

Airman & Family Readiness

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# Barnes Family Flyer



**31 January 2014**

*Thank you for subscribing to the Barnes Family Flyer, a weekly newsletter for the Airmen and Families of the 104th Fighter Wing! The Flyer will be distributed every Friday and offers you a concise overview of the programs, benefits and opportunities for Military Families.*



## **The Road to Parental Empowerment for Military Families**

The Commonwealth of Massachusetts Department of Veterans' Services in partnership with Families First and the SAVE Team is proud to offer a series of parenting classes focusing on communication with your children and handling the stress of parenthood.

When: February 5, 12, 19, 26 from 7:00 P.M. to 9:00 P.M.

Where: American Legion Nonantum Post 440 , 295 California Street, Newton, MA

\*\* Free Child Care & Parking is available\*\* To register for the series please contact (617) 939-5786 or register online at <https://gamcauliffe.eventbrite.com>



1:30 pm - 2:30 pm at the Stacy Middle School, 66 Spruce St, Milford MA

Free Event - All are welcome - military & non military!

**Honoring families & Children of those who selflessly answer the "Call of Duty".**

Seating is limited and reservations are required. To reserve tickets, send request to [mshain@charlesriverbank.com](mailto:mshain@charlesriverbank.com) by 2/7/14 by 12:00pm with number of tickets needed. An email confirmation email will be sent.

## **LGBT Retreat for Service Members & Veterans**

21- 23 FEB in Groton, MA Register [HERE](#).



Project New Hope presents LGBT Support Retreat for military service members and veterans - honoring connecting and supporting you and your partners, spouses and children. We want you to relax, have fun and reconnect with your family and other veterans. Eat plenty of good food, sleep like a baby, build great memories and have fun in the process! This program includes room, board, and meals throughout the weekend.



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## Sittercity FREE Membership

Find caregivers for Before/After School, Last Minute Needs, Infant Care, School Closings, Pet Sitting, and Senior Care.

Your membership to Sittercity is FULLY PAID by the Dept of Defense and is at no cost to you! For Army, Navy, Marines & Air Force— active duty, Reserve & Guard families. [Activate your Membership today!](#)

# sittercity



## Massachusetts National Guard Child & Youth Program Calendar of Upcoming Events and Programs available to you!

Visit this link for the most recent calendar published by the Mass National Guard Child & Youth Program

<http://www.104fw.ang.af.mil/shared/media/document/AFD-140128-011.pdf>

For more information or to be involved with anything listed, please feel free to contact our Child and Youth Program Coordinators or visit the office at 14 Minuteman Lane, Wellesley, MA 02481

Debra Wilder  
Lead Child and Youth Program Coordinator  
Office: 508-233-7290  
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Child and Youth Program Coordinator  
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[susan.l.laflame.ctr@mail.mil](mailto:susan.l.laflame.ctr@mail.mil)

## Steps to a Healthy Teen

### Wednesday, February 5th from 7 pm - 8 pm

Join the MA National Guard Teen Council for this webinar presented MA Operation Military Kids and Military OneSource

To Participate:

1. Click this link to start or to join the Webinar:

<https://www2.gotomeeting.com/ojoin/867534418/10000000001370859>

2. Choose one of the following audio options:

TO USE YOUR COMPUTER'S AUDIO:

When the Webinar begins, you will be connected to audio using your computer's microphone and speakers (VoIP). A headset is recommended.

TO USE YOUR TELEPHONE:

If you prefer to use your phone, you must select "Use Telephone" after joining the Webinar and call in using the numbers below.

Toll: +1 (415) 655-0055

Access Code: 587-828-236

Audio PIN: Shown after joining the meeting





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## Blandford Ski Area - Military Appreciation Day!

Saturday 15 February 2014

Each year the ski area offers free lift tickets for military members and their immediate families. Please ensure you bring your current Military ID with you.



## Free Family Skiing at Stowe's Military Appreciation Sundays

All active, full-time, United States Military Personnel, Guard and Reserve Members along with their families (spouse & dependent children), will receive **complimentary single-day lift tickets at Stowe Mountain Resort on three select Sundays** this winter.

DATES: **January 26, February 23 and March 30.**

Find out more at [Stowe.com](http://Stowe.com)

## 2014 Boston Marathon Applications for MA National Guard

The Massachusetts National Guard will have a limited number of invitational entries for the 118th running of the Boston Marathon (MON 21 APR 14) for **current members of the Mass. National Guard.**



After the selection process, individuals chosen will be notified and will be required to physically pick up the official waiver application from the Domestic Operations Office at the JFHQ. Once the Soldier or Airmen picks up the official waiver application it should be completed and sent directly to The Boston Athletic Association (B.A.A.) IAW the instructions provided on the application.

Applications fee for the 2014 Invitational Entrants is \$300.00, after 01FEB14, the fee is \$350.00. Only serious candidates should apply. In addition to personnel information the Application to MANG includes: Most recent APFT Score Card, Any Official Run Times (see race website or sites such as [www.coolrunning.com](http://www.coolrunning.com)), Workout journal notes and work out details, Races completed during last 6-12 months and run time, Synopsis of your training program, a brief summary as to why you feel the Massachusetts National Guard should grant your request for a Boston Marathon number.

POC is MSG William Armstrong, 339-202-3504, or [william.j.armstrong3.mil@mail.mil](mailto:william.j.armstrong3.mil@mail.mil)  
Additional information about the race is available at [www.baa.org](http://www.baa.org).

## Join the 5th annual Run to Home Base

Saturday 14 June 2014

Make this your year to participate in the fifth anniversary of Home Base's signature fund-raising event, the Run to Home Base presented by New Balance. Registration is open now.

For the first time, top fund raisers have a great opportunity to win prizes for their fund raising work including tickets to Red Sox games, a post run party, a Red Sox jersey, and the opportunity to win tickets to Red Sox Opening Day at Fenway Park on April 4. Runners who register before May 15th commit to raise a minimum of \$750 (after May 15, the minimum fundraising commitment is \$1,000). For walkers, the adult fundraising minimum is \$250 Adults and \$125 for children age 13 and under.



presented by **new balance**



To register for the Run and learn more about fund raising prizes visit [www.runtohomebase.org](http://www.runtohomebase.org)



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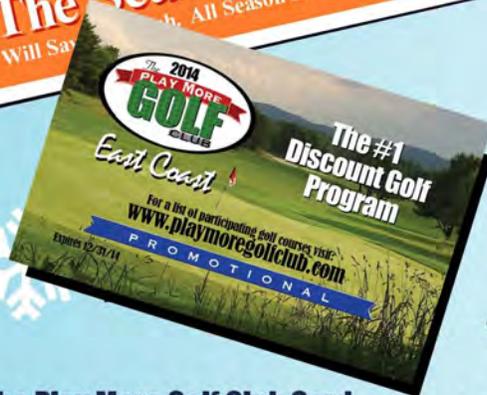


**Military**

# The Season Pass

## Will Save You Ca\$h!

## All Season Long!



# \$40.00

Includes **FREE** Rounds Of Golf at:

- The Crumpin-Fox Club
- The Ranch GC, The Blandford Club,
- Southampton CC, Ellinwood GC,
- Tekoa CC, Shaker Farms CC,
- Worthington GC, CC of Greenfield,
- Blackstone National, the Ledges GC,
- Waubeeka GL, Elmcrest CC,
- Wyckoff CC, Beaver Brook CC,
- Northampton CC, Brattleboro CC,
- Tower Ridge CC, Rolling Meadows CC,
- Copper Hill GC, Amherst GC,
- Cedar Knob GC, and the PMG Club Card!

Get the Play More Golf Club Card **FREE** when you purchase the Western Mass Golf Season Pass!  
[www.playmoregolfclub.com](http://www.playmoregolfclub.com)

# Order Online!

## [www.westernmassgolf.com/military.html](http://www.westernmassgolf.com/military.html)

Or Mail Check Payable to Western Mass Golf to Jay Nomakeo, 72 Old Jarvis Ave., Holyoke, MA 01040  
413 535-6058 • [jay@westernmassgolf.com](mailto:jay@westernmassgolf.com)



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**SAVE THE DATE**  
**SATURDAY MARCH 22, 2014**



**MASS BAY COMMUNITY COLLEGE**  
**50 OAKLAND STREET**  
**WELLESLEY**

This is a **FREE** one-day personal finance event for veterans, active duty, reserve members and their families. The conference will build financial knowledge and answer financial questions specific to your service.

Presented in partnership by the Massachusetts Financial Literacy Trust Fund, Massachusetts National Guard & Reserve and Office of Veterans' Services.

Online registration will be available February 2014.  
Questions? Contact Sheila O'Loughlin, Financial Education Coordinator,  
at (617)367-9333 x615





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## Air Force Aid Society General Henry H. Arnold Education Grant Program 2014-2015

Applications are now being accepted for the Air Force Aid Society General Henry H. Arnold Education Grant Program for the 2014-2015 school year. This annual program provides \$2,000 undergraduate education grants to eligible spouses and children.

**BASIC ELIGIBILITY:** Eligible dependents of all ranks encouraged to apply; Children of active duty, Title 10 AGR/Reserve, Title 32 AGR performing full-time; active duty, retired, retired reserve, and deceased Air Force members; Spouses (stateside) of active duty members and Title 10 AGR/Reservists; Surviving spouses of Air Force members who died while on active duty or in retired status. Specific eligibility criteria are listed on-line at [www.afas.org](http://www.afas.org).

**DEADLINE:** 07 March 2014 Applications available on-line only at [www.afas.org](http://www.afas.org).

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### Roth Option for TSP



Beginning October 1, 2013, members of the reserve forces of the Army, Navy, Air Force and the National Guard can add the Roth TSP option to their investment plans. The Roth TSP option uses **after-tax** pay and bonuses to start and maintain contributions.

Information on this and traditional TSP can be found online at [www.tsp.gov](http://www.tsp.gov). You may also find information from your command or installation personal financial counselors, or your finance office

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## 2014 Massachusetts National Guard Free Income Tax Assistance & Asset Building Program

The Massachusetts National Guard is proud to offer free tax preparation and asset building services again this year. In 2013 we prepared over 2,500 tax returns and saved Service members, Veterans and their Families close to \$270,000 in tax preparation fees. We are experts in preparing returns for the military and we do it for FREE. We hope that you utilize our program in 2014.

### PROGRAM LOCATIONS

Cape Cod, Ft. Devens, Hanscom AFB, Natick Labs, Newton American Legion Post 440, Reading, Wellesley, Westover AFB, Worcester

**NOTE:** CAC OR PASS IS REQUIRED FOR ENTRANCE TO CAPE COD, DEVENS, HANSCOM AFB, NATICK, AND WESTOVER AFB

### TO MAKE AN APPOINTMENT

Go to [www.massguard.org/appointments](http://www.massguard.org/appointments)

We will start taking appointments on 23 January 2014 and appointments will begin on 3 February 2014.



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**TAKE CONTROL**  
[www.faa.gov/jobs](http://www.faa.gov/jobs)

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**Federal Aviation  
Administration**

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