



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

AUG 23, 2013

**Family Programs completed 2013 Regional Volunteer & MPOC Trainings. A total of 157 Military Commanders, Unit Points of Contact and Volunteers participated in 10 training days at 7 locations throughout NY.**

**A BIG thank you to all attendees**

**Spouse Education and Career Opportunities** - SECO newsletter! This quarterly newsletter brings you information and resources related to military spouse education and careers. Military Spouse Employment Partnership events; learn what current MSEP partners are doing to hire and retain our talented military spouses; and find information about programs, initiatives, and other resources designed to help military spouses reach their goals of portable, long-term, meaningful employment. The link below will open the Summer 2013 SECO newsletter.

[www.militaryonesource.mil/seco/enewsletter](http://www.militaryonesource.mil/seco/enewsletter)

**Have you gotten your children's' FREE School supplies?**

**Operation Homefront** & **Dollar Tree Stores** have once again held the Back to School Brigade Program. Military Families of Service Members **E6 and below** are encouraged to contact your FRG Regional Family Assistance Specialist or Regional Family Readiness Support Assistant to make arrangements to pick up School Supplies for your Children. Contact your FRG FAC Jeanna Clark [jeanna.c.clark.ctr@mail.mil](mailto:jeanna.c.clark.ctr@mail.mil) or FRSA Laraine Figliuolo [laraine.h.figliuolo.ctr@mail.mil](mailto:laraine.h.figliuolo.ctr@mail.mil)

## Thinking About The Holidays to Stay Cool in August

Holiday shopping is the last thing most of us want to think about as we savor the last days of August sunshine, but some actions taken now can improve the quality of your holiday season. Consumer Financial Protection Bureau Assistant Director Holly Petraeus recently published some tips here:

<http://www.consumerfinance.gov/blog/december-in-august/>

Here are some interesting points from the article:

- Start to set realistic expectations – Cutting back on holiday spending is easier when you have prepared your family & friends.
  - If making gifts, start now.
  - For budgeting tools, you can use this link – <http://www.mymoney.gov/tools/Pages/tools.aspx>
- In addition to suggestions made in the article referenced above
- Plan replacements for annual holiday expenses to save money. For example, you may want to replace a day of skiing for sledding or tubing. It helps to scout out a large hill ahead of time. Involve others in the planning process; take advantage of social media to discover available resources.
  - Consider replacing presents for working children with a gift of money into a ROTH IRA.

As always, if you have any questions going forward don't hesitate to contact me at your convenience.

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## Operation Military Kids 4-H Family Day Camp

**FREE** day camp for youth and their families for all branches of the military.  
Lunch and dinner will be provided.

**Saturday, September 21st**

**9:00a.m.-6:00p.m**

**4-H Training Center  
Ballston Spa**

Information and registration (518) 885-8995



**Hometown Heros Run**  
19 October 2013  
The Crossing of Colonie  
**Come Show Your Support !**

[http://www.nyfrc-inc.org/run\\_reg.html](http://www.nyfrc-inc.org/run_reg.html)

**Time to start a BACK TO SCHOOL plan.....**

**Start a daily routine:**

- Begin waking your child a little earlier each morning.
- Get a personal alarm clock for your child if needed.
- Set a reasonable bedtime to allow for plenty of rest
- Visit the library and choose books about going to school.

**Remind your child that each year is a good time for a fresh start.**



**Get organized:**

- ✓Create a routine for homework and projects.
- ✓Schedule a time homework will be done each day.
- ✓Decide on a quiet place to do homework.
- ✓Organize a work space with materials.
- ✓Find a place to put what your child will need to take to school the next day.
- ✓Decide on a place where reminders, and schedules will be posted.
- ✓Help your child establish a good attitude about school.



**SITTERCITY BACK TO SCHOOL PROGRAM:**

Back to School season has arrived! It's about that time to begin preparing for the new school year. The Department of Defense has paid for your Sittercity membership to help you meet your family's care needs. Find local sitters and nannies in your neighborhood. Military families can activate their fully paid membership at [www.sittercity.com/DoD](http://www.sittercity.com/DoD). Get started today! If you have any questions, feel free to contact me at [jennifer.r.armstrong2.civ@mail.mil](mailto:jennifer.r.armstrong2.civ@mail.mil)

**Position now open to fill a contract vacancy in the Family Readiness Support Assistant (FRSA) Program in the Buffalo Region.**

**All interested please visit :**



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

**Are you registered on Joint Services Support web portal ?** It is the National Guards website for Military Families, Community Support organizations, volunteers, <https://www.jointservicessupport.org/Default.aspx>

**Are you, a member of your unit, or your family unemployed or under employed?**

**Have you put in your training , meeting and Volunteer hours on Your JSS Activity Tracker?** <https://www.jointservicessupport.org/Default.aspx>

iPhone app <https://itunes.apple.com/us/app/new-york-national-guard-job/id651702318?mt=8>

<b>CALENDAR OF EVENTS</b>	
<b>YOUR FRG FAMILY DAY OR OTHER EVENT SHOULD BE POSTED HERE!</b>	
<b>24 AUG</b>	<b>Post-Deployment 30 day : 101st ESB (HHC and B Co) and 138th PAD</b> <a href="https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=6D5ED946-E875-419C-B991-377E0AAAF3B24">https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=6D5ED946-E875-419C-B991-377E0AAAF3B24</a>
<b>25 AUG</b>	<b>Post-Deployment 30 day : 101st ESB (A Co and C Co)</b> <a href="https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=B7BA709E-550B-4D71-8C0A-99488B8487E1">https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=B7BA709E-550B-4D71-8C0A-99488B8487E1</a>
<b>2 SEP</b>	<b>LABOR DAY</b>
<b>SEP 6</b>	<b>STRONG BONDS EVENT Binghamton 8 HABITS FOR ARNG FAMILIES</b> <a href="http://goo.gl/Nmt1LU">http://goo.gl/Nmt1LU</a>
<b>7 SEP</b>	<b>Post-Deployment 30 day : Newburgh - 105 AW</b> <a href="https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=93F050E2-7459-4B5B-95B7-4B7578A8A525">https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=93F050E2-7459-4B5B-95B7-4B7578A8A525</a>
<b>8 SEP</b>	<b>42nd CAB &amp; 3-142nd AVN and Det 20, OSA Pre-Mob YR Event, Saratoga Springs</b> <a href="https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=EBDF9996-5780-4B4E-91A3-C04C7E325429">https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=EBDF9996-5780-4B4E-91A3-C04C7E325429</a>
<b>13 SEP</b>	<b>Post-Deployment 60 day : Yonkers - 101 SIGNAL BATTALION</b> <a href="https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=B9F98E42-C023-41AF-A62E-FBC51E48F8DD">https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=B9F98E42-C023-41AF-A62E-FBC51E48F8DD</a>
<b>14 SEP</b>	<b>Post-Deployment 60 day: 101st ESB (A Co and C Co)</b> <a href="https://www.yellowribbonevents.org/Events/EventDetails.aspx?Mode=ReadOnly&amp;Id=0F9D3058-96F6-47EB-A07C-AC365E6CC59B">https://www.yellowribbonevents.org/Events/EventDetails.aspx?Mode=ReadOnly&amp;Id=0F9D3058-96F6-47EB-A07C-AC365E6CC59B</a>