



# In a New York Minute

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

August 15, 2014



Please join team  
 NY Army National Guard  
 For  
 "Out of Darkness Walk"  
 21 September at 10:00 am  
 At the Historic Flat Track-Saratoga Springs



Support us by:

- Shedding light on the issue of suicide in the Veteran population
  - Increasing awareness of suicide
  - Joining our community to provide a voice
- REMEMBERING THOSE THAT SERVED

Please reach out to:

**Julie Upstill**

**Suicide Prevention Coordinator**

**518-786-4661/518-419-8348**

**\*No registration fee and no fundraising is required (encouraged, but not required)**

## Strong Choices for Leadership

The NYARNG Substance Abuse Program not only provides four one-hour prevention education Briefings for your Soldiers but also provides a Briefing on helping Leadership deal with healthy Soldier living, and substance use and abuse.

*Leading Well* is an hour-long Briefing that focuses on the challenges of being a leader when it comes to talking about the use of alcohol and other drugs with your Soldiers. In this hour we focus on the verbal and non-verbal actions Leaders may take to help educate their Soldiers about substance abuse and promote healthy living. The success of our Soldiers comes when Leadership is at its best! Please contact your local Prevention Coordinator for more information.

Michele DeCuffa (Southern NY)- (347) 415-6608

Cortney Lovell (Central NY)- (518)786-4907

Pablo Hurtado (Western NY)- (716)888-5798.

For information on an "Out of the Darkness" walk near you please see the information Below

9/06/2014	Mohawk Valley Walk, Fort Herkimer German Flatts Town Park- Mohawk NY
9/13/2014	Buffalo Walk, Delaware Park – Buffalo New York
9/13/2014	Oneonta NY Walk, Neahawa Park – Oneonta New York
9/14/2014	Sullivan County Walk, Town of Bethel Sr. Center 3592 Rt. 55 Kauneonga Lake, New York
9/20/2014	Norwich NY Community Walk, Weiler Park – Norwich New York
9/20/2014	Ithaca OOTD Walk, Cass Park Waterfront Trail – Ithaca, New York
9/21/2014	Orange County Out Of the Darkness Walk, Warwick Valley HS 89 Sanfordville Rd – Warwick, NY
9/21/2014	Capital Region Walk For R.I.T.A. At the Historic Flat track Saratoga
9/27/2014	Rockland County Walk, Rockland Lake State Park – Gongers, New York
9/27/2014	Watertown Out of The Darkness Walk, Thompson Park, Pavillion – watertown, New York
9/28/2014	Dutchess County Walk, Walkway Over the Hudson – Poughkeepsie, New York
9/28/2014	Ulster County Walk, Walkway Over the Hudson – Highland, New York
9/28/2014	Brooklyn Walk, TBA – Brooklyn New York
9/28/2014	Rochester NY Walk, Genesee Valley Park – Rochester, New York

# In a New York Minute

The Resilience topics for August are Emotional Fitness and Self Regulation. Someone who is emotionally fit approaches life's challenges in a positive, optimistic way by demonstrating self-regulation, stamina and good character with their choices and actions.

## 2014 CAPITAL REGION HOMELESS VETERAN'S STAND-DOWN

Saturday, August 23, 2014 (8:00A.M. - 1:00P.M)

Coffee at 7:00 A.M

Breakfast at 7:30 A.M

Registration 8:00 A.M

Colonie BPO Elks #2192

11 Elks Lane Latham, NY

### FREE HELP

✓ Employment

✓ Food

✓ Clothing o Medical Screening o Legal Assistance

✓ Information About Programs and Services

### VA Phone by County

▪ Albany (518) 447-7713

▪ Columbia (518) 828-3610

▪ Rensselaer (518) 270-2760

▪ Saratoga (518) 884-4115

▪ Schenectady (518) 377-2423

▪ Washington(518) 746-2470

▪ Saturday Only Number (518) 785-3557

## 2014 CONCERT SCHEDULE



### 42nd INFANTRY DIVISION BAND NEW YORK ARMY NATIONAL GUARD

August 6th	Patterson Rec Center	Patterson, NY	7:00pm
August 7th	Montrose VA	Montrose, NY	1:00pm
August 8th	Westerleigh Park	Staten Island, NY	7:00pm
August 9th	Syracuse University	Syracuse, NY	2:00pm
August 10th	Smith Opera House	Geneva, NY	2:00pm
August 11th	Auburn JHS	Auburn, NY	7:30pm
August 13th	Eisenhower Park	East Meadow, NY	7:30pm
August 15th	Shepards Park	Lake George, NY	7:00pm

FREE ADMISSION TO ALL CONCERTS



Coming to Times Union Center  
September 19th & 20th!



To Request your FREE tickets Visit :

[www.spiritofamerica.mdw.army.mil](http://www.spiritofamerica.mdw.army.mil)

## CALENDAR OF EVENTS

18 Sept	Hiring Our Heroes Job Fair – Kingston, NY Kingston National Guard Armory <a href="mailto:robert.w.vanpelt.ctr@mail.mil">robert.w.vanpelt.ctr@mail.mil</a>
7 Oct	Hiring Our Heroes Job Fair – Saratoga Springs, NY SUNY Empire State College <a href="mailto:robert.w.vanpelt.ctr@mail.mil">robert.w.vanpelt.ctr@mail.mil</a>

## Family Fun Summer Activities!

While some families are at the half way point or more in their service member's deployment, there are many families just beginning the deployment cycle. Please know that I am here to help you with whatever needs you have throughout this deployment. For those whose service member has just recently deployed, please contact me if you still need assistance with things such as ID cards, benefit information, or local Family Readiness Group Support. I hope that your summer is going well and you've planned some family activities to enjoy the warm weather. If not, here are some suggestions that are free or discounted:\

**\*NYS Parks** – <http://store.usgs.gov/pass/military.html> Overview of the Annual Pass for US Military and Their Dependents

**\*Theme Parks** – Hershey Park-Discounted tickets on line, Disney World, Colonial Williamsburg , for various parks see <http://www.wavesofhonor.com/index.html>, [www.herosalute.com](http://www.herosalute.com) , [www.disney.com](http://www.disney.com) or [www.shadesofgreen.org/salute.htm](http://www.shadesofgreen.org/salute.htm)

**\*Roller Skating** – [www.kidsskatefree.com](http://www.kidsskatefree.com)

**\*County Fairs** – [www.countyfairgrounds.net/newyork/newyork.php](http://www.countyfairgrounds.net/newyork/newyork.php)

Note:Veterans Day discounts with Military ID, check events calendars.

**\*Museums / Zoo / Naval Park / Botanical Gardens -**

[http://bluestarfam.org/Programs/Blue\\_Star\\_Museums/](http://bluestarfam.org/Programs/Blue_Star_Museums/)

**\*Fishing** - No license needed fishing days – [takemefishing.org/nfbw](http://takemefishing.org/nfbw)

**\*Factory tours** – [factorytoursusa.com](http://factorytoursusa.com)

### The Homes for Veterans Program

#### \$50 Million Commitment from SONYMA for Homes for Veterans

On March 20, 2014, Governor Cuomo announced a \$50 million commitment from SONYMA to help provide affordable housing to Veterans and Military Families. SONYMA, in conjunction with the NYS Division of Veterans' Affairs, is offering \$50 million in mortgage financing at a 3.875% interest rate for:

- Military veterans who have served in the active military, naval, or air service and who have been discharged or released under conditions other than dishonorable; and First-time homebuyers who are honorably discharged National Guard and reservists as well as active military, National Guard, and reservists.

The Homes for Veterans Program features:

- Down payment assistance up to the greater of \$3,000 or 3% of the home purchase price, not to exceed \$15,000;
- Up to 97% financing;
- Only 1% of the home purchase price must come from the borrower's own funds; and
- Financing for home improvements can be incorporated under the Own It, Fix It New York Program or Remodel New York with no increase in rate
- To be eligible, a prospective homebuyer's income must be within the program's household limits and the sales price of the property (plus any home improvements) cannot exceed the program's purchase price limits. The capital pool contributed by SONYMA remains available between now and Veterans Day 2014, or until all available funds are used.

**For more information, please visit our website [www.sonyma.org](http://www.sonyma.org) or call (800) 382-HOME (4663)**