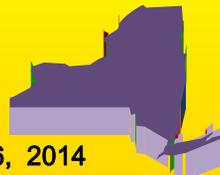




# In a New York Minute

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



September 26, 2014

## SEPTEMBER IS SUICIDE PREVENTION MONTH

**"Out of the Darkness Walks" help increase awareness and prevent Suicides**



- Shed light on the issue of suicide in the Veteran population
- Increase awareness of suicide
- Join our community to provide a voice to REMEMBER 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

**For information on an "Out of the Darkness" walk near you, please see the information below:**

9/27/2014	Rockland County Walk, Rockland Lake State Park – Gongers, New York
9/27/2014	Watertown Out of The Darkness Walk, Thompson Park Pavilion – 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

**Hometown Heroes Run**

19 October 2014

The Crossings of Colonie



**Come Show Your Support!**

### 5k Run & Walk

- Certified by USA Track & Field - USATF
- Trophies for: **Top Overall Male & Female**
- Age Groups: **19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+**

**Register online or [download](#) the form**

[http://www.nyfrc-inc.org/run\\_main.html](http://www.nyfrc-inc.org/run_main.html)

For more information contact Ann Swezey: [SwezeyAnn@gmail.com](mailto:SwezeyAnn@gmail.com)

# In a New York Minute

## CALENDAR OF EVENTS

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>	
19 Oct	Hometown Heroes Run Crossing Colonie <a href="http://www.nyfrc-inc.org/run_main.html">http://www.nyfrc-inc.org/run_main.html</a>	
	18-19 Oct	42 CAB / 3-142 AVN / Det 20 30/60 Yellow Ribbon Event, Albany POC MSG John Ross <a href="mailto:john.a.ross3.mil@mail.mil">john.a.ross3.mil@mail.mil</a>
	24-25 Oct	642nd AVN 30/60 Yellow Ribbon Event, Rochester POC MSG John Ross <a href="mailto:john.a.ross3.mil@mail.mil">john.a.ross3.mil@mail.mil</a>
	22-23 Nov	642nd AVN 30/60 Yellow Ribbon Event, Long Island POC MSG John Ross <a href="mailto:john.a.ross3.mil@mail.mil">john.a.ross3.mil@mail.mil</a>



If you haven't done so already, and you or your Service Member's employer has been over the top in their support of you or your Service Member's time in the NYARNG, please take the time to recognize them for their support. It doesn't take long to nominate them for an award, and it will make you and your employer look good!

Info on how to do this is here:  
<http://www.esgr.mil/Service-Members-Family/Nominate-your-Employer.aspx>

## Free Audio Book Rentals!!

3Leaf Group is offering these, just go to the website:  
<http://www.ngb.3leafgroup.com/Home> to get started!!

In the NGB, we understand the many challenges that can face our Soldiers and their Families.

Stress, personal relationships, finances and a host of other topics can become a concern.

Our new Multimedia Learning Center is designed to help you address areas in your life you would like to improve. We have assembled hundreds of audiobooks and books here as your "one stop shop" to enable you to learn and grow using whatever tools best fit your lifestyle.

Best of all, this lending program is provided **FREE** to you!

No rental charges, no late fees, and a postage-paid, pre-addressed return mailer is included with each order.

Simply go to the log-in button at top, go to the new user link if it's your first time visiting, enter your shipping information and create your password, and get ready to jump start your life with some of the world's greatest teachers!

# Family Fun Autumn Activities!

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

\***Rochester, NY**- <http://rochester.kidsoutandabout.com/content/master-guide-fall-fun-greater-rochester-ny>  
Master Guide to Fall fun in Greater Rochester

\***NYC**- <http://gonyc.about.com/od/autumninnewyork/> Autumn events in NYC

\***Syracuse, NY**- <http://www.syracuse.com/halloween-guide/> Fall Festivities in Syracuse and CNY

\***Albany, NY**- <http://www.albany.com/fall/> Albany Fall Guide

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

\***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 – <http://www.takemefishing.org/nfbw>

\***Factory tours** – <http://www.factorytoursusa.com>



**Winter is coming! Be sure to change your heating filters and clean out your ducts if you haven't done so already!**

## 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)jc**