



NJ C.H.A.M.P. YOUTH NEWSLETTER

State Family Programs Office

April 2011

MONTH OF THE MILITARY CHILD

Again, this year the NJ National Guard Family Programs Office would like to take a moment to thank and honor our military children. As in years past, with the parent/guardian permission, each National Guard youth that signs up will receive their own package in the mail during April 2011. This is a small token of appreciation for our Youngest Heroes, the dependents of Service Members. Nicole and I will be running the Appreciation Packet program until Wednesday 20 April for dependents of NJ National Guard Service Members.

If you would like your child to receive his/her own package in the mail, please provide the following information to Amanda or Nicole via email.....

1. Parent/Guardian Name:
2. Military Member's Unit:
3. Family Email Address:
4. Child(ren) Name(s):
5. Youth Birthdate:
6. Youth Home Address:

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&

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~ MPSC Contractors ~

NJ National Guard

State Youth Coordinators (SYC)

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Visit:

www.jointservicesupport.org/

A banner for Military Child Month. At the top, it says "APRIL IS MONTH OF THE MILITARY CHILD". The main text "Celebrate Military Children" is written in a large, yellow, cursive font. Below the text is a silhouette of a family of six (two adults and four children) holding hands on a beach at sunset. The background is a large American flag. At the bottom, there is a red banner with the text "The Strength of Our Future" in yellow, followed by "The Army is committed to Military Youth. ARMY FAMILY COVENANT: Keeping the Promise" in small black text. Below this are three circular logos and the website "www.ARMYSources.com".

NJ NATIONAL GUARD YOUTH CAMP AT SEA GIRT

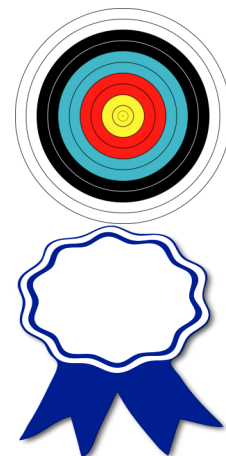
Youth Camp 2011 will take place 9-16 July for Volunteers and 10-16 July for youth ages 9-14.



Campers ages 9-13 & Counselors in Training ages 14 (with parent volunteering) will be at Camp from 10-16 July experiencing the wide range of activities. Some activities include: archery, sports, beach, arts-n-crafts, PT, dance party, skits, and much, much more. The cost for youth ages 9-14 is \$100 per child. Junior Counselors ages 15-17 & Volunteers ages 18 and up will be required to attend a mandatory training on Saturday 9 July 2011 at Sea Girt. For more information or to download your application, please visit

http://www.state.nj.us/military/familysupport/youth_camp.html

Deadline to apply is Friday May 27, 2011.



NATIONAL GUARD TEEN PANEL UPCOMING MEETINGS

What is the NJ National Guard Teen Panel???

Mission Statement-

The NJ National Guard Teen Panel (NJGTP) represents and speaks on behalfs of National Guard Youth by:

- Developing new programs
- Assisting with existing programs
- Promoting leadership and community service
- Connecting with other youth
- Utilizing and advocating useful military resources

SOUTHERN NJ GTP:

The Southern GTP (pictured right) has met twice since the beginning of the year working on various projects. Currently, they are finalizing the NJ National Guard Youth Pin to utilize this summer. This group of 8 teens is very energetic and eager to meet new NJ National Guard teens. They will be holding their next meeting on Saturday May 7 in Burlington County. If you would like to learn more or sign up for the Southern NJ GTP, please contact Amanda or Nicole at 609-298-1196



NORTHERN NJ GTP:

We are currently looking for interested teens to start the Northern GTP. We do have 1 or 2 interested teens, but would like to have more to start meeting on a regular basis. The Northern GTP will be having their first meeting at the Morristown Armory sometime in June, 2011. If you or someone you know are interested in joining the Northern NJ GTP, please contact Amanda or Nicole at 609-298-1196 or Mrs. Jenette Thomas as thomasgem7@gmail.com as we would love your input for scheduling meeting dates. Hope to hear from you soon!!!!

MISSION: YOUTH OUTREACH

MISSION: Youth Outreach, a partnership between the Joint Military Services and Boys & Girls Clubs of America provides an opportunity for children of National Guard, Reserve and Active Duty families who do not live near Active Duty installations to join a Boys & Girls Clubs at **No-Cost**.



BOYS & GIRLS CLUBS

Today, some 4,000 Boys & Girls Clubs serve some 4 million young people through Club membership and community outreach. Clubs are located in neighborhoods throughout the country and on U.S. military installations worldwide, providing young people 6-18 years old with guidance-oriented character development programs conducted by trained, professional staff. Key programs emphasize leadership development; education and career exploration; community service; technology training; financial literacy; health and life skills; the arts; sports, fitness and recreation; and family support.

As a member of a military family, your child can receive a no-cost membership to the Boys & Girls Club in your community. Clubs provide a fun, safe and supervised environment, where your child can –

- Get active with games and athletics
- Enrich creative skills
- Explore academic and career goals
- Receive the guidance of caring, adult professionals

Find the Club in Your Community. Go to www.bgca.org/military or call 800-854-CLUB.

2011 OPERATION PURPLE CAMPS

The National Military Family Association is now accepting applications for its popular Operation Purple Summer Camps. This free summer camp program was developed by the Association to support military children, ages 7-17, dealing with the stress of war.

Each camp is "purple" and open to children of active duty, National Guard or Reserve service members from the Army, Navy, Air Force, Marine Corps, Coast Guard, or the Commissioned Corps of the US Public Health Service and NOAA. Applications will only be accepted online.

In this eighth summer of the program, Operation Purple camps will host more than 3500 children at 40 weeks of camp in 25 states as well as one overseas location. Visit our website to apply today!

http://support.militaryfamily.org/site/R?i=_x0it4TbAU-6_HpCIHmPpA..

Deadline to apply is April 29, 2011



COMPLIMENTARY SAT/ACT

MilitaryConnection.com has joined forces with eKnowledge.com to offer COMPLIMENTARY SAT & ACT Test Courses. These tests will help you or your loved one gain admittance to the college of your choice. In alliance with the Department of Defense, and supported by a group of patriotic NFL & MLB players, eKnowledge and MilitaryConnection.com are donating FREE SAT/ACT PowerPrep Programs to military service members and their extended families.

The COMPLIMENTARY SAT & ACT sponsorship covers 100% of the total retail cost of the \$200 program; there is a nominal charge of \$13.84 (per standard program) for registration, licensure, order processing, distribution, customer service and technical support. For more information or to register, please visit

<http://www.militaryconnection.com/sat-act-1sat-registration.asp>

UPCOMING EVENTS AROUND NJ FOR ALL MILITARY FAMILIES

MILITARY CHILD EDUCATION COALITION FREE TRAINING:

The Military Child Education Coalition (MCEC) invites school counselors, educators, administrators and psychologists to attend a two day FREE workshop event titled "Living in the New Normal: Helping Children Thrive in Good and Challenging Times." On Thursday April 14 and Friday April 15, 2011 from 8am-4pm at the Mercer County Community College, participants will learn about the effects of the military deployment cycle on families, discover ways to support military children and develop strategies to raise community awareness and support. For more information on this exciting opportunity visit: www.MilitaryChild.org



ANNUAL EGG HUNT AT PICATINNY ARSENAL:

Saturday April 16, 2011 from 1:30-3pm at building 3156 on Picatinny Arsenal. This event is open to military children ages 11 and under and all youth must be accompanied by an adult. Arts-n-crafts, games and light refreshments will be served. Bring your camera to take pictures with the Bunny. Please bring your own basket. For more information or to RSVP please call 973-724-5555. Deadline to register is Monday April 11

CELEBRATING MILITARY CHILDREN AT THE MOUNT LAUREL YMCA:

Saturday April 16, 2011 from 1-4pm at the Mount Laurel YMCA (59 Centerton Road Mt. Laurel NJ 08054) At this FREE event for any & all military children (and one friend) ages 5 and up, youth will be broken into small groups going to various activities in a round-robin style. The activities include, arts-n-crafts, soccer events, photography, snacks/pizza, swimming and much, much fun!!!! 75 youth maximum participation. Deadline to sign-up is Monday April 11, 2011 by 2pm. For more information or to download the permission slip, please visit: www.state.nj.us/military/familysupport/youth_events.html

JOINT BASE MCGUIRE-DIX-LAKEHURST: FAMILY FUN FEST:

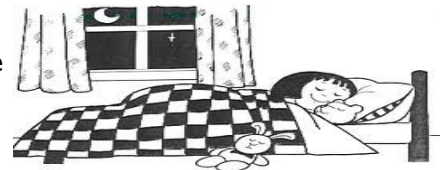
Wednesday April 27, 2011 from 1-5pm at the Griffith Field House. This is an annual, FREE event for military families. Fun activities for all ages are also offered at no cost to participants including entertainment, games, crafts & activities, petting zoo, helicopter fly-in, door prizes, face painting and massages. Fest attendance has been historically in excess of 1000 adults and children. For more information contact any of the McGuire-Dix-Lakehurst Warfighter and Family Readiness Centers (WFRC) or visit us on the web at www.gomdl.com McGuire WFRC (609) 754-3154, Dix WFRC (609) 562-2767, Lakehurst WFRC (732) 323-1248

JOINT BASE MCGUIRE-DIX-LAKEHURST: EARTH DAY:

Saturday April 30, 2011 from 9am-3pm at Laurel Pond Recreation Area; Rain or Shine Join us at Laurel Pond to learn how you can reduce your ecological footprint and help make the planet greener one step at a time. Enjoy educational booths from local nature centers and nonprofits, canoeing, hybrid cars, hikes, wild animals, crafts, puppet show and much more. Pre-registration REQUIRED by April 21, 2011 for visitors to Joint Base. To pre-register email jbmdlenvironmental@yahoo.com or call 609-562-5428

A STORY BEFORE BED

A Story Before Bed is giving away 100,000 FREE recordings to parents in the U.S. military who are spending time away from their kids. For more information, please visit: <http://www.astorybeforebed.com/military>



NJ OPERATION: MILITARY KIDS SUMMER CAMPS FOR ALL

OMK Family Camp: June 17-19, 2011

OMK Family Camp: June 17-19 2011 It's time for the third annual OMK Family Camp! Join military families from across New Jersey for a weekend of outdoor fun at L.G. Cook 4-H Camp. This weekend is packed with activities including campfire cooking, archery, boating, and arts and crafts. For younger siblings, Kiddie Camp will be back with age appropriate workshops. Don't miss out on this fabulous opportunity to reconnect as a family while making new friends. For more information, please visit <http://morris.njaes.rutgers.edu/4h/OMK/packet.pdf>



OMK Outdoor Adventure Camp: June 28-July 1, 2001

Can't get enough of the outdoors? Youth in grades 4-8 are invited to join OMK at L.G. Cook 4-H Camp for some traditional camping fun. Discover the natural beauty in New Jersey by hiking the trails, boating in the lake, and searching the woods for wildlife. Lessons in archery and campfire cooking will be available along with many other workshops in survival. To register, visit <http://www.nj4hcamp.rutgers.edu/>.

Speak Out Military Kids Retreat: August 2-4, 2011

Do you like to make movies, slide shows, or radio broadcasts? Want to learn more about media communications while making new friends? Teens in grades 7-13 are invited to this unique retreat where they will create media projects as well as learn about the military deployment cycle. Stay tuned for more information as it develops!

Teen Leadership Camp-out: August 19-21, 2011

At this popular weekend camp, teens from across New Jersey come together at Turkey Swamp to develop leadership skills in the great outdoors. Teens in grades 7-13 participate in boating, team-building activities, and meet outdoor challenges. "This weekend was awesome and I can't wait to come back next year!" Stay tuned for more information!

A TOOLKIT ABOUT MILITARY KIDS

Each summer, the National Military Family Association's Operation Purple® program provides a free week of camp for thousands of military youth who have a parent serving in the Uniformed Services. We asked participants to tell us the best and hardest parts about military life in an activity called the Top Ten List. The messages in this toolkit summarize what they've said over the past few years.

This toolkit, coming from the perspective of elementary school-age military children 6 to 11 years old, is the second in a series from the National Military Family Association to give the people in military kids' lives—teachers, school counselors, coaches, community leaders, religious leaders, neighbors, family friends, or relatives—a way to help them manage stress and affirm the positive aspects of military life.

What we hear repeatedly from military kids is that they need people in their community to know what they're going through. **The best thing you can do for a military kid is know who they are and be there when they need to talk to someone.** To learn more or check out the toolkit, please visit : http://www.militaryfamily.org/assets/pdf/NMFA_KidsToolkitBWversion_FINAL_012011.pdf



MILITARY ONESOURCE WEBINARS

iCan Achieve Teen Weight Management Program Overview

Tuesday, April 19, 2011 at 11:00 a.m. Eastern Time

iCanAchieve is a 12-month program for teens ages 13 to 18 that will support their weight management efforts. It focuses on helping teens make behavioral changes that will allow them to set and achieve their goals. The program, based on scientifically proven methods, includes telephonic health coaching, a health assessment, online tools, and educational information. Come hear about how this valuable program can benefit your teenager.



Digital Literacy for Kids

Monday, April 25, 2011 at 11:00 a.m. Eastern Time

Get AD-ucated! Help kids improve their digital literacy – talk to them about staying safe online, being good digital citizens, and thinking critically about the advertisements all around them.

Sleep Strategies for Infants and Children

Friday, April 29, 2011 at 10:00 a.m. Eastern Time

Getting infants and young children to sleep — and stay asleep — can be a tremendous source of stress for parents. This webinar is designed to help parents learn about children's sleep patterns at different stages of development and explore effective ways of helping their children fall asleep and sleep through the night. Participants will be able to learn about children's sleep patterns at different stages of development, explore specific sleep problems, identify conditions that disrupt sleep for young children, and learn strategies for establishing a nighttime routine

For more information, please visit: <https://www.militaryonesource.com/MOS/OnlineCommunity/Webinars.aspx>

WRAP UP



On February 26 & 27 in Atlantic City, NJ, National Guard members and their families came together for the 30 day Yellow Ribbon Reintegration Program. There were 14 youth, ages 5 and up, that attended. They worked in a separate area discussing various topics such as their personal deployment story, the reunion of their deployed loved one and getting back to 'normalcy.' The youth were able to interview a Soldier about his multiple deployments and reconnecting with his son, share with each other their stories, and express their feelings. (pictured left is the Soldier showing a slide show of his past deployments)

On Sunday March 6, Soldiers and their families came together in Lawrenceville to learn useful information and gain tools about the upcoming deployment. Many family members and friends came out to support the Soldiers. In a separate area, youth, ages 5 and up, worked as a group to compare their feelings to a volcano as well as play Feelings Bingo with the National Guard Military Family Life Consultants. The younger youth also enjoyed a story, A Paper Hug, read to them by the teens. After the story, all youth created a set or two of their on Paper Hugs. (pictured right are the youth holding up their Paper Hugs)



On Monday March 14, many people gathered at the Toms River Armory to congratulate the families that had participated in the Strengthening Military Family Nights, which is a 14 week program that first bring the family together for dinner, then for an hour work on topics and lessons on reconnecting with your family after separation. The program is great and we have not had any negative feedback!! For more information, please contact your local Family Assistance Center Coordinator by calling 1-888-859-0352. (pictured left are the families that graduated for the program)