

Airman & Family Readiness

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Barnes Family Flyer

12 September 2014



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



Died: August 27, 2014

Please send donations to the family to the following:

THE FONTENOT FAMILY MEMORIAL FUND,
Westfield Bank, 141 Elm St., Westfield, MA 01085

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



12 September 2014



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

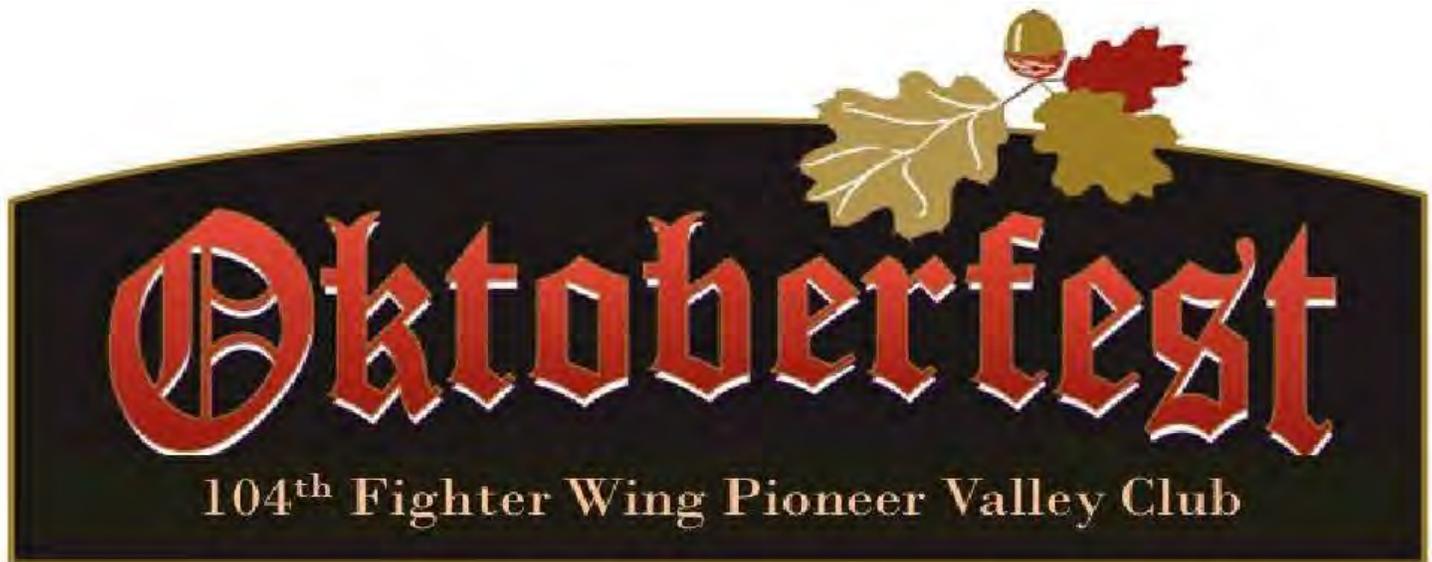


For tickets please see:
CMSgt Maryanne Walts
CMSgt Paul Turgeon
MSgt Tina Dimino-Frazer
MSgt Tanya Sweeney
Ms. Jen Cesaitis

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



12 September 2014



Come Celebrate the 7th Annual Oktoberfest With Us!

Sample a wide variety of beer from many local breweries.

-See our Facebook page for list of brewers joining us

<https://www.facebook.com/PioneerValleyClub>

October 4, 2014

GERMAN DINNER WILL BE PROVIDED

ADVANCE TICKETS \$20 INCLUDES FOOD & OKTOBERFEST PINT GLASS!

See Club Council Members for tickets

Open only to Barnes ANG & ARNG members & retirees with valid Military IDs & escorted guests

Purchase of a Pioneer Valley Club

Oktoberfest Pint Glass will give
you unlimited samples!



**OKTOBERFEST WILL START IMMEDIATELY
UPON RELEASE ON SEPT 6TH AT THE PVC**

Non-alcoholic options available



12 September 2014

The need is constant.
The gratification is instant.
Give blood.



**American
Red Cross**



BLOOD DRIVE

Hosted by the 104th LRS Morale Council

Bloodmobile will be parked next to Clothing Issue - Building 54

October 5th, 2014

0900 - 1400

Sign up Saturday at the Dining Facility – Walk-Ins OK

1-800-GIVE-LIFE | RedCrossBlood.org



12 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





12 September 2014

US National Guard Back to School Special

eKnowledge Offers \$250 SAT and ACT Test Prep Programs for Under \$20.00



eKnowledge prepares young adults for college by offering access to SAT and ACT test preparation for a small set up fee of \$20. eKnowledge waives 100% of the \$250 retail costs for the standard version and 93% of the cost for all other programs. These programs retail for \$200 to \$600. eKnowledge sells these same materials in the open market for full retail price. Through the eKnowledge Donation Project, these programs are available at cost.

Order Online Today:

www.eKnowledge.com/NationalGuard

Order by Telephone: 951-256-4076

The SAT and ACT PowerPrep™ Programs are available online or on a single DVD. Each program includes more than 11 hours of video instruction and 3000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, and practice tests. Students select the training they need and study at their own pace.

eKnowledge has received thousands of thank you notes from families just like yours:

"Thank you for making this program available. Without your sponsorship my family could not afford it. I have always had test anxiety and this program will give me the confidence I need to be prepared for the ACT this fall. I want to do well enough to get a scholarship to assist financially in my education. Thank you for making this learning opportunity possible."

Sincerely, Collin Thomas

eKnowledge has donated more than 207,000 SAT and ACT programs valued at over \$48 million at no profit to the company. The Donation Project is supported by professional athletes from the NFL and MLB as well as 250 Affiliate Partners. eKnowledge has been investing in students and improving test scores while always keeping up with the changing landscape of college test preparation.

SAT & ACT Test Dates 2014/2015

SAT	October 11	November 8	December 6	January 24	March 14	May 2	June 6
ACT	September 13	October 25	December 13	February 7	April 18	June 13	

For further information contact Lori Caputo, 951-256-4076 LoriCaputo@eknowledge.com



12 September 2014

Your little hero needs a reliable sidekick

Sittercity's got you covered before and after school, and all the times in between.



Find a back-to-school sitter or nanny for your family

- Before/After school
- Homework help
- Last-minute care
- Special needs care
- School holiday care
- Sports & activities help

Memberships to Sittercity are fully paid for by The Department of Defense for Army, Marine, Navy, and Air Force — including active duty, Reserve, and Guard!

Get Started Today at
sittercity.com/DoD

facebook.com/Sittercity.DoD
 @Sittercity_DoD



12 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 free!

DETAILS LOCATED IN FULL ARTICLE

"Language Learning Software Now Free to All Military, Government Personnel"

<[http://cl.exct.net/?](http://cl.exct.net/?ju=fe3210717460017d701c71&ls=fdbc1571776d0379741d77746d&m=ff011577756600&l=fe8b13707d6c007d7c&s=fe28167476630c7e7d1573&jb=ffcf14&t=>)

[ju=fe3210717460017d701c71&ls=fdbc1571776d0379741d77746d&m=ff011577756600&l=fe8b13707d6c007d7c&s=fe28167476630c7e7d1573&jb=ffcf14&t=>](http://cl.exct.net/?ju=fe3210717460017d701c71&ls=fdbc1571776d0379741d77746d&m=ff011577756600&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





12 September 2014



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

When:

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

Where:

Building 12 Classroom

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

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



12 September 2014



When:

Wednesdays 1200-1300
Beginning 3 September 2014
Saturday & Sunday on UTAs
Join the group anytime
Bring your lunch with you

Where:

LRS Conference Room

*You'll train with other Airmen,
practicing using the Matrix
while having fun doing it*

The Matrix: A Life Skills Manual for Valued Living

What is the Matrix?

- ✓ A simple and easy tool to help you sort your life stories
- ✓ A tool to help you notice any unworkable solutions you are using to manage life
- ✓ A tool to help you notice how your unworkable solutions are costing you valued living
- ✓ A tool to help you draw out what you want your life to be about in the big picture

What will you do?

- ✓ Draw out your problem solving approach to stressors
- ✓ Notice what hooks you in life
- ✓ Practice getting unhooked
- ✓ Choose what you want your life to be about
- ✓ Set goals and take committed action

For more information about the training,
please call Frank J. Gallo, Ph.D. at 698-1536



12 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.

My Job: Customer Advocate
MY PASSION: MY FAMILY

Work at home

Apply now at:
teletechjobs.com/athome

Or call us at:
1866-796-5485

TeleTech@Home

TeleTech.



12 September 2014



HONOR ★ FLIGHT

ONE LAST MISSION

Friday, September 26, 2014

Springfield Technical Community College Gymnasium

The Springfield Premiere of
Honor Flight, The Movie

5 PM Reception/Arrival of guests

6 PM Introduction/Presentation

6:30 PM Screening of Honor Flight, The Movie

8 PM Discussion and Q&A

Light refreshments will be provided

To reserve your free ticket visit

<http://www.tugg.com/events/10403>

Presented by Springfield Technical Community College, American Legion, Holyoke Community College, Holyoke Medical Center, Holyoke Visiting Nurse Association & Hospice Life Care, Soldiers' Home in Holyoke, Veterans of Foreign Wars, Victory4Veterans, Springfield Vet Center, Veterans Inc., and area Municipalities.





12 September 2014

\$100.00 per Golfer
Includes:
18 holes of golf, shirt,
cart, lunch and dinner
Non Golfers:\$25.00
dinner only.

1st Annual Golf
Tournament
In Honor
Of
Ted Kowal
Sunday, October 12th, 2014
Franconia Golf Course
Springfield
Dinner & Awards
@
The Elks Club
Tiffany St Springfield

Tournament Schedule
10:30 am Registration begins
12:00 pm Shot Gun Start
6:00 pm Dinner
DJ, Raffle & Awards following dinner

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



12 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 available 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 allow 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



12 September 2014



Hanscom AFB Airman & Family Readiness Center September Programs Back to School

Serving the Total Force.....Programs Are Free to All Active Duty, Reserve and Guard Personnel, DoD Civilians, Retired Military Personnel and Family Members

Award Winning Service!

2 Times "Best in AF" — 10 Times "Best in AFMC"

Bldg 1218 — 781-225-2765

www.hanscomservices.com/AirmanandFamilyReadinessCenter.asp

WIFI

<http://www.facebook.com/Hanscom.AFRC>

SEPTEMBER 2014

Mon	Tue	Wed	Thu	Fri
1 CLOSED	2	3 1130 How to Focus	4 1130 Bullying	5 VA Claims (by appt)
8 1100 Job Search Strategies 1330 Car Buying	9 0900 Private Sector Resume Writing 1130 How to Avoid Jerk/ette Pt 1 1300 Understanding Asperger's	10 1130 How to Avoid Jerk/ette 1300 Social Networking	11 1230 Federal Resume / USAJOBS	12 VA Claims (by appt)
15 0700 Trans/GPS	16 0700 Trans/GPS 1130 Creating Openness 1700 Couponing	17 0730 Trans/GPS 1200 Quick Start Your Savings	18 0730 Trans/GPS 1100 eSmooth Move 1215 Moving w/ Kids	19 0730 Trans/GPS VA Claims (by appt)
22 0800 Installation Commanders Welcome	23 1000 Family Welcome 1130 Parenting Special Needs	24 1600 Hearts Apart	25 0900 Bundles for Babies	26 0900 T & City VA Claims (by appt)
29	30 0900 Marketing for a 2nd Career 1100 Teaching Careers	Preseparation Briefing <u>EVERY WEDNESDAY</u> 0900-1100	Capstone Available <u>EVERY TUESDAY</u> 1300-1430 Call for Appt	Predeployment Briefing <u>EVERY FRIDAY</u> 1400-1500