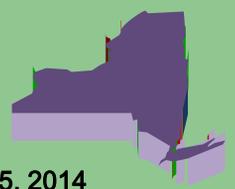




# In a New York Minute

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



SEPTEMBER IS SUICIDE PREVENTION MONTH

Sept 5, 2014

"Out of the Darkness"

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. See the calendar on the last page to find a walk near you!

## Prescription Medications

The Army National Guard has strict guidelines surrounding the use of prescription medications. Army Regulation 600-85 clearly states these parameters.

The use of prescription drugs is permissible if you have a valid prescription from a physician, the use occurred within six months of the medication being prescribed, and you adhere to the prescribed dosage and frequency as stated on the prescription.

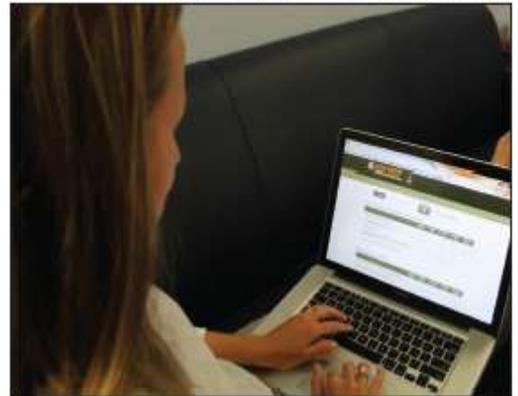
Taking a prescription drug will be considered **illegitimate** use **six months after** the date it was originally prescribed, NOT the date it was first filled. If you have a chronic condition that requires continuous prescription medication use, please inform your medical provider that you will need a new script every six months to remain in compliance with AR600-85.

If you are over medicating, using for the unintended purpose, and/or using expired or "borrowed" medications, you may be subject to separation from the NYARNG pending medical review officer findings.

If you have questions or need additional information, contact the Substance Abuse Program. The Alcohol and Drug Control Officer, Kim Akins, can be reached at 518-786-4903.



COMPREHENSIVE  
SOLDIER & FAMILY FITNESS  
BUILDING RESILIENCE + ENHANCING PERFORMANCE



## GAT 2.0 is for Spouses, too!

The Global Assessment Tool (GAT 2.0) is a confidential, self-assessment tool that tells you how to improve your overall health and well-being. By knowing yourself, you can stay emotionally and psychologically strong for yourself and your family.

Take the GAT 2.0 on ArmyFit™  
<https://armyfit.army.mil>



1<sup>st</sup> Annual TSgt. William C. Sager Memorial  
Air Force vs. Army Hockey Game

Sat Sept 20 @5pm Amherst Northtown Center  
INFO and Tickets: [PlayForBill@yahoo.com](mailto:PlayForBill@yahoo.com)



**The New York State Thruway Authority offers free, unlimited travel anywhere on the Thruway to certain, qualifying disabled veterans.** A disabled veteran who obtains a fee-exempt vehicle registration from the New York State Department of Motor Vehicles (DMV) may enroll in the Authority's Disabled Veteran Non-Revenue E-Z Pass Program. Here's how to apply:

**Step 1:** Complete Department of Veterans Affairs (VA) [Form 21-4502](#) (automobile and adaptive equipment) and send to your assigned VA Regional Office, either in NYC or Buffalo. The VA will rate your claim. Please call the Toll-Free VA number for questions about filling out Form 21-4502 at 1-800-827-1000 (Hearing impaired TDD line 1-800-829-4833).

**Step 2:** When the VA approves your Form 21-4502, you may purchase an auto with approved adaptive equipment through an automobile dealer or a private individual. If the specially-adapted vehicle is purchased through a NYS auto dealer, your Form 21-4502 should be submitted to the dealer. A portion of the form should be completed by the dealership and sent back to VA for processing and payment. Another portion of the form should be completed by the dealership along with DMV [Form MV-1E](#) and submitted as part of the original paperwork for approval of a fee-exempt vehicle registration. If the specially-adapted vehicle is purchased through a private individual, the Form 21-4502 should be submitted to the DMV as part of the original registration paperwork for approval of a fee-exempt vehicle registration. Other paperwork/forms may be required by the DMV for this status designation. See information on the [Vehicle Registration and Certificate of Title](#) page. If you have additional questions or need additional information, please call the [DMV Call Center](#) in your area.

**Step 3 :** Complete the [E-Z Pass Application for Disabled Veteran Non-Revenue Plan](#) submit it along with a copy of your fee-exempt vehicle registration to the Authority's E-Z Pass office. **Your application cannot be processed without a copy of your fee-exempt registration.**

If you travel on roadways and tolling facilities offering E-Z Pass other than the NYS Thruway or outside of New York State, you must establish a revenue account by completing the [E-Z Pass Application for Disabled Veteran Revenue Plan](#) (TA-W5080) in order to use your Tag. *(This revenue account form is only for disabled veterans who have been approved for the non-revenue program and would like to set up a revenue account in order to travel outside of the NYS Thruway system.)* If you have questions about this program, please contact E-Z Pass Operations: (518) 471-5848.

#### **Useful Links**

[Fact Sheet about Title 38 - Auto Grant with Adaptive Equipment](#)

[NYS Department of Motor Vehicles](#)

[NYS DMV Armed Forces Information & Support](#)

[NYS Division of Veterans' Affairs](#)



[https://reg.cce.cornell.edu/Winter\\_Outdoor>Survival\\_Camp\\_222](https://reg.cce.cornell.edu/Winter_Outdoor>Survival_Camp_222)

CALENDAR OF EVENTS	
9/06	"Out of the Darkness" <a href="#">Mohawk Valley Walk, Fort Herkimer German Flatts Town Park - Mohawk, New York</a>
9/08	<b>National Alliance of Mental Illness-NY (NAMI) Family to Family 6:00 pm</b> register for this free course, call Mary Beth 518-588-6949 or Debbie 518-477-1382
9/13	"Out of the Darkness" <a href="#">Buffalo Walk, Delaware Park - Buffalo, New York</a>
9/13	"Out of the Darkness" <a href="#">Oneonta NY Walk, Neahwa Park - Oneonta, New York</a>
9/14	"Out of the Darkness" <a href="#">Sullivan County Walk, Town of Bethel Sr. Center, 3592 Rt. 55 - Kauneonga Lake, New York</a>
9/18	<b>Hiring Our Heroes Job Fair</b> – Kingston National Guard Armory Kingston, NY <a href="mailto:robert.w.vanpelt.ctr@mail.mil">robert.w.vanpelt.ctr@mail.mil</a>
9/20	"Out of the Darkness" <a href="#">Norwich NY Community walk, Weiler Park - Norwich, New York</a>
9/20	"Out of the Darkness" <a href="#">Ithaca OOTD Walk, Cass Park Waterfront Trail - Ithaca, New York</a>
9/20	<b>Heroes at Home Inaugural Patriot Ruckmarch</b> For information, call John Holmes, 518-545-6781.
9/21	"Out of the Darkness" <a href="#">Orange County Out of Darkness Walk, Warwick Valley HS, 89 Sanfordville Rd - Warwick, New York</a>
9/21	"Out of the Darkness" <a href="#">Capital Region Walk for R.I.T.A., Washington Park - Albany, New York</a>
9/27	"Out of the Darkness" <a href="#">Rockland County Walk, Rockland Lake State Park - Congers, New York</a>
9/27	"Out of the Darkness" <a href="#">Watertown Out of the Darkness Walk, Thompson Park Pavillion - Watertown, New York</a>
9/28	"Out of the Darkness" <a href="#">Dutchess County Walk, Walkway Over the Hudson - Poughkeepsie, New York</a>
9/28	"Out of the Darkness" <a href="#">Ulster County Walk, Walkway Over the Hudson - Highland, New York</a>
9/28	"Out of the Darkness" <a href="#">Brooklyn Walk, TBA - Brooklyn, New York</a>
9/28	"Out of the Darkness" <a href="#">Rochester NY Walk, Genesee Valley Park - Rochester, New York</a>
10/7	<b>Hiring Our Heroes Job Fair</b> – Saratoga Springs, NY SUNY Empire State College <a href="mailto:robert.w.vanpelt.ctr@mail.mil">robert.w.vanpelt.ctr@mail.mil</a>
10/19	<b>Hometown Heroes Run</b> Crossing Colonie <a href="http://www.nyfrc-inc.org/run_main.html">http://www.nyfrc-inc.org/run_main.html</a>
10/18-19	<b>42 CAB / 3-142 AVN / Det 20 30/60 Yellow Ribbon Event, Albany</b> POC MSG John Ross <a href="mailto:john.a.ross3.mil@mail.mil">john.a.ross3.mil@mail.mil</a>
10/24-25	<b>642nd AVN 30/60 Yellow Ribbon Event, Rochester</b> POC MSG John Ross <a href="mailto:john.a.ross3.mil@mail.mil">john.a.ross3.mil@mail.mil</a>
11/15-16	<b>642nd AVN 30/60 Yellow Ribbon Event, Long Island</b> POC MSG John Ross <a href="mailto:john.a.ross3.mil@mail.mil">john.a.ross3.mil@mail.mil</a>



September 20 Patriot Ruckmarch- Heroes at Home Inaugural Patriot Ruckmarch. A 23 mile road march through Rensselaer County to raise awareness about the challenges experienced by our Military. All of the money raised will be used to support our local Veterans through the efforts of Heroes at Home. For information, call John Holmes, 518-545-6781.



**Come Show Your Support !**

### 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)  
 For more information contact Ann Swezey,  
[SwezeyAnn@gmail.com](mailto:SwezeyAnn@gmail.com)