



Volume XVII, Number 3

Family FactLine

The Family Newsletter of the 4th Marine Corps District

Winter 2014

District Corner



From the Commanding Officer

Dear 4th Marine Corps District Families,

I hope everyone had an enjoyable 239th Birthday celebration and Thanksgiving.

December is a uniquely challenging time for recruiting because of school breaks, weather, and the holidays. Prospective applicants may be less likely to commit to joining the Marine Corps or shipping to recruit training until after the New Year, so it has been imperative that we set the conditions early to be successful this month. The long hours and hard work by our Marines throughout the District over the past 90 days has been deliberately planned to set us up for early mission attainment this month. My goal is to have enlisted contracting complete, officer procurement above the 50% phaseline, and prior service accessions by category complete prior to 24 December so that EVERY 4th District Marine has the opportunity to spend some well-deserved time off enjoying the holiday with family and friends.

The typical life stressors associated with the holidays are magnified by the unique challenges of recruiting duty. Please continue to look out for each other, and reach out for help if you, a family member, or another Marine is in need of assistance. As always, communication is essential, and I encourage you to share your thoughts, ideas, and concerns so we can better provide the resources and support your family needs, and improve readiness and quality of life across the District.

Jannette and I wish you all the best this holiday season, and a safe and happy New Year.

Semper fidelis,

J. A. Bolt
Colonel, U.S. Marine Corps



From the Sergeant Major

Holiday Reflections –

Happy Holidays to all the 4th Marine Corps District families. I wish for everyone to have a safe and plentiful holiday. The Holiday Season is upon us, the weather is getting colder with snow in the forecast, and the kids are on their school breaks. I ask you to take a moment to reflect on what you are thankful for and to consider your plans for the upcoming year. I am thankful to be a part of such a great family here in the 4th District and to be able to see the warm support the families provide their Marines. We have had several of our more seasoned spouses take the time to mentor newly-joined spouses with warm and welcoming arms. This has been a great help in their transition to a duty that is for the most part away from the typical Marine Corps. Our future as a family is continuing to grow; I believe that in upcoming year we will only grow stronger.

My family and I wish each of you a joyful and blessed holiday season that is filled with warm hugs and soft smiles. Thank you.

J. C. Breze
Sergeant Major, U. S. Marine Corps

CHAMPIONS IN RECRUITING

"Hit the ground running!" A phrase used to emphasize a fast start at something successful. Below is a listing of the Recruiting Station Staff Non-commissioned Officer in Charge and Recruiter of the Month for October 2014 who "hit the ground running".



RS Baltimore
SNCOIC of the Month
GySgt R. A. Kelm
RSS Glen Burnie

Recruiter of the Month
Sgt A. M. Arizmendi
RSS Columbia



RS Charleston
SNCOIC of the Month
GySgt C. L. Balderston
RSS Xenia

Recruiter of the Month
Sgt D. A. Wood
RSS Circleville



RS Cleveland
SNCOIC of the Month
SSgt D. C. Vana
RSS Akron

Recruiter of the Month
Sgt C. M. Wilson
RSS Norwalk/Fremont



RS Detroit
SNCOIC of the Month
SSgt E. T. Lindman
RSS Toledo

Recruiter of the Month
Sgt J. L. Frantjeskos
RSS Sterling Heights



RS Frederick
SNCOIC of the Month
SSgt K. D. Jackson
RSS Woodbridge

Recruiter of the Month
Sgt G. A. Arroliga
RSS Woodbridge



RS Louisville
SNCOIC of the Month
SSgt B. P. Trish
RSS Lexington

Recruiter of the Month
Sgt T. R. Bankston
RSS Clarksville



RS Raleigh
SNCOIC of the Month
GySgt C. V. Casipe
RSS Aberdeen

Recruiter of the Month
SSgt M. L. Sanders
RSS Greenville



RS Richmond
SNCOIC of the Month
SSgt A. A. Davis
RSS Suffolk

Recruiter of the Month
Sgt C. L. Bangert
RSS Lynchburg

Congratulations on a job well done! You have set the pace for the year.



CHANGES TO OFF BASE CHILD CARE ASSISTANCE PROGRAM

The program "Childcare in your Neighborhood" has undergone some recent changes. This program helps to supplement the cost of childcare for Marine Corps families not located within a 15-mile radius of a Marine Corps Installation with a Child Development Center. This program is administered by a national provider, Child Care Aware of America, also known as National Association of Child Care Resources and Referral Agencies (NACCRRA).

A few of the major changes to the program effect how the rate for reimbursement is calculated. First, there is no longer a "set amount" which a family receives per child. Reimbursement rates are to be calculated considering the "total family income" (TFI). This is the income of both the Marine and spouse. Secondly, any amount paid for child care in excess of \$900.00 per month is not considered in the computation.

Specific information about the program may be found in MarAdmin 570-14 or by visiting the program administrator's website at: www.naccrra.org/military-families. Information is also available by phone by calling 1-800-793-0324.





A MESSAGE FROM THE DISTRICT CHAPLAIN

The Holidays are a great time to get together with family and friends. We all celebrate in different ways and carry on different traditions. Here are a few tips to making the holidays very meaningful:

1. Give the gift of service- The Holidays are a great time to give. There are several local charities and non-profits that can benefit from your time, money, and talent this season. It is a great way to gather the family and show them that the Holidays are not about getting presents, but giving.
2. Celebrate on a budget- It is fun to give presents, but if not within budget, it can be expensive. Set a budget for your family and stick with it. It will save from going in debt on Christmas.
3. Celebrate your faith- For those who have a faith tradition, this is a very good time of year to grow in your faith. Scripture reading, prayer and attending services become a very regular occurrence this time of year. Enjoy growing in your faith and expressing appreciation back to God.



I hope this is a very meaningful time of year for you as you celebrate. I hope you have a very Merry Christmas and a Happy New Year.

Chaplain Jonathon Maloney
(717) 856-7726; jonathon.maloney@marines.usmc.mil



Services

WHAT IS AN "MFLC"?

Have you heard the term "MFLC" (pronounced M-flick) and wondered what it stands for? MFLC is the acronym for the Military Family Life Consultants. Currently there are two types of MFLC's that rotate among the Recruiting Stations. They are available to any Marine, Sailor or family member.

The Behavioral Health Counselor may help with: marriage and relationship issues, parenting and family issues, communication, challenges, stress and anxiety, and much more.

The Personal Financial Counselor is able to discuss family finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.



Counseling and training are FREE and ANONYMOUS. No records are kept by a MFLC. Exceptions to confidentiality include duty-to-warn cases. Helping you is their priority!

After-hours and weekend appointments are available. Group or offsite meetings can be arranged.

Contact your RS Deputy Family Readiness Officer for information on how to contact the RS MFLC directly to set up an appointment. RS Deputy FRO contact information is provided on page 5 of this newsletter.



"Blessed is the season which engages the whole world in a conspiracy of love!"

Hamilton Wright Mabie



Welcome

Transition and Relocation

WELCOME TO 4TH DISTRICT!

We welcome these new Marines and their families:

❖ **RS Baltimore:**

- ◆ Sgt Matthew & Patricia Evans
- ◆ Sgt Evan & Susan Page

❖ **RS Charleston:**

- ◆ Sgt Scott & Erin Childers
- ◆ SSgt Jeremy Gilkerson
- ◆ SSgt Dustin & Linda Heider
- ◆ Ms. Mary Lewis
- ◆ Sgt Canaan Stanley
- ◆ Sgt Joseph & Jessica Wood

❖ **RS Cleveland:**

- ◆ Sgt Shanell & Brandon Bell
- ◆ Sgt Seth Elliott & Shannon Daughety
- ◆ Sgt Julian Hannum
- ◆ Sgt Jerik & Tiffany Johnson
- ◆ Sgt Robert Jones
- ◆ Sgt Brandon May
- ◆ SSgt Travis & Kimberly Miller

❖ **RS Detroit:**

- ◆ Sgt Kevin & Samantha Tesch
- ◆ Sgt Moses & Jeanine Weaver

❖ **RS Frederick:**

- ◆ SSgt Valgene & Rachel Bauer
- ◆ SSgt Robin & Lourdes Escobar
- ◆ SSgt Bronskin & Ayele Gilman
- ◆ SSgt Edwin & Christina Lopez
- ◆ Sgt William Ramossorto & Nataly Rodriguez
- ◆ SSgt Daniel & Angela Wright

❖ **RS Louisville:**

- ◆ Sgt Colton Duran
- ◆ SSgt Brandon & Phuong Flanner
- ◆ Sgt Joshua & Jennifer Key
- ◆ SSgt Dustin Silvey
- ◆ SSgt Daniel & Candace Stratman
- ◆ Capt John & Jessica Urban

❖ **RS Raleigh:**

- ◆ Sgt Marcos & Jessica Aguilar
- ◆ Sgt Caleb & Jennifer Dye
- ◆ SSgt Eric & Christie Kinsman
- ◆ SSgt Michael & Tiana Lash
- ◆ GySgt Raul & Martha Munoz
- ◆ SSgt Sakina & Willy Nixon

◆ Sgt Ronald Richards

- ◆ SSgt Brandon & Danelle Strang
- ◆ SSgt Julian Torres & Gabriela Garzon
- ◆ 1st Lt Brett & Tracy Warming
- ◆ SSgt Christopher & Kanna Williams

❖ **RS Richmond:**

- ◆ SSgt Rodricus & Ebony Goines
- ◆ Sgt Kristopher & Tanya Henley
- ◆ SSgt Campbell & Anne Kirk
- ◆ SSgt Adam & Katelyn Ready

❖ **Prior Service Recruiting:**

- ◆ SSgt Demerick & Vernieta Casper
- ◆ Sgt Scott Kupres

❖ **District Headquarters:**

- ◆ SSgt Daeton & Heather Shafer
- ◆ SSgt Christopher & Lindsey McBride



Family Readiness Coordinator

CONNECTING THROUGH SOCIAL MEDIA

Social media has proven capable of connecting families and friends. It has a unique ability to remove geographic boundaries and reconnect us with old friendships. We are able to connect, share thoughts and memories, life events and much more. Our connection to our Marine Corps family is not any different. While eMarine.org is used to share family readiness information, Facebook allows us to connect and share. Each of the "closed groups" below is open to spouses and family members.



4th Marine Corps District Spouses and Families: www.facebook.com/#!/groups/66277703960

RS Baltimore Family Readiness: www.facebook.com/#!/groups/118510468189761

RS Charleston Families, USMC: www.facebook.com/#!/groups/226770547332947

RS Cleveland Spouses: www.facebook.com/#!/groups/rsccleveland

RS Detroit Support Network: www.facebook.com/#!/groups/RSDetroitSupportNetwork

USMC RS Frederick Spouses: www.facebook.com/#!/groups/386647398110223

Marines RS Louisville Families: www.facebook.com/#!/groups/148583608509230

Marine Recruiting Station Raleigh Families: www.facebook.com/#!/groups/121244112378

RS Richmond Spouses www.facebook.com/?sk=h_chr#!/groups/119658031415205

COMING TO AN RS NEAR YOU

Here are some L.I.N.K.S. and Lifeskills workshops happening around the District.

- 12 December - Basic Stress Management for Marines with RS Raleigh
- 24 January - Self Defense for Spouses with District Headquarters
- 3 February - Basic Stress Management for Spouses with RS Detroit Metro Area
- 4 February - Basic Stress Management for Spouses with RS Detroit Eastern

Area



For more information or to ask about a L.I.N.K.S. or Lifeskills workshop at your Recruiting Station please contact your RS Deputy FRO.

Also available is Mrs. Rachel Hoak, 4th MCD L.I.N.K.S./Lifeskills Trainer at: (717) 770-7478 or rachel.hoak@marines.usmc.mil.



This newsletter is for informational purposes and may contain links or references to civilian or other non-Department of Defense websites, organizations or persons. Nothing in this newsletter should be construed as an official endorsement of the website, organization, or person by Marine Forces Reserve, the Marine Corps, or the Department of Defense.



Family Readiness Network

FAMILY READINESS DIRECTORY

District Headquarters (800) 811 6104

Family Readiness Coordinator

John Cook (717) 770-4788

john.cook@marines.usmc.mil

Command Team Advisor

Kim Albrecht (504) 432-2058

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Recruiting Station Baltimore (800) 272-7391

Deputy Family Readiness Officer

GySgt D. Velez (410) 850-9191

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Command Team Advisor

Amy Bruck (843) 601-5956

amy.j.bruck@gmail.com

Recruiting Station Charleston (800) 662-2909

Deputy Family Readiness Officer

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Command Team Advisor

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Recruiting Station Cleveland (800) 862-3431

Deputy Family Readiness Officer

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Command Team Advisor

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Deputy Family Readiness Officer

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Command Team Advisor

Sara Hager (970) 223-1009

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Recruiting Station Frederick (877) 323-9399

Deputy Family Readiness Officer

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Command Team Advisor

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mcshuey@gmail.com

Recruiting Station Louisville (800) 858-9269

Deputy Family Readiness Officer

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allen.rosenblatt@marines.usmc.mil

Command Team Advisor

Rachel Rosenblatt (810) 488-1478

RSLouisvillefamilies@gmail.com

Recruiting Station Raleigh (866) 300-3837

Deputy Family Readiness Officer

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melanie.rodriguez@marines.usmc.mil

Command Team Advisor

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Recruiting Station Richmond (800) 436-6577

Deputy Family Readiness Officer

MSgt D. Bell (269) 757-4478

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Command Team Advisor

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white.diane.marie@gmail.com



"How wonderful it is that nobody needs to wait a single moment before starting to improve the world."

Anne Frank



INTERNET QUICK REFERENCE

4th Marine Corps District

<http://www.mcrc.marines.mil/4thmcd/UnitHome.aspx>

Information and events from around the District

Basic Allowance for Housing (BAH)

<http://www.defensetravel.dod.mil/site/bahCalc.cfm>

Contains answers to frequently asked questions

Childcare in your Neighborhood

www.naccrra.org/militaryprograms/

Childcare assistance for Recruiter Families

DStress

www.dstressline.com

Anonymous phone and chat counseling service

eMarine

<http://www.emarine.org>

Family Readiness website

Emergency Preparedness

<http://www.ready.gov>

Prepare, plan and be ready in an emergency.

Marine Corps Community Services

<http://www.usmc-mccs.org>

MCCS services, catalogue, links to other sites

Marine Corps Home Page

<http://www.Marines.mil>

Marine Corps information

Military.com

<http://www.military.com>

General military information site

Military Community and Family Policy

<http://apps.mhf.dod.mil>

Provides quick access to MC&FP Websites

Military One Source

<http://www.militaryonesource.com>

Answers to almost any question you have!

National Resource Directory

<http://www.NRD.gov>

Portal to resources designed for the military family

TRICARE Dental – MetLife

<https://mybenefits.metlife.com/tricare>

Your dental plan benefits information page

TRICARE: Military Health Services

<http://www.tricare.osd.mil>

Military health affairs information

TriCare Region North

<http://www.healthnetfederalservices.com>

North Region providers, questions, etc.

TriCare Region South

<http://www.humana-military.com/south/home.htm>

South Region providers, questions, etc.



“There is nothing better than a friend, unless it is a friend with chocolate.”

Linda Grayson



***4th Marine Corps District
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New Cumberland, PA 17070***

TO:

