Hello to all our Veterans out there, my name is Kristian Hofeller, I am Schoharie County Veterans Peer to Peer Advocate and a combat Veteran. My job is to help us do activities Indoor and outdoor amongst Peers. These past few months, we have been attending Veterans retreats with Homeward Bound Adirondacks in the Southern Adirondacks.

The retreats are awesome! There are plenty of activities to do (Hiking, Caving, Kayaking, Fishing, Range days, yoga, forest bathing, listening to Wildlife, observing nature amongst peers. Most of all the campfire chats about our experiences good and bad, expressing the way we are "Veterans" laughing and having a great time together, because "Veteran" is not a title given to us, We Earned It!

The lodging is great, rooms or cabins and during summer months more primitive campsites as well. The facilitators are great, Veterans and Civilians. There are retreats every month and there is Alliance 180 Equine Experience, as well as our SUNY Cobleskill Equine Program. Some Equine Programs involve riding where you are required to have your primary care provider sign a form that allows you ability to ride(we have forms if needed )These programs are something to experience as much as you want, no limits Just fun constant, continuous No One Left Behind.

Welcome Home Fireside chat Amsterdam Postponed till April 9th 7PM

<u>Veterans Range Day postponed, call me if you want to be a member and have access anytime.</u>
<u>Otherwise, we are looking at April 27 restart</u>

Leatherstocking Honor Flight will be wings up April 27-28 (so get your applications IN!!!!!!!!)

<u>EVERY THURSDAY from 4-6 pm will be SUNY Veterans Equine program on campus. If you want to ride you will need to have your medical provider fill out a form granting permissions.</u>

Feb 3 Family Fishing on Vlaie Pond Middleburgh

Feb 5-7 Alliance 180 Equine Experience

Feb 9-11 Homeward Bound Adirondacks Irondequoit Retreat

Feb 17 Richmondville Youth Ice Fishing Derby Fancher Pond

Feb 23-25 Homeward Bound Adirondacks Irondequoit retreat

Feb 26-28 Alliance 180 Equine Experience

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