

Marine Corps Systems Command

Family Readiness Newsletter

Summer/Fall 2011

From The Desk Of The Family Readiness Officer

With the end of summer rapidly approaching I am sure everyone is scrambling trying to get your kiddos ready for the new school year. And, if that is not enough, you have also had to deal with a 5.8-magnitude earthquake – rare in this area – shortly followed up by a hurricane/tropical storm.

I know it is often said the “March comes in like a lion and goes out like a lamb”, but I do have to wonder how they would describe this past August, for it sure went out like a lion! With that in mind I do want to say that if anyone sustained any type of home damage and is not sure where to turn for assistance, please contact me and let me see what sort of help is available for you under these circumstances.

Please thoroughly read through this newsletter. There will be lots of information concerning all the activities on and around MCQB that you and your family may find not only beneficial, but also enjoyable and something to do together as a family.

With the Marine Corps Ball season revving up there are going to be numerous fund raisers taking place. Let me encourage you to be an active participant in these worthwhile events specifically set up to help raise funds for the junior enlisted members of our SYSCOM family.

Mac McManus
Family Readiness Officer

Family Readiness

MCFTBH: Marine Corps Family Team Building House, 126 Neville Rd

RFSA: Religious & Family Services Annex

[Marine Corps Family Team Building] (703) 432-1901

LIFESTYLE, INSIGHT, NETWORKING, KNOWLEDGE & SKILLS (L.I.N.K.S.) | (703) 784-1211

TEAM MEETING: Tuesday, 6 September, 1800-1900, MCFTBH.

LINKS FOR TBS: Tuesday, 13 September, 0830-1400, MCFTBH.

LINKS VOLUNTEER ORIENTATION: Wednesday, 14 September, 1230-1330, MCFTBH.

LINKS FOR MCESG PARENTS: Thursday, 15 September, 1230-1530, TCAQ.

LINKS FOR SPOUSES: Tuesday-Thursday, 20-22 September, 1700-2100, MCFTBH.

LINKS FOR TBS: Tuesday, 27 September, 1300-1600.

LINKS MENTOR TRAINING: Wednesday, 28 September, 1800-1930, MCFTBH.

LINKS FOR KIDS GIRL'S NIGHT OUT: Thursday, 29 September, 1800-1930, MCFTBH.

LIFESKILLS | (703) 784-5253

FAMILY CARE PLAN: Tuesday, 6 September, LH, Classroom 1 or 2.

5 LOVE LANGUAGES: Thursday, 15 September, 1730-1930, RFSA.

FOUR LENSES FOR TBS: Monday, 19 September, 1100-1400, MCFBTH.

EFFECTIVE COMMUNICATION (TBS ONLY): Wednesday, 21 September, 1730-1930.

READINESS & DEPLOYMENT | (703) 784-5253

SUPPORT GROUP: Thursdays, 1200-1415, MCFTBH.

READINESS & DEPLOYMENT IN THE MIDST FOR SPOUSES:

Tuesday, 20 September, 1700-2000, RFSA.

FAMILY READINESS PROGRAM | (703) 784-2687

FRO TRAINING: Tuesday, 6 September, 0800-1200, LH, Room 203.

FRV TRAINING: Wednesday, 14 September, 0900-1100, MCFTBH.

PREVENTION & RELATIONSHIP ENHANCEMENT PROGRAM

(PREP) | (703) 784-2518 MARRIAGE CLASS: Friday, 9 September, 0800-1530, RFSA.



Care

|Child, Youth, & Teen Program|

(703) 784-0674/4453

PART-DAY PRESCHOOL ENRICHMENT PROGRAM:

Begins Thursday, 8 September, registration is open all year long, (703) 784-4453.

YOUTH CENTER OPEN ENROLLMENT: Available for School Age Care, 703-784-4453.

|Exceptional Family Member

Program| (571) 931-0524

TRAINING

EFMP LUNCH & LEARN: Tuesday, 6 September, 1100-1200, MWC.

SPECIAL EDUCATION BOOT CAMP: Saturday, 10 September, 0900-1500, RFSA.

EFMP RESPITE CARE PROGRAM CLASS: Tuesday, 6, 13, & 27 September, 1200-1230, MWC,

Tuesday, 20 September, 1730-1800, MCFTBH.

NETWORKING

EFMP OPEN HOUSE: Friday, 16 September, 1730-1900, EFMP House.

RFSA: Religious & Family Services Annex **TCAQ:** The Clubs at Quantico

MWC: McHugh Woods Community Center, 18005 Cutts Ave

MCFTBH: Marine Corps Family Team Building House, 126 Neville Rd

Semper Fit

|Health Promotion| (703) 784-3780

PITAIYO: Mondays & Wednesdays, 0915 & 1130.

YOGA: Tuesdays & Thursdays, 1130 & 1700.

SENIOR EXERCISE: Fridays, 1015.

TOBACCO CESSATION CLASS: Wednesday, 21 September, 1130-1300, BPAC, Health Promotion Classroom.

HEALTH FAIR: Thursday, 22 September, 1000-1400, BPAC.

|Dietitian| (703) 784-2869

FOOD MYTHS DEBUNKED: Wednesday, 7 September, 1130-1230, BPAC, Health Promotion Classroom.

SPEEDY CHEF COOKING CLASS: Wednesday, 14 September, 1130-1230, Health Promotion Classroom.

GUIDE TO HEALTHY EATING: Friday, 29 September, 0730, MCB Quantico, Commissary, open to all ID card holders. Do not need commissary privileges to attend.

All I Really Need to Know I Learned at Football Practice

In 1990, Robert Fulghum's book, "All I Really Need to Know I learned in Kindergarten," was published. It was a pithy book that spoke of sharing, cleaning up your own mess, and flushing the toilet. However, I think that all *I* really need to know I learned at *football practice*.

I recall Coach Konkle feverishly yelling at us, "Keep your legs driving!" His point was that we had to keep moving forward to open holes for running backs. Coach didn't want us giving up. He didn't want us quitting, so now, during hard times in life and thirty-five years later, I find myself reminiscing about his favorite phrase. Then I keep pushing on.

Another lesson I learned was that for every offense there's also a penalty. Once during a close game I was punched by an opposing player, so I punched him back. "Tweeeeeet!" shrilled the whistle as yellow flags flew. "Un-sportsmanlike Conduct, number 52, fifteen yards," the ref yelled. I got caught and cost my team a first down and ultimately the game. At practice on Monday all I did was run laps as Coach Konkle taught me to keep my head when bad things happen and that I will be held accountable for my actions.



However, the most important lesson learned at football practice was not to quit. My team lost 15 out of 16 games in two years, but we never walked off the field. A few games we lost by a score of 52-0 and yet my coach had us back out on the field the next day running drills, learning new plays, and always improving. He never looked back at the last game he only looked forward the next. Some players wanted to quit, but the coach wouldn't let them. He kept us going, teaching us to be men of the future who would press on no matter what.

I guess the main point of this article is that life's sometimes difficult and it's hard to keep going. When it is, keep your legs driving. Even if you have done something really bad and it's caused you lots of trouble, simply remain calm, take responsibility for your actions and don't quit.

Within the context of my faith, this is put into practice by trusting that the Lord is with me. I can press on through any adversity because I know that no matter how bad it gets He will lead me through my troubles. Certainly, He also holds me accountable for my actions, the devil may have made me do it, but I am still responsible, no one else, but He also forgives.

Finally, know this, you're on a team – Team USMC – and your chaplains want to help you get back into the game.

God our Father loved us and by his kindness gave us everlasting encouragement and good hope. 2 Thessalonians 2:16

Report suspicious behavior:

Surveillance

Are you aware of anyone recording or monitoring activities, taking notes, or using cameras, cell phones, maps, binoculars, etc., near a military facility?

Suspicious Questioning

Are you aware of anyone attempting to gain information in person or via phone, mail, e-mail, etc., regarding deployment status of units or personnel?

Tests of Security

Are you aware of any attempts to penetrate or test physical security or procedures at a military facility?

Acquiring Supplies

Are you aware of anyone attempting to improperly acquire explosives, weapons, ammunition, dangerous chemicals, uniforms, badges, flight manuals, access cards, or identification that could be used in a terrorist or criminal act?

Suspicious Persons

Are you aware of anyone who does not appear to belong in the workplace, neighborhood or business establishment near a military facility?

Dry Runs

Have you observed any behavior that appears to be preparation for terrorist activity, such as mapping out routes, playing out scenarios with other people, monitoring military facilities, timing traffic lights or traffic flow, or any other suspicious activities?

Deploying Assets

Have you observed abandoned vehicles, stockpiling of suspicious materials, or persons being deployed near a military facility?



**Report any
suspicious
activity to
(703) 432-
EYES (3937).
And also
report to your
local law
enforcement**

Military Family Emergency Preparedness

As part of our nation's military, whether on active duty, reserves, civilian employee or family member, you play an important role in ensuring the welfare of our homeland. It is also important to prepare yourself and your family for all types of emergencies so you can increase your personal sense of security and peace of mind. Preparing makes sense. Get ready now.

Considerations for all Military Personnel and Families

- Every time you relocate, learn the types of emergencies likely to affect the area and update your emergency kit and plan with new materials if necessary.
- Be aware that mass warning systems differ at different locations. It could be a "Giant Voice" outside speaker, siren, telephone alert, or some other system or procedures.
- You may not have extended family nearby, so a rendezvous point or call-in contact after an emergency may require more ingenuity.
- Establish an emergency plan with an out-of-town contact you can all reach. Keep in mind that one or more family members may be deployed when disaster strikes.
- If you live off base, threat levels or other circumstances may keep you from getting back on base for day-to-day activities following an emergency. Know alternative places to shop or obtain things you normally get on base.
- Collecting and recording important personal and financial documents is already a part of preparing for deployment. Be sure to include these documents in your family's emergency kit.
- During or after an emergency, you need to report to your command. Learn and follow the established procedures.