



NC NATIONAL GUARD

FAMILY PROGRAMS NEWSLETTER

JULY 2026

"EMPOWERING FAMILIES ON THE HOMEFRONT"



Issue #45

UPCOMING EVENTS

- 12-17 July 2026 - Youth Camp (Reidsville) (6-13)
- 22 Jul 2026 - Back to School (Winston-Salem)
- 1-2 Aug 2026 - Back to School (Lenoir)
- 15 Aug 2026 - Back to School (Raleigh)
- 22 Aug 2026 - White Water Center (Charlotte) (13-17)
- 12 Sep 2026 - Natural Science at Contentnea Creek

Coming soon:

- Additional Back to School Events (statewide)



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...

- **July 1, 1863** - Battle of Gettysburg begins in the American Civil War.
- **July 4, 1776** - The Declaration of Independence was completed.
[Independence was declared on July 2, 1776. The document was not signed until August 2, 1776.]
- **July 20, 1969** - Astronaut Neil Armstrong stepped onto the moon after stepping off the Apollo 11 Spacecraft.
- **July 27, 1953** - The Korean War ends.

Dad Jokes 101

- To the person who stole all the lightbulbs in my house...**You've completely "delighted" me!**
- Never throw false teeth at your vehicle. **You might "denture" your car!**
- My wife tripped and fell while carrying a basket of ironed clothes. **I watched it all unfold!**
- What did one flag say to the other? **Nothing, it just waved!**
- Why don't seashells take baths?
Because they wash up on the beach..

Summer items count was: 3

How many firework burst items do you see?



From the State Family Programs Director's Desk:

June 2026

July marks our 250th birthday as a nation, and an opportunity to celebrate the freedoms and liberties we all hold dear. The height of summer has set in, and temperatures are rising, with records broken, it seems like, every week. While the pool gets crowded, tempers can get short. Enjoy time with your family and show a bit of grace to allow others to enjoy their time as well. Our ability to live and let live is part of the very foundation of this great nation. Remember to give some space, stay hydrated, and enjoy your summer!

Sincerely,
SGM Shook



Fun July Holidays

- **July 1st** : National Grilling Month fires up taste buds throughout July, inviting everyone to embrace the joy of outdoor cooking. It's the perfect time to experiment with new recipes, host backyard barbecues, and gather with friends and family. So grab your tongs, marinate your favorite foods, and make this summer unforgettable!
- **July 7th**: World Chocolate Day allows chocolate lovers around the world to indulge in their favorite treat without any guilt. The day also celebrates all kinds of goodies made from chocolate, including chocolate milk, hot chocolate, chocolate candy bar, chocolate cake, brownies, or anything covered in chocolate.
- **July 8th** : Be a Kid Again Day, offering a delightful escape from adulthood. This special day encourages everyone to channel their inner child, letting go of worries and embracing the carefree spirit of youth. Dust off old toys, indulge in nostalgic treats, or simply play like nobody's watching!
- **July 17th**: World Emoji Day and many of the world's symbolic icons for digital calendars. The day encourages us to use emojis to send unique messages.
- **July 19th** : Every year on the third Monday in July, Global Hug Your Kids Day encourages parents worldwide to hug their kids. It's also a day to remember that it's important to express love for others while you still can.



Teen Retreat Wrap-Up

Teen Leadership Retreat allowed the youth to make connections, build self-awareness, and challenge themselves while gaining the skills needed to be successful future leaders. Classes throughout the week included healthy relationships, college finances, employment skills, music appreciation, physical and emotional wellness, creativity and resilience. Our off-site outing engaged youth in the history of Ft Fisher, the battles and the families involved in protecting the port. The guest presenter Joe Fingerhut showed how to change "I CAN'T" into "HOW CAN I" a new twist on HTGS and building a can-do attitude. Teens tried different types of juggling and balancing activities to work on "I Can't Yet". Wednesday consisted of classes focused on self-regulation, self-defense and yoga and the health benefits of mindfulness. Teen council members took a leading role in preparing activities for our final evening together that included a scavenger hunt that went along with the Mission Possible theme and other community building activities. It was a great week at the Kure Beach Training center and we can't thank the ARNG staff enough for their assistance, the Ft Blakeslee recreation staff for the extracurricular activities and the NC National Guard Association for providing the catering and snack for the week. It was a great week building connections and our future leaders.

RESOURCE HIGHLIGHT - Tutor.com

Military children and eligible family members have access to free, on-demand tutoring and academic resources through Tutor.com. Whether your child needs help with homework, studying for a test, writing a paper, or preparing for college, certified tutors are available online 24/7 to provide personalized support and help students succeed throughout the school year.

For more information, visit tutor.com/military

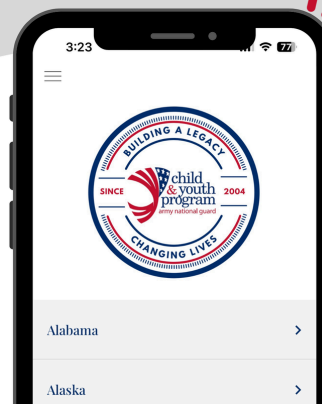


NCNG Child & Youth Services (CYS)



STAY CONNECTED ON THE GO!

Download the **ARNG CYS** mobile app for updates, resources, and event alerts right at your fingertips.



Download our App!
Download on the App Store | GET IT ON Google Play
Search "ARNG CYS"

Are you a NC National Guard family living in another state? The mobile app is a great way to connect with the CYS Team in any state to find out about programing and resources near you.

Connect with your NC CYS Team below:
Kristi.L.Wilson25.ctr@army.mil
Desmond.D.Williams10.ctr@army.mil

QR code

Date,
Time,
Location

POC

	22 July 2026 1730-1930 Winston-Salem	Kristal Patterson 984-661-7123
	1st & 2nd August 2026 0900-1500 Lenoir	Frances Johnson 984-661-1267
	4-7 August 2026 1500-1800 Charlotte	Chris House 984-661-4548
	15 August 2026 1030-1430 Raleigh	Kristi Wilson 984-664-7084 Desmond Williams 984-664 6082



Pitt County Nature Center

"Your mission is to explore the environment on earth to understand environments beyond our planet."

OPEN TO ALL NCNG DEPENDENTS
AGES 8-12

EASTERN NC AREA

<https://www.cognitoforms.com/FamilyPrograms2/PittCountyNatureCenter>




Finacial Corner, Darlette McCormick

MONEY in real life

Welcoming a New Child to Your Military Family: A Financial Planning Checklist



Bringing home a new child is an exciting time for your family. While your household will grow in love, it will also [grow in expenses](#). Use this checklist to help prepare for what lies ahead.

Planning Ahead

- ☐ **Emergency fund:** Begin or continue to build your emergency savings to help offset the financial impact of a new child.
- ☐ **Medical costs:** Check with your TRICARE plan to ensure you have a clear understanding of your coverage and what to expect from your medical bills.
- ☐ **The gear:** Don't get drawn into buying more than you need. Instead, consider money-saving alternatives, like shopping secondhand and borrowing items.
- ☐ **Leave plans:** Consider how a potential decrease in income may affect your spending plan if you or your spouse will be taking maternity or paternity leave. Make sure you budget to reflect your new household income and potential loss of employee benefits (like retirement contributions or insurance policies) if one of you intends to stay home for an extended period of time.
- ☐ **Child care:** Research your child care options and make a plan based on your needs, especially if you or your spouse both plan to return to work. (Hint: Check out your [installation's child care availability](#) and other [options for military families](#).)

Welcome Home

- ☐ **Health insurance:** Add your newest family member to your TRICARE plan!
- ☐ **Life insurance:** Consider adjusting your own life insurance policy and possibly taking one out for your child.



- ☐ **Recurring costs:** Incorporate recurring costs — like diapers, formula, increased grocery bills and child care — into your spending plan.
- ☐ **Review and adjust:** Take time to regularly assess your spending plan and look for areas to save. Children's needs can change broadly from month to month, especially when they're babies.

Looking Forward

- ☐ **Estate planning:** Adjust any estate planning documents (like your will or trust) to include your new family member.
- ☐ **Benefits:** Look at your beneficiary designations and make updates to include your new family member, if necessary.
- ☐ **College fund:** [Consider your savings options](#) sooner rather than later if you plan to contribute to your child's future education. (Hint: You can use the money you save on taxes during a deployment to contribute to a college fund!)
- ☐ **Family goals:** Make a plan to help you reach both short- and long-term savings goals, like taking a yearly family vacation, buying a larger house or getting your teenager a car one day.
- ☐ **Habits:** Think about how you'll help your kids develop [good financial habits](#) — it's never too early to start.

Of course, no matter how well you plan, your kids and your finances will probably always keep you on your toes. As your family's needs change, take time to assess and adjust your financial plans.

<https://finred.usalearning.gov>

MONEY in real life

For more financial planning resources, visit the [Office of Financial Readiness](#) website, follow @DoDFINRED on social media and download the Sen\$e app for tips on the go.



These Fun Extras Add Up!

They aren't necessities, but they sure are fun — and you can still budget for them!

- Birth announcements
- Family photos
- Holiday and birthday gifts
- Extracurricular activities
- Extra coffee (just kidding ... or are we?)

Local Adventure Awaits

Coastal NC (Outer Banks, Wilmington, Crystal Coast, Brunswick Islands)

-  **Peak Beach Season** at Outer Banks, Wrightsville Beach, and Emerald Isle.
-  **Fourth of July Fireworks** Over the Water in coastal communities and beach towns.
-  **Boating, Fishing, Paddle boarding, and Kayaking** along the coast.
-  **Wild Horse Tours** in Corolla and Shackleford Banks.
-  **Fresh Seafood and Waterfront Dining** at local restaurants and festivals.

Piedmont (Central NC – Raleigh, Durham, Charlotte, Greensboro, Lexington)

-  **Independence Day Fireworks & Festivals** in Raleigh, Greensboro, and Charlotte.
-  **Minor League Baseball Games** with family-friendly promotions and fireworks nights.
-  **Summer Festivals, Food Truck Events, and Farmers Markets** throughout the region.
-  **Outdoor Recreation** at local parks, lakes, and greenways.
-  **Concerts, Theater, and Community Events** throughout the month.

Mountains (Western NC – Asheville, Boone, Banner Elk, Blue Ridge)

-  **Fourth of July Celebrations** in mountain towns like Boone, Blowing Rock, and Asheville.
-  **Hiking & Backpacking** along the Blue Ridge Parkway and in Great Smoky Mountains National Park.
-  **Waterfall Adventures** at Sliding Rock and other mountain swimming holes.
-  **Mountain Biking & Zip-lining** throughout the region.
-  **Outdoor Concerts and Summer Festivals** in Asheville and surrounding communities.

To find more adventures across the state go to:

<https://www.visitNC.com>