

# *Barnes Family Flyer*

*January 5, 2018*

*Supporting Military Members, Families & Veterans*



**From the 104th Fighter Wing!**

# Barnes Air Guard Base Events

Looking for some variety in your fitness plan?  
Looking to improve your overall wellness?  
Try YOGA !

Thanks to Project New Hope and instructor Aaron Vega - this opportunity to improve your Wellbeing is available free of charge on Base! Yoga improves flexibility, strengthens and lengthens your muscles, reduces levels of the stress hormone cortisol. The practice of matching mindful breathing with specific muscle movements improves digestion, brain function and sleep.

Beginner classes take place from 1200 -1245 in the DFAC. Advanced classes start in January – see attached flyer ———->

**\*\*Mr. Vega has 20 mat sets he can bring to each class. If you have your own mat you wish to bring please do so. RSVP to Michelle Pennington at [Michelle.a.pennington2.civ@mail.mil](mailto:Michelle.a.pennington2.civ@mail.mil)\*\***



**FREE YOGA**

VegaYoga  
Mobile

Dates: January 12th & 29th  
February 9th & 23rd

Time: 1200-1245

Location: Barnes Dining Facility

Yoga Basics: Never taken yoga or taken very little? This beginner's class in the Hatha style introduces students to the asana (posture) practice. This class begins to explore the fundamentals of yoga postures, breathing, alignments, and relaxation. Advanced classes coming soon!!

Please RSVP to Michelle @ [michelle.a.pennington2.civ@mail.mil](mailto:michelle.a.pennington2.civ@mail.mil)  
Mats provided, but if you have your own, yoga mat please feel free to bring it!

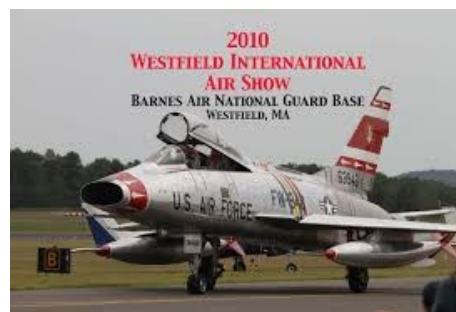
Project New Hope  
Where Veterans Rebuild With Honor



We will be having the military kids club for January RSD! Please make sure

to sign your children up to Lisa Potito at [lisa.m.potito.civ@mail.mil](mailto:lisa.m.potito.civ@mail.mil). Also, for the new calendar year a new Military Kids club application is **REQUIRED!!** Please fill out and submit the new application if you wish to utilize the kids club!

Thanks,  
Lisa Potito  
Airman & Family Readiness Program Manager



BARNES AIR NATIONAL GUARD BASE, WESTFIELD, Mass. – The 104th Fighter Wing was awarded the International Council of Air Shows Pinnacle Award for the 2017 Westfield International Air Show traffic logistics plan.

The ICAS pinnacle awards showcase innovation, ingenuity, achievement, professionalism, and excellence during the **2017** air show season.



# Barnes Air Guard Base Events

## 104th Fighter Wing's 44th Annual Awards Banquet



**The 2018 Barnes Guard AFB Awards Banquet is taking place at 1800 on Jan 6th. Bring your guest and fancy clothes and witness key personal get recognized for their hard work and dedication to the Wing. See you there!**



# Ongoing MA Events

## Dial-a-Lawyer

Date: First Wednesday of the Month, 5:30–7:30 PM

Phone number: 617-338-0610

Since March of 1991, the Mass Bar Association has sponsored a monthly Dial-A-Lawyer program that encourages members of the public to call with their legal problems/questions. This program was created in order to assist the people of MA who have fallen through the cracks of the legal and criminal justice system. The phones tend to be extremely busy during that two hour time period so please keep trying to get through.

## Free Acupuncture in Worcester

Date: Second Wednesday of the month, 5:30–7:30 PM

**Location:** Dodge Park Rest Home (101 Randolph Road, Worcester – use the rear entrance). This free community style acupuncture walk-in clinic for veterans and their families may help with sleeping problems, irritability, and general stress relief. The clinic is offered by volunteer, licensed acupuncturists and the Veterans' Acupuncture Care Metrowest (VAC Metrowest).

For more information, call 508-890-8899.



## Kayaking Clinic

Date: Wednesdays, 5–7 PM

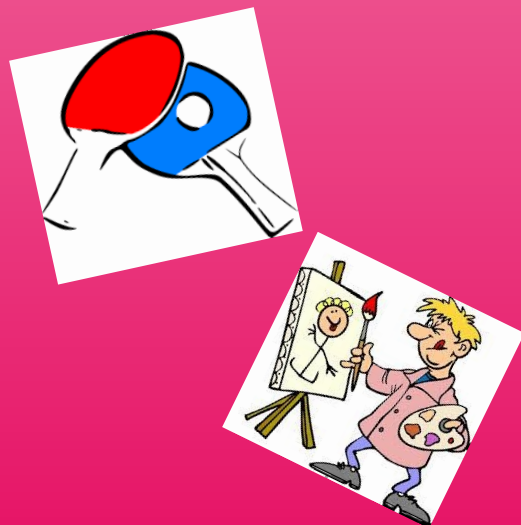
Location: Brockton VA Campus

(940 Belmont St, Brockton MA 02301), Building 23, Pool. For more information or to sign up, please call Jenny McLaughlin at 774-826-1955 or email [jen-ny.mclaughlin@va.gov](mailto:jen-ny.mclaughlin@va.gov)

## Classes and Activities at Bedford Medical Center

**Location:** Bedford VA Medical Center (200 Springs Road, Bedford, MA). The Bedford VA Medical Center offers a number of classes and activities including yoga, walking club, computer classes, ping-pong, open art studio, pottery therapy, horticultural therapy, and more! To see specific dates, locations, and times of each class, visit the [Upcoming Events](#) page for the Bedford VA.

<http://www.mass.gov/veterans/about-veterans-services/veterans-events/ongoing-events.html>



# Jan MA Events



Tom Chapin

8:00pm Fri, Jan 12, 2018

Venue: Firehouse Center for the Arts

Market Square, Newburyport, MA 01950

Contact: [boxoffice@firehouse.org](mailto:boxoffice@firehouse.org) 978-462-7336

The New York Times called Chapin "one of the great personalities in contemporary folk music," while Billboard called him "the best family artist around" and described him as "totally captivating." In a career that spans five decades, 24 albums and three Grammy awards, Hudson Valley Troubadour Tom Chapin has covered an incredible amount of creative

Capturing Butterflies and Moths with Paper and Pencil

2:00-3:30pm Sat, Jan 13, 2018

Venue: Harvard Museum of Natural History

26 Oxford Street, Cambridge, MA 0213

Explore the beauty of butterflies and moths. We will use close observation and various realistic drawing techniques to capture these animals and bring them to life on the page. This event is suitable for children ages 9-13. Erica Beade will be running an adult focused variant of this event on January 27th, 2018. Tickets for this event can be purchased at <https://reservations.hmsc.harvard.edu/Info.aspx?Ev>

Killer Claus

7:30pm Sat, Jan 20, 2018; Venue: Elephant & Castle 161 Devonshire Street, Boston, MA 02110

Celebrate with the famous Clauses as they finally open the doors of their family business to host a holiday party that will rival all others! See the magic, enjoy the treats and meet a family far worse than yours could ever be. But when one of their own is murdered in a frosty crime, can the Clauses put aside their differences to discover who should be at the top of the naughty list? Santa is going to need your help



The Boston Athletic Association (BAA) has provided the Massachusetts National Guard with 25 Invitational Entries to run in the 2018 Boston Marathon. The attached application form must be filled out and received per the instructions in paragraph 2. The entry fee for these Invitational Entries is \$360.00 each.

All personnel requesting to run in the 2018 Boston Marathon must submit the attached application NO LATER THAN 12 January 2018. The applications will be sent to 1SG Michael Hickey, [michael.t.hickey.mil@mail.mil](mailto:michael.t.hickey.mil@mail.mil). A selection panel will then review all applications and each applicant will be notified of their status. Applicants who are selected must be available to pick up the official BAA Invitational Entry Form in person at JFHQ NLT 25 January 2018. Invitational Entry Forms with pay-





## Massachusetts National Guard

PUBLIC AFFAIRS  
2 RANDOLPH ROAD  
HANSKOM AFB, MA 01731

# Media Advisory

FOR IMMEDIATE RELEASE:  
CONTACT: Lt. Col. Lisa Ahaesy  
[lisa.m.ahaesy.mil@mail.mil](mailto:lisa.m.ahaesy.mil@mail.mil)

Jan. 3, 2017

### 3-126th Aviation Soldiers to deploy to Kosovo

**HANSKOM AIR FORCE BASE, Mass.** – A sendoff ceremony for approximately 130 Massachusetts National Guard Soldiers will be held on Saturday, January 6th at 11 a.m. on Joint Base Cape Cod.

The Soldiers, from the 3rd Battalion, 126th Aviation Regiment, Massachusetts Army National Guard, will deploy to Kosovo for nine months in support of the Kosovo Forces NATO multinational peacekeeping mission. KFOR peacekeeping mission is the longest in NATO history, with this being the 24th rotation of U.S. Soldiers since 1999. While deployed the aviation unit will provide aerial medical evacuation support to the multinational task force.

**WHAT:** Massachusetts National Guard 3-126th Aviation Sendoff Ceremony  
**WHEN:** 11:00 a.m., Saturday, Jan. 6, 2017  
**WHERE:** Joint Base Cape Cod

Media are invited to attend the sendoff ceremony. To register, contact Lt. Col. Lisa Ahaesy at [lisa.m.ahaesy.mil@mail.mil](mailto:lisa.m.ahaesy.mil@mail.mil) or 339-202-3950

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Find us on Facebook: <http://www.facebook.com/MassNationalGuard>  
Follow us on Twitter: <http://www.twitter.com/TheNationsFirst>  
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Watch us on YouTube: <http://www.youtube.com/TheNationsFirst>  
See our pictures on Flickr: <http://www.flickr.com/TheNationsFirst>  
See videos/pictures on DVIDS: <https://www.dvidshub.net/unit/MNG>

# Youth Opportunities

## Join the MA Teen Advisory Council

**Are you interested in having your voice heard? Apply to join the MA Teen Advisory Council and network other Massachusetts Teens! For more details contact Lisa Potito**



## \$500 Grant for Children of Deployed

Dependent Children of a Service Member who is deployed overseas are eligible for a grant of up to \$500 to pay for activities from Our Military Kids.

Our Military Kids, Inc., a 501(c)(3) non profit organization, supports children, ages 5-18 (K-12th grade), of deployed National Guard and Reserve service members and children of wounded warriors from all service branches.

Grants pay for participation in activities that help children cope with stress and anxiety while their parents are recovering or absent. [ourmilitarykids.org](http://ourmilitarykids.org)



## WIC: Women, Infants and Children

WIC is a free nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services to Massachusetts families who qualify.

WIC's goal is to keep pregnant and breastfeeding women and kids under 5 healthy. WIC is for all kinds of families; married and single parents, working or not working, fathers, mothers, grandparents, foster parents or other legal guardians of a child under 5.

To apply call 1-800-WIC-1007 or contact [WIC in your community](#).

Our award-winning Youth Leadership Initiative provides high school students with social justice education and training outside of the classroom, and supports their growth into socially responsible youth leaders.

Interested in joining the Class of 2019? Contact Kaitlin Pang at [kpang@ywboston.org](mailto:kpang@ywboston.org) or 617-585-5489 to learn more.

eliminating racism  
empowering women



# Employment Opportunities



careeronestop

Dedicated veterans employment representatives  
 Priority of Service  
 Disabled Veteran Outreach Program (DVOP) Specialist  
 Local Veterans' Employment Representative (LVER)  
 Available services: employment, training and placement services  
 Post 9/11 veterans can receive up to 6 months of follow-up  
 Gold Card Services: download at <http://www.dol.gov/vets/goldcard.html>  
 Locate nearest state office at [www.servicelocator.org](http://www.servicelocator.org)



## Massachusetts JobQuest

Job Search for Veterans  
<https://mass-veterans.jobs/>



indeed™  
 one search. all jobs.

FIND JOBS

<https://www.indeed.com/q-Veterans-Affairs-l-Massachusetts-jobs.html>

These announcements are provided for the benefit of members of the Military, Veterans, and their Families. It is intended for informational purposes only and does not constitute an endorsement by the Commonwealth of MA or the US Armed Forces. Any participation is solely the responsibility of the individual.



# Resources & Events



**Military OneSource**

*Call. Click. Connect.*

**1-800-342-9647 • MilitaryOneSource.mil**

Provided by the Department of Defense at no cost to service members or their families.

<http://www.militaryonesource.mil/>



**Veterans Crisis Line**

**1-800-273-8255 PRESS 1**



**My healthvet**

Gateway to Veteran health & wellness

<https://www.va.gov/directory/guide/home.asp>



**WE HONOR VETERANS**

Hospice Professionals on a Mission to Serve



**Vet Center**

**Current Recreational and Outdoor Activities Schedule**

All programs by the Springfield Vet Center are offered at no cost to the Veteran or family members

**Veteran BBQ** - Join us at the Springfield Vet Center as the Friends of the Springfield Vet Center host free cookouts for Veterans and their families.  
BBQ Dates: June 30<sup>th</sup> July 28<sup>th</sup> August 25<sup>th</sup> (all BBQs start at noon)

**Yoga - Wednesdays at 10am** Volunteer, Anneliese Denny-Eves from Heartsong Yoga Center is again offering Yoga for Vets at the Springfield Vet Center.

**Kayaking - Wednesdays at 9am** The Springfield Vet Center and Holyoke Rows are collaborating again this year and are excited to be offering some new experiences on the water.

**Hiking - Fridays at 9am** Throughout the summer & fall the Springfield Vet Center will be offering area hikes for all ability levels across western Massachusetts.

**Qigong - Thursdays at 10am & 11am** Volunteer, Ritch Ryan combines basic standing exercises with rhythmic breathing which is designed to exercise soft tissues and increase energy levels.

**Warrior's Art Room - Tuesday Nights 5:30-7:30pm** Warrior's Art Room Satellite Studio with Steven Jones at the Springfield Vet Center. Space, supplies & instruction provided free of charge.

**Springfield Vet Center**  
95 Ashley Avenue  
West Springfield, MA. 01089  
**CALL FOR DETAILS (413)737-5167**





**Airman & Family Readiness Office**  
**Personal & Family Life Programs**

**WE CAN HELP**

Any parent will agree that babies need a lot of stuff! The Barnes Baby Club would like to help welcome your new baby Barnestormer!

Join the club now for a Welcome Basket of Goodies and quarterly newsletters full of tips.

Need help with some of the larger necessities for a nursery? Inquire with the Airman & Family Readiness Office to see how we can assist you.



**BARNES**

Welcome baskets available for ages 0-2 years old.

Sizes from Newborn - 2t available

For more details or to register, please contact Airman & Family Readiness Office  
413-668-9151 ext 6981183 or Lisa.m.potito.civ@mail.mil

All requests will be filled based on available stock.

# Resources

## Airman & Family Readiness Program

104th Fighter Wing  
Barnes Air National Guard Base

Lisa Potito, AFRPM  
413-568-9151 x 6981183  
413-564-1252  
lisa.m.potito.civ@mail.mil

Office Hours:  
Monday - Friday 7:00 a.m. - 3:00 p.m.  
Saturday & Sunday: hours determined by events

*Requests to be added or removed from this distribution list may be sent directly to Lisa at lisa.m.potito.civ@mail.mil*



Massachusetts National Guard  
Family Program

Barnes Airman & Family Readiness  
Program



Melanie Casineau  
Yellow Ribbon Coordinator  
413-568-9151 x 6982044

Wilbert Guilford, CFP  
Barnes Personal Financial Coun-  
selor  
480-403-1086 or

## Blended Retirement: Which Path to Choose?

**Did You:** Join the military after 2006 but before Jan 1, 2018 ?

**If YES:** You will have the choice of whether to:

- 1) stay with the existing system or
- 2) opt into the new Blended Retirement System.

There is a *Blended Retirement System OPT-IN Course* (2 hrs) on [JKO](#) designed to provide sufficient information to make an educated decision about their retirement system.

Many people have questions after the course. There's help! Wilbert Guilford is available to discuss one-on-one, or in groups, or as couples. Call today for an appointment!



**Tuesdays**  
**10:00-11:30am**

**OEF/OIF**  
**GROUP**

Facilitated by: Bryan Doe OIF Veteran  
**CALL FOR DETAILS**  
**(413)737-5167**

**Vet Center**

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