



## *In a New York Minute*

*"All The News you Need to Know ~ In a NY Minute"*

July 3, 2015

### **ONLY 2 REGIONAL READINESS TRAININGS LEFT FOR 2015**

If your unit has not attended, please register now <https://goo.gl/GXTsfw>

#### **NYNG Family Programs 2015 Annual Readiness Regional Trainings**

A training event for Unit FRG's,  
Commanders, MPOC's, and volunteers

- 11 JULY JFHQ-LATHAM
- 15 AUG ROCHESTER



Registration: <https://goo.gl/GXTsfw>

Information: Stephanie Duell  
[stephanie.m.duell.ctr@mail.mil](mailto:stephanie.m.duell.ctr@mail.mil)

Get the latest from the Military OneSource eNewsletter at your virtual doorstep. In July's edition, you'll find:

- Peer-to-peer support options - Chat on the phone for peer support with peer consultants who have walked in your shoes and will truly hear you.
- How to book your next military lodging stay online - It's real, it's simple and it's available now.
- How to score free admission to museums around the country - Soak up a little history, science and culture at a Blue Star Museum when you aren't soaking up the sun this summer.

Find this and other quick tips about planning a staycation, visiting a national park and much more.

Make the most of your summer with the help of the Military OneSource eNewsletter:

<http://www.militaryonesource.com/enewsletter>.

Providing policy, tools and resources to further enhance the quality of life of service members and their families.

#### **QUESTIONS??**

Would you like a briefing on Military OneSource. Contact your NY Military OneSource Consultant

**Amy Nevells**  
**(518) 265-2901**

[Amy.Nevells@militaryonesource.com](mailto:Amy.Nevells@militaryonesource.com)



**Where can you go in NYS to see a fireworks display? Check out the links below!**

<https://patch.com/new-york/southeast/2015-patch-hudson-valley-fireworks-guide>

<https://patch.com/new-york/southeast/fireworks-times-3-putnam-county>

<http://patch.com/new-york/northport/july-4-fireworks-asharoken-beach-0>

[http://www.syracuse.com/news/index.ssf/2015/06/2015\\_cny\\_fireworks\\_list\\_for\\_july\\_4th\\_where\\_to\\_see\\_the\\_shows.html](http://www.syracuse.com/news/index.ssf/2015/06/2015_cny_fireworks_list_for_july_4th_where_to_see_the_shows.html)

[http://www.newyorkupstate.com/events/2015/06/2015\\_fireworks\\_4th\\_of\\_july\\_celebrations\\_in\\_upstate\\_ny.html](http://www.newyorkupstate.com/events/2015/06/2015_fireworks_4th_of_july_celebrations_in_upstate_ny.html)

<http://www.albany.com/news/fireworks.cfm>

<http://www.saratoga.com/news/fireworks.cfm>

<http://www.adirondack.net/news/fireworks.cfm>

<http://www.lakegeorge.com/things-to-do/fireworks/>

<http://buffalo.kidsoutandabout.com/content/4th-july-fireworks-parades-and-events-buffalo-area>

<http://www.freetime.com/fireworks-finder/>



## **Army National Guard 101 Critical Days of Summer Campaign July 2015 Summer Activities and Alcohol Safety: Boating**

Combine the heat and humidity with easy access to large waterways and it is no wonder that boating and swimming are such common summer activities. Our July focus is on staying safe while participating in summer activities such as boating. According to the Coast Guard, alcohol use is involved in about one third of all boating fatalities. The risks involved in swimming and boating while using alcohol and/or drugs is even greater than for driving for the following reasons (taken from [www.uscbgoating.org](http://www.uscbgoating.org)):

1. The marine environment – motion, vibration, engine noise, sun, wind and spray – accelerates a drinker's impairment.
2. Boating stressors cause fatigue that makes a boat operator's coordination, judgment and reaction time decline even faster when using alcohol.
3. Boat operators are often less experienced and less confident on the water than on the highway. Recreational boaters don't have the benefit of experiencing daily boat operation and average only 110 hours on the water per year.
4. A boat operator with a blood alcohol concentration above .10 percent is more than 10 times as likely to die in a boating accident than an operator with zero blood alcohol concentration.
5. Inner ear disturbances from drinking can make it impossible for a person who falls into the water to distinguish up from down.
6. Alcohol creates a physical sensation of warmth - which may prevent a person in cold water from getting out before hypothermia sets in.

The bottom line is that a boat operator under the influence of alcohol and/or drugs can result in deadly consequences. It is also important to remember that it is illegal to operate a boat while under the influence of alcohol or drugs in every State.

If you do decide to drink this summer, please remember to use the research-based low risk guidelines from the Army's Substance Abuse Prevention Program - 0, 1, 2, 3.

**0 - No drinking if you are pregnant, driving, boating, engaging in high risk activities or if you have trouble drinking responsibly**

**1 - No more than one drink (.6 oz. of pure alcohol) per hour**

**2 - No more than two drinks per day if drinking daily**

**3 - No more than three drinks on any one occasion if only drinking occasionally**

Protect yourself, your family and your friends by enjoying your time while on or in the water without alcohol this summer. Have a safe and enjoyable summer.

For more information about alcohol and other drug-use education and prevention, please contact Kim Akins, ADCO, from the New York Army National Guard Substance Abuse Program at [kim.d.akins.ctr@mail.mil](mailto:kim.d.akins.ctr@mail.mil).



In conjunction with the USDA National Guard Bureau, would like to make you aware of the **USDA Summer meal programs**. The USDA Summer meal programs, including both the Summer Food Service Program (SFSP) and the National School Lunch Seamless Summer Option (NSLSP SSO), are among the 15 USDA nutrition assistance programs that help America combat hunger. Some key points are :

- USDA's 15 nutrition assistance programs-including the Summer Food Service Program and school meals-- touch the lives of 1 in 4 Americans each year.

- The summer meal programs serve children and teens age 18 and younger. There is no individual/ child enrollment, and no cost to the children/ families. Children may just show up at an open meal site and receive a healthy meal. The open meal sites are pre-approved by the State agency, and must meet the area eligibility criteria.

- The summer meal programs give communities an opportunity to play a lead role in combating hunger and helping to promote good nutrition and physical activity. Communities and organizations can host sites where children and teens can play and have a healthy meal or snack. Summer meal sites are located in many communities across the country at locations such as: schools, community centers, libraries, parks, playgrounds, faith based centers, housing projects, migrant centers, etc. To find your closest site visit

<http://www.fns.usda.gov/summerfoodrocks>

The Albany Stratton VA Medical Center would like to invite Veterans who are artists to submit their designs to create picnic table art. The theme is "Celebrating Diversity in America's Veterans." The picnic tables will be located on the grounds of the medical center for Veterans and their families to enjoy. Artists interested in creating picnic table artwork can fill out the [Picnic Table Art Application](#) and email it to [Mandy.Torres2@va.gov](mailto:Mandy.Torres2@va.gov). Entries are being accepted now until July 31, 2015 - See more at: <http://goo.gl/7gef0Z>



[http://nyfrc-inc.org/run\\_main.html](http://nyfrc-inc.org/run_main.html)



July 18-19, 2015

## Air Show 2015

NIAGARA FALLS AIR RESERVE  
STATION NIAGARA FALLS, NY  
FREE AIR SHOW TO THE PUBLIC

<http://thunderofniagara.com/>





CALENDAR OF EVENTS:

JULY 4	<b>HAPPY INDEPENDENCE DAY!</b>
JULY 11	REGIONAL READINESS TRAINING ~ LATHAM NY to register : <a href="https://goo.gl/o3jNKU">https://goo.gl/o3jNKU</a> information <a href="mailto:stephanie.m.duell.ctr@mail.mil">stephanie.m.duell.ctr@mail.mil</a>
AUG 1	42 <sup>nd</sup> JTF Yellow Ribbon Albany information <a href="mailto:wess.l.peek.mil@mail.mil">wess.l.peek.mil@mail.mil</a>
AUG 15	REGIONAL READINESS TRAINING ~ ROCHESTER NY to register : <a href="https://goo.gl/o3jNKU">https://goo.gl/o3jNKU</a> information <a href="mailto:stephanie.m.duell.ctr@mail.mil">stephanie.m.duell.ctr@mail.mil</a>
AUG 15	442 <sup>ND</sup> MP Yellow Ribbon event Westchester information <a href="mailto:wess.l.peek.mil@mail.mil">wess.l.peek.mil@mail.mil</a>

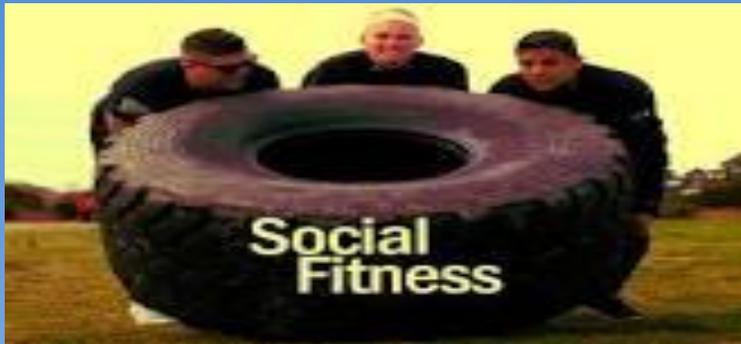


Any gym. Anywhere. Fitness for wounded veterans.

**CATCH A LIFT**

Helps wounded post 9-11 Service Members start and maintain their healing process, both mentally and physically, through physical fitness by providing them with gifted gym memberships or home gym equipment, anywhere in the United States.

<http://www.catchaliftfund.com/catch-a-lift-veterans/?currentPage=9>



The Resilience topic for July is Social Fitness (Self awareness). Some components for good social fitness are citizenship, community involvement, healthy relationships, being a good role model, personal courage, and respect.



Department of Civil Service

Veterans Temporary Hiring Program

For More Information Visit:

[www.cs.ny.gov](http://www.cs.ny.gov)

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