



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
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<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

MAY 25

MEMORIAL DAY

MAY 30

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