



# NC NATIONAL GUARD

## FAMILY PROGRAMS NEWSLETTER

### SEPTEMBER 2025



"EMPOWERING FAMILIES ON THE HOMEFRONT"

Issue #35

## UPCOMING EVENTS

- 9 September 2025 - Teen Council - Raleigh/Virtual
- 13 September 2025 - Teen Leadership Challenge - Charlotte, NC
- 20 September 2025 - Sleeping with the Fishes (7-10) Kure Bch, NC
- 14 October 2025 - Teen Council - Raleigh, NC/Virtual
- 25 October 2025 - Boo Bash - Raleigh, NC

Watch for other Family Programs Fall events coming soon!



## THIS DAY IN HISTORY...

- **September 1, 1939**- Germany invades Poland and World War II begins.
- **September 2, 1864**- General William Tecumseh Sherman captures Atlanta during his "March to the Sea" campaign during the American Civil War.
- **September 11, 2001**- The worst terrorist attack in United States history as planes were hijacked and crashed into the World Trade Center, the Pentagon, and in Pennsylvania, killing thousands.
- **September 13, 1814**- The Battle of Fort McHenry in Baltimore occurred during the War of 1812 as Francis Scott Key observed and wrote the lyrics for the Star-Spangled Banner (US anthem).

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

## Dad Jokes 101!

- A sweater I purchased was picking up static electricity. So, I decided to return it. **They gave me another one "free of charge!"**
- Where do you bring someone that has been injured in a peek-a-boo accident? **The ICU!**
- I went to the hospital last night. I told the nurse I was bite by a wolf! **The nurse said, Where? I said, no, just a regular wolf!**
- Guess who I ran into on the way to the store to pick up my glasses? **Everybody!**



August's school item count was: **17**

How many autumn items do you see?

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

### September 2025

With the summer of 2025 in the record books, we look forward to upcoming events and activities. Throughout the state, there have been back to school events, and in the off chance you missed them, there are still opportunities to secure much needed supplies. Supporting our Youth, and in some cases our junior Soldiers, as they continue to grow and expand knowledge is critical to their ongoing success, and the NCNG Family Programs office takes great pride in working with community partners to aide in that effort. As the end of the calendar year approaches, the Family Readiness Program is leaning into building communities across the state that can provide assistance and a sense of belonging. There are events like fall festivals and the annual Boo Bash, as well as Thanksgiving and Holiday assistance efforts that are supported by community partners to give back to those that have sacrificed so greatly. If you have questions or concerns or 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

FY26 First Meeting 9 Sep 2025

2025-2026



The NCNG Teen Council was created especially for military teens to share their voices and experiences while providing opportunities for leadership development and community service. Teens also learn life skills through special programs presented by career experts.

**Let the NC National Guard TEEN COUNCIL Help you Shape YOUR FUTURE!**

- \*Represent you and your Military family in the community you live
- \*Meet and connect with other military teens
- \*Build new relationships in your community by participating in community service projects
- \*Market yourself: Build an electronic portfolio
- \*Gain experiences enhancing your resume, college, grant and scholarship applications
- \*Develop Leadership & Resiliency Skills
- Most Importantly.....HAVE FUN!

\*Meetings are held monthly September-May at JFHQ or join virtually from anywhere in NC\*  
First meeting is 9 September 2025, 1800-2000  
Open to NCNG Dependents 14-18

Applications close 9 September 2025



<https://www.cognitoforms.com/FamilyPrograms2/NCNG202526TeenCouncilApplication>

To learn more about what NCNG Teen Council has to offer, contact:

**Kristi Wilson** - NCNG Lead Child and Youth Program Coordinator  
Kristi.L.Wilson25.ctr@army.mil 984-664-7084

**Desmond Williams** - NCNG Child and Youth Program Coordinator  
Desmond.D.Williams10.ctr@army.mil 984-661-7103

## September is National Preparedness Month

### "Preparedness Starts at Home"

Emergencies can take place in your home or community being prepared for any disaster takes a plan.

- Know the different types of emergencies and appropriate responses to stay safe. Fire, Flash Floods, Hurricanes, Tornadoes, and power outages.
- Make a Family Emergency Plan <https://www.ready.gov>
- Build an emergency supply kit, include medications, contact numbers, pet supplies, road maps etc.  
<https://www.redcross.org/get-help/how-to-prepare-for-emergencies>
- Consider unique needs for your family like disabilities, small children, pets
- Know the shelters in your area that are open, if they take pets or what to do if you have large animals like horses.  
<https://www.readync.gov/stay-informed>

Additional information can be found at:  
<https://www.FEMA.gov> or <https://www.weather.gov>

## SUICIDE PREVENTION AWARENESS MONTH

Where the nation raises awareness and promotes resources to prevent death by suicide. According to the CDC Suicide is the second leading cause of death for individuals 15-24.

It can be hard to think of the right words to say when someone you care about appears to be struggling or tells you they want to end their life. By opening up, your friend, teammate, or loved one is indicating they want to communicate what they are experiencing, and it gives you the opportunity to support them.

Resources:

- If you are thinking about suicide, the **988** Suicide and Crisis Lifeline is free available 24/7 to everyone across the United States and it is confidential. Call: 988 and press 1 for the Military Crisis Line or **text 838255**
- For the NCNG, the Integrated Behavioral Health System (IBHS) has a 24/7 Helpline at **1-855-322-3848**
- TRICARE mental health services  
<https://www.tricare.mil/mentalhealth>
- Society for prevention of teen suicide [www.sptsusa.org](http://www.sptsusa.org)
- Psychologist Locator (tool to find child/youth psychologists)  
<https://locator.apa.org>

The NCARNG Resilience Risk Reduction & Suicide Prevention (R3SP) program provides free gun locks and a limited number of handgun safes to all members of the North Carolina National Guard.

To request gun locks, reach out to:  
[ng.nc.ncarng.mbx.g1-sss-r3sp@army.mil](mailto:ng.nc.ncarng.mbx.g1-sss-r3sp@army.mil)

## NCNG Child & Youth Services (CYS)

With school starting this past month, you may have picked up on some new challenges your child may be facing. Maybe they are struggling with a homework assignment, time management issues, or school-related anxiety and you are unsure of how to help them. Maybe they are in a college prep season and have no idea where to start. You are not alone. We have some resources to help answer your questions and be a source of support to you and your child.

<https://military.tutor.com/home>

<https://www.militarychild.org/resource/back-to-school-toolkit>

<https://www.bgca.org/about-us/military/>

<https://www.militaryonesource.mil/benefits/education-consultation/>



Would you like Child & Youth resources at your fingertips...  
Download the ARNG Child & Youth Program App today!

Search "ARNG CYP"





This month, we pause to remember the events of September 11, 2001—a day that forever changed our nation. On that morning, nearly 3,000 lives were lost in the attacks on the World Trade Center, the Pentagon, and aboard Flight 93. Many more were injured, and countless families and communities were deeply impacted. In the midst of tragedy, we also remember the extraordinary courage shown that day—first responders who rushed toward danger, service members who answered the call to protect our nation, and ordinary citizens who acted with strength and compassion.

For military families especially, 9/11 marks not only a day of remembrance but also the beginning of a new era of service and sacrifice. It reminds us of the resilience, unity, and determination that continue to define our country.

As we honor those we lost, we also recommit ourselves to carrying forward the spirit of service and community that arose in the aftermath of that day.

May we never forget.

## YOUR CHILDREN DIDN'T COME WITH A USER'S MANUAL...



Reach out to the  
CYS TEAM for  
support materials on  
topics such as:

- Education Resources for Children
- Discipline / Respect / Conflict
- Resources for Parents and Adults
- Deployment / Reintegration / Military Resources
- Adult Resources
- Emergency Resources
- Grief / Trauma / Loss Resources



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



## Boo Bash

### NCNG Family Programs

25 October 2025

1300 to 1600

OPEN TO ALL MILITARY DEPENDENTS

Games ~ Costume Contest ~ Trunk or Treat

Crafts ~ STEM Activities ~ and Lots of Family Fun!

To register your family to attend the event scan the participant QR code to the left  
If you would like to support the event by providing a trunk, activity scan the QR code on the right

FOR QUESTIONS CONTACT:

KRISTI WILSON 984-664-7084 OR DESMOND WILLIAMS 984-661-7103

Participant



Trunk/Activity



# "LOCAL ADVENTURES AWAIT"



## Mountains:

### Blue Ridge Mountain Heritage Festival

This year marks 30 years of celebrating mountain music, craft, and community. Local artisans will offer hand-carved wood, pottery, quilts, baskets, and homemade jams. Main Street will be alive with toe-tapping mountain music, and food trucks will serve everything from BBQ to kettle corn.

Cost: Free Admission and parking.

September 20<sup>th</sup>, 10:00am to 4:30pm  
Sparta, NC

### Lansing Day 2025

Join us for the first annual Lansing Day, a day-long festival celebrating Appalachian heritage through local crafts and music while demonstrating our community's remarkable resilience in rebuilding after Hurricane Helene. Enjoy live music, food vendors, film screenings, community art, and children's activities, while supporting unique and steadfast small businesses. Easy parking and free shuttle available to enjoy all downtown Lansing in beautiful Ashe County, NC. Join us as we mark this milestone—one year after Hurricane Helene—with celebration and thanksgiving!

Cost: Free

September 27<sup>th</sup>, 10:00am to 4:30pm  
Lansing, NC

### NC Mountain State Fair Fletcher, NC

The third largest fair in North Carolina, this event celebrates the heritage of the Blue Ridge Mountains, including agriculture, music, crafts, art, food, entertainment, display of livestock, competitions, & midway amusement rides.

September 5<sup>th</sup> -13<sup>th</sup>, times vary on the day.

Cost: Admission price varies by day.



## Coastal:

### Carolina Stampede Music Fest Williamston, NC

Williamston Downtown, Inc. proudly presents the 29th annual Carolina Stampede Music Fest — a high-energy Main Street celebration uniting thousands of music lovers from across North Carolina and beyond.

Held in the heart of downtown Williamston, the Stampede is a vibrant, family-friendly weekend of, live diverse musical performances, craft and novelty vendors and delicious food trucks.

September 26<sup>th</sup> 5:00pm – 10:00pm

Cost: Free

### Wilson County Fair

September 16<sup>th</sup>-21<sup>st</sup>

Fair features a large carnival midway, the ALL-NEW Ninja Experience, plus Agri-Golf, a new family-fun attraction where families can learn about agriculture and compete through Mini-Golf, and everyone's favorite fair food, agriculture exhibits, and much more. Throughout the year, we host great events such as birthday parties, family reunions, truck and tractor pull, car shows, livestock shows, business meetings, auto races, and much more.

### Lenoir County Fair

September 30<sup>th</sup>-October 4<sup>th</sup>

The Lenoir County Agricultural Fair is operated by the Lenoir County Fair Association. Held yearly each fall, the fair features amusement rides, exhibits and entertainment for all people.

## Piedmont:

### NC Folk Festival Greensboro, NC

This free, three-day celebration fills downtown with 40+ bands playing gospel, funk, global beats, Americana, and more. This year, catch hip-hop trailblazers Arrested Development, North Carolina favorites Steep Canyon Rangers, and the soulful groove of Sammi Rae & The Friends. With food trucks, craft beer, local makers, and family fun around every corner, it's the perfect mix of culture, music, and adventure. Come for the tunes, stay for the experience. September 12<sup>th</sup>-14<sup>th</sup>

Cost: Free Admission

### Oaks Alive Four Oaks, NC

Spend the morning and early afternoon exploring a vibrant open-air market filled with a wide range of local vendors. You'll find everything from fresh produce and handmade goods to art, home décor, and more. One of the event highlights is the Children's Entrepreneur Market, where young business owners set up their own booths to sell crafts, snacks, and small products — a wonderful showcase of creativity and youthful spirit! Families can also enjoy kid-friendly activities, including Trackless Train Rides, sure to delight the little ones.

September 13<sup>th</sup>, 9:00am-8:00pm

Cost: Free Admission

### Day Out with Thomas: The Party Tour Spencer, NC

All Aboard! Thomas the Tank Engine, everyone's favorite #1 blue engine, is coming to town and we're celebrating big this year for Thomas and Friends™ 80th Anniversary. Day Out with Thomas: The Party Tour. The event at the N.C.

Transportation Museum includes Thomas and Percy train rides, pictures with Sir Topham Hatt, a hay bale maze, temporary tattoos, a face painter, photo ops, character inflatables, giant lawn games, a music show, model train layouts, food vendors, picnic shelters, a large gift shop, plus three exhibit buildings featuring North Carolina's transportation history with rail cars, antique automobiles, and a Wright Brothers flyer replica.

September 26<sup>th</sup>-28<sup>th</sup> & October 3<sup>rd</sup>-5<sup>th</sup>

Cost: \$28.46 (\$23 plus \$5.46 in fees and tax) on Fridays, \$30.60 (\$25 plus \$5.60 in fees and tax) on weekends

### Mooresville Motorsports Celebration Mooresville, NC

This free, family-friendly celebration features classic cars, local food trucks, beer vendors, live music, interactive activities, and the official induction of the 2025 racing legends, Ryan Newman & Greg Biffle, into the Mooresville Walk of Fame. Now in its 31st year, the celebration continues to honor motorsport greats from across disciplines.

September 30<sup>th</sup> 4:00pm-7:00pm

Cost: Free

