

Family Readiness Newsletter

Marine Corps Systems Command

Spring 2010



From The Commander

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

The next step in our ongoing commitment to the Marine Corps Systems Command (MCSC) Strategic Plan is the Strategic Plan 2010 Expo on March 31 at the University of Mary Washington in Fredericksburg, Va. In the spirit of The Winter Olympics our Expo theme is "Go for the Goal!"

Our Strategic Plan embodies the overall Marine Corps' goal to support our forward-deployed Marines. We are mindful that, even as we have drawn down in Iraq, we still have a Brigade — soon to be a MEF (Fwd) — of Marines deployed in Afghanistan. That increase meets the needs described by the President. They continue to require our support to accomplish their very difficult and dangerous mission.

MCSC has met and overcome many challenges to support Operations Iraqi Freedom and Enduring Freedom. This year will be equally demanding as all of us in the Command and PEO continue to bring our full effort to the battle. Together, we can step out to provide our forces the greatest advantage on the battlefield.

Semper Fidelis!

M. M. Brogan

Brigadier General U. S. Marine Corps

From The FRO...

It's hard to believe, but we are already half-way through March and spring is right around the corner! Regardless of where you are as you read this newsletter, I think we all can agree that this winter is one for the record books and "it aint over yet!" C'mon spring!

Before I put winter behind us though, I would first like to thank everyone who came out for the Systems Command's Christmas Social. This year it was held at the Clubs At Quantico and we had approximately 350 members of the command show up. Good food + Good fellowship = a Good time had by all.

The next major family event that will take place will be the **Systems Command's Annual Family Fun Day**. The first planning session was held in February and the committee has set the date of **June 24** for this wonderful event. I would like to ask those who are in the area to please consider what role you may like to play in order to make this picnic the "best ever." If you are interested in being a part of this event, please contact me at: 703-432-3861 or mcmanusge@usmc-mccs.org.

Finally, there has been a lot of interest expressed in the New GI Bill. One of the key features of this new bill is the service member is now able to transfer his/her eligibility for educational benefits to a family member. 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. Please log onto www.MilitaryOneSource.com for further details on other educational benefits.

Mac McManus, Family Readiness Officer



Some of the Smiling faces at This year's Christmas Social.



From The Desk of The SgtMaj...

Military OneSource Information

RESOURCES FOR FINANCIAL HEALTH IN 2010

This is the time of year when many families focus on trying to put their financial houses in order. If you are struggling with debt or other financial concerns you need to know about the information and support available to you through Military OneSource. You can find these financial management resources and more by going to www.MilitaryOneSource.com or by calling 1-800-342-9647.

- **In-person financial counseling.** It's available in most locations within the U.S through a partnership with the National Foundation for Credit Counseling. Military OneSource will arrange for service members and military family members to meet with a financial consultant free of charge for up to 12 sessions per year. When in-person counseling is not available, Military OneSource provides telephone consultations.
- **Financial readiness articles, booklets, CDs, and videos.** Military OneSource has extensive information resources on personal financial management topics of interest to military families. Look for them on the Web site under the "Find Information" tab.
- **Financial calculators and self assessments.** Military OneSource also provides tools to help with investing, financing major purchases, and planning for retirement; as well as assessing the seriousness of financial difficulties. Look for them under the "Tools" tab.
- **Tax assistance.** Service members and military family members can get free online tax filing and tax consultation from Military OneSource right now .

Semper Fidelis

E. Hayes

Sergeant Major U. S. Marine Corps



Systems Command Promotions

PFC Dixon Jr.

GSgt. Vanuch

MSgt. Sewell

MSgt. Sharpe

Capt. Heilig

Maj. Bledsoe Jr.

Maj. Cubas

Maj. McDuffie

Maj. Zarnecki

LTC. Cary

LTC Mullins

LTC. Seybold

LTC. Stower

LTC. Vaughan

LTC. Wallis III

WO3 Gardner

WO4 Carden

WO4 Lee JMr.

WO4 Thomas

F*O*C*U*S Program for Military Families

Program Overview

In the United States today, about 1.2 million children have an active duty military parent. In the U.S. Military, about forty percent of service members have at least one dependent child under the age of eighteen. Throughout all the branches of the U.S. Military, children have been affected by a recent or current deployment of a parent to the combat zones of Iraq or Afghanistan. Wartime deployment takes a toll on both the service member and family members on the home-front, with multiple deployments often causing additional stress.

The growing awareness of the significant challenges of these deployments on military family life and child and family well-being prompted a new initiative by the Department of Navy Bureau of Medicine and Surgery and United States Marine Corps. As a service project funded through the Bureau of Medicine and Surgery (BUMED), FOCUS addresses these concerns related to parental combat operational stress injuries and combat-related physical injuries by providing state-of-the-art family resiliency services to military children and families. In 2009, FOCUS Family Resiliency Services were also made available to Army and Air Force families at selected installations through support from the Defense Department's Office of Family Policy.

Headquartered at UCLA, FOCUS works in close partnership with the BUMED office in Washington, D.C. to build resiliency in military children and families facing wartime deployments. Working with the existing teams of dedicated military family services personnel, FOCUS staff assist family members to better understand and manage how combat operational stress affects them and their service family member. FOCUS supports families in identifying and building upon existing strengths within each individual and the family unit.

In Spring 2007 the Defense Health Board Task Force on Mental Health identified a critical need for prevention and intervention services to foster resiliency within military families and provide increased access and continuity of psychological health care for children and families across the armed services. Research on parents with stress reactions has demonstrated that such difficulties interfere with parenting, family life, and child adjustment across a range of contexts, disrupting family roles and routines, and decreasing support within the family. To date, thousands of military service members, their children and families are at risk and stand to benefit from family-centered resiliency services.

FOCUS (Families Over Coming Under Stress)

Is a resiliency-building program designed for military families and children facing the multiple challenges of combat operational stress during wartime. FOCUS is founded on leading evidence-based family intervention models for at-risk families which have demonstrated positive emotional, behavioral and adaptive outcomes over time. FOCUS was developed at the UCLA Semel Institute for Neuroscience and Human Behavior, in collaboration with the National Child Traumatic Stress Network and Children's Hospital Boston / Harvard Medical School.

FOCUS provides services for families based at the following U.S. Navy, Marine Corps, Army, and Air Force installations:

California

MCB Camp Pendleton
 MCAGCC Twentynine Palms
 NAB Coronado Island
 Naval Base Ventura County
 Naval Station San Diego

Hawaii

Hickam AFB
 MCB Hawaii
 Naval Station Pearl Harbor
 Schofield Barracks
 Wheeler Army Airfield

Mississippi

Naval CBC Gulfport

North Carolina

MCB Camp Lejeune

Okinawa, Japan

Kadena AFB
 MCB Okinawa
 Torii Station

Virginia

JEB Little Creek - Fort Story
 MCB Quantico
 NAS Oceana Dam Neck Annex
 Naval Station Norfolk

Washington

Fort Lewis
 McChord AFB
 NAS Whidbey Island

USMC Wounded Warrior Regiment

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

Developing Healthy Relationships

We all are in relationships of one kind or another. Relationships can make us feel whole and happy. But relationships also take a certain amount of work. This brief article provides some actionable steps you can take to develop healthy relationships.

Relationships are not perfect.

Feeling angry, hurt, or upset at times is normal. Feeling scared, humiliated, pressured, or controlled is not the way a relationship should make you feel. Instead, you should feel loved, respected and free to be yourself.

Action Step: Support your significant other through the language you use and the actions you take. Respect your partner and your partner's decisions. Never force someone to engage in an activity that they don't want to do.

Talk with each other.

Communication is essential in healthy relationships. People should take time to talk with each other, respect each others' opinions and feel comfortable asking each other questions.

Action Step: Take time to talk and listen. Express your thoughts and feelings clearly and directly, without intentionally hurting or disrespecting each other.

Family matters.

Families are an important part of everyone's lives. Family members help shape beliefs, provide support, and can serve as role models. Actions with intent to abuse, humiliate, harass, or degrade another leads to unhealthy relationships. Children learn what they see and hear. They need to learn that violence is not acceptable at any time and that there are healthy ways to settle a disagreement.

Action Step: Simple changes in the way you act in front of your children can make a difference. For instance, speak up when you see your son or daughter mistreat others physically or emotionally. Talk to your children about what it means to be in a healthy relationship where people do not hurt each other physically, sexually or emotionally.

Friends count.

Friends are an important source of support and advice. Friends play a powerful role in shaping attitudes, beliefs and behaviors about violence. Friends should speak up when they know of or see that a friend may be in an unhealthy relationship. Talk with each about other what it means to give and receive respect.

Action Step: Friends should not accept excuses for violent acts committed by people they love. Confront the abuser--only if you can do it safely. Let the abuser know you don't approve of the behavior, and discuss changes that can be made to have more productive, healthy relationships.¹

Building Blocks.

Trust, honesty and respect among friends, family, and others play critical roles in healthy relationships. Never ignore protests and respect your partner's right to say "no" to things that cause discomfort.

¹ Golding, J.M., Wilsnack, S.C., & Cooper, M.L. (2002). Sexual assault history and social support: Six general population studies. *Journal of Traumatic Stress, 15*(3), 187-197.

Action Step: Treat your wife, husband, boyfriend, girlfriend, friends and family with the same trust, honesty, and respect that you would want.

Violence is never okay.

Intentional violence is never the victim's fault. Violence doesn't always mean physical abuse. Abusive relationships can occur anytime someone intentionally attacks you physically, sexually, or psychologically. Abuse is never okay. Never make light of abuse or try to justify or excuse violent behavior by blaming the victim.

Action Step: Express your thoughts and feelings clearly, directly and respectfully.

You Are Not Alone

If you are in an unhealthy relationship, your program is here to help. Speak with a professional that can connect you with the help and resources you need to protect yourself. To learn more, log on to www.MagellanHealth.com/member to access information, self-assessments and resources.

IMPORTANT PHONE NUMBERS/WEB PAGES

L.I.N.K.S. 703.432.1904

Marine Corps Community Services www.quantico.mccs-usmc.org

Military Family Life Consultants (MFLCs) 703.784.4220

Military OneSource www.militaryonesource.com 800.342.9647

Military Police 703.784.2880

Naval Health Clinic 703.784.1699

Navy Marine Corps Relief Society (NMCRS) 703.784.9754

New Parent Support Program 703.784.4248

Personal Financial Management Program (main side) 703.784.2650 (TBS) 70.784.5200

Quantico Base Information www.quantico.usmc.mil

Quantico Youth Center 703.784.2249

Readiness & Deployment Support 703.432.1903

Recovery Care Coordinator (TBS) jo.mckay.ctr@usmc.mil 703.772.2731

Relocation Assistance Program (RAP) 703.784.4961

Single Marine Program mayfield-b@usmc-mccs.org 703.432.0363

Tax Center 703.784.3975/3976

The Basic School www.tecom.usmc.mil/tbs

The Clubs at Quantico (TCAQ) 703.432.0288

Transition Assistance Program (TAP) 703.784.2511

Tricare 888.999.5195 Quantico Rep, Bob Adams 703.630.8844

USO DC, Lindsay Raymond lindsay@usometro.org 703.805.4277

From Staff Sec. Admin. Office

March's Calendar of Events

2 March

Career Fair at TCAQ – 1000 – 1400 - 703.784.2511

Financial Planning brief at The Clubs – 1100 – 1300 – 703.432.1903

3 March

Base Cmdr's Welcome Aboard Brief at The Clubs – Required for new join Marines, Encouraged for spouses – 0830 – 1130 – 703.784.4961

Austism Awareness at the Chapel Annex – 1200 – 1600 – 571.931.0524

SMP Meeting at TCAQ – 1400 – 703.432.0363

4 March

Smooth Move (CONUS Moves) at the Chapel Annex – 0900 – 1200 – 703.784.4961

5 March

Marriage Enhancement Workshop at the Chapel Annex – 0800 – 1530 – childcare available – 703.784.2518

Home Buying Seminar at the Chapel Annex – 1300 – 1600 – 703.784.4961

7 March

SMP trip to Medieval Times - \$25 transportation and dinner – 703.432.0363

10 March

Troops-to-Teachers Teaching as a Second Career Seminar at the Lifelong Learning Center – 1130 – 757.683.3327

12 March

Salary Negotiation workshop at the Chapel Annex – 0830 – 1030 – 703.784.3232

12 – 14 March

Marriage Enrichment Retreat in Norfolk, VA – Lodging, meals and workshops included FREE - 757.444.7654

13 March

SMP trip to Shamrock Fest - \$15 ticket and transportation – Sign up by 1 Mar – 703.432.0363

16 – 17 March

LINKS for Spouses at the MCFTB House – 0900 – 1400 – childcare provided – 703-432-1904

19 March

International Wine & Food Festival at TCAQ – 1600 – 2200 - \$30 pp – 703.784.4262

19 – 24 March

SMP trip to Orlando - \$150 transportation, hotel, trolley – Complimentary breakfast, shuttle and park admission – 703.432.0363

23 March

LINKS for Kids American Girl Night at the MCFTB House – 1800 – 1930 – 703.784.1211

26 – 28 March

Marriage Enrichment Retreat in Norfolk, VA – Lodging, meals and workshops included FREE - 757.444.7654

30 March

Marketing Yourself for a Second Career workshop – 703-784-2511



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.

