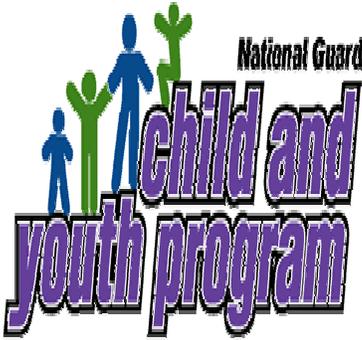


New York



OCTOBER 2007



Program Coordinator

Shelly Aiken

Camp Smith, Bldg 501

Cortlandt Manor, NY 10567

(Phone) 914-788-7405

(Fax) 914-788-7407

(Cell) 518-727-0628

shelly.m.aiken@us.army.mil

www.guardfamilyyouth.org

New York National Guard

State Family Program Office

330 Old Niskayuna Rd.

Latham, New York 12210

Program Director:

Beverly Keating: 518-786-4525

beverly.keating@us.army.mil

Family Assistant Manager:

Patricia Bradt: 518-786-4904

Patricia.bradt@us.army.mil

Call Toll Free:

1-877-715-7817

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

[http://dmna.state.ny.us/family/
famredi.php](http://dmna.state.ny.us/family/famredi.php)

Guard En Of Youth

To Support the Social, emotional and academic needs of our National Guard Youth

NEW YORK NATIONAL GUARD FAMILY PROGRAMS

YOUTH SYMPOSIUM

NOVEMBER 2-4, 2007

This years **State Volunteer and Youth Symposium** will take place on **November 2-4th 2007**.

This will be held at DMNA – JFHQ

330 Old Niskayuna Rd, Latham, NY.

The host hotel will be the Holiday Inn Turf

Wolf Road in Latham, NY.

THIS EVENT IS FREE!!!

A full program of fun for kids 10-18!!!

Operation Military Kids-Games-Prizes and Much More!!

To Sign up for this event please see
registration form at the end of the
newsletter.

We look forward to seeing all of you!!!

From all of us at Family Programs!!!

When You Worry About Your Children's Friends

It's a tough spot to be in—to worry about a young person outside your own family—especially when the situation directly impacts you or your children. Here are some suggestions for times when you're just not sure you're comfortable with what's going on:

For all parents

- *Remember that “growing” strong kids takes many caring adults. You can make a big difference for the children in your own child's life. Take time to learn something about each of them and engage one-on-one with them whenever you can.
- *Know that there isn't one right, tried-and-true way to be a parent or a family. Differences depend on the personalities of the people involved, so be careful not to jump to conclusions; find out as much as you can about a situation that concerns you.
- *Get to know the parents of your kids' friends and their parenting approaches. If you have concerns that affect your own children, it's important that you address them. For example, if you choose not to allow your child to have sleepovers at a certain home, talk to your child about differences in family rules or approaches, and find ways to have the friend over to your house where you are more comfortable with the rules.
- *If you ever believe that a child or teen is being physically or emotionally abused, contact authorities. If you don't know whom to call, ask for advice from a physician, religious leader, or other person who works with families.

For parents with children ages 6 - 9

- *Talk openly with your kids about parenting styles, especially styles that are different from your own. Let your kids know why you choose to behave toward them the way you do. You can use books, television shows, or movies as examples, or you can talk about things you see happening “out in the world.” Then let them know that you're always available to talk if they are worried or unsure about something that's going on with their friends' families.
- *Be sure your child knows that it's okay to talk to you if he or she ever feels uncomfortable about the way another adult treats them or other kids they know.
- *Make your home a place where your children's friends can come for a meal, safety, and fun. Make sure their parents know that their children are welcome in your home.

For parents with children ages 10 - 15

- *This age group is very aware of friends who might be having problems at home or within their family network. Parents sometimes worry about their own child becoming a caretaker for a troubled friend. If you observe the caregiver role being taken on by your child, coach him on what he can reasonably take on and on what he can't control. (Being a listening friend is a perfect role—friends don't need to solve all their friends' problems.)
- *Help your teen brainstorm names of other adults that her friend can connect with—people who can help find solutions to tough situations. And be ready to listen to your child when she needs to process information about her friend.
- *Be open to rearranging your home so that your children can enjoy themselves safely at home with their friends. One MVParent, for example, removed all alcohol from her home when she became worried that one of her son's friends was drinking. By clearing out the alcohol, she could trust that her house was a safer place in which her son and his friends could spend time together.
- *If you are worried about the influence of the friends your child spends time with, now is the time to have the family conversation about curfews, how often your teenager should be checking in, which places are “off limits” (and why) and so on. These family rules are often negotiated every 6 months as children take more responsibility for their lives. Be prepared for “trial runs” as you see what works and how well your child takes on new responsibilities.

For parents with children ages 16 - 18

- *Be the “safe place” and “safe person” for teens to go to when they are having trouble with their families or friends. Welcome them into your home at whatever level is comfortable for you. If a child actually “runs away” to your home, be sure they know you have a responsibility to let their parents know they are safe at your home.
- *This is an age when kids will go where they want to go, and often that's wherever their friends are. If your teenager spends time in homes where parenting behaviors are ones you don't agree with or where parents are frequently absent, work into conversations with your kids the possible consequences that might occur as a result of that parent's choices or lack of availability. Family rules are best when the whole family sets them and talks about the consequences. Revisit the rules every six months or so. Set your own family rules and keep them.
- *Help your teen learn how to help her friends. Make sure she knows that some information shouldn't be kept secret. Together with your teenager, explore the Internet for information on programs, services, and opportunities for teens in your community. Suggest that if she has a friend in need, she should go with her friend to seek support from other caring adults.

What is the Family Advocacy Program?

The Family Advocacy Program (FAP) provides services to troops and family members experiencing domestic abuse and child abuse through prevention efforts, early identification and intervention, support for victims, and treatment for abusers. Everyone is required to report suspected domestic abuse or child abuse to FAP. Because abuse can take many forms and because some abuse can be much more severe than other forms of abuse, FAP provides a wide range of services geared towards the specific needs of the families they work with. FAP staff works with military command, military law enforcement personnel, medical staff, family center personnel and chaplains, as well as civilian organizations and agencies, to provide troops and family members with the services they need to develop healthier relationships within the home.

Troops and family members sometimes worry about coming forward to their command or to FAP for child abuse or domestic abuse related concerns. Our service members often worry that a report of family violence to his or her command may mean the end of his or her career with the military. First and foremost, FAP and command want to keep victims of abuse safe. But they also want to help families work through their child abuse or domestic abuse issues so service members can develop healthier relationships and remain within the military whenever possible.

Every installation that supports families has a FAP program

FT DRUM

Family Advocacy Program

10720 Mount Belvedere Blvd. Building
P-10720
Ft. Drum, NY 13602

Phone:

315-772-2279

315-772-4244

315-772-6929

Fax:315-772-6566

DSN Voice:

312-772-6929

DSN Fax:

312-772-6566

Ft. Hamilton

Family Advocacy Program Manager

Army Community
Service
405 General Lee Ave
Brooklyn, NY 11252

Phone:

718-630-4754

Fax:

718-630-4473

West Point

Family Advocacy Program

622 Swift Road
West Point, NY 10996

Phone:

845-938-3369

Fax:

845-938-3019

DSN Voice:

312-688-3369

DSN Fax:

312-688-3019

Naval Support Unit

Family Advocacy Representative

19 J.F. King Drive
Fleet and Family
Support Center
Bldg 104
Saratoga Springs, NY
12866-9267

Phone:

518-886-0200

X9-141

Fax:

518-886-0121



Supporting Military Kids During Deployment

When military parents are mobilized, their kids are in need of and deserve special support from local schools and communities. During the emotional cycle of deployment, their lives are literally turned upside down! A significant portion of stability in their family system has temporarily been disrupted resulting in increased levels of stress and potential separation anxiety.

As a result, these military kids are in need of heightened understanding and support from professionals in local school buildings where they spend a large portion of their day. To help educators more thoroughly understand their experience, the 5 stages of deployment are described below:

Stages of Deployment

Stage 1:

Pre-Deployment – Begins with the warning order to soldier for deployment from home through their actual departure.

- ▶ Anticipation of loss vs. denial
- ▶ Train up and long hours away
- ▶ Getting affairs in order
- ▶ Mental/physical distance
- ▶ Tension builds

Stage 2:

Deployment – Period immediately following soldier's departure from home through first month of deployment.

- ▶ Mixed emotions/relief
- ▶ Disoriented/overwhelmed
- ▶ Family numb, sad, alone
- ▶ Sleep difficulties
- ▶ Security and safety issues

Stage 5:

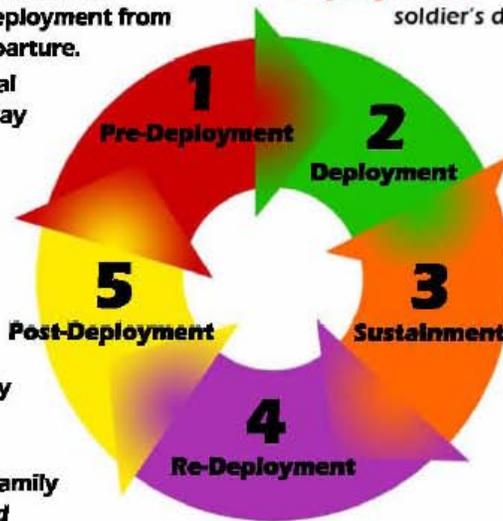
Post-Deployment – Begins with the arrival of the soldier back home and typically lasts 3-6 months (or more) after return.

- ▶ Soldier re-integrating into family
- ▶ Family "honeymoon" period
- ▶ Independence developed in sustainment stage redefined
- ▶ Need for "own" space
- ▶ Renegotiating routines

Stage 3:

Sustainment – Lasts from first month through the end of deployment.

- ▶ New family routines established
- ▶ New sources of support developed
- ▶ Feel more in control of day to day life
- ▶ Sense of independence
- ▶ Family Confidence—"We can do this"



Stage 4

Re-Deployment – Defined as the month before the soldier is scheduled to return home.

- ▶ Anticipation of homecoming
- ▶ Excitement
- ▶ Apprehension
- ▶ Burst of energy/"nesting"
- ▶ Difficulty making decisions

Symptoms of Deployment Related Stress in the Classroom

- ▶ Difficulty concentrating in school
- ▶ Unable to resume normal classroom assignments and activities
- ▶ Continued high levels of emotional response such as crying and intense sadness
- ▶ Appearing depressed, withdrawn and non-communicative
- ▶ Expressing sad or violent feelings in conversation, writings or drawings
- ▶ Intentionally hurting self or at risk for hurting others
- ▶ Gain or lose a significant amount of weight in a short period of time
- ▶ Discontinue taking care of personal appearance
- ▶ Exhibit possible drug or alcohol use/abuse

Teacher Intervention Strategies

Focus on students and the classroom learning environment – Retain routines and emphasis on the importance of learning while always leaving room to tend to student needs.

Provide structure – Maintain predictable schedule with clear behavioral guidelines and consequences. If student is distressed about circumstances of deployment, find appropriate time for them to share feelings, needs and fears.

Maintain objectivity – Respond in a calm and caring manner, answer questions in simple, direct terms. Regardless of political beliefs, refrain from expressing personal opinions.

Reinforce safety and security – After classroom discussions, end with a focus on student safety and the safety measures being taken on behalf of their loved one and others.

Be patient and reduce student workload as needed – Expect temporary slow downs or disruptions in learning when a deployment occurs.

Listen – Be approachable, attentive and sensitive to the unique needs of students coping with deployment and family separations. Take time to acknowledge the deployment and answer student questions in a factual manner.

Be sensitive to language and cultural needs – Be aware of, knowledgeable about, and sensitive to the language, values, and beliefs of other cultures. Inquire about school, community, and military resources available to assist.

Acknowledge and validate feelings – Help students develop a realistic understanding of deployment. Provide reassurance that the feelings of loss, anger, frustration and grief are normal and all individuals adjust at a different pace.

Strengths resulting from deployment

- ▶ Fosters maturity
- ▶ Emotional growth and insight
- ▶ Encourages independence, flexibility, and adapting to change
- ▶ Builds skills for adjusting to separations and losses faced later in life
- ▶ Strengthens family bonds
- ▶ Promotes awareness and understanding of importance of civic duty

For more information: <http://www.k12.wa.us/OperationMilitaryKids/>

Written by Mona Johnson, MA, CPP, CDP - Office of Superintendent of Public Instruction.
Information for this article adapted from *The Emotional Cycle of Deployment: A Military Family Perspective* by LTC Simon H. Pincus, US, MC, COL; Robert House, USAR, MC, LTC; Joseph Christenson, USA, MC, and CAPT; Lawrence E. Alder, MC, USNR-R; and *Educators Guide to the Military Child During Deployment* by Educational Opportunities Directorate of the Department of Defense and the National Traumatic Stress Network

What's Happening New York

FT.HAMILTON

Community Activity events

There will be an apple and small pumpkin picking tour to Riamede Farm with more than 30 types of apples Oct 14 from noon- 6 p.m. The prices are \$1.19 per pound for apples and \$2.20 per pound for pumpkins, plus \$1.00 admittance fee.

A fall sight-seeing tour of New York State will be held

Oct. 21 for \$7.00 per person. Bring a camera and enjoy the change in scenery as autumn approaches.

A Six Flags Great Adventures Frightfest will be held Oct. 27 from noon. midnight at \$38.00 per person and \$14.00 if you have your own ticket.

For more information on these trips, call Rodney Boyd at (718) 630-4923.

WEST POINT

YOUTH SERVICES

West Point Youth Services offers a variety of programs to meet the needs of youth in the West Point Community. Youth Sports and Fitness programs include baseball, basketball, ice and roller hockey, Lacrosse and soccer. SKIES Unlimited Instructional programs include tennis, Peewee tennis, digital film creation, Hapkido, Start Smart Baseball, Kindergym, Tae Kwon Do, Kindermusik, strength and fitness, swim, Musical Theater, dance, Jazz, Tap and Ballet. The Youth Center contains a full-size gymnasium, a technology center holding 15 workstations with full internet access, a snack bar, separate lounges for high school and middle school students, a staffed homework center and an outside patio. The Youth Center is also home to the middle school and teen program from 2:30 p.m. to 5:30 p.m., Monday through Friday. This program provides a free snack and program choices within the Youth Center and other MWR facilities.

The West Point Youth Services program has been featured nationally in Parks and Recreation Magazine and the Boys & Girls Club Connections Publication. Youth Services is also member of the Boys & Girls Club of America. The Youth Center is located in Bldg 500, Washington Road, near the West Point School. For more information about the Youth Services program, call 938-3727 or go to www.USMA.edu/mwr/activity/youth/wpys.htm.

FT.DRUM

The Commons
October
Family Nights

OCT 2 5 - 7:30 pm
Celebrity Reading At The Winner's Circle
Corner of Po Valley & 2nd St. Fort Drum

OCT 9
Fall Fun Carnival

OCT 16
Kidz Bop Karaoke

OCT 23
Craft Night

OCT 30
Costume Party

Purchase of buffet required to participate in activities
Call 772-6222 for more information.

Pizza & Pasta Buffet
\$6 for adults
\$3 children (8 & under)

TRUCKS ON TREAD
SERVICES
Providing for our Soldiers

Free Deployed Care - Chapel

Dr. Annex Two-hours daily of free childcare is offered to spouses of deployed soldiers. Walk-ins only. Call 772-7103 for more

information.

Registration is required but fees are waived for all CYS programs for Deployed Soldier

Family members.

Mon - Fri 9 am - 5:30 pm

Sat 10:30 am - 6 pm

What's Happening New York



Double M's Haunted Hayrides.

- upstate NY #1 haunted attraction
- Nightly Thursday-Sunday in October.
- Free cider and donuts
- group discounts available

Call 518-884-9122 for more information

Double M's Corn Maze and Hayride

“Our daytime hayride and corn maze is designed for families with little screamers that aren't quite ready for our haunted hayride.”

\$8 per person, 2 and under FREE.

- 4 acre corn maze
- 20 minute hayride
- FREE pumpkin from pumpkin patch.

Rt.67 Malta 518-884-9122

www.mmhauntedhayrides.com

Great Escape Fright Fest

October 6-7. Trick or treat trail, costume contest, high tech haunted house, spooky shows. For more information go to www.sixflags.com

Gore Mountain

Harvest Festival October 6-7.

Family fun featuring scenic gondola rides, Adirondack vendors, live entertainment, kids activities, hearty fall food and drinks. 10am-5pm and it's FREE.

www.goremountain.com

Headless Horseman,

Ulster Park, NY – www.headlesshorseman.com

A Battery 258 FA Family Day

My Dad is in the
NG, and My Dad is
too!!!



This was the best
day of my life!!!



My Daddy is
My Hero



Scholarships

The Fund for Veterans Education announced it would award up to \$1 million in undergraduate scholarships for veterans, including National Guard and Reservists returning from Iraq and Afghanistan for the Spring 2008 term or Fall 2008 term. The awards, which may be renewed for the following academic year, are intended to cover financial need not met by need-based grants and military education benefits. The application deadline is Monday, Oct. 15. For more information, visit:

www.veteransfund.org

Take a Vet to School Day

Below are some teacher resources for teachers interested in Take a Veteran to School Day. None of these are written in stone—we're counting on you to take what will work for you and adapt it as you see fit. We know that there is a tremendous difference between the little ones in kindergarten and high schoolers. However, all ages and ability levels can benefit from this program. Show our veterans how much we value their service through a learning-rich Take a Veteran to School Day experience.

http://www.history.com/minisite.do?content_type=mini_home&mini_id=54799

GAMEZNFLIX

GameZnFlix offers best deal to military on direct to home movie and game rentals! As our way of saying "Thank you" for your service! GameZnFlix would like to extend special discounted rates to you and your families, as well as a FREE 30 Day Trial!

Read more...

www.emilitary.org/newsletter/sep06.html>

When Parents Are Deployed PBS Video

The PBS video "When Parents are Deployed" is now available to view and download. This video builds upon Sesame Workshop's recent educational outreach program, "Talk, Listen, Connect: Helping Families During Military Deployment".

The primetime special, hosted by Cuba Gooding, Jr. captures the extraordinary courage and touching vulnerability of both parents and children. It can be accessed through <http://operationmilitarykids.org> or <http://sesameworkshop.org/wpad/>

Who Am I? Who Are You?

New diversity book for parents of young children

Children develop rapidly and form their own perspectives of peers and the outside world at a young age.

This booklet is designed to help parents of 3- to 8-year-olds talk openly with their children about difference; teach children to respect others while being proud of who they are; and guide

children through bias, whether it is directed at themselves or others.

Order your free copy online www.militaryonesource.com enter "Who Am I?"

in search box) or 1-800-342-9647



TEACHING

The U.S. Department of Education and the Department of Defense have teamed up to help eligible military personnel and military spouses obtain teaching careers in public schools across the nation. The programs work to provide step-by-step guidance to educational degrees and certification, financial aid, scholarships and job placement to eligible individuals. Visit the Troops to Teachers www.proudtoserveagain.com/ program or the Spouses to Teachers

www.spousetoteachers.com/ program for more information and eligibility requirements. Read more...

www.emilitary.org/newsletter/sep06.html including info on Helping Your Child Succeed in School, and Financial Assistance sources.

VIDEOS

If you went to the movies this summer, you might have seen a public service announcement urging public support for military families. These videos are also available for you to download and share with friends and family or post on your blog. Download the videos now.

www.yearofthemilitaryfamily.org

OUR MILITARY KIDS

The mission of Our Military Kids, Inc. is to ensure that the children (K thru 12) of deployed and severely injured Reserve and National Guard personnel can afford to participate in activities such as youth sports, fine arts and tutoring programs that are so important in their young lives during this stressful time. TO participate please visit www.ourmilitarykids.org

HOMEFRONT HUGS

Here are places to visit - learn about the USA in a fun way...and a super freedom contest for all our friends from all over the world!

www.homefronthugs.com/page8.html

GREAT SITE FOR SCHOLARSHIPS

www.militaryscholar.org/

Check out MilitaryOnesource for all your educational needs www.militaryonesource.com



Big Brother & Big Sister Of NYC

As Big Brothers Big Sisters of NYC celebrates over 100 years of mentoring, we are proud to announce a partnership with the New York National Guard Youth Program, specifically focused on NYC children of deployed service members. We invite children of deployed service members who may need support while their parent is away from home as well as those children who have lost a family member in the line of duty, to be matched with a Big Brother or Big Sister.

A Big Brother or Big Sister is a special friend whose influence on a child's development can be powerful. In the relationship the adult serves to guide and lend a helping hand to a child. The match meets every other week to have fun and engage in activities all over the city. **TO ENROLL YOUR CHILD OR VOLUNTEER**: Call Lilli Goldberg, LMSW at

212-994-7743 or email her at: Lgoldberg@bigsnyc.org

Big Brother & Big Sister of the

Capital Region

Serving 4 counties

518-862-1250

Ask for Jessica

Little Moments, Big Magic



YOUNG EAGLES

Build A Pilot Scholarship!
Orange County Young Eagles!
Free Flights for Youth!
(ages 8 -17)

Everything we do is open to ALL Youth. For more information please visit: www.eaa-1280.org.



MILITARY FAMILIES

Parenting, like military service, can be the toughest job you'll ever love. The challenges of parenting are often compounded by the demands of the military lifestyle. Deployment, separations, relocations, and combat stress are just some of the issues that can impact military families and create additional stress for parents. It is important to recognize that babies and toddlers are affected by military stress as well. Fortunately, there are many ways to help military parents support their very young children.

ZERO TO THREE has recognized the importance of our young Military Youth and has many resources to help parents with the many challenges that you might face raising a child while serving our country.

For more information and resources please visit: www.zerotothree.org

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

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

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





**New York National Guard Family Programs
State Volunteer Workshop
And
Youth Symposium
November 2, 3 & 4, 2007**

Youth Volunteer Full Name _____
 Name Tag Preference _____
 Address _____
 City/State _____ Zip _____
 Phone: Home (____)____-____ Work (____)____-____
 Cell (____)____-____ Email _____
 Youth Tee shirt: Y- Med__ Y- Lg__ A-Med__ A-Lg__ A-X Lg__ A-XX Lg__
 Age: _____

Parental / Guardian Emergency Notification Information Required

Name _____ Relationship _____ Phone _____ Cell Phone: _____
 Address _____ City/State _____ Zip _____

Please have Youth Registration Forms submitted by October 19th, 2007

**Please mail or fax to:
 NYNG Youth Program
 Camp Smith, BLDG 501
 Cortlandt Manor, NY 10567
 FAX: 914-788-7407**

PRIVACY ACT STATEMENT AUTHORITY: 10 USC, Section 1558, Secretary of the Army; E.O. 9397 (SSN); and Army Regulation 608-1, Army Community Service Center.
PRINCIPLE PURPOSE: To prepare travel orders for training for voluntary services provided by an individual and to obtain agreement from the volunteer on the conditions of accepting the performance of voluntary service.
ROUTINE USES: None
DISCLOSURE: Voluntary. However, failure to complete the form may result in an inability to provide training for voluntary services.

This form serves as permission and waiver to participate in physical activities and releases the New York National Guard Family Programs, New York National Guard Youth Programs from any and all liability.

Parental Signature: _____
Date _____
Parental Printed Name: _____

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 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.)