

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



THE 2014 WINTER OLYMPICS FEBRUARY 7TH – 23RD PARALYMPICS: MARCH 7TH-16TH MASCOTS



The Leopard The Polar Bear The Hare The Ray of Light The Snow Flake

To Learn more about each of them

<http://talisman.sochi2014.com/en/#/>



The 2014 Sochi Olympics are estimated to be the costliest ever, at \$50 Billion.



TICKETS

Opening Ceremony:

\$180 - \$1,500 (6,000 – 50,000 RUB)

Most Events Range From:

\$30 - \$180 (1,000-6,000 RUB)

Figure Skating:

\$45 - \$600 (1,500 – 20,000 RUB)

** Russia's Currency RUB = Russian Ruble **



TIMELINE:

(Provided by CNN)

- In July of 2005 - Seven Countries submitted bids for the 2014 Olympics.
- On July 4th, 2007 - Sochi was chosen as the host of the 2014 Olympics.
- On September 29th, 2013 - The Olympic flame lighting for the Winter Games in Sochi is a success.



- November 7th, 2013 - The Sochi 2014 Olympic Torch is sent by rocket to the International Space Station.
- November 9th, 2013 - Two Russian cosmonauts perform the first ever spacewalk of the Olympic Torch. This cosmic torch will be the one to light the Olympic flame in Sochi on February 7th, 2014.



Keep The Look Out

Make sure you keep a look out for **Tyler Andersen, Team USA Luge**. Our Teen Council Members got the opportunity in Lake Placid this summer, to not only meet him, but he taught everyone how to luge. Everyone was able to try

the luge on the blacktop at least once. To check out all the pictures of each teen on the luge go to our Facebook Page.



© 2012 Nancie Battaglia

For More information on Tyler:
<http://www.usaluge.org/athlete?id=103>

Guard En Notes

Event Pictures

42nd CAB – Pre
Deployment
Event Saratoga



FRC Hometown
Heroes
5K Run/Walk
Colonie



KUSLE/KUBDOC-
30/60 Day Event
Suffern



F1-169th – 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

Guard En Notes Event Pictures



4-H & OMK
Family Day
Ballston Spa



4th & 37th Fin Pre
Deployment Event
La Guardia



1569 TC Pre
Deployment Event
Suffern

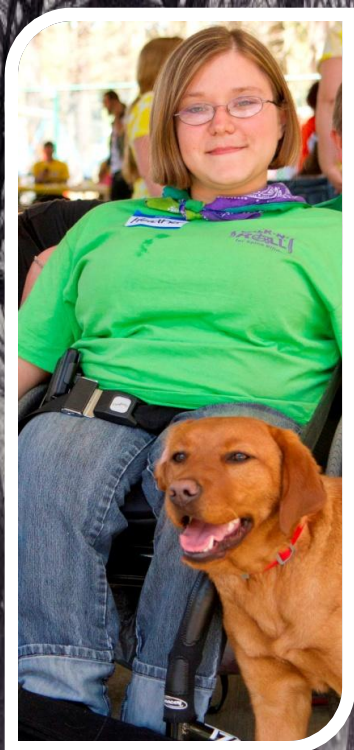


To see more pictures from **Yellow Ribbon**, and **Youth Program Events** please visit and like us on Facebook.

www.facebook.com/NewYorkNationalGuardYouthProgram

Guard En Notes

From Heather's Desk:



NYS Fact - The Shea Family of Lake Placid New York, is the first to produce three generations of Olympians. Father Jack, 91, was a double-gold medalist in speed skating, son Jim, Sr., was a U.S. ski team member at the 1964 Innsbruck Games, and in 2002 grandson Jim, Jr., won a gold medal in skeleton.

U.S.A. Fact - Did you know American skier Lindsey Vonn was awarded a cow by local dairy farmers for her World Cup win in Val D'Isere, France, in 2005. She had a choice between the cow or an additional \$1,200 in prize money. She went with the cow.

Follow From Heather's Desk Every Month on Youth Program Facebook Page
www.facebook.com/NewYorkNationalGuardYouthProgram

Winter Word Search

O	C	X	J	S	T	P	A	T	R	I	C	K	S	Q
L	J	S	G	G	S	O	T	I	N	N	F	S	J	R
Y	P	F	M	Q	Y	H	E	W	U	E	E	U	S	A
M	G	N	A	M	G	N	A	A	I	N	W	T	X	E
P	L	E	W	J	L	N	H	M	I	N	N	A	E	A
I	U	O	W	O	Z	C	I	T	R	E	T	S	M	Y
C	N	R	C	A	E	O	N	W	D	O	T	E	E	N
S	W	N	E	R	S	E	M	I	A	V	C	C	R	O
A	I	O	P	R	L	H	S	R	K	Y	V	K	Q	H
L	T	E	V	A	K	E	I	J	L	U	Y	D	C	E
O	L	E	V	R	R	B	I	N	J	Q	P	S	O	A
A	M	C	A	P	W	H	F	Q	G	L	D	Q	L	R
O	D	A	T	M	C	C	C	L	F	T	V	D	D	T
P	E	K	L	O	C	K	I	N	X	L	O	V	E	S
R	Z	Q	S	B	C	N	Y	E	A	R	E	N	B	S

VALENTINES	WINTER
HEARTS	SNOW
LOVE	COLD
PRESIDENTS	NEW
WASHINGTON	YEAR
LINCOLN	
STPATRICKS	
SHAMROCK	
LEPRECHAUN	
OLYMPICS	
TEAM	
USA	
SOCHI	
TEEN	
LOCKIN	

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

Guard En Notes

Looking Ahead in 2014

Teen Lock-In's

4 Great Locations (Geneva, Fort Drum,
Fort Hamilton, & Albany)

*Can you handle being locked in with other teens?
Enjoy a night full of activities, no sleep, tons of food, lots of
fun with new and old friends during our Teen Lock-In's.*

*For more information or feedback on
these events please contact*

Colleen Casey 518-786-4614 or Keri O'Neil 518-786-4904
Colleen.e.casey.ctr@mail.mil keri.j.oneil.ctr@mail.mil

-2014 Volunteer and
Youth Workshop

-Summer Camp Registration

-Gardens and Flowers for
Armed Forces

-2nd 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 1-877-715-7817⁸

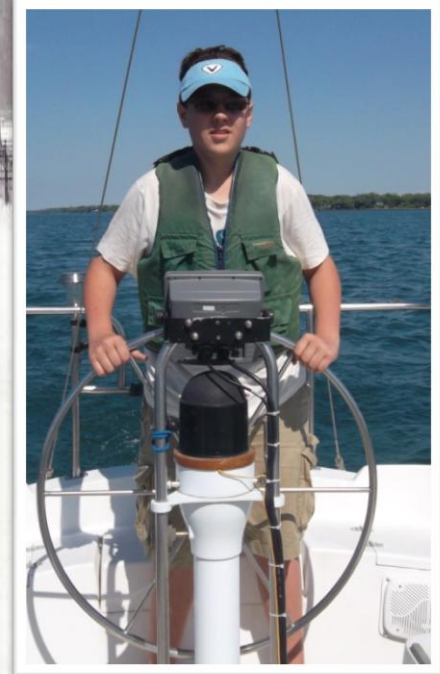
Guard En Notes

Volunteer and Military Child of the Quarter



Kayla Casey is Senior at Johnson & Wales University in Providence, Rhode Island. She will be graduating this May with a bachelors degree in Business Administration. Kayla has been volunteering with the Child and Youth Program since May of 2010, and she currently has over 100 volunteer hours. Kayla volunteers with many organizations outside of the Child and Youth Program. When she is home she likes to volunteer with the Adirondack Runners Club. While in Providence she volunteers with two organizations; WaterFire Providence and Save the Bay. She also goes into the Providence Public School district and volunteers her time in elementary classrooms. Kayla is a proud daughter of SGM Timothy Casey and sister of SPC Chanleigh Casey, who is currently deployed with the 42nd CAB. In her spare time Kayla loves to go shopping, watch movies and spend time with her friends and family.

Gabriel Curcione is a 10th grader at Wilson Central School District. Gabe is a member of the Varsity Golf and Tennis teams, and has been a Scholar Athlete for the last two years (having 90 and above average while participating in sports). He puts a high concentration on his grades and takes homework assignments very seriously. Gabe is member of the 2013-2014 Leadership Niagara Youth Program (LNYP). He is always willing to help people out. Last summer he worked with a local school teacher to refurbish a sailboat that is now used to provide sailing experiences for handicapped and special needs children. Gabe loves the outdoors and spends his free time hunting, fishing, and sailing. His passion however, is working with military youth. Military youth are 'kids like him.' This past summer he was able to volunteer his time with the OMK Spy Camp at the Niagara Falls 107th Air Wing. He took part in the planning process, and was able to learn what goes into the development of a week long program. Gabe is the son of MSgt Paul Curcione, 30th Aerial Port Squadron, 914th Airlift Wing, Niagara Falls Air Reserve Station. Gabe and his family have experienced one deployment in 2011.



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 6pm - 7:30pm.

January 24th, February 7th & 21st, March 7th & 21st,
April 11th & 25th, May 9th

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)

Jess at 640-3258 - (jesslafalce@yahoo.com)

Adrienne - (adrienne_talbert@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 Dwyer Foundation.



WWW.STRONGBONDS.ORG

THE ARMY STRONG BONDS PROGRAM

What is the Strong Bonds program?

Strong Bonds is a chaplain-led program for commanders which builds relationship resiliency. The Strong Bonds mission is to increase Soldier and Family readiness through relationship education and skills training.

Four Strong Bonds programs applied to the Army Force Generation cycle help Single-Soldiers, Couples and Families to thrive in the turbulence of the military environment.

Attendees voluntarily participate in a Strong Bonds offsite retreat format designed to maximize relationship training impact. The retreat or “get away” provides an emotionally safe and secure training environment in which to address the effect of military lifestyle stressors.

UPCOMING NY NATIONAL GUARD STRONGBONDS EVENTS

Register for each event at

www.Strongbonds.org

Under National Guard
Couples, Families events
New York

February 21-23, 2014

Laugh Your Way to a Better Marriage
Couples Retreat
Hotel: TBD
Rochester/Buffalo Region- NY

March 7-9, 2014

Laugh Your Way to a Better Marriage
Couples Retreat
Hotel: TBD
Albany Region – NY

March 28-30, 2014

Families and Spouses of Deployed Service Members (Family Event)
Hotel: TBD
NYC/Long Island Region- NY

Strong bonds covers cost of lodging and 3 meals during the event.
Travel Costs are responsibility of Service Member or Family Member.
Couples event open to Married Couples registered in DEERS

For more information contact:
1LT Mark Getman @ email:
Mark.H.Getman.mil@mail.mil
Or Call (347) 768-1656



*Home is where
the heart is*



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you find:

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- Homework help
- Post PCS caregivers
- Part-time babysitters
- Last minute care

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TUTOR.COM FOR MILITARY FAMILIES

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for ALL Active Duty,
National Guard and
Reserve Families!

www.tutor.com/military

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- ★ 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

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
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

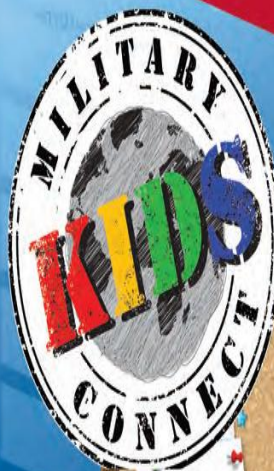
11750 Sorrento Valley Road Suite 100 San Diego CA 92121
p 858.481.7323 f 858.481.9489

military@unitedthroughreading.org 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 | 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.

eKnowledge Donates \$200 SAT and ACT Test Prep Programs to Military Families Worldwide

eKnowledge has donated more than \$42 million of SAT and ACT PowerPrep™ Programs to Military service members and their families worldwide. This valuable donation from eKnowledge is in its eighth consecutive year. The Military Donation Project is in alliance with the Department of Defense and supported by professional athletes from the NFL and MLB, as well as over 100 organizations, groups and non-profits.

About the SAT and ACT PowerPrep™ Programs

The SAT or ACT PowerPrep™ Program comes in a single DVD and includes more than 11 hours of video instruction and 3000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, practice tests and graphic teaching illustrations. Students select the training they need and can study at their own pace.

Who is eligible to receive the donated software?

Eligible recipients included Service Members from all branches of the Military who are active duty, retired, Veterans, Guard, Reserve, all DOD employees, contractors and civilians performing military support. Also eligible are relatives and dependants of anyone who otherwise qualifies from the prior list.

How to order:

The eKnowledge Sponsorship covers the complete \$200 purchase price for the standard SAT or ACT Test Preparation Program. *There is a nominal charge of \$17.55 (per standard program) for the cost of materials, support and shipping. Each SAT or ACT Test Preparation program has a one-year license from the day the product is shipped. The DVD may be renewed for an additional twelve months at the same donation rate.

To place an order: www.eKnowledge.com/USNG or telephone **951-256-4076**

How Does Our Organization Promote the Donation Project?

The value of the donation of SAT and ACT Test Prep programs to Military families is tremendous. The donation project requires very little time to implement. Simply share the availability of donated SAT and ACT PowerPrep™ Programs through communication tools already in place, i.e., website, newsletters, email broadcasts, social media, etc. Be sure to include your unique URL, www.eKnowledge.com/USNG

Testimonials

eKnowledge has received over 55,000 thank you letters and testimonials from military families who have ordered the donated software. *"Thank you very much for this fantastic sponsorship. We used this program for our eldest daughter in 2008 and she achieved a 34 on her ACT. Because of this she was awarded amazing scholarships to several elite colleges. Now we are using this program for our other daughter and are hoping she will be as successful after using this program."*

For further information contact: Lori Caputo, Director LoriCaputo@eKnowledge.com 951-256-4076

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

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



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

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