



In a New York Minute

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



Our Military Kids looks forward to recognizing our littlest warriors for their service to our country!

If you have a child ages 3 to 18 whose parent is currently deployed overseas Our Military Kids wants to help your family through this deployment. The grants up to \$500, will pay up to six months of an extracurricular activity of your choice. Visit our website for the application send it to us with **copies** of:

- ~Title 10 deployment orders
- ~ID for your child that proves dependency to the service member (Military ID, birth certificate, or form 1172)
- ~Fee/pricing information that clearly states the cost of the activity - a flyer, brochure, invoice, etc.

Information & Application omkinquiry@ourmilitarykids.org

Lunch n' Learn mark your calendars

Scheduled topics include:

- 2/21 Effectively Managing your Credit
- 2/28 Life Insurance

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

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

Bring

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

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



Female Veterans & Service Members

WNY Resources Summit

Saturday April 13, 2013

10 a.m. to 2 p.m.

Medaille College Buffalo

Catered Lunch, Refreshments, Door Prizes

Bring your DD-214 For Information call 716-515-5844



\$\$\$ 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

Meet your Capital Region area FRSA:

Jenna Herdrick

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 Jenna @ (518)786-4656 jennifer.m.herdrick.ctr@mail.mil If you have any questions about the Family Readiness Program or are interested in learning about volunteer opportunities.

1108 EOD Co
1156 ENG Co
138 PUBLIC AFFAIRS DET
1427 MEDIUN TRUCK Co
2 CIVIL SUPPORT TEAM
206 MP
466 AREA MEDICAL Co
A Co 3/142 AVN
B co REC & RETENTION
C Co 2/108
D Co 3/142 AVN
DET 1 C Co 2/108
DET 1 Co A 1-224 AVN
DET 1 SIG CO
DET 1, I&S Co.
DET 1, OPS (-)
DET 2 B Co 2/108
DET 20 OSA CMD
DET 3 E Co 3/142 AVN
E Co 427BSB
HHC 42nd CAB
HHC REC & RETENTION
HHD 104 MP
HHD 501 EOD BN
HHD JFHQ
HQ & SPT CO (-) HHB
INTEL & SUST CO (DIV)(-)
MEDICAL COMMAND

UPCOMING STRONG BONDS EVENTS

February 22-24 Holiday Inn Middletown, NY

Register Online at www.strongbonds.org

For more information contact: CH Andrew Ayres

Andrew.ayres@us.army.mil

CALENDAR OF EVENTS

TRACK VOLUNTEER ACTIVITY @ <https://www.jointservicesupport.org/default.aspx>

18 FEB	PRESIDENTS DAY ~ FEDERAL HOLIDAY
21 FEB	Recruit Military Veteran Opportunity – NYC 11 AM-3 PM pre-register for FREE here: http://goo.gl/FHyh1
21 FEB	Lunch n Learn 12-1230 Effectively Managing your Credit JFHQ Classroom 2 POC Adam Stevens astevens@mflc.zeiders.com
23 FEB	27TH BCT 60 day YR Hotel Albany POC YR Team ng.ny.nyarnq.list.yellowribbon@mail.mil
24 FEB	27TH FIN Pre Mob YR La Guardia POC YR Team ng.ny.nyarnq.list.yellowribbon@mail.mil
28 FEB	Lunch n Learn 12-1230 Life Insurance JFHQ Classroom 2 POC Adam Stevens astevens@mflc.zeiders.com
TRACK VOLUNTEER ACTIVITY @ https://www.jointservicesupport.org/default.aspx	
2 MAR	27TH BCT 30 day YR event White Plains POC YR Team ng.ny.nyarnq.list.yellowribbon@mail.mil
3 MAR	27TH BCT 60 day YR event White Plains POC YR Team ng.ny.nyarnq.list.yellowribbon@mail.mil
3-8 MAR	RTA/ASIST training Camp Smith, POC SFC Melissa Guckian melissa.s.guckian.mil@mail.mil
9 MAR	27TH BCT 30 day YR event Rochester POC YR Team ng.ny.nyarnq.list.yellowribbon@mail.mil
10 MAR	27TH BCT 60 day YR event Buffalo POC YR Team ng.ny.nyarnq.list.yellowribbon@mail.mil
24 MAR	27TH BCT 30 day YR event Albany POC YR Team ng.ny.nyarnq.list.yellowribbon@mail.mil
7-12 APR	RTA/ASIST training Camp Smith, POC SFC Melissa Guckian melissa.s.guckian.mil@mail.mil



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

**Veterans Job Fair March 14 10A - 3P
ALBANY STRATTON VA CAMPUS**

Parking available in Albany Med Garage
Open to Active Duty Service Members, Reservists,
National Guard, and Veterans of all Eras
Please bring Resume, VA / Military ID and / or DD214

Join us for this free informational webinar
“ How to Demonstrate Your Value in the Civilian Job Market”
Wednesday, March 6 / 7 to 8 pm ET

- Identify your interests, skills, values, and strengths
- Assess your transferable skills
- Translate your military language and experience for the civilian job market
- Create an “Elevator Speech”

Center for Military Education
Excelsior College <http://www.excelsior.edu/military>

Farm to Fork

Food Service Technician Boot Camp for Veterans or Spouses March 18 – April 5 Start a career in the food industry by becoming a professionally trained food service technician!

Tuition funding provided by a Farm to Fork grant

Schedule an informational interview at the Veterans Outreach Center : 585-546-4250

***It is not the strongest of the species
that survive,
nor the most intelligent,
but the one most responsive to change.***
~Darwin



American Heart Month

- Eat a healthy diet
- Maintain a healthy weight
- Exercise regularly
- Monitor your blood pressure
- Don't smoke
- Limit alcohol use
- Have your cholesterol checked