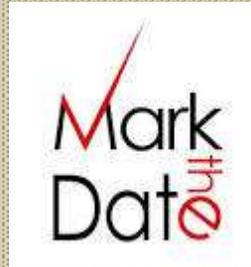




In a New York Minute

July 24, 2015

"All The News you Need to Know ~ In a NY Minute"



**FINAL REGIONAL
READINESS
TRAININGS 2015**

**15 AUGUST
ROCHESTER**

What's new with Military OneSource?

Military OneSource has added two new research and reference platforms within the DOD Morale, Welfare and Recreation (MWR) online library. Learn more about these great programs and all the MWR Online Library programs by visiting www.militaryonesource.mil/mwr. All online libraries are available at no cost. Login may be required.

*** Explora Primary <https://goo.gl/V1pOBd> - Colorful and fun information for children! Want to learn more about animals, arts, music, health, history, people and places, science, math and sports? Explora Primary can help. Grades K-5**

*** Explora Secondary <https://goo.gl/V1pOBd> - Report due? Explora Secondary can help! Check out this online library of magazine and newspaper articles, videos, images, and reference information about arts, music, geography, health, math, science, social studies, sports, and more. Grades 6-12.**

Coming SOON! Webinars

**On a variety of topics, starting with
"Back to School"**

These informative, interactive webinars will be hosted by Amy E. Nevells, New York Military OneSource Consultant & Family Programs staff Look for more information by email

If your unit has not attended, please register now <https://goo.gl/GXTsfw>

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

Registration: <https://goo.gl/GXTsfw>
Information: Stephanie Duell
stephanie.m.duell.ctr@mail.mil

The VTT (Volunteer Training Team) will be holding the JULY 2015 webinar next week. This will be a one webinar session - VTT - July 2015 - VM (volunteer management) Putting the Family into Family Days. You will earn your certificate of completion after this session. We hope to see you online.

Description: Are you wondering how to get your families involved - we will talk about and discuss ideas on: full family activities, quiet activities, fun activities, How to involve the kids and teens.

Please register using the following links. (Or you may cut & paste entire link into browser)

Putting the Family into Family Days

**July 28th 10:00 AM -11:00 AM, Eastern
<https://goo.gl/kMwrPs>
July 30th 9:00 PM – 10:00 PM, Eastern
<https://goo.gl/NOPy8r>**

July 24, 2015

New York Army National Guard 101
Critical Days of Summer Campaign 2015
A message from your Substance Abuse
Prevention Team:



Avoid Dehydration and Stay Safe in the Sun

The 101 Critical Days of Summer is moving into what will be the hottest time of the year. This month, we will look at the relationship between alcohol and dehydration and discuss staying safe in the sun. We all know that when it comes to hot weather, good hydration is essential. Did you know that drinking alcohol will cause you to lose significantly more fluid from your body than the alcohol you consume? For example, drinking a 200 mL shot of alcohol will actually cause you to lose 320 mL of fluid -- 120 mL more than the drink you consumed. Many of the effects of a hangover are not caused by the alcohol itself, but rather by the dehydration that accompanies drinking the alcohol.

This piece of information is critical for anyone who will be spending time in the sun and heat: though we may be taking in more liquid, alcohol actually depletes our bodies of the much needed resources to fuel our bodies. Therefore, someone who drinks while out in the heat, risks life threatening heat injuries. Alcohol is a powerful diuretic and can cause a severe electrolyte imbalance from which recovery can take up to a week. For people involved in sporting activities, the dehydration can increase the risk of musculoskeletal injuries including cramps, muscle pulls and strains. It can also lead to a decrease in lean muscle mass and muscle recovery, impacting overall athletic performance.

Being hydrated is essential to your health and performance this summer- whether you're working in the yard, fishing at the lake or hiking your favorite trail. Also, keep in mind that skin cancer is the most common cancer in the United States and can be prevented by using and reapplying sunscreen. Please make the healthy choice to drink more water when in the sun and heat, and save the alcohol for a time and place where the temperatures will be more forgiving. And avoid harsh sunburns by wearing sunscreen!

If you do make the decision to drink alcohol while in the sun, be sure to follow the Low Risk Guidelines and drink twice as much water:

0 - No drinking if you are pregnant, underage, driving, boating, engaging in high risk activities or if you have trouble drinking responsibly

1 - No more than one drink (.6 oz of pure alcohol) per hour

2 - No more than two drinks per day, if drinking daily

3 - No more than three drinks on any one occasion, if only drinking occasionally

Contact Kim Akins, ADCO -NYANG Substance Abuse Program for more information at kim.d.akins.ctr@mail.mil



July 24, 2015



YOU ARE COORDIALLY
INVITED

The Event: Feed Our Vets Grand Opening:
Watertown Food Pantry
The place: Bruce Wright Memorial Conference
Center 1291 Faichney Dr., Watertown, N.Y. 13601

The date: Saturday, August 15th, 2015

The time: 2:00 pm

Please R. S. V. P. to:

Tonia.russell@feedourvets.org or

Jeff.call@feedourvets.org

Feed our Vets is a food pantry for Veterans and their families. Helping our Heroes fight hunger.

NO VET LEFT HUNGRY!



VETERANS VOICES: AJAX IN AMERICA

We are looking for one female and six male actors who are also veterans and interested in auditioning for a concert reading of Sophocles "Ajax" to be produced in October at Skidmore College and possibly other venues in the Albany/Saratoga area.

Auditions will take place first week in August and there will be rehearsals as needed. This is an all veteran's production by volunteers.

The play portrays Ajax's dislocation, paranoia, rage and self-destruction after the Trojan War.

Anyone interested please contact

Paul Pines paul.pines@gmail.com

Using JSS Mobile

Thursday Aug. 20

11:00 – 11:30 AM EST

This webinar shows user how to navigate through JSS Mobile. Users will see how to manage event registrations, use JSS mobile tools, locate resources and files and access additional features.

Please register online. Instructions for connecting to the webinar will be sent via email. <https://goo.gl/XqIWLM>



http://nyfrc-inc.org/run_main.html



Town of Hoosick

Vietnam Veterans Welcome Home Celebration

Saturday, August 8

Wood Memorial Park, Hoosick Falls

Community members, organizations and businesses are invited to participate in the parade or otherwise honor our Hometown Heroes. Be creative.

Enter a float

(contact Tom at 686-5075 to register).

Make thank you posters or signs displaying your family member or friends' names. March with them in the parade or display along the route.

All posters will be displayed in the park during the ceremony.

Contact Gail at 390-4986 or Joyce at 258-5772 with questions.



HIRING OUR HEROES[®]

U.S. CHAMBER OF COMMERCE FOUNDATION

2015 Hiring Our Heroes – Farmingdale, NY

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

**Division of Military and Naval Affairs
Farmingdale Armed Forces Reserve Center
25 Baiting Place Road, Farmingdale, NY 11735
August 13, 2015**

EMPLOYMENT WORKSHOP: 8:30 a.m.

EMPLOYER BRUNCH & LEARN: 8:30 a.m.

HIRING FAIR: 10:00 a.m. – 1:00 p.m.

The **Workshop** for job seekers focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation, and interviewing.
The **Lunch and Learn** presentation for employers focuses on best practices for recruiting, hiring, and retaining veterans and military spouses.

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

JOB SEEKERS
Register for **FREE** at <http://goo.g/Dp7G3K>

Thanks to our local partners:

- New York National Guard ~Farmingdale Chamber of Commerce~ Suffolk County Veteran's Service Agency~ New York National Guard Family Programs ~ NYS Department of Labor

For registration questions, please email hiringourheroes@uschamber.com or call [202-463-5807](tel:202-463-5807).

<http://www.hiringourheroes.org/>

CALENDAR OF EVENTS:

AUG 14-16

STRONG BONDS COUPLES EVENT www.strongbonds.org POC 1LT Robert Volk Robert.f.volk.mil@mail.mil

AUG 13

HIRING OUR HEROES JOB FAIR Ronkonkoma NY
Registration/ questions hiringourheroes@uschamber.com or call 202-463-5807.

AUG 15

REGIONAL READINESS TRAINING ~ ROCHESTER NY to register :
<https://goo.gl/o3jNKU> information stephanie.m.duell.ctr@mail.mil

SEPT 3

ARMED FORCES DAY STATE FAIR SYRACUSE NY

SEPT 12

442ND MP Yellow Ribbon event Westchester information
wess.l.peek.mil@mail.mil

VETERANS HALL - OPEN HOUSE

Aug 15, 2015 - 10:00 - 4:00

At the Schaghticoke Fairgrounds

Veterans Hall is a group of volunteers who are thanking all veterans for their service. We are also honoring local men and women by compiling lists of Rensselaer, Saratoga, and Washington County veterans from the Civil War to the present. Getting your veteran's name on the list is free, easy and a good way to ensure his/her service will be remembered. For more info. Contact Jody 859-2988 or Lorraine 753-6936.



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

Armed Forces Day - September 3

Armed Forces Day allows free admission to any active duty or veteran with military identification (Military ID Card, form DD-214 or NYS Driver License, Learner Permit or non-driver ID card with a veteran designation). Make sure to attend the Armed Forces Day ceremonies at 11:00am at the Veterans Memorial. Join the State Fair community as we honor and give tribute to all members of our Armed Forces.



Any gym. Anywhere. Fitness for wounded veterans.

CATCH A LIFT

<http://goo.gl/GDMxeS>

