



N.D. NATIONAL

GUARD



Child & Youth Program

November 2012 Newsletter

# Happy Thanksgiving

## Teaching your Kids to be Thankful!

Thanksgiving is the perfect time to teach your kids about being thankful. Here are some ideas to teach your children how to appreciate the blessings in their lives.

### Giving Thanks Placemats:

Create a collage filled with drawings and pictures of all the things your children are thankful for. Cut photos from magazines, or print off photos on your computer. If you make this collage from two standard letter size pieces of construction paper taped side by side, it can then be laminated to use during the Thanksgiving meal for years to come.

### Thankful Paper Chain:

Where you cut strips of paper and connect them together as loops, write on the strips of paper before you connect them. Write the things you are thankful for with your children. For example, "Grandma plays games with me," or "my teacher is nice." Make sure the chain is as long as possible- showing all your blessings. If you'd like to keep it up during Christmas, use green, white, and/or red paper.

### Thankful Book:

Purchase a photo album or scrapbook kit and make a "blessings" theme. Add photos of loved ones, including stories about why they are special to you. Also, include pages of your favorite foods, stories, movies and all other things that make you happy. Any time your kids feel down, you can open your blessings book to see all the reasons you have to be happy- and thankful for the blessings in your life.

[www.apples4theteacher.com](http://www.apples4theteacher.com)

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# Sesame Street for Military Families



for  
**Military  
Families™**

## Sesame Street has a new App for military families!

This app is available to all at no cost. Sesame Street has taken all their great work and bundled it in 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	

Go to 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.

## Youth Council

### YOUTH COUNCIL MEETINGS FOR NOVEMBER

FARGO YOUTH COUNCIL  
MONDAY, NOVEMBER 19TH

7:00 PM

MEET AT THE RONALD MCDONALD HOUSE  
(WE WILL HELP DECORATE FOR CHRISTMAS)

1330 18TH AVE S, FARGO

BISMARCK YOUTH COUNCIL

MONDAY, NOVEMBER 26

7:00 PM

BISMARCK MILITARY SERVICE CENTER  
1850 E BISMARCK EXPY, BISMARCK

PLEASE RSVP TO BETH OR NICOLE  
IF YOU WOULD LIKE TO ATTEND.

# Blankets for Our Little Heroes

Hosted by North Dakota Air National Guard Spouses

Please join us on this day to help make no - sew fleece blankets by donating your time and talent ~ no prior experience or skills required!

## Blankets for Our Little Heroes

**What:** Blanket Drive Goal: make at least 25 blankets

**Why:** Donate to Sanford Children's Unit - Fargo, ND

**Date:** Sunday, November 4<sup>th</sup>

**Time:** 2pm-4pm

**Who:** Everyone is welcome

\*\*Children 8 yrs old and up are welcomed to come and help make blankets

**Where:** Blue Cross Blue Shield of ND conference rooms - Dakota East

4510 13<sup>th</sup> Avenue South, Fargo, ND  
(front lobby ~ entrance of building on 45<sup>th</sup> St)

### What we need to make this happen:

**Fleece Donations - 4 yds or more (per donation)**

\*Twin size preferable ~ for children big and small

\*No religious themed fleece

\*New or un-used fleece

\*\*To ensure these blankets can be used and treasured, please do not donate fleece that may have come in contact with smoke or animal hair/dander.

Also accepting:

**Free Will Donations - \$15 will pay for one fleece blanket**

Fleece can be dropped off or brought that day to BCBS

Attn: Christa Larson

For further questions or to RSVP contact:

Christa Larson at 701-412-6618 or [cmlarson0803@gmail.com](mailto:cmlarson0803@gmail.com)

or

Greta Kiser at 701-306-5446 or [gmtk73@hotmail.com](mailto:gmtk73@hotmail.com)



## DYSLEXIA

Does it affect you or a loved one?

### Warning Signs

- Terrible spelling
- Late reader
- Confusion of left vs right
- Trouble memorizing alphabet, address, phone number
- Letter or number reversals
- Chronic ear Infection
- Terrible handwriting (Dysgraphia)
- Slow, choppy, inaccurate reading
- Difficulty learning to tie shoes

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

Haley's hope

Screening Consulting for Dyslexia

To learn more please call  
701.373.0397



Get homework and studying help from a professional tutor any time you need it. FREE for students in Army, Navy, Air Force, marines, National Guard and Reserve families. Expert tutors are online 24/7 and available to help in more than 16 subjects including test prep, proofreading, Math Science, English and Social Studies.

**Our Military Kids** provides substantial support in the form of grants to the children of National Guard and Military Reserve personnel who are currently deployed overseas, as well as the children of Wounded Warriors in all branches. The grants from **Our Military Kids** pay for participation in sports, fine arts, camps, and tutoring programs that nurture and sustain children while a parent is away in service to our country or recovering from injury. [ourmilitarykids.org](http://ourmilitarykids.org)



November Parent/Child Activities

### Pinecone Turkey

Gather pinecones, then cut out colorful turkey feathers from colored construction paper. Use red felt to cut out the turkey's comb. Glue your thanksgiving turkey together, inserting the feathers in between the pine comb leaves.



[www.apples4theteacher.com](http://www.apples4theteacher.com)

### Caramel Apples

**Ingredients:** 6 apples, 14 oz. package of individually wrapped caramels (unwrap), and 2 tablespoons milk.



Press a craft stick into the top of each apple. Butter a baking sheet. Microwave together caramels and milk for 2 minutes. Allow to cool briefly. Roll each apple quickly in caramel sauce until well coated. Place on sheet to set.

## Military Education Fair



The Bismarck-Mandan Chamber of Commerce Military Affairs Committee (MAC) will sponsor its second annual Military Education Fair, to be held at the North Dakota National Guard Raymond J. Bohn Armory on Saturday, December 1, 2012. The free event will run from 10:00am to 2:00pm and is open to all active duty and reserve personnel, family members, and veterans. Representatives will be available from 20 colleges, universities and trade schools across the nation to answer questions about returning to school, enrolling, eligibility and transferring previously earned college credits. Each participating school will donate a door prize, valued around \$200, which will be awarded by random drawing during the education fair. Some of the prizes last year include an electronic tablet, University bookstore gift certificates, I-Pod Touch, Nook Reader, custom-made Colorado Cruiser Army bike and baskets/college gift packs of apparel and other logo items that totaled \$200 or more retail value.

*"This is a unique opportunity for the schools to come right to the military," said Shelle Michaels Aberle, Military Affairs Committee Chairperson. "By working with the North Dakota National Guard Education Services Office, we will be able to showcase many different education opportunities in one place, for the convenience to the service members, veterans and their families."*

## The Positive in Deployment

### Positive Aspects of Separation:

**Many parents worry about the negative impact of deployments on children. However, deployments offer many positive growth opportunities. Several psychological studies show that despite the distress during separation significant developmental gains are made by many children. Some positive aspects of separation include:**

**Fosters maturity:** Military children encounter more situations and have broader and more varied experiences than children from non-military families. Induces growth. Military children learn more about the world and how to function within a community at an earlier age. Taking on additional responsibilities in a parent's absence provides a chance to develop new skills and develop hidden interests and abilities.

**Encourages independence:** Military children tend to be more resourceful and self-starters. Prepares for separations. In a life-style filled with greetings and farewells from deployments and relocations, helps for future farewells and building new friendships.

**Strengthens family bonds:** Military families make emotional adjustments during a separation which often lead them to discover new sources of strength and support among themselves. A major function of family readiness is assuring that the family is aware of all support services available to them and how to access these services. It is imperative that the Reserve family realize that they are not alone and, chances are, whatever problem or situation they encounter has been addressed before.

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

## October Yellow Ribbon: 188th Eng. Co., Fargo, ND



On October 6th and 7th, children of the recently returned 188th Eng. Co. soldiers spent the day at the Fargo YMCA for some Yellow Ribbon programming and energizing activities. Saturday, the Child and Youth Program brought in a new curriculum called Passport Toward Success. As the children travel with their passports to three different islands, they get to share thoughts and feelings about their parent's deployment, while getting to know other children who experienced the same thing. Sunday, the children tackled the rock climbing wall at the YMCA and did other team-building activities in the gym.



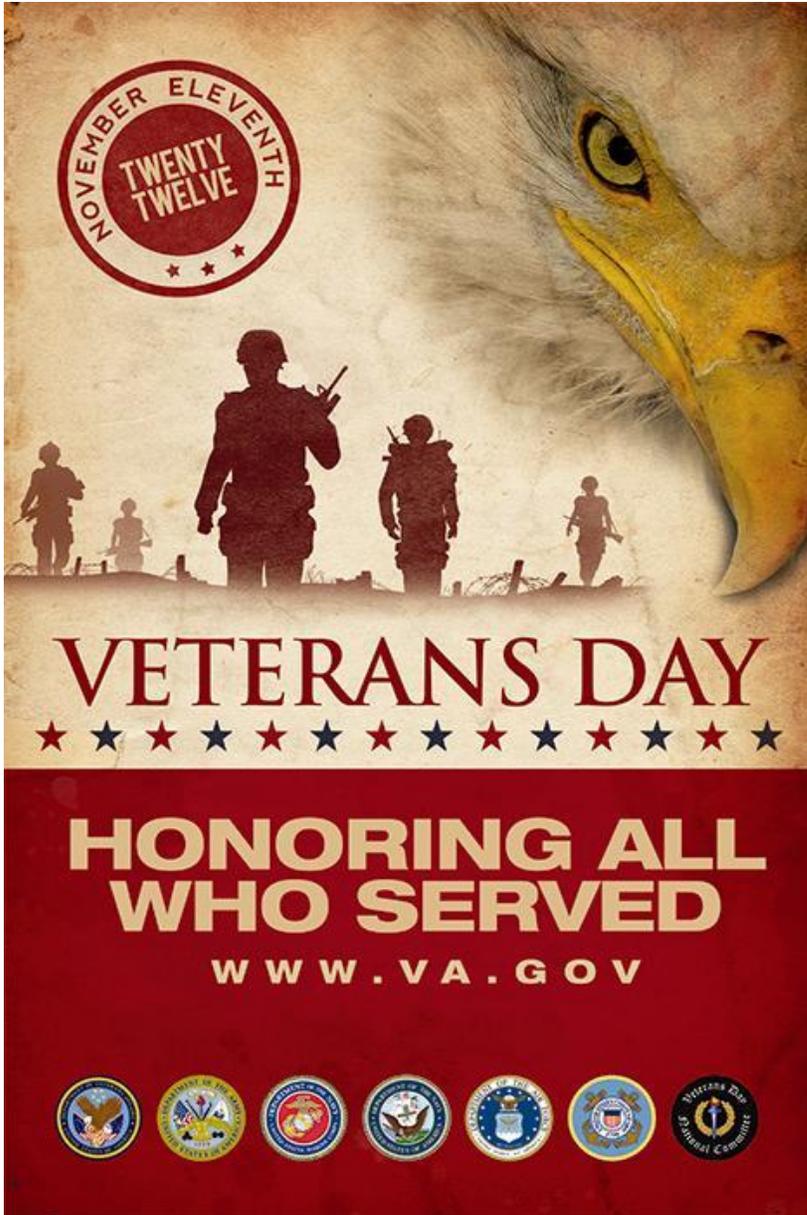
## October Yellow Ribbon: KFOR 112th, Bismarck, ND



Children of the KFOR 112th unit spent a Yellow Ribbon weekend (October 27th and 28th) with the Child and Youth Program at the Bismarck YMCA . Traveling through Communication Island, Feelings Island, and Relaxation Island the youth expressed different feelings and challenges that they felt while their parent was deployed. The islands are part of Passport Toward Success, a researched based curriculum that the Child and Youth Program is partnering with Purdue University to bring to the military children of ND at their 30 day post Yellow Ribbon events. The children enjoyed their time at the islands and walked away with some new friendships.



# Reminders for our Families



## 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.

## Child & Youth Program Coordinators

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Lead Child & Youth Program Coor.

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



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

# Save the Date

**2013 State Youth Symposium**  
**April 13th and 14th**  
**Bismarck, ND**

**Mark your calendars .**  
**You won't want to miss it!!**

### **Save the Date**

Grand Forks - November 9th  
Empire Theatre: 7pm

Fargo - November 11th  
American Legion: 3pm

Bismarck - November 17th  
Sydney J. Lee Auditorium  
Bismarck State College: 7pm

Fargo - November 20th  
VA Healthcare Center:  
Noon and 3:00pm

Contact: Katie Smith  
Caregiver Support Coordinator  
701-239-3700 ext. 9-3559

**SOCIAL WORK CEUS**  
**WILL BE APPLIED FOR**

### **REENTRY: A PLAY** **ABOUT COMING HOME**

Theatre B and the Fargo VA Health Care System, with license from Playscripts, Inc, is proud to announce a regional tour of Emily Ackerman and KJ Sanchez's *ReEntry*

An unflinching look at the lives of Marines getting ready for and returning from deployment, *ReEntry* is a docudrama exploration of the challenges faced when re-entering family, community and country. Honest, moving, and surprisingly funny, this play is based entirely on interviews with Marines and their families.

The performances are free of charge and open to anyone who has an interest in the Veteran experience.



\*This play contains strong language and adult themes

