

WINTER 2020 · VOL. 18

# GUARDIAN OF YOUTH

NEW YORK ARMY NATIONAL GUARD  
CHILD AND YOUTH PROGRAM



## What's New

---

Welcome home 42nd Infantry Division

---

Teen Council Updates

---

Importance of Pet CPR & First Aid

---

How 2020 Showed The World What  
It's Like To Be A Military Family

---

Virtual Military Kids Club

---

Upcoming Events

### *Creativity*

"This year has been different but the boxes were a wonderful distraction. Through the boxes I got new ideas for my 6 year old. She loved the bear painting. She was so happy to paint inside the lines. She kept saying she was an artist. My son created a new way to use the coding bracelets, and he used his fine motor skills. The kids want to thank the National Guard for thinking of them. You gave me new ideas of things to try with them.

Thank you!"

BRENNAN ORLANDO  
SPOUSE, NYARNG



For more  
info:

Download "ARNG CYS" Here  
   
[www.arngcys.com](http://www.arngcys.com)







## Welcome Home Soldiers!

### 42ND INFANTRY DIVISION

It's been a long deployment during an incredibly tough year. We've loved seeing your families reunite and become whole again. We'd love to share your welcome home photos on our Facebook page! If you're interested, please email your photos to [monica.e.musser-racicot.ctr@mail.mil](mailto:monica.e.musser-racicot.ctr@mail.mil)



**If you have any questions about Teen Council, or are interested in joining, please contact us for the application packet!**

## Teen Council Updates

Here's to a better 2021! With most of our Teen Council members off to college, we have lots of space for new recruits! We will not be able to offer our usual Winter trip in February, but we hope to be able to offer hugs and high-fives at our annual summer symposium!

### **Teen Council Requirements:**

- Minimum age of 13 years old
- Term ends with graduation of High School
- Must attend 50% of Teen Council meetings
- Zero tolerance of drugs and alcohol
- Minimum of 2.5 GPA (80%)
- Complete 15 hours of community service per year



## How 2020 Showed The World What It's Like To Be A Military Family

By Kait Hanson, Military Spouse Magazine

For decades, military spouses have struggled to explain the lifestyle to civilian friends and family. “When are you moving?” “Do you know when your spouse will be home?” “Where are you moving to?” “What is next for you guys?” The answer on all accounts? “I don’t know.”

Military spouses have lived with this uncertainty for many generations, but as the rest of the world gripped and braced for the impacts of a global pandemic, everything felt new. Here’s how 2020 showed the world what it’s like to be a military family:

### **Life isn’t following “the plan”**

Let’s face it – 2020 did not pan out how any of us imagined. Vacations were cancelled, much of the workforce shifted from cubicles to kitchen tables, and kids began attending school from home. For military spouses, who face unpredictable schedules and uncertainty routinely, this felt very normal.

### **Not having a spouse present for the birth of a child**

Early on in the pandemic, many civilian spouses faced attending appointments and even giving birth alone as coronavirus surged across the nation.

This is a barrier military spouses have faced for years and while not ideal, many credit technology for stepping in.

“At first I was scared our family was being robbed of one of the most special moments of our lives,” Jenny Byers, a U.S. Navy spouse, said on giving birth alone while her husband, PJ, was deployed. “But I was wrong. That moment was still just as special, but in a way I wasn’t expecting. Thanks to modern day technology, we got to meet our son together.”

### **Celebrating holidays without family**

As the world began shutting down this spring and safety guidelines have continued to evolve, one of the top-line recommendations has remained – do not gather in a closed space with those that do not live in the immediate household. Families who normally gather to celebrate were left wondering “What does a holiday spent alone look like?”

“Being away from my family at the holidays, while hard, has given me the opportunity to make new traditions that I can make with my husband and now our two sons,” Julie Yaste, a U.S. Navy spouse, said. “It makes it more special in the long run for us to have an experience that reinforces our nuclear family.”

### **Uncertainty about the future**

There is a running joke amongst military families that the only sure bet of this lifestyle is uncertainty. As the rest of the world grappled with not knowing what came next and watched as well-laid plans crumbled, many military families felt right at home. “My husband and I always joke that the only definite in military life is change,” Maxine Clegg, an Air Force spouse, told Military Spouse.

“Because his schedule is always changing, there’s always a move on the horizon, or a deployment coming, we’ve learned to just roll with the punches and be ready for whatever comes next. It has taught me to have Plan B through Z ready, and sometimes things not going as expected work out even better.”





# The Importance of Knowing Pet CPR and First Aid

Having the knowledge and skills a Pet First Aid and CPR class provides will help you to prepare for and remain calm during an emergency.

Child & Youth is looking at providing a Pet CPR and First Aid class in the near future! Stay tuned!



## HOW TO PERFORM CPR ON PETS



Check Your Pet

### 1 CHECK FOR PULSE AND BREATHING

Use middle and index finger to find pulse:

- Below wrist
- Inner thigh
- Below ankle, or
- Where the left elbow touches the chest



### 2 CHECK FOR OTHER WARNING SIGNS

- Do gums and lips appear white/grey in colour?
- Are pupils dilated and unresponsive to light?

*If there is no breathing and no pulse, begin CPR immediately.*

### 3 GIVE PET RESCUE BREATHS

**Cats and small dogs:**

- Place your mouth over your pet's nose and mouth to blow air in.

**Medium to large dogs:**

- Place your mouth over their nose to blow air in, making sure your pet's mouth is kept shut. If your breath won't go in, their airway might be blocked; perform the Heimlich Maneuver.



### 4 HEIMLICH MANEUVER

- Turn your pet upside down and hold them with their back to your chest.
- Clasp your hands together just below your pet's rib cage on their abdomen.
- Give 5 short thrusts to abdomen with both of your arms.
- Check airway for an obstruction and remove it.
- Give your pet two more rescue breaths.

### 5 START COMPRESSIONS

- Lay your pet on their right side.
- Place your hands over their ribs where the elbow touches the chest.
- Begin compressions.

	COMPRESS CHEST	NUMBER OF HANDS	COMPRESSIONS PER BREATH
CAT/SMALL DOG	1.5 - 2.5cm	2 fingers	5
MEDIUM DOG	2.5 - 7.5cm	1 hand	5
LARGE DOG	2.5 - 7.5cm	2 hands	10

*Do not give compressions if the animal has a pulse.*

### 6 REPEAT COMPRESSION PROCEDURE

- Check pulse after 1 minute then every few minutes.
- Continue CPR until animal has pulse and is breathing.
- Stop CPR after 20 minutes.
- Contact your vet for ongoing treatment.

## Join Us for Virtual Military Kids Club!

Every third Tuesday of the month starting in January, our Child and Youth program will be hosting its first-ever Virtual Military Kids Club. The club is intended for kids ages 6-12, with a parent or guardian currently serving in the military. Every monthly meeting will offer games, crafts, and songs, all meant for these

wonderful military youth to learn more about each other and make new friendships. We will even have some guest speakers!

Each meeting will require a new registration, that way if you cannot make a month or would like to skip a meeting, there is space for new friends to join. If the meeting requires materials, a packet will be sent ahead of time to the address listed in the registration. If you have any



# GUARD EN OF YOUTH

NEW YORK ARMY NATIONAL GUARD  
CHILD AND YOUTH PROGRAM

questions about the club or would like to be a guest speaker, please reach out to us!

Registration information for February's meeting will be released in January. Visit us on our Facebook page to find out more, or send us an email if you would like to be added to the Child and Youth distribution list.

### Kimberly Hierholzer

Lead Child & Youth Program Coordinator  
kimberly.l.hierholzer.ctr@mail.mil

### Monica Musser-Racicot

Child & Youth Program Coordinator  
monica.e.musser-racicot.ctr@mail.mil

## Upcoming Events

Holidays Around the World Boxes  
Shipped to Families

December 14-18, 2020

**\*For those already registered**

Virtual Holidays Around the World Lesson

December 21, 2020 from 4-5 PM

**\*For those registered for the box**

Virtual Holiday Party

December 19, 2020 from 4-5 PM

Via Zoom

42nd ID Post-Yellow Ribbon

Homecoming Week

January 18-24, 2021

Via Zoom

42nd ID Virtual Frozen Party

January 18, 2021 from 4-5 PM

Via Zoom

Virtual Military Kids Club Meeting

January 19, 2021 from 4-5:30 PM

Via Zoom

**\*For those already registered**

Teen Council Recruitment Night

January 2021

Date TBD

Virtual Military Kids Club Meeting

February 16, 2021 from 4-5:30 PM

**\*Registration opens in January**



### SOLDIER - PARENT SATISFACTION SURVEY

FAMILIES - WE NEED YOUR FEEDBACK ON  
THE CHILD AND YOUTH SERVICES YOU  
HAVE PARTICIPATED IN THROUGHOUT  
THE LAST YEAR.

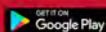
PLEASE LET US KNOW HOW WE ARE DOING!



SCAN ME!

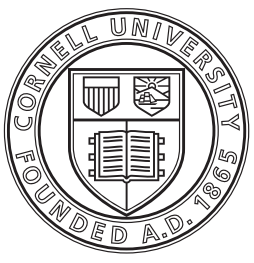


Download "ARNG CYS"



[www.arngcys.com](http://www.arngcys.com)

WE <sup>are</sup>  
LISTENING  
TO YOU!



# CPR for your DOG or CAT

CPR includes **chest compressions** to get blood flowing, and **rescue breaths** to deliver oxygen to the organs.

**If you find your pet unresponsive**, attempt to stimulate him by shaking or calling his name. If he doesn't respond, check for breathing. If your pet is breathing, get him to the closest veterinary office.

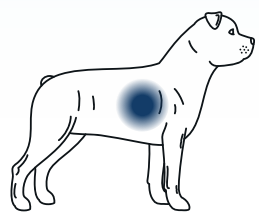
**If your pet isn't breathing**, check to make sure her windpipe is clear. Pull the mouth open, grasp the tongue, pull the tongue toward you and get a look all the way to the back of the throat. If you see something in there, gently try to remove it. Be careful not to push it further into the airway. If this invokes a response from your pet, stop! Beware of bites.

**If a response is not elicited, call for help.** CPR is a team sport and remember, your primary goal is to get your pet to the closest open veterinary hospital. So ask your helper to go and get the car immediately while you start CPR.

Start by doing **30 chest compressions**, pause to deliver **2 quick breaths**, then immediately **repeat** both steps.

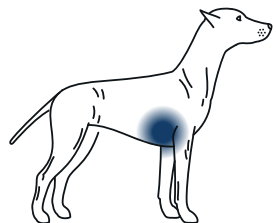
## Chest Compressions:

### Find Your Compression Location



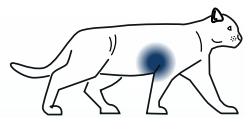
**Dogs with round chests**  
(such as Labrador Retrievers)

Lay the dog on his side and focus the chest compressions over the widest part of the chest.



**Dogs with narrow, deep-chests**  
(such as Greyhounds)

Lay her on her side, but push directly over the heart to try to squeeze it.



**Small dogs and cats**  
(generally all have a narrow chest)

Focus your compressions directly over the heart. To minimize the chance of squeezing too hard, you could do compressions with one hand, rather than the two-handed approach.



**Dogs with squishy-faces** sometimes have flat chests  
(like English Bulldogs)

Try laying them on their backs. Put your hands directly over the breastbone and push on the solid piece of bone. If the dog doesn't easily stay on his back, lay him on his side and do compressions as you would for a round chested dog.

### Get in Position

**1. Kneel or stand behind your pet.**

**2. Put one hand on top of the other with the fingers interlaced.**

Focus the force of your compression on the heel of the hand that's touching the chest.

**3. Place your shoulders directly above your hands and keep your elbows locked.**

Bend at the waist, not at the elbows.

**4. Compress at least 1/3 and no more than 1/2 the width of the chest.**

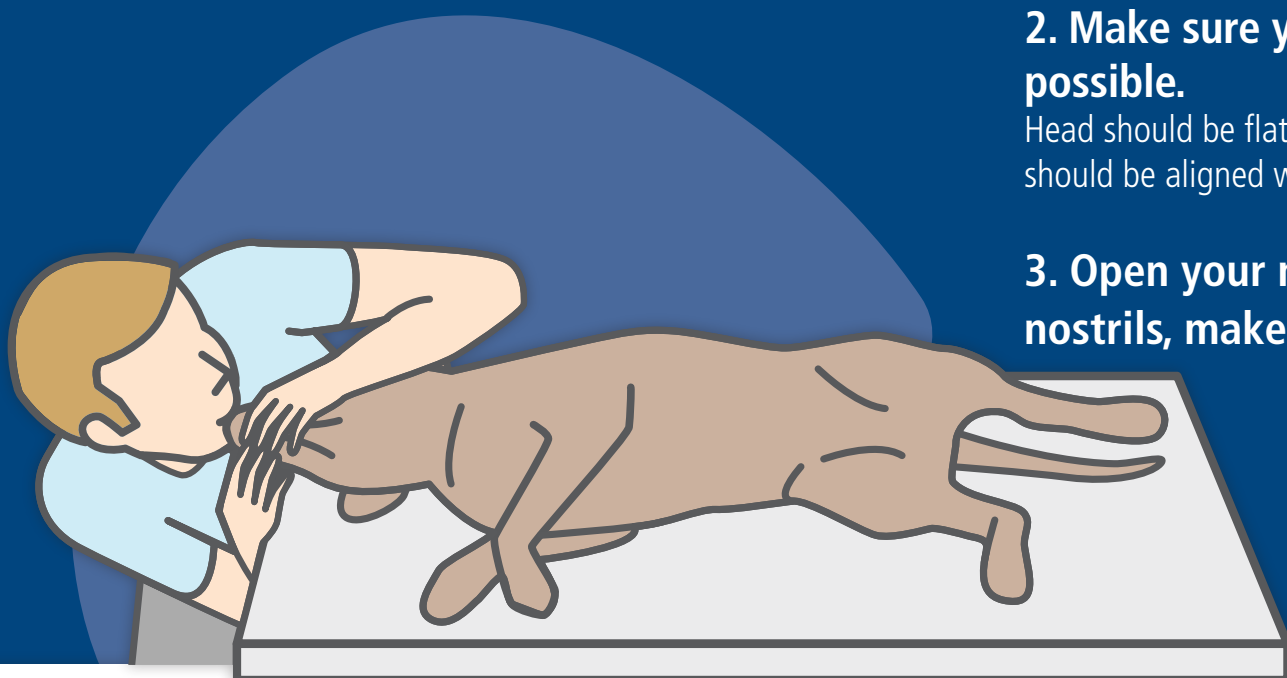
For medium to large breed dogs, you'll have to push hard to compress the chest by 1/3! In small dogs and cats, it's easy to push too hard, so be sure not to compress more than 1/2 the width of the chest!

**5. Aim for about 100 – 120 compressions per minute,**

or about two compressions every second. Sing a song in your head to keep the right beat such as "Stayin' Alive".



## Rescue Breaths



**1. Close the mouth.**

**2. Make sure your pet's windpipe is as straight as possible.**

Head should be flat on the table or floor and the tip of the nose should be aligned with the spine.

**3. Open your mouth, put it over both of the pet's nostrils, make a seal, and deliver a breath.**

**4. Allow the pet to exhale and repeat for one more breath.**

Blow hard and quickly and make sure that you see your pet's chest move.

### Tip

If you have another person to help, one person should do chest compressions and the other should deliver rescue breaths. After two minutes, switch positions. Chest compressions are tiring!

As soon as someone is available with transportation, load your pet into the car and continue CPR as you travel to the nearest vet.







# VIRTUAL MILITARY KIDS CLUB

*A chance for youth to connect and make some lasting friendships!*



THE VIRTUAL MILITARY KIDS CLUB WILL BE HELD ONE TUESDAY PER MONTH, FROM 4:00-5:30 PM.

THE MEETING MATERIALS WILL BE MAILED AND DETAILS TO JOIN WILL BE EMAILED TO ALL PARTICIPANTS PRIOR TO EACH MEETING.

**PARTICIPATION REQUIREMENTS:**

- HAVE A PARENT CURRENTLY SERVING IN THE MILITARY
- OPEN FOR YOUTH AGES 6-12

**SPACE IS LIMITED! SIGN-UP NOW AT**

**[HTTPS://WWW.EVENTBRITE.COM/E/NY-VIRTUAL-MILITARY-KIDS-CLUB-TICKETS-125380585707](https://www.eventbrite.com/e/ny-virtual-military-kids-club-tickets-125380585707)**

**FIRST MEETING:**

**January  
19  
2021**





The best way  
to spread  
**Christmas**  
cheer is by  
*singing loud*  
for all to  
hear

NEW YORK ARMY NATIONAL GUARD  
CHILD & YOUTH PRESENTS

# Virtual Holiday Party with Buddy and Jovie the Elves

DECEMBER 19 • 4 PM - 5 PM

ZOOM INFO ANNOUNCED CLOSER TO EVENT DATE

Join Buddy & Jovie in some holiday fun as they lead a simple craft,  
sing holiday songs, perform magic tricks, and more!

*Registration info will be asked on the Zoom call*



NEW YORK ARNG CHILD & YOUTH  
PRESENTS

# Frozen Party

## 42ND ID HOMECOMING WEEK KIDS KICK-OFF EVENT

JOIN US FOR CRAFTS, GAMES AND SONGS WITH  
ANNA, ELSA AND KRISTOFF!

**MONDAY JANUARY 18 4:00 PM - 5:00 PM**  
**ZOOM LINK PROVIDED CLOSER TO EVENT**

