# Guard Chat



September 2012

Volume 1 Issue 7

Hey Kids, look inside to see what 's next and coming your way!



For Upcoming News and Events

"Like" is on

**Facebook** 

"CNG Child and Youth Program"

#### Guard Kids Honoring September 11

#### Flag Mural

Have the class create a flag mural that you can hang in your classroom. Get large pieces of red, white and blue mural paper. Cut the red and white mural paper into enough strips to make up the stripes of the American flag. Use a picture or photo of the flag as a model. Paste them onto a blue background and then draw 50 stars in the blue area to finish the mural. Choose a place in the classroom to display the flag and talk about the Americans who helped on that day, and how 9/11 changed America.

#### Fall Activities

Activity Age Appropriate Preschool & Up



**Leaf Art** 

I - Large leaf

I-sponge

I- bowl of water

Favorite paints & paint bowl

I-Poster board

#### Felt Ow

2 - 4" Styrofoam Balls

4 – 25mm Googly Eyes

4 – Felt Squares (3 colors of your choice and one brown felt for the beak and ears)

Glue Gun and Glue
Sticks & owl template



Appropriate for all ages with supervision

http://www.calguard.ca.gov/readyfamilies/Pages/child\_youth.aspx

## Northern—Program Lead Jerica Lovett Jerica.e.lovett.ctr@us.army.mil

Operation Grateful Nation is a community wide program taking place in 16 cities around the world. Children 8-12 in each city along with MILITARY FAMILIES, have the opportunity to create an 8.5x11 artwork and attach a message thanking members for their service. The artwork has to be done on special paper, if you are interested in participated in this National wide mural please contact Jerica Lovett at 916-223-5045 or my email list above. All artwork is due by September 20th, once submitted you will be able to see your artwork online. For more info visit

www.projectsnap.org/ogn/

#### Central-Melanie Diaz

Hey Central Valley Guard Kids. I know back to school time can be a bit overwhelming. With new teachers, new friends and possibly a whole new school all together.

Just remember we are a "Guard Family" and we will try to assist you the best way we can. I encourage you all to take advantage of our resources such as

http://www.sesamestreet.org/. These are often great learning tools that can assist with basic informational skills.

News flash we have some great Ir. Teen Council. Ages will be starting at 10 years old on up. Please be on the look out for the next upcoming meeting.

#### Melanie.c.diaz.ctr@us.army.mil

tutor.com and for the little learners If you would like to be apart of an amazing Jr. Teen Council or know a Guard kid that maybe interested please contact me directly.

I hope to see all of you soon at the (Van Curaza/ Operation Ride The Waves at Avila Beach Sept. 15th). If you have not registered news! Central Valley will now offer a yet I would encourage you to do so space is limited.



#### Southern-Marisol Johnson

I'm sure all of you are now back in school and trying to get into a routine! As we get ready for our upcoming year of planning events, I wanted to touch base with you regarding our (Grand Opening for our Escondido location).

This event will be held on Sept. 8 and Starts at 10:00 a.m. until 3:00 p.m.

A big thank you to Big Sunday and Home Depot for partnering up and donating their time, money and volunteers to come and renovate our building and Landscaping!

I look forward to getting our events for the upcoming year up and running, so please keep your eyes, and ears open for upcoming CYP events in your area!

#### Marisol.s.johnson@us.army.mil

I have had some feedback for the Teen Panel, if you are interested, e-mail me!!!



#### **SAVE THE DATE**

#### SACRAMENTO

#### Culinary Arts Day Camp coming Oct 6th and 20th to Sacramento

Registration will open 2nd week of September.

Please contact: Jerica Lovett; (916) 369-4326 or

e-mail; Jerica.e.lovett.ctr@us.army.mil

#### **FRESNO**

Teen Council & Jr. Teen Council

**Applications Available** 

Melanie Diaz; 559- 513-5212 or email; Melanie.c.diaz.ctr@us.army.mil

#### SOUTHERN CA

#### **Escondido Grand Opening**

Please contact: Marisol Johnson; (818) 402-3296; Marisol.johnson@us.army.mil

Date: Sept 8, 2012

### September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6 Madera Fair/kids 12 & under free	7 Sacramento Ringling Bros & Barnum Bailey	1 8Escondido Grand Opening
9 Sacramento Last day of circus	10	11 Honor Sept 11	12	13	14	15 Avila Beach Van Curaza/
16	17	18	19	20 West Covina, Westfield Free family	21	22 Mon- terey Bay Youth out- door
23	24	25	26	27	28	29 Fresno Kids Fest Chaffee
30						ZOO

	***
-	Featured Military Child of the Month :
-	Parent or guardians unit?
-	
	21 Questions:
-	1. How old are you? 2. What school do you go to?
	3. Which subjects do you like in school?
	4. What are your favorite hobbies? 5. What is your favorite word?
	6. Who is your best friend ?
	7 What sports do you like?
	6. Who is your best friend ? 7. What sports do you like? 8. Which type of ice cream do you like?
	9. What is your favorite song/artist?
	10.Where is your favorite place to hang out?
	9. What is your favorite song/artist? 10.Where is your favorite place to hang out? 11.What is your favorite movie or television show?
	12. What college do you want to go to? What career would you
	like to have when you are older?
	13. Do you have pets?
	14. What is your favorite snack?
	15.What is your favorite color?
	16. What month is your birthday?
	17. What is your favorite food ?
	18. What is your favorite game?
	19. The coolest place you have ever been?
	20. Who is your hero?
	If you would like to be selected e-mail us and let us know about the great
	things you are doing in and out of your community, school etc

#### Resource Highlight...







Games

The Facts

 Interactive website; bullying, cyber bullying, who is at risk, prevention, respond to bullying & getting help now!

#### **Hey Guard Kids Just For Fun!**

Having the blues isn't so bad, a lemon blueberry smoothie for breakfast that is...

- I cup frozen blueberries
- 1/2 cup frozen pineapple chunks
- I cup vanilla soy milk
- I tbsp. frozen lemonade concentrate
- I/2 cup yogurt (vanilla yogurt)
- I tbsp. Honey (optional) Blend ingredients & ready to serve.

Have you heard any great jokes lately? Why is the math book so unhappy? Because it's full of problems...

