



# ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

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

# NEWS LETTER

## JULY

### National Park and Recreation Month!

July is National Park and Recreation Month, a time dedicated to highlighting the benefits of healthy, vibrant communities. Since 1985, Americans have celebrated this special month by exploring local parks and enjoying outdoor activities. Parks are essential for environmental health, as they clean our water, preserve wildlife, and provide a refuge for both people and animals all year round. Let's get outside and appreciate our wonderful parks this July!

Celebrate National Park & Recreation Month by visiting a new park near you!

- Find a park: [www.nps.gov/findapark/index.htm](http://www.nps.gov/findapark/index.htm)
- Discover The Forest: [July is...National Park and Recreation Month!](#)
- Download a toolkit: [www.nrpa.org/events/july/toolkit/](http://www.nrpa.org/events/july/toolkit/)
- Power-Of-Parks-Infographic: [July is...National Park and Recreation Month!](#)



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WY CYS  
Summer Camp 2024



### MLB All-Star Game and the 2024 Olympics

This July is packed with thrilling events! In the middle of the month, Major League Baseball will hold its All-Star game. This year, the exciting event takes place 12-16 July, hosted in Arlington, Texas.

But that's not all! The 2024 Olympic Games 26July-11Aug, are also set to begin later this month. After four long years of waiting and countless hours of hard training, top athletes from around the world will come together to compete in the Summer Olympics. They will strive to "Go for the Gold" in a variety of sporting events. The Olympic opening ceremony will be a grand spectacle late in the month. Get ready to cheer on your favorite athletes!

And, the **Paralympic Games** will take place 28Aug-08Sep, celebrating the incredible skills and determination of athletes with disabilities. This event highlights the spirit of inclusivity and the power of sports to bring people together from all walks of life.



### Summer Fun with ARNG CYS

The Army National Guard Child and Youth Services (ARNG CYS) has activities planned all summer long! To learn more, [contact](#) your local Lead/Child and Youth Program Coordinatator(s) in your state, territory, or district. Enjoy a summer full of fun, learning, and new friendships! – Let the games begin!



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



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Painting Rocks



Archery



Self-Defense

Submitted by: **Shavon Parker (MO-LCYPC)**---The Missouri National Guard State Teen Panel planned an multi-day, overnight event which they titled a **“Youth Getaway Convention”**. From 21 July to 23 July, 18 youth/teens, aged 11-16, participated in trainings

and activities focusing on life skills, art and recreational opportunities. Through instruction from a trained car mechanic, attendees learned how to change a tire, check oil and fluid levels and was given an overview of how to use supplies in a vehicle emergency bag. Due to a partnership with Gracie Barra Brazilian Jiu-Jitsu Jefferson City, youth/teens partook in an introductory self-defense class while gaining takeaways such as how to effectively throw a perpetrator to the ground. Furthermore, because of the Panel members choosing to incorporate the topic of constellation, attendees engaged in an astronomy presentation led by a University of Missouri graduate student. Participants painted rocks and designed stars, while panel members conveyed like the constellation, “we all are individuals and yet sometimes we have to work together with others”. Lastly, panel members wisely took advantage of their teen/parent audience by delivering a State Teen Panel brief in hopes to spark member interest in the future.

**Feedback from participant: “That even if you don’t relate with people or believe the same things, you can still be kind and make the most of it”.**



## Did you know...



### Did you know... The Designer of the 50-Star Flag Lived in Lancaster, OH

In 1958, a history teacher assigned a class to redesign the national flag as both Alaska and Hawaii neared statehood. Robert G. Heft, who was 16 at the time, took on the challenge. Using the old 48-star flag, \$2.87 worth of blue cloth, and white iron-on material, Heft created a new flag design.

His design earned him a B-minus, but Heft was determined to prove its worth. He sent his flag to Washington, D.C., to be considered by President Dwight D. Eisenhower. According to his obituary, Heft was one of thousands to submit a flag design, but he was the only person who actually stitched together a flag and shipped it to D.C.

Once Heft's design was selected, his grade was changed to an A. His flag became the official design in 1960.



## HAPPENINGS



Hello, my name is **Justus Spaulding from Alaska in Region 10 - Guard Teen Panel member**. The month of July is National Park and Recreation Month. Get outside and enjoy the summer and the sun by playing games with your family. My favorite game to play with my family is corn hole.



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/Share](http://www.surveymonkey.com/r/Share)

[YourCYSstory](#)



**Kamryn represents Region 8 - Guard Teen Panel member**



**AL CYS - Operation Gratitude Bear Camper Knox** received it in their Red, White, & Blue Camp-in-a-Box



**Have you recently participated in an Army National Guard (ARNG) Child and Youth Services (CYS) event or activity?**

If so, we invite you to complete our **Soldier-Parent Satisfaction Survey**. This survey was developed as a mechanism for those working within ARNG CYS to receive direct feedback from youth and families, as it relates to program satisfaction, areas of strength and opportunities for improvements. To access this survey, please click on the following link:

Thank you for helping us continue providing the very best programs and services to our military population!



## TRAINING OPS

**Parent Webinars - HealthyChildren.org** parent webinars are designed to help parents wherever they are on the parenting journey by offering research-supported child health and safety information and immediately useable tips and suggestions.



<https://www.healthychildren.org/English/tips-tools/webinars/Pages/default.aspx>



English & Spanish Webinars - Be Strong Families offers FREE virtual opportunities since March 23, 2020. Topics related to Staying Strong and Positive for Parents and Children.

View current and past webinars available [here](https://www.beststrongfamilies.org/webinar-recordings-and-slides):  
<https://www.beststrongfamilies.org/webinar-recordings-and-slides>

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