

# The New York Minute

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

December 13, 2013



**HAPPY 377<sup>TH</sup> BIRTHDAY  
NATIONAL GUARD**

**Family Programs has been asked by several organizations if we can help them say THANK YOU to our Military Families this holiday season.** Please help us to identify Military Families in NY that would be gracious enough to accept these generous gifts, please contact our Family Assistance Coordinator Jeanna Clark. Also, if you are aware of a Community Organization that is interested in gifting a Military Family over the Holidays please contact our Family Assistance Coordinator, Jeanna Clark [jeanna.c.clark.ctr@mail.mil](mailto:jeanna.c.clark.ctr@mail.mil)



## LAST 2 DAYS!!

**Spring 2014 RIRP "State TA" Applications**

**Deadline is December 15<sup>th</sup>**

The Recruitment Incentive and Retention Program (RIRP) is a New York State program designed to recruit and retain quality members for the State Military Forces (Army and Air National Guard, and Naval Militia). This competitive program will pay the cost of tuition up to a maximum of \$5,570 per calendar year for eligible qualified applicants. Soldiers who apply by the deadline have an additional 60 days to forward any and all pertinent financial aid documentation to the Education Office.

- Applications must be submitted electronically to [ng.ny.nyarng.list.rirp-ny@mail.mil](mailto:ng.ny.nyarng.list.rirp-ny@mail.mil). No paper copies, faxes, etc will be accepted.
- Learn more about this important benefit at <http://dmna.ny.gov/education/?page=rirp>

**Military OneSource Online Holiday Stress Survival Kit**

Military OneSource's online Holiday Stress Survival kit focusing on enjoying the holiday season with friends and family. Offering holiday card ideas, tips on staying stress-free during the holidays.

[http://www.militaryonesource.mil/crisis-prevention?content\\_id=273742](http://www.militaryonesource.mil/crisis-prevention?content_id=273742)



Where can you find your Units FRG Scorecard details?  
<http://dmna.ny.gov/family/frg.php>

Where can you take online trainings, learn about what is new in Family Programs, Financial Resources, Wellness information and TRACK all of your volunteer hours?  
<https://www.jointservicesupport.org/>

**An Important Reminder** as we get to the Holidays and Quickly start a new year. Yes there are less shopping days this Holiday Season and the pressure is always on to get everything for everyone and do it perfectly. **Remember those that truly care, Care more for your PRESENCE than your presents.**

Here are two good ideas to keep in your mind and wallet. **Avoid Extra Costs** – Comparison shop, look for sales, use coupons, and be proactive to decrease the costs of last minute shopping.

**Set Financial Goals for 2014** – Setting specific and realistic goals will help you stick to your holiday budget! Start by gathering all current documents including your financial statements & credit report to create a balance sheet and cash flow statement.

if you are looking for specific information on Finances contact Mr. Adam Stevens Military Family Life Consultant Personal Financial Consultant.

at (518)786-0406 or [astevens@mflc.zeiders.com](mailto:astevens@mflc.zeiders.com)

**Santa's Vision To Host "A Day out with Santa" Events in Western NY**

The events are free to attend. At each event there will be a free picture with Santa and toy for each child. Other activities include free pony rides, face painting, a chance for children to meet their favorite children's characters in costumes, complimentary snacks and drinks, and much more.

**Rochester, NY** Saturday, December 15, 2013 at the Holiday Inn & Suites Marketplace Jefferson Rd, Rochester

**Buffalo, NY** Saturday, December 21, 2013 at the Adam's Mark Hotel and Event Center, 120 Church Street, Buffalo, NY 14202- The Buffalo event is scheduled to have players from the Buffalo Bills appear for meet and greets.

**NEW YORK  
NATIONAL GUARD** 

**JOB ZONE** [DMNA.NY.GOV/JOBS](http://DMNA.NY.GOV/JOBS)

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

## CALENDAR OF EVENTS

13-15 DEC	<b>Strong Bonds Family Event “Lasting Intimacy through Nurturing, Knowledge &amp; Skills”</b> NYC/Westchester, NY <a href="http://www.strongbonds.org">www.strongbonds.org</a>
14 DEC	<b>4<sup>th</sup> Fin, 37<sup>th</sup> Fin, 53<sup>rd</sup> DLD Pre-Mob Yellow Ribbon, La Guardia Marriott</b> <a href="https://www.jointsevicesupport.org/Events">https://www.jointsevicesupport.org/Events</a>
15 DEC	<b>1569<sup>th</sup> TC Pre-Mob Yellow Ribbon, Suffern Crowne Plaza</b> <a href="https://www.jointsevicesupport.org/Events">https://www.jointsevicesupport.org/Events</a>
20-22 DEC	<b>Strong Bonds Family Event “7 Habits For an Effective Military Family “</b> Albany, NY <a href="http://www.strongbonds.org">www.strongbonds.org</a>
21 DEC	<b>FIRST DAY OF WINTER</b>
25 DEC	<b>CHRISTMAS DAY</b>
	INPUT VOLUNTEER HOURS ON JSS <a href="https://www.jointsevicesupport.org/Default.aspx">https://www.jointsevicesupport.org/Default.aspx</a>
31 DEC	<b>NEW YEAR’S EVE</b>



### The Winter Driving Season is upon us. Here are some tips from AAA :

- Avoid driving fatigued. Getting the proper amount of rest before taking on winter weather tasks reduces driving risks.
  - Never warm up a vehicle in an enclosed area, such as a garage.
  - Make certain your tires are properly inflated.
  - Keep your gas tank at least half full to avoid gas line freeze-up.
  - If possible, avoid using your parking brake in cold, rainy and snowy weather.
  - Do not use cruise control when driving on any slippery surface (wet, ice, sand).
  - **Always look and steer where you want to go.**
- Use your seat belt every time you get into your vehicle.

#### **Tips for long-distance winter trips:**

- ✓ Delay trips when especially bad weather is expected. If you must travel let others know your route and estimated arrival.
- ✓ Pack blankets, gloves, hats, food, water and any needed medication in your vehicle.
- ✓ If you become snow-bound, stay with your vehicle. It provides temporary shelter and makes it easier to locate you.
- ✓ Don't try to walk in a severe storm. It's easy to lose sight of your vehicle in blowing snow and become lost.
- ✓ Tie a brightly colored cloth to the antenna or place a cloth at the top of a rolled up window to signal distress.
- ✓ At night, keep the dome light on if possible. It uses a small amount of electricity and will make it easier to find you.
- ✓ Make sure the exhaust pipe isn't clogged with snow, ice or mud. A blocked exhaust could cause deadly carbon monoxide gas to leak into the passenger compartment with the engine running.
- ✓ Use whatever is available to insulate your body from the cold. This could include floor mats, newspapers etc
- ✓ If possible run the engine and heater just long enough to remove the chill and to conserve gasoline.

#### **Tips for driving in the snow:**

- Accelerate and decelerate slowly. Applying the gas slowly to accelerate is the best method for regaining traction .
- Don't try to get moving in a hurry.
- Take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads.
- Drive slowly. Everything takes longer on snow-covered roads. Accelerating, stopping, turning – **Give yourself time to maneuver by driving slowly.**
- The normal following distance should be increased to ten seconds. This increased margin provides the distance needed to stop.
- Know your brakes. **Use threshold breaking.** Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- Don't power up hills/ Don't stop going up a hill. Applying extra gas on snow-covered roads just starts your wheels spinning. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top.
- As you reach the crest of the hill, reduce your speed and proceed down hill as slowly as possible.

➤ **Stay home. If you really don't have to go out, don't. Even if you can drive well in the snow, not everyone else can. Don't tempt fate: If you don't have somewhere you have to be, watch the snow from indoors.**

