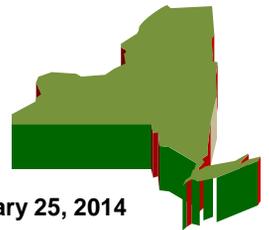




In a New York Minute

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



January 25, 2014

January’s theme for Comprehensive Soldier and Family Fitness (CSF2): **Social Fitness**
Resilience skill : **Detecting Icebergs**

What is Social Fitness:

- Striving to be morally responsible and law abiding
- A person who is socially fit is accepting of other peoples’ beliefs and lifestyles
- A socially fit person maintains basic living skills that promote a positive influence and contribute to their communities



Some of the components of social fitness are:

- **Citizenship**- We should all be law abiding citizens
- **Community**- We should strive to be respected members of our communities
- **Healthy Relationships**- We should strive to maintain professional relationships with co-workers and fellow Service Members
- **Respect**- Be open in communication and practices empathy that involve treating people justly.

What do unhealthy social fitness behaviors look like? Easily influenced by negative trends, disrespect, poor or anti-social language and attitude, reclusive, low self esteem and lacking integrity.

What can be the cause of unhealthy Social behaviors? “ICEBERGS” Icebergs are deep core beliefs and values that influence how we act and react.

What can we do? Detect Icebergs

“Detecting Icebergs” is a critical skill because it increases self awareness which allows us to have greater control over our emotions and reactions. You can identify your iceberg beliefs by asking yourself four “what” questions.

1. What is the most upsetting part of this for me?
2. What does that mean to me?
3. What is the worst part of that for me?
4. Assuming that is true what about that is so upsetting to me?

Once you “detect” the iceberg, you can better prepare for situations that will come into your social life and feel better fit to cope.

For assistance and services:

State Family Programs Office 1-877-715-7817
Director of Psychological Health 518-396-8993

Interested in bringing Resilience Training to your Families? Have your FRG contact their Family Readiness Support Assistant to schedule an event. 877-715-7817

It is that time of year again. **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>

ATTENTION!

COMMANDERS & FRG Military Points of Contact. PLEASE take a moment to help us successfully plan Annual Training by asking your FRG volunteers to respond to this notice:

This year’s theme will focus on a variety of Health and Wellness topics, from physical health to the Wellness of our FRGs. There will be identical trainings at two locations. If you would most likely attend a training weekend April 5-6 in Westchester County please email : laraine.h.figliuolo.ctr@mail.mil

If you would most likely attend a training weekend May 17-18 in the Syracuse area please email: stephanie.m.duell.ctr@mail.mil

CALENDAR OF EVENTS

ANY DAY	RECORD YOUR VOLUNTEER HOURS ON JSS https://www.jointservicessupport.org/
29 JAN	5-8 PM Part II of 6 hr course Veteran Peer Leadership Academy Albany . Includes free dinner . RSVP to register and to receive details. capitalregionsos@gmail.com or 518.694.0641 .
1 FEB	National Freedom Day
2 FEB	Ground Hog Day
6 FEB	Updating Your User Profile in JSS Thurs Feb 6, 10:00 – 10:30 AM EST http://goo.gl/Nzyi5u
6 FEB	Communicating in JSS 11:00 - 11:30 AM EST Registration: http://goo.gl/sCMfOg
7 FEB	7:30-9 PM From to Hell to Healing An evening of education and entertainment by Jason Moon. FREE to Veterans Eastern Parkway United Methodist Church Schenectady www.warriorsongs.org
9 FEB	105 th AW Post Deployment event POC Darrell Pinckney darrell.c.pinckney_ctr@mail.mil
12 FEB	Abraham Lincolns' Birthday 
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/

Tuition Assistance is worth up to \$4,500 a year and if you don't use it, you lose it. This benefit is not a loan and can cover up to 100% of Tuition and Fees.

Find schools with VA-approved programs. <http://goo.gl/BZYE6L>

Tuition Assistance can help pay for a degree in: **Business Administration, Homeland Security and Law Enforcement, Computer and Information Sciences, Healthcare Management, Marketing, Education, and More**

Homeless Veteran Awareness

FREEZE OUT

Jan. 25-26, 2014 6pm - Noon

Donate warm weather clothing for homeless Veterans of the Capital Region. Stay for the overnight sleepover OUTSIDE and enjoy a Pancake breakfast at 10:00 \$10.

Veterans of Foreign Wars Post 6776
525 Delaware Ave Albany, (518) 465-9349

OPEN TO THE PUBLIC ALL ARE WELCOME

NY National Guard

Family Readiness Council **\$**scholar**\$**hip

For Information and Details, keep an eye out here and on our Face book page <http://goo.gl/a5TXKk>



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

April, May, June, July, and August 2014

The Albany Housing Coalition and Capital Region Nordic Alliance will be offering a series of endurance events giving athletes a taste of being in the military, particularly the Army.

Running, pushups, sit-ups, land navigation, and backpacking will separate the men from the boys, the women from the girls.

capitalregionsos@gmail.com or 518.694.0641.

Open to everyone.