



# In a New York Minute

" All the News You Need to Know in a NY Minute"



May 18, 2015

## M-O-T-H-E-R

"M" is for the million things she gave me,

"O" means only that she's growing old,

"T" is for the tears she shed to save me,

"H" is for her heart of purest gold;

"E" is for her eyes, with love-light shining,

"R" means right, and right she'll always be,

Put them all together, they spell "MOTHER,"  
A word that means the world to me.

- Howard Johnson



FRIDAY MAY 8, 2015



## Military Spouse Appreciation Day 2015





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I wanted to take this opportunity to introduce myself as the New York Military OneSource Consultant. I am looking forward to providing support to the service members and families within New York State, and welcome the opportunity to collaborate on any issues impacting the military community.

Please don't hesitate to contact me via email or phone if you have any questions or concerns. I continue to look for new resources to support the military community. If you are aware of any gaps in services, please let me know and I will focus my efforts to meet those needs.



**Applebee's Restaurant** – “National Military Appreciation Month”  
May 2015 is Military Appreciation Month and Applebee's is honouring our military with special surprises. For the entire month, veterans and active duty military will receive 10% off\* their bill with proof of service.

• Armed Forces Day Celebration on May 16. Every restaurant location will offer free cake and coffee to retired and active duty military and their families from 2 until 4 p.m.



HOLLAND NASCAR  
MOTORSPORT COMPLEX  
Presents MILITARY &  
FAMILY APPRECIATION  
NIGHT ~ May 30th  
RSVP by May 15 for your  
**free** tickets 716-862-7344



## Military families save more in May

Thank you for your service

Get a \$15 gift card and FREE groceries when  
you join or renew your military membership\*

Free Rotisserie Chicken • Free Five Cheese Macaroni • Free Cookies

To redeem this offer, visit the Member Services Desk

Offer available May 1 – 31

This offer is valid for active military, veterans, military personnel and military spouses.  
Proof of military service required for military membership.\*\*



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## NYNG Family Programs 2015 Annual Readiness Regional Trainings

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

DATES

30 MAY  
27 JUNE  
11 JULY  
25 JULY

LOCATIONS

YONKERS  
STATEN ISLAND  
JFHQ-LATHAM  
ROCHESTER

For more information, Contact Stephanie Duell  
[stephanie.m.duell.ctr@mail.mil](mailto:stephanie.m.duell.ctr@mail.mil)



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

May's Resilience topic  
is Physical fitness and  
mental agility :

**Physical Fitness  
Begins with  
Mental Fitness**

### CALENDAR OF EVENTS:

**MAY 10**

**MOTHER'S DAY!**

**May 16**

**No One Left Behind 5K Graton Lakes State Park** [heroesathomerensco@gmail.com](mailto:heroesathomerensco@gmail.com)

**MAY 25**

**MEMORIAL DAY**

**MAY 30**

**NY National Guard Family Programs Regional Readiness Training~ Yonkers NY**  
<https://goo.gl/sUF2Dt>