



**December 2012**

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

Dear Families:

First of all, I hope your holidays were warm, relaxing, rejuvenating and filled with family and friends. We went to Boston and spent Christmas Day away from our own home for the first time in many years. You know what I found out? It still felt like home because all the people I love so much were there to celebrate it together. Keep close those you love because it really makes and keeps life special.

With the new year here, we often find ourselves renewing and beginning lots of "new" things... commitments, resolutions, skills, friendships, education, endeavors, diets, goals, discoveries, etc. We need to grab hold of this chance to start fresh while we are energized to move forward. This year I hope to exercise more (a recurring resolution for me), learn to sew and go through more boxes in our basement to get organized. Time goes by quickly, so I'm starting now. Don't delay what can be done today. Start being productive. It doesn't get any easier, cheaper or better if you wait, and it certainly doesn't get done. Now is the time to be effective (not effected) and move forward.

Let's not forget what we learned at last month's Power Hour about managing stress. With all these new commitments come some of the old stressors. Managing stress will be important to being successful. I used several of the tips learned last month at Power Hour to stay calm and relaxed before the holidays, and they really worked. We learned not to let the day-to-day things bog us down. Breathe, laugh, manage our time, make a plan, and revise as we go. Be flexible and resilient. Enjoy what we have and make the most of it. And don't forget to laugh! Laughter truly is the best medicine.

I want to leave you with some food for thought. We all want to try to care for others, but don't forget you need to care for yourself and your own family, too. The Command will hold workshops to set up Family Care Plans (see the following Family Readiness Officer message for more details). These Family Care Plans are required for military families with dependents, but all of us need a plan for emergencies and unexpected situations, military or civilian alike. The paperwork we fill out might be different, but the things we need to think about are the same. Frank and I have six wonderful kids, and we know we need a rock solid Family Care Plan. Communicating, connecting, caring: We are all doing it, and it feels good.

Happy 2013!

Traci Kelley

## **From the desk of the Family Readiness Officer**

*By Gerard "Mac" McManus*

A belated happy holidays! I sincerely hope your holiday season was a memorable one and that you had ample opportunity to spend time with your family and friends. As for me, I was able to spend this time with my daughters and grandchildren in Australia where my eldest daughter lives. It had been a long time since we were able to all be together for the holidays, so it was extra special.

While I was enjoying my time in Australia, Marine Corps Systems Command (MCSC) held its annual Holiday Social at The Clubs at Quantico. It was well attended, had lots of delicious food, with Santa and Mrs. Claus, lots of children's crafts and activities, the Marine Corps Brass Quartet, wonderful gifts, a delicious dessert contest and great MC'ing by Colonel Mike Bergerud. The social was another smashing success for everyone. Make sure you check out the photos on our eMarine Web page. If you weren't able to make it this year, I hope this whets your appetite to attend next year.

Now, a note about Family Care Plans: Marine Corps Order 1740.13B, Family Care Plans, was issued in March 2012 and set a one-year deadline for all Marines to have a Family Care Plan on record. Over the next several weeks many workshops will be conducted to show all MCSC Marines the importance of having a Family Care Plan and give guidelines on how to correctly fill out a plan. All Marines must have a Family Care Plan on file by March.

On another front, the Military Homefront and Military OneSource websites have merged. The Military Homefront website no longer exists. The new website is Military OneSource at [www.militaryonesource.mil](http://www.militaryonesource.mil). On the main page select "Marines" under the "Branches of Service" tab and see the Marine Corps page.

I look forward to the New Year and anticipate many activities throughout the coming New Year that I hope many of you will take advantage of.

## **'Like' MCSC Facebook, register in eMarine**

If you haven't had a chance yet, take a few minutes to view and "Like" our Marine Corps Systems Command Facebook page at <http://www.facebook.com/#!/pages/Marine-Corps-Systems-Command-MCSC/179229838801763>. You must have a personal Facebook account to access it.

Also, register in eMarine at [www.emarine.org](http://www.emarine.org). It is available for Marines, their families and civilians in the Command. Contact Mac McManus with any questions regarding eMarine.

## **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 January**

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

## **[DOD offers non-medical counseling to troops, families](#)**

The Defense Department continues to ensure the well-being of service members and their families through no-cost, short-term, non-medical counseling in the interests of military and family readiness, a defense official said.