

Airman & Family Readiness
Program Office

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Barnes Family Flyer

31 May 2013

Don't forget to Find us on Facebook
for daily news and information!



Thank you for subscribing to the Barnes Family Flyer, a weekly newsletter for the Airmen and Families of the 104th Fighter Wing! The Flyer will be distributed every Friday and offers you a concise overview of the programs, benefits and opportunities for Military Families.

Furlough Town Hall Meeting

The Human Resources Office (HRO) will be conducting Town Hall Meetings at Barnes on June 18th.

The meetings are intended for all Army and Air National Guard Technicians and to include AGR personnel who supervise Technicians.

HRO staff will be on hand to address all questions and concerns regarding the furlough.

When: Tuesday, 18 June 2013
0900-1100 AND 1300-1500
Where: Barnes ANGB Dining Facility, Bldg 3

Find More Furlough Resources on Page 6!

Family Fun Day at Camp Marshall

Save the Date! For the Operation: Military Kids Family Fun Day at Camp Marshall in Spencer, MA
Saturday 29 JUN from 10 am - 3 pm

Includes: Family Cook Out, Family Kick Ball Game, Camp Challenge and Pony Rides!
Other activities include: swimming, canoeing, row boats, arts& crafts, archery, riflery, and more!

To Register, contact Paula Bergielewicz by [email](#) or at 413-545-2646.

We Want Volunteers!

The 104th Fighter Wing is looking for volunteer family members and/ or friends to help grow our Family Readiness Group!

Every group, squadron, flight, section can have a volunteer representative with the FRG!

If you or someone you know is interested, please call or email Jennifer today!

(413) 568-9151 x698-1183

(413) 237-5458

Jennifer.cesaitis@ang.af.mil



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Furlough, Construction and Moving... oh my!

On the heels of a wonderful Holiday weekend came some hectic discussion, planning and announcements at the 104th Fighter Wing. Each comes with their own unique challenges. It is important for families and members to sort through the rumors and be ready.

First, furlough notifications were sent to all employees who will be effected early this past week. Furlough is expected to begin in July.

Second, our runway and ramp will be undergoing some very necessary reconstruction which directly impacts our missions, both the Alert (ACA) and our Continuation Training (CT) flying missions. This means moving the planes and those who work directly with them.

So, what does this mean for you and your family?

Furlough Notifications: it means that you will be experiencing a slight loss of income. Fortunately, there are tools and resources, tips and guidance to offset the financial impact. If you have not taken advantage of these resources, yet...time is running out before you may feel the pinch. Please reach out to the Airman & Family Readiness Program as soon as possible and be sure to attend the Town Hall meetings with Human Resources. This will be your opportunity to have your questions answered and your concerns addressed.

ACA Mission move to Otis ANGB: begins next month and the mission will remain there until the runway construction at Barnes is completed. Being a National Guard Family comes with its own benefits and difficulties. This relocation is temporary but still presents hurdles. If you and your family need assistance with addressing any additional challenges, please feel free to reach out to us.

We have counterparts at Otis, as well, for our members who may need assistance while located down there.

CT Mission at Westover: during the reconstruction of the Barnes runway. Almost everyone connected to the 104th FW will have to adjust in some way during this temporary relocation. This could mean more stress at work and maybe even at home. Again, we encourage everyone to take advantage of the resources and support that is out there so the 104th can continue its mission and remain an integral and necessary part of our Air Force.

The good news...

All of this is temporary.

It WILL go away.

We WILL all be back to work at Barnes ASAP and with a normal work schedule & pay.

You're not alone.

The support is always here and we always welcome you to reach out to us!

We will do everything in our power to help our member do their mission; and everything possible to ensure your families can thrive and carry on during these tough months. The Barnes Airman & Family Readiness Program has the information and resources to help each of you make the choices that will provide Quality of Life for your family and ensure that the wing is still able to meet its mission.



31 May 2013

FREE FUN FRIDAYS!

60 MUSEUMS & CULTURAL VENUES OPEN FOR FREE ON FRIDAYS ALL SUMMER



FREEDOM TRAIL FOUNDATION
MASS MoCA
STONE ZOO
WORCESTER ART MUSEUM
HERITAGE MUSEUMS & GARDENS
TANGLEWOOD

BOSTON CHILDREN'S MUSEUM
FRANKLIN PARK ZOO
ARNOLD ARBORETUM
FULLER CRAFT MUSEUM
WENHAM MUSEUM
THE MAHAWE PERFORMING ARTS CENTER



MASS AUDUBON'S BOSTON NATURE CENTER
CAPE COD MUSEUM OF ART
MARTHA'S VINEYARD MUSEUM
CHILDREN'S MUSEUM AT HOLYOKE
VOLLEYBALL HALL OF FAME
PEABODY ESSEX MUSEUM

BOSTON HARBOR ISLAND ALLIANCE
THE SPORTS MUSEUM
BATTLESHIP COVE
OCEAN EXPLORIUM
THE CAPE COD MUSEUM OF NATURAL HISTORY
THE ERIC CARLE MUSEUM



MUSEUM OF FINE ARTS, BOSTON
LARZ ANDERSON AUTO MUSEUM
CAPE COD CHILDREN'S MUSEUM
PILGRIM HALL MUSEUM
MUSEUM OF RUSSIAN ICONS
JACOB'S PILLOW DANCE FESTIVAL

THE INSTITUTE OF CONTEMPORARY ART/BOSTON
USS CONSTITUTION MUSEUM
CONCORD MUSEUM
EDWARD GOREY HOUSE
SPRINGFIELD MUSEUMS
BERKSHIRE MUSEUM



JFK LIBRARY & MUSEUM
REAGLE MUSIC THEATRE
BUTTONWOOD PARK ZOO
DANFORTH ART
HANCOCK SHAKER VILLAGE
GARDEN IN THE WOODS

ISABELLA STEWART GARDNER MUSEUM
MUSEUM OF AFRICAN AMERICAN HISTORY
NEW BEDFORD WHALING MUSEUM
FITCHBURG ART MUSEUM
FRUITLANDS MUSEUM
STERLING AND FRANCINE CLARK ART INSTITUTE



COMMONWEALTH SHAKESPEARE COMPANY
NEW ENGLAND HISTORIC GENEALOGICAL SOCIETY
AMERICAN TEXTILE HISTORY MUSEUM
CHILDREN'S MUSEUM IN EASTON
AMELIA PARK CHILDREN'S MUSEUM
HIGGINS ARMORY MUSEUM

PLYMOUTH PLANTATION
THE DISCOVERY MUSEUMS
NEW REPERTORY THEATRE
ECOTARIUM
NORMAN ROCKWELL MUSEUM
THE MOUNT: EDITH WHARTON'S HOME



PLEASE VISIT HIGHLANDSTREET.ORG OR CALL 617.969.8900 FOR MORE INFORMATION

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@HighlandStreet | #freefunfridays





31 May 2013



Blue Star Museums

Blue Star Museums, a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense, and more than 1,800 museums across America offer free admission to military personnel and their families from Memorial Day through Labor Day 2013. The complete list of participating museums is available at www.arts.gov/bluestarmuseums.



New England Air Museum Open Cockpit Event

Don't forget, New England Air Museum's Open Cockpit event on Sunday, June 16th, Father's Day. For additional information about the Museum call 860-623-3305 or visit www.neam.org.

9/11 Montgomery GI Bill Transfer of Benefit Changes

DEADLINE: 1 AUGUST 2013

Your eligibility for the Post 9/11 Montgomery GI Bill transfer benefit changes on August 1st 2013.

If you were on Active Duty Orders (Title 10 or Title 32 502 (F)) for 90 days or more AFTER September 11th, 2001 (school dates ARE NOT applicable), you are eligible. If you have NOT, this benefit currently does not apply to you.

If you were retirement eligible prior to 1 August 2009 apply for this benefit before the deadline so you do NOT incur a service obligation. Service obligations are as listed below:



- Personnel eligible to retire between 1 Aug 2009 - 31 Jul 2010 - 1 year of additional service is required from date of transfer
- Personnel eligible to retire between 1 Aug 2010 - 31 Jul 2011 - 2 years of additional service is required from date of transfer
- Personnel eligible to retire between 1 Aug 2011 - 31 Jul 2012 - 3 years of additional service is required from date of transfer

After August 1st 2013, EVERYONE will need to give an additional 4 year service commitment if they intend to transfer the benefit regardless of how many years you have already served.

I encourage you to apply for the benefits for yourself first (the sooner the better). Once you have received a letter from the VA stating what you will receive (Certificate of Eligibility) you will be able to apply for the transfer of these benefits to a dependent. At that time you will need to fill out additional information with the Retention Office Manager.

The VA website to help you understand Post 9/11 is
http://www.gibill.va.gov/benefits/post_911_gibill/index.html

If you have questions or need assistance, please contact MSgt Maureen E. Dickinson, Retention Office Manager at 413-568-9151 x698-1292 or by email at maureen.dickinson@ang.af.mil.



31 May 2013



101 Critical Days of Summer for 2013 Week Two: Stone Cold Sober

How often do you think about the real choices you have when it comes to alcohol? It's much more than just "should I or shouldn't I drink?" Choosing to use or not to use alcohol is a personal choice for which each Airman is responsible. At any age, we are responsible for the consequences of our decisions. Before you decide whether or not to include alcohol in your activity, consider all the implications.

Do you consider alcohol necessary to having a good time? Many people think alcohol is a complement to social events, good food and conversation with friends or family. Even if this is what you think, you must be prepared with a plan to prevent a mishap. What does that mean? It means not only having the plan, but knowing it is your responsibility to follow through with the plan. Use your designated driver; sleep over at your friend's house; call a taxi or simply don't drink.

Regardless of your activity, it's important to know what effects alcohol can have on you. Keeping in mind that there are variations among individuals, below is a guideline of what happens at different Blood Alcohol Concentration (BAC) levels.

0.02-0.03 BAC: No loss of coordination, slight euphoria and loss of shyness. Depressant effects are not apparent. Mildly relaxed and maybe a little lightheaded.

0.04-0.06 BAC: Feeling of well-being, relaxation, lower inhibitions, sensation of warmth. Euphoria. Some minor impairment of reasoning and memory, lowering of caution. Your behavior may become exaggerated and emotions intensified (Good emotions are better, bad emotions are worse).

0.07-0.09 BAC: Slight impairment of balance, speech, vision, reaction time, and hearing. Euphoria. Judgment and self-control are reduced, and caution, reason and memory are impaired, .08 is legally impaired and it is illegal to drive at this level. You will probably believe that you are functioning better than you really are.

0.10-0.125 BAC: Significant impairment of motor coordination and loss of good judgment. Speech may be slurred; balance, vision, reaction time and hearing will be impaired. Euphoria.

0.13-0.15 BAC: Gross motor impairment and lack of physical control. Blurred vision and major loss of balance. Euphoria is reduced and dysphoria (anxiety, restlessness) is beginning to appear. Judgment and perception are severely impaired.

0.16-0.19 BAC: Dysphoria predominates, nausea may appear. The drinker has the appearance of a "sloppy drunk."

Continued on next page.....



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101 Critical Days of Summer for 2013 Week Two: Stone Cold Sober (cont)

0.20 BAC: Felling dazed, confused or otherwise disoriented. May need help to stand or walk. If you injure yourself you may not feel the pain. Some people experience nausea and vomiting at this level. The gag reflex is impaired and you can choke if you do vomit. Blackouts are likely at this level so you may not remember what has happened.

0.25 BAC: All mental, physical and sensory functions are severely impaired. Increased risk of asphyxiation from choking on vomit and of seriously injuring yourself by falls or other accidents.

0.30 BAC: STUPOR. You have little comprehension of where you are. You may pass out suddenly and be difficult to awaken.

0.35 BAC: Coma is possible. This is the level of surgical anesthesia.

0.40 BAC and up: Onset of coma, and possible death due to respiratory arrest.

Everyone should enjoy the summer season—responsibly! Your family, friends, co-workers and the Air Force need you to come back *Safe 'n Sound!* A2A members A1C Trevor Jones, A1C John Ribbins and A1C Amanda Speybroeck have all experienced the damaging effects of alcohol.

To see their stories or to contact an A2A member, visit:

<http://www.af.mil/specials/AirmantoAirman/index.html> or contact your MAJCOM A2A POC.

For more information:

http://www.cdc.gov/motorvehiclesafety/impaired_driving/impaired-drv_factsheet.html

<http://www.cdc.gov/vitalsigns/drinkinganddriving/>

<http://www.iihs.org/laws/dui.aspx>

Financial Resources Packet

The Air National Guard of Massachusetts wants to make sure that you are prepared for any financial distress that may come your way as a result of sequestration, government employee furloughs and any salary or household income changes that could occur. Below is a link to a very thorough Financial Resources Packet created just for you! This is a fairly large download but worth the wait. Inside you will find budgeting tips, how to help your kids understand Family finances, FREE resources from Military OneSource, EAP Furlough and Financial Resources and HUNDREDS of Military discounts available to you and your Family.

Download the Financial Resources Packet [Here!](#)

Find informative sequestration Q & As for everyone [Here.](#)



31 May 2013

July 5, 2013



Military Appreciation Night



Show Your Military ID And Get In For FREE

Torrington Titans @ Wachusett Dirt Dawgs

6:35 p.m.

**160 Priest Street
Doyle Field, Leominster**



31 May 2013

OPEN ART COLLECTION



The Massachusetts National Guard Child and Youth Program invites National Guard youth ages 6-17 to submit your best art celebrating Flag Day. In the United States, Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States, which happened that day by resolution of the Second Continental Congress in 1777.

Send us an 8 1/2 x 11 drawing, painting, collage, or write a poem using the theme “The American Flag”. Art will be displayed at the National Guard Family Readiness Center.

All youth or teens submitting art will receive a certificate and an age appropriate book referencing the American Flag.

All submissions should include name, age, and mailing address, submitted by June 30th to the Child and Youth Program at;

Family Readiness Center

MA National Guard

14 Minuteman Lane

Wellesley, MA 02481

MASSNGYouth@aol.com 888-301-3103 X7290 or X7952



For more information and happenings with our Massachusetts National Guard Youth, check out the [Youth Program Virtual Bulletin Board](#) here!

Fourth Cliff is now open for the Summer season!

Fourth Cliff Family Recreation Area is a 56-acre seaside resort located in Humarock (Scituate) on Massachusetts' South Shore.

Fourth Cliff is in a superb location, sitting high on a cliff at the end of a peninsula, overlooking the Atlantic Ocean on one side and the scenic North River on the other. It offers an excellent opportunity for solitude and relaxation.



The facilities — including cottages, chalets, townhouses and efficiencies — are open to all ID cardholders, including active duty, reservists, DoD civilians, NAF employees, base contractors, retirees and authorized family members. RV camper sites and spaces for tent sites are also available from May 1 to October 31.

For more information, reservations, locations and directions visit:

<http://www.hanscomservices.com/FourthCliff.asp>

FREE Military Passes for National Parks

Currently Serving Military members and their dependents can pick up a free annual pass at any national park that charges an entry fee.

The annual military pass also provides free entry to 2,000 additional Federal recreation sites across the country. Visit www.nps.gov for more information!

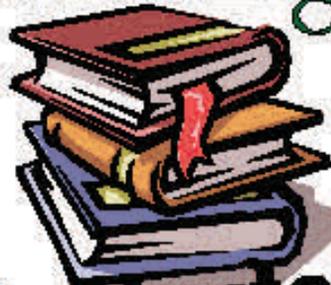


31 May 2013



The Massachusetts
National Guard
Child and Youth

Summer Reading Program



Read 20 minutes per day!

All MA National Guard Youth and Teens Grades K-12 are invited to participate in the Summer Reading Program.

Registrants will receive;

A welcome kit to get you started on your way

Weekly emails with updates, reading tips and fun ideas

A reading log to track your reading units

All Summer Reading Program participants will be invited to an end of program celebration.

For more information or to register contact your
Unit Child and Youth Coordinator or the
State Child and Youth Program.

MASSNGYouth@aol.com
1-888-301-3103 X7290 or X7952





31 May 2013

You're Invited to a Federal Employee Picnic!!! Hosted by the Federal Executive Association of Western Massachusetts

Where: Nonotuck Park, Pavilion #3 - Easthampton, MA

When: Sunday, June 30, 2013. Lunch is 1:00-2:30 pm

Cost: \$8 per person or \$20 for the whole family

Deadline to register is June 21st, 2013.

To register or if you have any questions, please call Muiyly Ngov (877) 841-5709.

Commissaries plan for Monday furloughs

When furloughs are implemented, most military commissaries will close one day a week on Mondays, said the director and CEO of the Defense Commissary Agency. The closures will be for up to 11 days between July 8 and Sept. 30. Other than the furlough day, there are no other changes planned for store operation hours. In January, DOD released guidance to allow defense components to plan for potential budget cuts by reducing operating costs. In line with that direction, DeCA later executed the following budget-cutting measures:

- A hiring freeze on all outside hires
- Cancellation of the agency's May Worldwide Case Lot Sales for all commissaries. Instead, stores are conducting smaller-scale events such as outdoor sidewalk sales
- Curtailment of all overtime and compensatory time unless deemed mission-critical
- Review of contract services to restrict any increases
- Curtailment of all monetary awards unless legally required
- Postponement of all Guard and Reserve on-site sales scheduled after July 8 until further notice.



As sequestration continues, commissary customers can quickly find out about any changes to their local store's operating schedule by going to www.commissaries.com, clicking on the "Locations" tab, then "Alphabetical Listing," finding their store and clicking on "local store information." Patrons are reminded that because sequestration is so fluid, DeCA's plan for this budget-cutting measure is subject to change.

STARS, STRIPES & SADDLES - WEEK LONG DAY CAMP JULY 15-19 and AUGUST 5-9

Offered to military children ages 10 to 13 years old.

Application DEADLINE: June 1st

(The \$295 fee for this program is waived thanks to OMK & Smithfield Farms!)

WHEN: July 15 through 19, 2013 from 9:00 a.m.—3:00 p.m.

August 5-9, 2013 from 9:00 a.m.—3:00 p.m.

WHERE: 809 Sandwich Rd., East Falmouth, MA 02536

To register contact Kerry Bickford, OMK coordinator by email:

kbickford@barnstablecounty.org or call (508) 375-6695



This program is supported by Operation Military Kids Cape Cod, Cape Cod Cooperative Extension, UMASS Extension. Funding for the 2013 Air National Guard Camps is provided through the 4-H/Air Force Military Partnership Project via Kansas State University and UMASS Amherst.



31 May 2013

Discovery Camps 2013

Registration: Currently Open to ALL Branches of Service!

Join NH Operation: Military Kids (OMK) and the NH National Guard Child & Youth Program for...

- A Taste for Food and Fitness **SUN 21—SAT 27 JUL** @ Copper Cannon, Bethlehem, NH. Participants: 30 (military youth only) Ages: 9—12
- * Environmental Science Adventures for Teens **SUN 21—SAT 27 JUL** @ Copper Cannon, Bethlehem. Participants: 30 (military teens only) Ages: 13—18
- Adventures in Flight (*Military Family Weekend*) **FRI 16—SAT 18 AUG** @ Geneva Point Conference Center, Moultonborough, NH. Space is limited – military families only. Registration fee: \$25.00/family*
- * Operation: Leadership **TUE 09—SAT 13 JUL** @ University of New Hampshire campus, Durham, NH. Participants: Military and non-military teens Ages: 13-18

For information on **Youth camps**: contact [Jennifer Hollidge](mailto:Jennifer.Hollidge@nhng.org), NHNG Child & Youth Program; or contact OMK at omk.camps@unh.edu, 603-862-0876



Operation Military Kids Summer Camps!

<http://www.4-hmilitarypartnerships.org/p.aspx?tabid=205>

Summer Camp for Children of Military Families

Channel 3 kids Camp proudly announces the expansion of our summer camp for children of all Military Families. This overnight program is a summer retreat for children of military families from July 15 - July 20, 2013. Away from the hustle and bustle of the “real-world, this special week provides a care-free environment for a healthy play, new friendships, and the outdoors.

ENROLLMENT

Children from Connecticut’s military families ages 8-17 years old may attend this special camp session beginning July 15. Enrollment cost is \$50 per child.

- Visit www.channel3kidscamp.org
- Click 'apply online'
- Create new account and continue prompts

Use promo code MILKIDSCT to receive reduced enrollment fee (\$50)

SUMMER FUN CLUB at Chicopee Boys & Girls Club

The Boys & Girls Club of Chicopee provides an eight week summer day camp designed for children ages six to 12 years. Summer Fun Club 2013 begins Monday, July 1 and ends on Friday, August 23, 2013. Each day is filled with age-appropriate activities which include cooking, art projects, computer skills, sports, field games, field trips and much more!

The hours for Summer Fun Club 2013 are Monday through Friday, 8:30 am to 4:30 pm with pre and post hours available. The weekly fee of \$130.00 (\$3.25 per hour) includes: Camp Tee Shirt, Breakfast, Lunch, Snack, Field Trips and Camp Activities, On-Site Spray Park, Air Conditioned Facility.

The Club is pleased to announce that **members of the Military will receive a 10% discount and will not need to pay the \$25 registration fee.**



31 May 2013

Panic Attacks and Agoraphobia

From Dan Cardinal, 104th FW Director of Psychological Health

What is panic disorder and agoraphobia? Almost everyone feels anxious at times. But panic attacks are characterized by severe levels of anxiety, which you may misinterpret as an indication that you are having a heart attack, going insane, or losing total control. During a panic attack, you may feel short of breath, tingling sensations, ringing in your ears, a sense of impending doom, trembling, feeling like you are choking, chest pain, sweating, and heart pounding. You should see your physician in order to rule out medical causes such as hyperthyroidism, caffeine addiction, mitral valve prolapse, or other causes.

Many people who have a panic disorder also experience agoraphobia. Agoraphobics fear places or situations from which escape might be difficult or places where they might have a panic attack. For example, agoraphobic people avoid being out alone, supermarkets, trains, airplanes, bridges, heights, tunnels, open fields and elevators. Many "panickers" experience panic when they are asleep--possibly because the large decrease in pulse rate during sleep elicits a compensating increase in pulse rate, resulting in feeling jolted out of sleep. Some agoraphobics experience anxious arousal in sunlight, some in dimming light. Heat is a major factor in panic disorder--there is a dramatic increase in panic and agoraphobia during the summer, primarily because heat increases pulse rate, dizziness, and dehydration and there are more opportunities to be outside where the individual feels more vulnerable. The individual fears that, in these situations, he or she will have a panic attack.

What is the cause of panic disorder and agoraphobia?

Many situations that agoraphobics fear and avoid may be situations that earlier in our evolution were truly dangerous. For example, being trapped in a tunnel could lead to suffocation or collapse; heights may be dangerous; in open fields, the individual is more susceptible to predators (like lions or wolves); public places may have brought our ancestors into contact with hostile strangers. Thus, we now view many of the fears of agoraphobia as reminiscent of these earlier instinctive and adaptive fears. However, these situations are not dangerous today.

The agoraphobic experiences either a desire to flee ("I need to get out of here") or a sensation of collapse (fainting). However, since escape may be blocked or collapse might be embarrassing, the agoraphobic interprets these physical sensations as "false alarms" that something terrible is happening. He or she focuses on these internal sensations--"My heart is pounding--I'm going to have a heart attack" or "I'm feeling weak and dizzy---"I'm going to collapse". We call these false alarms because they signal that something dangerous is imminent when there is no danger present.

Agoraphobia and panic are not entirely inherited. In any given year, 30% to 40% of the general population will have a panic attack. However, most of these people will not have a catastrophic interpretation of the panic. The "panicker" tends to have excessive self-focus on physical sensations and catastrophic interpretations of his or her sensations. For example, panickers focus on their heart rate and jump to conclusions about having heart attacks. Initial panic attacks are activated by stressful situations--for example, leaving home, marital conflict, surgery, abortion, new responsibilities, or physical illness. Many people who have panic disorder also experience depression, partly as a consequence of their feeling out of control and unsure as to how to handle their problem.

Continued on next page.....



31 May 2013

Panic Attacks and Agoraphobia (continued)

From Dan Cardinal, 104th FW Director of Psychological Health

How does agoraphobia develop?

The initial panic attack may lead to hyper vigilance--that is, cautious worry that other panic attacks will occur. As a consequence, panickers learn to avoid situations that arouse anxiety. In fact, avoidance and escape become the major coping mechanisms used to handle anxiety. Many agoraphobics enlist a "safe person"--someone who accompanies them in case the "panicker" becomes anxious and needs to escape. The "panicker" suffers from anticipatory anxiety---"Will I have an anxiety attack on the subway?" or "Will I have an anxiety attack at the party?" Panickers fear driving because they fear that they might have a panic attack and lose control of the wheel.

Even though their avoidance may have led to few or no anxiety attacks in months, panickers often worry about the next attack. The world becomes smaller and smaller as a result of this avoidance. Because of this constriction in their lives, many panickers are also depressed. Some panickers become so anxious that they self-medicate with alcohol, valium or xanax.

Medications for panic disorder

There are a number of medications that are useful in inhibiting the arousal or panic. These medications help reduce the arousal, but once you terminate the medication your panic symptoms may return. Consequently, it is recommended that even if you use medication for panic disorder that you also include cognitive-behavioral therapy. Your therapist may include the following treatments: relaxation training, rebreathing training (especially if you hyperventilate), gradual exposure to situations that elicit panic, identification of your interpretation of your panic or arousal, stress reduction, training in general cognitive therapy principles (challenging your negative beliefs, your concern about losing control, your fears of negative evaluation, and your demands for certainty), assertion training (when needed), and training in the ability to recognize and reduce your panic symptoms when they occur. In addition, other problems that you may have (such as depression) may also be addressed in the therapy.

What are some common misconceptions about panic?

Some people incorrectly believe that panic is a result of deep-seated psychological problems. Of course, anyone with or without panic may have deeper problems, but panic disorder and agoraphobia are not necessarily related to deeper psychological problems. You may become depressed, dependent and self-critical because you have panic disorder--- but panic, in itself, can be treated effectively without long-term therapy exploring your childhood experiences. Panickers often have unrealistic beliefs about anxiety---such as, "All anxiety is bad" and "I have to get rid of my anxiety immediately". Some panickers misinterpret their anxiety as a sign of a dangerous medical condition. Others believe that because they have had panic attacks and agoraphobia for many years---and because traditional therapy has not been helpful for these problems---that they can never improve. Cognitive-behavioral therapy, with or without medication, is often quite effective in the treatment of panic and agoraphobia.



31 May 2013

Employment Information!

June Job Fair Career Source

Time for you and your new job to meet! Wednesday, June 5, 11-2 p.m. Residence Inn Boston Logan Airport/Chelsea - 200 Maple St., Chelsea, MA

Jobs in human services, finance, education, hospitality, food services and more. Dress for an Interview! Check out the website www.yourcareersource.com for a list of companies and open positions. Professional dress required to be admitted. Bring resumes!

Hanscom AFB Defense Tech & Intelligence Career Fair

Thursday, June 6 from 10-2 p.m.

Minuteman Commons, Bldg. 1425, Kirtland St. Hanscom AFB, MA 01731

The Career Fair is open to job seekers that already have access onto the military installation. Transition Careers and sponsor cannot provide access for job seekers regardless of pre-registration.

All Experienced Professionals (Military, Contractors & Civilians) with the following backgrounds are invited.

Administrators (Network/Systems)	Developers Engineers (Electrical/Software/Network)	Intelligence Professionals
Aerospace Professionals	Finance Professionals	Linguists/Translators
Analysts	Homeland Security Professionals	Logisticians
Communications/Signal Consultants	IA Professionals	Program Managers
Acquisition Professionals	IT Specialists	Project Managers
Cyber Security		Technicians
		Trainers/Instructors & More

View Exhibitor List, Job/Career Offering & for more information www.transitioncareers.com. Sponsored by Hanscom AFB, Company Grade Officers' Council (CGOC) - Organized by Transition Careers, LLC. No Endorsement Implied or Made by DoD and Federal Government

Even if you can't attend, do the following 2 steps before the event:

1. Create your FREE job seeker account and post your resume on our job board. All the employers we deal with nationwide can access our job board. Furthermore, the Transition Careers job board is networked with 1500+ other job boards whose employers can view the resumes on our site (www.transitioncareers.com)
2. Email one copy of your resume (Microsoft Word format only) before the career fair takes place to resumes@transitioncareers.com so it can be shared with the employers at this event. Please put in the subject line "**Hanscom AFB - 06 June 2013**"

Chicopee "Employ Wisdom: Hire a Veteran"

June 4, 2013

CHICOPEE – The city's Department of Veterans' Services, the Greater Chicopee Chamber of Commerce and the Employer Support of the Guard & Reserve will hold a "Employ Wisdom: Hire a Veteran" job fair from 10 a.m. to 2 p.m., June 4 at the Castle of Knights at 1599 Memorial Drive.

Featuring the H2H Mobile Van, too!





31 May 2013

Employment Information!

Merrimack Valley Job Fair

Wednesday, June 12 10 - 1 p.m.

Northern Essex Community College Technology Center 100 Elliott St., Haverhill, MA 01830

FREE Onsite Parking

Bus Access: www.mvtra.com

Job Seekers Suggestions

- ◆ First Impressions Matter
- ◆ Prepare to Interview
- ◆ Practice your 30 second introduction
- ◆ Dress - Neat & Clean Appearance
- ◆ Resume - Bring multiple copies
- ◆ VWCC Members bring your card
- ◆ Membership or Pre-Registration not required

Need Help with Job Prep

- ◆ Interviewing
- ◆ Resume
- ◆ Negotiating Job Offers
- ◆ Follow up

Valley Works Career Center is here to help. Attend a workshop, speak with a Career Center Counselor, for additional workshop information go to www.valleyworks.cc.

Presented by Valley Works Career Center

All are welcome to join in this Opportunity to Interview, Network and Job Search with employers!

Continue to watch www.valleyworks.cc for an updated employer list.

Federal Employment Workshop Friday, June 14th - 11:00 a.m. - 3:00 p.m.

- ◆ After completing this workshop, you will know:
- ◆ The In's and Out's of finding and applying for Federal jobs.
The How Too's of the new questionnaire and KSA's.
- ◆ How to analyze Federal vacancy announcements to be included in the "best qualified" applicant group.
- ◆ How to use a checklist to assure submission of a complete application.

The presentation will include a PowerPoint briefing on the Federal Application process and walk through of the www.USAJOBS.GOV website. Call (617) 338-0809 to reserve your spot.

JobNet Career Center - 210 South St., Boston

5th Annual Women Veterans' Conference Saturday, June 15th - 9 to 3:30 p.m.

UMass Boston - Campus Center 100 Morrissey Boulevard, Boston, MA 02125

Guest Speaker: Kayla Williams, Author of "Love My Rifle More Than You"

Program includes: State/Federal Benefits, Financial Education, Business Ownership, Women's Health, Relationships, Employment, Networking, Wellness

For more information on: parking details, public transportation & to register FREE visit:

mass.gov/womenveterans

Email: dvswomen@vet.state.ma.us Phone: (617) 210-5958, Viviana Cordoba *Free Lunch * Free Parking *

Door Prizes *Gift Bags *Massage Therapy & Accupuncture *Over 50 Exhibitors & More!!!

Hosted by The Massachusetts Women Veterans' Network