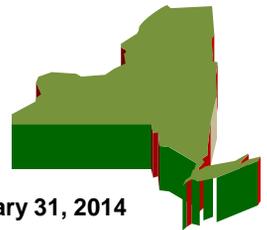




In a New York Minute

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



January 31, 2014

January’s theme for Comprehensive Soldier and Family Fitness (CSF2): **Social Fitness**

Military Teen Lock-In
Date: Feb. 21st 7pm -Feb. 22nd 12pm

Being Social builds resilience: Having good relationships with family members, friends and other service members is important. These people care about us and will be there for us when we need them. To help build and strengthen these relationships :

- Get involved with activities through your unit , FRG, and in your civilian community.
- Volunteer for a charity, mentoring program, or other community organization. Helping others in can give you renewed hope and strength.

Consider these quotes as you work to strengthen your Social Fitness and overall resilience:

“The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself.” Anna Quindlen

“Why fit in when you were born to stand out?” Dr. Seuss

“The best way to find yourself is to lose yourself in the service of others.” Gandhi

“The meaning of life is to find your gift. The purpose of life is to give it away.” Pablo Picasso

“Few people are mind readers. Let them know they matter.” Dr. Chris Peterson

February : Emotional Fitness & Self Regulation

ATTENTION!

COMMANDERS & FRG Military Points of Contact

PLEASE take a moment to help us successfully plan 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

If you would most likely attend a training weekend May 17-18 in the Syracuse area please email:

stephanie.m.duell.ctr@mail.mil

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

518-786-4614

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

Ages:
13-18 year olds ONLY



**This Military Saves Week:
Take Action to Improve Your Financial Situation**

Military Saves Week, February 24 – March 1, 2014, is a time to review your finances, decide what you want to save for, and set up a system that will allow you to save automatically. That’s why the Military Saves Week theme is **Set a Goal. Make a Plan. Save Automatically.** Did you know that only half of Americans report having good savings habits? Even if you are already saving, it’s good to take a look at your goals and decide if you can save more or start a new savings goal. Join thousands of others who are [pledging](#) to pay down debt, save money, and take financial action during Military Saves Week. **Not sure what to save for or what to save for next?** Here are the most popular saving goals of those who have pledged to save through Military Saves:

•**Save for Emergencies** - Only 37 percent of low-to-moderate income households have a savings or money market account at a bank or credit union and nearly a quarter of savers who have pledged to save have chosen “emergency savings” as their first wealth-building goal.

•**Pay Down Debt** - Getting out of debt is the #3 goal Savers select when they pledge to save. That does not come as a surprise since Americans spend well over \$75 billion a year just on credit card interest and fees.

•**Save for a Car** - Being able to travel by car can help people earn more, spend less, and get better value in their housing. Cars, however, are relatively expensive to purchase and maintain. American households spend, on average, more than \$8,000 dollars on car purchases and maintenance each year. Individuals can reduce this transportation expense by making wise purchase decisions.

•**Save for Retirement** – A 2013 survey found that retirement is the top priority for Military Savers. If you are Active-Duty Military or a DoD civilian employee you have access to the [Thrift Savings Plan](#) (TSP). Uniformed Service Members do not receive matching contributions from the Department of Defense into TSP but FERS employees do qualify for matching contributions. The contribution limits are set each year by the IRS .

CALENDAR OF EVENTS	
1 FEB	National Freedom Day
2 FEB	Ground Hog Day
6 FEB	Updating Your User Profile in JSS Thurs Feb 6, 10:00 – 10:30 AM EST http://goo.gl/Nzyi5u
6 FEB	Communicating in JSS 11:00 - 11:30 AM EST Registration: http://goo.gl/sCMfOg
7 FEB	7:30-9 PM From Hell to Healing An evening of education and entertainment by Jason Moon. FREE to Veterans Eastern Parkway United Methodist Church Schenectady www.warriorsongs.org
9 FEB	105 th AW Post Deployment event POC Darrell Pinckney darrell.c.pinckney.ctr@mail.mil
12 FEB	Abraham Lincolns' Birthday 
ANY DAY	RECORD YOUR VOLUNTEER HOURS ON JSS https://www.jointservicessupport.org/
14 FEB	 Valentines Day
17 FEB	PRESIDENTS DAY
22 FEB	 George Washington's Birthday
24 FEB -1 MAR	Military Saves Week! http://www.militarysaves.org/

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>

You are invited to attend the upcoming Supporting Military Children through School Transitions™: Foundations in West Point, NY

The Military Child Education Coalition® (MCEC®), a nonprofit organization addressing the educational needs of children in military families, presents the training. The purpose of this course is to prepare education and installation professionals to recognize and address transition concerns that impact the mobile military child. This training is open to guidance professionals, school administration and other caring adults interested in learning more about the military child.

Date and Time: Place:

March 13 & 14, 2014 West Point Club

Registration and Breakfast: 8:00 am - 8:30 am

Institute Training: 8:30 am - 4:00 pm West Point, NY Including a Working Lunch

Sponsor:

Funded by the Army; **No Cost to Participants**

For more information about this training, please contact

Myriam Virella at 254-953-1923 x 1119 or

myriam.virella@militarychild.org

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>

April, May, June, July, and August 2014

The Albany Housing Coalition and Capital Region Nordic Alliance will be offering a series of endurance events giving athletes a taste of being in the military, particularly the Army.

Running, pushups, sit-ups, land navigation, and backpacking will separate the men from the boys, the women from the girls.

capitalregionsos@gmail.com or 518.694.0641.

Open to everyone.



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