

The Family Flyer



Supporting Military Families

Cape Cod—Southeastern Massachusetts—SE New England

TRICARE Dependent Medical Coverage Extended to Age 26

The National Defense Authorization Act for Fiscal Year 2011 extends dependent medical coverage up to age 26. The legislation authorizes both **TRICARE Standard** and **TRICARE Prime** which will be implemented in a two phase approach—

1. Effective 01 APR 2011, TRICARE Standard will be available
2. TRICARE Prime plans will follow later in 2011

The enrollment process through TRICARE Management Activity (TMA), will begin 01 APR 2011. When enrolling, the sponsor may opt to have the date of initial enrollment back dated to 01 JAN 2011 provided the sponsor pay retroactive premium payments.



If the eligible dependent incurs health care expenses prior to April, all receipts against claims can be submitted once the dependent is enrolled.

Once dependents have been enrolled and show eligibility in DEERS, they can proceed to the nearest DEERS/RAPIDS site to receive an ID card. There should be no enrollments or child adds in DEERS unless a dependent is not visible to the Managed Care Support Contractor; normally these would consist of children who were never added to the sponsor's DEERS record.

For more info, please visit www.tricare.mil

FEB—MAR 2011

Volume 5, Issue 8

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Military Homeowners: Avoid Foreclosure



If you've been wounded while on active duty, or your spouse has lost their life in combat, you may be eligible for special mortgage forbearance.

If you're unable to make your mortgage payment as a result of one of these unique hardships, and your loan is owned by Fannie Mae, you may be eligible for temporary relief from your monthly mortgage payments. To find out if Fannie Mae owns your mortgage or to find out if you're eligible, please call Fannie Mae at 1-877-MIL-4566 or visit www.knowyouroptions.com/military

BEWARE OF RESCUE SCAMS!

Foreclosure rescue scams are a real threat—and they can be devastating to anyone already in financial trouble.

Get informed and ask questions! If you're struggling to make your mortgage payments and receive an offer, information or advice that sounds too good to be true...it probably is.

Seek help from a trustworthy organization. Find local Housing and Urban Development (HUD) approved counseling agencies and get the help you need for FREE. Visit [HUD Counseling](#) for more info.



St. Patrick's Day

March 17, 2011

Celebrated by the Irish
(and Irish-at-heart)
in big cities & small towns
with parades, "wearing of the
green", music, songs,
and Irish food & drink.
It's a day for fun!
So kiss someone...
they COULD be Irish!

USCG MWR Veterinary Clinic on 04MAR

One day only!
 March 4, 2011
 10:00am to 5:00pm
 USCG Bldg 5215

Walk In Only—No Appointments

The US Army Vet staff based in Groton, CT will provide minor wellness clinics for authorized patrons eligible for vet care. Services are limited to vaccines, heartworm/FELV/FIV tests, deworming, nail trimming and ear cleaning. There will be no sick call and animals are presumed to be healthy. Please bring pet's shot records for heartworm meds. Cats must be in a carrier; dogs must be on a leash.

****NEW FEES****

\$10/animal to see the Technician
\$25/ animal to see the Veterinarian
\$2 service charge per total purchase
CASH OR CHECK ONLY

Services

Nail Clipping—\$5.00
 Ear Cleaning—\$5.00
 Heartworm Test—
 \$25.00
 Rabies—\$10.00
 Distemper—\$15.00
 Lepto 4—\$15.00
 Lyme—\$18.00

Available Products

Heartguard Plus 6month
 Iverhart Plus 6month
 Interceptor 6month
 Frontline Plus 3month
 Frontline Plus 6month
 K-9 Advantix 6month
 AdvantageMulti for Cats



Discounts for First Aid, CPR and AED Classes for Military Families



The American Red Cross, Cape Cod and Islands Chapter, will offer special scholarships for classes in February and March at the Chapel Support Building on the MMR.

Babysitting is new this year and can be made available if requested so the family members can focus on these important lifesaving classes. The classes are free to members of military families of all branches, thanks to the American Red Cross in support of its Service to Military Families Program.

***Please note that active duty members can take the class at the scholarship rate only if their family member is present. A Pet First Aid class and additional dates (and day classes) are being planned and will be announced at a later time.

Registrations IS required by calling 508-775-1540, ext 14 or by emailing wpierce@cciredcross.org

Please visit [The Cape & Islands Chapter of the American Red Cross](#) for more info.

***February 14th**

Infant/Child CPR
 5:30pm to 9:00pm
 \$15.00

***February 28th**

First Aid/CPR
 5:30pm to 9:30pm
 \$15.00



***March 14th**

Adult CPR/AED
 5:30pm to 9:30pm
 \$15.00

***March 28th**

Infant/Child CPR
 5:30pm to 9:00pm
 \$15.00

Strong Bonds Weekend Retreats

The MA National Guard Family Program and the Chaplain's Office have teamed up to offer you outstanding weekend retreats for couples, families and single service members under the national Strong Bonds Program...and it's FREE to you!

Retreat titles include:

- *The PREP Approach (Couples)
- *Family Wellness (Family)
- *Laugh Your Way to a Better Marriage (Couples)
- *LINKS (Family)
- *PICKS (Single member)
- *The 8 Habits of a Successful Marriage (Couples)



Upcoming Retreats

- *March 25-27 (Couples)
- *May 20-22 (Couples)
- *July 15-17 (Couples/Singles)

Ordinarily the cost is \$200–\$350 for these workshops and materials. The total cost of the retreat, including hotel and food can easily exceed \$500.

Thanks to special funding, these programs are **provided at no cost**.

Registration will be accepted on a first come—first serve basis.

Please enroll through the State Family Program by calling

[CH\(CPT\) Jeremy Pickens](#) at 508–233–7163 ,or
[SGT Sharee Holmes](#) at 508–233–7220.



Upcoming Winter Events from the Women's Veterans Network

2nd Annual Women Veteran Ski Appreciation Day March 8, 2011

Mount Sunapee is providing a great day of skiing, certified adaptive ski instructors, use of ski equipment and lunch...

FREE OF CHARGE!

Open to all women veterans

Q: Kelly Cossaboom 774–826–1955

Women's Health Forum March 24, 2011

Waltham Westin Hotel
70 Third St—Waltham, MA
7:30am—3:00pm

*Getting Healthy– Staying Healthy

Knowledge is Everything!

For more info, please visit

www.mahealthcouncil.org

Annual Walk for Change benefiting The Boston Area Rape Crisis Center April 10, 2011

If you're interested in participating in this walk with a women veteran's group or have questions, please contact Carolyn Mason-Wholley at 508–612–0518

Armed Forces Vacation Club!

Armed Forces Vacation Getaways
starting at \$329/week!

Access a world of exciting vacations destinations like Florida, Bahamas & Italy!

Go for a night, long weekend or week; choose from up to 3500 resorts in 80 countries—book at a moment's notice!

Call Today 1–800–724–9988



2011 MA Military Asset Building Free Tax Assistance Program

During the 2011 tax season, the Joint Support Family Assistance Program (JFSAP) will be offering all service members and their families of all components in the military FREE TAX PREPARATION at various locations around Massachusetts. These sites provide free tax advice, tax preparation and assistance to military members and their families.

Who Will Prepare Returns?

Volunteers that have been certified by the Internal Revenue Service will be preparing your returns. Experienced volunteers who are lawyers, CPAs, Financial Planners and IRS Enrolled Agents will be reviewing your return before it is E-Filed to ensure accuracy.

The tax sites are now open and will remain open until the last day of the tax season—18 APR 2011.

To Make an Appointment, or for more information, please contact SPC Jeff LaPointe at 781-431-0197



LOCATIONS:

- *Bourne (MMR)
- *Reading
- *Worcester
- *Westover
- *Boston
- *Wellesley
- *Milford
- *Rehoboth
- *Fort Devens

Call to schedule an appointment

Sites are open Mon-Sat
(exact hours varying by location)

2011 Air Force Reserve/Air National Guard Teen Leadership Summits

The AFR/ANG Teen Leadership Summits are open to 14-18 year old dependent teens of current Air Force Reserve or Air National Guard military members.

Applicants will be required to complete the entire application to include essay questions.

Classic Teen Leadership Summit

June 19-24, 2011
Wahsega 4H Center
Dahlonega, Georgia

Nestled in a valley of the Chattahoochee National Forest, teens will participate in high adventure activities such as zip lines, white-water rafting, hiking, fishing, archery, survival classes and more! Leadership classes taught throughout the week include True Colors and the Leadership Challenge.

Capitol Teen Leadership Summit

July 24-29, 2011
Washington, DC.

Teens will travel to DC for week long activities focusing on citizenship, character building and high adventure. Teens will spend a few days exploring the wonders of DC including memorials and the Smithsonian Museum. In addition, leadership classes will be focused around the General Shelton Leadership Challenge.

Adventure Teen Leadership Summit

August 9-14, 2011
Cheley Colorado Camps
Estes Park, Colorado

During this summit, teens will participate in daily adventure activities including hiking, mountain biking, technical climbing and archery. Leadership classes taught throughout the week include True Colors and the 7 Habits of Highly Effective Teens. Each evening, teens will gather for programs including campfires and songs.



The POCs for the 2011 AFR/ANG Teen Leadership Summits are
Ms. Brandi Mullins: 478-327-2090, brandi.mullins.ctr@us.af.mil or
Ms. Kasey Bozeman: 478-327-2110, kasey.bozeman@us.af.mil

9th Annual American Red Cross Heroes Breakfast

Thursday—March 31, 2011

7:00am to 9:00am

The Resort & Conference Center at Hyannis

Meet your 2010 Everyday Heroes:

- * Fire Fighters
- * Law Enforcement
- * Sea Rescue
- * Community Impact
- * Community Medical Support
- * Adult Good Samaritan
- * Adult Mentor/Role Model
- * Swim Rescue
- * Military Combat
- * Youth Good Samaritan
- * Military Good Samaritan
- * Community Educator
- * Animal Hero
- * Red Cross Community Impact
- * Red Cross Volunteer Achievement



For tickets and event details, please visit www.cciredcross.org or call 508-775-1540

US Border Patrol Now Hiring



The US Border Patrol is hiring agents to work for the nation's largest single border agency, protecting the American people from terrorism, drug smuggling and illegal entry to our country.

Agents are responsible for guarding nearly 7,000 miles of land shared with Canada and Mexico, 2,000 miles of coastal waters surrounding the Florida Peninsula and off the coast of Southern California.

Key Requirements:

- * be between the ages of 18 and 39
- * US Citizen and resident for the past 3 years
- * have a valid state driver's license
- * pass a thorough background check, medical exam, fitness test and drug test and must successfully complete 55 days of intensive instruction at the US Border Patrol Academy

To apply, please visit www.borderpatrol.jobs

Military OneSource Tax Filing Services

The Military OneSource Tax Program has begun! The program provides free access to a customized version of the basic H&R Block at Home® electronic tax-filing product. This customized product allows for free federal filing and free state filing (up to three states). In addition, free telephonic tax consultations are available to help with tax-related issues. Please see the list of [Frequently Asked Questions](#) to learn more about the program and filing your 2010 taxes.



Consultants are available 7 days a week

from 7 a.m. - 11 p.m. ET
Please call 1-800-730-3802.

An important note: Please do not create a user account on the public H&R Block Web site. You will incur a fee if you file using the public H&R Block Web site/product. If you create an account on the public H&R Block Web site, regardless of how you access the account in the future, the H&R Block system will view you as a public user (the system tags the account when it is created, according to the version of the product being used at that time). Visit www.militaryonesource.com for more information.

VETERAN'S CAREER FAIR



Wednesday,
February 16, 2011
10:00am to 3:00pm

US Dept. of Veterans Affairs Regional Office
380 Westminster Street, 1st Floor
Providence, RI 02903

Please RSVP to
Margherita Paolucci
401-223-3603

Margherita.Paolucci@va.gov



Operation Security (OpSec) What Do Our Cars Say About Us?

There are a number of car license plates that may 'spell out' job functions, job locations, or job-specific programs. Our adversaries may find this useful in determining potential targets.

The list of indicators goes on and on—post decals, service oriented stickers that indicate job function, location and level of expertise, residential parking decals or cards that hang on the rear view mirror, bumper stickers indicating hobby preferences, political inclinations and where our elementary, junior high and high school children attend school.

A combination of these indicators may be enough to get the attention of our adversaries so that they want to take a closer look at the outside of our cars as well as what's inside our cars—cell phones, work related documents, personal mail with home addresses, work/access badge...and trash—trash that could provide even more information about us or perhaps indicate weaknesses that could be used against us.



Now consider—what could our adversaries DO if provided the opportunity to get inside our cars? Clone our cell phones to get our call lists, pictures and texts, upload malware programs to our cell phones that can be remotely accessed allowing them to potentially listen to our conversations, or steal our access badges or official identification that may be used by them to gain access to government facilities and locations. And lots more.

Let's make it more difficult for our adversaries to gather information about us and what we do by 'reading' our cars. Let's keep our cars locked and windows rolled up. Let's take our cell phones, badges and work related material with us when we leave our cars unattended. Let's lock up items that contain our personal information and clean our cars!

Our adversaries are continuously looking for potential targets of exploitation. Let's do all we can to ensure they don't find anything.

American Youth Foundation Winter Camp 2011

American Youth Foundation
Merrowvista
147 Canaan Road
Ctr. Tuftonboro, NH 03816



February 22nd—February 24th

March 1st—March 3rd

Arrival: 10:30am Pick-Up: 3:30pm

Children or siblings, ages 8 to 13 of National Guard Members living in ME, NH, VT or MA are eligible

Camp Fun—Snowshoeing—Arts & Crafts—
Indoor Climbing Course

AND IT'S ALL FREE!

Space is limited.

Please call 603—539—6607



Coco Keys Water Resort

Half-Off Sundays for Military!

Receive 50% off a Sunday day pass valid for one day access with valid Military or Veteran ID to CoCo Key Water Resort!

10:00am to 9:00pm on Sundays only.

Two discounted kids included under each adult ID.

The Second Base Family Education Series

When a Brother or Sister Returns from War: Common Challenges to Reconnecting After Deployment

The Home Base Family Education Series gives family members and friends of OIF and OEF service members a greater understanding of how combat related stresses challenge the process of reintegration to civilian life. Each session will have time so the audience can ask questions.

Each session of the Second Home Base Family Education Series will be held at the Home Base Clinic, located at 101 Merrimac Street. The closest entrance to the Government Center Parking Garage is at the intersection of Merrimac and New Chardon.

All session & parking are free of charge. Light refreshments will be provided.



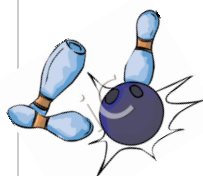
A Siblings Perspective—Jamie and Jon Zagami
Tuesday—March 1, 2011: 6pm to 7:30pm

PTSD and Its Impact on Family Relationships
Tuesday—March 15, 2011: 6pm to 7:30pm

Substance Abuse and the CRAFT Model
Tuesday—March 29, 2011: 6pm to 7:30pm

Traumatic Brain Injury in the Veteran
Tuesday—April 12, 2011: 6pm to 7:30pm

To register or learn more, please visit the [Home Base Program website](#).



February School Vacation Week

TUE 22 FEB

10:00am to 2:00pm

4H Winter Workshop—Barnstable Country Fairgrounds

Engage in fun activities and community service!

\$5.00 per member

Register by Feb 14th to Candy LeBlanc

Candace.C.LeBlanc@uscg.mil

WED 23 FEB

FREE Suspenders Clowning and Juggling Show

Roxy Theater

10:00am

THU 24 FEB

10:00am—Crafts at the Crosswinds

2:00pm—Viewing of “Despicable Me” at the Roxy Theater

FRI 25 FEB

10:00am—Winter Hike (meet at the Crosswinds)

2:00pm to 5:00pm—Bowling Alley/Youth Lounge at the Crosswinds



\$79 \$99

Island Grand

Parlors & Suites:

22, 23, 26-28 FEB

1, 2, 6-9, 13-16 MAR

Sandpiper Rooms & Suites

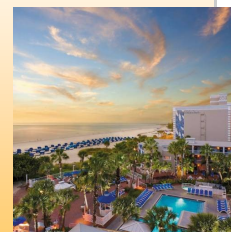
21-23, 26-28 FEB

1, 2, 6-9 MAR

Please phone 1-800-251-0613

for special rates on additional dates.

TradeWinds
ISLAND RESORTS ON ST. PETE BEACH
www.letgo.com



\$10 Red Sox Tickets Standing Room Only

The 2011 Red Sox Season
is approaching!

At every regular season game, the Sox set aside tickets for active duty military personnel.

Any Service Member can purchase up to 2 standing room only discounted tickets for \$10 ea.

Tickets go on sale two hours before game time.
Ticket booth is at Gate B—must show military ID

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



Erin Creighton
Airman & Family Readiness Program Manager
102 IW/FPO
158 Reilly Street, Box 70
Otis ANG Base, MA 02542
Phone: 508-968-4855
Fax: 508-968-4846
erin.creighton@ang.af.mil

Requests to be added or removed from this distribution list may be sent directly to Erin at the address above.

The Family Program works to establish and facilitate ongoing communications, involvement, support and recognition between Guard families and the Guard in a partnership that promotes the best in both.

“Families Matter”

Helpful Websites

Military OneSource
www.militaryonesource.com

US Family Health Plan
www.usfhp.org

RAPIDS Site Locator
www.dmdc.osd.mil

American Red Cross
www.redcross.org

NGB Family Program
www.jointservicesupport.org

Our Military Kids
www.ourmilitarykids.org

Finance Assistance
www.operationhomefront.net

TRICARE Information
www.tricare.mil

Veterans' Affairs www.va.gov

ESGR www.esgr.org



Food For Troops

Benefiting Ma Otis' Pantry

March 20, 2011

Sandwich Taverna, Rte 130 Sandwich, MA



12 Local Cape Cod Bands!

Shattered

Chaindrive

and many more...

All Day Buffet—\$20pp



Please bring a non-perishable food item

Donations can be mailed to:

Ma Otis' Pantry

PO Box 2288

Teaticket, MA 02536

Ma Otis' Pantry is an emergency food pantry located on the MMR. Ma Otis' Pantry gathers food items from sources on and off base and offers them to members of our military community who may be in crisis.

To learn more about the Pantry, please call Michelle at 508-524-8144 or visit their website at www.maotispantry.org

Come listen to great bands, eat your heart out and benefit the Ma Otis' Pantry!

This announcement is provided for the benefit of the 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 Air Force. Any participation is solely the responsibility of the individual.