

Barnes Family Flyer

Supporting Military Members, Families & Veterans



February 20, 2018

URGENT TRICARE EAST Region update - HIGH Priority issue



Do you use TRICARE Reserve Select (TRS)?

This information is for you!



IMPORTANT: Effective January 1, 2018, due to the contractor change from Health Net Federal Services (HNFS) to Humana Military, all Soldiers and Retirees formally in the TRICARE North Region, paying their premiums/fees by auto-payment from a banking account using Recurrent Credit Card (RCC) or Electronic Funds Transfer (EFT) to Health Net Federal Services **MUST** set up a **NEW** auto-payment with Humana Military. By law, the contractors cannot exchange credit card or banking information. Even if you already have auto-payment from your bank account to Health Net Federal Services, you **MUST** re-establish a **NEW** payment with Humana Military.

* This does **NOT** affect Soldiers or retirees in the South Region or who currently have an Allotment (PRIME ONLY) set up with DFAS. These allotments were transferred and do not have to be re-establish to a new allotment.

IF IN DOUBT, please check the Humana Military website at www.humanamilitary.com/provider-east (which will change to www.tricare-east.com in the near future) or call to verify at: 800-444-5445

2018 ANG/AFR Teen Leadership Summits in GA & CO

Classic Teen Leadership Summit - 8-13 JUL @ Wahsega 4-H Center: Dahlenega, GA

Adventure Teen Leadership Summit - 6-11 AUG @ Cheley Colorado Camps: Estes Park, CO



The Air Force Reserve/Air National Guard Teen Leadership Summits are FREE week-long camp for 14-18 year old dependent teens of current or retiree AFR or ANG members. Teens will focus on leadership development and self-confidence, learn about programs and services available to AF dependents, and build an appreciation for and sense of belonging to the AF community. They will be given a voice to inform AF senior leadership of their top issues as AF dependents.



The camp is FREE, including flights, however parents will be responsible for: to/from the airport; baggage fees; spending money for snacks or souvenirs & Meals during airline travel.

For more information, please contact Casey Mull, Laura Goss or Marilyn Huff-Waller at 706-542-4444 or milcamps@uga.edu

Get Your Body Moving

VA Boston Healthcare System in partnership with New England Healing Sports Association (NEHSA) proudly announces:

Welcome Home Veterans Ski Appreciation Day

THU 15 MAR @ Mount Sunapee, NH - NEHSA Lodge

This event is free to all PRE-REGISTERED VETERANS
Space is limited; registration deadline is THU 05 MAR or until
slot are filled.

For more info or to register contact [Jenny 774.826.1955](tel:774.826.1955) or
[Angela 603.763.9158](tel:603.763.9158)



2018 Annual Military Family Fun Day Pats Peak Ski Area Valley Lodge

SAT 25 FEB 2018

Check-In @ the "Group Shack"
located on the right side
of the parking lot.



User name: military
Password: funday

All Mountain Lift: Adult \$49/ Jr (6-17) \$39

Combo 1 Lift & Rental : Adult \$69/ Jr (6-17) \$59

Combo 2 Lift, Rental & Lesson: Adult \$89/ Jr (6-17) \$79

Combo 3 Lift & Lesson: Adult \$69/ Jr (6-17) \$59

Starter Special: Lower Mt Lift, Rental & Lesson: Adult \$79/ Jr (6-17) \$69

Snowtubing: Adults: \$15/ Juniors: \$15 (9a-11, 11-1p, 1-3, or 3-5)

Adults: \$17/ Juniors: \$17 (9a-1p or 1p-5p)

Adults: \$32/ Juniors: \$32 (9a-5p)

The Starter Special is for the first time skier or rider and includes: rental, lesson and limited lift ticket for the Beginner's Area, Bluster and Valley Chairlift only. The Starter Special is not an all mountain lift.** The Rental is a choice of ski equipment or snowboard equipment. ** Snow Tubing requirements are 5yrs old and 44" in height

New England Adventures

14-16 September 2018

Family Retreat

Email todd@Newenglandadventures.org for details

Financial Readiness

INCREASE YOUR UNDERSTANDING

Financial Coaching

Personal Financial Counseling workshops for March
1000 Hours, Bldg. 1, Rm 206 HRA/EO Office

7 Mar - Investing in TSP Funds 101. "It's not be rocket science but it ain't checkers either!"

14 Mar - Managing debt and credit (Don't lose your security clearance).

21 Mar - Tax Deductions for Military Members (Be prepared for Tax Season).

28 Mar - Stupid Investing: Seven ways to lose all your money and retire broke!

Q: Gil @ 408-403-1086

Free and open to all eligible patrons of Barnes



Why Save Money?

Saving money can actually save you money! Check out these four good reasons to save!

Reason 1: Life happens

Reason 2: To avoid unnecessary fees and interest charges

Reason 3: For down payment on big purchases

Reason 4: Stress relief

MILITARY SAVES WEEK
February 26 - March 3, 2018

Free Tax Software: MilTax

Get a Head Start on Your Taxes

Taking command of your taxes is easy with Military OneSource MilTax, a suite of free tax services provided by the DoD.

E-FILE NOW 



MA Guard Youth Saves



Take the Pledge to Save!

Get your kit in the mail!

Receive weekly emails to keep you on track!

Watch your money GROW!

Questions or to register email

MASSNGYouth@aol.com



Kids Corner



February 15

Calendar of Events

THIS WEEK

February 15 - Fathers and Family Network Meeting: Let's Talk Dads, Pittsfield, for details, call 413.422.5333 X268

February 15 - Week 6: Cape Cod Free 8 week parenting course (six years and under.) 5:30 Info: Tina at Tloran@Falmouth.k12.ma.us

February 16 - Cape Cod Children's Museum Play it Forward 7-10:30 AM [Link](#)

February 16 - Military Appreciation, Blue Hills Ski Area. Special pricing for Service Members, Veterans, and Families. 781.828.5070

VACATION!

February 19 - 22 - FREE Faneuil Hall Marketplace Movie Nights. 6:30 pm, Monday, "The Iron Giant"; Tuesday, "Moana"; Wednesday, "Despicable Me 3"; Thursday, "Beauty & the Beast."

February 20-23 - Winter Vacation Fest @ Newport Naval Station MWR. Information, call MWR Special Events at (401) 841-3142. Tuesday, Star Wars Movie Marathon Wednesday, Darth Vader Xtreme Bowling Thursday, Star Wars Jedi Training Friday, Star Wars Character Event

Winter Break Secret Agents

Younger Military Kids are invited to participate in Secret Agent Field Training and work on missions during snow days and vacations!

Military Youth Saves

Learn about saving money with other Guard Youth. Grades K-12 welcome.

➔ Register @ MassNGYouth@aol.com

NO TRAVEL EVENTS

Free Military Family Roller Skating Party from Shoulder to Shoulder, Hudson, MA. March 3 - but advance REGISTRATION IS REQUIRED: <http://bit.ly/MilitaryRollerSkating>

PS: We can't fit everything here. Check with us for information about different discounts, scholarships, and Youth benefits!

Follow us:

Facebook: Youth Program Massachusetts National Guard

Instagram: @MassGuardYouth

Twitter: @MA_NG_Youth

MORE

Have questions? Contact:

Debra Wilder, Contractor
Lead Child & Youth Program Coordinator
339-202-4809, 781-698-1432
debra.a.wilder.ctr@mail.mil

Susan LaFlame, Contractor
Child & Youth Program Coordinator
339-202-4810, 781-698-1433
susan.laflame.ctr@mail.mil

****All Events and Dates are
Tentative: Subject to
Funding and Availability**



Email Debbie or Susan to get
Calendar e-mailed to you weekly!



104FW: Free Child Care for Drill Weekends

The Military Kids Club operates every drill weekend thanks to the Westfield Boys and Girls Club.

Children can be dropped off at the Base Chapel between 0630-0715 in the mornings to take the bus to the club. Children will be dropped back off at the Base Chapel around 4:00. Free to all members! Please send an email to Lisa Potito at lisa.m.potito.civ@mail.mil to register for each drill!



Vacation Bowling

February 22nd
11:00 am

Westover AFB

Contact Beth to
Register at 413-

245-6615 or

stc737@charter.net

EASTER EGG HUNT

Hosted by the 104th
Fighter Wing FRG

March 24, 2018

1PM-3PM

Pioneer Valley NCO
Club

Children 0-10 Year
Old to participate in
Egg Hunt

Register:

lisa.m.potito.civ@mail.mil
[ail.mil](mailto:lisa.m.potito.civ@mail.mil) or 6981183

You Outta Know...on Barnes ANGB



Financial Counseling

Daily * On Demand
One-on-Ones * Group sessions

Walk-in or by appointment

POC: Gil Guilford 480-403-1086

PFC.Westover.USAFR@Zeiders.com



Yoga

February 23rd

* Free Class

Noon- in DFAC

All branches welcome!



Are you deploying for 90 days or more? Contact Melanie for your Yellow Ribbon Opportunities!

413-568-9151 x 6982044

melanie.j.casineau.ctr@mail.mil

Keith Roberts

State Career
Readiness Counselor
Western Mass



This new position provides employment and educational support and services to military members, their spouses, to veterans and to retirees.

Ph: 774-230-5375

Keith.Roberts@csfl.online



Retiring? ETS'ing?? Med Board???

It's time to sign up for Pre-Separation Counseling

Classes are held in the LRS Classroom

0900-1030

Sunday of RSD Weekend

March 4th

This class is for anyone who is retiring with 20+ years, separating due to a Med-Board or going on Title 10 orders for 180+ days!



* Registration Required *

Email Lisa at
lisa.m.potito.civ@
mail.mil

Tax Answers

What are Exemptions, Deductions, and Credits?

It is easy to lump exemptions, deductions and credits together, but they are different!

Deductions and **exemptions** both will reduce your taxable income, credits reduce your taxes.

Exemptions and deductions reduce your taxes proportionally to your tax bracket, but credits reduce your taxes dollar-for-dollar regardless of your tax bracket. For example, if you are in the 25% tax bracket a \$1,000 deduction will save you \$250 on your taxes. However, a \$1,000 tax credit will save your \$1,000 on your taxes.

Exemptions are concerned with people and the relationship you have with them.

Deductions are related to expenses you incur over the course of the tax year.

Credits generally are incentives aimed at influencing behavior.

A higher number of **exemptions** reduces your taxable income. For tax year 2017 the personal exemption allows you to reduce your taxable income by \$4050 per person. The Tax Cuts and Jobs Act of 2017 eliminates personal exemptions for tax years 2018-2025.

Deductions are related to your expenses. A distinction in deductions is whether they are itemized or a standard deduction that you can apply. The standard deduction is based on your filing status and has nothing to do with your actual expenses. For tax year 2017, the standard deduction starts at \$6350 for filers who are single or married filing separately.

Beginning in 2018 the standard deduction is almost doubled to \$12,000, 24,000 for married filing jointly. This higher standard deduction will make itemizing unattractive for many. Also, under the new law several of the itemized deductions have been eliminated while limits on other have been changed.

Credits are generally an incentive aimed at a goal to influence behavior, such as education credits and residential energy credits or to address a concern of society, such as the Child Tax Credit.

To help offset the loss of the personal exemptions, the Child Tax Credit will be doubled to \$2,000 for each qualifying child (2018-2025) and a new \$500 tax credit will be added for non-child dependents. Many families with children will come out ahead under the new law for 2018, especially if they took the standard deduction in the past. But, some others won't – especially if their children are 17 or older.

How About This!



PTSD RETREAT

APRIL 20TH - 22ND, 2018



Register NOW!

Escape the darkness of PTSD and other life struggles with clear goals and a solid plan. This Ladder UPP retreat will help you figure out where you are going and how to use your traumas and trials as fuel to live.

You will learn tools for recovery, PTSD and depression, or just a difficult trial or transition in life. Join us on this retreat and take a step toward living free. The Ladder UPP is a data-driven program that has been proven effective and might just be the step up you need.

The creator of The Ladder UPP, Silouan Green, survived a tragic jet crash as a US Marine only to face the demons of PTSD and a whole host of other medical conditions. Shattered and hopeless, staring into the abyss, he was given a choice, continue down the same devastating path, or live free. He chose to live free.

Learn more about Silouan and The Ladder UPP at www.silouan.com.

These retreats are about peace, calm, healing and just getting back to basics. There is ample time for quiet reflection, hiking, biking, kayaking or sitting around the camp fire. Lodging and meals are provided at no cost. Everything is FREE. Our retreats are a 100% alcohol and drug free. Transportation to or from retreat not included.

ATTENTION VETERANS!!!

The American Job Centers of Framingham and Norwood presents:



VETERANS' CAREER BOOT CAMP

THU 22 MAR from 9 - 12:30, Rte 9 Framingham

You will network with other job-seeking vets and learn how to:

- Develop and Improve your self-marketing pitch,
- Work a job fair,
- Use the Recruit Military Job Fair to your advantage

All in preparation for...

Greater Boston Veterans Job Fair

THU 05 APR from 11 - 3 @ Gillette Stadium



GREATER BOSTON VETERANS JOB FAIR

This tremendous event is very popular and space is limited so register today by calling:

Charlie Duquette at 781.269.5494 x113, or

Darren Bradshaw at 508.861.7993 x732

104 FIGHTER WING
Airman & Family Readiness
Barnes - Westfield, MA



Office Hours
Monday – Friday
7:00 a.m.—3:00 p.m.

Saturday - Sunday
vary by events

Program Manager
Lisa Potito 413.568.9151 x
698-1183

Personal Financial Counselor
Gil Guilford - 408.

Yellow Ribbon Program
Melanie Casineau 413.568.9151
698-2044



**Barnes Airman &
Family Readiness
Program**

**MASSACHUSETTS
NATIONAL GUARD**

State Family Program Office
[SPC April Lane](#), 339.202.4805



**Massachusetts
National Guard
Family Program**

ANNUAL MILITARY APPRECIATION NIGHT

SPRINGFIELD THUNDERBIRDS VS. **CHECKERS**

SATURDAY, MAR. 3RD @ 7:05 P.M.

1 free ticket for each veteran/active duty military personnel
Discounted tickets for all family/friends

Join us for our Annual Military Appreciation Night!

To order tickets fill out the form below or contact Jonathan Stone
(413) 417-2289
jstone@springfieldthunderbirds.com
Deadline to order: Wednesday, Feb. 28th by 5:00

Free parking in Civic Center Garage

Tickets will be left at Will Call under the designated NAME/ Scan QR Code to order Online!

Military Appreciation Night with the Thunderbirds • Saturday, March 3rd • 45 Bruce Landon Way, Springfield, MA 01103

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: () _____ Email: _____

☐ Complimentary Ticket
☐ Tickets at \$14 Each = \$ _____ Exclusive Thunderbirds Hat (\$20 Value) at \$3 Each = \$ _____

☐ Food Voucher (1 hot dog & 1 soda) at \$2 Each = \$ _____ **TOTAL PURCHASE= \$ _____**

VISA MASTERCARD AMEX DISCOVER Please make checks payable to: Springfield Thunderbirds

Credit Card #: _____ Exp. Date: _____ Sec. Code: _____

**It's Simple to Save Energy
and Money**

Mass Save® offers a full lineup of rebates, incentives, and special offers to help you become more energy-efficient and save money. Qualifying individuals can also get no-cost efficiency services.

