

# Guard En Of Youth

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



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Lead CYPC Keri Attanasio and the new CYPC Ashley Semerad

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New York National Guard Youth Program



NYNGCYP



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NYNG Youth Program

# Our New CYPC

## Ashley Semerad

Hi, my name is Ashley Semerad and I am the new CYPC. I work alongside Keri Attanasio out of DMNA in Latham. I am extremely excited to embark on this new career, and I cannot wait to work with military families across the state as well as with our Teen Council members.

Before becoming the new CYPC, I was a High School English teacher for about 5 years. Although I was sad to leave my career as an educator, I was super excited to begin this new journey.

My husband is a lieutenant in the Air Force so I have had the opportunity to be a part of the military family for several years. We have a dog named Diesel and we are about to welcome our first baby in June! We are both looking forward to the new adventures that expanding our family will bring.



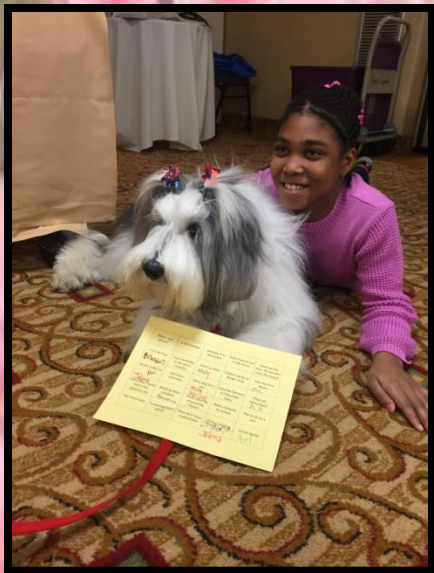
I truly look forward to meeting and working with all of you. See you soon! ☺

# Guard En Notes

## Event Pictures



1569<sup>th</sup> TC  
Yellow  
Ribbon  
Tarrytown



133<sup>rd</sup> QM  
Yellow Ribbon  
Tarrytown



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)

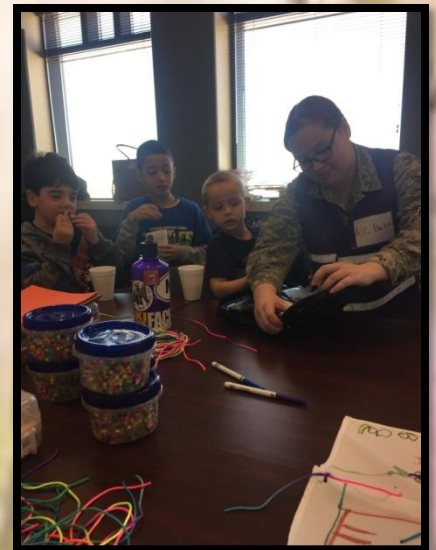
# Guard En Notes Event Pictures



Winter  
Survival  
Camp



106<sup>th</sup> AW  
Yellow Ribbon  
Long Island

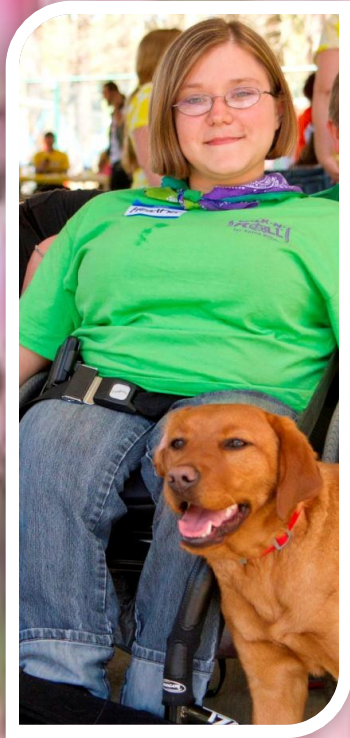


To see more pictures from **Yellow Ribbon and Youth Program Events** please visit and like us on Facebook.

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

# Guard En Notes

## From Heather's Desk:



## Fun New York Facts:

- The NYS Flower is the rose.



- The NYS bird is the Eastern Blue Bird.



## Top 10 Facts About Spring:

1. The equinox ('equal night') is the day when the center of the Sun is visible for exactly 12 hours.
2. That is not the same as the 'equilux' (equal light) when there are 12 hours of daylight from the Sun's first appearance and its going down.
3. Commonly we think of March, April and May as the spring months, but astronomically, spring officially begins on the spring equinox.
4. The spring and autumn equinoxes are the only days when the Sun rises directly due east and sets due west in the northern hemisphere.
5. Persephone was the Greek goddess of spring. She spent winters as Queen of the Underworld but returned in spring to preside over rebirth.
6. We have used the word 'spring' for the season since the 16th century. Before that it was used for centuries to apply to the source of a river.
7. The Slatina spring in Slovenia is alleged to have been discovered by the mythological winged horse Pegasus.
8. Before we called it spring this season was known as Lent or Lenten.
9. The earliest known use of the term 'spring-cleaning' was in 1857.
10. "You can cut all the flowers but you cannot keep Spring from coming" (Pablo Neruda).

# Guard En Notes

## Military Child of the Quarter

Lexy Quivey is one of our current Teen Council (TC) members. She joined the Teen Council last Spring. Lexy is 14 years old and is an 8<sup>th</sup> grader in the Mohonasen School District. She is involved in National Honor Society, Indoor and Outdoor Track, Cross-Country, and the Technology Club. Lexy has participated in volunteer opportunities through her school including Make a Difference Day which involved helping elderly members of the community with odd jobs around their homes. Both of Lexy's parents serve in the National Guard and she has a sister, Avery, with whom she has a very close relationship. Lexy enjoys spending time with her family and friends and also enjoys running, shopping, and cooking. Lexy's mom is the one who introduced her to Teen Council and she likes being in the program because it "gives me a chance to meet new people, we get to help the military in various ways and I get to volunteer and help other people."



# 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 2015

- Volunteer and Youth Regional Trainings
- Month of the Military Child Events (April)
  - 3<sup>rd</sup> Annual Teen Council Forum
  - Armed Forces Day (16 May)

### SUMMER CAMP SEASON 2015 DATES:

3<sup>rd</sup> Annual Teen Council Forum - Tentative  
Location: TBD - 28 June - 2 July 2015

Operation Purple Camp & Take-A-Break Camp:  
(Camp Pioneer, Angola, NY) - 26 - 31 July 2015

Camp Corral:  
(Camp Gorham, Eagle Bay, NY) - 28 June - 3 July 2015

Operation Gold Star:  
(Camp Pioneer, Angola, NY) - 5 - 10 July 2015

Military Maker's Camp - Reduce, Reuse, Repurpose: 19 - 29 July

106<sup>th</sup> Galaxy Camp: 10 - 14 August

105<sup>th</sup> Galaxy Camp: 10 - 14 August

Military Youth Making History Camp: 10 - 14 August

Tranquility: 12 - 25 August

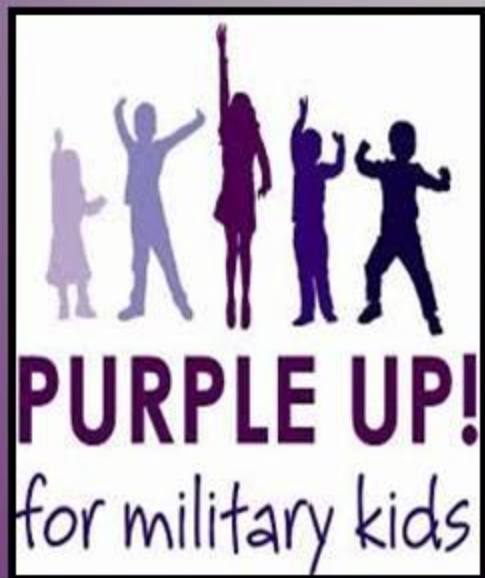
109<sup>th</sup> Galaxy Camp: 17 - 21 August

Camp Erin: 28 - 30 August, 25 - 27 September

**\*\*See Summer Camp Edition for further details\*\***

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 <sup>8</sup>





**Join Us and  
"Purple Up"**

**In recognition of the  
Month of the Military  
Child**

**Wednesday April 15<sup>th</sup>, 2015**

*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.*

*Wear your PURPLE as a visible way to show support and thank military youth for their strength and sacrifices!*

*Take a photo and tag us on Social Media*



New York  
National Guard  
Youth Program



NYNGCYP



NYNGCYP



NYNG Youth  
Program

**PURPLE UP-NEW YORK  
For Military Kids**





# NY Army National Guard Strong Bonds



Strong Bonds  
*Building Ready Families*

## UPCOMING EVENTS:

(Under National Guard, Couples or Families Events)

### Dates & Locations:

May 29-31, 2015: Lake George, NY

(Couples & Families Event)

Events are dependent upon the number of participants registered.

Hotel Locations: TBD

POC: 1LT Robert Volk

42ID HHBn, Chaplain Candidate, Strong Bonds Action Officer

301-693-9183

[Robert.f.volk.mil@mail.mil](mailto:Robert.f.volk.mil@mail.mil)

[Robert.f.volk@gmail.com](mailto:Robert.f.volk@gmail.com)

The Strong Bonds Program Covers the Cost of the Hotel for Two Nights (Friday and Saturday) and Covers Three Meals over the Weekend (Breakfast, Lunch and Breakfast). Child Care is provided for Couples and Family Events. The Strong Bonds Program does not cover the Cost of travel associated to attend the event.



### Strong Bonds Mission:

Is to enhance Soldier and Family relationships by developing healthy communication skills, problem solving techniques, stress reduction, and effective listening techniques through education and training.



Cornell University  
Cooperative Extension  
Erie County

## Babysitting Certification Training

Saturday, May 9, 2015—9 AM – 4 PM



**Where:** Cornell Cooperative Extension of Niagara County,  
4487 Lake Avenue, Lockport, NY 14094

**Who:** Participants must be 12 years or older.

**Cost:** No cost to youth and adults connected to military families and currently enrolled 4-H members and leaders. Those participating in the training will be asked to donate a minimum of 4 hours of babysitting to a military family.

For anyone else interested in signing up for this training, contact Angela Northern at [asn9@cornell.edu](mailto:asn9@cornell.edu) or call 716-652-5400 x 140.

**Instructors:** Tessa Buratto, 4-H educator, CCE Erie County  
Kathy Bowers, 4-H educator, CCE Niagara County  
Angela Northern, 4-H educator, CCE Erie County

*Certification of Completion will be awarded to participants.  
Participants will also take home a babysitting kit.*

**Advance registration is required; space is limited.** To register, go to: <http://erie.cce.cornell.edu/> then select, 4-H Youth Development, 4-H Supports Youth Connected to Military Families.

*Local/Regional Program Support Grants are supported by the U.S. Department of Agriculture, National Institute of Food and Agriculture, 4-H National Headquarters and U.S. Army Child, Youth and School Services through grant funding at Kansas State University under special project number 2010-48661-21868.*

**Helping You Put Knowledge to Work**

Cornell Cooperative Extension in Erie County provides equal program and employment opportunities.

21 South Grove St.  
East Aurora, NY 14052  
(716)632-5400

# *We Are Dwyer!*

## **OPERATION COM** *Children Of the Military*

**Support for our children of the military  
with their own heroic journey**



This group aims to help your child:

- establish positive coping skills
- encourage positive expression
- strengthen self-confidence & resiliency
- most importantly: Have Fun With Other Military Children!

**Group Meetings are Friday evenings 5:30pm - 7:30pm.**

Dinner 5:30, Class 6:00-7:30

January 9<sup>th</sup> & 23<sup>rd</sup>, February 6<sup>th</sup> & 20<sup>th</sup>,

March 6<sup>th</sup> & 20<sup>th</sup>, April 24<sup>th</sup>, May 8<sup>th</sup>

\*We will host a special *Family Day* Saturday, May 23rd. Details soon!\*

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

Families are welcome to join us anytime, but we ask that you  
**PRE-REGISTER**, It helps us plan our activities!!

For questions and to sign-up for class, contact one of our facilitators:  
Mary at 886-1242 x 326 - ([mcparlane@eriemha.org](mailto:mcparlane@eriemha.org))  
Jess at 640-3258 - ([jesslafalce@yahoo.com](mailto:jesslafalce@yahoo.com))



*The Mental Health Association of Erie County, in partnership with the Veterans One-stop Center of WNY, is proud to present this unique program. Operation C.O.M. is honored to receive funding from the PFC Joseph P. Dwyer Peer Support Program.*

*-We specialize in the support of military families-*

## **Club Fed Child Care Center**

Child Care & After School

**(518) 431-4338**

Leo W. O'Brien Federal Building  
11A Clinton Avenue; Albany, NY 12207

### **Serving Children 6 Weeks to 12 Years of Age**

### **Free Registration Fee**

- Infant Care, 6 weeks to 18 months
- Toddler Care, 18 months to 36 months
- Pre-school Education, 3-year-olds
- Pre-kindergarten Education, 4-year-olds, Ready for Kindergarten Curriculum

We structure our program around the development of the whole child and our curriculum around four key elements – Social/Emotional, Cognitive, Language, and Physical. As a Nationally Accredited Child Care Center, by the National Association of the Education for Young Children (NAEYC), we are committed to bringing the highest quality program to the military children and families we serve.

### **We Offer**

- \* **Army Family Assistance Program, GSA, NACCRRA funding assistance**
- \* **Homemade Meals, including Organic Milk**
- \* **NAEYC Accredited Program**
- \* **GSA Child Care Program**
- \* **Educational Curriculum**
- \* **Educated, Loving, and Caring Staff**
- \* **Beautiful, State-of-Art, Facility**
- \* **Downtown Albany Location**

Visit us at: [www.victorychildcare.com](http://www.victorychildcare.com)

3:00 pm: homework  
5:00 pm: save the world

**We've got Back-to-School  
caregivers to keep your  
hero on schedule!**



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caregivers for  
your family.

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- Special needs care
- School holiday care
- Sports & activities help

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of Defense for Army, Marine, Navy, and Air Force -including  
active duty, Reserve, and Guard!



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- ★ 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

## 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

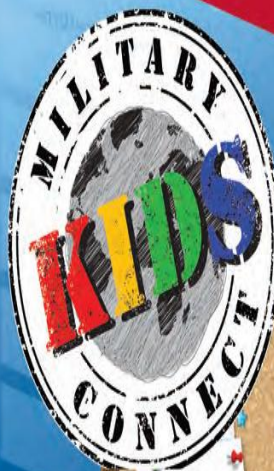
11750 Sorrento Valley Road Suite 100 San Diego CA 92121  
p 858.481.7323 f 858.481.9489

[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.

# Month of the Military Child

**FAMILY ROCK-N-BOWL**

**Saturday April 18<sup>th</sup>**

**3:00-5:00pm**

**\$5.00 per person,  
including shoe rental**

**Sponsored By:  
Boulevard Bowl**

**1315 Erie Blvd., Schenectady, NY  
12305**

Date: Fri., April 24th 8pm  
Sat., April 25th 8 am.



Cornell University  
Cooperative Extension  
Erie County

4-H Takes You Places



# Military Teen Lock-In at the Seneca Babcock Community Center

Ages:

13-18 year olds

ONLY

Buffalo, NY

Please Bring a  
Snack to Share

- Self Defense Course
- Cyber Safety
- Healthy Lifestyles Activities
  - Team Building
  - Leadership Activities
- Community Service Project
- AND MORE!

**For Registration  
Details, Contact**  
Angela Northern

asn9@cornell.edu  
716-652-5400 x140

**\*\* NO WALK-IN'S \*\***

Local/Regional Program Support Grants are supported by the U.S. Department of Agriculture, National Institute of Food and Agriculture, 4-H National Headquarters and U.S. Army Child, Youth and School Services through grant funding at Kansas State University under special project number 2010-48661-21868

**Address:**  
**1168 Seneca Street**  
**Buffalo, NY 14210**



# Feedback

## Feedback for Child and Youth Program

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

You can also contact us through our Facebook Page



**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)

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nysyouthcoordinators@gmail.com