



GET TO THE POINT

APRIL 2013

Marine Corps Systems Command Monthly News



Sgt. Chesty XIII, official mascot of the U.S. Marine Corps, right, stares down his successor Recruit Chesty, left, during training at Marine Barracks Washington, D.C., March 20, 2013

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Command sequestration
SharePoint site established

Women's history month panel
discusses importance of mentors

Republic of Georgia honors
Gunnery Sgt. Corey Brown

Military awards and honors

Command Sequestration SharePoint site established

The Command Sequestration SharePoint site has been established to provide a centralized source of information on sequestration. Briefing slides from the March 8 Town Hall are currently available on the site as well as other useful information and links. Additional information is being posted to the site as it becomes available.

Each section on the site lists five items per page. To access additional items, click on the arrow at the bottom of the section. The site may be accessed at:

<https://mcscviper.usmc.mil/sites/cs/wmdcrc/sequestration/SitePages/Home.aspx>

Employees can create an alert to receive email notifications of updates to individual sections of the page. To create an alert, click on the "Page" tab on the horizontal menu bar (top left side of the page) for Alert Me, Manage My Alerts, Add Alert, and then select the desired settings. The areas currently displayed on the page are:

- Announcements
- Shared Documents
- Links
- FAQs List

Employees may submit questions related to sequestration by selecting "Submit a Question" on the left vertical menu bar on the page. Answers will be posted in the FAQ section of the site.

The complete list of FAQs may also be downloaded to an Excel spreadsheet by clicking on the "Export FAQs to Excel" link at the bottom of the FAQ list.

For questions or help accessing the site, contact the Public Affairs Team at mcscpao@usmc.mil.



Amphibious Vehicle Test Branch Metrology Lab Supervisor Larry Baker describes to Brig. Gen. Frank Kelley, Marine Corps Systems Command commander, a vast array of sensors and devices used by AVTB to monitor, measure and document amphibious vehicle operations and sea conditions during testing. This was Kelley's first visit to AVTB since becoming MCSC commander.

MCSC commander surveys MCTSSA, AVTB capabilities

Brig. Gen. Frank Kelley, Marine Corps Systems Command commander, accompanied by Mr. James Smerchansky, deputy commander for Systems Engineering Interoperability Architectures and Technology, and MCSC Sgt. Maj. Fletcher Pearson received tours and face-to-face briefs March 11-12 at Marine Corps Tactical Systems Support Activity and the Amphibious Vehicle Test Branch at Camp Pendleton, Calif.

During his busy schedule, which included visits to all of AVTB's test and evaluation facilities, as well as MCTSSA's new Combat Operation Center, the Virtual Rapid Prototyping Lab and an examination of a Network On-the-Move Point of Presence vehicle, Kelley shook hands and spoke with many Marines and civilian Marines.

Following the capability tours, Smerchansky presented an Engineering Town Hall. He emphasized to the MCTSSA and AVTB technical workforce how rigorous engineering processes and convictions were paramount to MCSC's mission of effectively and safely delivering capabilities to the operating forces in a timely manner.



MILITARY HAIL *Thank you for your service* AND FAREWELL

Welcome Aboard

Maj. Norris Alexander
 Capt. Matthew Beck
 Capt. James Beeson
 Capt. Lucas Chelsa
 Chief Warrant Officer 3 Thomas Dever
 Maj. Jon McFaul
 Capt. Christopher Larson
 Capt. John Loyd
 Maj. Alan Singleton
 Maj. Richard Slack
 Sgt. Mark Stimeling
 Maj. Dustin Thorn
 Maj. Richard Witt

Permanent Change of Station

Chief Warrant Officer 4 Brian Olsen
 Gunnery Sgt. Jason Tameling



Brig. Gen. Frank Kelley, commander, Marine Corps Systems Command, presents Maj. Alan Singleton, the command's staff secretary, with a letter from the Commandant of the Marine Corps during the major's retirement ceremony March 1.

AWARDS *Job Well Done!* HONORS

Legion of Merit

Sgt. Maj. James Dalgarn, Jr.

Meritorious Service Medal

Maj. Jonathan Disbro
 Master Sgt. Cesar Mercedes
 Maj. Alan Singleton
 Master Sgt. Marvin Thorpe

Navy and Marine Corps Commendation Medal

Staff Sgt. Coral Guilbe
 Gunnery Sgt. Britton Kemling
 Gunnery Sgt. Herman Miller III
 Gunnery Sgt. Jason Tameling

Department of Navy Acquisition Intern Program Graduate Certification

Zachary Alspaugh
 Justin Cox
 Huy Truong
 Marc Rivera

Federal Length of Service Awards

Michael Dement – 35
 Gregory Duchane – 35
 Karen Hartman – 30
 Gail Mauriello – 30
 Pam Null – 25
 Ruth Cisneros – 20

Retirement Awards

Angela Smith

Republic of Georgia honors MCSC gunnery sergeant



Republic of Georgia Col. Lasha Beridze, Deputy Chief of Defense, Georgian Armed Forces, awards Marine Gunnery Sgt. Corey Brown, intelligence chief, Georgia Liaison Team, with Republic of Georgia's Peacekeeping Operations Medal, during an award ceremony Feb. 28 aboard Joint Expeditionary Base Little Creek, Fort Story, Va. The Republic of Georgia's Peacekeeping Operations Medal is presented in recognition of a servicemember's significant contributions to Georgian Armed Forces peacekeeping and combat operations.

Gunnery Sgt. Corey Brown of Marine Corps Systems Command was one of 13 Marines and a sailor honored Feb. 28 by representatives from the Republic of Georgia's Ministry of Defense and Gen. John Paxton, Assistant Commandant of the Marine Corps. Assigned to Program Manager Marine Intelligence, Brown supports the Topographic Production Capability program.

The group was honored for their contributions in support of the Georgia Deployment Program – International Security Assistance Force, or GDP-ISAF, during an award ceremony at Sandpiper Recreation Center Theatre aboard Joint Expeditionary Base Little Creek, Fort Story, Va.

Marine Lt. Col. Christopher Phelps, Maj. Matthew O'Donnell, Capt. Michael Walls, Capt. Devin Myler, 1st Sgt. Shaun Leek and Gunnery Sgt. Marcuss Hernandez were awarded the General Giorgi Mazniashvili Medal. The General Giorgi Mazniashvili Medal is the fourth highest individual award in the Georgian Armed Forces, and it honors a servicemember's leadership and contributions to Georgian national defense.

In addition to Brown, others recognized during the ceremony were Capt. Jared Perry, Capt. David Blossom, 1st

Lt. Brett Roberts, Gunnery Sgt. Adam Cortese, Gunnery Sgt. James Wells (retired), Chief Petty Officer Robert Neal, Staff Sgt. Joshua Sims and Major O'Donnell, who were presented the Republic of Georgia's Peacekeeping Operations Medal, which is presented in recognition of a servicemember's significant contributions to Georgian Armed Forces peacekeeping and combat operations.

Major O'Donnell, who supervised the six-month pre-deployment training of Georgia's 31st Light Infantry Battalion and also deployed with them to Afghanistan was awarded both medals for his lasting contributions to the program.

According to the citations read, these Marines greatly contributed to the expansion of the program and their considerable achievements, tireless efforts, and steadfast professionalism reflected great credit upon the unit, the United States Marine Corps and the United States of America.

“The U.S. and Georgian partnership is very important,” said Republic of Georgia Col. Lasha Beridze, Deputy Chief of Defense, Georgian Armed Forces. “We are like a family. We are two hands working together for one common objective and that makes us stronger.”

U.S. Marine Corps Forces, Europe is the lead component for planning, coordination and execution of the GDP-ISAF program. Marine Corps Security Cooperation Group is the lead command with direct responsibility for training the Georgian battalions with support from Training and Education Command and multiple Operating Force units. Marine Corps Security Cooperation Group executes and enables security cooperation programs, training, planning and activities to ensure unity of effort in support of U.S. Marine Corps and regional Marine Component Command objectives and in coordination with operating forces and Marine Air-Ground Task Forces.

The original GDP-ISAF program was a two-year train-and-equip mission designed to prepare four Georgian infantry battalions in sequence for operations in Afghanistan with Regional Command Southwest.

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For Crusenberry, bald is more than beautiful



The words "you are so beautiful" were spoken many times to Sharon Crusenberry after she volunteered to have her head shaved March 10 at Paddy's Steakhouse and Pub in Stafford, Va. Crusenberry, who supports the Medium/Heavy Tactical Vehicles program under Program Executive Officer Land Systems, participated in the St. Baldrick's Foundation head-shaving event to help fight childhood cancer.

According to their website, the St. Baldrick's Foundation funds the most promising research to help find cures for children with cancer. More than 60 people shaved their heads during the Stafford event, raising more than \$46,000 for the cause. As of March 11, Crusenberry's portion of that was \$3,400, which is currently the second largest amount raised at Paddy's. Many of her coworkers and acquisition teammates donated to her cause.

"I really appreciate the support, especially from the folks at work," Crusenberry said. "Between Marine Corps Systems Command and PEO LS, 38 people supported me monetarily and six were there to watch me go bald. There were also about 10 of my friends and co-workers from my contractor days and 11 family members there."

Crusenberry is one of more than 5,700 women nationwide who have shaved their heads for St. Baldrick's this year, and she said she wasn't apprehensive at all leading up to the event.

"It is only hair, and I have the choice to go bald," she said. "The kids with cancer don't."

On her St. Baldrick's web page Crusenberry chose to honor a young cancer survivor who lives at Quantico.

"Turns out she is the daughter of a Marine serving in Afghanistan," Crusenberry said. "How hard it must be for him to be away from his daughter. She was diagnosed in 2004 at about 3 or 4 years old. Today she is 12 and in remission."

When Crusenberry was a young mother, her daughter's 2-year-old playmate, Ryan, was diagnosed with leukemia.

"I watched as this precious baby boy fought his way through chemotherapy," she said. "It was heart wrenching. Now, Ryan is 32 years old and has recently become engaged. What more could a parent want for their child but health and happiness?"

Two years ago her friend, Jason, participated in the annual fundraising event as a "shavee."

"At the event I met some of the children with cancer, and my heart broke again," Crusenberry said. "So I decided 2013 would be my year, and that I would let my hair grow so I could give back twice, for Locks of Love and St. Baldrick's. In October 2011, Jason was diagnosed with a brain tumor and is battling this horrific disease today. No one is safe from getting cancer. Anyone who thinks that their child cannot get cancer now or as an adult is sadly mistaken. I want a cure now, before it strikes more loved ones."

Those loved ones include her three "grandchillrins," as she calls them. She watched them from her chair while her hair stylist, Jen Damon of Fredericksburg's Vanity Salon, ran the clippers across her scalp.

"I'm looking at the reason I'm doing this," she said. ♦

Marine Corps Marathon 2013 Events Schedule

Marine Corps Historic 10K & Semper Fred 5K

May 19 - Fredericksburg, Va.

Showcasing a new way to tackle Hospital Hill, the Marine Corps Marathon introduces the new Historic MCM10K where participants traverse the final 6.2 mile portion of the Historic Half course. Also new in 2013, the Semper Fred 5K (3.1 miles) becomes a point-to-point run incorporating the challenge of Hospital Hill.

Run Amuck /Mini Run Amuck

June 8 - Marine Corps Base Quantico

The running event on Marine Corps Base Quantico, Run Amuck takes participants on a 3.5 mile mud and obstacle challenge through the trails and hills of Quantico. Confronting participants with arduous obstacles, punishing PT stations, messy mud pits and smashing water blasts, this year's Run Amuck includes the new amended version - Mini Run Amuck - for families to enjoy together.

Crossroads 4-Miler

September 7 - Prince William County, Va.

This four-mile run includes an up-hill climb to the finish. The run concludes outside the National Museum of the Marine Corps. This point-to-point road race begins in Stafford County, VA.

Turkey Trot 10K and Kids Mile

November 23 - Marine Corps Base Quantico

A classic late autumn run through the foliage and along the Chopawamsic Creek, the Turkey Trot 10K and Kids Mile are the best preemptive strike against Thanksgiving calories.



During his first visit to the Marine Corps Tactical Systems Support Activity, MCSC Sgt. Maj. Fletcher Pearson took the opportunity to meet and brief MCTSSA enlisted Marines, discussing the role of leadership on and off duty. The sergeant major also joined MCSC commander, Brig. Gen. Frank Kelley and deputy commander, James Smerchansky to view many of the vast capabilities available within MCTSSA and the Amphibious Vehicle Test Branch's test and evaluation labs and facilities.

Republic of Georgia honors MCSC gunnery sergeant *continued*

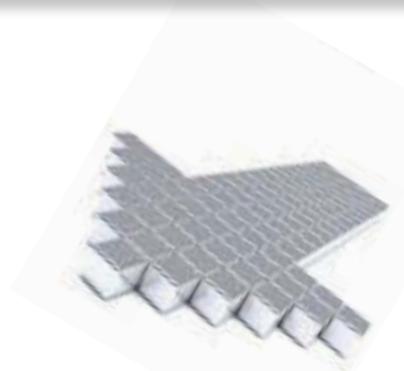
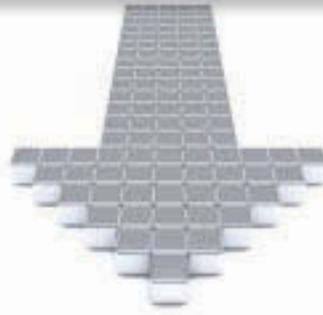
As of May 2011 the program is now GDP-ISAF II, a subsequent extension of the original program for training and deploying nine additional Georgian infantry battalions over three years.

“The GDP-ISAF program has grown over the years into one of the finest modern examples of how the Marine Corps can build a partner’s capacity through equipping, training and advising,” said Col. Matt Baker, commanding officer at MCSCG. “The Georgian soldiers and U.S. Marines have worked exceptionally well together both in and out of combat. Today is a great day to celebrate the success of this program and the lasting partnership Marines have developed with our Georgian counterparts.”

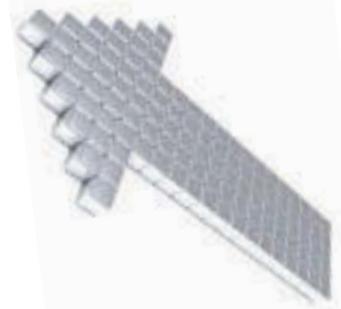
Training Opportunity

The SIAT Transportability and Naval Integrations Office will conduct training on transportability certification for systems and equipment from 1-3 p.m. on April 23 in Trailer 2209. During the training presentation, they will cover requirement definition, provisional designs, testing requirements, verification and validation, proof loading, flight evaluations, and certification and approval authority. This training is structured for all program managers, program engineers and logistical engineers; however all who would like to attend are welcomed.

To reserve a seat for this presentation, email Gunnery Sgt. Jeremy Scott, jeremy.j.scott@usmc.mil



Ferguson selected for DFM position



Leslie Ferguson has been selected to be the next Marine Corps Systems Command director of financial management. A ranking and rating panel of senior MCSC competency leads and Headquarters Marine Corps financial managers evaluated and interviewed the highly qualified applicants. They recommended Ferguson for the position, with the approval of Brig. Gen. Frank Kelley, MCSC commander.

Ferguson has served as the deputy director of financial management for MCSC for more than a year. She previously served in many acquisition financial management and comptroller positions with the Navy and Marine Corps, including the Joint Mine Resistant Ambush Protected Vehicle Program and intelligence programs.

She holds a bachelor’s degree in business and finance from Montclair State University, N.J., and earned an Executive Master of Business Administration degree from Naval Post Graduate School. She is a Level III acquisition professional in business, financial management and is a certified defense financial manager.

“I have the utmost confidence that Ms. Ferguson will continue to excel in her new, critical role as director of financial management,” Kelley said. “Her selection was hard-earned and well-deserved.”

Marine Corps LAV upgrade program beneficiary of available Army Stryker assets



Marines with Battalion Landing Team 3/1, 11th Marine Expeditionary Unit, participate in a motorized light armored vehicle training patrol in Djibouti in 2012.



Working closely with the Army's Project Management Office for the Stryker Brigade Combat Team, the Marine Corps Light Armored Vehicle Program Management Office, or PM LAV, found a way to overcome a significant reduction in required funding for a planned upgrade, resulting in an initial estimated savings of more than \$400,000.

"With the Department of Defense entering a period of fiscal austerity, we found a way to save the Marine Corps a significant amount of taxpayer dollars," said Col. Mark Brinkman, the program manager for LAV. "The initial savings with this upgrade is just the tip of the iceberg."

The upgrade will replace the Family of Light Armored Vehicles' obsolete powerpack, driveline and steering systems with currently available and fielded non-developmental solutions. The upgraded powerpack consists of the Cummins 6.7L ISB turbo diesel, Allison 2500SP transmission and a MOWAG transfer case.

According to officials in PM LAV, a program under Marine Corps Systems Command, the powerpack will mate to an upgraded driveline comprised of the Army Stryker vehicle Generation 3.5 differentials. The Army is

upgrading Stryker Gen 3.5 drivelines to Gen 5.5, making a significant amount of the bolt-on, upgraded Gen 3.5 differentials available to PM LAV at no cost.

This program is currently under contract with General Dynamics Land Systems-Canada to assemble 11 LAVs with these sub-systems to support engineering, test and logistics product development at the GDLS-C facility in London, Canada. According to PM LAV officials, the cost of the differentials that would have been required to complete the upgrade of these 11 articles was estimated at \$408,000.

In February, PM LAV signed a memorandum of agreement with the SBCT PMO located at the Detroit Arsenal in Warren, Mich., for 44 new Stryker differentials at no cost to support the LAV modifications. PM LAV is coordinating with the Army to acquire additional excess Stryker driveline assets as their fleet completes its upgrade of about 370 vehicles over the next few years. The materiel available to the Marine Corps from the Stryker upgrade will result in an additional FOLAV lifecycle cost avoidance of \$23.7 million through the platform's end of service life in 2035. ♦

RS JPO's No. 1 Priority: Support warfighters in OEF



Then-Chairman of the Joint Chiefs of Staff Adm. Mike Mullen receives a demonstration of the Talon robot from explosives ordnance disposal Marines.

Robotic Systems Joint Project Office, known as RS JPO, provides many services to the warfighter that would normally be handed off to other agencies or units after the system is fielded. Because most fielded robots are not programs of record, RS JPO at Selfridge Air National Guard Base, Mich., is also an inventory control point, organizational maintenance facility, depot-level maintenance facility, supply warehouse and is the Marine Corps and Army robot schoolhouse providing all training for robot operators and maintainers. The Marine Corps and Army employ many of the same robot systems on the battlefield, receive the same, and share maintenance and support concepts through the use of RS JPO.

The most direct way RS JPO provides these functions to soldiers, sailors, airmen and Marines in Afghanistan is through five Joint Robot Repair Detachments. These JRRD sites operate on bases in Mazar-E-Sharif, Sharana, Bagram, Kandahar and Leatherneck. Eight soldiers and Marines perform site-lead, M-160 lead, noncommissioned officer in charge and officer in charge functions. Two Army civilians perform science and technology liaison as well as supply and property book unit supply enhanced management functions.

Rounding out the RS JPO in-theater team are 19 dedicated contractors who perform the bulk of the maintenance actions and conduct ad hoc training for any unit that requests it. All military site leads are also trained and qualified to perform maintenance and repair.

The JRRD support model was established during Operation Iraqi Freedom. Since that mission has concluded for the Department of Defense, there are no RS JPO JRRDs in Iraq. However, RS JPO still supports robot repair and training for enduring missions for DOD and the State Department through a JRRD located in Kuwait at Camp Arifjan. Five Soldiers and Marines now perform that mission.

Lt. Col. Ben Stinson, RS JPO project manager, conducted a battlefield circulation to all five JRRD sites in Afghanistan and the JRRD in Kuwait. "Morale there is high because these RS JPO teammates serve the warfighter daily and see first-hand the value provided by our robots," Stinson said. "They are prepared for increased work orders that surge with each fighting season and are preparing for the substantial retrograde mission that lies ahead."

In fact, the JRRD-Afghanistan OIC, Army Lt. Col. Brad Hodge, is not only the lead for RS JPO in Operation Enduring Freedom. He is the Program Executive Office-Ground Combat Systems (Forward) OIC. As such, he is responsible for coordinating the retrograde of all robots and Stryker program assets. Significant planning is underway to meet force reduction and base consolidation goals.

"By this time next year I anticipate the JRRD-A sites will be consolidated into two or three sites, and more than half of our inventory will be retrograded," Stinson said. "RS JPO has a unique mission. Our No. 1 priority is to



support warfighters in OEF. More than 798 robots have been destroyed in combat since 2005. We like to think that many of our service members' lives have been saved through the use of robots." ♦

A Marine lowers an iRobot FasTac robot into a cave system for reconnaissance prior to entry.

Panel emphasizes importance of women mentors in STEM fields



Brig. Gen. Frank Kelley, commander, Marine Corps Systems Command, welcomes members of the National Women's History Month panel at the command commemoration event held March 14 at the Gray Research Center on Marine Corps Base Quantico. Panel members included (from left) Rear Adm. Maura Dollymore, Coast Guard surgeon general; Dr. Nina Mikhalevsky, philosophy professor at the University of Mary Washington; and Betsy Rohaly Smoot, historian for the Cryptologic History of the National Security Agency

Women make up nearly half of the U.S. workforce, but only about 24 percent hold jobs in science, technology, engineering and mathematics fields, philosophy professor Dr. Nina Mikhalevsky told the audience at Marine Corps Systems Command's National Women's History Month event March 14.

Additionally, only about a quarter of women with college degrees in STEM go on to work in STEM jobs, she said.

"The question we have to ask ourselves is 'why?' Why aren't women pursuing STEM degrees and careers, and even when they do, why don't they stay?" Mikhalevsky said.

This year's Women's History Month theme is "Women Inspiring Innovation through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics." A panel including Mikhalevsky; Rear Adm. Maura Dollymore, surgeon general for the Coast Guard; and Betsy Rohaly Smoot, historian for the cryptologic history of the National Security Agency, emphasized the importance of role models and mentors in encouraging women to pursue careers in STEM.

"Female role models are critical," Dollymore said. "I'm where I am today because of role models... STEM is a not an easy area. It's an area where it's important to have mentors, support and someone who will say, 'You can do it,' because it's somewhat daunting."

Dollymore told the audience how the biographies of Anne Morrow Lindbergh, an aviator during the 1930s, and scientists Marie Curie and Rosalind Franklin inspired her from her youth to today.

"These women faced great difficulties in their lives," Dollymore said. "They had to overcome sexism and discrimination. Two of them were wives and mothers. One of them died tragically young. I read about these three women early in my life before I even thought about going to medical school and before I even thought about having role models. But they certainly introduced me to heroes and heroines and women who did fabulous things in their lives."

Smoot shared the story of one of her role models, Genevieve Young Hitt—the wife of one of the Army's top cryptologists during World War I, and a cryptologist in her own right. Although Hitt was less educated than some of the better-known women cryptologists of her time, she was likely the first to break codes for the U.S. government, Smoot said.

"Genevieve Young Hitt is an outstanding example of how women stepped up to serve in World War I," Smoot said. "She readily took on complex work that was untraditional and ground-breaking for women of her time and social class, and she proved quite capable. I hope her story will both inspire women and remind us how empowerment can make a difference."

The panelists also discussed the gender biases that exist in the heavily male-dominated STEM career fields.

"I guarantee you there are times when the admiral is the only woman in the room," Mikhalevsky said. "There are many times when I'm the only woman in the room."

"The obstacles [young women] face will have nothing to do with engineering," Mikhalevsky said, speaking specifically of the engineering field, where men most significantly

Continued on pg 13

Panel emphasizes importance of women mentors in STEM fields *continued*

outnumber women. “The biggest obstacles women face will come from the environment they’re entering into.”

The professor encouraged young women currently working in STEM fields to reach out not only to college and high school students for mentoring opportunities, but to girls as young as first grade.

“Biography is compelling,” Mikhalevsky said. “Never underestimate your biography because [girls] want to hear your story. Having someone come in who is working and successful in [STEM] can often enliven and inspire young girls.”



Moderator Karen Davis (left) and the panel members included (from left) Rear Adm. Maura Dollymore, Coast Guard surgeon general; Dr. Nina Mikhalevsky, philosophy professor at the University of Mary Washington; and Betsy Rohaly Smoot, historian for the Cryptologic History of the National Security Agency

Command staffing initiative improves program planning

By Crystal Harmon, CSP & S Team, MCSC

Marine Corps Systems Command has an initiative to improve planning details for programs, projects and staff work through enhanced integrated master scheduling, which includes resource loading. Here is a brief summary of the initiative as well as in-progress and planned efforts, along with key frequently asked questions.

By capturing the demand for personnel resources within the integrated master schedule, competency directors and program managers become better informed in staffing decisions, determining risk to programs resulting from staffing decisions, etc. For the initial effort, culminating at the end of fiscal year 2013, the command will baseline existing resources and begin to mature the concept of using Microsoft Project as a planning tool. In June 2014, resourcing decisions will be informed using the staffing initiative approach.

While using Microsoft Project is certainly not new MCSC – many contractors use it to manage projects – the idea of using it as a tool to forecast demand for government personnel resources is. The project applies to most MCSC PMs and staff. Further, while capturing the demand for personnel resources within MS Project, the command must not only account for work accomplished by MCSC

government civilian and military personnel, but also work supported by contractors and labs.

PMs and CDs are expected to provide integrated master schedules April 30 for the majority of workload. Meanwhile, the Command Staffing Planning and Strategies Team charged with leading this effort on behalf of MCSC is working the next steps. Their support includes providing formal and informal training opportunities, setting up an environment in which all of these schedules can be stored, developing reports for the various user groups and developing plans for the eventual staffing decisions and events that will occur in the June-August timeframe.

As those involved know, there has been a lot of collaboration among the CSP&S team, the PMs and their staffs, and the Competencies. These efforts have resulted in adjustments and improvements to envisioned processes and are ultimately propelling MCSC toward the end goal.

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Here are a few FAQs:

<p>What are the Command overarching dates for submission of IMS-related products?</p>	<p>A. At least 80 percent of programs, projects and efforts should have a resource-loaded IMS by April 30. B. DC and AC staff organizations should have a resource-loaded IMS by April 30.</p>
<p>What portions of my IMS need to be standardized for the April 30 submission?</p>	<p>Top priority should be given to standardizing resourcing using labor categories provided in the template. If that has been accomplished, it is recommended that, where possible, task names in your IMS be updated to match the taxonomy provided in the template (i.e., Systems Engineering Plan vice just SEP). This is not a requirement to use the structure of the template, just a common set of task names, where possible.</p>
<p>Why should I apply resources to my IMS?</p>	<p>Resource loading your IMS will provide multiple benefits. It will allow each DC, AC and PM to understand details about workload estimates and personnel resources needed to accomplish the assigned programs, projects and efforts. It will also provide the PMs and product managers the ability to understand the schedule impact of personnel resourcing changes to each program. It will also give MCSC actual and objective data to support resourcing requirements and related decisions.</p>
<p>Am I required to use the template for my IMS?</p>	<p>No. The template was designed in response to programs that did not have an MS Project IMS developed or a framework or concept for a place to start their effort. If you already have a schedule developed, feel free to continue to use it, but include the common resource data as discussed within these FAQs.</p>
<p>Who are the various POCs for this effort?</p>	<p>A. Strategic matters, project direction and guidance, general support: Karen Davis, karen.m.davis@usmc.mil B. WBS and MS Project template and Quick Start Guide: Mike McVicker C. MS Project licensing and software load: Terri Conte D. MS Project training: Crystal Harmon E. MS Project questions: Benita Deane F. MS Project questions: Julie Speaker G. Accepting work and activity-based management, Reginald Brown H. Engineering specific items, Harry Oldland I. Engineering specific items, John Norris</p>



This Issue

Month of the Military Child
Calendar of events

Single Marine Program News
*Call for volunteers and
upcoming events*

Spouse's Spotlight
By Capt. Frank Furman



(Graphic by Lisa Koroma)

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www.emarine.org



Do you have a story to share?
Submit content 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 and Small Business	Ms. Liz Taylor
DC SIAT (includes Safety)	Ms. Katie Ruskin
AC Programs	Capt. Jason Lindauer
AC ALPS	Mr. Rod Montgomery
AC Contracts	Ms. Lorraine Foley
PM AFSS (PMM-114)	Mr. Chad Kernan and Mr. Jeff Nebel
PM CSS (PMM-115) and Office of the Counsel	Ms. Bobbie Cave
PM ISI (PMM-110)	Ms. Lavonne Robinson and Ms. Judy Campbell
PM IWS (PMM-113)	Ms. Shelly Bianca and Ms. Lori Forrest
PM MC3 (PMM-111)	Mr. Chris Zaffram and Ms. Amy Knapp
PM AMMO (PMM-116)	Master Gunnery Sgt. Larry Freetage
PM MI (PMM-112) and Ops Cell	Mr. Mark Billow
PM MRAP (PMM-301)	Mr. Derek Hutson
JPM Protection (PMM-302)	Mr. Noel Saunders
GCSS-MC (PMM-230)	Ms. Pam Sims and Ms. Veronica Ackers
CMO	Mr. Frank Dumlao
Corporate Communications and Security	Ms. Lynda Fullem and Mr. Bill Johnson-Miles
International Programs	Ms. Antoinette Lloyd and Mr. Rick Wienert

From The Desk Of The Family Readiness Officer with Mac McManus



I think I am getting a better idea of what it means when they say, "March comes in like a lion and goes out like a lamb." Spring has "officially" arrived, and the weather folks tell us it is going to snow. Are you kidding me? I am so looking forward to spring. I don't know about you, but I have packed away my snow shovel, so it'd better not snow. C'mon, spring!

Family life continues to march along at Marine Corps Base Quantico. In case you didn't know, April has been designated the Month of the Military Child. The base plans all sorts of activities throughout the month to recognize just how special military children are. Make sure you see the informational flyer included in this newsletter for a listing of all the events and details.

Also coming in April is our monthly Family Power Hour. This month we will take a look at how family separations due to extended travel or lengthy deployments can impact Marines, civilian Marines and their families. Even though Marine Corps Systems Command does not have large numbers of members deployed, we do have some. This can be a great time to capture lessons learned from those members and their families. You can pass those lessons along to those who might face a lengthy family separation sometime in the future. This promises to be very informative and relevant to Marines and civilian Marines alike.

We held our first planning session for this year's Family Fun Day, which will be from noon to 3 p.m. June 20 on the Parade Deck in front of Bldg. 2200 on Hospital Point. As in previous years, we will have clowns, children's games and activities, the Commander's Cup competition, pony rides, water slide, moon bounce and some of the world's best barbeque, hamburgers, hot dogs and all the fixings. Mark your calendar, and start your summer vacation off with a bang.

Respectfully,

Mac McManus, Family Readiness Officer





Mark Your CALENDAR!

APRIL

April 1	April Fool's Day
April 1-30	National Sexual Assault Awareness and Prevention Month
April 1-30	Month of the Military Child
April 1-5	Spring Break - Quantico, Stafford County and Fredericksburg schools
April 8-10	Sea, Air & Space Expo, Gaylord National Resort and Convention Center, National Harbor, Md.
April 9	Family Power Hour
April 9 -10	New Join Orientation, Bldg. 2207
April 15	2012 Tax Returns Due
April 19	Marine Day, MCBQ Range 15
April 22	Earth Day Clean-up and Chili Cook-off
April 24	Administrative Professionals Day
April 25	National Bring Your Daughters and Sons to Work Day

MAY

May 1-31	National Asian Pacific American Heritage Month
May 5	Cinco de Mayo
May 7-8	New Join Orientation, Bldg. 2207
May 13	Mother's Day
May 14	Family Power Hour
May 17	National Bike to Work Day (rest stop with food and drink at Dumfries City Hall)
May 27	Memorial Day

JUNE

June 4-5	New Join Orientation, Bldg. 2207
June 7	Last Day of School - Quantico and Spotsylvania
June 11	Family Power Hour
June 14	Last Day of School - Stafford County and Fredericksburg
June 18	Last Day of School - Prince William County
June 20	Family Fun Day (tentative) [rain date: June 24]

April Showers

Other interesting holidays:

APRIL

- Lawn and Garden Month
- National Poetry Month
- Keep America Beautiful Month
- National Pecan Month

MAY

- National BBQ Month
- National Salad Month
- National Bike Month
- National Photograph Month

JUNE

- Candy Month
- National Adopt a Cat Month
- National Fresh Fruit and Vegetables Month
- National Migraine Awareness Month



"Many of life's failures are people who did not realize how close they were to success when they gave up."

~ Thomas Edison

A Message from the Family Readiness Advisor



Mrs. Traci Kelley

Dear Families,

On March 10 we observed Daylight Saving Time. Benjamin Franklin, who penned the famous proverb, "Early to bed, early to rise, makes a man healthy, wealthy and wise," was among the first to suggest the idea of DST in his 1784 essay, "An Economical Project." He wrote that adjusting clocks in the

spring could be a good way to save on candles. Today, most states (except Hawaii and Arizona) observe DST by springing forward in March and falling back in November to enjoy more productive daylight time.

Have you ever really thought about the word "time?" We use it in many phrases. Save time. Spare time. Stall for time. Out of time. More time. Take your time. Right on time. Keep time. A long time. My time. Time off. Time to go and many more. How do you spend your time? Do you really understand how precious it is? Do you spend enough time on the things and people who matter most? Think hard about making smart choices so your time is well spent.

Our Power Hour (11 a.m. to noon April 9 in Trailer 2209) this month is about deployments, which are time spent away from our families and loved ones. Time gets very important during deployments. We count the days, hours and minutes until the next phone call, Skype, Facebook post, text, email, letter or we see our loved ones again. Ivette Bennett, an experienced military spouse, will share some of the deployment hardships endured and how she got through them when times were difficult. She'll talk about why, during deployments, she had to trust, reach out to others, stay busy and know that some days would be better than others.

All of us can benefit from knowing more about deployments. We know someone who has been, is or will be deployed. How can we best support them? Join us at this month's Power Hour to find out. Grab a friend, bring your lunch, and let's spend some quality time together. We will learn how to plan and prepare for deployments so it will be easier to take care of ourselves and each other. Let's "Power through" these deployments together.

Time *is* precious. Don't waste a single minute.

Until next time,

Traci Kelley



Author Sue Hoppin signs her book "A Family's Guide to the Military for Dummies" at the Command's Family Power Hour held March 12. Hoppin conducted a seminar on her book writing experience for this event.



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.

Stork News



Lance and Jennifer Marie Raymond became parents in early March with the birth of Juliette Marie Raymond, 6 pounds 15 ounces, 21 inches, at Inova Alexandria (Va.) Hospital. Lance Raymond is branch head of Research, Development, Testing and Evaluation in the Marine Corps Systems Command Directorate of Financial Management. Jennifer Marie Raymond is staff secretary for Marine Corps Base Quantico and a captain in the Marine Corps Reserve.

Auction raises Dollars for Scholars

Dear MCSC Command Family,

Thanks to everyone for your generous donations to the Marine Corps Systems Command block party basket for the annual Dollars for Scholars, the Quantico Officers' Spouses' Organization auction March 16. The night featured a "Renegades and Wranglers" theme, and lots of cowboys and cow-girls walked around enjoying the evening.

Our basket looked absolutely amazing and showcased many fabulous items including a picnic table and supplies, EZ Up canopy, games, corn hole, croquet, darts, horseshoes, a cooler, table linens, folding chairs, grill utensils, serve ware, a gift card and much more. You can be unashamedly proud to know our donations helped provide merit scholarships to some highly deserving graduating seniors.

These scholarships enable them to pursue their educational dreams and goals.

Special thanks also to all of our family readiness assistants who coordinated and collected these donations. We couldn't have done it without you. Thank you for embracing every opportunity to lead by example and make a difference.

I realize it is very hard to give more in these uncertain times, but you certainly did and are truly "Keeping Faith" with each other, our families and our community.

Sincerely,

Traci Kelley

APRIL is the MONTH of the MILITARY CHILD

CALENDAR OF EVENTS

QUANTICO BOWLING CENTER:

Every Sunday in April. Three games and shoes for \$5. Applies to Military patrons with children in their party.



PHOTOS WITH THE EASTER BUNNY:

March 30, 11 a.m. to 1 p.m. Stop by the MCX and get your photo taken with the Easter Bunny by the Furniture Department.

WEEK OF APRIL 1

CUTEST BABY PHOTO CONTEST: April 1-12. Bring a current photo of your infant through 1-year-old child to MCX Customer Service. Photo must be 4x6 or smaller. For more information, rules and how to enter, call (703) 432-8800.

DIAPER DERBY: April 1-19. Register your CRAWLER at the MCX Customer Service. Event day is April 20 across from the Children's Department. For more information, rules and how to enter, call (703) 432-8800.



BOOKS AND BREAKFAST: April 5 at 10 a.m. at the Quantico Base Library. Come join us as two authors from the First Lady of the Marine Corps' Reading List discuss their books. Appearances by: Sue Hoppin "A Family's Guide to the Military For Dummies" and Paula Domenici "Courage after Fire."

SCREAM-FREE PARENTING: April 4, 5:30-7 p.m. Parenting is hard work. Whether you are at your wit's end or just need a little calm in the chaos, you've come to the right place. Come join us for an interactive workshop to assist you in creating the family you've always wanted. Pre-registration is required for child care services. Call NPSP at (703) 784-4248 to register.

MATTEL® TOYS: April 5-7. Entire Selection of Mattel® Toys will be 20% off at the MCX.

DOG TAGS: April 6, 10 a.m. to 6 p.m. Dog Tags are \$1 at the Potomac Engraving & Awards Shop at the MCX for children 18 and under.

FREE SLICE OF PIZZA: April 6 Papa John's will give FREE slices of cheese pizza to children 18 and under, at the MCX Food Court.

NEW

"CHESTY" THE BULLDOG: April 6 from noon to 2 p.m. bring your cameras for a photo opportunity and meet and greet with Sergeant Chesty XIII, the Official Marine Corps Mascot!



WEEK OF APRIL 7

QUANTICO BASE THEATER: April 7 and 12. Free Encore Movies, titles TBD. Free small popcorn and soda for all patrons attending Sunday matinee.

NEW

MAKE IT, TAKE IT, ICE CREAM SOCIAL: April 10, 4-5:50 p.m. at McHugh Woods Community Center. Enjoy making homemade ice cream and painting MCCS posters that will be displayed at the commissary.

FAMILY NIGHT: April 10 5-8 p.m. at The Clubs at Quantico. Come enjoy dinner, face painting, games, prizes, and an Xbox® 360 station. Call (703) 784-4264 for more information and pricing.

NEW

KIDS FUN FEST: April 12 from 5-7 p.m. at the Barber Physical Activity Center. Come have a fun evening filled with face painting, a bouncy house, obstacle courses, music and dancing, souvenir pictures, and more. Open to families with children ages 3 and up. On-site childcare will be provided, space is limited. Call (703) 432-0590 for more information.

LEGO® TOYS: April 12-14. Entire Selection of Lego® Toys will be 20% off at the MCX.

Month of the Military Child Events



LEGO® FUN FEST AT THE MCX: April 13 at 11 a.m., children ages 5-11, will have 1 hour to assemble a Lego® kit.

CHARACTER APPEARANCE: April 13 from 11 a.m. to 1 p.m. the M&M® Character will be stopping by the MCX.

MCX ACTIVITIES: April 13 from 11 a.m. to 2 p.m. stop by the MCX for a child seat safety check, PMO static display, fire truck display and a special appearance by McGruff the Crime Dog.

HASBRO® TOYS: April 26-28. Entire selection of Hasbro® toys and games will be 20% off at the MCX.

APPLE® CLINIC DEMOS: April 27 11 a.m., noon and 1 p.m. Learn about Apple® products in any of these 30-minute presentations given by an official Apple® representative located in the Electronics Department.

WWW.QUANTICO.USMC-MCCS.ORG

**EVENTS ARE SUBJECT TO CHANGE.
EVENTS ARE ONLY OPEN TO CHILDREN
OF AN AUTHORIZED VALID MILITARY ID
CARD HOLDER.**

FACE PAINTING: April 13 noon to 2 p.m. the Talented Princess Elisha will be in the store painting faces near Subway at the MCX Food Court.



**WEEK OF
APRIL 14** ●●●●●●●●

TEDDY BEAR TEA: April 19 from 10 a.m. to noon at the New Parent Support Program Activity Room. Bring your kids along with their favorite teddy bear, doll or stuffed animal. This is an interactive workshop to promote manners with young children through play. Call (703) 784-4248 for more information.

PRETTY ME TEEN MAKE-OVER DAY WITH COSMETIC CONSULTANTS: April 19-20. Sign up with skin care experts from Clinique, Estée Lauder, Lancôme, Smash Box, Too Faced and Elizabeth Arden. Call (703) 432-8893 or visit the Cosmetics Department at the MCX to make an appointment.

LITTLE TYKES® AND FISHER PRICE® TOYS: April 19-21. The Entire Selections of Little Tykes® and Fisher Price® Toys are 20% off.

BOOK SIGNING: April 19-21, 10 a.m. to 6 p.m. Glenna Orr will be signing her book, "Open Minds-Open Hearts" at the MCX.

LITTLE TYKES® BASKETBALL CONTEST: April 20 from noon to 1 p.m. At the the toy department at the MCX. Open to ages 2-4.



Single Marine Program Seeks Volunteers



From Cpl. Estrada, MCSC Single Marine Program Representative

April looks like a promising month for the Single Marine Program. There are several opportunities for Marine Corps Systems Command's single Marines to get involved and have some fun.

During March, participation and volunteer numbers were not what we'd hoped, but I think, as we roll into the warmer spring and summer months, single Marines will find there is much more to do. In April, there are trips to Kings Dominion and the Richmond NASCAR Race (transportation is free for the race). And don't forget about the monthly Troop Appreciation Day where Marines can go to the Clubs of Quantico to enjoy free food and also have a chance to win a prize at the end of the event. There's also a free lunch provided by the Marine Corps Base Quantico SMP every Tuesday at the SMP house located on Hill Ave in building 206. For those of you at Hospital Point, think about volunteering for the command's Earth Day and Shoreline Cleanup April 22. You can do a good deed and enjoy a free chili lunch for volunteering.

I really look forward to helping more single Marines find opportunities to volunteer, go on trips and get involved in the local community. If you have ideas or suggestions, reach out and let me know.

Upcoming SMP Events:

APRIL

April 3	SMP Meeting
April 3	Troop Appreciation
April 8	NCAA Men's Basketball Final Watching Party (free pizza at SMP House)
April 10	SMP Trip to DC for Cherry Blossoms
April 19	SMP Trip to Kings Dominion
April 26	Trail Ride and Dinner
April 27	Richmond NASCAR race (free transportation)

MAY

May 1	SMP Meeting
May 1	Troop Appreciation
May 31	SMP Trip Busch Gardens

JUNE

June 5	SMP Meeting
June 5	Troop Appreciation
June 7	SMP Trip to Water Country USA
June 27	SMP Trip to Six Flags

SMP 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.

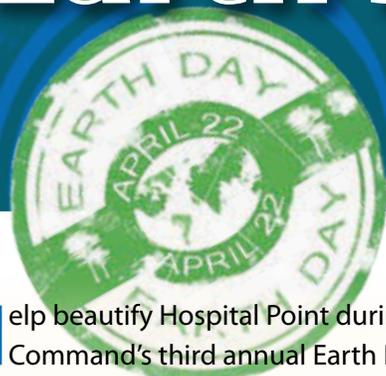
SMP House (Building 206)
Hours of Operations
Mon-Thur 9 a.m. – 10 p.m.
Fri 9 a.m. - Midnight
Sat 9:30 a.m. - Midnight
Sun 9:30 a.m. – 11 p.m.



Cleanup event and chili cook-off set for Earth Day



Becky Dembowski of Financial Management and Jason Jones of Combat Support Systems pick up trash along a Potomac River beach during last year's Earth Day Cleanup event. This year's event is set for April 22.



Help beautify Hospital Point during Marine Corps Systems Command's third annual Earth Day and Shoreline Cleanup event April 22, followed by a command-wide chili cook-off. The chili cook-off is a Marine Corps Birthday Ball fundraiser sponsored by Marine Air-Ground Task Force Command, Control and Communications, and MCSC's Safety Office is orchestrating the Earth Day Cleanup.

Employees and family members are invited to help pick up trash and unwanted debris. All participants are asked to wear appropriate clothing — long-sleeve shirts and pants — to avoid exposure to poison ivy, ticks and other creatures. Gloves and trash bags will be supplied. The Safety Office is also accepting donations for the purchase of plants and flowers for planting around Hospital Point during the cleanup.

Volunteers wishing to participate must sign up ahead of time by emailing Poppy Harrover at poppy.harrover@usmc.mil. The event will begin at 9 a.m. and will last two to three hours. Each volunteer will receive a meal ticket for a free chili lunch at the end of the event. For more information regarding the cleanup, contact Harrover at (703) 432-3736.

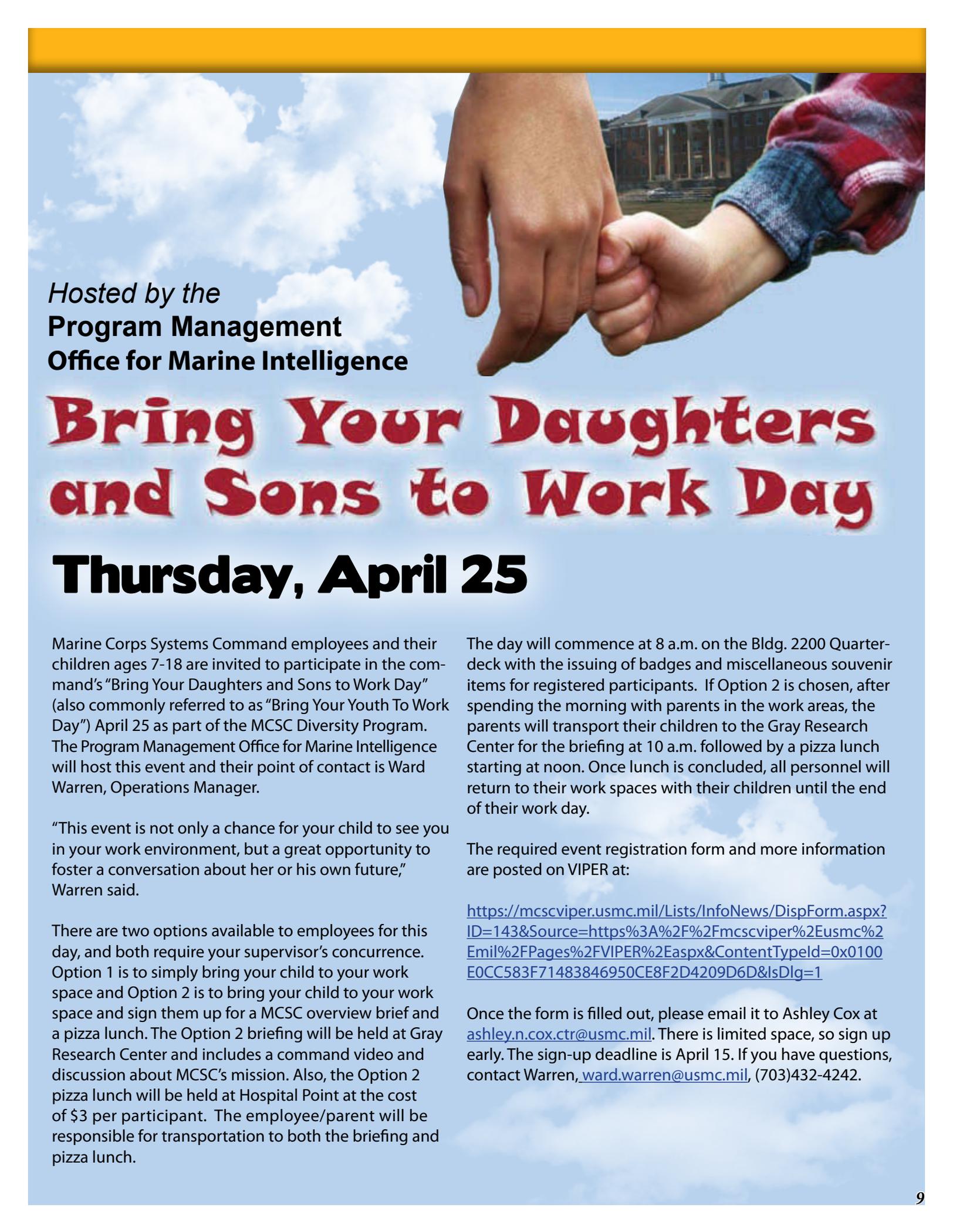
PM MC3's chili cook-off will take place from 11:30 a.m. to 1:30 p.m. at an outside location near Bldg. 2200. Earth Day cleanup participants with tickets eat free beginning at 11 a.m. Meals are \$6 and include:

- #1 - Chili bowl, crackers/cornbread, drink and cookie
 - #2 - Nachos with cheese & chili topping, drink and cookie
 - #3 - Chili cheese dog, nachos, drink and cookie
- A la carte - Chili bowl: \$3, drink: \$1, cookie: \$1, cornbread: \$1

Family members are also invited to enter the chili cook-off. To enter the cook-off, fill out the registration form located on VIPER. For Hospital Point send the form to Erika Torrez (Bldg. 2200), erika.torrez.ctr@usmc.mil, (703) 432-3478, and for off base, send to Megan Kelley (Tech Parkway, Stafford), megan.kelley.ctr@usmc.mil, (703) 432-9858. Prizes will be awarded for first, second and third place finishes.

PM MC3 is hoping more than 30 pots of chili will be entered or donated. Profits from sales will help all command junior enlisted Marines attend the ball for free. The birthday ball is scheduled for Nov. 9 and will be held at the Renaissance Hotel in Washington, D.C. Tickets go on sale in September.





Hosted by the
**Program Management
Office for Marine Intelligence**

Bring Your Daughters and Sons to Work Day

Thursday, April 25

Marine Corps Systems Command employees and their children ages 7-18 are invited to participate in the command's "Bring Your Daughters and Sons to Work Day" (also commonly referred to as "Bring Your Youth To Work Day") April 25 as part of the MCSC Diversity Program. The Program Management Office for Marine Intelligence will host this event and their point of contact is Ward Warren, Operations Manager.

"This event is not only a chance for your child to see you in your work environment, but a great opportunity to foster a conversation about her or his own future," Warren said.

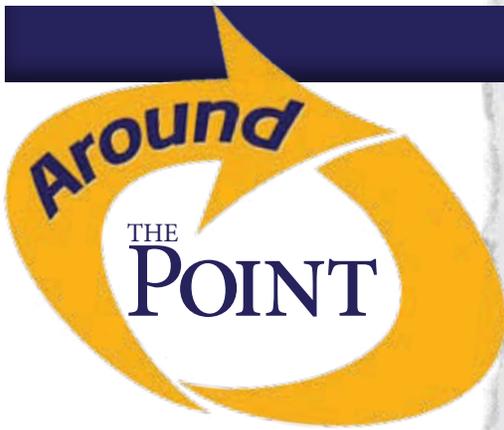
There are two options available to employees for this day, and both require your supervisor's concurrence. Option 1 is to simply bring your child to your work space and Option 2 is to bring your child to your work space and sign them up for a MCSC overview brief and a pizza lunch. The Option 2 briefing will be held at Gray Research Center and includes a command video and discussion about MCSC's mission. Also, the Option 2 pizza lunch will be held at Hospital Point at the cost of \$3 per participant. The employee/parent will be responsible for transportation to both the briefing and pizza lunch.

The day will commence at 8 a.m. on the Bldg. 2200 Quarter-deck with the issuing of badges and miscellaneous souvenir items for registered participants. If Option 2 is chosen, after spending the morning with parents in the work areas, the parents will transport their children to the Gray Research Center for the briefing at 10 a.m. followed by a pizza lunch starting at noon. Once lunch is concluded, all personnel will return to their work spaces with their children until the end of their work day.

The required event registration form and more information are posted on VIPER at:

<https://mcscviper.usmc.mil/Lists/InfoNews/DispForm.aspx?ID=143&Source=https%3A%2F%2Fmcscviper%2Eusmc%2Emil%2FPages%2FVIPER%2Easpx&ContentTypeId=0x0100E0CC583F71483846950CE8F2D4209D6D&IsDlg=1>

Once the form is filled out, please email it to Ashley Cox at ashley.n.cox.ctr@usmc.mil. There is limited space, so sign up early. The sign-up deadline is April 15. If you have questions, contact Warren, ward.warren@usmc.mil, (703)432-4242.



News from Information Systems and Infrastructure

Dan Corbin, Information Systems and Infrastructure program manager, continues to support and promote positive words of encouragement to members of IS&I. He expresses his appreciation with the following statements to the entire IS&I team:

“IS&I Team, the work you do here at PMM110 is important to the Marine Corps and Department of the Navy. You folks are the best. Keep up the good work, fight only the fights that matter, and most importantly, don’t let anyone get in the way of your successes.”

Here are a few of the most recent successes in IS&I:

Lt. Col. Ross Monta reached a major career milestone when he was selected for Acquisition Command. He was formally selected as the Marine Corps Enterprise Information Technology Services product manager.

Lots of hard work preparing for briefs: The MCEITS and Secure Operational Network Infrastructure and Communications teams were successful in program reviews with their milestone

decision authority, Brig. Gen. Frank Kelley, Marine Corps Systems Command commander.

Enterprise Land Mobile Radio team efforts resulted in several-hundred-dollar savings for each of the multi-band radios they will procure.

Financial managers and program folks completed the fiscal year 2014 budget submissions on time despite issues with information technology systems.

“I want to take a moment to point out a significant BZ (that is Navy way of showing appreciation for a ‘great job’),” Corbin said. “Great job to the entire Marine Corps Software Enterprise License Management System team. Mr. Robert Jack, Deputy to Brig. Gen. Kevin Nally, chief information officer of the Marine Corps, pointed out the professionalism and expertise of the MCSELMS team on several occasions to our leadership and to general officers in the Pentagon. He says Lyle Cross’ team is the best he has worked with in his 29 years.”

IS&I says farewell and best wishes to CWO3 Jonell Kosa.



Private 1st Class Cody Foster, son of Kim Foster, Marine Corps Systems Command Corporate Communications Directorate, visited with Dallas Cowboys Cheerleaders during their March USO tour at Camp Leatherneck, Afghanistan. (Courtesy photo)



Lukschander chooses alternative spring break



Kelly Lukschander, daughter of Lynda Fullem, Marine Corps Systems Command Corporate Communications Directorate, took part in the James Madison University Alternative Spring Break program. The JMU team spent their spring break volunteering March 2-9 at Food & Friends in Washington, D.C.

Food & Friends is a DC-based non-profit organization that provides meals, groceries and nutrition counseling to people living with life-challenging illnesses such as HIV/AIDS and cancer. The JMU team prepared and delivered more than 5,000 meals, working daily from 9 a.m. to noon and 1-3 p.m. Lukschander is a sophomore at JMU majoring in political science.



Time to Share – Spouse's Spotlight

Confessions of a Dual Military Spouse By Capt. Frank Furman

Editor's note: Capt. Frank Furman is the husband of 1st Lt. Caelyn Furman, the Marine Corps Systems Command aide de camp. He is assigned to Military Department Logistics Thrust in the Office of Naval Research.

When friends and colleagues find out that my wife is also a Marine, the men smile knowingly and ask what it's like to have a wife who follows orders. I get no such reaction from female friends. Despite my higher rank, the women intuitively know who gets ordered around.

Caelyn and I met at the Naval Academy and began dating just months before I graduated in 2007. She had two years left in school, but we enjoyed an extended honeymoon (of a sort) while I finished my graduate degree and then attended The Basic School at Quantico, Va. In December 2008, I received my orders to report as the weapons platoon commander for Company K, 3d Battalion, 4th Marines at Twentynine Palms, Calif. Caelyn commissioned that spring and reported to Camp Lejeune, N.C., six months later. A 90-minute drive from Quantico to Annapolis, Md., had become a two-hour drive to Las Vegas and connecting flights to get to Jacksonville, Fla.

In the meantime, we stayed busy. I returned from Afghanistan the following year, and we were engaged. Long-distance relationships are difficult, but I was committed to seeing the advantages. I shamelessly used the distance and subsequent work-up for

Afghanistan as an excuse to avoid wedding planning—benefitting both me and the event. But my no-show in the planning process would come back to haunt me. Just before the wedding, our battalion was told that it might deploy prior to the wedding date. I was told to return to Twentynine Palms or face the consequences. A poor professional reputation can last a career—fleeting compared to a woman's scorn. I stayed put and thankfully the deployment was postponed. I deployed the day after returning from the honeymoon.

Caelyn's battalion deployed a few months later, and she often led convoys to our main position. Infantry battalions are all-male, and the disturbance in the force caused by a single female is perceived by all. Chests are puffed out. Giggling is rampant. After a few months without women, few are immune to this phenomenon. Two things were certain: I wasn't the only one happy to see her arrive, and privacy was non-existent.

When the battalion returned to Twentynine Palms, I was overdue for orders and eager to end my final stint as a geographical bachelor. Weeks became months as my peer group waited on orders. Finally, a congratulatory email informed me of my selection to attend the Air Force Institute of Technology at Dayton, Ohio. The monitor assured me he was well aware I was a dual-military spouse and that he could guarantee us co-location during the subsequent payback tour. I did the

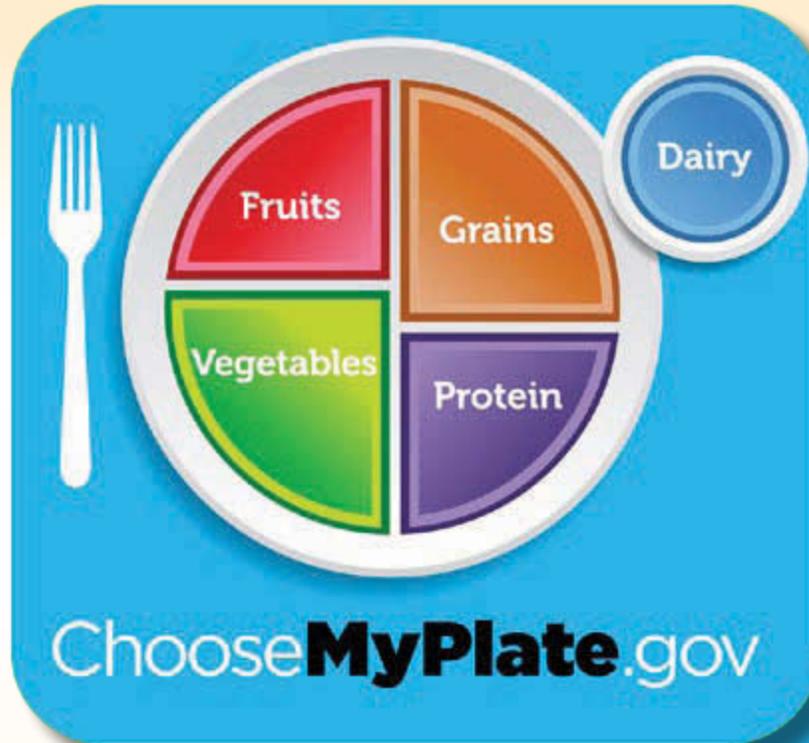
only honorable thing, which was to throw a temper tantrum. An Air Force school? Grunts barely trust Marine pilots, much less the Air Force. It was a career killer, I told him. Spend another two years without my wife? Didn't he understand what divorce attorneys cost?

It was as effective as the tantrums of my youth. I made my decision to leave the Marine Corps and began pondering the implications of becoming a "normal" military spouse while Caelyn finished her final two years. A wise mentor of mine suggested I ask to see which payback tours were available now. A payback tour would be filled, making the monitor happy, and I wouldn't have to leave the Marine Corps (or get a divorce), making me happy. The manpower system, hardly a model for flexibility or individual treatment, offered Caelyn and me orders to MCSC and the Office of Naval Research, respectively.

It's been a good fit. We spent our first Thanksgiving and Christmas together this past year and just celebrated our second anniversary. Being a dual-military spouse is probably the same as being any other kind of spouse, except we use too many acronyms when we talk. We have the same conversations about work, money, having kids and where to live that all married couples have. We're working on the acronyms thing. ♦

"Opportunity is missed by most people because it is dressed in overalls and looks like work."

~ Thomas Edison



Pump up your fruit and vegetable intake!

Here are some easy ways to add more fruits and vegetables, loaded with color, flavor, vitamins, minerals and fiber, to your daily diet:

- Use vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
- Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
- Make a vegetable wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
- Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce to use as a topping on pancakes, French toast or waffles. You can also enjoy them on grilled or broiled seafood and poultry.
- Grill vegetable kabobs made with cherry tomatoes, green peppers, yellow squash, onions and mushrooms.
- Grill fruit kabobs with pineapple, peaches and bananas. Grill on low heat until fruit is hot and slightly golden.
- Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, sauces and rice dishes.
- Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt and chopped nuts.
- Add sliced pineapples, apples, pears, peppers, cucumbers or tomatoes to a sandwich.
- Keep a bowl of fresh, just ripe whole fruit on your kitchen table or anywhere you can easily grab something for a snack-on-the-run.

Did you know....

When chopping herbs, toss a little salt onto the cutting board; it will keep the herbs from flying around.

Source: Academy of Nutrition and Dietetics

Coming Soon...

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.nmcrcs.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/



Quantico Stroller Brigade

"PUSH" for our military children!
in honor of Child Abuse Prevention Month & Month of the Military Child

When: Saturday, 20 April, 0900
Where: Behind the new CDC South in the parking lot of Lincoln Housing Maintenance, route goes through Lyman Park & returns to the parking lot to the Kids First Fair

What: Walkers, strollers, bikes, wagons, moms, dads, and community members are all welcome

RSVP: New Parent Support Program at 703-784-4248




sponsored by the
Family Advocacy Program, New Parent Support Program, Child Development Center, & other MCCS Programs
www.quantico.usmc-mccs.org




Hosted by the
Program Management
Office for Marine Intelligence

Bring Your Daughters and Sons to Work Day

Thursday, April 25

Option 1 - Simply bring your school-age child to your work space.
 Option 2 - Bring your school-age child to your work space and sign him/her up for a MCSC overview brief and a pizza lunch. Option 2 pizza lunch is \$3 per participant.

Both options require supervisor's concurrence and event registration form posted on VIPER. Signup deadline is April 15. There is limited space, so sign up early.



Part of the Marine Corps Systems Command Diversity Program.



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