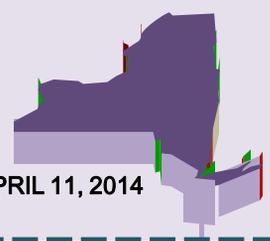




# In a New York Minute

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

APRIL 11, 2014



4 Days remaining to file your 2013 tax returns.

Military Families can file free with Military OneSource.

<http://goo.gl/pkhFLK>

In honor of *Month of the Military Child*, the NY Minute features pictures of our military Youth

**ONLY 1 ANNUAL WORKSHOP LEFT REGISTER TODAY**

The workshops are open to Air and Army National Guard Volunteers and Youth, and meet the annual training requirement to make an FRG Green.

The theme for the Workshop this year is *"Health and Wellness."* During the general session, guest speakers will discuss topics of interest to the NYNG. The Workshop will include volunteer annual training sessions, an awards ceremony to recognize our adult and teen volunteers, youth and teen training, and a Question and Answer panel. Additionally, there will also be a Provider Forum for you to meet with some organizations that support Military Families.

The NYNG Youth (ages 6-18) will be attending an off-site facility for a one-day event. For children 5 and under, childcare will be provided at the Workshop hotel.

Saturday and Sunday, 17-18 May  
Syracuse, NY <http://alturl.com/6b4o6>



NYNG Teen Council

 Join us and "Purple Up"

In recognition of *Month of the Military Child*, "PURPLE UP" for Military Kids! Tuesday, 15 April

Purple symbolizes all branches of the military, as it is the combination of Army green, Marine red, Air Force, Coast Guard and Navy Blue.

Wear purple on April 15, as a visible way to show support and thank Military Youth for their strength and sacrifices!

Wear your purple and tag us on Facebook.  
[www.facebook.com/NewYorkNationalGuardYouthProgram](http://www.facebook.com/NewYorkNationalGuardYouthProgram)



June, age 10 months, reading her "OVER THERE" book while Daddy is deployed

## MONTH of the MILITARY CHILD EVENTS

 **Horse Sense Program ~ Day for Military Children**  
Tuesday, 15 April 10:00 AM - 4:00 PM  
Registration Required. 518-813-8805  
[VictoriaAcresEquineFacility@hotmail.com](mailto:VictoriaAcresEquineFacility@hotmail.com)

 **Military Child Day with Albany Sheriff's Office**  
Wednesday, 16 April 9:00 AM - 4:00 PM  
Registration Required. 518-694-5160  
[Dianna.Rios@redcross.org](mailto:Dianna.Rios@redcross.org)

 **Upstate Academy of Martial Arts**  
Thursday, 17 April 10:00 AM - 1:00 PM  
 Free to children of military families  
 Free to children of veterans  
 Open to all ages 4 and up  
Registration is required. 518-280-4689  
Proud to offer this class to our littlest heroes!

# In a New York Minute

April's Resilience focus is on **FINANCIAL FITNESS**

Below are the components of Financial Fitness:

\$ **Budgeting**- Understanding how much you make and where your money is going each month

\$ **Prudence**- Living within your means and learning to control impulses

\$ **Debt Management**- Using credit responsibly, such as buying a house or car that is within your means

\$ **Cash Flow Management**- Meeting your financial obligations as they come due and not overextending

\$ **Planning**- Planning for school, retirement or other major life events

\$ **Saving**- Save Money (safe investment or savings account) for emergencies



## Hunt The Good Stuff!

Join Comprehensive Soldier & Family Fitness for "Hunt the Good Stuff Thursday" on Facebook and Twitter.

[www.Facebook.com/ArmyCSF2](http://www.Facebook.com/ArmyCSF2)

Use #HTGS and tag @ArmyCSF2



Left to right standing : June 3 months; Allison 9; Christina 19; Anthony 17; Katherine 21; Nora 17. Sitting : Natalie 7 (niece); William 15; and Nicholas 8 (nephew)



**GREAT ESCAPE SEASON PASS**  
MWR now has Season Passes & FREE Season parking. Passes are \$60.00 per person. For information, contact Melissa Ryder at 518-266-4829  
[Melissa.a.ryder4.naf@mail.mil](mailto:Melissa.a.ryder4.naf@mail.mil)  
Park opens 23 May 2014



Tickets start at \$15!

May 1st- 4th

Albany, NY



For information or to purchase tickets, please contact Taveun Ferguson:

1-866-248-8740 Ext. 31427

Or Choose Option 3

[TFerguson@feldinc.com](mailto:TFerguson@feldinc.com)

DEADLINE TO ORDER APRIL 29, 2014 @ 12 NOON



Chyanne 11 and Jack 9



Meghan



## CALENDAR OF EVENTS

15 APRIL	Last day to file your federal and state tax returns!
19 APRIL	Operation Adopt a Soldier Vendor and Craft Show. Saratoga Springs American Legion 34 on West Avenue. Red Lucas at 518-729-9417.
20 APR	 <b>EASTER SUNDAY</b> 
26 APR	642 AVN during Yellow Ribbon event, Rochester NY <a href="mailto:john.a.ross3.mil@mail.mil">john.a.ross3.mil@mail.mil</a>
26 APR	Military Kid Day Strong Museum of Play. Registration is required. 315-788-8450 or <a href="mailto:eaf235@conell.edu">eaf235@conell.edu</a>
27 APR	642 AVN During Yellow Ribbon event, Latham NY <a href="mailto:john.a.ross3.mil@mail.mil">john.a.ross3.mil@mail.mil</a>
8 MAY	Hiring our Heroes Job Fair at the Patriot Way Armory, Rochester NY
17-18 MAY	Annual Volunteer Training and Youth Symposium, Syracuse NY <a href="http://alturl.com/6b4o6">http://alturl.com/6b4o6</a>
31 MAY	642 AVN During Yellow Ribbon event, Farmingdale NY <a href="mailto:john.a.ross3.mil@mail.mil">john.a.ross3.mil@mail.mil</a>
7 JUNE	102 <sup>nd</sup> MP Pre-Mob Yellow Ribbon Event, Auburn NY <a href="mailto:john.a.ross3.mil@mail.mil">john.a.ross3.mil@mail.mil</a>
28-29 JUNE	27 <sup>th</sup> Fin Co 30/60 Yellow Ribbon Event, NYC <a href="mailto:john.a.ross3.mil@mail.mil">john.a.ross3.mil@mail.mil</a>



Bryce 6 & Emerson 11 months

## WARRIOR & FAMILY TENNIS DAY

Saturday, 19 April 1:00-5:00 PM  
HCZ Armory 40 West 143<sup>rd</sup> St NY, NY  
RSVP Ben Meyerson [military@usta.com](mailto:military@usta.com)

### Veteran's Resource Fair

Stratton VA bldg. 67  
13 May 2014 10:00 AM – 2:00 PM  
*The Albany Stratton VA Medical Center will be providing information on Federal, State and local resources for Veterans including:*  
Health, Wellness, Education, Benefits,  
Community Supports, Financial Planning,  
Vocational Leads, And Much More

**NEW YORK**  
**NATIONAL GUARD**   
**JOB ZONE** [DMNA.NY.GOV/JOBS](http://DMNA.NY.GOV/JOBS)

View job postings & Career Fair info  
<https://dmna.ny.gov/jobs/jobs.php?id=nyng>

### Free Yoga Class

❖ 26 April, 1:00 PM-2:00 PM  
Offering a "Kids Only" Yoga class and an Adult Yoga class.

**American Red Cross**  
33 Everett Road  
Albany, NY 518-265-4304

*This yoga class is free for all active duty and reserve service members, veterans and family members. Bring a yoga mat, towel and water.*

[melissaleach@mac.com](mailto:melissaleach@mac.com)



**APPLY NOW** for **FREE TRAINING** for **VETERANS** and **ACTIVE-DUTY U.S. MILITARY** who are serious about retraining, retooling and transitioning into careers in food, hotel and hospitality industries.

The next **7-WEEK INTENSIVE** course will be held at  
Clear Path for Veterans in Syracuse, New York  
(housing and travel provided) **SEPTEMBER 7 - OCTOBER 25.**