



AT A GLANCE BULLETIN



Army Community Service
61 Quebec Street, BLD 683
Fort Devens, MA 01434-4479

Serving the Military in New England

March 2012



March 2012

Army Community Service



Fort Devens Welcome Center

61 Quebec Street, Building 683

Hours of Operation

0630-1600 Monday -Friday

<https://www.devens.army.mil>

ACS TELEPHONE NUMBERS

978-796-3023/ 3119 DSN 256-3023/ 3119

MILITARY ONE SOURCE

1-800-342-9647

www.armyonesource.com

FROM THE OFFICE OF THE ACS DIRECTOR



Imelda Fisher

2011 TAXES: Don't forget to take advantage of FREE Tax Assistance offered to the Military.

Fort Devens ACS Face book: Fort Devens ACS is on Face book! "Like" to find out the latest news and happenings on Fort Devens and around the Army. We can be found by linking to our page <http://www.facebook.com/pages/Fort-Devens-ACS/123145824448800#!/> or searching for Fort Devens ACS and clicking "Like"

Resiliency Training Available: Call Mel at ACS at 978-796-3023. One of the Army's top priorities is to develop a holistic fitness program for Soldiers, Family members and Army Civilians in order to enhance performance and build resilience. Resilience Trainer is a course that will produce leaders with the capability to improve resilience skills to the Soldiers in order to enhance their performance and increase their resilience, both individually and collectively.

The MRT is an established program that has demonstrated efficacy in reducing behavioral health problems in a wide range of demographics. Soldiers will review the myths about resilience and why resilience is critical for success and well-being. They will also learn about the scientific literature of the core factors that predict resilience, with a specific focus on the factors that are amenable to change. These skills have a proven efficacy in contributing to the success of teams and leaders, families, students, executives and military personnel.

FINANCIAL

Four (4) Money-Etiquette Questions Answered: Awkward money moments. When it comes to matters of money, tact is often in the eye of the beholder. Take some tips from etiquette experts on how to defuse these tricky situations.

1. At a restaurant, your friends suggest splitting the check evenly, but your meal costs less. If these are people you don't meet with often, divvying up the check evenly is probably the best way to handle it. The same goes if you regularly eat out with certain friends and the price of your meal is usually about the same as theirs. "You'd hope that in a group of friends, this comes out in the wash," says manners and lifestyle expert Thomas P. Farley. "You do not want to be the person who's whipping out the calculator." If, however, you often go out with people who tend to order more-expensive meals and drinks than you do, it's okay to ask your server for a separate check before the meal, says Daniel Post Senning, of the Emily Post Institute. In fact, your fellow diners may appreciate the move: They can order as much as they want without feeling as though they're imposing on you.

2. You're asked to pitch in for a group gift at the office, but there's bad blood between you and the recipient. You're under no obligation to participate or to explain why you're turning down the request, Senning says. The organizer shouldn't pressure you. If requests for money at the office become overwhelming, Farley suggests bringing up the issue with colleagues you trust. Chances are they feel the same way. In that case, you could suggest changing the practice rather than eliminating it—say, having a once-a-year office birthday party rather than buying a gift or going out to lunch for

each one.

3. A friend asks you to support his favorite cause, but you'd rather choose your own charities. A polite no is an acceptable response, Senning says. You can tell your friend the reason if you wish, but you don't have to. (Be diplomatic. If you're refusing because you dislike the charity, don't badmouth a cause that is obviously important to him.) Soften your response by complimenting your friend—for example, tell him that you admire his generosity. And keep in mind that if the people who are asking you for money have donated to your causes in the past, there's a higher expectation that you'll pitch in for theirs.

4. A family member asks you for a loan, but you're not comfortable lending to her. In all likelihood, the one asking for the loan is as uncomfortable as you are. "It's a real ego blow to have to go to friends and family for money," Farley says. "It's probably the last resort, and nobody wants to do it." Be conciliatory as you decline, and don't make up a reason for your refusal that isn't true. For example, don't say that you never lend money when you have done it in the past. Help out in another way if you can. Farley suggests that you offer to be a job reference, for instance. (But avoid cosigning a loan, especially if you question the borrower's ability to repay it. You'll likely be asked to pay up if she defaults, and your credit rating would be on the line.) If you do lend money to someone, you can boost your chances of being repaid by putting the agreement in writing with explicit terms, such as interest required and payment due dates.

*****The Military OneSource FREE Tax Filing Service Is Here Featuring H&R Block At Home® Online:** Military OneSource is pleased to announce the return of the Military OneSource version of the H&R Block At Home® Online tax preparation service. If you are eligible under the Military OneSource program, you can complete, save, and file your 2011 federal and up to three state returns online for free with the H&R Block At Home® tool.

To access this free service, you must start your return from the [Military OneSource H&R Block At Home®](#) link. Once you click the link you will be required to log in to Military OneSource (new users will need to create a Military OneSource account). From the login page you will be directed to a site containing additional information on tax preparation, including the link to the Military OneSource free H&R Block At Home® service. Why file online with H&R Block At Home®? It is fast, secure, and free! You can also check the status of your exile, be confident that your calculations are 100 percent correct or H&R Block pays the penalties and interest, and know that H&R Block is by your side in the rare event of an audit.

You can also prepare and file your taxes at your own pace. Once you create your own secure log-on user ID and password through the Military OneSource H&R Block At Home® service, you will be able to save, close, and return as often as you need to. This means that if you don't have all of your tax documents ready when you start, you can stop, gather what you need, and return as often as necessary.

This is the same free tax preparation program you may have used through Military OneSource before. If you created an H&R Block at Home® account last year, your login credentials for that account will still work and you will be able to access last year's personal tax information. However, to ensure you receive the free service, you must first login to [H&R Block At Home®](#) through the Military OneSource link. If you have questions about this tax service or about preparing your own tax returns, please call 1-800-342-9647 and ask to speak with a Military OneSource tax consultant. Trained tax consultants are available 7 days a week from 7 a.m. to 11 p.m., EST. For online assistance with

questions about deductions, exemptions, and filing deadlines, send inquiries to TaxQuestions@militaryonesource.com.

*****2012 MASSACHUSETTS MILITARY ASSET BUILDING & FREE TAX ASSISTANCE**

PROGRAM: The MA Joint Support Family Assistance Program 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 will provide Tax Preparation & Asset Building opportunities.

LOCATIONS: Wellesley, Cape Cod, Milford, Reading, Westover AFB, Worcester. Sites will be open Mon-Sat and hours will vary by location.

DATES: The tax sites will open starting the week of January 30th and run until the last day of the tax season, April 16th. Appointments can be made starting January 23rd.

ELIGIBILITY: Service members and their dependents who served in any component of the Armed Services in 2011, Military Retirees and OEF/OIF Veterans are eligible for this free service.

WHAT ARE THE BENEFITS TO USING THIS SERVICE: SAVING \$\$\$ (The average tax return costs \$200). Don't pay \$ for something that you can get it done for free. Our volunteers are certified and some are tax professionals. You will not get a bigger refund going to a paid preparer.

WHAT ASSET BUILDING OPPORTUNITIES WILL I BE MADE AWARE OF AT THE SITES? After you determine what your refund will be, you will be given opportunities to put that refund to use by being made aware of information on: paying off debt; contributing to the Thrift Savings Program, 529 Plans, IRAs, 401(k)s and other savings vehicles; using part of the refund to purchase Savings Bonds; joining the MilitarySaves campaign; and working with a financial counselor in addition to other great asset building opportunities.

WHAT SHOULD I BRING WITH ME TO THE SITE?

Proof of identification. Social Security Cards for you, your spouse and dependents. Completed Intake Sheet. Wage and earnings statements from W-2, W-2G and 1099-Rs. Interest and dividend statements from Form 1099. A copy of last year's federal and state return (if available). Form 1098 from your mortgage. Bank routing #'s and account numbers for Direct Deposit. Total paid for daycare provider and provider's tax identification # (if applicable). Any other tax forms that you receive in the mail.

To make an appointment EMAIL: ma-taxes@ng.army.mil for more information on the program calls 781-431-0197

Check Your Credit Info, Free of Charge! Until 31 March 2012, FINRA Investor Education Foundation (a part of FINRA, the Financial Industry Regulatory Authority, a sponsor of Military Saves), is providing all active duty service members and their spouses the opportunity to check their credit score and credit analysis, free of charge.

-Go to <http://apps.finra.org/myFICO/2/default.aspx> and enter LSMBC22Q in the Financial Educator's Code box. Complete the form, answer the security questions, and hit Submit-that's all there is to it! Your security information is transmitted on a secure website, and checking your credit through this site has no negative impact on your score or history.

SOLDIER & FAMILY

PAT TILLMAN MILITARY SCHOLARSHIP: Applications for the 2012 Pat Tillman Military Scholarship for military veterans and their spouses are being accepted from "Now" till March 16th, 2012. Veteran and active duty service members or their spouse (including surviving spouse) who are

seeking assistance to pursue an undergraduate, graduate or post-graduate degree as a full-time student are eligible to apply. This includes on-line only programs. For information go directly to the Pat Tillman foundation: <http://www.patillmanfoundation.org/tillman-military-scholars/>

Veterans Health Benefits handbook: Here is the link talking about the new Veteran's Health Benefits handbook. Enrolled Veterans should be receiving their personalized handbook as part of a national rollout campaign. <http://www.va.gov/healthbenefits/vhbh/>

TRICARE Dental Program: On May 1, 2012, MetLife will become the dental carrier for the TRICARE Dental Program. All current TRICARE Dental Program enrollees will be notified about the transition to MetLife and will receive a welcome packet with a new TRICARE Dental Program Benefits Booklet. <http://www.metlife.com/TRICARE/index.html#welcome>

The Spouse/Caregiver Scholarship: The Spouse/Caregiver Scholarship (<http://bit.ly/xQ370x>) program identifies, recognizes, and rewards spouses/caregivers for their strength, fidelity, and resolve despite adversity. Scholarships aid in continued education at a reputable, accredited university, college, or trade school for spouses/caregivers as they assume critical roles in the financial well being of their families. Scholarship awards are \$5,000 to be made co-payable to the scholarship recipient's institution for payment of tuition, books and supplies and may be reapplied for up to four years for a maximum of \$20,000. The application process is the same for new applicants and renewals.

Next deadline: Application to be postmarked no later than April 2, 2012. For more information and to apply for a Spouse/Caregiver scholarship, please visit <http://bit.ly/xQ370x>.

Military Kids Connect: The Department of Defense (DoD) launched a new website for children experiencing the challenges of military deployments. The highly interactive website, www.MilitaryKidsConnect.org, was created by psychologists at DoD's National Center for Telehealth and Technology. It helps children of deployed parents cope with the stress, changing responsibilities, and concern for the safety of their parents.

The center, known as T2, developed the website with informative videos, educational tools, and engaging games and activities for three age groups: 6 to 8, 9 to 12 and 13 to 17. The site features monitored online social network forums for the groups to safely share their experiences with deployments. MilitaryKidsConnect.org is the first DoD website to connect children in the widely separated active, reserve, and National Guard military communities.

“Since 2001, an estimated 2 million children have said goodbye to a parent headed to deployments in Iraq, Afghanistan, other places around the globe, and on ships at sea,” explained Kelly Blasko, a T2 psychologist. “Military children are deeply affected by the separation of their parent’s deployment. We’ve seen that in their hearts, kids deploy too.”

The website has features that will help children, parents, and educators navigate the wide range of practical and emotional challenges military families must live with throughout the deployment cycle. The National Center for Telehealth and Technology serves as the primary DoD office for cutting-edge approaches in applying technology to psychological health. The National Military Family Association is pleased the Defense Department has finally launched a website to help children cope

with deployments. For more information on how you can help military children in your community check out our Association's Military Kids and Military Teens toolkits.

Military Child Appreciation Day: March 31, 2012 Saturday

All Military Families are Welcome. Join Operation: Military Kids for fun, hands on activities for military youth ages 5 and older. Participate in arts and crafts, make your own photo buttons, create with the mobile technology labs, join in a Zumba lesson even practice your Karaoke skills! Teens come and enjoy the Teen Room. Parents must stay with their children. Sponsored by OMK, 4-H and the National Guard Youth Program and supported by local community organizations. T-Shirts Available for Purchase \$19.99 ea. Date March 31, 2012-Saturday, Location Wellesley Armory, 14 Minuteman Lane, Wellesley MA, Time 11 a.m.-3 p.m., Registration Deadline, March 26, 2012, Registration Required To Register contact Susan Pixley at 508-233-7290 via email; susan.pixley@us.army.mil or Va Shon Hiltbold 781-891-0650 ext. 30 via email; vwallace@umext.umass.edu

Project New Hope: Massachusetts will sponsor —FREE! weekend retreats for combat veterans from all eras, and their families to foster family togetherness through wilderness getaways to assist with the transition from wartime back to peacetime living. The camps can include single soldiers. Project New Hope held its first retreat, with combat veterans and their families getting the opportunity to stay on an historic farm at the Elm Hill Center in Brookfield, where they learned how to ride horses, relaxed through a yoga session, ate lovingly prepared meals, and sometimes just sat back to enjoy the beautiful weather together — all the while escaping from the stresses, routines and struggles of home life. But for the vets who returned to their families after tours in wars abroad, the most unique aspect of this retreat was having the support and understanding that comes from being together with men and women that know what it's like both to have served as well as what it's like to come home, and so have dealt with the same feelings and problems as they try to come to terms with their experiences. Upcoming dates are: **Friday – Sunday , 16 – 18 March** at Grotonwood (traumatic brain injury retreat), **Friday – Sunday, 18 – 20 May** at Grotonwood (gold star retreat), **Friday – Sunday, 13 – 15 July** at Grotonwood (single & married veterans retreat), **Friday – Sunday, 14 – 16 September** at Grotonwood (single & married veterans retreat), **Friday – Sunday, 5 – 7 October** (women veterans retreat). Register at: www.Projectnewhopema.org. For further information contact: Bill Moore, M.A., Project New Hope Massachusetts <http://www.projectnewhopema.org> <http://www.projectnewhopema.org>> P.O. Box 91 Leicester, MA 01524.

Operation Homefront New England: Operation Homefront, is a 501(c) (3) nonprofit organization that was formed in February of 2002, whose target population are active duty, Reserve, National Guard, veteran service members, or American military personnel and/or their families who have unmet needs due to death, injury, physical or mental detriment, or financial hardship as a result of service in Iraq or Afghanistan. Operation Homefront headquartered in San Antonio Texas, currently providing services to military families across the nation with 30 chapters serving 37 states, and was developed to support the families of deployed service members immediately following 9/11. Operation Homefront provides direct services that alleviate a military family's or individual's actual/complete emergency financial burden, as well as counseling and/or recovery support with: assistance, compassion, solutions and empathy. For more information regarding our services please visit our website at www.operationhomefront.net/maine

Voting Assistance for Troops: The Defense Department provides assistance to service members wanting to register to vote and cast absentee ballots in their home state elections.

http://www.pentagonchannel.mil/?pid=hHwZF_GNu8MvAuVtbbTS_tF3B_HkxE1I&player=GovDelivery

AER MG James Ursano Scholarship Program : The MG James Ursano Scholarship Program assists children of Soldiers in obtaining a 4-year undergraduate degree. Children of Soldiers on active duty, children of retired Soldiers, or children of Soldiers who died while on active duty or in a retired status are eligible. <http://content.govdelivery.com/bulletins/gd/USDOD-26683f?reqfrom=share>

AER is now accepting applications for academic year 2012-2013. The deadline is April 2, 2012. Go to the AER website at : <http://www.aerhq.org> Information is available for Program Description and Instructions , Online Application and Student Aid Report (SAR) Instructions. If you have any questions, please contact Mrs. Tammy LaCroix at 1-866-878-6378 or ursano@aerhq.org.

HSC Scholarship: The HSC Scholarship applications are now available at www.hanscomsc.org/HSC/HSC_Scholarship.html. The HSC awards scholarships to graduating high school seniors and spouses pursuing college-level degrees. Applicants must be a dependent of a member of the armed forces (Air Force, Army, Navy, Marines, Coast Guard, and Reserve and National Guard who were activated for a minimum of 120 days during the 2011-2012 school year.) Additionally, applicants must reside within a 150-mile radius of Hanscom Air Force Base or be a dependent of a sponsor stationed at Hanscom Air Force Base. Hanscom Spouses Club scholarships are merit based and are awarded to students who demonstrate scholarship, citizenship, leadership, and a diversity of interests. Deadline: postmarked on or before Thursday, 15 March. For more information, application process, criteria, and guidelines, please visit the website.

The Vets4Warriors: Vets4Warriors Website: www.vets4warriors.com Peer support line, 1-855-838-8255 (1-855-VET-TALK), provides easy access to supportive, non-attributional conversations with trained veteran peers representing all branches of the military. This team of veteran peers has immediate access to behavioral health clinicians to respond to potentially emergent issues and can offer referrals to local community services, military veteran centers, and military healthcare providers based upon the needs of the Service Member. A variety of services will be provided to include non-clinical (legal, financial) and referrals for clinical services (substance abuse, behavioral health).

This program is a component of a larger effort to promote individual resilience, risk reduction, and coping skills through peer support and referrals to community based services. Peer counseling is an effective method to acculturate these self-development skills without the potential stigma that some Service Members may associate with help-seeking behavior. The program also improves awareness and access to local resources that are relevant to the issues communicated by the Service Member while the utilization data can help share and refine current support programs.

THINGS TO DO IN MARCH

Office of Military Kids: Family Fun Day; a fun filled Saturday, every 2nd Saturday of the month from March-May 2012 Activities will include: Family Swim, Arts & Craft Stations, Snack and Fun Gym Activities Saturday March 10, 2012, 10:00 a.m. to 12:00 p.m. Following Dates & Times:

Saturday, April 14, 2012 from 10a-12p, Saturday, May 12, 2012 from 10a-12p, 65 Tainter St., Worcester, MA. Please R.S.V.P. by March 2nd, Joanne Memnon , jmemnon@bgcworcester.org 508.753.3377 ex 110

Big savings for skiers & snowboarders: Rent skis/snowboards for the whole winter at Hanscom's Outdoor Recreation! Reservations for seasonal rentals are now being accepted. Rates include skis, boots & poles (for downhill equipment) or snowboard & boots. Seasonal renters are entitled to 2 free tunings per season. Outdoor Rec also offers tuning/wax services, a money-saving Preseason Fitting Special and 20% off all winter wear & accessories through Saturday (Nov. 12). Plus: This winter you'll save with discounted ski lift tickets, rentals of skis, snowboards, skates, snowshoes and much more available at daily/weekend or weekly rates. Details on these and many more offers are featured online. Learn more on our NEW Outdoor Recreation winterized webpage: <http://HanscomServices.com/OutdoorRecreation.asp>

UPCOMING EVENTS AT TICKETS AND TOURS

TICKETS AND TOURS, (781) 225-6505/6498 Judie King, ITT Manager, Hanscom AFB, 98 Barksdale Street Bldg <http://www.hanscomservices.com/> PREPAID ORDERS ONLY!! Payment is due at the time the order is placed. Once the order has been placed there are no refunds.

Take a trip with us! – Registration deadline for all trips is 30 days prior to departure or space available.

Old Town Trolley Tour - Available are Old Town Trolley Tour tickets at \$32 each and AMC Cinema tickets at \$6.75 each.

Hockey East Finals – Tickets are available for **Saturday, 17 March, at 8 p.m.**, at the TD Garden. Loge seats, \$37 each. Cutoff for placing orders is Friday, 2 March at noon.

Boston Flower and Garden Show – Tickets are available for **Saturday, 17 March**; \$80 per person. Trip features admission to the show, a delicious full-course luncheon at Maggiano's and round-trip transportation.

Washington DC – Tickets are available for **Tuesday – Sunday, 29 March - 1 April**, \$459 per person double; includes round-trip transportation, luxury Embassy Suites Hotel, 5 full-course meals and sightseeing with a native Washington guide.

Harlem Globetrotters – Tickets are available for **Saturday, 31 March, at 2 p.m.**, at TD Garden. Loge seats, \$22 each. Cutoff date for placing orders is Thursday, 15 March at noon.

HANSCOM AIRMAN AND FAMILY READINESS CENTER **MARCH 2012**

Please Call 781-225-2765 to Register

Serving the total force...Programs are free to all single and married Active Duty, Reserve, and Guard personnel, DoD civilians, retired Military personnel and Family members

MILITARY FAMILY LIFE CONSULTANTS (MFLCs) provide free, short-term, non-medical, solution-oriented counseling on a range of issues. For service members and their families – no records are kept. Call (781) 686-3084 and leave your first name only for an appointment!

PRIVATE SECTOR RESUME CRITIQUE sessions are held by appointment only. Resumes are reviewed by an A&FRC employment specialist with HR experience – a great opportunity for feedback to improve your resume format and content. Email your resume to 66.fss.fsr.cmb@hanscom.af.mil.

You will receive a response in 3-5 business days. **Prior attendance at an A&FRC resume writing class is recommended.**

WINNING SALARY NEGOTIATIONS will be held March 1 from 11 a.m. to 1 p.m. This intense 2 hour workshop will expose you to negotiating skills yielding “top-of-range” beginning salary and benefits. Learn from an HR pro with 30+ years of experience. Bring your lunch.

VETERANS AFFAIRS DISABILITY CLAIMS REVIEW will be held **By Appointment Only.** A representative from AMVETS, a veterans’ service organization, will assist you in processing your disability claim and answer questions. **Call the AMVETS Service Representative at 617-303-5698 for an appointment.**

ELDERCARE will be held March 6, 7, and 8 from 11:30 a.m. to 1 p.m. Explore your role as an adult child of an aging parent and examine the critical issues facing your parent, such as negotiating the legal and medical insurance mazes, planning for alternative housing and care, and accessing community resources. One of our most informative and highly rated annual workshops! Presented by Lucille Jerome, Director of Social Services at D’Youville Senior Care Center. Class will be held in Building 1217.

BECOME A SUCCESSFUL COUPONER will be held March 6 from 5 to 6:30 p.m. Want to learn an easy and fun way to save money on groceries and household goods? Discover how to reduce your grocery and household goods spending by at least 50% during this 90-minute class. Find out about the tools to use when buying the products you want/need but for a fraction of the cost and even get items FREE! Change the way you shop forever! Learn specifics on how to shop at department stores, chain drug stores, local grocery stores and even the Commissary and BX. Email 66.fss.fsfr.cmb@hanscom.af.mil or call 781-225-2765 to register.

PRESEPARATION COUNSELING will be held March 7, 14, 21, and 28 from 9 to 11 a.m. Weekly sessions for separating and retiring service members to complete the mandatory DD Form 2648, Preseparation Counseling. The session provides critical information about benefits, resources, and services available as you transition from military to civilian life. **By law, this counseling must be provided at least 90 days prior to your date of separation or retirement. Service members must**

complete the counseling prior to attending the Department of Labor (DOL) Employment Workshop.

PREPARING FOR HOMECOMING: REUNION BRIEFING FOR SPOUSES AND CHILDREN will be held March 7 from 3 to 4 p.m. Simultaneous sessions for spouses and children ages 6 and older. If you are anticipating a reunion with your service member within the next two months, please join us for two special briefings that will help you and your children prepare for the big event. In these interactive workshops, you’ll receive practical suggestions for coping with reunion and reintegration, and the children’s session will feature fun reunion activities and a personalized gift for the returning parent.

E-SMOOTH MOVE SEMINAR will be held March 8 from 11 a.m. to 12 p.m. Learn how to navigate the new internet based resources designed for PCS moves, and where to get answers to your

questions about your upcoming move. Informational handouts will be provided. **Spouses encouraged to attend!**

MOVING WITH CHILDREN will be held March 8 from 12 to 1 p.m. Parents! Please join us for this special presentation immediately following the E-Smooth Move seminar. We'll discuss tips and techniques to help make moving and adjustment to a new school easier for your children – whether it's their first move or their fifteenth.

PRIVATE SECTOR RESUME WRITING CLASS will be held March 9 from 9 to 11:30 a.m. This basic resume writing course covers how to write and format an effective private sector resume and cover letter. Federal resume basics are also discussed.

DEPARTMENT OF LABOR (DOL) EMPLOYMENT WORKSHOP (Formerly known as the TAP Seminar) will be held March 12 to 16. This workshop is designed to assist voluntarily and involuntarily separating or retiring service members make a successful career transition. Plan to attend at least 6 months prior to separation or retirement. Dress is civilian attire (business casual). Spouses are welcome! Seminar begins at 12 p.m. on Monday and runs 8 a.m. to 4 p.m. Tuesday and Wednesday; Thursday 8 a.m. to 4 p.m. and Friday 8 a.m. to 12:30 p.m., featuring outprocessing and benefits and entitlements briefings from base and Veterans Administration representatives. **Register early.**

PARENT / CHILD COMMUNICATION will be held March 14 from 10 to 11 a.m. Hanscom's Military and Family Life Consultant presents a look at the fundamentals of family communication. You'll learn why effective communication is beneficial, developmental issues that impact communication, how to help children deal with feelings, and much more.

BUILDING RESILIENCY will be held March 23 from 11:30 a.m. to 12:30 p.m. How well do you deal with change and loss? Join Hanscom's Military and Family Life Consultant and learn about the characteristics of resilient people, methods for becoming more resilient, and how to cope and maintain a sense of stability in the midst of transitions.

HOW TO USE THE "T": NEWCOMERS' PUBLIC TRANSPORTATION AND CITY ORIENTATION will be held March 27 from 12 to 1 p.m. (Classroom Only) Learn how to navigate the local public transportation system (the "T") before you go. Reduce the stress and cost of driving and parking in Boston by using public transportation. Topics include where you can go and how to get there using the "T". Maps, schedules, and helpful travel tips are provided.

HEARTS APART "Polar Plunge" will be held March 28 from 4 to 6 p.m. at the Base Pool. Families of deployed, remote tour, and extended TDY service members are invited to join us at the base pool for pizza, drinks, and good fun. The Airman & Family Readiness Center will cover the costs for those families who do not have a pool membership and have children who are 5 years of age and up. Hope to see you there! **Please RSVP by calling 781-225-2765 or emailing 66.fss.fsfr.cmb@hanscom.af.mil.**

ELECTRONICS AND YOUR CHILDREN will be held March 29 from 11:30 a.m. to 12:30 p.m. A look at the potential negative effects of electronic media and cell phone usage and the importance of

monitoring the use of children's electronics and access to social networking sites. Class will be held in Building 1217

SOCIAL MEDIA IN JOB SEARCHES will be held March 29 from 2:30 to 4:30 p.m. Join the revolution! Learn personal and company tactics, how to write Social Media Profiles, do company research and avoid potentially damaging mistakes using LinkedIn, Twitter, and Facebook.

FEDERAL RESUME WRITING FOR USAJOBS will be held March 30 from 9 a.m. to 12 p.m. Improve your odds of getting the federal job you want by learning resume writing basics, how to locate essential skills and keywords to include, how to write accomplishment statements and essays, resume builder formats, and more.

FEDERAL RESUME CRITIQUE CLINIC will be held **by appointment only**. Resumes are reviewed by employment specialists — a great opportunity for feedback to improve your resume format and content. Email your federal resume and the applicable Vacancy Announcement to 66.fss.fsr.cmb@hanscom.af.mil. You will be contacted for an appointment after we have reviewed your resume. **Prior completion of the A&FRC Federal Resume Writing for USAJOBS class is strongly recommended.**

AIR FORCE AID SOCIETY'S GENERAL HENRY H. ARNOLD EDUCATION GRANT PROGRAM FOR THE 2012-2013 COLLEGE YEAR -- Apply online only at www.afas.org. **Application deadline is March 9, 2012.** Open to all Air Force ranks - \$2000 grants available. Call the Airman and Family Readiness Center at 781-225-2765 for further information.

Family Advocacy Outreach

CELL PHONE COLLECTION: The Family Advocacy Program collects used and old cell phones, and distributes them to local domestic violence agencies. Drop off phones, batteries, and chargers to the Family Advocacy Program, Bldg 1217. Please put each phone and its accessories in a sealed, plastic bag.

WIC, a nutrition and education program for income-eligible expectant parents or parents with children age birth to five is located on base. * **WIC is located in Bldg 1507** *. **WIC is on base the first and third Wednesday** of each month from 0800 to 1530. For WIC appointments or information, call (617) 312-9974.

First Connections- Is a non-profit, family support organization that provides comprehensive services to families with young children birth through age five. First Connections serves a large geographic area that encompasses twelve metro-west communities, including Hanscom Air Force Base. All programs are free or low cost. More information is available on their website www.firstconnections.org or by calling 781-287-0221.

EMPLOYMENT READINESS

Labor Ready : Provides temp jobs to those interested in gaining work experience, want some extra cash, or need immediate income when between jobs or need seasonal work. Flexible work hours; get

paid the same day. Over 600 locations throughout the United States.

<http://www.laborready.com/Temporary-Employment>

The above information is provided as a community service. No endorsement of events, products or services by the DoD is implied or intended. For more information, contact the company directly.

Free Resume Help for Military Members : The below website is where Service Members can get free resume writing help and the course schedule. <http://www.networkri.org/centers.htm>

USA JOB: JOB OPPORTUNITIES ON THE BASE - Remember to go to www.USAJOBS.GOV and search for Newport, RI if you are interested in finding out and applying for positions open onboard the Naval Station. Current opportunities include a Motor Vehicle Operator that's open through next week. Spread the word! USAJOBS - The Federal Government's Official Jobs Site www.USAJOBS.GOV This is a United States Office of Personnel Management website. USAJOBS is the Federal Government's official one-stop source for Federal jobs and employment information.

Job Search: Below please find a link to critical skills needed at Booz Allen Hamilton. Please share with your contacts and have all interested email me their resumes and I will submit on their behalf – this speeds up the review process. Also, applicants must identify the job skills qualification from the list. <https://erp.bah.com/hotjobs.htm>

Military Spouse Employment Tip of the Week: When applying for a job, state in your cover letter or application that you are a military spouse of an active duty service member who may be eligible for the Military Spouse Internship Program. Spouses can apply for a federal job by visiting the USAJOBS website.

<http://www.transitionjobs.us/> Click on “Search for Opportunities” at the bottom of the page. Jobs listed by state.

www.TransitionTalk.com has launched to create an online community with shared information and resources to help veterans who are in transition. This website contains specialized articles, recommended books and links for military transition. Also, there is a web log for Q & A that aims to provide the answers to military transition questions from Category Guides who are military and industry professionals that are eager to help veterans make a successful transition.

Website: Career Resources for Veterans: The Defense Centers of Excellence (DCoE) recently collaborated with PBS to produce a handbook for military families. Created as a companion to the PBS series "This Emotional Life," A Handbook for Family & Friends of Service Members explores the stressors and feelings individuals may encounter throughout the different phases of deployment. The handbook aims to provide solutions for Service members and identifies outside tools and resources that may be useful to friends and family members before, during and after deployment. Topics include what to expect during deployment and how to strengthen or repair relationships. Order the handbooks from the Real Warriors Campaign website at <http://www.sc.edu/career/Webresources/veterans.html>

<http://www.realwarriors.net/materials/order>

Hanscom AFS: Resources <http://www.hanscom.af.mil>

Massachusetts Career Information System: <http://masscis.intocareers.org/default.asp>

Veterans Employment Services (978) 534-1481 x 117 www.wmoore@detma.org

Orion International: info@orioninternational.com

RELOCATION READINESS

ACS has listings for apartments or houses to rent. List is updated as housing is made available to us. Call 978-796-3023. ACS Electronic Welcome Packets <https://www.devens.army.mil> or call 978-796-3023

Moving and Relocation Information: Terrific tips to make moving easier. <http://afmove.hq.af.mil/Default.asp>

TRICARE Information at Hanscom AFB:

Hanscom AFB offers a monthly Newcomer Orientation Medical Clinic welcome to all new patients every Tuesday from 1300 to 1500. It is strongly recommended that Army personnel attend so they can find out about their provider, how to access emergency services, and referral. Telephone: 781-377-2120

FORT DEVENS SERVICES:

Fort Devens Mail and Distribution: Mail & Distribution Hours are as follows. The Door will be open for box pick up between the following hours. 0730 AM to 1600 PM. Window pick up 0900 AM to 1200 PM 1230 PM to 1430 PM

Education Office: The 99th RSC Education Office is located at 30 Quebec Street, (Building 666) Fort Devens, in Rooms 328, 326, and 324. POC is Lee Achenback at 978-796-2968. Services include educational and career counseling, GI Bill questions and issues, tuition assistance, financial aid and scholarship information as well as test administration and test proctoring.

**Police Services Division: Vehicle Registration and Fingerprinting
0930-1030 / 1500-1600 or By Appointment.**

Police: 978-796-3333

Physical Security: 978-796-2061

Carlson Wagonlit Travel/Veterans Travel: 800-945-0535 or 402-345-7596

Devens Legal: 978-796-2255

Education Office: 978-796-2868

AAFES / Clothing & Sales: 978-772-6838 / 2065

Photo Section DA Photo: 978-796-2559

Fort Devens ID Cards 978 - 796-2130, Building 683

Billeting: Bldg. 978-796-3201

Distance Learning Center: 978-796-3612 / 2605 / 2626

Transportation: Passenger 978-796-2141/ or 2393 Freight 978-796-2832/ or 2840

Vehicles: 978-796-2141

UNITED SERVICES ORGANIZATION:

Military OneSource: 1-800-342-9647 www.armyonesource.com

HELPFUL MASSACHUSETTS RESOURCES:

USO New England: <http://www.uso-newengland.org/index.htm>

Massachusetts Parks: www.state.ma.us/dem/forparks.htm

Massachusetts Wildlife: www.state.ma.us/dfwele/dfw

State of Massachusetts Child Care Finder: www.qualitychildcare.org

Massachusetts Getaway Guide: <http://www.mass-vacation.com/>

Massachusetts's area Guides net: <http://massachusetts.ag.smyareaguide.com/>

Boston and Local Area Concerts: <http://www.bostonconcerts.com/>

Boston Pops: <http://www.bso.org/>