GUARD EN OF YOUTH

New York National Guard Child and Youth Program Quarterly Newsletter

SPRING 2018



In This Issue	Page
Child and Youth Program Mission	2
Teen Council	3
Child and Youth Sponsored Events	4-5
Community Events	6-13
Resources	14-22
Connect With Us	23

CYS MISSION STATEMENT

The mission of the Army National Guard's Child and Youth Services program is to promote and sustain the quality of life and resiliency of National Guard (NG) children and youth by providing secure, timely, flexible, high-quality support services and enrichment programs. The ARNG CYS program is available for school-aged, eligible dependents of Army National Guard Members who are ages six (6) to eighteen (18) years of age, and offers a range of positive activities designed to promote resiliency, healthy development and to ease transition to adulthood. Our program also supports school transitions and provides information on support services.

http://dmna.ny.gov/family/youth/

NEW YORK ARMY NATIONAL GUARD TEEN COUNCIL

We are the New York National Guard Teen Council, brought together to speak on behalf of the youth and the entire National Guard Youth Program. We are peer educators who are here to help incorporate youth into all National Guard activities.

Our Teen Council consist of teens from across New York State. Our teens are available to volunteer with programs such as family day events, holiday events, yellow ribbons, etc. Please contact your Child and Youth Program Coordinators for more information on how our teens may be able to assist you.

If you are interested in being a part of the teen council, you can find the application on our website, listed below, along with more information about this program. You can also contact your Child and Youth Program Coordinators.

Current Teen Council Members: Our Annual Summer Teen Council Forum trip is scheduled for July 16-20. We will be spending the week on Long Island. Be on the lookout for more information.







EDUCATION EXPO!

look forward to a BRIGHTER FUTTURE



NYNG FAMILY PROGRAMS

EDUCATION EXPO

11 MAY 2018

1800-2000

Division of Military and Naval Affairs (DMNA) 330 Old Niskayuna Road Latham, NY 12110 nysyouthcoordinators@gmail.com

Sample of Providers Attending

- Clarkson University
- Albany Law
- Hudson Valley Community College
- · College of Saint Rose
- Bricklayers & Allied Craftworkers
- ARNG Recruiters
- Military One Source Rep
- Personal Financial Counselor

CAPITAL DISTRICT SUMMER DAY CAMP!



WESTERN NEW YORK SUMMER DAY CAMP!



July 23rd-27th 2018 · 9:00AM-3:30PM Niagara Falls Air Reserve Station 9910 Blewett Ave. Niagara Falls, NY

Utilize various technologies including coding, drones, and Makey Makey to discover science, technology, engineering, and math (STEM) concepts!

\$25 registration fee Register by July 6th!

This camp is intended for Air **National Guard, Air Force Reserve** and Air Force Active Duty youth ages 8-12. PLUS opportunities for youth ages 13-18 to be Teen Assistants, Register online or contact Lisa for more information at (315) 788-8450 or



Register online here: https://reg.cce.cornell.edu/High-Tech-4-H-STEM-Day-Camp 222

Cornell Cooperative Extension | Jefferson County 💥 4- H 🧺

The 4-H/Air Force Youth Camping Program is supported by the U.S. Department of Agriculture, National Institute of Food and Agriculture, 4-H National Headquarters; U.S. Air Force Child and Youth Programs; and Comell University Cooperative Extension 4-H Program through grant funding at Kansas State University under special project number 2013-48696-21184. Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

MWR UP-COMING EVENTS



Monday, May 7th

Pre-K Nature Hour

Camp Saratoga 80 Scout Road, Gansevoort, NY 12831 http://www.wiltonpreserve.org/calendar#

Wellness Walk

Wilton Wildlife Preserve and Park 80 Scout Road, Gansevoort, NY 12831 http://www.wiltonpreserve.org/calendar#

Breastfeeding Basics

Saratoga Hospital
211 Church Street, Saratoga Springs, NY 12866 (C-1 Conference Room)
http://saratogahospital.org/events/breastfeeding-basics-23-4/

Tuesday, May 8th



Swing Shift Late Night

Dave & Busters

1 Crossgates Mall Road, Albany, NY 12203

For more information, please contact MWR Community Recreation Center 518-885-5138 Ext. 1

*This is a liberty event; it is open to single or unaccompanied military personnel on active duty, ages 18-25, E1-E6. Eligible service members may sponsor up to one adult guest for designated activities.

The ABCs of Allergy Season

Saratoga Hospital
211 Church Street, Saratoga Springs, NY 12866 (First Floor Classroom)
http://saratogahospital.org/events/the-abcs-of-allergy-season/

Thursday, May 10th

Scrabble and Chess Night

Clifton Park-Halfmoon Public Library 475 Moe Road, Clifton Park, NY 12065 https://ny.evanced.info/cph/lib/eventcalendar.asp NSA SARATOGA SPRINGS • COMMUNITY RECREATION & LIBERTY



WEDNESDAY, MAY 30 NEW YORK YANKEES VS. HOUSTON ASTROS

Game Time: 6:35 p.m. • Seating: Section 424
Ticket Purchase Deadline: Friday, April 27



SATURDAY, JUNE 23 NEW YORK METS VS. LOS ANGELES DODGERS

Game Time: 7:15 p.m. • Seating: Sections 506-509 or 519-531
Ticket Purchase Deadline: Tuesday, May 22

WEDNESDAY, AUGUST 1 NEW YORK YANKEES 1/5. BALTIMORE ORIOLES

Game Time: 1:05 p.m. • Seating: Section 417
Ticket Purchase Deadline: Friday, June 29

WEDNESDAY, AUGUST 15 BRONK ZOO

Trip includes transportation and park entry.
Bus departs at 7 a.m. and returns by 8:30 p.m.
Ticket Purchase Deadline: Tuesday, August 7







518-886-0200, EXT. 126

The Department of the Navy does not endorse any company, sponsor or their products or services.

NSA SARATOGA SPRINGS • COMMUNITY RECREATION

FREE

SUMMER FEST

FRIDAY, JUNE 22 • 5 to 10 P.M.

COME OUT AND ENJOY:

(5 to 8 p.m.)

Mobile Zipline • Human Foosball • Rock Climbing Wall Zorbing Area • Bounce Houses • Photo Booth • Batting Cage Paintball • Bumper Cars • Slides • Massage Chairs • Sumo Suits

DJ • Face Painter • Balloon Sculptor
Car Show • Comedian/Juggler • FREE Stewart's Ice Cream



Car show with official pace car from NASCAR

AVAILABLE FOR PURCHASE:

- Food and Drinks from Henry's Restaurant (No personal food or drinks will be allowed.)
- All-You-Can-Eat Buffet Wristband
 - Children Ages 3 to 12: \$9
 - Adults: \$13 Up to June 19 \$16 Day of Event (Wristbands are available at either MWR location.)



CONTESTS:

- 5:30 p.m. Children's watermelon eating contest
- 6:30 p.m. Adult's pie eating contest

SHOWS:

- 8 p.m. Comedian/Juggler
- 9:20 p.m. Fireworks





Open to all military ID card holders - Parking is limited

518-885-5138

SPONSORED BY:













NSA SARATOGA SPRINGS

WHITEWATER RAFTING

at Hudson River Gorge

Begins Saturday, April 14 and runs through Sunday, October 7

During this period, excursions are available on Sunday, Tuesday, Thursday and Saturday. However, patrons must verify availability when calling Wild Waters to book their excursion as trips may be canceled due to inclement weather, etc.

Patrons can purchase vouchers at either MWR locations. No refunds or exchanges — all sales are final. Vouchers are good until the end of the 2018 season. Reservations will be made by MWR at time of purchase.

Wild Waters Outdoor Adventure Center is located on Route 28, just 15 minutes from Exit 23, off 1-87, in Warrensburg, NY.





Hudson River Gorge Trip

- 17 miles of Class 3-4 whitewater through a very remote and beautiful section of the Adirondack Park.
- Includes a riverside lunch, a hearty dinner at the end of the trip, and all necessary
 equipment (helmet, PFD, paddle, wetsuit and booties*).
- Each self-bailing raft (6-8 people) will have a New York State licensed guide on board for the entire trip (trained in river rescue, safety and local lore, as well as being great entertainers).
- Check-in time is 8:30 a.m. at Wild Waters in Warrensburg (45-50 minutes from downtown Saratoga Springs). Guests can expect to be back at Wild Waters around 3:15 p.m.; finishing dinner by 4:30 p.m. The time spent on the river is about 4 to 4.5 hours. In addition to great whitewater ratting, the trip also offers three great spots to slide off the raft for a swim.
- *Wetsuit & booties are provided for spring & fall trips only.



518-885-5138

BLUE STAR FAMILIES

WE KNOW MILITARY FAMILIES, WE ARE MILITARY FAMILIES

We strengthen military families every day. Through career development, caregiving, and our leading research on military family life, we're striving to better understand and provide solutions to the challenges facing today's military families.

https://bluestarfam.org/

Blue Star Museums offer free family admission for active duty military families from Memorial Day through Labor Day

https://bluestarfam.org/resources/family-life/blue-star-museums/

Check us out on Facebook

https://www.facebook.com/BSFNY/



FAMILY FUN DAY IN THE THOUSAND ISLANDS

Boldt Castle in association with WPBS-TV, will host Family Fun Day, Saturday, June 16th from 10am - 3pm! Spend the day at various activity stations with your favorite PBS Kids characters like Clifford the Big Red Dog, Curious George, Nature Cat, Princess Presto, Bubbles, Daniel Tiger and Katerina Kittycat!

Admission rates for the day are, Adults \$ 9.50, Children 5-12 \$ 6.50, ages 4 and under are free.

http://www.wpbstv.org/familyfunday



FLAG PROJECT 2018 Gerald B.H Solomon Saratoga National Cemetery



Volunteers are welcome to assist in the decoration and placing of flags in memoriam of Fallen Service Members

Saturday, May 26, 2018

200 Duell Road, Schuylerville, NY 12871

Ceremony begins at 0800 at the Main Flag Pole

MILITARY ONESOURCE



HOME RECREATION, TRAVEL & SHOPPING RECREATION FUN AND FITNESS

MARCH 15, 2018 @ 10:04 AM

3 MIN READ

6758 VIEWS

Family Fitness With Young Children

As a parent of young children, your time may not always feel like your own. Despite your best efforts, it may seem like there's always another mess to clean. Finding time to exercise ... well, let's just say it might not make it to the top of your to-do list.

But here's the thing: you don't have to choose between spending time with your children and physical fitness. Regardless of your current fitness level, there are ways to include your family in your active lifestyle, which ultimately sets a positive, healthy example for your kids.

Try these ideas for exercising if you have young children.

Fitness with a baby

- Put your baby in a stroller and take a brisk walk. You'll get some exercise, your child will enjoy a
 change of scenery, and you'll both get some fresh air.
- Invest in a jogging stroller. Once your child is old enough, a jogging stroller is a great way to pick up
 the pace and improve your cardiovascular fitness.
- Check out upcoming walks, fun runs or races. See if your community or Morale, Welfare and Recreation program offers a stroller-friendly option.
- Hike with a baby carrier. There are numerous options on the market that allow you to safely strap
 your child to your chest or back, so you can enjoy a hike.
- Look for a parent and baby fitness class. Check with your installation's fitness center to see if it
 offers classes designed for parents with young children.

Fitness with a toddler or young child

Take a trip to the park. Visit the playground on your installation or find a park in your surrounding community where you and your child can run, climb, swing and jump.

- Go for a bike ride. Attach a child's seat to your bike and get ready for a good time. Make sure you
 have the proper safety equipment (like a helmet) before you set out.
- Rent sports equipment. Check with Morale, Welfare and Recreation on your installation to see what
 equipment is available if you aren't yet sure of your child's unique interests. This is a way to introduce
 your child to a wide range of sporting options without spending a lot.
- Go bowling. Not only does bowling provide a great way to get some activity, but your installation's bowling alley may even offer a family discount.
- Go for a swlm. Spend an afternoon splashing around with your child and teaching them swimming basics, like floating and treading water. You can even check with Morale, Welfare and Recreation about swimming lessons.
- Have a dance party. Fitness doesn't have to be a formal activity to be good for your body. Turn on some music and have a family dance party at home.

Remember, every little bit of activity counts — whether it's doing jumping jacks during television commercial breaks or playing a game of tag with your children in the backyard. Use whatever time and equipment you have at your disposal to prioritize your fitness while still spending time with your family. Not only will your family's health improve, but your children will learn the types of healthy habits that last a lifetime.

Check with Morale, Welfare and Recreation on your installation for a schedule of swimming lessons, or reach out to Health and Wellness Coaching for other ideas for family fitness activities.

MILITARY ONESOURCE

http://www.militaryonesource.mil/



4.0.2



https://www.dvidshub.net/image/1907818/month-military-child



HOME RECREATION, TRAVEL & SHOPPING RECREATION LIBRARIES

APRIL 6, 2018 @ 4:26 PM

9 MIN READ

24748 VIEWS

Morale, Welfare and Recreation Digital Library

Military OneSource provides free, online resources to service members and their families via the Morale, Welfare and Recreation Digital Library. You'll find eBooks and audiobooks on virtually every topic, as well as databases and reference manuals that can help you learn a new skill, keep kids engaged and serve as a homework source, or prepare you to land your next job.

For children

The digital library offers online resources to help young children learn to read or keep their grades up, research paper topics, learn to read or just find a great story for a long afternoon:

- BookFlix pairs classic video storybooks with related nonfiction titles to reinforce early reading skills and develop real-world knowledge.
- Explora provides a fun and easy kid-friendly database that helps make any kind of research project easy to complete.
- Explora Primary features a database of colorful and fun resources that help children in grades K 5
 learn about animals, music, health, history, people and places, science, math and sports.
- Explora Secondary is an online library of magazine and newspaper articles, videos, images and
 reference information about arts, music, geography, health, math and more for children grades 6 12.
- NoveList K-8 Plus offers recommendations specifically for younger readers, helping kids find books
 that are appropriate for their reading level and interests. Parents, teachers, and librarians can also find
 tools to teach with books and engage young readers.
- TumbleBooks for Beginning Readers is a library of animated, talking-picture books, which help
 younger children learn to read and build their vocabulary. The books are available in English, Spanish
 and French.



- Tumble Cloud Junior (grade level 2-6) is an online collection of eBooks and read-along chapter books, graphic novels, educational videos and audio books designed specifically for elementary and middle school-age children. All books are available with unlimited access, all the time, from any device with an Internet connection.
- Tutor.com for military children gives kids access to online tutoring and homework help from live, expert tutors in more than 16 subjects. Tutors can help with tonight's homework or catch your child up on missed concepts and lessons, all for free.

For teens

Teenagers can take advantage of the library's resources too, including:

- NEW! EBSCO Learning Express provides eLearning lutorials, practice tests, e-books, flashcards and
 articles that help users build their skills in a wide array of core subjects for success in the classroom,
 on the job, and in life, including preparation for CLEP, DSST, ACT, GRE and more.
- ScienceFilx offers more than 50 complete units of study with over 6,500 science-related assets in a
 variety of media, providing students with a better understanding of science concepts and ideas
 through hands-on projects, videos, multiple text types, interactive features and more. This is also a
 great resource for young children.
- Student Resource In Context allows your student to research topics from a wide array of sources, including reference publications, periodicals and newspapers, primary sources and multimedia.
 Content is based on national curriculum standards for middle and high school students.
- Scholastic GO! provides credible, accurate, reliable content on almost every core-curricula subject.
 This library offers endless resources for research in a multitude of media. Explore nonfiction texts, world newspapers, videos and more with this easy-to-navigate digital resource designed to strengthen content knowledge, vocabulary and core proficiency skills.
- TrueFilx offers dozens of units to supplement social studies and science core curricula learning, helping students improve literacy skills, build content-area knowledge and cultivate the critical skills necessary for academic success and college and career readiness. This is also a great resource for young children.
- TumbleBook Cloud for Teens is a collection of eBooks and read-along chapter books, graphic
 novels, educational videos and audio books. Your teenager can highlight portions of a book and add
 notes, to help with assignments and studying.

For adults

For adults looking to advance their education or career, there are even more resources available at the libraries.

Academic Search Premier provides full-text articles from more than 4,000 scholarly peer-reviewed
journals, popular magazines and news sources, covering a variety of topics. Indexing and abstracts



are available for nearly 12,000 peer-reviewed journals and API video content.

- ArtistWorks Music Lessons offers hundreds of video lessons in guitar, piano, drums, ukulele, bluegrass, classical, jazz, hip-hop scratch and more. Submit practice videos and get direct feedback from your video instructor.
- AudioBookCloud delivers unabridged, high-quality audio versions of American and world literature classics, non-fiction, fiction and more.
- BrainHQ can help improve your brain health with clinically proven brain training exercises.
- Britannica Academic allows fast and easy access to high-quality, comprehensive information. The
 rich combination of Encyclopedia Britannica plus Merriam-Webster's Collegiate Dictionary, magazines,
 periodicals and many other research tools provides a variety of reliable sources.
- Britannica Annals of American History offers a rich and varied history of the United States, providing a year-by-year documentary of American thought and action. Read the original words of more than 1,500 authors who made and analyzed American history through their speeches, writings, memoirs, poems and interviews.
- Britannica Library provides three sites in one—Children, Young Adults and the Reference Center—where you can conduct research, complete school assignments, work on special projects, or explore their unique interests. You can even store your research in your personal My Britannica account.
- Career Transitions will help you map your military experience to civilian jobs, write a resume and
 cover letter, participate in an interview simulation, find job announcements and more.
- Chilton Automotive Maintenance Library gives you the information you need to tackle vehicle
 maintenance and repairs.
- Consumer Reports help you find the best deals, ratings, and reviews on thousands of popular consumer items from one of the most respected sources.
- CultureGrams allows you to experience the world and its people through detailed cultural information on more than 200 countries.
- EBSCO Audiobooks offer more than 2,000 audiobooks in different subjects and categories available for download. Log in with your EBSCOhost account (software download required).
- GreenFILE contains well-researched information covering all aspects of human impact on the
 environment. It is provided by the General Library Program, FMWRC.
- HeritageQuest Genealogy Research will help you find information on people and places in more than 2.3 million genealogy and local history articles.
- Library, Information, Science & Technology Abstracts contains references on librarianship, bibliometrics, online information retrieval, information management and more.
- Mango Languages is a digital language learning program for learners of all levels, with courses in
 more than 70 different foreign languages, 21 English language courses and 44 specialty courses.
 Mango's language-learning methodology is designed to simulate the way people learn a foreign
 language when actually immersed in everyday conversation.
- Military & Government Collection provides full text for nearly 300 journals and periodicals, offering current news on the military and government.



- Morningstar Investment Research Center gives you information on stocks and mutual funds. You
 can visit the Investment Classroom to hone your investing skills, explore dozens of articles and videos
 about the stock market.
- NoveList Plus is a trusted source of expert reading recommendations for both fiction and nonfiction, and for all ages.
- Opposing Viewpoints Resource Center features a database covering today's social issues, from
 affirmative action and animal rights to race relations and population growth. This is also a great
 resource for teens.
- Qello Concerts offer the world's largest collection of full-length concerts and music documentaries streamed on-demand to just about any digital device. From the 1920s to today's hottest artists, Qello Concerts spans more than 30 genres, from classical to rock, reggae to country. Enjoy more than 1,700 live moments in music history.
- RBdigital is the largest independent publisher of unabridged audiobooks, providing a library of digital content that you can download or your home computer or mobile devise.
- RBdigital Magazines allows you to read or download a large assortment of popular news and special interest digital magazines on your PC, smartphone or laptop. Use the access key MOSDOD to create your account.
- Safari Books presents thousands of technology, design and business reference books, videos and tutorials.
- Small Business Reference Center features up-to-date information on relevant topics from starting a
 company, operations management and sales to growing or rescuing a business. Nearly 400 full-text
 periodicals and more than 450 books are available.
- Small Engine Repair Reference Center offers hundreds of reference books with original photos and illustrations of engines for motorcycles, all-terrain vehicles, snowmobiles, boats, outdoor power equipment, tractors, generators and other small engines.
- Teacher Reference Center has indexing and abstracts for more than 270 of the most popular teacher and administrator journals and magazines.
- U.S. Major Dailies provides full-text, same day publication access to five major U.S. newspapers: The New York Times, The Wall Street Journal, Chicago Tribune, Los Angeles Times and The Washington Post. New content available by 8 a.m. U.S. Eastern time each day.

The Morale, Welfare and Recreation digital library is an incredible free resource for service members and their families. Just log into your Military OneSource account or create a username and password to get started and enjoy browsing.

4.0.2

http://www.militaryonesource.mil/-/morale-welfareand-recreation-digital-libra-1

ADDITIONAL SUMMER CAMP OPPORTUNITIES!

- June 24-29 Camp Corral, Eagle Bay: https:// campcorral.org
- July 23-27 109th Day Camp Raven Scotia, NY, for more details contact: Colleen Casey at colleen.e.casey.civ@mail.mil
- https://www.sheriffsinstitute.org/summer-camp/ overview FREE!
- https://easternusmusiccamp.com/
- https://www.campwalden-ny.com/
- http://animatusstudio.com/workshops/summer
- https://senecaparkzoo.org/education/summercamp/
- https://www.wonderworksonline.com/destiny/ syracuse-summer-camps/
- http://www.camphilltop.com/
- * Please note this is not a comprehensive list, be sure to check out your local Community Center, Library, Summer Recreation Programs, etc for more information on what is happening in your area this

summer!

HIGHLIGHTED RESOURCES!



Military and DoD Child Care Assistance

https://usa.childcareaware.org/feeassistancerespite/

For Guard, Reserve & Active Duty Kids who live far from military bases

DOD MWR LIBRARIES
SUMMER READING PROGRAM

DoD-MWR Virtual Summer Reading

For Guard, Reserve, and Active Duty Kids and Teens who are not near a DoD installation summer reading program.

Sign up today and earn a prize! Prizes are awarded on a first come, first served basis while supplies last.

Get started by visiting the website below

https://dodvirtualsrp.beanstack.org/reader365



Our Military Kids, Inc., a 501(c)(3) nonprofit organization, supports children, ages 5-12th grade, of deployed National Guard and Reserve service members and children of wounded warriors from all service branches. Grants pay for participation in activities that help children cope with stress and anxiety while their parents are recovering or absent.

http://ourmilitarykids.org/

Operation Homefront is a national 501 (C)(3) nonprofit whose mission is to build strong, stable, and secure military families so they can thrive in the communities they have worked so hard to project.

http://www.operationhomefront.org







Thank You...

for the sleepless nights.

for sacrificing time with your family.

for your giving nature to help those in need.

for the missed holidays at home.

for the sacrifice of everyday comfort.

for risking your wellbeing.

for rising to the challenge of recovering.

for honoring your fallen brothers and sisters.

for having faith in a cause larger than yourself.

for knowing that every individual matters.

for being a role model worthy of admiration.

-unknown

https://dmna.ny.gov/family/youth/

Kimberly Hierholzer (LCYPC)

518-786-4904

nysyouthcoordinators@gmail.com

NYNGCYP

330 Old Niskayuna Road

Latham, NY 12110







NGCYP NYNGCYP

NYNG Youth Program