



April 2012

A message from the Commander's wife to family members:

Dear Families:

Thank you to all who donated patriotic items for our Command's auction basket last month. The Quantico Officers' Spouses' Dollars for Scholars auction helped raise more than \$14,000 for our graduating seniors. This might be a record. What a fun night! If you missed it, you will want to attend next year. The silent and live auction items were amazing, and General Sattler was an entertaining auctioneer.

As you know, I like quotes. In January's newsletter I wrote about "I Am" statements being self-fulfilling and the power of positive thinking. I found another quote that beautifully reinforces this same idea, so I have to share it:

"Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character, it becomes your destiny."

This quote is often attributed to Frank Outlaw, a supermarket manager who founded the Bi-Lo supermarkets in South Carolina. He also played a supermarket manager in the movie, "Raising Arizona." These words are powerful in every way. We wrote them in a very visible place in our home to remind us to be mindful of what we think, say and do.

Wow! April is here. Where is the year going? Some of us are eagerly awaiting spring break (I confess... I am). A quick trip might be on our agendas or just some relaxing time at home with family. This short dose of fun is sometimes all we need to re-energize and refocus.

As we think about spring break, it makes me remember special teachers who have made a difference in my life. We can probably all think of at least one... a teacher who took time to listen or help us go that extra mile, or someone who taught us the value of hard work and never giving up. My special teacher is now an assistant superintendent. I'm not surprised she's done so well. She was my principal when I was teaching second grade at a new school. She truly inspired everyone around her. She demanded excellence, yet led the way by being excellent herself. The one thing I remember most about her was her laughter. She loved and cared about what she was doing, and it showed.

What about you? Who was a great teacher to you and why? I'd love to hear your stories. Send them to mcscpao@usmc.mil and we'll share a couple of them next month.

Take time this month to have some fun and then come back hard-charging and ready to achieve. Make each day better than the day before by carefully choosing your thoughts, words and actions. Let your character guide and shine in all you do.

Start it with a single positive thought.

Traci Kelley

From the desk of the Family Readiness Officer

By Gerard "Mac" McManus

It has been officially noted that March was the warmest March on record. I think it is safe to say that you can now safely put away your snow shovel – that is if you ever had it out. It must be because of the weather during the last four months that spring fever has been at a very heightened state for just about everyone. Trees and flowers are in full bloom, and the pollen is going through the roof. Yep, spring is definitely in the air.

With that in mind, allow me to quickly highlight some of the spring like activities going on in and around the Quantico area:

- First off, April is designated as the Month of the Military Child.
- Celebrate Easter with a delicious brunch. Let the Clubs At Quantico do the cooking for you this Easter: <http://www.quantico.usmc-mccs.org/TCAQ/pdf/EasterBrunch.pdf>
- Have you ever thought about starting a weight-training program but weren't sure where to start? Join the physical fitness trainers for a women's weight training six-week session: <http://www.quantico.usmc-mccs.org/PhysicalFitness/PDF/WomensWeightTraining.pdf>
- Teens, join the Youth Center staff as they truck on down to Kings Dominion over spring break. Reserve your seat today: <http://www.quantico.usmc-mccs.org/CYTP/pdf/KingsDominion.pdf>
- Co-parenting can have its ups and downs, but learn to be great parents for your child: <http://www.quantico.usmc-mccs.org/FAP/PDF/CoParentingSeminar.pdf>

This is just a small sampling of all the activities MCCS has planned and coordinated for you and your family to participate in and enjoy. Check out the MCCS website, www.quantico.usmc-mccs.org, to discover the rest of the activities planned for April.

Families on Point survey results

The first Families on Point survey was launched in early December 2011. The intent of the survey was to obtain feedback from employees and their families regarding past and future activities, raise awareness about the team's services and recruit volunteers for future events. A total of 207 people responded and provided valuable feedback that will be used to plan Families on Point events for the next year. Potential activities that generated positive responses included bowling, a fun walk/run, movie night, MCSC and PEO LS Open House and get-to-know-us events, and a pool party.

April is the Month of the Military Child

April, the Month of the Military Child, is a special celebration and a legacy of former Defense Secretary Caspar Weinberger. It was established to underscore the important role children play in the armed forces community. According to Military K-12 Partners, today there are more than 1.2 million military children, and since 2001 about 2 million children have experienced deployment of a parent. Care of military children sustains U.S. fighting forces, and strengthens the health, security and safety of the nation's families and communities. The National Child Traumatic Stress Network offers special thanks to all the NCTSN sites that provide care and support for military children and families.

For more information, see [Featured Resources in Celebration of the Month of the Military Child](#).

National Military Family Association newsletters

Click on the links to read the latest electronic newsletters for [Military Family Topics](#), [The Voice for Military Families](#), the [Monthly Bulletin](#) and [Spouse Club eNews](#), all published by the National Military Family Association.

[DOD takes steps to remove spouse employment barriers](#)

The Defense Department is making "tremendous" strides in its efforts to ease employment challenges for military spouses with occupational licenses, a DOD official said.

Panel aims to boost support to special-needs families

Military families with special-needs members would benefit from better communication and education, members of an exceptional family member panel concluded.

Guard Soldier becomes women's advocate

Deployments can change a soldier's life, but the prospect of a deployment may have saved the life of one central Illinois soldier.

Military children earn top honors for service, sacrifice

At just 9 years old, James Nathaniel Richards already considers himself a seasoned military "brat."

Sesame Street, USO launch tour for military families

Military families across the nation soon will be invited to take a stroll down Sesame Street.

Military vets aid families' pets

Active-duty service members and military retirees who own a pet and live near a military installation have a great service at their disposal: veterinary clinics.

Mrs. Dempsey urges spouses to share stories of service

Deanie Dempsey, wife of chairman of the Joint Chiefs of Staff Army Gen. Martin E. Dempsey, had a key message for spouses: share your amazing stories. "I want all of America to see what I see -- this is a group that can be an incredible source of good," she said.

Video contest to honor wounded troops' caregivers

The Pentagon Federal Credit Union Foundation is sponsoring a video contest to find a caregiver of a wounded service member or veteran to be honored as the "hero at home" at its 8th Annual Night of Heroes Gala on May 24. This year's gala will honor family and friends caring for wounded military heroes while they're recuperating at the hospital and after they've returned home.

First Lady talks military family support on 'Letterman'

First Lady Michelle Obama encouraged Americans to rally in support of military families during an appearance on the "Late Show with David Letterman."

Military kids can apply for free summer camps

Military families can get a head start on their planning today by applying for the National Military Family Association's Operation Purple Summer Camp program. The nonprofit organization launched this free program nine years ago to support military children, ages 7 to 17, dealing with the stress of war.

Official offers tips to beat summer moving rush

With military moving season about to kick into high gear, officials are urging service members to book their moving dates early and to remain as flexible as possible when doing so.

Dr. Biden: Military support will define future leaders

Supporting troops, veterans and their families as they've supported the nation is a charge that will define America's next generation of leaders, the vice president's wife said.

Senior enlisted leaders meet to tackle troop, family issues

The military's top enlisted leaders and their spouses gathered to discuss the most pressing issues affecting service members' lives, and to identify possible solutions.

Top enlisted leaders focus on troop, family wellness

The military needs to "eviscerate" societal problems plaguing the force with an unmatched and unyielding effort, the Marine Corps' top enlisted leader said.

DOD nominees pledge to advocate for troops, families

The nominee for the Pentagon's top personnel and readiness post told Congress she will champion the men and women in uniform and their families while tackling budgetary challenges.

Dempsey: Military must keep 'bond of trust' with troops, families

The military is defined by a bond of trust -- between service members, their families and their communities -- that must remain unbroken, the military's top officer said.

Official: Holistic care builds troop, family resilience

The military is on the right track by taking a holistic approach to resilience building and readiness, a Defense Department health official told nearly 750 behavioral health experts and military leaders.

Top 10 reasons to admire military kids

In honor of April's Month of the Military Child, here is a Top 10 list of the qualities to appreciate about children from military families.