



In a New York Minute

September 2015

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

"...that we here highly resolve that these dead shall not have died in vain; that this nation shall have a new birth of freedom; and that this government of the people, by the people, for the people, shall not perish from the earth.

Lincoln's Gettysburg Address,
November 19, 1863.

IN MEMORIAM

We will never forget...
9-11-01



All Army National Guard Family Readiness Support Assistants (FRSA) under the current contracting company, will have a "Break in Service" starting COB Monday September 14.

NGB is working diligently to award the new contract. FRSA's are expected to return within 2-8 weeks.

- **Official communication relative to this break in service will come from the State Family Programs Director, Mr. John Willsey**
- If you need assistance with Family Readiness matters, please contact SFC Joseph Cousineau at 518 786-4907 or email maurice.j.cousineau.mil@mail.mil
- If you have Questions Regarding Volunteers, Training, or non-appropriated funds requests, please contact SSG Kara Livingston at 518 786-0404 or email kara.m.livingston.mil@mail.mil
- If you do not reach either of the above POCs please contact the State Family Program Family Assistance Hotline: 1-877-715-7817

For Assistance Based Needs Work with the Family Assistance Centers

Rochester 585-783-5310

Albany 518-7860-0390

Troy 518-285-5830

Buffalo 716-888-5797

NYC 646-424-5555

Syracuse 315-438-3022

Camp Smith 914-944-6592

Farmingdale 631-962-1637

Ft Hamilton 347-569-8048

Family Programs Office Toll Free 1-877-715-7817

September is Suicide Prevention Month

In 2014 ARNG lost 87 Service Members to Suicide, in 2013 we lost 134 Service Members . Our battle continues in the fight against suicide, stigma, and resources. Please consider joining our local military team:

;WGY6

(We Got Your Six) **The semicolon represents suicide survivors

Contact Julie Upstill, Suicide Prevention Program Manager at 786-4661

Walk to Fight Suicide

Out of the Darkness Community Walks

Suicide prevention starts with everyday heroes like you. You'll raise money for critical research and prevention programs, and show your community that you support a culture that's smart about mental health.

October 18, 2015

Saratoga County Fairgrounds
Ballston Spa, NY

Contact: Laura Marx, lmarx@afsp.org

Registration Time: 9:00 am

Walk Time: 10:30 am

Register: www.afsp.org/crnywalks

Back to school week is here



Time for some very important reminders

✓ **WATCH OUT FOR KIDS WHEN YOUR DRIVING.** Children are easily distracted by Seeing friends and may dart out carelessly in traffic.

✓ **SCHOOL BUSES ARE ON THE ROADS.**

Save yourself a lot of frustration by adjusting your travel time to allow for obeying the law and stopping for school buses and crossing guards.

✓ **HELP OUR KIDS GET OFF TO A SAFE START TO THE NEW SCHOOL YEAR!!!**



Hometown Heroes Run
20 September 2015
The Crossings of Colonie
Come Show Your Support!

http://nyfrc-inc.org/run_main.html

NY Army National Guard

101 Critical Days of Summer Campaign

September, 2015

Close of Summer and Staying Safe Over Labor Day

As we make the transition from summer to fall, from vacation to work, and from yard work to homework, many will try to squeeze in one last trip to enjoy the great outdoors over Labor Day weekend, and for some, it will be that last opportunity to party before returning to the grind. Labor Day is the close of what is referred to as the 101 Critical Days of Summer. As the humidity tapers off, the weather cools, the days start to get shorter and we anticipate a return to “real life,” it is easy to get careless and take unnecessary risks in outdoor activities, especially related to alcohol use. Please take care to keep your outdoor activities alcohol free and continue to drink lots of water.

Take a minute to remember some of the key points from the 101 Critical Days of Summer Campaign:

1. **Boating, Swimming and Motorcycling:**

- No matter what the temperature outside, alcohol and boating do not mix. Being on the water will still exacerbate the feelings of intoxication and lack of coordination, and the alcohol will increase your physical risks of suffering from hypothermia or facing a situation that puts you at risk of drowning. Make the low-risk choice to leave alcohol out of these activities and ensure your last fling of the summer is safe and enjoyable with no regrets.

2. **Fireworks and BBQs:**

- Fireworks and BBQ present dangers on their own – risks of fire, burns, and explosions to name a few. When mixed with alcohol (a flammable product that also impairs judgement), the dangers increase drastically. Even a small amount of alcohol intake can cloud judgement and put you at risk for a grilling or firework accident. Protect yourself and your family by choosing not to drink alcohol around fireworks or the BBQ.

3. **Hydration and Sun Safety:**

- In the hot summer sun, hydration and skin protection are key. When you mix alcohol with time in the heat, your body loses more fluid than it takes in and you put your body at risk for electrolyte imbalance, injuries, and more. Alcohol consumption may also increase your risk of sunburn, a known risk factor for skin cancer. Make the healthy choice to drink more water and use SPF protection when in the sun and heat, and save alcohol for a time and place where the temperatures will be more forgiving.

And remember, when you do drink, follow the “**0, 1, 2, 3**” **Low-Risk Guidelines:**

0 - No drinking if you are pregnant, underage, 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

Please contact **Kim Akins, ADCO from the NY Army National Guard Substance Abuse Program** for more information at **518-786-4903** or **kim.d.akers@accenturefederal.com**.



CELEBRATING OUR LOCAL HEROS!

We would like to thank and recognize our local community service workers who are going above and beyond to make our community a safe place to live and work

SATURDAY, SEPTEMBER 12 9 AM- 1 PM

FREE YOGA 9 AM FREE CHIROPRACTIC CARE AND MESSAGES

CALL TO SCHEDULE YOUR APPOINTMENT

SPORTS & SPINAL WELLNESS CENTER ALBANY NY

518-869-3415

Community Conversations

In the weeks leading up to Veterans Day join New York State Division of Veterans' Affairs staff for a community conversation to hear about current and pending legislation that affects the Veteran's community and provide your input regarding issues impacting Veterans in New York State.

Plattsburgh - September 2
Syracuse - September 9
Buffalo - September 16
Albany - September 24
Geneseo - September 30
Westchester - October 7
Long Island - October 14
Orange County - October 21
NYC Area - October 28
NYC Area - Nov 4, 10

for more information about these events
 Contact 518-474-6114 or
dvaoutreach1@veterans.ny.gov

NAMI Homefront: A free, six-week educational program for families, caregivers and friends of military service members and veterans with mental health conditions. Families, caregivers, and friends learn to manage crises, solve problems, communicate clearly, identify local resources, keep up on current research, and navigate the challenges and impact on the family, while also taking care of themselves.

September 14-October 26
 Mondays, 10:30 a.m. - 1:00 p.m.
 Albany Stratton VA Medical Center

NAMI Peer to Peer: A free, ten week session for adults with mental illness who are seeking to better understand their condition and journey towards recovery. Taught by a trained team who have been through the same experiences, the program includes presentations, discussions and interactive exercises.

September 17 -November 19
 Thursdays, 6:00 - 8:30 pm
 Rensselaer NY

**** Vets can self-refer.**

To Sign up: www.namirensco.org

CALENDAR OF EVENTS:

SEPT 12

442ND MP Yellow Ribbon event Westchester information
wess.l.peek.mil@mail.mil

SEPT 14

11 am & 1 pm Military OneSource webinar on fighting Child Obesity

SEPT 19

2015 Patriot Ruckmarch on September 19th <http://goo.gl/cfGLiG>

SEPT 21

Arsenal Partnership Tom Hartnett Memorial Golf Outing
 For more information, golf registration & sponsorship opportunities
www.arsenalpartnership.com

ATTENTION: TRICARE Prime users
 (New Enrollment Fees)
 FY 2016 Fees
 (Starting October 1, 2015)
 *Single: \$282.60 per year
 *Family: \$565.20 per year
 (518) 588-4441
von.ahouse@martinspoint.org
www.martinspoint.org/tricare



<http://dmna.ny.gov/jobs/>