



# In a New York Minute



"All the News you Need to Know – in a Minute"

A Weekly Update for New York National Guard Service Members & Families

For more information on items featured in "In a NY Minute": [stephanie.duell@us.army.mil](mailto:stephanie.duell@us.army.mil)

## White House Urges Americans to Support Troops

1% of Americans may be fighting our wars, but we need 100% of Americans to be supporting our troops and their families. Mrs. Obama and Dr. Biden are asking Americans to get involved in any way they can. <http://www.whitehouse.gov/joiningforces/>

## NYNG Family Programs Volunteer & Youth Workshop Family Readiness is Key to National Guard Success

<http://dmna.state.ny.us/news/news.php?id=1303496933>

## FRG Scorecard Rating ~ UPDATED 1 APRIL

<http://dmna.state.ny.us/family/FRGSCORECARD.pdf>

## 2011 Volunteer training workshop slides

<http://dmna.state.ny.us/family/frg.php>

## NYNG families recognized by local veterans

<http://dmna.state.ny.us/index.php>



## The 4th Annual Hometown Heroes Run

Sunday, June 12, 2011 at 9:15. Register [www.nyfrc-inc.org](http://www.nyfrc-inc.org)



## 2011 Military Youth Camp opportunities

Contact NYNG Youth Coordinators [colleen.e.casey@us.army.mil](mailto:colleen.e.casey@us.army.mil) or [keri.j.oneil@us.army.mil](mailto:keri.j.oneil@us.army.mil)



## TRICARE North for Beneficiaries

<https://www.hnfs.com/content/hnfs/home/tn/bene.html>



Guard News <http://www.ng.mil/default.aspx>



## Couples & Families Strong Bonds Events

Strengthening Relationships through education, communication, and fun with other military families.

[http://dmna.state.ny.us/family/strong\\_bonds\\_guidance.pdf](http://dmna.state.ny.us/family/strong_bonds_guidance.pdf)  
[http://dmna.state.ny.us/family/strong\\_bonds.pdf](http://dmna.state.ny.us/family/strong_bonds.pdf)



ARMED FORCES RECREATION CENTER RESORTS

*Destination Paradise*

## Great Getaway Sweepstakes

[http://www.edelweisslodgeandresort.com/great\\_getaway.html](http://www.edelweisslodgeandresort.com/great_getaway.html)

## Military Report

The Military Community's Newsletter  
[http://www.military.com/NL\\_MR/1,14852,9195,00.html](http://www.military.com/NL_MR/1,14852,9195,00.html)



## Webinars

The Spouse Career Center: Your Success is Our Mission! (5/20 - 11AM ET and 5/24 - 2PM ET)

Business Opportunity, Employment and Work-at-Home Scams (5/26 - 11AM ET)

On the Hunt: Exploring Employment Opportunities through USA Jobs (5/31 - 12PM ET)

Moderated Chat: Going Back to School as a Military Spouse (5/25 - 3PM ET)

<http://www.militaryonesource.com/MOS/OnlineCommunity/Webinars.aspx>



[http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF\\_HOMEPAGE](http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF_HOMEPAGE)



# 4<sup>th</sup> ANNUAL HOMETOWN HEROES RUN

Certified by USA Track & Field



## 5K RUN & WALK

Sunday, June 12, 2011 9:15 AM

The Crossings of Colonie 580 Albany Shaker Road

<http://www.nyfrc-inc.org/run.html>



### EVENTS CALENDAR

April 30	A Trp 2-101 Cav FRG Meeting 1:00, Initial Family Weigh In for A Troop's Biggest Loser Challenge Guest speaker to discuss nutrition and fitness Contact Karen Fuller - <a href="mailto:karenfuller0109@gmail.com">karenfuller0109@gmail.com</a>
April 30	106 RW During Deployment Yellow Ribbon Event POC Darrell Pinckney <a href="mailto:darrell.pinckney@us.army.mil">darrell.pinckney@us.army.mil</a>
May 6	Military Spouse Appreciation Day
May 8	<b>MOTHERS DAY</b>
May 14	Memorial Poker Run Event Saratoga POC Big Dan <a href="mailto:dan1nolin@yahoo.com">dan1nolin@yahoo.com</a> Red <a href="mailto:redmooseraicing@yahoo.com">redmooseraicing@yahoo.com</a>
May 14-15	442 <sup>nd</sup> MP Co 30 Day YR Event POC Sandra Schlotter <a href="mailto:sandra.j.schlotter@us.army.mil">sandra.j.schlotter@us.army.mil</a>
May 21	Disaster Preparedness/ Human Services Assistance Information, Free Build-First Aid Kit, Refreshments, Exhibits. 12pm-4pm at the Ross Park Zoo Binghamton POC Jason (607)785-7207
May 21-22	827 <sup>th</sup> 60 Day YR Event POC Sandra Schlotter <a href="mailto:sandra.j.schlotter@us.army.mil">sandra.j.schlotter@us.army.mil</a>
May 25	Annual VA Stand to – Buffalo POC Peter Pilc <a href="mailto:peter.pilc@us.army.mil">peter.pilc@us.army.mil</a>
June 8	Lawn Festival Parsons Child and Family 60 Academy Road Albany 5:30-8:30pm <a href="http://www.parsonscenter.org/site/PageServer?pagename=events_lawn_festival">http://www.parsonscenter.org/site/PageServer?pagename=events_lawn_festival</a>
June 12	NYNG Family Readiness Council 5K Colonie <a href="http://www.nyfrc-inc.org/run.html">http://www.nyfrc-inc.org/run.html</a>
June 19	<b>FATHERS DAY</b>
June 25	Salt water fishing trip Warriors, Veterans and Supporters . Twin Lights Marina Highland NJ <a href="mailto:ntellas@woundedwarriorproject.org">ntellas@woundedwarriorproject.org</a>
On-Going Events	<ul style="list-style-type: none"> <li>• Busch Garden Entertainment <a href="http://www.herosalute.com/states/index.html">www.herosalute.com/states/index.html</a> (FREE admission, 1 day passes available)</li> <li>• Disney World Armed Forces Salute Ticket <a href="http://www.shadesofgreen.org/salute.htm">www.shadesofgreen.org/salute.htm</a> or <a href="http://www.disney.com">www.disney.com</a></li> <li>• FREE admission Bronx Zoo and New York Aquarium <a href="http://www.bronxzoo.com">http://www.bronxzoo.com</a> / <a href="http://www.nyaquarium.com">www.nyaquarium.com</a></li> </ul>