



November 2012

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

Dear Families:

First, please note our new monthly Family "Power Hour" Brown Bag Lunch series. It's from 11 a.m. to noon the second Tuesday of each month in the Trailer 2209 Conference Room. The Nov. 13 topic is "Effective Communication." I am so excited! In these monthly meetings we'll get to know one another, learn important family readiness information, have fun and enjoy lunch. There will be laughter and learning each time that you won't want to miss. Help spread the word. Grab a friend and show up with lunch. No RSVP necessary. Not hungry? Come anyway and learn great information. This month we are learning to be better listeners. In December we will learn ways to de-stress our busy lives. We hope these Family Power Hour lunches become a habit every month you just can't break.

This month I want to discuss advocacy. First, here's a definition: Advocacy: 1)The act of pleading for, supporting or recommending. 2)The act of working hard to bring about positive change for others in your community.

I decided to discuss advocacy because my kids are doing service projects in school this year. As we started researching possibilities, we realized the enormity of needs in our very own community. There are so many ways we can all help, whether big or small. To be an advocate is not hard:

- 1) Start where you are: In your own family, with neighbors and friends, join the PTA, coach a sport, etc. Work hard to bring about positive change. This is called being an advocate. We move in and out of our advocacy levels over time. Life is busy. It's all in the timing. Help when you can.
- 2) Give yourself credit and others, too: Do what you can, when you can, and be proud. If your advocacy involves only your family for now, that's OK. Do what you do well, and reach out to help others when possible. Appreciate everyone for what they are doing, and tell them, "Thank you."
- 3) Get involved, get connected, and make a difference: We have to know each other to care for each other. Getting involved helps us help ourselves. Sometimes our problems pale in comparison to what we find others are dealing with in life. Help make a difference for someone in need.
- 4) Live a balanced life: You juggle work, family, school and many other schedules every day. Don't overdo it. You don't need to do it all. Volunteering should make you happy. If you lose your joy, take a step back and do less for a bit. Don't be afraid to ask others for help. Sometimes we forget to ask, and help is standing in our doorway. Find a good balance for you.

There are several reasons to volunteer:

- Learn about your community.
- Develop leadership skills.
- Keep active.
- Make new friends.
- Enhance your resume.
- Explore a possible career.

- Start a family tradition.
- Take on a new challenge.
- Help make changes.
- Pass on a skill you've mastered.
- Share your enthusiasm for a cause or belief.
- Be a valued part of a team.
- Help create the kind of community you want.

So, advocate, advocate, advocate! Volunteer and help whenever possible. Be a mentor, take a class, learn from others, share your special skills and talents. You will be surprised how happy it makes you feel.

My kids decided for their service project to make lemonade throughout the school year and give all donations to pediatric cancer research. What can you do to help others?

Think about it, and I'm sure you will come up with some creative unique ways to make each day count. Life is a gift, and we should gift it to others, too.

Be an advocate.

Traci Kelley

From the desk of the Family Readiness Officer

By Gerard "Mac" McManus

Autumn is upon us with all its vibrant colors and aromas that fill the air. We have even dodged a major storm as Sandy came barreling through, causing minimal damage but giving us a couple of days off work. However, our family, friends and neighbors just north of us in New Jersey and New York City were not as fortunate, as they absorbed the full brunt of Sandy's fury. We need to keep them in our thoughts and prayers as they continue to try to piece their lives back together while wading through unparalleled destruction, death and despair.

November is shaping up to be quite a busy month. Next week Marine Corps Systems Command will celebrate the 237th Marine Corps Birthday by hosting its Marine Corps Ball Nov. 10 at the Renaissance Hotel in Washington, D.C. The Command is also celebrating its 25th anniversary this month. Also beginning this month is the monthly Family Power Hour as mentioned above. Bring your lunch and your kiddos (sorry, no childcare provided) and gain pointers on effective communication. Then comes our National Day of Thanksgiving Nov. 22.

Plans and preparations are well underway for our annual Holiday Social. It will be held from 1 to 4 p.m. Dec.18 at The Clubs At Quantico. A delicious menu of snacks and finger foods has been selected as well as a children's menu of yummy macaroni and cheese with chicken tenders. Santa and Mrs. Claus will be there with activities for the kiddos and lots of fun and entertainment for the adults. Come join us and kick off your holiday season with your family at MCSC. Hope to see you there.

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.

MCCS calendar for November

The Marine Corps Community Services lists events at Quantico at this link:
<http://www.quantico.usmc-mccs.org/>

[Former Chairman honored by USO for serving troops, families](#)

Retired Navy Adm. Mike Mullen, the 17th chairman of the Joint Chiefs of Staff, and his wife Deborah were honored here yesterday evening by the United Service Organizations for being staunch advocates for troops and their families.

Biden, Odierno announce education milestone for military kids

More than 100 colleges and universities have signed on to a White House initiative to prepare educators for the unique needs of their military-connected students, Dr. Jill Biden announced.

DOD teacher finds crossroads in U.S. education

Common Core Standards, No Child Left Behind, STEM, differentiated teaching, merit pay. Keeping up with the latest policies, ideas and buzz words in education is enough to make parents' – along with more than a few educators' -- heads spin.

Grants expand military children's educational opportunities

The Department of Defense Education Activity director urged recipients of the 2012 educational grant program to push the envelope in developing programs that ultimately will benefit all military schoolchildren.