



In a New York Minute

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

NOVEMBER
THANKSGIVING

THE PERFECT TIME TO CELEBRATE
MILITARY FAMILIES



November 14, 2014



MILITARY FAMILY MONTH 2014 ★ STRONG AND FAITHFUL ★

APPRECIATION OF THE SELFLESSNESS, UNFAILING DUTY
AND DEVOTION OF OUR MILITARY FAMILIES

Watch a Special Tribute : <https://www.jointservicessupport.org/Default.aspx>



Through the generosity of a local patron, Operation Home Front is proud to announce that they will be offering FREE Holiday Toys for Military Kids . This offer is for DEERS enrolled dependents only :

REGISTRATION IS REQUIRED!

Please visit the website and look in the events column to register your child! All ranks welcome! All components welcome Active Duty, National Guard & Reserve

<http://events.operationhomefront.net/Member/MyRegistrations>

When you pick up your toys:

7 December 2014 1:00pm to 4:00pm

LOCATION of toy pick-up:

Military Family Assistance Center, NYS Army, 6900 Thompson Rd, Syracuse (POC: Anne Marie Lara 315-438-3022)

Contact: Joe.Ohara@operationhomefront.net

Details: Operation Home Front is honored to be able to provide toys to our military families and help in any way that we can. You must register your children in order to receive toys.

Toys are limited and are on a first come, first serve registration process. Please note that this program is for military dependent children only.

Santa Claus is Coming to Town!

An entirely FREE event for CHILDREN

- Free Pictures with Santa
- Free Gift for every Child
- Free Pony Rides
- Free Face Painting
- Small Petting Zoo
- Hang out with your favorite Costume Characters

- Nov 22 Adam's Mark – Buffalo NY
- Nov 29 Hampton Inn – Olean NY
- Nov 30 Comfort Inn - Corning
- Nov 30 Fairfield Inn & Suites -Elmira
- Dec 6 Holiday Inn Express - Canandaigua NY
- Dec 7 Holiday Inn & Suites- Rochester NY
- Dec 13 Hampton Inn –Utica NY
- Dec 14 Country Inn & Suites - Cortland NY
- Dec 14 Best Western – Watertown NY

WE ARE HONORED TO BE HOSTING A SCREENING OF
THE AWARD WINNING FILM

RIDING MY WAY BACK

A STORY ABOUT A VETERAN, A HORSE, AND HOPE

An evening to benefit Horsepower 4 Heroes
Friday Nov 14 6-8 pm @ Tioga Downs Casino
Tickets:

Ticketmaster event: Verde View Equestrian Center
Or in person at Tioga Downs gift shop.

Veterans reserve complimentary ticket :
607-972-6164 or verdeviewec@gmail.com



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SCHEDULE OF EVENTS

15 Nov	Syracuse Law's Valor day 9am-1pm Syracuse University College of Law - Dineen Hall For more information on VALOR DAY or to schedule an appointment please email: VISION@law.syr.edu , call (413) 728-2567 or visit our webpage at SUVISION.syr.edu
22-23 Nov	642nd AVN 30/60 Yellow Ribbon Event, White Plains, NY: POC MSG John Ross john.a.ross3.mil@mail.mil
27 NOV	HAPPY THANKSGIVING
6 DEC	42 nd JTF Pre Mob Yellow Event Saratoga Springs, NY: POC MSG John Ross john.a.ross3.mil@mail.mil

How Can I Get to Sleep Faster?



Military health experts say sleep is just as important to a soldier's health as exercise and good nutrition. Sleep impacts your ability to learn, your memory and your overall energy level for unit activities and day-to-day life. The Centers for Disease Control and Prevention also finds that not getting an average of seven to nine hours of sleep can put you at increased risk for diabetes, heart disease, obesity and depression.

The first step to good sleep health is establishing a bedtime routine. A regular routine makes it easier for anyone to shift from being awake to being asleep.

STAY ON SCHEDULE

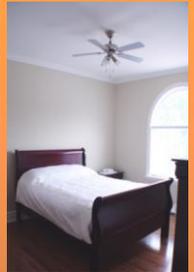
Go to bed at the same time each night and wake up at the same time each morning -- even on the weekends (when you're not drilling). It may seem hard at first, especially if you tend to stay up late and sleep in on weekends. But keeping the same sleep schedule every day conditions your body's internal clock to know when it's bed time and respond accordingly (yes, you really do have an internal clock called "circadian rhythms").

CREATE A BEDTIME RITUAL

Find a calming routine that helps you wind down and do it the same way each night. Some studies have shown that a drop in body temperature will help ease you to sleep faster. To lower your body temperature, try a hot shower or bath. When you are out of the water, your body's temperature will quickly drop. Follow the shower with calming activities, such as listening to relaxing music or reading a book.

GIVE IT TIME

Any habit -- good or bad -- takes time to develop. Keep at it. Make changes to your routine when you need to, but don't give up.



In a New York Minute

**Military Teen Lock-In
at the Buffalo Connecticut Street Armory**

Address:
184 Connecticut Street
Buffalo, New York 14213

Must Pre-Register
With Angela Northern
asn9@cornell.edu or call
716-652-5400

Ages: 13-18 year olds ONLY
**** NO WALK-INS****

Dates : November 21, 8 pm - November 22, 8 a.m .

Please Bring a Snack to Share

- Self Defense Course
 - Cyber Safety
 - Cooking Activities
 - Team Building
 - Leadership Activities
- Community Service Projects



**IN HONOR OF The MONTH of the MILITARY FAMILY
NY NATIONAL GUARD FAMILY PROGRAMS IS HOSTING**

“SHOW YOUR MILITARY FAMILY PRIDE” CONTEST

Military youth ages 3 – 17

Send your Poetry, Essay, Pictures, etc...

Prizes in 4 age groups

3-6 yrs, 7-10 yrs, 11-14yrs, 15-17 yrs

Contest ends Nov 30 ~ 5pm

Winners will be announced in the Dec 5 “In a NY Minute”

Send your entries to :

stephanie.m.duell.ctr@mail.mil

By: November 30 5pm

Be sure to include your (Child’s) name, age, and parents phone #



2014 International
Survivors of
Suicide Loss
Day

Reaching Out Can Change Your Life

You are not alone. Every day, 22 members of the military take their life, leaving family, friends and colleagues to grieve the loss and try to understand. Join with a community of military suicide loss survivors to share stories and begin to heal.

The Program

11:00 AM

Welcoming and Opening Remarks

11:15 AM

Remembrance Ceremony

12:00 PM

Lunch and Survivor Socializing

1:00 PM

Screening of *The Journey*

2:00 PM

Closing Remarks

**Saturday,
November 22, 2014
Krause Center**

2212 Burdett Ave. | Troy

Contact: Laura Marx | 518-791-1544 |
lm Marx@afsp.org

Preregistration is greatly appreciated.
Refreshments will be provided.

To Register:

www.survivorsdaycapitalregion.eventbrite.com

The Journey

Each gathering will feature a screening of *The Journey*, AFSP's new documentary that tells the stories of a diverse group of suicide loss survivors. It's a powerful film that shows how each survivor is weathering the loss of a loved one, and how they are finding their way back to a life rich in meaning—and even joy.



AMERICAN FOUNDATION FOR
Suicide Prevention

Learn More at SurvivorDay.org

