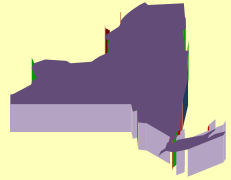




In a New York Minute

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



March 6, 2015



Daylight Saving Time 2015 begins at 2:00 AM on Sunday, March 8
* Set your clocks ahead 1 hour/ change batteries in your smoke and carbon monoxide detectors



DID YOU KNOW?!

YOU CAN LEARN ABOUT YOUR TRI CARE BENEFITS!?

Please join us private, one on one sessions about the US Family Health Plan, a TRICARE Prime option available to eligible military beneficiaries. Hourly sessions are conveniently scheduled beginning at 2PM. The last session begins at 6PM. Choose a time that's most convenient for you!
Please RSVP: 1-888-241-4556 or info@martinspoint.org

When you RSVP, please include the following information:

1. Your name, address and telephone number
2. Date, time and location of the seminar you would like to attend
3. Number of attendees in your party.

Date: 03/19/2015
Time: 1:00 PM to 6:00 PM
Location: Martins Point Regional Office
125 Wolf Road, Suite 204 Albany, NY

Date: 03/24/2015
Time: 2:00 PM to 6:00 PM
Location: Best Western
50 Commons Drive Cooperstown, NY 13326

Can't Wait

Is it here yet? It feels like we have been waiting forever to see it, smell it and feel it. But the snow is still lingering and the wind continues to bite. And the longer it lasts, the more we long to feel the gentle warmth of the sun upon our faces. I want to once again awake to birds singing through an open window and feel a gentle breeze flowing in, offering summer fragrances.

The anticipation of spring and summer will often fuel memories of the best that life can be. We revisit those Hallmark visions of Mother Nature embracing us with all the gifts she has to offer. We even decide that we deserve this showering of nature's grandness because we endured the opposite for so long.

Expectations are often not met within our predetermined time frames. Initially, we lament and wonder why we've had to persevere. As it becomes more evident that the change we seek is showing its face, we have a renewed spirit and revisit feelings of gratitude. So is delayed gratification really the hardship that we have labeled it to be, or can it be a vehicle for joyful rediscovery?

When spring finally appears we all smile like we have never seen it before.

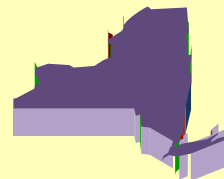
I'm ready!



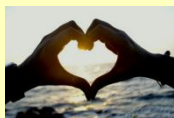


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“Members of the Armed Forces and their families must be physically and mentally fit to endure the stresses of military duty. As a business owned and operated by a military family, FOODHOOK is pleased to provide its menu planning service free of charge to current members of the military for a three-month period in an effort to help military families form nutritional habits that enhance health and wellness. Users can link from a banner add or at the bottom of the home page under “Military Families” at the link www.foodhook.com”



Make the Right Move For Your Family!
Family Skills Workshop
Stratton VA Medical Center - Albany NY 12208
***Wilson Lounge- 4th floor**

Session : 3/27
Assertiveness, anger management and dealing with conflict

No-cost registration: Call Cat Lynch, LCSW
518-626-5433
Refreshments will be served

7 Practical Tips on Getting Healthier for Real Peeps
by Erica Haray-Butcher, MS, CHES – Health Educator & Life Coach

1. **Find things you'll enjoy and move that body of yours** - If you're trying to get more active, find a way to do it that doesn't make you want to stab your eyeball with a pen. (That creates more problems...) Or do things that have the potential for you to enjoy. If you like the water, consider joining the Y and start swimming, or learn to kayak or canoe. If you like to dance, go to a Zumba class. If you like team sports, join a league. Even if it's hard initially because you're out of shape, it's something you'll eventually really enjoy. This sets you up for success... When I tried a few years ago to get "back in shape" while my husband was deployed, I started walking on our treadmill. Then I graduated, very slowly, to a combo of walking and jogging on the treadmill (still mostly walking), and then I moved to mostly jogging on the treadmill. But I hated running! I liked being good to my body, but found running about as fun as stabbing myself in my eye with that pen I talked about earlier.

A few years later I hired a personal trainer who introduced me to all new exercises, and while I cursed her under my breath (and out loud) during our workouts...I wound up loving most of what she asked me to do. I discovered a surprising love of spin, TRX, and yes, even kettle bells. I also learned I strongly dislike old fire hoses. Full disclosure on the kettle bells- it's not that I actually love them, it's that I love fast results. Therefore, I love kettle bells.

To read the rest of the tips including info about food, diets, sugar & sodium addiction, & ignoring the haters, please go to: <http://www.catchgoodhealth.com/2015/01/22/seven-practical-tips-on-getting-healthier-for-real-peeps/>



The David Fisher Upper Hudson Heroes (DFUHH) mission is to provide our disabled veterans with a positive and enjoyable learning environment allowing them to explore the outdoors in a kayak. In doing this, we will strive to provide a friendly and supportive atmosphere where our vets physical abilities and self-confidence will be reinforced in a supportive environment with qualified instructors .

If you are interested in becoming involved as a volunteer or participant

Please contact:
Bob Loya bloya@watervliet.com 518-377-9115
Tricia Johnston gjohnso6@nycap.rr.com
518-496-1122
Mike Cavanaugh mcavana3@nycap.rr.com
518-378-5744



catch good health



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Military OneSource

Offers **FREE** Tax Consultation & eFiling

- ✓ Maximize your refund
- ✓ Take advantage of our simple, easy process
- ✓ Use your tax refund wisely - save money and pay off debt

Visit MilitaryOneSource.mil to file your federal and state taxes.



Call. 1-800-342-9647 Click. MilitaryOneSource.mil Connect. 24/7

Provided by the Department of Defense at no cost to service members (Active duty, Guard, and Reserve) and their family members.

SHRINE CIRCUS

MARCH 12 - 15th
THE EVENT CENTER (AGRI-CENTER)
ON THE HAMBURG FAIRGROUNDS
5820 South Park Ave., Hamburg, NY

.....
Tickets on sale at Shrine circus office
1600 Southwestern Blvd W. Seneca NY
AGRI-CENTER BOX OFFICE
and online at TICKETS.COM
Call 674-8666 for more information



Sesame Street needs you!

Sesame Street Workshop is creating TV programming for veterans and their families.

We are looking for Recently Discharged (or Transitioning) Veteran Families with Young Children

Army - Navy - Marines - Air Force - Coast Guard

Those who qualify will be paid \$125 to participate.

Focus Groups are scheduled for March 18 & 19 at RMS.
Baldwinsville NY

Please call 315-635-0479 or visit

www.RMSresults.com/survey/sesamestreet to find out more.

March Resilience skill : strengths of Character.
What are your strongest Character traits, How can you use them to help you in your resilience, to help others?
Take the Values In Action survey to learn more.
<https://www.authentic happiness.sas.upenn.edu/user/login?destination=node/434>

**MARCH
FRG
SCORECARD**

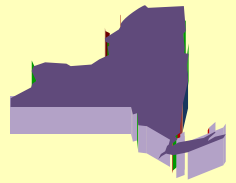
<http://dmna.ny.gov/family/scorecard/>

Spouse Education and Career Opportunities eNewsletter
<http://www.militaryonesource.mil/seco/enewsletter>



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CALENDAR OF EVENTS:

MAR 8

DAYLIGHT SAVINGS TIME BEGINS SUNDAY TURN YOUR CLOCKS AHEAD ONE HOUR

MAR 13-15

STRONGBONDS Couples event Tarrytown NY POC SGM Roy Sayward
roy.c.sayward.mil@mail.mil

MARCH 17

ST Patrick's day



MAR 20

SPRING BEGINS! !!!!!

MAR 29

ALBANY LAW SCHOOL~ Veterans Law Day Albany Law School, 80 New Scotland Ave., Albany, NY 12208 Time: 1000 - 1500
<http://www.albanylaw.edu/event/servingveterans/Pages/default.aspx>

OPERATION PURPLE CAMP Applications are open!

Who is eligible to attend Operation Purple Camp?

Operation Purple camps are open to military children with a parent or guardian from any service branch, including National Guard and Reserve, Coast Guard, and the Commissioned Corps of the Public Health Service and the National Oceanic and Atmospheric Administration. Priority is given to children who have a parent or guardian who incurred service-connected injuries or illness on or after 9/11 or will have a parent or guardian deployed during a 15-month deployment “window;” this includes pre-, during and post-deployment phases. Remaining camp slots are filled with any DEERS-eligible military child. Children of retired military personnel are eligible if the service member was injured or ill on or after 9/11 or deployed at any time during the current deployment “window” before retirement. Specific “window” time frames will be announced each year

Check below for a camp near you.

<http://www.militaryfamily.org/kids-operation-purple/camps/>



NEW YORK
NATIONAL GUARD 
JOB ZONE DMNA.NY.GOV/JOBS

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

NEXT ISSUE of In A NY Minute MARCH 27 2015