



Marine Corps Family Team Building

Where Readiness Thrives



September 2010

Are You Ready? MCFTB Enhances Family Readiness

MCFTB is dedicated to serving Marines and their families, providing education and training that directly promotes and enhances family readiness. We are not alone in this mission and often find that family members are unaware of valuable resources that are waiting to assist them with many different venues of information. One such resource is Military OneSource, a free service that can be accessed 24/7. This website is beneficial to visit daily and can be accessed regardless of one's location or proximity to a military base. Why is that important? Well, with the new family readiness program, the Marine Corps has redefined their definition of family. Family is now the family that a Marine was born into, sworn into, and married into. The Marine Corps understands that family is more expansive and covers single and married Marines (yes, you read that right, SINGLE MARINES TOO!) Each Marine can designate up to 4 people (if married the spouse is automatically eligible) as someone who should receive information on their behalf. The Marine Corps will then ensure information in regards to unit communication and deployment support services is available. Please contact your unit Family Readiness Officer for more information. Family is instrumental in ensuring that a Marine is capable of deploying and the family support system must have resources and information while a Marine is deployed. That is why Military OneSource was created. Eligibility to access some of the services will vary. Visit www.militaryonesource to see what new information you can find!!



Unit, Personal & Family Readiness Corner

The Readiness and Deployment Support Program here at Family Team Building provides a series of workshops called "Beyond the Brief" which expand on topics covered in pre-deployment briefs to give spouses the resources to navigate this complicated military lifestyle and enhance family readiness. After all, the best support a family can give to a Marine or Sailor is to be prepared so the service member can focus on their mission. If your spouse is currently deployed or will be soon, come to the Beyond the Brief called **Tips for Thriving During Deployment** on Sept. 28th from 0930-1130 at MCFTB. We don't want you to just survive, but thrive. Come together with other spouses who are in "the same boat" as you are, find out ways seasoned spouses cope, and share your own experiences. Volunteer, go back to school, or get a job! Use the deployment as an opportunity to gain independence and for personal growth. Free childcare is available at the CDC by calling 466-3491 two weeks in advance.

Spotlight Class: All Access Pass

Have you ever wondered what your Marine or Sailor does all day at work? Join us on Thursday, Sep. 9th from 0830-1500 as we get a behind-the-scenes look at Cherry Point. The day will begin at Family Team Building where we will board a bus. We will visit the air traffic control tower, along with the weather and radar rooms. Did you know Cherry Point has a staff of active duty weather forecasters? After checking out some aircraft, we will enjoy lunch at the Mess Hall to get a taste of what the service members eat. Then we will watch a demonstration by the military working dogs and wrap up the experience with a ride in a Humvee. This is similar to a "Jane Wayne" day, but we don't get dirty!

Call now to reserve your spot for this popular event. Free childcare is available at the CDC by calling 466-3491 two weeks in advance.

Bldg 294, Wing 7
"C" Street

252-466-4637
mccscherrypoint.com/mcftb.htm



September Events

Seven Habits of Highly Effective Military Families September 1-2, 1000-1430: This class is based on Steven Covey's Seven Habits of Highly Effective People and provides useful information on how to become a better functioning military family. Couples encouraged; lunch provided

Falling in Love Again: Four Lenses for Couples September 23, 1730-2030: Discover your "color style" and use this knowledge to help you understand yourself and spouse better. Couples encouraged; dinner provided

Take a Breath September 30, 1300-1500, The Fitness Connection: A class designed to help you recognize stressors and teach ways to relax. Semper Fit will guide you through a yoga class and highlight the benefits this exercise as a relaxation technique.

Family Care Plans September 29, 0900-1100:

Cherry Point Bus Tour September 1, 0930-1200: If you've recently PCSed or are newly married, join us for a tour of Cherry Point. We'll show you where to go to take advantage of all the services and resources available to you. Offered the first Wednesday of each month. Lunch provided.

All Access Pass September 9, 0830-1500: Get a behind-the-scenes glimpse of Cherry Point by visiting the air traffic control tower, taking an up-close look at aircraft, experiencing a working dog demonstration, and more.

Beyond the Brief: Show Me The Money September 14, 1800-2000: Get control of your finances, learn to make a budget, and set financial goals. Couples are invited to attend together.

Beyond the Brief: Tips for Thriving During Deployment September 28, 0930-1130: Use a deployment as an opportunity to grow. Learn how to get involved, volunteer, get a job, or go back to school.

Family Readiness Advisor and Assistant Training September 14-15, 0830-1130 & September 25, 0830-1530: This workshop provides the Family Readiness Volunteer with the basic knowledge of the Unit and Personal Family Readiness Program.

Command Team Training September 16 & 30, 0830-1200: This class prepares the members of individual Unit Family Readiness Command Teams to work in unison to develop and execute their Unit and Personal Family Readiness Program.

L.I.N.K.S. Having trouble navigating the military lifestyle? Lifestyle Insights, Networking, Knowledge, and Skills (L.I.N.K.S.) provides a road map for Marine Corps living. The class topics include: the history, culture, and traditions of the Corps; benefits, services, and resources; pay information; moving with the military; Marine career progression; getting along with others in a military environment; surviving and thriving during deployments; and much more.

LINKS Mentor Training (must have taken LINKS) September 7-9, 0900-1200

LINKS for Spouses September 21-23, 1730-2030

LINKS for Marines September 29, 0830-1600

LINKS for Couples September 10, 0830-1630 (T&E Building)

LINKS for Teens September 18, 1200-1900

Unless otherwise noted, all MCFTB events qualify for free childcare! Call 466-4637 for details.

Save the Date!

Operation Ball Gown October 1: Fashion Show & Comedy Skit; October 2nd: Ball Gown Giveaway. Donations now being accepted at New Bern and Morehead City *Intimate Bridal* locations and MCFTB.

more upcoming events on our google calendar at
ncescherrypoint.com/mcftb.htm