

MANG Child & Youth Program

Winter Issue
January 2013

MY National Guard News

Created especially for Massachusetts Youth

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The 182 SAPPERS held their Post Deployment Yellow Ribbon Event and the youth activity room was busy! Teen Council Members Clare and Stephanie were on hand to assist teams in constructing roller coasters made with recyclable materials. Teams worked together to solve problems and ensure that marbles made it all the way through the roller coaster. As if that wasn't enough, the children then participated in a photo scavenger hunt using iPads! To learn more about youth activities or to join the MA State Teen Council, contact us today! Follow the arrow.....

GET INVOLVED!



BE PART OF SOMETHING GREAT!

If you are between age 13–18 and are interested in meeting other youth who have a loved one in the military, you can join the MANG Teen Council!

Our mission is to raise public awareness and serve the community.

Contact Debbie or Susan for details. Our contact information is on page 6.

A Message From Your Massachusetts State Youth Coordinators

We are your State Child & Youth Coordinators, Debbie Wilder and Susan LaFlame. We work in the Wellesley armory to support National Guard Youth throughout the commonwealth. Our contact information is on the last page of this newsletter. We can't wait to deliver fantastic programs and we need your help!

This newsletter will be published four times per year, and will contain calendars of upcoming events, reviews of past events, and all kinds of fun facts and ideas. We will hear regularly from our partners at Operation Military Kids, Military Family Life Consultants, Military OneSource, Financial Program, and most importantly: YOU!

Please send anything you'd like to share with other military kids. This is YOUR newsletter!

All the best,
Debbie & Susan,
MA Child & Youth Program

February 2013 Military Youth Calendar

Check with your Unit Youth Coordinator for Updates!

- 1 Applications accepted through 3/29 for Purdue summer internship (College Students)
- 2 Boxing Workout www.nonantumboxingclub.com
- 5 Tutor.Com Webinar: How to Use the Site
- 9 Military Youth Free Day at the Westfield Boys & Girls Club
- 10 Magic Show www.thankstoyanks.org
- TBD Teen Council Meeting
- 22 Deadline for Fisher House Scholarship Apps
Monster Jam at Dunkin Donuts Center
- 23 Monster Jam at Dunkin Donuts Center
- 24 Military Family (and Single Member) Ski Day
at Pat's Peak
- 27 MWR Portsmouth Navy Shipyard Ski Trip, Sunday
River, ME, 27 FEB–03 MAR
www.discovermwr.com/pnsy

It's kind of fun to do the impossible. - Walt Disney

2013 Armed Services YMCA Essay and Art Contests

2013 ASYMCA Essay Contest! "My Military Hero"

Children of all Active Duty or retired (with 20+ years of service) military personnel from Army, Navy, Marine, Air Force, Coast Guard and National Guard/Reserve families in first through twelfth grade are eligible to enter. All mailed entries must have an essay entry form, found on the ASYMCA website: www.asymca.org

All entries must be postmarked by
March 15, 2013

2013 ASYMCA Art Contest! "My Military Family"

Kindergarten through sixth grade children of all Active Duty or retired (with 20+ years of service) military personnel from Army, Navy, Marine, Air Force, Coast Guard and National Guard/Reserve families are eligible to enter. Art contest entry forms may be found on the website: www.asymca.org and should be included with the entry.

All entries must be postmarked by
February 15, 2013

For more information or to receive entry forms, email us at MANGYouth@aol.com or call 888-301-3103 X7290 or X7952.

Youth Benefits

FREE TUTORING & HOMEWORK ASSISTANCE FOR ARMY FAMILIES

Available to ALL Military affiliated Families (Military, Civilian & Contractor), regardless of deployment status or component

- 24/7, real-time, individualized, one-to-one tutoring and homework assistance with a qualified and screened tutor
- Spanish speaking tutors available (2pm-1am EST daily)



- K-12 assistance in Math, Science, Writing, Social Studies and English

- Adult assistance for college coursework and resume/job search/citizenship/standardized testing

For more information,
check out the website:
www.tutor.com/military



\$500 Grants for Extra Curricular Activities!

Our Military Kids offers grants to the children of our deployed Service Members for a number of extra curricular activities.

- To see the full list of eligible activities and to apply, please visit:
www.ourmilitarykids.org

March 2013 Military Youth Calendar

Check with your Unit Youth Coordinator for Updates!

- 1 Applications accepted through 3/29 for Purdue summer internship
- 2 Free Day at Westfield Boys & Girls Club for Military Youth
- 10 Application deadline for Space Camp
- 12 Tutor.Com Webinar: How to Use the Site
- 14 Welcome Home Veterans Ski Appreciation Day @ Mount Sunapee
- 15 Spring Essay Prompts posted for Veterans United Scholarship
- 16 Military Appreciation Day:
30% off at New Balance Factory Store in Lawrence
- 21 MWR Portsmouth Navy Shipyard Ski Trip, Attitash, NH 21–24
MAR www.discovermwr.com/pnsy
- 30 Deadline for Horse Camp applications

Search "Youth Program
Massachusetts National
Guard"

Find us on
Facebook



Parent News

3 Types of Child Care Assistance

(1) Operation Military Child Care: is a DoD initiative to support the child care needs during activation/deployment.

WHO is eligible to participate?

Title 10 Active Duty National Guard Service Members deployed overseas.

What does it offer?

At least \$100/month per child depending on income, rank, and services.

(2) Operation Military Child Care in

Your Neighborhood: The DoD has asked the National Association of Child Care Resource & Referral Agencies to partner with state and local Child Care Resource & Referral agencies to refer military families to nationally accredited civilian child care programs and help additional certain civilian child care programs become accredited.

WHO is eligible to participate?

Title 32, AGR Service Members, Dual Status Technicians, and Civilian Technicians.

What does it offer?

At least \$100 per month per child depending on income, rank, and type of care needed.

(3) Give Army Parents a Break

Respite Care: Respite Child Care services available to families off base.

WHO is eligible to participate?

Title 10 Active Duty National Guard Service Members who are deployed overseas.

What does it offer?

8-16 hours of **FREE** respite care per child while the child is eligible.

Apply Online at www.naccrra.org, or
call 1-800-424-2246.

Please contact the Youth Program Office if you have any questions regarding Child Care assistance.

POSITIVE PARENTING
solutions

Inspired by [Joining Forces](#), Positive Parenting Solutions is proud to sponsor **Pay It Forward Parenting** - a program designed to **give back and give thanks to US military families for their service to our country**. Eligible service members can receive free access to the award-winning Positive Parenting Solutions Online parenting course.

www.positiveparentingsolutions.com/giving-back

Just for Fun Page!

Massachusetts Trivia

Do you know what the word Massachusetts means? Well, it comes from the language of the Algonquian Indians of the Massachusetts Bay area—roughly translated as: *at or about the great hill*. Here are some possible interpretations of the exact origin of the word Massachusetts:

Indian Word: messatassee
Indian Word: massawachuset
Indian Word: moswetuset

Translation: great hills mouth
Translation: great mountain place
Translation: Indian arrowhead



Check out http://www.statesymbolsusa.org/Massachusetts/state_symbols.html to explore more.

Fun fact: the state cookie was designated thanks to the help of a group of third graders from Somerset working against a group of adults who wanted something different! Can you name the victorious cookie?

Activities

Winter Clothing Word Search

See how many winter clothes you can find hidden in this word search. The words can be backward, forward, up, down, or diagonal. Circle each word you find, then cross it off the list at the bottom.

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

COAT	SCARF
EARMUFFS	SOCKS
GLOVES	SWEATER
HAT	VEST
MITTENS	



A Corny Riddle For You...

Q: What lights up a soccer stadium?
A: A soccer match!

Martin Luther King Jr. Coloring Page



School Family: Your go-to guide for school success. Visit SchoolFamily.com

TEEN COUNCIL

The MA Teen Council had their first meeting on December 27, 2012. The group assembled a list of goals to be implemented starting this month. The Council will start with two big projects: volunteering at Yellow Ribbon events, as well as making a short film documenting their plans for outreach and community service.

For those of you who are unfamiliar with the council, it is a group of Massachusetts National Guard-connected teens. This diverse team is comprised of youth leaders who have all distinguished themselves in various impressive ways.

Debbie and Susan are grateful to have such a talented and motivated crew come forward for this new adventure! If you are interested in joining or just want to learn more about the teen council, please contact the youth program office. Contact information can be found on the last page of this newsletter.

Meet Your Teen Council

Below are the Teen Council founding members and their affiliations. Please join us!

Clare, 14	104FW
Comfort, 14	Recruiting
Jarod, 14	101FA
John, 14	Recruiting
Joshua, 15	181 EN
Justin, 16	101 FA
Ketryn, 18	102IW
Rachel, 16	104FW
Richard, 16	181 EN
Stephanie, 18	Camp Edwards

Become a Good Leader

From our friends at Military OneSource: As part of a military family, you know a lot about sacrifice, resilience, and getting through challenging times. Your experiences have shaped you in various ways, and many of those experiences have created the characteristics of a leader inside of you. To become a good leader, you must:

Have good communication skills. As a good leader, you must listen to the people around you and express your ideas in a concise, direct way.

Be proactive, not reactive. A leader does not sit around and wait for crises and problems to occur. Think about potential problems before they happen and come up with strategies to address them.

Lead through example. A good leader has to practice what he or she preaches. For example, if you want to start a recycling program, you have to recycle your own stuff first.

Be resilient. Resilience is the capacity to bounce back from misfortune, change, and failure. It's okay to get discouraged, but a resilient leader will keep going instead of giving up. Leaders keep fighting!

Have good organization skills. You can't lead others if you can't keep your own life straight. Ask for help or get a planner. If you want your ideas to get attention, you have to be organized.

Develop conflict resolution skills. There is always going to be conflict when you are trying to organize and lead others, but a

good leader knows how to resolve conflicts in a positive way.

Be resourceful. A good leader knows where to look for things and doesn't quit. For example, if your school needs a DJ for a dance and there's no money, you have to find a sponsor, a donation, or someone willing to work for charity.

Be dependable. A good leader doesn't miss deadlines or forget to attend meetings.

Have courage. Being a leader, especially when you are young, can be difficult. It's easier to follow along with what everyone else is doing. But to be a leader, you must have the courage to set your own path and do what you feel is right.

Have good ethical values. It is important to stop and ask yourself if you are making ethical choices. Good leaders don't hurt others to achieve goals.

Keep a positive attitude. Great leaders are people who look at challenges as opportunities to grow, change, and learn from their mistakes!

Leaders come in many different packages, so if you don't like talking in front of large groups or organizing meetings, it doesn't mean that you don't have what it takes. Sometimes the leader is the one who shows up to every meeting and leads by example.

For more information and resources to help military youth and teens, visit [Military Youth on the Move!](#)

Fitness Tip

All youth should strive for 60 minutes of activity every day. This is important for your mind and body not just now, but for the rest of your life.

Remember that you don't have to spend a solid hour on a boring treadmill. Mix it up! There are lots of fun ways to get activity into your life.

For more information, go to:
<http://www.cdc.gov/>

Resources



Military OneSource:

1-800-342-9647

www.militaryonesource.com

Military & Family Life Consultant

Barbara Cox

Cell- 508-641-0730

Answering Machine- 508-233-7708

Barbara.l.cox@healthnet.com

Providing confidential, non-medical, short-term, solution focused counseling to Service Members and their Families.

Life in Qatar

Is someone you love in Qatar right now? Here are a few facts about the place:

- Women in Qatar vote and may run for public office.
- While most Qatari women wear the abaya, there does not seem to be any formal restrictions on what women can wear, although dressing modestly is generally preferred.
- The abaya is a simple, loose over-garment,



essentially a robe-like dress, worn by some women in parts of Qatar and elsewhere.



- Above is Qatar's flag.
- The official language is Arabic, and they drive on the right side of the road just like we do!

If you'd like to share facts about where your Service Member was/is deployed, please send it in to us for future publication!

Sesame Street App!

Sesame Street has a new app for military Families! This app is available to all at no cost. A similar download will be available for android devices soon.

Please visit the following website to locate the app: <http://itunes.apple.com/us/app/sesame-street-for-military/id550520652?mt=8> or access from iTunes (APP Store) search using the words: sesame military

~Sesame Street has taken all of their great work and bundled it into one great app to make it a really useful tool for military families that can be easily accessed! Topic areas for Military Families include:

- Deployments
- Homecomings
- Injuries
- Grief
- Self-Expression



MA Child & Youth Program

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e-mail: MANGYouth@aol.com

**Our Youth, Our lives,
Our Future**

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National Guard Youth Website



Join the National Guard Online Community! By registering as a member, you will gain access to a wide range of National Guard Child and Youth Program resources, information, and tools.

To register, go to:

www.jointservicessupport.org