In This Issue

♦ Meet the Family Programs Staff
♦ Blue Star Museums 2015
♦ Spotlight on Military Families– Ethan Chryst
♦ Back to School Tips for Parents
♦ 2015 Child and Youth Camp at Betsy Jeff Penn 4-H Center
A Message from the Director

Happy August everyone! I don’t know about you but I can’t believe that it’s August. Where did the summer go? I know that some of your children may be already back in school and others will be quickly on their way. Whatever the case, be sure to take a look at the article “Back to School Tips for Parents” and the Back to School Events that are planned around the state. We know that whether this is your child’s first year in college or first day of Kindergarten, getting ready for school can be stressful.

Many of you may be trying to take that end of summer Family Adventure before heading back to school so there’s a great article on the Blue Star Museums and how to use your Military ID as your “ticket” to the adventure!

Every month we try to highlight two of our Family Programs staff members to give you a chance to get to know us better. This month you will get to read about Abby Millsap (Family Assistant Center Specialist) and George Lane (Family Readiness Support Assistant).

We are also “Spotlighting” one NCNG Family Member each month. This month, we have Ethan Chryst. You have got to read Ethan’s story. He may be just five years old but get to know that name because you may be seeing it in LIGHTS in the future!

Check out our pictures from our Youth Camp. It was a GREAT success with 64 kids in attendance this year. It was a hot week for sure but the kids enjoyed their time at camp. They spent time canoeing, swimming, horseback riding, “crick” stomping, doing arts and crafts and they even learned a little something about being resilient plus so much more. If your child did not get a chance to attend this year, be sure to keep in touch for details about next year’s camp experience.

Speaking of kids camp...Operation Kids on Guard is conducting an “Exploring Camp” for kids ages 6-12 at the YMCA Camp Weaver 12 September. It will be an introduction to the camp experience and should be a lot of fun. Contact us for more info on that.

Don’t forget, we are ALWAYS here for you and your Family so don’t hesitate to contact us if you have a question or need some information. Enjoy your last bit of summer and we will see you again next month!

Diane
Table of Contents

4  Meet Your Family Programs Staff
6  Blue Star Museums 2015
8  Spotlight on Military Families
10 Back to School Tips
14 2015 Child and Youth Camp

On the cover:
Ethan Chryst
Son of SFC Peter Chryst
HHC 1-113th FA

If you would like to submit photos or stories for future issues of Family Matters, please contact SSG Tammy Fowler at tammy.l.fowler.mil@mail.mil
Meet Your
Family Programs Staff

Abby Millsap
Family Assistance Center Specialist

Abby began working with Family Programs in February of 2008 as the Smithfield Family Assistance Center Specialist. She is the mother of two “young adult” children and was a stay at home mom with them before becoming a part of the Family Programs team.

In addition to her son and daughter, Abby has a very diverse zoo at home. Her eldest “fur baby” is a 9 year old Great Dane who demands to be queen. Then there are the two kitties who were rescued at 3 weeks old and had to be bottle fed every two hours. They were half the size of a soda can when they were first rescued. They are now 3 years old and cause chaos in the house whenever they can. The latest rescue is a 6 month old mixed Jack Russell pup. Also in the “zoo” you will find a Ball Python and an African Spur Tortoise which makes things very interesting.

Abby did a lot of traveling this past year with her family. Her two favorite trips were to Satchidananda Ashram (Yogaville) in Virginia and St. John. She enjoys traveling and hopes to do more of it in the coming years. She also enjoys art projects, Pinterest and reading.
Meet Your Family Programs Staff

George Lane
Family Readiness Support Assistant

George is the Family Readiness Support Assistant for the 449th Theater Aviation Brigade in Morrisville, NC. He began working in this position in 2012 but before that, he worked as a contractor with the Soldier Readiness Program (SRP) Team as well as one of the event coordinators for the Yellow Ribbon Program. George is also a Veteran of the North Carolina National Guard having served 26 years.

George has two sons, George and Darrell. He also has 3 grandchildren—2 granddaughters and 1 grandson. His oldest son George, is also a North Carolina National Guard Soldier and is currently serving on his third deployment with the 1/252nd AR.

Just this past year, George completed his Bachelor of Science Degree in Emergency Management and Public Safety from Grand Canyon University. He enjoys spending time with his family especially his grandchildren. One of his favorite things to do is to take family trips and share new experiences with those closest to him.
More than 2,000 museums across America have opened their doors to active-duty, National Guard and reserve service members and their families between Memorial Day and Labor Day. Simply flash your ID and enjoy no-cost access through the Blue Star Museums initiative. The program, which is entering its sixth summer, is a collaborative effort between the Department of Defense, National Endowment for the Arts, Blue Star Families and participating museums. Here’s what you should know:

* You’ll be in good company. An estimated 2.4 million military families have enjoyed Blue Star Museums since its launch in 2010. An estimated 700,000 visited just last year. Join their ranks, if you haven’t already.

* Your ID card is your ticket inside the museums. Just show your common access card or DD Form 1173 or 1173-1 identification card.

* This is an ideal time to explore new interests. Your admission is covered, so there’s no need to limit yourself. Explore fine art, history, science, children's museums, arboretums, historical parks, nature centers, plantations and more. Find participating museums near you or along your travel route. There are options in all 50 states, the District of Columbia, Puerto Rico and American Samoa.

Make this your summer of new experiences. See how many Blue Star Museums you can explore!

For more information and to find participating museums, visit http://arts.gov/national/blue-star-museums.
Do you want to get more out of your relationship? Join us!

OXYGEN
For Your Relationships

Details:
Saturday, 15 August 2015
Pfeiffer University RDU Campus
0830–1800
Free to the National Guard, Active Duty, Reserves and Family

What’s included:
♥ Two fun and insightful relationship assessments
♥ Live, interactive training
♥ Meals
♥ Childcare – Reservations made through Kelli Davis, kDavis@uso-nc.org, 919–840–3000

What you leave with:
♥ Strategies to get over that same old issue
♥ A better understanding of each other’s needs
♥ Tools to resolve conflict and be heard
♥ Ideas to rekindle romance
♥ Action Plan for your relationship

Help spread the word about Oxygen!

How to register:
Online: www.oxygenforyourrelationships.com/august-cuso-raleigh-davis

Additional info:
Please contact Kelli Davis, kDavis@uso-nc.org, 919–840–3000 with any questions regarding this event. Childcare reservations can also be made through Kelli Davis. Deadline for childcare reservations will be 10 August 2015.

Presenting Sponsors:

www.oxygenforyourrelationships.com
Ethan Chryst is a fearless five year old BMX dirt bike racer who is known as “Bam Bam” around the circuit. His passion for racing dirt bikes began in February of 2015. Racing first started as a hobby for Ethan but now has become a future career goal. Even though he has been racing for only a short time, he already has fifteen first place wins and is well on his way to becoming an expert rider at such a young age. Ethan is currently the points leader for the Gold Cup East Coast Championship and the State of North Carolina Championship for his age and skill level. This young man has a great deal of ambition and heart. He has already set several short and long term goals for
himself and his career as a BMX dirt bike racer. His goal for this year is to win the Race of Champions held in Oklahoma, as well as the Gold Cup and the North Carolina State Championship. He has also set his sites on eventually competing in the 2032 Olympics!

Ethan is the son of SFC Peter and Natasha Chryst. Their family resides in Matthews, NC where Ethan will start Kindergarten this fall. Besides racing, Ethan also enjoys camping, backpacking and swimming.

Best of luck, Bam Bam! We are rooting for you!

#teambambam
Starting the new school year can be a time of great excitement... and anxiety. Help calm your child’s fears (and your own) with these teacher-approved tips.

Meet the new teacher.
For kids, one of the biggest back-to-school fears is “Will I like my new teacher?” Breaking the ice early on is one of the best ways to calm everyone’s fears. Take advantage of your school’s open house or back-to-school night. Some teachers welcome phone calls or e-mails — another great opportunity to get to know each other before the year begins. If personal contact with the teacher isn’t possible, try locating the teacher’s picture on a school website or in a yearbook, so your child can put a name with a face. If your child’s teacher sends a welcome letter, be sure to read the letter together.

Tour the school.
If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day. Together you can meet her teacher, find her desk, or explore the playground. With an older child, you might ask him to give you a tour of the school. This will help refresh his memory and yours.

Connect with friends.
A familiar friend can make all the difference when heading back to school. You might try calling parents from last year’s class and finding out which children are in your child’s class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.
Tool up.
Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun. School supply lists also provide great insight into the schoolwork ahead. Get your child excited about upcoming projects by explaining how new supplies might be used. Let him practice using supplies that he’s not used before — such as colored pencils or a protractor — so he will be comfortable using them in class.

Avoid last-minute drilling.
While it is important to support learning throughout the summer, don’t spend the last weeks of summer vacation reviewing last year’s curriculum. All kids need some down time before the rigors of school begin. For some kids, last-minute drills can heighten anxiety, reminding them of what they’ve forgotten instead of what they remember.

Ease into the routine.
Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother.
Get Back To School Ready!

Free Back to School Supplies for NCNG Families thanks to our friends at Operation Homefront!

Stop by one of these locations to get yours!

**East Flat Rock Armory**  
August 6th from 8am-5pm  
POC: Rebekah Torres  
rebekah.s.torres.ctr@mail.mil

**Lenoir Family Readiness Center**  
August 8th from 9am-4pm  
POC: Frances Johnson  
frances.r.johnson28.ctr@mail.mil

**Charlotte Armory**  
August 13th from 3pm-6pm  
POC: Carry Bandy  
carry.s.bandy.ctr@mail.mil

**Smithfield Armory**  
August 14th from 10am-7pm  
POC: Abby Millsap  
abigail.e.millsap.ctr@mail.mil

**Morrisville Armory**  
August 15th from 10am-2pm  
POC: Wendi Bell  
wendi.h.bell.ctr@mail.mil

**Greensboro Armory**  
August 18th from 4pm-7pm  
POC: Lynn Stenson  
deborah.t.stenson2.ctr@mail.mil

**Winston-Salem Armory**  
August 20th from 4pm-7pm  
POC: Sandy Harrison  
sandra.b.harrison2.ctr@mail.mil
Operation Kids on Guard

Presents - EXPLORING CAMP
An Introduction to the Camp Experience
Open to NCNG Kids age 6-12

Join Us: 12 September 2015
9:00am-3:00pm

YMCA Camp Weaver
4924 Tapawingo Trail
Greensboro, NC 27406

For More Information or to RSVP Contact:

Kristi Wagner
984.661.4761 or
Kristi.L.wagner4.ctr@mail.mil

Alice Dean
984.664.6676 or
alice.c.dean.ctr@mail.mil

**Pre Registration Required Space is Limited**
2015 NCNG Youth Camp

This year’s NCNG Youth Camp was at Betsy-Jeff Penn 4-H Center in Reidsville, NC. The Youth Camp provided 65 NCNG Youth with the opportunity to spend a week at the 4-H Center and experience new and exciting things. They were able to swim, go horseback riding, canoe, climb rock walls, play on a giant slip-n-slide, do crafts, teambuilding activities, learn about nature, hike and challenge themselves on the high ropes. In addition to all those fun and exciting activities, they participated in classes on bullying prevention with our Military Family Life Consultant and learned about resiliency with our Child and Youth staff. The children had a great time making new friends and reconnecting with some old ones. They also had the chance to show off their talent in the Camp Talent Show and had a blast at the dance/game night. The Betsy-Jeff Penn staff put on a wonderful skit for the kids the final night at the nightly camp fire and allowed the kids all time to reflect on an amazing week they had at camp. Although we were sad to see them leave, it was a wonderful experience to see how excited their parents were to pick them up and hear all about the exciting week they had just had. We look forward to hosting another Youth Camp next year and we hope to see some new faces as well as our more “experienced” campers!
Family Assistance Centers

East Flat Rock Unit Family Contact Center
2025 Spartanburg Hwy. 28726
Rebekah Torres: rebekah.s.torres.ctr@mail.mil
(984) 661-0565

Charlotte Unit Family Contact Center
4240 West Blvd. 28208
Carry Bandy: carry.s.bandy.ctr@mail.mil
(984) 661-4573
Anthony Moore: anthony.r.moore8.ctr@mail.mil
(984) 661-4547

Greensboro State Family Assistance Center
110 Franklin Blvd. 27401
Lynn Stenson: deborah.t.stenson2.ctr@mail.mil
(984) 661-5649

Greenville State Family Assistance Center
1401 N. Memorial Dr. 27834
Kelly Wells
(984) 661-1150

Lenoir State Family Assistance Center
1535 Beecher Anderson Rd. 28645
Frances Johnson: frances.r.johnson28.ctr@mail.mil
(984) 661-1242

Raleigh Unit Family Contact Center
4105 Reedy Creek Rd. 27607
Lisa Faison: lisa.m.faison.ctr@mail.mil
(984) 664-7100
Mark Woolbright: mark.l.woolbright.ctr@mail.mil
(984) 664-7102

JFHQ Unit Family Contact Center
1636 Gold Star Dr. 27607
Wendi Bell: wendi.h.bell.ctr@mail.mil
(984) 664-6078

Smithfield Unit Family Contact Center
406 Hospital Rd. 27577
Abby Millsap: abigail.e.millsap.ctr@mail.mil
(984) 661-2784

Southern Pines Unit Family Contact Center
500 Morganton Rd. 28387
Earlene Capps: earlene.b.capps.ctr@mail.mil
(984) 661-2683

Wilmington Unit Family Contact Center
2412 Infantry Rd. 28405
Jim Marley: james.e.marley.ctr@mail.mil
(984) 661-6918

Winston-Salem Unit Family Contact Center
2000 Silas Creek Pkwy. 27103
Sandy Harrison: sandra.b.harrison2.ctr@mail.mil
(984)-661-7131

Statewide Support

NCNG Service Members and Families’ First Line of Defense
Call
1-855-322-3848

Military OneSource
Here to help you with just about any need, by phone or online. The service is completely private and confidential with few exceptions.
www.militaryonesource.mil
1-800-342-9647

Family Readiness Support Assistants

Raleigh
Jason Pleasant
matthew.j.pleasant.ctr@mail.mil
(984) 664-7017
Senior FRSA

Charlotte
Nikkie Newsome
gene-sia.k.newsome.ctr@mail.mil
(984) 661-4548

Clinton
Chekea Hinton-Mack
(984) 661-4735

Goldsboro
Gerald Murray
(984) 661-5423

Greensboro
Gloria Fields
gloria.d.fields.ctr@mail.mil
(984) 661-5620

Raleigh
Norman Dean
norman.g.dean2.ctr@mail.mil
(984) 664-6537

Morrisville
George Lane
gene-sia.k.newsome.ctr@mail.mil
(984) 661-6313

Like us on Facebook
NCNGFP

Follow us on Instagram
ncngfamilyprograms