



May 2012

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

Dear Families:

I must confess, I need time to recover from our spring break trip. We headed to Florida to see my family and did some boating, fishing, swimming and anything else fun we could fit into our week. I caught the biggest fish (or at least that's my story), and it was time with family well enjoyed. It was wonderful to see everyone just relax and spend some special time together without looking at our watches, schedules or phones. Well... Frank may have looked at his phone a time or two.

Anyway, I hope your break was fun (if you had some time off) and you are back and ready to go.

I told you last month we displayed a quote in our house about watching our thoughts, words and actions. A couple of weeks later, one of my sons had an assignment in school to write about "The Golden Rule." Guess what quote appeared in his paper. He wrote about the quote we had displayed and what it meant to him. It really brought home to me the power of mentoring and our responsibility to be positive role models to those around us. People really do pay attention and we can make the world a better place by being better ourselves. My other son wrote about the quote, too, for a different assignment. He wrote this: "Life is like a book with chapters. Each page is written by your thoughts, words and actions. Be careful who you include, and make sure you are proud of your book. Live every page to its fullest."

I want to leave you with some "BE" words to think about and remember. You never know who is watching and learning from you.

"BE" a leader, positive, present, educated, available, approachable, proactive, kind, caring, a good listener, a hard worker, a helper, a role model, fun, a better "me."

Enjoy this month and remember to live your every page to its fullest. I want my book to be full of wonderful memories of family and good friends. Make your book special, too.

"BE" proud of your book!

Traci Kelley

From the desk of the Family Readiness Officer

By Gerard "Mac" McManus

Every time I am told it is time to submit my notes for the newsletter I have the same thought: "Already?" I cannot believe how fast the time is flying by. It's May already! I don't know about you, but for me, April was just a blur, and May is already starting to look a lot like it.

Several things are coming up that I believe you will find informative and interesting. The first is the coming of eMarine. The eMarine website provides Commanders and Family Readiness Officers with a secure way to communicate information to

their unit's Marines, service members and their families 24/7 from anywhere in the world. By maintaining a unit eMarine site, Commanders and Family Readiness Officers can provide information, photos and videos, downloadable files and more to the geographically dispersed members of the unit and their family members. In cooperation with the unit's Commander, Family Readiness Officers are responsible for maintaining the unit's site as well as updating the sponsor (Marine and service member) database, approving site subscriptions, responding to questions, and more. A unit's eMarine site promotes a community feeling within units by providing a place that is customized to the unit with content that is controlled by the unit. Commanders can determine the content provided on the unit's eMarine site and work with the site's Family Readiness Officer to design, maintain and add the content to the site.

We've worked very hard on our site over the last couple of months and will unveil it in the near future. Marines will be notified when it is operational, and once they have registered they will be able to sponsor you to register as well. eMarine's goal is to provide a "one-stop shopping" Web page where you will be able to find information about Marine Corps Systems Command, Quantico Marine Base and all things related to Marines and their families.

Families Overcoming Under Stress (FOCUS) would like to invite you to their Muffins with Mommy event. Have special one-on-one time with Mom. Share laughs with your children as you participate together in a fun activity. The event is open to moms and children ages 3-5, childcare for children 2 years and younger will be provided, but space is limited, so please RSVP. To make reservations, send an email to isharp@focusproject.org, or call (703) 784-0189.

A new service unveiled by the Marine Corps is called DSTRESS. From the everyday stressors of life to the stressors related to combat, stress can affect even the strongest Marine. The DSTRESS Line was developed by the Corps to provide professional, anonymous counseling for Marines, attached Sailors and families when it's needed most. Call today to speak with one of your own: (877) 476-7734.

Don't forget that May 11 is Military Spouse Appreciation Day. Come to Quantico's Main Exchange from 10 a.m. to noon for a cosmetic consultation, or you can "Ask a Trainer." If you are not sure where to start, or you are not getting the results you want with your workout, stop by and "Ask a Trainer." For more information on these Main Exchange activities, call (703) 784-5803, or see the Web page at www.quantico.usmc-mccs.org.

Have a great May, and make sure you pause long enough to smell the flowers along the way.

Mother's Day observance May 13

Mother's Day, observed May 13 in the United States, is annually held on the second Sunday of May. It celebrates motherhood and it is a time to appreciate mothers and mother figures. Many people give gifts, cards, flowers, candy, a meal in a restaurant or other treats to their mother and mother figures, including grandmothers, great-grandmothers, stepmothers and foster mothers.

The origins of Mother's Day are attributed to different people. Many believe that two women, Julia Ward Howe and Anna Jarvis were important in establishing the tradition of Mother's Day in the United States. Other sources say that Juliet Calhoun Blakely initiated Mother's Day in Albion, Mich., in the late 1800s. Her sons paid tribute to her each year and urged others to honor their mothers.

Around 1870, Julia Ward Howe called for Mother's Day to be celebrated each year to encourage pacifism and disarmament among women. It continued to be held in Boston for about 10 years under her sponsorship, but died out after that.

In 1907, Anna Jarvis held a private Mother's Day celebration in memory of her mother, Ann Jarvis, in Grafton, W.Va. Ann Jarvis had organized Mother's Day Work Clubs to improve health and cleanliness in the area where she lived. Anna Jarvis launched a quest for Mother's Day to be more widely recognized. Her campaign was later financially supported by John Wanamaker, a clothing merchant from Philadelphia.

In 1908, she was instrumental in arranging a service in the Andrew's Methodist Episcopal Church in Grafton, W.Va., which was attended by 407 children and their mothers. The church has now become the International Mother's Day Shrine. It is a tribute to all mothers and has been designated as a National Historic Landmark.

Mother's Day has become a day that focuses on generally recognizing mothers' and mother figures' roles. Mother's Day has also become an increasingly important event for businesses in recent years. This is particularly true of restaurants and businesses manufacturing and selling cards and gift items.

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.

Military Child Education Coalition cites activities

Here are some of the current activities sponsored through the Military Child Education Coalition:

MCEC Annual Conference re-designated 14th National Training Seminar; early bird rate of \$499 extended to May 31

Student leaders at Air Force Academy

Old Dominion University, Navy promote services for military children

Toyota of Killeen, Texas, hosts story telling event

Junior Student 2 Student Group goes purple

Military kids' education gets top billing

Education was front and center in Washington and at least two major events directly impact the education of military families' school-age children.

Dempsey: Sesame Workshop gives top support to families

Sesame Workshop's resources and outreach have done more to help families cope with repeated deployments during a decade of war than anything the military could have done alone, the military's top officer said.

TAPS seeks military mentors for 'Good Grief Camp'

The Tragedy Assistance Program for Survivors is seeking active-duty service members and recent veterans to serve as volunteer mentors to children of the military fallen over Memorial Day weekend in Washington, D.C.

First Lady thanks nation for 'outpouring' of military support

First Lady Michelle Obama and Dr. Jill Biden, the vice president's wife, marked the one-year anniversary of their Joining Forces campaign with a renewed call to action and a message of gratitude to the nation.

Military kids make parents' service possible, First Lady says

First Lady Michelle Obama highlighted the shared sacrifices of military children while meeting with the teenage daughters of service members in Jacksonville, Fla.

Nursing community pledges support for troops, families

First Lady Michelle Obama and Dr. Jill Biden announced a major pledge by the nation's nursing community to better understand the unique health needs of service members, veterans, and their families, and to reach out to provide treatment wherever it is needed.

[First Lady, Dr. Biden mark ‘Joining Forces’ anniversary](#)

First Lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden, marked the one-year anniversary of the Joining Forces campaign by celebrating the individuals and organizations that have stepped up in “extraordinary ways” to improve military families’ lives.

[Dr. Biden, Mrs. Dempsey salute ‘Challenge’ winners](#)

Leading up to a White House celebration, two of the nation’s top wives personally thanked a group of individuals and organization leaders for their efforts to improve military families’ lives at the Pentagon.

[White House announces ‘Joining Forces Challenge’ winners](#)

First Lady Michelle Obama and Dr. Jill Biden announced the five winners and “The People’s Choice Winner” of the Joining Forces Community Challenge, an effort to recognize and celebrate the extraordinary efforts of citizens and organizations across the country that are working to improve the lives of military families.

[First Lady visits families at Walter Reed Fisher House](#)

The first ladies of the United States and the U.S. military helped to observe Easter and the Month of the Military Child by visiting children and their families at a Fisher House on the campus of Walter Reed National Military Medical Center.

[First Lady unveils new military spouse hiring effort](#)

First Lady Michelle Obama announced a new hiring effort intended to deliver thousands of portable, flexible job opportunities to military spouses and veterans in the coming years.

[Website helps kids on the move](#)

It’s that time of year again when so many military families are starting their relocation plans – and dealing with the fallout from kids who would rather stay put.