



MCCS PROGRAMS NEWSLETTER

Apr-May-Jun 2010

Marine Corps Recruit Depot/Western Recruiting Region, San Diego, CA 92140
www.mccsmcrd.com: (DSN) 524-5732 Toll Free (888) 718-3027 Fax (619)524-0675



Online Academic Skills Course

Peterson's Online Academic Skills Course (OASC) is designed to help you build your math and verbal skills. OASC is available for free 24 hours a day, seven days a week on the web to active duty service members, reservists, National Guard, and families. Position yourself to achieve more with free online tools to advance your education and career.

Here are few short steps to establish your account:

1. Log on at www.petersons.com/oasc and select either service member or family member.
2. Fill in the Registration Page, establish your user name and password and follow prompt (click "Here" if new user). Ensure to indicate MCRD San Diego as your installation; this important step will ensure accurate accountability in case you need future assistance, and also to enable personal counseling.
3. Once signed up, you may perform:
 - a) Pre-Test - Used to gauge the individual's skill levels and weaknesses
 - b) Customized Learning Path - Consists of a series on pre-tests results taken from the individual's needs
 - c) Lessons - Personalized for each individual, delivers a very targeted manner
 - d) Practice Sets and Post Test - Allow individuals to demonstrate the skills and concepts learned
 - e) Flashcards - Used as a research tool for memorization or practice
 - f) Reporting - Progress can be monitored by an administrator and counseling feedback provided

The Lifelong Learning Education Center staff will be providing "College 101 and OASC" orientation briefs to assist you with understanding this important tool, as well as starting your journey to a college education. Call (619) 524-8158/1275/6865 to sign up for class, or general assistance with starting your college enrollment.



Celebrating Everyday Heroes

April is the month of the Military Child. This special commemoration came into reality as the dream of former Defense Secretary Casper Weinberger to demonstrate the important role children have in the Armed Services community. Expressions of these roles may range from small group activities to large festivals and parades supporting youth and their families. Deployment stressors, child abuse, emotional supports at schools, community libraries (which provide reading materials and special story times commemorating heroic military men and women), bulletin boards posted in schools, and throughout communities focusing on active duty members past and present achievements, present some venues through which "Month of the Military Child," is able to bring awareness of the special circumstances that military dependants often face. Great resources are available to support our military families and their children.

- ◆ www.operationmilitarykids.org/public/home.aspx
- ◆ www.militaryonesource.com/MOS/MarineCorps
- ◆ www.zerotothree.org/site
- ◆ www.militarychild.org/military-parent/

Contributed by Fredia Hines, School Liaison Officer, (619) 524-8032

MCRD's MCCS Happenings



MCRD Library Customer Appreciation Day

The Library's Customer Appreciation Day will be on Wednesday, May 26 from 11am—5pm

- Enjoy refreshments
- Enter to win door prizes
- Meet our friendly staff
- Take a tour of the library
- Request your favorite book or movie



Children's Summer Reading Program - June 1 to August 28

MCRD Library is open 7 days a week. For more information call (619) 524-1849.



Recreation Center Happenings

- Free bowling every Friday from 1100 to 1300 to all MCRD active duty and civilian personnel
- Lunch is served daily starting at 1100, come get that BLT, Hamburger w/ hot steak fries, or personal pizza and more
- Locker Room Bar & Grill, every Friday, free appetizers from 1700 - 1830; D.J. with Karaoke from 1730

to 2300. Dancing and fun every Friday night. Call Recreation Center at (619) 524-4446



Bay View Restaurant

- May 9 - Mother's Day Brunch
- The restaurant is located on the bay side of the Depot. Its scenic view is a perfect setting to enjoy a delicious lunch or host a special event.
- Open for lunch Tuesday through Friday
 - Offers full lunch service or enjoy a fabulous buffet, every Tuesday is a catfish buffet

- International Buffet on Wednesdays
- Full service catering department can assist in special event planning at the Bay View Restaurant

For details, call the Bay View Restaurant at (619) 725-6344/6265



Exceptional Family Member Program

Stay Active in Summer! 26 May, 10:00 a.m. - 11:30 a.m.

Want to find activities for your children to stay busy during the summer? We will discuss summer camps, classes, workshops and much more! Find out your options to keep your kids active.

Reading and Writing Solutions Through Assistive Technology by TASK San Diego
3 June, 9:00 am - 12:30 pm

TASK will cover "hi-tech" as well as "low tech" reading and writing ideas. Some of the topics covered will include: screen reading software, storybook software, word prediction, talking word processors, portable word processors, and more! Call (619) 524-8086/8031/6078 for more information.

MCRD VOLUNTEER RECOGNITION EVENT

Marine Corps Recruit Depot utilizes much of its manpower from our volunteers. There are family events throughout the entire year that could not have taken place efficiently without the contribution of our volunteers. Every year, the Depot recognizes and appreciates these extraordinary individuals during Volunteer Recognition Day.

Pat Bromley (USMC Ret Col), has been volunteering for the past 5 years to assist our retirees and their families in the Retired Affairs Office (RAO). Last year, the volunteers of RAO; Pat Bromley, Jesse Jones (USMC Ret MSgt), and Bill Joslyn (USMC Ret LtCol), contributed a total of 692 hours.

There are numerous volunteer opportunities on MCRD. If you are a Marine spouse, contact your Unit Family Readiness Officer; for all others, contact the specific section where you want to volunteer.



Career Resource Center Bldg 14, Mon-Fri 0730-1600

Mina Threat, (619) 524-1283/8440, mina.threat@usmc.mil

Family Member Employment Assistance Program

FMEAP provides job search guidance, one-on-one employment assistance, resume writing, and job interview techniques.

Marketing Yourself For A Second Career

17 May, 9:00 am-11:30 am, Bldg 111

This is a free seminar open to service members who plan to leave military service within five years. Spouses are encouraged to attend. Topics covered will be: ❖ Competition in the Job Market ❖ Employer Perceptions of the Military ❖ How Employers Read Resumes ❖ Networking ❖ Penetrating the Hidden Job Market ❖ Preparing for Interviews ❖ Salary Negotiations ❖ Benefit Packages ❖ Handling Rejection and ❖ Dressing for Success. Call the Career Resource Center to make reservations or for more information.

Teaching as a Second Career

20 May, 11:30 am-2:00 pm, Bldg 14

Active Duty and Reserve, retirees, and military spouses who are interested in becoming a public school teacher are encouraged to attend. This is a great chance to find out if public school teaching is a second career choice for you. This seminar will be presented by the California Troops to Teachers, Navy College, and local teacher preparation programs in San Diego County. Reservations are limited to first 40 personnel. Call California Troops to Teachers at (877) 908-3600 to confirm your spot.

Financial Industry Regulatory Authority (FINRA)

Military Spouse Fellowship Program

The National Military Family Association (NMFA) is now accepting applications for the annual FINRA Foundation Military Spouse Fellowship Program. Military spouses will be selected for a free fellowship to become certified as an Accredited Financial Counselor (AFC), a professional financial certification maintained by the Association for Financial Counseling and Planning Education (AFCPE). Approximately 200 spouses (all services, all components - Active Duty, National Guard, and Reserve) will be selected for this prestigious fellowship. After completing the required curriculum, passing the necessary tests, and completing the assigned practicum hours, spouses will be certified as an AFC, which can lead to a portable career as a financial counseling professional. Applications are being accepted at www.nmfa.org until 30 April 2010.

Department of Veterans Affairs

A VA representative is on site at Bldg 14, Marine & Family Services. Call Robert Hill at (619) 524-8233 or email Robert.hill6@va.gov if you have questions about your VA benefits.



Parent Support Program

Parent Support Program is pleased to announce several new services available for families at MCRD.

Happiest Baby on the Block™

Teaches parents how to soothe their crying infant and help them

sleep longer using Dr. Harvey Karp's proven method. In the comfort of your own home, learn how to turn on your baby's calming reflex from certified educators.

Developmental Testing

In-home developmental testing for children 1 month - 5 years of age. Home visitors assess your child's communication, motor skills, problem solving, and social-emotional development. Learn how to enhance your child's development through fun and easy activities.

Activity Mornings

Parent Support teams up with L.I.N.K.S. to bring you monthly activity mornings including story time, arts and crafts, movement activities, snack making, and much more. Join us once a month for this fun day. Upcoming Dates: 4/27 & 5/25 from 9:30am-12:00pm in Bldg 6E. Please register with Heather at (619) 524-0805 or Patty at (619) 524-8104.

Additionally, we continue to offer Baby Boot Camp for expectant parents and home visits addressing a variety of topics including managing difficult behaviors, preparing for deployment, improving family communication, and providing information and referrals. Please contact Kathy Gutman or Heather Chamberlain at (619) 524-0805 for more information.



Did you know

The Navy Marine Corps Relief Society staff handled 91,418 cases, resulting in assistance of \$47.4 million to Sailors, Marines, and their families who had financial needs in 2009?

The single, most prevalent category of need was Basic Living expenses. Our clients also sought assistance to pay for emergency transportation, medical and dental bills, funerals, and setting up households, including security and utility deposits, furniture, car repairs, and more. Based on need, assistance is provided as an interest-free loan or grant.

If you have a temporary emergency need, NMCRS may be able to help. Call your local office today.

NMCRS MCRD San Diego, Bldg 14 (619) 524-5734

NMCRS: A Helping Hand!

www.nmcrs.org

APRIL 2010 - MONTH OF THE MILITARY CHILD

There are 1.7 million American children and youth under 18 with a parent serving in the military and about 900,000 with one or both parents deployed multiple times.

April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community. The Month of the Military Child is an opportunity to recognize military children and youth for their heroism, character, courage, sacrifices and continued resilience.

In the weeks ahead, Defense.gov will highlight events marking the Month of the Military Child throughout the military.



MAY IS MILITARY APPRECIATION MONTH

Despite the challenges of two wars and numerous other engagements around the globe, America's military is stronger than ever. Our military is strong because our Nation stands behind them. Whether they are your neighbors, friends, or family members, all make life-changing sacrifices, and all are worthy of our eternal thanks.

Gratitude from an appreciative Nation – not just during this month, but always – inspires courage and peace of mind for those whose charge it is to keep the peace. Remembering those who sacrificed everything – as well as their families – and continuing to thank and support our veterans and wounded warriors is crucial to the health of our Armed Forces, and truly, essential to the health of our Nation.

Throughout this month of May, please take time to thank all those in each service branch, the National Guard, and Reserves, as well as Defense civilians, retirees, veterans, and their families. They are making a difference – and so can you.

The Joint Chiefs and I are proud to salute the men, women and families of America's Armed Forces – this month, as well as every day of the year .

By Adm. Mike Mullen, The Pentagon, Arlington, VA, May 12, 2009



DoD Expands Military Care Option

The DoD has selected Sittercity's Corporate Program to help military families across the nation find in-home care. The program is funded by the DoD and is available to you at no cost. Sittercity helps you find babysitters for ❖after-school ❖hourly care ❖school vacations ❖deployment and PCS ❖extended work hours ❖special needs children and anytime you need a sitter, Nannies for full and part-time. Eligible service members (active duty, reserve, and guard) can activate their paid membership at www.sittercity.com/dod.

Sharing Moments...

From a satisfied customer of MCCS Library

My name is Lt R. McVoy, USN. I am enclosing this letter with numerous books on tape I checked out of your facility in late December to say thank you for the outstanding service you provide to the Sailors and Marines stationed at MCRD San Diego as well as the surrounding bases. True to Marine Corps fashion your facility is small in size, but extremely potent in what it accomplishes. The vastness of resources you have to offer is greatly appreciated by me and, I am sure, many other service personnel who find their way into your halls. Along with this letter are the resources I checked out back in December. I thank you for the privilege of their use and the understanding surrounding the circumstances of their "non-time critical" return. Once again thanks for all you do and provide for us and I look forward to getting back in there to enjoy more of what the Depot Library has to offer. Keep up the Good Work!

Dated 1 Mar 2010

Alcohol & Drug Awareness

"The Importance of Getting Help"

June is Alcohol and Drug Awareness month. Alcoholism and drug addiction are progressive diseases. The long-term health consequences can be devastating. Untreated alcoholism can lead to conditions like cirrhosis of the liver, increased cancer risk, heart disease, and damage to the brain. Continued drug abuse can lead (depending on the drug used) to respiratory problems, mental health problems, and risks of death from overdose. Continued drug or alcohol abuse can also result in serious family conflicts, loss of friendships, chronic feelings of guilt, loss of self-esteem, financial problems, and problems at work.

The sooner you seek professional help, the better your chances of avoiding or limiting long-term problems. You can obtain more help, including referrals to treatment programs, by talking with your medical provider or religious adviser, and a professional addiction counselor. You can call the Depot's Substance Abuse Counseling Center for assistance at (619) 524-1912/1837/1835/1832.

