Airman & Family Readiness

Jennifer Cesaitis
(413) 568-9151 ext 698 1183 office
(413) 237-5458 cell
Jennifer.cesaitis@ang.af.mil

Barnes Family Flyer

5 September 2014

In Memory of Lt. Col. Morris "Moose" Fontenot, Jr.

Died: August 27, 2014

A memorial service will be held on Sunday, September 7, 2014 in the Main Hanger. All 104th FW Members and their families are invited to attend.

If you would like to send Condolence cards to the Fontenot family, please forward them to the Airman & Family Readiness Center in care of Jennifer Cesaitis.

C/O Jennifer Cesaitis
104FW/ A&FRPO
175 Falcon Drive, Bldg 1
Barnes ANG Base
Westfield, MA 01085

5 September 2014

Military Kids Club

6 September—7 September

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.

Back 2 School Giveaway

Free school supplies will be available during the September UTA

Date: 6 September 2014

Location : DEFAC

Time: 1100-1300

DOLLAR TREE

Back-To-School BRIGADE™

Maj Dave Mendoza's Retirement Party

When : **Sept 20**
Where : Pioneer Valley Club
Time : 4:00 pm
Cost : $15 p/p -- children 10 & under free
Menu: Steak / Chicken & Sides (*cash bar)
Children menu: Hotdog and Popcorn
Entertainment: Bounce House, Volleyball and Roasting Dave

For tickets please see:
CMSgt Maryanne Walts
CMSgt Paul Turgeon
MSgt Tina Dimino-Frazer
MSgt Tanya Sweeney
Ms. Jen Cesaitis

** Proceeds from this retirement party will support the Family Readiness Group*

5 September 2014

100% of Proceeds will be used to help Jim and his family cope with his serious illness

Rain or Shine

Jimmy Shepard

Benefit event

Golf Tournament

Monday September 8th 2014
Agawam Municipal Golf Course
128 Southwick st Feeding Hills MA
11 AM Shotgun Start, Best Ball
Steak dinner and refreshments to follow @ 4pm
Southwick VFW post #872
151 Point Grove rd, Southwick MA
$80 Golf Lunch and Dinner
$30 Dinner only

Jimmy served his country now its our turn to support him and the Shepard family. All while having a great time!

Prizes for:
-Closest to the pin
-Straight Drive
-Long Drive
-Best Score

Raffle prizes include
CVA Wolf Muzzle loader
Winter Farm share
Prime Shift Bow
Savage Axis .243

For tickets, sponsorship information or to make a donation contact:
Tim Wachta
413-231-8497 cell
Email: timothy.wachta@ang.af.mil

Please make checks payable to:

Jim Shepard Golf Benefit

Thank you to those that have donated and continue to support this great cause!!

5 September 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
Enter Coupon Code: 94B25D

Strong Bonds brings you "Laugh Your Way to a Better Marriage"

19-21 September 2014

When was the last time you and your spouse dropped everything and checked into a hotel just to be together? Well here is your opportunity!

Believe it or not, the Government is interested in you having a healthy and happy marriage.

The Chaplain's Office has been working on getting funding for a fully paid Weekend Away for our married couples here at the 104th FW. The weekend of September 19-21, 2014 has been set aside for this couple's get-away. The theme for the weekend is "Laugh Your Way To A Better Marriage."

This weekend will be a BLAST and a great deal of fun. It is also very GUY friendly… Men, no getting in touch with your "feminine side" on this one!! You're a man and that is a good thing. Ladies, this weekend will let you step back catch your breath and relax too.

We kick off on Friday evening, the 20th , and finish up after lunch on Sunday, the 22th. There will be scheduled times, but plenty of free time to be together and relax. Let us do all the work, while you take the weekend off away from the kids, house and work. We are in the process of contracting a nice hotel with plenty of amenities. All materials will be provided for you for this fun and refreshing Weekend Away. All you need to do is get someone to watch the kids, sign up and show up.

If you are interested in joining us for this fun-filled weekend, please register with SrA Barnes at Airman & Family Readiness (413) 568-9151 x 698-1681 or by email at 104fw.familysupport@ang.af.mil

5 September 2014

Vet Tix foundation

Giving Something to Those Who Gave.

http://www.vettix.org/index.php

Veteran Tickets Foundation (Vet Tix) provides **FREE** event tickets to family members of troops Killed In Action (K.I.A.), our Military and Veterans to sporting events, concerts, performing arts and family activities.

Attending these events reduces stress through entertainment, strengthens family bonds, builds life long memories and encourages service members to stay engaged with American life and local communities.

Giving free event tickets is an expression of appreciation, acknowledgement and an enduring symbol that we, as a nation, honor the service of our troops today and long after their tour of duty has passed. Helping our veterans attend events provides positive family and life experiences after their years of service to our country.

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

5 September 2014

Language Learning Software Now Free to All Military

DoD recently made language learning software previously used only by specialists available to all government and military personnel. This is an opportunity for Airman to learn another language for e free!

DETAILS LOCATED IN FULL ARTICLE

"Language Learning Software Now Free to All Military, Government Personnel"
<http://cl.exct.net/?ju=fe3210717460017d701c71&ls=fdbc1571776d0379741d77746d&m=ff01157775660 0&l=fe8b13707d6c007d7c&s=fe28167476630c7e7d1573&jb=ffcf14&t=>

HOW: REGISTER FOR CL- 150:
<https://jlu.wbtrain.com/sumtotal/jlu2.0/HOME/index.asp=>

Volunteers Needed

The 104th Fighter Wing Key Volunteer Team is looking for volunteers!

We need help with:

Events
Keeping Families Informed
Help During Deployments
Fundraising
Military Kids Activities

Let us know how you would like to help!

POC:
Jennifer Cesaitis
Airman & Family Readiness Program Manager
Office: (413) 568-9151 ext 698-1183
Cell: (413) 237-5458
Email: Jennifer.cesaitis@amg.af.mil

5 September 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.

AIR NATIONAL GUARD
ANG
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

5 September 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

5 September 2014

Freedom Day—Free Dental Care

On September 11th, Dr. Roberta Garceau's office will be taking part in a very special day dedicated to our country's active military, veterans, and their families. Across the nation, "Freedom Day" gives different types of local businesses the chance to collectively join together to say thank you to the members of our military.

The FREE services we are offering are:

- Non-surgical extractions
- Teeth Whitening
- Exams
- Hygiene visits
- X-rays
- Fillings

Please call the office today to schedule your appointment !

Dr. Roberta Garceau
62 Bloomfield Ave, Windsor, CT06095
(860) 688-4325 x 2
Greatnewsmile.com

5 September 2014

Primary contact name: _____ Email address: _____

Address: _____ Phone Number: _____

Golfers:

1._____ Shirt size M/F~ S M L XL

2._____ Shirt size M/F ~S M L XL

3._____ Shirt size M/F ~S M L XL

4. _____ Shirt size M/F ~S M L XL

Return registration form to: Christina Kowal 64 Grandview St Springfield Ma 01118

Check payable to: Christina Kowal

Any questions email stina1010k@verizon.net or call Christina 413-563-3249

All proceeds from this tournament are being donated to The Holyoke Soldiers Home

See reverse side for more details

5 September 2014

Air National Guard Alumni Association Reunion

WEDNESDAY, 17 SEPTEMBER, 2014

LOCATION: NCO CLUB SOCIAL HOUR: 1800 HOURS DINNER: 1900 HOURS

MENU : Roast Pork, Seasoned Rice, Gravy, Apple Sauce, Broccoli & Cheese Casserole, Tossed Salad, Rolls, Desserts, Coffee and Tea.

Welcome to our 4th 2014 Alumni Reunion. As this is the next to the last reunion this year it is our hope that it is well attended as we wish to see as many of our members as possible before the year is over.

IMPORTANT -PLEASE NOTE :Base tours will be availab starting around 5PM for those members interested. A bus will be available to take you around the base. If you wish to take the tour, be sure to al- low enough time and arrive prior to 5PM.

We are asking everyone to get their check out to Len as quickly as possible to assist us in coordinating this event in a timely manner. We hope that we receive your cooperation.

REGISTRATION INFORMATION

Send your $15.00 reservation check without delay to Len Frigon, 778 West Street, Ludlow, Ma.01056 to make your dinner reservation and to be included on the list at the gate.

Checks must be made payable to the 104th Mass ANG Alumni Association. Please include the names of all guests in the memo section of your check. Please do not make checks payable to Len. Checks MUST BE RECEIVED by 5:PM MONDAY, 15 SEPTEMBER, 2014--NO EXCEPTIONS.

Cancellations received by the cut-off date and time reflected above will receive a full refund. Any questions, you may call Pam Spear at 569-2422 or Len Frigon at 589-9157.

HOPE TO SEE YOU ON THE 17TH--GUESTS ARE ALWAYS WELCOME

5 September 2014

POSTPONED

The NCO Club will be selling sausage grinders with peppers, onions and a bag of chips
Saturday 1700-1930 while supplies last. Cost is $5.00