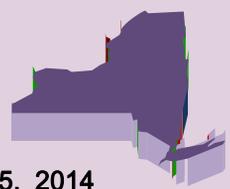




In a New York Minute

"All the News you Need to Know – In a NY Minute"



July 25, 2014

Recruitment Incentive and Retention Program (RIRP)

The Fall 2014 window for RIRP aka "State TA" applications is now open! Applications will be accepted through 15 AUGUST 2014.

The Recruitment Incentive and Retention Program (RIRP) is a New York State program designed to recruit and retain quality members for the State Military Forces (Army and Air National Guard, and Naval Militia). This competitive program will pay the cost of tuition up to a maximum of \$5,870 per calendar year for eligible qualified applicants. Soldiers who apply by the deadline have an additional 60 days to forward any and all pertinent financial aid documentation to the Education Office. Applications must be submitted electronically to ng.ny.nyarnng.list.rirp-ny@mail.mil.

No paper copies, faxes, etc will be accepted.

Learn more about this important benefit at [https://www.milsuite.mil/wiki/Portal:NYARNG - MNP Procedural Guide/MNP-EDU](https://www.milsuite.mil/wiki/Portal:NYARNG_-_MNP_Procedural_Guide/MNP-EDU)

Soldiers can apply for RIRP by filling out the PDF provided in the link

below and e-mailing it to the RIRP email address:

<https://www.us.army.mil/suite/doc/42771438>

****Please note**** RIRP or "State TA" is a separate program from Federal

Tuition Assistance (FTA) which is accessed at www.goarmy.com

If you have any questions please email us at ng.ny.nyarnng.list.rirp-ny@mail.mil

"Out of the Darkness"

Suicide claims more than 38,000 lives each year in the United States. Approximately 22 Veterans commit Suicide every day.

Please join the efforts of raising awareness about depression and suicide by walking in one of the "Out of the Darkness" walks during the month of September. Families, units, and friends are encouraged to form teams. For more information please reach out to Julie Upstill, Suicide Prevention Coordinator for ARNG at 518-786-4661. Suicide can be prevented. You can help. Join the movement. Please see below for dates and places of each event.

9/06/2014	Mohawk Valley Walk, Fort Herkimer German Flatts Town Park - Mohawk, New York
9/13/2014	Buffalo Walk, Delaware Park - Buffalo, New York
9/13/2014	Oneonta NY Walk, Neahwa Park - Oneonta, New York
9/14/2014	Sullivan County Walk, Town of Bethel Sr. Center, 3592 Rt. 55 - Kauneonga Lake, New York
9/20/2014	Norwich NY Community walk, Weiler Park - Norwich, New York
9/20/2014	Ithaca OOTD Walk, Cass Park Waterfront Trail - Ithaca, New York
9/21/2014	Orange County Out of Darkness Walk, Warwick Valley HS, 89 Sanfordville Rd - Warwick, New York
9/21/2014	Capital Region Walk for R.I.T.A., Washington Park - Albany, New York
9/27/2014	Rockland County Walk, Rockland Lake State Park - Congers, New York
9/27/2014	Watertown Out of the Darkness Walk, Thompson Park Pavillion - Watertown, New York
9/28/2014	Dutchess County Walk, Walkway Over the Hudson - Poughkeepsie, New York
9/28/2014	Ulster County Walk, Walkway Over the Hudson - Highland, New York
9/28/2014	Brooklyn Walk, TBA - Brooklyn, New York
9/28/2014	Rochester NY Walk, Genesee Valley Park - Rochester, New York

In a New York Minute

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**. Some resources are :

Family Programs Office: (877)715-7817

Director Of Psychological Health:

(518)396-8993

Military OneSource: (518)265-2901

New York Army National Guard welcomes the Substance Abuse Program.

On 26 September 2013, the Department of Defense released a five year contract for a blanket purchase agreement. The agreement targets wellness for all Army National Guard Soldiers nationally by building on already existing Suicide Prevention programs and the development of a national Substance Abuse Prevention program. The positions for these programs are located in Family Programs offices throughout the State.

The Substance Abuse Program (SAP) is managed by the Alcohol and Drug Control Officer, Kim Akins, who is located in the family programs office at the Division of Military and Naval Affairs in Latham, NY. The State is divided amongst three Prevention Coordinators (PCs): Michele DeCuffa in Southern NY, Pablo Hurtado in Western NY and Cortney Lovell in Central NY. The primary role of these PCs is to support Commanders and their Soldiers with all things pertaining to alcohol and substance misuse. The PCs are also responsible for conducting Unit Risk Inventory surveys, Reintegration Unit Risk Inventories, assisting with the required two hours of prevention education for each unit annually and increasing awareness of community resources.

Please reach out to the Substance Abuse Program with any questions, concerns or to schedule your trainings. Ms. Akins can be reached at 518-786-4903.

No medical marijuana within the Army

On 07 July 2014, Governor Cuomo signed into law the Passionate Care Act. This law establishes a medical marijuana program for New York State. The bill ensures that medical marijuana is reserved only for patients with certain medical conditions.

How does this affect our Service Members?

Although now legal at the State level if obtained through a specially licensed and registered doctor, **medical marijuana is NOT legal for our Service Members. Any illicit drug use is punishable under the Uniform Code of Military Justice** as marijuana remains illegal under Federal Law.

AR600-85 also establishes any drug use, including marijuana, to be grounds for separation within all components .

Family Summer Fun Activities

Here are some family fun summer activities that are free or at a discounted price for you and your family to enjoy!

❖ **Pottery Barn** – Walden Galleria store hosts story time for preschoolers on Tuesdays 11-11:30, receive a book club passport. Call (716) 681-6448 .

❖ **Movies** - Regal Theatres, **Family fun movies playing on Tuesdays & Wednesdays for the summertime** Admission to these movies during the Summer Movie Express is only \$1. Tickets must be purchased at the theater and all movies start at 10:00 am. A portion of the proceeds goes to the Will Rogers Institute. Search for a theater in your area to see where the Summer Movie Express is playing.

❖ **NYS State Fair & County Fairs** – www.countyfairgrounds.net/newyork/newyork.php
<http://www.nysfair.org> Note::Veterans Day discounts with Military ID, check events calendars.

❖ **NYS Parks** – <http://store.usgs.gov/pass/military.html> Overview of the Annual Pass for US Military and Their Dependents

❖ **Bowling** - www.Kidsbowlfree.com Kids Bowl Free is a program that lets kids in the U.S. and Canada bowl for free every summer. More specifically, they can play 2 free games every day during the summer! Hit New York State and look up your county to locate a participating bowling lanes near you!

❖ **Fishing** - No license needed fishing days – takemefishing.org/nfbw

❖ **Theme Parks** – Hershey Park-Discounted tickets online, Disney World, Colonial Williamsburg , various parks see <http://www.wavesofhonor.com/index.html> www.shadesofgreen.org/salute.htm

❖ Military.com offers a great round up of available military discounts including for amusement parks, museums, attractions, and travel such as hotels, cruises, resorts, etc. <http://www.military.com/discounts/travel>

CALENDAR OF EVENTS

14 Aug	Hiring Our Heroes Job Fair – Farmingdale, NY Farmingdale Armed Forces Reserve Center robert.w.vanpelt.ctr@mail.mil
18 Sept	Hiring Our Heroes Job Fair – Kingston, NY Kingston National Guard Armory robert.w.vanpelt.ctr@mail.mil
7 Oct	Hiring Our Heroes Job Fair – Saratoga Springs, NY SUNY Empire State College robert.w.vanpelt.ctr@mail.mil



Sunday, October 19, 2014
The Crossings of Colonie
5k Run & Walk

- Certified by USA Track & Field - USATF
- Trophies for: **Top Overall Male & Female**
- Age Groups: **19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+**

Register online or [download the form](http://www.nyfrc-inc.org/run_main.html)
http://www.nyfrc-inc.org/run_main.html

Mail Form with Payment to:
NYNGFRC

595 New Loudon Rd #170
Latham, NY 12110

For more information contact Ann Swezey,
SwezeyAnn@gmail.com



Are you interested in training to run a 5K? Couch to 5K
Every Wednesday at 6 pm, Starting August 6th 2014
Length: 8 weeks Location: The Crossings Park of Colonie
Cost: No cost for the training, JUST Pre-register & pay
\$20 fee for Hometown Heroes Run

Register online or [download the form](http://www.nyfrc-inc.org/run_main.html)
http://www.nyfrc-inc.org/run_main.html

Mail Form with Payment to:
NYNGFRC

595 New Loudon Rd #170
Latham, NY 12110

For more information contact Ann Swezey
SwezeyAnn@gmail.com

The Homes for Veterans Program

\$50 Million Commitment from SONYMA for Homes for Veterans

On March 20, 2014, Governor Cuomo announced a \$50 million commitment from SONYMA to help provide affordable housing to Veterans and Military Families. SONYMA, in conjunction with the NYS Division of Veterans' Affairs, is offering \$50 million in mortgage financing at a 3.875% interest rate for:

- Military veterans who have served in the active military, naval, or air service and who have been discharged or released under conditions other than dishonorable; and First-time homebuyers who are honorably discharged National Guard and reservists as well as active military, National Guard, and reservists.

The Homes for Veterans Program features:

- Down payment assistance up to the greater of \$3,000 or 3% of the home purchase price, not to exceed \$15,000;
- Up to 97% financing;
- Only 1% of the home purchase price must come from the borrower's own funds; and
- Financing for home improvements can be incorporated under the Own It, Fix It New York Program or Remodel New York with no increase in rate
- To be eligible, a prospective homebuyer's income must be within the program's household limits and the sales price of the property (plus any home improvements) cannot exceed the program's purchase price limits. The capital pool contributed by SONYMA remains available between now and Veterans Day 2014, or until all available funds are used.

For more information, please visit our website www.sonyma.org or call (800) 382-HOME (4663)