



**August 2012**

## **A message from the Commander's wife:**

Dear Families,

Do you wish your life could run more smoothly? Did you know that Aug. 1-7 was National Simplify Your Life Week? Even though this may only be a week-long focus, we can still use the month of August to accomplish some much needed organization. I plan to clean out my freezer, some closets and maybe even attempt to organize our basement. I always seem to be "too busy" to get them done, but this is my chance. If we only do a few things at a time, we won't get overwhelmed. Small baby steps towards a goal are better than none at all. Here are a couple of tips to help simplify our lives:

- ✓ *Learn as you go*
- ✓ *Learn from your mistakes*
- ✓ *Simplify* – chores, wardrobe, closets, pantry, clutter, finances, commute, online life, media life, communication (don't write or answer emails after a certain hour - sorry Mack, I know I've sent you a few late ones!), health, work, relationships.
- ✓ *Stick with the basic essentials*
- ✓ *Live with less, love with more*
- ✓ *Quality* – not quantity.
- ✓ *Spend time with those you love*
- ✓ *Spend time alone*
- ✓ *Take care of each other* – We saw an example of this on our summer vacation. There was a traffic accident that stopped traffic for a long time, but drivers were fairly patient and let others merge. We used a great app called "Waze" to help us navigate traffic. A Wazer pinged a message saying s/he hoped the driver in the crash mentioned above was okay. I thought it was wonderful that someone was more worried about the person than the delay. Talk about spreading goodness and "BE"ing a positive role model; there are some really good people all around us. I see people on Facebook talking about taking care of family members who are sick or need help – Connecting, Communicating, Caring – that's what it is all about.
- ✓ *Use humor along the way* – A little laughter goes a long way.
- ✓ *Organize ideas* – Another neat online organizational tool called "Pinterest" helps organize ideas. You may want to check it out for yourself. And, Anne Lewis, if you are reading this, you are the reason I got so interested in Pinterest. You pin such interesting things! I'm constantly "repining" your ideas and I must admit, I think I'm now addicted to "pinning."
- ✓ *Last, but not least* – *enjoy the important things* – Don't sweat the small stuff and make each day count.

When your calendar, home, work and life are in order, you just feel better. Don't get so caught up in life's "busy-ness" that you can't find time to take control of your life. You own it; it's yours with all its endless possibilities, so go out and tackle it with renewed energy and creativity. Pick a room, shelf, desk, closet, cabinet, drawer, box, garage, basement, pantry or anything else that needs some organizing, and get busy! Don't let this month go by without starting that job you know needs to be done. It only takes a small amount of effort to get started and then we often get motivated to finish the entire task. I'll end with a fun "pin" of mine I found on Pinterest while exploring ideas: Write your child's Christmas wish list on a small piece of paper and put it in a clear round ornament labeled with the year. What a wonderful way to make and keep lasting memories! I wonder what I asked for when I was 5-years-old? How about you?

Sincerely,  
Traci Kelley

## From the desk of the Family Readiness Officer:

"Mom, Dad, I'm bored! There's nothing to do!" It's the first week of August already and I am quite sure many a parent has already heard those infamous words. So, with approximately four weeks of summer vacation remaining, what is a parent to do? Below is a sample of some ideas you may want to consider as you to nudge your kiddos to the start of the coming school year.

- *Volunteer* – Having a few dollars in their pockets probably beats the idea of doing something for nothing for young folks. But isn't service all about thinking of others and doing for others before self? I wonder how many senior citizens, who are on a fixed income, would appreciate having some lawn work or light housework done out of the goodness of a young person's heart. As hot as it has been, I am sure many of our seniors probably let the lawn and shrubs go due to not wanting to be working outside in the heat. Not only will the seniors appreciate someone taking time to help them, but the kiddos will also feel good knowing they did something nice for someone else.
- *Read* – With just a couple of weeks before school and then the books to read being designated by the teacher, now is the time to latch onto a good book or two for the pure enjoyment of reading. In the spirit of the Olympics, I would encourage maybe some biographical books on the athletes that captured our attention this summer. They weren't selected to represent their countries by accident. For each athlete there is a story of sacrifice, commitment and dedication to their chosen sport, obstacles to overcome and disappointments to endure. Each athlete had to stay focused on "the prize" of not only making the Olympic team, but to hopefully contend for a medal. Any one of these character traits may be needed by your child to make it through this coming school year and being inspired by one of these athletes may just be the key for their success.
- *Day Trips* – Hey Mom/Dad, this one is on you. There are so many wonderful places to go to that do not cost a great deal of money. How about a day trip into Washington, D.C., to visit any one of the Smithsonian Museums that are open daily and are free: Museum of Natural History, Air and Space Museum, American History Museum, Native American Museum, Art Museum, and right here, in our own back yard, the National Museum of the Marine Corps. The museums are accessible via Metro and most kids enjoy that experience as well. You may also want to consider tours of the Capitol, Arlington National Cemetery, and The Tomb of the Unknown Soldier and the Changing of the Guard.

I think you get the idea. With a few more weeks of summer vacation remaining, there is really no reason for you to hear, "I'm bored." These are just a couple of suggestions I hope you can use to "prime the pump" as you start to think of ideas as to what you can do to keep your children active and engaged as the summer winds down. If you do have activities that you have used, or ideas or suggestions, please feel free to pass them along so we can pass those along.

Mac McManus  
Family Readiness Officer

## New Command family magazine distributed

The new Command magazine *Families On Point* has been distributed to every Marine Corps Systems Command (MCSC) and Program Executive Officer Land Systems employee. It includes messages from the Family Readiness Officer and the Commander and his wife. Stories in the 24-page publication cover the Family Readiness On Point Command Team, Marine Corps Base Quantico facilities open to both military and civilians, family information available online, and how an evolving MCSC equips the warfighter to win. There are also photo spreads of the Command's recent Family Fun Day and last December's Holiday Social.

## Hawaiian luau adds island spirit to Quantico

An authentic Hawaiian food cookout with a lei greeting, live island music, drink specials, fire-knife dancer and Polynesian dance performances will take place on the patio at The Clubs At Quantico (TCAQ) on Friday, Aug. 24 at 4 p.m. The cost is \$17, with children age 4-12 at half price and kids three and under free. Tickets can be purchased at TCAQ or the Rec/ITT shop at the Marine Corps Exchange. For more information, call (703) 784-4264. Click below for the flyer:

<http://www.quantico.usmc-mccs.org/TCAQ/pdf/HawaiianLuau.pdf>

## Check the MCCS monthly tri-fold brochure for Quantico events

The monthly tri-fold brochure distributed by Quantico's Marine Corps Community Services provides a great listing of services, activities and events. Click below for the August tri-fold and check it out:

<http://www.quantico.usmc-mccs.org/pdf/MonthlyTrifold.pdf>

## Quantico celebrates 'National Night Out' tonight, Aug. 7

Marine Corps Base Quantico Security Battalion, together with Lincoln Military Housing and Marine Corps Community Services, invite you to Quantico's National Night Out. The event will take place on the field adjacent to the Child Development Center tonight, Aug. 7, 6-8 p.m. Click below for the event flyer:

<http://www.quantico.usmc-mccs.org/pdf/MGKTNationalnightout.pdf>

## Quantico holds Civilian Appreciation Day picnic Aug. 16

According to AccuWeather.com, the forecast for the Civilian Appreciation Day picnic on Aug. 16 is 82 degrees and mostly sunny. That's an absolutely perfect day for a picnic! You have until Thursday, Aug. 9, to get your ticket. However, all Marine Corps Systems Command employees who do attend are required to take leave.

What: Civilian Appreciation Day picnic

When: Aug. 16 at noon

Where: Barnett Field

Cost: \$5 for adults; \$2 for children under 12

POC: Russell Ridgeway, (703) 784-2690, russell.ridgeway@usmc.mil

## 'Feds Feed Families' collecting food through Aug. 29

Children and families are in great need of donated food this summer. That's why federal employees are joining together to collect food nationwide for local food banks. Please bring non-perishable food items and place them in designated boxes located at the Barber Physical Activity Center, Little Hall, Child Development Center, Marine Corps Exchange and the Package Store. These boxes will be picked up on Aug. 29. Click below for the event flyer:

<http://www.quantico.usmc-mccs.org/pdf/FedsFeedsFamilies.pdf>

## Expecting and new moms invited to 'What to Expect' baby shower

All expecting and new Moms under six months are invited to register to attend the "What to Expect" baby shower hosted by Operation Homefront DC Metro Chapter and the First Lady of Virginia. The baby shower will be held at the Waterford in Springfield, 6715 Commerce Street, Springfield, Va., from 9:30 a.m. to 2:30 p.m. on Aug. 21. Meet the First Lady of Virginia, Maureen McDonnell, as she shares her support for your sacrifices in support of our country. And you won't want to miss Heidi Murkoff, renowned author of *What To Expect*, as she answers your pregnancy and parenting questions and share hugs about "What to Expect."

The event also includes can't miss pregnancy and parenting sessions, tons of giveaways, exciting day of prizes, games and gifts for mommy-to-be, pampering yourself within a beautiful setting surrounded by other military moms from the area, and a catered luncheon. Immediately following the shower, attend a private viewing of the *What to Expect When You're Expecting* movie! Celebrate with over 100 other expecting military moms. Registration is open to all branches of service E6 and below. Limited space is available for children. Please contact Cyndi.Lucas@operationhomefront.net for more information or click below:

<http://www.operationhomefront.net/dcmetro/highlights.aspx?id=20668>

## Exceptional Family Member Program schedules events

To learn more about the Exceptional Family Member Program (EFMP) and to sign up for EFMP classes and events, visit [www.quantico.usmc-mccs.org/EFMP/index.cfm](http://www.quantico.usmc-mccs.org/EFMP/index.cfm). Unless otherwise indicated, classes and events are held at the EFMP House, 122 Neville Rd, Quantico, Va..

Learn more about the Exceptional Family Member Program so that you can be the best advocate for your exceptional family member. The EFMP staff teaches an EFMP Basics class that includes all the supports, training and events available. The next class will be held Wednesday, Aug. 29, 10-11 a.m.

To use the Quantico EFMP Respite Care Program, the sponsor or designee is required to complete one 30-minute session of the EFMP Respite Care Program orientation class. There are two classes this month: Tuesday, Aug. 14, 11:30 a.m.-12 p.m., and Tuesday, Aug. 21, 5-5:30 p.m.

The Quantico EFMP Town Hall is a quarterly open forum used to provide information on current events and to address issues and concerns of families enrolled in the Exceptional Family Member Program. Quantico EFMP hopes to foster ideas, promote creativity and solve problems with the outcome of greater coordination and collaboration in accessing quality support services for families. All active duty, their dependents and retired personnel are invited to attend. Free on-site childcare is available upon request. Call (571) 931-0524 to request childcare. The EFMP Town Hall will be held Thursday, Aug. 9, 10:30-11:30 a.m. at the McHugh Woods Community Center, 18005 Cutts Ave., Quantico, Va.. The EFMP Town Hall will be followed by an EFMP Military Committee for Person with Disabilities (MCPD) meeting from 12-1:30 p.m. The MCPD is an advisory committee made up of military family members, active duty, retired military personnel and Department of Defense personnel who provide recommendations to the base commander regarding installation improvements or access to care for family members with special needs.

## Military spouse hiring fair scheduled for Sept. 6

A *Military Spouse Business Alliance Hiring Fair and Career Forum* will take place at The Clubs at Quantico on Sept. 6 from 10 a.m. to 2 p.m. The Military Spouse Business Alliance, in partnership with the Military Officers Association of America (MOAA), is providing a one-of-a-kind hiring fair and career forum exclusively for spouses of active duty, guard, reserves and retired veteran population. The career forum and hiring fair features:

- Employers looking for and committed to hiring military spouses, including MSEP partners.
- MOAA presentations and workshops to help spouses plan a career in a highly mobile environment.
- Resume help including computers and printers so you can edit and print improved resumes on site.

Employers and job seekers must register for this free event at [www.hoh.greatjob.net](http://www.hoh.greatjob.net). Registration for employers closes on Aug. 29. For registration questions, contact Hiring Our Heroes at [hiringourheroes@uschamber.com](mailto:hiringourheroes@uschamber.com) or call (202) 463-3110. For more information, visit [www.uschamber.com/hiringourheroes/quantico](http://www.uschamber.com/hiringourheroes/quantico).

## Registration for 2012 Wilderness Challenge open

Registration for the Mid-Atlantic Region, Morale, Welfare and Recreation (MWR) Department's annual all-military Wilderness Challenge is open for all members of the armed forces. The Wilderness Challenge will take place, Oct. 4-6, in the heart of the Appalachian Mountains and on the New and the Gauley Rivers in West Virginia. The event is hosted and co-organized by ACE Adventure Resort, West Virginia's largest outdoor outfitter. More than 300 military personnel representing teams from around the world are expected to compete. Only the first 60 teams will secure a spot in the Wilderness Challenge, so teams are encouraged to register early.

"Every year, the MWR Wilderness Challenge brings together the best athletes the armed forces has to offer and puts them to the test," said Michael Bond, event coordinator. "As the competition gets tougher and tougher every year, so do the competitors as more teams battle it out for the title."

The challenge contains a series of five outdoor adventure races in a team format designed to bring camaraderie, competition and team spirit between all five branches of the Armed Services. Teams participating in this year's challenge will compete in an 8K mountain run, a 12-mile mountain bike race, a 14-mile hike through the mountains, a 13-mile whitewater raft race on the Gauley River and a 7-mile kayak race on the New River. Last year's winner was Team "HT-18" from Helicopter Training Squadron Eighteen (HT-18), from Naval Air Station Whiting Field, Milton, Fla.

“This is one of the most grueling, hard-fought competitions in the armed forces, so the winning team will be the best of the best in outdoor recreation and physical endurance,” Bond added.

In addition, the United States Adventure Racing Association (USARA) has endorsed the All-Military Wilderness Challenge as a qualifying race for the USARA National Championships. As a USARA sanctioned event, the winner of the Wilderness Challenge will be able to compete on a national level for what is considered the “Heart & Soul” of adventure racing in the United States, the USARA Adventure Race National Championship.

“USARA is excited to have the Wilderness Challenge as a 2012 USARA Regional Qualifier,” said Troy Farrar, USARA president. “We hope to see several teams from the Wilderness Challenge represent their military branch and compete in the USARA Adventure Race National Championship.”

Registration is open to all branches of the military. Teams must be comprised of four active duty military, one of which must be female. Teams may also include active reservists, retirees and ROTC. The registration fee is \$500 per team. Registration can be made online at [www.wildernesschallenge.net](http://www.wildernesschallenge.net) or by calling (757) 887-7256.

## **National Military Family Association newsletters available**

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.

## **MCEC newsletter is the *Voice of the Military Child***

Click on the link below to read the latest Military Child Education Coalition (MCEC) newsletter, which is called the *Voice of the Military Child*.

<http://us1.campaign-archive1.com/?u=61f9f7f30f3ae525ca9b494f0&id=8ab1b8900a&e=722022787d>