

# Guard En Of Youth

To Support the Social, Emotional, and Academic Needs of National Guard Children and Youth



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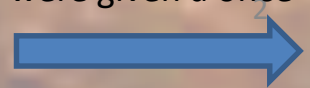
# NYNG Child and Youth Program Spotlight on The Buffalo Bills



One of the major highlights of the 4<sup>th</sup> Annual Teen Council Forum Trip was the opportunity we were granted to spend some time at Ralph Wilson Stadium with the Buffalo Bills. While we were originally scheduled for a regular tour of the facility, their Community Relations Manager, Meghan, worked her magic to add to our experience. Upon our arrival to the facility, we learned that two of the players had taken time out of their schedule to join our tour and meet our teens.



Jordan Gay and James Wilder Jr. spent hours with our group, taking endless photos and signing numerous autographs. They danced with our kids, added to the overall tour experience, threw footballs with them on the field, and even challenged a few of them to a race. Our group never felt rushed through the tour and our kids were given a once in a lifetime experience with the help of the players and the staff.



# NYNG Child and Youth Program Spotlight on The Buffalo Bills

Luckily, our Teen Council was able to share this experience with the children from Operation S.T.A.R Camp, which made this experience even more special.

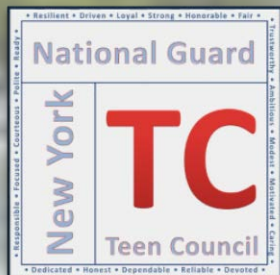


We cannot thank the Buffalo Bills enough for their genuine hospitality. Go Bills!

To see more of our tour, please click on the link below:

[NYNG Teen Council Tour With the Bills](#)

# Annual Teen Council Forum 2016 Buffalo, New York



In June of 2016, The New York National Guard Teen Council gathered for the 4<sup>th</sup> Annual Teen Council Forum Trip. We had 20 teens from across New York and 5 Chaperones that attended the trip.

This year, the trip focused on the various aspects of the Buffalo area. The teens visited Niagara Falls, Pioneer Camp, Ralph Wilson Stadium, Mangold Horse Ranch, and participated in teambuilding and training at the Connecticut Street Armory.

A couple of the highlights of the trip included spending time with the Operation S.T.A.R campers and having a session with motivational speaker, Patrick Perez.



**Teens participating in training and teambuilding at the Connecticut Street Armory**



# Annual Teen Council Forum 2016 Buffalo, New York



To see all the pictures from the Annual Teen Council Forum please visit and like us on Facebook.

[www.facebook.com/NewYorkNationalGuardYouthProgram](http://www.facebook.com/NewYorkNationalGuardYouthProgram)



# Annual Teen Council Forum 2016 Buffalo, New York A Day With Patrick Perez



Patrick Perez is an author, dancer, and motivational speaker who uses dance to connect with youth and teens. He exudes an overall passion for everything he does and is truly a one of a kind individual.

Our teens and Operation S.T.A.R Camp attendees were fortunate enough to interact with Patrick during their stay at Pioneer Camp in Angola, NY. Patrick pulled the kids out of their comfort zone and had them dancing around the auditorium in no time. Through his interactions with the kids, he fostered positive thinking and encouraged them to meet new people and try new things. His collaboration with the Child and Youth Program, as well as the NYNG Teen Council, expanded upon our teambuilding and learning throughout the Forum Trip.



# Guard En Notes

## Event Pictures

### April is the Month of the Military Child

This year marked the 2<sup>nd</sup> Annual Month of the Military Child Celebration Event at DMNA. With about 50 participants and 20 volunteers, the kids enjoyed activities including a smoke house demonstration, fire truck tour, roll over demonstration, rock climbing, teambuilding, The Brain Show, and a group ZUMBA style dance.



To see more pictures from **Yellow Ribbon and Youth Program Events** please visit and like us on Facebook.

[www.facebook.com/NewYorkNationalGuardYouthProgram](http://www.facebook.com/NewYorkNationalGuardYouthProgram)

# Guard En Notes Event Pictures

109<sup>th</sup> Raven Camp



Garden and Flowers at  
the Troy Armory



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# Guard En Notes Event Pictures

369th Pre Yellow  
Ribbon Event



Howe Caverns  
Fun Day



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# Guard En Notes

## Back to School Tips

Transitioning from summer vacation to back-to-school can be a rough one on families. Schedules change, days are consumed by homework, chores, extracurricular activities, and day to day business. Here are some tips and tricks to help ease the workload associated with this time of year!

### ❖ Ease into the routine.

Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother



### ❖ Get to know new teachers.

There will be open houses, orientations, and other meet-and-greet options at the beginning of the school year, but none will give you the chance to spend some quality time getting to know your kids' teachers. Try to find a few minutes before or after school to connect one-on-one with the teachers. At the very least, send an introductory email that includes how you can help during the school year, however big or small

### ❖ Create Calendar Central.

Nothing calms school year chaos like Calendar Central: a centralized site for all family calendars and schedules. You'll need a family event calendar to track after-school activities, school programs and volunteer work. Add specialized calendars and schedules, and you have it: a one-stop shop for family time management.

### ❖ Make homework a priority.

Make homework time a daily habit. Find a quiet, consistent place at home where your child can concentrate and complete their work.

### ❖ Connect with friends.

A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.



# Guard En of Youth

## Kids Korner

### Fact Korner...All About Animals

- Night butterflies have ears on their wings so they can avoid bats
- The honeybee has to travel an average of 43,000 miles to collect enough nectar to make a pound of honey
- Dragonflies can fly up to 50 miles per hour
- A slug has four noses
- Only male crickets can chirp
- A cockroach can live for up to 3 weeks without its head

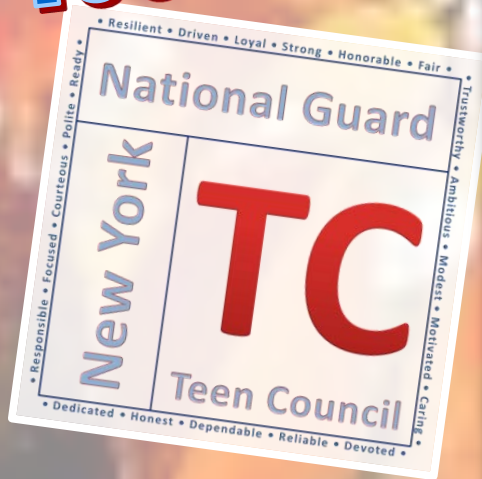


### Kids Joke Korner...

- Why was 6 afraid of 7?  
Because 7, 8, 9.
- What musical instrument is found in the bathroom?  
A tuba toothpaste
- What do you call cheese that isn't yours?  
Nacho cheese!

# Resources

## Teen Council



- Do you know a teen, or are you a teen, between the ages of 13-18?
- Do you want to make a difference for other military kids?
- Do you want to meet other teens throughout NYS?
- Do you like to travel and see new things?

**If this fits you, you should consider being a part of the New York National Guard Teen Council!**

Teen Council is made up of teens from all 5 branches of service and civilians.

For Teen Council Brochures, Charter, Applications and more information please visit

<http://dmna.ny.gov/family/yprogs.php>



**The Youth Program is now on Facebook!**

Keep up with all the Activities, Events and Upcoming Events around the State by liking us!!



[www.facebook.com/NewYorkNationalGuardYouthProgram](http://www.facebook.com/NewYorkNationalGuardYouthProgram)

# 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!

September - October 2016 Schedule

All Classes will be Fridays at the VOC:

September 9th & September 23rd

October 14th & October 21st

These classes will be a return to our traditional format:  
Dinner will be at 5:30pm, class for kids at 6pm, sharp.  
Make your reservation today.

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

Please PRE-REGISTER to help us plan for our activities!!

For questions and to sign-up for class, contact one of our facilitators:  
Mary at 548-6606 or 995-4322  
Bridget at 886-1242 ([bmcnally@eriemha.com](mailto:bmcnally@eriemha.com))



*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.*

# Feedback

## Feedback for Child and Youth Program

We are looking for your input, advice, and submissions for future Guard En of Youth Newsletters. If you have pictures, poetry, short stories you've written, drawings you've created, letters to the editors, past and upcoming events, or anything else you would like to add, please send it to Keri Attanasio or Ashley Semerad.

You can also contact us through our Facebook Page



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