



In a New York Minute

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



January 23, 2015

PREVENTION STARS

The New York ARNG Substance Abuse Prevention Program wants to recognize Soldiers who make low risk, healthy choices a part of their life and mission to be a ready, willing, and able Soldier. We are looking for Soldiers who exemplify healthy living and are considered role models for others. A Soldier can be nominated in one or more of the four following areas of wellness:

Being Well: A Soldier lives a physically healthy life by eating and drinking balanced meals, incorporating mental and physical exercise on a regular basis, and by maintaining the 0-1-2-3 drinking guidelines.

Relating Well- A Soldier shows outstanding teamwork, effective communication, and regularly volunteers for extra duties.

Living Well- A Soldier understands that balancing stressors is key to success and demonstrates this balance in personal-work life, Soldier duty, and family obligations.

Working Well- A Soldier stands out by being a key player to the team's success, and by helping to foster a positive work atmosphere. To nominate a "Prevention Star" simply send a Soldier's information to the Prevention Coordinator with examples of how he or she is making positive choices in order to promote a safe and healthy environment. All nominations can be submitted to Michele DeCuffa at Michele.a.decuffa.ctr@mail.mil

Spread the word 2015
FRG training will be
regionally throughout
NY

Call your regional
FRSA and Keep
looking here in the
NY Minute

When,
Where



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SUPPORTING NATIONAL GUARD AND MILITARY RESERVE FAMILIES...

One Child at a Time

Eligibility Requirements:

- ARNG or Reserve parents must be deployed OCONUS for at least 180 consecutive days
- AFR and ANG parents must be deployed OCONUS for at least 120 consecutive days
- Children must be ages 3-18
- At this time, each child can receive one grant award during the Service Member's OCONUS deployment
- Child must start the activity while the service members is still deployed
- Our Military Kids will provide one grant check to one organization for each child's award
Grants cannot be broken up between multiple organizations
- The amount of each grant award will match the cost of six months instruction or will equal the cost of the lump sum activity fee

Grants:

- Monthly lesson fees, instrument or equipment rental, and registration fees may all be included in one grant
- Each grant award will cover up to 6 months fees for one chosen activity or to one service provider
- Amount awarded will match fees for child's selected activity.
- Maximum grant award is \$500

Eligible Activities:

- All Sports Programs including martial arts
- Fine Arts Programs including dance, acting, music, painting, sculpture, language arts, etc.
- Tutoring services -- private tutors must have valid teaching certificate
- Leadership workshops, academic trips, and driver's education
- Complete the application, downloadable from: www.ourmilitarykids.org
- Attach copy of individual mobilization orders or CED orders (for ANG and AFR)
- Attach copy of child's military dependent ID card OR DD Form 1172, OR Child's birth certificate if Service Member is shown as parent OR printout of dependents from DEERS web site
- Attach brochure or flyer about activity (including cost of program, contact information and description of activity)
- Mail or fax completed application and documents to the Our Military Kids office
6861 Elm Street, Suite 2A • McLean, VA 22101 • 703.734.6654 • www.ourmilitarykids.org

•The grant check is mailed directly to the service provider, never to the family member

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THIS IS A MAKE UP HOLIDAY EVENT DUE TO A STORM ON THE ORIGINAL DATE

Free for all children in Buffalo and surrounding communities

**Saturday Jan 31 9am-3pm
Adam's Mark Hotel 120 Church Street
Buffalo**

Free Pony Rides
Petting Zoo – we even have a camel!
Free Airbrush Face Painting
Paul Antonio Magic Show (10am-11am)
Free Cotton Candy
Balloon Art Sculpture by Janice Spagnola
Caricature Artist Drawings
“Snow Queen” brought to you by Fairytales
Delivered
Live Animal Show (starts 1pm) – Featuring
Jarod Miller TV Show Host of “Animal
Exploration” and “Great American Dog”. Meet
& Greet with Jarod after the show.
Presentation of Exotic Animals by Wildlife
Defenders
– including a kangaroo!
Costume Characters!

Please bring a non-perishable food item as a donation to be given to the Child & Family Services' Haven House, Erie County's only licensed domestic violence shelter.

POST—9/11 VET: Information for Veterans who served in OEF, OIF and OND

VA continues to study the health effects of exposure, and in June 2014 launched the "Airborne Hazards and Open Burn Pit Registry." The registry allows Veterans to document their exposures and report health concerns using a web-based questionnaire. Eligible Veterans include those who served in:

- Afghanistan (Operation Enduring Freedom) and Iraq (Operation Iraqi Freedom and Operation New Dawn),
- Djibouti, Africa, after September 11, 2001,
- Operations Desert Shield or Desert Storm, and
- The Southwest Asia theater of operations after August 2, 1990 to include: Iraq, Kuwait, Saudi Arabia, Bahrain, Gulf of Aden, Gulf of Oman, Oman, Qatar, United Arab Emirates, waters of the Persian Gulf, Arabian Sea, and Red Sea.

To participate in the registry, go to <https://veteran.mobilehealth.va.gov/AHBurnPitRegistry>. All eligible Veterans, including those with no current symptoms, are encouraged to register. Participants will receive updates about ongoing VA studies and treatments, and can get an optional, no-cost VA medical evaluation.



If you haven't done so already, and you or your Service Member's employer has been over the top in their support of you or your Service Member's time in the NYARNG, please take the time to recognize them for their support. It doesn't take long to nominate them for an award, and it will make you and your employer look good!

Info on how to do this is here:

<http://www.esgr.mil/Service-Members-Family/Nominate-your-Employer.aspx>



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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. January's theme is Social Fitness with the Resilience competency focus on Self Awareness.



Social Fitness Resilience skill : Detecting Icebergs

What is Social Fitness:

- Striving to be morally responsible and law abiding
- A person who is socially fit is accepting of other peoples' beliefs and lifestyles
- A socially fit person maintains basic living skills that promote a positive influence and contribute to their communities

Some of the components of social fitness are:

- Citizenship-** We should all be law abiding citizens
- Community-** We should strive to be respected members of our communities
- Healthy Relationships-** We should strive to maintain professional relationships with co-workers and fellow Service Members

Respect- Be open in communication and practices empathy that involve treating people justly. What do unhealthy social fitness behaviors look like? Easily influenced by negative trends, disrespect, poor or anti-social language and attitude, reclusive, low self esteem and lacking integrity. What can be the cause of unhealthy Social behaviors? **“ICEBERGS”** Icebergs are deep core beliefs and values that influence how we act and react. What can we do? Detect Icebergs **“Detecting Icebergs”** is a critical skill because it increases self awareness which allows us to have greater control over our emotions and reactions. You can identify your iceberg beliefs by asking yourself four **“what”** questions.

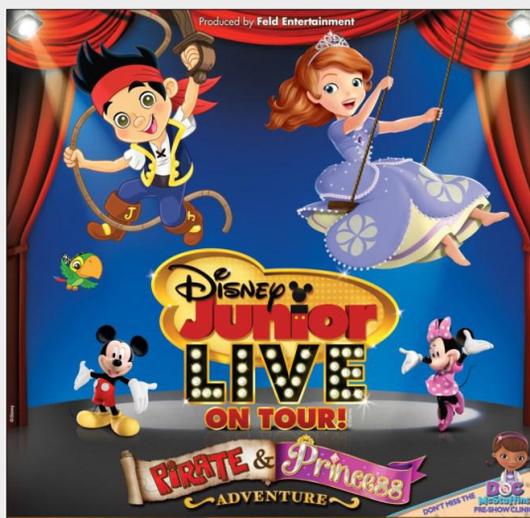
1. What is the most upsetting part of this for me?
2. What does that mean to me?
3. What is the worst part of that for me?
4. Assuming that is true what about that is so upsetting to me? Once you **“detect”** the iceberg, you can better prepare for situations that will come into your social life and feel better fit to cope.



SHRINE CIRCUS

**MARCH 12 - 1Sth
THE EVENT CENTER (AGRI-CENTER)
ON THE HAMBURG FAIRGROUNDS
5820 South Park Ave., Hamburg, NY
.....**

**Tickets on sale at Shrine circus office
1600 Southwestern Blvd W. Seneca NY
AGRI-CENTER BOX OFFICE
and online at TICKETS.COM
Call 674-8666 for more information**



**Saturday March 14th, 2015 1PM • 4PM
Palace Theatre Albany, NY**

Tickets start at \$22.00

For more information or to purchase tickets, please call (866) 248-8740 ext. 31427 or TFerguson@feldinc.com

**DEADLINE TO ORDER: THURSDAY, MARCH 5,
2015 AT 12:00 PM EST ALL SALES ARE FINAL**

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CALENDAR OF EVENTS:

JAN 24-25

1569th Transportation Co. 30/60 Day Yellow Ribbon Event Westchester NY
POC MSG John Ross john.a.ross3.mil@mail.mil

JAN 26-30

BOOTS to BUSINESS REBOOT-Watervliet Arsenal. The Veteran's Business Outreach, SBA & The Arsenal Business and Technology Partnership present a **FREE** program for Veterans who want to start, expand or purchase a small business. Meets Mon- Fri 11:30am-1pm, lunch provided at no cost. Registration required contact Amy Amoroso aamoroso@albany.edu / 518-380-5069

JAN 31

Santa's Vision MAKE UP EVENT 9am-3pm Adams Mark Hotel Buffalo NY

FEB 9

Rensselaer County Honor-A-Deceased Veteran Ceremony for information or to have a deceased Vet honored, call 518-270-2760

FEB 14

Valentines Day

FEB 21-22

133rd QM, 53rd DLD, 4th FIN 30/60 Day Yellow Ribbon Event Westchester NY
POC MSG John Ross john.a.ross3.mil@mail.mil

MAR 5

2015 Hiring Our Heroes – Latham NY A Free Hiring Fair for Veterans, Transitioning Service Members, and Military Spouses.
Employment Workshop 8:30 am Hiring Fair 10am-1pm For registration questions, please email hiringourheroes@uschamber.com or call 202-463-5807.



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

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