

# ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

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



## MILITARY FAMILY APPRECIATION MONTH

It has been said that within the military community, one recruits Service Members, but one retains families. Families truly play an integral role in the work and mission of the United States Armed Forces. It is through the continuous support, service and sacrifice made by military families that service members are able to remain mission-ready, highly trained and resilient. LTG Thomas Seamands, the Army Deputy Chief of Staff for Personnel, validated the importance of the military family by saying, "Retention of the family is just as important as retention of the soldier." For that reason, as well as many others, November is annually designated as Military Family Appreciation Month. A month dedicated to recognizing military families, as they serve alongside their service member.



Iowa National Guard Families participate in the 2022 Fall Family Festival held at Camp Dodge.

According to a 2020 report released by Military OneSource, there are nearly 2.6 million family members with a loved one enlisted and serving in one of the six service components which make up our total military force. Of these 2.6 million family members, over 1.6 million are children under the age of eighteen. These numbers represent family members living on installations, as well as those living in predominately civilian communities across the country. Throughout the month of November, the Army National Guard (ARNG) Child & Youth Services (CYS) Program encourages individuals and communities to show their support and appreciation for the important role military families play in the military community. This can be achieved by simply thanking the military families where you live, taking the time to learn about the military and unique needs of military families, or hanging

up appreciation messages in community buildings and schools.

**For more ideas on how to celebrate military families in your community, consider visiting the following websites:**

- <https://www.military.com/military-family-appreciation-month/4-ways-to-recognize-military-family-appreciation-month.html>
- [https://www.todaysmilitary.com/military-life/family-community\\_](https://www.todaysmilitary.com/military-life/family-community_)
- [https://www.militarychild.org/upload/images/2020%20MOMC/2020\\_Month\\_of\\_the\\_Military\\_Child.pdf](https://www.militarychild.org/upload/images/2020%20MOMC/2020_Month_of_the_Military_Child.pdf)

To learn about upcoming events and activities available to families through the ARNG CYS Program, contact your local ARNG CYS Team by visiting [www.arngcys.com/my-local-cys-program](http://www.arngcys.com/my-local-cys-program).

## IN THIS ISSUE:

- Cover Story
- Region 9 Spotlight
- Training Ops



**NVNG CYS -  
The Domenzain-  
Rodriguez family**  
smiles for the camera during a hike at Youth Resilience Camp

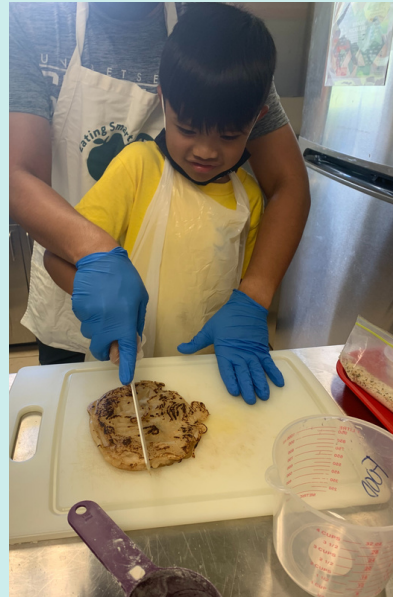


# WWW.ARNGCYS.COM

#GUARDFAMILIES

#ARNGCYS





GUNG CYS

**Manha titiyas-in Chamorro** (young coconut tortilla-English translation) is a local favorite and simple dessert. A cooking class was offered this year for summer camp and it was one of the recipes camp participants made. The 4H instructors took a local recipe and made it healthier. *Lite coconut milk and whole wheat flour was substituted from the original recipe.* **Check out the link to learn how to make Chagi Whole Wheat Månha Tatiyas:**

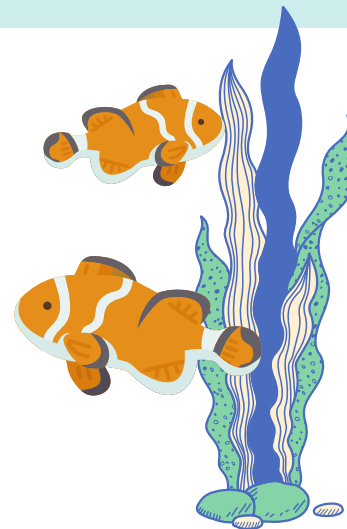
[https://www.uog.edu/resources/files/extension/cnep/recipe-cards/Chesa\\_Manha\\_Titiyas.pdf](https://www.uog.edu/resources/files/extension/cnep/recipe-cards/Chesa_Manha_Titiyas.pdf)



- Outdoor Family Activity: Disneyland
- Indoor Activity: Monterey Bay Aquarium
- Recipe: Tamales

Check out the link to learn how to make **Tamales**:

<https://www.tasteofhome.com/article/how-to-make-tamales/>



Check out the link to learn how to make **INDIAN FRYBREAD AND INDIAN TACOS**:

<https://hilahcooking.com/indian-taco-recipe/>



**Indoor Activity:**

Las Vegas: Neon Museum Las Vegas

Reno: Fleischmann Planetarium Museum

**Outdoor Activity:**

Las Vegas: Red Rock Conservation Area

Reno: Bowers Mansion Regional Park



# ALOHA Hawaii



Check out the link to learn how to make **Macadamia Tea Cookies**:  
<https://www.midwestliving.com/recipe/cookies/macadamia-tea-cookies/>



## BATTLE STICKS

**[Submitted by Hunter L. CYS Hawaii Teen Council]** Battle Sticks is a game that can have anywhere from 3 players to as many as you like. All you need to play are every person needs a pole/stick at about 4-6 ft. height.

- Preferably in an open field, everybody stands in a circle at arms-length apart from each other, holding their sticks straight up in their hands.
- Then one of three commands will be yelled out by the game master. Those being "Left", "Right", or "Spin".
- If the command "Left!" is yelled out, then everybody will let go of their sticks, trying to keep it as balanced as possible upon release, and then run one space to the left. They need to catch/grab the stick to their left stick before it falls onto the ground. If the stick falls, the person who was trying to catch it is out.
- If "Right!" is yelled out, the same thing happens as left but either one space to the right.
- If "Spin" is yelled out, then the players have to let go of their sticks, spin in a 360° circle, and then catch their own stick before it falls down.
- Then the game continues until last man stands.



**AZNG CYS - Ben C.** in the cockpit of an airplane in preparation for the Young Eagle flight event in April.

**AZNG CYS - Jacob B.** with a bearded dragon casually hanging out on his shoulder at the September Herpetological Sanctuary educational event.





## TRAINING OPS

**World Wildlife Fund (WWF)** works to help local communities conserve the natural resources they depend upon; transform markets and policies toward sustainability; and protect and restore species and their habitats.

You and your children can choose from a variety of **FREE Downloadable toolkits [English + Español]** featuring information guides and activities about some of WWF's priority species and conservation goals. These subject-integrated lessons will leave kids with an understanding of how their actions help shape the future of nature.

[Grades 3-5]

- DOLPHINS + CONSERVING FRESHWATER
- TIGERS + FORESTS
- SEA TURTLES + OCEANS
- POLAR BEARS + CLIMATE CHANGE
- ELEPHANTS
- MONARCHS

**+ MORE FOR ALL AGES**

WILDLIFE ARTS + CRAFTS

BE A FOOD WASTE WARRIOR

BIODIVERSITY

ENDANGEREDS

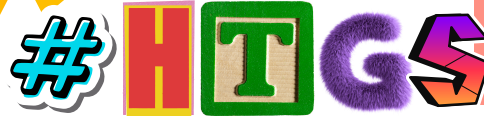
WOMEN IN SCIENCE

**>>LIVING PLANET REPORT 2022: YOUTH EDITION<<**

<https://www.worldwildlife.org/teaching-resources/toolkits>



**ALNG CYS** - A Yellow Ribbon participant in making a "Hunt the Good Stuff" treasure box



**WYNG CYS** - Sadie H. trying on WWII era military clothing as part of a Region 8 military uniform history and development presentation given by a member of the Wyoming Veteran's Museum.



**TXNG CYS** - Youth at Young Heroes Summer Camp and 4H counselors posing with finished cardboard box car during team building competitions.



**MENG CYS** - Will H. and Max L. high-five after completing a training module at Regional Symposium. MENG Dependents, 120th RSG.



**We'd love to hear from YOU!**

Would you like to share how the CYS program has made an impact on you and your family? Let us know at:

[www.surveymonkey.com/r/ShareYourCYSstory](https://www.surveymonkey.com/r/ShareYourCYSstory)

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