



GET TO THE POINT

Marine Corps Systems Command Monthly News

FEBRUARY 2013



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Photo By Cpl Jamean Berry:

U.S. Marine Corps Sgt. Alvin Williams holds his daughter Makhayla during a family reunion photo shoot in San Diego, Calif., Jan. 25, 2010. Makhayla, excited by her fathers uniform, reaches for his medals.

Tip of The Point

“Teamwork and personal rigidity
just don’t mix.”

- John C. Maxwell

Calendar

Feb. 18 – Presidents Day Federal
Holiday

Feb. 19 – MCSC Town Hall 9-11 a.m.
at Quantico’s Little Hall

Feb. 26 – Annual Block Make-Up
Training at 9 a.m. in Bldg. 2209
(trailer)

Feb. 28 – Annual Block Make-Up
Training at 9 a.m. in Bldg. 2209
(trailer)

The Point

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Systems Command or Program Executive
Officer Land Systems.

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MCSC employees receive Copernicus Award

Marine Corps Systems Command employees – one at Quantico, Va., and another at Camp Pendleton, Calif. – have been named Copernicus Award recipients for accomplishments in their areas of expertise.

The Copernicus Award is presented annually for individual contributions to naval warfare in command, control, communications, computers and intelligence, information systems and information warfare. The Armed Forces Communications and Electronics Association and U.S. Naval Institute awarded 31 Navy, Marine Corps and Coast Guard active-duty military and civilians for superior performance in those fields in 2012.

The following are their individual stories:

Basil Moncrief

By Monique Randolph
MCSC Corporate Communications

A civilian responsible for changing the way Marines communicate on the battlefield will receive the 2012 Copernicus Award in February during a ceremony at Marine Corps Base Quantico.

Basil Moncrief, lead for the Technology Transition Office within Marine Air-Ground Task Force Command, Control and Communications at MCSC, received the award for his role in developing two command, control and communications, or C3, systems for the Marine Corps.

“I’m humbled and flattered that my leaders took the time to put me in for this,” Moncrief said. “Anyone who looks at the complexity of these programs can imagine how many people were involved in making it happen. So, I’m glad the program is being recognized and by extension, the team is being recognized.”

“Basil is very humble; he always gives credit to his team,” said Moncrief’s supervisor Lt. Col. Tyrone Ferrel, product manager for MAGTF Command and Control Systems. “But every great team has a great leader. When those urgent requirements come in it takes someone like Basil to spur the acquisitions team into action.”

In 2009, Moncrief’s team quickly developed a mobile command and control system, called M2C2, for the Mine Resistant Ambush Protected vehicle. The M2C2 system uses wide-band satellite communications to enable Marines to accomplish secure command, control and communications on the move, over uneven terrain and in harsh combat conditions. Three systems are still operational in Afghanistan today.

“The [M2C2] allows the commander and his staff to get in a vehicle, go out to the edge of the battlefield and still maintain full connectivity with the rear, be able to communicate with higher [headquarters], and send orders to lower and adjacent [units],” Moncrief said. “That’s the breakthrough technology—being able to stay locked into the satellite and maintain connectivity while the vehicle is moving over rugged terrain.”

In 2012, Moncrief again assembled a team now developing a new system to meet an urgent requirement for the Marine Corps. The new system, called Network-on-the-Move, or NOTM, uses M2C2 technology with added advancements such as full-motion video and a more modular design so it can be integrated into several other Marine Corps vehicles.

"When commanders in the fleet have this capability and they realize what it offers, it will be game-changing," Ferrel said. "It will potentially change the face of the battlefield in the future."

Ferrel said Moncrief deserves the Copernicus Award because of his dedication and his team's proven ability to develop a system and rapidly deploy the capability in the field.

"What they accomplished in such a short time was actually heroic," Ferrel said. "Not only is there the no-kidding technical rigor behind a product they made, but there's also all the support effort that goes along with it so you have a sustainable capability out in the fleet."

For Moncrief, just being able to do his job is reward enough, he said.

"When I pass that Marine Corps Base sign on the highway every day on my way to work, that's 100 percent of my motivation," Moncrief said. "Knowing I have a direct role in helping to equip Marines for current and future battles—that motivates me more than words can say."

Earl "Buck" Connally

*By Wil Williams
MCTSSA Public Affairs*

Earl "Buck" Connally, the Marine Corps Tactical Systems Support Activity's branch head for the Interoperability Branch, Test and Certification Group, has been named a recipient of the Armed Forces Communications Electronics Association Copernicus Award. AFCEA and the U.S. Naval Institute recognized his sustained, superior performance in the field of interoperability and command, control, communications, computers and intelligence/information technology, or C4I/IT.

"It is very satisfying to be recognized," Connally said. "However, I am really a facilitator. This award actually reflects the achievements of our team of interoperability experts. They deal with and do a great variety of things such as joint and coalition data exchange standards, joint network designs and joint C4I certification. Their efforts also impact every command-and-control system within the Marine Corps."

In receiving the award, Connally was cited for his hands-on, effective day-to-day directions and tactical systems interoperability contributions. They have ensured Marines have the right information at the right time and place to meet their command-and-control needs. He was also commended for his leadership in representing the Marine Corps interest in this highly technical and critically important field within the joint service and NATO communities.

"We're very proud of Buck's being selected for the Copernicus Award," said Col. Christopher Snyder, MCTSSA commanding officer. "It truly represents the outstanding contributions and sustained superior performance he and his team have made to MCTSSA, our nation's coalition partners and Marines around the world."

The Copernicus Awards were established in 1997. They came from the Copernicus Architecture used as the blueprint for the future command, control, communications, computers and intelligence structure of the Navy. Recipients are selected based on their sustained superior performance in jobs related to C4I/IT. Navy judges who review applications from the Navy, Marine Corps and Coast Guard, including active-duty and civilian nominees selected this year's 31 awardees.

Headquartered at Camp Pendleton, Calif., Marine Corps Tactical Systems Support Activity is a Marine Corps focal point for technical expertise, engineering, testing, certification and support of command, control, communications and computer systems.

MCSC reaches out from Warren

By Jim Katzaman
MCSC Corporate Communications

Hundreds of miles from Marine Corps Systems Command headquarters at Quantico, Va., joint Marine and Army teams in Warren, Mich., propel hand-driven armored vehicle and remote-controlled robot programs that protect U.S. armed forces around the world.

Both the Light Armored Vehicles, or LAV, and Robotics Systems Joint Project Office are directed by Marines tied to Army counterparts at Warren. On a visit to the sites, Brig. Gen. Frank Kelley, MCSC commander, saw firsthand how the military services mesh operations to assure rapid, ongoing support to forward-deployed forces.

More at [Warren Feature](#)

MCSC helps Marines go green

By Carden Hedelt
MCSC Corporate Communications

Marines need energy for plenty of things. Gear like weapons systems and radios all need their power. The same goes for personal items, like electric razors and iPods.

In the field, a recharge means turning to a generator. For an iPod, that's overkill.

"The reality is Marines are turning on a three-to-six kilowatt generator so they can charge their iPod," said Justin Govar, senior engineer for Expeditionary Power Systems at Marine Corps Systems Command. "They're burning fuel when they do that."

More at [Go Green](#)

Young MCSC engineer rising quickly in EPS

By Carden Hedelt
MCSC Corporate Communications

Jonathan Carpenter, 31-year-old lead engineer for Expeditionary Power Systems at Marine Corps Systems Command, can trace his path to this point through three items on his desk: a partially filled change jar, a medal from the Army and a red Power Rangers helmet in a glass and wood case.

The jar of change has a piece of paper taped to it that reads "Video Game Fund." Carpenter is saving for what's next – either a gaming system or a few games.

More at [Engineer Rising](#)

[DOD, USDA partner in 'win-win' distance learning program](#)

A new education program offers a "win-win" approach to helping military community members further their careers while aiding the Defense Department's family support and child and youth development services, a Pentagon official said.

[Carter: Sequestration planning requires balance](#)

Planning for sequestration is the practical thing to do and doesn't indicate a lack of confidence in Congress, Deputy Defense Secretary Ashton B. Carter said in an interview on "This Week in Defense News with Vago Muradian."

In This Issue

Hail and Farewell

A special thanks to our Marines.

Job Well Done

A highlight of promotions, awards and decorations.

Single Marine Program (SMP) News

Recent happenings and upcoming events.

Around the Point

Features from Family Readiness Assistants and their organizations.

Follow us:

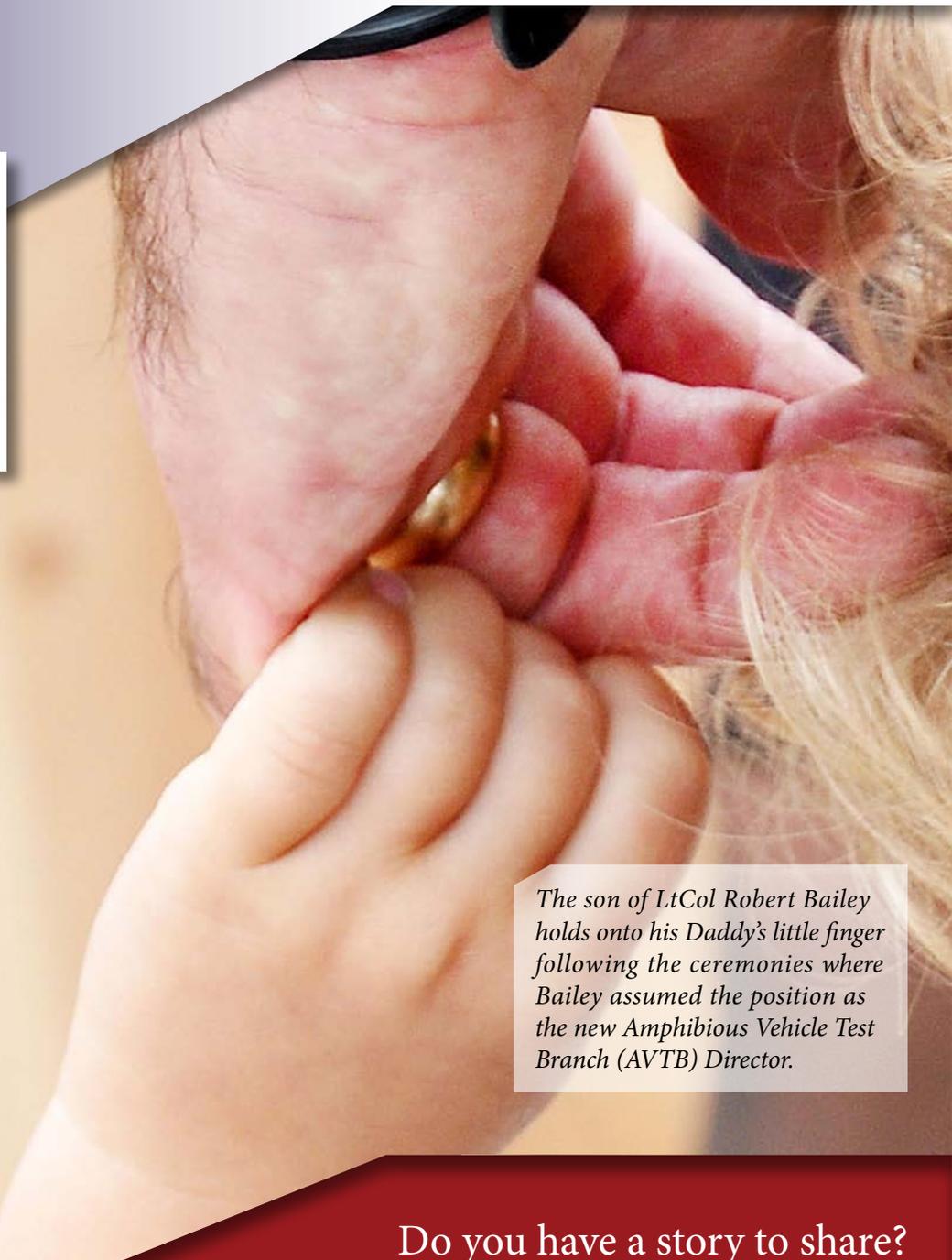
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 www.flickr.com/photos/marinecorpssystemscscommand/

 Find us under 'Places'  

 **eMARINE**
www.emarine.org 



The son of LtCol Robert Bailey holds onto his Daddy's little finger following the ceremonies where Bailey assumed the position as the new Amphibious Vehicle Test Branch (AVTB) Director.

Story & more pictures inside.

Do you have a story to share?

Submit content for future newsletters to mcscpao@usmc.mil

Family Readiness On Point Team

Organization	Name
Family Readiness Officer	Mr. Gerard 'Mac' McManus
Family Readiness Advisor	Mrs. Traci Kelley
Single Marine Representative	Cpl Rodolfo Estrada
DC RM	Liz Taylor
DC SIAT	Ms. Katie Ruskin
AC Programs	Capt Jason Lindauer
AC ALPS	Mr. Rod Montgomery
AC Contracts	Ms. Valerie Tolan
PM AFSS	Mr Chad Kernan and Mr. Jeff Nebel
PM CSS	Ms. Bobbie Cave
PM ISI	Ms. Lavonne Robinson and Ms. Judy Campbell
PM IWS	Ms. Shelly Bianca and Ms. Lori Forrest
PM MC3	Mr. Chris Zaffram and Ms. Amy Knapp
PM AMMO	MGySgt Larry Freetage
PM MI	Mr. Mark Billow
PM MRAP	Mr. Derek Hutson
JPM Protection	Mr. Noel Saunders
GCSS-MC	Ms. Pam Sims and Ms. Veronica Ackers
CMO	Ms. Nicois Harris
Corporate Communications	Ms. Lynda Fullem and Mr. Bill Johnson-Miles
International Programs	Ms. Toni Lloyd



From The Desk Of The Family Readiness Officer with Mac McManus



As I sit down to write this we are having our first snow day in two years! The temperatures are below freezing and the snow on the ground gives the area around Hospital Point on Quantico the appearance of a winter wonderland. Now if it will only go away!

I can hardly believe that I am already writing my 'column' for February's Newsletter already! January has been a month chock full of activity which has kept us all quite busy.

One of the main activities for January has been the Family Care Plan briefings. We utilized the Family Power Hour on January 8th to kick it off, and have had six additional briefings which covered Hospital Point as well as at our Tech Parkway complex.

Although these meetings are not mandatory, each Marine is required to submit his/her completed Family Care Plan to the section validating official to ensure it is done properly, accurately and is current. The validating officials will then turn them over to me and, along with the Staff Sec administrative folks, I will take them to TACO, which will process them to IPAC. I strongly recommend that each Marine make at least two copies, one for their keeping.

The FCP is basically a road map of what to do and who to contact in the event of a worst-case scenario. This plan helps to counteract the anxiety by giving clear and simple steps to make sure all your bases are covered. You hope you will never have to use it, but it is an extremely valuable resource should you ever need it.

On a lighter side, the next Family Power Hour is going to be held on February 12 from 1100-1200 hrs in Trailer 2209, just across the street from bldg. 2200. The topic to be covered at this gathering will be The Five Love Languages. Each attendee will receive a free copy of the book The Five Love Languages by Gary Chapman, which the presentation is derived from. Mark your calendars now to attend, and being so close to Valentine's Day, make sure you bring your spouse along as well. I am sure it will be a very informative and enjoyable presentation.

It's on the early side I would still like to encourage you to start thinking about getting involved in this year's Family Fun Day, usually sometime during the last two weeks of June. We would love to have you join a band of eager workers who put on this event and be a part of a fun day meeting and serving other members and family members of Systems Command. Just drop me a line to let me know that you are interested and I will add you to the mailing list so you will get an invite when we start to meet sometime in March.

Respectfully, Mac McManus, Family Readiness Officer

Military Hail and Farewell

Permanent Change of Station (PCS):

GySgt Paul Argumedo - 08 Jan 2013

Retirement:

GySgt Jerry Embry II - 18 Jan 2013

Terminal Leave/End of Active Service:

SSgt David Taylor - 31 Jan 2013

Thank you for your service.



Job Well Done

1st Quarter FY13 Awards

Meritorious Service Medal

- MGySgt James Adrian
- Capt Sergio Guzman
- Maj Troy Hadsall
- MSgt Robert Hayes
- LtCol Devin Licklizer
- GySgt Andrew Lopez
- LtCol Brian Newbold
- MSgt Mark Ramstorf II
- Maj Archie Tinjum, Jr.
- MSgt Nathan Welton

Meritorious Civilian Service Medal

- Holly Goodson
- Patricia Lyons
- Robin Roberts

Navy/Marine Corps Commendation Medal

- GySgt Raul Argumedo
- SSgt Neomi Chato
- Maj Kenneth Hollinger
- GySgt Robert Mayes
- GySgt Donald McGuigan
- LtCol Patrick McGuire (USMCR)
- GySgt Timothy Morquecho
- SSgt Patrick Poorbaugh
- MSgt James Schmarje
- SSgt Jeffrey Seymour

NDIA Copernicus Award

- Earl Connally
- Basil Moncrief

DON I'm IT Excellence Award

- Clyde Caminos
- Enterprise Systems Engineering Environment (ESEE) Team, SIAT

President's Volunteer Service Award

- Robert Dague
- David Garvin, Jr.
- Karen Hartman
- John Lynch, Jr.
- Amy Mersereau-Cooper
- Scott Randolph

Certificate of Commendation

- Jesus Brito
- Betty Combs
- Brent Curtis
- William Davidson
- James Deacon
- MSgt William Drew
- Catherine Ermer
- Tammy Faulkner
- Daniel Fitzgerald
- Grant Heinrichs

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Mark Your CALENDAR!

FEBRUARY

Feb. 1-28	National Black History Month
Feb. 1-8	Write "Valentines for Vets" (cards will be distributed week of Feb. 14)
Feb. 2	National Groundhog Day
Feb. 12	Family Power Hour —The Five Love Languages, (11 am - 12 pm, Trailer 2209)
Feb. 18	Presidents' Day (Federal Holiday)

MARCH

Mar. 1-31	National Women's History Month
Mar. 10	Daylight Savings Time Begins
Mar. 12	Family Power Hour
Mar. 16	QOSO Dollars For Scholars Evening (5-11pm)
Mar. 17	St. Patrick's Day
Mar. 20	First Day of Spring
Mar. 23	Navy / MC Ball at Washington Hilton (6 pm cocktails / 7:30 pm Dinner)
Mar. 25-29	Spring Break - Prince William County schools

APRIL

Apr. 1-30	National Sexual Assault Awareness and Prevention Month
Apr. 1-5	Spring Break - Quantico, Stafford County and Fredericksburg schools
Apr. 9	Family Power Hour
Apr. 24	Administrative Professionals Day

Other interesting holidays:

FEBRUARY

- National Children's Dental Health Month
- National Grapefruit Month
- Great American Pie Month

APRIL

- National Humor Month
- Keep America Beautiful Month
- Stress Awareness Month

MARCH

- Music in Our Schools Month
- National Nutrition Month
- National Craft Month



Mrs. Traci Kelley

A Message from the Family Readiness Advisor

February 14th. Last year we collected 2 huge baskets of valentine cards, paired them with candy bags from Katie Ruskin, and gave them to Veterans. Their faces lit up with smiles when they received these treats! It felt really good knowing they felt appreciated and honored.

Please stop by to write a valentine card to a Veteran.

As we did last year, a basket of blank valentine cards and writing tools will be placed on the Command Quarterdeck on February 1st. Please stop by to write a valentine card to a Veteran. Feel free to also bring cards made by family members

Dear MCSC Families:

Every February, our Command likes to say a BIG thank you to our Veterans. This is the perfect month to show our love and appreciation to those who have protected our families and nation. We want to write and then deliver as many valentines as possible to Veterans during the week of

at home or school. We will make sure all cards get delivered to a deserving Veteran. We owe a debt of gratitude to those who have worn the uniform on our behalf and this will show our heartfelt recognition of their service.

Valentines will be collected February 1-8. We will start delivering our valentines to Veterans the following week. Let's make this a BIG effort and create some smiles this month. Don't miss this opportunity to make a Veteran feel special.

We also need to remember to show everyone around us how much we appreciate and/or love them during the month of February. We are fortunate to have so many wonderful people in our lives. Life is fast and we forget to appreciate the gifts right in front of us... Gifts of family, love, friendship, support, health, success, and happiness. The hardships and trials we face today are often made easier by allowing those around us to help us. We also have various gifts we can share with others to make their lives easier... Gifts of kindness, caring support, encouragement, love, and just being there when needed. Find your own "gifts" and share them.

This month's Family Power Hour is called, "The 5 Love Languages." I certainly believe knowing how to love yourself and others is a gift. Plan to attend on Feb. 12th in T2209 from 11am-Noon to see what your love language is. I've heard nothing but fantastic comments about how good this class is, so join us. Bring your lunch and a friend. Don't miss it!

February is a great month to write some valentines, use your gifts, attend our Family Power Hour, and appreciate those around us. Make this your month to love and serve others. You will make them feel special, but may be amazed at how special you feel, too.

Hugs,
Traci Kelley



(Left) SSgt Nix, (Right) Cpl Rodolfo Estrada

Single Marine Program (SMP) Happenings

Congratulations to Cpl Rodolfo Estrada on his recent appointment as the MCSC Single Marine Program (SMP) representative. His responsibilities include participating in monthly MCB Quantico SMP meetings to plan future events and discuss SMP issues; advocating participation in SMP-sponsored events; and communicating SMP initiatives and events to the Command.

The MCB Quantico Single Marine Program exists to improve the Quality

of Life for Single Marines and Sailors aboard the base. The program focuses on the young, single, enlisted Marine or Sailor, although we also welcome geographical bachelors, single parents, and single officers.

Single Marine Program goals include:

- Improving Quality of Life
- Enhancing Recreational Opportunities
- Encouraging Community Involvement

If you have any questions or ideas pertaining to SMP, send an email to mcscpao@usmc.mil, subject line: Single Marine Program.

CONTINUED ON PAGE 4

Did You Know?

All Marines must complete Form NAVMC 11654 (Rev. 12011), Unit, Personal and Family Readiness Program Authorization (UPFRP), within 10 days of checking into the Command. For more information contact the MCSC FRO at 703-432-3861.



Single Marine Program (SMP) Happenings *Continued...*

Upcoming Events:

FEBRUARY	
Feb. 1	SMP Ski Trip (Liberty Mountain, free transportation and lift tickets, 8 spots remaining)
Feb. 2-7	SMP Bahamas Cruise 2013
Feb. 5	SMP Ski Trip (Rountop, free transportation and lift tickets, 1 spot remaining)
Feb. 6	SMP Meeting
Feb. 6	Troop Appreciation
Feb. 14	Volunteer Opportunity (Healthy School Award Presentation; Lynbrook Elementary)
Feb. 21	Volunteer Opportunity (Healthy School Award Presentation; James K. Polk Elementary)
MARCH	
Mar. 6	SMP Meeting
Mar. 6	Troop Appreciation
Mar. 7	SMP Ski Trip (Bryce Mountain, free transportation and lift tickets)
Mar. 20-25	SMP Trip Daytona Beach Florida (\$250/person double occupancy or \$350 single occupancy, includes transportation, 4 night at hotel on the beach and daily breakfast at the hotel. DEPOSIT of \$125 due with reservation and final payment due by Mar. 15)
APRIL	
Apr. 3	SMP Meeting
Apr. 3	Troop Appreciation

MAY	
May 1	SMP Meeting
May 1	Troop Appreciation
May 1-6	SMP Trip Orlando, Florida (Cost is \$200/person double occupancy or \$300/person single occupancy, includes transportation, 4 night at hotel on the beach and daily breakfast at the hotel and shuttles to the park, DOES NOT include park admission, but many area parks have discounts of free admission for the military. DEPOSIT of \$100 to hold space NLT Mar. 15 final payment due by April 15)
May 31	SMP Trip Busch Gardens

Events are open to all Active Duty and Reserve single Marines. To register for the events, contact the SMP Program Office at (703) 432-0363.

Continued...

Job Well Done 1st Quarter FY13 Awards

Certificate of Commendation

- Daniel Justis
- John Morales
- Sakeena Siddiqi
- Anna Thompson
- Lorraine Updike
- William Vorhies
- Alvin Wilder

Letter of Appreciation

- George Gibbs

Certificate of Appreciation

- Roma Carosella
- Suzanne Marsh
- John Rooney

Retirement Award

- Michael Callahan
- Stephen Chun
- Carol Cole
- Andrea Costanzo
- Joseph Finch
- George Gibbs
- Donald Hamilton
- Robert Hoffman
- Robin Roberts
- Randall Stiles

Federal Length of Service Award

- Dave Dawson – 20
- Craig Harvey – 20
- James Jackson – 20
- Samuel Jones, Jr. – 20
- Peter Kelley – 20
- Theresa Walters – 20
- Peter Byers – 25
- Richard Fielding – 25
- Carl Flowers – 25
- Donald Hamilton – 25
- James McCue – 25
- Terence McGinn – 25
- Gail Nicholson – 25
- Elizabeth Patton – 25
- Dawn Purks – 25
- Edwin Wright, Jr. – 25
- Sheila McCreery – 30
- Valerie Mosqueira – 30
- Julie Redfern – 30
- Rega Reid – 30
- Michael Stanford – 30
- Michelle (Mickey) Ball – 35
- Joanne Martin – 35
- Diana Wyatt – 35

Congratulations

Want to Volunteer?

Sign up on our volunteer list at mcscao@usmc.mil

First Lady of the Marine Corps (FLOTMC) Recommended Reading List:

For Spouses:

Separated by Duty, United in Love
by Shellie Vandevoorde

1001 Things to Love about Military Life by Tara Crooks, Star
Henderson, Kathie Hightower and Holly Scherer

Help! I'm a Military Spouse -- I Get a Life Too,
by Kathie Hightower and Holly Scherer

Confessions of a Military Wife by Mollie Gross

*The Military Spouse's Employment Guide: Smart Job Choices for
Mobile Lifestyles* by Janet Farley

*The Road Home: Again. Smoothing the Transition Back from
Deployment* by Elaine Dumler

*Transformation: The Mindset You Need. The Body You Want.
The Life You Deserve* by Bill Phillips

Faith Deployed Again by Jocelyn Green

*Courage After Fire: Coping Strategies for Troops
Returning from Iraq and Afghanistan and Their Families*
by Keith Armstrong, Suzanne Best and Pete Domenici

Wounded Warrior, Wounded Home
by Marshale Waddell and Kelly Orr

The 17-Day Diet by Mike Moreno

Service Etiquette, 5th Edition by Cherlynn Conetsco and
Anna Hart

A Families Guide to the Military for Dummies
by Sheryl Garrett and Sue Hoppin

The Day After He Left for Iraq by Melissa Seligman

Eating For Life by Bill Phillips

Dream Giver by Bruce Wilkinson

Heroes at Home: Help and Hope for America's Military Families
by Ellie Kay

For Children:

Don't Forget, God Bless our Troops by Jill Biden

A Salute to Our Heroes: The U.S. Marines by Brandon Barnett
and Rebecca Wochner

Our Daddy is Invincible by Shannon Maxwell

Big Boss Brain by Shannon Maxwell

Moving Again Mom by Angela Sportelli-Rehak

Welcome Aboard!

GySgt Richard Borsini, PEO LS

Eli Corin, Counsel

Francisco Dumlao, DC RM

Riia Hanson, PM ISI

Jason Howe, PM MC3

Kathleen Karlon, AC PROG Intern

Candace Medina, AC CT

James Nelson, PM IWS

Capt Ambrosio Pantoja, PM ISI

MSgt Joseph Pham, PM GCSS-MC

Johnny Shoemaker, GCSS-MC

Charles Sickels, DC RM

Thanh Janney, PM Ammo

Robert Thorne, PM AFSS

Mona Wheeler, AC ALPS

Rasheeda White, PEO LS

*We're happy
to have you.*

DID YOU KNOW?

Per MCO 1740.13B, "Family Care Plans", all Marines, with the exception of those with no dependent(s), shall have a validated Family Care Plan (FCP).

For more information, contact the
Command's Family Readiness
Officer, Mac McManus at
(703) 432-3861,
gerard.mcmanus@usmc.mil

Around THE POINT



PFC Cody Foster, Combat Engineer with 2nd CEB, 2nd Marine Division, Camp Lejeune, recently deployed to Afghanistan. He is the son of Kim Foster, Command Protocol Officer, Corporate Communications Directorate. [This photo was taken when he left Camp Lejeune]

The PM ISI team at Barrett Heights turned their Christmas tree into a Positive Living tree. The group responsible, who likes to be referred to as PUT (Putting Us Together), started the tree to foster team spirit. The decorations will be rotated as follows:

Jan 14-Feb 15	Tree of hearts
Feb 15-Mar 17	St. Patrick's
Mar 18-May 13	Women in History celebration
May 13-19	Celebrate your Hero of Armed Forces
May 20-Jun 14	Show your country flag/celebrate your father
Jun 17-Jul 5	Team pride
Jul 6-Aug 5	Co-workers/friendship inspiration month
Aug 6-Sep 3	Hearts of labor
Sep 3-Nov 1	Show your Fall colors
Nov 2-24	Thank You
Nov 25-Jan 1	Holidays celebration memoirs

The PM ISI Team will also be competing in the Semper Fit Biggest Loser competition starting on February 7.

United States Marine Private First Class Joshua Q. Stinson, son of LtCol Ben Stinson, PM for RS JPO, graduated from United States Marine Corps Boot Camp on Dec. 21, 2012 at Parris Island, SC.

Stinson completed an intensive, 13-week program that included training in military discipline and studies, Marine Corps core values, physical fitness, and basic warfare principles and skills. Stinson earned the expert rifle qualification and held the position of squad leader the duration of the training course.

He will attend Marine Combat Training at Camp Lejeune, NC in January and then primary military occupational specialty training at the Department of Defense Fire School in San Angelo, TX, where Stinson will train to be a Marine firefighter.

Stinson is the son of LtCol Benjamin Stinson, USMC and Toni Stinson, of Oxford Road, Grosse Pointe Shores. LtCol Stinson is the Project Manager for Robotic Systems Joint Program Office in Warren, MI.



Congratulations to Cori Walls, Contract Specialist in PM IWS, on the birth of a baby boy, Jameson Walker Walls-Kirkbride. She supports the Raids and Reconnaissance & Anti-Armor teams in PM IWS.

Jameson was born at INOVA Fairfax Hospital on November 29 at 10:09 pm, weighing 7 lbs 4 oz, 21.5 inches long. Jameson's Daddy, Gerry and big brother Gavin, 5 years old, are enjoying the new addition to their family. p7

Time to Share – Spouse's Spotlight



Our Turn

By Priscilla Schrubb

Editor's Note: Priscilla Schrubb is the wife of Master Sergeant Daniel Schrubb, Product Manager for MC2S in PM MC3. He is currently deployed to Afghanistan, serving as the Force Protection Systems Fielding Officer. Master Sergeant Schrubb and Priscilla have been married for 12 years. The following are some thoughts Priscilla would like to share:

Just before my husband left for Afghanistan we both felt that it was “our turn” for deployment. Most people don’t think of Quantico as a deploying base, but for us it turned out that way. It had been several years since he deployed last, which was in 2003 during the invasion of Iraq. I was young with an infant and felt at the time I should go “home” to be with my parents because of the uncertainty of the impending war. This time was different. I knew I was ready for the challenge, with three kids at our home aboard Marine Corps Base Quantico, because now I know that home is where the Marine Corps sends us.

You know the “I’m sorry” look when you tell outsiders your husband is deploying? It really makes me feel uncomfortable. Deployment is not a cancer. We’ll be fine. Really. How do I know? Because every single day since my husband last deployed one of my friends’ husbands has been deployed. These are friends whose spouses left on short notice and one just after a Permanent Change of Station (PCS) move, with a house to put all together by herself. Another friend was pregnant with her fourth child and no family support when her husband deployed.

I’ve met other friends while volunteering. Instead of watching that countdown calendar each day, they were busy being of service to others. As an observer I’ve

seen time and again the inner strength in military spouses that shines through. It is almost indescribable. Certainly, it wasn’t easy for any of these ladies. Many times a girls’ night out was needed to break away from the monotony and to ease some of the loneliness that comes with deployment.

Having a spouse on deployment means staying up late at night due to insomnia, a sick child or just catching up on all the chores that pile up. It means taking the cell phone everywhere including the bathroom so you won’t miss a call while in the shower, finding a last minute babysitter for a doctor’s appointment and being the strong person for their children who don’t understand why every other Marine in uniform isn’t their daddy. The spouse that stays home has to handle the dreaded car malfunction at the most inconvenient time, the washing machine breaking down, or even a broken bone, which always seems to happen just a couple days or weeks after the start of a deployment.

These challenges can take a toll on a spouse, but as I’ve observed over the years, each of my friends were capable and self sufficient, probably because they had great support coming mostly from within the military

community. All were able to get through the deployment with grace, personal growth and a whole lot of new friends.

So this time it’s my family’s turn, our turn to sacrifice, our turn to face the loneliness, disappointment, tears, fears, and joyful reunions. However, I find great comfort in knowing that I’m in good company. There’s a battalion of support when I’m having a bad day, need someone to listen to me, or even to give me 30 minutes of alone time, even if it’s just to go to the commissary. A lot of this support comes from friends, neighbors, teachers, or co-workers. Some of these friends are scattered all over the world at duty stations like Twentynine Palms, Bahrain or Iwakuni, but they are still supportive none the less. There are a lot of people willing to help. However, for me, accepting that help can be difficult sometimes. But I’m learning that during those times of assistance and support we develop lasting friendships that we carry with us. We have an amazing military community. I wouldn’t trade this lifestyle for anything because the friendships and camaraderie are really what make it so worth the sacrifices. If you haven’t yet experienced it, you’ll appreciate it when it’s your turn. ♦

Got eMarine?

Visit <http://www.emarine.org/skins/emarine/home.aspx> to sign up. All Command Marines, civilians and their families are welcome to join.

Odds and Ends...



Jump start your morning!

Start off your day with a nutritious bowl of oatmeal or fruit smoothie. Here are some simple recipes:

Fruit Smoothie

2 cups cut up fruit (washed but unpeeled)
½ cup vanilla yogurt
1 cup crushed ice
2 Tbsp. honey

Place all ingredients in a blender or food processor. Blend for one minute until smooth.

Tasty Oatmeal (serves 2)

Basic ingredients:

1 cup rolled oats
2 cups water
½ tsp. cinnamon

Fruit options:

Apricot
Dried apricots
Banana
Fresh sliced cranberries
Sliced nectarines
Papaya
Raisins

Topping options:

Sliced almonds
Walnuts

Bring oatmeal and cinnamon to boil in a pot. Turn down to simmer. Stir occasionally. Cook until thick and creamy, between 5 and 10 minutes.

Chop ½ cup dried or 1 cup fresh fruit into bite-size pieces. Mix into simmering oatmeal or save to toss on top.

TIPS:

* Make a big pot and refrigerate for a quick and sustaining breakfast throughout the week, or
* Make a single serving in the microwave: ½ cup rolled oats, 1 cup water and a pinch of cinnamon. Microwave for 2-3 minutes.



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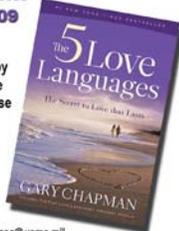
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The Five Love Languages
Just in time for Valentine's Day, discover ways to keep the love tank full!

Feb. 12, 11 a.m. - 12 p.m.
MCSC Hospital Point, Trailer 2209

Bring your lunch to this hour-long workshop and learn the five love languages based on the book by Gary Chapman. When it comes to expressing love to one another, you speak English and your spouse speaks what? Come discover your primary love language. The session will include completion and discussion of The Five Love Languages Assessment. Feel free to bring your partner, but this is not required. Each attendee will receive a free copy of the book.



If you plan to attend, please RSVP by sending an email to mccspao@usmc.mil.

FAMILY POWER HOUR
Brown Bag Lunch Series

FAMILY POWER HOUR
Brown Bag Lunch Series



2nd Tuesday of each month
11 a.m. - 12 p.m.
Trailer 2209
Conference Room

Make your lunch hour truly powerful! Bring your lunch and attend one of our 1-hour brown bag seminars on family readiness. We will cover different topics, frequently partnering with Marine Corps Family Team Building. These Family Power Hour lunches are open to all MCSC employees and families. Kids welcome! Meet your spouse for lunch! Just show up with a bag lunch and a smile to participate. In case of inclement weather, call (703) 432-3861 or 432-3958 to check for cancellation. See you there!

Links to check out

American Red Cross	http://www.redcross.org/
Children, Youth and Teen Program	http://www.quantico.usmc-mccs.org/index.cfm/marine-family-programs/children-youth-and-teen-program-cytp/
eMarine	http://www.emarine.org/skins/emarine/home.aspx
Education Center	http://www.militaryta.com/education_center/mcb-quantico-marine-corps-education-center-lifelong-learning-center.shtml
Exceptional Family Member Program	http://www.quantico.usmc-mccs.org/index.cfm/marine-family-programs/exceptional-family-member-program-efmp/efmp-calendar-of-events/
Families OverComing Under Stress (FOCUS)	http://www.focusproject.org/
Family Advocacy Program and Military Family Life Consultants	http://www.quantico.usmc-mccs.org/index.cfm/marine-family-programs/family-advocacy-program-fap/
Family Member Employment Assistance Office	http://www.quantico.usmc-mccs.org/index.cfm/marine-family-programs/family-member-employment-assistance-program-fmeap/
Lifestyle, Insight, Networking, Knowledge and Skills (LINKS)	http://www.quantico.usmc-mccs.org/index.cfm/marine-family-programs/marine-corps-family-team-building-mcftb/links/
Marine Corps Community Services (MCCS)	http://www.quantico.usmc-mccs.org/
Marine Corps Community Relations	http://community.marines.mil/community/Pages/default.aspx
Marine Corps Family Team Building (MCFTB)	http://www.quantico.usmc-mccs.org/index.cfm/marine-family-programs/marine-corps-family-team-building-mcftb/
Marine Corps Base Quantico	http://www.quantico.usmc.mil/
Marine Corps Systems Command Publications	http://www.marcorssyscom.marines.mil/CommandStaff/CorpCommDirectorate(CCD)/MarinesonPointQuarterly.aspx
Military OneSource	http://www.militaryonesource.mil/
NAF Human Resources	http://www.quantico.usmc-mccs.org/index.cfm/naf-human-resources/
Navy and Marine Corps Relief Society	http://www.nmcrs.org/
New Parent Support Program (NPSP)	http://www.quantico.usmc-mccs.org/index.cfm/marine-family-programs/new-parent-support-program-npsp/
Sexual Assault Prevention and Response (SAPR)	http://www.quantico.usmc.mil/activities/?section=SAPR
Single Marine Program	http://www.quantico.usmc-mccs.org/index.cfm/single-marine-program/