



# NC NATIONAL GUARD

## FAMILY PROGRAMS NEWSLETTER

### MARCH 2025



"EMPOWERING FAMILIES ON THE HOMEFRONT"

Issue #29

## UPCOMING EVENTS

- 12 March 2025 - Teen Council - Raleigh/Virtual
- 22 March 2025 - SSRP Training - Winterville, NC
- 29 March 2025 - MOMC Your Adventure Starts Here - Winston Salem, NC
- 9 April 2025 - Teen Council - Raleigh/Virtual
- 12 April 2025 - MOMC Royal Ball - Raleigh, NC
- 25 - 27 April 2025 - NCNG State SFRG Volunteer Workshop - Concord, NC

## THIS DAY IN HISTORY...

- **March 5, 1770** - Boston Massacre occurred. British Soldiers fire upon American civilians killing five.
- **March 15, 44 B.C** - Julius Caesar was assassinated in the Senate chamber in Rome. Referred to as the "Ides of March."
- **March 17** - St. Patrick's Day commemorating the patron saint of Ireland.
- **March 19, 2003** - The United States invaded Iraq to mark the beginning of the Iraq War.



\*Sharing of resources in this newsletter does not constitute an endorsement by NGB, NCARNG, NCNG Family Programs, CYs, or its staff\*

### Dad Jokes 101!

- Why couldn't the Easter Egg family watch TV? Because their cable was scrambled.
- I ate a kid's meal at McDonald's today. His Mom got really angry!
- I've been trying to come up with some good jokes about airplanes. But I can't get any of them to land correctly.
- I know a girl who only eats plants. You probably never heard of herbivore!

February Heart count was: 13

How many spring things do you see?



### From the State Family Programs Director's Desk:

March 2025

Each Spring brings an opportunity for growth and rejuvenation. This is a fantastic time to lean into growth at home. The past month has brought new teammates to the Financial Counseling team, Mr. Dave Voth in the Charlotte area and Ms. Rebecca Brummel in the Winston-Salem area. In addition to our Wilmington area Personal Financial Counselor, Mr. Stephan Brady, these counselors can assist in gaining newfound control over your home finances and provide an excellent foundation for the coming year.

In the coming months, we have a whole host of activities happening across the state, from Month of the Military Child events in Winston Salem and Raleigh to our Teen Retreat in June and our annual Youth Camp in July. If you want to be involved in the growth of our NCNG Family Community, please reach out to your unit Family Readiness Group Leader or the Soldier and Family Readiness Specialist in your area.

Sincerely,  
SGM Robert Shook

## Teen Council Corner

### Regional Symposium Recap

On February 4, NCNG teens participated in the Region 4 Symposium, bringing teens together to discuss issues faced by military dependents across our Region (AL, FL, GA, KY, MS, NC, SC, TN). Florida was this year's host state, and despite thinking Florida would be warmer in February, it definitely was not! Snow and flight delays had us practicing our resiliency skills right from the start! Teens participated in lots of team building while conquering fears on the obstacle course and lake. They rotated through archery, marksmanship, and visited the barn to learn about properly caring for animals on the farm. Physical Training (PT) was a request from the teens. It was a great morning motivation as they learned about the different strength training required to serve in the military, why each task was important, and how to properly accomplish each element without injury. Real-life budgeting from Mr. Caro at Well-Trained Mind allowed youth to see the cost of living away from home and the impacts interest rates have on borrowed money. Each state shared best practices, learned about regional book clubs, and discussed the impacts being a military-connected teen has on their daily life and education. This was a great opportunity for NC Teens to connect with others in their region.

## National Woman's History Month

The in 1978 the Education Task Force of the Sonoma County (California) Commission on the Status of Women initiated a "Women's History Week" celebration. This week quickly shifted to become National Women's History Month. Established in 1987, this month provides an opportunity to celebrate women of both the past and the present. It is a month dedicated to honoring the social, economic, and political achievements of women around the world.



## USO Virtual Bingo

Join USO NC for Virtual Bingo from wherever you may be! **Tuesday March 11th: 1830-1930**

Youth can participate with their own cards (versus sharing with an adult) as long as they are able to play their own card.



Registration is required: <https://bit.ly/4gxrozP>



## NCNG Child & Youth Services (CYS)

### National Reading Month

March is marked as National Reading Month. This month, make reading a fun activity to do with your children. Reading not only strengthens your mental muscles, but it also helps improve analytical skills and comprehension. The best part is, reading increases imagination and boosts memory as well!

Take a moment to look through these free resources available to you and your family as you celebrate National Reading Month.

Stay connected with your deployed loved one - United Through Reading:

<https://unitedthroughreading.org/>



Get books monthly - Dolly Parton's Imagination Library (kids under 5):

<https://imaginationlibrary.com/usa/>

Download free e-books from your local library - Libby App: <https://libbyapp.com/>



# NATIONAL GUARD KIDS

## Your Adventure Starts Here!



29 MARCH 25  
1300-1600  
WINSTON-SALEM

Month of the Military Child Event  
Celebrating Our Military Connected Youth

Open to all military families with dependents  
Scavenger Hunt  
Obstacle Course  
STEAM Activities  
and more

For questions contact:  
Desmond Williams 984-661-1703



## Points of Contact

North Carolina Education Services Office  
984.664.6272

Visit us On-Line: <https://ng.nc.gov/services-support/education-services-office>

- ❖ Education Services Officer, Mr. Kevin Henry – 984.664-6501
- ❖ Education Services Specialist, Mrs. Sherrita Ried (FTA/CA) – 984.661.5108
- ❖ GI Bill Manager, Mr. Zachary Buck – 984.664.6649
- ❖ Guidance Counselor, Mrs. Janeyah Wells (Education counseling, Transcripts, Civilian Education Memos, Conditional Rel. Memos) – 984.664.8086
- ❖ NC TAP Program Manager, Ms. Ciara Cooke – 984.664.6488

**"Education, The Key To Strength and Readiness"**

## Military Spouse Wellness

Join the LARGEST virtual wellness event for military & veteran spouses!

**March 3-7, 2025 | FREE registration ends soon!**

Get access to 10 interviews with experts designed to help you cultivate connections with yourself, your spouse, friends/others, your community, and your home. Service life can be isolating, but it doesn't have to be. Secure your spot NOW and get ready to relax, rejuvenate, and connect with others who understand you best!

Register for the ninth annual in Dependent Wellness Summit: Cultivate Connections today:

<https://in-dependent.org/wellness-summit/>

## WORK FOR WARRIORS | North Carolina



### OUR PURPOSE

Work for Warriors North Carolina aims to increase career opportunities for all Reserve Component Soldiers, Veterans, Spouses, and qualifying dependents by developing proactive positive relationships with North Carolina employers. Using all available channels we connect our service members with veteran friendly employers which enables us to create stable careers and maintain optimal retention.

At Work for Warriors North Carolina, we provide you with opportunities, that will produce success.

### OUR SERVICES INCLUDE

USAJOBS Applications, Resumes, Profile Development, Federal, State and Local Government Applications, Career Counseling and Career Transition, Guidance Military to Civilian Resume Preparation, Hiring Events and Job Fairs with Local, National, and International Companies, Undergraduate Student, Veteran Assistance



Sign up for our services online at [workforwarriorsnc.org](http://workforwarriorsnc.org) or contact us at (984) 664-6463.



## SAVE *the* DATE 2025 April 25 - 27

NCNG STATE SFRG VOLUNTEER WORKSHOP

Location: TBD Concord, NC

Travel authorized over 50 miles

Check-in, Friday April 25 from 4:00PM - 5:00PM

Register by 14 April 2025:

<https://www.cognitofirms.com/FamilyPrograms2/VolunteerWorkshop>

SFRG Volunteer Registration Questions:

George Lane | LSFRS | 984-664-6935  
george.w.lane2.civ@army.mil

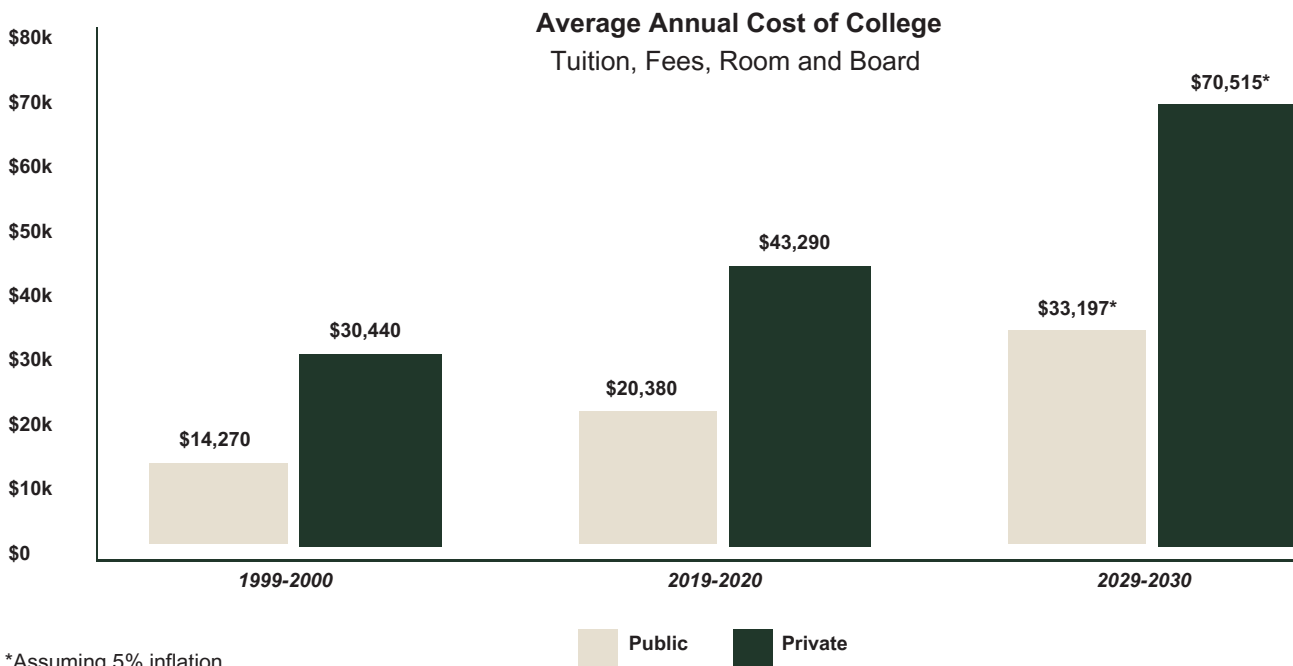


## ★ FUNDING FUTURE EDUCATION

College can be expensive, but don't be discouraged if you can't save enough to cover the entire cost. For perspective, consider another major purchase, like a house. Most buyers can't afford to pay cash. Instead, they make a down payment and borrow the rest. College is no different. While many want to save enough to pay for college, it may require a combination of savings, income, scholarships and student loans to get the job done. As a future Soldier, you will most likely be eligible to use one of the GI Bill programs (Post-9/11 GI Bill, Montgomery GI Bill-Active Duty (MGIB-AD) or Montgomery GI Bill-Select Reserve (MGIB-SR)) to help fund your education. Let's take a look at the cost and available options to help you fund your education.

### Rising Cost of College

According to data reported by [collegeboard.org](https://collegeboard.org), the average annual cost for an undergraduate degree (tuition, fees, room and board) has increased significantly since 1989. For the 2019-20 school year, full-time students are expected to pay an annual average of \$23,190 at a public four-year school and \$51,110 for a private one. Using these estimates, it may cost as much as \$92,760 (public) and \$204,440 (private) over four years. This chart illustrates the potential annual cost in just 10 years with 5% inflation.



<https://trends.collegeboard.org/college-pricing/figures-tables/tuition-fees-room-and-board-over-time>

## ★ SOLDIER EDUCATION BENEFITS

One of the benefits of serving in the Army is the wide range of education benefits. Many of the education benefits apply to Soldiers still in uniform, and others are also available after you transition to the civilian world, such as the MGIB-AD and the Post-9/11 GI Bill.