



# The New York Minute

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

SEPT 6, 2013

### What is your Units' FRG Score Card Rating for September ?

<http://dmna.ny.gov/family/scorecard>

### What does that mean for your Military Families?

Call 1-877-715-7817 to Contact your Regional Family Readiness Support Assistant and find out.

### FREE METS BASEBALL TICKETS!!! TO ALL MILITARY MEMBERS AND THEIR FAMILIES!!!

Sun, Sep 15th vs. Miami 1:10 PM

For interested service members: Tickets will be available for pick-up at the **Will Call** window.

To secure the tickets please send a contact person's name, email, phone number, and quantity of tickets to: Catherine Carney

[ccarney@seraphim12foundation.org](mailto:ccarney@seraphim12foundation.org).

A confirmation email will then be sent to confirm that tickets will be hold.



This year, the Army has extended its observance of National Suicide Prevention Week to the entire month of September, reinforcing its commitment to reduce risk behaviors and incidents of suicide in its ranks, and promote help seeking behaviors. The RTI will be raising awareness this month by participating in The Out of the Darkness Community Walk on 21 September 2013. The walk starts at the Walkway Over the Hudson in Poughkeepsie, NY at 1100.

If you would like to join the team, you can register at <http://afsp.donordrive.com>. The team name is 106 RTI - New York Army National Guard. If you cannot attend but want to donate, follow the donate links on the site. 82.1% of every dollar goes to research, education and survivor programs. Contact SSG Guckian [melissa.s.guckian.mil@mail.mil](mailto:melissa.s.guckian.mil@mail.mil) or SFC Butcher [shaun.c.butcher.mil@mail.mil](mailto:shaun.c.butcher.mil@mail.mil) for more information. Hope to see you there!



### Interesting facts about Back-to-School season:

According to the Census Bureau, \$7.9 billion was spent last year on back-to-school clothing sales.

More than 77 million Americans are considered students--age preschool through college. Students make up more than 25 percent of the entire population, according to the Census Bureau.

The US Government says there are more than 98,000 public schools in the country--98,706 to be exact.

How many teachers are there? In the nation's public schools there are more than 7.2 million educators.

### Hunt the Good Stuff!

Start practicing a great resilience habit in your home to build optimism in your family. Have each family member share one good thing they experience each day and a reflection on that good thing:

- Why this good thing happened
- What this good thing means to them
- What they can do tomorrow to enable more of this good thing

Hunting the Good Stuff can lead to:  
Better health, better sleep, feeling calm  
Lower depression and greater life satisfaction  
More optimal performance  
Better relationships



Remember Military OneSource for back to school information and <http://www.militaryonesource.mil/k-12-and-college-education>

## CALENDAR OF EVENTS

SEP 6	<b>STRONG BONDS EVENT</b> Binghamton 8 HABITS FOR ARNG FAMILIES <a href="http://goo.gl/Nmt1LU">http://goo.gl/Nmt1LU</a>
7 SEP	<b>Post-Deployment 30 day : Newburgh - 105 AW</b> <a href="https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=93F050E2-7459-4B5B-95B7-4B7578A8A525">https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=93F050E2-7459-4B5B-95B7-4B7578A8A525</a>
8 SEP	<b>42nd CAB &amp; 3-142nd AVN and Det 20, OSA Pre-Mob YR Event, Saratoga Springs</b> <a href="https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=EBDF9996-5780-4B4E-91A3-C04C7E325429">https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=EBDF9996-5780-4B4E-91A3-C04C7E325429</a>
13 SEP	<b>Post-Deployment 60 day : Yonkers - 101 SIGNAL BATTALION</b> <a href="https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=B9F98E42-C023-41AF-A62E-FBC51E48F8DD">https://www.yellowribbonevents.org/Events/EventRegistrationRequest.aspx?Mode=AddNew&amp;Id=B9F98E42-C023-41AF-A62E-FBC51E48F8DD</a>
1-30 SEP	INPUT VOLUNTEER HOURS ON JSS <a href="https://www.jointservicessupport.org/Default.aspx">https://www.jointservicessupport.org/Default.aspx</a>
14 SEP	<b>Post-Deployment 60 day: 101st ESB (A Co and C Co)</b> <a href="https://www.yellowribbonevents.org/Events/EventDetails.aspx?Mode=ReadOnly&amp;Id=0F9D3058-96F6-47EB-A07C-AC365E6CC59B">https://www.yellowribbonevents.org/Events/EventDetails.aspx?Mode=ReadOnly&amp;Id=0F9D3058-96F6-47EB-A07C-AC365E6CC59B</a>
20-22 SEP	<b>42nd CAB/642 Families Strong Bond Event</b> register @ <a href="http://www.strongbonds.org">www.strongbonds.org</a> - National Guard, Families, New York

**Are you, a member of your unit, or your family unemployed or under employed?**

### Silly & Cheap DIY Halloween Costume Ideas

- ❖ Dress up as you normally do. If someone asks what you are, tell them you're a werewolf. If they ask why you have no hair or fangs, explain that it's not a full moon.
- ❖ Get a bag of white balloons and a box. Put the box over your head and cut out holes for your arms. Paint the box a bright color and the word "soap" across it. Then tape the bubbles to the top of the box around your shoulders and head.
- ❖ Get a roll of orange yarn and a few bags of roasted pumpkin seeds. Glue them all over a cheap orange sweat suit. Your an inside out pumpkin
- ❖ Throw a white sheet over your head, and cut a hole for your head to come through. Wear a yellow hat and paint your face yellow with make up. Go as a fried egg.
- ❖ Wear all black and a pair of dark sunglasses, or glasses with a rubber nose. Get a strip of fabric you can fashion into a sash (like a beauty queens) and use fabric paint markers to write, "Bless you," across it. You're a blessing in disguise
- ❖ Get an old black sweat suit. Get yellow fabric paint and paint a double-line down the middle, vertically, front and back. Glue some tiny toy cars up and down your front and back and go as a highway
- ❖ Wear a black sweat suit and randomly attach single socks all over your clothes. You're the sock thief from the drier.
- ❖ Tie a sneaker to the top of your head, wear all pink and paint your face pink. Go as a piece of gum.
- ❖ Glue cotton all over a light blue outfit and carry a water gun to squirt people. You're a rain cloud.



<https://dmna.ny.gov/jobs/jobs.php?id=nyng>

### SITTERCITY BACK TO SCHOOL PROGRAM:

Back to School season has arrived! The Department of Defense has paid for your Sittercity membership to help you meet your family's care needs. Find local sitters and nannies in your neighborhood. Military families can activate their fully paid membership at [www.sittercity.com/DoD](http://www.sittercity.com/DoD). Get started today! If you have any questions, feel free to contact [jennifer.r.armstrong2.civ@mail.mil](mailto:jennifer.r.armstrong2.civ@mail.mil)



[http://www.nyfrc-inc.org/run\\_reg.html](http://www.nyfrc-inc.org/run_reg.html)

### Did you know?

The oldest public school in the US was founded in 1635, and 5 of the 56 signers of the Declaration of Independence graduated from this school, Benjamin Franklin, John Hancock, Robert Treat Paine, Samuel Adams and William Hopper. It is Boston's Latin School.