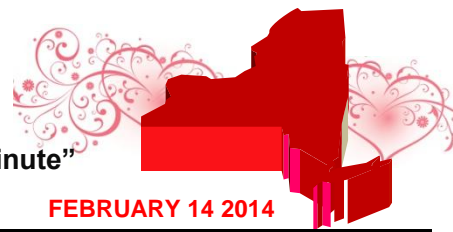




In a New York Minute

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



FEBRUARY 14 2014

NY STATE FAMILY PROGRAMS VOLUNTEER AND YOUTH WORKSHOPS

This year's workshops are open to Air and Army National Guard Volunteer and Youth. These workshops meet the annual requirements for training to make an FRG Green.

The theme for the Workshop this year is "Health and Wellness." During the General Session, we will have guest speakers and discuss topics of interest to the NYNG. The Workshop will include volunteer annual training sessions, an awards ceremony to recognize our adult and teen volunteers, youth/teen training, and a Question and Answer panel. There will also be a Provider Forum for you to meet with some organizations that support Military Families.

The NYNG Youth (ages 6-18) will be attending an off-site facility for a one-day event, challenging their strength, balance and agility while providing team-building experiences. The youth will have the potential to conquer their fears and get an adrenaline rush while experiencing obstacles which will offer a sense of accomplishment with each element they complete. Some of the personal rewards your children can achieve are: acquiring self worth, competence, judgment and decision making, and effective communication.

For children that are between 0-5 years old, childcare will be provided at the Workshop hotel.

To reduce the travel burden of attendees we will be hosting two identical Workshops. The Workshops will be **Saturday, 5 April thru Sunday, 6 April 2014 in Westchester County** and **Saturday, 17 May thru Sunday, 18 May 2014 in Syracuse**. Please attend one nearest to your Home of Record.

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Register Here

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April <http://alturl.com/dvy34>

May <http://alturl.com/6b4o6>



The Family Assistance Center located at the Glenmore Rd Armory in Troy is **OPEN** Monday –Friday 8:00am-4:00pm. A full time Family Assistance Specialist will be in the office in the near future. In the meantime other Family Programs staff are available. Feel free to drop in or call for information /assistance (518) 285-5830

U.S. Army Cyber Command Alert:
Travel Card alert Protect Your Travel Card CitiBank reports some cardholders have been reporting receiving text messages from 19014140142@VTEXT.COM informing them of suspension of the card unless certain information is verified (such as full account number, CVV, last four of SSN, and four-digit PIN). These messages do not originate with CitiBank and users should not respond. If you or any of your travelers receive such a text, report this incident to your Travel Card Coordinator.



Military Celebrates Black History Month

<http://goo.gl/sVHhgx>

90% Discount on SAT and ACT Test Prep
\$250 SAT and ACT PowerPrep Programs For Under \$20.00 eKnowledge is offering \$250 SAT and ACT test prep programs for just the cost of providing the programs (under \$20)...the fee covers everything, including: materials, shipping, student support, and streaming. You may request your programs online:
www.eknowledge.com/USNationalGuard

NY ARMY Nation Guard StrongBonds

REGISTRATION www.strongbonds.org
under National Guard, Couples or Families Events

UPCOMING EVENTS

Married Couples Weekend– February 21-23 Rochester Area

Married Couples Weekend– March 7-9 Albany Area

Families and Spouses of Deployed Service Members (Family Event)- March 28-30 NYC/Long Island Region

For more information contact: 1LT Mark Getman

Mark.H.Getman.mil@mail.mil

CALENDAR OF EVENTS

14 FEB	♥ Valentines Day ♥
17 FEB	PRESIDENTS DAY
22 FEB	🌿 George Washington's Birthday
24 FEB -1 MAR	Military Saves Week! http://www.militarysaves.org/
1-2 MAR	222 MP 30/60 Day Yellow Ribbon event Rochester https://www.jointservicesupport.org/Events
13-14 MAR	Supporting Military Children through School Transitions West Point, NY No Cost to Participants Registration Myriam Virella 254-953-1923 x 1119 myriam.virella@militarychild.org
5-6 APR	SAVE THE DATE! Annual Volunteer Training and Youth Symposium Suffern NY
17-18 MAY	SAVE THE DATE! Annual Volunteer Training and Youth Symposium Syracuse NY

February's theme for Comprehensive Soldier and Family Fitness (CSF2) is **EMOTIONAL FITNESS** with the **resilience** competency focus on **SELF REGULATION**.

We all experience many stressors but ultimately still have a job to do/ things to accomplish. Negative emotions can make you lose focus and detract from your performance.

Here's a resilience skill to put in your tool box: **"Real Time Resilience "An Internal skill that is used in the moment, a skill that can be used to help fight counterproductive thoughts and remain task focused. It is the process of responding to counterproductive thoughts as they occur by using evidence optimism and putting the situation in perspective.**

Use these three sentence starters when reacting to counterproductive thoughts:

1. That's not completely true because.....
2. The more optimistic way of seeing this is.....
3. The most likely implication is.... And I can.....

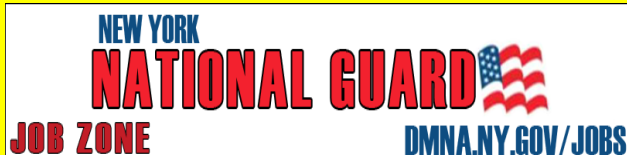
The skill of "Real Time Resilience" builds on the competency of Optimism.



ITS TAX TIME..... & if you are eligible under the **Military OneSource** program, you can complete, save and file your 2013 Federal and up to three State returns online at no charge to you with the H&R Block Basic tool. The link below will take you to the Military OneSource public website, click on "Access Resources" on the right to login and utilize this program. <http://goo.gl/pkhFLK>

Did you know? Under a new state law enacted in December, school districts have the option of extending a partial property tax break that's similar to those veterans now get for county and municipal property taxes. The legislation requires school boards to hold public hearings and pass the exemptions by Feb. 28 in order to go into effect for 2014-2015 school taxes.

Under the new law, districts would be allowed to offer up to a 15 percent reduction in assessed value for veterans who served during a time of war, plus 10 percent for those who served in combat zones. Veterans could also receive a reduction based on their service-connected disabilities. Please feel free to contact your local school board to advocate for the exemption. <http://www.tax.ny.gov/pit/property/exemption/vetexempt.htm>



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

\$Scholar\$hip

NY National Guard Family Readiness Council:
For Information and Details, keep an eye out here and on our Facebook page <http://goo.gl/a5TXKk>

February 24 – March 1, 2014, Military Saves Week coordinated by [Military Saves](#), a partner in the DoD's Financial Readiness Campaign, seeks to motivate, support, and encourage military families to save money, reduce debt, and build wealth.

For information Personal Financial Counselor,
Adam Stevens (518) 786-0406 Cell (518) 275-5765
AStevens@MFLC.Zeiders.com