



## In this Issue

### Going back to the basics:

- What is the Child & Youth Program?
- Who are the North Dakota National Guard Youth Coordinators?
- What events are going on?
- What resources are out there?

## C&YP Mission

Promote and sustain the quality of life and resilience of National Guard children & youth by providing secure, timely, flexible, high-quality support services and enrichment programs.

# Happy New Year!

Beth and I hope you had a Merry Christmas and wish you a wonderful New Year filled with love. As we welcome 2012, we are aware that **over 200** National Guard children celebrated the New Year with a parent deployed. This sacrifice needs to be continually remembered. Many organizations, businesses and community members continue to rally behind our military families and provide the much appreciated support during these difficult times. Military families, also remember you have a team of over 40 Service Member & Family Support staff ready and anxious to hear from you. You and your family's wellbeing are our primary mission. Let us continue to be attentive to the children, and their families that serve our country.

Many thanks,

Jessi & Beth



# North Dakota National Guard

## Child + Youth Program



According to Army Regulation 600-12, youth coordinators will provide information and resources relative to National Guard Child & Youth Program major functions:

- 1 Community based child care
- 2 Youth development
- 3 Student support
- 4 Community-capacity building



Each state has a Child & Youth Program with a minimum of 1 youth coordinator.

### Our Goals:

Provide life-skills **education** to children and youth, their caregivers and community supporters

**Access** to benefits that support children and families

Create **opportunities** for participation in programs, events and activities

**Communicate** those opportunities to network with other youth and parents in their community, state-wide and across the nation

Help strengthen **resiliency** in military families

Continual **outreach** to build and sustain contact with parents and children in order to create awareness of available services and programs



The program is available for dependents of both Army and Air National Guard Service Members.

**Stay Connected!**



Facebook "North Dakota National Guard Youth"  
[www.ndguard.ngb.army.mil](http://www.ndguard.ngb.army.mil)

# Meet the North Dakota National Guard

## Youth Coordinators



ND National Guard Military Service Center  
1850 E Bismarck Expy, Bismarck, ND 58504  
701-333-4822 (work) 701-425-2552 (cell)  
j.clarkwoinarowicz@us.army.mil

Hi, my name is Jessi and I've been the State Youth Coordinator for the NDNG for 19 months. Prior to this position I worked as Family Readiness Specialist and Budget Analyst with the Service Member & Family Support Division, backfilling two Soldiers that deployed to Kosovo. I am a veteran with the ND Air National Guard, serving eight years. Growing up and dueling with three sisters, it seemed only natural to complete my degree in Psychology. Before moving to Bismarck three years ago, I worked with non-profits in the Fargo-Moorhead area and had my hands in many things that concerned public policy. I have been married for two years to my incredibly supportive husband Matt and we raise our 13 year old black lab Tony. The two adorable girls that I am playing Barbie's with are my cousin Geneva's children, Bergen & Gianna.



ND National Guard Military Service Center  
2219 12 St N, Fargo, ND 58102  
701-451-6109 (work) 701-388-0375 (cell)  
beth.sandeen@us.army.mil

Hi, my name is Beth and I have been the Youth Services Program Coordinator for the NDNG for just over a year. Before this position, I worked as an elementary school teacher, an in-home childcare provider, and a team trainer at Noridian Administrative Services. I am the mother of two children, Curtis and Caitlyn (pictured). I am also the spouse of MSG Jonathan Sandeen of the 141<sup>st</sup> MEB in Fargo, who has been deployed twice. I have been involved with several family support groups over the years and I love the fact that now, in this position, I can support other families going through the same thing. In my spare time, I love to travel, play piano, scrapbook, and spend time with my family. Did I mention that I am an avid Green Bay Packer fan, since I grew up in Wisconsin? Yep, I'm a Cheesehead!!

## YOUTH COUNCIL EVENTS

### **Support Our Troops!!**

*Fargo's Youth Council has the opportunity to volunteer and help provide childcare for an Air Guard event.*

#### **Date and Time:**

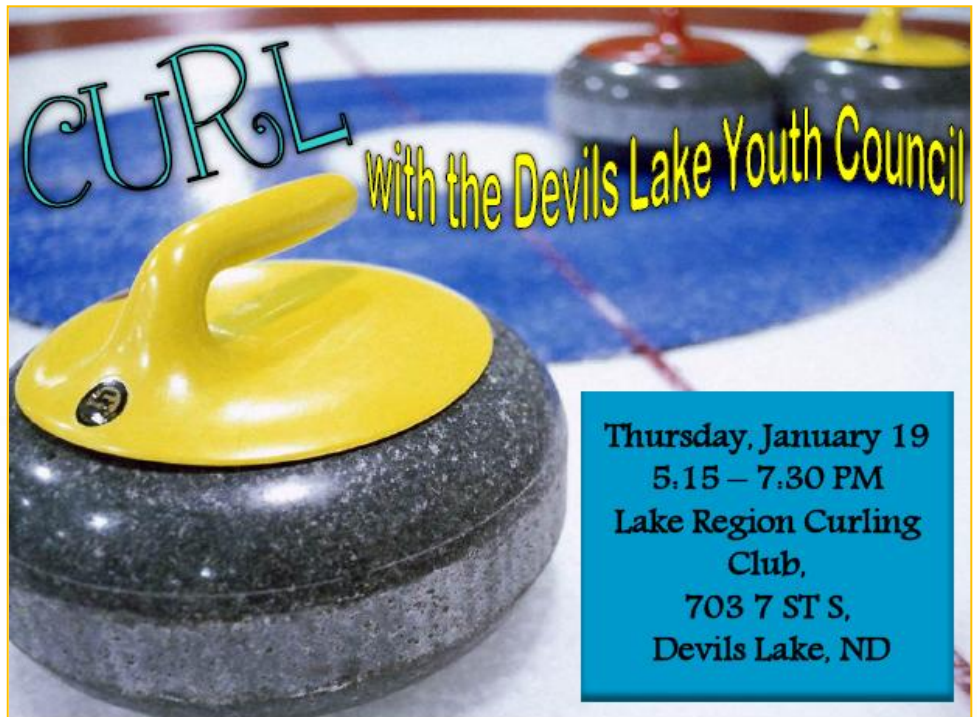
Thursday  
January 26<sup>th</sup>  
6:15 - 8:30 pm

#### **Location:**

119<sup>th</sup> Wing  
1400 32<sup>nd</sup> Ave N, Fargo

*We will be assembling some care packages for Service Members overseas during this event with the children. If you would like to donate some baked goodies to include in those packages, please send them with your youth council member.*

*This is our January meeting. Please RSVP by Jan. 23<sup>rd</sup>.  
beth.sandeen1@us.army.mil*



**Thursday, January 19  
5:15 – 7:30 PM  
Lake Region Curling  
Club,  
703 7 ST S,  
Devils Lake, ND**

RSVP by JAN 17 to:

**Grendaliz Nieves-Hernandez**  
Devils Lake Youth Council Volunteer

**701-662-0624**  
grendaliz.nieveshernandez@us.army.mil

It's all about having fun in our ND National Guard Youth Council! Join other military youth for an evening of curling, pizza and our monthly Youth Council meeting. All military youth welcome!

Ages 10 - 17

No prior experience necessary.  
**Cost? Free!**



**NDSU** EXTENSION  
SERVICE

### **North Dakota 4-H Citizenship in Action**

January 15-16

State Capitol, Bismarck, ND

The Bismarck Youth Council members will be able to take advantage of this free 2 day conference. It is for youth ages 13-18 interested in learning more about citizenship, the political process and how they can positively impact their community. For more information visit [www.ndsu.edu/4h](http://www.ndsu.edu/4h) or call Brenda at [brenda.vertin@ndsu.edu](mailto:brenda.vertin@ndsu.edu) or 701-231-7251

## PROFESSIONAL DEVELOPMENT EVENTS

Have you registered yet?

### **Military Child Education Coalition:**

Supporting Children of the National Guard and Reserve Institute

February 23-24 8:00 am – 4:00 pm

Canad Inns Destination Center, Grand Forks



The purpose of this course is to help educators and professionals to reach out in a support network to the children and families of the National Guard and Reserve. This free training is open to guidance professionals, school administration and other caring adults interested in learning more about the military child.

Participants will have the opportunity to earn educational credits in the form of 1.2 CEU's. Log on TODAY to [www.MilitaryChild.org](http://www.MilitaryChild.org) to register! Limited Seats Available. Register Early!

### **Nurturing America's Military Families**

Saturdays: January 21, 28 and February 4 9:00 am - Noon

NDSU Alumni Center, Fargo



The purpose of this free three-week series is to help strengthen the bonds of couples and families in the military. Attendees will have the opportunity to hear from professionals who have experienced the many highs and lows of military life and leave with a greater sense of what resources and support is available to military families. Facilitators include Beth Sandeen, ND National Guard Youth Services Program Coordinator, LaDonna Bannach, CEO of Beyond Boundaries Therapy, MSG Jonathan Sandeen, Assistant Operations NCO of the 141 MEB and Amber Link, ND National Guard Licensed Social Worker.

To register, provide your contact information to Diane Langer [diane.langer@ndsu.edu](mailto:diane.langer@ndsu.edu) or call 701-241-5700. Registration deadline is January 18<sup>th</sup>.

### **ZERO TO THREE's Coming Together Around Military Families**

Duty to Care II: Honoring the Healer

Friday, March 9 8:00 am – 4:00 pm

Holiday Inn, Fargo



Duty to Care: Honoring the Healer addresses the impact of professionals working with military families who have young children. Participants will take away a variety of disciplines and roles including early child care, mental health, health providers and social services. This training is intended to increase professional resilience through self care and reflective practice, while minimizing risk for compassion fatigue and burnout.

Participants will have the opportunity to earn free continuing education credit hours. Space is limited so register early at [www.ZeroToThree.org](http://www.ZeroToThree.org)

## YOUTH EVENTS



Save  
the  
Dates

**CURL**  
with the Bismarck Youth Council

Saturday, February 18  
10:15 am – 1 pm  
Capitol City Curling Club, Bismarck  
Ages 10 and older

RSVP to Jessi at 701-333-4822  
j.clarkwoinarowicz@us.army.mil

### **2<sup>nd</sup> Annual Region 8 Youth Leadership Summit**

April 12-15  
Colorado Springs, Colorado

Five lucky Air & Army National Guard teens will have the opportunity to travel to Colorado this April to attend the Region 8 Youth Leadership Summit!  
Ages 13-17

More information along with the application will be posted on the Child & Youth Program website **February 1<sup>st</sup>**

### **2<sup>nd</sup> Annual Fargo Lockdown**

March 31 – April 1  
8:30 pm – 8:30 am  
YMCA, 400 1<sup>st</sup> Ave S, Fargo  
Ages 12 and older

Look for the registration form in the February newsletter!



## RESOURCES FOR MILITARY FAMILIES



You can receive assistance from a professional tutor anytime you need it. It is FREE for Active Duty, National Guard and Reserve members in the Army, Marines, Navy or Air Force and their dependents. Tutors are online 24/7 and available to help in more than 16 subjects.

All the tutors are real people who are experts in the subjects they tutor. They tutor every skill level from elementary to advanced, and they can also help with introductory college courses, adult learning, and career transitions.

You and the tutor will work together in a secure online classroom, where you can chat, draw on a shared whiteboard, upload files, and browse the web together.

Tutors help K-12 students, college students, and service members going back to school or through a career transition. Adult learners can get back-to-school and career help, including GED prep and resume writing.



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

### Our Military Kids

provides substantial support in the form of grants to children ages 3-18 whose parent is currently deployed overseas with the National Guard or Reserve and children of Wounded Warriors in all branches.

The grants, which can be up to \$500, will pay for up to six months of an extracurricular activity of your choice, such as sports, fine arts, camps, and tutoring programs that nurture and sustain children.

The process is simple and families can go online and select the appropriate application. Once the application and documents are received, a check is sent within ten days directly to the service provider of the activity.

**NACCRRRA** works with the U.S. Military Services to help those who serve in the military find affordable child care. There are many different programs depending on branch of service, career field and deployment status. If families are eligible, any fee assistance is a savings whether its \$50 per month or \$300 per month. Every eligible, approved family gets something. The following programs are listed in the simplest terms:

**Operation Military Child Care (OMCC)**: Title 10 Active Duty National Guard Service Members who are deployed overseas are eligible for this program.

**Military Child Care in Your Neighborhood (MCCYN)**: Active Duty Soldiers, AGR and Army Technicians to include Civilian Technicians. (This benefit is not intended for Air Force Technicians).

**"Give Army Parents a Break" Respite Care**: The program provides families with up to 16 hours of free child care each month of each of your eligible children. You can use this time to run errands, attend appointments, or just some well-deserved time for yourself. NACCRRRA will reimburse your provider for eligible care at the Army approved hourly rate.

If you are unsure of eligibility status, please feel free to contact Child Care Aware® at 1-800-424-2246 or go online at <http://www.naccrra.org>



## RESOURCES FOR MILITARY FAMILIES - CONTINUED

Sesame Street's ***Talk, Listen, Connect***, offers you strategies and resources to help your children through difficult periods of transition and separation that can come with military service.

Sesame Street has teamed up with "The Electric Company" to expand these awesome resources to school age children. Highlights include:

- Activities that get kids thinking, writing and talking about their feelings.
- Video segments of Elmo and his family discussing what he does to help him cope with deployments, change and grief.
- Content which helps military families create, communicate and connect through a network of posting messages, designing artwork, uploading videos and recording video greetings.
- A "Feel Electric" mobile app, which features all-new emotion vocabulary mini games and an interactive "Moodosphere" to help kids express how they are feeling.

[www.sesamestreet.org](http://www.sesamestreet.org)  
[www.familiesnearandfar.org](http://www.familiesnearandfar.org)



**Military Youth on the Move** is a website designed specifically to help military children and youth explore topics, like deployment and moving to a new location. It also covers everyday youth topics, like dealing with divorce, getting enough exercise, and making money.

Continued...

Military Youth on the Move is divided in three youth categories to tailor age appropriate information and situations:



- elementary school
- middle school
- high school

There is also a section specifically for parents to help them work through issues with your children, such as teen dating, bullying and military specific situations.

Google: Military Youth on the Move



### **MilitaryOneSource.com**

is a free service provided by the Department of Defense to service members and their families to help with a broad range of concerns including money management, spouse employment and education, parenting and child care, relocation, deployment, reunion, and the particular concerns of families with special-needs members. They can also include more complex issues like relationships, stress, and grief. Services are available 24 hours a day — by telephone and online.

In January 2012, Military OneSource Tax Program will launch the H&R Block at Home® free electronic filing tax service. Military Families can file Federal and State taxes online for free! Don't want to file through Military OneSource but still have questions? Military OneSource offers *free* financial counseling services too.

*That's all! Have a wonderful January!*