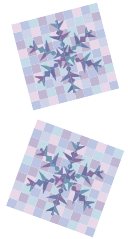


## “DNG YOUTH PROGRAM NEWS” WINTER 2010

### Youth Programs strives to deliver more information to youth. Newsletter needs better title and youth contributions!

Welcome to the first edition of the “DNG Youth Program News” winter edition. It is my Youth Programs first attempt at delivering news and information in a newsletter format, hopefully streamlining the info and adding items of interest such as pictures from past events. Just like our Teen Council and Leadership Program’s philosophy, this newsletter should defiantly have input from the youth. I will be looking for teens to contribute resources they know about, written articles about Youth Programs they participated in and general items of interest to Military Youth.



To start, the newsletter needs a better title than “DNG Youth Program News” doesn't it? If you have any ideas, please submit them to me by January 30, 2011. The next newsletter will be out February or March 2011 so the deadline for information and articles would be February 15, 2011.



### Delaware National Guard Teen Council and Leadership Program

The DNG Teen Council and Leadership Program is an opportunity for DNG Teens to work together with key adult volunteers to create the programs they want to participate in. The DNG Teen Council meets three times a year to plan Teen Weekends and other events. The council meets generally the same time as the JC Corps for Camp Colwell. The last council meeting was discussion on having the next Teen Weekend at a location other than Cape Henlopen. The youth will be part of the process of picking the next location as well as the activities. We consider every teen who participates in the DNG Youth Program activities part of the council. Everyone has input! Keep an eye out for the next spring meeting date and come be part of the process to make decisions on upcoming events.

### Free Online Tutoring!

Military families: Get help from a professional tutor anytime you need it, for FREE. Tutors are online 24/7 and eligible military families in the Army, Marines, Navy, and Air Force can take advantage of this military family program to get help with more than 16 subjects.



### iCanAchieve

A 12-month program for teens ages 13 to 18 that will support weight management efforts. It focuses on helping teens make behavioral changes that will allow them to set and achieve their goals. The program, based on scientifically proven methods, includes telephonic health coaching, a health assessment, online tools, and educational information. Once the teen registers, the teen’s parent or guardian must complete and submit the iCanAchieve Consent Form. Getting started is easy, register online or by phone. The teen can call 1-800-342-9647 to complete their registration or go to [www.militaryonesource.com](http://www.militaryonesource.com)

### GETTING INFORMED (WHAT YOU NEED TO KNOW)

There are many great events and programs going on that support the Families, Youth and Members of the Delaware National Guard, but finding out about these treasures is not always easy. One of the best ways to learn about these events are through email blasts. Parents should be on my

Guard Family email list so that they receive all the details. Youth should be on my JC/ Teen Council email list as well. Like Snail Mail? Contact me and I can mail you info on big events and important happenings. Want more ways to connect? Delaware National Guard has a Facebook, Twitter and Flickr account! The new, cool Delaware National

Guard website has its own Youth page so you can go and download flyers and registrations for Y.P. events. There is also a hip media and picture



## Good Stuff: articles, discounts and news!

### DOD ANNOUNCES NEW WEBSITE FOR YOUTH

The Department of Defense's Joint Advertising Market Research and Studies (JAMRS) program announced it has launched [www.myfuture.com](http://www.myfuture.com),

a new website to help America's youth explore opportunities for their future. Myfuture.com provides comprehensive, unbiased information about career, education and military options for young people, ages 16 to 24. Powered by information from the Departments of Defense, Education and Labor, myfuture.com provides young people with a resource that helps them formulate a plan for their future by establishing goals and identifying and understanding the steps necessary to reach those goals. The website brings clarity to the process by connecting visitors with factual, practical information and tools.

## Military Child of the Year Award. Deserving Young Patriots will win \$5000 !

Operation Homefront announces the expansion of the 2011 Military Child of the Year Award and opening of the nomination period. Beginning in 2011, the award will be given to an outstanding military child from each Service – Army, Navy, Air Force, Marine Corps, and Coast Guard. The winners, who each will receive \$5,000, will be flown with a parent or guardian to Washington, D.C., for special recognition ceremony on April 7, 2011. Nominations are being accepted until Jan 31st. ([www.operationhomefront.net/mcoy](http://www.operationhomefront.net/mcoy)) "Children in military families understand sacrifice and live with the concept of service. This is what the Military Child of the Year Award honors."

## Scholarship for Military Daughters

For the third year in a row, The Julie Foudy Leadership Foundation will continue to honor and support families who are serving our country by offering full scholarships to military daughters interested in attending the Julie Foudy Sports Leadership Academy. These scholarships have been generously funded by TriWest Healthcare specifically for military families. Applications for 2011 will be available the first week of January at the Foundation's website, [www.foudyleadershipfoundation.org](http://www.foudyleadershipfoundation.org).

## Teen Weekend at Cape Henlopen November 2010

Twenty-two youth attending the most recent DNG Teen Weekend for the DNG Teen Council and Leadership Program this past November. The youth were very excited to reunite; for some, this was the first time they had seen each other since Camp Colwell. The youth had presentations from volunteers and professionals on journaling and stress management. They went on a 3 mile hike which lead them to the observation tower. There were deployment related activities presented by Operation Military Kids (OMK) and fun things like making caramel apples and glass etching. The evening ended with a dance and camp fire.





## JOINT WARRIOR AND FAMILY READINESS PROGRAM

Patricia Crilley  
Child, Youth and School Support  
Program Director (Contractor)

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103 Artisan Drive  
Smyrna Readiness Center  
Smyrna, DE 19977



**Teen Weekend  
March 2010**

Website:  
[www.delawarenationalguard.com/  
familyreadiness/youth/](http://www.delawarenationalguard.com/familyreadiness/youth/)

## More Good Stuff:

- **FREE Music Download!** CD "For the Troops IV"  
The artists on the CD are John Ondrasik's band Five for Fighting, Matchbox 20, Wynonna, Mat Kearny, Brandi Carlile, Our Lady Peace, 12 Stones, Ingrid Michaelson, Barenaked Ladies, Gavin DeGraw, Rocket Club, Finger 11, Ryan Star and John David Kahn. The artists are thanking U.S. military members for their service in a CD called "For the Troops IV" The album is available for free download to active duty service members, veterans and their families worldwide with a valid military ID. <http://shopmyexchange.com>
- **National Guard Soldiers and Families Magazine (Foundations):** <http://www.arng.army.mil/familyservices/Documents/2.4BOOK.PDF>
- **Delaware Children's Museum** Visit the Delaware Children's Museum with your family this holiday season. November 26 through December 31 present your military ID and receive FREE admission for any active duty or veteran military personnel and one guest. 
- Need a book for school or just to read? Check out **MilitaryOnesource** Library of books to read online or to download. It includes "TumbleReadables" for young children and InfoTrac Junior Edition for K-12. <https://www.militaryonesource.com/MOS/Tools.aspx>
- Want to find out about current DNG events or **discounts** for Military? Check out the Delaware National Guard's website under events <http://www.delawarenationalguard.com/>
- **NORAD Tracks Santa** for the 55th year! Keep up with Santa as the North American Aerospace Defense Command (NORAD) tracks Santa's journey. [www.noradsanta.org](http://www.noradsanta.org)

## TEEN WEEKEND AT CAPE HENLOPEN SPRING 2010

Thirty-one Delaware National Guard Youth attended the Teen Weekend in March 2010 at Cape Henlopen State Park. Thankfully the weather cooperated the weekend with very little rain and plenty of sun so we could explore the Cape! We had Operation Military Kids (OMK) guide us through the park (and a lesson or two) using GPS tracking. This trek led us to the Cape's Battery 519 Building.

There the teens were welcomed by Delaware National Guard Member Michael Rogers, who also happens to be a Historic Educator for Fort Miles Historic Site. We had a fantastic opportunity to see the inside of the Battery and how Cape Henlopen and the community are working to restore it.

As a service project, the youth made military themed buttons to go into the OMK Hero Packs for kids with a deploying parent. In between workshops and chow, there were plenty of good conversation and friendships being made. Saturday evening ended with a dance and Wii challenge. Sunday was clean up and AAR!

