



# The Gun Fighters

Official Newsletter of Recruiting Station San Antonio

www.8mcd.usmc.mil

October 2012 – March 2013

Volume 4 Issue 3

## From the Commanding Officer

Marines and Family Members,

Our Marines have performed exceptionally well over an extended period. Their hard work and determination has resulted in the station being awarded 8th Marine Corps District Recruiting Station (RS) of the Quarter for 5 consecutive quarters and RS of the Year in Fiscal Year (FY) 2012. Your Marine's hard work and sacrifice allowed the station to attain its lowest ever Marine Corps Recruit Depot (MCRD) attrition or discharge rate of 4.05% in FY 12. They have an even lower MCRD attrition rate of 3.13% halfway through FY 13. Equally as important as our extremely low MCRD attrition is that your Marines have a Delayed Entry Program attrition of 17% this year; our lowest level ever. What is remarkable about this accomplishment is that the quality of recruit that we have sent to MCRD has never been better. The deployed Marines operating in Afghanistan and other parts of the World have benefitted exponentially by your Marine's hard work and commitment to only enlisting the best and brightest.

We would not be able to perform at such a high level without the support of our Marine Families. I want to thank the spouses, children, parents, extended families, and friends that have supported our Marines. Without your encouragement and under-



Maj. Jeremiah Salame, CO

standing it would be extremely difficult to perform this challenging but very rewarding assignment. Your Marine is on the hardest non-combat assignment in the Marine Corps. Without the sacrifices by our Marines and their families our Corps would not be able to accomplish its assigned missions.

Moving to an isolated location away from a major military base can be challenging. If anyone is having a hard time getting medical treatment or receiving move related benefits please contact our Family

Readiness Officer, Master Sergeant Perez, or Sergeant Major Varos. They will be able to assist you with your medical question or get you in contact with someone that can.

All spouses are invited to attend a training session that will take place at Randolph Air Force Base on 27 April 2013. For families that live over 60 miles from San Antonio the unit will provide a hotel room for you on 26 and 27 April. On Saturday, 27 April, the Western Recruiting Region Chaplin, Bill Appleton, will conduct training for Marines and their spouses. Chaplin Appleton is a great speaker and inspirational leader. On Saturday evening we will have a dinner on base. The attire for dinner is casual for spouses and Desert MARPAT for Marines. Unfortunately the command will not be able to provide child care for the event due to financial constraints. The training session is a great opportunity for the newest members of the command to meet new people. I hope to see you there.

Our next major family event will be our annual family day on 13 July 2013. The event is tentatively planned for 13 July 2013 in San Antonio. More information will be disseminated as we confirm our schedule.

*Semper Fi,*  
*CO*

## In this Issue

- 2 RI Corner  
From Sgt Maj.  
Welcome Aboard
- 3 Awards
- 4 Marines in  
Action

## Upcoming Events

**April 27** – All Hands Family Dinner

**July 13** – Family Day

**Sept. 18-21** – Spouses DSOC

## Social Media



Facebook.com/  
SanAntonioMarines



@SATMarines



YouTube.com/user/  
SanAntonioMarines

# RI'S CORNER



Dear GunFighters and Family,

After a banner year in 2012 our Marines picked up right where they left off! We are extremely proud of the leadership, at all levels, who have contributed to the success of Recruiting Station San Antonio. Each Marine in this command brings a professional level of performance to their assignment as a Marine on recruiting duty; shaping a very strong future for our Marine Corps.

I would like to take this opportunity to say thank you for your continued support of what we do. I understand that the mission takes much of our precious time away from our families; however I do want you to know that we could not make our mission without your steadfast support from the home front. Thank you!

A special thanks to our spouses who attended the past two District Spouses Orientation Courses (DSOC). You represented RS San Antonio with style and all we ask is that you pay it forward to our other families out here on recruiting duty. If at any time you need any assistance attached to RS San Antonio please don't hesitate to contact me, your Family Readiness Officer, at (210) 861-0283.

Semper Fi,  
Master Sgt. Rudy H. Perez

# EARS!

## A message from the Sergeant Major

Gunfighter Family,

As we begin 2013, I hope all of you have a solid plan and goals for this upcoming year. We will be halfway through it before you know it. I have completed my second year with the Gunfighters and I continue to see Marines work hard day in and day out keeping the Gunfighters at the top. I know that if the Marines are working day in and day out that leaves the families alone on the home front. Your effort does not go unnoticed and sometimes determines if your spouse is successful or extremely successful in getting promoted. You are the glue that holds the family together and the true Heroes. As a reminder I'm here for you 24/7. I have taken several calls from spouses and I can honestly say it has helped the Marine and his family. I'm here for the Marine and their Family. One Team, One Fight.

I hope to see all the Spouses at the all hands on the morning of April 27, 2013. You don't want to miss Chaplin Bill Appleton MCRDSD/WRR speak.

This will be followed by a Family dinner the evening of the 27th. Please plan accordingly. He has an amazing story. More details will follow with time and attire. Know one thing; it is NOT formal or semi-formal attire, no need to stress.

To all the Marines, FITREPS are due for the following SSgt/DEC, Sgt's/MAR, Capt

and Maj/MAY,  
GySgt-MSgt-  
1stSgt/JUN.

Remember 4 months after FITREPS are due, the promotion board convenes. You need to be ready. I'm here for you if you need help with preparation. You need

to start planning a year out to ensure everything is updated in your OMPF and that you have the best possible scores and photos on record. The photo is the first impression and a lasting one. You need it to be a good impression. Be safe and do the right thing. Remember the distance between who you are and who you want to be is separated only by your actions and words. God Bless, stay motivated and I look forward to promotions.

Semper Fidelis,  
SgtMaj Leo Varos  
Office (210) 283-6294  
Blackberry (210)347-7510  
leo.varos@marines.usmc.mil

"If you believe in yourself, have dedication, pride and never quit, you'll be a winner"- Paul Bryant



## The Gun Fighters

The editorial content is edited, prepared and approved by Marine Corps Recruiting Station San Antonio Marketing and Public Affairs. Correspondence should be addressed to Commanding Officer, 8700 Tesoro Drive, Suite 275, San Antonio, Texas 78217. To provide comments or suggestions call 210-860-5894 or email dg-8mcd-sat-mpa@marines.usmc.mil.

**Commanding Officer**  
**RS San Antonio**  
Maj. Jeremiah Salame

**Executive Officer**  
**RS San Antonio**  
Capt. Jeff Horne

**Marketing and Public Affairs**  
**RS San Antonio**  
Cpl. Santiago G. Colon Jr.

# Monthly Winners

## RSS of the Month (Large)

October - RSS Ingram  
 November - RSS Ingram  
 December - RSS Austin North  
 January - RSS Harlingen  
 February - RSS Northeast

## RSS of the Month (Small)

October - RSS Austin South  
 November - RSS McAllen  
 December - RSS McAllen  
 January - RSS New Braunfels  
 February - RSS McAllen

# Quarterly Winners

## SNCOIC of the Quarter (Large)

1st Qtr - GySgt Colecio, RSS IN

## SNCOIC of the Quarter (Small)

1st Qtr - SSgt Marmolejo, RSS AU

# Top Recruiters

## Recruiter of the Month

October - SSgt Espinosa, RSS IN  
 November - SSgt Espinosa, RSS IN  
 December - Sgt Salazar, RSS AN  
 January - SSgt Carrasco, RSS WS  
 February - Sgt Ashe, RSS NE

## Recruiter of the Quarter

1st Qtr - SSgt Espinosa, RSS IN

## Rookie Recruiter of the Quarter

1st Qtr - Sgt Lichtenberger, RSS WL

# WELCOME ABOARD

## RECENT ADDITIONS TO THE GUN FIGHTER FAMILY

**Sgt Garcia Jr, Joe,**  
 October 5, RSS Ingram

**Sgt Martinez, Robert,**  
 October 12, RSS  
 Georgetown

**Sgt Renfro, Brandy,**  
 October 12, RSS  
 Georgetown

**Sgt Lopez, Henry,**  
 October 13, RSS  
 McAllen

**Cpl Colon, Santiago,**  
 November 16, HQ

**Sgt Leal, Ramiro,**  
 November 18, RSS  
 Weslaco

**Sgt Prado, Mark,**  
 November 28, RSS  
 NorthEast

**Sgt Jones III,**  
**Garland,** November  
 29, RSS Austin South

**GySgt Lozano, John,**  
 December 8, RSS

Ingram, PCS Kerrville  
**Sgt Kennedy, Leon,**  
 January 11, RSS

Harlingen  
**Sgt Lumbreras,**  
**Daniel,** January 19,

RSS Southpark  
**SSgt Medellin Jr,**  
**Mario,** January 23,

RSS Southpark

**Cpl Kuchlemeister,**  
**Kyle,** January 23, RSS  
 Westlakes

**SSgt Gomez, Ricardo,**  
 January 23, RSS  
 Corpus Christi, PCS  
 Kingsville

**Sgt Vasquez Jr,**  
**Salvador,** January 26,  
 RSS McAllen



# District Spouses Orientation Conference

Next DSOC is Sept. 18-21

*For more information  
about DSOC see Page 14*





# GUN FIGHTER BOWL III



After a morning of All-Hands training, Feb. 1, the recruiters of Marine Corps Recruiting Station San Antonio competed in the third annual “Gun-fighter Bowl” flag football match.

The bout pitted North substations against South substations.

The final score was South 21, North 14.



*Photos by Cpl. Santiago G. Colon Jr.*



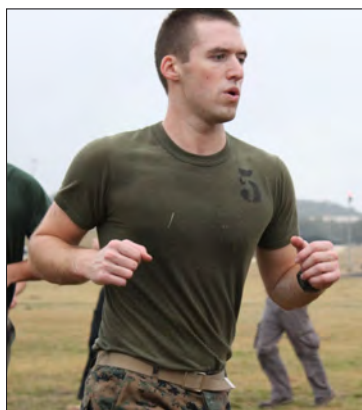
To see the more than 200 photos of this event visit  
[Facebook.com/SanAntonioMarines](https://www.facebook.com/SanAntonioMarines)





# Pre-OCS Weekend

Photos by Cpl. Santiago G. Colon Jr.

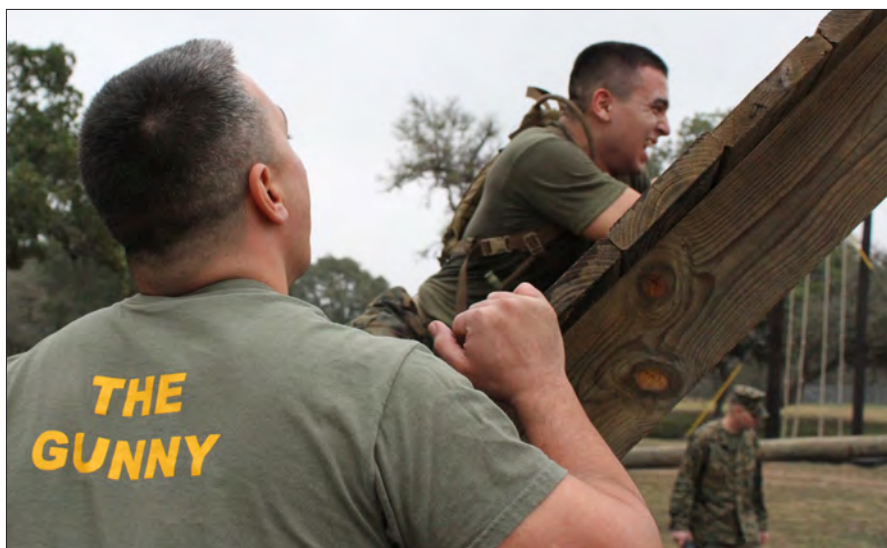


Marine Corps Recruiting Station San Antonio hosted a pre-Officer Candidate School event at Camp Bullis, Texas, Jan. 11-13.

The event challenged potential future Marine officers mentally and physically.

The purpose of the event was to expose future Marines to drill instructors and see how they respond in stressful situations.

For more photos visit [Facebook.com/SanAntonioMarines](https://www.facebook.com/SanAntonioMarines)



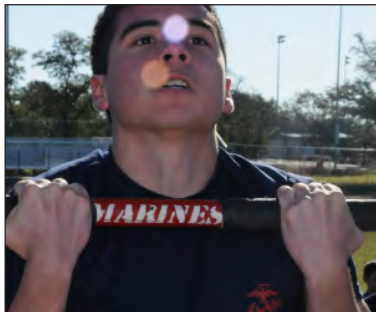
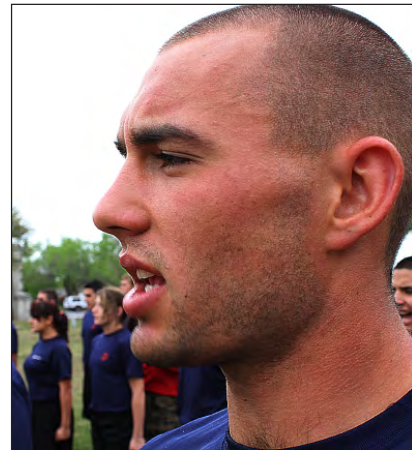


# 2013 Regional Pool Function



Marine Corps Recruiting Station San Antonio hosted their Regional Pool Functions in San Antonio, Austin and Harlingen in March 2013.

The Regional Pool Function, held once a year, allows future Marines to participate in team building exercises and meet drill instructors.





# San Antonio

## *March 2, 2013*



**Top Left-** Recruiting  
Sub Station South Park



**Top Right-**  
Recruiting Sub  
Station Victoria



**Center-** Recruiting  
Sub Station Ingram

**Bottom Left-**  
Recruiting Sub Station  
Ingram

**Bottom Right-**  
Recruiting Sub  
Station Westlakes









# Austin

*March 3, 2013*

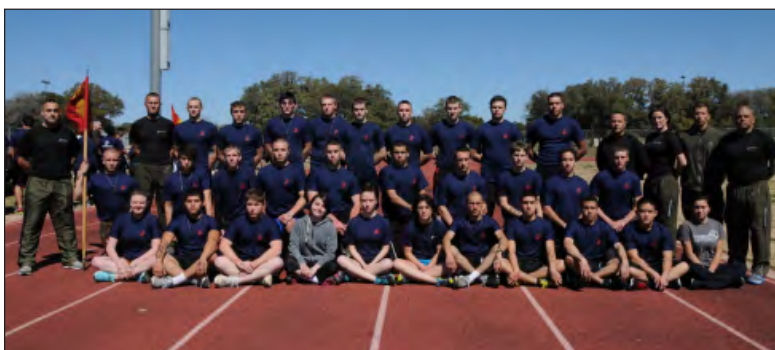


Recruiting Sub Station  
Austin South

Recruiting Sub Station  
New Braunfels



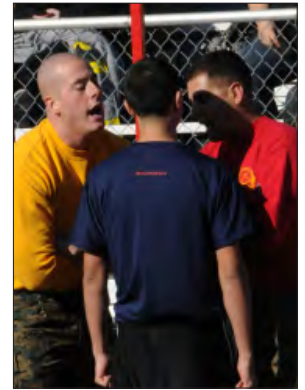
Recruiting Sub Station  
Georgetown



Recruiting Sub Station  
Austin North









# Harlingen

*March 9, 2013*



Recruiting Sub Station  
Corpus Christi

Recruiting Sub Station  
McAllen



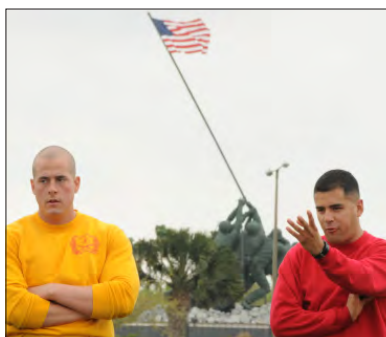
Recruiting Sub Station  
Alamo



Recruiting Sub Station  
Harlingen







# From the 8th Marine Corps District Family Readiness Officer:

## *What is District Spouses Orientation Course (DSOC)?*

What really goes on at DSOC? Certainly there is laughter and cheering and the unusual way a recruiting station might introduce itself, but there is also so much more.

As realized, recruiting is about connecting and building relationships; so is the District Spouses Orientation Course.

Our District covers 10 states. Some of our families are away from the traditional means of support of the Marine Corps and are stationed in isolated, geographically dispersed locations.

Sometimes that can cause a hardship on the families of recruiters. DSOC is structured so that our 8MCD families are empowered and armed with tools to facilitate a successful recruiting tour.

What is offered at DSOC is a chance to connect and to receive assurances that families are indeed supported on independent duty and not forgotten. Spouses throughout our 10 states come together to encourage each other, network,

and become educated on what it takes to excel while on recruiting.

Courses taught include a Recruiting 101 class, which is dynamically presented by the 8MCD District Headquarters Contact Team.

Recruiting 101 breaks down the entire recruiting process for spouses and it gives an opportunity for spouses to ask and have answered their recruiting-related questions in a positive and respectful environment.

From TriCare to childcare and managing stress successfully, DSOC provides education that reinforces a “fit for duty” mindset, providing spouses with a deeper understanding of what it means to be on a special duty assignment in what one might initially think is the middle of nowhere.

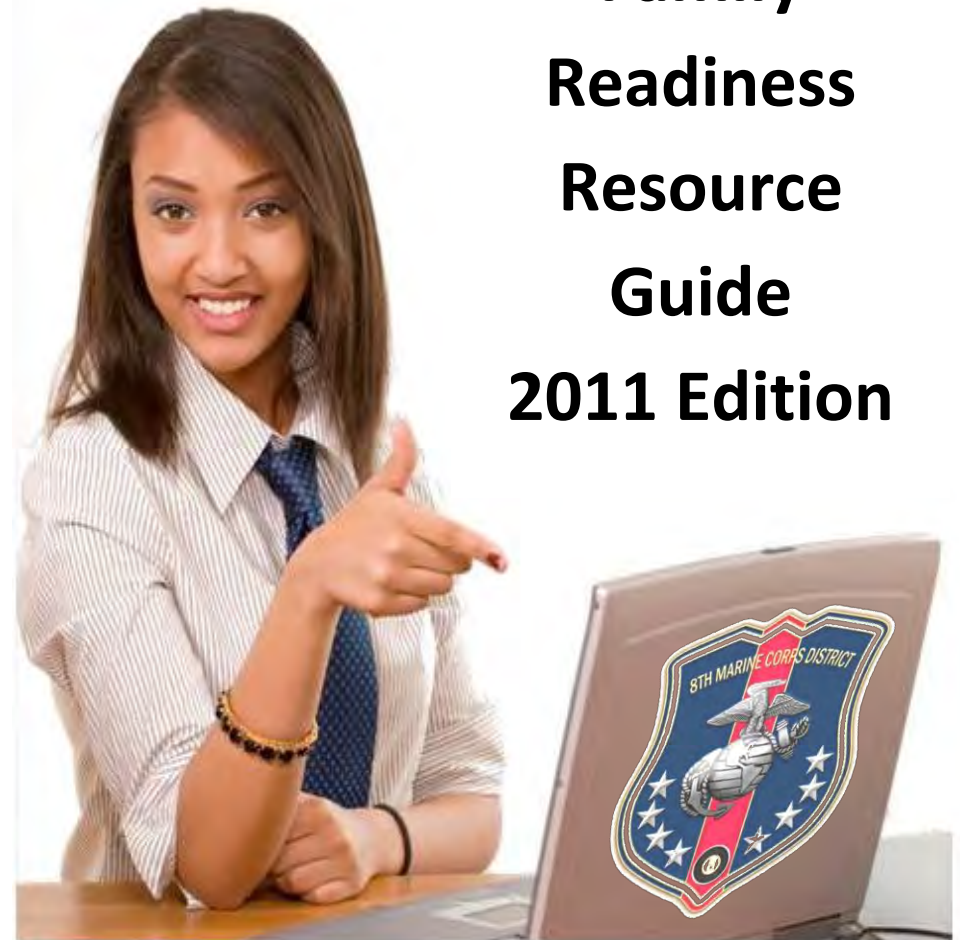
DSOC is one avenue where spouses learn that they remain important to the Marine Corps and they can be of service to other families, their communities, and their recruiting station.



# **i-resources**

## ***8<sup>th</sup> Marine Corps District***

### **Family Readiness Resource Guide 2011 Edition**



Revised September 2011





**Voice of Warriors** [www.voiceofwarriors.com](http://www.voiceofwarriors.com) VOW has been created to bring awareness to situations military men and women face before war, during war and after war, featuring stories of triumph over many obstacles. VOW is soon to be implementing a structure, linking combat veterans with existing foundations and organizations to assist with veterans with their quality of life.

**Volunteer Opportunities** [www.serve.gov](http://www.serve.gov) connects volunteers to organizations.

**VFW Veterans of Foreign Wars** [www.vfw.org](http://www.vfw.org) offers support through Unmet Needs program, Operation Uplink, and Military Assistance Program through local posts and Auxiliaries.

**Welcome Back Veterans** [www.welcomebackveterans.org](http://www.welcomebackveterans.org) transforming the lives of returning veterans by providing on-going treatment to them and their families for any PTSD issues they may have. The program is designed to complement existing efforts at the Veterans Administration and Department of Defense, which at times, are sorely over-taxed by the large number of veterans they have to serve.

**Women Infants and Children WIC** <http://www.fns.usda.gov/wic> WIC provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

**YMCA/ Armed Services YMCA** [www.ymca.org](http://www.ymca.org) and [www.asymca.org](http://www.asymca.org) some have special arrangements for military families who are remotely located away from military fitness centers, along with several nationwide programs and camps for military children.

**Zero To Three** [www.zerotothree.org](http://www.zerotothree.org) is a national nonprofit organization that informs, trains, and supports professionals, policymakers and parents in their efforts to improve the lives of infants and toddlers. Website contains resources on child development during this stage.



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*This guide is organized alphabetically for your convenience. For more information, please contact your Deputy Family Readiness Officer or*

*LISA JACKSON*

*8<sup>th</sup> Marine Corps District*

*Family Readiness Coordinator*

*817-782-6706*

*[lisa.jackson@marines.usmc.mil](mailto:lisa.jackson@marines.usmc.mil)*

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**Abuse: National Child Abuse Hotline: 1-800-4-A-CHILD**  
**Domestic Violence Hotline 1-800-799-SAFE (7233)**  
**DoD Safe Helpline for Sexual Assault 1-877-995-5247**

[www.safehelpline.org](http://www.safehelpline.org) and [www.myduty.mil](http://www.myduty.mil) DOD Sexual Assault Support  
[www.prevent-abuse-now.com](http://www.prevent-abuse-now.com) various resources and sex offender search

**Adoption Reimbursement for Military Members** [www.dfas.mil](http://www.dfas.mil) Click "Military Members", then "Pay and Entitlements" on left to learn about this valuable resource.

**After Deployment Support** [www.afterdeployment.org](http://www.afterdeployment.org) has online self assessment tools, podcasts, monthly newsletters related to deployments, family readiness and community support. Also provides self-care solutions targeting post-traumatic stress, depression, and other behavioral health challenges commonly faced after a deployment.

**After School Activities Information** [www.afterschoolalliance.org](http://www.afterschoolalliance.org) working to ensure that all children have access to affordable, quality afterschool programs

**Alcoholics Anonymous** [www.aa.org](http://www.aa.org) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

**All for Good** [www.allforgood.org](http://www.allforgood.org) facilitates volunteerism and community service with a custom volunteer opportunity oriented search engine that is powered by the largest database of volunteer opportunities on the Internet.

**All Retail Jobs** [www.allretailjobs.com](http://www.allretailjobs.com) has online applications and listing for 14000+ employers and retailers

**American Academy of Pediatrics** [www.aap.org](http://www.aap.org) is an organization of 60,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults. Website contains tons of resources for parents and children.

**USMC College of Continuing Education** [www.tecom.usmc.mil/cdet](http://www.tecom.usmc.mil/cdet) is the organization within the Marine Corps Training and Education Command (TECOM) with the mission to design, develop, deliver, evaluate, manage, and resource distance learning products and programs across the Marine Corps training and education continuum in order to increase operational readiness.

**US Government Official Website** [www.usa.gov](http://www.usa.gov) links to resources, jobs, agencies, and services of the Federal government.

**USO** [www.uso.org](http://www.uso.org) The USO provides morale-boosting services for troops and their families wherever they may be, along with resources and support in local communities and airports.



**Vacations** [www.afvclub.com](http://www.afvclub.com) Armed Forces Vacation Club is a civilian company offering worldwide vacations for a set low price to Department of Defense employees and their families.

**Vehicle Licensing** Search DMV for your state. Motor vehicle laws differ from state to state.

**Veterans Administration** [www.va.gov](http://www.va.gov) to provide veterans the world-class benefits and services they have earned - and to do so by adhering to the highest standards of compassion, commitment, excellence, professionalism, integrity, accountability, and stewardship. 1-800-867-1000

**Veteran Families United** <http://www.veteransfamiliesunited.org>  
Empowerment of Veterans and their loved ones in the healing process providing gentle, accessible and holistic healing resources for Veterans

**Virtual PTSD Experience** <http://www.t2health.org/vwproj> The T2 Virtual PTSD Experience, based in Second Life, is an immersive, interactive learning experience designed to educate visitors about combat-related post-traumatic stress disorder (PTSD).



**Troop Tube TV** [www.trooptube.tv](http://www.trooptube.tv) is the online video site designed to help military families connect and keep in touch while miles apart. Easy use, so you can quickly upload videos and share the simple joys of each day with each other, “log in only” capable and secure for families to share their videos.

**TSP Thrift Savings Plan** [www.tsp.gov](http://www.tsp.gov) The Thrift Savings Plan (TSP) is a retirement savings and investment plan for Federal employees and members of the uniformed services, including the Ready Reserve. The retirement income you receive from your TSP account will depend on amount invested and time invested.

**Tutor** [www.tutor.com/military](http://www.tutor.com/military) Get help from a professional tutor anytime you need it. FREE for eligible military service members and their dependents. Tutors are online 24/7 and available to help in more than 16 subjects.



**United Through Reading**

[www.unitedthroughreading.org](http://www.unitedthroughreading.org) The United Through Reading Military Program helps ease the stress of separation for military families by having military parents read children’s books aloud via DVD for their child to watch at home.

**United Way** <http://www.unitedway.org> has resource for needs and volunteer opportunities. Contact by phone 703-836-7112.



**USA Cares** [www.usacares.org](http://www.usacares.org) goal is to help restore financial stability and self-sufficiency by giving “a hand up not a hand out.” Services are free to service men and women and their families without obligation to repay. Financial assistance is not given directly to service members or their families; instead, payments are made to mortgage lenders, utility companies, and other vendors.

**American Legion** [www.legion.org](http://www.legion.org) offers peer to peer mentoring for service members and their families, by local chapters. Membership in the legion not required for support. The American Legion’s Family Support Network assists military families while service members serve overseas with such chores as grocery shopping, childcare, lawn care, fixing the family car and countless other challenges to a military spouse. Family members can call 1-800-504-4098, provide the details of the need, and local volunteer American Legion members will contact your family to determine if and how assistance can be provided.

**American Red Cross** [www.redcross.org](http://www.redcross.org) website contains various resources to military and civilians, disaster relief, financial support and education.

**American Veterans Organization** [www.amvets.org](http://www.amvets.org) open to anyone who is currently serving, or has honorably served, in the U.S. Armed Forces from World War II to present, to including National Guard and Reserves.

**Anchor Scholarship** [www.anchor scholarship.org](http://www.anchor scholarship.org) The Anchor Scholarship is available to dependents of service members who have served a minimum of six years in a unit under the administrative control of Commander, Naval Surface Forces, Atlantic or Pacific Fleet. BS/BA, accredited college only.

**Angel Food Ministries** [www.angelfoodministries.com](http://www.angelfoodministries.com) is a nationwide food buying program offering boxes of food for a low price, menus vary monthly. Income qualifications are NOT required.

**Anonymous Mental/Alcohol Abuse Self Assessment**

<http://www.mentalhealthscreening.org> allows you to take an anonymous self-assessment and learn about resources available to assist you or your loved one.

**The Armed Forces Foundation** [www.armedforcesfoundation.org](http://www.armedforcesfoundation.org) is dedicated to providing comfort and solace to members of the military community through financial support, career counseling, housing assistance and recreational therapy programs. We offer these vital programs to active-duty and retired personnel, National Guard, Reserve components, and their loved ones.

**BAH Rates** [www.defensetravel.dod.mil](http://www.defensetravel.dod.mil) Basic Allowance for Housing tables based on location. Click "Allowance Calculators/Tools" then "BAH"

**Better Business Bureau Military Line** <http://www.bbb.org/us/Military> BBB Military Line has provided free resources to our military communities in the areas of financial literacy and consumer protection through the efforts of 164 BBBs across the U.S.

**Befrienders Worldwide** [www.befrienders.org](http://www.befrienders.org) is a worldwide network online, by phone, and in person providing emotional support to address and reduce suicide. Numerous languages and help lines for 39 countries represented.



**Blue Star Families** [www.bluestarfam.org](http://www.bluestarfam.org) supports military families by providing both online and physical chapter-based communities and by serving as a bridge between families and support

and service organizations that are striving to help make military life more sustainable.

**Boys and Girls Clubs of America** <http://www.bgca.org/> Follow the link to find your local club, some have special arrangements for military families who are remotely located and do not have access to base facilities

**Child Care and Babysitter Referral Service** [www.sittercity.com/dod](http://www.sittercity.com/dod) Sittercity Memberships are funded by the DOD, helps find local sitters and military subsidized child care providers, account activation required

**Child Care Cost Support** [www.naccrra.org/MilitaryPrograms](http://www.naccrra.org/MilitaryPrograms) working with the U.S. Military Services to help those who serve in the military find and afford child care that suits their unique needs.

**Child Care Resources** [www.childcare.gov](http://www.childcare.gov) ChildCare.gov is a comprehensive online resource designed to link parents, child care providers, researchers, policymakers and the general public with Federal Government sponsored child care and early learning information and resources both quickly and easily.

**STOMP** (Specialized Training of Military Parents) [www.stompproject.org](http://www.stompproject.org) is a federally funded Parent Training and Information (PTI) Center established to assist military families who have children with special education or health needs.

**Stress relief** [www.dstressline.com](http://www.dstressline.com) from everyday life stressors to stressors related to combat; stress can affect even the strongest Marine. Anonymous counseling for Marines, attached Sailors, and families when it's needed most.



**Together We Served** [www.marines.togetherweserved.com](http://www.marines.togetherweserved.com) a place for Marines to reconnect with other Marines they have served with.

**Transition Preparation** [www.turbotap.org](http://www.turbotap.org) the full transition resources are available through this portal, on demand transition courses, live support and classes.

**TRICARE** [www.tricare.osd.mil](http://www.tricare.osd.mil) Information on Tricare plans, navigating the system and contact information for Tricare Benefits Advisors

To check DEERS enrollment: 1-800-539-9552

1-800-334-4162 if you are in California

1-800-527-5602 if you are in Alaska or Hawaii

To contact TRICARE Dental Program: 1-800-866-8499 [www.ucci.com](http://www.ucci.com)

**TRICARE Assistance Program** [www.tricare.mil/triap](http://www.tricare.mil/triap) Using Skype, TRICARE Assistance Counselors are available for confidential, private discussions about what's going on in your life. TRIAP services cover short-term, non-medical issues. If an Assistance Counselor determines you would benefit from more comprehensive care, they can explain your options and help you access that care as part of your TRICARE benefits. Topics can include:

Stress management (work/personal)	Relationships and marital issues
Family difficulties and pressures	Parent/child communication
Family separations/deployments	Self-esteem

**Troops to Teachers** <http://www.dantes.doded.mil> Program from DoD and DoE allowing service members to "continue to serve" as public school teachers and administrators.



**Semper Fit** [www.usmc-mccs.org/healthpromotions](http://www.usmc-mccs.org/healthpromotions) is Marine Corps Fitness and health initiative. Website has links to health promotion programs and fitness resources.



#### **Sesame Street Children's Resources**

[www.sesamestreetfamilyconnections.org](http://www.sesamestreetfamilyconnections.org) is from Sesame Workshop, producers of Sesame Street and has downloadable content and videos about coping with deployments and the death of a loved one, starring familiar Sesame Street characters and various other resources online for children of military members.

**SGLI** [www.insurance.va.gov](http://www.insurance.va.gov) Service Members Group Life Insurance is a program of low cost group life insurance for service members on active duty, ready reservists.

**SOAR** (Student Online Achievement Resources) [www.soarathome.org](http://www.soarathome.org) links to military installations, transition resources, school websites, resources for at-home learning activities, state-specific resources, assessments aligned with state.

**Sports Tickets** [www.gamedayforheroes.homestead.com](http://www.gamedayforheroes.homestead.com) a not-for-profit organization that sends wounded and active duty military personnel to college sporting events, focusing mainly on football, basketball, and baseball. Go online to request tickets, subject to availability.

**Spouse Buzz** [www.spousebuzz.com](http://www.spousebuzz.com) is Military.com's blog for military spouses. It's a virtual destination where spouses click, connect and share their experiences. The blog features a variety of perspectives as our contributors are affiliated with every branch of the Armed Forces, including Guard and Reserves.

"Some people live an entire lifetime and wonder if they have made a difference in the world. Marines don't have that problem."

~ Ronald Reagan

**CinCHouse (Commander in Chief of the House)** [www.cinchouse.com](http://www.cinchouse.com)

CinCHouse's mission is to provide timely information, resources, and a community of friends to help you survive the challenges and adventures of military life. CinCHouse features articles dealing with various aspects of military life, from dealing with deployments to finding a job. Extensive forums and chat rooms are filled with military spouses located around the world and online 24 hours a day, seven days a week.



**Coloring Pages** [www.createmygift.com](http://www.createmygift.com) Military Kids get through deployments a little bit easier with **Troops In Touch™** COLORABLE art activity products that are fun and helpful, providing coloring, games, emotion outlets and story starters.

**Combat Operational Stress Control** <http://www.usmc-mccs.org/cosc> Combat & Operational Stress Control (COSC) encompasses all policies and programs to prevent, identify, and holistically treat mental injuries caused by combat or other operations. The two goals of COSC are to maintain a ready fighting force, and to protect and restore the health of Marines and their family members.

**DEERS** [www.dmdc.osd.mil](http://www.dmdc.osd.mil) Defense Eligibility Enrollment Reporting System is a worldwide, computerized database of uniformed services members (sponsors), their family members, and others who are eligible for military benefits, including TRICARE. All sponsors are automatically registered in DEERS. However, the sponsor **must register** eligible family members. Family members can update personal information such as addresses and phone numbers once they are registered in DEERS. 1-800-538-9552

**Defense Commissary Agency** [www.commissaries.com](http://www.commissaries.com) contains grocery lists, maps of your local commissary, and details about the commissary- the military grocery store, offering prices 20-30% less than civilian grocers.

**Defense Video and Imagery VIDS** [www.dvidshub.net](http://www.dvidshub.net) is a state-of-the-art, 24/7 operation that provides a timely, accurate and reliable connection between the media around the world and the military serving in Iraq, Afghanistan, Kuwait, Qatar and Bahrain. DVIDS makes available real-time broadcast-quality video, still images and print products.

**Department of Defense News and Happenings** [www.dodlive.mil](http://www.dodlive.mil) up to date information on changes in policy affecting military, along with live webcasts and news clips about DOD topics

**Disaster Online “Check-In” system** <https://safeandwell.communityos.org> after a disaster, letting your family and friends know that you are safe and well can bring your loved ones great peace of mind. This website is designed to help make that communication easier. Register as “safe” or search for family members who might be affected by a disaster.



**Disaster Preparedness** [www.ready.gov](http://www.ready.gov) and [www.disasterassistance.gov](http://www.disasterassistance.gov) are sites that help you prepare for, respond to and recover from disasters. Available in 12 languages.

#### **DOD Dictionary of Military Terms**

[http://www.dtic.mil/doctrine/dod\\_dictionary/index.html](http://www.dtic.mil/doctrine/dod_dictionary/index.html) has a printable (PDF) and searchable listing of department of defense terms and acronyms. (File is 571 pages, printing is not recommended)

#### **Education Directory for Children with Special Needs**

[http://apps.mhf.dod.mil/pls/psgprod/f?p=EFMP\\_DIRECTORY:HOME:0](http://apps.mhf.dod.mil/pls/psgprod/f?p=EFMP_DIRECTORY:HOME:0) Downloadable directory provides assignment personnel and families of military dependents with ASD the information they need to make informed assignment decisions.

**Education of Military Children** <http://www.militaryk12partners.dodea.edu> is DoDEA's Educational Partnership program that works collaboratively with the Department of Education in efforts to ease the transition of military children and by providing resources to LEA's who educate military children.

**Exceptional Family Members** [www.usmc-mccs.org/efmp](http://www.usmc-mccs.org/efmp) Family support and assignment coordination for service members enrolled in EFMP.

“It's only when you hitch your wagon to something larger than yourself that you will realize your true potential.”

~Barack Obama

**Per Diem Rates** [www.defensetravel.dod.mil](http://www.defensetravel.dod.mil) click "Per Diem Rates Tool"

**Real Warriors:** Resilience, Recovery, Reintegration [www.realwarriors.net](http://www.realwarriors.net) Promotes the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families.

#### **Resources-** National Resource Directory

[www.nationalresourcedirectory.gov](http://www.nationalresourcedirectory.gov) links to local and national resources for active duty, reserve and veteran military families

#### **Relocation** [www.militaryhomefront.dod.mil/tf/movingandrelocation](http://www.militaryhomefront.dod.mil/tf/movingandrelocation)

Resources and information on PCS moves, tips for moving, and navigating the moving system

**Salute our Services** [www.saluteourservices.org](http://www.saluteourservices.org) request a letter of support for a child of a deployed service member. Choices include sports stars, Warner Brothers, and Looney Tunes characters.

**School Quest** [www.schoolquest.org](http://www.schoolquest.org) Designed for military students, their families and the caring professionals who support them, SchoolQuest is an educational resource tool from the Military Child Education Coalition. Although the primary audience includes military students and their parents, SchoolQuest is well-suited to anyone who is “questing” information about schools, college and workplace readiness, transition, etc. It is meant to facilitate the search for new schools and centralize resource.

**School Choice** [www.allianceforschoolchoice.org](http://www.allianceforschoolchoice.org) Links to information on school choice for military parents of school age children.

**Schools** [www.nces.ed.gov](http://www.nces.ed.gov) National Center for Education Statistics database

**Scholarships** [www.scholarships.com](http://www.scholarships.com) is a scholarship search tool.

**Scholarships for Spouses and Children** [www.thanksusa.org](http://www.thanksusa.org) ThanksUSA is a non-partisan, charitable effort to mobilize Americans of all ages to “thank” the men and women of the United States armed forces, by providing need-based college, technical and vocational school scholarships for their children and spouses.





**ooVoo Video Chat** [www.ooVoo.com](http://www.ooVoo.com) Free Video Chat. No matter where you are. Mobile to mobile, mobile to computer, and Mac to PC - call up to 3 people at once for free (6 if you pay the fee monthly). The software is downloadable or you can chat online. It's a great way to keep up with family members who are out of town, to collaborate about projects, or connect with service members who are deployed.

**Parenting** [www.parentsconnect.com](http://www.parentsconnect.com) ParentsConnect is brought to you by the same folks who bring you Noggin, Nick Jr., and Nickelodeon and provides parents with daily tips, recipes, activities, product recommendations and expert (but nonjudgmental!) parenting info, baby names and their meanings, and family-friendly resources in your area. They also want *you* to share your parenting expertise by submitting your own tips, local activities, crafts, recipes, photos, war stories, comments and ratings to the site. The motto is: "We're not perfect, we're parents. And we mean it!"

**Per Diem Rates** [www.defensetravel.dod.mil](http://www.defensetravel.dod.mil) click "Per Diem" rates to find rates per day for service members and dependents related to lodging and meals and incidentals

**Pentagon Channel** [www.pentagonchannel.mil](http://www.pentagonchannel.mil) The Pentagon Channel broadcasts military news and information for the 2.6 million members of the U.S. Armed Forces through programming including: Department of Defense news briefings, military news, Interviews with top defense officials, short stories about the work of our military

**Post Traumatic Stress Disorder- National Center for PTSD** [www.ptsd.va.gov](http://www.ptsd.va.gov) The Center aims to help U.S. Veterans and others through research, education, and training on trauma and PTSD. Site also contains Fact sheets, videos, and more about trauma to help answer your questions about PTSD and related issues.

"Courage is endurance for one moment more..."

~Unknown Marine, Vietnam

**Federal Jobs** [www.usajobs.opm.gov](http://www.usajobs.opm.gov) Federal Job searches and links to listings in the local, state, and federal civilian sectors.

**FOCUS Project** (Families OverComing Under Stress) [www.focusproject.org](http://www.focusproject.org) provides resiliency training to military families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story

**4-H Youth Organization** [www.4-h.org](http://www.4-h.org) is a positive youth development organization that empowers young people to reach their full potential, including volunteer opportunities to work with youth.



**General Military Information** [www.military.com](http://www.military.com) Wealth of information on all branches of military service and benefits to military members, may require log in to access some content.

**GI Bill/ Post 911 GI Bill** [www.gibill.va.gov](http://www.gibill.va.gov) provides information on the Montgomery GI Bill and transferring to the Post 911 GI Bill, and comparisons to both.

**Grief Resources** [www.griefnet.org](http://www.griefnet.org) Whether asking for help or sharing your loss with others, you can access support groups and information on grieving and loss, children and grief, holidays, memorials for a loved one, etc.

**Homeschooling** [www.hslda.org](http://www.hslda.org) is the Homeschool Legal Defense Association- links to state support sites, local homeschool groups, and legislative updates affecting homeschoolers.

**ID Card Site Locator (RAPIDS)** [www.dmdc.osd.mil/rsi](http://www.dmdc.osd.mil/rsi) is an online search engine to find your nearest ID card facility. Make sure to have all required documentation prior to arriving. Phone:

**1-800-334-4162 (California Only)**

**1-800-527-5602 (Alaska and Hawaii Only)**

**1-800-538-9552 (All other States)**



### Immigration, Citizenship, & Naturalization Services

[www.uscis.gov](http://www.uscis.gov) U.S. Citizenship and Immigration Services (USCIS) is the government agency that oversees lawful immigration to the United States.

**Iraq and Afghanistan Veterans of America** <http://iava.org> Iraq and Afghanistan Veteran of America is the nation's first and largest group dedicated to the Troops and Veterans of the wars in Iraq and Afghanistan, and the civilian supporters of those Troops and Veterans.

**Kids Activities** [www.eventz4kids.com](http://www.eventz4kids.com) the focus of this website is to concentrate events on a calendar to find activities quickly for the busy family. Allows searches based on age, theme, cost, and location (includes several metropolitan areas)

**Kids Health** [www.kidshealth.org](http://www.kidshealth.org) from the experts at Nemours has resources for Parents, teens and kids, and special information for educators. KidsHealth is more than just the facts about health. As part of The Nemours Foundation's Center for Children's Health Media, KidsHealth also provides families with perspective, advice, and comfort about a wide range of physical, emotional, and behavioral issues that affect children and teens.

**Kids Support** [www.meandafriend.org](http://www.meandafriend.org) is a movement from Blue Star Families that schedules special events for military kids and encourages them to invite a friend to the event, empowering military children, instilling pride, and building a sense of connection to their community.

**Lawn care and maintenance** <http://www.projectevergreen.com/gcft> Volunteer organization providing landscaping services to families of deployed service members



**L.I.N.K.S.** (Lifestyle, Insight, Networking, Knowledge, Skills) [www.usmc-mccs.org/links](http://www.usmc-mccs.org/links) provides information to all Marines and family members on resources available and methods for meeting challenges of the military lifestyle, taught in an informal group setting to encourage networking.

### Operation Homefront

[www.operationhomefront.net](http://www.operationhomefront.net) provides direct services to alleviate a military family's or individual's actual/complete emergency financial burden, as well as counseling and/or recovery support. Emergency financial assistance is in the form of checks paid directly to mortgage lenders, auto mechanics, contractors, hospitals, doctors, dentists and other providers.



**Operation "Hug a Hero"** [www.daddydolls.com](http://www.daddydolls.com) and [www.operationhugahero.com](http://www.operationhugahero.com) Marine wives created 'Daddy Dolls' so their children would have something to hold while their fathers were deployed. Daddy Dolls are small pillows shaped like a person, with a head to toe digital picture of your service member on the front. Requests for free dolls can be made for children of deployed or fallen service members. Other dolls can be made as well (such as grandparents, etc).



OPERATION  
HUG-A-HERO™

**Operation: Love Reunited** [www.oplove.org](http://www.oplove.org) is a non-profit, fully volunteer organization that offers professional photography sessions to military families and members who are getting ready to deploy, who are currently deployed, or those who are coming home.

**Operation Military Kids** [www.operationmilitarykids.org](http://www.operationmilitarykids.org) Goal is to connect military children and youth with local resources in order to achieve a sense of community support and enhance their well-being.

**Operation Shower** [www.operationshower.org](http://www.operationshower.org) Operation Shower is about celebrating and honoring military families. Operation Shower is a 501(c) (3) non-profit organization that provides joyful baby showers for military families to ease the burden of deployment.

**Operation Paperback** [www.operationpaperback.org](http://www.operationpaperback.org) collects gently used books nationwide and sends them to American troops deployed overseas.



**National Domestic Violence Hotline** [www.ndvh.org](http://www.ndvh.org) The National Domestic Violence Hotline creates access by providing 24-hour support through advocacy, safety planning, resources and hope to everyone affected by domestic violence.

**National Guard Youth** [www.guardfamilyyouth.org](http://www.guardfamilyyouth.org) Mission is to support the social, emotional, and academic needs of National Guard children and youth. Also has an interactive resource center in a virtual mall for youth to learn about a variety of topics- a great stop for any military child.

**National Resource Directory** [www.nationalresourcedirectory.gov](http://www.nationalresourcedirectory.gov) lists resources available nationally, both military and civilian.

**Navy Marine Corps Relief Society** [www.nmcrrs.org](http://www.nmcrrs.org) offers financial counseling, grants and loans, one on one budgeting, "Budgeting for Baby" class, and financial counselor volunteer opportunities.

**Newspapers** [www.onlinenewspapers.com](http://www.onlinenewspapers.com) Links so to local newspaper websites sorted by Country, State, County and City. This is a great way for military members to stay connected with happenings on the home front.

**O\*Net** [www.onetcenter.org](http://www.onetcenter.org) O\*NET Online provides comprehensive occupational descriptions and data for use by job seekers, workforce development offices, human resources professionals, students, researchers, and others, includes "My Next Move" career finder.

**Operation Gratitude** [www.opgratitude.com](http://www.opgratitude.com) annually sends 100,000 care packages filled with snacks, entertainment items and personal letters of appreciation addressed to individually named U.S. Service Members deployed in hostile regions. Also sends "Battalion Buddies" to children of deploying units.



**Operation Happy Note** [www.operationhappynote.com](http://www.operationhappynote.com) is a volunteer effort to send donated musical instruments to deployed service men and women throughout the world.

**Local Information (reports)** [www.city-data.com](http://www.city-data.com) contains maps, demographics, school, salary and real estate information, etc. of any city you might be relocating to.

**Magnet School Information** [www.magnet.edu](http://www.magnet.edu) Magnet Schools of America provides leadership for innovative instructional programs that promote equity, diversity, and academic excellence for all students in public school choice programs.

**Mail by MotoMail** [www.motomail.us](http://www.motomail.us) Communicate with your Marine via electronically delivered letters in as little as 24 hours! This is a free service; it's tried and true and really helps to communicate quickly with your Marine stationed in Iraq or Afghanistan, letters printed onsite for your Marine

**MarineNet** <https://www.marinenet.usmc.mil> courses are available to all Marines: active duty, reserve, civilian, and retirees. Numerous courses are also available to family members with valid government ID. You have the opportunity to access hundreds of high-quality e-learning courses that covering military training and education, information technology, and personal growth & professional development topics

**Marine Corps Community Services** [www.usmc-mccs.org](http://www.usmc-mccs.org) Community Services, MWR, exchange services

**Marine Corps Family and Friends** [www.lifeasamarine.com](http://www.lifeasamarine.com) A network of families and friends helping each other help their Marine, with support and information along with links to other Marine Corps sites.

**Military One Source** [www.militaryonesource.com](http://www.militaryonesource.com) various resources, from counseling and referrals, parenting, employment assistance, financial counseling, free online audio library for all ages, and relocation assistance, 24/7 phone support at 1-800-342-9647, online consultation and face to face. Simultaneous language interpretation and document translation are also available.

**Military Base Information** [www.mybaseguide.com](http://www.mybaseguide.com) from the publishers of the Base Guides, contains local information and links to local resources, listed by branch and base



**Military Child Education** <http://www.militarychild.org> The Military Child Education Coalition (MCEC) is a 501(c) (3) nonprofit, world-wide organization. A model of positive leadership and advocacy, the MCEC's work is focused on ensuring quality educational opportunities for all military-connected children affected by mobility, family separation, and

transition. The MCEC performs research, develops resources, conducts professional institutes and conferences, and publishes resources for all constituencies.

**Military Community Connections** [www.ourmilitary.mil](http://www.ourmilitary.mil) is a way for America to connect with the military, headed by the Department of Defense and America Supports You. This site also contains a listing of legitimate organizations that support military members and their families.

**Military Family Online** [www.militaryfamilylink.com](http://www.militaryfamilylink.com) is a virtual family support group with links to various resources and support. Website requires the last 4 of your Social Security number to set up account.

**Military Health- Defense Center for Excellence** [www.dcoe.health.mil](http://www.dcoe.health.mil) psychological health (PH) and traumatic brain injury (TBI) to ensure the DoD meets needs of the nation's military communities, warriors and families.

**Military Info & Support of Parents** [www.militarymoms.net](http://www.militarymoms.net) Network of mothers and parents of military members, supporting each other and service members

**Military Moms of Preschoolers** [www.mops.org](http://www.mops.org) Meeting with other moms of preschoolers, playgroup and support

**Military Pay Information** [www.dfas.mil](http://www.dfas.mil) has current pay tables and explains how to read an LES.

**Military Pay (MyPay)** [www.mypay.dfas.mil](http://www.mypay.dfas.mil) requires service member log in, limited user account can be established by service member for viewing purposes by another person (such as a spouse).

**Military Saves** [www.militarysaves.org](http://www.militarysaves.org) is a national campaign to persuade, motivate, and encourage military families to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings. Financial stability is about a lot more than knowledge - it takes consistent action over time. Military Saves is a campaign to make every military community a supportive environment to assist in that



**Military Spouse** [www.milspouse.com](http://www.milspouse.com) is an online support and networking community of military spouses from every branch of service. It also publishes a magazine featuring topics of interest to military spouses.

**Military Spouse Corporate Career Network** [www.msccn.org](http://www.msccn.org) focuses on employment readiness, applicant referral, job training, and job placement assistance for military spouses, transitioning military, veterans, war wounded, and caregivers of war wounded.

**Military Spouse Employment Partnership National Center for Telehealth and Technology** [www.t2health.org](http://www.t2health.org) mission is to lead the development of telehealth and technology solutions for Psychological Health (PH) and Traumatic Brain Injury (TBI) to improve the lives of the Nation's Warriors, Veterans, and their Families. Also features mobile applications such as "T2 Mood Tracker" and "Breathe to Relax" for stress relief, with screen shots.

**National Child Traumatic Stress Network** [www.nctsn.org](http://www.nctsn.org) aims to raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States. Website includes type of trauma, how to recognize it, and resources for treatment.

"... Because the ones who are crazy enough to think they can change the world, are the ones who do!"

~ Steve Jobs