



In a New York Minute



"All the News you Need to Know – in a Minute"

A Weekly Update for New York National Guard Service Members & Families

For more information on items featured in "In a NY Minute": stephanie.duell@us.army.mil

HAVE A SAFE AND PLEASANT INDEPENDENCE DAY REMEMBER OUR TROOPS!

SUMMER VACATION TIME IS HERE:

Where are you going? Does your FRG know?

If your family is traveling especially while your Service Member is away at Annual Training or deployed. It is good practice to verify your contact information with your FRG. Need assistance reaching your FRG? Contact your Family Readiness Support Assistant.

Buffalo: brandi.lyness@us.army.mil

Latham: stephanie.duell@us.army.mil

Long Island: laraine.figliuolo@us.army.mil

Rochester: bonnie.deiter@us.army.mil

Syracuse: kelly.m.oram@us.army.mil

FROM TRICARE NORTH REGION

Social Security Numbers Removed from ID cards

<http://links.mkt1327.com/ctt?kn=8&ms=MzY3NTIzMTYS1&r=MzqxMDU2NDc5OQS2&b=2&j=MTA0NzU3Nzk4S0&mt=1&rt=0>

TRICARE Young Adult

<http://links.mkt1327.com/ctt?kn=12&ms=MzY3NTIzMTYS1&r=MzqxMDU2NDc5OQS2&b=2&j=MTA0NzU3Nzk4S0&mt=1&rt=0>

TRICARE Webinars

<http://links.mkt1327.com/ctt?kn=5&ms=MzY3NTIzMTYS1&r=MzqxMDU2NDc5OQS2&b=2&j=MTA0NzU3Nzk4S0&mt=1&rt=0>

Save Money with TRICARE Pharmacy Home Delivery

<http://links.mkt1327.com/ctt?kn=4&ms=MzY3NTIzMTYS1&r=MzqxMDU2NDc5OQS2&b=2&j=MTA0NzU3Nzk4S0&mt=1&rt=0>

Stay Healthy with Health Net

<http://links.mkt1327.com/ctt?kn=3&ms=MzY3NTIzMTYS1&r=MzqxMDU2NDc5OQS2&b=2&j=MTA0NzU3Nzk4S0&mt=1&rt=0>

Take one of our wellness telephone-based classes

<http://links.mkt1327.com/ctt?kn=6&ms=MzY3NTIzMTYS1&r=MzqxMDU2NDc5OQS2&b=2&j=MTA0NzU3Nzk4S0&mt=1&rt=0>

AKO Newsletter: "The Advisor"

<https://www.us.army.mil/suite/doc/30556091>

Information all around you



Yellow Ribbon Pre Mob events

[14th Fin Pre Mob - Poughkeepsie \(Jul 16\)](#)

[727th MP Pre Mob - Poughkeepsie \(Jul 16\)](#)

[27th BCT Pre Mob - Buffalo \(Aug 06\)](#)

[27th BCT Pre Mob - Syracuse \(Aug 07\)](#)

[27th BCT Pre Mob - Albany \(Aug 20\)](#)

[27th BCT Pre Mob - Westchester \(Aug 27\)](#)

[27th BCT Pre Mob - Uniondale \(Long Island\) \(Aug 28\)](#)

Operation Home Front & Dollar Tree

Back to School Backpack Program

<https://www.operationhomefront.net/collectionvolunteerform.aspx?id=10605>

UPDATE TO FREE MEMBERSHIP AT YOUR LOCAL BOYS & GIRLS CLUB OF AMERICA!

Please be advised that some of the local Boy's and Girl's Clubs were not aware of the free membership for military children. Each club may run the program a little differently, so please be patient and if you have any questions or concerns, please call **1-800-854-CLUB**.



Couples & Families Strong Bonds Events

Strengthening Relationships through education, communication, and fun with other military families.

http://dmna.state.ny.us/family/strong_bonds_guidance.ce.pdf

http://dmna.state.ny.us/family/strong_bonds.pdf



The U.S. Army Soldier Show

proudly presented by **Family and MWR**

90 minute live musical performance

9/18 USMA, West Point, NY

9/21 Ft Drum, NY

9/23 Ft Hamilton, NY

Admission is FREE.

<http://www.armymwr.com/recreation/entertainment/soldiershow/default.aspx>

**I pledge allegiance to the flag
of the United States of America,
and to the Republic for which it
stands; one nation, under God,
indivisible, with liberty and
justice for all.**



EVENTS CALENDAR

July 4 th	INDEPENDENCE DAY!
July 8-10	Strong Bonds family event Niagara Falls NY POC Chaplain Ayres andrew.ayres@us.army.mil
July 11-14	Jr Counselor Training at Pioneer Camp Angola NY POC Youth Coordinators colleen.e.casey@us.army.mil or keri.j.oneil.ctr@us.army.mil
July 16	727th MP Pre deployment Yellow Ribbon Event POC Mr. John Willsey john.j.willsey@us.army.mil
July 16	14th Finance Pre deployment Yellow Ribbon Event POC Mr. John Willsey john.j.willsey@us.army.mil
July 23	A Co 1/69th Family Day Rockland State Park POC Laraine Figliuolo laraine.figliuolo@ us.army.mil
July 24	F Co 427 Family Day Freeport POC Laraine Figliuolo laraine.figliuolo@ us.army.mil
July 31	145 Maintenance Co Family Day Staten Island POC Laraine Figliuolo laraine.figliuolo@ us.army.mil
On-Going Events	<ul style="list-style-type: none"> • Busch Garden Entertainment www.herosalute.com/states/index.html (FREE admission, 1 day passes available) • Disney World Armed Forces Salute Ticket www.shadesofgreen.org/salute.htm or www.disney.com • FREE admission Bronx Zoo and New York Aquarium http://www.bronxzoo.com / www.nyaquarium.com