



Family FactLine

The Family Newsletter of the 4th Marine Corps District

Volume XVII, Number 2

Fall 2014

District Corner



From the Commanding Officer

Dear 4th Marine Corps District Families,

I'd like to take this opportunity to introduce myself and to share how excited Jannette and I are about joining the 4th Marine Corps District.

I've had the opportunity to travel to every Recruiting Station and talk with your Marines as a group about my command priorities for the District, one of which is *Taking Care of Marines and Families*. Recruiting duty is the most challenging assignment in the Marine Corps outside of combat operations. The continual nature of our mission means long hours away from home, fatigue, and stress, and we depend heavily on support from our families for success. I know that can be especially challenging for our families that are balancing support to their Marines, family commitments, households, and careers of their own. Independent duty is very different from the traditional unit structure and base support services that we are accustomed to, but your family readiness teams have an array of resources available. I am deeply committed to ensuring that we have ready, informed families who have access to support programs and resources. 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. At the same time, please consider volunteering as part of your unit family readiness teams – by sharing experiences, being there to lend a hand, or just listening, you can make a positive impact on another Marine family.

Jannette and I are honored to have the opportunity to serve with you. We can't thank you enough for the support and motivation you provide for your Marine. We wish you all the best as we approach the holiday season.

Semper fidelis,

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



From the Sergeant Major

Self Respect-

As I travel I discuss with the Marines of the district about respecting one's self and what one's self consists of. Our uniforms have two names on the blouse the first is US Marines the title we represent everyday by upholding our Corps Values of Honor, Courage, and Commitment. We are ingrained with these values from our first encounter with our recruiter. The second name on the blouse has a higher level of meaning it is our family name, the name we were born into and through life have paid respect through our actions. I believe as we go through our time in the Marine Corps we should do all we can to keep those two names in the highest regards and not shame either in any way. My parents, grandparents or children should not see me as a drunk, drug addict, or one dishonorably discharged from the military. It's up to us to make sure we don't shame our lineage. When we marry we bestow our lineage to our spouse and all that goes with those names. We are so grateful as our the spouse show their pride in being a Marine's spouse and taking our name as theirs.

Together the family team goes through life building the respect others will remember and talk about. For all the spouses within the district team I ask that you continue to safeguard the two names we hold close to our hearts. We control how we are remembered, how do you want to be remembered?

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

District Chaplain

NEW DISTRICT CHAPLAIN



Chaplain Jonathon Maloney is the first chaplain to be assigned to the 4th Marine Corps District.

He is a valuable resource available to the Marines, Sailors, and families of the District 24 hours a day, 7 days a week. Chaplains are more than just a spiritual resource. They are great listeners and able to help in a myriad of different situations.

You may reach Chaplain Maloney in several different ways. His mobile number is (717) 856-7726, his office number is: (717) 770-4788, or email Jonathon.Maloney@Marines.usmc.mil.

Catch his "Thought of the Day" on the District Family and Spouses Facebook page at: https://www.facebook.com/?sk=h_chr#!/groups/66277703960



Birthday Balls

BIRTHDAY BALL CALENDAR



The Marine Corps Birthday is almost here! The official Marine Corps Birthday is 10 November 1775. The Marine Corps Birthday Ball is a meaningful and proud occasion for all Marines around the world, both past and present. It is our opportunity to look back at our long history of successes and traditions that make us who we are today, and to remember where we have come from and focus on where we are going in the future. Information below is provided as a general outline. Specific information concerning your specific Recruiting Station's Birthday Ball is available through the RS Sergeant Major or your Deputy Family Readiness Officer.



Headquarters
8 November 2014
Hilton Hotel & Resort
Harrisburg, PA



RS Cleveland
7 November 2014
Crown Plaza
Middleburg Heights,
OH



RS Louisville
8 November 2014
Seelbach Hilton
Louisville, KY



RS Baltimore
8 November 2014
Dover Downs-Casino and
Resort
Dover, DE



RS Detroit
7 November 2014
Holiday Inn Livonia
Livonia, MI



RS Raleigh
8 November 2014
Sheraton Hotel
Raleigh, NC



RS Charleston
10 November 2014
Four Points Sheraton
Charleston, WV



RS Frederick
14 November 2014
Rocky Gap Resort
Cumberland, MD



RS Richmond
8 November 2014
Hilton Garden Inn
Richmond, VA



"Family life is not a computer program that runs on its own: it needs continual input from everyone."

Neil Kurshan





PERSONAL FINANCIAL COUNSELORS JOIN THE MFLC TEAM

Did you know we have Military Family Life Consultants (MFLCs) at the Recruiting Stations? For the over the past year, we have had MFLC counselors rotating through the District. These are licensed clinicians with experience in social work who provide brief, non-medical, short-term, solution-focused counseling. They may provide assistance and services on a variety of topics such as: stress and anger management, parent-child relationships, relocation adjustment, separation, and much more.

The good news story is now a Personal Financial Counselor "PFC" has been added to the team. Personal Financial Counselors are there to help you and our family manage finances, resolve financial problems and reach long-term financial goals such as getting an education, buying a home and planning for retirement. They may provide training and workshops on topics such as: Money Management, Budgeting and Developing Spending Plans, Debt and Credit Card Management, Transitioning to Civilian Life, Kids and Money: Raining Financially Savvy Kids, and several others.

All the services provided by MFLCs regardless the type is at no cost, private and confidential. To find out when they are working at your RS or to arrange an appointment contact your RS Deputy FRO or the District Family Readiness Coordinator.



Healthy Living

TRICARE NOW OFFERS "NURSE ADVICE LINE"

Now that the school year has began, our children are more exposed to illness in the classroom. Looking ahead, cold and flu season is also quickly approaching. Keep in mind that TRICARE provides several resources to help parents keep their families healthy.

Aches, pains and fevers can put a damper on the learning experience, and sniffles and sore throats can send your children home from school early. Be sure to contact TRICARE's Nurse Advice Line (NAL) for advice on what to do. The NAL is the Military Health System's (MHS) newest initiative to improve ready access to safe, high quality care. When you call, the nurse will ask you about your child's illness. Please make sure that your child is present so you can assess their condition as the nurse asks questions. If your child is over age 13, the nurse may ask to speak to your child directly. Feel free to stay on another line or use a speakerphone option if that makes you more comfortable. If self-care is recommended, the nurse may provide you with advice on home treatments and remedies. If your child needs an appointment, the NAL will try to schedule one for you at your local MTF, or will advise you to seek care within the network.



The NAL helps you get access to the right type of care at the right time. To learn more about the services the Nurse Advice Line offers, visit www.TRICARE.mil/NAL.



"The habit of saving is itself an education: it fosters every virtue, teaches self-denial, cultivates the sense of order, trains to forethought, and so broadens the mind." –

T. T. Muger



WELCOME TO 4TH DISTRICT!

We welcome these new Marines and their families:

❖ **RS Baltimore:**

- ◆ Sgt Eric & Latrice Banks
- ◆ Sgt Carlos Batenga
- ◆ SSgt David & Melissa Bretz
- ◆ Sgt Joshua Carson
- ◆ Sgt Justin & Veronica Contreras
- ◆ Sgt Christopher & Ariane Dalton
- ◆ Capt Indranil & Christine Das
- ◆ SSgt Kenneth & Beverly Fenwick
- ◆ Sgt David & Abigail Friets
- ◆ Sgt Nadia Humphries
- ◆ Capt Lisa & Luis Arocho
- ◆ Sgt Andrew & Denise Sokol
- ◆ Sgt Brent Szwalla & Chris Lee
- ◆ Sgt Patrice Taylor & Maura Avila
- ◆ SSgt Trevor & Lindsey Walker

❖ **RS Charleston:**

- ◆ Sgt Alexander Baye
- ◆ Sgt Christopher & Monica Bennett
- ◆ Sgt Dustin & Elaine Carlton
- ◆ Sgt Matthew Garcia & Bridget Sikorski
- ◆ Capt David & Damaris Grant
- ◆ MSgt Patrick & Kimberly Griffin
- ◆ Sgt Crispin & Ronnelle Martinez
- ◆ SSgt Michael & Coralie Pickelsimer
- ◆ Sgt Travis & Rachel Robins
- ◆ Sgt David & Corrine Wood

❖ **RS Cleveland:**

- ◆ SSgt Michael & Cynthia Catrell
- ◆ SSgt George & Brandy Clayton
- ◆ Sgt Anthony & Allison Elzholz
- ◆ SSgt Paul & Jennifer Folk
- ◆ Sgt Seth & Ashley Hershberger
- ◆ Sgt Albert & Precious Opena
- ◆ Sgt Mark & Heather Shaw
- ◆ Sgt Charles & Jasmine Thomas
- ◆ Sgt Max Westman
- ◆ SSgt Joshua Young

❖ **RS Detroit:**

- ◆ SSgt Victor Alridge
- ◆ Sgt Robert & Melissa Ashton
- ◆ Sgt Kevin & Kiandra Bland
- ◆ SSgt Jacob & Jamie Cowan
- ◆ 1stLt Kyle & Brittney Durant
- ◆ Sgt Tom Fox

- ◆ Sgt Joshua King & Rachel Ming
- ◆ Sgt Matthew & Tracy Nowak
- ◆ Sgt Gregory & Ruby Pfaff
- ◆ SSgt Jonathan & Sophia Reiser
- ◆ Sgt Michael & Amanda Roberts
- ◆ SSgt Robert & Jessica Stokes
- ◆ Sgt Matthew & Allison Swarts
- ◆ Sgt Joshua Uncangco
- ◆ Sgt Aubrey Wilson & Djamilia Francisco

❖ **RS Frederick:**

- ◆ Sgt Garrett Bernier
- ◆ Sgt Ricardo & Jhoselyn Bernuy
- ◆ SSgt Jared & Whitney Christensen
- ◆ Sgt Michael & Vanessa De Camilla
- ◆ SSgt Raymond Guzman-Ortiz
- ◆ Sgt Bryce & Ada Ingram
- ◆ Sgt Edward & Celia Larimer
- ◆ Sgt Robert & Elizabeth Koerber
- ◆ SSgt James & Christiena Mosley
- ◆ SSgt Nicholas & Jamie Safran
- ◆ SSgt Scott & Rochelle Webb

❖ **RS Louisville:**

- ◆ SSgt Matthew & Jessica Anderson
- ◆ Sgt Eric & Brandie Baier
- ◆ Capt Robert & Savannah Clements
- ◆ Sgt Jerome & Shelly Estrella
- ◆ Sgt Michael & Clarissa Fitzwater
- ◆ Maj Donald & Christy Hotchkiss
- ◆ Sgt Daniel & Elizabeth Marshall
- ◆ Sgt Justin & Brianne McLinn
- ◆ Sgt Vincent Ortiz
- ◆ Sgt John Otter & Ruby Candelaria
- ◆ 1stLt Christina Peters
- ◆ Sgt Jennifer Pirante
- ◆ SSgt Billy & Kimberly Serpas
- ◆ SSgt Levi & Emily Sisson
- ◆ Sgt Matthew & Briane Smith
- ◆ SSgt Michael Wood & Megan Brewer

❖ **RS Raleigh:**

- ◆ GySgt Robert & Susan Beatty
- ◆ Sgt David & Jessica Branch
- ◆ SSgt Brandon & Nora Cunning
- ◆ SSgt Andrew & Naomi Elam
- ◆ Sgt Brian & Jenavieve Erdman
- ◆ Sgt Daniel & Melissa Greer
- ◆ Cpl Zachary Hughes
- ◆ GySgt Richard & Veronica Madrid

- ◆ Sgt Michael & Sierra Martinez
- ◆ Sgt Jennifer & Chad Matthews
- ◆ MSgt Tommy & Teresa Moye
- ◆ Sgt Brandon & Karyn Parker
- ◆ SSgt Corey & Brandy Renna
- ◆ Sgt Christopher & Lauren Rocha
- ◆ GySgt Melanie & Cristian Rodriguez
- ◆ Sgt John & Casey Sanderson
- ◆ SSgt Orlendo & Amanda Saunders
- ◆ SSgt Kyle & Stacey Seese
- ◆ SSgt Antuan & Kiesha Walker
- ◆ Sgt Justin & Mary Walker
- ◆ SSgt Kencell & Katherine Wesley

❖ **RS Richmond:**

- ◆ Sgt Christopher Bangert
- ◆ Sgt Steven & Brittany Bosserman
- ◆ SSgt Donald Farrington
- ◆ Sgt William & Ryan Hall
- ◆ Sgt Ricky & Kimberlee Hooper
- ◆ Sgt Amanda Jackson
- ◆ Cpl Kansas Ledezma & Richard Hoover
- ◆ SSgt Charles & Lindsay Lilly
- ◆ Sgt Derek Mast
- ◆ Sgt Harrison & Heather Matt
- ◆ SSgt Mark & Shannon Messer
- ◆ MGySgt Elmer & Shanette Pagaragan
- ◆ SSgt Jose & Marguerita Ramirez
- ◆ Sgt Kenneth & Toni Roberts
- ◆ SSgt Quentin & Amanda Smith

❖ **Prior Service Recruiting:**

- ◆ Sgt Grant & Alicia Brawn
- ◆ Maj Stephen & Monique Ritchie

❖ **District Headquarters:**

- ◆ MGySgt Kevin & Patricia Atkinson
- ◆ Col John & Jannette Bolt
- ◆ Sgt Travis & Amber Brockman
- ◆ Cpl Erik & Mayra Burgos
- ◆ Capt Joshua & Laura Darby
- ◆ Capt David & LoisMae David
- ◆ LT Jonathon & Mindy Maloney
- ◆ Sgt Kyle & Morgan Marshall
- ◆ CWO4 Scott McQuillen
- ◆ Cpl Jorge Sanchez
- ◆ MSgt James & Dorothy Wilfrom

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

The District and Recruiting Stations family information is available on www.eMarine.org. It provides a way we may share information and resources with the Marines and their family members in a secure environment. Many of the different websites and resources available to families have links which are now centrally located in combination with one site.

You may subscribe to the site by clicking on the blue "Find Unit Site" button and selecting Pennsylvania when the map appears. The district's link will be the first command listed in the blue text. There you can obtain access to each of the Recruiting Station's page within the eMarine.org website. A couple words of caution. When entering your sponsor's information, it must be entered as it appears on their Leave and Earning Statement (LES). If their name has a suffix, such as Jr. or III, it must be included in the Last Name block. The first name is limited to 10 characters. For example, you can only use "Christophe" for "Christopher".

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.



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

Kim_Albrecht@yahoo.com

Recruiting Station Baltimore (800) 272-7391

Deputy Family Readiness Officer

GySgt D. Velez (410) 850-9191

David.Velez@Marines.USMC.mil

Command Team Advisor

Amy Bruck (843) 601-5956

Amy.J.Bruck@gmail.com

Recruiting Station Charleston (800) 662-2909

Deputy Family Readiness Officer

MSgt Jared Terry (304) 757-5028

Jared.Terry@Marines.USMC.mil

Command Team Advisor

Christina Albright (814) 937-1787

CMAlbright@gmail.com

Recruiting Station Cleveland (800) 862-3431

Deputy Family Readiness Officer

SSgt J. Morris (440) 670-5629

Joshua.Morris@Marines.USMC.mil

Command Team Advisor

Recruiting Station Detroit (800) 892-7315

Deputy Family Readiness Officer

SSgt A. Barta (248) 808-1742

Anthony.Barta@Marines.USMC.mil

Command Team Advisor

Sara Hager (970) 223-1009

Saraboesler@yahoo.com

Recruiting Station Frederick (877) 323-9399

Deputy Family Readiness Officer

SSgt J. Pascual (240) 344-7994

Juanpaolo.Pascual@Marines.USMC.mil

Command Team Advisor

Megan Shuey (301) 473-6954

McShuey@gmail.com

Recruiting Station Louisville (800) 858-9269

Deputy Family Readiness Officer

MSgt F. Jones (502) 582-6611

Freddie.Jones@Marines.USMC.mil

Command Team Advisor

Rachel Rosenblatt (810) 488-1478

RSLouisvillefamilies@gmail.com

Recruiting Station Raleigh (866) 300-3837

Deputy Family Readiness Officer

GySgt M. Rodriguez (919) 455-3103

Melanie.Rodriguez@Marines.USMC.mil

Command Team Advisor

Michelle Haynesworth (540) 226-8085

Haynesworthml@gmail.com

Recruiting Station Richmond (800) 436-6577

Deputy Family Readiness Officer

MSgt D. Bell (269) 757-4478

Demetrius.Bell@Marines.USMC.mil

Command Team Advisor

Diane White (804) 271-2058

White.diane.marie@gmail.com

INTERNET QUICK REFERENCE

4th Marine Corps District

<http://www.mcrd.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.naccra.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.



“Think positive, be positive, and positive things will happen.”

Unknown



**4th Marine Corps District
(ATTN: Family Readiness)
54 M Avenue, Suite 9
New Cumberland, PA 17070**

TO:

