



June 2012

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

Dear Families,

Summer is almost here and not a moment too soon. I didn't think my kids were going to make it to the last day of school! I had to remind them to "BE" patient and "BE" determined.

The days ahead will hold many moments to play, swim, relax and just be with friends and family. I remember my summers from childhood with many fond memories of days that seemed to go on forever. Curiosity and creativity were high motivators for daily activities. I hope you are making special plans for some wonderful summer memories.

Create these memories by celebrating each moment of every day, whether at work or play, no matter when – life moments of discovery, laughter, pride in someone, pride in yourself, love, remembrance, challenge, success, personal growth, forgiveness and so many more. These life moments will happen when we least expect, so never give up because tomorrow may be your defining moment.

Let's start a daily journal to keep track of our life moments. We can think and write about our successes and failures, as well as things we are grateful for and areas we need to improve. Journaling is a great way to learn and tell our life story. It also helps renew our energy to succeed. It can be a "sounding board" when we need one and can keep us moving towards our goals. Words and thoughts often propel us in the direction our lives go, so journaling can help us "BE" positive and move us forward.

As I wrote in last month's letter, we are the authors of each page in our "life books" (and now "life journals"), so keep living, learning and sharing along the way. Let's make some wonderful new memories and remember them in our journals. Memories sometimes fade, but writing our life stories down will help us cherish them forever.

It's important to work hard, play hard and joyfully live. Every single day holds so much promise, but every single promise takes persistence. We only live each day one time, so we need to do it well and from the heart.

Make this your best summer ever and enjoy every single moment.

"BE" reflective,
Traci Kelley

From the desk of the Family Readiness Officer

By Gerard "Mac" McManus

Summer is coming, summer is coming – as if you had to be told! For some of you, summer is already here with your kids already out of school, while for the rest, it seems as though June 15 is the date most schools in the local area will be finishing up for summer. Now, the question is, "Are you ready?"

Ready for what, you may ask? Ready for at least 10 weeks of your children being home and within two weeks of vacation starting to hear them proclaim, "Mom/Dad, I'm bored. There's nothing to do." What will you do? What will you say? Here are a few quick suggestions to "prime the pump" to get you thinking about things that are available and inexpensive or free for your kids to keep them happy and busy.

- Team sports – A great way to fill up time for the youngsters in your home is by getting them involved in team sports. If you live in a community with a pool, or have access to one, then consider signing your child up for the swim/dive team. This will not only keep them busy and give them a schedule to keep, but it will also help them develop a sense of responsibility and what it takes to be a team member. Other summer team sports could be: soccer, little league and basketball to name a few. Another benefit is that after a day of grueling training and/or competing, they will be ready for bed at a much earlier hour.
- Self discovery – Join your children in their journey of discovering what it is that interests them. Expose them to different activities and see what captures their attention. Provide them with arts and crafts materials and see if they have a creative or imaginative inclination. Purchase for them a disposable camera and let them loose and see what they pictures they capture. You can then expose them to the wonders of Photoshop and see what they can do with their photos. How about exposing them to a musical instrument, dance lessons or voice lessons? As parents, one of our main jobs is to become students of our children; to discover their strengths and then encourage them in those areas.
- A summer reading program – It doesn't always have to be go, go, go! Summer time can also have some down time as well. For those days when it may be too hot to go outside or maybe for the rainy days, have an established reading list of two or three books you would like your children to read over the summer break. There are many youth appropriate series out there that I am sure you can get your kiddos interested in: sports, mysteries, historical novels, westerns and science fiction.

Like I said, these are just a couple of ideas to "prime the pump." I am sure that if you take a few moments, you too could come up with several more things that you could do, or are already doing, to keep your kiddos busy throughout the "dog days" of summer.

I would also like to give you another friendly reminder. June 27 will be our annual Family Fun Day. Once again we will be holding it in front of Bldg. 2200 on Hospital Point. We had hoped to have it at Lunga Park this year but the Park Service is behind schedule in their ordnance removal and the park won't be ready until after the first of July. We will have our famous menu of picnic fare to include burgers and hot dogs, activities for children and adults of all ages, games, a moon bounce and the Commander's Cup Competition. Please mark your calendars now and plan to attend!

Father's Day and MCCA Activities

Father's Day in the United States is on the third Sunday of June. It celebrates the contribution that fathers and father figures make for their children's lives. It originated with a memorial service held for a large group of men, many of them fathers, who were killed in a mining accident in Monongah, W.Va. in 1907. The first time Father's Day was held in June was in 1910. Father's Day was officially recognized as a holiday in 1972 by President Nixon.

Show the father, grandfather or husband in your life how important he is with one of these activities being held on Quantico.

- [Show Dad how much he means to you on Father's Day with free bowling at the Bowling Center](#)
- [Take Dad out for donuts to celebrate his special day](#)

There are many other family activities available through Marine Corps Community Services.

- [It's never too late to learn to play golf – let the professional at the Medal of Honor Golf Course get you started](#)
- [Don't forget to stop by REC ITT for your discount park tickets](#)
- [The pool is open and swim lessons are right around the corner](#)
- [Kick the summer off right with the Youth Center Family Dance, good family fun for all](#)

For a complete list of all MCCA activities, visit <http://www.quantico.usmc-mcca.org/>.

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.

Public School Choices for On-Base Military Families

For the past couple of weeks we have been highlighting legislation that impacts military families in the House Armed Services Committee version of the Fiscal Year 2013 National Defense Authorization Act.

Facebook Helps Service Members and their Families in Crisis

On May 10, Facebook unveiled its military crisis content resource. Working in collaboration with the Department of Veterans Affairs and Blue Star Families, Facebook developed this resource for active duty service members, veterans, and their families.

eBenefits Offering New Toolkit

The Department of Veterans Affairs and the DoD wants service members, veterans, and family members to know about eBenefits. eBenefits is a joint VA and DoD website that allows users to access and manage their VA and DoD benefits, along with their claims and military documents, online.

Adults Should Check Their Immunization Status

Just like childhood immunization, adult immunizations are an excellent way to prevent many diseases that can be harmful or even deadly. The Centers for Disease Control and Prevention wants everyone to know that vaccines aren't just for kids.

Applications Available for Wounded Warrior Family Retreat

Operation Purple Healing Adventures is a family camp experience for active duty or medically retired service members who were wounded or experienced emotional trauma or illness related to their service in Operation Iraqi Freedom or Operation Enduring Freedom.