



# NC NATIONAL GUARD

## FAMILY PROGRAMS NEWSLETTER

### MAY 2026



*"EMPOWERING FAMILIES ON THE HOMEFRONT"*

Issue #43

### UPCOMING EVENTS

- 30 May 2026 - Museum of National Science (Raleigh)
- 28 June - 2 July 2026 - Teen Retreat (Kure Beach)
- 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)

#### Pending Events:

- 12 Sep 2026 - Natural Science at Contentnea Creek
- Back to School Events (statewide)

# MAY

*\*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...

- **May 2, 2011** - Osama Bin Laden is killed during a raid by United States Special Operations on his secret compound in Pakistan.
- **May 5** - Cinco de Mayo. This day is in remembrance of the Battle of Puebla in 1862, where Mexican troops defeated invading French forces.
- **May 14, 1607** - Jamestown settlement was established in the new Americas.
- **May 21, 1881** - The American Red Cross was founded by Clara Barton.

### Dad Jokes 101!

- **I went to the beekeeper yesterday to get 12 bees. He gave me 13. I said, "Hey, there's an extra one here." He said, "That's a freebee!"**
- **I was looking to buy a new Kia on my phone but couldn't find any. Then I realized that I have a "Nokia" phone!**
- **I asked my date to meet me at the gym. She never showed up. That's when I knew we weren't going to work out!**

April Easter items count was: 5

How many flags items do you see?



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

#### May 2026

May marks National Military Spouse Day and Mother's Day. First observed in 1984, National Military Spouse Day occurs each year on the Friday before Mother's Day. Much like our children, our spouses rarely influence when their Soldier or Airmen are called to service. Take the time to recognize the stabilizing influence and personal sacrifice that our spouses make day in and day out to keep our foundation solid. Then, on May 8th, take time to reflect and show support to the women who have helped shape our lives and the lives of our children. Thank you to our Spouses and Mothers for the sacrifices that you have made in our lives, and the unending support you provide as we go forward into the world around us.

Finally, in May, we take time to celebrate those who continue serve and honor those who have given the last full measure. Armed Forces Day was established in 1949 to support and celebrate the Men and Women of the Department of Defense. On May 16th, thank those Soldiers, Airmen, Sailors, Marines, and Guardians in your life who continue to serve and protect the freedoms we hold dear. Since 1886, Memorial Day has been a time to mourn and remember those who have given their lives to protect the Rights and Liberty that this nation was founded on. On the 25th, take time to reflect on these heroic sacrifices made by patriots throughout our history.

Sincerely,  
SGM Shook

## Water Safety Month: Things to Know

### Make A Splash Safety This Water Safety Month

#### 1. Never Swim Alone

Always swim with a buddy and choose locations where a lifeguard is present when possible.

#### 2. Supervise Children Closely

Keep constant watch when children are near water. Stay within arm's reach of young swimmers.

#### 3. Learn to Swim

Swimming lessons help build confidence and teach lifesaving skills for all ages.

#### 4. Wear a Life Jacket

Use properly fitted life jackets when boating, fishing, or participating in water sports.

#### 5. Know the Rules


Follow pool signs, beach flags, and posted safety guidelines.

#### 6. Be Prepared

Learn CPR and basic rescue skills. In an emergency, call for help immediately.



## SIGN UP FOR THE CYS MAILING LIST





### Our Mission

To promote and sustain the quality of life and resilience of NC military children and youth by providing high quality support services and enrichment programs

### Find out first about upcoming events

- Day Camps
- Summer Camps
- National Guard Teen Council
- Parent Support
- Resources and much more!

[HTTPS://WWW.COGNITOFIRMS.COM/FAMILYPROGRAMS/CYSMAILINGLIST](https://www.cognitofirms.com/familyprograms/cysmailinglist)



**Stay connected and don't miss out—be on the lookout for upcoming events by joining our CYS Mailing List using the QR code above.**

## RESOURCE HIGHLIGHT - MYO Boys & Girls Club

Big news for military families! Through the **Mission: Youth Outreach (MYO)** initiative, your eligible child can receive a free or reduced annual membership at a local Boys & Girls Club. That means access to programs built around academic success, healthy living, and real community connection, at little to no cost to you.

MYO is open to dependent youth ages 5 to 18 whose parent or guardian serves in the active duty, National Guard, or Reserve components. Whether your family is navigating a move or just looking for a consistent, safe space where your kids can grow and belong, this is a resource worth knowing about.

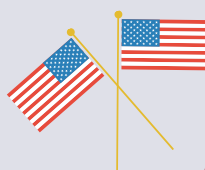
Ready to get started?

Families can enroll at

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



## NCNG Child & Youth Services (CYS)



### HELP US IMPROVE!

TELL US WHAT YOU THINK



As we plan new programs for the spring and summer, we want to hear from YOU! Your feedback shapes what we offer and how we serve Guard Families. Help us grow with your ideas:

<https://www.surveymonkey.com/r/ARNG-CYS-Feedback-FY26>

## Mental Health Awareness Month

May is Mental Health Awareness Month—a time dedicated to raising awareness, reducing stigma, and encouraging open conversations about mental well-being. Just like physical health, our mental health plays a vital role in how we think, feel, and interact with others every day.

This month is a reminder to check in with yourself and those around you. Taking time for self-care, practicing mindfulness, and reaching out for support when needed are all important steps toward maintaining a healthy mindset. Whether it's talking to a friend, taking a break, or seeking professional help, every effort matters.

Let's work together to create a supportive environment where everyone feels comfortable speaking up and getting the help they need. Remember—mental health matters, not just this month, but every day.



**NATURAL MUSEUM OF SCIENCES**

child & youth program  
north carolina national guard

DATE: 30 MAY 2026 TIME: 1000-1500

LOCATION: RALEIGH AREA

OPEN TO ALL NCNG DEPENDENTS AGES 6-12



[HTTPS://WWW.COGNITOFRMS.COM/FAMILYPROGRAMS2/MUSEUMOFNATURALSCIENCES](https://www.cognitofrms.com/familyprograms2/museumofnaturalsciences)

IF YOU HAVE ANY QUESTIONS, CONTACT CYS TEAM

Kristi Wilson 984-664-7084  
Desmond Williams 984-664-6082

The poster features various scientific icons like a laptop, calculator, microscope, globe, and test tubes. At the bottom, two cartoon scientists in lab coats are shown with laboratory equipment.

## Military Spouse Appreciation Month

May is Military Spouse Appreciation Month, a time to recognize the strength, sacrifice, and dedication of military spouses.

Through deployments, relocations, and changing schedules, military spouses provide steady support to their families and communities. Their resilience and commitment make a lasting impact.

This month, take time to say thank you, offer support, and recognize all they do.

Thank you to all military spouses for your service and sacrifice.

Military Spouse  
Appreciation Day:  
**Friday, May 8, 2026**

Mother's Day  
**Sunday, May 10, 2026**



## EDUCATIONAL DAY CAMPS



NCNG Dependents  
Ages 13 to 18

**TEEN WHITewater CHALLENGE**

Are you up for the challenge at the US National Whitewater Center? Join for a day full of team building opportunities that range from whitewater rafting to highropes courses. Lunch will be included.



Saturday, August 22nd  
10am to 6pm  
White Water Center  
Charlotte, NC

Registration Required  
<https://www.cognitofrms.com/FamilyPrograms2/WhiteWaterCenter2026>

For Questions Contact:  
Desmond Williams - Desmond.D.Williams10.ctrearmy.mil (984) 664-6082  
Kristi Wilson - Kristi.L.Wilson25.ctrearmy.mil (984)664-7084

The poster features a photograph of two people participating in a highropes course over a river. The background shows a large outdoor facility with multiple pools and slides.

# Local Adventure Awaits






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

-  **Beach Weather** Arrives in Outer Banks, Wrightsville Beach, and Emerald Isle.
-  **Boating, Fishing & Kayaking** season is in full swing.
-  **Wild Horse Tours** in Corolla and Shackleford Banks.
-  **Seafood Festivals & Waterfront Dining** pick up for the summer season.
-  **Sunrise & Sunset Beach Trips** without peak summer crowds.

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

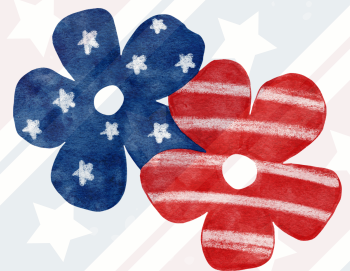
-  **Gardens in Full Bloom** at Sarah P. Duke Gardens and JC Raulston Arboretum.
-  **Spring Festivals & Outdoor Markets** in Raleigh, Charlotte, and Greensboro.
-  **Baseball Season** – catch college or minor league games.
-  **Greenways & Trails** are ideal before summer heat arrives.
-  **Patio Dining & Brewery Season** across the Triangle and Charlotte areas.

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

-  **Peak Hiking Season** in Pisgah National Forest and Great Smoky Mountains National Park with warm days and cool nights.
-  **Waterfall Adventures** at Looking Glass Falls and Linville Falls.
-  **Blue Ridge Parkway Drives** with lush green mountain views.
-  **Spring Music & Arts Festivals** in Asheville and surrounding towns.
-  **Farmers Markets & Local Produce** open across mountain communities.

To find more adventures across the state go to:

<https://www.visitNC.com>





NATIONAL GUARD TEENS

# MISSION POSSIBLE

## MISSION DETAILS:

Assignment: Teen Leadership Retreat  
Ages: Open to NCNG dependents 14-17  
Mission Dates: 28 June - 2 July 2026  
Location: Kure Beach, NC



### Registration Required:

<https://www.cognitofrms.com/FamilyPrograms2/FY26TeenLeadershipRetreatApplication>

For any questions, contact your CYS Team:  
Kristi Wilson 984-664-7084  
Desmond Williams 984-664-6082



NCNGA



## YOUTH CAMP

12-17 July 2026

Open to NCNG  
dependents 6-13

Same great camp  
at a discounted  
Military Rate!

\*Limited Scholarships available

### Registration Inquiry Code:

<https://www.cognitofrms.com/FamilyPrograms2/FY26YouthCamp>



A Summer Filled  
with Fun,  
Learning, and  
Exploration is  
waiting for you!

If you have any questions,  
contact your CYS Staff

984-664-7084  
984-664-6082

# MEMORIAL DAY



*MEMORIAL DAY IS A TIME TO HONOR AND REMEMBER THE BRAVE MEN AND WOMEN WHO GAVE THEIR LIVES IN SERVICE TO OUR COUNTRY.*

*OBSERVED ON THE LAST MONDAY OF MAY, THIS DAY REMINDS US OF THE SACRIFICES MADE FOR OUR FREEDOM. IT IS ALSO A TIME TO REFLECT WITH GRATITUDE AND SUPPORT THE FAMILIES WHO CARRY THEIR LEGACY FORWARD.*

*AS WE GATHER WITH FAMILY AND FRIENDS, LET US TAKE A MOMENT TO REMEMBER THOSE WHO SERVED WITH COURAGE AND DEDICATION. WE HONOR THEIR SACRIFICE. WE REMEMBER THEIR SERVICE.*