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Greetings and Welcome to N-CAP's new eNewsletter!

Every couple of months we will be getting in touch to let you know what we have done and what we are planning in the coming weeks to help make Niskayuna a better place for everyone who lives, works or studies here. Upcoming events, volunteer opportunities and news you can use! After all, its our community and we care!

NATIONAL DRUG TAKE BACK DAY IS SEPTEMBER 26!

Drop offs can be made at Niskayuna Town Hall from 10 AM to 2 PM.

Old prescription and over the counter medications that are no longer needed can be safely disposed of with no paperwork to fill



out and no appointment needed. Just drive up, drop off and go! Help us help your community to keep these substances out of the waste stream and out of hands they are not intended for by taking advantage of this one day program. This event is sponsored by:
The U.S. Drug Enforcement Administration in partnership with
The Town of Niskayuna-
Niskayuna Police Department and N-CAP.

[Link to Additional Resource](#)

A CONVERSATION WITH KEVIN SABET ABOUT MARIJUANA Director of the Drug Policy Institute at the University of Florida

Dr. Kevin Sabet, Founder of Project SAM (Smart Approaches to Marijuana), to speak at Niskayuna High School on October 27 at 6:30 PM as part of Red Ribbon Week in our schools.

LEGAL *doesn't mean it's* SAFE:

An Open Dialogue About Marijuana

Tuesday
October 27
6:30 pm

Niskayuna High School Auditorium

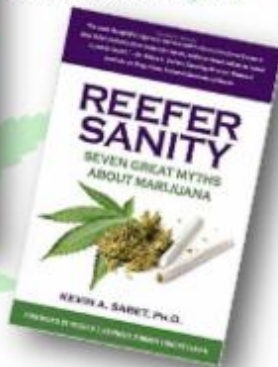
Parents and students are invited to participate in an open dialogue about the popularization of marijuana, current trends, signs, symptoms of youth marijuana use, and how it's impacting our kids, schools and community.

Program is open to Niskayuna community and surrounding areas.

SPECIAL GUEST: Dr. Kevin Sabet



Director of Project SAM (Smart Approaches to Marijuana) and author of "Reefer Sanity"



For more information visit

www.NCAPNisky.org



N-CAP Sponsors Red Ribbon Week in Niskayuna Schools

2015 theme is "Respect Yourself. Be Drug Free"

Red Ribbon Week is a United States education and prevention initiative to raise awareness about the dangers of drugs and alcohol. This year's activities will take place from October 23rd



through October 30 and numerous events are planned to take place in our schools throughout the week. N-CAP, in partnership with the Niskayuna Central School District, is a proud local sponsor of Red Ribbon Week activities. Be sure to check the Niskayuna Central School District website for more details about this exciting and educational program plans and schedules.

[Link to Additional Resource](#)

NISKA-GAME IS COMING!!! November 6 & 7 at Van Antwerp MS NISKA-GAME IS COMING!!!



Calling all 6th, 7th and 8th Graders to start forming your Teams for Niskayuna's own giant Monopoly game!

For close to 30 years, on a weekend in November, Niskayuna Middle School students have participated in Niska-Game... a life-sized game modeled after the popular game of Monopoly with properties named for local landmarks and businesses.

The game takes no more than 3 hours to play and features teams of about 10 players. They move around the board after tossing life sized dice, using themselves as the game pieces. Along the way, they are requested to do skits or answer trivia questions posed to them by the judges, who are community leaders!

In addition to middle school students playing on a team, parent volunteers are needed to help in many ways, from baking for our snack bar to working on registrations or team organizing. High school volunteers are needed to serve as team coaches. If you would like to be involved please let us know at Info@ncapnisky.org!

While providing a safe and healthy activity for middle school aged students, Niska-Game is N-CAP's primary fundraiser. Local families and businesses sponsor teams and board spaces and students raise money which determines their starting bank for the game. **If you would like to sponsor a team or a NiskaGame board space, please contact us at Info@ncapnisky.org.**

[Link to Additional Resource](#)

A message from N-CAP President Judy Smith Tomisman



As you can see from the content of this email, N-CAP is very involved in our community in many different ways. All of this is our effort to make Niskayuna a better place for everyone who lives, works or learns in our town and in our schools.

In fact, since being awarded the Drug Free Communities Grant from the federal Substance Abuse and Mental Health Services Agency (SAMHSA) in September, 2013, the Niskayuna Community Action Program has invested over \$500,000 in programs, materials, events and in kind donations of volunteer time and effort to develop environmental strategies that aid our youth in making healthy life decisions regarding the use of alcohol and drugs. We continue to invest in our community through a wide variety of programs and services with this goal in mind.

Niskayuna is our community and, as our motto says, we care. If you care, too, please consider joining us in our work as we continue this effort. Donations of time and talent are particularly important to us as we are an all volunteer, community coalition. Please feel free to join us at our next coalition meeting on September 21st at Iroquois Middle School or contact us at info@ncapnisky.org to learn more about how you can help in this very important work for our community.

Sincerely,

Judy Smith Tomisman, President
Niskayuna Community Action Program

[Link to Additional Resource](#)

New N-CAP Board Installed, Calendar Very Busy

N-CAP Calendar

- Monday, September 21, 7:00pm
N-CAP Coalition Meeting, Iroquois MS
- Saturday, September 26, 10:00am-2:00pm, National Prescription Drug Take Back Day, Niskayuna Town Hall

N-CAP Board of Directors

In September, N-CAP installed its new Board of Directors and Officers for the 2015-16 Fiscal Year. The Board looks forward to the challenges and opportunities of the coming year and will strive to emulate the outstanding

- Monday, October 19, 7:00pm, N-CAP Coalition Meeting, Iroquois MS
- Friday, October 23-Friday, October 30 Red Ribbon Week Activities, throughout Niskayuna Schools
- Tuesday, October 27, 6:30pm, N-CAP Program - A Conversation with Kevin Sabet About Marijuana, Niskayuna HS Auditorium
- Wednesday, October 28, 8:30am-3:45pm, Alcohol and Substance Abuse Treatment, Prevention and Recovery Conference, Navy Operational Support Center, 251 Rudy Chase Drive, Schenectady, NY 12302
- Friday, November 6, 6:00pm Niska-Game, Van Antwerp MS
- Saturday, November 7, 6:00pm Niska-Game, Van Antwerp MS
- Monday, November 16, 7:00pm, N-CAP Coalition Meeting, Iroquois MS

record of achievement established by its predecessor. The 2015-16 N-CAP Board of Directors is as follows:

Officers

- President, Judy Smith Tomisman
- Co-Vice President, Cindy Desso
- Co-Vice President, Jeanne Sosnow
- Secretary, Richard Marine
- Treasurer, Aaron Hull

Directors

- Sam Enbawe
- Bill Leader
- Denise Leader
- Francesca Marine
- Joan Rockwell
- Linda Sciocchetti
- Pam Stewart
- Caroline Thompson
- Bob Winchester
- Sharon Wohl

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OUR EMAILS**



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