



July 2014

# ROUNDUP

Official newsletter of the 8th Marine Corps District



**Faces from 8th Marine Corps District**

# Announcements

## Supply:

- Sergeant Stacey Williams will be leaving the DHQ supply team effective 9 July 2014. Please begin communicating with her replacement, Sergeant Heidi Young on all requisition related items immediately.
- 4th quarter Consolidated Memorandum Receipts (CMR) are due between 1 July 2014 and 30 September 2014. Please contact Sergeant Jessica Navarro to schedule your reconciliation.
- All Responsible Officers (RO) must register in Global Combat Support Systems Marine Corps (GCSS-MC) in order to associate the CMR and RO in the system. If you have not done so already, please register immediately.
- The deadline for the submission of all purchase requests to the Regional Contracting Office (RCO) estimated to cost between 25K and 150K is 18 July 2014.
- The deadline for the submission of all purchase requests to the RCO estimated to cost between 3K and 25K is 15 August 2014.
- Occurrences of questionable government commercial purchase card transactions are on the rise. All card holders and approving officials are reminded to seek guidance from the NAVSUPINST 4200.99B, the RCO's "Do Not Buy List", and your Agency Program Coordinator for all supplies and services not of a routine nature.

## Education Office:

- Tuition Assistance (TA) policies for FY14 remain in effect.
- Consult MARADMIN 456/13 for further guidelines pertaining to current TA parameters.

## Safety

- If you're at a pool with children who are either very young or who can't swim, don't leave them alone, even if they aren't in the water.
- Make sure that adults know exactly how many kids are at the pool, and that one adult is always "on duty" watching

them. As soon as a child isn't visible, check the water and the bottom of the pool first.

- Some types are waterproof, but even so, you should reapply the sunscreen every two hours.
- Use sunscreen on cloudy days, too.
- 5. The sun is strongest between 10 a.m. and 4 p.m. Hit the beach early, use the main part of the day for other activities, then go back later in the afternoon.
- 6. More than half of the people who drown in boating accidents had been drinking. As far as drinking goes, boats are just cars on the water.
- 7. Wear an approved life jacket, and make sure your passengers do, too.
- 8. Check the forecast and watch the weather while you're underway. If you see or hear a storm, get back to land.
- 9. Before you launch, tell someone where you're headed and when you'll be back at the dock. In an emergency, rescuers will need to know where to start looking.
- 10. Drink plenty of water regularly and often even if you do not feel thirsty. Your body needs water to keep cool. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly but make the heat's effects on your body worse. This is especially true with beer, which dehydrates the body.
- 11. ALWAYS HAVE A DESIGNATED DRIVER! Never drink and drive!

## Single Marine Program

- The DHQ has a new SMP representative. Cpl. Kugerperetz will be taking over for Sgt. Martinez. He can be reached at (817) 782-6733.

## Career Planner

- The downsizing of the Marine Corps is real! If you intend on staying on active duty, remaining highly competitive is key. You should make sure your OMPF is correct, maintain high CFT/PFT scores, maintain height and weight standards, execute orders when issued and complete Professional Military Education. It is also important that you submit for retention as soon as you are eligible.

## Family Readiness

- DSOC 2-14 scheduled for September 9 - 12.

## Upcoming Inspection Schedule

SRI

RS Albuquerque August 18-22

# SPREAD THE WORD

## *FACING TRIALS AS A COUPLE*

Military families often find themselves facing significant challenges during the summer months as they are often dealing with moves, school changes, new assignments and the list could go on. Even though these events are a routine part of military life, the hardships and suffering that sometimes accompanies them is no less painful. Hardships and suffering are inevitable in life and we can gain some useful lessons from the teachings of our faith and couples who have successfully faced them before us. Below are some lessons I have found which provide encouragement and hope.



1. We need to use times of suffering as an opportunity to draw close to God. Psalm 23 tells us “Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff they comfort me.” (Psalm 23:4 ESV) Sometimes we withdraw into ourselves when we experience emotional pain. It should be the time we reach out in faith for Divine strength and hope.

2. We need to be there for each other. A husband and wife must be involved with each other during a crisis. Again, the tendency may be to pull apart, fight that tendency and hold tight to each other. One may not be ready to talk, but the other is. Take the initiative.

3. We need to make our marriage a priority. When family life and work gets busy, it can be too easy to let our marriage relationship get shoved aside for

other seemingly more pressing demands. We should remember that if our marriage remains on solid ground, our children will feel stronger and more secure, as well. Even in the most demanding of times, make time for your spouse.

4. We need to allow the body of our faith (Church) to minister to us. This point can take some focused effort when we move. There are so many details that must be attended to in getting a family transferred from one duty station to the next that our church life gets put off till later. God provides strength to marriages in families in so many ways though the local body of believers. Utilize technology to remain in touch with your current church and plug into a new church family as soon as you can in your new community.

5. We need to hold on to the truth of faith teaching no matter what our

emotions tell us. It is not wise to deny our emotions, but it is also not wise to allow them to control our responses either. We should keep our focus on the anchor of the unchanging truth found in the scriptures.

6. Don't wait to ask for help. We are so blessed in this time of electronic media and communication to have ready access to a multitude of resources to help us in times of trouble. Help is there, but we have to take that first step and ask. If you, your spouse or anyone in your family needs help, please let us know. We will do our best to find the best answer to the challenge you face.

I pray you and your family enjoy a wonderful, productive and safe summer season!

# inFROmation

## Victim Advocates

One of the best things about being a Family Readiness Coordinator is that I am a magnet for information and resources. Recently, we held our District Spouses Orientation Course (DSOC) 1-14 and two of the many resources highlighted came from the Marine Corps' Behavioral Health branch.

## Family Advocacy Program

The Family Advocacy Program, often and simply referred to as FAP, provides not only prevention education regarding domestic abuse but also works to support victims of domestic abuse once abuse has occurred. Family Advocacy Programs champion education as a tool to break the cycle of violence and to prevent violence before it occurs.

At the helm of FAP are our Victim Advocates who are dedicated, trained professionals. Jazmin Lua, who is a Victim Advocate that serves the Western Recruiting Region, spoke at DSOC 1-14. One of the resources she shared is called "Transitional Compensation for Abused Family Members" or TCAFM. TCAFM is authorized by Congress and it provides from 12 to 36 months of monetary benefits as well as medical and dental care to the family of the service member that has been separated from active duty due to domestic violence. The program is framed with the victim in mind: to help them begin to establish a life apart from the abusive service member. The program also provides non-judgmental emotional support to include referrals to resources that consists of emergency shelters, safety planning, therapy and support groups. Additionally, they can intervene with creditors and landlords as well as notify victims when their attacker is pending release from incarceration.

The most important take away from DSOC's Family Advocacy Program brief is that victims of domestic violence have options. Sometimes you just need to know where to look and who to turn to in times of crises. Before you begin conversations with Victim Advocates, the first thing you should do is ask them about your reporting options and the levels of confidentiality available to you. The families of 8th Marine Corps District, though geographically dispersed, are not alone. We have a dedicated and highly-trained support network in place and available to 8MCD families.

For more information contact the 24/7 Victim Advocate Helpline at 619-524-0265.

## Sexual Assault Prevention and Response Program

Another resource from Behavioral Health is the Sexual Assault Prevention and Response Program (SAPR). Focused specifically on eliminating sexual assault and caring for victims, SAPR provides education, policy, and program support and services through an extensive network. Like FAP, SAPR adheres to confidentiality guidelines based on the type of report received: restricted or unrestricted. Victims of sexual assault reporting under the restricted reporting option can report to a uniformed or civilian victim advocate, a sexual assault response coordinator, and healthcare personnel. Restricted reporting options can also be preserved by speaking with a chaplain or with a military legal assistance attorney.

In the 8th Marine Corps District, for more information contact

8MCD Command SARC

LtCol Karl Williams 817-782-6749

MCRD San Diego/WRR SARCs

Ellie Benavides 619-921-6346

Rebecca Ax 619-822-3935

INSTALLATION 24/7 Sexual Assault Helpline

619-846-6040

For additional non-emergent information visit

<https://www.safehelpline.org/>

<http://www.myduty.mil/>



WRR Behavioral Health Branch staff

(Left to Right)

Yashica Sylvester, Jazmin Lua, Ellie Benavidas

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# Lifestyle, Insights, Networking, Knowledge, and Skills

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## ON RECRUITING

*The tools you need to be a successful recruiting family: Meet fellow spouses, be heard, and share through experience.*



*Get connected to your Deputy FRO and request a L.I.N.K.S. course for your area. We even bring L.I.N.K.S. for Kids!*

### What you will learn from L.I.N.K.S.

#### History and Traditions of the Marine Corps

*The mysteries of the Marine Corps are no secret to the seasoned spouse, this section is intended to serve as a reminder of what the Marine Corps Family represents and how the Recruiting Command is structured.*

#### Benefits and Services

*It's easier on a base, but there is still a plethora of resources available to the military family right in your remote location. Learn how to find them, access, and use them!*

#### Tips on Moving

*What comes next? Through peer discussion learn about how navigate your next military move and share lessons learned from previous moves...*

#### Communication Skills

*Did you know the average male says 10,000 words a day, while the average woman says 30,000? Learn how to communicate better and learn how to de-stress yourself in heated situations. Taught by your District Chaplain*

#### IS that ALL there IS?

*Money is a very emotional topic, and many are reluctant to discuss it. We will explain the military pay system and offer tips and tricks to budgeting without prying into your personal business*

#### Dealing Separation and the Recruiter's Schedule

*Go through the cycle of separation emotions and discuss how to better manage your daily life alongside your Marine's day.*

#### Blooming Where You're Planted

*Learn how to get involved with your community, L.I.N.K.S, and your unit.*



*semper paratus*  
Interested in volunteering?

*LINKS is facilitated by the District Trainer and trained volunteers. There are several places you can volunteer on your District LINKS team. If you have attended a DSOC and would like to apply as a volunteer or for more information, contact:*

*Melanie Cullum, Marine Corps Family Team Building Trainer  
Ph 817-782-6707 cell 817-228-7373 or email [melanie.cullum@marines.usmc.mil](mailto:melanie.cullum@marines.usmc.mil)*





## Recruiting: 101



The Marines and poolees of RSS Amarillo combined efforts with OSO Lubbock and Amarillo College for a Combat Fitness Challenge May 21 in Amarillo, Texas. The combined event had more than 150 participants, community leaders and media present. The participants performed a modified Combat Fitness Test and a Crossfit workout. The large participation and the college support added to the event's success.



# District Spouses Orientation Course



*During the two days of DSOC, the spouses are instructed in numerous courses by experts in those subjects. The first brief the spouses received was Recruiting 101. This class gave them a basic understanding of the daily life of their Marine. In addition, the participants take classes to help with family life such as School Liaisons, the Exceptional Family Member Program, The Navy Marine Corps Relief Society, TriCare benefits and many others. Motivational speakers were brought in to help get them up and moving. They had many opportunities to learn more about their families and themselves. DSOC ended with the spouses receiving certificates from the commanding officer of the 8th Marine Corps District and a dinner. They left with a better understanding of the recruiting world.*



# RS/RSS Standings

\* Ranking based off Attr.%.  
Ties broken by Ship.% then Cont.%.  


## RS RANKINGS

(Lowest % MCRD Attrition FY14 to Date)

SNCOIC	RS	Attr. %	Ship %	Cont %
1. SSgt Marmolejo	SAT	0.0	107.7	102.4
2. SSgt Sims	FTW	0.0	105.9	112.8
3. GySgt Cuellar	SAT	0.0	103.2	112.1
4. GySgt Gray	DEN	0.0	100.0	135.5
5. MSgt Menendez	FTW	0.0	100.0	133.3
6. SSgt Marturano	FTW	0.0	100.0	123.5
7. SSgt Sanchez	SAT	0.0	100.0	102.1
8. GySgt Mayes	PHX	0.0	100.0	101.8
9. GySgt Felshaw	PHX	2.3	104.8	110.6
10. GySgt Guerrero	SAT	3.0	100.0	103.1
11. GySgt Purtell	PHX	3.0	100.0	100.0
12. SSgt Sanchez	HOU	3.2	103.3	125.0
13. GySgt McLucas	FTW	3.2	103.3	113.3
14. GySgt Wolfe	DEN	3.4	111.5	117.9
15. SSgt Nguyen	HOU	3.4	107.4	100.0
16. SSgt Kertz	DAL	3.7	103.8	105.9
17. Sgt Zubire	HOU	3.8	104.0	117.2
18. GySgt Daniels	HOU	3.8	100.0	102.0
19. GySgt Ortiz	FTW	4.0	100.0	108.8
20. GySgt Breaux	HOU	4.8	110.5	101.9
21. SSgt Riddle	DEN	5.0	100.0	100.0
22. SSgt Villanova	PHX	5.3	105.6	104.5
23. SSgt Zambrano	DAL	5.4	105.7	101.9
24. GySgt Lozano	SAT	5.6	105.9	107.9
25. SSgt Larsen	OKC	5.9	103.0	122.2



3.28 %

1

2



3

4



5

6



7

8





*The Corner Pocket***8412 Standings****(FY14 to Date)**

\* Ranking based off Attr. %.

Ties broken by Ship. % then Cont. %.

<b>8412</b>	<b>Recruiting Station</b>	<b>Attr. %</b>	<b>Ship %</b>	<b>Cont. %</b>
1. MSgt Menendez	FTW	0.0	100.0	133.3
2. GySgt Mayes	PHX	0.0	100.0	101.8
3. GySgt Murphy	DEN	3.4	111.5	117.9
4. GySgt Breaux	HOU	4.8	110.5	101.9
5. SSgt Blake	OKC	6.3	106.7	117.4
6. GySgt Soileau	FTW	6.9	100.0	114.3
7. GySgt Leal	SAT	7.7	108.3	101.8
8. GySgt Martin	PHX	8.8	100.0	100.0
9. GySgt Lira	SAT	10.3	100.0	106.5
10. GySgt Figueroa	HOU	10.5	100.0	104.0
11. GySgt Cruz	ABQ	10.8	100.0	104.5

**OSO Standings\***

Rankings based on PLC/OCC Submissions, Selections, OCS Shipping, OCS Induction and OCS Attrition. Summer 2014 OCS begins 26 May, 2014. Reference Appendix 5 to Annex C to Op Order 1-14.

1.	Capt Lindig	OSO COLLEGE STATION
2.	Capt Emison	OSO FORT COLLINS
3.	Capt Meyer	OSO FORT HOUSTON
4.	Capt Jure	OSO DALLAS
5.	Capt Caballero	OSO AUSTIN
5.	Capt Guest	OSO ARLINGTON
5.	Capt Strehl	OSO LUBBOCK
6.	Capt Kates	OSO DENVER
7.	Capt Marsinek	OSO NORMAN
8.	Capt McFarland	OSO PHOENIX