



The New York Minute

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

SEPT 13, 2013



Its time to start planning for the many Community organizations that request assistance to identify Military Families to give a **Gift of Thanks** to over the Holidays. You can be a good friend to your Community and fellow Guard Families.

If you know of a Community Organization that is interested in gifting a Military Family over the Holidays anytime between Thanksgiving and New Years Please contact our Family Assistance Coordinator Jeanna Clark

jeanna.c.clark.ctr@mail.mil for help in coordinating contact with a Military Family that will accept their generosity. As well, If you are or know of a Military Family in NY that would be gracious enough to accept these generous gifts, please contact Jeanna jeanna.c.clark.ctr@mail.mil

Suicide Prevention - This year, the Army has extended its observance of **National Suicide Prevention Week** to the **entire month of**

September, reinforcing its commitment to reduce risk behaviors and incidents of suicide in it ranks, and promote help seeking behaviors. The RTI will be raising awareness this month by participating in The Out of the Darkness Community Walk on 21 September 2013. If you would like to join the team, you can register at <http://afsp.donordrive.com>. Our team name is 106 RTI - New York Army National Guard. If you cannot attend but want to donate, <http://afsp.donordrive.com> 82.1% of every dollar goes to research, education and survivor programs. for more information.

melissa.s.guckian.mil@mail.mil or shaun.c.butcher.mil@mail.mil

What is your Units' FRG Score Card Rating?

<http://dmna.ny.gov/family/scorecard>

&

What does that mean for your Military

Families? Call 1-877-715-7817 to Contact your Regional Family Readiness Support Assistant

Start practicing a great resilience habit in your home to build optimism in your family.

Have each family member share one good thing they experience each day and a reflection on that good thing:

- Why this good thing happened
- What this good thing means to them
- What they can do tomorrow to enable more of this good thing

Hunting the Good Stuff can lead to:

- Better health, better sleep, feeling calm
- Lower depression and greater life satisfaction
- More optimal performance
- Better relationships

Supporting Children During Deployment

Join Alicia Russo, NY State Military OneSource Consultant, for a 1/2 hour webinar that will provide participants a walk-through of information, benefit programs, and resources that can be used by parents, family members, and caregivers in supporting children ages birth-18 years old cope with the deployment of a parent or loved one.

Topics that will be covered include:

- Finding information on Military OneSource to help children cope with deployment;
- Books and activities for children about deployment;
- Where to find information, and apply for, grants for children's activities; and
- Information for family members, caregivers, day care providers, and teachers supporting children experiencing the deployment of a loved one.

Registration links below:

Fri, Sep 27, 2013 11:30 AM - 12:00 PM EDT

<<https://www2.gotomeeting.com/register/898593258>>

Fri, Sep 27, 2013 8:00 PM - 8:30

PM EDT

<<https://www2.gotomeeting.com/register/925118602>>

You will receive a confirmation email with information to join the Webinar.

CALENDAR OF EVENTS	
1-30 SEP	INPUT VOLUNTEER HOURS ON JSS https://www.jointservicesupport.org/Default.aspx
14 SEP	Post-Deployment 60 day: 101st ESB (A Co and C Co) https://www.yellowribbonevents.org/Events/EventDetails.aspx?Mode=ReadOnly&Id=0F9D3058-96F6-47EB-A07C-AC365E6CC59B
16 -20 SEP	VETERANS OPPORTUNITY TO WORK DOL EW TRAINING, POC john.j.willsey.ctr@mail.mil
19-20 SEP	ASIST Workshop, Syracuse, for information melissa.s.guckian.mil@mail.mil
21-22 SEP	ASIST Workshop, Binghamton, for information melissa.s.guckian.mil@mail.mil
20-22 SEP	42nd CAB/642 Families Strong Bond Event register @ www.strongbonds.org - National Guard, Families, New York
18-20 NOV	The Welcome Home Initiative : Saratoga Springs register: welcomhome@byhiswoundsministry.org

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



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

As we approach the beginning of a new fiscal year and in preparation for year-end close-out, the following guidance is provided concerning use of Federal Tuition Assistance accessed through www.goarmyed.com. All course enrollments with start dates through 30 Sep 2013 must be requested in GoArmyEd BEFORE 23 Sep 2013.

Attempts to enroll in courses after 23 Sep 13 will not be approved. There will be no exceptions. This enrollment cut-off is necessary to allow for the fiscal year close out.

Questions : ng.ny.nyarnng.list.education-ny@mail.mil



http://www.nyfrc-inc.org/run_req.html

MILITARY.COM Deals> Coupons & Discounts

<http://www.military.com/discounts/?ESRC=discounts.nl>

New Military.com App for Smartphones and

Tablets <http://www.military.com/topics/best-apps>

Back To School with the Child & Youth Program

Did you know the Child & Youth Program recently developed a resource to assist parents in communicating the unique strengths and challenges of National Guard children to community partners? Back to School season is the perfect time of the year to share this guide with your child's teachers, principals and school counselors. The CYP recognizes the important role educators have in enhancing the resilience of our youth and successfully preparing them for the future.

Read more on Advocating For Military Children:

<http://www.jointservicesupport.org/FP/Assets/pdf/Educator-Update-with-DMR-v3.pdf>

See below for a listing of resources to support your children's academic development and let the Child & Youth Program help your family prepare for the upcoming school year!

Free tutoring : <http://www.tutor.com/MILITARY>

Quality before/after school care:

https://www.sittercity.com/register_corp_1.html?corp=dod&client=67

Discussion of tough topics & helping children cope:

<https://militarykidsconnect.org/parents>

Free SAT/ACT test prep programs:

http://www.eknowledge.com/affiliate_welcome.asp?coupon=2941CE7118

youth Scholarships: <http://www.militaryscholar.org/>

Student Online Achievement Resources designed for military families: <http://www.soarathome.com/>