

# Guard En Of Youth

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



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New York National Guard Child  
and Youth Program Website

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

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



# Guard En Notes

## Event Pictures

Teen Lock-In at  
The Boys & Girls  
Club of Geneva



222 MP's 30/60 Day  
Event  
Rochester



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

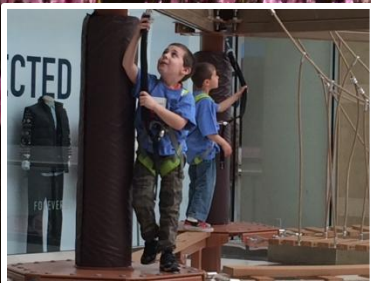
[www.facebook.com/NewYorkNationalGuardYouthProgram](http://www.facebook.com/NewYorkNationalGuardYouthProgram)



# Guard En Notes Event Pictures



TAG Professional  
Weekend



Volunteer & Youth  
Workshop  
Westchester County



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



# Guard En Notes Event Pictures

642 AVN During  
Rochester



42<sup>nd</sup> CAB, Det 20 &  
3/142 AV During  
Latham



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



# Guard En Notes Event Pictures



Teen Lock-In  
(Operation Megaphone)  
Fort Hamilton



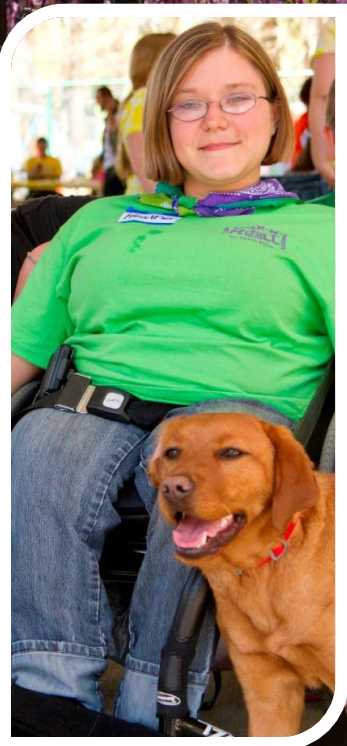
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# Guard En Notes

## From Heather's Desk:



NYS Fact #1 - New York City became the first capital of the new nation, where President George Washington was inaugurated on April 30, 1789..

NYS Fact #2- The Erie Canal, completed in 1825, greatly enhanced the importance of the port of New York and caused populous towns and cities to spring up across the state. The Erie Canal was replaced by the Barge Canal in 1918; and the system of waterways was further expanded by the construction of the St. Lawrence Seaway.

Follow "From Heather's Desk" Every Month on Youth Program Facebook Page  
[www.facebook.com/NewYorkNationalGuardYouthProgram](http://www.facebook.com/NewYorkNationalGuardYouthProgram)

### Can You Name The Spring Flower???

A



B



C



D



E



F





# Guard En Notes

## Military Children of the Quarter



Jacob and Isaac Hedges are both members of the New York National Guard Teen Council. Jacob is the Treasurer, and Isaac is the 109<sup>th</sup> Air Wing Representative. Jacob and Isaac's father recently deployed in support of Operation Enduring Freedom. During that time, the boys lived with their mother in upstate NY, however shortly after the deployment of their father, a rental home that their parents owned was damaged significantly by a severe storm. The boys and their mother traveled to Florida to work on restoring the house so it was able to rent again. During their time in Florida, both boys played a critical role in helping to clean up the damage as a result of significant flooding. They cleaned and removed flooring, cleared debris from the yard and helped supervise contractors that repaired the house.

In addition, both boys are homeschooled and have to remain self-motivated to keep up with the demands of the K-12 program. They are both active in spring and fall baseball playing for both the local Babe Ruth leagues and the American Legion. They play piano, are involved in their local church youth group, are part of Generation Joshua, and assist with local community outreach programs like the City Mission in Schenectady, NY.



# 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)



# Guard En Notes

## Looking Ahead in 2014

- 2014 Volunteer and Youth Workshop
- Summer Camps & Registration
- Gardens and Flowers for Armed Forces
- 2<sup>nd</sup> Annual Teen Council Forum Trip

For more information and details in your area, please contact your local Family Assistance Specialist (FAS) and Family Readiness Support Assistant (FRSA) or call toll free 1-877-715-7817





Join NY Military Kids on a float in your honor at the Armed Forces Day Parade in Watertown on May 17th! The theme of our float is; "Military Kids are Super-Heroes!" so come in your own superhero clothes, favorite camo, or red/white & blue and join the fun!



For more information, or to register, email Kitty White, Director of the NY Operation: Military Kids Program; [kkw39@cornell.edu](mailto:kkw39@cornell.edu).



Cornell University  
Cooperative Extension  
Jefferson County

Cornell Cooperative Extension Association of Jefferson County provides equal program and employment opportunities. Please contact the Cornell Cooperative Extension Association of Jefferson County office if you have special needs or are unable to pay.

For More information or to register, email Kitty White Director of the NY Operation: Military Kids Program: [kkw39@cornell.edu](mailto:kkw39@cornell.edu)



# OLD FORT NIAGARA

Youngstown, NY

*Presents*

## ARMED FORCES DAY



**Saturday, May 17, 9:00 a.m. – 4:30 p.m.**

**Free Family Admission for all Active Duty Military and Veterans. (please bring identification)**

Old Fort Niagara (716) 745-7611 [www.oldfortniagara.org](http://www.oldfortniagara.org)





Find caregivers for:

- Before/After school
- Last-minute needs
- PCS helping hand
- Infant care
- Pet sitting
- Companion care

Sittercity Memberships are fully paid for by the DoD for Army, Marine, Navy, and Air Force families—including active duty, Reserve, Guard, and surviving spouses.

**Activate today at**  
[sittercity.com/DoD](https://sittercity.com/DoD)

Do you have an upcoming PCS? Whether you need help with the kiddos while packing or are looking for a sitter in your new neighborhood, use your Sittercity membership to find local sitters & nannies who fit your family's needs.

 [facebook.com/Sittercity.DoD](https://facebook.com/Sittercity.DoD)  
 [@Sittercity\\_DoD](https://twitter.com/Sittercity_DoD)



# TUTOR.COM FOR MILITARY FAMILIES

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

[www.tutor.com/military](http://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](mailto:msuave@tutor.com) or 347.819.2939



# Help Your Family Through Deployment



**Details:**  
Up to \$500.00 per child, will pay for up to six months of extracurricular activity of your choice.

**Eligibility:**  
Any child ages 5 to 18 who parent is currently deployed overseas with the National Guard or Reserves

## **How To:**

1. Visit the website  
[www.ourmilitarykids.org/how-to-apply/apply-now](http://www.ourmilitarykids.org/how-to-apply/apply-now)
2. Download and complete the application
3. Send it in to Our Military Kids with the 3 supporting documents:
  - I. A Copy of the Title 10 Deployment orders
  - II. A form of ID for your child that proves dependency to the Service members
  - III. Fee/pricing information that clearly state the cost of the activity of choice (flyer, brochure, invoice)

Once your application and documents have been received, a check will be sent within 10-14 days directly to the service provider of the activity.

Any Questions please contact Our Military Kids Office  
at 1-703-734-6654



# 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





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](http://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!*





## 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](mailto:military@unitedthroughreading.org)

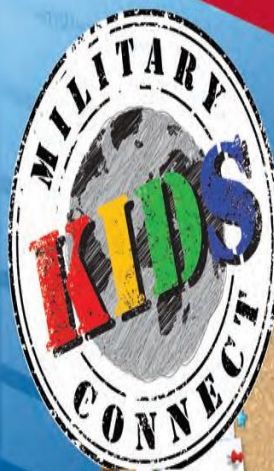
[www.unitedthroughreading.org](http://www.unitedthroughreading.org)





# 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](http://www.t2health.org) | [AskUs@t2health.org](mailto: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.



# Cost should not be a factor when preparing for the most important test of your life.

eKnowledge believes every student should have access to higher education.



This donation was created by the founders of eKnowledge to promote and prepare young adults for higher education. eKnowledge's mission is to create opportunities for the college bound by offering access to SAT and ACT test preparation for a small set up fee of \$20 that covers online materials, shipping and access to online streaming. eKnowledge waives 100% of the retail costs for the standard version and 93% of the cost for all other programs. These programs retail for \$200 to \$600. eKnowledge sells these same materials in the open market for full retail price.

Through eKnowledge and the National Guard, these products are available to you for only the cost of materials and shipping – less than \$20.00.

Order Online Today: [www.eKnowledge.com/USNationalGuard](http://www.eKnowledge.com/USNationalGuard)

## 90% Discount on SAT and ACT Test Prep

The eKnowledge Military Donation Project has donated more than 200,000 SAT and ACT programs valued at over \$44 million at no profit to the company. The Donation Project is supported by professional athletes from the NFL and MLB as well as 150 Affiliate Partners. eKnowledge has been investing in students and improving test scores while always keeping up with the changing landscape of college test preparation, including new SAT changes effective Spring 2016.

**eKnowledge has received thousands of thank you notes from families just like yours:**

"This is an awesome opportunity that these professionals are offering my daughter. We are so thankful for their generosity and their selfless service. It makes me feel proud to serve this great country as a Soldier because professionals like these understand the meaning of sacrifice and selfless service, which make this country great. I salute every one of them and express my deepest gratitude for this opportunity. Thank you." Respectfully, Sergeant Major Nedlic US ARMY 3/17/2014

The SAT and ACT PowerPrep™ Programs are available online or on a single DVD. Programs include more than 11 hours of video instruction and 3000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, and practice tests. Students select the training they need and study at their own pace.

SAT/ACT Test Dates 2014

SAT	May 3	June 7	October 11	November 8	December 8
	April 12	June 14	September 13	October 25	December 13

Or request your program online:

[www.eKnowledge.com/USNationalGuard](http://www.eKnowledge.com/USNationalGuard)

For further information contact Lori Caputo, 951-256-4076 [LoriCaputo@eknowledge.com](mailto:LoriCaputo@eknowledge.com)



# 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 Colleen Casey or Keri O'Neil.

You can also contact us through our Facebook Page



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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)

Keri J O'Neil and Colleen E. Casey, Youth Coordinators and Editors  
330 Old Niskayuna Road, Latham, NY 12110

(518) 786-4904 office  
keri.j.oneil.ctr@mail.mil

(518) 786-6075 -fax

(518) 786-4614 office  
colleen.e.casey.ctr@mail.mil