IN A

NEW YORK MINUTE

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

NEW YORK NATIONAL GUARD FAMILY PROGRAMS

AUGUST 2016

Strong Bonds Weekends:

8 Habits at Lake George!

This Strong Bonds workshop is intended to help couples develop 8 habits in strengthening and empowering their bond with their spouse. Come up to Lake George with other military families and go deeper into your relationship with your spouse and with your family.

This Strong Bonds event will be held August 12 - 14 in the Lake George area. You will be provided two nights lodging, up to 5 meals, and Strong Bonds materials.

Child care available children under the age of 17

www.strongbonds.org

POC: Robert Volk at Robert.f.volk.mil@mail.mil

New York Heritage and Tourism: Military Appreciation Day
Wed, Aug 3, 2016
Saratoga Race Course, 267 Union Avenue, Saratoga Springs, NY

Saratoga Race Course will pay tribute to active military members and veterans in appreciation of their sacrifice and service to our nation. All veterans and active duty military will receive free grandstand and clubhouse admission with military ID.

MWR Saratoga Springs
Community Recreation Center
3569 Galway Road Ballston Spa, New York 12020
(518) 885-5138 x1

www.navymwrsaratoga.com/

Ft. Hamilton MWR

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

hamilton.armymwr.com/us/hamilton

Now's your chance to listen for ***FREE!***

With 3Leaf Group Audiobooks brought to you by **New York National Guard**

Exclusively for New York National Guard Members & Their Families

Sign Up ***Today*** at www.NGB.3LeafGroup.com

NEW YORK **NATIONAL GUARD**
JOB ZONE DMNA.NY.GOV/JOBS

UPCOMING JOB FAIRS:

9 Sep, 2016
VIP Community Services
Bronx, NY

15 Sep, 2016
DAV/Recruit Military, NYC

22 Sep, 2016
Hiring Our Heroes - Rochester

For more information visit:
http://dmna.ny.gov/jobs/

HIRING OUR HEROES
U.S. CHAMBER OF COMMERCE FOUNDATION

2016 Hiring Our Heroes – Rochester, NY

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

National Guard Armory
76 Patriot Way, Rochester, NY 14624
September 22, 2016

EMPLOYMENT WORKSHOP: 8:30 a.m.
HIRING FAIR: 10:30 a.m. – 1:30 p.m.

The **Workshop** for job seekers focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation, and interviewing

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

Thanks to our local partners:

- Rochester Business Alliance/RBA Staffing
- New York National Guard
- Veterans Outreach Center, Inc.
- NYS Department of Labor

For registration questions, please email kpoynton@uschamber.com or call 202-617-6806

NBC NEWS

HIRINGOURHEROES.ORG

Find Hiring Our Heroes online:

Download the free Hiring Our Heroes mobile app! All our powerful tools and resources at your fingertips.

Available on the App Store
Google play

NEW YORK STATE | Citizen Preparedness Corps

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. **The NY Citizen Preparedness Training Program** teaches 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. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies

Andrew M. Cuomo
Governor

CONTACT:

Captain Martine J. Davis
Cell:(518)278-6923
Office:(646)424-5515
martine.j.davis2.mil@mail.mil

TSgt Erick Contreras
Cell:(518)390-1275
Office:(646)424-5515
erick.a.contreras.mil@mail.mil

SGT Daniel Messina
Cell:(518)390-1323
Office:(646)424-5515
daniel.p.messina.mil@mail.mil

For additional information, visit
www.prepare.ny.gov

August 2016

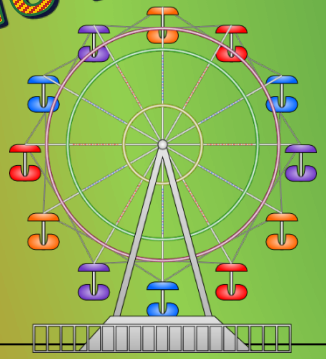
- Thursday, Aug 11, 2016 - Staten Island
07:00 pm to 09:30 pm
Brighton Heights Reformed Church
320 St. Marks Place
Staten Island, New York 10301

- Friday, August 12, 2016 - Brooklyn
06:30 pm to 08:30 pm
Church of God of East Flatbush
409 E 95th Street
Brooklyn, New York 11212

- Thursday, August 18, 2016 - Woodside
06:00 pm to 07:30 pm
Iglesia el Renuevo
2nd Floor - training w/b presented in English
43-25 52nd Street
Woodside, New York 11377

- Thursday, August 18, 2016 - Woodside
06:00 pm to 07:30 pm
Iglesia el Renuevo
1st Floor - training w/b presented in Spanish
43-25 52nd Street
Woodside, New York 11377

August Stuff To Do:



18th Annual Parish Car Show
Aug 07, 2016
www.parishvfc.org/car-show

HUDSON VALLEY
RIBFEST

12th Annual Hudson Valley Rib Fest

New Paltz
Aug 19 – Aug 21

A complete listing of New York County Fairs:
nysfair.ny.gov/about/ny-county-fairs/

5th Annual Salamanca Rockin Ribfest
Salamanca
Aug 12 – Aug 14

For more New York State Events go to:
www.iloveny.com/events

Niagara-on-the-lake
Saturday August 13, 2016
on Queen Street
10AM – 5PM
Admission is free.
infoniagara.com/events/peach-festival

30th Annual Truck, Farm & Construction Show
Stafford
Aug 06 – Aug 07
www.esataonline.org/esata-26th-annual-antique-truck-show

SPOTLIGHT ON FAMILY PROGRAMS

Military OneSource

My name is Jody Ankabrandt and I am the New York Military OneSource (MOS) State Consultant. I look forward to providing support to our Service Members and families, and welcome the opportunity to collaborate on any issues impacting our military community.

Military OneSource serves as a great resource for our Guard Service Members and families, available 24/7 by phone, online, or face to face. MOS offers a “One Stop Shop” of information on topics ranging from non-medical counseling, money matters, deployment support, relocation, health and wellness - just to name a few. Please don’t hesitate to visit my office or contact me personally anytime via email or phone for more information, and above all THANK YOU FOR YOUR SERVICE!

Jody Ankabrandt
New York Military OneSource Consultant
Contractor
518-265-2901 (cell)
Jody.Ankabrandt@militaryonesource.com

KID's Corner

August

The Ancient Olympic Games

The first known Olympic Games was recorded in around 776 BC in Olympia, Greece. They were celebrated until 396 AD.

The Ancient Olympic Games consisted of only one race, the "stade" race, which was the length of the stadium. Over the years more running races and other events were added, including boxing, wrestling, chariot racing, long jump, javelin and discus throwing.

The first modern Olympic Games were held in Athens in 1896.

5 – 21 August

Follow the Olympics at:
www.olympic.org/rio-2016