

Airman & Family Readiness

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Barnes Family Flyer

5 December 2014



Family Readiness Group Events

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 1230-1500

Where: Main Hangar, Barnes ANGB

Family parking will be available in front of building 23.



Military Kids Club for January UTA - 10 & 11 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.



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!

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!](#)



5 December 2014

Melha Shriners Fez'tival of Trees

What: Crafts, food, Santa on 12/6 and 12/7, silent auction, and a raffle of 60 trees (15 tickets for \$5)

When: December 5 4:00 PM–8:00PM,
December 6 10:00 AM—8:00PM,
December 7 11:00 AM—5:00PM

Where: Shriner's Mansion
133 Longhill Street
Springfield, MA

USO Raffle for Falcons Tickets

The USO will be having a FREE raffle for Falcons Hockey Tickets during the Children's Christmas Party at Barnes this Sunday. The USO has purchased 50 vouchers redeemable for a hockey game of their choice. The raffle is FREE – just fill out a raffle slip and put it in the container at the USO raffle table – one raffle slip per family, please! There are 10 envelopes of family four packs and 2 envelopes of family 5 packs to be given away to the military families.

The USO is pleased to support our Barnes military families!!!



CFC Chiefs Council Fundraiser

Date: Wednesday, 17 December

Time: 1100-1300

Place: Bldg 003, Dining Facility

Cost: \$5.00

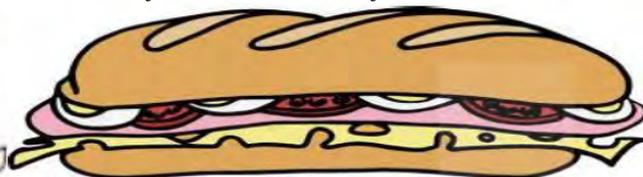
Menu:

Meatball Grinder (Hot) Parm or Plain

Bag of Chips

Dessert &

Can of Soda or Bottle of Water



**For Tickets Please see your unit Chief or SMSgt's
Bennett, Bolduc, Orffice, Samuelson or Vanlingen**



5 December 2014



Military Families

Join the Massachusetts 4-H Program over Winter Break for some fun Hands-on Activities

Programs will be held at the Worcester Armory
640 Plantation St. in Worcester from 1-3:30 pm

Tuesday, December 30th –Summer Flashback

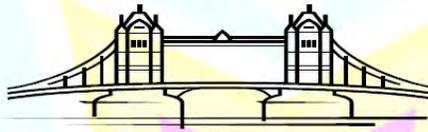


- Try some Optical Illusions and Play Games
- Face painting & Clown Pictures
 - Build a Roller Coaster
 - Popcorn and More



Friday, January 2nd - NEW Year's Fun –

- Celebrate the last of the 2014 Chinese Year of the Horse
 - Design a passport and travel through FUN
 - Build towers & bridges
 - Make Valentines



Targeted for School-Age Children, but fun for the whole family.

To register, send the following information to:

Kim Pond kima@umext.umass.edu or 1-508-831-1223 x245

(Branch of service, contact information and the number of adults & youth attending.)

Open to all branches and veterans.



The MA Operation: Military Kids partnership is a shared initiative of the U S Army Child, Youth & School (CYS) Services and is funded by the Army National Guard and Army Reserve in collaboration with the UMass Amherst Extension 4-H Youth Development Program.



5 December 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 Family Post-Holiday Gathering

**Military families of troops who were/are deployed in 2014/2015,
and families of fallen and injured servicemembers***

Please join us for a free post-holiday gathering
At Gillette Stadium
Friday, January 9, 6-9 p.m.

Hosted by the Jeffrey Coombs Memorial Foundation and Mass Fallen Heroes

Activities for All Ages – Adults & Children!
Clowns, DJ, Face Painting, Games, Crafts
Food, Teen and Parent Activities, surprises

RSVP by December 20 (space is limited)
Email names, town, age and sex of children, troop's name and unit
to rsvp.jcfund@gmail.com
Call Christie at 781/982-1608 or go to
www.jeffcoombsfund.org for more
information.



*as a result of post-9/11 service





5 December 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



BOYS & GIRLS CLUB
OF GREATER WESTFIELD, INC.

For any who are interested in sponsoring one or more of our Angels, 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.

MyMilitaryLife

The Military Family Association is an organization whose mission is to fight for benefits and programs that strengthen and protect Uniformed Services families and reflect the Nation's respect for their service. Founded in 1969, the National Military Family Association is the leading non-profit organization focusing on issues important to military families. They believe that all military families deserve comprehensive child care, accessible health care, spouse employment options, great schools, caring communities, a secure retirement, and support for widows and widowers.



**NATIONAL
MILITARY FAMILY
ASSOCIATION**
Together we're stronger

Learn more about our associations programs and resources at their website:
<http://www.militaryfamily.org/mymilitarylife.html>



5 December 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

College Prep Opportunity



The Massachusetts National Guard Child and Youth Program is planning a College Prep evening for late January in Springfield. This event will feature representatives from local colleges, as well as financial experts who will be able to answer questions about college budgeting, financial aid, and the FAFSA.

Follow us on Facebook for future details!

<http://www.facebook.com/#!/pages/Youth-Program-Massachusetts-National-Guard/121992257851679>



5 December 2014

Coping With Holiday Stress

'Tis the season to be jolly—and stressed out! For many, increased demands and expectations during the holidays can be overwhelming. Rather than being a time of joy and celebration, many homes are filled with tension, conflict and disappointment.

Several factors contribute to the onset of anxiety, depression and excessive indulgence at this time of year. Most of us begin establishing expectations for the holidays during childhood. What was once a magical and exciting time of year can turn into a dreaded annual chore if we carry unrealistic childlike expectations into adulthood. We may feel responsible for creating the perfect holiday season for our loved ones only to feel guilty or inadequate when we do not succeed.

Commercialism and media hype place pressure on us to over-consume which burdens us with consumer debt, additional weight and emotional fatigue—all which we must try to rid ourselves of after the holidays. The intense social and cultural pressure to experience nothing but bliss every holiday season becomes particularly painful for those suffering a loss in their lives—whether through death, divorce, job termination or serious health problems. Participating in holiday activities can make painful emotions and memories surface, serving as a sad reminder that someone or something is missing. It is often difficult enough to meet the challenges of our daily responsibilities, let alone cope with the extra demands of time, energy and money associated with the holidays. There are ways to manage these seasonal stressors without canceling the holiday season altogether!

Here are a few suggestions:

1. **Be realistic.** Few of us have ideal families, unlimited resources or perfect lives. Stop putting pressure on yourself to magically create a perfect scenario during the holidays.
2. **Communicate.** Families often stick to rituals that are stress-producing or have lost their original pleasure. Talk to your loved ones about what has meaning for you at this time in your life.
3. **Take care of yourself.** Don't overextend yourself to the point that a pleasure turns into a burden. Set limits in terms of your commitments so that you have time for rest, exercise, good nutrition and quality time with loved ones.
4. **Be independent.** It's easy to get caught up with trying to compete with others because of the intense commercial hype surrounding the holidays. Think for yourself. Make plans that feel right for you. Organize a group and go caroling at a local hospital or nursing home. Give gifts, eat, drink and socialize on your terms.
5. **Plan ahead.** Take inventory of past failures and disappointments and plan differently this year. Ask for support and assistance from family members so that no one is overtaxed.
6. **Be creative.** Make your own traditions. Focus more on spirituality and interpersonal closeness rather than on materialism and over-consumption. One gift you can give yourself is the gift of physical and emotional health. This is not such an easy thing to do during this time of year. But remember: By taking care of yourself and planning the holiday you really want, you can make this holiday season one that you and your loved ones will enjoy and cherish. You may even find that the true spirit of the season stays with you long after all.

For more information on resources, please contact the Massachusetts Military OneSource representative, Rebecca Jennings, at 508-233-7709 or via email at Rebecca.Jennings@militaryonesource.com. For support 24/7 please visit



5 December 2014

2014

Jingle Bell “Cookie Run”

Sponsored by the Logistics Readiness Squadron

11:00, December 24, 2014

Runners will meet in the building 54 parking lot

\$5 Donation to CFC

How it Works

- Runners have the option of running 1 to 5 laps of Falcon Drive/TSgt Austin Cooper Blvd.
- Runners must stop after each lap, eat a cookie and drink a hot chocolate shot before beginning their next lap
- Runners can opt out of cookie/shot requirement by doing 10 push ups
- Runners may stop after any lap, really, no worries
- Holiday running attire is encouraged





5 December 2014



Join
**Operation
Homefront**
for

holiday TOY DISTRIBUTION

Eligible recipients include:

- Deployed, wounded, and active duty service members of any rank
- National Guardsmen and Reservists on Title 32 orders of any rank

Worcester: Wednesday, Dec. 10th 11 a.m. - 2 p.m.

Wellesley & Springfield: Saturday, Dec 13th
10 a.m. - 1 p.m.

Taunton: Sunday, Dec. 14th, 2 p.m. - 4 p.m.

Register at <https://events.operationhomefront.net>



5 December 2014

UPCOMING EMPLOYMENT EVENTS IN DECEMBER:

Thursday, December 11th 9-2 pm
Wednesday, December 17th 9-2 pm
RGIS Recruitment
Recruiting Inventory Takers for Cape Cod locations Career Opportunities, Hyannis

Tuesday, December 9th 6 PM
United Career Fairs' Sales Job Fair
Boston Marriott Newton
2345 Commonwealth Avenue
Newton, MA

December 2nd, 4th, 9th, 11th, 16th
UPS Interviews for Seasonal Driver – Chelmsford The Career Place, Woburn

Thursday, December 4th 8 – 4:30 PM Student Veteran Recareering Seminar North Shore Community College, Danvers

Saturday, December 6th 9-10:30 AM
The Greater Boston Food Bank
Mobile Market, a farmer's market style distribution of assorted foods for veterans and their families Brockton VA Hospital
940 Belmont Street, Building #22
Brockton, MA 02301
TO REGISTER, CALL: 508.587.0815, ext. 264

Tuesday, December 9th 8:30-7 PM
Wednesday, December 10th 8:30-7 PM
Gillette Stadium Job Fair, Foxboro
NOW HIRING: Gate Security, Club Concessions, Food & Beverage Hawkers, Prep Cooks

Friday, December 12th at 10AM
ADVANCED CNC SKILLS TRAINING-Orientation Meeting Milford Career Center
Monday, December 15th 1 PM
Integral Resources Recruitment
The Work Place, Boston

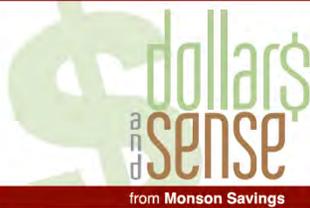
Wednesday, December 17th 10:00– 12PM IT TRAINING INFORMATION SESSION
The Career Place in Woburn

Thursday, December 18th 1-3PM
K&M Communications INTERVIEWS
Job Locations: North and South Shore
Interviews held at The Career Place, Woburn



5 December 2014

Financial Freedom for Veterans, Servicemembers and their Families



Improve your financial future
by attending this free event!

Tuesday, **December 9**, 5:30 – 7:30 p.m.
Monson High School, 55 Margaret Street

Monson Savings Bank, the Veterans Task Force of the MassSaves Coalition and Monson High School are pleased to present **Financial Freedom for Veterans, Servicemembers and their Families...**
information, education, food, and fun for kids while you're...

- Beginning a budget that works!
- Learning about debt and repairing credit!
- Talking one-on-one with a financial coach!
- Learning about VA mortgage loans!

All speakers and vendors are DOD approved.

Refreshments? Of course!

There will be activities for young children and National Honor Society students will be available to keep an eye on them.

For more information, call Carolyn Weeks at Monson Savings Bank, 413-267-1215.



Monson Savings
Your Bank Forever



5 December 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