In a New York Minute

All The News you Need to Know ~ In a NY Minute"

November

2015

Last Minute Halloween Safety Tips:

The sheriffs and other law enforcement agencies will have increased patrols on October 31st, but planning on your part is the best way to ensure a safe Halloween.

PARENTS DO:

. Map out your route and check it against the New York State Sex Offender Registry at www.criminaljustice.ny.gov/nsor

. Accompany your young children and plan to go when it's lights out.

. Feed your children a meal or substantial snack before trick or treating.

. Have children save all candy until they get home.

. Inspect all treats; throw away unwrapped, open, or suspicious looking goodies.

TRICK-OR-TREATERS DO:

. Travel in pairs or groups and stay together.

. Walk on the sidewalk or on the left side of the road facing traffic.

. Stop, look and listen at corners.

. Plan a safe route; stop only at familiar homes where the outside lights are on.

. Carry a flashlight or glow stick.

. Carry a cell phone if going without an adult.

. Be respectful of people and their property.

TRICK-OR-TREATERS DON'T:

. Go into a stranger's house or get into a stranger's car.

. Run across yards or streets, Go between parked cars or crisscross back and forth across streets.

. Venture down dark, empty streets.

. Approach dark, unlighted houses.

. Eat any treats before your parents check them.

AT HOME:

. Put away anything children could trip over.

. Turn the lights on and replace any burned-out bulbs at the walkway and front door.

. Remember, your jack-o-lantern and any other candles or electrical decorations can be a fire hazard. Keep them out of the reach of small children and away from flammable materials.

. Never leave your house unattended. If you have to leave your house, make sure all the doors are locked

Macy's Thanksgiving Day Parade

HAI (www.hainyc.org) is again graciously offering to share their large reserved viewing space on (TBD/Manhattan) for this year's Macy's Thanksgiving Day Parade on Thursday, 26 November 2015. This location is sidewalk standing room only.

If you are available and interested in submitting a request for a chance to participate, please e-mail betty.a.eissfeld.ctr@mail.mil with the following information NO LATER THAN 12:00 PM ON SUNDAY, 22 NOVEMBER 2015:

1) Requester's Name

2) Service Member/Veteran's name

3) Military unit, component and branch

4) TOTAL number of guests in group, including requester

5) Priority Status:

- A. Immediate Family members of Deployed Service Members/DoD employees OR Surviving Dependents of Fallen Service Members/DoD Employees;
- B. Wounded Service Members in WTU or similar program, and their immediate Family members;
- C. Veterans/Service Members/DoD recently returned from active/deployment (within 1 yr) and their immediate Family members;
- D. Service Members preparing to mobilize/deploy and their immediate Family members, and
- E. All other Guard/Reserve/Active/Veterans and their immediate Family members.

6) If you or a guest has a disability restricting standing

Please note -
***You will be notified by e-mail if your request was chosen approximately 3 days prior to the event**

***Location, arrival time and other details will be shared via e-mail to those selected Respectfully, please only e-mail ONE request per family. This is a popular event and your patience is appreciated**

***General parade information can be found at Macy's website here: http://social.macys.com/parade**

Stakeholders Inc.
Inaugural Town Hall on Veterans and Military Families

November 12, 2015 8:30 am- Noon
GE THEATRE, Proctors Schenectady, NY

Members of the Public and Business Community, Government Officials, Nonprofit Leaders, and representatives from Higher Education institutions are invited to join the Stakeholders for its Inaugural Town Hall on Veterans and Military Families.

This Town Hall will be the first of several to discuss how Business, Nonprofits, Government and Higher Education can work together to support Veterans and Military Families in the Capital Region. Panelists will discuss the challenges, needs and support that is needed to better serve Veterans and their families, and engage the audience in a discussion on ideas, solutions and resources.

The inaugural Town Hall will also launch the Stakeholders Task Force on Veterans and Military Families that will convene interested members of the Stakeholders to Convene, Assess, Strategize, take Action and Report on its findings and proposed solutions.

Panelists:

James Ader,
Veterans Service Officer, Albany County

Kate Dahlstedt, M.A.,
Soldiers Heart co-founder
Director Military Families Project, Athena's Shield

John J. Willsey,
Command Sergeant Major, Retired, USA.
Director, State Family Programs, New York National Guard

Moderated by:

Catherine M. Hedgeman, Esq.
Stakeholders, CEO
Law Office of Catherine M. Hedgeman, PLLC

Community Conversations

In the weeks leading up to Veterans Day join New York State Division of Veterans' Affairs staff for a community conversation to hear about current and pending legislation that affects the Veteran's community and provide your input regarding issues impacting Veterans in New York State.

Orange County	**October 28**
NYC Area	**Nov 4, 10**

for more information about these events Contact **518-474-6114** or **dvaoutreach1@veterans.ny.gov**

Join us for
Taking your Nonprofit Board Fiduciary Duties Seriously:
Why you need to and what happens if you don't

On
Monday November 16, 2015 at 8:30am- 11:30 am
At the Capital Region Chamber
5 Computer Drive South
Albany, New York 12205

Expert Panelists:
Bob Hennes, Managing Director, Hugh Johnson Advisors, LLC
Dan Nolan, President/CEO, Hugh Johnson Advisors, LLC
Catherine M. Hedgeman, Esq., Law Office of Catherine M. Hedgeman, PLLC
Stephen Martini, CFO, Stakeholders, Inc.

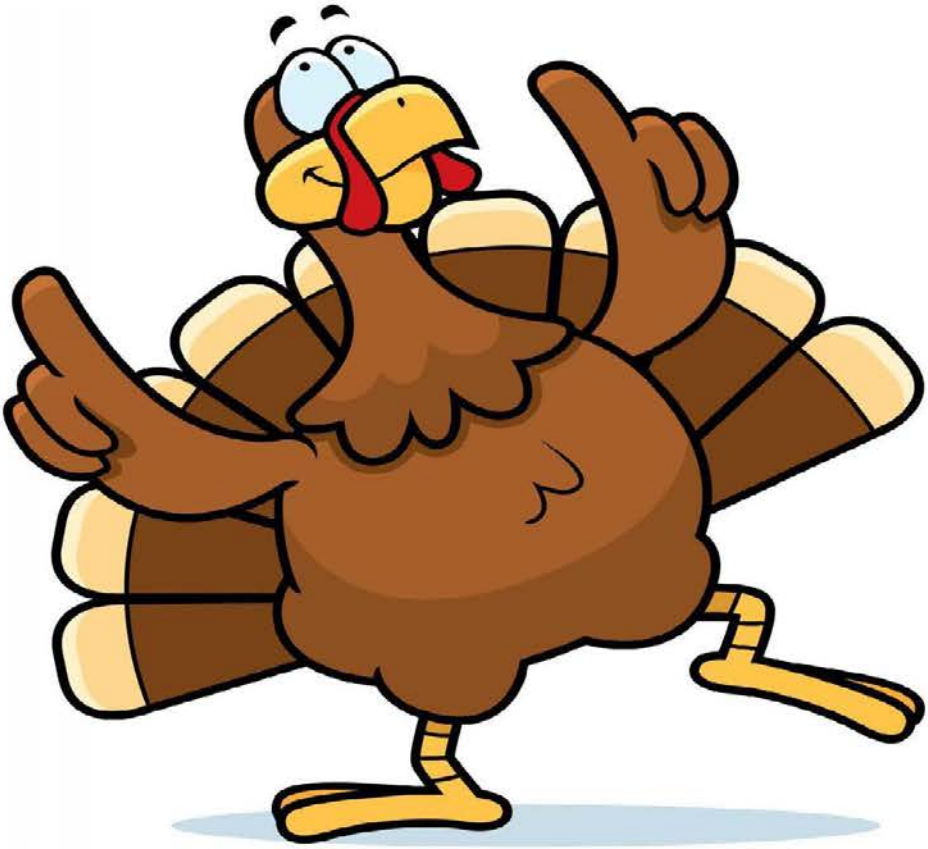
This seminar will give an overview of the financial fiduciary duties of nonprofit board members, including guidance on day-to-day oversight and compliance, the audit process and changes in the law, and how to comply with the New York Prudent Management of Institutional Funds Act of 2010.

Kindly RSVP to Candice Weyand CWeyand@hjadvisors.com or (518) 641-6331 by Monday November 9, 2015.

Low Risk: The Right Choice for your Holidays!

Thanksgiving Eve is a day of the year when you might be celebrating with family and friends. Did you know that this night has the highest occurrences of binge drinking incidents and DUI's?

Pick a sober driver because we ALL want to still be thankful the morning after.



Healthy, Low Risk Choices is something we can be thankful for all year round.

Happy Thanksgiving

From Family Programs

You always have support from us.

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

1-877-715-7817

NEW YORK NATIONAL GUARD
NATIONALGUARD.com

NEW YORK STATE | Citizen Preparedness Corps

New York State Citizen Preparedness Corps

New York State is offering two hour training courses for residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions.

A key component to the training is distribution of free NYS Disaster Preparedness Kits to each family that attends the in-person, regional public events where registration is required.

Sessions last approximately two hours

To Register: http://www.nyprepare.gov/aware-prepare/nysprepare/

Sunday, November 1, 2015 11:30 AM - Putnam County - Putnam Valley; Grace United Methodist Church, 337 Peekskill Hollow Rd, Putnam Valley, NY 10579

Monday, November 2, 2015 05:30 PM - Clinton Co. – Champlain; Northeastern Clinton Central High School Francis "Bud" Moore Auditorium 103 Route 276, Champlain, NY 12919

Monday, November 2, 2015 06:30 PM - Rockland County – Garnerville; Haverstraw King's Daughters Public Library, 10 W. Ramapo Rd Garnerville, NY 10923

Wednesday, November 4, 2015 06:00 PM - Fulton Co. – Johnstown; Fulton Montgomery Community College, College Theatre, 2805 State Hwy 67 Johnstown, NY 12095

Wednesday, November 4, 2015 06:00 PM - Queens, NY – Bayside; Queensborough Community College, Science Building Auditorium Room S111 222-05 56th Ave, Bayside, NY 11364

Thursday, November 5, 2015 06:30 PM - Saratoga County - Clifton Park; Shenendehowa Adult Community Center, 6 Clifton Common Blvd, Clifton Park, NY 12065

Saturday, November 7, 2015 10:00 AM - Columbia Co. - New Lebanon; Immaculate Conception Church, Parish Hall, 732 US-20, New Lebanon, NY 12125

Monday, November 9, 2015 12:00 PM - Herkimer County - Mohawk, NY Session 1; Town of German Flatts Community Center, 555 State Route 5s, Mohawk, NY 13407

Monday, November 9, 2015 06:00 PM - Schenectady Co. – Schenectady; Rotterdam Square Mall, (former Gap Outlet store), 93 W Campbell Rd, Schenectady, NY 12306

Tuesday, November 10, 2015 06:30 PM - Brooklyn, NY - Manhattan Beach; Sisterhood Manhattan Beach Jewish Center, 60 West End Ave., Brooklyn, NY 11235

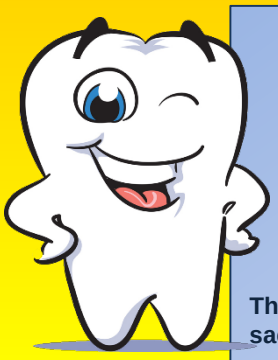
Wednesday, November 11, 2015 07:00 PM - Washington County – Greenwich; Greenwich Elks Lodge, 130 Bulson Rd, Greenwich, NY 12834

Thursday, November 12, 2015 07:00 PM - NYC – Jamaica; Shekinah Youth Church, The Greater Allen AME Cathedral of NY, 111-54 Merrick Blvd. Jamaica, NY 11433

Saturday, November 14, 2015 02:00 PM - Staten Island - Flagship Brewery; Flagship Brewery, 40 Minthorne Street, Staten Island, NY 10301

Monday, November 16, 2015 06:00 PM - Herkimer County - Mohawk, NY Session 2; Town of German Flatts Community Center, 555 State Route 5s, Mohawk, NY 13407

Monday, November 16, 2015 06:00 PM - Montgomery Co. - St. Johnsville; Epharatah Town Hall, 3782 NY-10, St. Johnsville, NY 13452



WESTERMEIER MARTIN
DENTAL CARE

Veterans Day Smile Makeover

This year Westermeier Martin Dental Care is honoring the courage and sacrifice of our military with a special Veterans Day Smile Makeover event.

We will be selecting one of our deserving Western New York veterans to receive a smile makeover as our" thank you" for their service to our country. Just click on the flag below, fill out the necessary form and attach two recent photos: a full face photo and a close up photo (between nose and chin) showing the smile in need of our makeover.

Hurry entries must be submitted by midnight November 21th 2015. The deserving recipient's after photos and story will be posted on our website in December 2015

To Enter: http://wmsmile.com/

Brides across AMERICA

FOR IMMEDIATE RELEASE

More Free Gowns to Military Brides

In honor of Veteran's Day, *Brides Across America* will be giving away free wedding gowns to military brides-to-be

Nationwide—News 10-21-2009, *Brides Across America*, a nationwide charity dedicated to providing free wedding gowns for military brides, announced today that their bridal store partners will be giving away free designer wedding gowns on November 11, 2009. Bridal salons across the country are pleased to reward the military personnel who have served in Iraq, Afghanistan, or whose fiancé's are on active duty in these areas with this special Veteran's Day event.

Wedding gown manufacturers and designers including Impression Bridal, Vera Wang, Carolina Herrera, and many more are donating sample wedding gowns to Brides Across America.

"With the economy at its lowest and military couples are struggling to afford a wedding, it is important that we come together to show our appreciation for their brave service and commitment to our country." "Every little bit helps", said Heidi Janson, founder of Brides Across America. "Many soldiers come back injured and take severe pay cuts. It makes it very difficult to make ends meet not to mention have a dream wedding. The least we can do is to help them have a magical day!" she said.

Brides Across America and its partners have given over 1500 wedding gowns nationwide since its inception and are striving to double that figure by the end of the year.

To qualify, brides must be engaged, be on active duty in the military, or have a fiancé on active duty in either Iraq or Afghanistan. All military brides must show ID, copy of deployment papers, orders or other qualifying proof. Brides do not have to reside in the area where the giveaway is taking place. Each event has limited amounts of gowns and the event is on a first come first serve basis.

Contact for more information:
Heidi Janson
Tel: 617-877-6396
Email: info@bridesacrossamerica.com
Web: www.bridesacrossamerica.com

NY Event - NOV 9
*Appointment Only, Limited Space
Bridal Reflections
260 Fifth Avenue (At W 28th St)
New York, NY
http://www.bridalreflections.com/

TRICARE®

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

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.

$15 NY Jets Tickets

NEW YORK JETS MILITARY OFFER

Jets vs. Jaguars on Nov. 8th at 1pm

https://oss.ticketmaster.com/aps/nyjets/EN/promotion/home

Enter Promo Code: MILITARY15

JSS Volunteer Webinar Trainings

NOVEMBER 2015

Making the Most of Your (Holiday) Events
3 Nov 2015, 10:00am
4 Nov 2015, 9:00 pm

DECEMBER 2015

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

JANUARY 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.

U.S. ARMY WOMEN'S FOUNDATION
LEGACY SOCIETY

THE ARMY WOMEN'S FOUNDATION LEGACY SCHOLARSHIP PROGRAM

THE ARMY WOMEN'S FOUNDATION IS PLEASED TO ANNOUNCE THE LEGACY SCHOLARSHIPS FOR THE 2016 ACADEMIC YEAR.

The U.S. Army Women's Foundation is a non-profit 501(c)(3) organization and is the premier center for educational excellence, the national network for today's Army women and a dynamic advocate for telling the history of Army women. The Foundation's Legacy Scholarship program recognizes the importance of education and helping recipients to achieve their educational goals.

The Legacy Scholarship program offers financial support to all Army women who are serving, or have honorably served, and their children. Scholarships are based on merit, academic potential, community service, letters of recommendation, and need.

The Legacy Scholarships are available for tuition assistance for certificate programs, coursework at community colleges, four year academic institutions and graduate schools.

Community College & Certificate Program - up to $1,000.
Four Year College/University/Graduate Program - up to $2,500.

Applications must be completed online and supporting documents must be postmarked by January 15, 2016.
For full details, application criteria, required documents, and link to the online application, please visit our website at:

WWW.AWFDN.ORG/SCHOLARSHIPS

P.O. BOX 5030 ★ FORT LEE, VA 23801 ★ (804) 734-3078 ★ WWW.AWFDN.ORG

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

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

Access AK:

Veterans Connecting Through Art

The Albright-Knox Art Gallery is dedicated to enhancing the understanding and appreciation of contemporary and modern art. As a hub of artistic and cultural energies, it strives to be an inspiring educational resource for all audiences.

Access AK enables and encourages individuals to express themselves both verbally and non-verbally in the art museum environment. The **Veterans Connecting Through Art** program welcomes veterans to participate in a guided tour through the museum's Collection, followed by a hands-on art experience.

Monthly 2 hour sessions are held throughout the year and are free of charge. Limited space is available and advance registration is required. All programs are held from 2 to 4 pm.

2016 Program Dates

Tues, January 5	**Wed, July 6**
Wed, February 3	**Thurs, August 11**
Wed, March 2	**Tues, September 6**
Thurs, April 7	**Wed, October 5**
Tues, May 3	**Thurs, November 10**
Wed, June 8	**Tues, December 6**

RSVP to Accessibility and Community Programs Coordinator Teri Fallesen at 716.270.8249, or tfallesen@albrightknox.org.
Individualized group sessions may be scheduled upon request.

Access AK is made possible through the generous support of the James H. Cummings Foundation, Inc. Endowment; The William M. Wood Foundation and National Fuel.

National Fuel

ALBRIGHT KNOX ART GALLERY
1285 ELMWOOD AVENUE
BUFFALO, NY 14222-1096
716.882.8700 TEL
www.albrightknox.org

Veteran to Veteran Small Business Networking Hour

Location: Watervliet Arsenal- Michael R. McNulty Center for Veteran Entrepreneurial Activity
Date: Wednesday November 4, 2015
Time: 8am – 9am
RSVP: Amy Amoroso aamoroso@albany.edu / 518-380-5069
Or Kathy Caruso kcaruso@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 George Andreaus, Vice President for ReadyCap Lending. Readycap Lending is a National SBA Lender, specializing in franchises, business acquisitions and financing for existing companies, with dedicated resources to military veterans and their spouses.

VBOC
VETERANS BUSINESS OUTREACH CENTERS

ARSENAL BUSINESS & TECHNOLOGY PARTNERSHIP

SBA.GOV
The U.S. Small Business Administration

SafeTALK is a three-hour training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety.

As a safeTALK-trained suicide alert helper, you will be better able to:

- move beyond common tendencies to miss, dismiss or avoid suicide;
- identify people who have thoughts of suicide;
- apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learn steps that contribute to saving lives.

Workshop Dates: November 2, 2015
Times: 9:00am-12:00pm
Location: St. Paul's Lutheran Church
4002 Main Street
Buffalo, NY 14226

You must register for this event by Friday, October 30, 2015. There is a $10.00 fee for this training. Payment will be taken at the door – via check or cash.

To Register for this event – please email:
Olivia Retallack
oliviaretallack@crisisservices.org

Albany Law School Veteran's Rights Project

Albany Law School is hosting a Veteran's Service Day on November 14, from 9 AM to 4 PM

If you are a Veteran with a legal issue and you would like to meet with a volunteer attorney for a free appointment, please contact **207-841-7462** or **ihunter@albanylaw.edu** to reserve an appointment. First come, first served.

The program is open to all Veterans seeking general legal help, including areas around employment, business and more.

This event is made possible through generous community support. Visit **www.albanylaw,edu/veterans** or **www.facebook.com/alsveterans** for more information.

LOCATION: ALBANY LAW SCHOOL, 80 NEW SCOTLAND AVE, ALBANY, NY 12208

ALBANY LAW SCHOOL
PRO BONO PROGRAM

2015 International Survivors of Suicide Loss Day

Reaching Out Can Change Your Life

Saturday, November 21, 2015

Conference Locations

all locations begin at 11:00 am

• Albany
Albany High School | 700 Washington Ave.
Contact: Liz Gialanella | 518-475-6274
lgialanella@albany.k12.ny.us

• Latham - Military Specific Site
DMNA Bldg Army National Guard | 330 Old Niskayuna Road
Contact: Julie Upstill | 518-786-4661
julie.l.upstill.ctr@us.army.mil

• Queensbury
SUNY Adirondack | 640 Bay Road, Residence Hall, Room 167
Contact: Allison Reynolds | 518-746-1527
allisonreynolds@councilforprevention.org

• Saratoga
Four Winds Hospital Saratoga | 30 Crescent Ave.
Contact: Michele Phillips | 518-581-5015, X 3310
mphillips@fourwindshospital.com

• Schenectady
Union College Park Hall | 450 No St.
Contact: Kim Buchanan | 518-770-6567
kimbuchanan531@yahoo.com

• Troy
Krause Center | 2212 Burdett Ave. | Troy
Contact: Laura Marx | 518-791-1544 | *lmarx@afsp.org*

Preregistration is appreciated
https://afsp.wufoo.com/forms/neny

AMERICAN FOUNDATION FOR Suicide Prevention

You are not alone. Join with a community of suicide loss survivors to find comfort and gain understanding as we share stories of healing and hope.

The Program

11:00 AM	Welcoming and opening remarks
11:15 AM	Remembrance ceremony
11:45 PM	Lunch and socializing
12:30 PM	Screening of *Family Journeys*
1:00 pm	Group discussion
2:00 PM	Closing remarks

Family Journeys

Each Survivor Day event will feature a screening of *Family Journeys: Healing and Hope after a Suicide*, a new documentary produced by the American Foundation for Suicide Prevention that traces the ripple effect of a suicide through families and communities, and explores the challenges we face as we cope and heal.

Learn More at SurvivorDay.org

VETERANS DAY VS MEMORIAL DAY

ALIAS

ARMISTICE DAY VS DECORATION DAY

These are annual federal holidays used to commemorate the lives of Soldiers and others who have served in the armed forces. Memorial day commemorates those men and women who died serving in the United States Armed Forces, while Veterans Day honors everyone who has served in the United States Armed Forces, not only those who have passed.

A list of Veterans Day free services or discounts such as free or discounted hotels, haircuts, car washes and many more deals specifically for Veterans, Active-Duty Military personnel and Military dependents.

Remember that a valid proof of service, whether Active or Veteran, is required by almost all the companies who are celebrating **Veterans Day 2015** in the form of discounts and specials. So keep whatever documents you have that prove your association to the US military. Suggest that your make a phone call a few days earlier just to confirm whether their offer will stand

Read more: http://militarybenefits.info/miscellaneous-discounts-veterans-day-deals-veterans/#ixzz3n2ozf9kW

Sample of Veterans Day Deals 2015

Applebee Restaurants – Free meal on 11Nov15
Amtrack – 10% discount
Boston Market – 20% discount
Chillis – Free entrée to Veterans 11am-5pm
Chipotle = Discount varies, must ask
Coldstone – Discount varies
Dairy Queen – 10% discount dependent on locations
Denny's – Get Free All you can eat pancakes
Dick's Sporting Goods – Discount varies
Dollar General – 10% Discount on Veterans Day
Dunkin Donuts – 10% on all online orders
Famous Dave's – Participating locations, offering special meal menu for Veterans
Foot Locker – 20% discount
Friendly's Ice Cream – Discount varies
Gander Mountain – 5%
Golden Corral – Military Appreciation, normally 10% discount, free meal to Veterans on 11Nov15
Hard Rock Café – 10-15% depending on location
Hickory Farms – 10% (Code 892848)
Home Depot – 10% discount all year up to $2,000
IHOP – 20% discount, owner's discretion
KFC – Discount varies
Lowes - 10% discount all year up to $5,000
Little Caesars Pizza – Free order of Crazy Bread at participating locations
Lone Star Steakhouse - Free Entrée from their Stars and Stripes menu
LongHorn Steakhouse – Complimentary Texas Tonion® and non alcoholic beverage
National Parks – Fee Free days, check with visitors center for specials and dates
Old Navy – 10% 1st Monday of each month
Olive Garden – Free meal on Veterans Day, from special menu "Sizzling Salute to Veterans
Outback Steakhouse – Free Bloomin' Onion and Coca Cola product on 7-11 Nov 15
Pizza Hut – Discount varies on location
Red Lobster – Free Appetizer on Veterans Day
Red Robin – Free Red's Tavern Double and Bottomless Steak Fries.
Subway – Free Six inch Sub at participation franchises.
Taco Bell – Discount varies.
Texas Corral – Free entrée (dine in only), regularly off 50% discount to Veterans
Texas Roadhouse – Free Lunch until 4pm on 11Nov15
TGIF Friday's – Free Lunch, valid at participation locations
The Melting Pot – Discount varies on location
UNO Chicago Grill – Free individual pizza or entrée with the purchase of a pizza or entrée of equal or greater value.
Wendy's – Discount varies
7-Eleven - Free small Slurpee on 11Nov15 between 11am-7pm
Cell Phone Providers/Hotels/Airlines/Parks and much more

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

Revolutionary Run for Veterans

4th Annual Saratoga County Veterans Trust Fund 5K Race and children's Nature Run

Saturday Nov 7th 2015
*
Schuylerville, NY US 12871
*
Run or Run/Walk – 5K

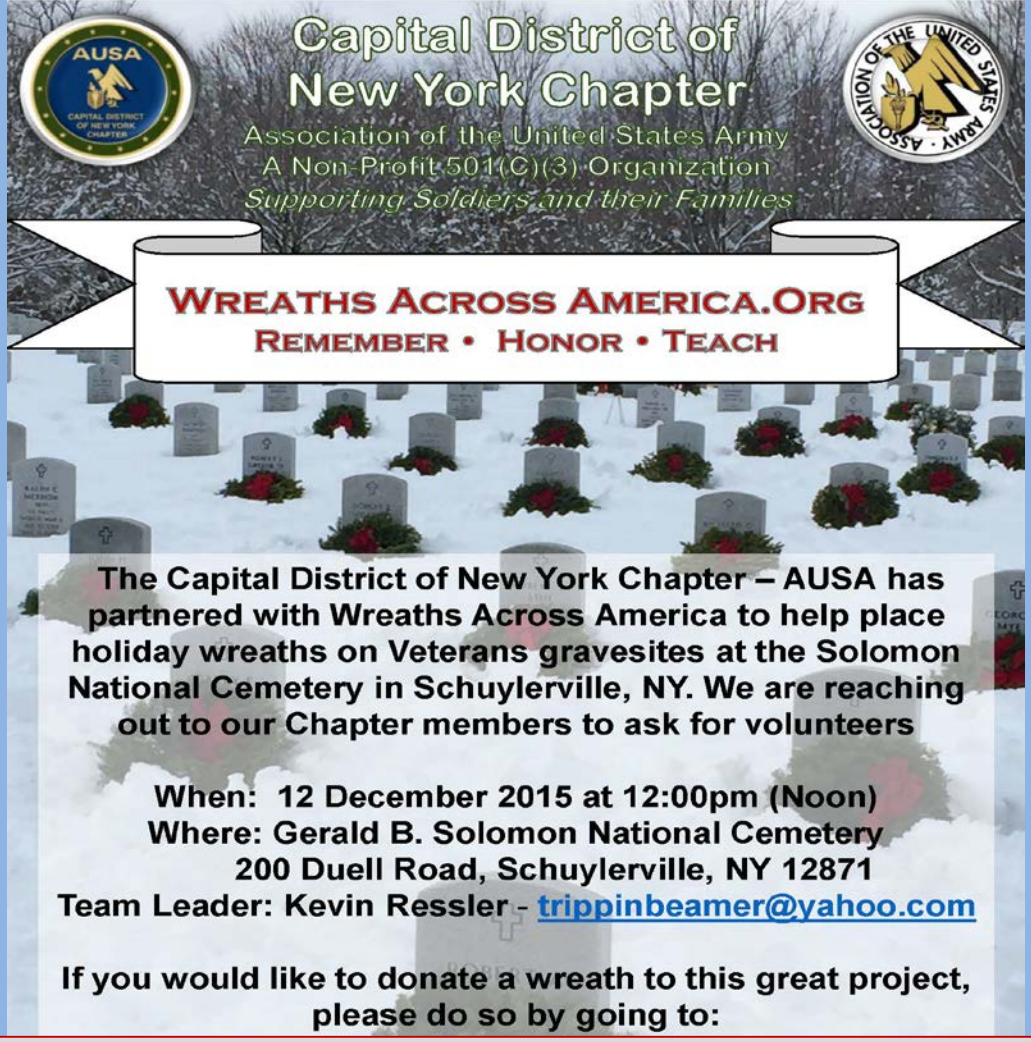
Start Time: 10:00am
End Time: 11:59am

Price: $25.00 Race Fee
+ $2.50 Sign-Up Fee

Registration: Price increases to $30.00 after November 6th, 2015 at 11:59pm

There will be awards in the following categories:
Top 3 Males and Females 1-14, 15-17, 18-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 +

https://runsignup.com/Race/Events/NY/Schuylerville/RevolutionaryRunForVeterans



http://give.wreathsacrossamerica.org/site/TR/NationalWreathsAcrossAmericaDay/General?team_id=8894&pg=team&fr_id=4377
Or http://give.wreathsacrossamerica.org/site/TR/NationalWreathsAcrossAmericaDay/ **Search for New York Events**

A Message From:

CSM Bob Van Pelt, USA Retired
President
Capital District of New York Chapter - AUSA

Capital District of New York Chapter - AUSA Members and Friends,

We are drawing close to the wreath laying event at the Gerald B. Solomon Saratoga National Cemetery in Schuylerville, NY and we are doing well but can always use more donations.

In 2014 the amount of wreaths donated through our Chapter doubled from the year before. Although we are just one of a number of organizations that participate at the cemetery, it would be great if ALL the 12,000+ gravesites at the cemetery were adorned with a wreath but sadly, this has not been the case. With your help, we can work towards that end.

If you would like to donate, you can use the link above. Also, ask your friends, families and co-workers if they would like to donate a wreath.

***Additionally, for every two wreaths that are donated through the Capital District of New York Chapter, a third wreath will be added.**

Don't Say I Should Have. Say I Did.

V/R,

Bob

Veterans Day Parades & Events

NYC – Fifth Avenue from 26th to 52nd Streets
November 11th 11:25am
Opening Ceremony & Wreath Laying at 10am - 5th Avenue @ 24th Street
http://americasparade.org/home/

2015 CNY Veterans Parade and Expo – Syracuse, NY
Sat., Nov. 7 - *New York State Fairgrounds*
***Parade at noon - *Expo 9am-3pm in Center of Progress**
http://www.cnyveteransparade.org/

Veterans Day Hike to Veterans Flag on Beacon Fishkill Ridge
Wednesday November 11 at 9:30am FREE
http://www.dutchessevents.com/

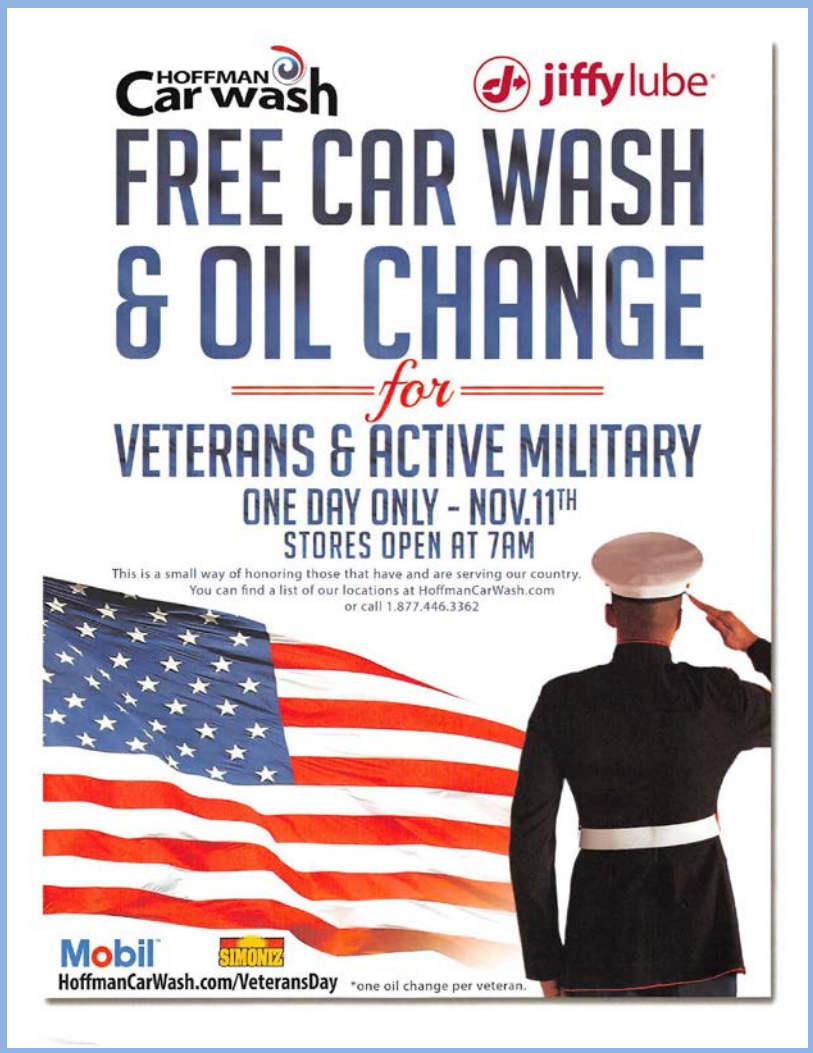
America the Beautiful National Park Pass for Military Members and their Families (year round)
*available **FREE** to Active, Reserve, National Guard U.S. military members in the Army, Navy, Air Force, Marines & Coast Guard & their dependents. ~ For more information visit the National Park Service website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

Check out these Websites for Veterans Day Discounts

http://militarybenefits.info/veterans-day-discounts-sales-deals-free-meals/

http://www.survivingthestores.com/veterans-day-coupons-freebies-deals.html

http://www.military.com/veterans-day/veterans-day-military-discounts.html



You are cordially invited to join the Unified Military Affairs Council (UMAC) at the

7th Annual "To Honor and Serve" Veterans Day Breakfast

on Thursday, November 5

from 7:30 to 9 a.m.

Glen Sanders Mansion
One Glen Avenue, Scotia

Local "celebrities" will serve breakfast to our honored guests, active military and veterans from around the Capital Region.

The event will include a special recognition of World War II veterans introduced by Major General Anthony German.

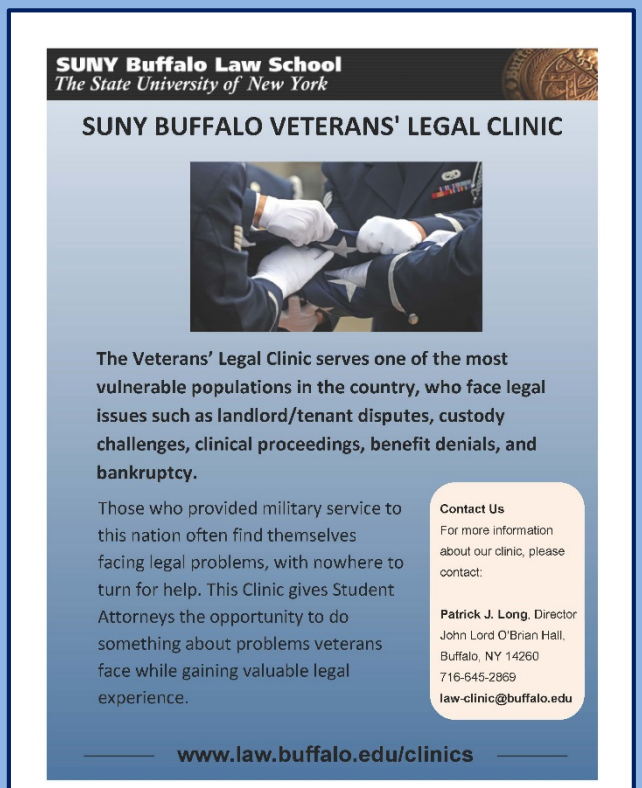
http://www.albany.com/event/veterans-day-breakfast-82762/

Admission Fees –

***Community Member Ticket - $20**

***Veteran or Active Military Ticket - $5**

***Table of 10 Attendees - $180**



Tops Friendly Markets

October 9, 2015

Dear neighbor,

Throughout the year we recognize the service of the men and women who fought and continue to fight for our country's freedom. On Veterans Day, we are especially reminded of their bravery, heroism and we honor their contribution to our nation.

On Wednesday, November 11, Tops Friendly Markets will honor an 11 percent discount off of a total order to all veterans and their immediate family members who shop at any Tops location. Customers should present proof of service that they, or a family member living in the same household are a U.S. Veteran, active duty, reserve or retired military personnel to automatically receive an 11 percent discount off of their total purchase that day.

Tops is proud to be a long-time supporter of military associates and customers, including our support of the American Veterans Tribute Traveling Wall, Honor Flight Missions, sending care packages for troops serving domestically and overseas, VA hospital visits and participation in veteran job fairs, parades and expo's. We wanted to take further action by giving back to our associates and customers who have courageously defended our country and made many sacrifices through their military service.

The respect and gratitude we have for our veterans is immeasurable - this is just our small way of saying "thank you."

Sincerely,

Frank Curci
Chief Executive Officer and Board Chairman
Tops Friendly Markets

Tops HELPING NEIGHBORS

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).

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

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

VOWS™
Veterans on Wall Street™

citi · Deutsche Bank · Goldman Sachs · HSBC

You are cordially invited to attend the **Fifth Annual Veterans on Wall Street (VOWS) Veteran Employment Symposium and Hiring Fair** for Transitioning Veterans on Tuesday, November 10, 2015 at the Goldman Sachs Conference Center in New York. The Symposium is hosted by Citi, Deutsche Bank and Goldman Sachs.

The Symposium will begin at 7:30 a.m. followed by the Hiring Fair from 12:30 p.m. to 4:30 p.m.

We encourage you to **REGISTER** no later than Tuesday, November 3.

There is no cost to participate in the Symposium.

Should you have any questions, please contact Elyse Perez. We look forward to seeing you in November.

https://www.seeuthere.com/rsvp/invitation/registration.asp

CAPITAL REGION Extension of VOWS Veterans on Wall Street

UNLOCKING VETERANS' POTENTIAL

A resource fair for veterans and family members entering the workforce with a corporate leader discussion on the mutual benefit of veteran employment.

Monday, November 9, 2015
1 pm – 3:30 pm • The Desmond Hotel • Albany, NY

Keynote address
Brigadier General Michael Swezey

Military skills in the workplace
Ray Gagnon, chairman of The Chamber of Schenectady County's Unified Military Affairs Council, to speak about how military skills translate to your business.

Recruiting veterans
Times Union and Monster.com will talk about where to find the best talent within the Capital Region veteran community.

Supporting veterans
Learn about how Ayco as a business and employer has benefited from the establishment of the Ayco Diversity Network.

Learn about local veteran programs
- Yellow Ribbon Program
- Saratoga Warhorse

Networking session
Following the presentations, please join us for a networking session with Ayco, UHY, Albany Medical Center, DeCrescente Distributing Company, Trustco Bank, Saratoga Veterans Business Council, Hannaford and other local employers, colleges and universities.

To register:
Visit www.aycofin.com/vows.afn
Call 888.752.6292
Email vows@ayco.com

AYCO A GOLDMAN SACHS COMPANY · UHY LLP Certified Public Accountants · Albany Medical Center · Trustco Bank · timesunion.com · Monster · ELA Ed Lewis Associates · DeCrescente · VBC Veterans Business Council · Hannaford

CAPITAL REGION Extension of VOWS Veterans on Wall Street

UNLOCKING VETERANS' POTENTIAL

A resource fair for veterans and family members entering the workforce with a corporate leader discussion on the mutual benefit of veteran employment.

Monday, November 9, 2015
9 am – 11:30 am • The Desmond Hotel • Albany, NY

Keynote address
Brigadier General Michael Swezey

Finding job opportunities
Times Union and Monster.com will speak about where to find career opportunities.

Connecting with other veterans
Learn about how Ayco's veteran population has benefited from the Ayco Diversity Network.

Learn about local veteran programs
- Yellow Ribbon Program
- Saratoga Warhorse

Marketing your military experience
Ray Gagnon, chairman of The Chamber of Schenectady County's Unified Military Affairs Council, to speak about how to translate your military skills to civilian positions.

Continuing your education
Local colleges and universities will be available to discuss educational and employment opportunities for veterans.

Networking session
Following the presentations, please join us for a networking session with Ayco, UHY, Albany Medical Center, DeCrescente Distributing Company, Trustco Bank, Saratoga Veterans Business Council, Hannaford and other local employers, colleges and universities.
Resumes welcomed!

To register:
Visit www.aycofin.com/vows.afn
Call 888.752.6292
Email vows@ayco.com

AYCO A GOLDMAN SACHS COMPANY · UHY LLP Certified Public Accountants · Albany Medical Center · Trustco Bank · timesunion.com · Monster · ELA Ed Lewis Associates · DeCrescente · VBC Veterans Business Council · Hannaford

November 3, 2015 General Election

GENERAL ELECTION DEADLINES

- **MAIL REGISTRATION (N.Y. Election Law Section 5-210(3))**
  Applications must be postmarked no later than October 9th and received by a board of elections no later than October 14th to be eligible to vote in the General Election.

- **IN PERSON REGISTRATION (N.Y. Election Law Sections 5-210, 5-211, 5-212)**
  To be eligible to vote in the November General Election, your application must be received no later than October 9th except, if you have been honorably discharged from the military or have become a naturalized citizen since October 9th, you may register in person at the board of elections up until October 24th.

- **CHANGE OF ADDRESS (N.Y. Election Law Section 5-208(3))**
  Notices of change of address from registered voters received by October 14th by a county board of elections must be processed and entered in the records in time for the General Election.

GENERAL ELECTION ABSENTEE BALLOT DEADLINES

- **Oct 27 - Last Day to postmark an application or letter of application by mail for an absentee ballot.**

- **Nov 2 - Last Day to apply IN-PERSON for absentee ballot**

- **Nov 2 - Last Day to postmark ballot. Must be received by the local Board of Elections NLT Nov 12. Military Voter Ballots must be received NLT Nov 17**

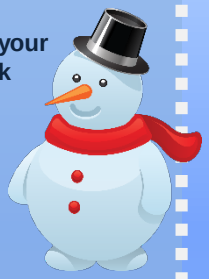
- **Nov 3 - Last Day to deliver ballot IN-PERSON to the local Board of Elections (by someone other than voter)**

For More Information go to: http://www.elections.ny.gov/VotingRegister.html

Military and Oversees Federal Voting: http://www.elections.ny.gov/VotingMilitaryFed.html

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, or donations can be dropped off to Jeanna Clark at the Patriot Way Armory or I can come pick up donations.

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, I know that with your support this event will be a huge success and we can come together to give back to our Veterans in need.

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

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

NYS M NEW YORK State Museum

About Us | Volunteer

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/

NEW YORK STATE OF OPPORTUNITY. | Parks, Recreation and Historic Preservation

escape · explore · experience

New York State boasts 180 State Parks, innumerable Historic Sites, Forts and Hiking Trails. Find something to do today!

http://www.nysparks.com/events/

Empire Passport:

Active Militia & Military members - obtain a FREE Passport! More information on 'Patriot Plan Benefit' at http://nysparks.com/admission/empire-passport/

Holiday Events:

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

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/

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.****

Albany Stratton VA
Annual Holiday Gift Donation Program
for Veterans in Need

This donation program is part of Voluntary Services Holiday outreach for Veterans. A "needs" list of gifts that can be donated is being maintained by Mike Fitzpatrick and Noney Grier. If you wish to fulfill a Veteran Family's needs or a portion of it, or have any questions, please contact Mike or Noney at:

Mike Fitzpatrick @ 518-626-6919 ~ michael.fitzpatrick3@va.gov
Noney Grier @ 518-626-5507 ~ noney.grier@va.gov

Each year we have been more successful; the first year we helped 8 Veteran families, last year, our employees and many other community groups and agencies helped a total of 65 Veteran families.

All gifts must be brand new in original packaging and unwrapped. Gifts can be dropped off at:

Stratton VA Medical Center
113 Holland Avenue
Room 712 or 711 "D" wing (Voluntary Services)
Albany, NY 12208

Thank you in advance for your continued support of our Veterans!

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

SPOTLIGHT ON:

New York State National Guard Family Programs

Military Family Assistance Center

“One Call Does it All”

Family Assistance Centers are located around the nation to serve the needs of Service Members, their Families, Veterans, or survivors by providing Six Essential Services. These centers offer information and referral services to all Service Members and their Families regardless of their branch of service or duty status.

NYARNG Family Assistance Centers are located in different geographic locations around the state. Each Family Assistance Center serves the Service Members and their Families that live in that area. Not being located near a military installation or facility is no longer a roadblock to getting services and support. Family Assistance Centers can provide assistance and services that you need where you live.

Each Family Assistance Center (FAC) is staffed with a Family Assistance Specialist (FAS)

The six essential services that FAS's provide are: crisis intervention, legal resource information and referral, financial resource information and referral, TriCare information, ID cards and DEERS information, and community resource information and referral.

New York Army National Guard FAS‘s are ready to help assist wherever needed. Located in nine NY locations, FAS's are easy to reach, one-stop shops for information and referral.

Locations: Rochester, Buffalo, Syracuse, Troy, Latham, Camp Smith, NYC, Ft. Hamilton, Farmingdale

For more information: http://dmna.ny.gov/family/fac.php
Or call toll free: 1-877-715-7817

KID'S CORNER

November is:

- Military Family Appreciation Month
- National Native American Heritage Month
- National Adoption Month
- National Peanut Butter Lovers Month
- World Kindness Week: November 11-17

November 1
National Cook for Your Pets Day

November 3
Election Day
National Sandwich Day

November 4
National Candy Day

November 10
Marine Corps Birthday

November 11
Veterans Day

November 12
National Pizza With the Works Except Anchovies Day

November 14
National Pickle Day
Make a Difference Day

November 17
National Take a Hike Day

November 19
National Play Monopoly Day

November 21
National Adoption Day

November 26
Thanksgiving

November 27
National Native American Heritage Day
National You're Welcomegiving Day

- Veterans' Day is always observed on November 11.
- On Veterans' Day, Americans honor all living military Veterans.
- Veterans' Day is celebrated with speeches and parades across the U.S.
- The holiday began as Armistice Day on Nov. 11, 1919, the first anniversary of the end of World War I.
- In 1926, Congress passed a resolution for an annual observance.
- In 1938, Nov. 11 became a national holiday.
- In 1954, President Dwight D. Eisenhower signed legislation changing the name to Veterans' Day in order to honor Veterans of all American wars.
- On November 11, 1921, an unidentified American soldier killed in the war was buried at Arlington National Cemetery in Washington, D.C. It is called the Tomb of the Unknown Soldier. An official wreath-laying ceremony is held each Veterans' Day at the Tomb of the Unknown Soldier in Arlington National Cemetery. Usually the president, or another high-ranking government official, lays the wreath on the grave.
- Veterans' Day should not be confused with Memorial Day. According to the U.S. Department of Veterans Affairs, "Memorial Day (the fourth Monday in May) honors American Service Members who died in service to their country or as a result of injuries incurred during battle, while Veterans Day pays tribute to all American Veterans–living or dead–but especially gives thanks to living Veterans who served their country honorably during war or peacetime."

Thanksgiving

In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states.

In 1817, New York became the first of several states to officially adopt an annual Thanksgiving holiday

It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

http://www.history.com/topics/thanksgiving/history-of-thanksgiving

The Tomb of the Unknown Soldier is guarded by the Sentinels of the Third United States Infantry Regiment Also known as the "Old Guard".

KID'S CORNER

Fall 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: http://www.albany.com/fall/

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

NYS M 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

Easy Treats to make with your Grown-Up

Ingredients

2 cups gluten free quick oats

1 cup pumpkin (not pumpkin pie filling)

1/4 cup granulated sweetener of choice* (I used coconut palm sugar but this can be substituted with a stevia blend if you prefer that taste)

Cinnamon (optional)

Chocolate chips or nuts (optional)

Instructions

1. Preheat the oven to 350 degrees and lightly grease a baking tray and set aside.
2. In a large mixing bowl, combine the oats, pumpkin and granulated sweetener of choice and mix well.
3. Using your hands, form into small balls and place on the baking tray and press each ball into a cookie shape. Top with optional nuts and/or chocolate chips and bake for 12-15 minutes, depending on desired consistency.
4. Remove and allow to cool completely.

Notes

* I prefer a less sweet cookie so kept it to 1/4 cup. Adjust accordingly.

These cookies don't need refrigeration and can be kept in a covered container for up to a week for optimum freshness. They freeze very well.

By Arman @ thebigmansworld

KID'S CORNER

NEW YORK HISTORY

Did you know?

The Women's Suffrage Movement in America started in New York State!

Seneca Falls, NY July 19, 1848

In July 1848, Jane Hunt, Lucretia Mott, Martha Wright, Mary Ann McClintock and Elizabeth Cady Stanton organized the first women's rights convention set for Seneca Falls, NY, and wrote a notice for the *Seneca County Courier* that invited all women to attend the influential event.

On July 19, 1848, 260 women and 42 men crowded into the Wesleyan Chapel in Seneca Falls, NY. These participants took part in the two-day historic event that catapulted the women's rights movement into a national battle for equality.

1917 - New York State grants women the right to vote.

Vocabulary:

Suffrage – The right to vote, especially in a political election

Ratified – Formal approval, confirmation

Aug. 18, 1920 - 19th Amendment Ratified

The 19th Amendment granting women the right to vote was ratified 72 years after the struggle for women's suffrage began. Of the 260 women that attended the first Women's Rights Convention in Seneca Falls, only one – Charlotte Woodward – was still alive to cast her first official vote.

Prominent NY Residents:

Susan B. Anthony & Elizabeth Cady Stanton

Elizabeth Cady Stanton
1815-1902

New Yorker Elizabeth Cady Stanton was instrumental in calling for the Women's Rights Convention in Seneca Falls in July of 1848, setting in motion a series of events that gave all women the right to vote. She was born in **Johnstown, NY**, on Nov. 12, 1815 and graduated from the **Troy Female Seminary (now the Emma Willard School) in Troy, NY** in 1833. She balanced fighting for women's suffrage and raising her seven children with her husband, Henry Brewster Stanton, also a women's rights advocate. Stanton died in **New York City** on Oct. 26, 1902.

Susan B. Anthony House in Rochester, NY

Susan Brownell Anthony
1820-1906

Many women were part of Elizabeth Cady Stanton's efforts, including transplanted New Yorker Susan B. Anthony, who worked her entire life for women's suffrage.

Susan B. Anthony was born in Adams, Mass. in 1820. However, she lived most of her life in New York; her family moved to **Battenville, NY**, in 1826 and later to **Rochester, NY**, in 1848. She devoted her life to achieving equality for women. Before she died in **Rochester, NY**, on March 13, 1906, Anthony made many significant strides for women, such as leading the battle for women's suffrage, promoting equal pay for equal work and passing more liberal divorce laws.

For more on Women's Suffrage in New York State, Visit:
http://assembly.state.ny.us/member_files/084/20090313/