



MCCS PROGRAMS NEWSLETTER

Apr-May-Jun 2011

Marine Corps Recruit Depot/Western Recruiting Region, San Diego, CA 92140 www.mccsmcrd.com: DSN 524-5728: Toll Free (888) 718-3027: Fax (619)524-0675

April is Child Abuse Awareness Month ... How Can You Help?

By Heather Chamberlain, Psy.D. & Terra Pack, LMFT

The month of April is a great opportunity to learn how to help prevent child abuse from occurring in your community. Childhelp® states that child abuse occurs at every socioeconomic level, across ethnic and cultural lines, within all religions and at all levels of education. **So what can you do?**

Here are some things you can do to help prevent child abuse:

- Get to know your neighbors. Problems seem less overwhelming when support is nearby.
- Help a family under stress. Offer to babysit, help with chores and errands, or suggest resources in the community that can help.
- Reach out to children in your community. A smile or a word of encouragement can mean a lot, whether it comes from a parent or a passing stranger.
- Be an active community member. Lend a hand at local schools, community organizations, children's hospitals, social service agencies, or other places where families and children are supported.
- Keep your neighborhood safe. Start a Neighborhood Watch or plan a local "National Night Out" community event. You will get to know your neighbors while helping to keep your neighborhood and children safe.
- Take a break when you need it. Asking for help is a sign of strength. Look for resources in your community that offer support including parenting groups, programs that support parents (i.e. parent Support Program MCRD), and other professionals who help you manage difficulties.
- Learn how to recognize and report signs of child abuse and neglect. Reporting your concerns may protect a child and get help for a family who needs it. Remember that adults must be the voice for children who cannot speak for themselves.

If you have questions or would like more information on how to create a supportive environment for children, call the Parent Support Program at (619) 524-0805.

Thinking About Your Next Career? So Are We ...

On 5 May, the Military Officer's Association of America, MOAA, will be providing free lecture on "Marketing Yourself For A Second Career," from 9:00 am - 11:30 am at Life-long Learning Education, Building 111, across from the gas station.

Who Should Participate?

This event is open to all, but is a value added benefit for servicemembers who plan to retire or leave the military in the next twelve to eighteen months.

Learn how to:

- Create a plan for your job search
- Write standout resumes and cover letters
- Successfully interview and network
- Penetrate the hidden job market
- Negotiate salary and benefits
- Manage rejection ... and the joy of victory!

Registration is required.

Contact Mina Threat, Transition Assistance Program Manager, at (619) 524-1283, or email mina.threat@usmc.mil.

Save the Date - 6 August 2011 Retired Military Seminar & Resource Fair

The Retired Affairs Office of the Marine Corps Community Services, Personal and Professional Development Branch, will be hosting the 2011 Retired Military Seminar and Resource Fair aboard Marine Corps Recruit Depot on 6 August.

Plan to attend this free event. It is an informative seminar for retirees, future retirees, and their families from all branches of the military. More details to follow at www.mccsmcrd.com, **ONLINE REGISTRATION** required. Call the Retired Affairs Office at (619) 524-5301.

MCRD's MCCS Happenings



Wellness Fair:

18 May 2011, from 1000 - 1300

- Health Promotions will be hosting this year's Wellness Fair at the parking lot next to Marine Corps Exchange.
- For details, contact Andrea Callahan, Health Promotions Coordinator, at (619) 524-8913.



Library Happenings:

Customer Appreciation Day

- Visit your friends at the Depot Library on 1 June, Wednesday, between 1200 - 1700 to celebrate Customer Appreciation Day.

Notary Public

- Notary Public service is available Mon-Fri 1300-1600 by appointment. Call Christina at

(619) 524-8111 or email rappincc@usmc-mccs.org.

- Have you established a Library account yet for yourself or for your family? The Library is open seven days a week.
- The Library hours are Mon-Fri 0830-1800; Sat 0830-1700; and Sunday 1300-1700, call the Library at (619) 524-1849.



L.I.N.K.S.

Lifestyle Insights, Networking, Knowledge, and Skills

- The program offers an orientation to the Marine Corps lifestyle, helping spouses, Marines, children and teens, parents/extended family members understand and adapt to the unique challenges military life often presents.

- To learn more on classes offered, call Patty Kalaye, LINKS Trainer, at (619) 524-8104/0916.



Education Services

College 101

- Students who want to learn about college are advised to attend a College 101 brief before signing a contract with a college or university.

- It is mandatory that prior to being approved for Tuition Assistance, all Marines

must complete the College 101 training.

- Training is provided by appointment, please call Education & Career Services at (619) 524-8158/1275.

Personal Financial Management (PFM)

Mission readiness is the primary objective of the Marine Corps and is impacted by the financial responsibility of the service-members and their families. Marines and their families prosper when they are in control of their current finances and able to put money away for the future. Marines and their families can benefit from the financial advice of Mr. Michael McIsaac, MCRD's Personal Financial Specialist.

What can PFM do for me?

- Financial Planning
 - Goal setting
 - Transitional challenges
- Money Management
 - Budgeting and cash management
 - Pay and allowances
 - Use of credit and debit
 - Major purchases planning
- Investment Planning
 - Thrift Savings Plan (TSP)
 - IRA
 - Government Savings Bond
- Retirement & Estate Planning
 - Entitlements and benefits
 - Retirement Planning, REDUX
- Financial Brown Bag Seminar
 - Once a month, 1 1/2 hour class
 - Lunch is provided
 - Learn from building a successful savings program with small \$\$ amount to a parent's guide in raising a money smart child
- Tax Preparation Services
 - By appointment only

These services are free of charge to the military and their family members. For additional information, or to schedule an appointment on any of the topics mentioned, please call Michael McIsaac at (619) 524-1204, or send an email to michael.mcisaac@usmc.mil.



School Liaison Program

Tips to Help Kids Transition Successfully To Their Next School:

- Schedule one or two dates to visit your child's prospective school
- Observe the classroom/school environment your child may have
- Know the learning style of your child (visual, auditory, or kinesthetic)
- Request a teacher with the learning style your child displays
- Know available school resources/support/safety
- Be involved in PTA/PTO/Parent Volunteer activities
- CHOICE Enrollment Options Deadline is February 15, 2012 to change schools within San Diego County

Immunization News

- Students will not be permitted to attend classes next year without proof of the booster shot according to California Law (AB 354). Grade 7-12 students are required to receive whooping cough/PERTUSSIS booster by August 2011 www.vaccineinformation.org/video/pertussis.asp.

Kindergarten Registration

- The School Liaison Office will assist parents with this important step in your child's education. Children will need to be 5 years old by December 2, 2011, to attend school this fall for the 2011-2012 school year.

Internet Safety Tips

- Post this Internet Safety Tips Checklist next to your child's computer after reviewing this important information with them www.KidSafeCyberspace.com

Safe Surfing Research Websites for Kids

- Keep this website on your child's computer under "FAVORITES" quick and easy access to child safety. School recommended website www.powayusd.com/pusdhres/student_resources.shtml

College Readiness

- ACT Test Registration Deadlines:
 - June 11, 2011
- SAT Test Registration Deadlines:
 - May 7, 2011
 - June 4, 2011
- Military/DoD Families may order free ACT/SAT software (a \$200 value):
 - Visit www.eknowledge.com/SanDiego
 - To order by telephone (951) 256-4076, reference MCRD/SD School Liaison Program

Contact Your School Liaison

- Contact our office at (619) 524-8032/8033/0916 for further information, events/updates, and moves in or out of the area that may affect the educational success of your child.



The month of April is recognized nationally as Sexual Assault Awareness Month (SAAM). The goal of SAAM is to raise awareness about sexual violence and to educate the community about sexual assault and how to prevent it. Sexual assault is a crime defined as intentional sexual contact characterized by the use of force, threats, intimidation, or abuse of authority when the victim does not or cannot consent. Sexual assault can have a devastating impact on individuals, family members, colleagues, friends, and community members.

During the month of April, we focus on awareness and the prevention of sexual violence. As members of the military community, we all have a responsibility to intervene when we observe fellow Marines participating in conduct that violates our core values. In some cases, take responsibility for each other and get involved when a fellow Marine is at risk. Avoid being a bystander. Ask your friends if they need help, act when they do, and intervene when you see trouble. **"Hurts One... Affects All. Preventing Sexual Assault is Everyone's Duty."**

If you or someone you know has been sexually assaulted, please contact your Uniformed Victim Advocate. For 24/7 Victim Advocate support please call (619) 279-6113.



TRICARE® TRICARE® Young Adult (TYA) Program:

The TRICARE Young Adult (TYA) program is a premium-based health care plan available for purchase by

qualified dependents. TYA offers TRICARE Standard coverage worldwide, and TRICARE Prime coverage will be available for purchase at a later date. TYA includes medical and pharmacy benefits, but excludes, dental coverage.

Download the TRICARE Young Adult Flyer at www.tricare.mil/tricaremart/ to receive more instructions on:

- Who is eligible
- Enrollment
- Retroactive Coverage
- TYA Standard Costs and Fees

APRIL 2011 - 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, Marine Corps Family Team Building at Bldg 6E will highlight events marking the Month of the Military Child. Call (619) 524-8030 for details.

MAY 2011 - CELEBRATES THE

MILITARY APPRECIATION MONTH

“May is a month when we can truly appreciate the best life has to offer. The air is warmer, flowers are in bloom and we look forward to all that summer promises. So, it is fitting that we take this opportunity during National Military Appreciation Month to reflect on the best that our Nation has to offer: the past and present service and sacrifice of the men, women and families of our military.”

“We owe these men and women a lifetime’s-worth of gratitude and are especially grateful to our Wounded Warriors, their families and the families of the fallen whose own lives and dreams have been forever altered by the sacrifice of a loved one. We should all recognize them throughout this month with a simple “thank you for your service.”

“Your support means so very, very much. Please use the opportunities during National Military Appreciation Month to show you are behind them as they have served, and will continue to serve for you.”

“The Joint Chiefs and I are proud to salute the men, women and families of America’s Armed Forces, this month, and every day of the year.” – Adm. Mike Mullen

JUNE 2011 -

HOME SAFETY

Home Safety Month is a perfect time to prepare yourself and your family for an emergency. Planning ahead can keep you and your family safe if a flood, fire, flu pandemic, terrorist attack, or other public health emergency strikes.

Take these steps to prepare for an emergency:

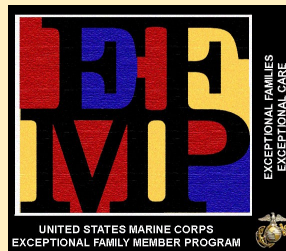
- Do a walk-through of your home. Check your smoke alarms, child safety locks, and first aid supplies.
- Get an emergency supply kit.
- Make a family emergency plan.
- Stay informed.

You may review some of the following safety guide at www.homesafetycouncil.org/safetyguide:

Baby & Toddler Safety	Falls Prevention	Safety Room-By-Room
Child Safety	Fire & Burn Safety	Seasonal Safety
Choking & Suffocation Prevention	Poison Prevention	Top Safety Tips
Disaster Preparedness	Safe Seniors	Water Safety

The Centers for Disease Control and Prevention recommend that each family get an emergency kit, make a family emergency plan, and be informed of the emergency resources available in their community.

MCRD’s Life Skills Trainer, James Stewart, teaches a class on Family Emergency Disaster Planning. To learn more about keeping you or your family safe, call James Stewart at (619) 524-8116/0916.



Exceptional Family Member Program (EFMP)

- The Depot’s EFMP office is staffed with outstanding individuals whose objective is to ensure families will be assigned to a location where appropriate services exist to support the special needs of the Exception Family Member.
- Contact Anna Nguyen at (619) 524-8030/8031 to find out who qualifies for the EFMP and what are the benefits of enrollment.