



# N.D. NATIONAL GUARD

## Child & Youth Program



March 2012 Newsletter

### 2012 state youth symposium

It's not too late to register for a weekend full of fun, engaging activities and opportunities to hang out with other military youth. Two nationally known speakers will be leading our youth in relevant, leadership focused exercises. Don't miss out—register today!

<http://www.ndguard.ngb.army.mil/family/Pages/2012symposium.aspx>



### Featured speakers

#### Dee Davies LaMay, National Teambuilding Facilitator

Dee has a BS degree from Springfield College, Massachusetts with a double major in the fields of Community Leadership & Development and Psychology and minors in Sociology, Anthropology, and Physical Education. Dee is owner of Innovative Teambuilding, LLC which is dedicated to developing groups for success by offering adventure based programs using physical and intellectual challenges. These workshops are designed to help to promote learning, discover creative strategies, tactics and tools for leadership, and just to have fun.



#### Dr. Sameer Hinduja, Co-Director of the Cyberbullying Research Center

Dr. Sameer Hinduja is an Associate Professor in the School of Criminology and Criminal Justice at Florida Atlantic University and Co-Director of the Cyberbullying Research Center. His co-authored book: "Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying" was named Educator Book of the Year by ForeWord reviews. His latest book: "School Climate 2.0: Preventing Cyberbullying and Sexting, One Classroom at a Time" will be available this Spring.



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# Celebrate Military Children



2012 APRIL Month of the Military Child

April is the "Month of the Military Child." Since it began in 1986, the Department of Defense has teamed with various partners to recognize the sacrifices – and to applaud – the courage of military children. More than 1.7 million American children under the age of 18 have at least one parent serving in the military. It is estimated the Army has more than 900,000 military children with one or both parents having deployed multiple times. Throughout April 2012, U.S. Army organizations worldwide (Active, Guard and Reserve) will hold a variety of fun and exciting events for senior leaders to officially recognize the sacrifices and challenges of military children.



Photo by SGT Jon Haugen



Photo by Greg Mehring

## True Patriot Certificates

Military families can request a True Patriot Award certificate honoring their children. The significance of the certificates is to personally thank our youngest heroes for their service, heroism and continued resiliency. Signed by the Adjutant General, the certificates are then mailed out to the families where they take time to personally thank their child. In 2011, the NDNG Child & Youth Program mailed over 300 True Patriot Award certificates. If you would like a personalized certificate please contact Jessi or Beth with your child's name and mailing address.



Photo by SGT Sara Marchus, 116th PAD

## April Events:

### Lockdown Party!

March 31—April 1st, YMCA, 400 1st Ave S, Fargo, ND



Military Youth (12 and up) won't want to miss this fun all-nighter! They will be swimming, participating in gym activities, engaging in team building activities and more. To register, send your child's name, age and your contact information to Beth Sandeen at [beth.sandeen1@us.army.mil](mailto:beth.sandeen1@us.army.mil) or 701-451-6109

### 2012 Region 8 Youth Leadership Summit

April 12-15, Colorado Springs, CO

Five Army & Air National Guard teens (ages 13-17) will have the opportunity to:

- Enhance their leadership, sportsmanship and teamwork skills
- Explore ways to contribute to their community
- Learn about risk taking behaviors and positive decision making
- Develop friendships with other military youth



### Military Child Education Coalition: Living in the New Normal

April 19-20, Baymont Inn & Suites, Wahpeton, ND

8 a.m.—4 p.m.

Living in the New Normal Institute: Helping Children Thrive Through Good and Challenging Times Practicum provides a practical application of techniques and strategies for Family Readiness Group leaders, first responders and other concerned adults in an effort to increase resilience in military-connected children. To register, go to

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

### *Delivering Hope on Wheels*

The Ronald McDonald Care Mobile is a mobile dental clinic on wheels that delivers needed dental care to children ages 0-21 in their communities in the western half of North Dakota.

Military Children of Active Duty, Guard/Reserves, Veterans and pregnant spouses

of a military member will receive free dental work that includes cleanings, X-rays, light cavity work and extractions. There is NO COST associated with this.

This mobile dental clinic will be in **Bismarck April 16-20**, in **Minot June 18-22**, in **Wil-**

**liston June 25-29**, and in **Dickinson July 9-13**.

If you are interested, send an e-mail with your phone number and where you want to see the dentist to

[NDMilitaryKids@gmail.com](mailto:NDMilitaryKids@gmail.com) and someone will contact you.

# N.D. National Guard Spring Event



Sunday, April 1<sup>st</sup>  
1:30 – 3:30 PM

Two locations!

Raymond J Bohn Armory  
4200 E Divide Ave, Bismarck

Fargo Armed Forces Reserve Center  
3920 31 St N, Fargo

*Come and join us for an  
afternoon full of fun!*

*Children of all ages and  
parents will enjoy the  
variety of games and  
activities planned!*

- *Easter Egg Hunt*
- *Face painting*
- *Egg Decorating / Crafts*
- *Spring Flower Planting*
- *Egg Toss Games*
- *Pictures with Easter Bunny,*
- *and more!*

To kick off "Month of the Military Child", there will be an awards ceremony at 2:30 PM where your child will receive the True Patriot Award certificate signed by NDNG Adjutant General, MG David Spryn czyn atyk.

To be recognized in the awards ceremony, RSVP to Beth or Jessi the names of the children that will be in attendance. You may also sign up at the event.

*(activities will vary per location)*

**Fargo:** Beth Sandeen

701-451-6109

Beth.sandeen1@us.army.mil

**Bismarck:** Jessi Clark-  
Woinarowicz

701-333-4822

j.clarkwoinarowicz@us.army.mil

# Red Cross Babysitter's Course

• **Saturday, 14 April, 2012**  
**8:30am to 3:00pm**

• **Bismarck, ND**  
(venue to be determined)

• **Only 12 spaces available**

• **Cost is FREE!**

**Get a crash course  
in babysitting!**

**Participants receive a  
handbook and a stocked  
babysitting bag. Bring a  
sack lunch.**

**For registration and  
information call: Jesse  
Clark at 701-333-4822  
or email her at**

**[j.clarkwoinarowicz@us.army.mil](mailto:j.clarkwoinarowicz@us.army.mil)**



Youth Groups, Teachers, and Daycares

Please Join Us for

## Global Youth Service Day!

April 20-22nd, 2012

Teach youth what it means to be part of a strong and healthy community, and that no matter what our size or age is, we can all work together to make a difference!

We can help you to partner with a local non-profit to visit, learn about, and do a project for, or you can do it on your own.

Afterwards we'll all get together and celebrate the good that has been done!



Interested? Please contact

Jessica Arneson at:

Jessica.Arneson.1@ndsu.edu  
(701)231-5552



## Annual Beautiful Child Photo Shoot & Activity Fair

Grand Forks

Tue, April 3, 2012

5:00pm-7:00pm

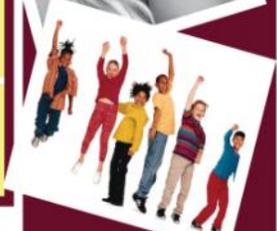
at Liberty Square



Photos taken of ages 0-5 to be displayed at the Community Activity Center!

### Family Fun for infant to elementary ages!

- Games
- Books
- Sensory play
- Make a newspaper hat
- Crafts & jewelry making
- Decorate cookies
- Learn about fossils, minerals and the environment
- Experience "camping"
- Dental & Med Group Health Activities
- Enjoy physical activities
- Healthy snacks
- Participate in child fingerprinting
- Tour a fire truck and ambulance
- GFAFB dance class performance
- View Rabbits and a Chinchilla
- Experience Zumba and Tae Kwan do



April is "Month of the Military Child" and Child Abuse Prevention month



## *Military Child Education Coalition: Living in the New Normal: Helping Children Thrive in Good and Challenging Times Practicum*

May 5, Sleep Inn and Suites, Minot, ND  
8 am—4 p.m.

You are invited to the Living In the New Normal: Helping Children Thrive In Good and Challenging Times Practicum. The Military Child Education Coalition (MCEC)™, a non-profit organization addressing the educational needs of children in military families, presents the training. This training is designed for Family Readiness Group leaders,

first responders and other concerned adults to gain strategies and practical applications to increase resilience in military-connected children.

This is no cost to participants.

To register, go to [www.militarychild.org](http://www.militarychild.org)



## 2012 Military Youth Camps



### Outdoor Adventures for Military Connected Youth

June 3-7 / Western 4-H Camp, Washburn

Ages: 8-12

Fee: \$190 (\$75 paid by youth, remainder funded through the Department of Defense/Operation: Military Kids camp grant)

- This camp is specifically designed for youth from military-connected families (dependents, siblings, nieces and nephews, etc.) from all military branches.
- Enjoy a variety of fun traditional camp activities, together with sessions that focus on the life events youth face as a military family member.
- Learn outdoor activities such as archery, fishing, and a climbing rock.
- Enjoy the campfires, sing camp songs, roast marshmallows, participate in skits
- Registration: [www.ndsu.edu/4h/camp](http://www.ndsu.edu/4h/camp)

The Youth Program is looking for military members to serve as "Squad Leaders" for certain camps. Please contact Jessi or Beth with more information on how YOU can be a squad leader.

### Military Youth Camp I

June 24-28 / Western 4-H Camp, Washburn

Ages 8-11 Registration: [www.ndsu.edu/4h/camp](http://www.ndsu.edu/4h/camp)

Fee: \$190 (\$75 paid by youth, remainder funded through the Department of Defense/Operation: Military Kids camp grant) This camp is sponsored by Operation: Military Kids.

- This camp is intended for youth who are members of military families.
- Youth will grow in areas such as self-confidence and independence through adult-led activities.
- Campers will develop resiliency skills through team building activities such as friendly competitions, meals with a twist, water fun, mud pit action and much more.

### Military Youth Camp II

June 24-28 / Western 4-H Camp, Washburn

Ages 12-15 Registration: [www.ndsu.edu/4h/camp](http://www.ndsu.edu/4h/camp)

Fee: \$190 (\$75 paid by youth, remainder funded through the Department of Defense/Operation: Military Kids camp grant) This camp is sponsored by Operation: Military Kids

- This camp is intended for youth who are members of military families.
- Youth will strengthen their leadership skills while completing action-packed activities.
- Military & 4-H based curriculum will be intertwined with traditional camp activities.
- Campers will develop self-confidence through team building games, skill building activities and social interaction.

### Military Youth Fish Camp

June 6-8 / Camp of the Cross, Garrison

Ages 8-15 Registration will be available March 15 on [www.ndguard.com](http://www.ndguard.com)

Fee: \$25

- Youth will learn all about fishing from Game & Fish Department staff and volunteers and experience the military culture from uniformed personnel.
- Staff members will instill the values associated with the pursuit of sports and recreational activities, particularly self-discipline, perseverance and decision making to the military youth.
- Youth will be empowered through a variety of teambuilding and leadership activities which will also help develop their life skills.



## 4-H Aerospace Event

April 29-30 / Grand Forks

This two-day camp will teach youth ages 12 -15 about aerospace. Youth will learn about the basics of aircraft structure, navigation, and aerodynamics. Youth will also be given the opportunity to tour the altitude chamber, take controls of an aircraft simulator, and tour UND Aerospace. Register early because this camp fills up quickly. Learn more at [http://www.ndsu.edu/4h/programs\\_events/overnight\\_tripscamps/aerospace\\_event/](http://www.ndsu.edu/4h/programs_events/overnight_tripscamps/aerospace_event/)

Operation: Military Kids may have scholarships available. Contact Jessi or Beth for more information. Registration deadline: April 9th!

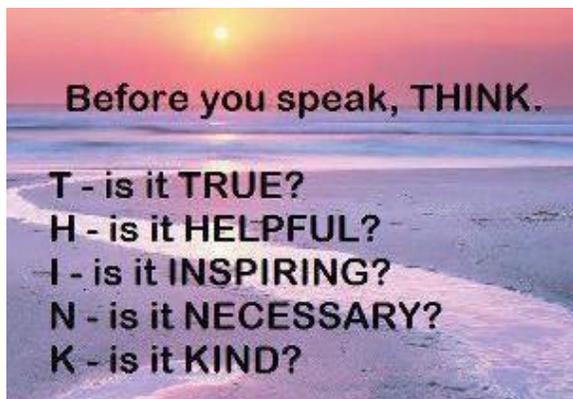


## 2012 Air Force Teen Leadership Summit

June 17-22 / Dahlonaga, GA  
August 7-12 / Estes Park, CO

The Air Force Reserve/Air National Guard Teen Leadership Summit is a week-long camp for 15-18 year old dependents of current Air Force Reserve or Air National Guard military members. Teens will focus on leadership development and self-confidence, learn about programs and services available to Air Force dependents, and build an appreciation for and sense of belonging to the AF community. They will be given a voice to inform senior leadership of their top issues as military family members. For more information visit their website.

[www.afrc.af.mil/library/4rfamilies](http://www.afrc.af.mil/library/4rfamilies)



## 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

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State Youth Coordinator  
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701-451-6109 or 701-388-0375



*Find out what the free item of the month is.*



Facebook: "North Dakota National Guard Youth"



[www.ndguard.ngb.army.mil](http://www.ndguard.ngb.army.mil)