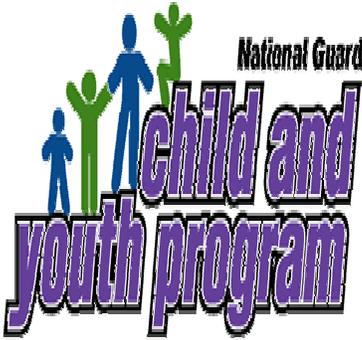


New York



November 2007



**Program Coordinator**

Shelly Aiken

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**New York National Guard  
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**Call Toll Free:**  
**1-877-715-7817**

**Check us out on the  
Web!!!**

<http://dmna.state.ny.us/family/famredi.php>

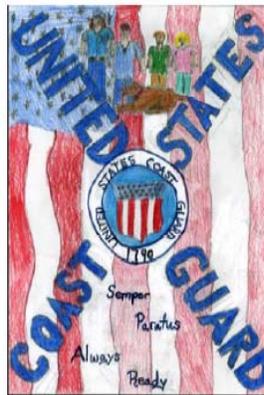
# Guard En Of Youth

**“If we wish to create a lasting peace, we must begin with the children”**

It's time for the *Armed Services YMCA*

## 2008 Art Contest!

“My Military Family”



2007 1st Place Coast Guard  
Bryce Moorhouse – 6<sup>th</sup> Grade

- First place will be awarded to an elementary school-age child from an Army, Navy, Marine, Air Force, Coast Guard or National Guard/Reserve family and will win a \$500 U.S. Savings Bond.
- Second place winners will receive a \$100 U.S. Savings Bond.
- The winning entries will be used on the Military Family Month poster for November 2007.

**Who can enter?** Any child of military families in the Army, Navy, Marines, Air Force, Coast Guard or National Guard/Reserves who are in kindergarten through sixth grade can enter. The military parent must be on active duty or retired.

**What to do?** Drawings should be of the student's family and **in color on the official ASYMCA 2008 Art Contest template**. Oversized and three-dimensional entries will not be judged. Please do not identify family members by name on the drawings.

**Facts to know!** Use the art contest entry form found in this packet and also on our Web site, [www.asymca.org](http://www.asymca.org). The entry form must be included with each entry. Entries without an entry form will not be judged, so make sure it is filled out completely and sent in with your artwork.

**When is the deadline?** All drawings *must be* postmarked by **February 15, 2008**.

**Questions?** Call (703) 313-9600 ext. 10, or send an e-mail to [tharper@asymca.org](mailto:tharper@asymca.org). All artwork becomes property of the Armed Services YMCA and will not be returned.

Completed entry forms with 8 x 6" artwork may be sent to:



ASYMCA  
Attn: Art Contest  
6359 Walker Lane, #200  
Alexandria, VA 22310



# Passing On Positive Values

Our values act as an internal compass—guiding us through a world of choices and opportunities. We sometimes take for granted that our children will grow up sharing our values and will eventually begin to base their decisions on those values. But that's not always the case, and it's even less likely if we don't clearly communicate two things to them: What we believe and how those beliefs shape our own lives, and the core values we hope they'll develop and act upon.

## Here are ways you can help pass on positive values within your family:

### For all parents

\*List five or six key values that guide your life. Several common and important values identified by Search Institute are caring for others, a commitment to equality and social justice, integrity, honesty, taking personal responsibility, and having a healthy lifestyle.

\*Make conversation about your values a part of family tradition, such as during a weekly dinnertime. Pose a question that everyone thinks about and answers, and establish the ground rule that careful listening is more important than passing judgment. Remember, values change and evolve as growth occurs

### For parents with children ages 6 - 9

\*Arrange to spend time in activities that include both your children and adults or older youth whose values you share. Let your kids see that it's important to be with people whose positive values guide their lives.

\*Together, read stories about children from other parts of the world. Talk about the similarities and differences between their lives, which are neither good nor bad and that can be fun, exciting, and fun to learn about. See UNICEF's *A Life Like Mine—How Children Live Around the World* and Anabel Kindersley's *Children Just Like Me—A Unique Celebration of Children Around the World*.

\*Intentionally start conversations with your kids about honesty, friendships, giving to others, and making tough decisions so that you can hear how their values are taking shape.

### For parents with children ages 10 - 15

\*Search online or ask a librarian for recommendations of books that showcase characters struggling to decide which values are important to them, who act on their values, or who otherwise explore positive and negative values. Appealing and award-winning titles include Harper Lee's *To Kill a Mockingbird*, Carl Hiaasen's *Hoot*, J. K. Rowling's *Harry Potter* series, and Susan Cooper's *The Dark is Rising* series.

\*Preteens and teens find their personal values challenged and molded every day. If your child likes to debate certain values with you, by all means participate in the conversation. For example, if you think it's important to always tell the truth, but your child thinks it's best sometimes to tell a small lie to avoid hurting people's feelings, seize the opportunity to engage in a respectful conversation that highlights the reasons for your stand. Even if you end up agreeing to disagree, you can model a show of respect for others' integrity and demonstrate positive communication.

### For parents with children ages 16 - 18

\*Be willing to discuss with your teens the values-based choices you've made, whether they're related to using alcohol legally and responsibly, making good relationship decisions, or choosing an education and career path. Teenagers need to know it's normal to feel torn between what's important and right and behavior that doesn't match their beliefs and values. Understanding how you personally deal with this tension will help them make the best possible choices.

\*Assume your teenagers will "try on" different identities, worldviews, and ways of being at this age. It's part of the normal process of figuring out who they are and how they fit into the world. That means it's very important for you to continue talking about, modeling, and setting limits based on your own values and those you want to pass along.

\*Defending personal values may sometimes mean your teens get intolerant or belittling responses from their friends or acquaintances. Your support for your children is crucial.

# ARTS FOR VETS

Free arts workshops in photography, painting, stonewall building and writing are being offered to Orange County veterans and their families. The new Orange County Arts Council announces the fall offerings of its Arts for Vets program. The program began in May 2007 just after the new Arts Council was established and held various workshops throughout the county during the summer. **Arts for Vets** is an opportunity for county veterans and their families to experience the power of artistic activities, learn skills and work with other people in the county. Another important part of the program is that it hires Orange County artists to teach the workshops.

The Introductory Photography Workshops are scheduled for November 4 from 1PM-3PM and December 2 from 1PM-3PM at the River Art Emporium on 317 Liberty Street in Newburgh, NY. Please bring a camera and if possible, the manual. These workshops are free to veterans and their immediate families.

## LEARN PAINTING

Artist Shawn Dell Joyce and The Walkill River School have ongoing introductory lessons in painting held at beautiful natural areas around the county. Full scholarships are available to Veterans and their immediate families. Call 845-469-8111 to arrange.

For more information on the Arts for Vets program, contact the Arts for Vets coordinator, Megan Cooke at [artsforvets@hotmail.com](mailto:artsforvets@hotmail.com) or 845 469 8111. For more information regarding the work of the Orange County Arts Council, please contact Dawn Ansbro at [ocnyartscouncil@hotmail.com](mailto:ocnyartscouncil@hotmail.com).

## NATURE WALKS AND FAMILY HIKES

Bill Wisner and The Bellvale Community in Chester are offering leisurely walks through peaceful woods alongside a small lake, or simply the pleasure of being surrounded by the beauty and serenity of nature with friends and family. For the more energetic, there is a guided moderate hike up Chester's Snake Mountain for a great view. Call 845-469-8111 to arrange a date and time.

## VETS WRITE

The Arts Council wants to encourage veterans and their families to share their experiences of service and the home front. In July, the **Vets Write** workshops started. Experienced writers and teachers help jump start the writer in all of us through simple exercises and short examples from published short stories, memoirs, poems, and correspondence from the front. Each workshop is limited to twelve participants. No writing experience is necessary. Again, the Workshops are free and open to veterans, as well as adult members of their immediate families. The two-and-a-half hour sessions are scheduled for the following dates: Monday October 29, November 19, December 3 and December 17 from 7PM-9:30PM at the John De Angelis Hall, 15 Lake Street, Monroe, NY.

## THE ART AND CRAFT OF THE STONEWALL

Mason and stone artist Bob Hilfiger and his crew have been teaching this workshop regularly since July. Each time participants build or rebuild stone walls at the Veteran's Cemetery in Goshen and the stone wall at The National Purple Heart Hall of Honor in New Windsor. There is no charge for workshops for veterans and their immediate families. Workshops are scheduled for:

Saturday October 27 from 9AM-11AM at The National Purple Heart Hall of Honor, New Windsor Cantonment State Historic Site.

For more information about these programs or to register for a workshop, call Arts for Vets Program Coordinator Megan Cooke at 469-8111 or email [artsforvets@hotmail.com](mailto:artsforvets@hotmail.com). If you would like to be on our email list, please send an email to [artforvets@hotmail.com](mailto:artforvets@hotmail.com) with "Subscribe" in the subject line.

# What's Happening New York

## FT.HAMILTON

### Classes For Youth

Fort Hamilton Child and Youth Services School of Instructional Programs is offering private piano lessons, hip-hop dance and martial arts classes for youth 4-18 years old. For class information and schedules, call (718) 630-4479.

### Exceptional Family Members

The Exceptional Family Member Program is a mandatory program designed to meet the needs of family members with physical, emotional, developmental or learning difficulties that requires special, medical treatment, therapy, or education. To enroll your family member in the EFMP, contact Brenda Shea at the Ainsworth Clinic at (718) 630-4417.

For all other questions, call EFMP Manager

Vincent DiMaira, at ACS at (718) 630-4460.

### Post Chapel Events

The post chapel has started the Good News Kids Club again on Tuesdays from 6:30 - 7:30 p.m. for children ages 4 to 12.

Volunteers are needed.

Women's Bible study begins Oct 26. from 7 - 8:30 p.m. For more information, call

(718) 630-4969.

## WEST POINT

The **Mobilization & Deployment Readiness Program** helps to better prepare Soldiers and families for pending deployment

Deployment can be a highly emotional and stressful event. At Mobilization/ Deployment Readiness, we can help ease your mind by letting you know what to expect and the best ways to prepare for all three stages of the deployment cycle (Pre-deployment, Deployment, and Reintegration). Monthly Waiting Family Support Group meetings are held on the last Tuesday of every month at BLDG 622.

We also offer a Children's Deployment Group at the same time. The children's group meet in BDG 622 also. The children's group involves fun activities that foster and support a sense of community. These groups are supervised by Family Advocacy personnel and facilitated by Cadet Volunteers. For more information about services & helpful links ([Click here](#))

The Army Well-Being Liaison Office Information Line (800-833-6622) provides accurate information, useful resources and helpful referral services to Soldiers, civilians, retirees, veterans and their family members with issues or concerns pertaining to Army life (deployment, child support, family readiness, etc). The information line is staffed Monday-Friday 0800-1630 EST. or visit

<http://www.wblo.org>

## FT.DRUM

### Month of the Military Family Special Events

Army Community Service Open House Nov 20, 11 am - 1:30 pm

Stop by ACS and check out the great programs and many services available at no charge to Soldiers and their Family members. Enjoy a

free lunch and taste test the dessert entries. Lots of nice door be given away, enter by just stopping in. Enter in the Dessert Contest - Enter your favorite dessert or

cookie recipe in the ACS Open House Dessert Contest for a chance to win great prizes. Contact ACS at 772-6557

Enter in the Children's Art Contest - Entry forms (winter scene) may be picked up at the ACS front desk between Nov 1 - 18.

Children may decorate in any way they choose (be creative).

Entries will be judged by patrons who attend the Open House on Nov 20th. Great prizes will be awarded. Winning entries will be put on display at ACS.

Cookie Class and Craft Workshop Nov 29, 1 - 4 pm

Learn how to make traditional Christmas cookies. Help decorate the ACS Christmas Tree, and make ornaments to take home. Great fun for adults and children.

# “Operation Stress Relief”

*To all families and friends of soldiers overseas:*

**\* Is your husband or wife, mother or father, sister or brother, or friend deployed overseas?**

**\* Are you feeling alone or having difficulty coping with everyday life at home?**

**“Operation Stress Relief” can help.**

*This free support group will meet the second and last Thursday of the month*

*1:00 – 2:30 p.m.*

Mental Health Association in Ulster County, Inc.

221 Tuytenbridge Road, Lake Katrine

*Starting October 11, 2007*

**If interested, please contact Ms. Patrice Baez at**

**(845) 339-9090, ext. 113 or [pbaez@mhainulster.com](mailto:pbaez@mhainulster.com).**

**(All calls are strictly confidential!)**

## TIMES UNION CENTER

**Saturday December 15**

**2 showtimes available (3pm and 7pm)**

**Tickets are \$17.50-lower level seating**

**Tickets on sale until November 28.**

**Call 518-885-5138 x1 for your tickets**



## **2007 Holiday Mailing Cutoff Dates for Military Mail**

To ensure delivery of holiday cards and packages by December 25 to military APO/FPO addresses overseas, we suggest that mail be entered by the recommended mailing dates listed below. Beat the last-minute rush, mail early.

Military Mail Addressed To	Express Mail® Military Service (EMMS) <sup>1</sup>	First Class Mail® Letters/ Cards	Priority Mail®	Parcel Airlift Mail (PAL) <sup>2</sup>	Space Available Mail (SAM) <sup>3</sup>	Parcel Post®
APO/FPO AE ZIPs 090-092	Dec. 18	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 13
APO/FPO AE ZIP 093	N/A	Dec. 4	Dec. 4	Dec. 1	Nov. 27	Nov. 13
APO/FPO AE ZIPs 094-098	Dec. 18	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 13
APO/FPO AA ZIPs 340	Dec. 18	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 13
APO/FPO AP ZIPs 962-966	Dec. 1	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 13

## **RETURNING SOLDIERS—HOW THE VA CAN HELP YOU!**

The Department of Veterans Affairs is committed to providing excellent healthcare and services eligible veterans. In an effort to educate the military who are serving in Iraq and Afghanistan about their VA benefits, a new program has been developed. The staff in the OEF/OIF Program, (Operation Enduring Freedom/Operation Iraqi Freedom) is reaching out to veterans and their families to let them know of the VA care for which the new veterans are eligible.

Returning soldiers are encouraged to enroll in VA Healthcare within five years of discharge from active service. They can present at any VA Medical Center or at any VA Community based clinic. In the Hudson Valley, the medical centers are located at Montrose and Castle Point and the clinics are located at New City (Rockland County), Goshen or Port Jervis (Orange County), Monticello (Sullivan County), Pine Plains or Poughkeepsie (Dutchess County) or Carmel (Putnam County).

They can also register on line at [www.va.gov](http://www.va.gov). This website has information about VA benefits as well as healthcare. When a veteran or a soldier returning from Iraq or Afghanistan enrolls on the VA website, he or she can expect a phone call from our team to follow-up and ascertain how we can assist them in their adjustment.

### **FAMILY INFORMATION**

Families experience many emotions when a parent or son or daughter is deployed. It is normal to feel both pride and anger. When the soldier returns, there is joy but there are also adjustments within the family.

Returning soldiers may experience short tempers, forgetfulness, recall memories of experience in the combat zone, sleep disorders, drinking more, isolation. There are supports to help the veteran through these normal adjustments. Encourage your family member to contact the VA for help.

There will be adjustments in the family and often in the workplace. Sometimes the job held prior to deployment is not the best “fit” after a soldier comes home. There are vocational and employment programs as well as educational benefits that they can access.

If we can assist you in accessing any of these programs, please call your local VA and ask to speak to the OEF/OIF Program Manager. In the Hudson Valley, this is Juliana Laurenzi, LCSW-R. Her telephone number is 914-737-4400 X3383 or 845-831-2000 X4628.

# **CHILD CARE FOR MILITARY FAMILIES**

NACCRRA is working with DoD to help those who serve in the military to find and afford child care that suits their unique needs. Through several innovative civilian/military efforts among DoD, NACCRRA, and Child Care Resource and Referral agencies, we are building the quality and capacity of child care throughout the country.

**Operation: Military Child Care:** Child care fee assistance for families of activated or deployed National Guard and Reserves for licensed child care. All income levels and ranks are eligible.

## **Child Care for Families of Severely Injured Military Service Members:**

NACCCRA and the Department of Defense (DoD) have partnered to provide families of severely injured military members with assistance to find and pay for safe, licensed child care services for a period of six months during their period of recuperation. The program is available nationwide wherever the injured member is receiving either inpatient or out-patient medical care.

**To apply for any of these programs, families and service members can call 1-800-424-2246 or visit <http://www.NACCRRA.org/military>.**

**To find suitable child care please visit: [www.childcareaware.org](http://www.childcareaware.org)**

If you have any questions on how to apply, or if you need help with completing the application to receive assistance, please contact me at:

[shelly.m.aiken@us.army.mil](mailto:shelly.m.aiken@us.army.mil)

Respectfully,  
Shelly Aiken  
New York National Guard  
Youth Program Director  
914-788-7405



### **Sesame Workshop Creates New DVD for Injured Veterans**

The Sesame Workshop, the non-profit organization behind the popular children's TV show Sesame Street, has created a new DVD kit to help the children of injured veterans. The new DVD follows upon the success of the "Talk, Listen, Connect" DVD, which was designed to help military parents with preschool children discuss deployment. In the new DVD, the muppet character Rosita is upset because her father has returned home from an absence in a wheelchair. With help from her friends, Rosita begins to talk to her family about how she feels and gradually learns that to adjust to the new situation. To learn more about the Sesame Workshop's efforts to support military families and to obtain a copy of "Talk, Listen, Connect", please visit <http://www.sesameworkshop.org/tlc>.

#### **THE INVISIBLE STRING**

is a very simple approach to overcoming the fear of loneliness or separation from parents, with an imaginative flair that children can easily identify with and remember. Here is a warm and delightful lesson teaching young and old that we aren't ever really alone. It's a story no one has ever told or heard before. Not surprisingly, it comes from Patrice Karst, whose popular God Made Easy helped thousands learn whose string it really is!

[www.Amazon.com](http://www.Amazon.com)

### **Baby-Go-To-Sleep Music Therapy Offers Free Audio Book to Parents**

The Baby-Go-To-Sleep audio therapy recordings combine music and nursery rhyme with the sound of a heart beating to help babies fall asleep. The recordings are commonly used in day care centers and hospitals. Now the creators of Baby-Go-To-Sleep are offering their audio book "Getting Your Baby to Sleep - Made Easy" free to parents through the website

[www.babygotosleep.com](http://www.babygotosleep.com).

Military parents can also receive discounts on other products and free shipping.

### **Golden Corral(r) Military Appreciation Essay**

#### **Contest**

Persons 13 years of age and older, who have served or whose parents have served in the US Armed Forces, are invited to submit an essay conveying the pride they have in their parent's or their own Military service as well as share their educational aspirations.

Six winners will be awarded cash prizes to further their education.

There are two age brackets: 1) ages 13-17 and 2) ages 18 and older. The two Grand Prize winners (one in each bracket) will receive \$5,000 cash, first place winners (one in each bracket) will receive a \$2,500 cash prize, and the third place winners will receive a cash prize of \$1,000.

Cash prizes will be awarded after January 31, 2008.

Here is the link:

[www.goldencorral.com/  
military/essay.asp](http://www.goldencorral.com/military/essay.asp)

### **AAFES to Giveaway Deluxe Disney Vacation**

The Army & Air Force Exchange Service (AAFES) is partnering with Disney watch maker Seiko Instruments to offer military families an opportunity to experience the magic of a Disney vacation with an exclusive, military-only sweepstakes. The winner of the "Disney Sweepstakes" will receive a vacation for four, including five-day-four-night deluxe hotel accommodations, airfare from any city in the world and a four-day pass to a Disney World amusement park, all with an estimated value of \$10,000. Now through Dec. 24, exchange shoppers can enter to win the "Disney Sweepstakes" at BX/PX locations worldwide. No purchase is necessary to enter and entrants do not have to be present to win. The only requirement to enter is a military identification card authorizing contestants to shop at AAFES (see entry forms for complete details). The "Disney Sweepstakes" drawing will take place in February 2008. AAFES will award prizes within 30 days of the drawing.

[http://www.tinker.af.mil/  
news/story.asp?  
id=123072485](http://www.tinker.af.mil/news/story.asp?id=123072485)

### **Military Youth Coping With Deployment: Re- sources from Military Homefront**

Military Youth Coping with Military Deployment is a program designed especially for teenagers and young adults whose parents or family members are deployed. The Department of Defense is aware of the challenges of being in a military family and appreciates all that you do to support your deployed family member. The goal of this program is:

- to support you and your family
- to help you learn what to expect during deployment
- to help you develop skills to get through deployment successfully to help members of the community to understand what you and your family are going through

To learn more about the program and to explore the materials offered please visit <http://www.militaryhomefront.dod.mil> and select the link to Troops and Families and then Children and Teens.

### **WEB WISE KIDS**

web wise kids is about empowering today's youth to make wise online choices. Through state of the art computer games based on real life scenarios and community and youth leader involvement and parents, Web Wise kids creates a safer, more friendly internet experience.  
[www.webwisekids.org](http://www.webwisekids.org)

## **Featured Reading**



This story is told through the eyes of an 11-year-old American. Jasmyn Williams and her 10-month-old brother go to stay with their mother's boyfriend, Jake, when their mother is called to active duty in the Persian Gulf. Besides being worried about her mother's safety, Jasmyn resents her many new responsibilities; she now must cook, clean and baby sit her brother in the afternoons and has less time for basketball. She fears she will have to relinquish her captain's position to haughty Bridget O'Donnell. The reactions and emotions of the heroine are consistently authentic. The author makes no excuses for the harshness of government policies, and her writing remains sharply focused on Jasmyn's adjustments to change, her growth as an individual and her gradual acceptance of Jake as a substitute parent. Ages 8-12.

## **PROJECT PEN PAL**

### **Connecting Military Children around the Globe**

With Project Pen Pal you will meet other military children around the world and in other countries. You will learn about their culture, how they live, how they feel about their schools and their hobbies. In addition, Project Pen Pal encourages you to write about your feelings and share those feelings with children from different backgrounds who are dealing with similar issues like military life and deployments and relocation, just to name a few.

We invite you to participate in this exciting project!!

**We have Pen Pals from New York, Pennsylvania, Rhode Island, Massachusetts, Wisconsin, Ohio, Illinois, Germany, and Japan so far.**

To become a Pen Pal please fax or mail your permission slip at the end of this newsletter to:

Youth Program: Camp Smith, Bldg 501, Cortlandt Manor, NY 10567:

Fax# 914-788-7407

WHAT?

## Teen Deployment Classes

Taught by Army Reserve Child & Youth Services

Fall 2007

The Teen Deployment Class was developed to increase understanding of what to expect during a deployment. Teens who have a parent, sibling, aunt or friend who is preparing for deployment, is currently deployed, or has returned home after deployment...This class is for them! Participants will learn tips for managing stress, understand how deployment may affect their Family and about the programs available for Army Reserve youth.

WHO?

Youth ages 12 and older.  
Adults working with military youth are welcome too!

WHERE?

**ANYWHERE!** These classes are taught online and over the phone. It's easy! After registering for the class you will receive an email with a toll free number to call at the scheduled time.

WHEN?

**View the schedule and register online**  
[www.arfp.org/teenclasses](http://www.arfp.org/teenclasses)



# 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?** \_\_\_\_\_

### **PORJECT 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:**

Shelly Aiken

NY National Guard Youth Program

Camp Smith, Bldg 501

Cortlandt Manor, NY 10567

Fax (914-788-7407)

\*If you have questions about Project Pen Pal please **email Shelly** at:

**[shelly.m.aiken@us.army.mil](mailto:shelly.m.aiken@us.army.mil)** Or Call me at 914-788-7405

### **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 person, bullying behaviors, etc.)