

Airman & Family Readiness

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# Barnes Family Flyer

**27 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.

Saturday Bus returns to Barnes at 4:00pm to Bldg 8. **\*\*Please note drop off time change 4:00\*\***

Sunday Bus returns to Barnes at 12:30pm to the Army Aviation Hangar for the Christmas Party.

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!

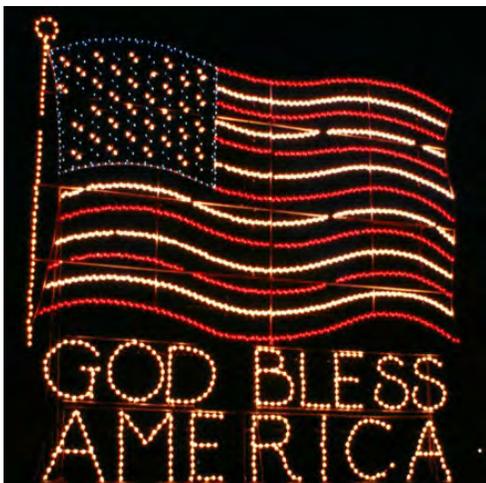


**BOYS & GIRLS CLUBS  
OF AMERICA**



27 November 2013

## Bright Nights Opens Gates for Military Night!



### Free Admission for Active Members of the Military

Springfield, Massachusetts—Wednesday, December 4, 2013, from 5PM to 9PM, Bright Nights at Forest Park will open its gates to welcome and honor the men and women who are protecting our freedoms with Military Night, sponsored by Columbia Gas of Massachusetts. Active military and their spouses with valid identification will receive free admission and be welcomed by some of the states highest ranking military officials, Spirit of Springfield President Judith Matt, members of the Springfield Veterans Activities Committee and students from Cathedral High School National Honor Society. The students will be holding signs to thank and welcome the members of the military and the entrance will be lined with American Flags.

“There is no better night at Bright Nights than Military Night,” said Matt. “We will get hundreds of military families from as far away as Maine, but also many right here at home with Barnes Air National Guard Base and Westover Air Force Reserve Base right in Bright Nights backyard.”

Bright Nights at Forest Park opens for its 19th season on Wednesday, November 27, 2013, and will operate through January 5, 2014, except December 2 and 3.

For more information about Bright Nights at Forest Park, visit [www.brightnights.org](http://www.brightnights.org) or contact the Spirit of Springfield at (413) 733-3800.

### Bright Nights 2013 Dates

November 27 - January 5                      Closed December 2 & 3

Sunday to Thursday -- 5PM to 9PM    Fridays, Saturdays and Holidays\* -- 5PM to 11PM

Buses with Reservations -- 5PM to 6PM

### 2013 Rates

Cars, Mini-Vans, Trucks & Motor Homes (Price per vehicle)

**OPENING NIGHT SPECIAL - \$6 Coupons and discount admission not accepted**

Monday to Thursday - \$18

Friday to Sunday and Holidays - \$21

Gift Passes - \$16

Your experience will be enhanced with a musical simulcast on 98.5FM.

\* Thanksgiving, Christmas Eve, Christmas and New Year's Eve







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## 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

## 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](#).

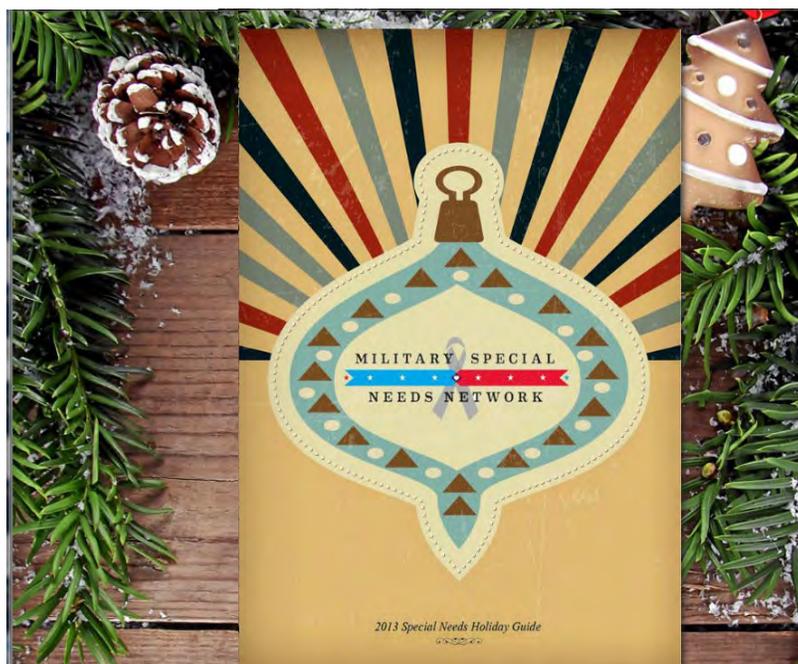


## 2013 Military Special Needs Holiday Guide

Military Special Needs Network is a peer - to - peer organization founded to provide emotional and family support for military families around the globe, regardless of medical, educational, or behavioral diagnosis.

Recognizing the additional demands of the Holidays can bring, MSNN has brought you their 1st Holiday Guide. Full of helpful articles, supportive advice, and wonderful tips on surviving and thriving during the upcoming season.

[View this Holiday Guide online here!](#)





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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/>.



## Coming Up at Hanscom Airman & Family Readiness Center

### Federal Resume Writing and USAJOBS

THU 05 DEC 12:30—4:00

Join in a workshop for Federal Resume Writing and USA Jobs and learn how to:

- Put your resume into a format suitable for electronic resume builders
- Use a Vacancy Announcement to your advantage
- Find essential skills and keywords to make your resume a winner
- Write accomplishment statements that grab attention and get interviews
- Gain an edge on the competition



Improve the odds of getting the federal job you want by learning federal resume writing skills, all of the above and more. Learn about free tools and services, how to find job openings, and identify key parts of a Vacancy Announcement during a USAJOBS website walk-thru, including the Application Manager. Taught by a former HR Staffing Specialist and member of the Professional Association of Resume Writers and Career Coaches.

### Effective Job Search Strategies Workshop

MON 09 DEC 11:00—1:00

Feel free to bring your lunch!

Learn how to identify your skills, use networking to increase employment options, & how to research industries to find job opportunities.

Taught by Bob Dolan, Certified Job Search & Career Transition Consultant.

To register please call 781-225-2765 or email [66.fss.fsfr.cmb@hanscom.af.mil](mailto:66.fss.fsfr.cmb@hanscom.af.mil).

*A&FRC programs are available free of charge to military personnel, DoD civilians, retired military and family members.*