



The New York Minute

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



Time to start planning for the many Community organizations that request assistance to identify Military Families to give a **Gift of Thanks** to over the Holidays. You can be a good friend to your Community and fellow Guard Families. If you know of a Community Organization that is interested in gifting a Military Family over the Holidays anytime between Thanksgiving and New Years, Please contact our Family Assistance Coordinator Jeanna Clark jeanna.c.clark.ctr@mail.mil for help in coordinating contact with a Military Family that will accept their generosity. As well, if you are or know of a Military Family in NY that would be gracious enough to accept these generous gifts, please contact Jeanna jeanna.c.clark.ctr@mail.mil



Preparing Your Home for Winter

Now that fall is officially here, it's time to prepare your home for cold weather. These steps, most of which you can do yourself, will help lower your utility bills and protect your investment

Tune Up Your Heating System

For about \$80 to \$100, a technician will inspect your furnace or heat pump to be sure the system is clean and in good repair,

Reverse Your Ceiling Fans If your ceiling fan has a reverse switch, use it to run the fan's blades in a clockwise direction after you turn on your heat. Energy Star says the fan will produce an updraft and push down into the room heated air from the ceiling (remember, hot air rises)

Hit the Roof Or at least scan it closely with binoculars. Look for and repair damaged, loose or missing shingles that may leak during winter's storms or from melting snow.

Caulk Around Windows and Doors Check window-glazing putty, too (which seals glass into the window frame).

Clean the Gutters If your gutters are full of detritus, water can back up against the house and damage roofing, siding and wood trim -- plus cause leaks and ice dams.

Clean your Chimney Before you burn the Yule log, make sure your fireplace (or any heating appliance burning gas, oil, wood or coal), chimney and vents are clean and in good repair. That will prevent chimney fires and prevent carbon monoxide from creeping into your home

Suicide Prevention - This year, the Army has extended its observance of **National Suicide Prevention Week** to the **entire month of September**, reinforcing its commitment to reduce risk behaviors and incidents of suicide in its ranks, and promote help seeking behaviors. The RTI will be raising awareness this month by participating in The Out of the Darkness Community Walk on 21 September 2013. Want to donate? <http://afsp.donordrive.com> 82.1% of every dollar goes to research, education, and survivor programs.

OPERATION COM Children of the Military

A program to support our children of the military with their own heroic journey. Group Meetings Every Other Friday 6pm - 7:30pm at the Veteran's One-stop Center of WNY. The Fall Session will be: September 27th, October 11th & 25th, November 8th & 22nd, December 6th & 20th
For questions, or To Sign Up:
Call Mary (716) 886-1242 x 326
mcparlane@eriemha.org JessLafalce@yahoo.com

What is your Units' FRG Score Card Rating?

<http://dmna.ny.gov/family/scorecard>

If you are an appointed MPOC or FRG volunteer and did not attend annual training, need to update your volunteer documents.... Please contact your Regional Family Readiness Support Assistant to help you improve the success of your units Family Readiness Group :

Bernd Spies Ft HAMILTON bernd.f.spies.mil@mail.mil

Marcus Dacis FARMINGDALE
marcus.dacus.mil@mail.mil

Jenna Herdrick ALBANY jennifer.m.herdrick.ctr@mail.mil

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or contact a SFRSA

Laraine Figliuolo laraine.h.figliuolo.ctr@mail.mil

Stephanie Duell stephanie.m.duell.ctr@mail.mil

CALENDAR OF EVENTS

1-30 SEP	INPUT VOLUNTEER HOURS ON JSS https://www.jointservicesupport.org/Default.aspx
20-22 SEP	42nd CAB/642 Families Strong Bond Event register @ www.strongbonds.org - National Guard, Families, New York
14 OCT	Columbus day (FEDERALHOLIDAY)
26-27 OCT	KUBDOC, KULSE, & SFAT 30/60 Day YR Event Crowne Plaza Suffern NY https://www.yellowribbonevents.org/Events/EventDetails.aspx?Mode=ReadOnly&Id=0FAE0C93-8262-4233-8396-7A3616859336
31 OCT	HALLOWEEN
2-3 NOV	F/1-169 AV 30/60 Day YR Event, Rochester https://www.yellowribbonevents.org/Events/EventDetails.aspx?Mode=ReadOnly&Id=5D1606EE-1A2B-43CB-9F5E-DA5AD9FB0ABC
18-20 NOV	The Welcome Home Initiative : Saratoga Springs register: welcomhome@byhiswoundsministry.org

SEND US YOUR UNIT/FAMILY EVENTS

- ? Is your FRG hosting a Holiday event?
- ? A Halloween Party?
- ? Does your FRG need support?
- ? Volunteers?
- ? Do you look for ways to get more families to your meetings and events?

Send your event information to:

stephanie.m.duell.ctr@mail.mil

To get them posted in "THE NY MINUTE CALENDAR OF EVENTS"

Are you, a member of your unit, or your family unemployed or under employed?



<https://dmna.ny.gov/jobs/jobs.php?id=nyng>



http://www.nyfrc-inc.org/run_reg.html

WANTED

Your Favorite Fall Recipe, quick dinner tips HALLOWEEN TREAT IDEAS: SEND YOUR FAMILY FAVORITES TO Stephanie.m.duell.ctr@mail.mil
Here is one to get you started:



HALLOWEEN MUMMY DOGS

Cut hot dogs in half to make them bite-size, Cut crescent roll dough into thin strips and wrap around hot dogs. Bake according to crescent package directions and use ketchup or mustard for eyes



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New Military.com App for Smartphones and

Tablets <http://www.military.com/topics/best-apps>