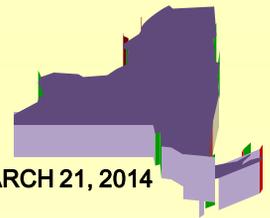




In a New York Minute

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



MARCH 21, 2014



AT LAST

ARMY PARENT AND FAMILIES, DO NOT MISS THIS IMPORTANT NOTICE: If you use or need information on the army fee assistance program for childcare (formerly NACCRRRA) informational presentation on : **The Army Fee Assistance Program Transition** Wednesday, March 26, 2014 3:00 PM - 4:00 PM Eastern

Space is limited. Reserve your Webinar seat now
<https://www2.gotomeeting.com/register/214387690>

Comprehensive Soldier & Family Fitness (CSF

2) Taking a Signature Strengths Survey helps you evaluate 24 signature strengths and identifies your top five strengths. The 24 signature character strengths are: **Creativity, Curiosity, Open Mindedness, Love of learning, Perspective, Bravery, Persistence, Integrity, Vitality, Love, Kindness, Social Intelligence, Citizenship, Fairness, Leadership, Forgiveness/mercy, Humility/Modesty, Prudence, Self-regulation, Appreciation of beauty and excellence, Gratitude, Hope, Humor, Spirituality, VIA-Inventory of Strengths** The VIA Survey is a FUN, quick 240 question survey that will show you your 5 greatest character strengths.

Register here; <http://goo.gl/Kq4zL>
Then go to the test center <http://goo.gl/VKEJll> and take the survey.



The tiny seed knew that in order to grow, it needed to be dropped in dirt, covered in darkness, and struggle to reach the light.

TIME IS RUNNING OUT REGISTER TODAY!



This year's workshops are open to Air and Army National Guard Volunteer and Youth. These workshops meet the annual requirements for training to make an FRG Green. The theme for the Workshop this year is **"Health and Wellness."** During the General Session, we will have guest speakers and 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/teen training, and a Question and Answer panel. 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 that are between 0-5 years old, childcare will be provided at the Workshop hotel. To reduce the travel burden on our attendees we will be hosting two identical Workshops.

Westchester County <http://alturl.com/dvy34>

Saturday, 5 April thru Sunday, 6 April 2014

Syracuse <http://alturl.com/6b4o6>

Saturday, 17 May thru Sunday, 18 May 2014

Please attend nearest to your Home of Record

Albany Law School is hosting a **Veterans' Law Day** March 22 from 9 a.m. to 5 p.m. at Albany Law School New Scotland Ave ,Albany

At Veterans' Law Day, veterans and their families seek legal advice from volunteer attorneys. The program is open to all veterans seeking general legal help, including areas around employment, business, and more. A light breakfast and lunch will be served

9:00 – 10:00 a.m. Know Your Rights: Landlord/Tenant Issues (Legal Aid Society of NNY)

10:00 – 11:30 a.m. Reconnection Workshop: Communication Skills (American Red Cross of NNY)

Noon – 1:30 p.m. Reconnection Workshop: Exploring Stress & Trauma (American Red Cross of NNY)

www.albanylaw.edu

contact : To schedule a free consultation with a pro bono attorney, sabarry@albanylaw.edu 518-445-2365.

Contact the Pro Bono Program at erang@albanylaw.edu 518-445-2304





CALENDAR OF EVENTS

27 MAR	HIRING OUR HEROES VETERANS EVENT 68 Lexington Ave, NYC For registration questions, please contact us at hireyourheroes@uschamber.com or call 202-463-5807
28-30 MAR	STRONG BONDS Family Event NYC/Long Island POC Mark.H.Getman.mil@mail.mil
5 APR	Gold Star Wives Day Remember ~ Respect ~ Honor
5-6 APR	Annual Volunteer Training and Youth Symposium, Westchester County, NY http://alturl.com/dvy34
15 APRIL	LAST DAY TO FILE YOUR STATE AND FEDERAL TAX RETURNS
20 APR	 EASTER SUNDAY 
26 APR	Military Kid Day Strong Museum of Play REGISTRATION REQUIRED (315) 788-8450 / eaf235@conell.edu
17-18 MAY	Annual Volunteer Training and Youth Symposium, Syracuse NY http://alturl.com/6b4o6

FREE YOGA CLASS FOR VETERANS

- ❖ March 22 1:00-2:00pm
- ❖ April 5, 5:00-6:30pm
(with Yoga Across America founder Gina Garcia)
- ❖ April 26, 1:00-2:00pm * OFFERING BOTH SPECIAL "KIDS ONLY" YOGA CLASS & ADULT CLASS
**American Red Cross 33 Everett Road
Albany 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

Serving those who serve.



MONTH of the MILITARY CHILD EVENTS



Military Teen Lock-In

ROTTERDAM BOYS & GIRLS CLUB
APRIL 11TH 5:30PM -APRIL 12TH 9AM
AGES:13-18 YEAR OLDS ONLY
MUST PRE-REGISTER BY APRIL 9TH, 2014
COLLEEN.E.CASEY.CTR@MAIL.MIL
518-786-4614 ** NO WALK-IN'S**



Horse Sense Program ~ Day for Military Children

TUESDAY APRIL 15 10:00 AM TO 4:00 PM
REGISTRATION REQUIRED 518-813-8805
VictoriaAcresEquineFacility@hotmail.com



Military Child Day with Albany Sheriff's Office

WEDNESDAY, APRIL 16TH 9:00 AM-4:00 PM
REGISTRATION REQUIRED (518) 694-5160
Dianna.Rios@redcross.org



Upstate Academy of Marital Arts Free

THURSDAY APRIL 17 1000-1PM

- FREE TO CHILDREN OF MILITARY FAMILIES
- FREE TO CHILDREN OF VETERANS
- CLASS OPEN TO ALL AGES 4 & UP

REGISTRATION IS REQUIRED, 518-280-4689 we are proud to offer this class to our littlest heroes!

File your 2013 TAX returns FREE with Military OneSource <http://goo.gl/pkhFLK>

NEW YORK
NATIONAL GUARD 
JOB ZONE DMNA.NY.GOV/JOBS

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

