Airman & Family Readiness

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Barnes Family Flyer

25 July 2014

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.

MILITARY KIDS CLUB

SATURDAY AUGUST 2

BOYS & GIRLS CLUB OF GREATER WESTFIELD

OPERATION: MILITARY KIDS

Free & Nutritious Breakfast, Lunch & Snack

Roundtrip transportation available between the 104th Base and the Club

Military Kids Weekend Activities

Exploration Game Finders: Computer Lab / *Robotics*

Game Finders in the computer lab allows members to play learning games on approved BGCA websites. Through the Digital Arts Suite, members can create logos, design websites, and make mini movies and music videos. *Robotics* is a new program using Lego Mindstorms: members build a robot and manipulate its movements.

OMK Mentoring

The *OJJDP Mentoring* program is designed to offer youth of all ages a "protective factor to counter the risks they face in their daily lives" (OJJDP, 1998) by engaging in small group activities with a mentor, utilizing the areas of the Club.

Creation Station

Members are encouraged to tap into their creativity through arts and crafts activities, *Zumba* (dance aerobics), dramatic play (*TNT DramaMatters*), and music (*Spontuneous*).

Gymnasium

TRIPLE PLAY

The *Gymnasium* is a place where the children learn about teamwork and sportsmanship while engaging in fun, physical activities to keep their bodies healthy. *Triple Play* combines and promotes health, fitness, and sports.

Swimming

Swimming alongside our Aquatics Coordinator, members have fun engaging in pool activities while being in a safe and supervised environment. Swimming devices and pool toys are available to the members.

Games Room Tournaments

Fun age appropriate, social recreation tournaments are scheduled in the *Games Rooms*, such as: Mystery Pool, Cherry Pick, Poly Pong, Ping Pong, Foosball, and Air Hockey. Members learn the importance of sharing, respect, and teamwork.

Wilson Literacy / Mondopad

fundations Wilson Language Basics

The *Mondopad's* vast technology will allow our members opportunities traditional PCs do not offer. More importantly, use of the Mondopad will not only strengthen our members' computer skills, it will enhance their literacy skills in reading and writing through *Wilson Language Arts* activities.

Barnes Air National Guard Base

Family Day 2014

Sunday ~ August 3rd ~ 12:30 pm - 4 pm

FOOD SODA WATER

GAMES BASKETBALL VOLLEYBALL

BOUNCE HOUSES DUNK TANK COTTON CANDY MACHINE

DOOR PRIZES: HELD AT 1500

MUST BE PRESENT TO WIN

BACK-TO-SCHOOL SUPPLIES CRAFTS

LIVE MUSIC BY "RELENTLESS"

Beer

Wine coolers

$2 Bacardi Smirnoff Twisted Tea

$3 Import Beer

FALLSFEST

MUSIC & ARTS AT SOUTH HADLEY FALLS

JULY 26th
11AM-10 PM

A Day Long Party With An Amazing Mix Of Music, Art, Food & Fun.

Restaurants, Food Trucks, Ice Cream, & Beer Garden
Artisan Craft Vendors & Tables
Activities for Children & Families All Day!

FEATURING:

BUCKWHEAT ZYDECO • JEFF PITCHELL & TEXAS FLOOD
BILL SHONTZ • KRIS DELMHORST • NOWHERE MEN • MEGHAN BEAUDRY
THE ERIC OLSSON BAND WITH KIM ZOMBIK • COTTONWOOD
MIDLIFE CRISIS BAND • LINDSEY LABELLE • JAMIE KENT

ADMISSION IS FREE! • FREE PARKING
Beachgrounds Park • 116 Main Street • South Hadley Falls
www.shfallsfest.com

25 July 2014

FREE: "Stars & Saddles" and "Family in Transition" Horse Camps

Location: Smithfield Farm, 809 Sandwich Rd, Falmouth

July 28 - Aug 1
9 a.m. - 3 p.m.
A week long day camp!
Offered to Air National Guard children ages 8 - 14.

$295 fee waived by 4-H/Air Force Military Partnerships

Aug 11 - 15
3 p.m. - 7 p.m.
Second annual camp!
For military families who are undergoing or have recently undergone a deployment.

Funded fully by Heroes in Transition

Each day will consist of a formal riding lesson with Carol and Amanda, our head instructors, lots of hands on horse care, horse related activities (such as learning body parts or proper horse nutrition, bathing a horse, or how to properly "time" a jump), Miniature Horse time (a camp favorite) and horse-related art and music activities. The campers will also be teamed up in groups of 2 or 3, in which they will work together to care for a particular horse. They will build the skills necessary to safely care for and enjoy a horse by practicing:
leading a horse safely, tacking and untacking, preparing a horse for riding, grooming, mucking a stall, and many other necessary skills. Aside from the daily activities, each week will include a visit from a horse professional, such as a veterinarian or a blacksmith, and either a trail ride or a small horse show on the last day of the week!

Your whole family is invited to spend a week to learning about and working with horses. We will serve you dinner each night, and adults and children will break out into separate support groups after dinner. Adults will have "down time" to share challenges and to connect with local community military support groups. Youth will participate in a variety of activities including a lesson in drumming, arts & crafts, Life is Good interactive playmaker games and more! There will be babysitting on site for families with children too young to participate.

For more information, To obtain a registration form or for more details, contact Kerry Bickford, OMK Coordinator, by Email or call 508 - 375 - 6695.

For more 4-H Partner Camps visit the WEBSITE!

Military Teen Camp

WHEN: 20-25 July
WHERE: Camp Wabasso, New York
AGES: 11-15

Featured activities: Waterfront activities (Boating, canoeing, kayaking, swimming and fishing), archery, high/low ropes. Environmental education, hiking, outdoor survival and 7 habits of highly effective teens.
For further information or to register contact Lori Robinson by EMAIL or (315)788-8450.

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Youth Calendar

For an updated youth camps calendar, visit
http://www.104fw.ang.af.mil/shared/media/document/AFD-140630-015.pdf

Barnes Barber Shop Schedule

The Barber Shop will be open the following dates from: 0730-1500 hours.
Enter Building 008, South Entrance

July 31 - August 1 & August 21-22
September 4-5 & September 18-19

POC is SMSgt Butman at 698-1234

Deep Discounts on Red Sox Tickets

The Boston Red Sox are proud to offer special pricing on tickets to active-duty, reserve/guard, veteran, and retired service members and families/friends. You can purchase as many as 10 tickets per game.

CLICK HERE

On the main page you will see a section "Game Dates". Click on "Buy Tickets" for the game(s) you want to attend. This will send you to a window where you will need to register for a website named GovX.

Register with GovX, including creating your password. You will be sent a confirmation email to complete your registration. Then go back to the "Game Dates" and click "Buy Tickets" for the game(s) you would like to attend and purchase your tickets.

Pay $11.00 with coupon for ONE Zoo & Ride package.
Www.yorkzoo.com
1-800-456-4911

Coupons available @ Airman &Family Readiness Office
Jenn Cesaitis 698-1183/SrA Desiree Barnes 698-1681
May not be combined with any other discount
Good for 2014 Season Only

Benefits.gov

Benefits.gov now has its own YouTube channel!

The Benefits.gov YouTube channel was created to assist you on your path to finding and applying for government benefits. Check back soon for

25 July 2014

FREE Scholarships for Military Spouses

Full scholarships are now available for Military Spouses for the H & R Block Income Tax Course at no charge! Learn how to prepare taxes now. Upon successful completion of the course, you could potentially become a tax professional and ear extra income. Flexible course times and convenient locations fit your schedule. Bi-lingual courses are available.

ENROLL NOW

Online at www.hrblock.com/class or by telephone 1-800-472-5625

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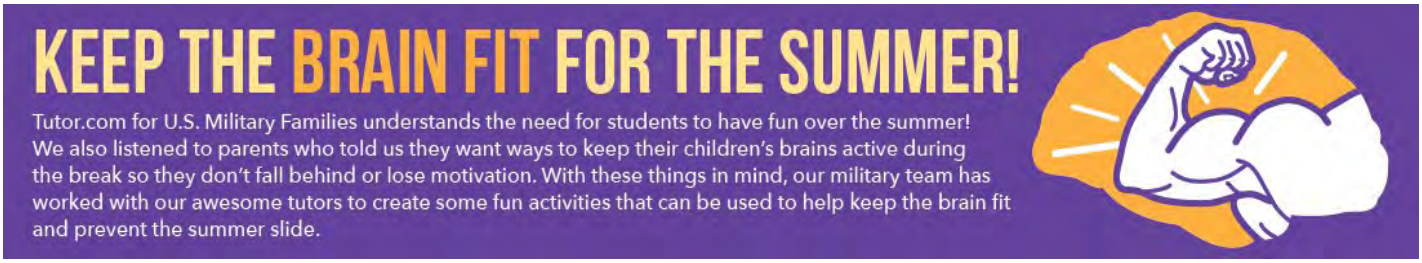
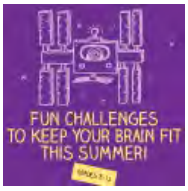
25 July 2014

TUTOR.COM



Tutor.com for U.S. Military Families knows that all the students out there are ready for a summer break! While it is important for students to "rest" their brains over the summer, we also don't want them to be totally out of shape when they go back to school in the fall! To help prevent that summer brain slump, our team has created several items to help "keep students 'brains fit" this summer.



The military team at tutor.com worked with our awesome tutors to create a booklet of fun summer activities that challenge students to use math, science and English in new and different ways, like building a space station, writing their own anthologies and more! We have also created a "Math Fitness Challenge" with a weekly math problem to tackle. These fun summer activities can be done by the students alone, with their siblings, friends and parents. Or they can be used as a "rainy day activity" in summer camps or other group settings.

You can find these activities as well as information about MWR Library's Summer Reading Program at www.tutor.com/military/brainfit

Children's Summer Theater – Paintbox Theater

"TARZAN"
A Tom McCabe Production

July 30 – Aug. 2
10:30 AM and 1:00 PM

The Grandstand
3 County Fairgrounds,
Fair St., Northampton, MA

RSVP to Airman & Family Readiness
104fw.familysupport@ang.af.mil or to Beth St.Clair
stc737@charter.net

25 July 2014

90% Discount on SAT & ACT Test Prep

Through eKnowledge access SAT and ACT test preparation for $20! Fee includes online materials, shipping and access to online streaming.

The SAT and ACT PowerPrep Programs are available online or on a single DVD. Programs include more than 11 hours of video instruction and 3,000 files of supplemental test prep material, thousands of interactive diagnostic tolls, sample questions and practice tests.

Students select the training they need and study at their own pace.
Request your program ONLINE TODAY !

MAINEiacs Charities Half Marathon Run and 5K Walk/Run Race

Starting Location Holiday Inn (Gold's Gym)
Odlin Road Bangor, Maine
Sunday,September 28 at 8:00 AM

The MAINEiacs Charities Half Marathon is a 13.1mile out and back course. The 5K is a 3.1mile out and back course. Registration opens on Monday, January 6
Register at https://www. runreg.com/Net/3877

Shirts will be given to all participants who register on line by 31 Aug 2014.
Early registration is a COST SAVER. Registering NLT 31 Aug t he Half Marathon fee is set at $40,and the 5K is $20. Starting on the 1 Sep the Half Marathon will increase to $55, and the 5K will increase to $25. Race day registration increases to $60 and no increase for the 5K. Same day registration will be available from 0600-0730 at the Holiday Inn starting point.

Half-Marathon is run only race, halfway turn point time restriction is 1 hour 15 minutes, and overall race finish time is 3 hours. Runners who do not meet time limitation will be bused back to the finish line.

Overall Awards will be presented to *the top three male and female finishers. Age Group Awards will be presented* to *the top three male and female finishers in 10* year *groups starting with U19 and going through* 70+

*MAINEiacs Charities is the charitable arm of the Maine Air National Guard.Providing for those in need.

25 July 2014

Gatorade's Honoring our Heroes Essay Contest is back!

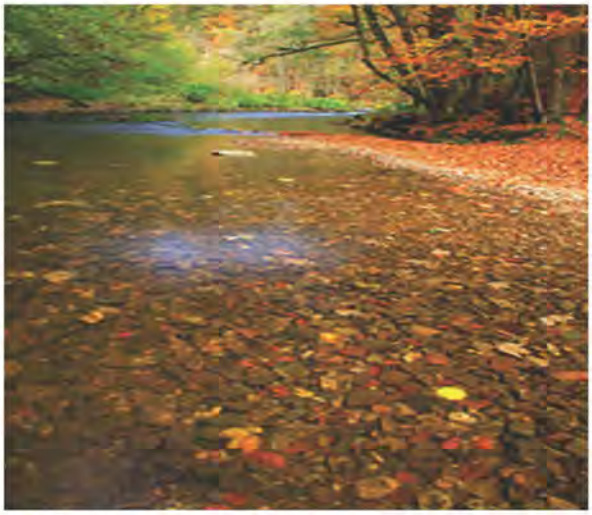
Write an original essay that nominates an active or retired U.S. Military Personnel or Military Spouse, who is eligible to shop in U.S. Commissaries. The essay must describe the person you are honoring, why you are honoring that person, and if he or she is associated with an act of reverence, dignity, distinction, or which shows high esteem for others. You may nominate yourself. For purposes of these rules, you are referred to as the "Entrant" and your nominee as the "Nominee." Entries must be between two hundred (200) and three hundred (300) words. All entries must be submitted in English.

Visit the website for more info!

AIR NATIONAL GUARD
ING
PSYCHOLOGICAL HEALTH PROGRAM

Mindfulness-Based Stress Reduction (MBSR)

Healthy Living Through Being Present



What is mindfulness?

- ✓ Remembering to pay attention
- ✓ Being awake to what life has to offer each moment
- ✓ Being aware of thoughts and feelings without getting swept up in them
- ✓ A skill you can use anytime

How can it help you?

- ✓ Experience less distress
- ✓ Be less reactive
- ✓ Increase focus and awareness
- ✓ Improve relationships
- ✓ Learn new ways to work through demanding situations
- ✓ Stop beating yourself up

You'll train with other service members, learning and practicing Mindfulness, because life is always right now

When:

Daily 1400 – 1430
Monday through Friday
Sundays on UTAs
Join the group anytime

Where:

Building 12 Classroom

For more information about the training, please call 698-1536

25 July 2014

Boots to Business: Reboot is an entrepreneurial education program offered to veterans by the U.S. Small Business Administration (SBA) in partnership with the Institute for Veterans and Military Families at Syracuse University (IVMF). Modeled after the existing Operation Boots to Business: From Service to Startup program, this program will be offered in twelve U.S. cities in July and August. The curriculum provides valuable assistance to veterans exploring self-employment opportunities by leading them through the key steps for evaluating business concepts and the foundational knowledge required for developing a business plan. Participants are also introduced to SBA resources available to help access start-up capital and additional technical assistance.

Local Class Date:
Boston, MA August 5–6

MORE INFO:
315.443.8743
vets@syr.edu
boots2businessreboot.org

HOW TO PARTICIPATE Visit **boots2business.org/reboot-apply.aspx** to register!
ELIGIBILITY The program is available to all honorably discharged veterans and their spouses.
COSTS & LOGISTICS This program is available free of charge at participating locations to veterans and their spouses.

TWO-PART PROGRAM

This course is taken in select cities around the country. It is a two-day, instructor-led by subject matter experts from the SBA, SBA resource partners, entrepreneurship professionals, or an entrepreneurship professor from the Institute for Veterans and Military Families at Syracuse University (IVMF). Participants learn business fundamentals and work through an initial feasibility analysis of their business concepts.

Upon completion of Introduction to Entrepreneurship class, participants can elect to further their study through an instructor guided eight-week online course led by the IVMF at Syracuse University. Completion of this course requires approximately 10 hours of study each week to guide participants through the fundamentals of developing a business plan.

After completing Boots to Business: Reboot, participants will have the tools and knowledge they need to identify a business opportunity, draft a business plan, and launch their enterprise.

25 July 2014

All present and past service members and their families are cordially invited to a special tribute dinner to recognize their sacrifices and to honor and remember the heroes and victims of 9/11/01. This non-political dinner is our gift to you; merely to say **THANK YOU** for all your service and sacrifices. The dinner is completely free.

When: Thursday September 11, 2014
Time: 6:00p.m - 8:00 p.m.
Where: Double Tree by Hilton
11 Beaver Street
Milford, MA 01757

Reservations are required. Please RSVP by September 8, 2014, by visiting www.thankstoyanks.org, emailing info@thankstoyanks.org or phone Mike Shain 508-330-8487.

The dinner is always free to those who attend. However donations are welcome to help defray the cost of the evening and support other Thanks To Yanks activities that support our service members and veterans. Donations may be sent to:

Thanks To Yanks
c/o Michael Shain
15 Virginia Drive
Milford, MA 01757

Date: Saturday, August 23, 2014

Military Youth: Come be an Artist for a Day

Please join us for a fun-filled day at the MFA on Saturday, August 17, 2013! Children between the ages of 3 and 15, along with accompanying family members, are invited to explore and look at some of the amazing artwork in the Museum's collections and then create their own masterpiece to take home.

Upon arrival, children will be divided into groups by age and have the opportunity to explore some of the galleries for 45 minutes with Museum instructors. Afterward, everyone will meet in the studio and Museum instructors will guide the group in an art-making activity for 45 minutes. For younger children, a story will be read to the group before the tour.

The Artist for a Day Program is FREE for active Service Men and Women from all branches, National Guard, and Reserves along with their immediate family members. Parking is complimentary with participation in this program.

Museum of Fine Arts, Boston
Avenue of the Arts
465 Huntington Avenue
Boston, MA 02115
www.mfa.org

PRE-REGISTRATION IS REQUIRED BY WEDNESDAY, AUGUST 13, 2014

Time: 10:30 am - 12:00 pm. Registration begins at 10:00

To register, please call 617-369-4027
or e-mail artfulhealing@mfa.org

Retirement Party

honoring

Col EJ Gunning (Ret'd.)

Friday, Aug 15, 2014

Oakridge Country Club

850 South Westfield St., Feeding Hills, MA 01030

Tee Time: 1200
Cocktail Hour: 1700
Dinner: 1800
Presentations: 1900

Golf, Cart & Dinner: $70
Golf Only: $40
Dinner Only: $30

See CMSgt Maryanne Walts, MSgt Dom Chapman, or SrA Jennifer Tittle for all tickets and payment.