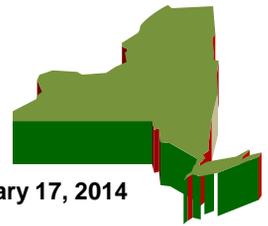




In a New York Minute

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

January 17, 2014



In keeping with the monthly Comprehensive Soldier and Family Fitness (CSF2) theme, we would like to keep the practice of these real life skills going in our day to day lives. Here and in the future you will find information on the monthly theme with links, quotes or tips to use and share. January's theme is **Social Fitness** with the Resilience competency focus on **Self Awareness**. How fitting that we think about our social fitness the same month we share with Dr. Martin Luther King Day. Below are some excellent quotes from Dr. King that speak directly to Social Fitness.

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." –

"I have decided to stick with love. Hate is too great a burden to bear." –

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." –

Most often we can discover the root of our Social skills by Identifying our deep beliefs and core values that fuel our emotions and help us to evaluate the accuracy and usefulness of these beliefs. This resilience skill is "**Detect Icebergs**"

For more information check out these links:
<http://goo.gl/7raisf> <http://goo.gl/3dRRux>



Resilience
The Courage to Come Back

It is that time of year again. **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>



PLEASE take a moment to help us successfully plan YOUR Annual Training:

NY NG Family Programs is in the Planning stages of our 2014 annual Volunteer and Youth trainings. 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, volunteers, Commanders, and MPOCs can attend the closest to your home.

If you would most likely attend a training weekend April 5-6 in Westchester County please email 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



**Coming for School Year 2014/15
NY National Guard**

Family Readiness Council \$scholarship

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

February 2014 JSS Webinar Sessions

**Updating Your User Profile in JSS
Thurs Feb 6, 10:00 – 10:30 AM EST**

Learn how to request a change to your state affiliation and role permissions, update your personal information, reset your **JSS** password and view your **JSS** History. Register online. Instructions will be sent via email. Please note, all our webinar times are in Eastern Standard Time.

Registration: <http://goo.gl/Nzyi5u>

Communicating in JSS

During this session, you will learn how **JSS** enables you to connect with **JSS** members through Announcements, Blogs, Forums, Email Campaigns, the File Library and Groups. Please register online. Instructions for connecting to the webinar will be sent via email. Please note, all our webinar times are in Eastern Standard Time.

Thurs Feb 6, 11:00 - 11:30 AM EST

Registration: <http://goo.gl/sCMfOq>

CALENDAR OF EVENTS

20 JAN	Martin Luther King Day
22 JAN	174 th Attack Wing Post Deployment YR event, POC Darrell Pinckney darrell.c.pinckney.ctr@mail.mil
22 JAN	5-8 PM Part I of 6 hr course Veteran Peer Leadership Academy includes free dinner . teaches veterans how to comfort and empathize with fellow veterans who may be facing times of distress. Vet House, 180 1st Street, Albany. RSVP to register and to receive details. capitalregionsos@gmail.com or 518.694.0641.
ANY DAY	RECORD YOUR VOLUNTEER HOURS ON JSS https://www.jointservicesupport.org/
24 JAN	Late registration deadline for February ACT http://www.actstudent.org/regist/dates.html
29 JAN	5-8 PM Part II of 6 hr course Veteran Peer Leadership Academy includes free dinner . teaches veterans how to comfort and empathize with fellow veterans who may be facing times of distress. Vet House, 180 1st Street, Albany. RSVP to register and to receive details. capitalregionsos@gmail.com or 518.694.0641.
1 FEB	National Freedom Day
2 FEB	Ground Hog Day
9 FEB	105th AW Post Deployment YR event POC Darrell Pinckney darrell.c.pinckney.ctr@mail.mil
12 FEB	Abraham Lincolns' Birthday
14 FEB	Valentines Day
17 FEB	PRESIDENTS DAY

FUN FACTS

- **There are more than 900 streets named after Martin Luther King, Jr in the United States.**
- **George W. Bush and Harry S. Truman are the only Presidents to serve in the Modern National Guard. President Bush served in the Texas Air National Guard and President Truman served in the Missouri Army National Guard.**
- **Always Ready Always There. The motto of the National Guard, reflects the fact that since 1636, the National Guard has Always been Ready and has Always been There to perform its State and Federal missions.**

Armed Services YMCA Essay & Art Contests

My Military Hero Essay Contest:

<http://goo.gl/zjixJg>

My Military Hero Essay Entry Form:

<http://goo.gl/Y9EvDw>

My Military Family Art Contest:

<http://goo.gl/JQGWRc>

My Military Family Art Contest Entry Form

<http://goo.gl/j0OzdA>



Veterans Business Council A Partnership between the Saratoga County Chamber & The Saratoga Veterans Services Agency website has officially been launched!

<http://www.saratoga.org/chamber/veterans-business-council>

Military Extension Internship Program

Do you want a fulfilling internship working with children and teens?

The Military Extension Internship Program is a workforce development initiative providing college students and recent college graduates with practical work experience in child and youth programs on military installations around the world. The program is accepting applications for summer 2014 internships between Dec. 2, 2013 - Jan. 31, 2014. To view the application, read job descriptions or learn more about the program, visit the MEIP website <http://goo.gl/CbLt6> . It's never too early to think about next summer!



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