



RHODE ISLAND NATIONAL GUARD FAMILY PROGRAMS ~Bi-Weekly FAC Newsletter~

All old editions of this newsletter are available at the web site below.
There will be 2 months of prior editions for your review.
<http://ri.ng.mil/familyprograms/SitePages/Home.aspx>

October 28 2016

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9 Tricks for **TRICK-OR-TREATING!**



Hazards can be avoided on Halloween by taking the following precautions:

Adults or older children should accompany young ghosts and goblins on their hauntings.

Light-reflecting costumes or orange reflecting tape will ensure no one is mistaken for the invisible man. Flashlights can also brighten the path.

Look both ways before crossing the street and obey all traffic safety rules. Walk, don't run, to avoid fractures to little skeletons.

October can be cold and damp: find a flame-retardant costume that provides protection from the weather.

Work your own neighborhood. There will be fewer tricks among the treats from people you know.

Eyes work best when not blocked by masks. Paint and makeup can create great effects.

Every piece of candy should be checked by a parent for tampering. Throw away all unpackaged goodies including cookies and apples.

Never go trick-or-treating alone, always say thank you.

Taken from an article in Military Spouse written by Pamela Kleibrink Thompson, October Issue



~Family Readiness Group~

Does your
 Family Readiness Group
 have a Special Event coming up that you would like to share with others?
 Let us know and
 this space could be yours!!!

For details and/or to register for Strong Bonds:

contact

SGT Yronelis Salas
yronelis.salas.mil@mail.mil

OR

Lori Hart (RIANG events only)
lori.a.hart.ctr@mail.mil



The flyer has a purple and white color scheme. At the top, it says "Strong Bonds Building Ready Families". Below that is a photo of a brick building. The main title is "Veteran's Day Spouse Appreciation Event". It includes contact information for POC SGT Yronelis Salas and event details: DATE: 11 November 2016, RSVP: 05 November 2016, PLACE: Varnum Armory, and TIME: 6:00pm-10:00pm.

For complete flyer

[CLICK HERE](#)



RI National Guard Strong Bonds FY-17 Calendar

For complete calendar [CLICK HERE](#)

~Military OneSource~



Frequently Asked Questions Regarding the New Blended Retirement System

For complete flyer [CLICK HERE](#)

Available 24/7 1-800-342-9647



Tons of quilting fabric is available for your taking.

Bring a bag, load up and get the creative juices flowing!

Pick-up place:

Warwick Armory @ 541 Airport Road, Warwick, RI

Between 9:00am and 4:00pm

You must have a Military ID



~ Family Assistance Center ~

Holiday for Heroes V

Maybe Christmas
doesn't come
from a store.
Maybe Christmas,
perhaps, means a
little bit more.

~ "The Grinch"

11 DECEMBER 2016
1:00PM TO 4:00PM
WARWICK ARMORY
541 AIRPORT ROAD
WARWICK, RI

REGISTER AT
H#HV.SPLASHTHAT.COM
BY 1 DEC 16

THE UGLY HOLIDAY
SWEATER FASHION
SHOW + CONTEST
Dress in Your Best Worst Holiday
Sweater & Strut Your Stuff Down
Our Runway!

NOTE:
PLEASE ENSURE YOU BRING
YOUR MILITARY OR
DEPENDENT I.D. CARD



SPONSORED BY
RING FAMILY PROGRAMS



~ Red Cross ~



**Click the link below for idea's for
family activities this fall!**

Red Cross Launches Hero Care Mobile App

For complete flyer [CLICK HERE](#)

[Fall Rhode Island Festivals in 2016](#)

October is Substance Abuse Prevention Month

PLEDGE TO BE A DRUG-FREE SOLDIER OF THE RIARNG!



Army Substance Abuse Program (ASAP) contacts:
ROBIN TANGUAY, ADCO at 401-465-4947
 robin.l.tanguay@accentrefederal.com
MIRANDA WHITE, PC at 401-275-4096
 miranda.r.white@accentrefederal.com



I PLEDGE

In an effort to empower strong and healthy choices, we are asking Soldiers to wear their ribbons and pledge to make our country a safe place by filling out this pledge card in honor of Red Ribbon Week 2016. Display this proudly to remind yourself and others of your commitment to being a safe Soldier of

- ___ not drink with my subordinates
- ___ not drink alcohol during a drill weekend
- ___ get someone help if I recognize signs of alcohol poisoning
- ___ watch my buddy's back to make sure they don't drink too much
- ___ never drink and drive
- ___ organize a safe and sober ride home
- ___ follow the D-1-2-3 low-risk guidelines
- ___ not take any illegal or non-prescribed drugs
- ___ continue setting a positive example for my peers, subordinates, and leaders

Please sign the pledge honor to show your support!

For larger view [CLICK HERE](#)



Tickets are available for the Providence Bruins. To reserve your tickets please contact SSG Rodderick @ 401-275-1259. Please note that all ticket requests must be made via phone; no other requests will be accepted. Must have a valid Military ID.

Tickets are good for any game of your choice for this current season 2016-2017.

~Additional Community Newsletters / Information~



October 30, 2016

11th ANNUAL FUNDRAISER

For complete flyer [CLICK HERE](#)



Attention Military Connected Teens Aged 12 and up

You are invited to the

4-H Teen Leadership Conference: November 5th, 2016

At URI's
North Woods Challenge Course
 Kingston, RI
 10am-2pm

For complete flyer [CLICK HERE](#)



HONORING ALL WHO SERVED IN THE ARMED FORCES

VETERANS DAY BREAKFAST
 WESTERLY-PAWCATUCK YMCA

For complete flyer [CLICK HERE](#)

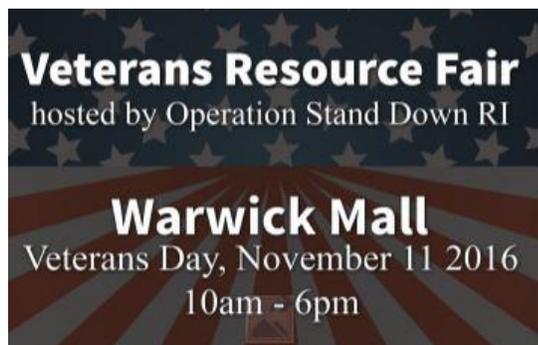




Please Join Our 1st Annual Pancake Breakfast

For complete flyer [CLICK HERE](#)

~Additional Community Newsletters / Information Continued~



For complete flyer [CLICK HERE](#)



You are cordially invited to join
 The Honorable Gina M. Raimondo
 Governor of Rhode Island
 For the
 Annual Veterans Day Ceremony

For complete flyer [CLICK HERE](#)



THANK YOU VETERANS!
 Veterans Day November 11th
 3pm to 6pm
 FREE PASTA & MEATBALL
 BUFFET DINNER FOR VETERANS!

For complete flyer [CLICK HERE](#)



Come join us for our 1st Annual Dare to Dream Holiday Party.

For complete flyer [CLICK HERE](#)

~Newport Naval Station Activities~

Check out what's going on at MWR, visit

<http://www.navymwrnewport.com/>

On Facebook? Become a "Fan" of Naval Station Newport's page

<http://www.facebook.com/NAVSTANewport>

MWR offers a variety of discount tickets to attractions. Tickets are available for seasonal, sporting, local events, theme parks and attractions. Check the GOTickets information sheet located at the MWR to see available ticket options.



Your source for information for Morale, Welfare & Recreation and Child & Youth Programs at Newport, Rhode Island

**LEISURE
TIMES**

October Issue

For complete edition
[CLICK HERE](#)

~Department of VA Information~



Town of West Greenwich



Department of Veteran Affairs



State of Rhode Island

WE WANT TO HEAR FROM YOU!

VETERAN'S TOWN HALL MEETING

For complete flyer [CLICK HERE](#)



~Employment~



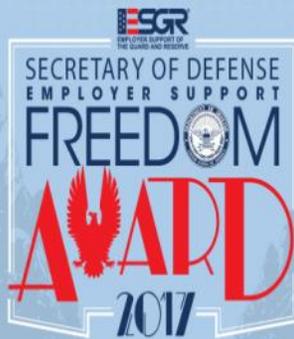
Transition 360 Alliance™



HIRE HEROES USA

Take the Next Step Forward

For complete flyer [CLICK HERE](#)



NOMINATE YOUR OUTSTANDING EMPLOYER
OCT. 1 - DEC. 31, 2016
www.FreedomAward.mil



The nomination season has started for the Freedom Awards. The award serves to recognize outstanding civilian employers of Guard and Reserve members. It is the highest level employer award received from the Department of Defense. Each year 15 companies are chosen nationally. Rhode Island has had winning companies the last two years. For more information about the Freedom Award, or to nominate your employer, visit www.FreedomAward.mil or contact Sage Maker sage.a.maker.ctr@mail.mil / 401-275-1247.



National Veteran Small Business Week Kickoff and Resource Fair

For complete flyer [CLICK HERE](#)

October/November 2016

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					28	29
30	31 	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 	25	26
27	28	29	30			

OCTOBER

- ☺ 29—SNA 5K By The Bay
- ☺ 30 - 11th Annual Fundraiser
- ☺ 31 - Halloween
- ☺ 31 - Small Veteran's Business Event

NOVEMBER

- ☺ 9 - YMCA Veteran's Day Breakfast
- ☺ 11 - Veteran's Day
- ☺ 11 - Veteran's Day Pancake Breakfast
- ☺ 11 - Veteran's Day Ceremony @ the State House
- ☺ 11 - Veteran's Day Pasta Dinner
- ☺ 11 - Veteran's Day Resource Event
- ☺ 12 - Veteran's Day Spouse Appreciation Strong Bonds Event
- ☺ 19/20 - Operation Holiday Cheer
- ☺ 24- Thanksgiving

Please see the online calendar at WWW.RI.NG.MIL

[CLICK HERE](#) for the current events page for additional information and flyers

SERVICING ALL MILITARY MEMBERS AND FAMILIES

Rhode Island National Guard

Military Family Programs

541 Airport Road

Warwick, RI 02886

Main Phone: 401-275-1242 / 1243

After Hours Contact: 401-480-4643 / 9239

Fax: 401-275-4323

We're on the web!

WWW.RI.NG.MIL

Family Programs tab

Like us on FACEBOOK

www.facebook.com/ringfac

**For a complete listing of
Family Program Personnel**

[CLICK HERE](#)

Did you know there is a food pantry available? It is open to all Service Members, Family Members and Veterans with a valid Military ID or DD214.

Stop in Monday thru Friday between 8:30am-4:30pm at the Warwick Armory.

*Unlimited Access *Non-perishable Food Items *Personal Hygiene *Limited Youth clothing

OFFICIAL DISCLAIMER

All announcements of non RING FAC programs and all appearances of non federal entities in this letter are not an endorsement, stated or implied by the RING or the Federal Government.