



AT A GLANCE BULLETIN



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

Serving the Military in New England

April 2012



Month of the Military Child



April 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

April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community. The Month of the Military Child is an opportunity to recognize military children and youth for their heroism, character, courage, sacrifices and continued resilience. There are 1.7 million American children and youth under 18 with a parent serving in the military and about 900,000 with one or both parents deployed multiple times.

It's also **Month of the Military Child**. Although cases of child abuse and neglect within the military community are lower than in the civilian population, mistreatment still happens. Abuse is more than just bruises and broken bones. It may mean emotional abuse and neglect, which can leave scars just as deep. This month, take advantage of this awareness campaign and do something to make a difference in a child's life. There are 1.8 million military kids out there... who potentially stand to benefit.

April 5, 2012 is Gold Star Wives Day is a day set aside to recognize the sacrifices of Gold Star Wives. The primary mission of GSW is to provide service, support and friendship to the widows and widowers of military personnel who died on active duty or as the result of a service connected cause. For more information go to: <http://www.goldstarwives.org>



Nationally, Sexual Assault Awareness Month (SAAM) occurs in April and commits to raising awareness and promoting the prevention of sexual violence through use of special events and public education. SAAM provides commands/installations an annual opportunity to highlight Department of Defense (DoD) and Service policies addressing sexual assault prevention and response.



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.

ARMY EMERGENCY RELIEF

The AER fund raising campaign is conducted annually by the U.S. Army from 1 March through 15 May. In 2011 Fort Devens raised a total of **\$35,401.00**. I am hoping to reach my goal of \$36,000 for AER campaign 2012. In 2011 Fort Devens AER Section gave out **\$156,701.13** in the form of loans, loan/grant combinations or grants. The need is great here in our Fort Devens community. Please call Mel at ACS to be part of the 2012 Army Emergency Relief Campaign and be the Key Personal for your unit..

Contributions may be given to any AER section or can be mailed to: Army Emergency Relief, 200 Stovall Street, Room 5S33, Alexandria, VA 22332-0600 All contributions are fully tax deductible. Donors may make their contributions to the general assistance fund or they may target their contributions to specific programs such as education scholarships or widow assistance. Donors needing information about administrative matters pertaining to bequests should contact AER at 1-866-878-6378 or campaign@aerhq.org.

FINANCIAL

DFAS Scam Letter: www.dfas.mil: Beware...scam letter! A letter is making the rounds purporting to be from DFAS asking military member's fiancées to register in "our system" entitling them to benefits in the event of the member's death. All for only a \$350 fee. Bottom line, save your money. It's not true, it's not a DFAS letter, it's a scam. Please let your fellow Soldiers, Sailors, Airmen, Marines and families know the score. The letter is a typical scam phishers use to try and obtain your personal information and, in this case, money.

DFAS policy: we will not send you unsolicited email messages with attachments (especially as poorly written as this!) or letters asking you to send money to pay for some benefit that sounds too good to be true.

Customers who receive messages they believe to be attempts to get their personal information should take precautions against criminals wishing to gain access to their computers or those hoping to fool them into providing valuable personal information. Protect your customer privacy; NEVER provide sensitive information.

FTC Releases Top Complaint Categories for 2011: Identity Theft Once Again Tops the List

The Federal Trade Commission released its list of top consumer complaints received by the agency in 2011. For the 12th year in a row, identity theft complaints topped the list. Of more than 1.8 million complaints filed in 2011, 279,156 or 15 percent, were identity theft complaints. Nearly 25 percent of the identity theft complaints related to tax- or wage-related fraud. The report breaks out complaint data on a state-by-state basis and also contains data about the 50 metropolitan areas reporting the highest per capita incidence of fraud and other complaints. In addition, the 50 metropolitan areas reporting the highest incidence of identity theft are noted.

The next nine complaint categories are:

Category	Number
Debt Collection Complaints	180,928
Prizes, Sweepstakes, and Lotteries	100,208
Shop-at-Home and Catalog Sales	98,306 5
Banks and Lenders	89,341 5
Internet Services	81,805 5
Auto Related Complaints	77,435 4
Imposter Scams	73,281 4
Telephone and Mobile Services	70,024 4
Advance-Fee Loans and Credit Protection/Repair	47,414 3

The FTC enters complaints into Consumer Sentinel, a secure, online database available to more than 2,000 civil and criminal law enforcement agencies in the United States and abroad. Enforcers search the database to research cases, track targets, and identify victims. "The FTC's Consumer Sentinel Network is an incredibly powerful tool for law enforcers who are working to protect consumers and go after the bad guys,"

Canadian members of the Better Business Bureau, Western Union and Moneygram,

SOLDIER & FAMILY

Transitioning Workshop: The next transition workshop at Fort Devens is scheduled for 1-4 May 2012. It will be conducted in Building 676 on Queenstown Street, Devens, MA. POC is John A. Bohichik, ACAP Transition Services Manager, Fort Dix, NJ . Telephone: 609-562-1761/1755

FREE Entrance to National Parks: The National Park Service has announced National Park Week as April 21-29, 2012, all 397 national parks will waive entrance fees for the whole week and host special programs and events Here are links to the website and to a video: www.nps.gov/npweek
<http://www.youtube.com/user/NationalParkService?feature=mhee>

Veteran Benefits: www.ebenefits.va.gov Please check out this website. It is a one-stop-shop for benefits. If you are receiving any VA benefits, this is the site for you. You can manage, view, apply, and appeal for all your benefits. You can even download VA letters such as the one for tax abatement, veterans preference, etc. It only takes a few minutes to establish a basic account. The premium account gets you into all kinds of information specific for you. It takes a little longer (a phone call to the VA) BUT it is well worth the extra time. When you call the VA you will find you don't have to stay on hold, which means you don't have to listen to music for 45 minutes to get your answer. They will call YOU back. It really is nice!

Disney Hiring Veterans: Disney announced that they are interested in hiring veterans. See attached link. <http://disneyparks.disney.go.com/blog/2012/03/disney-announces-heroes-work-here/>

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>

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, 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.

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 APRIL

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. 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. to Joanne Memnon , jmemnon@bgcworcester.org 508.753.3377 ex 110

Career Fair at Hanscom Career Fair April 12: A career fair for those seeking employment in the information technology, technical or intelligence career fields will be held at Hanscom's Minuteman

Commons April 12 from 10 a.m. to 2 p.m. Known as the Hanscom Defense Technology and Intelligence Career Fair, the event is only open to job seekers who already have access onto the military installation.

Employers will be looking for job seekers, whether military, civilian or contractor, with backgrounds and experience in a myriad of technical career fields. People with active federal security clearances are preferred. The event is sponsored by the Association of Old Crows, Patriots' Roost Chapter and produced by Transition Careers. Anyone interested in attending can visit www.TransitionCareers.com to pre-register, research companies, find out what jobs are being offered and post their resume.

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.

Statue of Liberty and Ellis Island: Sat., June 16: Depart from Hanscom at 6:30 a.m. A coffee/breakfast stop will be made as you travel to New York this morning. Upon arriving in NYC, you'll board a ferry which will take you to the Statue of Liberty and Ellis Island. You'll have time to view all the fascinating exhibits, and there are cafeterias on both Ellis and Liberty Island for lunch (on your own). Upon return to the mainland, you'll board your coach. After making a "Memorial Moment" visit at Ground Zero, you'll leave the city at approx. 5:30 p.m. A fast-food stop will be made on the trip home. Expected arrival back at Hanscom is 10:30 p.m. \$75 pp

Saratoga Spectacular: Day 1 (July 23): Depart from Hanscom at 7 a.m. You'll arrive in Saratoga Springs midday and take your reserved grandstand seats at one of America's oldest and grandest racecourses for an afternoon of the finest thoroughbred racing in the country. After the races, you'll travel to nearby Glens Falls where you'll check into the beautiful Queensbury Hotel. After a chance to freshen up, you'll enjoy a full-course dinner (included) at the Queensbury.

Day 2 (July 24): After a full-course breakfast (included), you'll travel to Lake George's Steel Pier where you'll board the Lac du Saint Sacrement for a narrated 2-hour cruise of Lake George, featuring over 350 islands and stretching 32 miles long from Fort Ticonderoga to the north and Fort William Henry to the south. A delicious luncheon with entertainment is also included onboard your ship during the cruise. \$255 pp double | \$245 pp triple | \$349 pp single

Nantucket Island: Sat., August 11: Depart from Hanscom at 7 a.m. to join us for a tranquil voyage and a refreshing day on beautiful Nantucket Island — one of the premier vacation and fun spots in North America! You'll set sail at 9:20 a.m. on the ferry from Hyannis in Hyline's First Class Cabin, where you'll enjoy complimentary danish and coffee on a private sundeck as you cruise toward Nantucket. Once on the island, you'll have time to take in the exciting shops and explore the art galleries, experience its colonial American architecture and atmosphere, along with its wide variety of activities and miles of sandy beaches. There are great restaurants, shops and The Old Historic Town,

whaling museums and much more. You'll sail back at 4 p.m., again in First Class, enjoying complimentary beverages, crackers & cheese. On the mainland you'll board your coach for the return trip, arriving back at Hanscom at approx. 7:30 p.m. \$75 pp Call Tickets & Tours for more information or to reserve your spot today! (781) 225-6498/6505

HANSCOM AIRMAN AND FAMILY READINESS CENTER

April 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.fsfr.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.**

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.**

EFFECTIVE WAYS TO COPE WITH YOUR CHILD'S FEARS, SAD MOOD, OR MISBEHAVIOR will be held April 2 from 5 to 6:30 p.m. Harvard is coming to Hanscom! Dr. John Weisz of the Harvard Medical School presents useful insights on parental strategies for coping with a child's natural fluctuations in mood and behavior. A child will sometimes feel sad, fearful, or act up, but how you handle the situations as a parent makes all the difference. Come learn some fascinating stuff!

(Dr. John R. Weisz is a Professor of Psychology at Harvard Medical School and President & CEO of the Judge Baker Children's Center. In his current capacity at the Children's Center, he is committed to improving the lives of children whose emotional and behavioral problems threaten to limit their potential. He is currently Director of the Network on Youth Mental Health, funded by the MacArthur Foundation. Weisz's research focuses on promoting youth mental health through intervention programs in schools and community centers.)

HOW TO TALK TO CHILDREN ABOUT REALLY IMPORTANT THINGS will be held April 3 from 11:30 a.m. to 1 p.m. Join Dr. Kathleen Reardon for a workshop that will teach parents how to help children deal with their feelings, how to listen to and understand their concerns, and how to address "awkward" but necessary subjects, such as sexuality, peer pressure, drugs, and more.

PRESEPARATION COUNSELING will be held April 4, 11, 18, and 25 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 April 4 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.

EXECUTIVE TAP will be held April 5 from 8:30 to 11 a.m. Daniel Koslov, Colonel (Ret), USAF, Director of Officer Placement, Military Officers Association, will address the unique challenges and concerns of senior military officers and enlisted personnel transitioning to civilian life. Spouse participation is encouraged. Don't miss this opportunity. **Held at the Hanscom Conference Center, building 1106.**

PRIVATE SECTOR RESUME WRITING CLASS will be held April 6 from 9 to 11 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.**

TRANSITIONS IN THE WORKPLACE – RESPONDING TO CHANGE will be held April 9 from 9 to 10:30 a.m. This seminar focuses on change in the workplace and how it can cause disruption due to the different ways in which individuals react to change, and how an understanding of the transition process may reduce the stress that change can bring. Presented by Ina Bachman, Hanscom Employee Assistance Program.

ARE YOU TOO BUSY? PRACTICAL TIPS FOR TIME MANAGEMENT will be held April 9 from 11:30 a.m. to 12:30 p.m. Join Boston's Lorena Prime of "Clearly Organized Business Solutions" and a member of the National Association of Professional Organizers for this great new workshop. There's a lot expected of you, but you can manage your day so that you're still in control. In this seminar, you'll learn tips and techniques to help you prioritize, handle emails and papers, and get organized, as well as learning other practical, tactical information to help you be more productive and get done what needs to be done.

RAISING SONS will be held April 9 from 1 to 2 p.m. Fascinating insight for parents on the special ingredients that create a boy. Join us for a journey of discovery on the joys, challenges, and special issues of raising a son in today's society. Presented by Sue Spielman, parent educator extraordinaire.

RAISING DAUGHTERS will be held April 9 from 2:30 to 3:30 p.m. "What are little girls made of?" Another fascinating look at the special world of daughters, with information on gender differences, societal expectations, and our own perceptions about raising girls. Presented by parent educator Sue Spielman.

TODAY'S COVER LETTERS AND EMPLOYMENT PROPOSALS will be held April 10 from 11 a.m. to 1 p.m. Learn how to be more competitive in your job search! Discover the essentials of today's cover letter. We'll also discuss employment proposal writing, purpose, contents, and more.

A PARENTS' GUIDE TO THE NEW TEENAGER will be held April 10 from 2 to 3:30 p.m. The incomparable Dr. Kathleen Reardon returns with a discussion to help parents better understand the new life of a teenager. She'll cover how to talk with teens about difficult issues and how to help teens build greater coping skills and resilience in the face of the many challenges they are presented with, such as premature sexuality, alcohol, texting, drugs and driving. As an LICSW in private practice and a professor of Social Work at Simmons College, Dr. Reardon brings a wealth of knowledge on adolescent social and neurobiological development.

ESTATE PLANNING — "LUNCH AND LEARN" will be held April 11 from 12 — 12:45 p.m. A solid, effective estate plan ensures that your hard-earned wealth will remain intact as it passes to your beneficiaries. Attorney Eric Prichard will discuss; why you should have an estate plan to protect your family's future, how a revocable trust often enhances your family's financial security, and how an estate plan can reduce or eliminate estate taxes. Sponsored by the Hanscom Federal Credit Union. FREE lunch is provided.

E-SMOOTH MOVE SEMINAR will be held April 12 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 April 12 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.

BUNDLES FOR BABIES will be held April 13 from 9 a.m. to 3 p.m. If you are in your second or third trimester, please join us and learn about caring for your newborn, budgeting for baby, to work or not to work, TRICARE coverage, dental care, base and community resources, SIDS, shaken baby, newborn appearance, breastfeeding, car seat safety, Baby-Makes-Three, and much more. This seminar is sponsored by the Air Force Aid Society and is open to all branches of service and DoD civilians. Baby bundles are available for AF, Navy, Marines, and Army families. For DoD civilians, the A&FRC will make up a gift just for you. Dads are strongly encouraged to attend!

DEPARTMENT OF LABOR (DOL) EMPLOYMENT WORKSHOP (Formerly known as the TAP Seminar) will be held April 16 to 20. 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.**

MEDICAL SQUADRON WELCOME (Mandatory for Active Duty) will be held April 23 from 11:45 a.m. to 1 p.m. **at the Airman & Family Readiness, Building 1218.** Information about the Hanscom Clinic and briefings on TRICARE, the Health and Wellness Center, Mental Health, Public Health, Dental Health, and others. **Spouses are encouraged to attend!**

FAMILY WELCOME will be held April 24 from 9:30 to 11 a.m. **at the Airman and Family Readiness Center, Building 1218.** Attention newly arrived spouses! Are you interested in learning all about Hanscom AFB? Do you have small children and are unable to attend the Installation Commander's Welcome? Then this program is designed just for you. Receive money saving tips and shopping information while learning about schools, recreation, local attractions, safety, security, education, employment and more. For families with small children and all others.

NEWCOMERS' PUBLIC TRANSPORTATION AND CITY ORIENTATION will be held April 25 from 9 a.m. to 4 p.m. Newcomers and family members are invited to learn how to navigate the local public transportation system and obtain information on events and attractions. Ride into Boston with us using the "T." All you need is \$4 for subway fares. Bring your lunch or purchase downtown. This program is part of the community orientation for inprocessing. Newly arrived service members are not required to take leave to attend.

HEARTS APART "SPRING EGG HUNT" will be held April 25 from 4:30 to 6:30 p.m. at the Airman & Family Readiness Center. Families of deployed, remote tour, and extended TDY service members are invited to join us for an evening of good fun. Hope to see you there! **Please RSVP by calling 781-225-2765 or emailing 66.fss.fsfr.cmb@hanscom.af.mil.**

BUILDING YOUR CHILD'S SELF-ESTEEM will be held April 26 from 11:30 a.m. to 12:30 p.m. Learn the meaning of self-esteem, factors that affect self-esteem, the connection between self-esteem and behavior, and 10 ways you can build your child's self-esteem. Presented by Hanscom's Military and Family Life Consultant.

STRENGTHEN YOUR USAJOBS APPLICATION: STEPS & TIPS will be held April 26 from 12 to 2 p.m. Learn to decipher USAJOBS Vacancy Announcements, strengthen job applications, and increase your odds of success. Taught by Human Resource managers from the Department of Transportation and VA Boston Healthcare System. Bring your lunch.

TAMING THE DRAGON IN YOUR CHILD will be held April 30 from 1:30 to 2:30 p.m. A discussion about how to recognize and defuse situations that trigger your 2 to 6 year old child's anger, tantrums, and sulks and how to develop an awareness of the causes of the child's reactions from a developmental perspective. Presented by Patty Marquis, Licensed Independent Clinical Social Worker.

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.fsfr.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.

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.ags.myareaguide.com/>

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

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