 3:00 pm and for after hour's emergencies you can call (781) 760-0727.

Family Assistance - What's Happening Around the State (cont.)

Wellesley Family Assistance — Dawn Wetherbee

The **HHC, B Co and C Co of the 182nd Infantry** met back together for the first time since returning home at the Yellow Ribbon on June 2nd and 3rd at the Burlington Marriott. The event was highly attended by soldiers and family members alike. They received information on their new benefits as Veterans and learned how to take the best advantage of them all. If you were unable to attend, and have any questions about the benefits, please give Dawn Wetherbee a call or email. She can get you in touch with the people who can explain the benefits to you and your soldier. Her phone number is 508-233-7221 and email dawn.wetherbee@us.army.mil.

All of the units will be holding their Welcome Home Parties on the next drill weekend, July 14th and 15th. Each unit will have their own celebration. Please get in touch with your FRG leader to get the specifics of your company's party.

The **972 MP Co** is getting ready to deploy this month. The Send off Ceremony was held June 25th The soldiers signed up for youth bags which were handed out to the children. If your child did not receive a bag, please contact our office and we will provide them. Also on hand was a table with deployment information from the Family Readiness Check. If you have any questions about the upcoming deployment, please call me, Dawn Wetherbee at 508-233-7221 or email at dawn.wetherbee@us.arm.mil.

Taunton Family Assistance — George Pontes



The **181st Vertical Engineers Co** has a busy month in July. They will be holding a Family Readiness Check on July 14th from 9AM-12noon. A number of presenters including TriCare, USFHP, Dental, Legal, support agencies and the Chaplain will be speaking with Family members explaining different programs available to them during the deployment. We have arranged some fun activities for the kids so you can focus on the information being shared. Please contact George and let him know you will be coming and the number of children accompanying you so we can have enough child care. This is a great opportunity for Family members to better prepare for the upcoming deployment. Immediately following the FRC the unit will be holding its Family Day. The following Saturday, July 21st from 1-4 PM, Operation Youth Deployment is happening! Every youngster impacted by the upcoming deployment is invited. Please keep an eye on your mailbox for details. You can also contact your Family Readiness Group for more information and to RSVP at dee1992@aol.com, CheLee35@verizon.net, or bdebeaucourt@comcast.net. If you need any further information regarding this event or anything else please contact the Family Assistance Center Specialist (FAC) George at (508) 823-0891 or george.pontes@us.army.mil.

"Dog" Company, 1-182nd INF is back drilling and has their Family Day in July. The Command along with the FRG have put a great deal of effort into this event and it promises to be a great time. D Co is looking for some new leadership in the FRG as our Chairpersons have been reassigned and cannot continue. If you have any interest please let Bethany, George or SFC Mahan know, we will be happy to talk to you about what the job entails. If you have any questions, ideas, want to participate or join the e-mail roster, please contact George at (508) 823-0891 or george.pontes@us.army.mil anytime.

The Families of the **387th EOD** and its Soldiers have passed the halfway point. A Reunion Briefing will be happening in August that Families are strongly encouraged to attend. The FRG Chairs, Becca Walters and Caitlin Roberts along with the FAC will be making plans and sharing them with you as soon as they are complete. If you have any questions or ideas please contact Becca at beccawalters@comcast.net or George anytime.



FAC Quick Finder

Stephanie Winslow

Worcester Family Assistance
508-753-3164
Stephanie.A.Cox@us.army.mil

Charlie Pinder

Milford Family Assistance
508-233-7358
Charles.Pinder@us.armymil

George Pontes

Taunton Family Assistance
508-823-0891
George.Pontes@us.army.mil

Dawn Wetherbee

Wellesley Family Assistance
508-233-7221
Dawn.Wetherbee@us.army.mil

Jennifer Remillard

Springfield Family Assistance
508-233-7950
Jennifer.Remillard@us.army.mil

WING Family Programs

104th Fighter Wing—Barnes ANGB

Sandy Wakefield, Wing Family Program Coordinator



The 104FW Family Readiness Volunteer Group is proud to offer discounted tickets to the Children Summer Theater at the Majestic! Upcoming shows include Rumpelstiltskin, The Princess and the Pea and Tale of the Frog Prince. Tickets are just \$5.00 and include the show, a juice box and popcorn. Tickets are limited and the discounted rate is only available for advanced purchases. Please see the attached flyers for additional details and contact RyAnn Parker at ryann.parker@ang.af.mil with any questions.

The 104 Family Readiness Group sponsored a cook-out and card making event for the families of deployed service members on Friday, June 10, 2012. The event was held at the Pioneer Valley Club and approximately 50 family members enjoyed hamburgers, hot dogs, chips, soda and wonderful desserts. The USO once again was there to provide wonderful desserts for all. Children were able to enjoy a Bounce House and adults enjoyed the music of Southern Rain who donated their time for the event. Volunteers assisted family members making cards and banners for their loved ones, either to mail or for their "Welcome Home." This was a great networking opportunity for families of deployed personnel to get together, share stories and even concerns.

Two Family Readiness Group Volunteers were offered the opportunity to attend a Car Seat Training Course offered to local police and fire departments. With this training they will now be certified Car Seat Inspectors and able to inspect the car seats of military members and their families. The certification course was a four day intense course with the final afternoon being the practical application of all they learned. Members were invited to stop by and have their child car seats checked and if there was a problem or the seat they had expired they were given a new car seat. This will be a great asset on Family Day when the team will offer free inspections of all military personnel.



102nd Intelligence Wing (102IW) Erin Creighton, Wing Family Program Coordinator

The 102IW, 253CCG & 267CBCS warmly welcomes Barbara Powers, the new Wing Director of Psychological Health, to Otis ANGB. Some of you may be familiar with Barbara. Prior to her new role with the 102D, she was the state's Child and Youth Military Family Life Consultant working out of the State Family Program Office in Wellesley, MA. In her tenure as an MFCLC, Barbara was frequently seen supporting Family Day & Children's Christmas Parties here at Otis. Barbara is a Licensed Mental Health Counselor with an extensive background working with children and families in many different settings. For the past three years she has worked exclusively with military service members and their families throughout the state from all branches of service. Although mainly focusing on deployment cycle support Barbara has also helped service members and their families become connected to valuable resources in their area, strengthened resiliency helped families cope with various economic and employment changes.

As Wing DPH Barbara will support commanders to ensure the highest level of support for made available to Airman addressing the range of wellness topics. Through Barbara, vital resources for individual needs which speak to the care of body, mind & spirit will be made available. She will also provide direct professional consultations and referrals to members, to include families, when applicable.

Barbara Powers LMHC
Wing Director of Psychological Health
ANG Psychological Health Program/ 102nd Intelligence Wing
156 Reilly St. PO Box 7
Otis, ANGB, MA 02542-1330
Barbara.Powers.ctr@ang.af.mil
Office: 508-968-4827
Cell: 508-237-6652



Schedule of Events July 2012

- **3 July** - Hire a Veteran Job Fair, Chicopee
- **4 July** - Fourth of July
- **6 July** - Send Off Ceremony, D Co 223 MI
- **7 July** - OMK Family Fun Day, Spencer
- **7 July** - National Strawberry Sundae Day
- **14-15 July** - 182 INF Welcome Home Parties
- **14 July** - 181 ENG Vertical Family Readiness Check & Family Day
- **21 July** - 182 ENG OYD Day
- **22 July** - Parent's Day
- **27-29 July** - Strong Bonds Family Wellness Weekend
- **28 July** - 182 ENG Sappers Military Wellness Day
- **29 July** - 182 ENG Det Military Wellness Day
- **31 July** - Milicruit Virtual Career Fair



JULY 2012



Sun Mon Tue Wed Thu Fri Sat

1 2 3 4 5 6 7

Hire A Veteran
Job Fair



8 9 10 11 12 13 14



15 16 17 18 19 20 21



22 23 24 25 26 27 28



Parents' Day



29 30 31



MILICRUIT



AUGUST 2012

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4

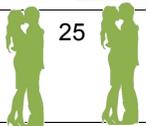


5 6 7 8 9 10 11

12 13 14 15 16 17 18



19 20 21 22 23 24 25



26 27 28 29 30 31



Plan Ahead! Schedule of Events August 2012

- **4 Aug** - Volunteer Leadership Training, Wellesley
- **18 Aug** - Artist for a Day at Museum of Fine Arts, Boston
- **24-26 Aug** - "Laugh Your Way to a Better Marriage"

For more information on any of the listed events, please contact your local Family Assistance Specialist!



7 Ways to Keep Military Health Care Affordable



Revamping health care is constantly in the headlines as President Obama and Congress attempt to hammer out a way to make health care costs more manageable for more Americans. Free or reasonably priced health care coverage is one of the ways the American public decided to help compensate members of the military, their families, and military retirees for their service to the nation. TRICARE (<http://TRICARE.mil>) offers a wide range of health plans for a variety of needs, and many of these plans allow for free medical care, or care at very low cost. Nonetheless, co-payments, medications, dental and vision care can add up. Try these suggestions to help keep the cost of medical care manageable:

1. **See the right doctors.** Whenever possible visit a military medical facility. If no military facility is near you, check with your health insurance plan to determine the best civilian option.
2. **Choose the right plan.** Review all your options when choosing coverage under TRICARE. Carefully consider all your options to determine the right level of care for you.
3. **Keep up to date with checkups.**
4. **Ask for the best deal.** Talk to the manager of patient accounts about your situation. Your TRICARE benefits might vary depending on your plan level and whether you or the physician's office files your claim.
5. **Save with a FSA.** If your employer or your spouse's employer offers a flexible spending account (FSA), take advantage of it.
6. **Cut drug costs.** First, seek to receive your medications from a military treatment facility, where they are free. Otherwise, ask your doctor if a generic medication will work as well as a brand-name one for you. If it is equally effective, a generic drug costs two-thirds less when ordered through TRICARE's mail-order pharmacy. If not, look into all options, including discount medications from warehouse club and discount/chain stores, to find the best deal on needed medicines.
7. **Deduct what you can.** Develop a method to keep track of what you spend on medical care. If you spend more than 7.5 percent of your income, you could be eligible to deduct those costs from your income taxes.

Medical care can be a challenging expense, especially when unexpected conditions arise. Fortunately, by planning as many cost savings as you can foresee, you can make a difference in the cost of care for you and your family. For more information on your TRICARE benefits, visit Military.com's Benefits Channel.



Marriage Enrichment (Strong Bonds) WORKSHOP: The PREP® Approach

The Family Program and the Chaplain's Office have teamed up to offer you outstanding weekend retreats for Couples, for Families and for single Service Members under the national Strong Bonds program - **all FREE TO YOU!**

There are 2 Strong Bonds weekends coming this summer that you can enjoy!

July 27-29 - Family Wellness weekend in Providence RI

August 24-26 - "Laugh Your Way to a Better Marriage"

Registrations will be accepted on a first come-first serve basis. Please enroll through the State Family Program Office as soon as possible.

CH (CPT) Jeremy Pickens at 508-233-7163/ jeremy.pickens@us.army.mil or
SGT Sharee Holmes at 508-233-7220/ sharee.holmes@us.army.mil.

You can also visit: www.strongbonds.org.



Job & Career Fairs!



The Department of Veterans' Services City of Chicopee, Greater Chicopee Chamber of Commerce and the Employer Support of the Guard & Reserve invite you to attend the 'Employ Wisdom ~ Hire a Veteran' Job Fair.



Tuesday, July 3, 2012
10:00 am – 1:00 pm
Castle of Knights
1599 Memorial Drive, Chicopee, MA.

Helping local unemployed veterans find jobs in Western Massachusetts.

**Register now
Virtual Career Fair July 31st**

WWW.VETERANSCAREERFAIR.COM

Are You Tired Of Attending Career Fairs

- Dressing up
 - Wasting gas
 - Paying for parking
 - Printing resumes
 - Perhaps taking time off work to attend
- "Only to be told, thanks for coming by, here's a pen, but we need you to go back home and apply online"

10,000 Jobs for Veterans and Military Spouses by 2014

- Monthly national virtual career fairs
- All employers must have full time jobs available
- Visit the Jobs Center to explore opportunities
- Chat with recruiters in their virtual booths
- Monthly IPAd3 giveaway
- Jobs updated daily
- No software to install

Benefits of the Milicruit Virtual Career Fairs

- We bring the career fair to you
- Available 24/7/365
- Only employers (NO SCHOOLS)
- No travel costs
- Service members can participate anywhere
- Allows you to consider positions nationwide
- Job seekers can apply and chat with recruiters



July 2012 Training Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Staff Meeting 10:30-12:00	4 Holiday No Class	5 WORD 2010 9-12 RESUME WRITING 1:00-3:00	6 INTERNET JOB SEARCH 9:00-1:00	7
	LIFE SKILLS 9:00-12:00	MONEY MANAGEMENT 1-4 pm				
8	9	10 Intro to EXCEL 9-11:30	11 COMPUTER LITERACY 9:00-12:00	12 WORD 2010 9-12 RESUME WRITING 1:00-3:00	13 INTERNET JOB SEARCH 9:00-1:00	14
	LIFE SKILLS 9:00-12:00					
15	16	17 Staff Meeting 10:30-12:00 @ IH	18 COMPUTER LITERACY 9:00-12:00	19 WORD 2010 9-12 RESUME WRITING 1:00-3:00	20 INTERNET JOB SEARCH 9:00-1:00	21
	LIFE SKILLS 9:00-12:00					
22	23	24 INTERNET JOB SEARCH 9:00-1:00	25 COMPUTER LITERACY 9:00-12:00 Resume Writing 6:00-8:00pm	26 WORD 2010 9-12 RESUME WRITING 1:00-3:00	27 INTERNET JOB SEARCH 9:00-1:00	28
	LIFE SKILLS 9:00-12:00					
29	30	31 Intro to EXCEL 9-11:30	1 COMPUTER LITERACY 9:00-12:00	2 WORD 2010 9-12 RESUME WRITING 1:00-3:00	3 Intro to OUTLOOK 9:00-11:00 (Staff Only)	4
	LIFE SKILLS 9:00-12:00					

Massachusetts ESGR

Ellie Cash, Program Support Specialist
50 Maple Street
Milford, MA

508-233-7249 Direct
256-7249 DSN
888-301-3103 x 7249 Toll Free
Eleanor.j.cash.ctr@us.army.mil



Massachusetts ESGR has consistent job opening and career fair announcements!

Visit <http://maesgr.com/> for the latest information
and follow the Family Program on Facebook

972 MP Co Send Off Ceremony



182 INF Yellow Ribbon Event



JULY 2012

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**Find Family Program
on Facebook!**



**Email or write to us.
Your opinions matter!**



Helpful Websites

American Red Cross

www.redcross.org

Concordia Dental Plan

www.ucci.com

DEERS

www.tricare.osd.mil/deers/

EANGUS

www.eangus.org

ESGR

www.esgr.org

Guard Support of MA

www.guardsupport.org

Legal Services

www.jagcnet.army.mil/legal

Military Friends Foundation

www.militaryfriends.org

Military Child Care

www.naccrra.org

Military One Source

www.militaryonesource.com

NGB Family Online Community

www.guardfamily.org

Operation Military Kids

www.operationmilitarykids.org

Tri-Care Information

www.tricare.osd.mil

USFamily Health Plan

www.usfamilyhealth.org

Veterans Affairs

www.va.gov

Veterans Affairs Kids K-12

www.va.gov/kids

Youth Online Community

www.guardfamilyyouth.org

MANG Family Program

<http://www.massguardfamily.org>

Important Numbers

Taunton Armory

111 Hon. Gordon Owen Riverway, Taunton, MA 02780
Tel# 508-823-0891 Fax# 508-823-0892

Springfield Armory

1505 Roosevelt Avenue, Springfield, MA 01109
Tel# 508-233-7950 Fax# 508-233-7975

Wellesley Armory

14 Minuteman Lane, Wellesley, MA 02481
Tel# 508-233-7221 Fax# 508-233-7232

102D Intelligence Wing (102IW) Family Program Office

Otis Air National Guard Base
58 Reilly St, Box 70 Otis ANG Base, MA 02542
Tel# 508-968-4855

Reading Armory

25 Haverhill Street, Reading, MA 01867
Tel# 508-233-7444 Fax# 508-233-7441

Worcester Armory

50 Skyline Drive, Worcester, MA 01605
Tel# 508-753-3164 Fax# 508-753-3165

Milford Armory Headquarters

50 Maple Street, Milford, MA 01757
Tel# 508-233-7358 Fax# 508-233-6774

104th FW Family Program Office

Barnes Air National Guard Base
175 Falcon Drive, Westfield, MA 01085
Tel# 413-568-9151 Ext#6981183