In this issue...
Find tips on summer fun while your spouse is deployed
Learn how to build family ties through fitness
June is PTSD Awareness Month
And other fun summer tips and information
A Message from the Director

We made it to SUMMER!

Can you believe that it’s June already?! The kids are getting out of school, so what do you do with them?

In this issue, you’ll see some suggestions about activities, camps and other possibilities to make their summer more exciting.

Everyone is thinking about getting in shape for the summer so you’ll see some tips on how to “build family fitness” and work it into your reunion and reintegration process. It’s a great way to stay active and reconnect with your family.

Take a look around your neighborhood towns. Is there a Farmer’s Market that sells the best in-season fruits and veggies? It’s a great way to support local farmers and get the freshest produce around. What a wonderful way to teach kids about eating healthy.

If you haven’t visited the Military OneSource website recently, I suggest that you take a look at it. There are plenty of great resources for you and your Family there. It is NOT just about receiving help for counseling issues.

June is PTSD Awareness Month and 27 June is PTSD Awareness Day. If you or your loved one is struggling with PTSD, please remember you can give Integrated Behavioral Health (IBHS) a call, talk to a Chaplain or call Military OneSource for more information. If you prefer not to contact any of those resources, please let your FAC know you would like information and we can provide you with some additional resources.

I sincerely hope that you enjoy your summer! Take some time to relax and spend time with your loved ones. There are many libraries around the state that have summer reading programs for kids so take advantage of them for your children. It might provide an opportunity for you to check out their resources for you as well.

Be safe! We’ll see you next month!

Diane
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Mark Woolbright
Family Assistance Center Specialist
Raleigh, NC

Mark began working with Family Programs in June of 2009 as the Asheville Family Assistance Center Specialist but was shortly transferred to be a part of the Raleigh Family Assistance Center Team. Before becoming a part of the Family Programs team, Mark was already involved with the NCNG as a civilian “Taps” bugler for Military Funeral Honors.

Mark and his wife, Gail have been married to for 27 years. Together, they have three children and four grandchildren. Mark and Gail both consider themselves to be beach lovers and spend many holidays and weekends at the Outer Banks. They even lived in Kitty Hawk for some time.

Mark has recently gotten into raising chickens. He has eight chickens varying in breeds. Mark also enjoys being outdoors especially offshore fishing.
Sandy Harrison
Family Assistance Center Specialist
Winston-Salem, NC

Sandy began working for Family Programs in 2008 in Greensboro in the first State Family Assistance Center. Before that she volunteered as the Family Readiness Group Leader for both Charlie Company 505th Engineers and Detachment 1 875th Engineers.

Sandy is the mother of two daughters, Jordan and Haleigh and one amazing “fur-baby”, Molly. Both of her daughters are very active in high school athletics and marching band which keeps Sandy very busy following them around the state for various competitions.

When she is not spending time with her daughters, Sandy and her “fur-baby” enjoy snuggling on the couch, catching up on her favorite shows such as “Revenge”, “Scandal”, “Grey’s Anatomy” and “Breaking Bad”. She also enjoys traveling, reading, spending time with family and friends and most outdoor activities.
When your spouse is deployed, it can seem like the best thing to do is to hole up in your house counting down the days until you are reunited. But making sure your family finds ways to get out and have fun this summer is important for every family member’s happiness and well-being including your Service Members! Here are some quick tips on how to make this summer a fun one.

Find something to do in your local area.
Think about what you might recommend for an out-of-town guest or a tourist and then plan it for yourselves! Explore a new park or the beach or get tickets to an amusement park.

Plan a fun, inexpensive vacation.
It may seem like a huge feat to travel without your spouse but it might be just what you and your family need.

Make the ordinary into something extraordinary.
Turn your backyard into a water park or an obstacle course, plan a field day with the neighbors or buy some inexpensive prizes and set up a kickball tournament. There are a lot of great ideas on the Internet for ways to turn a typical summer day into something memorable for everyone.

Plan a “staycation”.
A “staycation” works only if you make sure to take a break from your normal day-to-day routine. Get the kids involved in planning what you want to do. Could you have a campout in your backyard? How about a picnic lunch at your favorite park or maybe buy a new, inexpensive outdoor game or borrow one from a neighbor? Find ways to change up the routine and a “staycation” can be just as fun as an actual vacation.

Get the kids involved in activities they love.
If you have been juggling the household on your own during this deployment, chances are you need a break. Don’t be afraid to look for activities your kids can do without you. There are several summer camp opportunities for kids of all ages. Encourage your children to try something new this summer.

Article courtesy of Military OneSource
www.militaryonesource.mil
Select bowling centers and schools around the country are participating in the first ever **KIDS BOWL FREE** program. This program is designed by bowling centers to give back to community and provide safe, secure and fun way for kids to spend time this summer.

For more information go to [http://www.kidsbowlfree.com/](http://www.kidsbowlfree.com/)

Create a backyard obstacle course by using items you may already have lying around such as hula hoops, jump ropes or a garden hose. Set up the obstacles and time the kids. Compete with them if you are up for the challenge!

Take the kids to a “cheap” movie. Many cities have theaters that have ticket prices ranging from FREE to $5.00. Check your local theaters to see if they offer special summer rates and showings.

Visit a factory and learn how your child’s favorite product is made. You can get information on visiting over 500 factories nationwide on [www.factorytoursusa.com](http://www.factorytoursusa.com)

Volunteer your time. Volunteering teaches kids compassion and responsibility plus it will keep the kids busy. There’s plenty little ones can do too, like cleaning up a green space or collecting canned foods for your local food pantry. There’s more information at [www.kidscare.org](http://www.kidscare.org)

Take a tour of your local fire station or police station. This can be an educational experience for you and your kids as well as an opportunity to show those men and women who protect and serve that they are appreciated. Since most stations do not have set visiting hours, be sure to call ahead to...
How to Build Family Ties Through Fitness After a Reunion

Return and reunion after a deployment can be a time of tremendous joy and excitement. Spouses are relieved their Service Member returned home safely and long to get back to “normal” life. Children might be anxious to have their deployed parent back at home and Service Members often can’t wait for the comforts and happiness associated with home.

But it’s important to remember that a Service Member’s return home is a process. Successful reunions and a reintegration back into civilian life can take several weeks or months and can include many challenges. It takes work to rebuild and strengthen family ties and find a new rhythm to day-to-day life.

Take Your Time

Picking up right where you left off or trying to push things back immediately to the way they were before you left may not go as smoothly as your family anticipated. Children often need time to adjust and you and your spouse may need more time than you originally imagined to reconnect. Here are a few tips to keep in mind:

- **Keep the family schedule consistent for awhile as everyone adjusts.** Meal times, bed times and other important day-to-day routines should remain consistent while you begin reconnecting as a family.
- **Resist the urge to have a “change of command” at the doorstep.** It’s important to talk about the changes and new processes that your family has put in place before trying to take over to change things.
- **Be patient.** It may take some time to get reacquainted with your family and for things to feel “normal” again.

Get Active Together

Fitness and other fun activities often are great ways to get reacquainted with your family. It’s often easier to begin communicating and feeling comfortable with one another while doing something active. When you’re in the house, it’s easy to turn to video games, phones and other devices that make it difficult to communicate and re-establish family ties. Here are some suggestions:

- **Plan simple activities to reconnect** such as a family bike ride, hike or game of Frisbee or kickball in the backyard. Creating new memories may make it easier for you and your children to start talking and begin bonding again.
- **Think of fun, inexpensive ways to get active together** such as a bowling night, a trip to the park or visit the beach for some family fun and games.
- **Reinstitute a family ritual.** Rituals create a sense of family and can provide a great opportunity for you and your family to reconnect. Think of something your family has done in the past, maybe camping, boating or swimming, and plan something similar now. When a lot things are changing, rituals can make children feel connected and safe.
- **Make a family fitness goal.** Another great way to begin rebuilding family ties is to work toward something together. Sign up for a 5k race, train for an all day hike or figure out another fitness-related goal you could all take part in. Working toward a common goal will enable you to spend a lot of time together and feel great while doing it!
- **Get involved in something your family started while you were gone.** Maybe one of your kids takes martial arts or your spouse does yoga. These may not be your top choices for fun activities but joining your family in something they enjoy will give you something fun to talk about.

The Benefits

Fitness and activity stimulate our minds and our bodies, making us feel good inside and out. These positive feelings can help your entire family ease through the transition period of your homecoming. Staying in the house all day may lead to unnecessary bickering, inactivity and boredom whereas activities can help strengthen family relationships while helping you all feel healthy.

Article courtesy of Military OneSource
www.militaryonesource.mil
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-csuso-raleigh-davis](http://www.oxygenforyourrelationships.com/august-csuso-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:**

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[www.oxygenforyourrelationships.com](http://www.oxygenforyourrelationships.com)
Andrew Ledford has been around Soldiers his entire life. His dad, SSG Rex Ledford, an 88M instructor at the 139th RTI, Fort Bragg, and his mom, Cynthia was a Family Readiness Group Leader for many years. Andrew was at drill every weekend and participated in all family programs and activities including kid campouts and Commander’s conferences. As a young child, he attended a conference and was able to visit the 449th Aviation Brigade in Morrisville and since then has had the desire to fly.

Andrew participated in the JROTC program for all four years of high school. During this time, he also achieved the highest rank in Boy Scouts—Eagle Scout. He also held numerous leadership positions in 4-H. All of this came together and he was awarded the Navy ROTC Scholarship to Ohio State University. While at OSU, he has had many opportunities through the Navy ROTC program. He spent a week at Camp Lejeune with the Marines, spent time on a submarine (USS Alaska) out of Kings Bay, Georgia as well as aboard the USS Whidbey Island, based in Norfolk, VA. This was all during his first year Summer Cruise. During the second year, he had the opportunity to fly to San Diego Naval Base and serve his Summer Cruise aboard the USS Cape St. George. His third year Summer Cruise was spent with the “Magicians” which is the helicopter squadron HSM-35 out of Coronado, CA.
Andrew held the position of Squad Leader twice, both his freshman and junior year of college. He was Platoon Commander during his senior year. He also attended the Notre Dame Leadership Conference in Spring of 2015.

Andrew was commissioned as a Naval Officer on May 9, 2015. After taking his oath, his mom pinned him as an Officer in the United States Navy. His dad gave him his first salute! He graduated on Sunday, May 10, 2015 with a degree in Security and Intelligence and a minor in Naval Science. His first day of work as a Naval Officer was Tuesday, May 12th as a staff member with Ohio State University Navy ROTC Program. On June 5th, he reported to flight school in Pensacola FL where he began his flight training as a student naval aviator.

Bravo, Andrew! Job Well Done!
HELP RAISE PTSD AWARENESS

Everyone makes a difference. Help us spread the word about PTSD and effective treatments.

Learn
PTSD Treatment Works

Discover the facts.
- Visit www.ptsd.va.gov to start with PTSD Basics, key information about trauma, PTSD and treatment options. Take the PTSD Overview Course or other free, in-depth Continuing Education Courses (with the option to earn CE/CMEs).

Explore your options.
- Take the mystery out of PTSD treatment. Our short whiteboard video PTSD Treatment: Know your Options reviews the best treatments. And visit AboutFace, a website where Veterans, their family members and clinicians talk about turning life around with PTSD treatment.

Connect
Reach Out to Someone

Help someone. Help yourself.
- Do you think you might have PTSD or know someone at risk? Take action for yourself or someone you care about. We outline steps to help you know whether you might have PTSD and locate where to get help.

Give support. Get support.
- Managing PTSD can be easier with the support of others. If you are getting treatment, or have finished treatment, our self-help information and tools can help you manage stress. Caregivers can look to organizations that offer support for family and friends for tips on self-care too.

Share
Spread the Word

Pass along what you learn.
- Use Facebook or Twitter to share up-to-date information or ask us questions about PTSD and treatment. Subscribe to our email publications – PTSD Monthly Update, Clinician’s Trauma Update–Online, and the PTSD Research Quarterly – and let others know they are free.

Work together.
- Join our PTSD Awareness campaign! We have promotional materials to help you organize an event or share information about PTSD and effective treatments.

You can make a difference today

For more information, visit www.ptsd.va.gov
PTSD can make somebody hard to be with. Living with someone who is easily startled, has nightmares and often avoids social situations can take a toll on the most caring family. Early research on PTSD has shown the harmful impact on PTSD families.

This research showed that Vietnam Veterans have more marital problems and family violence. Their partners have more distress. Their children have more behavior problems than do those of Veterans without PTSD. Veterans with the most severe symptoms had families with the worst functioning.

How does PTSD have such a negative effect? It may be because those suffering with PTSD have a hard time feeling emotions. They may feel detached from others. This can cause problems in personal relationships and may even lead to behavior problems in their children. The numbing and avoidance that occurs with PTSD is linked with lower satisfaction in parenting.

Common Reactions of Family Members
Family members of a person with PTSD may experience the following:

-Sympathy
You may feel sorry for your loved one's suffering. This may help your loved one know that you sympathize with him or her. However, be careful that you are not treating him or her like a permanently disabled person. With help, he or she can feel better.

-Negative Feelings
PTSD can make seem like a different person. If you believe your family member no longer has the traits you loved. It may be hard to feel good about them. The best way to avoid negative feelings is to educate yourself about PTSD. Even if your loved one refuses treatment, you will probably benefit from some support.

-Avoidance
Avoidance is one of the symptoms of PTSD. Those with PTSD avoid situations and reminders of their trauma. As a family member, you may be avoiding the same things as your loved one. Or, you may be afraid of his or her reaction to certain cues. One possible solution is to do some social activities but let your family member stay home if he or she wishes. However, he or she might be so afraid for your safety that you also can’t go out. If so, seek medical help.

-Depression
This is common among family members when the person with PTSD causes feelings of pain or loss. When PTSD lasts for a long time, you may begin to lose hope that your family will ever “get back to normal”.

-Anger and Guilt
If you feel responsible for your family member’s happiness, you might feel guilty when you can't make a difference. You could also be angry if he or she can't get a job or drinks too much or because he or she is angry or irritable. You and your loved one must get past this anger and guilt by understanding that the feelings are no one’s fault.

-Health Problems
Everyone’s bad habits, such as drinking, smoking and not exercising can get worse when trying to cope with their family member’s PTSD symptoms. You may also develop other health problems when you’re constantly worried, angry or depressed.

Summary
Family members may feel hurt, alienated or discouraged because your loved one has not been able to overcome the effects of the trauma. Family members frequently devote themselves totally to those they care for and in the process neglect their own needs.

Social support is extremely important for preventing and helping with PTSD. It is important for family members to take care of themselves, both for their own good and to help the person dealing with PTSD.

June is PTSD Awareness Month
Travel Tips for Families

Make summer vacations more enjoyable for everyone with some of these simple travel tips:

1. Plan together by allowing everyone some input.
2. Don’t over plan activities - allow some down time each day.
3. Work with and not against infant’s or toddler’s schedule. This means stopping at regular feeding times and driving and not arriving during nap times.
4. Wear comfortable clothing while traveling.
5. Lodging - try extended stay hotels, cabins or vacation rentals. This allows everyone to spread out and it saves money on dining out.
6. Keep key information/phone numbers with you in case of an emergency.
7. Pack key items like medications, comfort items, a light jacket and an umbrella.
8. Budget for unexpected expenses - extra outings, car problems or items you may have left at home.
9. Stop every two to three hours - try using rest stops along the way that will allow the kids or pets to use up some extra energy playing while the family enjoys a picnic lunch.
10. Always be flexible and have a plan B!

With everyone’s input and a little planning, a family vacation can leave you with great memories and lots of silly fun. Don’t forget the sunscreen!

You can find discounts and great locations through www.military.com/discounts and www.arts.gov/national/blue-star-museums.
We're Waiting For You...

Join the child & youth program
north carolina national guard

for a week of Summer Youth Camp!

19 July – 24 July 2015

Open to NC National Guard Youth Ages 8-13

Betsy-Jeff Penn 4H Camp

- Canoeing
- Marksmanship
- Team challenge activities
- High/low ropes
- Horseback Riding
- Swimming
- Hiking/environmental education
- Arts & crafts
- Campfire (skits, singing)
- Make new friends and more...

Cost is FREE to all NCNG Families
Pre-registration is required!
Applications accepted until 3 July 2015 or event is full

For more information or to register, contact:
Kristi Wagner, Child & Youth Program Coordinator
kristi.l.wagner4.ctr@mail.mil or 984-661-4761
North Carolina National Guard
Teen Retreat
2-7 August 2015
Fort Fisher Training Center

Open to NCNG Teens
Age 13 – To Incoming High School Senior

Connect with other NCNG Teens and participate in activities that will help you succeed in the future while having some fun!

- Teen Resiliency skills (CSF2)
- Leadership Skills
- Community Service Project
- Sunset Kayaking Trip
- Gyotaku
- Sand Casting
- Geocaching
- Outdoor Fun
- Make some new friends

Cost is FREE for NCNG Families!!

Register Today!
Application Deadline: 10 July 2015

For more details or to register contact: Alice Dean, Lead Child and Youth Coordinator
1-800-621-4136, ext 46676 or
Email at alice.c.dean.ctr@mail.mil
NCNG Teen Rallies the Team in Support of other NCNG Children

IN SUPPORT OF OTHER MILITARY CHILDREN ONE OF OUR OWN NATIONAL Guard teens, Ms. Sydney Cook daughter of LTC Kenneth K. Cook Jr. decided that preparing backpacks for children of deploying service members would be her focus. Sydney has been through several deployments/separations from her Dad growing up and knows how important it is to have the support of your community and other families that have or are going through deployment as well. Along with several teens from her home school group that is part of Generation Joshua, they purchased supplies and packed 40 backpacks 10 April 2015. This was a tremendous help as we have had several units deploy since the beginning of the year.
Family Assistance Centers

Family Assistance Centers are located across the State to provide assistance to ALL Military Service Members and their Families.

**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

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**Morrisville**
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**Clinton**
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(984) 661-4735

**Raleigh**
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(984) 664-6537

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