



January 2012

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

Dear Families:

Welcome back, everyone, from the festivities and holidays. Our home was filled with family, friends, presents, music, laughter and food, food, food! We enjoyed playing games, watching movies and enjoying long interesting conversations over dinner. It truly was and always is a special time.

With January here, we can all begin working on our New Year's resolutions and other goals we hope to achieve this year. Here is a quotation that may help us along the way:

"If you fail to plan, you plan to fail" – Mrs. White, Quantico Middle High School

I saw this sign in her classroom and thought it to be very true. I also heard a speaker on television the other day talking about "I am" and how our words become self-fulfilling. I took his idea and added my own thoughts:

Instead of "I am tired," say, "I am energetic and ready to face the day!"

Do: Work out, walk, do yoga, Go to bed earlier, eat better, live a healthier lifestyle!

Instead of "I am not smart enough," say, "I am smart and ready for challenge."

Do: Take a college class, research a favorite subject, READ!

Instead of "I am boring," say, "I am engaging and entertaining."

Do: Share your unique ideas, thoughts and talents. Be the best you!

Let's collectively say, "We are going to reach our goals this year and make our lives better and more interesting." Keep the glass half full, not half empty. Go out and get what you want and deserve in life. All it sometimes takes is a little diligence, dedication and determination.

On another note, we have our Contracts/Family Town Hall on Feb. 14 at Little Hall Theater. Be sure to join us for some great family information, entertainment and support. Watch for flyers and emails for more information. I can't wait to learn more about how contractors make our Marines safer and more effective.

Let's set our goals, make a plan and plan to succeed. Make this a year to remember. One of my favorite movies, "It's A Wonderful Life," says it all. Mary asked George in the movie, "What'd you wish, George?" He replied with a great answer we should all remember, "Well, not just one wish. A whole hatful, Mary." Find out what your wishes are and go after them!

Hatfuls of heartfelt wishes,
Traci Kelley

PS: Here's another good book (recommended by Jeanne Bergerud): "Unbroken" by Laura Hillenbrand.

Thanks, Jeanne, it was inspiring, and I learned a lot from this book... A lot to ponder... Talk about determination... This helps us understand how really blessed we are in life and also realize the huge sacrifices others make to preserve it.

From the desk of the Family Readiness Officer

By Gerard "Mac" McManus

As the clock rapidly ticked down the last few hours of 2011, I thought I should take a moment to wish you all a happy and healthy New Year. I hope you all are looking forward to 2012 as much as I am.

In December, MCSC held its annual Christmas Holiday Social at The Clubs at Quantico, and from all accounts it was a smashing success. Because we listened to the concerns expressed after the previous social, we made sure we secured the entire club so that there would be ample room for everyone. The food was delicious as usual, and we even offered a kid's meal of mac and cheese for our younger guests.

The social was kicked off by the A.G. Wright Middle School children's choir which performed around a dozen traditional Christmas songs to help get the folks into the holiday spirit. The reindeer ride, crafts for the kiddos and Santa and Mrs. Claus all made for a very enjoyable afternoon for both the young and the young at heart.

This year's social also saw more "adult activities." Prior to the social, we had a decoration contest held throughout the Command to see which work areas captured the spirit of Christmas. We also had our first dessert contest in which family dessert recipes were pitted against one another in mouthwatering competition. Last but not least was the all-Command sing-a-long featuring the 12 Days of Christmas. These new additions were such a success there is already a call to bring them back in 2012.

The exact date for the 2012 Christmas Holiday Social has yet to be confirmed, but you should expect it to be around the same time. It took a lot of work to put it together, and I would like to tip my hat to the planning committee for all their hard work and commitment to putting on an enjoyable event. There is always room for one more on the committee. Many hands make the labor light.

A Happy New Year to one and all!

January: A time to honor Martin Luther King Jr.

After New Year's Day, January's highlight is the birthday of Martin Luther King Jr.

Martin Luther King Jr. Day is a federal holiday held on the third Monday of January. It celebrates the life and achievements of Martin Luther King Jr., an influential American civil rights leader. He is most well known for his campaigns to end racial segregation on public transport and for racial equality in the United States.

Martin Luther King Jr. Day is a relatively new federal holiday, and there are few long-standing traditions. It is seen as a day to promote equal rights for all Americans, regardless of their background. Some educational establishments mark the day by teaching their pupils or students about the work of Martin Luther King Jr. and the struggle against racial segregation and racism. In recent years, federal legislation has encouraged Americans to give some of their time on this day as volunteers in citizen action groups.

Martin Luther King Jr. Day, also known as Martin Luther King's birthday and Martin Luther King Day, is combined with other days in different states. For example, it is combined with Civil Rights Day in Arizona and New Hampshire, while it is observed together with Human Rights Day in Idaho. It is also a day that is combined with Robert E. Lee's birthday in some states.

Command surveys family members

The Families On Point Command Team is asking all family members of Command employees to participate in a quick 10-question online survey. Employees are also invited to take the survey. This brief survey will help the Families On Point Team best determine the specific areas that interest family members. The survey covers activities, communication tools, volunteering and more. There is a link to the survey on the Command's family website at www.marcorsyscom.usmc.mil/families, and it is also available at <http://www.marcorsyscom.usmc.mil/survey/TakeSurvey.aspx?SurveyID=982HI68>.

'Are You Smarter Than a Contracting Intern?'

MCSC's Contracts Team is conducting an event that includes a series of variety game shows, including Acquisition Price is Right, Who Wants to be a Contracting Officer? and Are You Smarter Than a Contracting Intern? Volunteer contestants will be selected randomly from the audience.

The event will be held from 1:30-3 p.m. Feb. 14 at Little Hall. It is free and open to all MCSC and PEO LS employees and their family members. Light refreshments will be served.

The purpose of the interaction is to show Command team members what the Contracts Team does and what they are responsible for. This activity is the second volunteer event requested by the Families On Point Command Team that focuses on a different Command organization each quarter. The first event was the Ground Transportation and Engineers Systems Open House in October.

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.

[Holly Petraeus cites need to financially empower troops](#)

Potentially career-impacting financial issues are among the top concerns for service members and their families, a military finance expert said.

[TRICARE beneficiaries have several pharmacy options](#)

Despite questions about whether the Walgreens pharmacy chain will continue as a TRICARE provider, beneficiaries will have several options for filling prescriptions, Defense Department spokeswoman Eileen M. Lainez said.