



RECRUITING STATION RALEIGH

FALL 2011

FAMILY READINESS NEWSLETTER

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FROM THE COMMAND DECK

Summer is over and school is back in session! This means not only are your children back in school but so is your Marine. The start of school year 2012 has begun and the recruiters of Recruiting Station Raleigh are working diligently setting up their initial visits with all their schools. Our high school program is vital to our recruiting mission; as we will see a reduction of shipping during the 1st and 2nd trimesters in fiscal year 2012, finding high school seniors to fill our 2012 summer shipping requirements is critical to individual and unit success.

During this summer, we saw many familiar faces checkout and just as many new faces check in. I would like to take a moment to personally welcome you to the Recruiting Station Raleigh Team. You are joining a successful station that is a leader among 4th Marine Corps District and Eastern Recruiting Region. If you have not already, I encourage you to develop relationships with the other spouses of the command. Many of these amazing people have spent several years on this assignment and are able to provide great insight, support and camaraderie that you would normally find on a Marine base. As unique of an assignment this is for your Marine, the same can be said of your experience. The greatest strength is the support we offer each other. Though this is an independent duty assignment, you are not alone. Again, welcome to the new families.

The Marine Corps Ball is fast approaching and this year we have selected a new venue. Though I've been very pleased with the Crabtree Marriott and the overall service they have provided over the past two years. They are not able to accommodate our date this year. So we are moving to downtown Raleigh and the ball will be held at the Sheraton Hotel. I'm excited about the new location as it's conveniently located to many attractions that are within walking distance. Tickets go on sale in September and I highly encourage you to stay in the area as the hotel is giving us a great deal on room rates. I know the ball can become an expense when you factor in the cost of a dress, travel and other expenses but opportunities to get all hands together are few and far between on this assignment.

Again, thank you for your contribution to the Recruiting Station Raleigh's mission. Since the last newsletter, Recruiting Station Raleigh was named the 4th Marine Corps District Recruiting Station of the Month for June 2011. This is a very prestigious accomplishment for the unit and we could not have done it without you. Enjoy the cooler weather and I'll see you at this year's ball.



Major Jennifer A. Nash

SPOUSES CORNER

Spouses' Corner by Kelli Shiftlet (RSS Winston Salem)



Pictured above:
Kelli Shiftlet

Ask each of your relatives to bring a side or a dessert. It cut down on your time in the kitchen and your wallet won't feel the pinch!

With the holiday season quickly approaching I wanted to share a few of our family's favorite recipes and also give a few pointers on how to prepare a holiday meal without breaking the bank! It seems every year the prices of pantry staples climb not by the pennies, but by the quarter or more a few weeks before people begin shopping. Every year people spend more money on one meal than their monthly budget. Here are a few ways that our family has managed to have wonderful meals, and still keep our grocery budget in check. First, holiday dinners are big meals, don't feel compelled to cook it all yourself! Second, for small family or families that are spread across the country remember portion size. Buy vegetables individually from the Farmer's Market to cut down on both price and excess. Going early in the morning will give you the best selection, but going close to closing time gives the potential to haggle prices with vendors who do not want to take it back home. Thirdly, start stocking up early on non-perishables if they are on sale. These will stay good in your pantry for a few months before the holidays and are typically cheaper. Also, don't shy from purchasing off label ingredients. They are regulated by the FDA and meet the same standards as brand names, but will cost a fraction of the price! I'll end with this final thought, while Paula Deen may serve five different varieties of green beans at her holiday meals, guests will appreciate having two or three different sides to choose from along with one or two desserts. This will cut down on leftovers and leave money in the bank. Enjoy the Holidays!

HONEY BAKED HAM

Cooking Time 1 ½ Hours

Preheat Oven to 325°

Serves 10 People

Directions: Preheat oven to 325°. Place ham in a roasting pan. Pour the container of honey over the ham and distribute evenly. Pat brown sugar over honey and press firmly. Cover ham and bake for 1 ½ hours or until internal temperature reaches at least 140°. Baste occasionally with pan drippings.

Ingredients

5 pound ham with the bone in
6 ounces of honey

1 cup of brown sugar

FROM THE FRO

Marines and Families of RS Raleigh,

School has started and summer is quickly coming to an end. This summer has been full of great memories with families and friends. We were able to catch up with familiar faces and learn about the new families of RS Raleigh. The Marine Corps Ball is coming up on Nov 12 and will be held at The Sheraton in down town Raleigh. I will be attending a conference at the end of August to make sure our Family Readiness Program stays strong. The goal of the volunteers is to pass along valuable information and resources that are beneficial to spouses and their Marines. Remember Christmas is just around the corner, so don't be caught off guard and start planning family time. As Always, if you have any questions or need assistance, please contact me at 910-526-7813.

Semper Fidelis
GySgt Deller Ted E
E-mail Ted.Deller@marines.usmc.mil
Cell Phone 910-526-7813

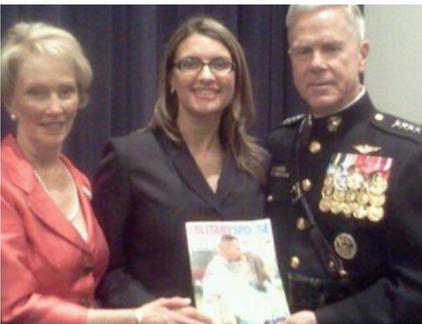


Farewell to our FRA

Fair Winds & Following Seas to Bianca Strzalkowski

Below are farewell messages from around the RS:

“Bianca makes it her business to know all of the spouses and their families, not because it's required, but because she truly cares. If I ever need something or need to know an answer, she's just a phone call away. We've become close and now consider her a friend. It's going to be strange not having her as a part of the RS, but fortunately, she'll never get rid of me as a friend. Bianca, you've been a mentor to me and I hope that I can be even half of the military spouse you are.” –Melissa Reid



“I was frustrated and wanted to be done with this duty and then I got an email. This strange name that I had never seen before was asking me if I was SSgt Feeney's wife. We chatted about the struggles of this duty and how it was ok to be frustrated but still support our Marine's at the same time helped me so much. We are getting ready to leave this duty in a few short months but I am not leaving behind a horrible experience but one where wives got together to help each other out, frustrations could be vented and over in a few minutes and friendships that I didn't expect from this duty at all. All from one email not even 2 months into this duty” – Laura Feeney

“She is an individual that always puts others before herself. She places the needs of families as a priority, while caring for her own. She is an inspiration others to be better people”-Ted Deller

“Bianca has inspired me not to quit helping spouses even when it's difficult. If your actions help ONE spouse, it is worth it all :) She truly is a wonderful woman with a heart of gold and a LOVE for the Marine Corps like no other.”-Stephanie Cutlip

“I haven't known Bianca very long and have only spent time with her on a couple of occasions, but she showed me very quickly what it was to be a part of a Marine Corps family! Before I even got to Raleigh she had emailed me and made me feel very welcome!”- Tracy O'Shea

“She is constantly driven to pursue the best of everything. She doesn't give in to things just because people say it's what she "should do". She has as much honor, courage, and commitment as anyone I know, even more than some.”

-Becky King

As we prepare to say goodbye to one of the most influential faces of Family Readiness take the time to remember all of the great things Bianca has done. She

is a charging force to her objectives. She stays true to her values, morals, and word. Bianca is not only a friend to those in which she has walked the same shoes but also a role model. She has showed spouses how to persevere when faced with difficult circumstances. “Taking life by the horns” is the legacy she is leaving behind in RS Raleigh. Bianca will be missed tremendously and she'll always be home when she's in RS Raleigh.



*Written by:
Danielle Rohr*

SPOTLIGHT ON AN RSS

Fayetteville

PCS Lumberton & Clinton

What helps to make your station successful?

Teamwork, good attitude, and work ethic .

SNCOIC: GySgt Newton

Recruiters: SSgt Rumfalo & Sgt Shuler RSS Fayetteville, Sgt Rohr PCS Lumberton, Sgt Bethune PCS Clinton



What is unique about your area: Population diversity due to Army presence and largest Native American population in the state

What is your advice to recruiting families about balancing work and family on this duty? Work as hard as you can at work so you don't have to be there as long. Coming to work is not the same as "working". The harder you work the less time you will have to be at work. Take advantage of time off when you get it.

What is the biggest challenge of your station? The fact that a disproportionate amount of our high school seniors are Army brats and are predisposed to gravitate towards the Army. The ones that are interested in the USMC are also heavily influenced at home to go in another direction and we have to find a way to overcome that.

How many schools they cover: 27 High Schools & 5 Community Colleges

Number of Square Miles: 4,068



PLANNING FOR THE BALL

All salons listed below are located in the Crabtree Valley Mall.

MAKE-UP

MAC

919-789-8757

Clinique

919-782-7010

Macy's

919-510-8700

NAILS

Crabtree Valley mall

Diva Nails & Spa

919-782-7488

Mitchells

919-782-8810

Saturday: 10:00am - 9:00pm

Located in Belk on the blue deck

\$35-\$60 basic up do-elaborate

Hair, Inc

919-782-9353

Saturday: 10:00am - 9:00pm

Located near Macys

Start at \$45

Carmen Carmen Salon

919-786-9635

Saturday: 10:00am - 9:00pm

Located in Belk

\$50-\$65 (\$65 is on the most elaborate/bridal work end)

\$15 off your first service. Ask for Liz and she'll make sure you're with a stylist that best suits your up-do want & see to it that you get your \$15 off.



BACK TO SCHOOL EVENT



Thank you to all that put together and donated supplies for the Welcome Back to School event. It was a great success in providing fun supplies and books for children to prompt reading and success in school. There are plenty of recourses that are available, whether a personal or an online tutor, to help kids during the tedious school years. As with every other resource we encourage you to take advantage of the many free academic outlets. Try sites such as, tutor.com/military, soar.org, online libraries which are provided through Militaryonesource.com. Homeschooling information is also readily available at Militaryonesource.com. Help make school the best experience as possible for your children.



Would you like to contribute to the newsletter? Send your input over, it can be a story, experience, resource, recipe, kids activity or any information you would like to share with the families of RS Raleigh. Submissions can be sent to Natalie Lucero at fnlucero@yahoo.com.

Extreme Home Make Over



Important Numbers

FRO
(910) 526-7813

FRA
(910) 915-3905

Tricare
(877) 874-2273

NACCRRRA
(800) 424-2246

United Concordia
(800) 538-9522

SMP
(843) 812-1245

Chaplain Price
(843) 228-3601

Duty (After Hrs) Chaplain
(843) 228-3712

CARY VETERANS HOUSE



An important aspect of LINKS is community outreach. We need to continue in our selfless efforts to help those around us. There are stories of kindness from the cleanup of the Veterans home in Cary, Home makeover to the tornados and hurricane that devastated NC areas. Thank you to all of those that are dedicating their time to benefit their communities it's the best example we can supply the next generations with. With new faces coming into RS Raleigh we hope to see more attending these events or organizing a volunteer opportunity for their surrounding area. It's hard to make the trips across the state but it's easy to find something that can be done.

"You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and to impoverish yourself if you forget the errand."

- Woodrow Wilson

HAIL AND FAREWELLS

HAIL

- Captain Erickson and wife Kimberly
- Sgt Richardson
- Sgt Morgan and wife Erin (RSS Aberdeen)
- Sgt Hossley
- GySgt Henry

FAREWELL

- SSgt Coon and wife Misty
- SSgt Tysinger and wife Shannon
- SSgt Council
- Sgt Faulkner
- SSgt Feeney and wife Laura
- GySgt Somuk
- Sgt Soto and wife Hilda
- GySgt Strzalowski and wife Bianca
- Sgt Wycoff

