Niagara Falls Photo by Mark Blinch/Reuters 3/4/2014

IN A NEW YORK MINUTE

"ALL THE NEWS YOU NEED TO KNOW ~ IN A NY MINUTE"

FEBRUARY 2016

Do you or one of your dependents need an updated ID?

Call the DEERS Office located at:

330 Old Niskayuna Rd.
Latham, NY 12110
518-786-4406

1-877-715-7817

Comments, Issues or Complaints?
NYNGFAMILYPROGRAMSCOMPLAINTS@gmail.com

Strong Bonds Events:

Enrichment Weekend:
Syracuse, NY
February 26-28

Weekend at The Falls:
Niagara Falls, NY
March 18-20

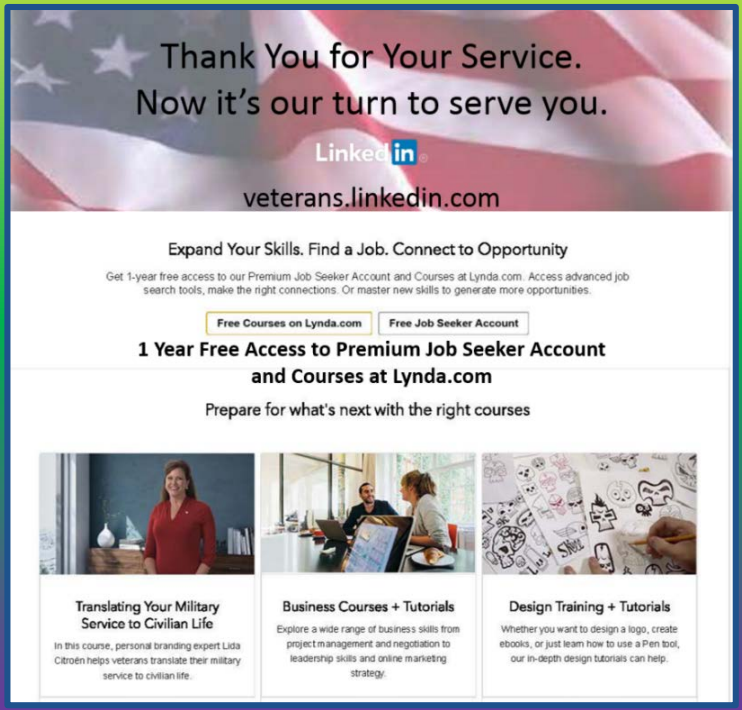
To register go to: http://dmna.ny.gov/family/ and Follow the Strong Bonds Link

- **Child care service available**
- **POC: robert.f.volk.mil@mail.mil**

*** Items from outside entities posted in the New York Minute are for informational purposes only and do not imply endorsement or affiliation by the New York National Guard Family Programs Office.**
We do our very best to ensure accurate information but always verify information such as Dates, Times, Cost, etc.

FOLLOW US ON twitter

https://twitter.com/NYNGFamilyProg



Veterans' Entrepreneur Boot Camp

NEW YORK STATE OF OPPORTUNITY. | VETERAN BUSINESS ASSISTANCE CENTER
Capital Region Chamber

The Capital Region Chamber now offers a Veterans Business Assistance Center to assist aspiring military veteran entrepreneurs.

Check out a video on our program here:
https://vimeo.com/148554695

Are there scholarships available?

Noble Gas Solutions is sponsoring scholarships for veterans to take the Entrepreneur Boot Camp training course at half price.

noble GAS SOLUTIONS | CELEBRATING a noble legacy 75 1940-2015

Through May 2016, there is currently a $250 grant available to offset the course costs (regular cost is $500 for this 10-week course) with valid proof that you are a military veteran.

If you would like more information on our Veterans Business Assistance Center or how to start a new business in New York State, please contact:

Janet Tanguay at jtanguay@capitalregionchamber.com or 518.431.1430.

Next class session:

February 10, 2016 - April 20, 2016,
Monday and Wednesday evenings
from 5:30 p.m. to 8:30 p.m.

The 70th Annual

SHRINE CIRCUS

MARCH 17th thru MARCH 20th
at
THE EVENT CENTER (AGRI-CENTER)
ON THE HAMBURG FAIRGROUNDS
5820 South Park Ave., Hamburg, NY

SHOW TIMES - FREE PARKING

Thursday, March 17th ..... 10:30 am & 7:00 pm
Friday, March 18th ..... 10:30 am, 3:30 pm & 7:30 pm
Saturday, March 19th ..... 10:00 am, 2:30 pm & 7:30 pm
Sunday, March 20th ..... 1:00 pm & 5:30 pm

RESERVED SEATING

Adults	Senior Citizens	Children Under 10
$14.00	$10.00	$8.00

GROUP RATES AVAILABLE UPON REQUEST

TICKETS ON SALE AT
SHRINE CIRCUS OFFICE
1600 Southwestern Blvd., West Seneca, NY
AGRI-CENTER BOX OFFICE and
ON-LINE AT TICKETS.COM

Note: Immediate Family of "Deployed" Service Members FREE on Thursday, copy of orders required, group rate of $6 for all other Service Members & immediate family members

CALL 674-8666 FOR MORE INFORMATION

Benefits Ismailia Shrine Activities Fund. Donations Not Tax Deductible.

http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes

RECIPES FOR HEALTHY KIDS

Free USDA Recipe Book

TEAM NUTRITION

Print out your FREE home copy of this new cookbook containing 30 kid-tested and kid-approved recipes, from the "Recipes for Healthy Kids" Competition. Sponsored by the USDA in support of First Lady Michelle Obama's Let's Move! Initiative and based on the new school meal patterns.

For other healthy recipes, visit: http://ccerensselaer.org/food-nutrition/recipes

AMVETS Scholarships

www.amvets.org/amvets-in-action/scholarships/

*Three specific to Veterans, Active Duty, Guard/Reserves.
*Two specific to children/grandchildren of Veterans, Active Duty, Guard/Reserves who are currently High School seniors, 2015-2016.

Other Scholarships:
AMVETS / University of Phoenix Scholarship
This scholarship is for Veterans, Active Duty, Guard/Reserves and family members
*Application cycle is May – August

The VFW has launched a survey on the healthcare issues that Women Veterans face. You do not need to be a VFW Member to participate in the survey.

The link for the survey is:
www.research.net/r/VFWSurveyofWomenVeterans

This is another important step in collecting data and first-hand stories related to what our members face when dealing with their healthcare issues. Should you have any questions, feel free to contact:

Ken Wiseman
Action Corps Manager
National Legislative Service
VFW Washington Office
(202)608-8363

Did you know that many Counties in New York State offer Veterans Discounts Year-round?
Search "Thank a Vet Discounts" for details:

Thank A Vet Discounts New York State

NEW YORK STATE

Become a Certified Service-Disabled Veteran-Owned Small Business

Get a NYS certification to participate in New York State's contracting opportunities.

http://www.ny.gov/services/become-certified-service-disabled-veteran-owned-small-business

THINKING OF STARTING YOUR OWN BUSINESS?

BOOTS to BUSINESS

REBOOT

THE SBDC, VBOC, SBA & THE ARSENAL BUSINESS AND TECHNOLOGY PARTNERSHIP PRESENT A FREE ONE-WEEK LUNCH TIME PROGRAM FOR VETERANS WHO WANT TO START, EXPAND OR PURCHASE A SMALL BUSINESS.

MEETS MONDAY - FRIDAY FEB. 8-12, 2016
FROM 11:30 AM - 1:00 PM – LUNCH PROVIDED AT NO COST
AT THE MICHAEL R. MCNULTY CENTER
FOR VETERAN ENTREPRENEURIAL ACTIVITY
LOCATED AT THE WATERVLIET ARSENAL

REGISTRATION REQUIRED BY FEBRUARY 3, 2016
Please contact Amy Amoroso
aamoroso@albany.edu / 518-380-5069
OR
Kathy Caruso
kcaruso@arsenalpartnership.com / 518-326-5522

VBOC VETERANS BUSINESS OUTREACH CENTERS

ARSENAL BUSINESS & TECHNOLOGY PARTNERSHIP

Small Business Startup Series

FREE! At Albany Public Library
Washington Avenue Branch, 161 Washington Avenue

Get Local Information from the Pros !

Monday February 1, 12:00 pm–1:15 pm

Financing Your Small Business

Get the basics on how and where to finance a small business, including information about local resources.
Presented by Community Loan Fund of the Capital Region.

Monday, February 8, 12:00 pm-1:15 pm

Small Business Basics

Is entrepreneurship right for you? Get an overview of what it takes to start and manage your own small business. Learn about some of the local resources available to prospective entrepreneurs.
Presented by Albany Small Business Development Center.

Please register for either program online or by calling the Washington Avenue Reference Department at 427-4303.

Community Loan Fund of the Capital Region

AMERICA'S SBDC NEW YORK

Albany Public Library

U.S. ARMY MWR

NAVAL SUPPORT ACTIVITY SARATOGA SPRINGS

Outdoor Recreation Park
3569 Galway Road Ballston Spa, NY 12020
Phone: 518-885-5138
Winter Hours
Sun CLOSED Mon 0600-1730
T-Thu 0630-1730
Fri 0630-1830 Sat 0700-1500

ITT / Liberty Center
NSA Saratoga Springs
19 J F King Drive
Saratoga Springs, NY 12866
518-886-0200 x126
Hours
M-F 0900-1600
Sat/Sun CLOSED

NIAGARA FALLS AIR RESERVE STATION
FORCE SUPPORT SQUADRON

10405 Lockport Rd,
Niagara Falls, NY 14304

niagarafss.com/services/outdoor-recreation-equipment-check-out/

NIAGARA FALLS AIR RESERVE STATION
Equipment Check Out
716-236-3511

Make Equipment Requests Online
It's easy!

Go to: http://equipment-request.questionpro.com
Fill out the online request form.
We'll call or e-mail you to schedule a pick up time.
Meet us at Equipment Check Out to pick up your stuff.
(It's the second driveway after you go through the gate.)
To rent equipment from us you'll need to show a military ID or CAC card.

- **Party Supplies**
- **Gardening**
- **Water Sports**
- **Camping Equipment**
- **Sports and Games**
- **RV Storage**

VA

Albany Stratton VA Medical Center

TELEHEALTH & YOU: VA Telehealth services offer the same excellent care from VA providers. In some ways it can even be better because patients can be seen at their closest CBOC or even from home, saving a trip to Albany!

Is Telehealth right for you? Ask your Healthcare Provider or VA PACT TEAM for more information about VA Telehealth today.

VETERANS!

Winter is Definitely Here .... Snow, Ice and Freezing Temperatures
Avoid falls, hip fractures and worse! **Consider safe, remote care when possible- speak to your provider to learn more about these options:**

Modality	Advantages	Contact
Home Telehealth	No Co-pay; use any phone or specific Telehealth device; no travel	Facility Telehealth Staff
Video to Home	No Co-Pay; Internet with webcam or POTS (plain old telephone system); no travel	Facility Telehealth Staff
Clinic Video to CBOC or between Campuses	Limited travel	Facility Telehealth Staff
My Health e Vet	Send secure messages; refill prescriptions; view appointments and sections of medical record; track weight, blood pressure, blood glucose.	Facility My Health e Vet Coordinator

For More Information Contact:

Rensselaer Polytechnic Institute
Reserve Officers' Training Corps

Military Appreciation Night
February 05, 2016 at 7:00 p.m.
RPI Men's Hockey
Houston Field House in Troy

(Free admission with Military ID. Non card holding family members are $6.00.)

To honor the men and women who have served, are serving, and will serve in our Nation's Armed Forces.

UNIVERSITY AT ALBANY
State University of New York

Rensselaer

UNION COLLEGE

Veteran's Appreciation Day at Victor Constant Ski Area Friday, February 5, 2016

Join us at the Victor Constant Ski area as we show our appreciation to our Veterans for their sacrifice and dedication to our country.

Specials for Veterans on this day include:

Half price Snow Passes and rentals for veterans and their immediate families (with valid ID)

Regular Daily Rates	Veterans Appreciation Day Rates
Snow Pass-$20	Snow Pass on Veterans Appreciation Day-$10
Ski Package Rental-$20	Ski Package on Veterans Appreciation Day-$10
Snowboard Package Rental-$23	Snowboard Package on Veterans Appreciation Day-$12
1 hour walk-on lesson-$25	Lesson on Veterans Appreciation Day-$13
Lesson Package (Rental, Snow Pass, Lesson)-$60	Lesson Package on Veterans Appreciation Day-$30

- Adaptive ski equipment and 1 and a half hour lessons with certified adaptive ski instructors for any one with disabilities at 4:30pm to 6:30pm
- 1 hour Ski and Snowboard lessons for beginners at 4:30pm to 6:00pm

We have season passes available for purchase if you would like to take advantage of our location and facilities for the entire 2016 Season.

For more information, visit our web page at http://www.westpointmwr.com/ski/index.html, email ODRWPMWR@usma.edu, or call (845) 938-8810.

OUTDOOR RECREATION

Victor Constant Ski Area
732 Victor Constant Rd.
West Point, NY 10996

MWR

Recreation Therapy

Creative Arts Festival

VA Western New York Healthcare System

3495 Bailey Avenue, Buffalo

Thursday, February 11, 2016

Freedom Hall

11am-2pm

Deadline for entries is February 5, 2016

Contact Patrick McGowan at 862-7376 or Pamela Kaznowski at 862-6814 for more information.

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

I CARE

Are you a retired handyman?

Do you love tools?

Volunteer Today!

TOOL BOX

umbrella OF COLONIE

608-4758

toolbox@colonieseniors.org

www.colonieseniors.org

1693 Central Avenue in Colonie

Tool Lovers! Use your skills to benefit the community and become a **Tool Box Volunteer!**

Enjoy a cup of coffee at the Tool Box

Donate your time and have fun! The Tool Box also provides space for our volunteers to hang out, listen to the radio, and relax!

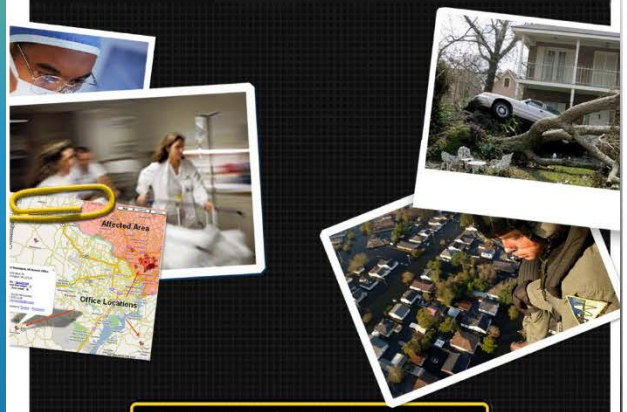
COLONIE SENIOR Service Centers, Inc.

The Umbrella of Colonie Tool Box is a program of Colonie Senior Service Centers, Inc. and is supported by the Albany Guardian Society.

U.S.ARMY

Army Disaster Personnel Accountability and Assessment System

Supporting Soldier, Civilians and Families, During a Disaster



https://adpaas.army.mil/

Who can use ADPAAS?

ADPAAS is available for all Department of the Army affiliated personnel and their Family Members. This includes, Active Duty, Selected Reserves, National Guard, DA Civilians, OCONUS DA Contractors, Non-Appropriated Fund employees and their Family Members.

Where is ADPAAS on the Internet?

https://adpaas.army.mil/

What if I do not have Internet?

If you are displaced from your home or office, or do not have access to a computer, you can contact someone with internet access and ask them to use ADPAAS on your behalf. Alternatively, you can request assistance from local authorities and relief agencies. Contact your command supervisor or call the ADPAAS Information Line.

ADPAAS Information Line
1-800-833-6622
Email: adpaas@spawar.navy.mil
Military OneSource
1-800-342-9647

For more details, contact the ADPAAS Team at usarmy.pentagon-e.hqda.mbx.adpaas@mail.mil.

*** Remember Account at your first available opportunity ***

U.S.ARMY ADPAAS

What is ADPAAS?

ADPAAS is the Army Disaster Personnel Accountability and Assessment System. It is a website designed to help Army personnel and their families directly affected by natural an man-made disasters.

ADPAAS allows personnel to do the following:

- Update Accounting Status
- Update Contact Information
- Update Displaced (Safe Haven) Location
- Update Family Member Information
- Submit a Needs Assessment Survey

Why is ADPAAS needed?

- ADPAAS provides a tool to report your status, current location, update emergency contact information and request assistance.

- ADPAAS helps the Army leadership to account for personnel and to make decisions that supports you and your family.

Additional Resources

- **Home Page** – for timely, up to date information
- **Reference Library** - useful websites and phone numbers

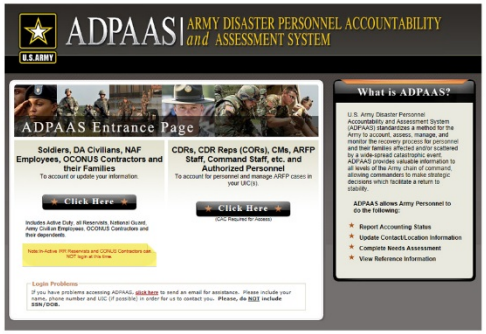
How does ADPAAS Work?

ADPAAS allows you and your Family Members to submit vital information into a secure website using your computer. Simply complete the following steps:

Step 1: Use this web address

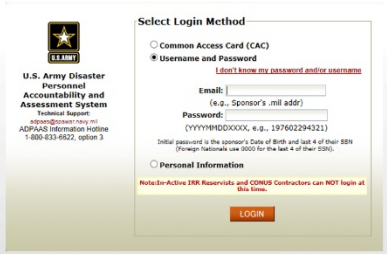
https://adpaas.army.mil/

Step 2: Select the "Soldiers, DA Civilians, NAF Employees, OCONUS Contractors and their family" button.



ADPAAS start page

Step 3: Choose one of the three login methods

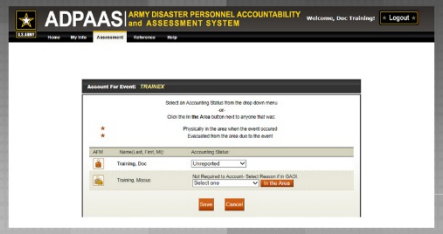


ADPAAS Army Family Member's Login Window

★ **Note: If you see the window above, it means that you are not affected by a disaster, or required to complete a needs assessment survey. You may logout.**

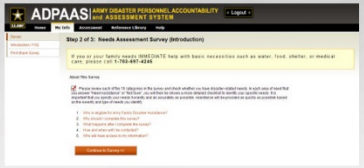
If you are affected by an event, the window below will appear

Step 4: Choose your status

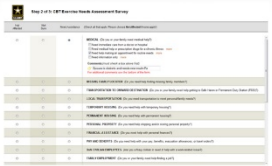


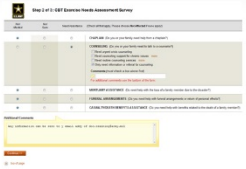
ADPAAS Accounting Window

Step 5: Review the survey introduction and click the "Continue to Survey" button

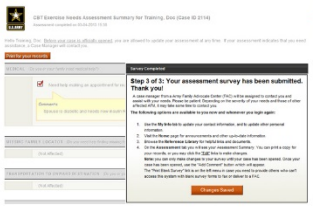


Step 6: Complete & submit the assessment survey



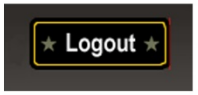


Step 7: Review & close the confirmation window



Step 8: Print your survey for your records

Once complete, you may logout!



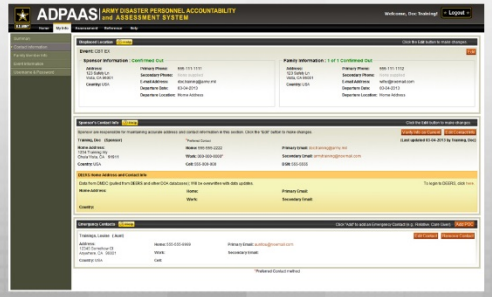
★ **Note: If you complete a "Needs Assessment Survey", a case manager will contact you. If you have any questions contact the ADPAAS Information Line.**

Congratulations!

You have completed entering your accountability status and assessing your needs.

- **Please view the homepage for up to date information**

Remember: Update you contact and location information regularly by choosing the My Info tab



Tax Services

You could pay for financial counseling, tax consultations or tax software, but why?

Military OneSource offers free tax consultation and electronic filing to eligible service and family members.

Military OneSource offers valuable tools and information to ease your tax-time worries.

Highlights

- **Free tax preparation and filing services** for eligible service members and their families to complete and electronically file their federal and up to three state tax returns with the support and experience of tax experts
- **Specialized support** from a Military OneSource tax consultant, helping service members and their families understand the unique tax requirements related to military personnel, maximize their refunds and complete the proper tax forms
- **Assistance** with finding Volunteer Income Tax Assistance program locations where participants can self-file using Military OneSource, sit down with a trained tax professional and have their taxes completed, or drop off their tax forms and return at a designated time to complete the filing
- **Helpful articles** on the Military OneSource Personal Financial Management and Taxes page, such as "Tax Filing Made Simple" "Filing Taxes When a Service Member Is Deployed" and "11 Tips for Making the Most of Your Tax Refund"
- **Financial counseling,** and tax consultation services, available in person or over the phone, to help with financial issues, such as budgeting, money management and debt consolidation, as well as education on how to maximize your refund by using it wisely

Military OneSource

Call. 800-342-9647
Click. MilitaryOneSource.mil
Connect. 24/7

Use Military OneSource tax services to plan for and complete your taxes.

Military OneSource

Offers FREE Tax Consultation & eFiling

- Maximize your refund
- Take advantage of our simple, easy process
- Use your tax refund wisely - save money and pay off debt

Visit **MilitaryOneSource.mil** to file your federal and state taxes.

Military OneSource

Call. 1-800-342-9647 *Click.* MilitaryOneSource.mil *Connect.* 24/7

Provided by the Department of Defense at no cost to service members (active duty, Guard, and Reserve) and their family members.

NEW YORK NATIONAL GUARD

JOB ZONE

DMNA.NY.GOV/JOBS

VETERAN e mentor

HIRING OUR HEROES
U.S. CHAMBER OF COMMERCE FOUNDATION

Empowering National Guard and Reserve Members To Be Their Best

an online mentoring community where service members can connect with civilian professionals as they pursue meaningful employment in the civilian workforce

Program Highlights for Service Members and Veterans:

- *flexible mentoring options*: single session or ongoing mentoring; you and your mentor determine how and when you communicate
- *experienced mentors*: half are veterans or Guard/Reserve with successful civilian careers, half are civilians who want to give back or are working for veteran-friendly companies
- *skill development and networking*: improve your job search with help from a mentor already working in your target industry; Q&A page, discussion forum, and individual access to all of our mentors through our messaging system
- *free!*

Program Highlights for Mentors and Employers:

- *flexible mentoring options*: ideal volunteer opportunity for busy professionals
- *free advertising*: what better way to advertise your company as veteran-friendly than by providing volunteer mentors to assist service members with their transition to the civilian workforce
- *recruit experienced leaders*: individual access to all of our veterans and transitioning service members' profiles and communication through our messaging system

For More Info: www.veteranementor.org or email admin@ementorprogram.org.

HIRING OUR HEROES
U.S. CHAMBER OF COMMERCE FOUNDATION

2016 Hiring Our Heroes – New York, NY

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

69th Regiment Lexington Avenue Armory
68 Lexington Avenue & 26th Street, New York, NY 10010

April 21, 2016

EMPLOYMENT WORKSHOP: 8:30 a.m.

HIRING FAIR: 10:30 a.m. – 1:30 p.m.

A **Workshop** will be held for job seekers that focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation, and interviewing.

EMPLOYERS	JOB SEEKERS
Must register for **FREE** at HiringOurHeroes.org/events	Register for **FREE** at HiringOurHeroes.org/events

Thanks to our local partners:

- Manhattan Chamber of Commerce
- Brooklyn Chamber of Commerce
- NYC Mayor's Office of Veterans' Affairs
- New York National Guard
- Team RWB
- Workforce1 Industrial & Transportation Career Center
- NYS Department of Labor

For registration questions, please email kpoynton@uschamber.com or call 202-617-6806

MAXIMUS

NBC NEWS

HIRINGOURHEROES.ORG

Find Hiring Our Heroes online:

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

Available on the App Store

Google play

SUNY Buffalo Law School
The State University of New York

SUNY BUFFALO VETERANS' LEGAL CLINIC

The Veterans' Legal Clinic serves one of the most vulnerable populations in the country, who face legal issues such as landlord/tenant disputes, custody challenges, clinical proceedings, benefit denials, and bankruptcy.

Those who provided military service to this nation often find themselves facing legal problems, with nowhere to turn for help. This Clinic gives Student Attorneys the opportunity to do something about problems veterans face while gaining valuable legal experience.

Contact Us
For more information about our clinic, please contact:

Patrick J. Long, Director
John Lord O'Brian Hall,
Buffalo, NY 14260
716-645-2869
law-clinic@buffalo.edu

www.law.buffalo.edu/clinics

Are you homeless?

At risk of homelessness?

Did you serve in the U.S. military?

We can help.

VETERANS OUTREACH CENTER Inc.
★ Serving Those Who Serve U.S. ★

Veterans Outreach Center ★ 403 Main St., Buffalo ★716-424-1892

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EMPLOYER SUPPORT OF THE GUARD AND RESERVE

ESGR PROVIDES EMPLOYERS:

REGULATIONS
ESGR provides copies of the USERRA Statute, law reviews, the Federal Code of Regulations for USERRA Implementation, and a non-technical guide to understanding the law.

POSTERS
Employers are required to provide a notice of rights to employees who are entitled to the rights and benefits under USERRA. To meet this requirement, you can download free USERRA notices for both federal and non-federal workplaces to display.

TRAINING
Links to free online USERRA training at www.ESGR.mil help employers to better understand the law.

BRIEFINGS
ESGR volunteers can visit your workplace and provide USERRA training.

Join thousands of American employers who visibly affirm their support for their Guard and Reserve employees by signing a Statement of Support. Visit www.ESGR.mil to request your Statement of Support.

ESGR PROVIDES SERVICE MEMBERS:

RESOURCES
ESGR provides samples of military leave of absence forms, sample letters, service policies, and tips to help you avoid employment challenges.

UNDERSTANDING OF THE LAW
Confused? *We can help!* ESGR provides wallet cards and other resources to help you understand your rights and responsibilities under USERRA.

ESGR volunteers attend mobilization/demobilization briefings to answer questions. Call ESGR toll-free at 1-800-336-4590 or contact your local Guard or Reserve unit for more information.

Show appreciation for supportive employers by nominating your supervisor for a PATRIOT AWARD. It's free, and an easy way to say thanks. Visit www.ESGR.mil to nominate your employer.

Our customer service center is operational from 8am to 6pm Eastern Time, Monday through Friday, to provide answers to USERRA questions, or to refer cases to a trained ombudsman.

Call our customer service center toll-free at 1-800-336-4590. Questions may also be asked at www.ESGR.mil by completing a USERRA Assistance Request Form.

ESGR DEVELOPS AND PROMOTES A CULTURE IN WHICH ALL AMERICAN EMPLOYERS **SUPPORT AND VALUE** THE MILITARY SERVICE OF THEIR EMPLOYEES.

EMPLOYER SUPPORT OF THE GUARD AND RESERVE

EMPLOYER SUPPORT OF THE GUARD AND RESERVE

Why is employer support important? Almost half of our military force resides in the Reserve Component which is comprised of the Guard and Reserve. The men and women who serve in the Reserve Component are unique in that they also have civilian employers. Support of America's employers and the employees they share with the Nation ensures the viability of the all-volunteer force, and thus our national security.

EMPLOYER SUPPORT OF THE GUARD AND RESERVE (ESGR), a Department of Defense agency, seeks to develop and promote a culture in which all American employers support and value the military service of their employees with ESGR as the principal advocate within DoD. ESGR does this by advocating relevant initiatives, recognizing outstanding support, increasing awareness of applicable laws and resolving conflict between employers and service members. *Paramount to ESGR's mission is encouraging employment of Guardsmen and Reservists who bring integrity, global perspective and proven leadership to the civilian workforce.*

WHO WE HELP
ESGR works with all employers and all Guard and Reserve service members.

WHAT WE DO
More than 4,700 volunteers and support staff are located in all 50 U.S. states, Guam-CNMI, Puerto Rico, U.S. Virgin Islands and the District of Columbia to provide the following services:

ADVOCATE
ESGR advocates relevant initiatives on behalf of employers, service members and their families. We promote the importance of employer support through regular communications to military leadership, and serve as a communication link between employers and the DoD.

RECOGNIZE
ESGR recognizes employers who practice human resource personnel policies that support employee participation in the Guard and Reserve with a series of DoD employer awards.

INFORM
ESGR informs and educates service members and their civilian employers regarding their rights and responsibilities under the Uniformed Services Employment and Reemployment Rights Act (USERRA). Statutory authority for USERRA resides with the Department of Labor, and ESGR serves as a neutral, free resource to employers and service members. Information on the many resources is available at www.ESGR.mil.

MEDIATE
Trained ombudsmen provide information and mediation concerning the USERRA law. ESGR has hundreds of trained volunteer ombudsmen throughout the country ready to provide free mediation. Many conflicts arise due to a misunderstanding rather than a purposeful violation of the law, and ESGR can assist in resolving these issues and more.

Donald Roy
Program Support Technician
330 Old Niskayuna Rd.
Latham NY 12110
518-786-0389
donald.e.roy.ctr@mail.mil

Michael Williams
Administrative Support Technician
Farmingdale AFRC
25 Baiting Place Road
Farmingdale NY 11735
631-962-1635
michael.s.williams11.ctr@mail.mil

Matthew Canning
Administrative Support Technician
212 General Lee Avenue
Brooklyn NY 11252
718-630-4585
mathew.d.canning.ctr@mail.mil

Darlene Stanton
Program Support Specialist
Division of Military & Naval Affairs
330 Old Niskayuna Road
Latham NY 12110
518-786-4911

Evan Card
Employment Coordinator
2 Maguire Way
Newburgh NY 12550
808-589-9209
evan.p.card.ctr@mail.mil

TRICARE®

ATTENTION:

If you are contacted about your Tricare Benefits and asked for your SSN, do NOT give out your information. Contact TRICARE.mil/Fraud

VETERANS MENTAL HEALTH
TRAINING INITIATIVE
NASW NEW YORK STATE CHAPTER

Please join us for a day of continuing education, focused on providing services to veterans, service members, and their families.

SAVE THE DATE!

CONTINUING EDUCATION CREDIT HOURS WILL BE AVAILABLE

February 5, 2016 - Niagara Falls

March 11, 2016 - Syracuse

April 15, 2016 - Long Island

Each day long regional conference will feature a panel discussion of current issues facing our military service people and workshops focused on clinical screenings, assessments, and treatments specific to this population, military cultural proficiency, trauma-informed care, and more. Resources and networking opportunities will also be available.

We hope you will join us!

For more information, please visit **WWW.NASWNYS.ORG**

Free Financial Coaching For Transitioning Veterans

Maybe you're in the middle of a tough financial situation right now or you're dealing with issues and emotions you never thought you would experience. Perhaps you just need an annual Financial Checkup.

If you are struggling or you just have questions, we can help

- NAVIGATE through a financial crisis
- BUILD a working budget
- LEARN how to deal with collectors
- ESTABLISH a plan for emergencies, savings, retirement, college

A financial coach works with you to help you:

- IDENTIFY your financial goals
- CREATE a plan
- TRACK your progress to ACHIEVE your goals
- SUPPORTS you along the way, for as long as you need

Three Financial Coaches for you in New York State:

- Jason Lampert-*NYS Dept. of Labor, Div. of Employment & Workforce Solutions, Brooklyn, NY* 718-613-3736
- Paula Mucci- *Workforce New York Career Center, Patchogue, NY* 631-687-4879
- Financial Coach-*The Work Place, Watertown, NY* 315-786-3673

Reshape your behavior and attitude towards money

Phone and Video Conferencing Sessions available

This program is provided by The Consumer Financial Protection Bureau in collaboration with The Department of Labor

2016 Schedule for

S.A.F.E.

Support And Family Education

Mental Health Facts and Information
Workshops for family members of Veterans
Offered every other Friday at the Buffalo VA Medical Center
10:00am – 12:00pm in 1022B

January 22 .....Depression/Bipolar Disorder and Their Impact on the Family
February 5 .....PTSD and its Impact on the Family
February 19 .....Schizophrenia and its Impact on the Family
March 4 .....Communication Tips for Family Members
March 18.....Limit Setting and Boundaries with Family Members
April 1.....Problem-Solving Skills for Families
April 15 .....Creating a Low-Stress Environment and Minimizing Crises
May 6 .....What Can I Do When My Family Member is Angry or Violent
May 20.....Common Family Reactions to Mental Illness
June 3 .....Taking Care of Yourself
June 17.....Skills for Managing Stress Effectively as a Family Member
July 1 .....What to Do When Help is Turned Away
July 15.....Do's and Don'ts in Helping Your Family Member
August 5.....Rights and Responsibilities of Consumers, Family Members,
August 19.....Empowering Your Loved One on the Journey of Recovery
September 2.....What Do We Tell Our Children and Other People about Mental Illness
September 16.....Dealing with the Stigma Surrounding Mental Illness

For more information please call Dr. Elizabeth Wahlig (862-7473)
or talk to your VA provider.
You are welcome to attend one or all of the workshops.
Family members and older adolescents are invited.
No reservations required for this free program.

United States Department of Agriculture
Rural Development

USDA HOMEOWNERSHIP WORKSHOP

JOIN US!

Wednesday February 24th, 2016
10:00am—11:30am

Genesee County Building 2
3837 West Main Street Rd.
Batavia, NY 14020

You are invited to join representatives from the Office of U.S. Senator Kirsten Gillibrand as well USDA Rural Development to learn about Single Family Housing programs assistance available throughout Western New York.

Looking to buy a home?

USDA Rural Development's 502 Program provides direct loans and loan guarantees to help low—and moderate — income persons to purchase or build safe and affordable housing in rural areas.

Looking to make home improvements? Increase energy efficiency?

USDA Rural Development's 504 Program offers fixed interest rates, loans, and grants to qualifying homeowners to make repairs, improvements and / or accessibility modifications to their homes.

There is no cost to attend this event.

Questions? Please email: Christopher.Stewart@usda.gov

For more information on this and other USDA Rural Development programs available throughout NY — visit us online:

www.rd.usda.gov/NY

USDA is an equal opportunity provider and employer.

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632 9992 to request the form.

You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at: US Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W. Washington, DC 20250-9410, by fax (202) 690 7442 or email at program.intake@usda.gov

All Military Service & Branch Veterans Are Encouraged to Attend

COMPEER GREATER BUFFALO

VET2VET PROGRAM

Banking & Your Credit Score Workshop

with David Atkinson from Consumer Credit Counseling Services, Inc.

Friday, February 19th, 2016

5:30PM - 7:00PM

Workshop Located at
Compeer of Greater Buffalo Offices
135 Delaware Avenue, Suite 210
Buffalo, NY 14202

RSVP is necessary to attend, no later than February 15th:

call Dan Ratka at Compeer @ 716-883-3331 ext. 317
or contact by email at daniel.ratka@compeerbuffalo.org

COMPEER
CARING FRIENDS & MENTORS

Buffalo Habitat for Humanity®

Are you a Veteran?

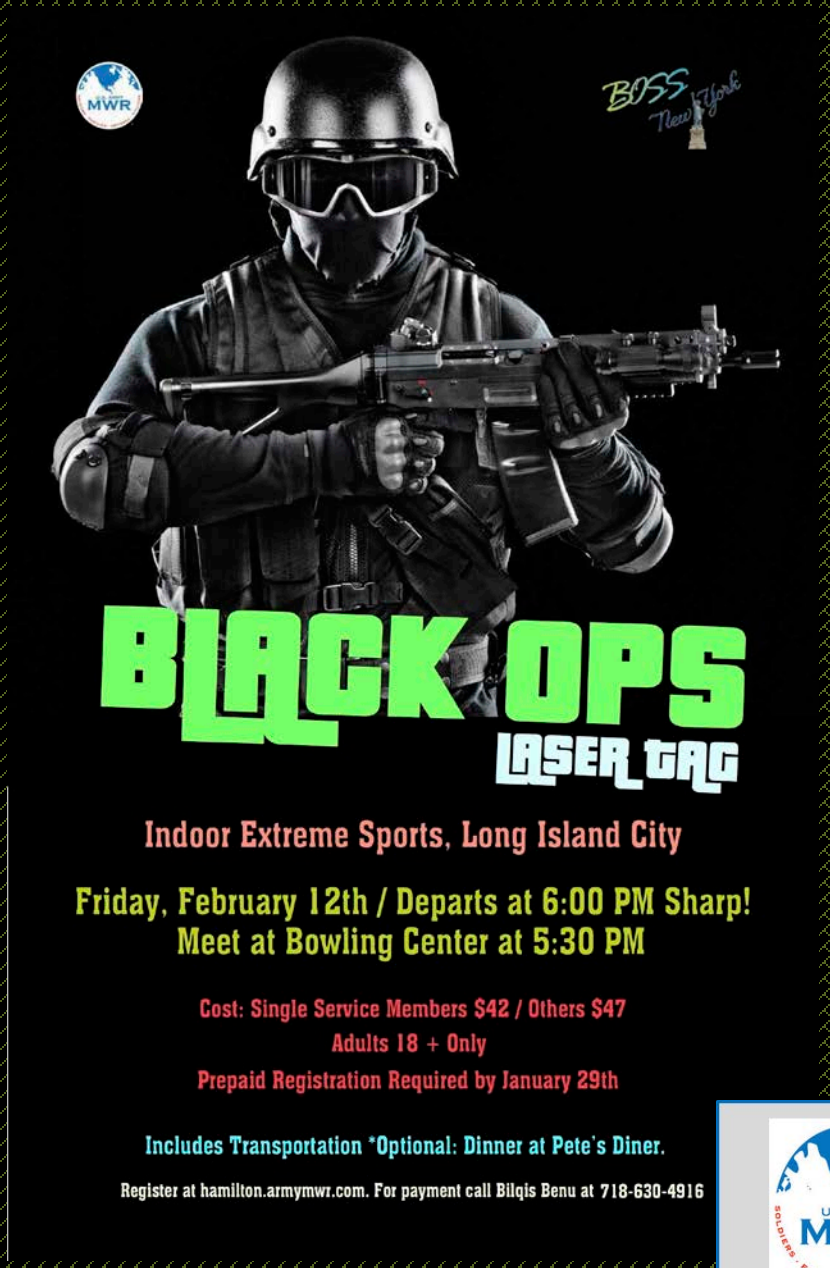
Do you reside in the Buffalo area?

Are you a First Time Home Buyer but not sure you can afford to buy your own home?

Are you interested in finding out how you can receive an interest free mortgage?

For additional details and to see if you qualify, Contact:

Sharon Danna
Volunteer Coordinator
Habitat for Humanity Buffalo
1675 South Park Ave., Buffalo, NY 14220
(716) 204-0740 x106



U.S. ARMY MWR
SOLDIERS · FAMILIES · RETIREES · CIVILIANS

Ft. Hamilton MWR

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

hamilton.armymwr.com/us/hamilton

SUPER BOWL BASH 2016

SUPER BOWL

SUNDAY, 7th FEBRUARY / 5:30 PM

FORT HAMILTON COMMUNITY LOUNGE
207 STERLING DRIVE, BROOKLYN NY 11252

21 & OLDER

AFTER PARTY WITH DJ JAVY
FEE INCLUDES: REFRESHMENTS,
DOOR PRIZES, AND GAMES

SINGLE SERVICE MEMBERS ADMISSION $5
GENERAL ADMISSION $15
PAY AT THE DOOR

For information contact Bilqis Benu at 718-630-4916 or email Bilqis.z.benu.civ@mail.mil

Ft. Hamilton MWR

- Community Support
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- Recreation
- Social
- Dining

hamilton.armymwr.com/us/hamilton

INTRAMURAL VOLLEYBALL

SPORTS & FITNESS CENTER

402 MAC ARTHUR RD. , BROOKLYN NY 11252

April 11th-June 29th, 2016
Mondays & Wednesdays
1800 & 1900 Hrs.

Prize Awards

FIVB Rules / 6V6
Max. Roster of 12
Free for Military Teams
$450 Civilian Team Fee
19 & Older

Captain's Meeting
April 5th, 2016

Open to Active Duty, Reserve, Retiree, DoD Civilians and Family members.

To register contact Peter Luthi, Sports Specialist
(718)630-4727
peter.j.luthi.naf@mail.mil

INDOOR SOCCER

SPORTS & FITNESS CENTER

402 MAC ARTHUR RD. , BROOKLYN NY 11252

April 12th- June 30th
Tuesdays & Thursdays
1800 & 1900 Hrs.

5V5
Max. Roster of 10
Free for Military Teams
$450 Civilian Team Fee
19 & Older

Registration
March 1st-30th, 2016

Captain's Meeting
April 5th,2016

Prize Awards

Open to Active Duty, Reserve, Retiree, DoD Civilians and Family members.

To register contact Peter Luthi, Sports Specialist
(718)630-4727
peter.j.luthi.naf@mail.mil

CIVILIAN FITNESS PROGRAM

New exciting ways to customize your workout during regular duty hours.

No end date 365 of CONTINUOUS running program

You can now re-enroll; not just one time only.

This Program Includes:

- Fitness Assessments
- Personal Training
- Nutrition Guidance
- Exercise Regiment
- 3 Hours a Week during Duty Day

Register Now! (718) 630-4793

BOSS New York

BETTER OPPORTUNITY FOR SINGLE SOLDIERS

A unique MWR Program organized by highly motivated Soldiers.

Increasing Resiliency via Sponsored Trips, Life-skills & Volunteer Ventures that will positively influence all for a lifetime!

Be the Voice of The Single Soldier

Join the team as a Unit Rep., as a Member or part of the Committee

To Join: Contact BOSS President SSG Valtrain Valery
Phone: (718) 630-4916 **Email:** valtrain.mil@mail.mil
Location: 137C Poly Place 5th floor, Brooklyn NY 11252

Follow us on Facebook: https://www.facebook.com/FortHamiltonBossPrograms
Website: Hamilton.armymwr.com

Eligibility: BOSS is primarily for Single Service Members of all Military Branch All authorized MWR patrons and their guests may participate in BOSS events.

ICE Comments

Members' Dinner

Fort Hamilton Community Club

First Thursday of every month from 4:00- 8:00 PM.

Two entrees for $25 for Club Members. Non-member pricing available.

Reservations Required.

Call 718- 765- 7368 Ext.3

Ft. Hamilton Community Club Members Promotion

207 Sterling Drive, Brooklyn NY 11252

Members who book a party now through August 2016 will receive a 5% discount.

We strategize, conceptualize, design and develop all concepts to produce the extraordinary. Our expertise include:

- Company Retreats
- Social Gatherings
- Weddings
- Communions
- Conferences
- Private Dinners
- Military Dining Ins and Promotion Parties
- More

For more information call (718) 765-7368 Ext. 4

Ft. Hamilton MWR

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

hamilton.armymwr.com/us/hamilton

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- CYS Services
- Recreation
- Social
- Dining

hamilton.armymwr.com/us/hamilton

FHCC PRESENTS

A ROMANTIC VALENTINE'S DINNER

Saturday, Feb. 13, 2016, 6:00 - 10:00 p.m.

Ft. Hamilton Community Club
207 Sterling Dr., Brooklyn, NY 11252

Celebrating Love, bring your Sweetie and Enjoy...

- Special Prix Fixe Menu (Starter, Main Course, and Dessert)
- Reservations include a Glass of Champagne, Tea, and Coffee.

$35 per Person.
$65 per Couple.

Prepaid Reservations Required by January 30th, 2016.

For more information and reservations call (718)765-7368 Ext.3 or go to www.hamilton.armymwr.com

No refunds. Gratuities not included.

American Red Cross

Join Our Team!

#GetAlarmedNYC is a partnership of the American Red Cross, the FDNY, the NYC Council and the Office of the Mayor, with the goal to reduce the number of fire-related deaths and injuries in NYC.
Join American Red Cross volunteers to install FREE smoke alarms and provide fire safety education.

Sign up today and help save lives from home fires in your neighborhood!

Training and Meals Provided
Transportation available for groups of 15 or more

To participate: email get.alarmed.nyc@redcross.org
or call 212-875-2207

Upcoming #GetAlarmedNYC Installation Events:

- West Brighton (Staten Island): Saturday, February 6, 9:00 a.m. - 4:00 p.m.
- Bed-Sty (Brooklyn): Saturday, March 5, 9:00 a.m. - 4:00 p.m.
- Port Richmond (Staten Island): Saturday, March 19, 9:00 a.m. - 4:00 p.m.
- St. Albans (Queens): Saturday, April 16, 9:00 a.m. - 4:00 p.m.
- Melrose (Bronx): Saturday, April 30, 9:00 a.m. - 4:00 p.m.
- Washington Heights (Manhattan): Saturday, May 14, 9:00 a.m. - 4:00 p.m.

Help Save Lives

Smoke Alarms Save Lives!

Did you know that if a fire starts in your home, you may have only *two minutes* to escape?

The American Red Cross can install a FREE Smoke Alarm in your home!

American Red Cross

www.redcross.org

Contact Your Local Chapter:

Mid-Hudson Valley Chapter
Poughkeepsie Office:
(845) 471-0200

Mohawk Valley Chapter
Utica Office:
(315) 733-4666

North Country Chapter
Plattsburgh Office:
(518) 561-7280

Watertown Office:
(315) 782-4410

Central New York
Syracuse , NY 13202
Phone: 315-234-2200

Greater Rochester
Rochester , NY 14607
Phone: 585-241-4400

Northeastern New York Chapter
Albany Office:
(518) 458-8111

Glens Falls Office:
(518) 792-6545

Western New York
Buffalo Office:
Phone: (716) 886-7500

Greater New York
New York City, NY | (877) 733-2767

Long Island
Mineola, NY
(516) 747-3500

Metro NY North
Greenwich, CT
(203) 869-8444

www.redcross.org/find-your-local-chapter

A SNAPSHOT: BLOOD PRESSURE IN THE U.S.

Make Control Your Goal

High blood pressure is a major risk factor for heart disease and stroke, the first and fourth leading causes of death for all Americans.

HIGH BLOOD PRESSURE BASICS

67 MILLION American adults have high blood pressure

1 IN 3

High blood pressure contributes to **~1,000 DEATHS/DAY**

When your blood pressure is **high**:

You are **4x** more likely to die from a stroke

You are **3x** more likely to die from heart disease

69% of people who have a first heart attack...

77% of people who have a first stroke...

74% of people with chronic heart failure...

HAVE HIGH BLOOD PRESSURE

Annual estimated costs associated with high blood pressure:

$51 BILLION

$47.5 BILLION in direct medical expenses

BLOOD PRESSURE CONTROL

ONLY ABOUT HALF (47%) of people with high blood pressure have their condition under control

Reducing average population systolic blood pressure by **only 12–13 mmHg** could reduce:

- 37% Stroke
- 21% Coronary heart disease
- 25% Deaths from cardiovascular disease
- 13% Deaths from all causes

MAKE CONTROL YOUR GOAL, EVERY DAY

- Check your blood pressure regularly—at home, at a doctor's office, or at a pharmacy
- Quit smoking—or don't start **1-800-QUIT-NOW** or **Smokefree.gov**
- Eat a healthy diet with
  - More fruits, vegetables, potassium, and whole grains
  - Less sodium, saturated fat, trans fat, and cholesterol
- Adults should limit alcohol to no more than:
  - 1 drink per day for women
  - 2 drinks per day for men
- Nutrition Facts — Read nutrition labels and lower your sodium intake
  - Most of the sodium we eat comes from processed and restaurant foods
  - About 90% of Americans eat too much sodium
- Get active and maintain a healthy weight. Aim for 2 hours and 30 minutes of moderate physical activity every week

millionhearts.hhs.gov/abouthds/blood_pressure.html

CDC

This infographic was developed by the Centers for Disease Control and Prevention's Division for Heart Disease and Stroke Prevention in support of achieving the Million Hearts® initiative goal to prevent 1 million heart attacks and strokes by 2017.

American Heart Month

HIGH BLOOD PRESSURE

What the Numbers Mean

	SYSTOLIC	DIASTOLIC
Normal	<120	<80
Prehypertension	120-139	80-89
Stage 1 Hypertension (High Blood Pressure)	140-159	90-99
Stage 2 Hypertension	>160	>100
Hypertensive Crisis (Emergency Care Needed)	>180	>110

Penn Medicine

CHOLESTEROL

What the Numbers Mean

HEALTHY Cholesterol Levels	AT RISK Cholesterol Levels	DANGEROUS Cholesterol Levels
Total Under 200 mg/dL	Total 200-239 mg/dL	Total Above 240 mg/dL
LDL Under 100 mg/dL	LDL 100-159 mg/dL	LDL Above 160 mg/dL
HDL Above 60 mg/dL	HDL 41-59 mg/dL	HDL Below 40 mg/dL

Penn Medicine

1 in every 5 smoking related deaths is due to cardiovascular disease. Quitting smoking improves your health, no matter how long you have been smoking or how old you are.

Heart Healthy Foods

- Oatmeal
- Brown or Wild Rice
- Salmon
- Sardines
- Tuna
- Walnuts
- Almonds
- Flax Seeds
- Berries
- Olive Oil
- Broccoli
- Carrots
- Sweet Potatoes
- Red Bell Peppers
- Black Beans
- Kidney Beans
- Spinach
- Green Tea
- Red Wine
- Cantaloupe
- Papaya
- Acron Squash
- Tomatoes
- Oranges
- Asparagus
- Avocados

strengthandsunshine.wordpress.com

American Heart Association. life is why™ | Go Red for women

National Wear Red Day

February 6, 2015

www.goredforwomen.org/home/get-involved/national-wear-red-day/

5 LIFESTYLE CHANGES TO MAKE HEALTH LAST

- BE MORE PHYSICALLY ACTIVE
- LIMIT YOUR ALCOHOL INTAKE
- EAT A BALANCED & HEALTHY DIET
- DON'T SMOKE
- REDUCE YOUR STRESS LEVELS

Women Heart Disease

Heart disease is the number one killer of women. Learn how to protect yourself or someone you love.

Start healthy habits now.
Research indicates that women who lead a healthy lifestyle before the age of 50 have a better chance of avoiding heart disease and the conditions that increase the risk of it–such as diabetes and hypertension.[3]

Get your checkup.
Some factors that increase your risk for heart disease–including high cholesterol–have no symptoms. Get regular checkups that include a blood cholesterol test. Everyone should have their cholesterol checked annually starting at age 20.[2]

Don't smoke.
Cigarette smoking can increase your risk of cardiovascular disease by two to four times.

Drink responsibly.
Drinking alcohol in moderation–particularly wine–can reduce your risk of dying from heart disease by 25 percent. For women, moderation means just one drink per day.

Brush your teeth.
The bacteria that grow in your mouth and cause gum disease may double your risk for a heart attack. Regular brushing and flossing can sweeten your breath and improve your health.[3]

Have sex, but be safe.
Research suggests that people who have sex at least twice a week are less likely to develop heart disease.[6] But proceed with caution and a condom. A recent study found a tie between human papillomavirus (HPV)–a sexually transmitted infection–and heart disease.[7]

Choose your birth control wisely.
Birth control pills can increase your risk of a heart attack and blood clots. Some types of the pill have been shown to increase the risk of blood clots by up to 65 percent over other formulas, especially in women who have a high BMI or those who smoke.[8]

Skip the soda.
Studies have shown that women who drink two or more sugar-sweetened beverages such as soda per day have a higher risk of heart disease.[4]

Relax!
Prolonged exposure to the stress hormone cortisol can damage your arterial linings, making it harder for your heart to do its job.

Stay active.
Your heart needs regular workouts in order to keep it healthy, even if you have a healthy BMI. As little as 30 minutes of moderate activity per day can reduce your risk for heart disease.[5]

Your heart works hard. Every day, it beats approximately 100,000 times and pumps around 2,000 gallons of blood. That's enough to fill about four bathtubs.

Your heart produces plenty of energy. The pumping motion of your heart creates enough energy in one day to drive a truck 20 miles.

A broken heart is a real condition where high levels of stress from painful life events can cause actual chest pain, a disruption of the heart rhythm and weakness.

Women have a 15 percent greater chance of having a heart attack on a Monday than any other day of the week, particularly women under the age of 50.

1 Evans, Christine: I Don't Like Mondays, BMJ 2000; 320
2 The US Department of Health and Human Services, hhs.gov
3 Goredforwomen.org
4 American Heart Association, heart.org
5 The Centers for Disease Control, CDC.gov
6 Hall, Susan: Sexual Activity, Erectile Dysfunction and Incident of Cardiovascular Events, American Journal of Cardiology, Jan. 2010
7 Kuo HK, Fujise K: Human Papillomavirus and Cardiovascular Disease Among US Women in The National Health And Nutrition Examination Survey, 2003-2006. Journal of American College of Cardiology; 2011
8 Gronic, Naomi: Drospirenone-Containing Contraceptives Linked To Higher Risk Of Blood Clots, Canadian Medical Association Journal (CMAJ), Nov. 2011
9 Demmer, Ryan, T: Desvarieux, Moise: Periodontal Infections and Cardiovascular Disease, Journal of the American Dental Association, Oct. 2006

For more information on preventing heart disease, visit scripps.org/womenheart

Scripps

1-29 FEBRUARY 2016 AFRICAN AMERICAN HISTORY MONTH OBSERVED

http://www.africanamericanhistorymonth.gov/

Mustang over the Mississippi by Max Haynes

Tuskegee Airmen

996 men completed the Tuskegee flight training program and earned their wings. 355 of them were sent to fly and fight in North Africa and Europe as fighter pilots.

The others were trained as bomber pilots, but the war ended before they could be deployed to the Pacific theater.

Of those who went into battle, 80 gave their lives and 31 became prisoners of war.

For more History, links, photographs and information visit: http://www.redtail.org/

Gabrielle "Gabby" Douglas

"Gabrielle Douglas is a US Women's Artistic gymnast.

At the 2012 London Summer Olympics, she won gold medals in both the team and individual all-around competitions.

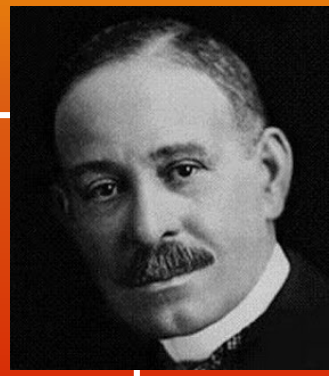
Gabrielle is the first woman of color of any nationality and the first African-American gymnast in Olympic history to become the Individual All-Around Champion. She is also the first American gymnast to win gold in both the gymnastic individual all-around and team competitions at the same Olympic games."

http://gabrielledouglas.com/biography

Sun, July 9th 1893, the first successful American open-heart surgery was performed by Black surgeon, Dr. Daniel Hale Williams.

Dr. Daniel Williams completed the operation on James Cornish who had been rushed to Provident Hospital in Chicago with a stab wound. Williams repaired the wound with the use of sutures.

Provident Hospital was founded by Dr. Williams and was one of the few hospitals that welcomed African Americans or had an interracial staff.



New York National Guardsman
Sergeant Henry Johnson
Posthumously Receives the Medal of Honor

On June 2nd 2015, New York National Guard State Command Sergeant Major Louis Wilson (Retired) accepted the Posthumously awarded Medal of Honor on behalf of Pvt. Henry Johnson, a New York Army Guard Soldier, who distinguished himself in World War I, but died in relative obscurity in 1929.

In 1917, Henry Johnson was working as a railroad porter at Union Station in Albany, New York, when the United States declared war on Germany. At the time, before the Selective Service Act introduced conscription, African-American volunteers were only allowed in four all-black regiments in the Army and a few National Guard units. Johnson was assigned to Company C, 15th New York (Colored) Infantry Regiment, which was converted into the 369th Infantry Regiment for the purposes of the war. The regiment belonged to the largely black 93rd Division of the American Expeditionary Force, a hastily assembled division that would be among the first American forces to arrive in France. Most of the 369th's Soldiers came from Harlem, San Juan Hill (around 59th Street in Manhattan) and Williamsburg, Brooklyn; after their exploits in France, they would be dubbed the "Harlem Hellfighters."

While on night sentry duty on May 15, 1918, Pvt. Johnson and a fellow Soldier received a surprise attack by a German raiding party consisting of at least 12 Soldiers. While under intense enemy fire and despite receiving significant wounds, Johnson mounted a brave retaliation resulting in several enemy casualties. When his fellow Soldier was badly wounded, Pvt. Johnson prevented him from being taken prisoner by German forces. Pvt. Johnson exposed himself to grave danger by advancing from his position to engage an enemy Soldier in hand-to-hand combat. Displaying great courage, Pvt. Johnson held back the enemy force until they retreated.

Henry Johnson earned the rank of Sergeant before his release from service.

http://www.army.mil/article/148879
http://www.history.com/news/wwi-hero-henry-johnson-finally-receives-medal-of-honor
http://www.army.mil/medalofhonor/johnson/

KID's Corner

Groundhog Cookies Recipe

- 2 cups sifted flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon ground ginger
- 1 teaspoon ground cloves
- 1 1/2 teaspoons cinnamon
- 1/2 cup soft butter
- 1 cup sugar
- 1/2 cup molasses
- 1 egg yolk
- 1 egg, slightly beaten
- Currants or raisins

- Sift together first seven ingredients. Set aside.
- Cream butter and sugar until fluffy.
- Blend in molasses and yolk.
- Stir in flour mixture and mix well.
- Form into a ball.
- Wrap in plastic wrap.
- Chill overnight, several nights or freeze.
- Place small amounts of dough on a sheet of plastic wrap, and cover with plastic wrap.
- Roll 1/8 inch thick.
- Cut out cookies with lightly floured cutter.
- Place cookies on greased baking sheet. Brush with slightly beaten egg.
- Decorate with currants or raisin eyes.
- Repeat until all dough is used.
- Bake 8 to 10 minutes in a preheated 350-degree oven.
- Cool slightly before removing from cookie sheet.
- *Makes 72 or more medium-sized groundhogs.

February is:
African American History Month

February 1
National Serpent Day

February 2
Groundhog Day

February 4
National Thank a Mailman Day
National Homemade Soup Day

February 5
National Weatherperson's Day
National Wear Red Day

February 7
Super Bowl Sunday
National Send a Card to a Friend Day

February 8
National Boy Scouts Day
National Kite Flying Day

February 9
Shrove Tuesday / Pancake Day / Mardi Gras
National Pizza Day
National Bagel Day

February 10
National Umbrella Day

February 11
National Make a Friend Day
National Don't Cry Over Spilled Milk day
National White Shirt Day
National Peppermint Patty Day

February 13
Abraham Lincoln's Birthday

February 14
National Ferris Wheel Day
Valentine's Day

February 15
National Gumdrop Day
Presidents Day

February 16
National Do A Grouch a Favor Day

February 18
National Random Acts of Kindness Day

February 20
National Cherry Pie Day
National Love Your Pet Day

February 21
National Sticky Bun Day

February 23
National Banana Bread Day
National Dog Biscuit Day

February 24
National Tortilla Chip Day

February 26
National Tell a Fairy Tale Day

February 27
National Strawberry Day
International Polar Bear Day

February 28
National Tooth Fairy Day

February 29
Leap Day

KID's Corner

Shrove Tuesday – also known as Mardi Gras or Pancake Tuesday is a perfect night to have Breakfast for Dinner!

Shrove Tuesday (known in some countries as Pancake Day) is a day in February or March, preceding Ash Wednesday (the first day of Lent), which is celebrated in some countries by consuming pancakes. This moveable festival is determined by Easter.

Why do we have pancakes?

Pancakes are eaten on this day because they contain fat, butter and eggs which were forbidden during Lent. Shrove Tuesday is celebrated the day before Ash Wednesday and is therefore the final day before the commencement of Lent, a Christian festival leading up to Easter Sunday (Easter Day).

Why is it called Mardi Gras?

Mardi Gras is French for "Fat Tuesday", reflecting the practice of the last night of eating richer, fatty foods before the ritual fasting of the Lenten season. Cities often have large festivals and celebrations in costume on Mardi Gras

February 18th is National Random Acts of Kindness Day!

For more Awesome & Kind Ideas visit:

https://www.randomactsofkindness.org/ Or: http://www.randomacts.org/

See if a local animal shelter needs volunteers to help! Sometimes, they are looking for people to just visit with the animals who can get lonely!

Compliment someone who could use a boost of confidence

Have you noticed a classmate who struggles in school? Offer to study together after class.

Do you sing? Dance? Play an Instrument? Contact a Nursing Home or VA Hospital and ask if they would allow you (or a group) to come visit and perform!

Smile at someone!

Collect and deliver food to a local food pantry

Can you think of something kind to do for someone?

Offer to babysit for someone who can't afford a professional sitter.

Rub a Loved One's Back

Help your parents with cleaning the house or other chores without being asked!

Mow the Lawn, Shovel a Driveway, Walk a Dog or Clean the House for someone without asking for pay!

Ask a grownup to help you collect supplies to make care packages for Troops! Or write letters & cards to send to deployed Service Members
*Contact Family Programs Office for Addresses

Are you a great reader? Read to younger brothers, sisters or elderly neighbors who may have trouble seeing.

SPOTLIGHT ON FAMILY PROGRAMS

Welcome to the New York National Guard Family Programs

ERIN BRUNNER – FAMILY READINESS SUPPORT ASSISTANT – ALBANY, REGION IV

TERESA HUGHES - FAMILY READINESS SUPPORT ASSISTANT – SYRACUSE, REGION III

BRENT WARREN – FAMILY ASSISTANCE SPECIALIST – SCOTIA

MARSHA CARAWAY – PSYCHOLOGICAL HEALTH COORDINATOR

MAJ SCOTT EHLER – CHAPLAIN

TIFFANY NOEL – SUBSTANCE ABUSE PREVENTION COORDNATOR - ALBANY

The Dollar Tree / Operation Homefront Holiday Toy Drive

The New York National Guard Family Programs office was the fortunate benefactor of toy donations through The Dollar Tree's partnership with Operation Homefront and their Holiday Toy Drive. Each year, Operation Homefront and The Dollar Tree set up donation boxes at various Dollar Tree locations and, through the generosity of their many customers, use the assortment of holiday gifts to help the most junior service members. It is with these toy donations that Operation Homefront and The Dollar Tree are able to show their appreciation to service members and their families.

Nonetheless, the kindness of Operation Homefront and The Dollar Tree does not stop at the Holiday Toy Drive. Every year, the two organizations partner once again for the Back-to-School Brigade where they collect school supplies for service members' children.

Through the 2015 campaign they were able to distribute 25,000 backpacks filled with school supplies to military kids across the country.

In the Capital District, contributions were received from the following Dollar Tree locations: Westgate Plaza No. 1414, Hamilton Square No. 6156, Amsterdam Crossing No. 1412, Johnstown Shopping Center No. 1929, Walmart SuperCenter (Cobleskill) No. 503, Midtown Shopping Center No. 2505, Glen Square Plaza Shopping Center No. 1418, and Kings Commons Shopping Center No. 3482.

Through the unwavering dedication of both Operation Homefront and The Dollar Tree, many military families were helped this holiday season. We send our sincerest thanks and gratitude to these fine organizations.

WELCOME HOME

UPCOMING YELLOW RIBBON EVENTS:

42ND JTF: 2-3 APRIL

7TH FIN/107TH MP: 16 APRIL

FOR MORE INFORMATION GO TO:
http://dmna.ny.gov/yellowribbon/

The NYARNG Substance Abuse Program

The NYARNG SAP is in place to help and support Commanders to prevent, deter, and reduce alcohol and other drug abuse within their formation.

Our support includes:

- Conducting the annually required substance abuse prevention training for every unit in the state
- Administering the annually required Unit Risk Inventory for every unit in the state
- Providing treatment referrals to Soldiers who are seeking assistance for substance abuse concerns.

The NYARNG SAP team is committed to assisting commanders with all matters pertaining to substance abuse issues, including guidance, additional prevention resources, and for referrals to treatment centers for Soldiers who require help or have a positive illicit drug test.

The NYARNG SAP program uses an educational prevention curriculum called "Strong Choices." Strong Choices is designed to address how high-risk choices around the use of alcohol and other drugs can affect every aspect of a Soldier's life. The training offers four modules directed at Soldiers and one module designed specifically for Leadership. Content is delivered using video, animations, presentations, and facilitated interactions. The trainings are focused on influencing behavioral changes at all levels.

The SAP staff covers the entire state of New York, and has Prevention Coordinators located in Manhattan, Rochester, and at JFHQ in Latham.

The ADCO (Alcohol and Drug Control Officer) oversees the program and is the POC for all inquiries.

Please contact Kim Akins, ADCO, at 518-796-4903 or at kim.d.akins.ctr@mail.mil

Substance Abuse Prevention Coordinators

Latham	Rochester	NYC
Tiffany Noel	Karl Hengelsberg	Michele DeCuffa
518-786-0406	585-783-5395	646-424-5554
Tiffany.e.noel@accenturefederal.com	Karl.p.hengelsberg@accenturefederal.com	Michele.decuffa@accenturefederal.com