



In a New York Minute

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



Thanks to a Generous Day of Volunteerism from AmeriCorps and New Yorker Volunteers our Youth Coordinators have wrapped toys for you to share at your Family Holiday Parties and for our Military Families: To sign up for Toy Pick Up at one of the appointed times and locations: Please contact Colleen Casey or Kerri O’Neil

colleen.e.casey@us.army.mil

keri.j.oneil.ctr@us.army.mil

10-15 DEC Latham

16 DEC Tarrytown

17-21 DEC Latham

Military Community & Family Policy eNewsletter

<http://apps.militaryonesource.mil/mcfp/weekly>

The deadline date for the Recruitment Incentive and Retention Program (aka State TA) is approaching. ARNG Soldiers wishing to benefit from this program for Spring 2013 must submit their DMNA 96-1 and Memorandum of Understanding electronically at RIRP-NY@ng.army.mil by 15 December 2012.

For assistance RIRP-NY@ng.army.mil

Christ the King Spiritual Life Center

“Welcome Home Initiative” Military Woman Only
January 27-29, 2012

Information and registration:

Welcomehomeinitiative@gmail.com



<https://dmna.ny.gov/jobs/jobs.php?id=nyng>

Weekly Update

Pictured right the 4th Resiliency Training Assistants' (RTA) Course students and instructors @ Camp Smith Training Site. To date approximately 135 certified RTAs have taken this course.

National Pearl Harbor Remembrance Day, which is observed annually on December 7, is to remember and honor all those who died in the attack on Pearl Harbor on December 7, 1941. On August 23, 1994, United States Congress, designated December 7 of each year as National Pearl Harbor Remembrance Day. It is a tradition to fly the Flag of the United States at half-staff until sunset in honor of dead patriots.

“Lest We Forget”

HURRICANE RECOVERY~ Family Programs is continuing to provide resources, and support to ensure Service Members, Families, and Veterans are taken care of during ongoing recovery from Hurricane Sandy. You can contact our Family Assistance Center in Farmingdale at 631-962-1637, Family Programs Office at 877-715-7817

Thrift Savings Plan (TSP) has made temporary changes to the financial hardship withdrawal rules for participants affected by Hurricane Sandy. TSP will treat any Financial Hardship In-Service Withdrawal Request (Form TSP-76) received until January 25, 2013 as qualifying for a hardship withdrawal. The distributions must occur before February 1, 2013 to qualify for this treatment.

For Criteria and more information:

<https://www.tsp.gov/whatsnew/plan/planNews.shtml>

Your Sittercity membership can help you find child care, senior care, pet care, and more during the busiest season at work and home. Department of Defense pays for memberships to Sittercity Military Program. Families can activate their fully paid memberships : www.sittercity.com/dod





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HOW TO SURVIVE AND THRIVE DURING THE HOLIDAYS

It takes a positive attitude to navigate and survive the holidays unscathed. Parties, cookies, nuts and cakes, giving and receiving gifts-all sounds great doesn't it? Unfortunately for many, it can be one of the most stressful times of the year.

Being overwhelmed and stressed can easily overshadow feelings of joy, love and gratitude. Much of our time is spent rushing from store to store, waiting in lines attending obligatory social events and accumulating debt as a result of gifts for friends and loved ones. There are many reasons why the holidays may not be a joyful time for some. In times of a bad economy, money is often short and the pressure to "do it all, buy it all" with limited resources can be an enormous stress. The loss of a loved one during the course of the previous year can add to sadness or upset during the holiday season and for some, it is the first time that they have experienced a holiday without their loved one. The cycle of grief can be magnified, remembering the passed loved one and all of the fun times you experienced together. Take time to "check in" with relatives and friends who may have these life stressors and offer support.

Here are some helpful tips to maintain a positive attitude during the holiday season and all year long!

- Practice Acceptance:** Instead of resisting the holiday rituals or the irritating relative, try accepting that some things are out of your control. Try moving away from judging the situation or individual and pass into calm acceptance.
- Be Excited:** Find joy and enchantment in the first snow flakes, the first star, the lighting of the holiday tree or Menorah. This will bring you into the present "moment" of peace.
- Find Forgiveness:** Spending time with relatives during the holidays can trigger unpleasant memories and resentments. Letting go of resentments are not condoning others past transgressions, but rather freeing yourself of the pain and upset and moving forward from the past to the present.
- Stimulate your Creativity:** Creative outlets help reduce stress by stimulating imagination and spontaneity. Decorate, sing, dance and have fun!
- Be Compassionate:** Think of others that are less fortunate than yourself. With compassion, you step beyond your own pain and frustration and connect to the world outside of yourself.
- Shift your Perspective:** When you're stuck in traffic and in shopping lines and you find yourself complaining and getting angry, try to look at these situations differently. When stuck in a traffic jam, listen to your favorite radio station, CD or strike up a conversation with the person(s) standing in line with you. When you find yourself becoming increasingly irritated or angry, try to shift your perspective and look for opportunities.
- Be Grateful:** Find gratitude for the simple things in your life that you may take for granted, ie: a smile and a thank you from a small child, a holiday greeting from an old friend, a cuddle from a pet or the solace of a warm fire.

You can learn to thrive instead of just surviving during the holiday season by practicing these tips and mindfulness in your daily life. If, however, you find yourself struggling with overwhelming feelings of sadness that impact your ability to function on a daily basis, contact a professional, reach out to a friend and seek support and help.

A Holiday Message from Gov Andrew Cuomo;

Tomorrow Jews in New York and around the world will celebrate the first night of Hanukkah. Hanukkah – "the festival of lights" – commemorates the courage and perseverance of a small group of warriors who never lost faith in the face of danger and the miracle they witnessed when all hope had been lost. Given that so many New Yorkers are still recovering from the storm, this message of determination and endurance is more important than ever. Our communities have found strength by coming together during this difficult time. We are grateful for the outpouring of support to our state from all over the country and the world. During this special time, we are committed to working together as we rebuild a strong and vibrant New York, one that continues to shine its light of hope and progress throughout the nation and throughout the world. I wish all those celebrating Hanukkah a joyous and happy holiday.

Would you like to share a favorite Holiday recipe, or tradition ?
December Issues of In a NY Minute will feature items from you our Military Families and Volunteers send to: stephanie.duell@us.army.mil



CALENDAR OF EVENTS

8 DEC	FRG Holiday Social F Co 1/169 & B Co 3/126 POC Bonnie Dieter bonnie.deiter@us.army.mil
8 DEC	HAPPY HANUKKAH
15 DEC	27th BCT 60 Day Yellow Ribbon Albany POC SSG Cousineau maurice.cousineau@us.army.mil
16 DEC	27th BCT 60 Day Yellow Ribbon Tarrytown POC SSG Cousineau maurice.cousineau@us.army.mil
25 DEC	MERRY CHRISTMAS
26 DEC	HAPPY KWANZAA
31 DEC	NEWS YEARS EVE/ TRAVEL & CELEBRATE RESPONSIBLY
1 JAN 2013	HAPPY ^NEW YE^AR!

On Going Discounts

Corning Glass Museum is offering discounted rates for Military Families www.cmog.org

- Great Escape/Splash Water Kingdom: \$7 discount on general admission up to 6 people
- Home Depot: 10% everyday military discount
- Lowe's: 10% everyday military discount
- Flowershop.com In honor of your service to our country, save 15% on all purchases enter promo code "USA"
- JC Penney Portrait Studio: 1 FREE 8x10, FREE sitting fees, 50% off your entire purchase
- American Lube Express Oil Change: \$3 off oil changes for members of the military with ID
- Free tickets to sporting events, concerts and family activities. For free ticket availability and venue <http://www.vettix.org>