



# N.D. NATIONAL GUARD CHILD & YOUTH PROGRAM



January 2013 Newsletter

It is time to welcome 2013! New Days, New Times, New Moments and New Events from the Child and Youth Program are waiting for you in the new year. Beth and Nicole would like to wish all our Military Families the Fullest and Happiest of New Years.



**Military Camps**  
**Fish Camp**  
**June 9-14, 2013**  
**MYC I and II**  
**July 14-18, 2013**

**Spring Events**  
**Fargo**  
**And**  
**Bismarck**  
**March 24, 2013**

**2013 State**  
**Youth Symposium**  
**Bismarck, ND**  
**April 13-14, 2013**

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# Bismarck Youth Council

The Bismarck Youth Council **"Made Spirits Bright"** for the children at Sanford Health Hospital in December.

Youth and their families spent an evening decorating the children's unit with holiday cheer! The council also wrapped and placed presents under the unit's Christmas tree for hospitalized children to enjoy throughout the month of December.



# Christmas Party for Military Youth

On December 15th, the Fargo Legion Auxiliary hosted their first Christmas Party for Military Children. Children enjoyed barbeques for lunch and participated in some Christmas games and crafts. Santa also made a visit and the children shared what they wanted for Christmas. Everyone enjoyed this holiday treat.



# Operation Homefront



# 486!



... Is the number of military children who filled their stockings for Christmas from Operation Homefront's Toy Drive! Six locations throughout North Dakota held the toy drive. Children and families were invited to come enjoy some apple juice and cookies while they shopped. Families were also able to write a holiday greeting to the troops overseas.

Thanks so much for your participation!



Fun in the Snow

**Ice Cube Scavenger Hunt:** freeze ice cubes with various colors of food coloring. Hide cubes in the snow and let the children try to find them. (<http://powertochange.com/family/snow/>)

**Design a Snow Castle:** Bring out the sand toys and make a creation. (<http://family.go.com/entertainment/article-802375-snow->

**Snow Paint:** Make homemade snow paint using water and food coloring, fill some spray/squeeze bottles and let imaginations run wild. (<http://suite101.com/article/playinthesnow-fun->

**Sledding:** create your own sled by using cardboard, trash can lid, garbage bags, etc. If your homemade creation tends to stick, take a candle and melt the wax with an iron. Rub it on the bottom and scrape it off. The wax leaves a residue which is sure to make your sled nice and quick!

**Snow Golf:** Make a snow mini-golf course. Bury plastic cups and see if you can get a hole in one. If you don't have a golf club or hitting the ball is too hard, try rolling the ball in. (<http://preschoolers.about.com/od/activitiesfun/a/Snow-Activities->

## SNOWGLOBE

Use strong glue to attach a plastic toy to the inside of a jar lid, then add baby oil and glitter for a homemade snow globe.



## Snow Ice Cream

1 c. milk, 1 egg (well beaten), 3/4 c. sugar, 1/4 tsp. salt, clean snow.

Beat egg, add milk, sugar and salt. Mix together well. Add enough snow to make it thick and enjoy!

<http://powertochange.com/family/snow/>

## Frost-Free the Snowman

Get creative creating an indoor snowman using various materials: boxes, batting, hat, scarf, pom-poms, felt, material, etc. Visit [spoonful.com](http://spoonful.com) for further instructions.



# January Youth Council Meetings

## Fargo

Monday, January 28th, 2013

7:00—8:30 pm

Fargo MSC 2219 12th Street North

Bring your iPads back and we will share our personally created Military Youth films.

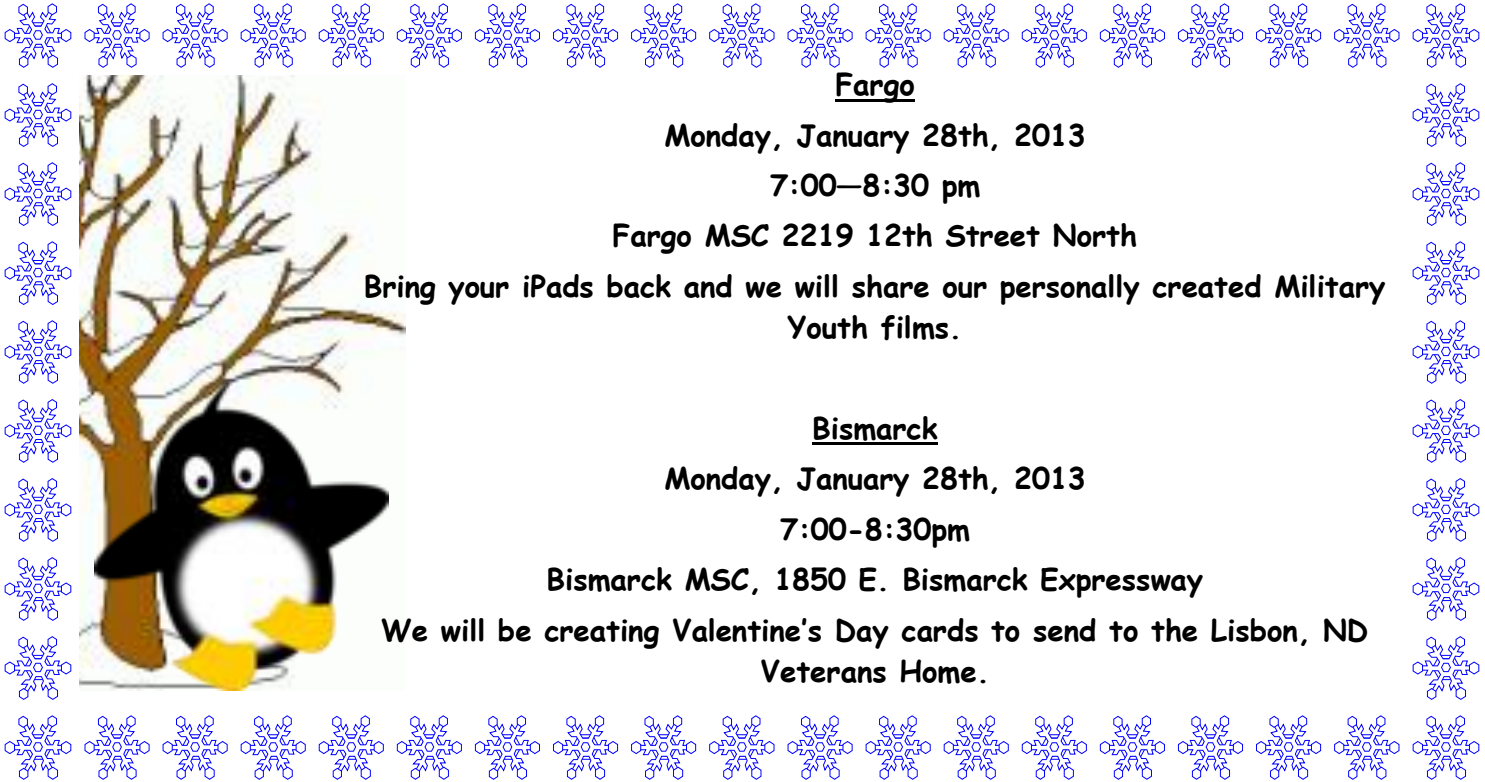
## Bismarck

Monday, January 28th, 2013

7:00-8:30pm

Bismarck MSC, 1850 E. Bismarck Expressway

We will be creating Valentine's Day cards to send to the Lisbon, ND Veterans Home.



# Fargo Lockdown

**When?**  
March 23-24th  
2013

**Eat**  
**Swim**  
**Play**  
Get to  
know  
other  
Military  
Youth

**Time?**  
8:30 pm-  
8:00 am

Contact Beth  
to register  
today.

**Where?**  
Fargo YMCA  
400 1st Ave S

[beth.a.sandeen.ctr@mail.mil](mailto:beth.a.sandeen.ctr@mail.mil) or 701-451-6109

# Should You Tell Your Kids?

Important  
Message



North Dakota's recent Killed in Action (KIA) soldiers along with the horrific Newtown school shooting raises the question in a lot of parent's minds as to "should I tell my kid(s)?" or "what should I tell my kids?" If the news is a steady presence in your home, chances are children will glom to the fact something is up. If we don't tell them and get the facts straight, they'll probably hear some version of the truth somewhere else.

"Adults like to have all the information to try and make sense of the horribleness. But for kids, its too much," says Dr. O'Keefe, pediatrician and CEO of Pediatrics Now. "We have to balance our need to keep up with our need to protect our kids." Here are a handful of tips on whether —and how— to talk to your children about what happened:

\*The ages of your kids will drive whether, and what, you tell them. "The first rule of thumb is never to lie to your kids," says O'Keefe. If children come home and ask about what happened, tell them the truth. If they are 4 or 6 or 8 and ask 'was there a school shooting' or 'did someone die?' Your answer has to be "yes."

\*Ask your kids what they've heard. Even if they don't ask you, they do go to school with older kids. Children catch wind fairly quickly when something serious is up. Facts may get twisted on playgrounds and the only way your going to know if your kids have heard something is if you ask them. If children are as young as 4, don't bring it up. But a 7 year old will possibly have heard something. Approach them during a quiet time. Gingerly broach the topic. One could say "there's been a lot of talk in our country about something that happened at a school that was very upsetting. Has anybody talked about it at school?" If they haven't heard, let them know they can ask you anything they want.

\*Remain calm. If you tell your children what happened, make sure your coming from your calmest, most reassuring place. Don't overload them. Don't go on a whole speech about gun control or school safety. Give them space. They are children and may not know how to respond right away. They may look at you and then leave the room to play however, will probably come back to ask more questions later. Allow children to have whatever response they have unless its interfering with their ability to go through the day, its all expected.

\*If the news is interfering with anyone in your family, seek help right away. This will usually manifest in a lot of anxiety, grief and anxiousness about the safety of their family. In more serious cases, physical symptoms could include headaches, stomach aches, inability to function as usual or reluctant to go to school. This is not something you want to wait out in hopes of getting better.

\*Monitor the media intake for everyone in the family. Even in you only watch CNN when the kids are in bed, there's a chance they may not be able to get to sleep and can hear the newscaster and the interviews. Coverage of events can range from incredibly tactful to incredibly sensational. Be aware of who is watching what around the home. This goes for grown ups too. One does not need to watch the news 24/7. This creates over-anxiety in all of us. Resist the temptation, go about your life. That's the best thing you can do to HONOR these people.

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

December 15th, 2012



## Military Spouse of the Year 2013!

### NOMINATE A MILITARY SPOUSE TODAY!

Nominations are now open for the Armed Forces Insurance 2013 Military Spouse of the Year at [www.militaryspouse.com](http://www.militaryspouse.com)



2013 Armed Forces Insurance Military Spouse of the Year Award needs nominations from **EVERY** military installation and **EVERY** state. Help spread the word about nominations to recognize these spouses for all that they do! Nominate a military spouse for this amazing award at <http://msoy.militaryspouse.com/>

## International Aviation Art Contest!



Students can compete in the International Aviation Art Contest! One winner per age group will be flown to Bismarck for a capitol reception, and be considered in the national competition. Submission for "My Favorite Air Sport" is due January 28th of 2013.

North Dakota takes part in the annual contest by collecting artwork from youth ages 6-17 and forwarding the top awardees to national judges.

Visit [www.nd.gov/ndaero/contest/](http://www.nd.gov/ndaero/contest/) for a contest brochure as well as rules and guidelines.

## Bernard Curtis Brown II Memorial Space Camp Scholarship

Each year the Military Child Education Coalition has sent select students to Space Camp where military-connected children experience science, technology, engineering and math programs in action. The Memorial Space Camp scholarship is funded by the MCEC. The scholarship covers round trip transportation, meals, lodging and program materials.

Eligibility requirements:

- The child of a military member on active duty or mobilized Guard or Reserves; OR...
- The child of a military member who died while serving on active duty or mobilized Guard or Reserves status; AND...
- Enrolled in grades 6 through 9.



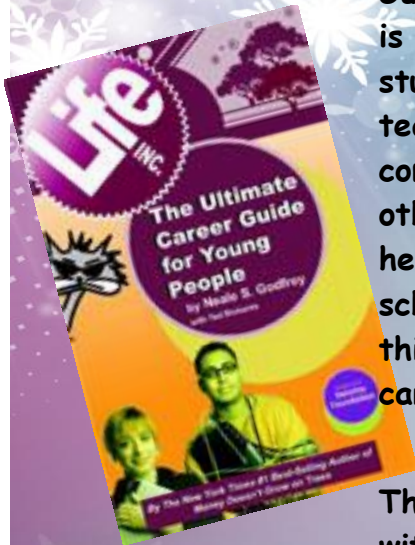
For more information/enrollment visit [www.militarychild.org](http://www.militarychild.org). Search Scholarships!

## FREE Reading!

The Ultimate Career Guide for Young people is a combination of student journals, teacher's guides, companion websites and other valuable tools to help middle and high school students begin thinking about possible careers.

The associated website with this book encourages young people to examine their likes/dislikes and talents in innovative and interactive ways.

Don't miss this opportunity, call Beth or Nicole to receive your **FREE** copy!



## FREE Homework Help

Students, teachers and parents can access valuable educational resources from school or home through the North Dakota State Library at [www.library.nd.gov](http://www.library.nd.gov).

These online resource contain a broad range of full text and multimedia content and are **FREE** to all ND citizens. This site is a great place for students to begin research for papers or projects. Resources include full text articles, citations, images, maps, transcripts, audio and video clips. Online articles can be printed, emailed or saved!



## North Dakota Child and Youth Coordinators

**Beth Sandeen**  
Lead Child & Youth Program Coor.  
[beth.a.sandeen.ctr@mail.mil](mailto:beth.a.sandeen.ctr@mail.mil)  
701-451-6109 (work) 701-203-6957 (cell)  
2219 12 St N, Fargo

**Nicole Cook**  
Child & Youth Program Coor.  
[nicole.l.cook10.ctr@mail.mil](mailto:nicole.l.cook10.ctr@mail.mil)  
701-333-4822 (work) 701-639-3568 (cell)  
1850 Bismarck Expressway, Bismarck



<http://www.facebook.com/NDNGCYP>

Child & Youth Program Web site:  
[www.ndguard.ngb.army.mil](http://www.ndguard.ngb.army.mil)

### Child & Youth Program Mission

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