



In a New York Minute

"All the News you Need to Know – In a NY Minute"



February 13, 2015



FUN & EASY VALENTINES EXPRESSIONS

- ♥ have everyone make home made valentines for each other. Saves \$\$ and shows care.
- ♥ Make February 14 a "red letter day" for your family. Decorate the kitchen or dining room with hearts, red and white streamers, and heart-shaped balloons. Wear red and serve the heart-shaped pancakes; add some red food coloring to the syrup. Make heart-shaped sandwiches for lunch, and choose dinner entrees that are red
- ♥ Help the kids make an "I love you because" book for someone special (parent, grandparent, pastor, teacher, etc.). In addition to writing and drawing heartfelt messages, include some favorite photographs and artwork
- ♥ have a movie night /rent romantic comedies make a big bowl of popcorn and chill

Ideas: with the kids

Lady and The Tramp
The King and I
The Princess Bride
The Parent Trap
It Takes Two

No kids

Serendipity
The Notebook
Under the Tuscan Sun
50 First Dates
The Wedding Singer



2015 Hiring Our Heroes – Latham, NY March 5, 2015

A Free Hiring Fair for Veterans, Transitioning Service Members, and Military Spouses

**Division of Military and Naval Affairs
NY National Guard Headquarters
330 Old Niskayuna Road, Latham, NY 12110**

EMPLOYMENT WORKSHOP: 8:30 a.m.

HIRING FAIR: 10:00 a.m. – 1:00 p.m.

The Workshop for job seekers focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation, and interviewing.

EMPLOYERS

Must register for FREE at HiringOurHeroes.org/events

JOB SEEKERS

Register for FREE at HiringOurHeroes.org/events

Thanks to our local partners:

- New York National Guard
- Albany-Colonie Regional Chamber of Commerce
- Saratoga County Chamber of Commerce
- Rensselaer County Regional Chamber of Commerce
- NYS Department of Labor

For registration questions, please email hiringourheroes@uschamber.com or call 202-463-5807.

FEBRUARY 1 FRG SCORECARD:

<http://dmna.ny.gov/family/scorecard/14229842>
[86-FEB%202015%20FRG_Scorecard.pdf](#)



HIRINGOURHEROES.ORG

Find Hiring Our Heroes online:

Download the free Hiring Our Heroes mobile app! All our powerful tools and resources at your fingertips.



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DID YOU KNOW?!

Who is Eligible for TAMP Benefits?

Designed to help separating active duty Service Members and their families, the Transitional Assistance Management Program (TAMP) provides 180 days of transitional health care benefits and two years of base privileges (i.e., commissary, exchange, and Morale, Welfare, and Recreation), under the following conditions:

- Involuntarily separating from active duty based on a specific Separation Program Designator (SPD) code, and Character of Service of “Honorable” or “General (Under Honorable Conditions)”
- A National Guard or Reserve member separating from a contingency operation, if the member served on active duty for 31 or more consecutive days
- Separating from active duty following involuntary retention (stop-loss)
- Separating from active duty following a voluntary agreement to stay on active duty for less than one year in support of a contingency operation
- Separating from active duty due to a sole survivorship discharge
- Separating from active duty and agreeing to become a member of the Selected Reserve of a Reserve component the day immediately following release from regular active duty service. *Note: These Sponsors and family members do not qualify for the two years of base privileges.*

To learn more about TAMP benefits, log on to [milConnect](#) (**Help > FAQ > Military Transitions: AD to TAMP**); the Mobilization/Demobilization: Alert Notification Periods and Transition Assistance (TA) Benefits Continuous Learning Course (CLC) via the DMDC Learning Site, and; the DoD Manual 1000.13, Volume 2 (Enclosure 9) via [CAC.mil](#). Contact your SPO for additional questions on a customer’s eligibility for TAMP benefits.

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Call. 1-800-342-9647 Click. [MilitaryOneSource.mil](#) Connect. 24/7

Provided by the Department of Defense at no cost to service members (active duty, Guard, and Reserve) and their family members.

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Babysitting Certification Training **Thursday, February 19, 2015—9 AM – 4 PM** **(during winter break for schools)**

Where: Cornell Cooperative Extension Erie County,
21 South Grove Street, East Aurora

Who: Participants must be 12 years or older.

Cost: No cost to youth and adults connected to military families and currently enrolled 4-H members and leaders. Those participating in the training will be asked to donate a minimum of 4 hours of babysitting to a military family.

For anyone else interested in signing up for this training, contact Angela Northern at asn9@cornell.edu or call 716-652-5400 x 140.

Certification of Completion will be awarded to participants.

Participants will also take home a babysitting kit. Advance registration is required; space is limited. To register, go to: <http://erie.cce.cornell.edu/> then select, 4-H Youth Development, 4-H Supports Youth Connected to Military Families.

Location is subject to change. Please check the website at <http://erie.cce.cornell.edu/> or call 716/652-5400 x177 a day or two prior to attending the meeting to confirm the location.

Make the Right Move **For Your Family!** **Family Skills Workshop**

Stratton VA Medical Center - Albany NY 12208 *Wilson Lounge- 4th floor



Session : 2/27

Communication skills, how to use active listening, problem solving, and understanding emotions

Session : 3/27

Assertiveness, anger management and dealing with conflict

No-cost registration: Call Cat Lynch, LCSW 518-626-5433

Refreshments will be served

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In keeping with the monthly Comprehensive Soldier and Family Fitness (CSF2) theme, we would like to keep the practice of these real life skills going in our day to day lives.

February Resilience skill : Problem Solving

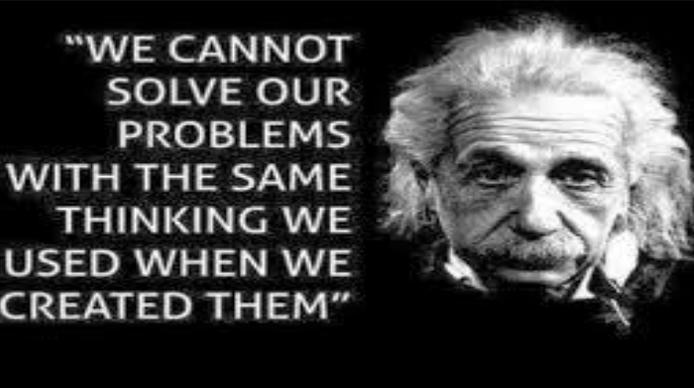


SHRINE CIRCUS

MARCH 12 - 1Sth
THE EVENT CENTER (AGRI-CENTER)
ON THE HAMBURG FAIRGROUNDS
5820 South Park Ave., Hamburg, NY

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Tickets on sale at Shrine circus office
1600 Southwestern Blvd W. Seneca NY
AGRI-CENTER BOX OFFICE
and online at TICKETS.COM
Call 674-8666 for more information



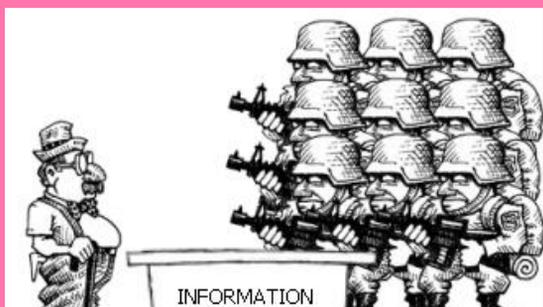
PREVENTION STARS

The New York ARNG Substance Abuse Prevention Program wants to recognize Soldiers who make low risk, healthy choices a part of their life and mission to be a ready, willing, and able Soldier. For more information contact Michele DeCuffa at Michele.a.decuffa.ctr@mail.mil

2015 National Guard Family Program Volunteer Awards nomination period is OPEN now thru 2 March 2015.

Please keep in mind...

1. Any member of a state, territory, or district may nominate a National Guard volunteer, family, group and/or organization for awards by completing the online nomination form.
2. Nominations will be submitted online thru 2 March 2015 at: <https://www.jointservicesupport.org/Survey/TakeSurvey.aspx?PageNumber=1&SurveyID=1434>
3. Nominations will not be accepted after 2 March 2015, midnight EST. Email Campaign Files: [2015 National Guard Volunteer Award Packet.pdf](#)



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CALENDAR OF EVENTS:

FEB 13	Military Appreciation Night at Men’s Hockey February 13 at Houston Field House (7pm) Those with a military ID can get buy-one, get-one tickets
FEB 14	 VALENTINES DAY 
FEB 21-22	133 rd QM, 53 rd DLD, 4 th FIN 30/60 Day Yellow Ribbon Event Westchester NY POC MSG John Ross john.a.ross3.mil@mail.mil
MAR 5	2015 Hiring Our Heroes – Latham NY A Free Hiring Fair for Veterans, Transitioning Service Members, and Military Spouses. Employment Workshop 8:30 am Hiring Fair 10am-1pm For registration questions, please email hiringourheroes@uschamber.com or call 202-463-5807.
MAR 13-15	STRONGBONDS Couples event Tarrytown NY POC SGM Roy Sayward roy.c.sayward.mil@mail.mil



Saturday March 14th, 2015 1PM • 4PM
Palace Theatre Albany, NY

Tickets start at \$22.00

For more information or to purchase tickets, please call (866) 248-8740 ext. 31427 or TFerguson@feldinc.com

DEADLINE TO ORDER: THURSDAY, MARCH 5, 2015 AT 12:00 PM EST ALL SALES ARE FINAL

NEW YORK
NATIONAL GUARD 
JOB ZONE DMNA.NY.GOV/JOBS

To view new job postings and Career Fair info visit <https://dmna.ny.gov/jobs/jobs.php?id=nyng>

NEXT ISSUE of In A NY Minute MARCH 6, 2015