

# Guard En Of Youth

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



## In this Issue:

	Page
A Soldier's Child	2
Guard En Notes Event Photos	3-4
From Heather's Desk	5
Volunteer and Military Child of the Quarter	6
Volunteer Organization of the Quarter	7
Teen Council	8
Looking Ahead	9
Youth Program with Social Media	10
Camp Corral	11
Operation Gold Star Camp	12
Strong Bonds Upcoming Events	13
Operation COM	14
Club Fed Child Care	15
SitterCity	16
Tutor.com	17
Our Military Kids	18
Big Brothers Big Sisters	19
New England Nanny	20
United Through Reading	21
Military Kids Connect	22-23
Feedback	24



Lead CYPC Colleen Casey & CYCP Keri Attanasio at the Attanasio/O'Neil wedding August 2014

*Follow Us At*



New York National Guard Youth Program



NYNGCYP



NYNGCYP



NYNG Youth 1Program

“It was a lot of fun shopping for \$100-150 worth of presents; it lasted about 1-2 hours. Then we headed over to the building where the birthday party was being held to finish the set up and help celebrate. The amount of donations for pizza, cake, drinks and snacks was impressive. After the party ended, everyone went into another room and we all wrapped presents in groups of 5-7 people and boxed them up a specific way, with gift wrap and drawings on the boxes. The wrapping session took the longest and lasted about 3 hours. Overall the event was a lot of fun and I would do it again.” –

Adrianna Soucy



## A SOLDIER'S CHILD BIRTHDAY FOUNDATION

**10 of our Teen Council Members joined with A Soldier's Project to help with their A Soldier's Child Birthday Event in Orchard Park, NY. The teens spent their day shopping, gift wrapping and packing gifts for the January Birthday recipients.**



“Today was a total success! We got to share about the Teen Council and what we do, even though it was tiring, I had a lot of fun. Actually some of the organizers were coming up to us saying we are a huge help and that they loved having us there. Definitely would love to do another event with them.” – Annan Noonan



“The event was super fun they gave us each 2-4 kids to shop for and interview paper to know what the kid would like. We had to spend at least \$100 on each kid we had and then we all checked out and loaded the toys in a big truck. Then there was a birthday party for two kids and then everyone went into a warehouse and wrapped all the presents we bought” – Emily Yargeau



# Guard En Notes

## Event Pictures



42<sup>nd</sup> CAB  
Post  
Yellow  
Ribbon  
Albany



642 ASB Post  
Yellow Ribbon  
Rochester



642 ASB Post  
Yellow Ribbon  
White Plains



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



42<sup>nd</sup> JTF Pre  
Yellow Ribbon  
Saratoga



Wreathes Across America  
Gerald B.H. Solomon  
Saratoga National Cemetery

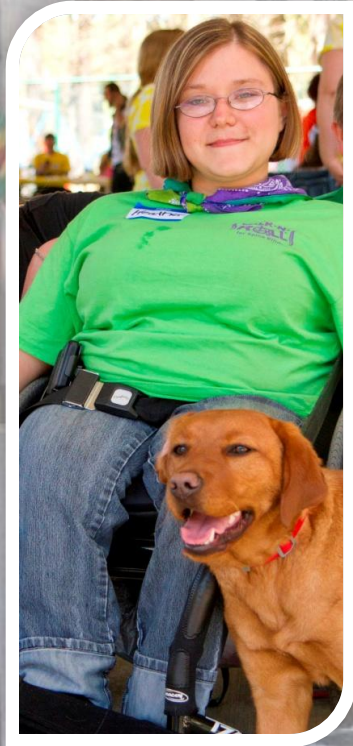


To see more pictures from **Yellow Ribbon and Youth Program Events** please visit and like us on Facebook.

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

# Guard En Notes

From Heather's Desk:



Olympia The Snowwoman

**Fun Fact #1** - Olympia was made by the folks of Bethel, Maine, and named after Maine senator Olympia Snowe. The snowman or to be more precise the snow woman was 122 feet, one inch high and broke the Guinness world record for the largest snowman. Olympia was built in a little over a month to build, she is dressed in a 100 foot scarf, has 27 foot evergreen trees for arms, and eyelashes made from old skis.

**Fun Fact #2** - The Coldest New York Temperature was recorded on February 18<sup>th</sup> 1979 in Old Forge, NY at **-52 Degrees!!**

# Guard En Notes

## Volunteer and Military Child of the Quarter

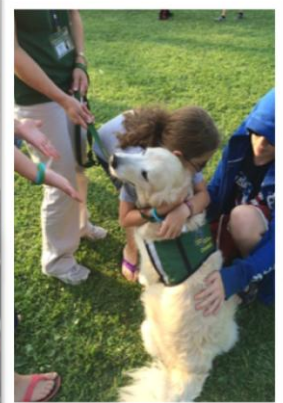
Blythe Taylor is one of our current Teen Council(TC) members. She joined the Teen Council in the Fall of 2013, as a civilian. Blythe accompanied another TC member to a Yellow Ribbon event in the fall of 2013 and enjoyed being around and helping the Military Kids and Families so much that she joined TC. Since then Blythe has volunteered over 35 hours with the Child and Youth Program and Family Programs. Blythe is 17 years old, and in her junior year at West Seneca West Senior. Blythe takes dance classes and is a member of the Spanish Club through her school. Along with her volunteering with Teen Council, she also volunteers her time with 10 Lives Club, an organization that's mission is "to promote, further and enhance all cat life." Blythe has one younger brother Bryce. Blythe said to us "I have met many cool people, I have learned a lot and helped a lot of people. It is so much fun! I love the Teen Council and all that it has taught me and shown me."



Lexi Coons is 18 years old and a Senior at Voorheesville High School. She has been volunteering with the Child and Youth Program for over a year at Yellow Ribbon Events in the Capital District. We were introduced to Lexi at Yellow Ribbon when her step father was preparing to deploy with the 27<sup>th</sup> BCT. Lexi plays softball and volunteers her time with Everybody Counts(EBC) and Bus Stop Club. EBC is a Hippotherapy Outpatient Clinic for children with special needs, and the Bus Stop Club is a support group for children who have siblings with special needs. Lexi has two younger siblings Nathan and Rebekah. Lexi says "I love to work with children, and animals."

# Guard En Notes

## Volunteer Organization of the Quarter



This month we wanted to take a moment to recognize Therapy Dogs International (TDI). We invite TDI to come into any of our Youth Program functions (camp, Yellow Ribbon or Workshops) while programming is going on. The Children love having the furry friends around and tend to be calmer and focus better on projects.

Therapy Dogs International was founded by Elaine Smith back in 1976. Elaine's vision was to bring a little sunshine to those who were in hospitals, nursing homes and other institutions. She recognized the bond between people and dogs and what role that bond played in one's emotional well-being and health.

Studies have shown that a person holding or petting an animal will cause a lowering of blood pressure, the release of strain and tension, and can draw out a person from loneliness and depression. We use Therapy Dogs in small or large group settings. Ages 5 and older



# 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
- 2015 Summer Camps!!

### \*SUMMER CAMP SEASON 2015 Dates:

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

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

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





FOR YOUTH DEVELOPMENT \*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA Camp Gorham

## Camp Corral – June 28 – July 3, 2015

YMCA Camp Gorham has been selected as a 2015 partner camp for Camp Corral!

Campers will join us for an amazing week of fun, excitement, and new friends in the Adirondacks!

Swimming, kayaking, sports, mountain biking, high ropes, zip line, archery, hiking, canoeing, and more!



For more information, visit [campgorham.org](http://campgorham.org) today!



Camp Corral is FREE to qualifying children of military families ages 8-15.

Enrollment is limited. Do not miss out on an experience of a lifetime.

Apply today at [campgorham.org](http://campgorham.org)!

YMCA Camp Gorham, 265 Darts Lake Road, Eagle Bay, NY 13331

888-518-5671 [campgorham.org](http://campgorham.org)

# Operation Gold Star Camp 2015

July 5<sup>th</sup> through July 10<sup>th</sup> 2015

Operation Gold Star camp is open to surviving dependent children and siblings of all Branches of Active Duty, Reserves and National Guard, ages 7-17.



***\*Limited Space Available  
Registration is Required\****

This camp is offered at no cost for attendees. *There is a \$25 fee that will be fully returned upon check in at camp.*

## Special Guest

Mike Murburg from NBC's ***The Biggest Loser***. Mike, a Gold Star Father, will share his story and talk about his journey to fulfill a promise to his son to lose weight and become healthy.



**To Register  
Please Call or Email**  
(716) 549-1420 or email:  
[info@pioneercamp.org](mailto:info@pioneercamp.org)

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

Pioneer Camp & Retreat Center, Inc. 9324 Lake Shore Road  
Angola, NY 14006

***To be held at Pioneer Camp  
& Retreat Center, located  
just outside Buffalo, NY, in  
partnership with  
WNY Heroes, Inc.***

An opportunity to make new friends and have a lot of fun.

Camp Activities include a day field trip, kayaking, canoeing, tubing, swimming, Pioneer's High Ropes Adventure Course & zip line, have cookouts, and a sleep out under the golden stars.





# NY Army National Guard Strong Bonds



## UPCOMING EVENTS:

(Under National Guard, Couples or Families Events)

### Dates & Locations:

March 13-15, 2015: Tarrytown, NY (Couples Event)

May 29-31, 2015: Lake George, NY (Couples Event)

Events are dependent upon the number of participants registered.

Hotel Locations: TBD

POC: SGM Roy Sayward: [roy.c.sayward.mil@mail.mil](mailto:roy.c.sayward.mil@mail.mil)

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.

# *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.

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

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!**



Find the perfect  
Back-to-School  
caregivers for  
your family.

- Before/After school care
- Homework help
- Last minute care
- Special needs care
- School holiday care
- Sports & activities help

**Get Started Today at**  
[sittercity.com/DoD](https://sittercity.com/DoD)

Sittercity's got you covered before  
and after school, and all the times  
in between.

Memberships to Sittercity are fully paid for by The Department  
of Defense for Army, Marine, Navy, and Air Force -including  
active duty, Reserve, and Guard!





# 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

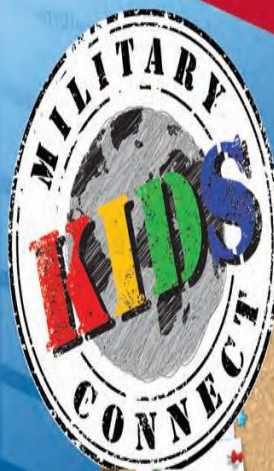
11750 Sorrento Valley Road Suite 100 San Diego CA 92121  
p 858.481.7323 f 858.481.9489

[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.

# 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 Attanasio.

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)

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

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

(518) 786-6075 -fax

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