



The New York Minute

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

October 4, 2013

No one's life is a smooth sail; we all come into stormy weather. But it's this adversity – and more specifically, our resilience – that makes us strong and successful

If you find your Military Family in need of information or community resource referrals Please call our Family Assistance Coordinator Jeanna Clark 585-783-5310 to connect you with your Regional Family Assistance Specialist jeanna.c.clark.ctr@mail.mil

Find the latest information related to the federal government shutdown

<http://www.nationalguard.mil/features/shutdown/default.aspx>

If Government Delays Pay

USAA Offering No-Interest Loans, <http://goo.gl/pjVo>



http://www.nyfrc-inc.org/run_req.html

The Hot Yoga Spot FREE Class For Veterans, First Responders and Their Adult Family Members
SERVING THOSE WHO SERVE
SATURDAY OCTOBER 5TH AND 19TH 1:00 PM
7 Southside Drive in The Shops at Village Plaza, Clifton
Park ID required www.TheHotYogaSpot.com

HEROES AT HOME FREE VETERANS PICNIC

Who is invited? If you have served in the military we hope you will join us and bring your family! Take this opportunity to connect with others who share your experience and passion for serving in the Armed Forces.

When is it? Monday, October 14th from 11 am to 2 pm
BBQ will be served at 12:30 pm

Where? Grafton Lakes State Park

What is the cost? There is no cost! However, we ask that you call 518.279.7861 so that we can plan accordingly and you can obtain a pass to enter the park at no charge. Questions?

heroesathomerensco@gmail.com

Students in Active Duty, National Guard and Reserve families have 24/7 access to one-to-one online tutoring and homework help through Tutor.com for U.S. Military Families. This DoD funded program is available at NO COST to all K-12 students in military families. Attend a free webinar to learn more about how Tutor.com works, who the tutors are, the mobile app and how it can help military students get better grades. Not only will this education benefit help improve their grades and test scores, it will also help build their confidence when it comes to school work. For eligibility requirements and to create an account visit www.tutor.com/military

MILITARY FAMILY FUN DAY

A free Military Family Fun Day Saturday, Oct 26 10 -5 Alpin Haus RV Store on Route 5S Amsterdam . There will be Veterans benefits information, music, free food, games for kids **costume competition** and Police/ Military demonstrations! Open to all Military families & supporters. Sponsored by Mountains to Miracles Veterans, Vet Corps of Johnstown and American Legion Post 701 Amsterdam. For info email diplomatman2002@yahoo.com.



Time to start planning for the many Community organizations that request assistance to identify Military Families to give a **Gift of Thanks** to over the Holidays. You can be a good friend to your Community and fellow Guard Families. If you know of a Community Organization that is interested in gifting a Military Family over the Holidays anytime between Thanksgiving and New Years Please contact our Family Assistance Coordinator Jeanna Clark jeanna.c.clark.ctr@mail.mil for help in coordinating contact with a Military Family that will accept their generosity. As well , If you are or know of a Military Family in NY that would be gracious enough to accept these generous gifts, please contact Jeanna jeanna.c.clark.ctr@mail.mil

**PLEASE get the word out to our Guardsmen, Veterans & Spouses
2013 Hiring Our Heroes Veterans Hiring Fair October 16, 2013 10am-1pm**

Albany-Colonie Regional Chamber of Commerce, Rensselaer County Regional Chamber of Commerce, NYS Department of Labor, the Employer Support of the Guard & Reserve (ESGR), the U.S. Department of Labor Veterans Employment and Training Service (DOL VETS), U. S. Department of Veterans Affairs, and The American Legion, NBC News, and other local partners.

- A workshop for veterans and other military job seekers that focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation, and interviewing will start at 9:00 a.m.
- To register for the Hiring Our Heroes Employment Workshop, visit <http://www.hohworks.eventbrite.com/>
- Registration questions, hiringourheroes@uschamber.com or call 202-463-5807

CALENDAR OF EVENTS	
11 OCT	Operation. COM Children of the military meeting WNY VET One-Stop Center 6pm mcparlane@eriemha.org
14 OCT	Columbus day (FEDERAL HOLIDAY)
19 OCT	Family Readiness Council HOMETOWN HEROES RUN COLONIE http://www.nyfrc-inc.org/run_reg.html
25 OCT	Operation. COM Children of the military meeting WNY VET One-Stop Center 6pm mcparlane@eriemha.org
26-27 OCT	KUBDOC, KULSE, & SFAT 30/60 Day YR Event Crowne Plaza Suffern NY https://www.yellowribbonevents.org/Events/EventDetails.aspx?Mode=ReadOnly&Id=0FAE0C93-8262-4233-8396-7A3616859336
31 OCT	HALLOWEEN
2-3 NOV	F/1-169 AV 30/60 Day YR Event, Rochester https://www.yellowribbonevents.org/Events/EventDetails.aspx?Mode=ReadOnly&Id=5D1606EE-1A2B-43CB-9F5E-DA5AD9FB0ABC
8 NOV	Operation. COM Children of the military meeting WNY VET One-Stop Center 6pm mcparlane@eriemha.org
10 NOV	Veterans Day 5K to benefit Operation Adopt a Soldier Saratoga Springs www.iaff343.org
18-20 NOV	The Welcome Home Initiative : Saratoga Springs register: welcomhome@byhiswoundsministry.org
22 NOV	Operation. COM Children of the military meeting WNY VET One-Stop Center 6pm mcparlane@eriemha.org

Think you could be NY's top cyber ace? Interested in a career in cybersecurity?

Compete in the Cyber Aces Championship! Cybersecurity is among our country's and New York State's fastest growing careers and New York wants to identify and develop the state's top cyber talent! Online registration is free and open until October 14th! Competition begins October 15th! Information and to register, please visit: www.cyberaces.org
Free online cybersecurity competition includes three levels –Networking, Operating Systems, System Administration
First Cyber Aces online training module available now!

New free online Parenting Course for Service Members and Veterans, with 6 different sessions. You can find it at www.veteranparenting.org

Issue 18 of Your National Volunteer Newsletter

<<https://www.jointservicessupport.org/Library/Document.aspx?Id=f4941d37-d17f-40a8-bad3-fd79da2689ba>>

Military Community & Family Policy program updates & information.

<http://apps.militaryonesource.mil/mcfc/emaq>



"The human capacity for burden is like bamboo- far more flexible than you'd ever believe at first glance."



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