

Airman & Family Readiness

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Barnes Family Flyer

28 March 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.

Military Kids Club for February UTA - 1 & 2 February 2014

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 4:30pm to Bldg 8.

Reserve your spot today by calling or emailing the Airman & Family Readiness Center:

(413) 568-9151 x 698-1183 104fw.familysupport@ang.af.mil

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

104th FW Children's Easter Celebration - 12 April 2014



Noble Hospital and the 104th FW FRG is proud to sponsor this year's Annual Children's Easter Egg Hunt on Saturday, April 12, 2014 beginning at 1PM at the NCO Club.

The event is most enjoyed by kids age 0-10; please bring your baskets to collect eggs.

ACTIVITIES!!

Egg Coloring

Crafts and Games

Meet the Easter Bunny and go home with a picture that day!

Easter Egg Hunt with prizes and Candy

To register, please call Jenn Cesaitis at 413-568-9151 x698-1183 or email

104fw.familysupport@ang.af.mil.





28 March 2014

Turbo Tax Customized for active duty military and reservists



Get the military tax break you deserve, plus:

- ◆ Get guidance for military and civilian income, including combat pay, BAS and BAH
- ◆ Get every dollar you deserve—We'll search for all military related expenses, so you don't miss a thing
- ◆ Rest assured—If you've completed a PCS, we'll help you determine your state of residence

Get an extra 10% on top of your federal refund with our exclusive bonus*

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TaxSlayer

All Active Duty Military can prepare both their Federal and State return for Free with our Military Edition!

- ◆ Live Phone Support*
- ◆ Step by Step Deduction Guide
- ◆ All Major Forms and Schedules*
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- ◆ Unlimited States



To get started click [HERE](#)

“TaxSlayer.com salutes the men and women of the United States Armed Forces, and is honored to perform its patriotic duty by offering this FREE service.”

Military OneSource and H&R Block Tax Program

Military OneSource is once again offering a free, electronic tax filing service. If you are eligible under the Military OneSource program, you can complete, save, and file your 2012 federal and up to three state returns online free with the H&R Block At Home[®] tool.

To access this free version of H&R Block At Home[®], you must start your return from the [Military OneSource H&R Block At Home[®]](#) link. Once you click the link you will be required to log in to Military OneSource. From the login page you will be directed to a site containing additional information on tax preparation, including the link to the Military OneSource free H&R Block At Home[®] service.



If you have questions about this tax service or about preparing your own tax returns, please call 1-800-342-9647 and ask to speak with a Military OneSource tax consultant. Trained tax consultants are available 7 days a week from 7 a.m. to 11 p.m., EST. For information about deductions, exemptions, and filing deadlines visit the [Military OneSource Tax Program](#) page.

Do you need help with your finances?

Call the Airman and Family Readiness Program today to setup an appointment or to find help with relieving your debt. We offer assistance with basic budgeting, car buying information, home buying information including the use of VA loans and contacts to national, state and local services that can help you get back on track with your finances!

Make an appointment today by calling Jenn at 413-568-9151 x 698-1183 or emailing Jennifer.cesaitis@ang.af.mil



28 March 2014

ATTENTION VETERANS IN WORCESTER COUNTY

GOOD NEWS! MARK YOUR CALENDER! MAY 9, 2014 - 8:00 am - 3:30 pm

Do you have a claim pending with the Veterans Benefits Administration (VBA) for disability compensation or a pension?

Do you want to file for disability compensation or a pension with the VBA and need help with the paperwork?

There will be help available for you to find out the status of your claim or assist you with filing your claim for benefits

VA Personnel will be on hand to assist you.

**VA Healthcare Clinic
605 Lincoln Street, Worcester
Friday, May 9, 2014
(future visits to be determined)
8:00 a.m. to 3:30 p.m.**



They will be there to help **ONLY** with filing for these 2 benefits.

Parking available at the VA Clinic, lots on either side of the Clinic or by taking the WRTA bus – Route 31 sponsored by Central Massachusetts Veteran Services Providers Coalition

Boston Veteran Job Fair

"If you are looking for a job or career in this tough economy, you have to try every opportunity. Its good to see that there is a place for military service members to get an edge." - Boston Expo Attendee

WHEN: April 10, 2014 from 11:00 AM – 3:00 PM
WHERE: Gillette Stadium ,1 Patriot Place, Foxborough, MA
At a Recruit Military Opportunity Expo, you can begin the selection process with what is normally one of the final stages of a face-to-face meeting with the candidate. For more information visit their [WEBSITE](#).



FREE Veterans Entrepreneurship Program (VEP)

VEP is designed for veterans interested in starting a new venture as a means to financial independence and for veterans who have an existing business for which they would like to increase profits.

This program has three (3) phases and offers an innovative and effective combination of training, growth, as well as a support for program graduates.

FREE to veterans who are selected. Instruction, materials, travel expenses, lodging and meals for the Phase II Boot camp will be provided at no cost to each delegate.

For more info on qualifications, program or how to apply [HERE](#).



28 March 2014



TAKE CONTROL

The FAA provides the safest, most efficient airspace system in the world. See if you have what it takes to be part of our world-class team.

Take control of your career. Register today for the **FAA Virtual Career Fair**. For information go to **www.faa.gov/jobs**.



TAKE CONTROL
www.faa.gov/jobs

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**Federal Aviation
Administration**

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28 March 2014



**SUMMER
STARS**
CAMP FOR THE
PERFORMING ARTS

Summer Stars Camp for the Performing Arts

AGES: 12-15

WHEN: August 10-18

LOCATION: Northfield Mt. Hermon School, Northfield, MA

Summer Stars offers small group programs in improvisational acting, blues performance, dance, musical theater/choral singing, set design, juggling, drumming and much more.

Camp is fully funded by a variety of donors, there is no charge to participants, and transportation is provided.

Camp is limited to 100 spots.

Completed applications, **including one recommendation form**, are **due by May 1** and can be sent to: Nina Biggar Del Vecchio, 125 Elm Street, Belmont, MA 02478.

For more information, visit their [WEBSITE](#). If you have any questions regarding the application process or the camp please con-tact Nina at 617-932-1302. Email inquiries can be sent to [NINA](#) directly.

CAMP CALL for 2014!!

Air Force Personnel Services Directorate is pleased to announce the 2014 camp call!

There are three camps available including: Teen Aviation, Teen Leadership, and Space Camp.

Each camp has different eligibility criteria. General information sheets and applications are available through Airman & Family Readiness.

Teens interested in applying must complete the Camp Nomination Registration Form and note all camps that are of interest. Teens may only participate in one camp. Applications may be returned to Airman & Family Readiness Program Office at Barnes Air National Guard Base

104fw.familysupport@ang.af.mil

Applicants will be interviewed and selections made.

DEADLINE for Camp Call is 4 APRIL 2014!!!



Purple Up! For Military Kids



April marks the nation's "Month of the Military Child," a time to honor youth impacted by deployment." In celebration, we invite you to join us for the 4th annual Purple Up! for Military Kids. On Tuesday, April 15th, the UMASS Extension 4H Youth Development Program along with the MA National Guard Child and Youth Program is encouraging people across the state to wear purple as a visible way to show support and thank military children in Massachusetts for their strength and sacrifices. Purple is the color that symbolizes all branches of the military, as it is the combination of Army green, Marine red, and Coast Guard, Navy and Air Force blue.



28 March 2014

Barnes Barber Shop Schedule

The Barber Shop will be open the following dates from: 0730-1500 hours.
Enter Building 008, South Entrance

April 1-2 & April 17-18
May 1-2 & May 15-16
June 5-6 & June 19-20
July 17-18
July 31 - August 1 & August 21-22
September 4-5 & September 18-19



POC is SMSgt Butman at 698-1234

ESB Financial Services

located at Easthampton Savings Bank

Investing 101

Are you ready to learn more about investing—but aren't sure where to begin?

We hope you'll accept this invitation to attend:

Investing 101

Presented by:
Raymond Lacourse, CFP® &
Kristine Koczajowski, CFP®

Date: Thursday, April 17, 2014 @ 5:00 p.m.

Place: 36 Main Street
Easthampton, MA 01027
(location subject to change)

RSVP: To attend, please call Imari Silva
413.529.1901 or e-mail:
Imari.silva@lpl.com



Attendance is limited. Please respond by April 7, 2014.

We'll discuss:

- The basics of stocks and bonds
- The advantages of investing in mutual funds
- The benefits of asset allocation
- Why investing NOW may help you meet your unique financial goals



28 March 2014



Resilient Warrior Course



RED SOX
FOUNDATION



MASSACHUSETTS
GENERAL HOSPITAL



MASSACHUSETTS
GENERAL HOSPITAL
BENSON-HENRY INSTITUTE
FOR MIND BODY MEDICINE



Stress Management Course For Female Veterans

This is a free class for post-9/11 female service members and veterans

Learn the latest mind/body techniques to help you:

- * **Manage stress**
- * **Sleep better**
- * **Improve communication with family members and friends**

Four sessions; 4-6 p.m.

Begins Wednesday 16 April

Hanscom AFB Commons Building, Heritage Room
1425 Kirtland Street

To register, contact Emma Morrison at emorrison4@partners.org, or call 617/643/3829.

Presented by the Red Sox Foundation and Massachusetts General Hospital Home Base Program in collaboration with the Benson Henry Institute for Mind Body Medicine at Massachusetts General Hospital.

www.homebaseprogram.org