

# MENG Child & Youth Program

Winter Issue  
January 2013

## “The Maine Attraction” ME National Guard Youth News

Created especially for Maine Youth

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The MENG Teens held a weekend retreat at the Portland Boys and Girls Club—They did teambuilding and worked with the OMK iPads as part of their training on Saturday, 26 January. That evening, we all attended a Portland Pirates AHL Hockey Game where the group presented the American Flag as part of the pre-game ceremonies. Want to give a huge shout out to our volunteers; Eric Madore and Barb Claudel for helping to make this a GREAT event. Also want to say thanks to Jake Myrick and the Portland Boys and Girls Club for allowing us to stay there and use their facilities! Want to Participate in teen activities? Follow the arrow!

**GET INVOLVED!**



### BE PART OF SOMETHING GREAT!

If you are between age 13—18 and are interested in meeting other youth who have a loved one in the military, you can apply to join the MENG Teen Council!

Our mission is to raise public awareness and serve the community.

Contact Steve or Kayla for details. Our contact information is on page 6.

### A Message From Your Maine State Youth Coordinators

We are your State Child & Youth Coordinators, Steve Hughes and Kayla Cummings. We work in the Buker Community center in Augusta to support National Guard Youth throughout the the State of Maine. Our contact information is on the last page of this newsletter. We can't wait to deliver fantastic programs and we need your help!

This newsletter will be published four times per year, and will contain calendars of upcoming events, reviews of past events, and all kinds of fun facts and ideas. We will hear regularly from our partners at Operation Military Kids, Military Family Life Consultants, Military OneSource, Financial Program, and most importantly: YOU!

Please send anything you'd like to share with other military kids. This is YOUR newsletter!

All the best,  
Steve & Kayla,  
ME Child & Youth Program

# February 2013 Military Youth Calendar

Check facebook for Updates!

- 1 Applications accepted through 3/17 for the Annual Youth and Teen Symposium
- 2 Applications accepted through 5/1 for Junior Counselor Applicants for Summer Camp
- 3 Applications accepted through 6/15 for Campers for summer camp
- 4 Applications accepted through 6/15 for Adult Volunteers for Summer Camp
  
- 22 Military Kids Club—Augusta
- 27 MWR Portsmouth Navy Shipyard Ski Trip, Sunday River, ME, 27 FEB—03 MAR [www.discovermwr.com/pnsy](http://www.discovermwr.com/pnsy)
- 28 Military Kids Club—Bangor

## What is February's Zodiac Sign?

Aquarius: [January 20](#) - [February 18](#)

Pisces: [February 19](#) - [March 20](#)

## What is February's Flower?

Its birth flower is the Viola (plant) and the Primrose.

**What Holidays Are in February?** Groundhog Day: [February 2](#),

[Valentines Day: February 14](#)

[Presidents Day \(United States, \): February 18](#)

It's kind of fun to do the impossible. - Walt Disney

## 2013 Armed Services YMCA Essay and Art Contests

### 2013 ASYMCA Essay Contest! "My Military Hero"

Children of all Active Duty or retired (with 20+ years of service) military personnel from Army, Navy, Marine, Air Force, Coast Guard and National Guard/Reserve families in first through twelfth grade are eligible to enter. All mailed entries must have an essay entry form, found on the ASYMCA website: [www.asymca.org](http://www.asymca.org)

All entries must be postmarked by  
March 15, 2013

### February Birthdays

Aaron Burr  
American statesman  
Jennifer Aniston  
[Abraham Lincoln](#)  
16th President of the USA  
Jennifer Love Hewitt  
Alfred Adler  
Austrian psychologist 1870-1937  
Alice Cooper  
American singer  
John Grisham  
Author  
Ansel Adams  
Photographer, 1902 – 84  
John Steinbeck  
American author  
John Travolta  
Kurt Cobain  
American [lead](#) singer of Nirvana, 1967 – 1994  
[Bob Marley](#)  
Famous musician, 1945+  
Charles Dickens  
Very famous English author,  
1812 – 1870

### [Babe Ruth](#)

American baseball player  
Ashton Kutcher  
Michael [Dell](#)  
Founder and CEO of [Dell](#) Computers, 1965+  
Michael Jordan  
Basketball player  
Chris Farley  
Actor  
[Paris](#) Hilton  
[Ronald Reagan](#)  
Ex-American President  
[Galileo](#) Galilei  
Scientist who was punished for his claims that the [earth](#) revolves  
[George Washington](#)  
Famous American politician  
Steve Jobs  
Founder of Apple Computers  
[Hank Aaron](#)  
1934+ Baseball player  
James Dean  
Actor  
Yoko Ono  
Wife of John Lennon

## Youth Benefits

### FREE TUTORING & HOMEWORK ASSISTANCE FOR ARMY FAMILIES

Available to ALL Military affiliated Families (Military, Civilian & Contractor), regardless of deployment status or component

- 24/7, real-time, individualized, one-to-one tutoring and homework assistance with a qualified and screened tutor
- Spanish speaking tutors available (2pm-1am EST daily)



- K-12 assistance in Math, Science, Writing, Social Studies and English

- Adult assistance for college coursework and resume/job search/citizenship/standardized testing

For more information,  
check out the website:  
[www.tutor.com/military](http://www.tutor.com/military)



### \$500 Grants for Extra Curricular Activities!

Our Military Kids offers grants to the children of our deployed Service Members for a number of extra curricular activities.

- To see the full list of eligible activities and to apply, please visit:  
[www.ourmilitarykids.org](http://www.ourmilitarykids.org)

# March 2013 Military Youth Calendar

Check facebook for Updates!

- 1 Applications accepted through 3/17 for the Annual Youth and Teen Symposium
- 2 Applications accepted through 5/1 for Junior Counselor Applicants for Summer Camp
- 3 Applications accepted through 6/15 for Campers and Adults for Summer Camp
- 10 Application deadline for Space Camp
- 12 Tutor.Com Webinar: How to Use the Site
- 21 MWR Portsmouth Navy Shipyard Ski Trip, Attitash, NH 21–24 MAR  
[www.discovermwr.com/pnsy](http://www.discovermwr.com/pnsy)
- 22-23 Teen PT Challenge, Maine maritime Academy
- 24 Yellow Ribbon, 488th MP CO., Waterville
- 24 Family Easter Egg Hunt, Waterville
- 28 Military Kids Club—Augusta
- 29 Military Kids Club—Bangor

Search "MENG Youth Program"

Find us on  
**Facebook**



## Parent News

### 3 Types of Child Care Assistance

**(1) Operation Military Child Care:** is a DoD initiative to support the child care needs during activation/deployment.

#### WHO is eligible to participate?

Title 10 Active Duty National Guard Service Members deployed overseas.

#### What does it offer?

At least \$100/month per child depending on income, rank, and services.

### **(2) Operation Military Child Care in**

**Your Neighborhood:** The DoD has asked the National Association of Child Care Resource & Referral Agencies to partner with state and local Child Care Resource & Referral agencies to refer military families to nationally accredited civilian child care programs and help additional certain civilian child care programs become accredited.

#### WHO is eligible to participate?

Title 32, AGR Service Members, Dual Status Technicians, and Civilian Technicians.

#### What does it offer?

At least \$100 per month per child depending on income, rank, and type of care needed.

### **(3) Give Army Parents a Break**

**Respite Care:** Respite Child Care services available to families off base.

#### WHO is eligible to participate?

Title 10 Active Duty National Guard Service Members who are deployed overseas.

#### What does it offer?

8-16 hours of **FREE** respite care per child while the child is eligible.

Apply Online at [www.naccrra.org](http://www.naccrra.org). or call 1-800-424-2246.

Please contact the Youth Program Office if you have any questions regarding Child Care assistance.

POSITIVE PARENTING  
solutions

Inspired by [Joining Forces](#), Positive Parenting Solutions is proud to sponsor **Pay It Forward Parenting** - a program designed to **give back and give thanks to US military families for their service to our country**. Eligible service members can receive free access to the award-winning Positive Parenting Solutions Online parenting course.

[www.positiveparentingsolutions.com/giving-back](http://www.positiveparentingsolutions.com/giving-back)

# Just for Fun Page!

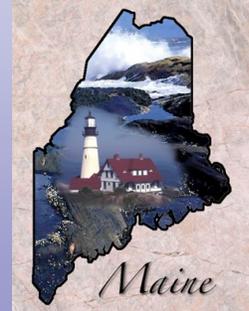
## Maine Trivia

Do you know where the name "Maine" comes from? The name "Maine" is probably a practical nautical term which refers to the region being a mainland (separate from the many surrounding islands). Reference to the area as "Maine" in writing first appeared in 1622.

It has been considered a compliment to Henrietta maria, queen of Charles I of England. She was said to have owned the province of Mayne in France.

Check out <http://www.statesymbolsusa.org/Maine/MaineNameOrigin.html> to explore more.

Fun fact: The Vikings probably discovered Maine some 1,000 years ago; More blueberries are grown in Maine than any other State; and Maine has more Moose per mile than any other State.



## Activities

### Winter Clothing Word Search

See how many winter clothes you can find hidden in this word search. The words can be backward, forward, up, down, or diagonal. Circle each word you find, then cross it off the list at the bottom.

R	A	F	S	I	C	E	K	B	W	F
A	E	O	U	S	R	R	H	G	O	G
E	W	S	O	C	K	S	S	W	E	V
Q	A	D	W	D	S	V	M	G	E	C
E	E	R	S	E	C	A	I	S	O	F
N	D	M	M	S	A	R	T	A	H	Q
D	S	W	M	U	R	T	T	L	A	M
U	O	M	R	T	F	Q	E	R	F	F
G	L	O	V	E	S	F	N	R	S	F
K	T	P	G	S	N	F	S	R	U	E
O	E	T	E	U	L	J	E	E	V	O
L	E	V	N	C	A	H	A	N	D	N

- |          |         |
|----------|---------|
| COAT     | SCARF   |
| EARMUFFS | SOCKS   |
| GLOVES   | SWEATER |
| HAT      | VEST    |
| MITTENS  |         |



### A Corny Riddle For You...

**Q:** What lights up a soccer stadium?  
**A:** A soccer match!

### Martin Luther King Jr. Coloring Page



 **School Family** - Your go-to guide for school success. Visit [SchoolFamily.com](http://SchoolFamily.com)

## TEEN COUNCIL

The MENG Teen Council is currently being formed, and letters and application packages have gone out to every unit in the Maine National Guard. Our goal is to have a primary and alternate teen council representative from each unit. If you are interested in applying to be a teen council representative for your parent's unit, you should have your parent contact their unit First Sergeant to get an application package. Once we have enough members identified, we will begin meeting quarterly. These quarterly meetings will be held at different locations throughout the state, and the MENG Child and Youth program will pay to get you to the meetings. As a member of the Teen Council, you will be involved in the decision making process that will impact all youth in the state. We will be electing a president, vice president, treasurer, and secretary. This will also be a great "bullet" for leadership involvement on college applications!

## Become a Good Leader

From our friends at Military OneSource: As part of a military family, you know a lot about sacrifice, resilience, and getting through challenging times. Your experiences have shaped you in various ways, and many of those experiences have created the characteristics of a leader inside of you. To become a good leader, you must:

**Have good communication skills.** As a good leader, you must listen to the people around you and express your ideas in a concise, direct way.

**Be proactive, not reactive.** A leader does not sit around and wait for crises and problems to occur. Think about potential problems before they happen and come up with strategies to address them.

**Lead through example.** A good leader has to practice what he or she preaches. For example, if you want to start a recycling program, you have to recycle your own stuff first.

**Be resilient.** Resilience is the capacity to bounce back from misfortune, change, and failure. It's okay to get discouraged, but a resilient leader will keep going instead of giving up. Leaders keep fighting!

**Have good organization skills.** You can't lead others if you can't keep your own life straight. Ask for help or get a planner. If you want your ideas to get attention, you have to be organized.

**Develop conflict resolution skills.** There is always going to be conflict when you are trying to organize and lead others, but a

good leader knows how to resolve conflicts in a positive way.

**Be resourceful.** A good leader knows where to look for things and doesn't quit. For example, if your school needs a DJ for a dance and there's no money, you have to find a sponsor, a donation, or someone willing to work for charity.

**Be dependable.** A good leader doesn't miss deadlines or forget to attend meetings.

**Have courage.** Being a leader, especially when you are young, can be difficult. It's easier to follow along with what everyone else is doing. But to be a leader, you must have the courage to set your own path and do what you feel is right.

**Have good ethical values.** It is important to stop and ask yourself if you are making ethical choices. Good leaders don't hurt others to achieve goals.

**Keep a positive attitude.** Great leaders are people who look at challenges as opportunities to grow, change, and learn from their mistakes!

Leaders come in many different packages, so if you don't like talking in front of large groups or organizing meetings, it doesn't mean that you don't have what it takes. Sometimes the leader is the one who shows up to every meeting and leads by example.

For more information and resources to help military youth and teens, visit [Military Youth on the Move!](#)

Make a Healthy Strawberry Smoothie:

Ingredients:

2—Ice Cubes

1 Cup Milk

1/3 Cup Cottage Cheese

2/3 Cup Frozen Strawberries

1-1/2 Teaspoons Sugar

1 teaspoon Vanilla Extract

You Need: Blender, Glass, and Measuring Cups and Spoons.

Make It: Pour all ingredients into a blender, blend for about 1 minute, pour in your glass, and ENJOY! About 289 calories.



## Fitness Tip

All youth should strive for 60 minutes of activity every day. This is important for your mind and body not just now, but for the rest of your life.

Remember that you don't have to spend a solid hour on a boring treadmill. Mix it up! There are lots of fun ways to get activity into your life.

For more information, go to: <http://www.cdc.gov/>

## Resources



**Military OneSource:**

1-800-342-9647

[www.militaryonesource.com](http://www.militaryonesource.com)

**Military & Family Life Consultant**

Stephanie Doughty

Cell- 207-505-0182

[Stephanie.x.doughty@healthnet.com](mailto:Stephanie.x.doughty@healthnet.com)

Providing confidential, non-medical, short-term, solution focused counseling to Service Members and their Families.

## Life in Qatar

Is someone you love in Qatar right now? Here are a few facts about the place:

- Women in Qatar vote and may run for public office.
- While most Qatari women wear the abaya, there does not seem to be any formal restrictions on what women can wear, although dressing modestly is generally preferred.
- The abaya is a simple, loose over-garment,



essentially a robe-like dress, worn by some women in parts of Qatar and elsewhere.



- Above is Qatar's flag.
- The official language is Arabic, and they drive on the right side of the road just like we do!

If you'd like to share facts about where your Service Member was/is deployed, please send it in to us for future publication!

## Sesame Street App!

Sesame Street has a new app for military Families! This app is available to all at no cost. A similar download will be available for android devices soon.

Please visit the following website to locate the app: <http://itunes.apple.com/us/app/sesame-street-for-military/id550520652?mt=8> or access from iTunes (APP Store) search using the words: sesame military

~Sesame Street has taken all of their great work and bundled it into one great app to make it a really useful tool for military families that can be easily accessed! Topic areas for Military Families include:

- Deployments
- Homecomings
- Injuries
- Grief
- Self-Expression



### ME Child & Youth Program

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**Our Youth, Our lives,  
Our Future**

If you no longer wish to receive this publication, please contact us at one of the e-mail addresses above



## National Guard Youth Website



Join the National Guard Online Community! By registering as a member, you will gain access to a wide range of National Guard Child and Youth Program resources, information, and tools.

To register, go to:

[www.jointservicessupport.org](http://www.jointservicessupport.org)