Upcoming Military Events in WNY

Want to add your event? Send a digital copy of the event flyer to FAS Maggie Murray at margaret.r.murray2.ctr@mail.mil
Men & women are needed to serve in emergency response specialties in the NEW YORK GUARD.

With units in Buffalo & across the state, the NEW YORK GUARD is an unpaid, state volunteer force serving at the direction of the Governor to augment the NY National Guard with manpower & skills. The NEW YORK GUARD cannot be federalized, which makes membership a great opportunity for those wanting serve part-time & remain local.

The NEW YORK GUARD’s primary mission is to support the NY Army National Guard in Homeland Security & Relief missions in the event of natural or man-made disasters & state emergencies. Additional missions include assistance to the NY State Emergency Management Office & other state agencies.

The NEW YORK GUARD serves without pay unless called-up during a state activation. They serve within NY State with no possibility of overseas deployment. They are part of the military forces of New York but are not federal military reservists like members of the National Guard. Therefore, members can make a contribution to homeland security and disaster relief missions and serve without disruption to their lives.

Candidates must be US citizens or legal Residents, 18 to 62 years of age, in reasonably good health & pass a physical examination. Prior military service is welcome, but not required. We offer a complete training program in Disaster Relief, Emergency Response, Communications, Logistics, and Search & Rescue. Uniforms are provided.

Among the benefits are free NY State hunting, fishing, & trapping licenses, job protection, & payment for services in the event of state call-up.

For more information visit https://dnma.ny.gov/nyg/request/ or call (914) 930-1116
YOGA FOR VETERANS

TUESDAYS 5:30-6:30PM
BEGINNERS WELCOME | MATS PROVIDED
VETERANS ONE-STOP CENTER OF WNY
1280 MAIN STREET, BUFFALO NY
Creative Expressions for Veterans

Free Music & Art Group

6-8pm

2nd & 4th Monday every month

at the Veterans One-stop Center

In partnership with Buffalo Vet Center

We Are Dwyer
Veterans One-stop Center of WNY presents:

Veterans on the Run
A running and walking group for veterans & service members.

Every Thursday
5:30-6:30pm
1020 Erie Canal Trail
Lockport, NY 14094
Nominate a veteran who deserves to WIN A FREE CAR FROM BASIL!

basilcars.com/vehiclesforvets

For every vehicle sold the Basil Family Dealerships will donate to the Veterans One-Stop Center of WNY

VEHICLES for VETS

Plus Win $1,000 if your nomination wins!
Veterans One-stop Center and We are Dwyer present:

EQUINE THERAPY
FOR VETERANS

JUNE 15    JULY 20    AUG 17    SEPT 21
Weekly Military Resource Fair

Join the Veterans One-stop Center of WNY every Monday - Tuesday - Friday 8:30am - 12:30pm at Niagara's WorkSourceOne

- accredited benefits counseling
- financial counseling
- employment services
- legal services
- peer mentoring
- education services

Call the Veterans One-stop Center for further information: (716) 898-0110

FREE Training Opportunity for Unemployed and Underemployed Western New Yorkers

The Olmsted Center for Sight, in conjunction with the New York State Department of Labor, CFA Unemployed Worker Training Program, is now looking for qualified candidates to take advantage of free computer skills and hospitality/customer service training for employment.

This training will be held Monday through Friday, 9 am to 4 pm May 7 through July 11, 2019 at The Olmsted Center for Sight, 1170 Main Street, Buffalo. Transportation assistance is available if needed.

The UWT program provides unemployed and/or underemployed workers with occupational skills training necessary to qualify for employment or higher level of employment. Special populations to be considered include the following:

- Displaced homemakers
- Native Americans
- Individuals with Disabilities
- Individuals currently and formerly involved in the justice system
- Single parents (including single pregnant women)
- Veterans
- Temporary Assistance for Needy Families (TANF) recipients
- Supplemental Nutrition Assistance Program (SNAP) recipients

Participants must: have a high school diploma/GED; type 20 wpm, interview; attend daily; and be seeking employment upon graduation. To obtain an application or to get more information: call Admissions at 716.888.4526 or email kmarzella@olmstedcenter.org

Spaces are limited and are filling up quickly, so don’t delay!
STUDENT VETERANS’ HEALTH STUDY

ARE YOU A FORMER MEMBER OF THE U.S. MILITARY AND CURRENTLY A UB UNDERGRADUATE STUDENT?

✓ This study will identify health and social factors that impact student veterans’ ability to succeed in higher education
✓ Complete 2 confidential on-line surveys over 6 months, plus an optional interview on campus
✓ You will receive $50 on your UB card for the completion of each survey ($100 total), and an additional $25 if you complete the interview (max compensation $125)

YOUR EXPERIENCES MATTER

Questions? Contact us at studentvetsurvey@gmail.com
Interested? Go to http://j.mp/2yiQsFA or scan the QR code to take our brief eligibility questionnaire.
1st Saturday of every month
11:00 am - 1:00 pm

This program is exclusive to veterans who are looking for a place where they can work out with other military personnel (ret. or active). Our military team will put you through the paces in group workouts, ruck sack runs or simply by working out together. Time to hang out, talk and relax included.

VETERANS ONE STOP AND HELP HEAL VETERANS COLLABORATION
Veterans and their families can swim, utilize the gym, or cardio equipment. At the conclusion of this, we meet for snacks, and discuss the ideology of the program, and our goal of reaching out to Veterans in communicating our center is a safe place for discussions with other Veterans.

For more information:
Sam Seiler (ret. US Navy NSW)
sseiler@jccbuffalo.org or 716-204-2254

JCC Buffalo, Benderson Family Building
2640 N. Forest Rd, Amherst, NY 14068

NOW OPEN
SUNY Erie Food Pantry
Sponsored by FeedMore WNY

Open Wednesdays from 12 p.m. to 4 p.m. & Fridays from 8:30 a.m. to 12:30 p.m.
North Campus, Gleason Hall, Room 166
6205 Main Street, Williamsville, NY 14127

Offering students in-need stigma-free access to SEVEN MEAL PACKAGES per week for their households.
Community members are also welcome!

Please remember to bring recyclable bags with you!
For additional information, call (716) 270-4444

SUNY ERIE
State University of New York
Veteran Connections
Make a Difference.
Consider helping fellow veterans facing serious illness.

Volunteer Today

Please consider becoming a Hospice Buffalo Volunteer and help make patients’ days more memorable. Our WNY Veterans need you.

Since 2014, the Red Cross, in partnership with fire departments and other local groups, has visited homes installing free smoke alarms, replacing batteries in existing alarms and providing fire prevention and safety education to prevent needless tragedies.

Join us today in helping to save lives.

In partnership with local fire departments, community groups and corporate supporters, we are offering FREE smoke alarms to residents in need and providing fire preparedness education to hundreds of local families through our ongoing Home Fire Campaign.

Every year, the American Red Cross responds to nearly 64,000 disasters – the vast majority of which are home fires. And tragically, seven people die in home fires each day, most in homes that lack working smoke alarms. The Home Fire Campaign helps save lives by installing free smoke alarms in homes that don’t have them, and by educating people about home fire safety.

Spring 2018 the American Red Cross kicked off an annual event of Sound the Alarm, to install 100,000 alarms across the nation in a few short weeks. We rocked that goal and plan to do so again this spring.

But the program is more than a few weeks long – it is year round!

We hope you will join us year round in supporting making homes safer

SmokeAlarms.wny@redcross.org
Complementary and Integrative Healing Program
Mind-Body Workshops

Helping service members, veterans and their families improve their well-being through the mind-body practice

The American Red Cross has developed FREE Reconnection Workshops for service members, veterans and their families to assist with managing stress that can occur when re-integrating back into civilian life. Mind-Body Workshops are a new component to the Reconnection Workshop Program.

Reconnection Workshops are open to active duty service members, National Guard and Reservists, as well as veterans, families and friends.

- The goal of the workshops is to use activities that connect the body with the mind to help participants work through the thoughts and emotions that result from stress and trauma.
- The term "mind-body" means addressing the physical self to help improve the emotional self. Our overall goal for these workshops is to introduce easy-to-use mind-body skills that can be practiced as a daily basis and add to emotional intelligence and improved wellbeing. Emotional intelligence is connected to awareness of self and others, ability to control stress and overall mental wellness.
- The activities are short, easy to learn and appropriate for anyone, regardless of ability level and familiarity with mind-body practice.

Module option 1: **Introduction to Mind-Body Practice**

- Breathing
- Mindfulness Techniques
- Stretching and Movement
- Body Awareness and Functioning
- Guided Imagery

Module option 2: **Using Mind-Body Skills for Growth**

- Drawing
- Journaling
- Meditation and Mindfulness
- Body Awareness Through Body Scan
- Mirroring
- Self-Directed Imagery

Workshops take between 60-90 minutes. These are for adults only.

For more information or to schedule a training, please contact Lisa Taioli at 716-878-2371 or at lisa.taioli@redcross.org

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American Red Cross
Service to Armed Forces

Coping with Deployments Course
Coping with Deployments: Psychological First Aid for Military Families

1. Go to www.redcross.org
2. Click on **About Us**—located on a tool bar across the top of the page
3. Click on **Military Families** under **Our Work**
4. Scroll down the page until you see this: click **Deployment Services**
5. Scroll down and click **Coping With Deployment Course**
6. Scroll down to **Register** and read the directions. It will tell you how to register as a first time user.

***Please remember to add your zip code when prompted.***
Are you a veteran?

If you can be a friend to another veteran in need, we need your help!

This unique volunteer opportunity offers:

- Flexible scheduling
- The opportunity to do activities you enjoy
- Education and support by Compeer staff

Help support your fellow veterans who are living with mental illness and need your support.

OPPORTUNITY KNOCKS:

As a veteran, you have two options to buddy up:

Become a CompeerCORPS volunteer and befriend a fellow veteran.

Or

Get referred to CompeerCORPS by your Case Manager or Social Worker, and get connected in friendship with a CompeerCORPS veteran volunteer.

For more information, please reach out:

Alana Chazen, Director of Adult and Veteran Services
716-883-3331 x309
alana@compeerbuffalo.org

Compeer Buffalo
24 Ludington St
Buffalo, NY 14206
716-883-3331
staff@compeerbuffalo.org

If you would like us to present to your organization, we will come to you and share about our program, and teach ways we can work together to support your veterans with their mental health. We also offer Veteran Mental Health First Aid Training. Contact us today for more information!

The American Legion Band of the Tonawandas has openings for veterans to serve in the Band’s Color Guard. The Color Guard will serve as “guardians of the colors” by displaying and escorting the National Flag, State and Post/Band flags. The Color Guard will lead the Band in parades and present the colors at concerts prior to the performance of the National Anthem.

The Band is an 85 member band that has won 20 National Titles and performs concerts year-round and parades during the spring and summer months. Please contact David Abrahamian at 716-632-8184 if you have an interest and would like to obtain additional information on this opportunity.
ALL-AMERICAN CRUISE NIGHT @ 1000 W. Maple Court, Elma. I-90 to 400 to Maple Street - Turn Right

🌟 All Makes & Models Welcome! 🌟 Sponsored by Mustangs Just Having Fun!
Contact: Jim Suttell (716) 652-4376

**Last Fridays 5 – 8 P.M.** - April 26, May 31, June 28, July 26, Aug. 30 & Sept. 27

🌟 Refreshments by Mikey Dee's Food Truck! 🌟 Free Admission!

🌟 Music by Don Galloway, DJ & Sound System! 🌟 Free Parking!

🌟 Family Friendly!

Made in America Store (716) 652-4872  www.madeinamericastore.com

Fundraising proceeds to benefit Buffalo Niagara Honor Flight
Project Healing Waters & Trout Unlimited

Present:

Introduction to Fly-Tying 2019 (New Dates)

March 4, 2019
April 1, 2019
May 6, 2019
June 3, 2019
July 1, 2019
August 5, 2019
September 9, 2019
October 7, 2019

All sessions begin at 6:30PM
No experience necessary to attend!

VA Western NY Healthcare System
Freedom Hall, Room 301
3495 Bailey Avenue
Buffalo, NY 14215

For questions, please contact Mary Frey at 862-7259
or Pamela Kaznowski at 862-6814

VA Western NY Healthcare System
Recreation Therapy

Kids Korner

Your kids play during your stay!

Do you have an appointment coming up at the VA? Are you wondering what to do with your children while you're at your appointment? The Kids Korner Waiting Room is here to help!

We care for children from 6 weeks to 12 years of age.

Schedule an Appointment
862-8802
24 hours advance notice recommended, walk-ins welcome.

Hours
Monday - Friday
8:00 a.m. - 4:30 p.m.
4th floor, across from the elevators
NEIGHBORHOOD LEGAL SERVICES INC.
EQUAL JUSTICE FOR ALL

in partnership with

VA Western New York Healthcare System

Legal services for low-income, homeless or disabled Veterans who may benefit from civil legal advocacy in housing, public benefit, family, or disability law

Mondays, 8:30am - 4:30pm, Room 107-C
Thursdays, 8:30am - 4:30pm, Room 309-A

Yoga Nidra Meditation Class Available from Home

For All Veterans

WRISC yoga nidra classes are available to all VA enrolled Veterans.

The meditation can be done seated, laying down, or standing.

No special equipment needed except a telephone.

Yoga nidra is safe, however, Veterans must assure they will not drive or operate machinery during class.

For more information contact:

Louise Mahoney:
650-815-9463 or
louise.mahoney2@va.gov

Weekly Meditation from Home

Yoga nidra (yoga sleep) is a spoken word guided meditation that promotes a sense of deep calm while enhancing awareness. The meditation class follows the 10 stage iRest™ protocol. During class Veterans:

- Discover a heartfelt mission & purpose and establish a goal for the meditation.
- Establish and connect with an inner “safe haven”
- Explore the connection between body sensations, emotions, thoughts and beliefs with an awareness of how thoughts and emotions affect the body and mind.
- Experience the inner joy that is always present and develop a deeper awareness.
- Connect with an inner strength & resiliency in order to more appropriately “respond” rather than “react” to situations in life.

Veterans may also benefit from the restful sleep-like state achieved during the meditation.

Join each week – no class limit.

- Thursdays
- 5pm Pacific Time

(see additional time zones)

1-800-767-1750
Access code: 24953#
What is it?
An automated, interactive text message system to remind veterans of upcoming appointments and allows responses for confirmation and cancellation.

Why?
Proven to reduce no shows and missed appointments.
Allows veterans a convenient cancellation option if desired.
Reminds veterans of appointments, with date and time.
Allows a download of appointment reminder to a calendar file.
Open appointments available for others

When will it start?
May 2018

What can veterans do?
Update all phone numbers through kiosk, phone or face to face interactions.
Be aware this is a new reminder service to help with appointments.
No cell phone? VEText does not replace post cards or phone call reminders. It simply enhances the experience.

For more information, contact Shawn Gall at 716-862-8556.

The Albright-Knox is a Blue Star Museum and welcomes veterans and active military servicemembers and their families to connect with exhibitions, programs, and events. The museum offers free admission for active-duty U.S. and Canadian Armed Services personnel and their families, and discounted $11 admission for veterans.

In addition to free and reduced admission, we offer programming specifically for the veteran and military communities. Vets AK offers veterans, and their spouses or caregivers, opportunities to engage in group conversation in the galleries followed by a hands-on artmaking experience. Blue Star Family Workshops connect military families through gallery activities and artmaking for all ages.

All sessions take place on the first Saturday of each month from 2 to 4 pm. Tours change monthly and are structured for adult or family groups, as noted below. Space is limited and advance registration is required. To register, or for more information, please contact Access & Community Programs Coordinator Karen Duval at 716.270.8249 or kduval@albrightknox.org.

<table>
<thead>
<tr>
<th>Vets AK (Ages 18 and Up)</th>
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<tr>
<td>Saturday, January 5, 2019, 2–4 pm</td>
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<tr>
<td>Saturday, March 2, 2019, 2–4 pm</td>
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<td>Saturday, April 6, 2019, 2–4 pm</td>
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<td>Saturday, May 4, 2019, 2–4 pm</td>
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<th>Blue Star Family Workshops (All Ages)</th>
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<tr>
<td>Saturday, February 2, 2019, 2–4 pm</td>
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<td>Saturday, June 1, 2019, 2–4 pm</td>
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Vets AK and Blue Star Family Workshops are made possible through the generous support of The James and Cecilia Cummings Foundation, Inc., Endowment, National Fuel and the Bright Family Foundation, an anonymous donor.
VETERANS ONLINE SHOPPING BENEFIT
WHAT YOU NEED TO KNOW

The Department of Defense will soon allow Veterans of all United States Armed Forces to shop online at shopmyexchange.com.

What is the Veterans online shopping benefit?
Veterans will be able to enjoy tax-free shopping, exclusive military pricing on name brand products, exclusive credit opportunities, and more at shopmyexchange.com.

Where can approved Veterans shop?
This benefit allows Veterans of all United States Armed Forces to shop online at shopmyexchange.com, as well as at the other online military exchanges. This does not grant on-installation access.

When can approved Veterans shop?
The benefit launches on Nov. 11, 2017. However, millions of records have not yet been digitized, so Veterans should check their eligibility today. Veterans who verify early also increase their chances of being selected as an early shopper.

Veterans should go to VetVerify.org to check their eligibility. The process usually takes about two minutes.

What is VetVerify.org?
VetVerify is a shared verification service that retrieves exclusively on secure data supplied by the Defense Manpower Data Center (DMDC) to determine eligibility.

What information do Veterans need to provide?
Most Veterans only need to provide a name, date of birth, the last four digits of their social security number, and a valid email address. Some Veterans will need to take additional steps for verification. Please visit VetVerify.org for more information.

Where can Veterans get more information?
Visit VetVerify.org/FAQ for more details.

Contact Tina today!
For over 20 years, Tina has been helping people in Western New York achieve the American Dream of homeownership. As a thank you to all our real American Heroes, Tina is now offering Closing Service Discounts and a Home Warranty to active duty personnel, reservists, retired or disabled veterans and their immediate families.

Tina Spyres
Licensed Real Estate Salesperson
Direct: 716-913-9691
Email: tina.spyres@huntrealestate.com
Web: www.TinaSpyres.com

600 Home Warranty provided by Tina through American Home Shield. View Warranty Details.

$150 Discount for Attorney Closing Services through:
Anthony Cervino
Attorney and Counselor at Law
222 Conventione Tower
43 Court St., Buffalo, NY 14202
Office: 716-855-5323
Email: ajcervino@rocdrunner.com
Web: www.cervinolaw.com

$150 Discount for Mortgage Closing Services through:
Morten Guaino
Mortgage Consultant
NMLS #46479
HUNT Mortgage: 1400 Broadway St., Lancaster; NY 14086
Office: 716-368-6423
Email: morten.guaino@huntmortgage.com

25% Off Home Inspection Services through:
Keith Brun
Signature Property Inspections
Office: 716-289-1858
Email: keith@bruninspection.com
Web: www.bruninspection.com
What are the Five Signs of emotional suffering?

Give an Hour’s Campaign to Change Direction created the Five Signs of emotional suffering to provide a common language when speaking of mental health, illness and well-being.

Just as we all know the signs that mean someone may be having a heart attack and needs help, we can all learn the signs that mean someone may be suffering emotionally and needs help.

The Five Signs of emotional suffering are change in personality, agitation, withdrawal, decline in personal care, and hopelessness.

* They are simple, observable signs that everyone can see, everyone can learn.
* These are signs that we often see but we don’t always understand or know what to do about when we see them in ourselves or others.
* These are not diagnoses. These signs cut across diagnoses - and apply to all kinds of conditions and situations.

To view the Military PSA: http://www.changedirection.org/militarypsa/
To download Five Signs tools: http://www.changedirection.org/tools/

What is the Campaign To Change Direction?

All military and civilians have mental health - just as we all have physical health. Sometimes our mental health is great - but sometimes we struggle, sometimes we suffer. Emotional pain is part of the human condition -sometimes we are able to heal as a result of the love and support of those close to us... sometimes we need more than love and support.

Give an Hour’s initiative, the Campaign to Change Direction provides tools, information and other resources for anyone to detect if they, or someone they love, are experiencing the signs of suffering. By raising awareness of the importance of mental wellness for all Americans, the Campaign to Change Direction seeks to normalize the conversation around mental health, free individuals to see mental health as having equal value to physical health and encouraging us to care for our mental well being and the mental well being of others.

To learn more, visit www.changedirection.org

Give an Hour’s Reserve Component Program (RCP) officially serves the Army National Guard, Air National Guard, and Army Reserve; however, we assist other reserve branches upon request. Providers who enroll in the RCP commit to maintain the highest levels of professional and cultural understanding of Guard, Reserve, and their families through research, training, and community events. RCP providers actively seek out community organizations to encourage community participation. This helps to develop outreach, encourage education, and provide awareness of the Five Signs of emotional suffering, and establish Give an Hour as a resource for finding care. As providers continue to be active in the community, they will connect relevant community resources with Guard and Reserve personnel with the objective of identifying and fixing local concerns using local resources that complement available military resources.

HOW DOES GIVE AN HOUR HELP?

Informational Sessions for Service Members and Families

- Give an Hour attends Yellow Ribbon and Unit events; educating Guard, Reserve and families on the Five Signs of emotional suffering (www.changedirection.org) and how to access care through Give an Hour’s provider network

Community Support and Partnership

- Give an Hour works directly with Guard and Reserve personnel to identify and assist with specific projects nationwide, including connecting to local support resources outside of the Give an Hour network

Face to Face, Telephone and Virtual Therapy

- Give an Hour offers HIPAA compliant virtual counseling to geographically dispersed and under-served areas

HOW TO GET CONNECTED:

- To find a mental health professional, visit www.giveanhour.org and click on Get Help. If you are unable to locate a provider, email info@giveanhour.org for assistance.

- If you work with or for the National Guard and would like more information on how Give an Hour can assist, please email reservecomponent@giveanhour.org

- If you are a mental health professional who would like to join Give an Hour’s network, visit www.giveanhour.org and click on For Providers
PERSONAL FINANCIAL COUNSELOR AVAILABLE!
FREE & CONFIDENTIAL

Get help with:
Debt Management
Saving & Investing
College Planning
Retirement
Elder Care
Budgeting
Investments

First Time Home
TSP
Blended Retirement System
529 Plans
Financial Planning
Divorce
Job Change

Tim Sobolewski, CFP®
Personal Financial Counselor
Please call (716) 331-5208 for an APPOINTMENT
or STOP IN the Family Program Offices at the
Connecticut Street Armory
or email PFC6.NY.NG@zeiders.com

Pilates
By WNYHeroes & Live Fit

Monday Nights at 7:00 P.M.

All Veterans are welcome
Male & Female

Live Fit
4367 Walden Avenue
Lancaster, NY 14086
http://www.livefitforwomen.com
To sign up contact Lynn at (716) 630-5020 x 202 or go to our Facebook Events page at www.Facebook.com/WNYHeroesEvents
MILITARY15
DADDYDOLLS.COM

Have you ever listened to
An audiobook?

Now you can.

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
All Events Are Free!!

June 1st
Blue Star Families at Albright-Knox Art Museum, 2-4 pm (Albright-Knox Art Gallery)

June 1st
Come Fly a Kite, 12-4 pm (George F. Lamm Legion Post)

June 4th
We are Dwyer Yoga for Veterans and Friends, 5:30-6:30 pm (Buffalo office)

June 5th
W.O.V.E.N. (Women Veterans Network), 5:30-7 pm (Buffalo office)

June 6th
Veterans on the Run Group, 5:30-6:30 pm (Lockport)

June 8th
We are Dwyer Military Mini Golf, 11am-1pm (Allie Brandt Lanes, Lockport)

June 10th
We are Dwyer Creative Expressions, 6-8 pm (Buffalo office)

June 11th
We are Dwyer Yoga for Veterans and Friends, 5:30-6:30 pm (Buffalo office)

June 12th
W.O.V.E.N. (Women Veterans Network), 5:30-7 pm (Buffalo office)

June 13th
Veterans on the Run Group, 5:30-6:30 pm (Lockport)

June 14th
We are Dwyer Giant Rock Hike, 9am-12pm (Niagara gorge)

June 14th
Operation COM Family Fun Night, 5:30pm-7pm (Buffalo and Lockport offices)

June 15th
We are Dwyer Equine Therapy for Veterans, 1-4 pm (Equi-Star Ranch, Burt)

June 18th
We are Dwyer Yoga for Veterans and Friends, 5:30-6:30 pm (Buffalo office)

June 19th
Stand Down and Celebration of Service, 10am-7pm (KeyBank Center)

June 20th
Veterans on the Run Group, 5:30-6:30 pm (Lockport)

June 21st
Operation COM Family Fun Night, 5:30-7pm (Buffalo & Lockport office)

June 22nd
4th Annual Dwyer Fishing Day, 10am-2pm (Iroquois National Wildlife Refuge)

June 24th
We are Dwyer Creative Expressions, 6-8 pm (Buffalo office)

June 25th
We are Dwyer Yoga for Veterans and Friends, 5:30-6:30 pm (Buffalo office)

June 27th
Veterans on the Run Group, 5:30-6:30 pm (Lockport)

COFFEE HOURS:
Wednesday-June 5th: 10:00 am
Monday-June 10th and 14th: 8:00 am (Vietnam Era vets)
Wednesday-June 19th: 6:30 pm

Dwyer Mini-Camp Out: 6:00 pm May 31st – 5:00 pm June 1st at Y Camp Onyala, Dewittville NY
Must register to attend, this is for vets plus one guest. Call the Dwyer office for reservations

NORTH COUNTY: check Dwyerchautauqua.com for details

PROS (wives/girlfriends/female vets) June 11th: Lakewood YMCA

GAME NIGHT: June 26th, 6:30 pm Warner Place, LSS campus, 155 Alden Ave, Jamestown

Crochet club: every Monday at 11:00 am at the Falconer Legion.

Bowling and Pizza: Veterans: June 23rd, 4:00 pm, Jamestown Bowling Company

Dungeons and Dragons: group meets every Thursday at 6:00 pm at the Jamestown Y

Dwyer Dogs: Program is up and running, contact Cindy for an application and more information

PTSD support group meets every Saturday at 1:00 at the UCAN Men’s Mission on 1st Street In Jamestown

Judo: Saturdays, reservations required. 9am Shin Gi Tai Studio (Pharmacy Innovations building)
2535 Johns Place (off Foote Ave. Ext, Jamestown)

Future Activities and Events

WWII reenactment trip on Aug 3rd...Dwyer picnic on Aug 25th...Putt-putt golf...hiking at Panama Rocks...and more!

Call Cindy Reidy at 661-8447 for more information and reservations for events with limited spots*

The PFC Joseph P. Dwyer Veteran’s Peer to Peer Program’s goal is to link veterans together for socialization and friendship. This program utilizes peer support from those who can relate to the struggles of transitioning into civilian life.
Calling All Vietnam-Era Vets

The PFC Joseph P. Dwyer Veteran’s Peer to Peer program of Chautauqua County is starting a Vietnam-Era veterans morning coffee hour at 8:00 am located at Trisha’s Lunch Box on the corner of Buffalo and Allen Street in Jamestown.

Hello, my name is Allen Gray I will be leading the group. I served in the Army from 1964 to ’67 and look forward to meeting with other vets from the 60s and 70s. Please come and join me for a free cup of coffee and Danish with other local vets.

We are scheduling these on the second and fourth Monday of each month

Starting June 10th, 2019

Call Cindy Reedy at 661-8447 for more information.

The PFC Joseph P. Dwyer Veteran’s Peer to Peer Program’s goal is to link veterans together for socialization and friendship.
BREAKFAST, BACKPACK, AND A BUZZ!

TUESDAY, JUNE 11TH
9:00AM - 1:00PM

Free breakfast, and a free haircut from on-site barbers and hairstylists for both male and female veterans. The first 25 people to register receive a free backpack with toiletries, courtesy of the United Steelworkers Union!

To register, call Chami, 716-898-0110 ext.100

VETERANS ONE-STOP CENTER OF WNY
1280 MAIN STREET, BUFFALO, NY 14209

DEFENSE CONTRACT AUDIT AGENCY (DCAA) WORKSHOP

All government contractors, including small businesses, must comply with specific accounting practices. The task of validating compliance is handled by the Defense Contract Audit Agency (DCAA). The Agency is responsible for conducting pre-award surveys and audits of any business contracted by the federal government, and it is specifically focused on the company’s ability to meet Federal Acquisition Regulations (FAR).

Join us to learn about:

- **DCAA Overview and Resources Available for Small Businesses**
  - This session will provide an overview of the Defense Contract Audit Agency including responsibilities and duties, types of audits and internet resources and tools.

- **Proposal Adequacy**
  - This session contains an overview of how proposal adequacy is determined. Proposal adequacy requirements for cost elements such as Direct Labor, Material, Subcontracts, Other Direct Costs (ODCs), and Indirect Rates will be discussed. Participants will also learn about historical data considerations, FAR Part 31 Unallowable Costs, common proposal deficiencies and regulatory resources to assist with proposal development.

- **Accounting System Requirements**
  - This session will provide an overview of the pre-award accounting system design review process. Participants will learn what comprises an acceptable accounting system as well as common deficiencies.

Where: Western New York Welcome Center
Community Room
1999 Alvin Rd
Grand Island, NY 14072

When: June 12, 2019
9:00 am - 3:00 pm

Registration: dcaaworkshop.eventbrite.com

For questions contact Jennifer Tolarico at jennifer.tolarico@sba.gov

**Program Agenda:**

- 9:15am - 10:00am: DCAA Overview/Small Business Resources Proposal Adequacy Accounting System Requirements
- 10:15am - 12:00pm: DCAA Overview/Small Business Resources Proposal Adequacy Accounting System Requirements
- 1:00pm - 3:00pm: DCAA Overview/Small Business Resources Proposal Adequacy Accounting System Requirements

This event is hosted by the Cattaraugus County Procurement Technical Assistance Center.
Join us as we celebrate the

40th Anniversary

of the Vet Center

June 13, 2019 * 4:00 PM - 7:00 PM

Buffalo Vet Center
2372 Sweethome Road, Amherst, NY 14228

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Business Opportunities Ahead

Open House

Thursday, June 13, 2019
9:30 A.M. - 12:00 P.M.

Buffalo Central Library
Central Meeting Room, 2nd Floor
1 Lafayette Square, Buffalo, NY 14203
(across the street from The Hotel at Lafayette)

Save the date for the opportunity to engage with senior district leadership, program business line managers, project engineers, and other district personnel about upcoming projects, solicitations, and other business opportunities.

If you are a Small Disadvantaged, Woman-Owned, HubZone, or Service Disabled Veteran Owned Small Business doing work in marine heavy and civil construction, engineering, remediation and environmental services, and dredging, we especially encourage you to attend!

https://www.eventbrite.com/e/business-opportunities-open-house-tickets-60850232864

A formal notice will be posted in the Federal Business Opportunities Website (www.fbo.gov). Keyword search for “W912P4” to locate our District’s opportunities and the event announcement.
Wednesday June 19, 2019
10:00 am—3:00 pm
KeyBank Center

BUFFALO STAND DOWN

- FREE to all Veterans & their Families -

Please bring your DD-214 or Military ID for admittance.
*Free parking is available at the KeyBank Center parking ramp*

The Buffalo Stand Down is a one-day event designed to provide services and information to all veterans in the Western New York area.
Connect with over 200 agencies that support our veterans, sit down for a hot lunch provided by La Nova Pizza, and enjoy time with fellow veterans and friends!

Please join us immediately following the Stand Down at the "Celebration of Service" on the fantail of the USS Little Rock at the Buffalo and Erie County Naval & Military Park.
Reception, Live Music, & More!

For more information please visit www.BuffaloStandDown.org

Special thanks to our 2019 Buffalo Stand Down Sponsors...

MOOG VA US. Department of Veterans Affairs

LA NOVA

KeyBank Center

FISHING DAY

JUNE 22, 2019
10 AM-2PM
IROQUOIS NATIONAL WILDLIFE REFUGE

Chiavetta’s catered lunch
Fishing pole giveaway while supplies last
Fishing license not required
Children welcome

RSVP with Alyssa at 716.898.0110 x108 | avasquez@vocwny.org
(Use address: Ringneck Marsh, 1296 Oak Orchard Ridge Road, Medina, NY 14103)
July & August 2019
MILITARY FAMILY CAMP
AT PIONEER CAMP & RETREAT CENTER
JULY 7TH TO 12TH, 2019

Participants in this week will have the opportunity to participate in all of the camp activities Pioneer has to offer, like our High Ropes Challenge Course, Beach front, Country Store, Laser Tag, Biking, Hiking, Archery, and more! Plus a special dinner on Tuesday nights just for all of the parents in attendance, with childcare provided.

Registration fee: $390 per person ($600 family max).
Register now at www.pionerecamp.org
For inquiries, please call (716)549-1420
or email info@pionerecamp.org
CVMA 19-6 presents 2nd annual

OPERATION 22-O

Memorial Ride and Fundraiser

July 20, 2019
3pm - 8pm
Batavia VFW (Minutes from Exit 48 I 90)
25 Edwards St
Batavia NY 14020

Music by JB Aaron
and other local musicians
https://www.facebook.com/jbaaron12

$20.00 donation
Includes dinner,
Pulled pork, chicken,
and sides. Plus chance
at door prize.

Ride New and improved
$10 Donation Per Bike
Registration starts at 11am
Kickstands up at Noon

Cash Bar Food by Babz BBQ

PayPal-cvma196@yahoo.com (Put 22O in notes when sending payments)

SAVE THE DATE

GUIDING WARRIORS TOWARDS MENTAL WELL-BEING

Department of Veteran Affairs addresses
overcoming obstacles to mental health treatment

August 15, 2019
2019 Mental Health Summit
Location: UB South Campus

Veterans, Family Members, Clinicians, Local Universities,
Community Organizations!! All are welcome!!

Join us for an inclusive meeting of Veterans, Veteran family members, VA and non-VA mental health professionals, local universities, community veteran organizations and community supports to explore and discuss overcoming the biggest obstacles to Veterans receiving care appropriate mental health care by improving awareness regarding options available.

If you have any questions, please contact Kristy Prine (kristy.prine@va.gov) and Jill Simko (jill.simko@va.gov) or (716) 834-9200 ext. 2183
SAVE THE DATE
AND BECOME A ROAD MARCHER
17 AUGUST 2019
CHESTNUT RIDGE PARK • ORCHARD PARK

KMR
(K.I.A. Memorial Roadmarch) is a 501(c)3 that directly supports local Veterans & their families thru our fundraising events.
Visit our website for information on how you can participate or sponsor our event.

HOW MUCH WILL YOU CARRY?

WWW.KIAMEMORIALMARCH.COM
ANNUAL CHARITY GOLF OUTING 2019

Monday, August 19th, 2019
Niagara Frontier Country Club
1058 Lake Road
Youngstown, NY

Proceeds of this event will support:

Register at any Niagara’s Choice location or contact
Dominique Restaino at (716) 284-4110 x215 or
drestaino@niagaraschoice.org
Couples in the Palisades
Take a weekend together!

Friday - Sunday 23-25 AUG 2019
HNA Palisades Premier Conference Center
Palisades, New York

Online Registration
strongbonds.jointservicessupport.org

The goal of a couples Strong Bonds is to build resiliency through relationship education and skills training. This event is designed to be a retreat from everyday life.

Three day-Two night hotel stay and five meals included... Free!
Childcare provided...Free!
Pay and Travel included for Army National Guard Members!

POC: CH (MAJ) Timothy Miller
Cell: 914-329-6295
Timothy.i.Miller22.mil@mail.mil

Singles in the Palisades
Take a weekend for you!

Friday - Sunday 23-25 AUG 2019
HNA Palisades Premier Conference Center
Palisades, New York

Online Registration
strongbonds.jointservicessupport.org

The goal of a singles Strong Bonds is to build resiliency through relationship education and skills training. This event is designed to be a retreat from everyday life.

Three day-Two night hotel stay and five meals included... Free!
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