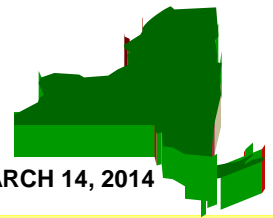




# In a New York Minute

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



MARCH 14, 2014

NOMINATION PERIOD CLOSES TODAY

NYNG State Family Programs Office 2013 Volunteer and Youth Awards  
See pages 3&4 for information and nomination forms

This is your **LAST** opportunity to nominate an outstanding  
Volunteer, Service Member, and Community Organization

**ARMY PARENTS AND FAMILIES, DO NOT MISS THIS IMPORTANT NOTICE:** If you use or need information on the Army fee assistance program for childcare (formerly NACCRR)

Join us for an informational presentation on :  
**The Army Fee Assistance Program Transition**  
Wednesday, March 26, 2014 3:00 PM - 4:00 PM Eastern

**Space is limited. Reserve your Webinar seat now**  
<https://www2.gotomeeting.com/register/214387690>

After registering you will receive a confirmation email containing information about joining the Webinar. In addition you can find information about the transition at [www.armyfeeassistancenaccrra.org](http://www.armyfeeassistancenaccrra.org)

**Comprehensive Soldier & Family Fitness (CSF 2) theme for March is Spiritual Fitness**

**? What is Spiritual Fitness?**

**Spiritual Fitness** is not necessarily about Religion

- your personal beliefs and values may include religion, but they may not.
- **Spiritual fitness** develops the personal qualities needed to sustain us in times of danger, hardship and tragedy
- The Military expects Service members to live my core values , which are the moral foundations of good citizenship and character
- Spiritual qualities form the basis of character, decision –making and INTEGRITY
- Chaplain are non-denominational and highly experienced counselors

**Spiritual Fitness is strengthening a set of beliefs, principles or values that sustain a person beyond the support of Family and friends:**

Engage in activities that strengthen character & values as well as strengthen inner-self to build confidence.



**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. Workshops will be held:

**Westchester County** <http://alturl.com/dvy34>

**Saturday, 5 April thru Sunday, 6 April 2014**

**Syracuse** <http://alturl.com/6b406>

**Saturday, 17 May thru Sunday, 18 May 2014**

**Please attend nearest to your Home of Record**

## CALENDAR OF EVENTS

14 MAR	STATE FAMILY PROGRAMS AWARDS NOMINATIONS CLOSE
17 MAR	 <span style="font-size: 1.2em; font-weight: bold;">ST PATRICKS DAY</span> 
27 MAR	<b>HIRING OUR HEROES VETERANS EVENT</b> 68 Lexington Ave For registration questions, please contact us at <a href="mailto:hiringourheroes@uschamber.com">hiringourheroes@uschamber.com</a> or call 202-463-5807
28-30 MAR	<b>STRONG BONDS</b> Family Event NYC/Long Island POC <a href="mailto:Mark.H.Getman.mil@mail.mil">Mark.H.Getman.mil@mail.mil</a>
5 APR	<b>Gold Star Wives Day Remember ~ Respect ~ Honor</b>
5-6 APR	Annual Volunteer Training and Youth Symposium Westchester County, NY <a href="http://alturl.com/dvy34">http://alturl.com/dvy34</a>
15 APRIL	<b>LAST DAY TO FILE YOUR STATE AND FEDERAL TAX RETURNS</b>
20 APR	<b>EASTER SUNDAY</b>
26 APR	<b>Military Kid Day</b> Strong Museum of Play REGISTRATION REQUIRED (315) 788-8450 / <a href="mailto:eaf235@conell.edu">eaf235@conell.edu</a>
17-18 MAY	Annual Volunteer Training and Youth Symposium Syracuse NY <a href="http://alturl.com/6b4o6">http://alturl.com/6b4o6</a>

### WHO'S NEW IN FAMILY PROGRAMS

✓ Nichole Pease  
 Family Assistance Specialist  
 Camp Smith 914-944-6952  
[nichole.l.pease.ctr@mail.mil](mailto:nichole.l.pease.ctr@mail.mil)



✓ Fernando Verde  
 Temporary Family Readiness Support Assistant  
 Ft Hamilton 347-569-8047



The weather really is beginning to break here in the Great North East. Daylight is longer everyday. Its time to don your walking shoes and get outside even Ten minutes a day can improve you overall health

**Military Children's Day with Albany County Sheriff's Office**  
 Wednesday, April 16<sup>th</sup> 9:00 AM-4:00 PM  
 Join us for a day of exploring the behind the scenes work of police officers in your community! The program is **FREE OF CHARGE** for children of our service men and women, military families and veterans. This event is sponsored by the Albany County Sheriff's Office and the American Red Cross of Northeastern New York.  
**SPACE IS LIMITED. REGISTRATION IS REQUIRED.**  
 To register, contact Dianna Rios at the American Red Cross at (518) 694-5160 or [Dianna.Rios@redcross.org](mailto:Dianna.Rios@redcross.org)

**Joint Family Support Assistant Program (JFSAP) Newsletter** <http://goo.gl/YKEC4I>

File your 2013 TAX returns **FREE** with Military OneSource <http://goo.gl/pkhFLK>



**MWR Newsletter** <http://goo.gl/4LrBSK>

**Horse Sense Program ~ Day for Military Children**  
 Join us at Victoria acres equine facility, inc. For an exciting day to learn everything about horses from hooves to ears and spend a day on the farm.

**TUESDAY April 15 10:00 AM TO 4:00 PM**  
 Registration and liability release forms will need to be completed for each participant 518-813-8805 or [VictoriaAcresEquineFacility@hotmail.com](mailto:VictoriaAcresEquineFacility@hotmail.com)



NEW YORK  
**NATIONAL GUARD**   
**JOB ZONE** [DMNA.NY.GOV/JOBS](http://DMNA.NY.GOV/JOBS)

View job postings & Career Fair info  
<https://dmna.ny.gov/jobs/jobs.php?id=nyng>



**New York National Guard  
State Family Programs Office  
2013 Volunteer and Youth Awards  
Nomination Form**

**Nominations are due no later than 14 MAR 2014**

**Please see the attached award category descriptions and select the award below:**

**Army Guard**

- Service Member Volunteer of the Year
- Military Point of Contact of the Year
- Unit Commander of the Year
- Volunteer of the Year
- FRG of the Year
- Community Organization

**Air Guard**

- Airman Member Volunteer of the Year
- Military Point of Contact of the Year
- Wing Commander of the Year
- Key Volunteer of the Year
- FRG/Key Volunteers of the Year
- Community Organization

**Nominee's Name** \_\_\_\_\_ **Rank (if applicable)** \_\_\_\_\_  
Army or Air \_\_\_\_\_  
Phone Number \_\_\_\_\_  
Email Address \_\_\_\_\_  
Unit Name and Address \_\_\_\_\_

**Nominator's Name** \_\_\_\_\_ **Rank (if applicable)** \_\_\_\_\_  
Phone Number \_\_\_\_\_  
Email Address \_\_\_\_\_  
Unit Name and Address \_\_\_\_\_

Accomplishments of the Nominee (be specific)

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Send completed form to: Larry Linville, FRSA at [larry.d.linville.ctr@mail.mil](mailto:larry.d.linville.ctr@mail.mil) or SSG Peek, Wess, Family Programs Admin Assistant at [wess.l.peek.mil@mail.mil](mailto:wess.l.peek.mil@mail.mil) or fax to 518-786-6075

Family Programs staff will complete the following:  
Date Received \_\_\_\_\_ by \_\_\_\_\_



**New York National Guard  
State Family Programs Office  
2013 Volunteer and Youth Awards Nomination Categories**

**NOMINATIONS ARE DUE NO LATER THAN 14 MAR 2014**

**Award Categories:**

**Military Point of Contact of the Year (MPOC)** is presented to the service member who consistently displays outstanding leadership as a liaison between Family Programs, Family Readiness Groups, and Commands. The service member must be appointed on a Duty Appointment Order to be eligible for this award..

**Volunteer of the Year** is presented to an individual that demonstrates outstanding support to military families. To be eligible, the individual must consistently display generosity that goes above and beyond the act of giving and providing assistance to military families.

**FRG of the Year** is presented to the most outstanding FRG. To be eligible, they must meet the requirements to be a "green" FRG. Visit the below website for more details on a green FRG. <http://dmna.state.ny.us/family/FRGSCORECARD.pdf>

**Community Organization** is presented to that organization who has made a significant contribution to the NY National Guard through their volunteerism, support, or monetary contributions (gratuitous volunteers).

**Key Volunteer of the Year** is presented to an individual that demonstrates outstanding support to unit family members. To be eligible, the individual must consistently display the act of going above and beyond for the unit family members.

If you have any questions regarding the above categories, please contact : Larry Linville, FRSA at [larry.d.linville.ctr@mail.mil](mailto:larry.d.linville.ctr@mail.mil) (518) 588-6662 or SSG Peek, Wess, Family Programs Admin Assistant at [wess.l.peek.mil@mail.mil](mailto:wess.l.peek.mil@mail.mil) or any State Family Program Office staff member.