



IN A

# NEW YORK MINUTE

“ALL THE NEWS YOU NEED

TO KNOW

~ IN A NY MINUTE”



# AUGUST

# 2016

## Strong Bonds Weekends:

### 8 Habits at Lake George!



This Strong Bonds workshop is intended to help couples develop 8 habits in strengthening and empowering their bond with their spouse. Come up to Lake George with other military families and go deeper into your relationship with your spouse and with your family.

This Strong Bonds event will be held August 12 - 14 in the Lake George area. You will be provided two nights lodging, up to 5 meals, and Strong Bonds materials.

Child care available children under the age of 17

[www.strongbonds.org](http://www.strongbonds.org)

POC: Robert Volk at [Robert.f.volk.mil@mail.mil](mailto:Robert.f.volk.mil@mail.mil)



Join Operation Homefront, Carnival Cruise Line, and Carrie Underwood on board the new Carnival Vista to celebrate our military families

[OPERATIONHOMEFRONT.NET/CARNIVAL](http://OPERATIONHOMEFRONT.NET/CARNIVAL)

Service members and their loved ones will enjoy an overnight stay aboard the Carnival Vista with complimentary accommodations, meals, activities and entertainment, including an exclusive mid-afternoon concert by seven-time GRAMMY-award winning superstar Carrie Underwood.

**November 4-5, 2016 | New York City**

Military families **CLICK TO APPLY**



**New York Heritage and Tourism: Military Appreciation Day  
Wed, Aug 3, 2016  
Saratoga Race Course, 267 Union Avenue, Saratoga Springs, NY**



**Saratoga Race Course will pay tribute to active military members and veterans in appreciation of their sacrifice and service to our nation. All veterans and active duty military will receive free grandstand and clubhouse admission with military ID.**



**MWR Saratoga Springs**  
**Community Recreation Center**  
**3569 Galway Road Ballston Spa,**  
**New York 12020**  
**(518) 885-5138 x1**  
[www.navymwrsaratoga.com/](http://www.navymwrsaratoga.com/)



**Ft. Hamilton MWR**

- Community Support
- CYS Services
- Recreation
- Social
- Dining

[hamilton.armymwr.com/us/hamilton](http://hamilton.armymwr.com/us/hamilton)

**2017 Winter Outdoor Survival Camp**  
**For Military Youth ages 14-18.**

**February 19-24, 2017**



Cornell University  
 Cooperative Extension  
 Jefferson County



**Oswegatchie**  
**Educational Center**  
**9340 Long Pond Road**  
**Croghan, New York 13327**

**Experience the**  
**Adventure of**  
**a Lifetime!**

- **Build shelters**
- **Snowshoeing**
- **Share stories at an outside bonfire**
- **Skijoring presentations**
- **Cross country skiing**
- **Ice fishing**
- **Archery**
- **Tubing**

**\$40.00**  
**registration fee**



**For more information call**  
**Lisa Vaughn at (315) 788-8450.**

**Register online at:** [https://reg.cce.cornell.edu/2017Winter\\_Outdoor\\_Survival\\_Ca\\_222](https://reg.cce.cornell.edu/2017Winter_Outdoor_Survival_Ca_222)

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and individuals with Disabilities and provides equal program and employment opportunities.

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## UPCOMING JOB FAIRS:

9 Sep, 2016  
VIP Community Services  
Bronx, NY

15 Sep, 2016  
DAV/Recruit Military, NYC

22 Sep, 2016  
Hiring Our Heroes -  
Rochester

For more information visit:  
<http://dmna.ny.gov/jobs/>



# HIRING OUR HEROES<sup>®</sup>

U.S. CHAMBER OF COMMERCE FOUNDATION

## 2016 Hiring Our Heroes – Rochester, NY

*A Free Hiring Fair for Veterans,  
Transitioning Service Members, and Military Spouses*

National Guard Armory

76 Patriot Way, Rochester, NY 14624

**September 22, 2016**

**EMPLOYMENT WORKSHOP: 8:30 a.m.**

**HIRING FAIR: 10:30 a.m. – 1:30 p.m.**

The **Workshop** for job seekers focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation, and interviewing

### EMPLOYERS

Must register for **FREE** at [HiringOurHeroes.org/events](http://HiringOurHeroes.org/events)

### JOB SEEKERS

Register for **FREE** at [HiringOurHeroes.org/events](http://HiringOurHeroes.org/events)

Thanks to our local partners:

- Rochester Business Alliance/RBA Staffing
- Veterans Outreach Center, Inc.
- New York National Guard
- NYS Department of Labor

For registration questions, please email [kpoynton@uschamber.com](mailto:kpoynton@uschamber.com) or call 202-617-6806



[HIRINGOURHEROES.ORG](http://HIRINGOURHEROES.ORG)

Find Hiring Our Heroes online:     

Download the free *Hiring Our Heroes* mobile app! All our powerful tools and resources at your fingertips.





## Citizen Preparedness Corps



With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. **The NY Citizen Preparedness Training Program** teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies

**Andrew M. Cuomo**  
Governor

**CONTACT:** Captain Martine J. Davis  
Cell:(518)278-6923  
Office:(646)424-5515  
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TSgt Erick Contreras  
Cell:(518)390-1275  
Office:(646)424-5515  
erick.a.contreras.mil@mail.mil

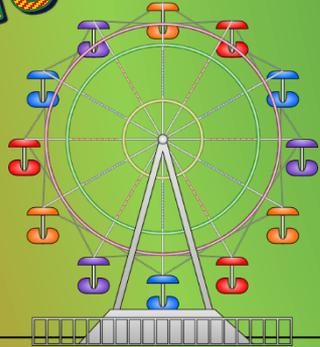
SGT Daniel Messina  
Cell:(518)390-1323  
Office:(646)424-5515  
daniel.p.messina.mil@mail.mil

For additional information, visit  
[www.prepare.ny.gov](http://www.prepare.ny.gov)

### August 2016

- Thursday, Aug 11, 2016 - Staten Island  
07:00 pm to 09:30 pm  
Brighton Heights Reformed Church  
320 St. Marks Place  
Staten Island, New York 10301
- Friday, August 12, 2016 - Brooklyn  
06:30 pm to 08:30 pm  
Church of God of East Flatbush  
409 E 95th Street  
Brooklyn, New York 11212
- Thursday, August 18, 2016 - Woodside  
06:00 pm to 07:30 pm  
Iglesia el Renuevo  
2nd Floor - training w/b presented in English  
43-25 52nd Street  
Woodside, New York 11377
- Thursday, August 18, 2016 - Woodside  
06:00 pm to 07:30 pm  
Iglesia el Renuevo  
1st Floor - training w/b presented in Spanish  
43-25 52nd Street  
Woodside, New York 11377

# August Stuff To Do:



A complete listing of New York County Fairs:  
[nysfair.ny.gov/about/ny-county-fairs/](http://nysfair.ny.gov/about/ny-county-fairs/)



18th Annual Parish Car Show  
Aug 07, 2016  
[www.parishvfc.org/car-show](http://www.parishvfc.org/car-show)

HUDSON VALLEY

# RIBFEST

12th Annual Hudson  
Valley Rib Fest

New Paltz  
Aug 19 – Aug 21



5th Annual  
Salamanca Rockin  
Ribfest  
Salamanca  
Aug 12 – Aug 14



## Niagara-on-the-lake

Saturday August 13, 2016

on Queen Street

10AM – 5PM

Admission is free.

[infoniagara.com/events/peach-festival](http://infoniagara.com/events/peach-festival)

For more New York State  
Events go to:  
[www.iloveny.com/events](http://www.iloveny.com/events)



## 30th Annual Truck, Farm & Construction Show

Stafford

Aug 06 – Aug 07

[www.esataonline.org/esata-26th-annual-antique-truck-show](http://www.esataonline.org/esata-26th-annual-antique-truck-show)

# SPOTLIGHT ON FAMILY PROGRAMS



My name is Jody Ankabrandt and I am the New York Military OneSource (MOS) State Consultant. I look forward to providing support to our Service Members and families, and welcome the opportunity to collaborate on any issues impacting our military community.

Military OneSource serves as a great resource for our Guard Service Members and families, available 24/7 by phone, online, or face to face. MOS offers a “One Stop Shop” of information on topics ranging from non-medical counseling, money matters, deployment support, relocation, health and wellness - just to name a few. Please don't hesitate to visit my office or contact me personally anytime via email or phone for more information, and above all THANK YOU FOR YOUR SERVICE!



**Jody Ankabrandt**

New York Military OneSource Consultant  
Contractor

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# KID'S CORNER



## The Ancient Olympic Games

The first known Olympic Games was recorded in around 776 BC in Olympia, Greece. They were celebrated until 396 AD.

The Ancient Olympic Games consisted of only one race, the "stade" race, which was the length of the stadium. Over the years more running races and other events were added, including boxing, wrestling, chariot racing, long jump, javelin and discus throwing.

The first modern Olympic Games were held in Athens in 1896.



5 – 21 August

Follow the Olympics at:  
[www.olympic.org/rio-2016](http://www.olympic.org/rio-2016)

