IN A NEW YORK MINUTE

"ALL THE NEWS YOU NEED TO KNOW
~ IN A NY MINUTE"

DECEMBER
2015

NEW YORK NATIONAL GUARD
FAMILY PROGRAMS

FOLLOW US ON twitter

https://twitter.com/NYFamilyProgram

Items from outside entities posted in the New York Minute are for informational purposes only and do not imply endorsement or affiliation by the New York National Guard Family Programs Office.

Veteran to Veteran Small Business Networking Hour

Location: Watervliet Arsenal- Michael R. McNulty Center for Veteran Entrepreneurial Activity
Date: Wednesday December 9, 2015
Time: 8am – 9am
RSVP: Amy Amoroso aamoroso@albany.edu / 518-380-5069
Or Kathy Caruso kearuso@arsenalpartnership.com / 518-326-5522

Join us for coffee and light refreshments at this open forum moderated by Amy Amoroso, NYS Director for Veteran Business Outreach. Come and speak with other veterans looking to start or expand their business. We will find mentors, subject matter experts and listen to your needs and concerns as a Veteran business owner. This month meet with Darcy Knapp, President of SEO Web Mechanics. SEO Web Mechanics offers search marketing and social media educational seminars. Learn what it takes to be found on line and how search engine behavior affects your rankings. Learn best practice Search Marketing strategies to grow your business and expand your social media marketing. Discover how you can impact your web presence across major search engines through the use of Google properties like Places, Adwords, Youtube and more!

VBOC
VETERANS BUSINESS OUTREACH CENTERS

ARSENAL BUSINESS & TECHNOLOGY PARTNERSHIP

SBA.GOV
The U.S. Small Business Administration

Join Senator Timothy Kennedy for a

Military Service Connection

Veteran and Active Servicemembers are invited to attend this free family-friendly event!

Tuesday, December 8, 2015
Millennium Hotel—2040 Walden Avenue, Cheektowaga, NY 14225
5:00 pm—7:00pm

All ages are welcome!
Dozens of organizations and programs will be on-hand for you to learn about services offered to veterans and current servicemembers and families.

Pizza and refreshments will be provided &
Cookie Decorating with Hot Cocoa for the kids!
At no cost to taxpayers

To RSVP, Please Contact My Office by
Friday, December 4 at (716) 826-2683

OPERATION COM
Children Of the Military

Support for our children of the military with their own heroic journey

This group aims to help your child:

- establish positive coping skills
- encourage positive expression
- strengthen self-confidence & resiliency
- most importantly: Have Fun With Other Military Children!

Group Meetings are Friday evenings 5:30pm - 7:30pm.

Dinner 5:30, Class 6:00-7:30

Here are the 2015 dates for fall!

September 11th & 25th; October 9th & 23rd;
November 6th & 20th; December 4th & 18th

At the Veterans One-stop Center of WNY
1280 Main Street - Buffalo, NY 14209 - 2nd Floor

Please PRE-REGISTER to help us plan our activity for the evening!!

For questions and to sign-up for class, contact one of our facilitators:
Mary at 548-6606 or 898-0110
Jess at 640-3258 - (jesslafalce@yahoo.com)

We are Dwyer

The Mental Health Association of Erie County, in partnership with the Veterans One-stop Center of WNY, is proud to present this unique program. Operation C.O.M. is honored to receive funding from the PFC Joseph P. Dwyer Peer Support Program.

SUNY Buffalo Law School
The State University of New York

SUNY BUFFALO VETERANS' LEGAL CLINIC

The Veterans' Legal Clinic serves one of the most vulnerable populations in the country, who face legal issues such as landlord/tenant disputes, custody challenges, clinical proceedings, benefit denials, and bankruptcy.

Those who provided military service to this nation often find themselves facing legal problems, with nowhere to turn for help. This Clinic gives Student Attorneys the opportunity to do something about problems veterans face while gaining valuable legal experience.

Contact Us
For more information about our clinic, please contact:

Patrick J. Long, Director
John Lord O'Brian Hall,
Buffalo, NY 14260
716-645-2869
law-clinic@buffalo.edu

www.law.buffalo.edu/clinics

JSS Volunteer Webinar Trainings

DECEMBER 2015
Stress Management for Volunteers and Volunteers Teams
1 Dec 2015, 10:00am
3 Dec 2015, 9:00 pm

JANUAR 2015
Getting Organized - How to Help Your Team (and You)
Organize Your Volunteer Work and Making the Most of Your Time
12 Jan 2016, 10:00am
14 Jan 2016, 9:00 pm

http://www.jointservicessupport.org/

Information on each volunteer webinar will be sent via email campaign through JSS each month with links to register to attend. Dates and topics are subject to change. For further information, please contact, darla.l.siegel.civ@mail.mil or tammychase.vtt@gmail.com All times are EST.

Patriot Flights

Albany Airport

Trip of a Lifetime – Memories, Recognition and Honor

*Veterans & Guardians receive a Patriot Flight Shirt, flight, bus ride, name tags, lunch, dinner, and snacks.
*When the Veteran's day ends, they receive a special gift at the Airport.
*The day's itinerary includes visits to the War Memorials and the Tomb of the Unknown Soldier.
*We document your trip, offer a safe, memorable experience, medical personnel available.

World War II, Korean and Vietnam War Veterans are the priority order for Flights. Flying to DC is our mission. We hope to share events with other organizations that interest Veterans.

Application Procedures:

- Veteran and Guardian Applications are required and available at www.Patriotflight.org
- Mail applications to Patriot Flight, PO Box 190, Delmar, NY 12054 or Email: fomservice@aol.com call: 518-439-9265

For More Information: www.Patriotflight.org

Patriot Flights: How You Can Help

We need your help to raise funds to send our Veterans on the Trip of a Lifetime.

We also welcome any fund raising ideas you may have to help us serve our Veterans.

Please send donations and make checks payable to:
Patriot Flight, Inc,
PO Box 190, Delmar, NY 12054

*Patriot Flight Inc. is a Federal Non Profit Corporation, 501(c) (3).

Web: Patriotflight.org; 518-439-9265
fomservice@aol.com

E-ZPass for Disabled Veterans

The New York State Thruway Authority offers free, unlimited travel anywhere on the Thruway to certain, qualifying disabled Veterans.

For additional information on the E-ZPass for Disabled Veterans program, including qualifications, steps on how to apply, forms, and frequently asked questions, visit the Thruway Authority's website at:

http://www.thruway.ny.gov/ezpass/Veterans.html

Capital District of New York Chapter

Association of the United States Army
A Non-Profit 501(C)(3) Organization
Supporting Soldiers and their Families

WREATHS ACROSS AMERICA.ORG
REMEMBER • HONOR • TEACH

The Capital District of New York Chapter – AUSA has partnered with Wreaths Across America to help place holiday wreaths on Veterans gravesites at the Solomon National Cemetery in Schuylerville, NY. We are reaching out to our Chapter members to ask for volunteers

When: 12 December 2015 at 12:00pm (Noon)
Where: Gerald B. Solomon National Cemetery
200 Duell Road, Schuylerville, NY 12871
Team Leader: Kevin Ressler - trippinbeamer@yahoo.com

If you would like to donate a wreath to this great project, please do so by going to:

Wreaths Across America Donation Link

http://give.wreathsacrossamerica.org/site/TR/NationalWreathsAcrossAmericaDay/General?team_id=8894&pg=team&fr_id=4377

Registration is now open!!

COMMUNITY STRONG 2015:

Voices of Veterans

2nd Annual Long Island
Symposium Dedicated to Supporting Military Members, Veterans, and Families

For our Military and Veteran Attendees:

- On-the-spot information from experts and providers who can offer Guidance and Advocacy to veterans and family members.
- Inspiring stories from fellow veterans.

As always, Symposium is FREE for Veterans, Military, and their Families

For Students and Service Providers:

- Practical information and techniques for engaging and supporting Veterans.
- Direct feedback and stories from Veterans in the community.

Approved for 5 Social Work and CASAC CEU Hours

Where: LIU Post- Hillwood Commons
720 Northern Boulevard
Greenvale, NY 11548

When: Friday, December 11, 2015

Time: 7:30 am – 4:00 pm

Go to www.communitystrong.ezregister.com to register today!!

For details and sponsorship opportunities please contact Mike DeFalco at mdefalco@bridgebacktolife.com

LICADD · BRIDGE BACK TO LIFE CENTER · LIU Post

TIMES UNION CENTER ALBANY, NEW YORK

GROUP SALES *Bring Your Party To The Show!*

Military Groups 15+ Get $10 OFF Per Ticket* At Trans-Siberian Orchestra!
*On Select Seating

December 13, 2015 - 7:30PM
Times Union Center, Albany, NY

Military Personnel Get Tickets In Sections 102-103 & 122-123 For $46.50

Details & Pricing Info

*Group sales are only available at the 7:30pm show
All Orders Must Be Placed By 11/25/15

CALL GROUP SALES TODAY!
518-487-2100
Reserve Online: groupsales@timesunioncenter-albany.com

No deposit necessary to make a reservation

Veterans Resource Workshop

Tuesday, December 8, 2015 12:30-2:00 p.m.

SUNY Delhi Farrell Student Community Center Room 211

Interested in opportunities for starting a business, investing money, utilizing VA benefits, attending college, and more?

- Starting a Small Business
- Banking, Housing, and Farm Loans
- Financing, Marketing and Investment
- General Veteran Benefits
- VA Education Benefits

Preregistration is encouraged, but not required; please contact **Barbara Scherer at 607-746-4577 or schereba@delhi.edu**

Presented by SCORE, U.S. Small Business Administration, Delaware County Veteran Services, SUNY Delhi Career Services & Business Development, and Veteran Affairs.

USPS.COM

Military and Diplomatic Mail Information:

https://www.usps.com/ship/apo-fpo-dpo.htm?

You can order free boxes, including the special Priority Mail® APO/FPO Large Flat Rate Box, and get them delivered right to you.

Here's how to address your military or diplomatic shipment.

Make sure you include the unit and box numbers, for APO/FPO/DPO addresses (if assigned). To prevent mail from entering foreign mail networks, do not include city or country names in APO/FPO/DPO addresses.
For example…

Army/Air Post Office (APO)
PFC JOHN DOE
PSC 3 BOX 4120
APO AE 09021

Fleet Post Office (FPO)
SEAMAN JOSEPH SMITH
UNIT 100100 BOX 4120
FPO AP 96691

Diplomatic Post Office (DPO)
JOHN ADAMS
UNIT 8400 BOX 0000
DPO AE 09498-0048

Time is running out to send holiday packages to deployed Service Members.

The deadline for Parcel Airlift Mail, or PAL, is Dec. 3.

Dec. 10 is the deadline for sending packages to most areas by Priority Mail and also for sending letters or cards by First Class Mail.

Priority Mail Express Military Service (PMEMS) deadline is Dec. 17 for most overseas locations.

The deadlines are to make sure people get it before Christmas but of course your Service Members appreciate mail any time!

You can complete an online customs form before taking packages to the post office which can be found at www.usps.com. Completed forms for items being mailed overseas should be printed and attached to packages before taking them to the post office.

HOLIDAY PACKAGE MAIL PROCESS

TO DEPLOYED SOLDIERS

1. COMPLETE ONLINE CUSTOMS FORM
2. TAKE PACKAGE TO YOUR LOCAL POST OFFICE
3. USPS GROUND TRANSPORTATION TO INTERNATIONAL SERVICE CENTER (CHICAGO, IL)
4. USPS PROCESSES AT THE ISC FACILITY
5. USPS TENDERS MAIL TO COMMERCIAL AIR, SURFACE OR MILITARY CARRIERS
6. CARRIERS ARRIVE AT APODS / SPODS
7. MILITARY CARRIERS DELIVER TO MILITARY MAIL TERMINALS
8. SORT FOR ONWARD MOVEMENT TO MPO / APO
9. COMMERCIAL / MILITARY GROUND TRANSPORT TO MILITARY POST OFFICE
10. MPOs PROCESS AND MAKE MAIL AVAILABLE FOR DELIVERY
11. MILITARY TRANSPORTS MAIL TO SOLDIER ON FOB

Schedule

DEADLINES:

OVERSEAS (APO) MAIL - Deadlines are for both sending and receiving mail to/from overseas.

MILITARY MAIL TO/FROM APO/FPO/DPO ZIPs →	AE: 090-092	AE: 093	AE: 094-098	AA: 340	AP: 962-966	DOMESTIC MAILINGS (CONUS)
STANDARD POST	NOV 07	NOV 07	NOV 07	NOV 07	NOV 07	DEC 15
SPACE AVAILABLE MAIL (SAM)	NOV 25	NOV 25	NOV 25	NOV 25	NOV 25	N/A
PARCEL AIRLIFT MAIL (PAL)	DEC 03	DEC 03	DEC 03	DEC 03	DEC 03	N/A
PRIORITY MAIL (PACKAGES)	DEC 10	DEC 03	DEC 10	DEC 10	DEC 10	DEC 21
FIRST-CLASS MAIL LETTERS & CARDS	DEC 10	DEC 03	DEC 10	DEC 10	DEC 10	DEC 19
PRIORITY MAIL EXPRESS MILITARY SERVICE (PMEMS)	DEC 17	N/A	DEC 17	DEC 17	DEC 17	DEC 23

HQ, ARMY PRODUCTION/ARNEWS, DMA, FORT MEADE, MD

UPDATED: 20151123

IDNYC Card

New York City residents are now able to sign up for IDNYC – a government-issued identification card that is available to all City residents age 14 and older. Immigration status does not matter.

The IDNYC card is **FREE** for all New Yorkers who apply during the first year of the program – until December 31, 2015. Cards are valid for five years from the date the application is approved. The application process is accessible to people with limited English proficiency and people with disabilities.

Special Veteran Designation Benefits

In addition to the robust and exciting benefits package that comes with being an IDNYC cardholder, Veterans receive additional exclusive benefits with the Veterans Designation, including free one-year membership at the Intrepid Sea, Air & Space Museum; easy access to veteran-specific job placement and entrepreneurship services at the NYC Department of Small Business Services (SBS), including Workforce 1 and the Veteran's Entrepreneurship Program; discounted membership in Veterans Advantage, which offers military discounts from national retailers and travel providers, including Amtrak, United, JetBlue, Greyhound, CVS, Office Depot, Foot Locker, and more; and discounts at businesses affiliated with the Queens Chamber of Commerce's Queens VETS Program. To learn more about the IDNYC Veteran Designation, go to: **http://www1.nyc.gov/site/idnyc/index.page**

NEW YORK NATIONAL GUARD
JOB ZONE
DMNA.NY.GOV/JOBS

TRICARE

ATTENTION: TRICARE Prime users
(New Enrollment Fees) FY 2016 Fees Starting October 1, 2015
For more information:
www.martinspoint.org/tricare

FREE

BUFFALO AREA

2015 Holiday Information & Available Supplies

It is Time to start planning for the many Community Organizations that request assistance to identify Military Families to give a Gift of Thanks over the upcoming Holidays.

SCHOOL SUPPLIES STILL AVAILABLE

ASSORTED ALL-OCCASION CARDS AVAILABLE

FREE DVDs AVAILABLE

TAKING ORDERS FOR FREE FRESH-CUT CHRISTMAS TREES! (See Below)

SMALL TOYS & STOCKING STUFFERS AVAILABLE (contact Unit Representative for info)

The Holiday Season will soon be upon us. We are looking for military families who are in need & desire to be adopted for the Holidays. There will be organizations reaching out and looking to adopt your family to brighten your family's holiday.

You must provide and give your permission to release your Name, # of Children, Gender and Ages. Your information will be furnished to these organizations in order for you to accept their gifts.

Trees for Troops/FEDEX – FREE Fresh Cut Christmas Trees (available 1st week of December) RSVP!

(Must call to register for a tree (716-888-5797), you will be notified when trees are available. Your phone number will be needed for contact).

If interested Please contact:

Peter Pilc – Buffalo Region MFAS (Military Family Assistance Specialist)

184 Connecticut St, Buffalo, NY 14213, peter.m.pilc.ctr@mail.mil or 716-888-5797

FedEx. TREES FOR TROOPS
www.treesfortroops.org

FRESH CUT CHRISTMAS TREES

FREE! 1 PER FAMILY WITH ID CARD

(1st priority will be given to deployed families)

CALL AHEAD TO RESERVE A TREE AND TO ARRANGE A PICK-UP TIME. YOU WILL NEED TO BRING ROPE TO SECURE THE TREE TO YOUR VEHICLE.

DELIVERY DATE:

Approximately between 4-5 December 2015

Available at the following location:

184 Connecticut Street, Buffalo, NY 14213 (716) 888-5797
42 Patriot Way, Rochester, NY 14624 (585)783-5310

THERE ARE A LIMITED AMOUNT OF TREES, SO IT WILL BE ON A FIRST-COME, FIRST SERVED BASIS.

FedEx. TREES FOR TROOPS
www.treesfortroops.org

FRESH CUT CHRISTMAS TREES

FREE! 1 PER FAMILY WITH ID CARD

(1st priority will be given to deployed families)

CALL AHEAD TO RESERVE A TREE AND TO ARRANGE A PICK-UP TIME. YOU WILL NEED TO BRING ROPE TO SECURE THE TREE TO YOUR VEHICLE.

DELIVERY DATE: 3 December 2015

All trees must be picked up NLT 1600 on 6 DEC

Available at the following location:

Family Assistance Center, Building 500, Camp Smith Training Site, Cortlandt Manor, NY 10567 (914) 944-6592

THERE ARE A LIMITED AMOUNT OF TREES, SO IT WILL BE ON A FIRST-COME, FIRST SERVED BASIS.

NYS M New York State Museum

HOLIDAY VACATION PROGRAMS

https://www.nysm.nysed.gov/programs/holidayweek/

Holiday Programs Theme: *The Coast & the Sea*
December 26, 2015- January 3, 2016
Families | FREE

Saturday, 12/26

The Goonies Movie
11 a.m., 1 p.m. & 3 p.m.
Huxley Theater
Enjoy a classic family fun film and watch the Goonies gang search for a pirate's ancient treasure!

A Treasure Hunt for the Pirate in You!
12 noon - 4 p.m.
Pick up hunt at Main Lobby Desk
Go on a treasure hunt in the Coast & the Sea exhibition and discover paintings and artifacts of New York maritime history.

Sunday, 12/27

Hudson River Discoveries
1-4p.m.
Adirondack Hall
Join Environmental Educator Fran Martino of River Haggie Outdoors and explore unusual fish found in the Hudson River. Learn about the watershed you live in and the ways you can keep it healthy and clean.

Tuesday, 12/29

Historic Cherry Hill's Hudson River Trading Game
1-4 p.m.
Adirondack Hall
Play the *Hudson River Trading Game* and experience the challenges of 18th century trade and travel. The game features a 34-foot game board, miniature sloops and cargo items and is based on the authentic experiences of merchant and sloop owner Philip Van Rensselaer of Cherry Hill.

Wednesday, 12/30

Star Lab: Nautical Sky
11 a.m., 1 p.m., and 3 p.m.
Huxley Theater, Ages 5 years and up
Crawl inside the Star Lab inflatable planetarium and experience a nautical sky tour!
Get tickets from the main lobby desk (ticket includes admission to Paper Star Craft)

Paper Star Craft

11:45 a.m. – 12:30 p.m., 1:45 p.m. – 2:30 p.m., & 3:45 p.m. – 4:30 p.m.
Adirondack Hall Mural
Make your own 3D paper nautical star! Sign up at main lobby desk.

Thursday, 12/31

New Year's Mid-Day Celebration
1–3 p.m.
Huxley Theater and Adirondack Hall
Ring in the New Year (a little early) at the NYS Museum! Dance, play games and make fun party hats and noisemakers to celebrate the arrival of 2016!
The Museum's New Year Countdown will be held at 3 p.m.

Cetaceous Talks & Whale Tales
2 & 3 p.m.
Meet at the Main Lobby Desk
If you like whales please join educator Truemaster Trimingham for a hands-on fun program all about these fascinating Cetaceans.

Saturday, 1/2

Tales of the High Seas with Captain Rick Nestler
Huxley Theater
1-3p.m.
Schooner Captain, Rick Nestler will perform a variety of sea shanties and share stories of sailing adventures out on the open water.

A Sailor's Life
11 a.m.
West Hall Gallery
Be adventurous! Learn the essentials of navigation and seamanship with former tall ship crew member and museum educator Hatti.

Sunday, 1/3

Halfmoon Cargo Shoebox Project
1-3 p.m.
South Port, New York Hall
Use a shoebox to a create cargo-hold and cut out pictures of the objects you would send up the Hudson River on the Halfmoon ship!

Explore NY Port
11 a.m., 1 & 3 p.m.
Meet at the Main Lobby Desk
Take a tour and examine ships used throughout the New York port's history, then head to the art room to paint a masterpiece of your choice of ship.

NYS M NEW YORK State Museum

TASTE NY holiday market

SIP SAMPLE & SHOP

Taste NY Holiday Market

Sunday, December 6, 2015
11:00am – 4:30pm
NYS Museum first floor exhibition halls

Admission:
$5.00 per person
Children ages twelve and under are free
CASH ONLY

Sponsorship Information:

Smilemonster.com

SmileMonster.com
Your next smile is just a click away!

Chocolate dipping fountain compliments of *We Do Fondue* and *Price Chopper*.

Sip, sample and shop at the New York State Museum's 2nd Annual Taste NY Holiday Market. Enjoy an array of "made in New York" specialty food and beverage vendors, including hand-crafted beer, wine and spirits, cheese, chocolate, apple and maple products, and other edible gifts.

Other event highlights include:

- Food demonstrations
- Living Historians
- Family friendly activities
- The famous *We Do Fondue* chocolate fountain sponsored by Price Chopper

For more information, please call (518) 474-5877.

https://www.nysm.nysed.gov/programs/tasteNY/

33rd Annual

STROLL

Experience the Holiday Magic!

33rd Annual Troy Victorian Stroll ~ Sunday, December 6, 2015
11AM - 5PM ~ Troy, NY

http://www.victorianstroll.com/

American Museum of Natural History

FAMILY AND CHILDRENS PROGRAMS

Origami Holiday Tree

Through January 10, 2016

An annual tradition, the delightfully decorated Origami Holiday Tree has marked the start of the holiday season at the Museum for more than 30 years. The tree will be decorated with handmade origami models inspired by items in the permanent halls, current exhibitions, and Museum collections. Volunteers begin folding in March to complete the hundreds of creations that will be displayed on the tree.

During the holiday season, knowledgable volunteers will be on hand to teach visitors of all ages the art of origami folding.

✔ FREE WITH MUSEUM ADMISSION

Dates:
Through January 10, 2016

Location:
Grand Gallery, near the 77th Street exit on the Museum's first floor

For More Information and other activities:
http://www.amnh.org/

Holiday Events:

NYS Capital Holiday Tree Lighting:
Empire State Plaza
Sunday December 6, 2015
More info: (518)473-0559
www.empirestateplaza.org/

Lighting of the World's Largest Hanukkah Menorah
December 6 – December 13, 2015
Grand Army Plaza
Fifth Avenue and 59th Street
Manhattan, NY 10019
http://www.nycgo.com/events/lighting-of-the-worlds-largest-hanukkah-menorah

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2015 Holiday Tree Lighting Ceremony Saturday, December 5, 2015 04:15 PM Belmont Lake State Park

***ice sculptor, holiday songs sung by the local elementary schools, figurine displays, lighting of the tree by Santa, and a fireworks display. Fee: FREE**

Bayard Cutting Arboretum State Park
12th Annual Holiday Tree Lighting Ceremony
Friday, December 4, 2015 05:30 PM
Phone: (631) 581-1002

***lighting of the holiday tree by Santa. Patrons can visit the old-time Victorian mansion that will be festively decorated. FREE!**

2015 Holiday Tree Lighting Ceremony Friday, December 4, 2015 06:30 PM Orient Beach State Park Phone: (631) 323-2440 Orient Beach State Park will host its 29th Annual Holiday Tree Lighting Ceremony. The local elementary school will entertain patrons with holiday songs while Santa lights the holiday tree. Fee: FREE

See more Events for Family Fun at: http://www.nysparks.com/events/

December 11-13, 2015
http://www.lakeplacid.com/holidays

http://www.lakeplacid.com/events/free-area-events

FREE Skating Party in the Lake Placid 1932 Olympic Arena

Bring your skates, rentals available. Special appearance by Santa. Sponsored by the Olympic Regional Development Authority, Starbucks and McDonalds
Friday, December 11th, 2015, 6:30pm
1932 Olympic Arena Lake Placid, NY

Operation Holiday Cheer

On Saturday December 12th from 9:00 AM- 12:00 PM

At the Armory
42 Patriot Way, Rochester, NY 14624

RSVP to Jeanna Clark at 585-783-5310 or Jeanna.c.clark.ctr@mail.mil by DEC 7th

There are gifts donated by FIRST Robotics teams in the area. We will also have The Dollar Tree through Operation Homefront toys.

There will be gifts and stocking stuffers available. Also if you need to bring your children the robotics team and girl scouts will have hands on activities.

DOLLAR TREE
FIRST
girl scouts of western new york
Team 3315 RANGER ROBOTICS

http://www.gtealbany.com

Military members and partners: Are you Expecting your First Child?

What is The Family Foundations Program?
Family Foundations (http://familyfoundations.ssri.psu.edu/) is a program developed at Penn State that helps couples make the transition to parenthood in a healthy way. This period, when a couple has their first child, is often quite stressful for new parents. Family Foundations has been shown to have multiple benefits including:

- Reduced parent stress, depression, and anxiety
- Better couple teamwork and support around parenting
- Reduced family violence
- Warmer and more patient parenting
- Better child self-regulation, social adjustment, and school adaptation
- Fewer child emotional and behavior problems

Why adapt the program for military families?
Military families encounter stressors and challenges that are common to all families as well as those that are unique to the military lifestyle, including multiple relocations, long duty related separations, and the challenges related to combat exposure.

Who are we looking for?
Military Members and partners who:

- Are expecting their first child (0-7 months pregnant at time of enrollment)
- Are not expecting deployment within 6 months of starting the program

What will the participants do?
Couples will complete our new interactive, online program for new parents and participate in pre- and post-test surveys/interviews.

Is there compensation?
Each person will receive **$25** for each survey/interview they complete, up to **$100** per couple.

If you are interested in participating or have any questions please contact:
Michelle Hostetler at FamFound@psu.edu or 814-865-7375.

About this Project:
This work is being funded by the National Institutes of Health under a grant to Mark Feinberg, research professor at Pennsylvania State University.

FAMILY FOUNDATIONS
for a Strong Start

The 2015 WNY Holiday Partnership Toy Program serving Erie & Niagara Counties

APPLICATIONS ARE BEING ACCEPTED
OCTOBER 26 – DECEMBER 4**
** some sites will have different dates

For application locations, dates, hours & eligibility call 2-1-1WNY.

2-1-1 or 888-696-9211

Applications for & distribution of toys is handled by The Western New York Holiday Partnership and includes the following partners:

The Western New York Holiday Partnership

The Buffalo News
City Reach Church
Community Action Organization of Erie County
F.A.T.H.E.R.S.
Fellowship Hill Ministries/Trading Post Community Care & Springville Crossing Church
Hamburg Youth Bureau
Ladies of Charity & Catholic Charities
Lancaster Youth Bureau
Lt. Col. Matt Urban Human Services Center
New Creation Fellowship
Niagara Community Action Program Inc.
Northtowns Boys & Girls Clubs
Olivencia Community Center
Olmsted Center for Sight & 2-1-1WNY
Response to Love Center
Resurrection Food Pantry
The Salvation Army (Buffalo, Lockport, Niagara Falls, Tonawanda & Rural Service Units)
St. John de la Salle Community Care
St. Lawrence RC Church
The USMC Toys for Tots program & Wegmans
United Ways of Buffalo & Erie County and Greater Niagara

Administered by the Olmsted Center for Sight & 2-1-1WNY

2015 WINTER CLOTHING DRIVE
Veterans Outreach Center
Rochester

Winter is closing in on us quickly and we have male and female Veterans in the Rochester area that WE need to clothe. Help us take care of those who served by donating new or lightly used winter jackets, boots, hats, gloves, and scarves.

Please help by notifying soldiers in your units. They can either donate directly to our center, your readiness NCOs can collect on drill weekend, donations can be dropped off to Jeanna Clark at the Patriot Way Armory or donations can be picked up.

Feel free to contact 295-7821 or by email at sean.smith@veteransoutreachcenter.org

or

Contact Jeanna at 783-5310 or by email at jeanna.c.clark.ctr@mail.mil

Thank you in advance. With your support this event will be a huge success and we can come together to give back to our Veterans in need.

Santa's Vision

Brought to you by Visions Hotels

Free Pictures with Santa
Free Gift for every Child
Free Pony Rides
Free Face Painting
Petting Zoo & Exotic Animals
Hang out with your favorite Costume Characters
Non Perishable food items collected at each event that go directly to a local food bank in each community

Our Special 2015 Event Dates/Locations:

Nov 28 Fairfield Inn & Suites – 1600 County Rote 64, Elmira NY
Nov 28 Hampton Inn – Olean NY
Nov 29 Comfort Inn – Corning NY
Nov 29 Candlewood Suites – Sayre, PA

Dec 5 Hampton Inn – 172 North Genesee St, Utica, NY
Dec 5 Hampton Inn – 169 Market St, Potsdam NY
Dec 6 Country Inn & Suites – 3707 Route 281, Cortland NY
Dec 6 Best Western – 300 Washington St, Watertown NY

Dec 12 Holiday Inn Express- 4420 Route 5 & 20, Canandaigua NY
Dec 13 Holiday Inn & Suites – 800 Jefferson Rd, Rochester NY
Dec 13 Hampton Inn – 1352 Floyd Ave, Rome NY

Dec 19 Fairfield Inn & Suites – 74 State St. Albany NY
Dec 20 Fairfield Inn – 864 Upper Front St. Binghamton NY

Jan 16 – Adam's Mark – Buffalo NY

(questions about the events can be sent to mspencer@visions-hotels.com)

Winter Activities & Events

Empire State Plaza Ice Rink opens December 4th (Weather Permitting)
FREE to Skate – Fridays: FREE Rentals!
https://winter.empirestateplaza.org/

The Rink at Rockefeller Center will re-open on October 10th, 2015.
https://therinkatrockcenter.com/

Rotary Rink in Buffalo, NY – FREE Public Ice Rink
www.buffaloplace.com/rotaryrink

America the Beautiful National Park Pass for Military Members and their Families (year round)
*available FREE to Active, Reserve, National Guard U.S. military members in the Army, Navy, Air Force, Marines & Coast Guard & their dependents.
~ For more information visit the National Park Service website at:
http://www.nps.gov/findapark/passes.htm

For Information on Skiing and Winter Activities in NY
https://www.iskiny.com/

http://www.iloveny.com/seasons/winter/

http://www.adirondacklakes.com/winter.html

http://www.fingerlakeswinecountry.com/things-to-do/five-season-fun/winter/

http://www.westernny.com/winter.html

http://www.travelhudsonvalley.com/

Winter Festivals in New York State

DECEMBER FESTIVALS:

Dickens Christmas in Skaneateles
Skaneateles, Finger Lakes
November 29-December 22

Wreath Fineries at the Wineries
Highland Mills, Hudson Valley
December 7-8 and 14-15

Winterfest in Chatham Village
Chatham, Hudson Valley
December 8

Snodeo
Old Forge, Adirondacks
December 13-15

JANUARY FESTIVALS:

Winter Jam NYC
New York City
January 25

Frost Faire
Stillwater, Capital-Saratoga
January 25

U.S. ARMY MWR

Community Activity Center

Fort Hamilton Brooklyn, NY

Community Activity Center

124 Wainwright Drive, Brooklyn, NY 11252
Room 106 - inside Bowling Center
Office Hours: 1100-1930hrs.
POC: Bilqis Benu
Phone: 718 – 630 -4916
Email: bilqis.z.benu.civ@mail.mil

106TH RQW FRG
PRESENTS
"LUNCH WITH SANTA"

Saturday, 12 December 2015
1100-1500
Bldg. 345 Dining Facility

***Must register** to take part in this annual event*

Lunch, picture with Mr. & Mrs. Claus
and gift for kids 0-12 yrs. old

Call Lisa D'Agostino to register 631-723-7133

U.S. ARMY MWR

Naval Support Activity MWR Office
3569 Galway Road
Ballston Spa, NY 12020
518 885-5138 ext. 1
E-mail us at: nsamwr@navy.mil

http://www.cnic.navy.mil/regions/cnrma/installations/nsa_saratoga_springs/ffr/things_to_do.html

for MWR Hours of Operation

Rec Center is open from 0900-1600 Monday through Friday.
The Rec Center is co-located with the Barber Shop.

The following are available: pool table, air hockey, ping-pong, foosball, Wii, X-Box, computers, reading library and a large screen TV. New books arrive monthly.

The small Rec Center Office also sells tickets offered at the main ITT Office on Galway Road. At present they have Regal movie tickets ($9.00) and Bow Tie movie tickets ($8.00).

The Holiday Season

can be a season of joy and celebration. It also can be a season of stress and sadness. Remember no matter how you feel there is always support for you and your loved ones.

Family Programs team is here for you!

Family Assistance Specialists, Substance Abuse Prevention, Suicide Prevention, and Psychological Health Coordinator

1-877-715-7817

On October 18, 2015, military team, WGY6 (We Got Your Six) walked at the Out of Darkness Walk in Saratoga Springs, NY to remember those we lost to suicide.

For more information on Suicide Prevention training, please contact
Julie Upstill, Suicide Prevention Program Coordinator for ARNG at 518-786-4661
or
R3SP Manager, CW3 Langley at 518-786-4455

In 2014 ARNG lost 87 Service Members to Suicide, in 2013 we lost 134 Service Members . Our battle continues in the fight against suicide, reducing stigma associated with depression, and increasing resources.

Need help? United States:
1 (800) 273-8255
National Suicide Prevention Lifeline
Hours: 24 hours, 7 days a week
Languages: English, Spanish
Website: www.**suicideprevention**lifeline.org

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Lunch & Learn for Domestic Violence Awareness Month

On October 29th, as part of the Lunch & Learn series at DMNA in Latham, NY, the NY National Guard welcomed Yvonne Masse to speak on the issue of Domestic Violence Awareness, Prevention and Advocacy. Ms. Masse is a Criminal Justice Program Representative with the Division of Criminal Justice Services and has a background in Domestic Violence Victim Advocacy.

Attendees were given information on Domestic Violence trends in the Nation and State, ways to assist victims of Domestic Violence and assistance resources available.

State Resources:
NYS Domestic & Sexual Violence Hotline:
1-800-942-6906

NYS Office for the Prevention of Domestic Violence:
www.opdv.ny.gov

New York State Coalition Against Domestic Violence:
http://www.nyscadv.org

National Resources:
National Domestic Violence Hotline:
1-800-799-SAFE (7233) // 1-800-787-3224 (TTY)

National Center on Domestic and Sexual Violence:
512-407-9020 // www.ncdsv.org

SAPR
Sexual Assault Prevention & Response Program

JFHQ Sexual Assault Response Coordinator:
Office: (518) 786-4733 // Mobile: (518) 339-7586

SPOTLIGHT ON:

NEW YORK National Guard Child and Youth Program

Keri J. Attanasio
Lead Child and Youth Program Coordinator (CYPC)
Keri.j.Attanasio.ctr@mail.mil
518-786-4904 (office)
518-225-3077 (cell)

Ashley N. Semerad
Child and Youth Program Coordinator (CYPC)
Ashley.n.Semerad.ctr@mail.mil
518-786-4614 (office)
518-461-3031(cell)

Follow Us At

New York National Guard Youth Program | NYNGCYP | NYNGCYP | NYNG Youth Program

http://dmna.ny.gov/family/youth/

Mission Statement

Our mission is to provide our geographically dispersed children and youth with leadership, resources, services and education. The Child and Youth Program ensures that the structures and services reflect the unique needs of all military youth.

SCHOLARSHIPS:

It's the time of year to start looking and applying for Scholarships. Below are just some of the available Scholarships for Veterans, current Service Members & their children.

For More Scholarships and Information:
> http://www.nerdwallet.com/blog/loans/student-loans/nerdwallets-top-10-scholarships-children-veterans/

American Legion Scholarships: http://www.legion.org/scholarships

Military Commanders' Scholarship Fund
> http://sms.scholarshipamerica.org/militarycommanders/

Every year, the New York chapter of the American Logistics Association awards scholarships to children of select active duty, reserve, National Guard or retired members of the United States military. To qualify, students must plan to enroll full-time in a two- or four-year college or university. Awards are only for undergraduates and require a 3.5 minimum GPA. Selections are made based on academic achievement, community leadership, extracurricular participation, work experience, outside appraisal, financial need and family circumstances.

Dolphin Scholarship Foundation
> https://www.dolphinscholarship.org/

High school seniors and current college students who are children/stepchildren of members or former members of the U.S. Navy Submarine Force can apply for financial awards through the Dolphin Scholarship Foundation. Candidates must be unmarried and under the age of 24 during the year of application. Applicants must attend a four-year accredited college or university.

Tailhook Educational Foundation Scholarship Awards
> http://www.tailhook.net/index.html

The Tailhook Educational Foundation grants scholarships to children and grandchildren of individuals who serve or formerly served in the U.S. Navy as naval aviators, flight officers or air crewmen, or as carrier aviation air wing or ship's company personnel. Applicants must be accepted to an undergraduate program at an accredited college or university. Graduate students are not eligible.

Lance Corporal Phillip E. Frank Memorial Scholarship
> http://www.heartofamarine.org/scholarships

The Heart of a Marine Foundation awards scholarships to children of current or former armed forces personnel. To apply, students must submit a 500-word essay describing how they exemplify the concepts of loyalty, patriotism, honor, respect and concern for others. This is one of the few scholarships that does not have a minimum GPA requirement.

MG James Ursano Scholarship Program
> http://www.aerhq.org/dnn563/Scholarships.aspx

The MG James Ursano Scholarship Program offers financial awards to children of Army soldiers on active duty, children of retired soldiers, or children of soldiers who died while on active duty or retired status. To be eligible, students must be pursuing a four-year undergraduate degree.

AMVETS National Scholarship Program
> http://www.amvets.org/amvets-in-action/scholarships/

AMVETS assists children and grandchildren of veterans with scholarships. This award is open only to graduating high school seniors with 3.0 minimum GPAs. To be selected, candidates must show academic promise and financial need.

Women's Army Corps Veterans' Association Scholarship
> http://www.armywomen.org/pdf/_10ScholarApp.pdf

The Women's Army Corps Veterans' Association Scholarship grants scholarships to children, grandchildren, nieces or nephews of female members of the Army. Graduating high school seniors must have a 3.5 minimum GPA and plan to enroll full time at an accredited college or university. Selections are made based on academic achievement, leadership, recommendations and a biographical sketch.

Lt Col Romeo and Josephine Bass Ferretti Scholarship
> http://www.afa.org/informationfor/teachers/scholarshipsteachers/ltcolromeoandjosephinebassferrettischolarship

The Air Force Association provides scholarships for minor dependents of active duty or retired Air Force, Air Force Reserve or Air National Guard enlisted airmen. The award is open only to graduating high school seniors pursuing a degree in science, technology, engineering or math. Recipients are chosen according to academic achievement, good character and financial need.

VFW
VETERANS OF FOREIGN WARS
NO ONE DOES MORE FOR VETERANS.
www.vfw.org

Veterans' Scholarships

The **VFW** and one of its major supporters, Sport Clips Haircuts, have again partnered to help our veterans and their families. Please see below for full details on the scholarship program and to apply.

http://www.vfw.org/Scholarship/

Scholarship Details:

- ★ Scholarships of up to $5,000 will be awarded to qualified applicants
- ★ Limited to one per family per semester
- ★ Applications for the fall semester will be accepted January 1 through April 30
- ★ Applications for the spring semester will be accepted August 1 through November 15
- ★ Fall semester scholarships will be awarded in August, and spring semester scholarships will be awarded in January
- ★ Scholarships must be used by the end of the school semester for which the veteran is applying or they will become null and void
- ★ **Scholarships are restricted for tuition and fees only and will be paid directly to accredited schools**

Eligible Applicants Must:

- ★ Be a citizen of the United States
- ★ Be retired, honorably discharged, active duty, or a member of the National Guard or Reserve
- ★ Have completed Basic Training and follow-on training (Advanced Individual Training, Technical school, etc.)
- ★ Separated with or currently hold a military rank of E-5 or below
- ★ Demonstrate a need for financial assistance
- ★ Participate in, be accepted to or currently enrolled in a VA-approved program or school at an accredited post-secondary institution
- ★ If selected, authorize the VFW and Sport Clips, Inc. to announce and publish award of your scholarship. If awarded a scholarship, the recipient's name, city, state, photograph and essay may be used for promotional purposes by the VFW and Sport Clips, Inc. without further consent from the recipient

Youth and Educator Scholarships

http://www.vfw.org/Youth/

Voice of Democracy
The VFW Voice of Democracy contest provides students in grades 9-12 the opportunity to explore democratic ideals and principles through audio essays. The first-place winner receives a $30,000 scholarship and a trip to Washington, D.C.

Patriot's Pen
The VFW Patriot's Pen essay contest is for students in grades 6-8 and challenges them to reflect on American history and their own experiences based on a patriotic theme. The first-place winner receives $5,000 and a trip to Washington, D.C.

Scout of the Year
Each year the VFW honors three young people - from Boy or Girl Scouts, Sea Scouts or Venturing Crew - who have demonstrated exceptional citizenship in school, scouting and the community. The first-place winner receives $5,000.

CONSTRUCTION EXCHANGE
of Buffalo & WNY, Inc.

Construction Exchange Military Scholarship Program

Veterans and current active members of the US Armed Forces have sacrificed greatly to protect the freedoms that we hold dear. Say thank you by helping them further their education, ensuring a brighter future for themselves in the construction industry.

Your sponsorship of the Construction Exchange Military Scholarship program will pay for one veteran or active member of the US Armed Forces to participate in the AGC Supervisory Training Program (STP). The AGC STP is the benchmark for professional development in the industry and has been completed by more than 130,000 construction supervisors and managers. The program is completed over the course of a year with 90 hours of in-class training taught by seasoned industry experts.

Service members transitioning from the military today are some of the most educated, technically savvy and professionally qualified the armed forces have ever produced. Support them in their efforts to put their skills to good use in a fulfilling career in construction.

In order to qualify for the scholarship, applicants will provide proof of honorable discharge or current active military service and write a brief essay on how the scholarship and the AGC STP program will help them achieve their goals. Recipients will also be required to agree to complete the full AGC STP program.

If you would like to support a veteran in their pursuit of advancement in the construction industry, please complete the information below and return with payment to the address below. The full six unit STP program costs $1,050.

☐ $1,050 – Gold sponsor ☐ $500 – Silver sponsor ☐ $250 – Bronze sponsor

Company Name: _____

Contact Name: _____

Address: _____

_____

Phone: _____ Email: _____

Veterans and current active service members interested in applying should send a copy of their DD214 or a signed letter from Command certifying active duty status, and a brief essay on how the scholarship and the AGC STP program will help them achieve their goals to the address below, attention Joe Benedict.

Construction Industry Education Foundation
2660 William Street, Cheektowaga, NY 14227
Ph: (716) 874-3435 Fax: (716) 875-4412
www.conexbuff.com

KID'S CORNER

December is:
- Kwanzaa 12/26-1/1
- BINGO Month

December 1
National Pie Day
National Eat a Red Apple Day

December 2
National Mutt Day
Special Education Day

December 4
National Cookie Day

December 5
International Ninja Day

December 6
Hanukkah Begins (Sundown)
St. Nicholas Day

December 7
Pearl Harbor Day

December 8
National Brownie Day
Pretend to be a Time Traveler Day

December 11
UNICEF Birthday

December 12
National Gingerbread House Day
Poinsettia Day

December 13
National Cocoa Day

December 14
Hanukkah Ends (Sundown)
Monkey Day

December 15
Cat Herder's Day

December 18
Answer Your Telephone Like Buddy The Elf Day

December 24
Christmas Eve

December 25
Christmas

December 31
New Years Eve

'T'was The Night Before Christmas' was first published in Troy, NY!

'T'was The Night Before Christmas', the world famous poem of a Christmas Eve visit from Santa Claus was first published in the Troy Sentinel (Troy, NY) on December 23rd 1823. It was published anonymously (author unknown) and was later credited to Clement C. Moore of New York City.

The names of Santa's Reindeer "Donner" and "Blitzen" are from the Dutch words "Dunder" and "Blixem" meaning Thunder and Lightening.

http://www.hudsonrivervalley.com/AboutUS/Trivia/Christmas.aspx

R.H. Pease, a printer and variety store owner who lived in Albany, New York, distributed the first American-made Christmas card in the early 1850s.

KID'S CORNER

Activities Websites – FREE STUFF TO DO!

Buffalo Area: http://fun4kidsinbuffalo.com/

Rochester: http://www.rocparent.com/search/event/free-events/#

http://rochester.kidsoutandabout.com/

Syracuse: http://www.newyorkupstate.com/syracuse/

NYC: http://mommypoppins.com/

Capital Region: www.albany.com/winter/

NY State: ** 3rd & 4th graders - FREE SKIING THIS WINTER!!
https://www.iskiny.com/ski-deals/free-kids-program

NEW YORK State Museum

Rain or Shine... It's Reading Time!
2nd & Last Wednesday of the Month
10:30 a.m. - 11:30 a.m. * **FREE** * Pre-School Age

Kid's Cove - Join Miss Ann as she reads engaging stories and then guides you through special exhibits to learn more about New York State. We can't wait to read to YOU!

Family Fun Day
The third Saturday of each month - 1–4 p.m. – **FREE**

Family Fun Day offers fun learning for every age. Each month the Museum offers special programs related to one theme. Families can participate in a "make-and-take" craft activity or games

Other Calendar activities at:
https://www.nysm.nysed.gov/calendar/index.cfm

Make a Snow globe!

Materials:

- small glass jar
- a plastic figurine
- glycerin (optional: while it's not necessary, it makes the glitter float better)
- glitter
- water
- glue (we used a hot glue gun, but superglue should work too)

Instructions

- Decide what you would like to put in your snow globe like a Happy Meal Toy or Gumball Machine Toy
- Glue, place, and stick your plastic figurine to the inside of the jar lid.
- Fill your jar with water and/or glycerin and add glitter ~ 1-2 teaspoons.
- Screw the lid on the jar (glue it if you're concerned about your child trying to open it.)
- That's it! Shake your jar or tip it upside down to make it snow!

KID'S CORNER

Hanukkah Traditions for Everyone

Potato Latkes

A favorite Hanukkah food is *latkes,* or potato pancakes. Originally, the pancakes were made of cheese. Eventually, the custom grew to incorporate eating pancakes of all kinds.

Jewish people eat latkes because they are cooked in oil reminding them of the miracle of the single *cruse* [pitcher of oil]. *Try these with adult supervision because they are made with hot oil.

Recipe:

- 3 cups shredded potato (squeeze excess liquid out with paper towel)
- 1/4 cup grated onion
- 2 eggs, beaten
- 6 saltine crackers, crushed or 5 Tbsp Flour
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup vegetable oil, or as needed

Directions:

1. Mix potato, onion, eggs, crackers or flour, salt and pepper together in a large bowl.
2. Pour enough vegetable oil into a skillet to fill about 1/2-inch deep; heat over medium-high heat.
3. Drop spoonfuls of the potato mixture into the hot oil; slightly flatten the latkes into the oil with the back of your spoon so they are evenly thick.
4. Cook in hot oil until browned and crisp, 3 to 5 minutes per side. Drain latkes on a plate lined with a paper towel.

*Serve immediately for the best taste. You can keep the latkes hot in a warm oven. Serve with sour cream or applesauce, or sprinkle with granulated sugar.

To learn more about Hanukkah go to:
http://www.joi.org/celebrate/hanuk/index.shtml

Shin Hei Gimel Nun

Try an on-line Dreidel Game at:
spinthedreidel.com

Dreidel

"Dreidel" is from a German word meaning "top". The game is an adaptation of an old gambling game. Hanukkah was one of the few times of the year when Rabbis permitted games of chance. The dreidel, therefore, was a natural candidate for Hanukkah entertainment.

The four sides of the top bear four Hebrew letters: nun, gimel, hei, and shin. Players would begin by "anteing" a certain number of coins, nuts, or other objects. Today, children play using chocolate money (Hanukkah gelt).

Each one in turn would then spin the dreidel and proceed as follows:
nun – take nothing;
gimel – take everything;
hei – take half;
shin – put in.