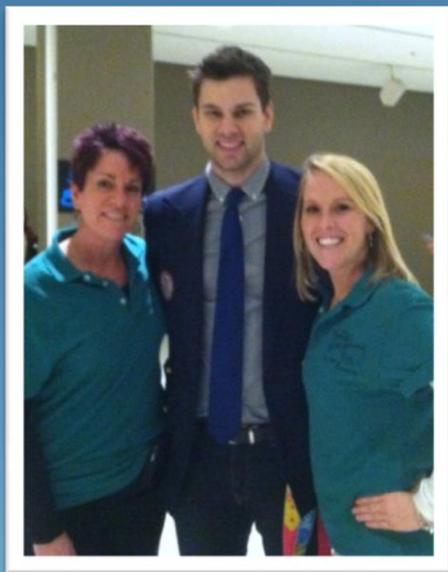


Guard En Of Youth

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



Colleen Casey and Keri O'Neil with United States Fencing Olympian Tim Morehouse



In this Issue:

	Page
AmeriCorps Vista Volunteer Kick Off	2
Purple Up	3
Teen Regional Training	4
New England Nanny	5
Operation: COM	6
Project Pen Pal	7
Big Brothers and Big Sisters	8
United Through Reading	9
SAT & ACT Test Prep and Kits	10
Tutor.com	11
American Red Cross Babysitter's Training	12
Sittercity	13
Pay It Forward Parenting Program	14
Military Kids Connect	15-16
The Kids Korner	17
The Soldiers Project	18
Deployment Resources	19
Volunteers Needed	20
Guard En Notes	21-26
From Heather's Desk	27
Volunteer and Military Child of the Quarter	28
Resources	29

AmeriCorps Vista Volunteer Kick Off



November
20th
2012



In November the Youth Program partnered with the NewYorker Volunteer AmeriCorps Kickoff. 900 volunteers gathered at the Empire State Plaza Convention Center to be initiated in. In the afternoon the volunteers spent a few hours supporting the Youth Program, and Military Families. After 2 hours the 900 volunteers were able to accomplish the following: Made over 200 survivor bracelets for Service Members, wrapped over 1500 presents for military kids, worked with Susan Wells, and cut and packaged over 25,000 stars for her Stars 4 Our Troops program.





Join us for the 3rd Annual "Purple Up"

Monday, April 15, 2013

in recognition of the
Month of the Military Child

Purple symbolizes all branches of the military, as it is the combination of Army green, Marine red, and Air Force, Coast Guard, and Navy blue.

Act as a visible way to show support and thank military youth for their strength and sacrifices!



Month of the Military Child

PURPLE

A graphic showing five stylized human figures in orange, yellow, red, blue, and green, each standing on a gear of the same color. The gears are arranged in a row, overlapping slightly. Below the gears, the text "Teen Regional Training" is written in a large, colorful, outlined font, with "Teen" in orange, "Regional" in red, and "Training" in green.

Teen Regional Training

12 – 18 years old

Come join the Youth Program &
Operation: Military Kids for our 1 day training.



Training will include a combination of:

- Life Skills
- Workforce Development
- Child Care
- Healthy Habits
- Leadership



Dates:

June 1st – Latham
June 8th – Syracuse
July 13th – Jamestown
July 20th – Camp Smith

July 27th – Queensbury
TBD:
Rochester
New York City

For more information please contact
Colleen Casey (518-786-4614 – colleen.e.casey.ctr@mail.mil)
or Keri O'Neil (518-786-4904 – keri.j.oneil.ctr@mail.mil)



All of A New England Nanny's Care Givers & Household Service Providers are fully-screened, qualified and experienced professionals

Call (518) 348-0400
www.ANewEnglandNanny.com

SPECIAL OFFER FOR THE EMPLOYEES OF NEW YORK NATIONAL GUARD

A New England Nanny is pleased to offer a special employee discount, designed specifically for Capital Region employees of the New York National Guard interested in babysitting, companion care, and housekeeping services.

All NYNG employees have the opportunity to take advantage of a special one-time discount* of **50% OFF the registration fee** for A New England Nanny's temporary program.

An invaluable service for working families throughout the Capital Region, A New England Nanny's temporary program offers families access to a talented pool of pre-screened and professional caregivers and household staff. Whether you need help with after-school care, an occasional night out or some assistance around the home... Whatever the need, A New England Nanny can provide the right candidate for your family.

Once registered, families will make one call to A New England Nanny, and we'll take care of the rest! The process couldn't be more simple:

- ☛ Call A New England Nanny to request the day and type of service needed.
- ☛ A New England Nanny finds the caregiver or household staff and contacts you to discuss the arrangement.
- ☛ The caregiver or household staff arrives at your home when scheduled, and is paid by you when you return to your home.
- ☛ You will have access to our online scheduling system to request services at your convenience, any time.
- ☛ Your credit card is charged the nominal daily usage fee of \$20.

Call A New England Nanny at 518.348.0400 to sign up or for more information.

Easing The Balance Between Work & Life

The Capital Region's premiere home help agency, since 1991, A New England Nanny has been providing quality, experienced and professional long-term, short-term and on-call care services to local families in support of the balance between work and family responsibilities.

When only the best will do for your family... Choose A New England Nanny!

Call us at (518) 348-0400 for help in achieving your Work-Life Balance!



OPERATION COM

Children Of the Military[®]

A program created to support our children of the military with their heroic journey

Designed to establish positive coping skills to help children deal with the stresses of deployment, encourage them to express their feelings, strengthen their self-confidence & resiliency & most importantly:

Have Fun With Other Military Children!

Group Meetings Every Other Friday for 5 weeks, from 6pm - 7:30pm! Session 8 is: February 22nd, March 8th & 22nd and April 5th & 19th

PLEASE BE SURE TO PRE-REGISTER, IT HELPS US PLAN OUR ACTIVITIES!

We meet at the Mental Health Association
999 Delaware Avenue - Buffalo, NY 14209

For questions, to make a Referral or To Sign Up:

Call Mary at

(716) 886.1242 x 326 or

Email: mcparlane@eriemha.org

Or email the program facilitator, Jess at mha.lafalce@yahoo.com

Families are welcome to join at any point during the 5-week session. However, we do request that you register ahead of class time to ensure we know you are joining!

(Pre-Registration Is PREFERRED)

This unique program was created by a "child of the military" from three generations of military service, allowing for a true understanding of what your child lives, feels and sees everyday!

We are committed to you and your family - the overreaching goal of this program is to offer your family the support it needs!



M&T Bank

The Mental Health Association of Erie County is proud to present this unique program. And we are honored to receive funding from M & T Bank.

PROJECT PEN PAL

Connecting Military Children around the Globe

With Project Pen Pal you will meet other military children around the state. You can make friends, learn about their family, friends, 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.



ALL AGES WELCOME TO PARTICIPATE!!

UNITY IS STRENGTH!!

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

For more information contact:

NY National Guard Youth Program Coordinators

Colleen E. Casey

518-786-4614

colleen.e.casey@mail.mil

Keri J. O'Neil

518-786-4904

keri.j.oneil.ctr@mail.mil

start something



Big Brothers Big Sisters

37 South Washington Street
Rochester NY 14608

Start Something Today

585-704-6159

**Heather Mills
hmills@bbbsr.org**

BeABig.com

The Military Mentoring Initiative

Big Brothers Big Sisters is committed to serving our nation's military personnel and their families.

We recognize that the stresses of everyday military life lead to service men and woman searching for additional support for their children. We believe our mentoring program can help. In fact, we know that any family could benefit from their child getting to spend a few hours a week trying new things, getting more individual attention, and experiencing life through different perspectives.

The Big Brothers Big Sisters Military Mentoring program matches children (age 9-16) of military families with safe, screened, trusted mentors in one-to-one relationships that have the potential to last for many years.

We carefully match adult mentors and youth mentees in long-term friendships based on family and volunteer preference, similar interests and values, and match compatibility. We partner with families to identify the right Big for their child.

Our mentors are a diverse group of fun, incredible, dedicated volunteers. They resemble brothers, aunts, uncles, grandfathers, trusted neighbors. Their role is to be an unconditional friend and role model once a week, encouraging and supporting a child in reaching their potential and enjoying new experiences together.

Couldn't every child use one more Mentor in their life?

You recognize the potential of your child better than anyone!
Learn about Big Brothers Big Sisters in your area



Rochester, Buffalo, Orange County, Long Island, Albany, and everywhere in between
Call: Heather Mills (585) 704-6159

OUR ORGANIZATION

United Through Reading®, the nation's first nonprofit to promote the read aloud experience for separated military families, offers deployed parents the opportunity to be video-recorded reading storybooks to their children which creates positive emotional connections and cultivates a love of reading.

OUR SERVICE TO MILITARY FAMILIES

- Helps ease the stress of separation
- Helps build family resiliency
- Helps make homecomings easier
- Helps cultivate a love of reading

This powerful program is available to deployed military units DoD-wide, hosted at select USO locations, and has served over one million beneficiaries since 1989.

HOW TO PARTICIPATE

1. The deployed service member reads a book aloud while being recorded and sends the video home to the child.
2. The child at home watches the video and follows along with the book, if available.
3. While the child watches the video, the caregiver captures the child's reaction and relates it back to the service member.
4. The service member receives the feedback and is encouraged to record again.



HOW TO GET STARTED

Once Command Leadership agrees to offer United Through Reading, a National Program Manager will provide ongoing training and support throughout the deployment.



UNITED THROUGH READING PROVIDES:

- Command Brief
- Active Duty Coordinator Training
- Homefront Coordinator Training
- Free Starter Kit:
 - 25 children's books for your permanent onsite library
 - 100 DVDs in vinyl sleeves
 - 100 DVD mailers
- Recognition for Command volunteers

COMMAND PROVIDES:

- Identification of: Command Liaison, Active Duty Coordinator and Homefront Coordinator
- Participation updates to National Program Manager
- Video Equipment: DVD camcorder/tripod, lavalier microphone
- Commands may provide or make available for purchase: Additional DVDs, padded mailers, DVD jewel cases
- Additional children's books for onsite library (through donations)

CONTACT US

COMBINED FEDERAL CAMPAIGN #11393

11750 Sorrento Valley Road Suite 100 San Diego CA 92121
p 858.481.7323 f 858.481.9489

military@unitedthroughreading.org www.unitedthroughreading.org

FREE SAT, ACT Prep Kits Available

National Guard

Children and relatives of National Guard can get free SAT and ACT preparation kits again this year, compliments of professional athletes and the testing company eKnowledge.

The SAT and ACT PowerPrep Program, which retails for \$200, is available free upon request (there is a nominal charge of \$17.55 per program for materials and shipping). The DVD consists of 11 hours of video instruction, 3,000 files of supplemental test prep material, sample questions and practice tests.

The sponsorship is entering its 8th year and has donated 200,000 programs valued at over \$42 million at no profit to the company.

To order online: www.eknowledge.com/USNG

For more information: Lori Caputo, 951-256-4076,
LoriCaputo@eKnowledge.com

TUTOR.COM FOR MILITARY FAMILIES

Now available
for ALL Active Duty,
National Guard and
Reserve Families!

www.tutor.com/military

- ★ Homework Help
- ★ Online Tutoring
- ★ College Support
- ★ 24/7 Access



Program funded by the Department of Defense MWR Library Program,
Yellow Ribbon Reintegration Program and Navy General Library Program.



For more information about the program, contact:

Meg Suavé: msuave@tutor.com or 347.819.2939

American Red Cross Babysitter's Training— Developed for Youth like You!

For Youth Ages 11 - 15

Babysitter's Training has been newly revised by the American Red Cross with input from youth just like you. The course is fun and fast-paced with hands-on activities, exciting video, role-plays and lively discussions.

You'll learn to be the best babysitter on the block. Plus, you'll gain the confidence to make smart decisions and stay safe in any babysitting situation.

You'll learn how to—

- Supervise children and infants.
- Perform basic child-care skills such as diapering and feeding.
- Choose safe, age-appropriate games and toys.
- Handle bedtime and discipline issues.
- Identify safety hazards and prevent injuries.
- Care for common injuries and emergencies such as choking, burns, cuts and bee stings.
- Communicate effectively with parents.
- Find and interview for babysitting jobs



*Impress parents by earning your
Babysitter's Training certificate from the
American Red Cross.*

Cool Take-Home Training Materials Help You Get the Job Done Right



At your Babysitter's Training class, you'll receive excellent materials to help you be prepared and professional, including:

- ***Babysitter's Training Handbook***—full-color handbook filled with great information and resources to use in class and on the job.
- ***Babysitter's Training Emergency Reference Guide***—this easy-to-carry, compact booklet provides step-by-step instructions to handle common emergencies.
- ***Babysitter's Training CD-ROM***—provides tools to run your babysitting business, including a babysitting organizer; a printable activity booklet with games, crafts, songs and recipes; a resume template; and more.

Enroll for Babysitter's Training Today

For more information, contact your local American Red Cross chapter or 1800-REDCROSS.



Hello Spring!



Find Caregivers for:

- Spring Break
- Before/After school
- Last minute care
- Spring sports
- Help during PCS
- Infant care
- Pet sitting
- Senior care

Activate today at
sittercity.com/DoD

**Is your Spring time calendar
filling up already?**

It's time to find the right caregiver to help you stay on track!
Your membership to Sittercity is fully paid by the
Department of Defense and is at no cost to you!

Available to Army, Marine,
Navy and Air Force families
including active duty,
Reserve & Guard.

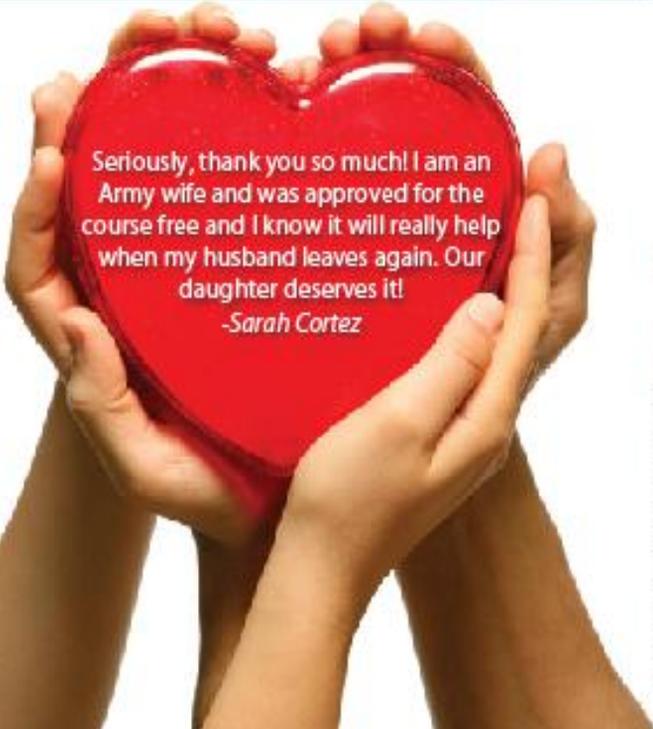
Free Online Training for military families

Inspired by *Joining Forces*, Positive Parenting Solutions is proud to sponsor **Pay It Forward Parenting**, a program designed to support military families with concrete tools and strategies to help reduce parenting stress and bring out the best in their kids.

Every time someone purchases a copy of our book or enrolls in our online course, Positive Parenting Solutions donates a course scholarship to a deserving military family. It's our way of saying "thanks" for your service and sacrifices on our behalf.

- ▶ Complimentary 1-year access to the award-winning Positive Parenting Solutions Online course (\$199 value)
- ▶ Step-by-step solutions to put an end to frustrating misbehaviors and bring out the best your kids.
- ▶ Available to all eligible military service members. Including Active, Veteran, Reserve or Guard service members of the Army, Marines, Navy and Air Force.
- ▶ Access the program 24/7 for a full year with on-demand training. Learn at your own pace, when it's convenient for you.

To apply visit:
www.positiveparentingsolutions.com/giving-back



Seriously, thank you so much! I am an Army wife and was approved for the course free and I know it will really help when my husband leaves again. Our daughter deserves it!
-Sarah Cortez

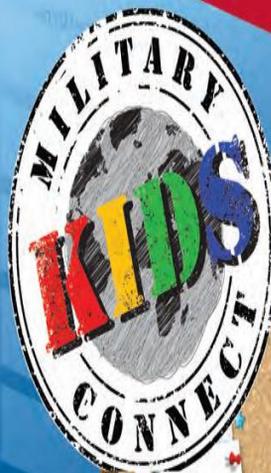


Parenting expert Amy McCreedy is the Founder of **Positive Parenting Solutions** and the author of *If I Have to Tell You One More Time... The Revolutionary Program That Gets Your Kids to Listen Without Nagging, Reminding or Yelling* (Tarcher/Penguin, 2011). Amy reaches a worldwide audience with her Positive Parenting Solutions Online course, live webinars, and media appearances. She is a frequent guest on the TODAY Show and has also appeared on Rachael Ray, CNN, Fox & Friends, MSNBC, and elsewhere. In her most important role, she plays mom to two teenage boys. Amy has been married to her husband and business partner, Dave, for over 20 years and lives in Raleigh, North Carolina



MilitaryKidsConnect.org

Deployment Support Website



The National Center for Telehealth & Technology designs, develops, and deploys state-of-the-art tools to aid in addressing the psychological health of service members, veterans, and their families.

T2 is dedicated to establishing best practices, promoting quality standards, and combating the stigma often associated with seeking psychological health services. The core team of psychologists, engineers, web designers, database developers, and project managers build applications for web and mobile platforms, and specialized domains such as clinical telehealth and virtual worlds. Mindful of the importance of demonstrating outcomes, T2 projects are subject to rigorous program evaluation protocols.



National Center for Telehealth & Technology
9933 West Hayes Street
Joint Base Lewis-McChord, WA 98431
253-968-1914
www.t2health.org | AskUs@t2health.org

NATIONAL CENTER FOR TELEHEALTH & TECHNOLOGY

Since 2001, an estimated two million children have experienced a parent's deployment to Iraq or Afghanistan. An often overlooked consequence of deployment is the anxiety kids feel before, during, and after the parent's absence. MilitaryKidsConnect.org is a website specifically designed to enhance the resilience of military children of all ages throughout the deployment cycle.

Military families: A national priority.

On January 24, 2011, President Obama released the final report of Presidential Study Directive-9 (PSD-9), *Strengthening Our Military Families: Meeting America's Commitment*, which enlisted the support of his Cabinet Secretaries and other agency heads to define new ways to improve support for military families.

The report detailed key strategic priorities to be addressed, the first one being: Enhance the well-being and psychological health of the military family.

As the Defense Department's primary agency for applying innovative technology to issues of psychological health and traumatic brain injury, the National Center for Telehealth & technology (T2) developed

MilitaryKidsConnect.org to directly address that priority by providing empirically-based content developed by psychologists to improve child and family readiness.



Support that speaks their language.

MilitaryKidsConnect.org features customized content for three age groups: children, tweens, and teens. Users visit an age-appropriate homepage where they find interactive maps; a personal scrapbook application; age-appropriate games; videos of military kids describing how they cope with deployment; instructional vignettes; a virtual personal space where kids navigate using a customizable avatar; and a moderated social networking message board (parent approval required for registration).

Together, these features create a safe, secure, and comfortable place for young people to play, gather, share, and learn how to handle the pressures of being a military kid.



While MilitaryKidsConnect.org is a place for kids to connect online, we don't kid around when it comes to online safety and privacy. MilitaryKidsConnect.org strictly adheres to COPPA, the Children's Online Privacy Protection Act, regarding parental consent and the use and disclosure of personally identifiable information.

Helping parents, caregivers, and teachers to help kids.

MilitaryKidsConnect.org also provides content for parents and educators of military kids. Adults can find information about the site's safeguards and parental controls, site content, and ways adults can use its content to encourage positive conversations about deployment. The parent section also includes information on common, age-specific behavioral responses to deployment, as well as methods of coping with them.

The Kids Korner Waiting Room



Defining
EXCELLENCE
in the 21st Century

A safe, fun, FREE place where your children
can wait while you're at VA appointments

*Room 424A in Buffalo VA Medical Center
Call at least 8 hours ahead: 716-862-8802*



The Soldiers Project

Free, Confidential Psychological Counseling For
Military Service Members And Their Loved Ones

Long Island Military Youth

Someone you know may need help!

THE SOLDIERS PROJECT offers private psychological counseling to active military, veterans and their families (mothers, fathers, brothers, sisters, parents, grandparents or children) who have served in any branch of the military since 2001, including the National Guard and Reserves.

ALL OF OUR SERVICES ARE FREE AND CONFIDENTIAL!

CONTACT US BY CALLING (516) 284-7531

Or email us at longisland@thesoldiersproject.org

www.thesoldiersproject.org

Follow us on Facebook





DEPLOYMENT RESOURCES

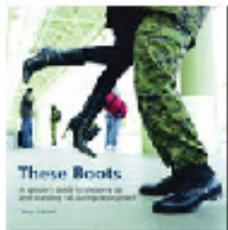
Our resources provide strategies and support to help ease the way for children, teenagers, and the non-deployed parent. Go to www.MilitaryOneSource.com and click on "deployment" for our entire range of deployment-related materials, including articles, booklets, and CDs.



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.



These Boots

A spouse's guide to stepping up and standing tall during deployment

When your spouse deploys, the challenges – emotional and practical – can seem overwhelming. On this recording, Jacey Eckhart, a military wife for 18 years and columnist for the *Virginian-Pilot*, offers suggestions and strategies to help you prepare for deployment, survive (and even thrive) while you're "married but single," and get ready for homecoming.



Over There

Stories and Insights from mothers who have deployed

Being "over there" when the rest of your family is back home can be hard for any military parent, but mothers may find it especially challenging. On this new 60 -minute audio CD, you'll hear mothers of children ranging in age from toddler to teenager.



Double Duty

Staying connected with your kids when you're a deployed dad

In the *Double Duty* CD, fatherhood expert and former Marine Armin Brott talks about ways to stay close with your child from before you deploy to after you return. Service members from all branches with children of all ages from newborn to teenager share their experiences as deployed dads.

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

volunteers needed!

reach out and HELP!



There is a job to be done,
could be lots of fun.
Just give us a call,
and we'll have a ball.
You must have a big heart.
It's always a help to be sorta smart.
The money is rare,
but the rewards are BIG in compare.

For More information or to sign up
Please Contact:

Keri O'Neil
Keri.j.oneil.ctr@mail.mil
518-786-4904

or Colleen Casey
colleen.e.casey@mail.mil
518-786-4614

Guard En Notes



222nd MP Pre Event Hornell
Yellow Ribbon Events

OMK 's 4-H
Family Day
Camp
Ballston Spa



Guard En Notes

Yellow Ribbon Events

27th BCT 30 Day
Tarrytown
Playing Xbox
Kinects



101 SIG FRG
Family Night
At Jumpin
Jake's in
Fishkill, NY

27th BCT
30 Day
Rochester



Guard En Notes



27th BCT 30
Day Albany

Yellow Ribbon Events



27th BCT 60 Day Liverpool -
Reconnecting with your child
after deployment activity



Guard En Notes

27th BCT 60 Day Albany -
Reconnecting with your
child after deployment
activity



Guard En Notes



Yellow Ribbon Events

727th L&O and 14th FIN 30
Day West Point

Guard En Notes



Yellow Ribbon Events

27th BCT 30 Day
Albany and Buffalo



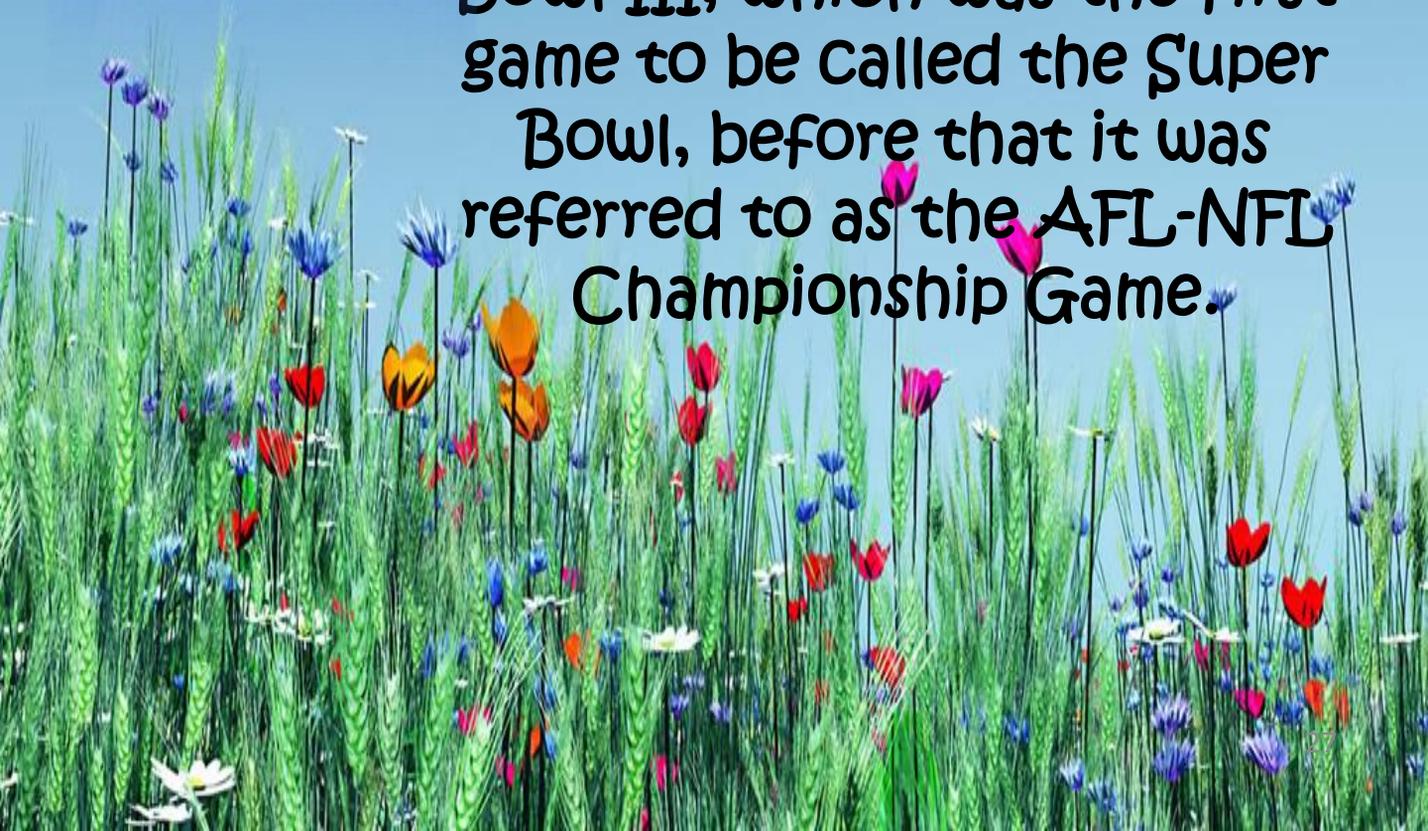
Guard En Notes

From Heather's Desk:



NYS Fact #1 – New York City has 4,000 street food vendors.

NYS Fact #2 – The New York Jets beat the Baltimore Colts in Super Bowl III, which was the first game to be called the Super Bowl, before that it was referred to as the AFL-NFL Championship Game.



Guard En Notes

Volunteers & Military Child of the Quarter

This quarter we couldn't just pick one of these three wonderful ladies, so we decided to choose all three of them. Bee Sank, Roe Smith, and Deb Davis are three of our most dedicated and energetic volunteers the NYNG Youth Program has. These three wonderful women volunteer their time whenever we are in the western part of the state.



Pictured left to right: Deb Davis, Roe Smith, Bee Sank.

Deb Davis has a son and daughter and has been married to her best friend, Rod, for 27 years. Deb not only volunteers with Youth Programs, but is also involved with her son's Family Readiness Group and volunteers with the Blue Star Moms #1 in Canandaigua and helps with Operation Homefront.

Bee Sank has 2 sons and daughter-in-laws and 3 amazing grandchildren with another one on the way. Bee is retired after 34 years with the state. She has volunteered for the American Legion Auxiliary for the past 15 years and is president for Livingston County. She also teaches AARP driving safety courses, and is on the governing board for Zion House Transitional Home for female veterans.

Roselena Smith has 3 sons and 1 grandson, with one son being a Marine. Roe was a teacher for many years and also works as a postal delivery woman. Roe is also involved and volunteers with the American Legion Auxiliary through Bee's encouragement. Roe bowls 2 times a week, and loves to do anything she can to support Service Members and their families.

Julia Wicks is 17 and a Senior at Averill Park High School. Julia lives with her parents and older brother. Julia volunteers with organizations within her school, as well as The Local Charity House distributing food to the needy. Julia enjoys helping Service Members and has volunteered at numerous Yellow Ribbons and Dinners, and traveled around the country where she provided services to Service Members and their families.



Julia also holds the spot as the Vice President of the New York National Guard Teen Council. Julia is a great addition to the Youth Program as a volunteer and a Teen Council member.

Julia has over 45 hours volunteering with the Youth Program, and loves to assist at events and get to know the kids. Julia says "Volunteering has really shaped me as a person and taught me many life lessons." She also plans to continue her volunteer work throughout her college experience.

Resources



- Quarterly Newsletter
- Jr. Counselor Training
- Teen Council
- Military Youth Pen Pals

Operation: Military Kids (OMK) builds partnerships to increase capacity for youth, families and communities to support youth of Military Families.



Providing high-quality, affordable military-sponsored child care subsidies for qualifying Service Members.

24/7 program offering information, referrals, and support to Service Members and their Families.



Grants available to pay the fees for children of deployed Service Members to participate in youth sports, fine arts, and tutor programs.

A national, nonprofit organization that informs, trains, and supports professionals, policymakers, and parents in their efforts to improve the lives of infants and toddlers.



Military Child Education Coalition (MCEC)'s work is focused on ensuring quality educational opportunities for all military children affected by mobility, family separation, and transition.

Colleen E. Casey and Keri J. O'Neil, Youth Coordinators and Editors
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