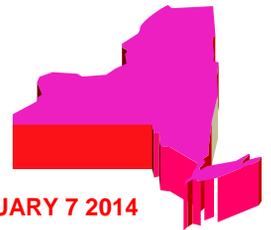




# In a New York Minute

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



FEBRUARY 7 2014

This week we added pages 3 & 4 with our updated Family Programs team members contact information for you to **PRINT** and keep handy

When your Service Member returns from drill you will have an idea of some of the training they have reviewed. And share some of the tools they are receiving.

**February's** theme for Comprehensive Soldier and Family Fitness (CSF2) is **EMOTIONAL FITNESS** with the **resilience** competency focus on **SELF REGULATION**

### What is Emotional Fitness?

A person who is Emotionally fit, approaches life's challenges in a positive, optimistic way by demonstrating control, stamina and good character with their choices and actions.

A Service Member (for that matter all of us) should demonstrate standards discipline and **INTEGRITY**. People who are emotionally fit are aware of their feelings and emotions and seek balance.

People have hopes, fears, concerns and dreams; a persons Self Regulation, balance, and stability greatly influence their ability to interact with others.

**Self-Regulation-** regulate impulses, emotions, and behaviors to achieve goals

**Balance-**knowing how to balance the stressors of life and convey emotions appropriately

**Stability-** calm and rational under pressure



**COMMANDERS & FRG Military Points of Contact** PLEASE take a moment to help us successfully plan our Annual Training by asking your FRG volunteers to respond to this notice: This years theme will focus on a variety of Health and Wellness topics from physical health to the Wellness of our FRGs. There will be identical trainings at two locations,  
- If you would most likely attend a training weekend April 5-6 in Westchester County please email : [laraine.h.figliuolo.ctr@mail.mil](mailto:laraine.h.figliuolo.ctr@mail.mil)  
- If you would most likely attend a training weekend May 17-18 in the Syracuse area please email: [stephanie.m.duell.ctr@mail.mil](mailto:stephanie.m.duell.ctr@mail.mil)

## Celebrating Black History Month's Military Legends

The U.S. military has a rich and diverse history complete with stories of legendary and heroic acts. Many of these legendary heroes were also great pioneers blazing the trail and opening the doors of opportunity to people of all races. Heroes like [General Benjamin O. Davis, Jr.](#) ( the Army's first African-American General and member of the "[Tuskegee Airmen](#)"), [George Watson, Private](#) , [Harriet West Waddy, Lieutenant Colonel](#) ,and [Cook 3rd Class William Pinckney](#)

### Military Saves Week:

February 24 – March 1, 2014, **Here are 5 easy ways to get involved in Military Saves Week:**  
[Pledge to Save](#)

[Discover Your Savings Options](#)

[Saver Checklist: Evaluate Your Savings Preparedness](#)

[Share Your Savings Goal](#)

[Share Savings Tips and Advice with Family and Friends](#)

[Military Saves Week](#) is coordinated by [Military Saves](#), a partner in the Department of Defense's Financial Readiness Campaign, that seeks to motivate, support, and encourage military families to save money, reduce debt, and build wealth.

### Supporting Military Children through School Transitions

Military Child Education Coalition (MCEC), presents the training.

The purpose of this course is to prepare professionals to recognize and address transition concerns that impact the mobile military child. Open to guidance professionals, school administration and other caring adults interested in learning more about the military child.

**March 13 & 14, 2014 West Point, NY**  
**Registration and Breakfast: 8:00 am - 8:30 am**  
**Training: 8:30 am - 4:00 pm**  
includes a working lunch **No Cost to Participants**  
Registration **Myriam Virella 254-953-1923 x 1119**  
[myriam.virella@militarychild.org](mailto:myriam.virella@militarychild.org)

## CALENDAR OF EVENTS

7 FEB	7:30-9 PM From to Hell to Healing An evening of education and entertainment by Jason Moon. <b>FREE to Veterans Eastern Parkway United Methodist Church Schenectady</b> <a href="http://www.warriorsongs.org">www.warriorsongs.org</a>
9 FEB	105 <sup>th</sup> AW Post Deployment YR event POC Darrell Pinckney <a href="mailto:darrell.c.pinckney.ctr@mail.mil">darrell.c.pinckney.ctr@mail.mil</a>
12 FEB	Abraham Lincolns' Birthday 
14 FEB	 <b>Valentines Day</b> 
17 FEB	<b>PRESIDENTS DAY</b>
22 FEB	 <b>George Washington's Birthday</b>
24 FEB -1 MAR	<b>Military Saves Week!</b> <a href="http://www.militarysaves.org/">http://www.militarysaves.org/</a>
1-2 MAR	222 MP 30/60 Day Yellow Ribbon event Rochester <a href="https://www.jointservicessupport.org/Events">https://www.jointservicessupport.org/Events</a>
5-6 APR	<b>SAVE THE DATE!</b> Annual Volunteer Training and Youth Symposium Suffern NY
17-18 MAY	<b>SAVE THE DATE!</b> Annual Volunteer Training and Youth Symposium Syracuse NY



**Valentine's** is a holiday that celebrates your relationship, but it's also a time when retailers rejoice, because it's an occasion when wallets come out. Try not to buy into the V-day hype— After all, you can't buy love and good memories!

**Valentine's Day** is a day for showing your loved ones how much you care. Family love is important and deserves to be celebrated too. Here are some ideas to share the love with your family this Valentine's Day.

### Skype with long distance family members

Of course sending the typical card to family members you're far away from will be appreciated, but video chatting makes your Valentine's exchange all the more special. Skyping is simple to figure out and best of all, it's free!

### Family talent show

For the family that you're lucky enough to be near on Valentine's Day, organize a love themed talent show. The acts could be love song serenades or magic tricks with Conversation Hearts instead of coins. Even comedy acts can show the love if the ribbing is playful.

### Breakfast surprise

Start your family's Valentine's Day with a special breakfast. Shape into hearts everything that you possibly can, like pancakes and toast, Keep the color scheme red and pink with lots of berries and food coloring.

### Scavenger hunt

This idea takes a bit of planning, but is a really fun if you have little ones. Prepare the clues so the answers are compliments to each family member. One could be "Jenny's gorgeous eyes are the color \_\_\_\_\_. Your next clue is near a chair in that shade." Another might read, "Frank is the sweetest five-year-old we know. Your next clue is in the cupboard where we keep other sweet things." The end prize could be a heart shaped pizza for all.

### Special treat

Make the day special by filling it with treats that your children make for each other. Perhaps your son helps fix his siblings favorite dessert. Or your daughter rents your son's favorite DVD for the family to watch together.

### Military Teen Lock-In

Date: Feb. 21st 7pm -Feb. 22nd 12pm

The Boys & Girls Club of Geneva  
**NO WALK-IN'S Pre-Register by February 7th 2014**  
With Colleen Casey  
[colleen.e.casey.ctr@mail.mil](mailto:colleen.e.casey.ctr@mail.mil)  
518-786-4614

Ages:  
13-18 year olds ONLY

- Photo Booth
- Pilates & Massage
- Self Defense Class
- NYNG Youth Program
- OMK Tech Lab & iPad's
- Cooking Class
- Movie Time



### NY National Guard

### Family Readiness Council \$scholar\$hip

For Information and Details, keep an eye out here and on our Face book page <http://goo.gl/a5TXKk>

NEW YORK

# NATIONAL GUARD

JOB ZONE


DMNA.NY.GOV/JOBS

To view new job postings and Career Fair info visit <https://dmna.ny.gov/jobs/jobs.php?id=nyng>

**ITS TAX TIME.....** & if you are eligible under the **Military OneSource** program, you can complete, save and file your 2013 Federal and up to three State returns online at no charge to you with the H&R Block Basic tool. The link below will take you to the Military OneSource public website, click on "Access Resources" on the right to login and utilize this program. <http://goo.gl/pkhFLK>

## STATE FAMILY PROGRAMS CONTACT INFORMATION

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Family Assistance Specialist	Betty Eissfeld	646-424-5555	New York	<a href="mailto:betty.a.eissfeld.ctr@mail.mil">betty.a.eissfeld.ctr@mail.mil</a>
Family Assistance Specialist	Anne Marie Lara	315-438-3022	Syracuse	<a href="mailto:annemarie.m.lara.ctr@mail.mil">annemarie.m.lara.ctr@mail.mil</a>
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Family Assistance Specialist	Jacob Wicks	518-786-0390	DMNA, Latham	<a href="mailto:jacob.w.wicks.ctr@mail.mil">jacob.w.wicks.ctr@mail.mil</a>
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Family Readiness Support Asst	Larry Linville	585-783-5385	Rochester	<a href="mailto:larry.d.linville.ctr@mail.mil">larry.d.linville.ctr@mail.mil</a>
Family Readiness Support Asst	Marcus Dacis	631-962-1634	Long Island	<a href="mailto:marcus.dacis.mil@mail.mil">marcus.dacis.mil@mail.mil</a>
Family Readiness Support Asst	Ben Spies	347-569-8047	Ft. Hamilton	<a href="mailto:bernd.f.spies.mil@mail.mil">bernd.f.spies.mil@mail.mil</a>

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Transition Assistance Advisor	Bob Van Pelt	518-786-4605	DMNA, Latham	<a href="mailto:robert.w.vanpelt.ctr@mail.mil">robert.w.vanpelt.ctr@mail.mil</a>
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Child and Youth Program Coordinator	Keri O'Neil	518-786-4904	DMNA, Latham	<a href="mailto:keri.j.oneil.ctr@mail.mil">keri.j.oneil.ctr@mail.mil</a>
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Airman & Family Readiness Program Manager	Jeanne Goetze	716-236-3411	107th AW Niagara Falls	<a href="mailto:jeanne.goetze@ang.af.mil">jeanne.goetze@ang.af.mil</a>
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Airman & Family Readiness Program Manager	Walter Williamson	518-344-2357	109th AW, Scotia	<a href="mailto:walter.williamson@ang.af.mil">walter.williamson@ang.af.mil</a>
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Survivor Outreach Services Coordinator	Dan Arena	315-438-3301	Syracuse	<a href="mailto:daniel.j.arena.ctr@mail.mil">daniel.j.arena.ctr@mail.mil</a>
Survivor Outreach Services	Bonnie Deiter	518-270-1541	Watervliet Arsenal	<a href="mailto:bonnie.l.deiter.ctr@mail.mil">bonnie.l.deiter.ctr@mail.mil</a>
Survivor Outreach Services	Raul Lopez	914-944-6580	Cortland Manor	<a href="mailto:raul.lopez5.ctr@mail.mil">raul.lopez5.ctr@mail.mil</a>
<b>Family Programs toll free</b>	<b>1-877-715-7817</b>		<b>Yellow Ribbon toll free</b>	<b>1-866-876-3276</b>