

Airman & Family Readiness

Jennifer Cesaitis

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# Barnes Family Flyer

3 October 2014



## 104FW Family Readiness Volunteer Group



Invites you to the Children's Halloween Party

\*\*most enjoyable for children ages 0-10

But recruiting **MONSTER CAST** members for ages 11+

Date: Friday, 24 October 2014

Place: Dining Facility

Time: 5:30-8:00 pm



Haunted Tours  
Crafts  
Pumpkins

REFRESHMENTS  
provided by  
The Pioneer Valley USO

RSVP's Requested to

Jenn Cesaitis ext.1183

Or

[104fw.familysupport@ang.af.mil](mailto:104fw.familysupport@ang.af.mil)

CALLING ALL CAST MEMBERS!!!  
Interested in being part of the MONSTER  
CAST? Must be 11+ up & please RSVP!

Wear your Costume!





3 October 2014



# Rally For Moose

A natural leader, a stellar flight instructor, a “difference maker,” a decorated Air Force Officer and, most important to him, a father and husband, Moose joined the 104th Fighter Wing in March as the full-time wing Inspector General. He had a distinguished and highly-decorated career in the Air Force but decided to transfer to the Air National Guard last year mainly to be able to set up a permanent home for his daughters, Natalie and Nicole, who are a sophomore and a freshman at Longmeadow High School. His career included five overseas deployments and 2,300 hours flying, with half of that serving as an instructor. In the air, he led teams to war and on tactical training missions. In Washington, he was a leader as a congressional fellow at the Department of Defense.



Moose gave himself every day to everyone. Please join us to honor the legacy of Lt. Col. Fontenot by making a donation or becoming a part of the Rally for Moose Cross Country Run as a sponsor or a runner. The run will be held on Sunday November 9th at the Ashley Reservoir in Holyoke.

For more information on how to register for the run or donate to the Fontenot family, visit <http://www.rallyformoose.org>



3 October 2014

## A Night for "Moose"

Lt Col Morris Fontenot  
Member of the Mass Air Guard  
Come support your local family in need  
At *TEXAS ROADHOUSE*



When: Thursday October 16th  
4:00PM -10:00PM

Where: Texas Roadhouse 300 Cooley St  
Springfield, Ma

**20% of ALL sales "With This Flyer" will be  
donated to the Family of "Moose"**

Come meet your local F- 15 Combat Pilots  
Raffles Prize

Call Ahead Seating recommended 413-782-8100





3 October 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 5<sup>th</sup>, 2014**

**0900 - 1400**

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

**1-800-GIVE-LIFE | [RedCrossBlood.org](http://RedCrossBlood.org)**



3 October 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](http://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](mailto:LoriCaputo@eknowledge.com)



3 October 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](http://sittercity.com/DoD)

 [facebook.com/Sittercity.DoD](https://facebook.com/Sittercity.DoD)  
 [@Sittercity\\_DoD](https://twitter.com/Sittercity_DoD)



3 October 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" - click [Here!](#)



## 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](mailto:Jennifer.cesaitis@amg.af.mil)



## MEMA - Get Involved with Emergency Response in your community

Are you looking for others way to get involved? The Massachusetts Emergency Management Agency through the [mass.gov](http://mass.gov) website has ways you can help in the event of an emergency situation.

Follow the link [HERE](#) to learn about:

- Community Emergency Response Teams (CERT)
- Medical Reserve Corps.
- Volunteers in Police Service
- American Red Cross

And more!





3 October 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



3 October 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



3 October 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**

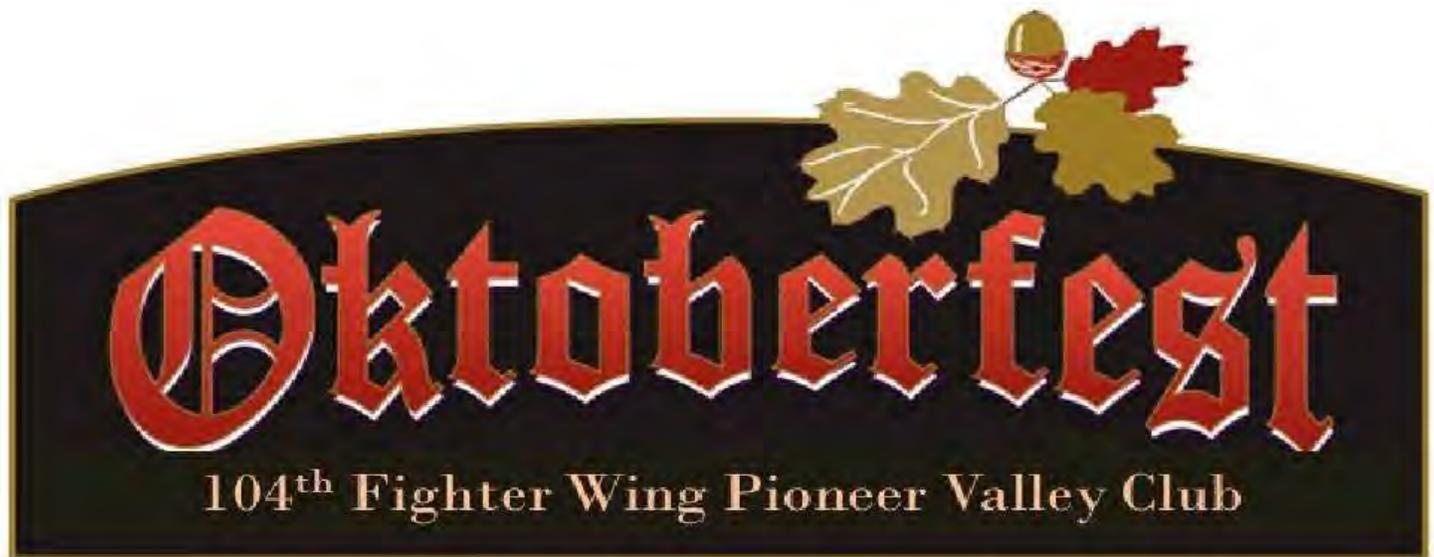
**TeleTech@Home**

TeleTech.



3 October 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



3 October 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 12<sup>th</sup>, 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](mailto: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\***