



In a New York Minute

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



Resiliency. It's a quality that we'd all like to have: the ability to go through a tough experience and then regain a sense of balance and optimism.

The Consumer Financial Protection Bureau's (CFPB) Office of Service Member Affairs (OSA) is now on social media!

The OSA opened two valuable new communications channels to the military community with the launch of an OSA Face book page and Twitter feed. These accounts give OSA and the CFPB the opportunity to digitally engage directly with Service Members, Military Families and veterans on consumer financial issues that matter most to them. This also gives OSA the ability to offer military members tips, tools and other resources to help them keep financially fit. Please take the time to "Like" OSA on Facebook (www.facebook.com/CFPBMilitary) and follow OSA on Twitter (www.twitter.com/CFPBMilitary)

Thrift Savings Plan (TSP) has made temporary changes to the financial hardship withdrawal rules for participants affected by Hurricane Sandy. TSP will treat any Financial Hardship In-Service Withdrawal Request (Form TSP-76) received until January 25, 2013 as qualifying for a hardship withdrawal. The distributions must occur before February 1, 2013 to qualify for this treatment. For Criteria and more information: <https://www.tsp.gov/whatsnew/plan/planNews.shtml>

Military Report

The Military Community's Benefits & Quality of Life Newsletter
http://www.military.com/NL_MR/1,14852,10634,00.html

Christ the King Spiritual Life Center

"Welcome Home Initiative" Military Woman Only
January 27-29, 2012

Information and registration:

Welcomehomeinitiative@gmail.com



Updating Your User Profile in JSS

During this session, you will learn how to request a change to your state affiliation and role permissions, update your personal information, reset your JSS password and view your JSS History. Please register online. A link to the webinar will be emailed to you.

Wednesday January 16, 2013

10:00 AM – 11:00 AM, Eastern

<https://www.jointservicesupport.org/Events/EventDetails.aspx?Mode=ReadOnly&Id=A884CD95-5317-4D7A-A8D2-39484B67C8FA>

Using the Volunteer Activity Tracker in JSS – Volunteers

This webinar shows volunteers how to enter volunteer activity hours, as well as search and edit volunteer activity hours in the JSS Volunteer Activity Tracker Tool.

Thursday January 24, 2012

12:00 PM – 1:00 PM, Eastern

<https://www.jointservicesupport.org/Events/EventDetails.aspx?Mode=ReadOnly&Id=A888987F-2E91-4338-82CB-78F9C440CBC0>

HURRICANE RECOVERY~ Family Programs is continuing to provide resources, and support to ensure Service Members, Families, and Veterans are taken care of during ongoing recovery from Hurricane Sandy. You can contact our Family Assistance Centers by calling 877-715-7817



<https://dmna.ny.gov/jobs/jobs.php?id=nyng>

Weekly Update



Time to share a favorite Holiday recipe, or tradition
December Issues of In a NY Minute will feature items from you our Military Families
and Volunteers send to: stephanie.duell@us.army.mil

HOW TO: SURVIVE & THRIVE DURING THE HOLIDAYS

•**Practice Acceptance:** Instead of resisting the holiday rituals or the irritating relative, try accepting that some things are out of your control. Try moving away from judging the situation or individual and pass into calm acceptance.

•**Be Excited:** Find joy and enchantment in the first snow flakes, the first star, the lighting of the holiday tree or Menorah. This will bring you into the present "moment" of peace.

•**Find Forgiveness:** Spending time with relatives during the holidays can trigger unpleasant memories and resentments. Letting go of resentments are not condoning others past transgressions, but rather freeing yourself of the pain and upset and moving forward from the past to the present.

•**Stimulate your Creativity:** Creative outlets help reduce stress by stimulating imagination and spontaneity. Decorate, sing, dance and have fun!

•**Be Compassionate:** Think of others that are less fortunate than yourself. With compassion, you step beyond your own pain and frustration and connect to the world outside of yourself.

•**Shift your Perspective:** When you're stuck in traffic and in shopping lines and you find yourself complaining and getting angry, try to look at these situations differently. When stuck in a traffic jam, listen to your favorite radio station, CD or strike up a conversation with the person(s) standing in line with you. When you find yourself becoming increasingly irritated or angry, try to shift your perspective and look for opportunities.

•**Be Grateful:** Find gratitude for the simple things in your life that you may take for granted, ie: a smile and a thank you from a small child, a holiday greeting from an old friend, a cuddle from a pet or the solace of a warm fire.



Kwanzaa History

The name Kwanzaa is derived from the phrase "matunda ya kwanza" which means "first fruits". Each family celebrates Kwanzaa in its own way, but celebrations often include songs and dances, African drums, storytelling, poetry reading, and a large traditional meal. On each of the seven nights, the family gathers and a child lights one of the candles on the Kinara (candleholder), then one of the seven principles is discussed. The principles, called the Nguzo Saba (seven principles) are values of African culture which contribute to building and reinforcing community among African-Americans. An African feast, called a Karamu, is held on December 31.

Hanukkah Traditions

The Hanukkah celebration revolves around the kindling of a nine-branched menorah. On each of the holiday's eight nights, another candle is added to the menorah after sundown; the ninth candle, called the shamash ("helper"), is used to light the others. Jews typically recite blessings during this ritual and display the menorah prominently in a window as a reminder to others of the miracle that inspired the holiday.

The Ninth Reindeer

Rudolph was born over a hundred years after his eight flying counterparts. The red-nosed wonder was the creation of Robert L. May, a copywriter at the Montgomery Ward department store. In 1939, May wrote a Christmas-themed story-poem to help bring holiday traffic into his store. Almost two and a half million copies of the story sold in 1939. Johnny Marks, wrote a short song based on Rudolph's story (1949). It was recorded by Gene Autry and sold over two million copies. Since then, the story has been translated into 25 languages and been made into a television movie, narrated by Burl Ives, which has charmed audiences every year since 1964.



Match the carol with the composer ANSWERS

1. White Christmas - E - Irving Berlin
2. The Christmas Song - C - Mel Torme
3. Here Comes Santa Claus - B - Gene Autry
4. Last Christmas - A - George Michael
5. Sleigh Ride - D - Leroy Anderson



**In Memory of those
lost in Newtown CT**



CALENDAR OF EVENTS

	CALENDAR OF EVENTS
25 DEC	MERRY CHRISTMAS
26 DEC	HAPPY KWANZAA
31 DEC	NEWS YEARS EVE/ TRAVEL & CELEBRATE RESPONSIBLY
1 JAN 2013	HAPPY NEW YEAR!
5 JAN 2013	727 th L&O and 14 FIN 30 Day YR Event West Point, POC SSG Cousineau maurice.cousineau@us.army.mil
13 JAN 2013	105 AW 30 Day YR Event New Windsor, POC Darrell Pinckney darrell.c.pinckney.ctr@us.army.mil
26 JAN 2013	27 th BCT 30 Day YR Event Albany, POC SSG Cousineau maurice.cousineau@us.army.mil
27 JAN 2013	27 th BCT 30 Day YR Event Buffalo, POC SSG Cousineau maurice.cousineau@us.army.mil

Saratoga Commissary Hours

SUN/MON-closed
TUE/WED- 1000-1800
THUR-1000-1900
FRI-1000-1800
SAT-1000-1800
518-581-2180
<https://www.cnic.navy.mil/Saratoga/index.htm>

NFCU

Mon-Fri 0900-1630
Sat-Sun –Closed
19 JF King Drive
Saratoga Springs, NY

On Going Discounts

Corning Glass Museum is offering discounted rates for Military Families www.cmog.org

- Great Escape/Splash Water Kingdom: \$7 discount on general admission up to 6 people
- Home Depot: 10% everyday military discount
- Lowe's: 10% everyday military discount
- Flowershop.com In honor of your service to our country, save 15% on all purchases enter promo code "USA"
- JC Penney Portrait Studio: 1 FREE 8x10, FREE sitting fees, 50% off your entire purchase
- American Lube Express Oil Change: \$3 off oil changes for members of the military with ID
- Free tickets to sporting events, concerts and family activities. For free ticket availability and venue <http://www.vettix.org>