

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

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



NEWS LETTER



National Safety Month

This month, we focus on various safety aspects to protect ourselves and our loved ones.

Home Safety

- **Fire Safety:** Ensure working smoke detectors and a known fire escape plan.
- **Poison Prevention:** Keep hazardous materials out of children's reach.
- **Emergency Numbers:** Post important phone numbers visibly.

Outdoor Safety

- **Sun Protection:** Wear sunscreen and hats outside.
- **Hydration:** Drink plenty of water to stay hydrated.
- **Buddy System:** Use the buddy system when exploring.

Emergency Preparedness

- **First Aid Kit:** Keep a well-stocked first aid kit at home and in your car.
- **Drills:** Practice emergency drills regularly.
- **Communication Plan:** Have a family communication plan for emergencies.

Embrace the S.A.F.E. Approach to Summer Safety

This summer be prepared for any situation by following the S.A.F.E. approach:

- **Survey Surroundings:** Always be vigilant & aware of potential risks.
- **Ask for Help:** Know who to contact and inform in case of an emergency.
- **Familiarize with Equipment:** Ensure youth know the location and proper use of safety equipment and medical supplies.
- **Emergency Plans:** Identify emergency exits, designate safe spots in case of an emergency, and establish rules for staying home alone.

By adopting the S.A.F.E. approach, we can enjoy a fun and safer summer together!

Families can learn more about summer safety by visiting these websites to review information and resources available:

- Centers for Disease Control and Prevention (CDC): www.cdc.gov/healthequity/features/kidsafety/index.html
- The National Safety Council (NSC): www.nsc.org/home-safety/tools-resources/seasonal-safety/summer
- Kids Health: <https://kidshealth.org/en/parents/center/summer-center.html>

You can also connect with your local ARNG CYS Team to receive information on summer safety practices, upcoming events, and ways to stay active this summer (<https://arngcys.com/my-local-cys-program>).

When we all work together, we can better ensure a safe summer for everyone!

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- Teens on the Move
- MOMC '24 Photo Contest Winners
- Training Ops



MOMC PHOTO CONTEST: Honorable Mention

Akiera P. Age 6 - "My Family - Includes my wife, daughter and myself At the family day event."
MIL Parents: NY ANG Troy P.



MOMC PHOTO CONTEST: Honorable Mention

Michael B. Age 6 - "I am OUT OF THIS WORLD because I got to climb a HUGE rock wall all by myself and I wasn't scared at all!"
MIL Parents: NC ARNG James B.

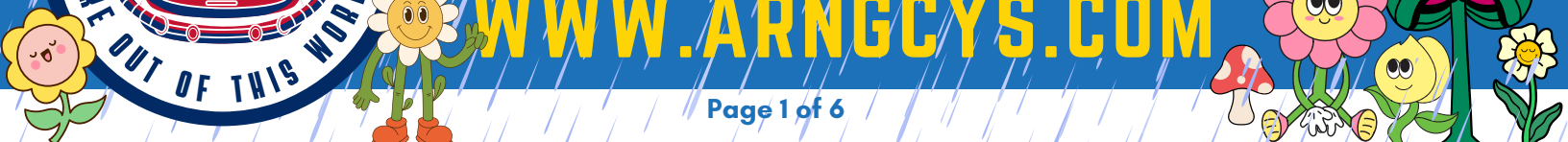


Do you want to **stay up-to-date** with the latest info? Be sure to [subscribe here on our website](#)

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

Connect with your local CYS team to learn how you can **VOLUNTEER!**
<https://arngcys.com/my-local-cys-program>

WWW.ARNGCYS.COM





During April, LA ARNG CYS held their fourth annual Month of the Military Child Stars & Stripes Drive-In Camp. Campers from all over Louisiana received "Camp-in-a-Bag" items with the theme of resilience! Items included a Mental Health Calendar Magnet, Resilience Road Games & Activities Programming Workbook, Light-Up Bounce Ball that reads "Bounce Back with CYP", a cactus stress ball that reads "Life is tough, but so are you", a self-care puzzle, and MRT pocket guide to complete MRT skills with their Service Member Parent. This Camp-in-a-bag was a huge success with over 150 participants!

Louisiana has partnered with United Through Reading since 2022. This organization has provided over 2,000 free books, bags, teddy bears, and the organization's brochure for our LANG families. These items are typically distributed during our Yellow Ribbons and community outreach events.

TEENS ON THE MOVE

Poem Submitted By:

CARLOS J. FRANCO TORRES

Guard Teen Panel Member - Region #2



We rise with the sun, a family strong,
Ready to greet the day, healthy and long.
With breakfast we fuel, for adventures to chase,
Fruits, whole grains, and yogurt, a smile on each face.
We stride to the park, a walk in the breeze,
Leaves crunch and laughter rings through the trees.
Fresh air fills our lungs, our bodies alive,
Sunshine and movement, a healthy high five.
At home, a warm meal, veggies galore,
Colors so bright, they beg to be explored.
We play and we learn, our minds sharp and keen,
Healthy habits, a well-oiled machine.
Before bedtime snuggles, a story we share,
Rest for our bodies, with love and with care.
Together we thrive, a healthy embrace,
A family united, in a healthy space.

JUNE IS GREAT OUTDOORS MONTH

It's a perfect time to explore and appreciate our nation's natural and historic wonders. The National Register of Historic Places, the official list of America's historic sites worthy of preservation, proudly promotes awareness.

Managed by the National Park Service and authorized by the National Historic Preservation Act of 1966, the National Register supports efforts to identify, evaluate, and protect America's historic and archeological resources. In honor of Great Outdoors Month, we invite you to discover historic properties listed in the National Register that showcase America's commitment to environmental protection. From parks and forests to historical landmarks, these sites offer unique opportunities to connect with our nation's heritage.

So, get outside and experience the beauty and history of our country. Whether it's a hike, a picnic, or a visit to a historic site, enjoy and celebrate our natural and historic treasures this month and all summer long. ~~ Happy exploring!

<https://www.nps.gov/subjects/nationalregister/great-outdoors-month.htm>

MOMC PHOTO CHALLENGE WINNERS



We are thrilled to announce the winners of our "OUT OF THIS WORLD" photo contest! These amazing photos showcase National Guard Youth demonstrating creativity, spirit, and what it means to be truly exceptional. Each image captured the essence of reaching for the stars and exploring new frontiers. Congratulations to all our talented participants for their stellar contributions! Thank you for inspiring us all!

Week 1: Take a picture of who or what makes you feel you are out of this world.

AGE: 0-5



"Courage, sacrifice, determination, commitment, toughness, heart, talent, guts. That's what little kids are made of: the heck with sugar and spice." - Bethany Hamilton, Surfer/Author

1st



Riverlyn D. Age 5 - "Being a National Guard kid is like being a superhero!"
MIL Parent: AL ARNG Joshua D.

2nd



Kenzie C. Age 4 - "Mom & Dad make Kenzie feel "Out of this World" when they teach her about the sacrifice others have given to her! They have been taking her to put out flags every year since she was born!"
MIL Parents: AL ARNG Craig & Athena C.

AGE: 6-12



MOMC PHOTO CONTEST: Honorable Mention

1st



Madalyn D. Age 8 - "Being a National Guard kid is like being a superhero!" MIL Parent: AL ARNG Joshua D.

2nd



Jett J. Age 9 - "No matter what I do my mom always makes me feel out of this world. She's always cheering me on and making me feel like I can do anything. This was my first flint fire and she was there the whole time cheering me on." MIL Parent: AL ARNG Chassidy J.

3rd



Jolie S. Age 6 - "This photo is from the day her dad got home from deployment - such a joyful child." MIL Parent: LA ARNG David S.



Pierre S. Age 10 - "At an outdoor adventure for kids (OAK) gathering - I just love the way he looks at peace 🙌" MIL Parent: LA ARNG David S.

FABULOUS!

MOMC PHOTO CHALLENGE WINNERS (CONT.)



Week 1: Take a picture of who or what makes you feel you are out of this world. (cont.)

AGE: 13-18

1st



Zelda H., Samuel H., & Esther H. - Age 15, 13, 6 - "Space the Final Frontier" Our picture depicts our kids having an awesome imagination and creative minds. They are always exploring new things and coming up with some crazy ideas. This is the reason we feel they are out of this world"
MIL Parent: NV ARNG Howard H.

"Wonder is the beginning of wisdom." - Socrates

"To infinity and beyond!" - Buzz Lightyear (from Toy Story)

"The important achievement of Apollo was demonstrating that humanity is not forever chained to this planet and our visions go rather further than that and our opportunities are unlimited."
- Neil Armstrong

"Exploration is wired into our brains. If we can see the horizon, we want to know what's beyond." - Buzz Aldrin

"Shoot for the moon. Even if you miss, you'll land among the stars."
- Norman Vincent Peale

"Imagination will often carry us to worlds that never were. But without it, we go nowhere." - Carl Sagan

"The sky is not the limit. Your mind is." - Marilyn Monroe

"The important achievement of Apollo was demonstrating that humanity is not forever chained to this planet and our visions go rather further than that and our opportunities are unlimited."
- Neil Armstrong

"Remember to look up at the stars and not down at your feet." - Stephen Hawking

WEEK 2: Take a large group photo of your community wearing purple - in support of Military Kids.

1st



Makenzie, Rebekkah, Johnathan, Jeshua, Luke, Benjamin, Timothy, & Elizabeth B. [15, 13, 11, 10, 9, 6, 3, 4 months] - "Military Families are out of this world! Sporting our purple shirts to head out to enjoy the eclipse!"
MIL Parent: AR ARNG Samuel B.

2nd



Madalyn & Riverlyn D. Age: 8, 5 - "Our wonderful supportive family."
MIL Parent: AL ARNG Joshua D.



"America's military families are the backbone of our nation. They serve our country with pride, strength, and devotion, and they give their all to support their loved ones in uniform. We owe them a debt of gratitude that can never be fully repaid." - President George W. Bush

"Our military families have faced unprecedented demands and made extraordinary sacrifices. Through their unwavering devotion and resolve, they have helped to protect our Nation and preserve our freedom. We are forever indebted to them." - President Barack Obama



MOMC PHOTO CHALLENGE WINNERS (CONT.)

WEEK 3: Take a picture of yourself doing something that says you are OUT OF THIS WORLD.

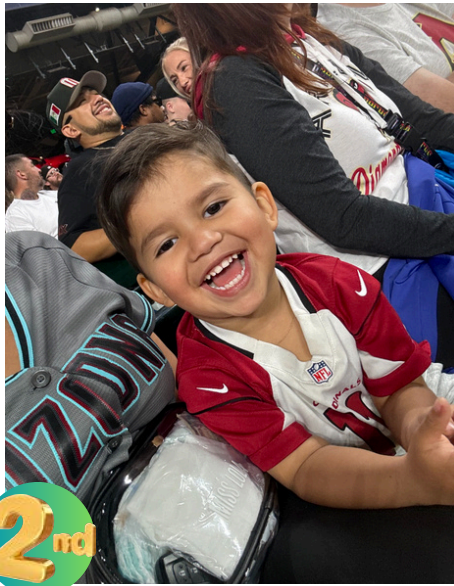
AGE: 0-5



Kenzie C. Age 4 - "Kenzie is always doing "something out of this world" as she is always helping & giving to others. Kenzie has a giving spirit...she learned this from her parents!! Here she is loving doing her part in putting flags on veterans graves!! She is an old pro now! :)"

MIL Parents: AL ARNG Craig & Athena C.

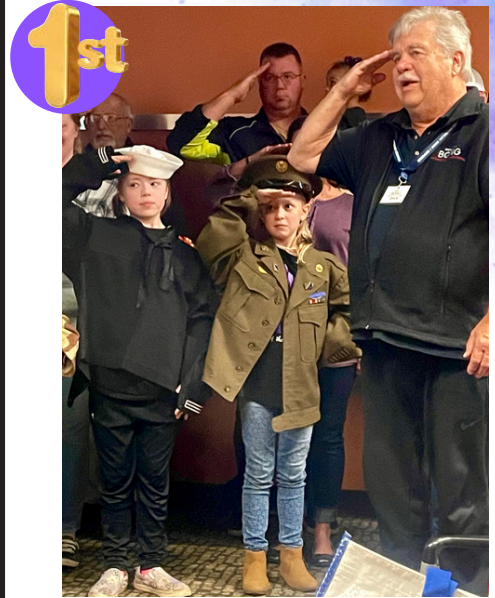
nice work



Cesar B. JR Age: 3 - "This little guy goes by the name Ivan he is his daddy's twin. The National Guard gave him his first ticket to the diamondback baseball game. He absolutely loved it, also had fun with his brother and sister. Ivan kept FaceTime and calling his dad to sharing what was going on during the game. It was the cutest thing to watch. Thank you for all that you guys do for our family to make time go by fast Well, our soldiers are deployed."

MIL Parent: AZ ARNG Cesar B. M.

AGE: 6-12



Annilyn J. & Carolena J. Age: 10, 7 - "The girls went to the 1st annual purple up event at the Richard I. Bong Veterans Historical Center in Superior Wisconsin on April 13, 2024. The veterans were passionate about talking to the kids and families about what they did to serve our country. They passed old military gear for kids to touch. My kids raised their arm to volunteer and wear uniforms that the veterans wore in service. It was a great hands on experience."

MIL Parent: MN ANG Theodore J.



Conleigh, Piper, and River W. Ages 14, 11, 5 - "All three of my daughters, hosted the 9th annual fundraising charity event called "Piper's Promise" at Lane Tree Golf Club in Goldsboro, NC on April 20th. My three girls are "out of this world" for all their hard work for prepping golf bags leading up to the event with snacks and goodies, making "thank you" cards and coloring them, and delivering food/drinks to 26 golf teams over a span of 6 hours in the hopes of raising funds for two amazing NC charities: The Ronald McDonald House of Eastern North Carolina and Riley's Army out of Greenville, NC. "Piper's Promise" was able to raise roughly \$7,300 on this solo event and donations are still coming in. "Piper's Promise" was established when my child, Piper, was diagnosed with stage III neuroblastoma at just four weeks old. Our family promised to pay it forward and to help other sick kids once Piper was healed, just as our friends and community supported us during our fight. Pictures include some of their friends from local schools and even some college students came back to support! We have tons of other pictures if needed. My husband and I are beyond proud of our girls!!!"

MIL Parent: NC ANG Haleigh W.



Jett J. Age 9: "The Gauntlet was my first Obstacle Course race and it gave me a feeling that was out of this world. I love being outdoors and playing sports, but I love when it's me against the thoughts in my own head. I get to push myself and fun while learning to do so."

MIL Parent: AL ARNG Chassidy J.



MOMC PHOTO CHALLENGE WINNERS (CONT.)



WEEK 4: Take a picture of those who most inspire you and support you.

AGE: 0-5



Kenzie C. Age 4 - "those who most inspire you & support you" are Kenzie's Mom & Dad who both served this country and continue to teach her about that service and sacrifice.

The photo at the Grand Canyon was a recent vacation. Kenzie said to them we need to go to the mountains. When they asked why she said we are supposed to "Go

Tell It on The Mountain" about Jesus. They said if she feels the need to go tell it on the mountain about Jesus...we need to take her to do just that! They inspire her to love the Lord & be all she can be!"

Parents: AL ARNG Craig & Athena C.

AGE: 13-18



Adeline G. Age 13 - "The picture I took was of my younger sister, Katie Beth. - This week's theme is to take a picture of someone who inspires and supports me. Katie Beth is younger, but she inspires me in unimaginable ways. She is honest, creative, and such a happy person overall. One of the things I admire most is her love for nature and animals. This is what I have displayed in this photo. Katie Beth loves to go outside and watch the birds in the trees and the squirrels scurrying among the flowers. Outside in the garden, she is calm and happy.

I find this very motivational and inspirational. Like her, I try to take in the beauty of nature, and have even taken up the hobby of photographing the flowers and animals around my garden. In this photograph, Katie Beth is sitting with nature. She is holding a flower, showing her admiration for its beauty. She can take the simplest of things, like

the Golden Globe flower she holds, and make them seem like the most beautiful thing in the world. Katie Beth inspires me more than anyone else, and she is more out of this world than anyone on-or outside-of-this world!"

Parent: LA ARNG Roy A. G. Jr.



MOMC PHOTO CONTEST:
Honorable Mentions

TRAINING OPS

Strengthening Families and Communities through Online Continuing Education. Find a **FREE** course that fits your needs:

- On-demand video courses
- Professional Continuing Education
- Instant Completion Verification
- Live and Online Training Events

<https://training.childrenguard.org/course-category/free-courses/>



MCEC Parent workshops are available via webinar to support parents who are remote or not located near a major military installation. Webinars presented live on Tue's & Wed's at Noon (ET).

MCEC has webinars on a wide range of topics, including Resilience and Facing Challenges, Children with Exceptional Needs, School and Academic Success, School Transitions, and more.

To see their full library of webinars, visit [Webinars - YouTube](#)

** Participants must register in advance for live webinars **

- Tue, June 4 - "Effective Listening"
- Wed, June 5 - "Preparing Your Mil-Teen to Thrive after High School"
- Tue, June 11 - "Maximizing Connections During Military Transitions"
- Wed, June 12 - "Tips & Strategies for Interacting with your Military-Connected Teen"
- Tue, June 18 - "Developing Positive Coping Strategies"
- Wed, June 19 - "Fostering Your Military Child's Communication Skills to Minimize Conflict"
- Tue, June 25 - "Being the New Kid in Middle and High School"
- Thu, June 27 - "Ayudando a nuestros hijos militares a tener éxito tras terminar su educación media superior" ("Preparing Your Mil-Teen to Thrive after High School")

<https://www.militarychild.org/event/parent-webinars/>

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



James Belprez, Jr. Age: 8 - I am OUT OF THIS WORLD because I got to fly in the Paraclete Wind Tunnel in Fayetteville, NC just like my dad! Some day, I want to jump out of an airplane for real! MIL PARENT NC ARNG James B.



Gavon Mantz M. Age 15 - "I am out of this world because I'm not afraid to explore. I'm strong, brave, and resilient. I can conquer great heights." MIL Parent: UT ARNG Albert P. M. IV