



NC NATIONAL GUARD

FAMILY PROGRAMS NEWSLETTER

OCTOBER 2026



"EMPOWERING FAMILIES ON THE HOMEFRONT"

Issue #48

UPCOMING EVENTS

- 13 October 2026 - NCNG Teen Council
- 24 October 2026 - Boo Bash
- 3 November 2026 - Voting
- 10 November 2026 - NCNG Teen Council
- 11 November 2026 - Veterans Day

Coming soon - Nov. Month of the Military Family events



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

THIS DAY IN HISTORY...

- **October 3, 1990-** After 45 years of Cold War division, East and West Germany are reunited as the Federal Republic of Germany.
- **October 5, 1877-** Chief Joseph and his Nez Perce Native American tribe finally surrendered to American troops after months on the run.
- **October 13, 1781-** The British Army surrenders at Yorktown to the American Army led by George Washington. Effectively ending the Revolutionary War.
- **October 31st-** All Hallows' Eve. An ancient celebration combining the Christian festival of All Saints with Pagan autumn festivals.

Dad Jokes 101!

- How do you fix a broken pumpkin?
With a pumpkin patch! 
- What's the ratio of a pumpkin's circumference to its diameter?
Pumpkin Pi! 
- What can you catch from a vampire in winter time?
Frost Bite! 
- What do skeletons order at restaurants? **Spare Ribs!**



September's elements count was: 3

How many pumpkins can you find?



From the State Family Programs Director's Desk:

Even with the temperature lingering in the warmth of summer, we are nearing the holiday season already! The NC National Guard is proud to say that we are continuing to support our families through Operation Turkey Express and Operation Holiday Assistance. If you, or someone you know, is in need, please reach out to your unit or your nearest Soldier and Family Readiness Specialist. Caring for our Soldiers and their family is our primary goal, and we want to serve those who support us the most!

The NCNG Family Readiness Program is also hosting Fall Festivals across the state and the Annual Boo Bash at our JFHQ. Come out and join us as we celebrate the community, we are proud to be members of! If 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,
CSM Robert Shook

Teen Council Corner

NC Countown to College

North Carolina's Free Application Week will run **October 19th 7:30am - October 25th 5:00pm**, as part of the NC Countdown to College initiative. During this period, many North Carolina colleges and universities will waive their application fees for students applying through CFNC (College Foundation of North Carolina)'s Application Hub. It's a great opportunity for high school seniors to apply to multiple colleges without the extra cost, provided they complete any required residency determination before applying.

FAFSA

It's that time again!! The 2027-28 Free Application for Federal Student Aid (FAFSA®) form is open and is available on [StudentAid.gov](https://studentaid.gov). This form is used to determine eligibility for federal student aid for the 2027-28 academic year, which starts on July 1, 2027, and ends on June 30, 2028. Students should complete the FAFSA as soon as possible to maximize their chances of receiving aid, especially in states that have first-come, first-served financial aid distribution.

Links are provided below:

<https://www.cfnc.org/apply-to-college/nc-countdown-to-college/StudentAid.gov>



Knowledge is Power...

From Kindergarten to High School and beyond
our children are continually looking
for learning opportunities!

Are You Prepared?

How will your family pay for higher education?

- FAFSA
- NCTAP
- GI Bill
- Scholarships
- 529 plans

Register today to participate in an information session to find out more!
Open to NCNG Families with Middle & High School Dependents

13 October 2026
1900-2000

<https://cognitofrms.com/familyprograms2/educationbenefitstraining>



For Questions Contact:
Kristi Wilson
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520-945-7866



Breast Cancer Awareness Month

Breast Cancer Awareness Month, observed each October, shines a spotlight on education, early detection, and support. It reminds people to schedule regular mammograms and encourages open conversations about symptoms and risk factors. Communities, healthcare providers, and advocacy groups organize walks, fundraisers, and outreach events to honor survivors, remember those lost, and push for continued research. The pink ribbon symbolizes solidarity and hope, promoting unity in the fight against breast cancer. Increased awareness helps reduce stigma, empowers individuals to seek care, and raises funds for lifesaving treatments. By spreading knowledge and support, Breast Cancer Awareness Month inspires action and strengthens communities worldwide.

Early signs to look for:

- New lumps or thickening skin
- Sudden discharge
- Dimpling or puckering of the skin
- Scaly, red, or swollen skin



Free Resources Guides:

Know the Symptoms Guide

<https://www.nationalbreastcancer.org/breast-cancer-resources/>

Bullying Prevention Month

What is bullying? Bullying is defined as a means to have power over another and it takes many forms: physical, verbal, and indirect. It can take place in person, online, in writing, on cell phones or virtually anywhere.

Wednesday, 21 October 2026 is Unity Day used to foster a belief that everyone should be safe from bullying. Show your support by wearing orange sending a message we care about students' physical, mental and emotional health.

To get more information on bullying prevention or your schools policies see websites below:

<https://www.dpi.nc.gov/students-families/parents-corner/safe-schools-info-students-and-parents>

<https://www.dodea.edu/education/student-services/bullying-awareness-and-prevention>



Fire Safety



Fire Safety week runs 4-10 October 2026.

The National Fire Protection Association (NFPA) theme is ***“Charge into Fire Safety: Safe Charging Is a Superpower,”*** highlights the growing fire risks associated with lithium-ion batteries used in phones, laptops, e-bikes, scooters, tools, and toys. The campaign emphasizes everyday charging habits that reduce overheating, smoke, and fire hazards.

- **Cheap charger? Don't chance it.**

Use the cord and charger that came with your device or one approved by the manufacturer.

- **Soft surface? Hard pass.**

Charge on a hard, flat surface like a table, desk, or bare floor.

- **Fully charged? Time to unplug.**

Unplug your device when it is fully charged.

- **For tools and rides, charge outside.**

Charge large items like e-bikes, scooters, and power tools outside when possible. Do not block exits when charging

- **Feels hot? Stop using it.**

Stop using your device if it feels very hot, starts to swell, smells strange, leaks, smokes, or makes popping or hissing sounds.

- **On a flight? Keep it in sight.**

When on a plane, keep devices where you can see them while charging. Do not charge e-cigarettes or vapes on the plane. Tell a flight attendant if you notice a problem with your device.

For more fire safety tips visit:

<https://www.nfpa.org/events/fire-prevention-week>



MONEY

in real life



Take Command of Your Subscriptions

These days, signing up for monthly charges is easier than ever. Double-check for subscription costs that might be slipping past you each month. While they may seem like small amounts on a monthly basis, these charges can really add up over time.



Track your subscriptions

Account for all subscriptions — e.g., cellphone, mobile apps, cloud storage, fitness programs, food delivery services, magazines, music, shopping retailers, TV, etc. — in your monthly spending plan.



Use helpful tools

Consider using a secure money management tool that can identify and manage your recurring subscriptions.



Check your needs versus wants

Compare the subscriptions you *need* — such as a cellphone carrier — and the ones you *want* — such as TV streaming services.



Compare plans

If you are committed to a subscription service, inquire about a lower-rate plan and/or military discount.



Take time before committing

When considering a new subscription or free trial, look at online reviews, review the terms and conditions and find out when and how you can cancel.

Take time to identify and cancel unneeded subscriptions to decrease your monthly costs. You'll thank yourself later!

The Office of Financial Readiness is here to support you with all your financial planning. Follow @DoDFINRED on:



New micro-challenge:

Challenge yourself to never have more than one entertainment subscription active in any given month. Take advantage of just one individual service at a time and save money!



BOO BASH

NCNG Family Programs along with community partners invite you to join us for some family fun!

24 October 2026

13:00 to 16:00

Open to all military dependants

Registration Required:

<https://www.cognitofrms.com/familyprograms2/BooBashFY26>

**Games – Costume Contest
Trunk or Treat
Crafts – STEM Activities
and Lots of Family Fun!**



Questions Call:
Kristi Wilson 520-945-7866



Join NCNG Family Programs during our annual Boo Bash

Trunk or Treat

**24 October 2026
1300-1600**

If you're interested in supporting this event with a Trunk or activity station! Prize and bragging rights for best trunk!

Please Contact:

Kristi Wilson

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520-945-7866



Local Adventures Await

MOUNTAINS

- 🍂 Leaf Peeping on the Blue Ridge Parkway – Mid to late October is prime time for fall colors. Scenic overlooks and hikes are everywhere.
- 🐛 Woolly Worm Festival (Banner Elk, Oct 17–18, 2026) – Quirky mountain tradition with caterpillar races, crafts, and local food.
- 🎵 Asheville Fall Festivals – Music, arts, and craft fairs; great local beer/cider scene.
- 🍏 Apple Orchards in Hendersonville & Flat Rock – Apple picking, cider tastings, family activities.
- 🌊 Waterfall Hikes in Pisgah National Forest & Dupont State Forest – Cooler temps make hiking comfortable.

PIEDMONT

- 🎪 North Carolina State Fair (Raleigh, Oct 15–25, 2026) – Classic fair with rides, food, animals, live music.
- 🏎️ Bank of America ROVAL 400 NASCAR Race (Charlotte Motor Speedway, Oct 11, 2026).
- 🏰 Carolina Renaissance Festival (Huntersville, weekends in 3 Oct– 22 Nov 2026) – Jousting, artisans, turkey legs, and costumed fun.
- 🍖 Lexington Barbecue Festival (Oct 24, 2025) – One of the Southeast’s largest food festivals, all about NC BBQ.
- 🎭 Charlotte & Raleigh Arts/Entertainment – Concerts, plays, and museums pair well with a city fall getaway.

COASTAL

- 🦪 NC Oyster Festival (Ocean Isle Beach, Oct 17–18, 2026) – Oysters, seafood, live music, and craft vendors.
- 🎃 Haunted Wilmington & Ghost Walks – October is prime spooky season along the historic Cape Fear River.
- 🍤 Outer Banks Seafood Festival (Nags Head, Oct 17, 2026) – Fresh local seafood, live music, coastal culture.
- 🌴 Beach Weather – Still warm enough for walking the sand, kite flying, and enjoying quieter coastal towns.
- 🏴‍☠️ Blackbeard’s Pirate Jamboree (Ocracoke 26 Oct - 1 Nov 2026)

“Write your next Chapter Together”

<https://www.visitnc.com/list/discover-unusual-festivals-and-events-north-carolina>