

Airman & Family Readiness

Jennifer Cesaitis

(413) 568-9151 ext 698 1183 office

(413) 237-5458 cell

Jennifer.cesaitis@ang.af.mil

Barnes Family Flyer



1 November 2014

Family Readiness Group Events

FRG Pasta Dinner - Thursday, November 13th

The FRG will hold the Pasta Dinner in November at the Dining Facility, Building 3, so mark your calendars!



Join us for good food, dinner made with homemade pasta, prizes and a great time with Family and Friends!

Dinner is FREE!

Includes salad, pasta, dessert and beverage

Serving between 4:00 pm and 7:00 pm

Please RSVP to 104fw.familysupport@ang.af.mil if you plan on attending. Responses help the Family Readiness Group ensure there is enough food!

**DONATIONS WILL BE ACCEPTED FOR THE
PIONEER VALLEY USO FOOD PANTRY!
Remember to bring your non-perishable donations!**

Annual Children's Christmas Party - Sunday, December 7th

The FRG and Noble Visiting Nurse & Hospice are happy to invite all Barnes Families to the annual Children's Christmas Party. This event is open to all Barnes Service members, including the 104FW and the 126AVN, Civilian employees & Alumni.

When: Sunday, 7 December 2014 1230-1530

Where: Main Hangar, Barnes ANGB

**Most enjoyed by children ages 0-10. Children ages 11 and up are invited to support Santa and become elves for the day!*

Please RSVP to Airman & Family Readiness at 104fw.familysupport@ang.af.mil with the following information:

Your Name
Child's Name
Gender (Boy or Girl)
Age



Want to learn more about what's happening for Military Connected Children around Massachusetts and New England?

Check out the State Child & Youth Program Virtual Bulletin Board and Calendar [HERE!](#)



1 November 2014

Rally For Moose

Sunday, 9 November 2014
Ashley Reservoir, Holyoke, MA



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>.



1 November 2014

Operation Homefront Seeks Military Child of Year Nominations

Officials of the nonprofit organization, which provides aid to service members and their families, said they understand what military children go through in supporting their service members and want to recognize their contributions.

Parents, grandparents, Scout leaders, teachers, counselors, priests, rabbis, imams, pastors and others can nominate a military child for the honor.

Operation Homefront presents the award to an outstanding military child from each branch -- Army, Navy, Marine Corps, Air Force and Coast Guard, honoring the award winners at the organization's annual gala in the nation's capital.

Nominees selected as finalists must provide letters of recommendation and agree to a background check. Winners receive the award, a \$5,000 cash prize and a laptop computer. Nominations close Dec. 12.



**Operation Homefront's
Military Child of the Year®**

Military Kids Club for December UTA - 6 & 7 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.

Bus returns to Barnes at 4:30 pm to the Pioneer Valley Club, Bldg 8.



**BOYS & GIRLS CLUBS
OF AMERICA**

*****Please note: Sunday 7 December the return bus to Barnes will arrive at 12:30.*****

Reserve your spot today by calling or emailing the Airman & Family Readiness Center:
(413) 568-9151 x 698-1183 Jennifer.cesaitis@ang.af.mil

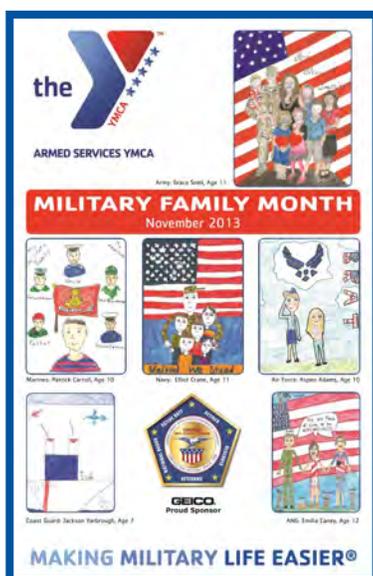
Military Kids Club is open to all Military Kids ages 5-15. Free Nutritious Breakfast, Lunch & Snack provided!

ASYMCA 2014 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!

The 2013 Military Family Month Packet by the Armed Services YMCA; Including the Art and Essay Contest Guidelines are available for download [HERE!](#)





1 November 2014

Barnes Holiday Angel Tree Program

Angel Tree is coming back to Barnes this Holiday Season!
The Angel Tree Program is designed to help those in need during the holiday season, both here at Barnes and our friends at the Greater Westfield Boys & Girls Club.

SEASON
of
Giving



For any who are interested in sponsoring one or more of our Angels, **OF GREATER WESTFIELD, INC.** the information will be available beginning Sunday, November 2nd on the Christmas Tree located in the Dining Facility, Bldg 3.

Gifts for your Angel are due back to Airman & Family Readiness Wednesday, December 17th.

ALL Angel information received by the



BOYS & GIRLS CLUB

Veterans Breakfast



**When: Tuesday November 11, 2013
8:30am ~ 10:00am**

**Where: The Boys & Girls Club of
Greater Westfield**

**Free breakfast for all Veterans and active Military Personnel!
If possible please call the Club to reserve a spot at
562-2301**

Sponsored by:
**The Boys & Girls Club Of
Greater Westfield's**

**TEENSupreme®
Keystone
Club**



1 November 2014

Federal Employee Open Season

Monday, November 10 - Monday, December 8



The 2014 Open Season for health, dental, and vision insurance and flexible spending accounts will be held from November 10, 2014 to December 8, 2014. 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 Program (FSAFEDS). Changes made as "Open Season" elections will be effective 12 January 2014.

Things to Consider:

- ◆ My family's health, dental, and vision needs for 2015
- ◆ Whether my current plan will be available in 2015
- ◆ If I do nothing, FEHB and FEDVIP enrollments rollover automatically
- ◆ How my current plan's benefits and premiums change in 2015
- ◆ Whether the online comparison tools show a better plan for me
- ◆ How much money I could save with a flexible spending account



More Information go to www.opm.gov/openseason

To Enroll, Change or Cancel:

FEHB HEALTH: Use your agency's online enrollment system or contact your human resources office.

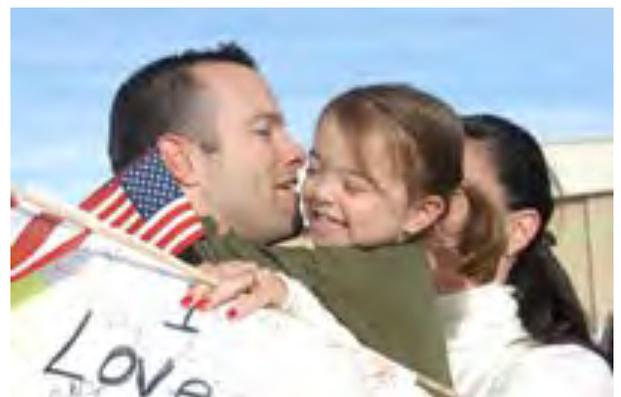
FEDVIP Dental and/or Vision: www.BENEFEDS.com or 1-877-888-3337

FSAFEDS Flexible Spending Account: www.FSAFEDS.com or 1-877-372-3337

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.



Veterans Day Deals & Discounts

Are located throughout this newsletter and 100s more on Military.com



1 November 2014

VETERANS VIRTUAL CAREER FAIR



MEET LIVE WITH RECRUITERS ONLINE

- More than 81,000 veterans hired since September 2011
- Chat live with recruiters in their virtual booths
- View/apply for jobs in real time
- Win great prizes like iPad and Visa gift cards

REGISTER TODAY

WWW.VETERANRECRUITING.COM

November 11, 2014
1-4 PM EST

Employ Wisdom – Hire a Vet



Join us for this Job Fair

Monday, November 10, 2014
Castle of Knights
1599 Memorial Drive, Chicopee
10:00 am – 2:00 pm

Greater
CHICOPEE
CHAMBER OF COMMERCE

FREE TO ATTENDEES AND VENDORS

All veterans are encouraged to attend and bring a copy of their DD214 (Release of Active Duty Service) and an updated copy of their resume.

Questions can be forwarded to the Department of Veterans Services Office – City of Chicopee at 413-594-3470.

For a list of employers, please visit our website at
<https://www.chicopeema.gov/page.php?id=238>



1 November 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



1 November 2014

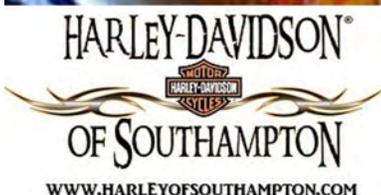
Annual Chili Cook-Off

**November 8th
11am-2pm**



**Enter Your Best Chili or Taste and
Vote with \$5 min Donation to
Benefit the Rally For Moose
Foundation**

**Prizes Given for Spiciest, Most
Unique, and People's Choice**



**Harley-Davidson of Southampton
17 College Highway,
(413) 527-1556**



1 November 2014

*The 104th Fighter Wing Presents
The 4th Annual Awards Banquet
Saturday, the Tenth of January
2015*

*Sheraton, Monarch Place
Springfield*

Cocktail hour at 1700

Awards Presentations at 1800

Dinner and Dancing to Follow

Tickets: Airman-Master Sgt \$35.00

Senior Master Sgt- Chief \$ 50.00

Officers \$50.00

Civilians \$35.00