

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

More Than A Program...It's A Promise!

NEWS LETTER

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NATIONAL GUARD KIDS ARE OUT OF THIS WORLD

The ARNG CYS Program invites everyone to join us as we kick-off a new fiscal year of programming. **Our theme for FY24 is "National Guard Kids Are Out of This World."** Throughout the year, CYS programs across the country will support this theme through a variety of related engagement opportunities for both youth and families.

Just like the stars in the sky, **National Guard kids shine bright** even in challenging times. They adapt to change, overcome obstacles, and support their families and communities, all while dreaming big and reaching for the stars. This theme aims to recognize their incredible journey.

Get Creative! Dream Board Activity: Encourage everyone in the family to dream big and set goals. Host a "Dream Board" workshop where each family member can create a visual representation of their aspirations and dreams. Provide magazines, scissors, glue, and poster boards, and spend time crafting your individual dream boards. Share your visions with one another and discuss how you can support each other in achieving those goals. This activity not only fosters connection but also reinforces the idea that together, you can reach for the stars.

Get Involved! - If you haven't already, [reach out to your local ARNG CYS Team](#) to stay informed about upcoming events, programs, and activities. They will keep you updated on how you and your family can get involved in the "National Guard Kids Are Out of This World" journey. Whether you're a National Guard parent, guardian, or child, there's something for everyone to enjoy.

Get ready to make a big impact on **Make a Difference Day Saturday, October 28, 2023!** ✨ Join hands with communities across the world, coming together to create positive change, spread kindness, and make the world a better place. From volunteering to small acts of kindness, your actions can ripple out and inspire others. Mark your calendar and be part of the wave of goodness that will sweep across the country on Make a Difference Day. Every effort, no matter how small, can make a world of difference!

As we step into Fiscal Year 2024, the ARNG CYS Program invites you to embark on a year-long adventure that's truly "Out of This World." **Together, we'll celebrate the incredible resilience and potential of National Guard kids while creating unforgettable memories and building strong bonds within our community.** So, prepare to lift off into a year filled with wonder, exploration, and limitless possibilities. The stars are the limit, and together, we're reaching for them!



ORNG-CYS

The mission of Army National Guard (ARNG) Child & Youth Services (CYS) is to promote and sustain the quality of life and resilience of Army National Guard dependent children and youth by providing secure, timely, flexible, high-quality support services and enrichment programs.



#GuardFamilies

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The Child & Youth Program in Alaska offers some very unique opportunities and challenges, as we are the biggest state with the least amount of road-accessible areas. Alaska comprises 586,000 square miles of land yet has only 17,000 miles of roads. It is one fifth the size of the entire Lower 48! Our state capital, Juneau, isn't even accessible by road. We have 3 million lakes, 12,000 rivers and roughly 100,000 glaciers, as well as the highest

ratio of residents who own private planes out of all the United States. In order to fulfill our Youth Council's goal of reaching more youth in more remote parts of the state, we need to get out of the Anchorage and Fairbanks areas and provide programming in areas that are only accessible by air or boat. This year we came closer to reaching that goal by providing a leadership exchange to Bethel, Alaska, which is located in the SW part of the state and is only accessible from Anchorage by plane.

We were able to share a beautiful, culturally rich area of our state with other youth leaders in Region 10 this summer during our Bethel Cultural Leadership Exchange. Time was used sharing best practices, learning about subsistence lifestyle that is prevalent in remote Alaska communities, and reaching out to the community in they way of service projects for the VFW and cleaning up the community cemetery. The Youth Council is excited to continue reaching out to remote communities with events planned this coming year in Kodiak, Cooper Landing, Fort Greely, Ketchikan and Barrow.

The Oregon Child and Youth Program has been very busy this summer! We were able to serve Military Youth all across Oregon and we built some lasting memories! Here is a look at all the fun we had this summer!

- **Diggin' Summer Camp on the Move (Klamath Falls/Clackamas/Virtual)** – Our Camp on the Move was "rockin!" We learned about rocks and minerals, made pet rocks, and smashed some Geodes.
- **Region 10 Youth Symposium** – Four of our Military Teen Panel attended the annual Region 10 (Idaho, Oregon, Washington, and Alaska) Youth Symposium in ID. The week included a mix of fun, team bonding, and learning.
- **Teen Panel Retreat** – We brought in our Teen Panel to help prepare for our Back to School Bash. We also completed our new TP Orientation, team building, planning for year, and program updates.
- **Back to School Bash** – Our B2SB offered families school supplies, backpacks, community resources, face painting, crafts, and an opportunity to connect with other Military families.
- **A Flock of Fun STEM Night** – We partnered with Badger Run Wildlife Refuge to share their bird ambassadors with our Military Families and educate them on bird safety.
- **4-H Summer Conference** – Three of our Military Teen Panel attended the OSU/4-H Summer Conference to represent Military Youth in Oregon.
- **Region 10 Leadership Exchange** – Two of our Military Teen Panel attended the annual Region 10 Leadership Exchange in Alaska. The week included a mix of cultural exploration, making connections, and fun!



INTERESTING FACTS ABOUT OREGON:

- We Have a unique Flag. Oregon's state flag is the only state flag in the United States to have different designs on each side.
- Oregon residents own one-fourth of the country's total llama population. At least a quarter of the total llama population is right here in Oregon.
- The world's smallest park is in Portland and is called Mill Ends Park. The park is a small circle 2 ft across, with a total area of 452 sq in (0.292 m).
- We are the only state with an official state nut. The official state nut of Oregon is the hazelnut. The hazelnut is also known as the filbert.



ORNG-CYS



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IDAHO



This is from our Summer Camp! We have had the most participants in Idaho CYP history! The kids were able to learn resiliency skills while having so much fun.



Washington National Guard youths came together for WA National Guard Child & Youth Services camp! Aside from playing Gaga ball and dodge ball, the youth-led campers developed leadership skills, strengthened personal endurance, learned resilience, and, most importantly, built strong connections with other national guard youth from across the state. - WA NG FB POST



HAPPENINGS

- 1st - Homemade Cookies Day
- 2nd - World Farm Animals Day
- 3rd - Techies Day
- 4th - Golf Day
- 5th - Do Something Nice Day
- 6th - World Smile Day
- 7th - World Card Making Day
- 8th - American Touch Tag Day
- 9th - Columbus Day**
- 10th - International Newspaper Day
- 11th - It's My Party Day
- 12th - Old Farmer's Day
- 13th - Friday the 13th Day
- 14th - National Dessert Day
- 15th - White Cane Safety Day
- 16th - Dictionary Day
- 17th - National Pasta Day
- 18th - National Meatloaf Appreciation Day
- 19th - National New Friends Day
- 20th - International Chefs Day
- 21st - Count Your Buttons Day
- 22nd - Smart is Cool Day
- 23rd - TV Talk Show Host Day
- 24th - National Bologna Day
- 25th - World Pasta Day
- 26th - National Mincemeat Day
- 27th - National Tell a Story Day
- 28th - Make a Difference Day
- 29th - National Cat Day
- 30th - National Candy Corn Day
- 31st - Carve a Pumpkin Day

October

More ways to have fun this month!



VIRTUAL PACKETS

Be sure to [contact your local ARNG CYS](#) to request your **FREE** Activity Packets + many more: **"Fall Activity Packet"**



TRAINING OP

Military Child Education Coalition - OCT Training

- 3rd- Preparing for Parent-Teacher Conferences
- 10th- Cultivating Resilience in Military-Connected Children
- 17th- Cyberbullying
- 24th- Mental Health & Well-being for Military-Connected Children
- 31st- Helping Your Military-Connected Child Navigate Stress

<https://www.militarychild.org/webinars>

This does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors.