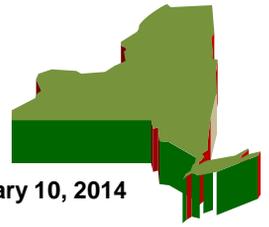




In a New York Minute

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

January 10, 2014



NY NG Family Programs is in the Planning stages of our 2014 annual Volunteer and Youth trainings. 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, so volunteers, Commanders, and MPOCs can attend the workshop closest to your home.

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

The State Family Program Office Welcomes Mrs. Linda Meineker LCSW-R , as a Director of Psychological Health. Linda's office is located in room 305 at Joint Forces Headquarters Latham. You can contact Linda at 518-786-4956 for all emotional well being resources.

Where can you find your Units FRG Scorecard details?

<http://dmna.ny.gov/family/frg.php>

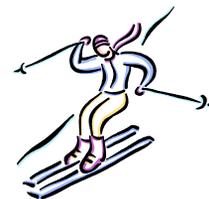
Military OneSource is pleased to announce the availability of the Military OneSource version of the H&R Block Basic Online tax preparation service. If you are eligible under the Military OneSource program, you can complete, save and file your 2013 Federal and up to three State returns online at no charge to you with the H&R Block Basic tool.



Click on the link below, which will take you to the Military OneSource public website, then click on the "Access Resources" link on the right side of the page to login and utilize this program.

Additionally, there is also information on this page about preparing to complete your taxes and how to contact a Military OneSource Tax Counselor.

<http://goo.gl/pkhFLK>



"Veterans Take the Ridge" at Maple Ski Ridge in Rotterdam. Tuesday, January 14 from 5 to 9 PM

Free skiing and snowboarding for veterans who have returned from a deployment within the past five years. Dinner and refreshments included. Bring your kids and your significant other. edtroiano@yahoo.com or 518.318.4700.



Coming for School Year 2014/15 NY National Guard

Family Readiness Council Scholarship

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



Military Spouse of the Year Nominations

<http://msoy.militaryspouse.com/vote/>

Do you have or know of an amazing Military Spouse that has and continues to support our Military careers? Whether its holding down the fort year after year for AT and deployments, volunteering with the units Family Readiness Groups, is a Service Member as well.... We all know and appreciate someone that fills those boots. Now is your chance to let their light shine.

Please nominate one of our Amazing NYNG wives or husbands for Military Spouse Magazines Military Spouse of the Year!

NOMINATING ENDS ON JAN 17.

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>

CALENDAR OF EVENTS

15 JAN	7PM Former Paratrooper Erik Schlimmer's top 100 Adirondack photos 21 Milton Ave Ballston Spa
20 JAN	Martin Luther King Day
22 JAN	5-8 PM Part 1 of a 6 hr course Veteran Peer Leadership Academy includes free dinner. Teaches veterans how to comfort and empathize with fellow veterans who may be facing times of distress. Vet House, 180 1st Street, Albany. RSVP to register and to receive details. capitalregionsos@gmail.com or 518.694.0641.
ANY DAY	RECORD YOUR VOLUNTEER HOURS ON JSS https://www.jointservicesupport.org/
29 JAN	5-8 PM Part 2 of a 6 hr course Veteran Peer Leadership Academy includes free dinner . teaches veterans how to comfort and empathize with fellow veterans who may be facing times of distress. Vet House, 180 1st Street, Albany. RSVP to register and to receive details. capitalregionsos@gmail.com or 518.694.0641.

Keeping Your New Year's Resolutions

Every January 1, likely, you make a resolution. By February you may already have blown it. Let this be the year your resolution sticks. Here's how.

Be Specific

Vague goals won't work. Map out your strategy before New Year's arrives. If you want to lose weight, target a precise number of pounds to shed, then set concrete mini-goals and the dates on which you aim to accomplish each of them. Want to save money? Determine the amount you will put aside each month and identify explicit changes in behavior you'll make to get there, whether that means skipping your afternoon latte or carpooling to work to save on fuel costs.

Make Your Goal Public

Share your decision to change with friends and family who can offer support when you're wavering , encouragement when you're doing well. Public commitments are generally more successful than private decisions.

Substitute Good Behaviors for "Bad"

Don't rely on willpower alone to help you change, That approach won't work. Instead, build in a healthy behavior that's incompatible with the one you want to change. So if eating your usual midafternoon treat runs contrary to your goal of dropping a few pounds, put together a small like-minded group and commit to taking a quick, brisk walk at your normal snack time. Each time you put the brakes on "bad" behavior, you'll increase your confidence in your ability to make the change.

Track Your Progress

Record or chart your changed behavior. "Research indicates that such 'self-monitoring' increases the probability of keeping your resolution," says Norcross.

Set Financial Goals for 2014 – Setting specific and realistic goals will help you stick to your holiday budget! Start by gathering all current documents including your financial statements & credit report to create a balance sheet and cash flow statement.

if you are looking for specific information on Finances contact Mr. Adam Stevens Military Family Life Consultant Personal Financial Consultant.

at (518)786-0406 or astevens@mflc.zeiders.com

Top 10 Military Discounts for Spouses

<http://goo.gl/w8WwSn>

Armed Services YMCA Essay & Art Contests

My Military Hero Essay Contest:

<http://goo.gl/zjixJg>

My Military Hero Essay Entry Form:

<http://goo.gl/Y9EvDw>

My Military Family Art Contest:

<http://goo.gl/JQGWRc>

My Military Family Art Contest Entry Form

<http://goo.gl/j0OzdA>



Veterans Business Council A Partnership between the Saratoga County Chamber & The Saratoga Veterans Services Agency website has officially been launched!

<http://www.saratoga.org/chamber/veterans-business-council>

Military Extension Internship Program

Do you want a fulfilling internship working with children and teens?

The Military Extension Internship Program is a workforce development initiative providing college students and recent college graduates with practical work experience in child and youth programs on military installations around the world. The program is accepting applications for summer 2014 internships between Dec. 2, 2013 - Jan. 31, 2014. To view the application, read job descriptions or learn more about the program, visit the MEIP website <http://goo.gl/CbLt6> . It's never too early to think about next summer!