

# Family Readiness Newsletter

Systems Command  
Fall 2009



## From the Commander

Marines, Sailors, Civilian Marines and Family Members of Marine Corps Systems Command and Program Executive Office for Land Systems:

The Marine Corps Birthday Ball will be held November 14 at the Renaissance Hotel in Washington, D.C. Please join me for an evening filled with tradition, food and camaraderie as we celebrate the Marine Corps' 234<sup>th</sup> birthday. The Ball will begin with a traditional ceremony in tribute to those who have served our Nation since the birth of our Corps.

Retired Marine Corps Lieutenant General Gregory Newbold will be our guest of honor. At the time of his retirement, Lieutenant General Newbold served as the Director for Operations, The Joint Staff. He retired in October 2002 after 32 years of service.

In addition to buying your tickets for the Birthday Ball, you are also encouraged to take part in the various Ball fundraisers that will take place prior to the event. Fundraisers help defray the cost of tickets and enable all Command junior enlisted Marines and junior civilians to attend the Ball for free.

I look forward to seeing everyone at the Marine Corps Ball, our premiere social event of the year.

Semper Fidelis!

M. M. Brogan  
Brigadier General  
U. S. Marine Corps

### *From The FRO...*

Summer is barely behind us, but I still have to ask – Are you ready for winter? If the rain of acorns is any indication of what may be in store for us, then I would have to say that we may be in for a very long, cold winter. If that is so, are you ready? Now is the time to make your preparations, from changing the fluids in your car, change and/or clean wiper blades to get all the salt off your windshield, and adding some kitty litter in the trunk – just in case. It would also be a good idea to stock up on salt crystals for your walkway and drive way. Have a fireplace? You may want to clean that out as well. Remember, it wasn't raining when Noah built the Ark. Being prepared is what Family Readiness is all about!

*Mac McManus*, Family Readiness Officer

### *From The Pen of The SgtMaj...*

With the holiday season rapidly approaching, I would like to share a few thoughts and ideas to help us all enjoy a happy, healthy and safe holiday season.

First, it is never a bad time to check our smoke detectors. Now is the time to check all your smoke detectors in and around your house and replace batteries to ensure the detectors are in proper working order.

Second, do not overload your electrical outlets. Many of us like to have our homes and Christmas trees brightly colored with lights and other electrical decorations. If that is you, this year may I suggest investing in a power surge extension chord/power strip so as not to overload your wall sockets. Also, at the end of the evening, before you retire, make sure you disconnect all electrical chords from the wall sockets.

Third, if you enjoy having and decorating a real tree as part of your Christmas decorations, be sure to keep it watered in order to minimize possible fire hazards.

Fourth, keep candles and all fire products, matches, etc. out of the reach of children and make sure you extinguish the candles whenever you are not in the same room as the lighted candles.

Finally, do not forget to remove your iPod from your car charger when you park your car for the evening. I have been made aware that one of our Marines' vehicle was severely damaged when he forgot to remove the iPod from his car charger. It overheated, caught fire and damaged the car and almost his garage.

The holiday season is a time for enjoying and appreciating our family and friends as we gather together for good food and festivities. Let's take a few moments to follow some of these suggestions to ensure that this holiday season will indeed be a happy, healthy and safe one!

Semper Fi !

Ethbin Hayes

Sergeant Major  
Marine Corps Systems Command

*Congratulations!*

*Systems Command Promotions*

*Captain Kershaw*

*Captain Ivan*

*Sergeant Machuca*



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*Welcome Aboard to MARCORSYSCOMS New Chief of Staff*

Colonel Frank Kelley is the new Chief of Staff for Marine Corps Systems Command (MCSC). As the Chief of Staff, his responsibilities include the supervision and direction of the staff, product groups and separate program managers which report to the Commander.

Originally from the city of Philadelphia, Kelley attended the University of Notre Dame and earned a degree in aeronautical and aerospace engineering. Upon graduation, he was commissioned a second lieutenant in the Marine Corps.

This is Kelley's third stint with MCSC. Previously, he has served as the Program Manager for Unmanned Systems and Program Manager for Training Systems (TRASYS). Prior to his assignment as PM TRASYS, Kelley served as Military Assistant to the Assistant Secretary of the Navy for Research, Development and Acquisition.



# Adopt-A-Family 2009



The Adopt-A-Family Program helps deserving Marine and Navy families (E-5 or below and/or those with special needs) assigned to Quantico. The goal of this program is to help give these families a happier holiday season.



**Applicants:** If your family could use a brighter, happier holiday, please contact your Unit Representative for an application. All applications must be completed and approved by Monday, 23 November. Applicant information will be guarded for confidentiality.



**Sponsors:** Individuals, families, groups or organizations may act as sponsors and adopt a Marine or Navy family by providing them gifts. Sponsors may remain anonymous. Interested sponsors can print the on-line registration form at [www.quantico.usmc-mccs.org](http://www.quantico.usmc-mccs.org), and bring or fax (703-784-0859) the form to the Kim Jordan. She can be reached at 703.784.3351.

Once registered, sponsors will be matched with families and asked to bring wrapped gifts to Classroom #8, Lower Level, Little Hall, Building 2034, during the period of Monday through Friday, 14-18 December. Between the hours of 0830-1600. Gifts must be pre-wrapped.



## Want more information?

Please contact:

Ms. Kimberly Bennett-Jordan  
Religious and Family Services Annex  
3019 Embry Loop  
phone: 703.784.3351  
fax: 703.784.0859



## FROM THE CHAPLAIN

**W**HILE SURFING THE NET I CAME ACROSS AN ARTICLE THAT SHOWED JUST HOW DRAMATIC A DIFFERENCE MARRIAGE MAKES IN THE LIVES OF ADULTS AND CHILDREN. HERE'S WHAT THE ARTICLE SAID,

*MARRIAGE ELEVATES WELL-BEING MEASURES FOR MEN AND WOMEN. RESEARCH SHOWS THAT MARRIED MEN AND WOMEN ENJOY THE FOLLOWING BENEFITS:*

- *HIGHER LEVELS OF PHYSICAL AND MENTAL HEALTH*
- *LONGER LIVES*
- *HAPPIER, HEALTHIER AND LESS VIOLENT RELATIONSHIPS*
- *GREATER EMOTIONAL SUPPORT*
- *LOWER LEVELS OF DEPRESSION AND SUICIDE*
- *REDUCED RISK OF EITHER PERPETRATING OR SUFFERING A CRIME*
- *INCREASED INDIVIDUAL EARNINGS AND SAVINGS*

*MARRIAGE ELEVATES EVERY IMPORTANT WELL-BEING MEASURE FOR CHILDREN. WHEN RAISED BY BOTH BIOLOGICAL PARENTS IN A LOW-CONFLICT MARRIAGE, MORE THAN 30 YEARS OF STUDIES SHOW THAT CHILDREN ARE:*

- *MORE SUCCESSFUL AND BETTER-BEHAVED AT SCHOOL*
- *MORE LIKELY TO ATTEND AND GRADUATE COLLEGE*
- *LESS LIKELY TO LIVE IN POVERTY*
- *LESS LIKELY TO DRINK OR DO DRUGS*
- *LESS LIKELY TO BE SEXUALLY ACTIVE*
- *LESS LIKELY TO COMMIT CRIMES OR ACT VIOLENTLY*
- *LESS LIKELY TO BE SEXUALLY OR PHYSICALLY ABUSED*
- *MORE LIKELY TO HAVE SUCCESSFUL MARRIAGES OF THEIR OWN*
- *EXPECTED TO LIVE LONGER THAN CHILDREN FROM DIVORCED HOMES*

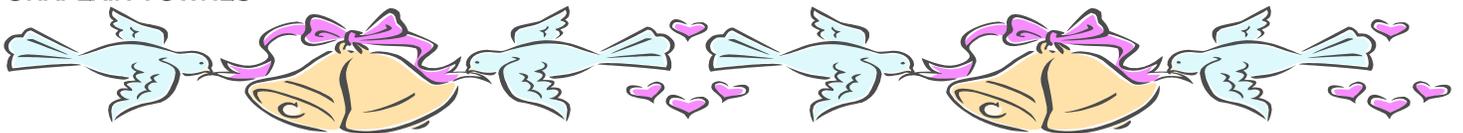


THESE ARE SOME VERY DRAMATIC FINDINGS, YET THE INSTITUTION OF MARRIAGE REMAINS UNDER ATTACK. PRESSURES MOUNT UPON INDIVIDUALS TO NOT MARRY AND JUST MOVE IN TOGETHER, YET, THE STATISTICS SHOW THAT CO-HABITATION DOES NOT OFFER THE SAME BENEFITS AS MARRIAGE. PLUS, THOSE WHO DO CO-HABIT ARE MORE LIKELY TO DIVORCE IF THEY GET MARRIED THAN THOSE WHO TAKE THE MORE TRADITIONAL ROUTE OF NOT LIVING TOGETHER BEFORE MARRIAGE.

WITH ALL THIS EVIDENCE OF THE POSITIVE ASPECTS OF MARRIAGE, IT CONFOUNDS ME WHY, THEN, WE LET OUR MARRIAGES SLIP AWAY AND THAT MORE EFFORT IS NOT PLACED UPON SAVING THEM. I BELIEVE THAT THOROUGH MARRIAGE INSTRUCTION IS VITAL. THE COURSES OFFERED BY MCB QUANTICO (P.R.E.P) AND MCB CAMP LEJEUNE (CREDO) WILL GREATLY ENHANCE A COUPLE'S CHANCES OF HAVING A SUCCESSFUL AND LONG MARRIAGE.

I WOULD ENCOURAGE THOSE WHO ARE HAVING A HARD TIME IN THEIR MARRIAGE TO COME IN AND SEE ME, I CAN PROBABLY HELP YOU OUT THROUGH THE USE OF MY CLASS, COUNSELING AND VERY GOOD READING MATERIALS.

CHAPLAIN TOWNES



# *What is a Family Care Plan?*

A Family Care Plan is a "blueprint" that shows how your family will be cared for in your absence -- whether you are deployed, on temporary duty, or otherwise unavailable because of military obligations or personal emergency circumstances. It allows for a smooth transition of responsibilities to a caregiver when a service member must leave for short or long periods of time, demonstrating to the commander that unit members will be ready to accomplish the mission of the unit. The plan is made up of instructions that you write and certain legal documents, such as a power-of-attorney and will.

## **Who needs one?**

Certain service members are required to have a Family Care Plan. These people include:

- A single parent with custody of children under 19 years of age.
- Dual military couples with custody of children under 19 years of age. (Both service members are required to develop a single Family Care Plan that both members sign.)
- A service member who is solely responsible for the care (housing, medical, logistical, financial, food, clothing, or transportation) of another person. This category includes (but isn't limited to) a situation where a service member's spouse is injured, chronically sick, or otherwise unable to care for family members or other dependents; and service members who are sole caregivers for elderly, disabled, or chronically sick family members.
- Completion of a Family Care Plan may also be required if a service member has a family member who speaks little or no English or is unable to drive or otherwise gain access to basic resources such as medical care and food. A service member with an Exceptional Family Member (regardless of age) may also be required to complete a Family Care Plan.
- It can even be a good idea for civilian spouses married to service members to have a Family Care Plan. This is because if the service member is deployed and the spouse becomes incapacitated, plans will be in effect for the proper care of their children.

For information on creating a Family Care Plan, please contact the FRO, Mac McManus at [McManusGE@usmc-mccs.org](mailto:McManusGE@usmc-mccs.org). or at 703-432-3861 or Ivette Bennett with Marine Corps Family Team Building at [bennettir@usmc-mccs.org](mailto:bennettir@usmc-mccs.org) or 703-432-1903. They can provide information and outlines to get you started in creating your own plan.

For more information visit

[http://www.militaryonesource.com/MOS/FindInformation/Category/Topic/Issue/Material.aspx?MaterialTypeID=9&MaterialID=13529#section\\_4](http://www.militaryonesource.com/MOS/FindInformation/Category/Topic/Issue/Material.aspx?MaterialTypeID=9&MaterialID=13529#section_4)

## From Staff Sec. Admin. Office

### Post 9-11 GI BILL Transferability of Educational Benefits

With the recent release of Marine Administration Message (MARADMIN) 421/09, Marines can now transfer their eligibility of educational benefits to family members. This is a great opportunity to cover costs of a higher education. Marines are encouraged to read the MARADMIN and utilize their chain of command to take advantage of this opportunity.

For further questions regarding this educational benefit do not hesitate to contact your SYSCOM Education Officer,



### Prepare, Plan, Stay Informed:

Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations.

Visit <http://www.ready.gov> to get information on how to prepare a plan and get an emergency kit.

### Battling the H1N1 Virus

Influenza protection is taking an especially high priority this year with the added threat of the H1N1 virus, also known as swine flu. Since it first struck last winter, the virus has not gone away; it has continued to spread at a slow rate. Now, with the change of seasons and children returning to school, health professionals expect the rate of infection to increase.

Fortunately, flu prevention is relatively simple and a matter of common sense. This year particularly, everyone should practice hyper-hygiene: wash your hands at least 15 to 20 seconds; cough into your sleeve; keep your hands away from your face; and use alcohol hand sanitizers. Get the vaccine as soon as it's available, and see a doctor at the first sign of illness.

## BBB Alerts Consumers about U.S. Census Workers:

### **Be Cooperative, But Cautious!**

For years, Better Business Bureau has educated consumers about not giving out personal information over the telephone or to anyone who shows up at their front door. With the U.S. Census process beginning, BBB advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft.

The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race and other relevant data.

“Most people are rightfully cautious and won’t give out personal information to unsolicited phone callers or visitors, however the Census is an exception to the rule,” said Steve Cox, BBB spokesperson. “Unfortunately, scammers know that the public is more willing to share personal data when taking part in the Census and they have an opportunity to ply their trade by posing as a government employee and soliciting sensitive financial information.”

The Census data will be used to allocate more than \$300 billion in federal funds every year, as well as determine a State’s number of Congressional representatives. Households are actually required by law to respond to the Census Bureau’s request for information.

During the U.S. Census, households will be contacted by mail, telephone or visited by a U.S. Census worker who will inquire about the number of people living in the house. Unfortunately, people may also be contacted by scammers who are impersonating Census workers in order to gain access to sensitive financial information such as Social Security, bank account or credit card numbers. Law enforcement in several states have issued warnings that scammers are already posing as Census Bureau employees and knocking on doors asking for donations and Social Security numbers.

The big question is - how do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

- If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don’t know into your home.
- Census workers are currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census. While the Census Bureau might ask for basic financial information, such as a salary range, it will not ask for Social Security, bank account or credit card numbers nor will employees solicit donations.
- Eventually, Census workers may contact you by telephone, mail or in person at home. However, they will not contact you by e-mail, so be on the look out for e-mail scams impersonating the Census. Never click on a link or open any attachments in an e-mail that are supposedly from the U.S. Census Bureau.

For more advice on avoiding identity theft and fraud, visit [www.bbb.org](http://www.bbb.org)



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- 8 ct. Heat and Serve Large Dinner Rolls
- 4.5 oz. Brown Gravy Mix
- 1 Dessert Item (Pie or Cake)
- 1 Recipe Sheet with Scripture

### **TO PLACE YOUR ORDER CONTACT:**

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