

# Guard En Of Youth

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



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# Quilt Assembly Day

## 11-11-11



Latham--Over 50 kids, from both military and non-military families from the Capital region, came together on Veterans Day to honor past and future hero's and support each other.

Youth participating in Operation Military Kids joined forces with boys and girls from the Cohoes Community Center on November 11, to honor veterans by putting together a quilt that will be sent to Soldiers serving overseas to remind them of their families back home.



The quilt was made from approximately 300 fabric squares created during a half-dozen New York Army National Guard Yellow Ribbon events. "The quilt squares include drawings and messages to Soldiers from children who have experienced a previous deployment," said Colleen Casey, New York National Guard Youth Program Coordinator. "It's therapeutic for the kids and very moving for the Soldiers who receive the quilt."

In addition to assembling the quilt, the youth spent time creating "Hero Packs" which will be given to children of Soldiers deploying overseas.



# Quilt Assembly Day

## 11-11-11

"The hero packs are just one way to say thank you to the families of service members for their sacrifice," said Barbara Kessler from Operation Military Kids. According to Kessler, the Hero Packs have three main elements; appreciation, staying connected and support.

The packs include a letter from a local non-military child expressing their appreciation for the recipients' loved ones service and the families sacrifice. A letter writing kits composed of stationary, stamps and pen pal information is included so the military child can communicate with their Soldier or other kids. For support, they will find a stuffed animal or small toy as a reminder that they are not alone during this difficult time. Also included in the pack is a list of family resources available should they be needed.



The day was filled with fun activities and included a rock climbing wall, face painting, pizza, ice cream and a veteran speaker.

"This was a great experience and the perfect way to celebrate Veterans Day," said Crystal Bariteau, a school-age youth coordinator for the Cohoes Community Center. "We spent the week teaching the children about Veterans Day through projects and activities, creating holiday cards for Veterans and now they get to have fun and make new friends with military kids."

The event was hosted by the New York National Guard Youth program, which offers programs and services to military youth through safe activities, skills training and peer mentorship.



# NYNG & USO Bike Event



The New York National Guard Family Program teamed up with the USO to recognize the Military children of the Hudson Valley on Saturday, Oct. 22 at Camp Smith Training Site, Peekskill, NY.

Approximately 50 children of Hudson Valley veterans, deployed and deploying service members received bikes that were donated by a Westchester insurance company, Endurance Services Ltd,. The bikes were put together by company employees and then given to the USO for distribution to Family Assistance Specialist, Kelly Stroh, at Camp Smith.



With about 200 people in attendance the children were rewarded with a brand new bike, tagged with their name, for the sacrifices they have to make at their young ages as a Military child.

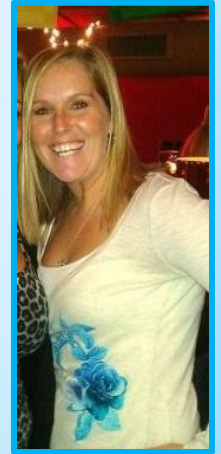


# Guard En Notes

## News From Your SYC's



We Hope that Everyone had a fantastic Holiday Season and a Happy New Year. We are ready and revved up for another busy year with Youth Programs.



It's also been very busy this fall for us! We are happy to say that we have had the opportunity to keep up to date with our information and resources by attending Zero to Three and an Military Child Education Coalition (MCEC) Trainings. Colleen also had the great honor in

attending the Zero to Three National Conference in Washington, DC. We also got the chance, this fall to go around to some of the Boys & Girls Clubs in our area. We were given tours of some of the locations and were able to meet some of their amazing staff.

We are extremely thrilled to announce the restructured and fully staffed Teen Council. The Teen Council consists of 15 Teens with a President, Vice President, Secretary, Historian and 11 General Members. We are hoping to have our first Virtual meeting in February, so be on the look out for the Teen Council section in the next newsletter.

Preparations are now in full force for this years Volunteer and Youth Workshop, in Saratoga, NY. As a little preview we will be taking the youth offsite to a high/low ropes course, and the largest indoor rock wall in NY.

With the varying deployment cycles throughout the state over the next few months, we have been trying to reach out to school administrations. We are looking to make face to face contact with as many schools as possible, so schools are aware of the Youth Program and the resources available.

# Guard En Notes

## Volunteer & Military Child Of the Quarter

Gail Schlotter is one our most reliable and committed volunteers with the NYNG Youth Programs. She volunteers her weekends anytime support is needed. Gail has traveled all over NY to support the Youth Program in the last year, and since May of 2011 Gail has accumulated an amazing 80 volunteer hours. Gail loves to be around the children to help and guide them through the steps of deployment. She especially loves to get down on the floor and play with the little kids.

Gail is retired, after over 25 years, from the Benet Weapon Lab at the Watervliet Arsenal in Watervliet, NY. She currently spends her time substituting at the Center For The Disabled in Glenville, NY.

In her free time she loves to spend time gardening and she loves to watch movies. She has a horse name Little Miss, that she loves to ride and take care of with her daughter. Gail has 2 children, Sandy (A Yellow Ribbon Specialist) and John, and 4 Grandchildren. (No Picture Available)

Luke Casey is an 11 year old attending 5<sup>th</sup> grade at Hartford Central School. He is an 'A' student with a knack for writing poetry and essays. Luke recently made it to the top 10 applicants (out of 700) for his essay on

"Americanism" for the Whitehall Elks. His favorite subject however is math. In his spare time he loves to read and play baseball and soccer. He also enjoys his snowmobile and entering tractor pulling contests at his local county fair.



He volunteers his time with the Youth Program as a Counselor in Training (CIT). Luke is a positive mentor and role model to other Military Youth. At various events it's not unusual to see him helping the Soldiers load and unload trucks and performing multiple tasks for them. You may also see him conversing with a General or two. He's a very personable and likable kid. Luke will be a great future addition to the Youth Program Jr. Counselor's.



The Family Readiness Program Presents....

**STEWART  
MILITARY TEEN GROUP**



# LOCK IN



**February 17<sup>th</sup>-18<sup>th</sup> 2012**

**9am-8am**

**Stewart Housing  
Community Center  
New Windsor, NY**

**ALL Military Teens invited ages 13-18**



**OMK BABYSITTERS COURSE**



**RED CROSS CPR CERTIFICATION**

**FUN GAMES  
GREAT FOOD  
GOOD MUSIC**

**You must RSVP to participate..  
email: [shelly.aiken@usmc.mil](mailto:shelly.aiken@usmc.mil)...845-541-3024**

# Teen Sitter Training

## Basic Course

The Babysitting Basics training course will teach you the responsibilities and qualities of being a good babysitter and what to expect from the parent who hires you. You will also learn how to:

- Interview for a babysitting job
- Make responsible decisions
- Supervise children
- Adjust your actions based on the age of the child
- Keep children and yourself safe in the house and outside
- Choose safe and age-appropriate toys and games
- Handle an emergency or illness
- Perform CPR & first aid, including responding effectively to life-threatening emergencies
- Perform basic care routines, like diapering, feeding, and dressing infants and children
- Handle bedtime issues effectively
- Market yourself safely

The Babysitting Basics course also provides training for real life:

- Essential professional, leadership, and care-giving skills
- Safety skills to prevent emergencies
- How to manage real-life problems, including emergencies
- Tips on finding babysitting jobs



### Message for Parents

Babysitting Basics is also excellent training for young people ages 11-13 years old who find themselves home alone with younger siblings at the end of the school day.

### Class Schedule

The CYS Sitter Classes are held quarterly at the Child and youth Services Building which is located at 125 Wainwright Drive  
Please call for upcoming dates

## February 11<sup>th</sup> 2012

### Registration and General Information

The Babysitting Basics class is 6 hours long and the participant must attend the full session to receive certification. The class is free and Pre-registration is required. All registration is done through Fort Hamilton Child and Youth Services..

Please call 718-630-4805 to register  
**Space is limited so please register early**



# SHRINE CIRCUS

**MARCH 15<sup>th</sup> thru MARCH 18<sup>th</sup>**

**at**

**THE EVENT CENTER (AGRI-CENTER)  
ON THE HAMBURG FAIRGROUNDS**

**5820 South Park Ave., Hamburg, NY**



## SHOW TIMES - FREE PARKING

Thursday, March 15<sup>th</sup> ..... 10:30 am & 7:00 pm  
Friday, March 16<sup>th</sup> ..... 10:30 am, 3:30 pm & 7:30 pm  
Saturday, March 17<sup>th</sup> ..... 10:00 am, 2:30 pm & 7:30 pm  
Sunday, March 18<sup>th</sup> ..... 1:00 pm & 5:00 pm

## RESERVED SEATING

Adults  
\$13.00

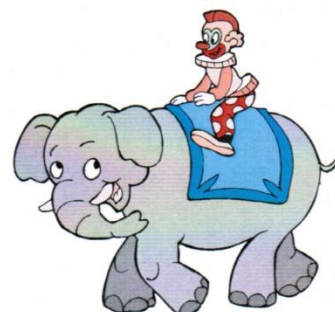
Senior Citizens  
\$10.00

Children Under 10  
\$8.00

**GROUP RATES  
AVAILABLE UPON  
REQUEST**



**TICKETS ON SALE AT  
SHRINE CIRCUS OFFICE  
1600 Southwestern Blvd., West Seneca, NY  
AGRI-CENTER BOX OFFICE and  
ON-LINE AT TICKETS.COM**



**CALL 674-8666 FOR MORE INFORMATION**

**Benefits Ismailia Shrine Activities Fund. Donations Not Tax Deductible.**



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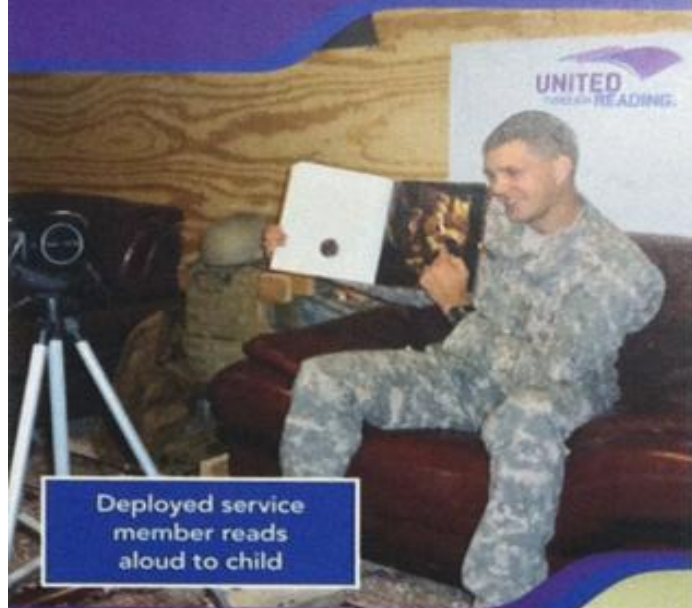




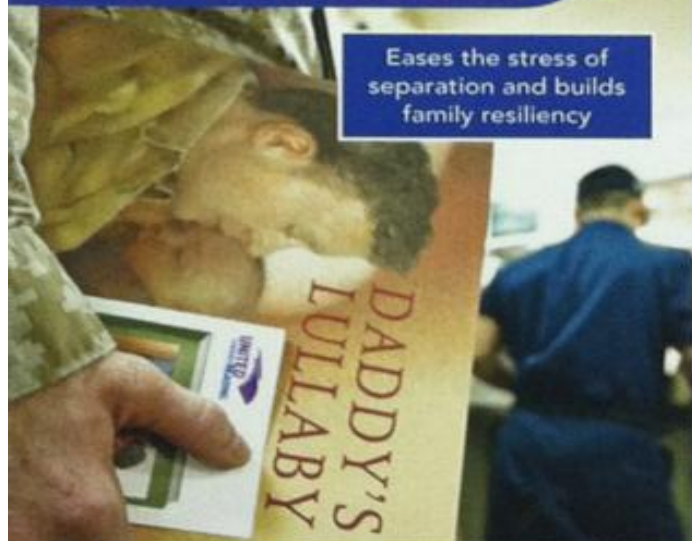
# UNITED THROUGH READING.

*"Reading Together Unites Families"*

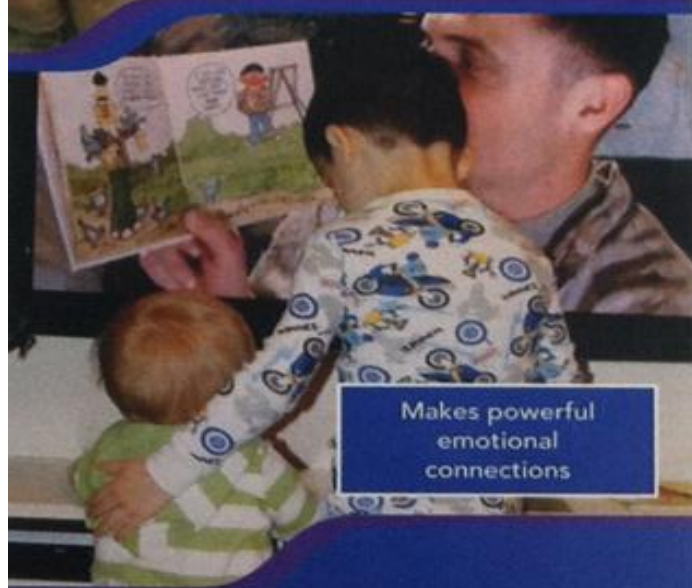
[www.unitedthroughreading.org](http://www.unitedthroughreading.org)



Deployed service member reads aloud to child



Eases the stress of separation and builds family resiliency



Makes powerful emotional connections

*Makes Homecomings Easier!*





# 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](mailto:longisland@thesoldiersproject.org)

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

Follow us on Facebook





# YOU SERVE OUR COUNTRY.

**LET BOYS & GIRLS CLUBS  
SERVE YOUR CHILDREN.**

★ ★ ★ ★ ★  
**MISSION  
YOUTH  
OUTREACH**



**AS A MEMBER OF A MILITARY  
FAMILY, YOUR CHILD CAN RECEIVE A  
NO-COST MEMBERSHIP TO THE BOYS  
& GIRLS CLUB IN YOUR COMMUNITY.**

Clubs provide a fun, safe and supervised environment,  
where your child can –

- Get active with games and athletics
- Enrich creative skills
- Explore academic and career goals
- Receive the guidance of caring, adult professionals

**FIND THE CLUB  
IN YOUR COMMUNITY.  
GO TO [BGCA.ORG/MILITARY](http://BGCA.ORG/MILITARY)  
OR CALL 800-854-CLUB.**

MISSION: Youth Outreach is a partnership of the U.S. Armed Forces and Boys & Girls Clubs of America. Boys & Girls Clubs have proudly supported the children of America's service members since 1991. Today, BGCA partners with all branches of the U.S. Armed Forces to provide critical programs, support and stability for young people. On installations around the world and in communities across the nation, Clubs are there for military youth.

A partnership between the Joint Military Services and Boys & Girls Clubs of America





# OPERATION COM

Children Of the Military<sup>®</sup>

**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!

Groups Meet Every Other Friday Evening  
27 January 2012 - 6 April 2012  
6:00pm - 7:30pm

**PRE-REGISTRATION IS A REQUIREMENT!**

We meet at the Mental Health Association  
999 Delaware Avenue

To Make a Referral to the Program or To Sign Up Pre-Registration Is **REQUIRED**:  
Please Call Mary at (716) 886.1242 or  
Email: [mcparlane@eriemha.org](mailto:mcparlane@eriemha.org)

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

Call Mary at MHA: 886.1242



This unique program was honorably created by a "child of the military." Coming from three generations of military service, the creator of this program has experienced and lived all extremes of military life since birth. Two continents, 12 countries, 18 states, 10 military bases, 62 cities & 12 deployments: A true understanding of what your child lives, feels and sees everyday!

 **M&T Bank**

*Operation C.O.M. is honored to receive funding from M & T Bank for this program.*



# DEPLOYMENT RESOURCES

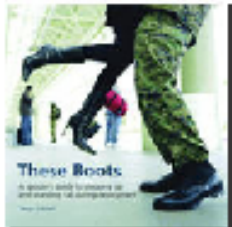
Our resources provide strategies and support to help ease the way for children, teenagers, and the non-deployed parent. Go to [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) and click on "deployment" for our entire range of deployment-related materials, including articles, booklets, and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



# 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*

# Discounted Lift Tickets Are Here!



## Whiteface Mountain

## Gore Mountain

**Adult = \$37 (regular \$79-\$84)**

**Teen= \$30 (regular \$64-\$69)**

**Junior= \$23 (regular \$51-\$55)**

**Adult= \$50 (regular \$68-\$79)**

**Teen= \$43 (regular \$55-\$63)**

**Junior= \$26 (regular \$37-\$44)**

**Contact the MWR to get your  
discounted tickets  
1-518-885-5138**

**\*There are no black out dates with these tickets\***



# Guard En Notes



107<sup>th</sup> MP's During  
Deployment Event  
Utica, NY



3-126<sup>th</sup> AVN  
Pre Deployment  
Rochester, NY



# Guard En Notes



November 22<sup>nd</sup> SYC's Colleen and Keri with ESGR's CSM Van Pelt (R) and CSM Willsey (R) scooping Ice Cream at DMNA to honor Military Family Month.  
*Honoring Service, Honoring Families.*

145<sup>th</sup> Maintenance & 42<sup>nd</sup> Infantry Division's Holiday Party  
Staten Island, NY





# 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.

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