Airman & Family Readiness

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Barnes Family Flyer

8 November 2013

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.

FRG Pasta Dinner - Wednesday, November 13th

The FRG will hold their second Pasta Dinner in November at the Dining Facility so mark your calendars! Join us for good food, dinner made with homemade pasta, prizes and a great time with Family and Friends!

Dinner is FREE!
Includes salad, pasta, dessert and beverage
Serving between 4:00 pm and 7:00 pm

Please RSVP to 104fw.familysupport@ang.af.mil if you plan on attending.
Responses help the Family Readiness Group ensure there is enough food!

104FW FAMILY READINESS VOLUNTEER GROUP

Invites Families to

The Children's Christmas Party

Sunday, 8 December 2013 1230-1530
Westfield Boys and Girls Club
28 West Silver Street
Westfield, MA 01085

**Most enjoyed by children AGES 0 to 10*

Please RSVP with your **child(ren)'s name, gender, and age** to Jenn Cesaitis at ext. 698-1183 or via email to:

104fw.familysupport@ang.af.mil

****Open to 104FW Members, Civilian employees & Alumni.***
Please keep the guest list limited to children and grandchildren

104FW Family Readiness Volunteer Group Board Members:

Tina Dimino-Frazer
Beth St. Clair
Cathleen Haldopoulos
Cindy Patnode
Ryann Parker
Lynn O'Brien
Miki Okutani

8 November 2013

November is Military Family Appreciation Month

Each year the President signs a proclamation declaring November Military Family Month. Last year President Obama said that our nation owes "each day of security and freedom that we enjoy to the members of our Armed Forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support."

This annual proclamation marks the beginning of a month-long celebration of the Military Family in which the Department of Defense and the nation will honor the commitment and sacrifices made by the families of the nation's service members.

Veterans Day Deals & Discounts

Are located throughout this newsletter and 100s more on Military.com

Military Kids Club for December UTA - 7 & 8 December

OMK and Boys & Girls Club Mentoring, Creation Station, Gymnasium, Swimming, Games Room Tournaments and more! Transportation is available to and from the club.

Children can be dropped off to the Pioneer Valley Club, Bldg 8 at 6:30 am.
Bus pick-up is at 7:30am at the Pioneer Valley Club, Bldg 8.
Bus returns to Barnes at 4:30 pm to the Pioneer Valley Club, Bldg 8.

*****Please note: Sunday 8 December there will be NO return bus to Barnes. *****
Children must be picked up at the Christmas Party at the Boys & Girls Club

Reserve your spot today by calling or emailing the Airman & Family Readiness Center:
(413) 568-9151 x 698-1183 Jennifer.cesaitis@ang.af.mil

Military Kids Club is open to all Military Kids ages 5-15. Free Nutritious Breakfast, Lunch & Snack provided!

ASYMCA Art & Essay Contest

Each November, The Armed Services YMCA celebrates Military Family Month to demonstrate the nation's support and commitment the families of military personnel. With hundreds of thousands of service members deployed overseas, recognizing the daily sacrifices made by military families has never been more important. The 2014 Famous Art and Essay Contest Information is now available, along with Tips on How the Community can Help Support Military Families.

The 2013 Military Family Month Packet by the Armed Services YMCA; Including the Art and Essay Contest Guidelines are available for download HERE! Check out the great prizes like iPod Touches and iPads for military youth!

8 November 2013

Officials Announce Deadlines for Holiday Mail Delivery

Military Postal Service Agency (MPSA) officials recommend that parcel post packages for service members overseas be mailed by Nov. 12 for delivery by the holidays.

A chart online that shows deadlines for various mailing options, broken down by the APO/FPO/DPO numbers of various destinations.

USPS is offering a discount on its largest Priority Mail Flat Rate box at $14.85. The price includes a $2 per box discount for military mail being sent to APO/FPO/DPO destinations worldwide. Priority Mail Flat Rate boxes are available free at local post offices, or can be ordered from USPS online. Postage, labels and customs forms also are available online.

BOYS & GIRLS CLUBS OF AMERICA

Veterans Day Breakfast

Monday, November 11th from 8:30 - 10 a.m.

To honor your service, the Keystone Club at the Westfield Boys and Girls Club is hosting a free breakfast for all Veterans, Guard, Reserve and Active Military Personnel! Please call the Club to reserve a spot at 413 - 562 - 2301.

Employer Support Freedom Award for 2014 - nominations open!

Employer Support of the Guard and Reserve (ESGR), a Department of Defense office, is now accepting nominations for the 2014 Secretary of Defense Employer Support Freedom Award. The Freedom Award is the Department of Defense's HIGHEST HONOR presented to civilian employers for exceptional support of their National Guard and Reserve employees. ESGR encourages Guardsmen and Reservists, or family members acting on their behalf, to submit nominations at www.FreedomAward.mil by January 20, 2014.

Each year, up to 15 deserving employers are selected as Freedom Award recipients and honored in Washington, D.C. Examples of past recipient support include continued benefits and healthcare for deployed service members, home maintenance and childcare support and veteran hiring initiatives. Service members who have received exemplary employer support should submit their nominations for the Freedom Award today.

ESGR® EMPLOYER SUPPORT OF THE GUARD AND RESERVE

FREE Duck Tours in Boston

This November 11th - 15th Boston Duck Tours is honoring Veterans, Active Military & First Responders with FREE Boston Duck Tours from both the Museum of Science and Prudential Center departure locations. All dependents will also get a special $10 rate.

8 November 2013

Brides Across America Wedding Dress Giveaway

Bridal salons are uniting across America by giving away wedding gowns to military brides to honor our troops and say thank you for serving. The wedding industry is making a difference and giving brides to be the opportunity to find the wedding gown of their dreams as well as alleviating financial stress of purchasing a wedding gown.

There is a "giveaway event" scheduled for November - check the website for the stores near you - there are a couple listed in MASS - you must pre-register on the website here.

Nov 14-Tulle Bridal, 28 West Main St, Georgetown, MA, 617-877-6396, www.tullebridals.com
Nov 16-Bella Sera Bridal, 85 Andover St, Danvers, MA, 978-774-4077, www.bellaserabride.com

WaterFire Salute to Veterans

Saturday, November 9th - Providence

This Veterans Day weekend join the celebration at WaterFire Salute to Veterans. All veterans, military members and their families should come and allow a grateful state to Thank You for your service!

Beginning at 3:30 p.m. on the steps of the State House, there will be opening ceremonies with military leaders, troops and citizens in Rhode Island. Be a part of the patriotic ceremony where 100 veterans, active duty and retired military members process from the State House with lighted torches to the basin. At the basin there will be ceremony with Joint Force Color Guard and a performance of the Navy Band Northeast.
There will be a resource center on Steeple Street to distribute information to veterans from Providence VA, Tricare, Fleet and Family Services, state and non-profit advocacy for housing, employment, healthcare and more!

5th Annual Veterans Day Bed And Breakfast Offers for Veterans

Sunday & Monday, November 10-11th

Each year, the B&B industry celebrates the sacrifices offered by our courageous vets by offering free rooms on or around Veterans Day. You can search the list by state or scroll through all the offers. In order to accommodate all those deserving free stays, innkeepers may offer “first-timers” to the program priority for stays.

Demand is high for the rooms, and while innkeepers choose how many complimentary stays they are able to offer, in some regions of the country, demand may exceed available rooms. Those interested in the promotion are encouraged to register early, and to understand that the closer we come to Veterans Day, the fewer rooms will be available.

How to find a participating inn/B&B: *Go to www.BetterwaytoStaycom.;

*Scroll down and sort offers by the state where you wish to book your stay ;
*A list of participating inns from that state will appear;
*Offers will appear FULL as rooms are filled at participating inns. Innkeepers may have waiting lists in the event of cancellations. If you see an inn/B&B indicate that it is FULL you may call to see if it is possible to be placed on the waiting list or move on to another option on the list ;
*Make arrangements for your free stay by contacting the inn/B&B where you wish to stay directly by phone or email. No arrangements for complimentary stays can be made via this website.

8 November 2013

Federal Employee Open Season Starts Monday, November 11

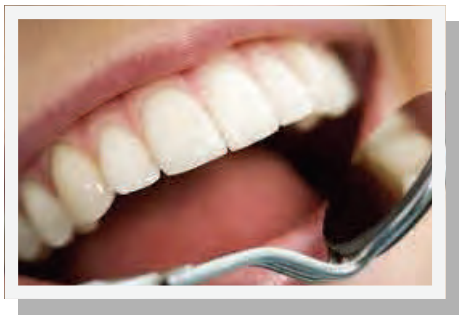
The 2013 Open Season for health, dental, and vision insurance and flexible spending accounts will be held from November 11, 2013 to December 9, 2013.
During the Open Season, eligible employees may enroll, change enrollment or cancel enrollment in Federal Employees Dental and Vision Program (FEDVIP), and Federal Employees Health Benefits (FEHB) Program and can enroll in Federal Flexible Spending Account Pro-gram (FSAFEDS). Changes made as "Open Season" elections will be effective 12 January 2014.

Find out more at Open Season Fairs:
FRI 08 NOV @ FMS Framingham 10a—12p; TUE 12 NOV @ Welcome Center, Joint Base Cape Cod 9—11a
THU 14 NOV @ FMS Reading, 10—11:30a; MON 18 NOV @ CSMS Devens, 9—11a
MON 18 NOV @ JFHQ Hanscom, 1—3p ; MON 25 NOV @ 104FW Dining Hall, Westfield, 1—3p

Find out more online:
Rates are currently available for 2014 FEHB premium rates ;
FEDVIP dental premium rates; and for FEDVIP vision premium rates
You can find 2014 Federal Benefits Open Season information on
OPM's web-site beginning November 4, 2013.

Find out more online with Online Presentations
Upon completion of the overview, you be able to access the Employee Benefits Information System (EBIS); understand how to make your own FEHB open sea-son election using EBIS, and view navigation tips on the ABC-C and OPM websites for FEHB carrier plans, comparisons, providers coverage details, and cost. The Federal Employees Dental Vision Plan (FEDVIP), Flexible Spending Accounts (FSA) and Affordable Care Act (ACA) points of contacts and processes will also be cov-red. Log-in 10-15 minutes prior to start for DCO acceptance. For additional information, please visit www.abc.army.mil or call 877-276-9287.

FEHB Open Season TUE 05 NOV from 9a—1:30 p register;
ABC FEHB Open Season WED 06 NOV from 10:30a—2:30 p register;
ABC FEHB Open Season THU 07 NOV from 9a—12:00 p register



How to make Open Season elections:
Federal Employees Health Benefits (FEHB) - Enroll at www.ebis.army.mil (EBIS) If you need assistance with your election, please call ABC-C at 1-877-276-9287.
Federal Employees Dental and Vision Insurance Program (FEDVIP) - Enroll at www.benefeds.com
Flexible Spending Account (FSA) - Enroll at www.fsafeds.com
For more information www.abc.army.mil or 1-877-276-9287

8 November 2013

FREE Photo Book for Deployed Service Members!

Families of Deployed Service Members - Now friends and family can create a 20-page personal photo book and ship it to any APO, FPO, or MPO address for free. These full-color, 5x7 softcover books fit perfectly in a soldier's cargo pocket, yet hold over 60 photos. RocketLife prints the books for free, and the USO pays for shipping. For more details or to begin creating a photo book for your Service Member, click http://uso.rocketlifeproduction.com/.

Challenges & Hope; What's Facing Returning Veterans and Military Families Forum

MON 11 NOV from 2—5 p.m. @ JFK Library and Museum, Boston MA
Please join the Red Sox Foundation and Massachusetts General Hospital Home Base Program for a special Veterans Day Forum: *Challenges and Hope; What's Facing Returning Veterans and Military Families.* Please join the Red Sox Foundation and Massachusetts General Hospital Home Base Program for a special Veterans Day Forum: *Challenges and Hope; What's Facing Returning Veterans and Military Families.*
This is an opportunity to pause, honor and learn more about the men and women – and their families -- who have served and sacrificed for our nation. Includes key-note speakers and an panel discussion "War stories: keeping the American public engaged after the troops come home"
This is a free event. Click here to register. The annual Home Base Veterans Day Leadership Forum is presented with support from Bank of America.

Suicide Prevention
You are not alone. There is support.

The Department of Defense (DoD) takes the issue of suicide very seriously and is actively working to reduce the number of suicides. DoD has many programs and services to help service members and their families cope with everyday stresses and those unique to military life. Everyone can help prevent suicide.

Know how to recognize common risk factors including chronic pain; feelings of guilt, anger, or shame; exposure to trauma; a sense of hopelessness; relationship problems; and posttraumatic stress disorder (PTSD). If you notice these behaviors in friends and family who have served in the military, encourage them to seek help.

Remember ACE: Ask, Care & Escort. It's important to talk about feelings of depression or posttraumatic stress. If you're looking for more information or resources, trained health professionals are available 24/7 at the DCoE Outreach Center by live chat, email or phone, 800-273-8255.

Military Crisis Line
1-800-273-8255
PRESS 1

SUNDAY AFTERNOON SPECIAL WITH THE FALCONS!

SPRINGFIELD FALCONS
20th ANNIVERSARY 1994 - 2014

Sunday, Nov. 10 at 3pm
MassMutual Center

GAME PROMOTIONS!

$2 HOT DOGS!

TEAM POSTER GIVEAWAY!

POST-GAME TEAM AUTOGRAPH SESSION

POST-GAME SKATE FOR EVERYONE THAT BRINGS THEIR OWN SKATES!

SPRINGFIELD FALCONS **VS.** WILKES-BARRE SCRANTON

Tickets Just $12 in Advance
(At the door: $20-26 adults: $13 youth)

TO ORDER TICKETS OR FOR MORE INFO CALL MIKE KELLY AT THE FALCONS OFFICE 413-276-4348
DEADLINE TO ORDER: WEDNESDAY, NOVEMBER 6, 2013

Sunday Afternoon Special with the Springfield Falcons
Sunday, November 10th – 3:00pm – MassMutual Center, Springfield
This form can be mailed to Springfield Falcons, Attn: Mike Kelly, 45 Falcons Way, Springfield, MA 01103 - Deadline to order: Wednesday, Nov. 6th, 2013

Group Name:_____

Address:_____

City:_____ State:_____ Zip:_____

Phone #: ( )_____

Email:_____

_____ Tickets at $13 Each = $_____ Please make checks payable to: Springfield Falcons

VISA MASTERCARD AMERICAN EXPRESS DISCOVER

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

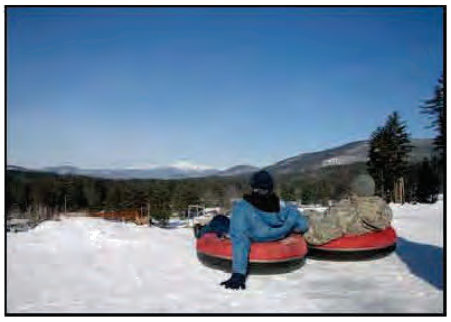
8 November 2013

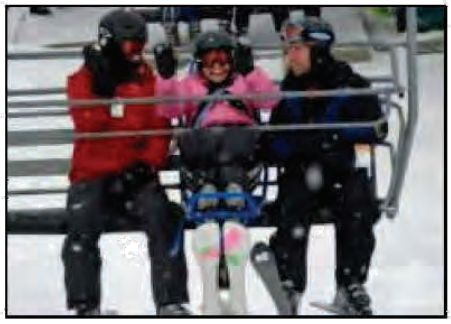
2014 NH White Mountain Winter Adventure Overnight Camps for Teens with Disabilities in Military Families!

Join Northeast Passage and the University of New Hampshire's Cooperative Extension Military Youth and Family Program for our winter adventure camp, in the White Mountains of New Hampshire, specifically designed for teens (ages 14-18) with disabilities.

January 3-6, 2014: Camp for teens with physical disabilities
January 11-13, 2014: Camp for teens with developmental and cognitive disabilities

Activities include: Alpine Skiing, dog sledding, ice skating, a winter campfire, snow tubing, and more!
All activities are facilitated by trained staff and volunteers and are appropriate for teens with disabilities.
All lodging and facilities are wheelchair accessible.





ALL INCLUSIVE! A $20 registration fee includes lift tickets, lessons, equipment rental, and food/lodging at the Appalachian Mountain Club's Highland Center in Bretton Woods, NH. There are NO additional fees!
Transportation assistance is available, including airfare for teen and a companion from anywhere in the U.S.!

For over 20 years, Northeast Passage has been a nationally recognized leader in therapeutic recreation. A non-profit affiliated with the University of New Hampshire (50 miles north of Boston), we provide innovative solutions for children, adults, and military veterans with disabilities. We are staffed by a passionate, highly-skilled group of professionals with the sole purpose of empowering individuals with disabilities to define, pursue and achieve their therapeutic recreation goals. Northeast Passage's staff has experience programming activities for youth with a wide range of disabilities including (but not limited to) spinal cord injury, Muscular Dystrophy, Cerebral Palsy, Spina Bifida, Autism spectrum, Down Syndrome, visual impairment, amputation, Traumatic Brain Injury and Pervasive Developmental Disorder.

All abilities welcome and encouraged to inquire!!!

For more information and to register visit www.nhomk.com or contact Charlotte Cross, UNH Cooperative Extension at 603-862-2495 or militaryteen.camp@unh.edu

Northeast Passage is a program of the University of New Hampshire.
For more information on Northeast Passage, visit www.nepassage.org.

Funding for Military Teen Adventure Camps has been made available through a partnership between the Department of Defense, Office of Military Community & Family Policy and the United States Department of Agriculture/ National Institute of Food & Agriculture.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer.
UNH, U.S. Dept. of Agriculture and New Hampshire counties cooperating.

8 November 2013

BED BATH & BEYOND

Shop for College | Wedding & Gift Registry

BED & BATH | KITCHEN | DINING | SEASONAL | HOLIDAY | WHAT'S NEW | CLEARANCE

ATTENTION U.S. MILITARY & VETERANS!

Active Duty, DOD, Reserves, Guard, Retirees, Veterans and Military Spouses

IN HONOR OF VETERANS DAY

U.S. Armed Forces Appreciation Weekend!

NOVEMBER 9, 10 & 11

20% OFF

YOUR **ENTIRE** PURCHASE

In-Store Only!

U.S. Military ID REQUIRED at time of purchase.

Valid forms of ID include:

- U.S. Military Services Privilege & Identification Card (Active Duty, Dependents, Retiree, Guard/Reserve)
- VFW Membership Card
- Veterans Advantage Membership Card
- Veterans Administration Identification Card
- American Legion Membership Card

Exclusions: Valid for in-store use only. Copies not accepted. Limit one coupon. Savings Certificate, special offer or discount (including price match) per item. Coupon must be surrendered at time of purchase, any return of purchase will reduce your savings proportionally. The discount cannot be applied to gift cards, previous purchases, shipping or sales tax. Offer excludes the following: Alessi, Arthur Court, Breville®, Brita™ Collection, Brookstone®, DKNYC, The Elf on the Shelf®, kate spade, Kenneth Cole Reaction Home, KitchenAid® PROLINE, Kosta Boda, Le Creuset®, Lladró®, Miele, Monique Lhuillier, Nambe®, Nambe®, Nespresso, Orrefors, Riedel, Shoe, Swarovski, T-fal, Vera Wang®, Victorinox Luggage, Vitamix, Waterford®, Wusthof®, or Zwilling, Baby Brezza®, Baby Jogger™, Babymel™ BÉABA®, Bugaboo, Bumbleride™, Destination Maternity®, Dutailier®, Ergobaby™, Foundations®, Maxi-Cosi®, Mountain Buggy, Oeuf, Orbit Baby™, Peg Pérego®, Petunia Pickle Bottom®, Phil & Teds®, Quinny®, Stokke®, storkcraft®, Swiss®, Under Armour®, UPPAbaby®, disposable diapers, wipes, formula, baby food or portrait studio services.

Click Here to View Webpage Coupon

Veteran’s Day Free Offers

If a free meal before the concert is desired, restaurant chains advise calling ahead to specific locations, because they warn that not all franchises honor the specials offered by their parent organizations.

FREE FOOD

Applebees -- All veterans and active-duty military eat free from a limited menu on Veterans Day.

Chili's -- Veterans and service members can dine for free from a special six-item menu on Veterans Day.

Golden Corral -- Military Appreciation Monday includes a free dinner, Nov. 11, from 5 p.m. to 9 p.m. for military retirees, veterans, and current service members.

Famous Dave's -- Offers for free or discounted meals on Veterans Day vary by location.

Hooters -- All veterans and service members get 10 free wings with the purchase of a drink.

Krispy Kreme -- A free donut is available for all service members, retirees and veterans.

McCormick & Schmick's Seafood Restaurants -- participating McCormick & Schmick's Seafood Restaurants are offering a complimentary entree to vets from a special menu on a space-available basis. Online reservations are highly recommended.

Outback Steakhouse -- Outback will offer veterans and military a free Bloomin' Onion and beverage

Subway Restaurants -- Free six-inch sub or flatbread available to military vets on Veterans Day.

Texas Roadhouse -- Free meals available to veterans from opening until 4 p.m. on Veterans Day.

T.G.I. Friday's -- Veterans and service members can buy one meal and get another free.

UNO Chicago Grill -- UNO is offering a 19.43 percent discount on food and non-alcoholic beverage beverages to vets and military. The chain explains that 1943 was the year UNO invented the deep dish pizza.

Abuelo's Mexican Food -- Offers vary by region.

Buca di Beppo Italian Restaurants -- Special offers for vets on Veterans Day.

RETAIL DEALS

Amazon.com -- A free downloadable MP3 album includes 12 songs performed by military bands and ensembles from now through Veterans Day.

The Dollar General -- Veterans, service members and their immediate families can receive a 10-percent discount with a Veterans Day coupon.

Home Depot -- Offers a 10 percent discount to all veterans on Veterans Day. Home Depot offers a 10 percent discount year-round to active duty military and retirees.

Lowe's -- All veterans receive the 10 percent discount for purchases of up to $5,000. A 10 percent discount is available year-round to active-duty military and retirees.

Sam's Club -- Sam's Club will give away collapsible Hugo Canes on Veterans Day to military veterans who need them.

Seven-Eleven -- On Nov. 11 from 11 a.m. to 7 p.m., veterans can get a free small Slurpee.

Cabela's Outdoor Store -- Employee discounts are being offered to all veterans, active-duty military and reserve-component troops, along with law-enforcement, fire and emergency-management personnel. Discounts vary from 5 percent to 50 percent, depending on item.

Build-a-Bear Workshop -- Members of the armed services, including the Coast Guard and ROTC, receive a 20 percent discount on any one transaction at the workshop.

Fashion Bug -- Offering 20 percent off all plus-size and misses clothing purchases with a copy of military ID or spouse's military ID.

Sports Clips Haircuts -- Offering free haircuts to active-military and veterans.

2013 Veteran's Day Free Meals and Discounts

Two notes before jumping in:

- **Proof of Military Service.** First, most companies require some form of military ID – including a U.S. Uniform Services ID Card (active/reserve/retired), Current Leave and Earnings Statement (LES), Photograph in uniform, be wearing uniform (if your service permits), Veterans Organization Card (e.g., American Legion and VFW), **DD214**, discharge paperwork, or other form of identification. Other restaurants and companies may only require a photo of you in uniform, or go by the honor system.

Participation. Second, always call ahead to verify locations, times, and participation. Many of the listed company **Applebee's – free meal, Nov. 11:** Last year, Applebee's served over one million free meals to military veterans and active servicemembers. Applebee's is again offering a free meal to military veterans and active-duty service members on **Veteran's Day**, Nov. 11, 2013. There will be **7 entrées to choose from**, beverage and gratuity not included. Military ID or proof of service required. Find locations at **http://applebees.com/**.

Bar Louie Eat • Drink • Be Happy **Bar Louie, Free meal on Veterans Day (2013).** Active duty military members and veterans can receive a free meal, up to $10 in value, and a free non-alcoholic beverage. Available at all locations, military ID or proof of service is required. See **FaceBook page for more info**.

BJs Restaurant and Brewhouse, Nov. 11th (2013). Complimentary lunch entree or a one topping mini pizza for dinner. Offer valid to all active duty military and veterans, with proof of service. **More info**.

Champps Americana (2013). We're celebrating our Veterans with an All American Meal! All Veterans and Active Military will receive a free burger on November 11th! Proof of service required. Offer not valid for the Pepperjack Bacon Stack Burger or Kobe Burger. Dine in only, valid at participating locations. Find a location near you.

Chili's – free meal, Friday, Nov. 11 (2013). Chili's is offering all military veterans past and present their choice of one of 6 meals. This offer is available from 11am – 5pm on November 11, 2013 at participating Chili's in the U.S. only. Dine-in from limited menu only; beverages and gratuity not included. Veterans and active duty military simply show proof of military service. **Visit their website to find locations**.

Denny's Veterans Day Appreciation Event, Nov. 11. 2013 (2013). Free Grand Slam breakfast to any veteran from. Participating markets include select diners in Maryland, Virginia, Arizona, New Mexico, Texas, Indiana, Colorado and Washington, DC (from 6:00am – 2:00pm), as well as the following New York locations: Syracuse, Rochester, and Buffalo areas (from 6:00am – 10:00pm). Call ahead to verify, and check with your local Denny's if you live in another area. Source.

Fox & Hound and Bailey's Sports Bar (2013). Veterans and Active Duty Military will receive a free item from the 7 under $7 menu. Active military ID, retiree card, or other proof of service required. Visit site for **location information**.

- ies are franchises and may have different policies. We will do our best to keep this page updated as we find new info.

- **Golden Corral – Free meal, Monday Nov. 11:** The 13th annual Golden Corral Military Appreciation Monday dinner will be held on Monday, November 11, 2013 from 4 pm to 9 pm in all Golden Corral Restaurants nationwide. The free "thank you" dinner is available to any person who has ever served in the United States Military. If you are a veteran, retired, currently serving, in the National Guard or Reserves, you are invited to participate in Golden Corral's Military Appreciation Monday dinner. For more information visit**http://www.goldencorral.com/military/**.
- **Special thanks to Golden Corral:** To date, Golden Corral restaurants have provided over 3.2 million free meals and contributed over $6.1 million to the Disabled American Veterans organization. Amazing!
- **Famous Dave's – Nov. 11th (2013).** Free or discounted meals on Veterans Day. Offer varies by location, please check the **Famous Dave's Veteran's Day page** or call your local restaurant for more information.
- **See more Military Discounts.**
- **Hooters – Free Meal, Nov. 11 (2013).** Hooter's is serving up a free meal to military veterans all day on Veterans Day. Offer good for all veterans and active duty military personnel. Get 10 Free Wings – Boneless or Regular, drink purchase required. Offer valid at participating Hooters only; open to all active duty and military veterans with valid military ID or proof of military service. For more information, visit, **www.HootersVeteransDay.com**.
- **Krispy Kreme – Free doughnut (2013).** Available only at participating Krispy Kreme stores. Offer available to all active-duty, retirees & veterans on November 11th. Be sure to call ahead to verify your local Krispy Kreme is participating.
- **Little Caesars® Pizza (2013).** Little Caesars is honoring the men and women of the United States armed forces this Veterans Day by providing veterans and active military members with a free Crazy Bread® with

proof of military status or proof of service at participating stores nationwide. **Find a location near you**.

- **McCormick & Schmick's Seafood Restaurants – free lunch or dinner, Nov 11, 2013 (2013):**McCormick & Schmick's is celebrating their 13th annual Veteran's Appreciation Event on Sunday, November 13th. Veterans will be able to choose a complimentary lunch or dinner entrée. Veterans must provide proof of military service. Be sure to contact your local McCormick & Schmick's as this is valid at participating restaurants only. Also, Space is limited and reservations are highly recommended. For more information visit: **M&S Veterans Appreciation Event**.
- **Outback Steakhouse – A week of Free Bloomin' Onions and Cokes Nov. 11(2013).** Outback Steakhouse is honoring America's military veterans by offering active duty military and veterans a free Bloomin' Onion and a Coca-Cola product during the week leading up to Veteran's Day. This offer is available to Military Personnel who have one of the following forms of identifications: U.S Uniform Services Identification Card, U.S Uniform Services Retired Identification Card, Current Leave and Earnings Statement (LES), DD form 214 Veterans Organization Card (i.e., American Legion and VFW), Photograph in Uniform, Wearing Uniform. For more information, visit, **http://outback.com/companyinfo/veteransday.aspx**.
- **The Outback understands commitment.** For the past two years, The Outback, with the help of their patrons, has donated $2 Million to **Operation Homefront**, a non-profit organization providing everyday and emergency support for active troops, wounded warriors and their families.
- **Sizzler Restaurants, Nov. 11, 2013 (2013)**. Buy one get one free, 6 oz. Steak Entree with the purchase of a second one. Valid with proof of military service. **More info**.

- **Spaghetti Warehouse Once in a Lifetime Veteran's Day Celebration (2013).** In honor of US military veterans and the unique once in a lifetime date: 11-11-11, Spaghetti Warehouse is offering lasagne or any original recipe spaghetti entree for only $0.11, with the purchase of a lasagne or any original recipe spaghetti entree at regular price. This offer is open to everyone, not just veterans. Download the coupon **at their website**.
- **Subway – Free Six Inch Sub, November 11, 2013(2013).** Select SUBWAY® Restaurants will offer a FREE six inch sub or flatbread to military veterans on Veteran's Day. This offer is valid only on November 11, 2013 at participating local SUBWAY® restaurants, Military ID or proof of service required. Note: SUBWAY® Restaurants are franchises, so this offer may not be available everywhere. Please call ahead for participation and times.
- **Texas Roadhouse – free lunch, Nov. 11 (11:00 a.m. – 2:00 p.m.) (2013).** Every Texas Roadhouse location across the country will participate in the free lunch event to honor the men and women of our armed forces. Offer good for All veterans – including all active, retired or former U.S. military. ID Required. See the **Texas Roadhouse Veterans Day page** for more information.
- **T.G.I. Friday's – Buy one get one free Nov 11 (2013).**Valid for all US Military personnel and veterans. Must wear uniform (if permitted by your service) or present military ID or other proof of service. Only valid at participating locations for anyone with an old or current military ID. More details on **TGIFridays.com**.

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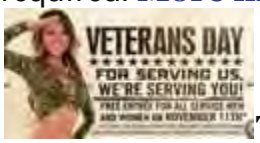
The Olive Garden, Free entrée (2013). Offer good for veterans and active duty military, November 11th during regular business hours. Chose from a special menu; all entrées inlcude freshly baked garlic sticks and choice of soup or salad. Off er good in US and Canada, proof of service required. **More info**.
- 

Twin Peaks, Nov. 11 (2013). Free entrée for service men and women (up to $10). Good for veterans and active service personnel with valid ID or proof of service. Dine in only; gratuity not included. **Find a location near you**.
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Uno Chicago Grill, Nov. 11 (2013). Veteran's Day Discount: 19.43% discount on their food and non-alcoholic beverage beverages purchases from11/7 through 11/11. Why 19.43%, do you ask? That is the year UNO invented deep dish pizza. Offer good for all military for veterans and active duty military. ID or proof of service required: Show up in uniform (if your service permits), provide military ID, show a picture of yourself in uniform, or have other ID showing proof of service

Home Depot and Lowe's Military Coupon Updates

Update: Home Depot and Lowes 10% Military Discount Available Everyday.

Home Depot Military Discount: The Home Depot(R) is offering all active duty personnel, reservists, retired military, veterans and their families a 10 percent discount off their purchases in honor of Veteran's Day. The offer is valid on purchases of up to $2,000 for a maximum of $200 and is available at The Home Depot stores, The Home Depot Design Center locations, Yardbirds and EXPO Design Center(R) locations. The 10% **military discount** is available everyday for active duty

and retirees, but not all veterans. Home Depot makes this offer available to all veterans on most military holidays. You can also**find Home Depot discounts online**.

Lowe's Military Discount: Lowe's Companies, Inc. will offer all active, reserve, honorably discharged, retired military personnel and their immediate family members a 10 percent discount on in-store U.S. purchases made during the Veterans Day holiday. The discount is available Nov. 11. The discount is available on in-stock and special order purchases up to $5,000. To qualify, individuals must present a valid military ID or other proof of service. Excluded from the discount are sales via Lowes.com, previous sales, and purchases of services or gift cards. Like Home Depot, Lowes offers this discount daily to active duty military members, but not to veterans. However, they extend the offer to military veterans on military holidays. You can also **find exclusive discounts at Lowe's.com**.

Free Park Admissions for Veterans Day

Anheuser-Busch Parks. Anheuser-Busch Parks offers Active Duty Service Members free admission for them and up to 3 dependents to any of their parks once a year. Throughout 2013, members of the military and as many as three direct dependents may enter SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. The **Here's to the Heroes program** is only available to Any active duty, activated or drilling reservist, or National Guardsman. Eligible parks include: Adventure Island, Busch Gardens (Tampa Bay or Williamsburg), SeaWorld (Orlando, San Diego, or San Antonio), Sesame Place, and Water Country USA. Not valid at Discovery Cove and Aquatica. Christmas Town at Busch Gardens in Williamsburg, Va. is not included as part of this program. For more information and to register, visit: **Free admission summary**, and **ticket application**.

Colonial Williamsburg Free Admission. Colonial Williamsburg offers free weekend-long admission tickets to active-duty military, reservists, retirees, veterans, and their immediate dependents from Nov. 11 . The complimentary ticket includes admission to Colonial Williamsburg exhibition sites, art museums, and most daytime programs, as well as free parking and use of the shuttle bus system. Tickets are only available at on-site ticket sales locations. Tickets are also available to families of deployed servicemembers. Tickets available on the following dates: **Nov. 11-13**.

Fee Free Day at National Parks. To honor America's service men and women, Secretary of the Interior Ken Salazar announced that areas managed by the National Park Service would not charge entrance fees for Veteran's Day weekend – November 11, 2013. **Over 100 national Parks will be participating in this event**.

Historic Jamestowne – Free Admission. The National Park Service commemorates Veterans Day with Fee Free days at Historic Jamestowne November 11-13. Free admission for everyone. **See events calendar**.

Knotts Berry Farm Military Tribute Days – Free Admission. Knott's Berry Farm has an annual Military Tribute event in which they offer military members past and present by offering free park admission. This year the Military Tribute Days run from November 1 – 24 November (Thanksgiving Day). Veterans or current serving military personnel plus one guest get in FREE with proper ID presented at Knott's turnstile (DD214, Veterans Administration Hospital ID or Active Military Service ID). Purchase up to six additional tickets for just $17 each. **More info**.

Pro Football Hall of Fame – Free Admission. Annual Veterans Day Salute, November 07, 2013, 09:00 AM – 05:00 PM. Any veteran or member of the armed forces and their spouse or a guest will be admitted free of charge to the Hall of

Fame for a day-long recognition of US Military veterans. Members of the Blue and Gold Star Mothers will also be eligible for free admission. There will be a special ceremony beginning at 10:00 a.m. in the Hall of Fame's NFL Films Theater. **More information**.
San Jacinto Monument and Museum (La Porte, TX). November 7-13: Free admission to the theatre, Observation Floor, and the special exhibit to all veterans and their families. **More info**.

Veteran's Day Discounts – Retail Stores & More

Here are some additional Veteran's Day Discounts. In all cases, be sure to provide proper ID or proof of service. In addition, some of these stores are franchises, so verify participation before assuming the discount is in place.

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Amazon.com – Free MP3 album download"Veterans Day Honor" This free downloadable album includes 12 songs as performed by the military bands and ensembles of the U.S. Armed Forces. Visit Amazon now through Veteran's Day to **download the album for free**(album will be full price again starting Nov. 11).
- **Big Lots – 10% off** your entire purchase with valid military ID. **more info**.
- **Cabela's.** Cabela's is giving their standard employee discount to all US military veterans, active duty military, Guard/Reserves, law enforcement, fire and EMS personnel on Nov. 10-11. Discount varies from 5% to 20%, depending on the item.
- **Dollar General.** 10% discount on entire purchase on Veteran's Day. Offer good for all active-duty military, retirees, veterans, Guard/Reserve, & immediate family members. The coupon can be found in the store circular, or by asking an employe. Also good online from Nov 11-13, use Coupon Code VETERANSDAY. **More info**.
- **Free Business Cards and Checks.** Get 25 FREE Checks – Choose from 6 different designs or upgrade to premium checks and choose from many more designs. Bonus Offer – Get 250 Free Business Cards! **FREE Checks & Business Cards offer**.

- **Free Car wash.** Thousands of car washes around the country are offering vets a free car wash on Veterans Day. Find a list at **Grace for Veterans**, which helped veterans receive 101,537 FREE Washes on Veterans Day in 2010.
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Jos. A. Bank Specials: Veterans Day Sale- 1 Day Only! All Suits On Sale- 2nd for $47 Mix 'n Match. 40% Off All Dress Shirts, Sportshirts, Ties & Sportswear. Free Shipping on Orders $195+. Valid: November 11. **JoS. A. Bank Veterans Day Sale Orders**.
- **K-Mart.** Exclusive Early Veterans Day Sale – Nov. 10th! EXTRA 5-10% off Almost Everything **with coupon code VETERANSDAY**. Friday & Saturday Specials + EXTRA 5-15% off & FREE Shipping orders of $49 **with coupon code HOLIDAY**.
- **Netflix: Netflix – One Month Free Trial**.
- **Seven-Eleven – Free small Slurpee** on Nov. 11 from 11 a.m. and 7 p.m. Offer good to all current and former military members. ID or proof of service required.
- **Sports Authority – 15% off all purchases.** All Veterans and Military personnel please stop by your local Sports Authority store to receive 15% OFF YOUR ENTIER PUCHSASE on 11.11.11 ONLY! Please show proper identification or proof of service at check-out to receive this special offer.
- **Sport Clips – Veterans Day National cut-a-thon and Help A Heroprogram.** Sport Clips is the official haircutter of the VFW and will donate $1 from every haircut during the National Cut-a-Thon to **VFW's Operation Uplink**, which provides free phone time to active-duty military personnel and hospitalized veterans. Sports Clips stores also offer a offer a Heroes discount which includes active and retired military. **Find a location near you**.
- **Steve Madden.** We'd like to salute our heroes by doubling our everyday military discount of 15% to 30% OFF for Veteran's Day ONLY. Valid with a form of Military identification (past or present) in Steve Madden stores only (not valid online). *Full priced merchandise only. **Find a store near you**.
- **Tim Hortons** – all US locations are offering a free donut to all veterans (check out the Star Spangled donut!).
- **$100 for opening new Chase Freedom VISA**.

More offers available to everyone (not just military and veterans): These offers are available to anyone and require signing up for a new account.

- **2 Free Airline Tickets: Southwest Airlines Rapid Rewards® Plus Credit Card**
- **6 Free Nights hotel stay: Marriott Rewards® Credit Card**
- **Up to $400 in gift cards: Citibank Checking Account**
- **$250 Cash Bonus: Citi ThankYou Preferred Card**
- **Free Gamefly Trial**
- **Free Netflix trial**

Free Hugo® Canes for Veterans.

Free Hugo® Canes for Veterans Sam's Club® locations nationwide will distribute 36,000 Hugo® canes free of charge on November 9th, 10th, 11th, 2013 to U.S. military veterans in need of mobility assistance. Limited quantities available, while supplies last. Sam's Club® Membership is not required, but proof of military service may be required. For more information, visit **HugoSalutes.com**.

FOOD	CLOTHING	CAR CARE	ENTERTANMENT
APPLEBEE'S	AEROPOSTALE	ADVANCE AUTO PARTS	BLOCKBUSTER
A&W ROOTBEER	BOSCOV'S	AUTOZONE	DISNEY RESORTS
BURGER KING	CHAMPS	JIFFY LUBE	MLB HALL OF FAME
DENNY'S	CHILDREN'S PLACE	MEINEKE	PRO SPORTS TEAMS
FRIENDLY'S	DRESS BARN	NAPA AUTO PARTS	
IHOP	FOOT ACTION	PEP BOYS	RIPLEY'S ATTRACTIONS
LONG JOHN SILVER		FOOT LOCKER'S	
PIZZA HUT	HOT TOPIC	OTHERS	**TRAVEL**
SONIC		KOHL'S	
TEXAS ROADHOUSE	NEW YORK & CO.	GEICO	AMTRAK
ARBY'S	OLD NAVY	SEARS	BEST WESTERN
BOSTON MARKET	PAC SUN	LOWE'S	CHOICE HOTELS
CHICK-FIL-A	PAYLESS SHOES	SALLY BEAUTH SUPPLY	CONTINENTAL AIRLINE
DUNKIN DONUT	REEBOX	SPENCER GIFTS	CRUISE LINES
GOLDEN CORRAL	TIMBERLAND OUTLET	PEARL VISION	HYATT HOTELS
KFC	WILSON'S LEATHER	BATH & BODY WORKS	MARRIOTT HOTELS
McDONALD'S	MICHAEL'S	WYNDHAM HOTELS	
QUIZNO'S		LENS CRAFTERS	

TACO BELL
WENDY'S
ZALES JEWELERS
T-MOBILE
VERIZON

GNC
LITTMAN JEWELRY
SPRINT

PHONES
AT&T