



In a New York Minute

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



What is your FRG Scorecard rating? Check Here: <http://goo.gl/OifNw>

Heart To Heart It's American Heart Month!

Signs You May Be Having a Heart Attack

Chest Pain -Abdominal Pain -Jaw Pain -Arm Pain
Upper Back Pressure -Shortness of Breath -Sweating
Dizziness -Fainting -Extreme Fatigue -Nausea

If you experience these symptoms, do not wait more than 5 minutes to call 9-1-1. Never drive yourself to the hospital if you suspect you are having a heart attack.

Lunch n' Learn mark your calendars

every **Thursday 1200 -1230** at JFHQ, Latham in classroom 2 our Personal Financial Counselor , Adam Stevens will give a brief presentation followed by a question & answer session.

- Bring
- ✓ your lunch
 - ✓ Questions
 - ✓ coworkers
 - ✓ notebook & pen



Scheduled topics include:

- 2/14 Investment Risk & Opportunity**
- 2/21 Effectively Managing your Credit**
- 2/28 Life Insurance**

- Attendance is voluntary on your own time
- Lunch will NOT be provided

Comments, questions, or suggestions; Adam Stevens (518)786-0406 or astevens@mflc.zeiders.com

\$\$\$TAX SEASON IS UPON US \$\$\$

Who is preparing your taxes for filing?

Military OneSource has launched its **no-cost Tax Preparation and Filing Program**. To access this program, you must use the portal on the Military OneSource homepage www.militaryonesource.mil

Western NY meet your Buffalo area FRSA:

Bonnie Deiter

The Family Readiness Support Assistants (FRSA) Mission statement is — *To empower commanders in their duty to deliver the Total Army Family Program so that Soldiers and Families are entitled, informed, educated, assisted, and made ready for the unique demands of military life before, during, and after deployment.*”

Listed below are the units in Bonne's Area of responsibility. Feel free to contact Bonnie @ (585) 783-5338 bonnie.l.deiter.ctr@mail.mil If you have any questions about the Family Readiness Program or are interested in learning about volunteer opportunities.

105 MP
152 ENG SUPPORT Co
153 TROOP COMMAND BDE
A Co 27TH BSTB
B TROOP 2/101 CAV
C Co 27TH BSTB
C Co 427 BSB
C TROOP 2/101 CAV
D Co 427BSB
A Co 642 SP BN
DET 1 A Co 642 SP BN
DET 2, HSC (-)
DET 2, I&S (-)
DET 2, SIG CO (-)
HHC 27TH BSTB
HHT 2 101 CAV
A Co 2/108
OPS CO (DIV)(-)

UPCOMING STRONGBONDS EVENTS

February 15-17

Laugh Your Way to a Better Marriage

Sheraton At the Falls Niagara Falls

February 22-24 Location TBD

Register Online at www.strongbonds.org

For more information contact: CH Andrew Ayres

Andrew.ayres@us.army.mil

Darkness cannot drive out darkness;

....Only light can do that.

Hate cannot drive out hate;

....Only love can do that.

Martin Luther King, Jr.

CALENDAR OF EVENTS	
	TRACK VOLUNTEER ACTIVITY @ https://www.jointservicessupport.org/default.aspx
9 FEB	727MP 60 Day YR event West Point POC YR Team ng.ny.nyarnng.list.yellowribbon@mail.mil
10 FEB	27 th BCT 30 Day YR Event Tarrytown POC YR Team ng.ny.nyarnng.list.yellowribbon@mail.mil
14 FEB	VALENTINES DAY  POC CUPID
14 FEB	Lunch n Learn 12-1230 Investment Risk & Opportunity JFHQ Classroom 2 POC Adam Stevens astevens@mflc.zeiders.com
	TRACK VOLUNTEER ACTIVITY @ https://www.jointservicessupport.org/default.aspx
17 FEB	FREE EVENT FOR KIDS at Jumping Jakes in Fishkill, NY POC Kelly Santana k.santana.33@hotmail.com
18 FEB	PRESIDENTS DAY ~ FEDERAL HOLIDAY
21 FEB	Lunch n Learn 12-1230 Effectively Managing your Credit JFHQ Classroom 2 POC Adam Stevens astevens@mflc.zeiders.com
23-24 FEB	27 TH FIN Pre Mob YR La Guardia POC YR Team ng.ny.nyarnng.list.yellowribbon@mail.mil
28 FEB	Lunch n Learn 12-1230 Life Insurance JFHQ Classroom 2 POC Adam Stevens astevens@mflc.zeiders.com
3 MAR	Alpha Company 101 FRG trip to medieval times in Lyndhurst NY POC Kelly Santana k.santana.33@hotmail.com DEADLINE TO SIGN UP 20 JANUARY
3-8 MAR	RTA/ASIST training Camp Smith, POC SFC Melissa Guckian melissa.s.guckian.mil@mail.mil

Get R.E.A.D.Y. with JSS - Volunteers

This webinar provides an overview and shows volunteers how JSS tools equip them to serve the National Guard community. This includes how to track your volunteer hours, collaborate in Groups and Forums, and locate helpful resources. Staff working with volunteers will also benefit from this session.

Wednesday February 13, 2013

10:00 AM – 11:00 AM, Eastern

Register here : <http://goo.gl/P3GWr>

Volunteer Management (VM)

FRG Newsletters, E-Mail and Announcements Etiquette

February 12th 10:00 AM – 11:00 AM, Eastern

<https://www2.gotomeeting.com/register/251442626>

February 14th

9:00 PM – 10:00 PM, Eastern

<https://www2.gotomeeting.com/register/431773842>

Friday 22 February 07:30PM

George Strait with Martina McBride

The Cowboy Rides Away FAREWELL TOUR!...

First Niagara Center Buffalo

<http://www.vettix.org/events.php>



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

Weekly Update

What: **Recruit Military Veteran Opportunity – NYC**

Where: New Yorker Hotel 481 Eighth Ave NY, NY

When: Thursday, February 21st, 2013 at 11 AM-3 PM

pre-register for FREE here: <http://goo.gl/FHyh1>