



# In a New York Minute

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



March 27, 2015



“Members of the Armed Forces and their families must be physically and mentally fit to endure the stresses of military duty. As a business owned and operated by a military family, FOODHOOK is pleased to provide its menu planning service free of charge to current members of the military for a three-month period in an effort to help military families form nutritional habits that enhance health and wellness. Users can link from a banner add or at the bottom of the home page under “Military Families” at the link [www.foodhook.com](http://www.foodhook.com)”



The David Fisher Upper Hudson Heroes (DFUHH) mission is to provide our disabled veterans with a positive and enjoyable learning environment allowing them to explore the outdoors in a kayak. In doing this, we will strive to provide a friendly and supportive atmosphere where our vets physical abilities and self-confidence will be reinforced in a supportive environment with qualified instructors .

If you are interested in becoming involved as a volunteer or participant

Please contact:  
Bob Loya [bloya@watervliet.com](mailto:bloya@watervliet.com) 518-377-9115  
Tricia Johnston [gjohnso6@nycap.rr.com](mailto:gjohnso6@nycap.rr.com) 518-496-1122  
Mike Cavanaugh [mcavana3@nycap.rr.com](mailto:mcavana3@nycap.rr.com) 518-378-5744

## Using the Volunteer Activity Tracker in JSS

### Volunteers

Tuesday April 21, 2015 11:00 – 11:30 AM, EST

This webinar shows volunteers how to enter volunteer activity hours, as well as search and edit volunteer activity hours in the JSS Volunteer Activity Tracker Tool.

The following JSS roles have permission to enter Volunteer Activity Hours: Airman & Family Readiness PM, ANG Key Spouse/Volunteer, ANG Key Volunteer Network, Child & Youth Program Coordinator, Family Readiness Group Leadership, FRSA, JCF Liaison, JSS Staff, SFRSA, SFRSA Contract PM, SFRSA NG PM, Volunteer, Volunteer in Service to America and Youth Volunteer.

If you are unsure of your role or the tools you have access to in JSS, please contact [feedback@jointsservicesupport.org](mailto:feedback@jointsservicesupport.org) or call: 1-877-577-6691.

<https://www.jointsservicesupport.org/Events/EventDetails.aspx?Id=fd933072-708e-4651-aa19-0906f479a406>

## 7 Practical Tips on Getting Healthier

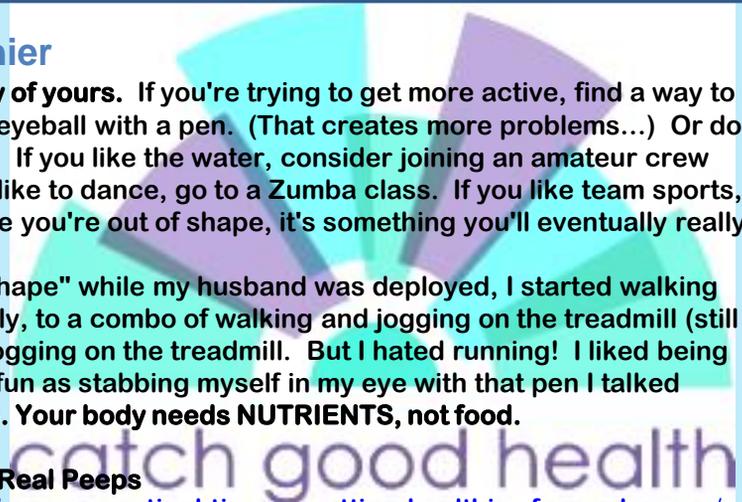
**1. Find things you'll enjoy and move that body of yours.** If you're trying to get more active, find a way to do it that doesn't make you want to stab your eyeball with a pen. (That creates more problems...) Or do things that have the potential for you to enjoy. If you like the water, consider joining an amateur crew club, or join the Y and start swimming. If you like to dance, go to a Zumba class. If you like team sports, join a league. Even if it's hard initially because you're out of shape, it's something you'll eventually really enjoy. This sets you up for success.

When I tried a few years ago to get "back in shape" while my husband was deployed, I started walking on our treadmill. Then I graduated, very slowly, to a combo of walking and jogging on the treadmill (still mostly walking), and then I moved to mostly jogging on the treadmill. But I hated running! I liked being good to my body, but found running about as fun as stabbing myself in my eye with that pen I talked about earlier.....**2. EAT REAL FOOD!** ..... **3. Your body needs NUTRIENTS, not food.**

read the next principle for getting healthy.

**Seven Practical Tips on Getting Healthier for Real Peeps**

<http://www.catchgoodhealth.com/2015/01/22/seven-practical-tips-on-getting-healthier-for-real-peeps/>





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### March Prevention Star – SSG Spohr

The NYARNG Substance Abuse Prevention Team is pleased to announce that SSG Robert Spohr has been selected as our Prevention Star of the month! SSG Spohr was nominated and selected because he is a perfect example of what a Prevention Star stands for everyday. He is a role model and influences others around him to live a healthier life.

SSG Spohr is committed to living a healthy and active lifestyle and follows the low-risk guidelines. He is involved in multiple charities, including the Wounded Warrior Project. He is a positive support for his family and fellow Soldiers. He is known to be very approachable and empathetic to those around him. After SSG Spohr's return from deployment, he has focused on staying mentally healthy and balanced by meditating, practicing yoga, and staying physically active on a regular basis. Thank you, SSG Robert Spohr, for leading by example and congratulations on being selected as our Prevention Star of the Month!

Do you want to nominate a Soldier for next month's Prevention Star? We want to recognize Soldiers who exemplify healthy living and are considered a role model for others. Please forward your nominations to Michele DeCuffa, Prevention Coordinator, at [michele.a.decuffa.ctr@mail.mil](mailto:michele.a.decuffa.ctr@mail.mil).

### Did You Know!

Howard Chan, Personal Financial Counselor, has been assigned to the Thompson Road Armory from 9 March until 1 June 2015. He is a temporary asset provided through a DOD funded program to provide financial counseling services to military members. His services are FREE to members of the National Guard, Active Duty and Survivors without restriction-all branches. He is available to provide unit trainings also. He can meet folks here or within 50 miles of this location. He cannot meet in people's homes. His office will be located in the Syracuse Military Family Assistance Center. Listed below are the Presentation Topics that will be offered.

- Before You Take Off: Financial Planning for Deployment
- Making Ends Meet: Developing Your Spending Plan
- Dream Big Plan Now: Making Your Ideal Retirement a Reality
- Life After Deployment
- Saving and Investing: Simple Tips to Secure a Strong Financial Future
- Take Control of Your Finances: Avoid Drowning in Debt and Borrow Wisely
- Financial Jeopardy: Credit & Debt Management
- Stretching My Money in a Tight Economy
- You've Earned It: Making the Most of Your Military Benefits
- Home Sweet Home: Strategies for Home Buying
- TSP
- Tax Preparation
- Financial Jeopardy: Taxes



**For More information contact : Howard Chan**

**Phone: 571-389-4282**

**Email: [NY-PFC3@MFLC.Zeiders.com](mailto:NY-PFC3@MFLC.Zeiders.com)**



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## NYNG Family Programs 2015 Annual Readiness Regional Trainings

### "Mission Possible"

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

<u>DATES</u>	<u>LOCATIONS</u>
30 MAY	YONKERS
27 JUNE	STATEN ISLAND
11 JULY	JFHQ-LATHAM
25 JULY	ROCHESTER

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



Defending The Blue Line (DTBL). This organization will help pay for hockey equipment, league fees, and will even pay for summer camps. Visit Defending The Blue Line® at: [www.DefendingTheBlueLine.org](http://www.DefendingTheBlueLine.org) Contact Pete Mehling for more information at: [pete.mehling21@gmail.com](mailto:pete.mehling21@gmail.com)

*Date: Fri., April 24th 8pm  
Sat., April 25th 8am.*

### Military Teen Lock-In

at the

Seneca Babcock Community Center  
Buffalo, NY

Activities Include:

- Self Defense Course
- Cyber Safety
- Healthy Lifestyles Activities
- Team Building
- Leadership Activities
- Community Service Project
- AND MORE!

**For Registration  
Details, Contact**

Angela Northern  
asn9@cornell.edu  
716-652-5400 x140  
**\*\* NO WALK-IN'S\*\***

**Ages:  
13-18 year olds  
ONLY**

**EASTER PARTY**

Please come join us for some Easter Fun  
**Saturday April 4, 2015 10 to 12 at the Post Restaurant**

- The Easter Bunny will be here for pictures
- Easter Egg Hunt and prize bag for children 12 and under

*The CYSS Summer Camp Staff will have a table set up  
for Information and Questions*

Please **RSVP by March 30th...** to Melissa at  
**266-4829 or MELISSA.A.RYDER4.NAF@MAIL.MIL**



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## April is the month of the Military Child



Horse Sense Program ~ Day for Military Children

JOIN US AT VICTORIA ACRES EQUINE FACILITY, INC. FOR AN EXCITING DAY TO LEARN EVERYTHING ABOUT HORSES FROM HOOVES TO EARS AND SPEND A DAY ON THE FARM

# FRIDAY, 4/10/2015 HORSE SENSE

Learn everything you have ever wanted to know about horses and have a fun filled day.



Participants will learn all about horse safety, grooming, stall and barn upkeep, complete arts and crafts, perform ground working exercises with the horses and participate in fun and games with horses.

This event is sponsored by Victoria Acres Equine Facility and the American Red Cross

of Northeastern New York.

Registration is required. Please call 518-444-3771 to register or email us at [info@VictoriaAcresEquineFacility.com](mailto:info@VictoriaAcresEquineFacility.com).



To honor this country's "littlest heroes", we offer this program FREE of charge to all children of our local service men, servicewomen and veterans.

BRING YOUR OWN LUNCH AND DRINKS

Barn Attire Required (Boots, Jackets, Gloves, Long Pants, Extra Socks)

Registration and liability release forms will need to be completed for each participant.

HOURS: 10:00 AM TO 4:00 PM

VICTORIA ACRES EQUINE FACILITY, INC.

3771 Western Turnpike  
Altamont, NY 12009

(518) 444-3771

Email:

[info@VictoriaAcresEquineFacility.com](mailto:info@VictoriaAcresEquineFacility.com)