

To support the social, emotional, and academic needs of
National Guard children and youth



Children attending the NY National Guard Family and Youth Symposium visited "Bubbles the Clown" and got their faces painted at the NYS Museum in Albany, Sep 18. From left to right is: Heather Horwedel; Family Programs Intern/Volunteer, Cassidy Sorrentino, and Natalie Beebe

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Guard En Notes



New York National Guard focuses on families

By Master Sergeant. Corine Lombardo, Joint Force Headquarters-NY

SARATOGA SPRINGS – Nearly 300 New York National Guard family volunteers, unit representatives and youth leaders spent the weekend of Sept. 17-19 sharing experiences and learning how to strengthen military families.

“The recent symposium is just one more way the National Guard is reaching out to our youth,” said Colleen Casey, NY National Guard Youth Program Director.

While the adult leaders discussed the program's finer points, nearly 100 children, ages 6-18, shared a weekend of leadership and team building with Red Cross certified junior counselor and babysitting training courses, various crafts and physical fitness activities, communication skills training and a day at the NYS Museum visiting exhibits, to include the recent addition of the Citizen-Soldier exhibit and enjoying a scavenger hunt and fair.

“It’s great to have all these kids come together, because they realize they are not alone, there are a lot of kids dealing with the same issues or circumstances, whether one parent or another is deployed or just returned,” Casey said. “They have lots of fun and opportunities to talk about the many things that kids talk about and share their own experiences.”

The New York National Guard Youth Program provides skills training in leadership, mentoring, and resource coordination that reflect the unique needs of military children, including deployment issues. It offers safe activities, a place to meet, talk, have fun and develop friendships and bonds with youth who understand each other’s issues. Issues such as separation anxiety and an increase in responsibility are addressed by peer members under supervision of caring adult leaders.

The Youth Program offers free counseling, summer camps and support groups to help children of National Guard personnel. “Our youth newsletter, pen pals program and teen council were developed as a means for our youth to communicate and stay involved in issues that pertain to them”, Casey added.

The Youth Program is affiliated with Big Brothers, Big Sisters, the YMCA, 4H and the Military Child Education Coalition to ensure resources are available to help them cope with the stress of separation during deployments.

The goal of National Guard Family Programs office is to enhance the quality of life for National Guard members, their families, and the communities in which they live. This is accomplished by building a robust network of trained volunteers allied with government agencies; employers; Veteran & Volunteer Service Organizations, and private businesses in support of all military Service members and their families throughout New York State.

SANTA CLAUS IS COMING TO TOWN!

- Free pictures with Santa
- Free toy for every child
- Free pony rides
- Free face painting
- Small petting zoo
- Write letters to our troops
- Hang out with your favorite costume characters



Our Special 2010 Event Dates/Locations:

9am – 2pm

Dec 4	Hampton Inn – Olean, NY	(716)375-1000
Dec 4	Hampton Inn – Utica, NY	(315)733-1200
Dec 5	Adam's Mark – Buffalo, NY	(716)854-5500
Dec 11	Best Western – Watertown, NY	(315)782-8000
Dec 12	Country Inn & Suites – Cortland, NY	(607)753-8300
Dec 18	Hampton Inn – Painted Post, NY	(607)936-3393
Dec 19	Holiday Inn & Suites – Rochester, NY	(585)475-9190

Guard En Notes



Need games and activities for a Holiday Party or Family Day ~ contact your Family Assistance Center



If you are a family in need of some assistance for the holidays please contact your local Family Assistance Specialist (FAS).

~Thanksgiving Day Parade~

HAI (www.hainyc.org) is offering to share their large reserved viewing space on 7th Avenue (Manhattan) for military Families, Service members and Veterans. RSVP's are required, e-mail amy.maniscalco@us.army.mil for more info, no later than 15 November.

Many of the Family Assistance Centers (FAC) throughout NYS will receive donations of Christmas trees from local tree farms. A limited amount are delivered to each site. Contact your FAC for more information



Operation Homefront has teamed up with the Dollar Tree Stores. Over the holidays many of the Family Assistance Centers have distribution sites which allow family members in need of holiday assistance to come in and receive the donated items. Contact your FAC for more information.



DOLLAR TREE

Mattel Toys has also teamed up with Woman's Day to assist families in need for the holidays. Select cases of toys are distributed to some of the Family Assistance Centers (FAC). Contact your FAC for more information

CREATING THE FUTURE OF PLAY.



Contact Jeanna Clark the Family Assistance Coordinator for the NYARNG and she will assist you in contacting your local FAS

or 585-783-5310

Do you know who your Family Assistance Center Specialist?

Guard En Notes

Youth Volunteers

Youths needed for Family Readiness Groups ~ You count too! Contact your FRG

Do you wish your school district knew more about the military family?

~YOUTH COUNCIL~

Youth council members will assist state staff, commanders and lead volunteers in all areas of Family Readiness.

We are currently accepting applications for the New York National Guard Youth Council.

Jolene Kent-Stanley from Military and Family Life Consultant has been educating school districts around the state of NY. Please call her to let her know which school your child attends and she will make it a point to contact that school for a free educational program on the deployment cycle and military life. She can help you with any concerns you may have and connect you with your community resources. Give her a call or email her at: (518) 538-0894 jolene.m.kent-stanley@healthnet.com

Applicant Guidelines:

- Minimum age of thirteen years old (as of 1 Sept)
- Term will end upon graduation from High School
- Attend half of the Youth Council meetings during a two year term
- Zero Tolerance of drugs and/or alcohol
- Minimum of 2.5 GPA
 - 1st violation: Warning
 - 2nd violation: Dismissal

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New York National Guard Teen Council



SECTION I: Applicant Information

Youth Name:

Name you prefer to use:

Date of Birth:

Age:

Gender:

Social Security Number:

Mailing Address:

Home Phone Number:

Youth Cell Number (if applicable):

Youth Email Address:

SECTION II: Parent or Legal Guardian Information

Name of Mother/Rank:

Email Address:

Phone Number:

Name of Father/Rank:

Email Address:

Phone Number:

Name of family member/Rank, if not a parent, in the NYNG:

SECTION III: School Information

Name of School:

School Address:

School Phone Number:

Name of Principal:

Name of Guidance Counselor:

SECTION IV: Teen Council Commitment

Answer the following questions:

1. *The Teen Council will do presentations to help educate the community about life as a military teen. If you were asked, "What is life like as a military teen," how would you respond?*
 2. *If you could do three things to improve life for National Guard teens, what would they be?*
 3. *What is your definition of a role model?*
-

SECTION V: Leadership Opportunities

Leadership roles are offered on the Teen Council. Circle the position you would like to serve as:

President

Vice President

Secretary

Historian

General Council Member

SECTION VI: Signatures

I have prepared this application and certify that it accurately reflects my work,

Signature of Applicant:

Date:

I fully support my teen's application to the New York National Guard Teen Council,

Parent or Legal Guardian Signature:

Date:

Submit all applications by fax or email to: Colleen E. Casey
NY National Guard Youth Coordinator
Fax: 518-786-6060
Email: colleen.e.casey@us.army.mil

ATTENTION ALL ACTIVE DUTY, GUARD AND RESERVE

You and your family are cordially invited to join us for

A SALUTE ★ ★ ★ ★ ★ TO OUR TROOPS

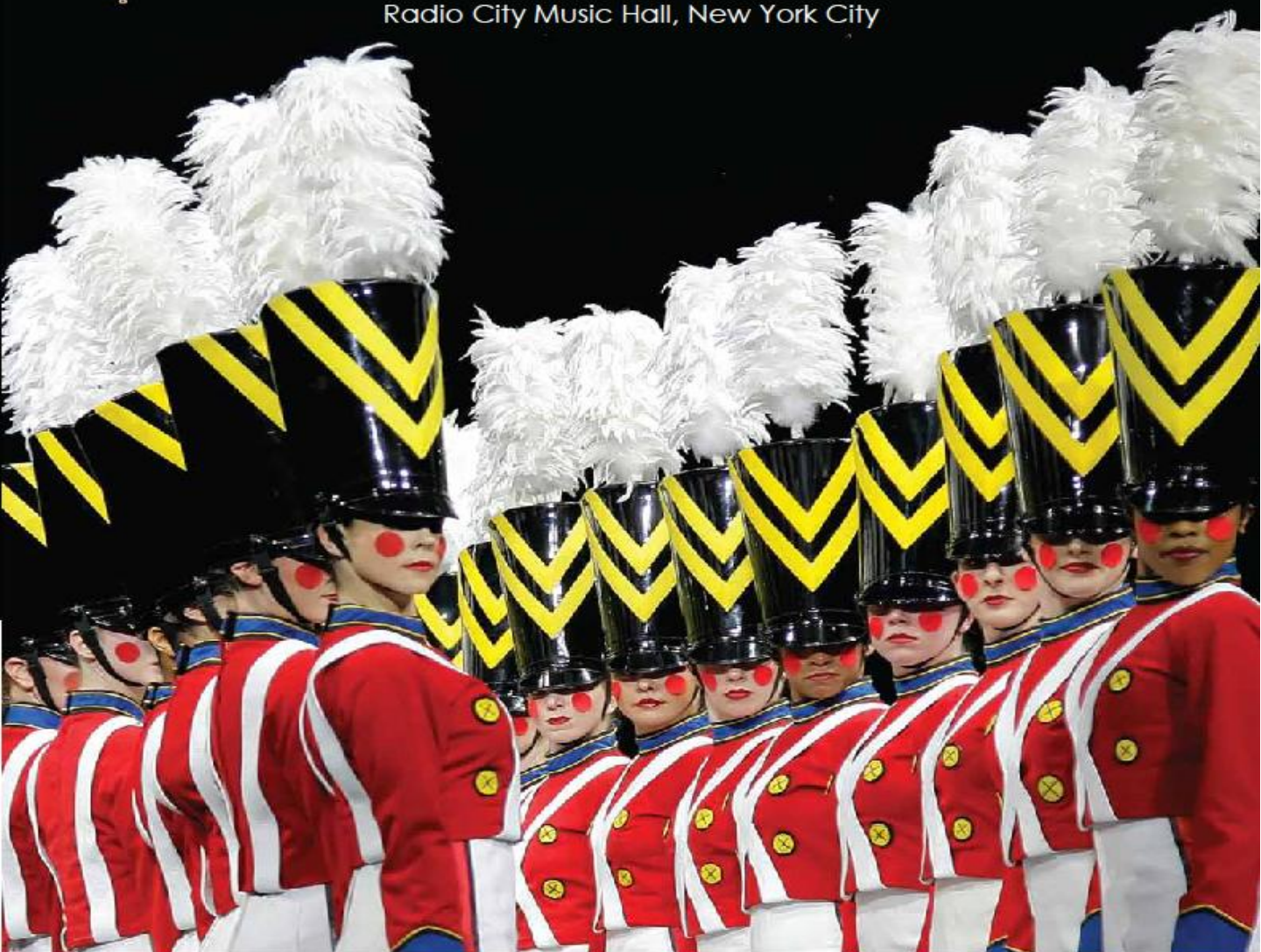
Microsoft in partnership with the USO brings the families of our armed services

A Private Celebration of the Radio City Christmas Spectacular®

Saturday, November 13, 2010 at 4:00 PM

We kindly ask that all guests are in their seats by 3:30 PM

Radio City Music Hall, New York City



Sponsored by Microsoft in Partnership with the USO

Microsoft



To reserve your complimentary tickets please visit www.usonyc.org/salute2010

Exclusive offer for families of deployed Military Members
From September 1 – October 31, 2010

Send some love
to a loved one



free:

- sitting fees
- one traditional portrait sheet (additional traditional portrait sheets 3.99 ea.)
- **and** one portrait sheet shipped to your service member's APO



Must show valid military I.D. at sitting.



free:

- sitting fees
- one traditional portrait sheet
- **and** one portrait sheet shipped to your service member's APO

additional traditional portrait sheets **3⁹⁹ ea.**

plus **save 40%** on collections

Valid from 9/1/10 – 10/31/10. Free sitting fees. Present at time of sitting. Present military I.D. at sitting. Products may vary. Not valid on enhanced portraits, reorders, studio events, media, or online orders. Family Offer: PC1812694 Service Member Offer: PC1812430

JCPenney. Portraits

11003-35

The second discount, through June 30, 2011, provides for a free sitting, a free 8 x 10 photo, and 50 percent off the total portrait purchase (no minimum order). See <http://www.jcpportraits.com/offers/MilitaryOffer.html> for more information.

BOOGAARD'S BOOGUARDIANS

2010-2011

FIGHTING FOR FREEDOM

TOUR

Fill out the form below for
a chance to be selected
to attend a NY Rangers game-4
tickets from Derek Boogaard



Click on the form,
print it, fill it out,
and send it to the
USPS address on
the bottom of the
form or scan and
email it.



BOOGAARD'S BOOGUARDIANS

2010 - 2011 FIGHTING FOR FREEDOM TOUR



Registration Form

Military Service Member Information:

Rank: _____ Last Name: _____ First Name: _____

Years Service: _____ Phone # () _____ Email: _____

Unit of Assignment _____ Branch: _____

Unit POC: _____ Email: _____

Name & Relation of 3 Guests: _____

Narrative: Please share your story in the space below, why do you want to go to the game?

How to submit your completed form:

You can email the completed form to: Shane@DefendingTheBlueLine.com

or

Mail the completed form to: Defending The Blue Line
c/o Boogaards Booguardians
1206 N. Frontage Road, Suite B
Hastings, MN 55033

Questions?
Call Defending The Blue Line
(651)253-6737

* PACKAGE IS FOR 4 NY RANGERS HOME GAME TICKETS

Sponsored by:

Derek Boogaard & Defending The Blue Line

Save the Date!

Supporting Children of the National Guard and Reserve Institute

Please mark your calendar for the upcoming professional development training! The purpose of this course is to educators and professionals to reach out in a support network to the children and families of the National Guard and Reserve. This training is open to guidance professionals, school administration and other caring adults interested in learning more about the military child.

Supporting Children of the National Guard and Reserve Institute

Date: January 31-February 1 2011

Registration and Breakfast: 8:00-8:30 am

Institute Training: 8:30-4:00 pm

Place:

Holiday Inn Rochester Airport
911 Brooks Ave
Rochester, NY 14624

Attendance Requirement:

95% attendance is required to receive
institute credit and course materials

Cost: Funded by OSD/DA

No cost to participants.

For more information about this training or other professional development opportunities, please contact Jaime Cahn at 254-953-1923 or Jaime.cahnd@MilitaryChild.org. Please visit www.MilitaryChild.org, click the [Upcoming Trainings](#) tab to register.

Log on to MilitaryChild.org to register!

Participants will have the opportunity to earn educational credits in the form 1.2 CEU's for \$25.00 and/or 1 hour of graduate credit from Texas A&M- Central Texas for \$175.00, payable at the completion of the training.

Limited Seats Available! Register Early!



Now
available
right in your
neighborhood:
high-quality,
affordable
military-sponsored
child care



Strong Partnership

The United States Army, Marine Corps, Navy, and Air Force have joined in a partnership with the National Association of Child Care Resource & Referral Agencies (NACCRRRA) to support military families.

NACCRRRA works with more than 800 Child Care Resource & Referral agencies. These agencies are located in every state and most communities across the United States and help military families locate affordable, high-quality civilian child care programs in the communities where they reside.

For More Information:

Call Child Care Aware™ toll-free at 1(800) 424-2246

Log on: www.naccrra.org/military

E-mail: MCCYN@naccrra.org

National Association of Child Care Resource & Referral Agencies
3101 Wilson Boulevard, Suite 350, Arlington, VA 22201
Phone (703) 341-4100 and Fax (703) 341-4101 www.naccrra.org

© NACCRRRA 2007

Military Child Care in Your Neighborhood

*high-quality child care
is closer to you than ever before...*



Child Care

Why is child care needed?

Many Active Duty Service Members live in communities where no military child care is available or where there are long waiting lists for child care on the installation.

To meet their needs, the Department of Defense (DoD) has asked the National Association of Child Care Resource & Referral Agencies (NACCRRA) to partner with state and local Child Care Resource & Referral agencies (CCR&Rs) to refer military families to nationally accredited civilian child care programs and help additional civilian child care programs in selected communities become accredited.

The Military Child Care in Your Neighborhood (MCCYN) program also supports the cost of high-quality civilian child care for eligible Service Members.

The civilian child care programs that provide MCCYN are comparable in quality to military-operated on-base programs.

How much will Service Member's costs be reduced through MCCYN?

Fee reductions will vary depending upon total family income, geographic location, DoD child care fee policies and available funding. The fee assistance program is limited to single parent families, families with a working spouse, or a spouse who is enrolled in school. Spouses looking for work are eligible for fee assistance for 60 days.

Examples of programs eligible to participate in MCCYN:

1. Nationally accredited child care centers or accredited family child care (FCC) homes
2. FCC homes with a CDA-credentialed provider or an FCC provider with an Associate's degree or higher in Early Childhood Education or Child Development

NOTE:

Military Child Care in Your Neighborhood is not an entitlement and is subject to geographic availability of child care and DoD/military Service funding.

MILITARY CHILD CARE IN YOUR NEIGHBORHOOD

Is an Initiative to locate and help pay for child care when on-base child care programs are not available or accessible.

Who's eligible?

Children of geographically dispersed **Active Duty** families with no access to on-base child care. Examples include children of Active Duty Recruiters, ROTC Instructors, MEPCOM personnel, Service Members on independent duty assignments and Service Members living in communities that are not within reasonable commuting distances to military installations.

Children of Active Duty families who are wait-listed per Service policy and not currently enrolled in on-base child care.

Note: MCCYN programs may not be available in all locations.

Child Age Groups Served: 6 weeks - 12 years

Child Care Options:

Children may attend civilian child care centers, FCC homes and after-school programs. Children may use full-day, part-day and hourly child care.

This program is subject to geographic location and vacancy.



How does the program work?

1. The Service Member, spouse or legal guardian contacts Child Care Aware, a division of NACCRRA, at 1-800-424-2246 or via the web at www.naccrra.org/military/assistance.php.
2. Staff will ask for some initial information to determine eligibility and child care needs.
3. When the child's eligibility is determined, NACCRRA staff will link the Service Member Family to their local CCR&R for help locating an available high-quality child care space.
4. Once the child care space is found, the family will complete the fee assistance application.
5. Copies of the following documents must be provided as part of the application process:
 - Signed copy of the application
 - Leave and Earnings Statement (LES) for the Service Member
 - Spouse's most recent pay stub or proof of enrollment in school
 - Child(ren)'s birth certificate(s) or self-certification of parenthood
 - Child care provider fee assistance application and required documentation
6. As soon as the application and documents are received, the enrollment process begins.
7. The enrollment process takes between one and five business days to complete, following receipt of the family's completed application and information from the participating civilian child care program.
8. The Service Member Family pays a reduced fee directly to the child care program. The difference is paid to the child care program by the Military Service through NACCRRA.





The Torres Family

New Childcare Program

Sittercity membership at no cost

Your membership is funded by the DoD. Activate today—find sitters and military subsidized care providers right in your own neighborhood!



▶ Activate your Sittercity membership today, takes less than 2 minutes. Go to www.sittercity.com/dod

Sittercity helps you find...

- ✓ **Babysitters!** For after-school, hourly care, school vacations, deployment and PCS, extended work hours, special needs children, and whenever you need a sitter
- ✓ **Nannies!** For full and part time, infant and young child care
- ✓ **Certified CDH/FCC** care providers
- ✓ Care providers who are authorized access to an installation
- ✓ Elder care companions, dog walkers, housekeepers and tutors

Your Sittercity membership gives you...

- ✓ Online access to local caregiver profiles
- ✓ Caregiver profiles with over 40 criteria including background checks, references, parents reviews, pictures and much more
- ✓ The Sittercity 4 step screening process

“ I posted a job on Sittercity for a summer nanny and got well over 30 applicants. We found the perfect one! ”

Carrie R, Chicago

Sittercity is America's largest and most trusted website for connecting families with quality local in-home caregivers with over 1 million caregivers nationwide.

▶ Activate your membership at www.sittercity.com/dod



COURAGE TO CARE



A HEALTH PROMOTION CAMPAIGN FROM
Uniformed Services University of the Health Sciences, your federal medical school, Bethesda, Maryland • www.usuhs.mil

HELPING CHILDREN COPE DURING DEPLOYMENT

This fact sheet contains useful information for you — parents and family caregivers — to help children cope during a parents' deployment. Experts in military medicine and family trauma who understand the impact of deployment on families have written this fact sheet. It is in the form of commonly asked questions followed by their responses. It is important to remember that while deployments are stressful, they also provide



opportunities for families to grow closer and stronger.

The best way to help children cope is to 1) reassure them that the *deployed parent is trained* to do his/her job; 2) explain to children that *they, too, have a job* as part of the family at home who supports our troops and our nation; and, 3) communicate in ways that children can understand according to their age (see sidebar on page 2: *Communicating with Children during Deployment*).

Commonly Asked Questions from Parents About Deployment

Q. What is the best way to prepare children for deployment?

A. Parents must be honest, and focus on their children's safety, security and continuity of routine. If deployment will change the child's lifestyle such as moving, living with grandparents, or changing childcare, school or community activities, the child needs to hear of these things in advance.

Q. How else can we reassure our children about a deployment?

A. First, parents should digest the information *before* they communicate it to children so they can deliver it in a calm and reassuring manner. Second, children worry about the *safety* of the deployed parent. It is important to let children know that the deployed parent is *trained* to do their job. Third, it is important to communicate in a way that your child will understand based on their age.

Q. How do children signal their distress?

A. Stress affects children like it does adults. Children may complain of headaches, stomach distress and sleep disturbances. They may display moodiness, irritability, low energy, and have more dramatic reactions to minor situations such as stubbing a toe. It can be difficult sometimes to sort out normal distress and more serious problems. If in doubt, seek medical advice.

Q. Are there ways to reduce stress on children during the separation?

A. Yes, one very positive way is emphasize to your children that they have a job that is as REAL as that of the deployed parent. Stress is often the result of feeling helpless or unsure or unclear about a new role or situation. It is important to reinforce that doing well in school, helping out at home and being cooperative is a skill set that is part of *their* job, one that is valued and unique to their being a military child. When children do their job they help support their parent's mission.

Q. How should school problems be handled?

A. If there is concern about a child's behavior at home, parents should notify the school. Many parents may be reluctant to call attention to their child by warning school officials, but it is important for the school to be alert to any unusual symptoms. If a child has had psychiatric issues before the deployment they are more likely to have problems as a result of the deployment. It is important to talk to your child about any acting out, and get them to discuss their feelings and issues. Your child's school or your primary care doctor can arrange for counseling services.

General Tips for Communicating with Children of All Ages

- Be careful about sharing your emotions with children. Some parents share too much (losing control in front of kids) or share too little (no emotion or giving the

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Military OneSource



Free YMCA Memberships

Where: Participating YMCAs throughout the US and Puerto Rico
• See participating YMCA listing at www.ymca.net

Who: **TITLE 10 ONLY** (Title 32 personnel are not authorized)
• Families of Guard and Reserve members
• Six month minimum deployment

How: Visit www.militaryonesource.com for eligibility form
• A copy of deployment orders and a military ID card must be presented for YMCA membership

What is included:

- Deploying service members are eligible for YMCA memberships with their family for three months pre- and post- deployment
- Families are eligible for the duration of the deployment, not to exceed 18 months (includes service member three months pre- and post- deployment)
- Memberships are renewable in six month increments contingent upon use
- MEMBERSHIP RENEWAL REQUIREMENT: 8 VISITS PER MONTH (per family or family member) and minimum length of membership is six months



Military OneSource is available 24/7. You name it. We can help.

1-800-342-9647 Overseas: xx-800-3429-6477 (find access codes online) www.MilitaryOneSource.com

2.15.2010



Are you or your spouse deploying or deployed overseas?

Do you have children who play sports?

Or do they take dance, music or art classes?

Maybe they would like to try something new... like Karate or camp?

Could your child benefit from a tutor to stay at grade level?

If the answer is **YES** to any of these questions, **Our Military Kids** grant program may be able to help.

Our Military Kids pays the fees for children aged 3 years through 12th grade of deployed Reserve and National Guard to participate in youth sports, fine arts, and tutor programs. This is a way of recognizing the sacrifices the entire family is making while the service member is deployed overseas.

It is simple to apply to the program, . . .

Just fill out the attached Our Military Kids application or download a copy from the website, www.ourmilitarykids.org. Send it in with the required documentation listed on the application including deployment orders, proof of child's dependent eligibility and a flyer or other information that lists the activity and the fee for the activity. The grant will cover up to six months instructions, lessons or tutoring for one activity/program, with a maximum grant award of \$500.00 per child. Child may be eligible for a second grant award if the parent's deployment is longer than 365 days. If everything is in order and if funding is available, within two weeks a check will be sent to the organization and the child will be notified of the award. Please see the *Answers to Frequently Asked Questions* on the next page for further program details.





Our MILITARY Kids, Inc.

Army National Guard, Army Reserve, Navy Reserve, Marine Reserve, Coast Guard Reserve—Grant Application

ALL GRANTS ARE SUBJECT TO AVAILABILITY OF FUNDS

****Our Military Kids requires ALL information and documentation to process application****

Please read and initial each of the following eligibility requirements:

- _____ Deployment must be for at least 180 days OCONUS (OVERSEAS), there are at least 60 days remaining on orders AND child will start activity before service member returns home.
- _____ Child is age 3 years through 12th grade.
- _____ Grant will cover **up to six months of future instruction, lessons or tutoring for ONE activity/program** with a maximum grant award of \$500.00 per child. Grants are not available for activities that have already taken place. Our Military Kids will issue only one check to one provider for the child's activity. **Choose wisely, once a check has been issued to the provider, the activity may not be changed.**
 - ___ This is my child's first grant award.
 - ___ This is my child's second grant award. It has been 6 months since last grant award. (Parent is deployed for at least 365 days AND there are 60 days remaining on the orders.)

GRANT AWARDS CANNOT BE PROCESSED WITHOUT THESE ITEMS. I have attached a copy of:

- _____ 1) Title 10, mobilization/deployment orders (child is eligible as of "Report Date" on orders)
- _____ 2) Child's military dependent ID card **OR** copy of birth certificate if the deployed service member is the biological parent of the child, **OR** Form 1172, Application for Uniformed Services Identification (DEERS Form). Contact your Family Assistance Representative or FRG leader for assistance in obtaining the DEERS form.
- _____ 3) Program brochure, registration information or letter from the service provider with mailing address, telephone number and FEE for the activity

Child's Name: _____ Grade: _____ M _____ F _____ Birthdate: _____

Parent/Guardian: _____ 1st phone number: _____

Cell/Work phone: _____ Email Address: _____

Country of Deployment: _____ FRG Leader/Family Assist. Rep. phone (if known): _____

Family's Address: _____

Street City State Zip

PLEASE VERIFY WHERE THE CHECK SHOULD BE SENT. MANY TIMES IT IS A DIFFERENT ADDRESS FROM WHERE THE CHILD PARTICIPATES IN THE ACTIVITY.

Grant Request Amount: _____ Activity (i.e., soccer, dance): _____
(Attach documentation to validate amount not to exceed \$500. Our Military Kids does not cover private school tuition, including preschool, or day care expenses.)

Organization Name: _____

Make check payable to (if different from Organization): _____

Mailing Address: _____

Street City State Zip

Organization Contact Information: _____

Name Telephone Number

CONSENT TO EXCHANGE INFORMATION

I understand that additional information may be required to adequately verify eligibility for a grant. By signing this form, I am allowing a representative of **Our Military Kids, Inc.** to communicate with the contact of the organization and/or the contact provided on the military orders. I certify all the information I have supplied is true and correct. I permit **Our Military Kids, Inc.** staff to verify the information on this application. I declare that receipt of a grant will aid in easing a financial burden which would otherwise exist if expenses related to my child's activity were paid out of family funds.

_____ am signing this form for _____
FULL PRINTED NAME OF REQUESTING PERSON PRINTED NAME OF CHILD REQUESTING GRANT

SIGNATURE _____
Mail to:
Our Military Kids, Inc.
6861 Elm Street, Suite 2-A
McLean, VA 22101

Fax to:
703-734-6503

Questions:
Call: 703-734-6654
Toll Free: 1-866-691-6654
Email: omkinquiry@ourmilitarykids.org

08/09



Military OneSource

iCanAchieve Teen Weight Management Program



iCanAchieve is a 12-month program for teens ages 13 to 18 that will support their weight management efforts. It focuses on helping teens make behavioral changes that will allow them to set and achieve their goals. The program, based on scientifically proven methods, includes telephonic health coaching, a health assessment, online tools, and educational information.

Program Features

Telephonic Health Coaching

Telephonic health coaching is conducted by our professional team of experienced health coaches. During telephone sessions our coaches will help your teen set goals and put new eating and physical-activity habits in place. Your teen's health coach will also provide long-term follow-up at 3, 6, and 12 months.

Online Health Assessment

The online health assessment, specially designed for teens, provides a foundation for coaching discussions and goal setting. Your son or daughter will receive a personal report immediately upon completion of this self-assessment.

Supportive Online Content and Tools

Your son or daughter will have access to a variety of online content to support weight management, including:

- Food diary
- Step tracker
- Articles and personal success stories of teen weight management
- Educational information
- Recipes to promote healthy eating
- Message board that lets your teen post questions and comments to the coach and receive a private, personal response.

For your consent form and program access go to www.MilitaryOneSource.com or call 1-800-342-9647

Military OneSource is available 24/7. You name it. We can help.

1-800-342-9647 Overseas: xx-800-3429-6477 (find access codes online) www.MilitaryOneSource.com

Guard En Notes



An online resource whose mission is to assist students in choosing the right major and college.

<http://www.mymajors.com/>



BUILD YOUR SKILLS ■ ACE YOUR EXAMS ■ ADVANCE YOUR CAREER

Peterson's Online Academic Skills Course (OASC) for Military Success is designed for individuals in the U.S. military who want to build their reading comprehension, vocabulary, and math skills to pass their exams, excel in their jobs, advance their careers, or continue their education. Check it out:

<http://www.nelnetsolutions.com/dantes/>

Look into:

- **Military.com:**
aid.military.com/scholarship/search-for-scholarships.do
- **Scholarships for Military Children:**
www.militaryscholar.org/

- **In-state Tuition:**

As good as a scholarship! Paying out-of-state tuition in a state that is not a military families' state of record used to present a problem for military families. With the passage of the Higher Education Opportunity Act (2008), this ended. This provision continues while the dependent or spouse is continuously enrolled even if the military sponsor is transferred to another installation outside the state. Visit www2.ed.gov/policy/highered/leg/hea08/index.html to learn more.

- **The New GI Bill:**

This could be the solution for many high school students to pay for some or all of their college expenses. Check out the New GI Bill web site at www.gibill.va.gov/. Look under Benefit Programs to learn how a qualifying service member can transfer benefits to a dependent.



<http://www.militaryscholar.org/>



<http://www.fastweb.com/>

The Joanne Holbrook Patton Military Spouse Scholarships
Applications begin Dec. 1, 2010-January 31, 2010 . Visit:

<http://www.militaryfamily.org>



Guard En Notes

College Planning: Twelfth Grade

Senior year is often an extremely busy time, with schoolwork, activities, and special events. Be sure to stay on track with the college admissions process. Get organized, be aware of deadlines, and don't procrastinate.

Fall

- Continue to visit schools
- Continue your scholarship search
- Stay on track with your grades and extracurricular activities
- Take standardized tests
- Keep track of deadlines
- Ask for letters of recommendation
- Meet with your guidance counselor
- Complete applications
- Finalize your college list

For more great resources go to:

<http://www.militaryonesource.com>



Winter

- Act on the results of early decision applications
- Follow up on your applications
- Submit financial aid forms
- Send mid-year grade reports

Spring

- Watch your mail for notification from colleges
- Check out your options if you're put on a waitlist
- Compare financial aid packages
- Prepare for any last standardized tests
- Make your final college decision
- Complete enrollment paperwork for the college you will attend
- Follow up on financial aid information

YTI—York Campus has four scholarships available for specialized degree programs[†], one 50% scholarship award and three 25% scholarship awards!

Do you have an outstanding student that is interested in:

Associate in Specialized Business Degree in:

- Business Administration
- Computer Systems Specialist
- Golf Course Management

Associate in Specialized Technology Degree in:

- Computer Aided Drafting and Design
- Electronics Engineering Technology
- Medical Assistant

[†]Diploma programs are not eligible.

To qualify, students will need to take the CPat test. Four test dates have been scheduled*:

- November 20, at 9:30 a.m.
- December 14, at 6:30 p.m.
- January 11, at 6:30 p.m.
- March 19, at 9:30 a.m.

The Director's Scholarship is for high school seniors interested in a YTI degree program (Business Administration – Accounting; Business Administration – Management; Computer Systems Specialist; Computer Aided Drafting & Design; Electronics Engineering Technology; Golf Course Management; and Medical Assistant). There are 4 scholarships available (three one-quarter (1/4) and one one-half (1/2) scholarship) to those high school seniors in their academic year and must start their program within six month of HS graduation. Those interested would need to take the CPat test, and the top 8 scorers would need to submit an essay and an interview by a panel of at least 3 Advisory Board members.

To register contact Nicole Faraone at 757-8222 or Nicole.Faraone@yti.edu

*Limit 40 per session.

YTI – Lancaster Campus scholarship testing!

Do you have an outstanding student that is interested in:

- Criminal Justice and First Response
- Culinary Arts/Restaurant Management
- Dental Assisting
- Medical Assistant
- Medical Billing & Coding
- Pastry Arts

To qualify, students will need to take the Wonderlic test. Three test dates have been scheduled:

- November 20th, 2010 at 11:00 a.m.
- January 11th, 2011 at 6:30 p.m.
- August 19th, 2011 at 11 a.m.

We will also offer a Financial Aid seminar for parents, lunch, door prizes and tours of the campus. Enrolled High School applicants are welcome to take the test, however enrollment is not necessary to take the test.

Students with top ten Wonderlic test results will have the opportunity to submit an essay on why they have chosen their particular career path. Advisory Board members will comprise the scholarship committee and will choose the top 4 essays. The top four student essays will then have an interview with the committee to determine the recipients and amount of the scholarship.*

To register contact Megan Failor at megan.failor@yti.edu

P.S. We can't wait to award these scholarships to your students.

*Applicants must be a high school senior and must use the scholarship within 6 months of graduation from high school.

ATTN: ARMY KIDS*

You've Got... math homework

english

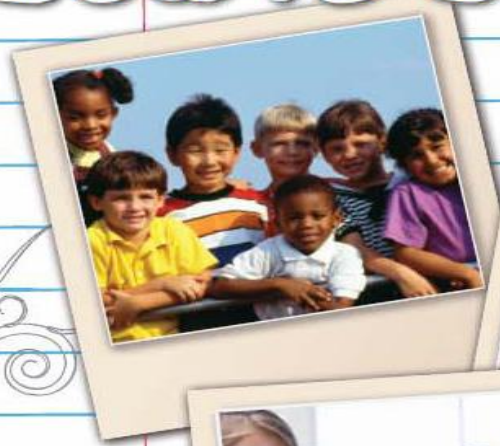
science project

spelling test

history

book reports

social studies



Get Real-time Help

Find a Resource 24/7

Get FREE Online

Tutoring for Grades K-12+

www.myarmyonesource.com/cyss_tutor



Child, Youth and School Services offers free resources and tutoring from Tutor.com!

*For children of: Active, Wounded, Reserve Component, National Guard and Army civilians (including Survivors).

No federal endorsement of sponsors is implied



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tutor.com



DEPLOYMENT RESOURCES FOR CHILDREN AND TEENAGERS

When a parent is deployed, families face all kinds of challenges. Our resources provide strategies and support to help ease the way for children, teenagers, and the non-deployed parent. Go to www.MilitaryOneSource.com and click on "deployment" for our entire range of deployment-related materials, including articles, booklets, and CDs.

DVDs

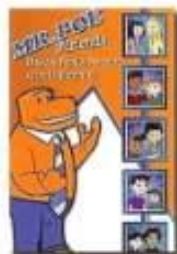
Our DVDs help children of all ages manage the challenges and concerns of deployment, from saying goodbye to saying hello again.



Ages 2 to 5

Talk, Listen, Connect: Deployments, Homecomings, Changes

A 2-DVD Sesame Street kit designed to support families with young children as they manage the feelings and challenges of all phases of deployment. In English and Spanish.



Ages 6 to 10

Mr. Poe & Friends Discuss Family Reunion After Deployment

This DVD, developed by military pediatricians for school-age children, is meant to help them realize that they aren't alone with their deployment concerns.



Ages 11 and up

Military Youth Coping with Separation: When Family Members Deploy

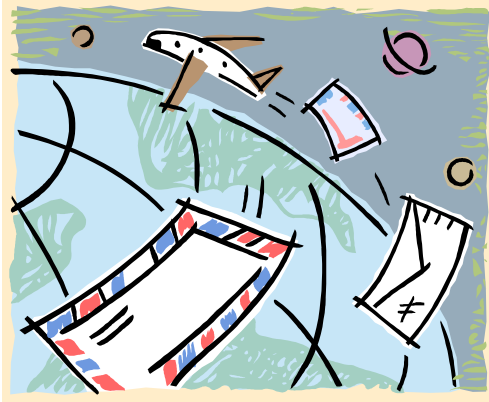
Preteens and teenagers tend to adapt well to family deployments, but they all benefit from support. This DVD, developed by military pediatricians and specialists in adolescent medicine, can help.

Military OneSource is available 24/7. You name it. We can help.

1-800-342-9647 Overseas: xx-800-3429-6477 (find access codes online) www.MilitaryOneSource.com

PROJECT PEN PAL

Connecting Military Children around the Globe



With Project Pen Pal you will meet other military children around the world. You can make friends, learn about their traditions, culture's, how they feel about their schools and their hobbies. In addition, Project Pen Pal encourages you to write about the challenges you face being a Military Youth, and share those feelings with children from different backgrounds who are dealing with similar issues like, military life, deployments and relocation, just to name a few.

For more information contact:
Colleen Casey~NY National Guard Youth Program Coordinator
colleen.e.casey@us.army.mil
Or call: 518-786-4614

ALL AGES WELCOME TO PARTICIPATE!!

We have Pen Pals from New York, Pennsylvania, Rhode Island, Massachusetts, Wisconsin, Illinois, New Jersey, Nevada, Vermont, California, Connecticut, Ohio, Wyoming , New Mexico and now MAINE is now on board!!!

UNITY IS STRENGTH!!

If you are interested in becoming a Pen Pal, please fill out a Permission Slip

PROJECT PEN PAL

Permission Slip

Would your child be interested in making a new friend and getting to know another child like him/herself? **Why not sign them up for the Project Pen Pal.** What a great way for them to share stories about Military life and learn different cultures from around the Globe. If your child is interested please fill out the information below. Parents, **please don't forget to sign** the permission slip and either fax it or mail it to the number below.

Child's Name _____ **Age/Grade** _____

Hobbies/Interests _____

What Language do you speak and write? _____

PROJECT PEN PAL PERMISSION FORM:

I, _____ (parent/guardian) give my permission for _____ (child's name) to participate in Project Pen Pal. I understand that it is my (parent/guardian) responsibility to supervise my child's contact with another Military child and not the responsibility of the New York National Guard Youth Program.

Date _____ **Email address** _____

Parent/Guardian signature _____

Address _____

Phone/Fax _____

*Please mail or fax this permission slip to:

Colleen Casey
NY National Guard Youth Program
JFHQ-DMNA
330 Old Niskayuna Road
Latham, NY 12110
Fax (518-786-6060)

*If you have questions about Project Pen Pal please **email Colleen** at:
colleen.e.casey@us.army.mil Or Call me at 518-786-4614

Project Pen Pal Code of Conduct

- No obscenities in written or electronic correspondence
- No illegal material mailed or emailed
- No attempt to harm others in correspondence (making threats, making fun of another erson, bullying behaviors, etc.)

Guard En Notes

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Youth Coordinator
And Editor

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Latham, NY 12110

(518)786-4614

Guard En of Youth is now online. Go to:
<http://dmna.state.ny.us/family/yprogs.php>



The Guard En of Youth is asking its readers for submissions. If you have pictures, poetry, short stories you've written, drawings you've created, letters to the editor, or anything else you'd like to add, send your entries to colleen.e.casey@us.army.mil, with "newsletter input" in the subject line.

