IN A NEW YORK MINUTE

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

JANUARY 2016

NEW YORK NATIONAL GUARD FAMILY PROGRAMS

"No Wrong Door!"

Season's Greetings to All;

As 2015 comes to an end and we enter the new year of 2016 I wanted to take a moment and thank each and every one of the team for their efforts in an always busy program. Family Readiness Groups, Key Volunteer Teams, gratuitous Volunteers and Family Programs Staff have all performed admirably. From Yellow Ribbon Events to Volunteer Workshops I have been able to count on each of you to do your fair share and a little more. For this I am grateful. Each member of the team has made my second full year as the State Family Programs Director a fulfilling experience. There is nothing more gratifying then seeing a smile on the face of a Family or Service Member when they have been assisted by one of you. Just as Soldiers and Families sacrifice, so do you. I am aware that life does get in the way even for our very trained and professional team and that sometimes what you do for Families does not get recognized. However, please know that your helpfulness does not go unnoticed. Together, both Army and Air Teammates, we have made it through Accreditation (just about), four regional volunteer workshops, a trip to Oklahoma, Yellow Ribbons, a Professional Development Workshop and some contract hiccups. Through it all Service Members and their Families have been at the fore front of your thoughts and actions. Please remain vigilant and look out for the signs of Service Members and their Families in distress. Your vigilance may turn the tide for those on the brink of risky behavior. You are a world class team and you have my gratitude.

Fiscal year 2016 will also be a busy year, with 8 mobilizations on the horizon and a returning element from GITMO. We are anticipating the backfill of our currently vacant FRSA positions and our Psychological Health Coordinator whom I hope to have on board by the end of January. One final note as we end the 2015 season, Family Programs is missing a friend, mentor, professional and Family Programs historian, Mrs. Stephanie Duell. Had it not been for some unforeseen contract changes Stephanie would be with the program today. Her years of support have left an indelible mark on the program. As I have stated privately and publicly, Steph was the face of Family Programs, and all the while I was in uniform, I thought she was the Director. She always put Service Members and their Families first, sometimes to the detriment of her own personal situation. She is missed, but her message still resonates throughout the program "Do what's best, but always do what's right." When you have a moment, please raise a glass to Mrs. Duell and her Family.

I will be getting out to see each of the Family Assistance Centers and the Air Bases during the year. As always, I and my staff are here to assist you in your daily routines whether you are Army, Air, FRG staff, Key Leader Volunteer, contractor or member of the JCF, there is No Wrong Door.

Yours in Support,

John J. Willsey

Director, New York Family Programs

New York National Guard Family Programs
Professional Development Workshop

Military members and partners: Are you Expecting your First Child?

What is The Family Foundations Program?
Family Foundations (http://familyfoundations.ssri.psu.edu/) is a program developed at Penn State that helps couples make the transition to parenthood in a healthy way. This period, when a couple has their first child, is often quite stressful for new parents. Family Foundations has been shown to have multiple benefits including:

- Reduced parent stress, depression, and anxiety
- Better couple teamwork and support around parenting
- Reduced family violence
- Warmer and more patient parenting
- Better child self-regulation, social adjustment, and school adaptation
- Fewer child emotional and behavior problems

Why adapt the program for military families?
Military families encounter stressors and challenges that are common to all families as well as those that are unique to the military lifestyle, including multiple relocations, long duty related separations, and the challenges related to combat exposure.

Who are we looking for?
Military Members and partners who:

- Are expecting their first child (0-7 months pregnant at time of enrollment)
- Are not expecting deployment within 6 months of starting the program

What will the participants do?
Couples will complete our new interactive, online program for new parents and participate in pre- and post-test surveys/interviews.

Is there compensation?
Each person will receive **$25** for each survey/interview they complete, up to **$100** per couple.

If you are interested in participating or have any questions please contact:
Michelle Hostetler at FamFound@psu.edu or 814-865-7375.

About this Project:
This work is being funded by the National Institutes of Health under a grant to Mark Feinberg, research professor at Pennsylvania State University.

FAMILY FOUNDATIONS
for a Strong Start

FOLLOW US ON twitter

twitter.com/NYFamilyProgram

JSS Volunteer Webinar Trainings

JANUARY 2015
Getting Organized - How to Help Your Team (and You)
Organize Your Volunteer Work and Making the Most of Your Time
12 Jan 2016, 10:00am
14 Jan 2016, 9:00 pm

http://www.jointservicessupport.org/

Information on each volunteer webinar will be sent via email campaign through JSS each month with links to register to attend. Dates and topics are subject to change. For further information, please contact, darla.l.siegel.civ@mail.mil or tammychase.vtt@gmail.com All times are EST.

2015 WINTER CLOTHING DRIVE
Veterans Outreach Center
Rochester

We still have male and female Veterans in the Rochester area that WE need to clothe. Help us take care of those who served by donating new or lightly used winter jackets, boots, hats, gloves, and scarves.

Please help by notifying soldiers in your units. They can either donate directly to our center, your readiness NCOs can collect on drill weekend, donations can be dropped off to Jeanna Clark at the Patriot Way Armory or donations can be picked up.

Feel free to contact 295-7821 or by email at sean.smith@veteransoutreachcenter.org

or

Contact Jeanna at 783-5310 or by email at jeanna.c.clark.ctr@mail.mil

Thank you in advance. With your support this event will be a huge success and we can come together to give back to our Veterans in need.

Family Readiness

Unit Family Readiness is a Commander's Responsibility and the overall objective of the Family Readiness Support Assistant (FRSA) is to assist Commanders in the execution of that responsibility throughout all phases of the deployment cycle. FRSAs provide the Command with a "continuum of care" in Family readiness, coordinating the various resources that exist so that Commands, FRGs, and ultimately Soldiers and Families are as ready as possible for military life.

A Family Readiness Group (FRG) is an organization of Family Members, Volunteers and Soldiers, and Civilian employees. They belong to a unit or organization which provides an avenue of mutual support and assistance. It is a network of communication for the Family Members, the chain of command and other community resources.
The Mission of the Family Readiness Group

- **Helping Families become more knowledgeable and self- reliant**
- **Reducing stress and promoting Soldier and Family Readiness**
- **Providing an opportunity for Families to meet**
- **Contributing to the well-being, morale and spirit of the unit**
- **Coping with common issues and the challenges of military life**

Benefits of the FRG:

- **For Family Members: mutual support and care**
- **For Soldiers: peace of mind**
- **For Commanders: force multiplier**
- **For the Military and civilian communities: referral and resources**
- **For the Army National Guard: successful FRG programs enhance Family Readiness and deployment preparedness, thereby increasing unit readiness for military missions.**

dmna.ny.gov/family/fra.php www.jointservicessupport.org

*** Introducing new FRSA in our Latham Office: Erin Brunner**

*** Introducing new FRSA in our Syracuse Office: Theresa Hughes**

Regional FRSA ***Vacant*** Masten Ave Armory, Buffalo **W:** (716) 588-5633	Regional FRSA ***Laraine Figliuolo*** AASF #1, Ronkonkoma **W:** (631) 471-0909 laraine.h.figliuolo.ctr@mail.mil	Regional FRSA ***Theresa Hughes*** Thompson Rd Armory, Syracuse **W:** (315) 438-3191
Regional FRSA ***Erin Brunner*** DMNA, Latham **W:** (518) 786-4656	Regional FRSA ***Gary Pike*** Patriot Way Armory, Rochester **W:** (585) 783-5367 gary.c.pike.ctr@mail.mil	Regional FRSA ***Patricia Lopez*** Ft Hamilton Armed Forces Reserve Center, Brooklyn **W:** (347) 569-8047
	FRSS Trainer ***Jenna Herdrick*** DMNA, Latham **W:** (518) 786-4774 jennifer.m.herdrick.ctr@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, Dates, Times, Cost, etc.

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

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

VA HOME LOAN
WORKSHOP
with
David Atkinson
from
Consumer Credit Counseling
Services Inc.

January 22
@
Compeer of Buffalo
135 Delaware Ave
Suite 210

Time: 5:30pm – 7pm

Refreshments will be served
Please RSVP by 12/19 @
883-3331

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

SUNY ECC ERIE COMMUNITY COLLEGE
STATE UNIVERSITY of NEW YORK
YOUR LEADER IN **Workforce Development**

Open Enrollment
Free OSHA Training

Do you know people that need OSHA & Safety training to start a career or further the job they already have? Has your employee's OSHA card expired? We can help!

We are very excited to be able to offer Free Open Enrollment training in the OSHA 10 hour & 30 hour General Industry classes!

Training	Training Dates*	Times	Location
OSHA 30 Hr. General Industry	January 25,26,28,29 and February 1,2	4:15 PM to 10:00 PM	**Frederick Douglass Community Center** 234 Jefferson Avenue Buffalo, NY 14204
***Trainees MUST attend ALL training dates to be eligible for their OSHA Card.**			

These training **classes *fill up fast*** and OSHA has restrictions on the maximum number of trainees in each training class. **Reserve your seat(s) now!**

Contact: **Earl Aragona at 716-851-1804 (aragonae@ecc.edu)** to reserve a seat and get more information.

Sorry, walk-in seating is NOT available.

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 rich 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.

Thank You for Your Service.
Now it's our turn to serve you.

LinkedIn

veterans.linkedin.com

Expand Your Skills. Find a Job. Connect to Opportunity

Get 1-year free access to our Premium Job Seeker Account and Courses at Lynda.com. Access advanced job search tools, make the right connections. Or master new skills to generate more opportunities.

Free Courses on Lynda.com | Free Job Seeker Account

1 Year Free Access to Premium Job Seeker Account and Courses at Lynda.com

Prepare for what's next with the right courses

Translating Your Military Service to Civilian Life
In this course, personal branding expert Lida Citroën helps veterans translate their military service to civilian life.

Business Courses + Tutorials
Explore a wide range of business skills from project management and negotiation to leadership skills and online marketing strategy.

Design Training + Tutorials
Whether you want to design a logo, create ebooks, or just learn how to use a Pen tool, our in-depth design tutorials can help.

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

VFW
VETERANS OF FOREIGN WARS
NO ONE DOES MORE FOR VETERANS.
www.vfw.org

Patriot Flights:
How You Can Help

We need your help to raise funds to send our Veterans on the Trip of a Lifetime.

We also welcome any fund raising ideas you may have to help us serve our Veterans.

Please send donations and make checks payable to:

Patriot Flight, Inc,
PO Box 190, Delmar, NY 12054

*Patriot Flight Inc. is a Federal Non Profit Corporation, 501(c) (3).

Web: Patriotflight.org
518-439-9265 fomservice@aol.com

Patriot Flights
Albany Airport
Trip of a Lifetime – Memories, Recognition and Honor

*Veterans & Guardians receive a Patriot Flight Shirt, flight, bus ride, name tags, lunch, dinner, and snacks.
*When the Veteran's day ends, they receive a special gift at the Airport.
*The day's itinerary includes visits to the War Memorials and the Tomb of the Unknown Soldier.
*We document your trip, offer a safe, memorable experience, medical personnel available.

World War II, Korean and Vietnam War Veterans are the priority order for Flights. Flying to DC is our mission. We hope to share events with other organizations that interest Veterans.

Application Procedures:

- Veteran and Guardian Applications are required and available at www.Patriotflight.org
- Mail applications to Patriot Flight, PO Box 190, Delmar, NY 12054 or Email: fomservice@aol.com call: 518-439-9265

For More Information: www.Patriotflight.org

NEW YORK STATE | Citizen Preparedness Corps

New York State Citizen Preparedness Corps

New York State is offering two hour training courses for residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions.

•A key component to the training is distribution of free NYS Disaster Preparedness Kits to each family that attends the in-person, regional public events where registration is required.
•Sessions last approximately two hours

http://www.dhses.ny.gov/aware-prepare/nysprepare/

Saturday, January 9, 2016 02:00 PM
Suffolk County - Riverhead, NY
Riverhead Free Library
Grand Room
330 Court St.
Riverhead, NY 11901

Monday, January 11, 2016 06:30 PM
Queens – Jamaica
New Jerusalem Worship Center
122-05 Smith Street
Jamaica, NY 11434

Tuesday, January 12, 2016 12:00 PM
Bronx, NY - Lafayette Estates
Lafayette Estates Norc Program for Seniors
825 Morrison Ave
Bronx, NY 10473

Tuesday, January 19, 2016 06:00 PM
NYC - Cooper Union
Cooper Union
7 E 7th St.
New York, NY 10003

Tuesday, January 19, 2016 07:00 PM
Queens - Jamaica, NY
Queens Gateway to Health Sciences Secondary School
160-20 Goethals Avenue
Jamaica, NY 11434

Tuesday, January 26, 2016 07:00 PM
New York City - Sloan Kettering
Sloan Kettering
430 East 67th St.
New York, NY 10065

The Service Collaborative of Western New York

Serve New York: AmeriCorps VISTA

Fighting Poverty, Empowering Communities, Changing the Nation!

Serve New York mobilizes AmeriCorps VISTA members to serve organizations, government agencies, and educational institutions focused on the needs of military families and veterans and improving and expanding educational opportunities for disadvantaged youth. The goal of Serve New York is to strengthen communities across the State, and to allow organizations within them to better provide

What do Serve New York VISTA Members do?
AmeriCorps VISTA members work behind-the-scenes at organizations to build capacity, create sustainability, and indirectly serve the organization's clients. Typical VISTA responsibilities include: grant writing, community outreach, fund development, curriculum building, creating partnerships, and program development and execution.

Required Knowledge, Skills, and Abilities:
- Interest and commitment to national service
- Previous volunteer experience
- Ability to adapt to changing environments
- Strong writing and communication skills

Required Academic and Experience Qualifications:
- Must be a U.S. Citizen, national, or lawful permanent resident alien
- 4 year degree in any major required
- Able to provide the following documentation: birth certification, driver's license or state photo ID, social security card, and high school diploma or college degree
- Must undergo a national criminal history check *REQUIRED*

Benefits members receive:
- An annual living stipend of $11,676, which is paid out in bi-weekly increments.
- An AmeriCorps Eli Segal Education Award of $5,730 OR $1,500 cash stipend provided after the successful completion of the term of service
- Post Service federal employment incentives and opportunities
- Basic health insurance
- Ability to put qualified federal student loans on forbearance during the term of service
- Child Care assistance to those who qualify
- Monthly professional development and multiple training opportunities

This program is available to all, without regard to race, color, national origin, disability, age, gender, political affiliation, or religion.

The Service Collaborative of Western New York

Serve New York: AmeriCorps VISTA

Fighting Poverty, Empowering Communities, Changing the Nation!

Benefits members receive:
- An annual living stipend of $11,676, which is paid out in bi-weekly increments.
- An AmeriCorps Eli Segal Education Award of $5,730 OR $1,500 cash stipend provided after the successful completion of the term of service
- Post Service federal employment incentives and opportunities
- Basic health insurance
- Ability to put qualified federal student loans on forbearance during the term of service
- Child Care assistance to those who qualify
- Monthly professional development and multiple training opportunities

This program is available to all, without regard to race, color, national origin, disability, age, gender, political affiliation, or religion.

Want more information about the program and how to apply?
Contact Hannah Spalding, Serve New York VISTA Program Specialist
Email: hspalding@tscwny.org Phone: 716.418.8500 ext. 116

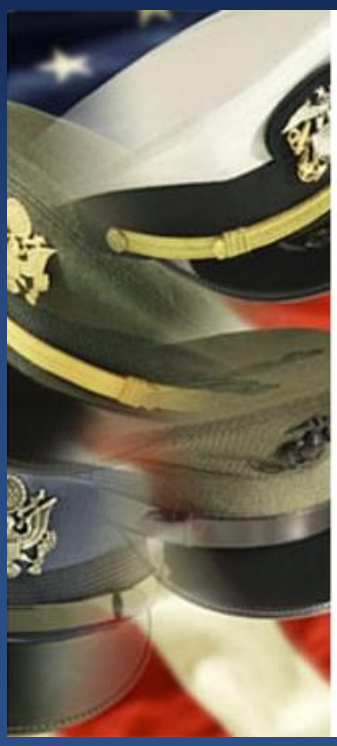
For more information on available jobs, information on the Program and how to apply,

Contact: Hannah Spalding,
Serve New York VISTA Program Specialist

Email: hspalding@tscwny.org phone: 716.418.8500 ext 116

NEW YORK NATIONAL GUARD JOB ZONE

DMNA.NY.GOV/JOBS



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**

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.

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.

Team Red White and Blue Albany Chapter

TEAM RWB

BOWLING

Tuesday, January 12, 2016

6 PM - 9 PM
Cost: $8 per person
Uncle Sam Lanes
600 Fulton Street
Troy, New York 12180
(518) 271-7800
http://www.walshbowlingcenters.com/Home_Page.html

Bring the family and friends to a night of fun, food, and prizes. Come and meet fellow Eagles and mingle. $8 per person, this includes shoe & lane rental for 2 games, pizza and drinks will be provided.

For more information please email Gary or Susie Washock, Team RWB Social Director at gary.washock@teamrwb.org or susie.washock@teamrwb.org
Like us on Facebook: https://www.facebook.com/groups/TeamRWBAlbany/

Team RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity.

Get your Snowed-in Movie Night Popcorn!

January 19th is National Popcorn Day!

'Pop' in to the Syracuse Armory Family Assistance Center to take home some FREE Popcorn!

POC: Joe Cole (315) 438-3022
Family Assistance Center
Thompson Rd. Armory
Syracuse, NY 13211

Movie NIGHT

15 Delicious Popcorn Treats to Make:
delish.com/cooking/g1005/popcorn-recipes/

The Holiday Season

can be a season of joy and celebration. It also can be a season of stress and sadness. Remember no matter how you feel there is always support for you and your loved ones.

Family Programs team is here for you!

Family Assistance Specialists, Substance Abuse Prevention, Suicide Prevention, and Psychological Health Coordinator

1-877-715-7817

Make Strong Choices – Don't Drive Impaired

NYE Safe Rides Info

White Plains
For partiers 21 and over, Heineken USA is offering free rides home to residential Westchester locations departing from the Safe Rides stand at the corner of East Post Road and Mamaroneck Ave. between 11 p.m. and 3 a.m.

National Directory of Designated Driver Services

DrinkingAndDriving.Org 501c3

drinkinganddriving.org/designated-driver-services/

William Mattar Safe and Sober Program

Buffalo: midnight to 4 a.m., for rides originating in the city of Buffalo to a drop-off distance of 20 miles,

Rochester: New Year's Eve night from midnight to 2:30 a.m., for rides originating in the city of Rochester to a drop-off distance of 20 miles

Safe and Sober Program
Designated Drivers of Buffalo: ddobny.com/
Designated Drivers of Rochester: ddorny.com/

**Rides are provided to an individual's residence only and are made available to those who might otherwise attempt to drive home after drinking.

For full details go to: **williammattar.com/community-involvement/programs-and-campaigns/designated-drivers-campaign/**

MARTIN, HARDING & MAZZOTTI, LLP®
Attorneys at Law | CALL: 1800LAW1010® | 24/7/365

Martin, Harding & Mazzotti, LLP's Free Cab Ride Home program is a service that provides free cab rides on many holidays.

To get your free cab ride home simply call our toll-free number 1800LAW1010 or 1.800.529.1010 on the upcoming holidays:

New Year's Eve
Super Bowl Sunday
St. Patrick's Day

Free Cab Ride Home Areas: Albany, Schenectady, Troy, Saratoga Springs, Amsterdam, Fulton (including Montgomery County), Utica, Plattsburgh, NY, Burlington, VT and Springfield, MA.

Let the operator know where you are and we'll get a cab right out to you – always free of charge and no questions asked.

For more Info: 1800law1010.com/free-cab-ride-home-holiday-programs/

Ft. Hamilton MWR

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

hamilton.armymwr.com/us/hamilton

New Year's Eve Party
Fort Hamilton Community Club Presents:
2016 New Year's Eve Party

Date: Dec. 31, 2015, 8 p.m. - 1 a.m.
Fort Hamilton Community Club
207 Sterling Drive

Cost
General Admission
$95 per person. Includes champagne and Hors d 'Oeuvres

***Reservations still available for Active Military & Club Members**

Oldies Night

Date: Jan. 23, 2016, 6 - 10 p.m.
Community Club - 207 Sterling Drive
Live music by The Remnants

No refunds. Gratuities not included.

Cost:
Members $32
Guests $35
Registration Info:

Prepaid registration required by January 7th

(718)765-7368 Ext.3

Indoor Water Park/ GREAT WOLF LODGE
Date: Jan. 17, 2016, 8 p.m.
POCONOS, PA
Splash the day away in over 79,000 sq. ft. of water packed excitement, jaw dropping slides for thrill seekers to zero depth entry areas for little ones. Great for all ages and groups!

Meets at 8:00 AM/ Departs at 8:30 sharp!

Fee Includes: Campfire BBQ Lunch, Private Banquet Space, All day access to the Water Park and Transportation.

Payment due by January 8th 2016. Minimum $20 to prevent cancellation. Full refund if canceled.
Cost
Ages 0-2 yrs Free Admission
$55 Child (Ages 3-13 yrs)
$75 Single Soldiers
$85 Others

Army Doubleheaders vs Navy at Madison Square Garden
Date: Jan. 23, 2016, 2 p.m.

Women: 11:30 PM
Men: 2pm

Special Group Rate
Minimum of 10 people must purchase tickets

Full refund if we do not reach our minimum

For more information call 718 630 4916
Cost
Tickets
$38 Behind the baskets
$53 sidelines seats

Super Bowl Bash 2016
Date: Feb. 7, 2016, 5:30 p.m.
Fort Hamilton Community Lounge - 207 Sterling Drive
Fee Includes: Refreshments, Door Prizes, Games & After Party with DJ Javy
Adults 18 and Older
Pay at the Door
Open to Military, Families, Veterans and DoD card holders
Cost
Single Service Members $5/ Others $15
$5 Discount for Groups of 8+

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

Navy Bowling League- Do you like bowling? If so, join this exclusive Navy bowling league! Flexible bowling schedules are available to accommodate all shifts. For a $13/week participation fee, each bowler will receive a custom drilled bowling ball, shoes or bag after the tournament. The winning team will receive a trophy and bragging rights! League play begins 19 JAN 2016 at Spare Time Bowling Center in Clifton Park. To register, or for more information, contact Justin Panis at 518.371.4000 or email: jpanis@bowlne.com

MWR Outdoor Recreation Center has downhill and cross country skis for sale! Starting today on a first-come, first-served basis, MWR is offering past season/used downhill and cross country skis for sale. Sets include: skis and boots for $25.00; individual skis/boots for $15.00. Don't hesitate to come out to the MWR ORC to check out our limited inventory. Please note: All sales are final. No refunds or exchanges. Supplies are limited and subject to availability. Please call: 518-885-5138 extension 1 with any questions or for more information.

Interested in receiving the NSA Saratoga Springs MWR newsletter electronically?

Email: monica.mwr.saratogasprings@gmail.com

MWR Services

-Bus trips, intramural sports leagues, & classes
-Information on the local area, boat safety tests, scuba certification, etc.

- Seasonal gear rental: ice augers, downhill skis, snowboards, generators and more!

-Ticket Sales: Regal Cinemas, Bow Tie Cinemas, City PASS, Disney World, Universal Studios, LEGOLAND, Busch Gardens, Hershey Park, Sesame Place, Wonderworks, K1 Speed, Medieval Times, Boston Trusted Tours , Urban Adventure Quest & more!

Lower Hudson Valley New Years Eve Celebrations:

"Whether you're looking to recreate the NYC ball drop closer to home, celebrate early and get the kids to bed or catch some quality entertainment before midnight strikes."

lohud.com/story/entertainment/events/2015/12/18/new-year-events-westchester/77355562/

New Years Activities, Parties & Events for All Ages

albany.com/new-years/

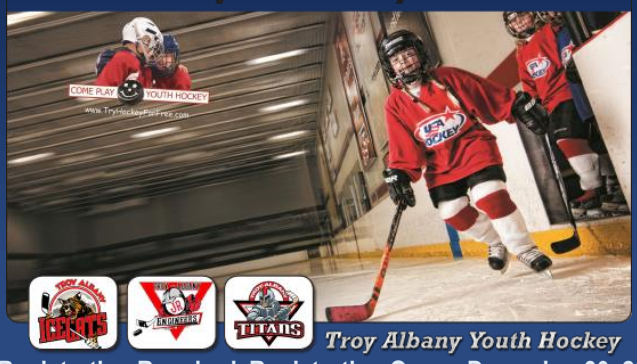
lakegeorge.com/new-years/

syracuse.com/new-years-eve-guide/

stepoutbuffalo.com

USA HOCKEY

Empire Skate Plaza
Try Hockey for Free!



Troy Albany Youth Hockey

Registration Required. Registration Opens December 30, 2015.

Clinics offered at 9:00am and 10:00am. Free skate rentals to participants. Plan to arrive 1/2 hour before your clinic time for proper equipment fitting. Presented FREE by USA Hockey and Troy Albany Youth Hockey.

winter.empirestateplaza.org

healthy changes everything: BlueShield

Mardis Gras!

The Spirit of New Orleans Comes Alive at the Plaza!

February 9: Mardi Gras
11:00am - 8:00pm

The spirit of New Orleans comes alive at the Empire Skate Plaza! We're celebrating Fat Tuesday with Mardis Gras beads (free with each skate rental purchased). Come skate to the sweet sounds of New Orleans Jazz!

Winter at the Plaza

ICE RINK INFORMATION | WINTER CALENDAR | DIRECTIONS & PARKING | SPONSORSHIPS | VENDOR INFORMATION

- December 29 — CDTA Family Night
- January 2 — Special Appearance by Kimmie Meissner
- January 2 — Learn to Skate
- January 16 — Try Hockey for Free
- January 18 — Dr. Martin Luther King Memorial Observance
- February 6 — Learn to Skate
- February 7 — Big Game Sunday
- February 9 — Mardi Gras
- February 14 — Valentines Day
- February 20 — Try Hockey for Free
- March 5 — Hannaford Kidz Expo
- March 5 — Learn to Skate
- March 12 — Try Hockey for Free

January 2: Special Appearance by Kimmie Meissner
11:00am to 1:00pm

Join us at the Empire "Skate" Plaza for a special guest appearance with 2006 World Champion and 2007 U.S. Champion figure skater Kimmie Meissner. During the 2006 season, Meissner won a silver medal at the U.S. Championships to qualify for the 2006 Olympics in Torino where she performed extremely well. Three weeks later, she went to Calgary for her first opportunity to compete at the World Championships, and at 16 years old, she gave an incredible performance and won the title. The next year Meissner became the first American since Kristi Yamaguchi to claim the U.S. Championship title after capturing a world title.

January 2nd Meet Olympian Kimmie Meissner!

Off the ice, Meissner has joined forces with the Cool Kids Campaign to help provide higher quality of life for kids who are struggling with cancer, hosting her first charity skating special "Angels on Ice" in 2007 with all proceeds benefiting the charity.

This event is FREE, presented by Hannaford Supermarkets.

Schedule of Event:

11:00am – Welcoming remarks

11:05am – Performance by The Houstonettes from the Hudson Mohawk Figure Skating Club

11:15am – Skating demonstration and remarks by Kimmie Meissner

11:15am to 11:55am – Public skate with Kimmie Meissner

12:05pm to 1:00pm – Meet and greet (photos and autographs) with Kimmie Meissner.

Hannaford

HUDSON MOHAWK Figure SKATING CLUB

Find us on

New York State Office of General Services
Convention and Cultural Events Office
1-877-659-4ESP
special.events@ogs.ny.gov

Andrew M. Cuomo, Governor | RoAnn M. Destito, Commissioner

New York State Museum
HOLIDAY VACATION PROGRAMS

Thursday, 12/31

New Year's Mid-Day Celebration
1–3 p.m.
Huxley Theater and Adirondack Hall
Ring in the New Year (a little early) at the NYS Museum! Dance, play games and make fun party hats and noisemakers to celebrate the arrival of 2016!
The Museum's New Year Countdown will be held at 3 p.m.

Cetaceous Talks & Whale Tales
2 & 3 p.m.
Meet at the Main Lobby Desk
If you like whales please join educator Truemaster Trimingham for a hands-on fun program all about these fascinating Cetaceans.

Saturday, 1/2

Tales of the High Seas with Captain Rick Nestler
Huxley Theater
1-3p.m.
Schooner Captain, Rick Nestler will perform a variety of sea shanties and share stories of sailing adventures out on the open water.

A Sailor's Life
11 a.m.
West Hall Gallery
Be adventurous! Learn the essentials of navigation and seamanship with former tall ship crew member and museum educator Hatti.

Sunday, 1/3

Halfmoon Cargo Shoebox Project
1-3 p.m.
South Port, New York Hall
Use a shoebox to a create cargo-hold and cut out pictures of the objects you would send up the Hudson River on the Halfmoon ship!

Explore NY Port
11 a.m., 1 & 3 p.m.
Meet at the Main Lobby Desk
Take a tour and examine ships used throughout the New York port's history, then head to the art room to paint a masterpiece of your choice of ship.

nysm.nysed.gov/programs/holidayweek/

American Museum of Natural History

FAMILY AND CHILDRENS PROGRAMS

Origami Holiday Tree

Through January 10, 2016

An annual tradition, the delightfully decorated Origami Holiday Tree has marked the start of the holiday season at the Museum for more than 30 years. The tree will be decorated with handmade origami models inspired by items in the permanent halls, current exhibitions, and Museum collections. Volunteers begin folding in March to complete the hundreds of creations that will be displayed on the tree.

During the holiday season, knowledgable volunteers will be on hand to teach visitors of all ages the art of origami folding.

✔ FREE WITH MUSEUM ADMISSION

Dates:
Through January 10, 2016

Location:
Grand Gallery, near the 77th Street exit on the Museum's first floor

For More Information and other activities: amnh.org/

NEW YORK State Museum

Rain or Shine... It's Reading Time!
2nd & Last Wednesday of the Month
10:30 a.m. - 11:30 a.m. * **FREE** * Pre-School Age Kid's Cove

Family Fun Day
The third Saturday of each month - 1–4 p.m. – **FREE**

Other Calendar activities at:
nysm.nysed.gov/calendar/index.cfm

Buffalo Museum of Science

www.sciencebuff.org
Story time: Fri & Sat Jan 1 & 2 11AM/Sun Jan 3 11:30AM
Open to Early Childhood visitors and their families.

Listen to some of our favorite books and explore some of the many items in our educations collection that demonstrate the science both hidden and obvious in children's literature.

Science Museums for Kids in NYC!
mommypoppins.com/ny-kids/15-best-places-to-get-scientific-with-kids-in-nyc

Winter Wine in New York

www.wineonice.com

Jan. 22 & 23, 2016

Fingerlakeswinecountry.com/offers/wine-on-ice-package/86/

Activities and Discounts in Wine Country:

Fingerlakeswinecountry.com/winter-in-wine-country/

Winter in Wine Country
Polar Passport
Seneca Lake Wine Trail
$20 plus tax

Fingerlakeswinecountry.com/offers/ polar-passport/75/

"Frozen"
An Ice Wine Festival

Grape Discovery Center
8305 West Main Road
Westfield NY 14787
Jan 16, 2016

grapediscoverycenter.com/events

newyorkwineevents.com/events/nyc-winter-wine-festival/

Music festival featuring the best jazz, blues, soul, rock, and country music east of NYC
Paired with Long Island wines!

UNCORK NEW YORK!
www.newyorkwines.org

Winter Activities & Events

For Information on Skiing & Winter Activities in NY

www.iskiny.com/

www.iloveny.com/seasons/winter/

www.adirondacklakes.com/winter.html

www.fingerlakeswinecountry.com/things-to-do/five-season-fun/winter/

www.westernny.com/winter.html

www.travelhudsonvalley.com/

SYRACUSE WINTERFEST

Feb 11 – 21

www.syracusewinterfest.com

Winter Festivals in New York State

JANUARY FESTIVALS:

Capital Holiday Lights in the Park
Albany
Through Jan 03, 2016

Winter Jam NYC
New York City
January 23
nycgovparks.org

Frost Faire
Stillwater
January 23
tourism.saratoga.org/events

www.saranaclakewintercarnival.com

SARANAC LAKE WINTER CARNIVAL ·SINCE 1897·

FEBRUARY 5-14, 2016

LAKE GEORGE WINTER CARNIVAL

Every Weekend in February

www.lakegeorgewintercarnival.com

KID'S CORNER

January is:

- National Braille Literacy Month
- National Hobby Month
- National Hot Tea Month
- National Mentoring Month
- National Oatmeal Month

January 1
New Years Day

January 2
National Science Fiction Day

December 3
National Drinking Straw Day

January 4
National Spaghetti Day

January 5
National Bird Day
National Whipped Cream Day

January 6
National Bean Day

January 7
National Bobble-head Day

January 9
National Static Electricity Day

January 10
Save The Eagles Day

January 11
National Milk Day
National Step in a Puddle and Splash Your Friends Day

January 13
National Sticker Day
National Rubber Ducky Day

January 14
National Dress Up Your Pet Day

January 15
National Hat Day
National Strawberry Ice Cream Day

January 16
National Fig Newton Day

January 18
National Winnie The Pooh Day
Martin Luther King Day

January 19
National Popcorn Day

January 21
National Hugging Day
National Granola Bar Day
Squirrel Appreciation Day

January 23
National Handwriting Day

January 24
National Compliment Day
National Peanut Butter Day

25 January
National Opposite Day

January 27
National Chocolate Cake Day

January 28
National Kazoo Day
National Blueberry Pancake Day

January 29
National Puzzle Day

31 yraunaJ
yaD drawkcaB lanoitaN

KID'S CORNER

Winter Activities Websites – FREE STUFF TO DO!

Buffalo Area: fun4kidsinbuffalo.com/
buffalo.kidsoutandabout.com/

Rochester: rocparent.com/search/event/free-events/#

rochester.kidsoutandabout.com/

Syracuse: newyorkupstate.com/syracuse/

NYC: mommypoppins.com/
FREE Movies:
sonywondertechlab.com/programs-events/screenings/childrens-screenings

Capital Region: albany.com/winter/

NY State: ** 3rd & 4th graders - FREE SKIING THIS WINTER!!
iskiny.com/ski-deals/free-kids-program

New Years Eve Kids Fun in Buffalo
> buffalo.kidsoutandabout.com/

Old Falls Street's Family Fun New Year's Eve
Dates:
Thu, 12/31/2015
Time:
6 to 10 p.m.
Location:
Old Falls Street

ComedySportz - New Year's Eve!!
Dates:
Thu, 12/31/2015
Time:
7 pm
Location:
CSz Buffalo

First Night Buffalo
Dates:
Thu, 12/31/2015
Time:
5 - 10 pm
Location:
Buffalo Niagara Convention Center

NYE Kids' Club
Dates:
Thu, 12/31/2015
Time:
6-10 PM
Location:
Old Falls Street Niagara Falls

Snow-Day Treats!

Popcorn Balls

Ingredients:
1 tablespoon canola oil
3 cups popped popcorn
2 tablespoons unsalted butter
2 1/4 cups mini marshmallows

Optional Ingredients:
- 1 cup honey-nut toasted oat cereal
- 1 ounce pretzel sticks, broken into pieces
- ¼ cup chopped dry-roasted peanuts;
- ¼ cup Raisins; peanut butter candy pieces, etc

Melt butter in a pan over low heat
Add marshmallows;
cook 2 minutes. Remove from heat.
Add 3 cups popcorn and remaining ingredients; stir
Cool 2 minutes.
Form into 10 (3-inch) balls.
Cool 5 minutes.
ENJOY!

KID'S CORNER

January is National Braille Literacy Month

Braille is a unique form of **reading and writing**, a system which was invented by Mr. Louis Braille {January 4th 1809 - January 6th 1852} in the year 1825.

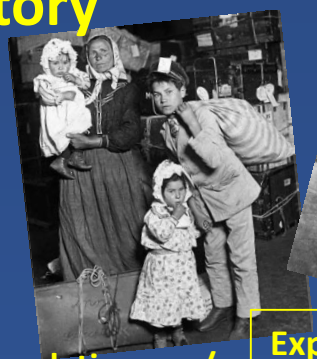
Louis Braille was a blind Frenchman who was unable to read and write, and due to this, he developed the "unique" **Braille system of reading and writing** which is known as the ***Braille Alphabet***. The Braille Alphabet is named after Louis Braille himself.

Braille is widely used by blind people today who are unable to read and write the regular alphabets. Braille is very similar to regular alphabet letters - only different in the way characters are presented and read. People who are visually impaired can ***read and write*** just like everyone else!

http://braillealphabet.org/

New York State History

January 1, 1892 - **Ellis Island** in **New York Harbor** opened. Over 20 Million new arrivals to America were processed through Ellis Island until its closing in 1954.



libertyellisfoundation.org/

Explore your past!
Ellis Island Passenger Search:

libertyellisfoundation.org/passenger

January 7 1800 - Millard Fillmore (1800-1874) the 13th U.S. President was born in a log cabin in **Cayuga County, New York**.

January 23, 1849 - Elizabeth Blackwell was awarded her MD by the Medical Institute of **Geneva, New York**, thus becoming America's first woman doctor.

January 30 1882 - Franklin Delano Roosevelt (1882-1945) the 32nd U.S. President was born in **Hyde Park, New York**. Despite crippling polio, he led America out of the Great Depression and through World War II.
www.fdrlibrary.marist.edu/

Franklin Delano Roosevelt

SCHOLARSHIPS:

It's the time of year to start looking and applying for Scholarships. Below are just some of the available Scholarships for Veterans, current Service Members & their children.

For More Scholarships and Information:
> http://www.nerdwallet.com/blog/loans/student-loans/nerdwallets-top-10-scholarships-children-veterans/

American Legion Scholarships: http://www.legion.org/scholarships

Military Commanders' Scholarship Fund
> http://sms.scholarshipamerica.org/militarycommanders/

Every year, the New York chapter of the American Logistics Association awards scholarships to children of select active duty, reserve, National Guard or retired members of the United States military. To qualify, students must plan to enroll full-time in a two- or four-year college or university. Awards are only for undergraduates and require a 3.5 minimum GPA. Selections are made based on academic achievement, community leadership, extracurricular participation, work experience, outside appraisal, financial need and family circumstances.

Dolphin Scholarship Foundation
> https://www.dolphinscholarship.org/

High school seniors and current college students who are children/stepchildren of members or former members of the U.S. Navy Submarine Force can apply for financial awards through the Dolphin Scholarship Foundation. Candidates must be unmarried and under the age of 24 during the year of application. Applicants must attend a four-year accredited college or university.

Tailhook Educational Foundation Scholarship Awards
> http://www.tailhook.net/index.html

The Tailhook Educational Foundation grants scholarships to children and grandchildren of individuals who serve or formerly served in the U.S. Navy as naval aviators, flight officers or air crewmen, or as carrier aviation air wing or ship's company personnel. Applicants must be accepted to an undergraduate program at an accredited college or university. Graduate students are not eligible.

Lance Corporal Phillip E. Frank Memorial Scholarship
> http://www.heartofamarine.org/scholarships

The Heart of a Marine Foundation awards scholarships to children of current or former armed forces personnel. To apply, students must submit a 500-word essay describing how they exemplify the concepts of loyalty, patriotism, honor, respect and concern for others. This is one of the few scholarships that does not have a minimum GPA requirement.

MG James Ursano Scholarship Program
> http://www.aerhq.org/dnn563/Scholarships.aspx

The MG James Ursano Scholarship Program offers financial awards to children of Army soldiers on active duty, children of retired soldiers, or children of soldiers who died while on active duty or retired status. To be eligible, students must be pursuing a four-year undergraduate degree.

AMVETS National Scholarship Program
> http://www.amvets.org/amvets-in-action/scholarships/

AMVETS assists children and grandchildren of veterans with scholarships. This award is open only to graduating high school seniors with 3.0 minimum GPAs. To be selected, candidates must show academic promise and financial need.

Women's Army Corps Veterans' Association Scholarship
> http://www.armywomen.org/pdf/_10ScholarApp.pdf

The Women's Army Corps Veterans' Association Scholarship grants scholarships to children, grandchildren, nieces or nephews of female members of the Army. Graduating high school seniors must have a 3.5 minimum GPA and plan to enroll full time at an accredited college or university. Selections are made based on academic achievement, leadership, recommendations and a biographical sketch.

Lt Col Romeo and Josephine Bass Ferretti Scholarship
> http://www.afa.org/informationfor/teachers/scholarshipsteachers/ltcolromeoandjosephinebassferrettischolarship

The Air Force Association provides scholarships for minor dependents of active duty or retired Air Force, Air Force Reserve or Air National Guard enlisted airmen. The award is open only to graduating high school seniors pursuing a degree in science, technology, engineering or math. Recipients are chosen according to academic achievement, good character and financial need.

VFW
VETERANS OF FOREIGN WARS
NO ONE DOES MORE FOR VETERANS.
www.vfw.org

Veterans' Scholarships

The **VFW** and one of its major supporters, Sport Clips Haircuts, have again partnered to help our veterans and their families. Please see below for full details on the scholarship program and to apply.

http://www.vfw.org/Scholarship/

Scholarship Details:

- ★ Scholarships of up to $5,000 will be awarded to qualified applicants
- ★ Limited to one per family per semester
- ★ Applications for the fall semester will be accepted January 1 through April 30
- ★ Applications for the spring semester will be accepted August 1 through November 15
- ★ Fall semester scholarships will be awarded in August, and spring semester scholarships will be awarded in January
- ★ Scholarships must be used by the end of the school semester for which the veteran is applying or they will become null and void
- ★ **Scholarships are restricted for tuition and fees only and will be paid directly to accredited schools**

Eligible Applicants Must:

- ★ Be a citizen of the United States
- ★ Be retired, honorably discharged, active duty, or a member of the National Guard or Reserve
- ★ Have completed Basic Training and follow-on training (Advanced Individual Training, Technical school, etc.)
- ★ Separated with or currently hold a military rank of E-5 or below
- ★ Demonstrate a need for financial assistance
- ★ Participate in, be accepted to or currently enrolled in a VA-approved program or school at an accredited post-secondary institution
- ★ If selected, authorize the VFW and Sport Clips, Inc. to announce and publish award of your scholarship. If awarded a scholarship, the recipient's name, city, state, photograph and essay may be used for promotional purposes by the VFW and Sport Clips, Inc. without further consent from the recipient

Youth and Educator Scholarships

http://www.vfw.org/Youth/

Voice of Democracy
The VFW Voice of Democracy contest provides students in grades 9-12 the opportunity to explore democratic ideals and principles through audio essays. The first-place winner receives a $30,000 scholarship and a trip to Washington, D.C.

Patriot's Pen
The VFW Patriot's Pen essay contest is for students in grades 6-8 and challenges them to reflect on American history and their own experiences based on a patriotic theme. The first-place winner receives $5,000 and a trip to Washington, D.C.

Scout of the Year
Each year the VFW honors three young people - from Boy or Girl Scouts, Sea Scouts or Venturing Crew - who have demonstrated exceptional citizenship in school, scouting and the community. The first-place winner receives $5,000.