

Airman & Family Readiness

Jennifer Cesaitis

(413) 568-9151 ext 698 1183 office

(413) 237-5458 cell

[Jennifer.cesaitis@ang.af.mil](mailto:Jennifer.cesaitis@ang.af.mil)

# Barnes Family Flyer

**22 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.*

## **104th FW Annual Children's Christmas Party!!!**

**The 104th FW Family Readiness Volunteer group invites you to this year's Children's Christmas Party!**

**Sunday, 8 December 2013 1230-1530**

**Army Aviation Support Facility Hangar \*\*NOTE - NEW LOCATION!!\*\***

*\*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](mailto: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**



## **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 4:00pm to the Pioneer Valley Club, Bldg 8. **\*\*Please note drop off time change 4:00\*\***

**\*\*Sunday drop off info for Children's Christmas Party will be released ASAP\*\***

Reserve your spot today by calling or emailing the Airman & Family Readiness Center:

(413) 568-9151 x 698-1183 [104fw.familysupport@ang.af.mil](mailto:104fw.familysupport@ang.af.mil)

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



**BOYS & GIRLS CLUBS  
OF AMERICA**





22 November 2013

## Federal Employee Open Season closes December 9



The 2013 Open Season for health, dental, and vision insurance and flexible spending accounts closes 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:

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](#).



### How to make Open Season elections:

*Federal Employees Health Benefits (FEHB)* - Enroll at [www.ebis.army.mil](http://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](http://www.benefeds.com)

*Flexible Spending Account (FSA)* - Enroll at [www.fsafeds.com](http://www.fsafeds.com)

For more information [www.abc.army.mil](http://www.abc.army.mil) or 1-877-276-9287

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## VA Offers Dental Insurance Program

VA is partnering with Delta Dental and MetLife to allow eligible Veterans, plus family members receiving care under the Civilian Health and Medical Program (CHAMPVA), to purchase affordable dental insurance beginning 15 NOV 13.

Veterans who are enrolled in VA health care can choose to purchase one of the offered dental plans. This three-year pilot has been designed for Veterans with no dental coverage, or those eligible for VA dental care who would like to purchase additional coverage. There are no eligibility limitations based on service-connected disability rating or enrollment priority assignment. People interested in participating may complete an application online through either [Delta Dental](#), or [MetLife](#). Coverage for this new dental insurance will begin January 1, 2014.



Also eligible are spouses and dependent children who are reimbursed for most medical expenses under VA's CHAMPVA program. Dental services under the new program vary by plan and include diagnostic, preventive, surgical, emergency and endodontic/restorative treatment. Enrollment in the VA Dental Insurance Plan (VADIP) is voluntary. Participants are responsible for all premiums, which range from \$8.65 to \$52.90 per month for individual plans. Copayments and other charges may apply. For more visit the [VA online](#), or Delta Dental at 855-370-3303 or MetLife at 888-310-1681. Veterans who are not enrolled in the VA health care system can apply at any time [online](#), by calling 877-222-8387 or visiting their local VA health care facility.



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## 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.

## New England Air Museum Santa Visit and Behind the Scenes tours

The New England Air Museum in Windsor Locks, Conn. will hold its annual Santa Visit & Behind the Scenes Tour on Friday, November 29, the day after Thanksgiving. Santa will meet and pose for photos in one of his special aircrafts between 11 a.m. to 3 p.m. Santa will have a gift for each child.



On this day the Museum will also be conducting 'Behind-the-Scenes' tours which will give visitors the opportunity to take a close-up look at some of the current restoration projects including the P-51D Mustang Racer, the Douglas DC-3 passenger aircraft, the Boeing B-29 Superfortress, a U.S. Navy Blimp Car from WWII, Burnelli CBY-3, several vintage engines and more. The Museum's Research Library will also be open.

Don't forget to check out the Museum's new Flight Sim Spot, an exhibit using the latest in flight simulator software where visitors can virtually fly any aircraft, anywhere using the same cockpit controls that pilots use.

The Museum will be open from 10:00 am to 5 pm. Admission is \$12 for ages 12 and up, \$11 for seniors 65 and up and \$6.50 for ages 4 to 11. Children under 3 are admitted free. For more information, visit [www.neam.org](http://www.neam.org) or call (860) 623-3305.

## 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!





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## 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](http://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.



## TSA Pre-Check Changes for Service Members

As the holidays are fast approaching, many service members and their families will be traveling.

**Beginning Dec 20, 2013**, Transportation Security Administration and Department of Defense has announced a partnership to expand TSA Precheck expedited screening benefits to all members of the US Armed Forces, including those who are serving in the US Coast Guard, National Guardsmen and Reservist. This will also include Wounded Warriors (as well as the caregivers for Wounded Warriors). This partnership expands the current TSA Precheck lanes to **all** 100 airports offering TSA Precheck.

Department of Defense and Transportation Security Administration Partner to Provide Military TSA Precheck at 100 Airports. Find out more [HERE](#).



## American's Hometown Thanksgiving

22, 23 & 24 NOV Plymouth MA

The weekend of festivities has become a beloved holiday occasion as well as an important link to our nation's history and heritage. For 17 years, hundreds of thousands of people from all walks of life have traveled to the historic Plymouth Harbor and Waterfront to experience a bounty of authentic Americana. The celebration of Thanksgiving becomes history-brought-to-life as Pilgrims, Native Americans, Soldiers, Patriots, and Pioneers proudly climb out of the history books and onto the streets of Plymouth.



Events include a parade, New England Food Festival, a harvest market, crafter's pavilion, kids activities and crafts, historical demonstrations, Wampanoag educational Pavilion, tours of the Mayflower II, and a concert series. Find more out at [USA Thanksgiving](http://USA.Thanksgiving).



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## **MILITARY FAMILY MONTH NOVEMBER 2013**

**In celebration of Month of the Military  
Family we invite you to share your  
Military Family with us!**

- Email or mail us a picture of your Military Family
- We'll share it proudly on our Facebook page
- Each day we'll choose a Military Family to grace our Facebook Page's Cover Photo for the entire day!
- Each participating family will receive a certificate of thanks



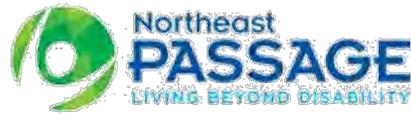
**Share your pride!**

**Copies of pictures may be sent to: [MANGFamily@aol.com](mailto:MANGFamily@aol.com) or mailed to  
Family Programs, 14 Minuteman Ln., Wellesley, MA 02481.**

The MA National Guard Family Program Office reserves the right to withhold from posting any material deemed inappropriate.



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## 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](http://www.nhomk.com) or contact Charlotte Cross, UNH Cooperative Extension at 603-862-2495 or [militaryteen.camp@unh.edu](mailto: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](http://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.



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## 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 service member'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/>.



## 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.



## Students Can Submit a Story About Managing Finances and Win



**The Good,  
The Bad,  
and The Ugly**

The University of Arizona is hosting [The Good, The Bad, The Ugly](#) contest, for students 12 and older.

Students must submit a story about managing finances and the lessons that they learned from the experience. The deadline is November 27, so if they wish to enter, they need to get writing! Submissions can be made online.

For more details, see the [contest rules](#).



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# What is SECO?

## Career Exploration

Identify career interests and aptitudes and find information about today's job market and work opportunities, including portable skills and careers, entrepreneurship and top federal employment options.

Comprehensive counseling services are available at no cost to all eligible military spouses through the career center. Staffed by certified career counselors, the career center can help military spouses with creating an action plan targeting education programs, financial aid options, training program resources and credential or licensing information.

Call 800-342-9647 or visit <http://www.militaryonesource.mil/seco> for more information.

## Education, Training, and Licensing

Identify education, training and licensing/certification opportunities as well as financial aid resources and scholarships.

The MyCAA Scholarship offers up to \$4,000 of financial assistance to eligible military spouses who are pursuing a license/certification, certificate or associates degree in a portable career field and occupation. Spouses of active duty service members in pay grades E-1 to E-5, W-1 to W-2 and O-1 to O-2 on Title 10 military orders are eligible for the scholarship.

Call 800-342-9647 or visit <https://aiportal.acc.af.mil/mycaa/default.aspx> for more information.



## Career Connections

Connect with corporations, government organizations and non-profits to gain meaningful, long-term, portable employment.

The Military Spouse Employment Partnership connects military spouses to more than 180 partner employers who have pledged to recruit, hire, promote and retain military spouses in portable careers. To help with their introduction, spouses are encouraged to self-identify when contacting or applying with these employment partners.

Visit <https://msepjobs.militaryonesource.mil> for more information.

## Employment Readiness

Receive face-to-face support at the installation level for topics such as resume writing, interviewing skills, federal employment, job search strategies, dressing for success, job fairs, career assessments and more.

Visit <http://www.militaryinstallations.dod.mil> and search by program (Spouse Education, Training and Careers) and an installation or postal code to find the closest office.

Regardless of location, spouses can call 800-342-9647 to speak with a certified career counselor or visit <https://myseco.militaryonesource.mil> for information and resources available 24/7.



For more information: