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HAPPY HOLIDAYS
TO : You & Yours
From:
Your NY NG
Family Programs

SPC Rogers

Keri Peter
Deanna

Bill

Priscilla

Family Readiness Support Assistants

Toni

Mike

Lisa

Stephanie

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Dan

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Risk Reduction, Suicide Prevention (R3SP) Program

SPC Waite



The New York Minute

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

December 20, 2013

T'IS THE SEASON TO BE JOLLY.

That's a tall order for some people during the holidays who may envision a time filled with too much to do, interactions with unpleasant family members and a season focused on things rather than experiences.

- ✓ Ask yourself what you value about the holidays and clarify what is most meaningful to you.
- ✓ Prioritize your time since it's unlikely that you'll be able to fit in all of the activities. We all have 168 hours a week and no more and we also have other responsibilities
- ✓ Have a conversation with loved ones about which events you want to focus on and scheduling time together.
- ✓ If you are the person who takes care of most holiday tasks in your household and would like that to change, talk with others in your home and tell them how you think the usual routine should be altered.
- ✓ Holiday traditions, ask family members what is important to them as well as telling them what is important to you. You'll need to have household members on board with any change, . Expect push back if you try to change a holiday tradition, that's inevitable. Talk it out and decide as a family.
- ✓ If you have to see a family member who you don't particularly enjoy, realize what your tolerance is and plan to limit your exposure. Decide if it's worth having a conversation to try to improve the relationship or plan a way to interact that allows you to keep your integrity as well as being respectful.
- ✓ Take care of yourself during the holidays by getting enough sleep, exercising, and eating and drinking with moderation.
- ✓ If someone has lost a loved one, make a special effort to include them in activities.
- ✓ Realize that the purpose of the holidays is celebrating togetherness, relationships and the good things in life.

The Staff of Family Programs wants to share with you Our warmest **welcome** to :

Mr. John Willsey
State Family Programs Director

We look forward to starting the New Year with a you as our Director and working together for the continued success of the NY NG Military Families.

Winter Car Essentials- As many of us prepare to travel over the Holidays here are some ESSENTIALS to have along in your car for the slushy, wintery ride to Grandma's or BFFs. If you already have an emergency kit, well done, Item such as first-aid supplies, jumper cables, gloves, a flashlight, duct tape, a tow strap, and some simple tools should already be in your trunk—if not for daily driving, then at least when you set out on a road trip.

NOW, Here are some winter-specific items to include when the roads may be covered in slush.

Snow Socks: When you unexpectedly need extra traction, snow socks are a space-saving, temporary alternative to snow chains. These fabric doughnuts fit easily over the drive tires and can increase grip enough to extricate a stuck car or get it up a slippery hill.

Spare Phone Charger: The cell phone is your primary means of rescue in today's interconnected world. But to reach help you need juice: A charging cord is a good idea, but a hand-crank charger that works away from the car or when the car battery is dead is an even better one.

Hand Warmers and Wool Blanket: Your car provides shelter, but you don't want to run the engine—you have a limited amount of fuel and deadly exhaust may find its way inside the car. To keep warm, use a blanket, supplemented by hand warmers when it gets really cold.

LED Flashers/Flares: Battery-powered lights work for hours and are great for alerting other drivers, if your car is on the side of the road. Flares may seem antiquated, but the heat they put out prevents them from being obscured and buried by driving snow. Plus, in an extreme emergency they can be used to start a warming or signaling fire. Flares are usually sold in packs; make sure you have at least three sticks.

Food and Drink: It's exceptionally rare for anyone to be stranded during a winter blizzard for more than a day. Long-term rations aren't really necessary, but keeping a few energy bars and a plastic bottle or two of sugary energy drink wouldn't hurt. Why the latter? The electrolytes and sugars significantly lower the liquids freezing point, ensuring you'll still have something thawed to drink when you need it.

Shovel: While it might not look like much, a compact folding shovel is plenty big enough to use when digging your car out of the snow.

Windshield De-Icer: An extra bottle of this could mean the difference between seeing the road and seeing yourself parked in a snow bank. Plus in emergencies you can use the stuff to melt ice on the road or any frozen car parts.



CALENDAR OF EVENTS

20-22 DEC	Strong Bonds Family Event “7 Habits For an Effective Military Family” Albany, NY www.strongbonds.org
21 DEC	FIRST DAY OF WINTER
21 DEC	River Street Beat Shop Troy NY – presents “A Holiday Show” donations to: 
25 DEC	CHRISTMAS DAY
	INPUT VOLUNTEER HOURS ON JSS https://www.jointservicessupport.org/Default.aspx
31 DEC	NEW YEAR'S EVE
1 JAN 2014	HAPPY NEW YEAR !



Test your Holiday knowledge skill with this little match up quiz:

- a) North American Aerospace Defense Command
- b) Pere Noel
- c) Kringle
- d) black-eyed peas, ham or cabbage
- e) German Christmas tree Pastry
- f) Holiday for Servants/Workers

- 1. Christbaumgeback
- 2. Boxing Day
- 3. Not one of Santas Reindeer
- 4. Santa
- 5. Good luck
- 6. Norad

Answer key is in next weeks NY Minute.

Santa's Vision To Host “A Day out with Santa” Events in Western NY

The event is free to attend, there will be a free picture with Santa and toy for each child. Other activities include free pony rides, face painting, a chance for children to meet their favorite children's characters in costumes, complimentary snacks and drinks, and much more.

Buffalo, NY Saturday, December 21, 2013 at the Adam's Mark Hotel and Event Center, players from the Buffalo Bills are scheduled to appear for meet and greets.

Where can you find your FRG Scorecard details?

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

Where can you take online trainings, learn about what is new in Family Programs, Financial Resources, Wellness information and TRACK all of your volunteer hours?

<https://www.jointservicessupport.org/>



To view new job postings and Career Fair info visit

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



The National Military Family Association And Teton Science Schools Are Teaming Up to offer service members and their families a chance to explore Grand Teton National Park and Jackson Hole, Wyoming February 14th-18th, 2014 and June 30th-July 4th, 2014.

Operation Purple Family Retreats are open to active military families who have recently had their service member return from a deployment within the last 15 months. Transportation to the Operation Purple Family Retreat site is the responsibility of the selected family. The National Military Family Association provides each attending family with a \$200.00 stipend to assist with travel costs.

To apply, please visit <http://www.militaryfamily.org/our-programs/operation-purple/2013-camps/jackson-wy.html>.

Military OneSource's online Holiday Stress Survival kit focusing on enjoying the holiday season with friends and family. Offering holiday card ideas, tips on staying stress-free during the holidays.

http://www.militaryonesource.mil/crisis-prevention?content_id=273742

Military Community and Family Policy eMagazine!

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

