

Army Reserve Child, Youth & School Services



CYSS CONNECTIONS

January 2015

THE BENEFITS OF MENTORING

Monthly Highlights:

National Mentoring Month



- 1 January New Year's Day
- 19 January Martin Luther King, Jr. Day
- 23 January National Reading Day

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Why should youth become involved in a mentoring program? A mentor is a caring adult who devotes time to a youth. All mentors have the same common goal: to assist youth in achieving their full potential and discovering strengths and interpersonal skills.

Military Youth face stressful situations when starting new schools, moving to unfamiliar areas, and developing brand new friendships. Military Mentoring Programs are a great asset to Military Families. One such program is provided by Big Brothers Big Sisters of America. This agency has established the Military Mentoring Program (MMP) which supports Military children regardless of parent's deployment status, children of fallen, wounded, and disabled Soldiers.



The MMP engages Active Duty, Reserve, Retired Military personnel, and civilians to serve as volunteer mentors for youth. Big Brother Big Sisters of America staff match adult mentors and youth mentees in long-term, one-to-one friendships, and provide professional support for volunteers, children, and families during the process. The three goals of the MMP is:

- ◆ strengthening the youth's connection with his/her parent and respective community
- ◆ saluting the importance of Military values in youth development and
- ◆ assisting with youth's educational and life achievement goals.

To find a local Big Brothers Big Sisters location that offers the Military Mentoring Program, go to: <http://www.bbbs.org>. A list of mentoring opportunities is available on page 2. For assistance with local mentoring opportunities for youth contact a CYSS Specialist listed on the CYSS Contact page.

Mentoring is a wonderful program that is proven to help youth progress through life's transitions. Building a close, healthy relationship with a trusted adult can be integral in youth's success.

Article written by Amanda Nimocks, Odyssey TCI Contractor



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MENTORING PROGRAMS/YOUTH OPPORTUNITIES



Organization Name	Web Link	Program Overview
4-H	http://www.4-h.org/youth-development-programs/kids-health/programming-resources/preventative-health-safety/national-mentoring-program/	<p>The 4-H National Mentoring Program is recognized for implementing effective mentoring strategies with goals of improving family relationships, increasing social competencies, increasing school attendance, reducing juvenile delinquency, youth unemployment, and school failure</p>
Boys & Girls Clubs of America	www.bgca.org	<p>Programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging, and influence.</p>
Boy Scouts of America	http://www.scouting.org/Volunteer.aspx	<p>Boy Scouts of America provides a program for youth that builds character, recognizes citizenship, and develops personal fitness.</p>
The Steve Harvey Mentoring Program for Young Men	http://steveharveymentoring.com/camps/	<p>This National Mentoring Camp is held in Dallas, TX for four days and three nights. There are regional events in Atlanta, Chicago, Los Angeles, New Orleans, and New York. This interactive program teaches the principles of manhood and dream building to young men.</p>
YMCA	http://www.ymca.net/sites/default/files/news-media/Reach-and-Rise-Program-Locations.pdf	<p>The YMCA's Reach & Rise Program connects kids and teens with adult mentors for 12-18 months.</p>



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CYSS FOCUSED ARTICLE

Goal Setting for Children and Youth

Goals are intended to highlight an individual's strength and overcome weaknesses. Therefore, goals are unique to a person and when teaching children and youth the importance of goal setting, the following six tips make goal setting simpler:



Tip #1: Start Small—Initially, start with small short-term goals. Assist children and youth with keeping their goal. If it is a long-term goal, identify shorter sub-goals. **If you have toddlers, a short term goal is allowing children to pick out their clothes and utilize skills such as buttoning, zipping, and tying.**

Tip #2: Get the idea across— Connect youth goals to talents, values, and objectives. Help youth define their goal and review the goal on a daily basis. **School age youth might save money for a video game. Discuss with youth the steps and discipline involved in achieving the goal.**

Tip #3: Let Youth Choose — Goals are personal and individualized. Youth should set attainable benchmarks for meeting their goal instead of pleasing others. Ask your child for suggestions in setting goals. **A Teen may decide to improve overall academic performance. In the process of accomplishing this goal, the youth decides to set attainable benchmarks such as getting organized, take better notes, and improve study habits.**

Tip #4: Be Alert to Possibilities — Obstacles during the accomplishment of a goal are possible. Hurdles and setbacks can be a part of the goal setting process and serve as a learning experience to youth. Encourage children and teens to overcome obstacles, and continue with the accomplishment of the goal.

Tip #5: Showing Becomes Reality—Establish the parameters in order to complete the goal. Ask youth, "How will you know when the goal is accomplished?" Help youth in establishing steps for goal completion. Share a childhood story of achievement.

Tip #6: Applaud Effort — Compliment youth on reaching the set goal. Equally important is recognizing the effort and steps accomplished for trying if the initial goal was not obtained.

Today's youth have a lot on their plate. School, planning for college, extra-curricular activities, voluntary service, family obligations, and faith-based obligations are just some of the activities many youth commit to weekly. Goal setting will help youth find success and help develop positive and lifelong habits. Goal setting helps youth develop purpose, increase self-esteem, develop responsibility, gives focus, and promotes organization.

Article Written by Dan Aukst and Sheena Caston, Odyssey TCI Contractors

Source: Parents.com



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JANUARY CAMPS



January 2015 Military Youth Camping opportunities are listed below. Youth have the opportunity to participate in unique experiences at little or no cost. Winter Camping Opportunities are provided by Military Teen Adventure Camp grants, Operation Military Kids, and YMCA locations. These camps are open to Military-connected youth regardless of Branch of Service who have a parent/loved one in any phase of the deployment cycle; priority is given to children/youth from geographically dispersed families. Camps for youth with special needs (physical disabilities) are also listed. There are spaces still available. Register your youth today!

Name of Event	City	State	January Dates	Ages/Grades	POC Contact
White Mountain Adventure Camp (Youth with physical Disabilities)	Bretton Woods	New Hampshire	2-5	Ages 14-18	Charlotte Cross militaryteen.camp@unh.edu 603.862.0876 www.nhmilitarykids.org \$20 Registration Fee
Summer Camp Reunion	Sewickley	Pennsylvania	4	Ages 6-17	Baierl Family YMCA www.campsoles.org 814.352.7217
Military Kids Youth Summit	Sheboygan	Wisconsin	9-10	Ages 11-13	Shawna Wyman shawna.m.wyman2.ctr@mail.mil 608.242.3483
Super Science Saturday	Fort Wayne	Indiana	10	Grades 4-12	Heather Rosbrugh heather@starbasein.org 260.478.3712
Outdoor Winter Survival Camp	Croghan	New York	16-20	Ages 14-18	Lisa Vaughn lgv6@cornell.edu 315.788.8450, ext. 261 www.ccejefferson.org \$25 registration fee
Intense Winter Wilderness Survival Primitive Skills	Versailles	Kentucky	16-18	Parents and youth ages 14-18	Kerri Ashurst kgoodman@email.uky.edu 859.257.3032 Kelly Ulm Kelly@lifeadventurecenter.org 859.873.3271

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JANUARY CAMPS CONTINUED

Name of Event	City	State	January Dates	Ages/ Grades	POC Contact
Winter Survival Adventure	TBD	Washington	16-18	Ages 14-18	Kevin Powers kcpowers@wsu.edu 509.667.6540 http://county.wsu.edu/chelan-douglas/youth/youth/mtac/Pages/index.aspx
OMK Winter Warrior Games Teen Retreat	Rockwood	Pennsylvania	16-18	Grades 7-12 DEERS Enrolled	Susan Smith sjs52@psu.edu 814.865.2264 http://www.cvent.com/events/omk-winter-warrior-games-teen-retreat/event-summary-6212519cddda44529327e85f42e9ef21.aspx Registration Ends JAN 5, 2015
SnoFest Military Ski and Ride Camp FREE Event for Wounded Warriors	Keystone	Colorado	21-25	Injured Veterans Family and Friends	David Schmid dave@adaptiveadventures.org http://adaptiveadventures.org/event/2015/snofest-military-ski-and-ride-camp
OMK "Lego Robotics" Camp	Lehi	Utah	24	Grades 6-8	Rachelle Greenhalgh Rachelle.greenhalgh@usu.edu 435.632.4608 http://utah4h.org/htm/omk Registration Ends JAN 21, 2015
4-H Fashion Camp	Pollack	Louisiana	24-25	TBD	Tanya Giror TAGiroir@agcenter.lsu.edu 225.578.6303
Art Lab at Upham Woods	Wisconsin Dells	Wisconsin	30-31	Grades 9-12	Sue Curtis Sue.curtis@ces.uwex.edu 608.342.1308 Registration Deadline—6 JAN \$10 registration fee



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COMMAND/UNIT UPDATES



CYSS Making Christmas A Little More Merrier!

On 7 December 2014, Child, Youth & School Services (CYSS) was present to support the HHC, 371st CSSB Family Day event in Moreno Valley, California. The Army Reserve (AR) event point of contact (POC) was 2LT Michael Lockhart. The AR POC had enlisted the assistance of CYSS School Services Specialist (SSS) Sherman well in advance to provide a CYSS briefing for the first half of the Family Day and for the second half he requested to have Santa Claus present during the Christmas Family Day picnic.

On the morning of the event, SSS presented the CYSS briefing to Service Members (SMs) and to Family Members (FMs). The SMs and FMs received current information on CYSS programming, upcoming events, and community partner information with regards to deployment resources. As for the Santa Claus request, SSS Sherman, along with the assistance of the local Women's Auxiliary Post 289 Riverside, brought about the jolly man in the red suit. With the efforts of Ms. Vicki Elefante, Chairperson for Post 289, Santa Claus was secured to attend the AR event. Ms. Elefante also enlisted the services of Ms. Genevieve Eastman, President of the same post, to escort Santa Claus to the AR event.

On the day of the event, Ms. Eastman and SSS Sherman presented Santa Claus to the AR children. SSS Sherman invited all the attending children and gathered them to meet Santa, have their pictures taken and walk away with wrapped Christmas gifts and candy canes. At the end of the day, 2Lt. Lockhart gave acknowledgement to the Women's Auxiliary Post 289 for their support and assistance with the Santa Claus presentation. And he also acknowledged CYSS SSS Sherman for her diligent efforts to serve Army Reserve units and seek out community resources for SMs and FMs.



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COMMUNITY EVENTS

January 2015

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What's Happening in Your Neck of the Woods...

SoCAL:

Los Angeles County-

LACMA Free Teen Art Workshop

Teaching artists from LACMA (the Los Angeles County Museum of Art) help teens learn about and create fabulous art. No sign-up required, and all materials are provided. Every week in January on Mondays through March 23, 2015. Location: Koreatown Library 694 S. Oxford Avenue, Los Angeles, CA 90005. Free event. For ages 13-18 year olds. Contact 213-368-7647.

"Make It and Take It" Kids Craft Class

Dockweiler Youth Center 12505 Vista del Mar, Los Angeles, CA 90245. Every Saturdays through January 31, 2015. Free for children 2-12, to be accompanied by parent. Contact 310-726-4128. Kids can sit by the ocean at Dockweiler Beach to learn, enjoy, and make a craft project at this free "Make It and Take It" craft class for kids up to 12 years old. All kids *must* be accompanied by an adult. The class is held on Saturdays (weather permitting). No advance registration or sign-up needed.

Website: http://file.lacounty.gov/dbh/docs/cms1_184874.pdf

FIGat7th Kids Club:

Repeating every month on the second Saturdays through January 24, 2015. Located at 735 South Figueroa St., Los Angeles CA 90017. FREE for ages 3 years and up. Kids' Club Art workshops are free and held on the 2nd and 4th Saturdays of each month from 2pm - 4pm. Children must be accompanied by an adult. Website: <http://www.figat7th.com/events/>

For January 2015:

January 10: Dr. Martin Luther Kings, Jr and Coretta Scott King Posters

January 24: Yarn Stars

Orange County-

Balboa Island Ferry –

410 S. Bayfront, Newport Beach, California

Ages: All Ages; Welcome aboard! Since 1919, Balboa Island Ferry has provided continuous service between Balboa Island and Balboa Peninsula. Crossings approximate 800 feet. Via bridges, driving around Newport Harbor is also possible. Many enjoy the scenic crossing. Both sides of the ferry offer a variety of interesting shops, restaurants and sight seeing within walking distance. Experience the historic charm of Balboa Island Ferry. REGULAR HOURS OF OPERATION: 6:30 a.m. – 12:00 a.m. Monday through Thursday. 6:30 a.m. – 2:00 a.m. Friday and Saturday: Daily \$1 adults, \$.50 kids over 5 (under 5=free), \$2 car. For more information, go to website: Website: <http://balboaislandferry.com>



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ARIZONA:

Astronomy Evenings

Pinnacle Peak Park- 26802 North 102nd Way, Scottsdale, AZ 85262

Enjoy a beautiful desert evening under the stars and learn about some of the objects visible in the night sky. A short talk explaining interesting facts about the solar system and the galaxy around the planet earth is followed by observing the moon, several planets, multiple star systems, globular clusters and nebulae through a celestron telescope. Beginners are welcome and the explanation will be kept at a novice level. No hiking is required for this very special event. Participants are encouraged to bring binoculars and a small penlight flashlight for this outdoor event. Program duration is approximately 1.5 hours.

Astronomy Evenings are canceled if rainy or overcast conditions exist. Call the afternoon of the event to reconfirm. Please contact **Pinnacle Peak Park** at 480-312-0990 to register or for more information.

Registration is required, and will begin one week prior to the date. Everyone must be 8 years or older. The 2014-2015 schedule is the following:

Saturday, Jan. 17, 6:15 p.m.

Friday, Feb. 13, 6:30 p.m.

Saturday, March 21, 7:15 p.m.

Friday, April 17, 7:30 p.m.

NEVADA:

First Friday - Friday, January 2, 6pm – 10pm

Arts District, Downtown Las Vegas Attend First Friday, an ongoing arts, entertainment, and social block party held the first Friday of each month in the Las Vegas Arts District. Enjoy cool local art, live music and street performances. Admission is free.

YOU MAY ALSO BE INTERESTED IN CHECKING THE FOLLOWING LINKS REGULARLY FOR EVENTS IN YOUR AREA:

CYSS Events: <https://www.arfp.org/index.php/programs/child-youth-a-school-services>

4-H: www.4-h.org

YMCA: www.ymca.net

Operation Military Kids calendar for your state: www.operationmilitarykids.org/public/states.aspx



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RESOURCES AND WEB LINKS

For Deployed, AGR, Wounded, Ill, Injured or Fallen Soldiers

Army Fee Assistance will be provided by General Services Administration (GSA) working with those who serve in the military find and afford child care that suits their unique needs. Through the fee assistance program, families are eligible to receive monthly fee assistance to help offset the cost of child care in their communities. For more information visit, http://financeweb.gsa.gov/childcare_portal.

Army Respite Care The Army Respite Child Care will provide the family between 8 to 16 hours of hourly child care each month for each of the eligible children. Parents can use this time to run errands, attend appointments, or just take some well-deserved time out for themselves. The Army recognizes the challenges and extraordinary stress the parents and their families may be experiencing, and wants to help support them in meeting their unique child care needs. Eligibility: Deployed; Temporary Change of Station; Unaccompanied Permanent Change of Station; Temporary Duty; Wounded, Ill or Injured Status; Survivors of Fallen Warriors.

For Various Duty Statuses

Boys and Girls Clubs of America's (BGCA) is a network of safe, neighborhood-based facilities, for children/teens to come together. Visit: www.bgca.org

Military Kids Connect (MKC) is an online community of military children (ages 6-17 yr old) that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return. Visit: www.militarykidsconnect.org

Military Mentoring: Operation Bigs is a new mentoring program created by Big Brothers Big Sisters that is specifically for military kids. The Big Brothers Big Sisters MMP supports children of the deployed and non-deployed, children of the fallen and children of the wounded and disabled. The program serves children of veterans at selected locations. The MMP also engages Active Duty, Reserve or Retired/Separated Military personnel, as well as civilians as volunteer mentors. Visit: www.bbbs.org

Operation: Military Kids (OMK) provides support and resources to military youth before, during, and after parents are deployed. Visit: www.operationmilitarykids.org

Sittercity Welcomes Military Families! Sittercity membership at no cost for military families and offer access to a database of local babysitters, nannies, pet sitters, elder caregivers, etc. Memberships are funded by the DoD to help you find local sitters and military subsidized child care providers, and are available to Army, Marines, Navy and Air Force families, including Active Duty, Reserve, and Guard. Activate your membership today! Visit: www.sittercity.com/dod

Military Child Education Coalition (MCEC) is a non-profit organization focusing on academic and school-related needs of military-connected youth. Visit: www.militarychild.org

SOAR is designed for military families, and is easily accessible worldwide. Students take an assessment aligned to state standards, and SOAR directs them to individualized tutorials to improve skills where needed. Visit: <http://www.soarathome.org/> or www.militaryimpactedschoolsassociation.org

Tutor.com for U.S. Military Families - Get help from a professional tutor anytime you need it. FREE for Active Duty, National Guard and Reserve members in the Army, Marines, Navy or Air Force and their dependents. Tutors are online 24/7 and available to help in more than 16 subjects. Visit: www.tutor.com/military



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Family Programs Coordinator

Ms. Theresa J. Olson
311th ESC
Phone: 310-235-4129
Email: theresa.j.olson.civ@mail.mil

Contact Ms. Olson for assistance with:

- Family Support Services
- Family Programs Training



School Services Specialist (SSS)

Ms. Flora M. Sherman
Contractor: Odyssey-TCI JV, LLC
311th ESC - SoCAL & NV
Phone: 951-251-7106
Email: flora.m.sherman.ctr@mail.mil

Contact Ms. Sherman for assistance with:

- Command/Unit Support
- Educational Events and Activities
- Scholarship Information
- College Prep
- Academic/Tutoring Resources
- School Support Services



Youth Services Specialist (YSS)

Mrs. Raena Granberry
Contractor: Odyssey-TCI JV, LLC
311th ESC - SoCAL & AZ
Phone: 310-235 - 4179
Email: raena.m.granberry.ctr@mail.mil

Contact Mrs. Granberry for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council



311th Sustainment Command (Expeditionary)

Stay connected with the 311th ESC!

If you are not part of the 311th ESC nor reside in Southern California, Arizona or Nevada, contact one of the local CYSS Staff members and we will connect you with the YSS or SSS in your area.



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