



Family FactLine

The Family Newsletter of the 4th Marine Corps District

Volume XVII, Number 1

Spring 2014

District Corner

From the Commanding Officer's Desk



Marines and families of 4th Marine Corps District,

Spring is finally here! It is my hope this season brings relaxation, restoration, and quality time with family and friends.

I want to acknowledge the love and support of the entire family. With this I am pleased to write that April is the "Month of the Military Child" and May is "Military Spouse Appreciation". The significance of these two months is only a partial recognition of what you deserve. You are the driving force behind our continued success, and I thank you.

I appreciate your enduring patriotism and dedication, as well as the contributions you make towards our mission of recruiting young men and women to the Marine Corps.

Semper Fidelis,

T. D. Trenchard
Colonel, U. S. Marine Corps



Purple Up

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APRIL - MONTH OF THE MILITARY CHILD

April is the Month of the Military Child, a time to recognize the sacrifice that the children and youth of our military families.

Join us on Tuesday, April 15, 2014 as we "Purple Up! For Military Kids."

The 4-H Youth Development Program is encouraging everyone across the nation to wear purple on April 15th, as a visible way to show support and thank military children for their strength and sacrifices. Purple is the color that symbolizes all branches of the military, as it is the combination of Army green, Marine Corps red, and Air Force and Coast Guard blue.



WELCOME TO 4th DISTRICT!

Welcome to these new Marines and their families:

❖ **RS Baltimore:**

- ◆ *Sgt Demetrius & Reina Douglas*
- ◆ *SgtMaj Yomen & Bethany English*
- ◆ *Sgt Matthew & Heather Tinsley*
- ◆ *SSgt Christopher & Jessica Vance*
- ◆ *Sgt John & Sandra Velez*
- ◆ *Sgt Bernie & Nami Woodard*

❖ **RS Charleston:**

- ◆ *Sgt Michael Benson*
- ◆ *Sgt Joshua & Danielle Buzzard*
- ◆ *Cpl Nikolas & Michelle Cimmarrusti*
- ◆ *Sgt Timothy & Heather Grimsley*
- ◆ *SSgt Emanuel & Savannah Krile*
- ◆ *Sgt Maxwell Martinez*
- ◆ *Sgt Jonathan & Stephanie McRee*
- ◆ *Sgt Terrance Showers*
- ◆ *Sgt Aaron & Jessie Weldon*

❖ **RS Cleveland:**

- ◆ *Sgt Stephen & Lisa Chandler*
- ◆ *Sgt Christopher & Adrian Davis*
- ◆ *SSgt Eric & Amy Hendricks*
- ◆ *Sgt Brian & Letoya Monteith*
- ◆ *GySgt Christopher Nuttall*
- ◆ *SSgt Todd Petrie*
- ◆ *Sgt Chad & Sierra Slack*
- ◆ *Sgt Johnathon & Ashley Vasquez*

❖ **RS Detroit:**

- ◆ *Sgt Glenn & Delaine Cocagne*
- ◆ *Sgt Nicholas Tidwell*
- ◆ *SSgt Christopher & Ashley Wiley*
- ◆ *Sgt Michael & Elizabeth Wood*

❖ **RS Frederick:**

- ◆ *Sgt Christopher & Vimutta Afetian*
- ◆ *Sgt Kyle & Ashley Butzer*
- ◆ *SSgt Andres & Trichelle Delacueva*
- ◆ *Sgt Christopher & Samantha McNeil*
- ◆ *Cpl Dimitri & Haley Millard*
- ◆ *Sgt Clayton & Maria Pyles*
- ◆ *Sgt Daniel & Amy Sanford*
- ◆ *Sgt John & Sarah Sharpe*
- ◆ *Sgt Jacob & Meghan Shuey*
- ◆ *Sgt William Smith*
- ◆ *SSgt Cheryl Stofka*
- ◆ *SSgt Paul & Angela Workman*

❖ **RS Louisville:**

- ◆ *SSgt Zachary & Rebecca Barnes*
- ◆ *SSgt Brittney & Kevin Boggs*
- ◆ *Sgt Michael & Deana Cummins*
- ◆ *Sgt Roger & Katrina Henry*
- ◆ *Sgt Kevin & Carmen Inca*
- ◆ *Sgt Daniel Martinez-Arabia*
- ◆ *SSgt Randy & Rebecca Meyer*
- ◆ *Sgt Ethan & Lana Millisor*

- ◆ *Sgt Alexander and Laura Mountz*
- ◆ *Sgt Nathan Ulrich & Jessica Graham*

❖ **RS Raleigh:**

- ◆ *Sgt Richard & Shelby Anderson*
- ◆ *Sgt Robert Bacigalupo*
- ◆ *Sgt Joseph Carlisle & Kristina Bandimere*
- ◆ *SSgt Michael & Lisa Carmer*
- ◆ *Sgt Anthony & Andrea Cercone*
- ◆ *SgtMaj Jim & Alanna Lanham*
- ◆ *Sgt Justin & Elizabeth Tuttle*
- ◆ *SSgt Charles & Rebecca Walker*

❖ **RS Richmond:**

- ◆ *Capt Devin & Hane Claridy*
- ◆ *Sgt Ryan & Crystal Galante*
- ◆ *Sgt Brandon & Ashley Hipp*
- ◆ *Sgt Bryan & Stacey Pfeiffer*
- ◆ *Sgt Tellers & India Pollard*
- ◆ *Sgt Geoffrey & Jennifer Shivvers*
- ◆ *Sgt Robert & Nikki Turner*
- ◆ *Sgt Jalil & Vickie Watson*

❖ **Prior Service Recruiting:**

- ◆ *CWO3 John & Tracie Olson*

❖ **District Headquarters:**

- ◆ *Sgt Jessie Mora*
- ◆ *Cpl Nicholas Ranum*
- ◆ *LCpl Kyle Welshans*



“Friendship is born at that moment when one person says to another:

What! You too? I thought I was the only one.”

C. S. Lewis



DSTRESS LINE NOW HAS SKYPE



The Marine Corps DSTRESS Line provides 24/7, **anonymous** phone and chat counseling with a Marine-to-Marine approach. Marines, attached Sailors, and family members can call or chat anytime to speak with “one of their own” – a veteran Marine, former Fleet Marine Force (FMF) Corpsman, Marine Corps spouse or other family member, or licensed behavioral health clinician with specific training in Marine Corps culture.

DSTRESS Line staff not only have call and chat capabilities but they can Skype too! Skype has been used for couples counseling and to talk about the everyday stressors of life. This approach allows couples (even geographically separated couples) another avenue to discuss issues. To set up a Skype appointment or contact the DSTRESS Line, call (877) 476-7734 or visit them on the web at: www.DSTRESSLine.com.



TRICARE

THE EMERGENCY ROOM OR URGENT CARE: MAKING THE RIGHT DECISION

When we are in pain or sick, we are anxious and it can be hard to think straight. We want relief as soon as possible. When a child is hurt or ill, the anxiety can be even greater. In those moments, it can be hard to determine if you need to go to the emergency room or in an urgent care center will do. It is important to make that distinction because making the wrong choice will cost both time and money.

The general rule of thumb for TRICARE beneficiaries is that if a condition is threatening to life, limb or eyesight, it is considered an emergency and a trip to the emergency room is warranted. TRICARE defines an emergency department as an organized, hospital-based facility available 24 hours a day providing emergency services to patients who need immediate medical attention. Emergency departments affiliated with a hospital are most likely TRICARE-authorized providers. Beneficiaries and their families will get the appropriate level of care and save money by having urgent care needs met in urgent care facilities.



Over the last two decades, over 9,000 urgent care centers have emerged across the country and this may lead to more urgent care facilities in an area than emergency rooms. However, beneficiaries who seek care at an urgent care facility need to ask if it is affiliated with a hospital-based emergency department. If it isn't, the beneficiary will need to make a decision about getting care elsewhere or being responsible for those facility charges.

Beneficiaries can check if a provider is TRICARE-authorized by calling their regional contractor. The District is in the TRICARE North region. The regional contract provider is HealthNet Federal Services. You may reach them by calling 1-877-TRICARE (1-877-874-2273) or visiting their website at: www.hnfs.com.



***“Don’t put off for tomorrow what you can do today,
because if you enjoy it today you can do it again tomorrow.”***

James. A. Michener



Financial

TAKE ADVANTAGE OF MILITARY ONE SOURCE TAX SERVICES

Military One Source provides free access to the H&R Block At Home® Basic online tax filing service. The service allows you to complete and electronically file your federal and up to three state tax returns or filings. Your calculations are guaranteed to be 100% accurate or H&R Block pays the penalties and interest. The H&R Block At Home® Basic tax filing service protects the security and confidentiality of your personal information by using industry-recognized security safeguards. You do not have to complete the return all at one time. When you begin, you create a secure user ID and password, which enables you to log on, save, close and return to the program as needed.

Military OneSource

Offers **FREE** Tax Consultation & eFiling

- ✔ Maximize your refund
- ✔ Take advantage of our simple, easy process
- ✔ Use your tax refund wisely - save money and pay off debt



In addition, Military OneSource provides year round access to tax consultants who can help you and your family find answers to your tax questions and maximize your refund. Military OneSource tax consultants

- share information about the unique tax requirements and issues related to military personnel and their families
- identify applicable IRS and state tax regulations, definitions and forms
- provide electronic copies of tax forms and help you understand how to complete them
- review options for using a refund, including options for using it to pay down debt

To learn more about Military OneSource Tax Services, call 1-800-342-9647 or visit the website at: www.militaryonesource.com.



Safety

GETTING MORE OUT OF YOUR CAR ALARM



Here is a safety idea which extends the benefits of your car alarm. Put your car keys beside your bed at night.

Next time you come home for the night and you start to put your keys away, think of this: your keys are a security alarm system that you probably already have and requires no installation. Test it. By pushing the alarm or panic button on your key fob, you can activate your car alarm from most everywhere inside your house. The alarm will continue honking until your battery runs down or until you reset it with the button on the key fob chain. It works if you park in your driveway or garage.

If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies.

If your car alarm goes off when someone is trying to break into your house, odds are the burglar/rapist won't stick around. After a few seconds, all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that. And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. This is something that should really be shared with everyone. Maybe it could save a life or prevent a sexual abuse crime.



“We believe while the road is tough, it is traversable, and the journey of a military family has inherent value measured in enriched life experiences, pride, and sense of honor.”

***Tara Crooks and Starlett Henderson
authors, 1001 Things to Love about Military Life***



WWW.EMARINE.ORG – YOUR "KEY" TO INFORMATION

Register now for 4th Marine Corps District's eMarine website! eMarine is a web delivery system supporting Unit, Personal, and Family Readiness. This new website will provide unit members and their Families with quick, easy access to documents, photos, videos, unit event calendar, discussion boards, base information, and much more. This tool will be the primary means through which we will push information and conduct organizational networking. The registration process is outlined below and takes just minutes. Registration is accomplished as follows:

- 1) Open your web browser and navigate to <http://www.emarine.org>
- 2) Click on the blue "Find a Unit Site" button near the top right portion of the screen
- 3) Enter your Marine's:
 - First Name. (Must match LES and limited to 10 characters, example: Christophe)
 - Last Name. (Must match LES – Sr, Jr, II, III with no punctuation)
 - Enter your Sponsor's Birthday in MMDD format. (Do NOT include year)
- 5) Click on the link for your Marine's unit site
- 6) Follow the prompts on the screen to complete Steps 3 & 4 to register as a Family Member

Your participation will be extremely valuable as we move forward. If you have any thoughts, comments or recommendations please share them with your RS Deputy Family Readiness Officer, Command Team Advisor or me. I may be reached at (717) 770-4788 or e-mail at: John.Cook@Marines.usmc.mil.



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

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Tara.Calbat@gmail.com

Recruiting Station Louisville (800) 858-9269

Deputy Family Readiness Officer

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rsloouisvillefamilies@gmail.com

Recruiting Station Raleigh (866) 300-3837

Deputy Family Readiness Officer

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Command Team Advisor

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RSRaleighfamilyreadiness@gmail.com

Recruiting Station Richmond (800) 436-6577

Deputy Family Readiness Officer

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Command Team Advisor

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INTERNET QUICK REFERENCE

4th Marine Corps District

<http://www.4mcd.usmc.mil>

Information and events from around the District

Basic Allowance for Housing (BAH)

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

Contains answers to frequently asked questions

Childcare in your Neighborhood

www.naccrra.org/militaryprograms/

Childcare assistance for Recruiter Families

eMarine

<http://www.emarine.org>

Family Readiness website

Marine Corps Community Services

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

MCCS services, catalogue, links to other sites

Marine Corps Home Page

<http://www.usmc.mil>

Marine Corps information

Marine Corps Recruiter Wives Site

<http://groups.yahoo.com/group/MCRecruitersWives/>

Site set up by Recruiter spouse – good info and sharing

Military.com

<http://www.military.com>

General military information site

Military Assistance Program

<http://www.dod.mil/mapsite/>

DOD sponsored FSC information

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.



“Nothing is particularly hard if you divide it into small jobs.”

Henry Ford



4th Marine Corps District

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TO:

