



# Marine Corps Family Team Building Newsletter

June/July 2010

Volume 1, Number 1

## Coming Up:

- June 1, 1800-2000  
Family Care Plan Workshop
- June 3, 0900-1200  
4 Lenses Workshop
- June 5  
Operation MCCS Homefront  
Sea Life Park
- June 8, 1000-1130  
Beyond the Brief, Coping  
With Deployment
- June 12, 0900-1600  
7 Habits of Highly Effective  
Tweens and Teens
- June 15 and 16, 0900-1300  
L.I.N.K.S. for Spouses
- June 17, 0800-1600  
7 Habits of Highly Effective  
Military Families
- June 26, 0900-1200  
Communicating with Sense(s)
- June 29 and 30, 0900-1200  
Family Readiness Volunteer  
Training
- July 1, 0900-1300  
4 Lenses
- July 6, 0900-1130  
Family Care Plan Workshop

## Summer Activities at MCFTB

Jayme Alexander (RDST)

My family and friends laugh when I tell them that I moved back to Hawaii a year ago and I still have not made it to the beach. Granted I admire the beauty of the blue waters every single time I come through the tunnels returning to the Windward side after a rare trip to town but I have not yet been to the beach to relax, swim and feel the sand in between my toes. Unlike myself, I hope that you are taking advantage of the beach and all of the wonderful and beautiful things there are to do in Hawaii.

The beaches, the culture, and sightseeing are things that we often take for granted when we live here. Every once in awhile it hits me that some people save up for years to come to Hawaii for a week and I live here and have the opportunity to do these things whenever I want. So why aren't I taking advantage of it? Well, this summer I am.

I picked up a packet of information from ITT (Information, Tours and Travel 254-7563/7562) and have been planning a trip to an outer island, a Dolphin Encounter at Sea Life Park and a bunch of other great activities here on Oahu. I am also planning on attending some great trainings and classes here at MCBH that are offered through MCCS for FREE. Yes, you can't beat that price.

Marine Corps Family Team Building is offering an array of great classes this summer that are fun, educational and a great way to meet new people. Their classes are free and are taught by highly trained professionals. For more information call 257-2410 or stop by during normal business hours and we would be more than happy to answer any questions you may have.

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Marine Corps Family Team Building  
Hawaii is on

The Facebook logo, consisting of the word 'facebook' in white lowercase letters on a dark blue rectangular background.

Check us out!!!

## Coming Up continued:

- July 6, 1000-1130  
Beyond the Brief, Financial Planning
- July 15, 0900-1300  
Communicating with Sense(s)
- July 17, 0800-1600  
7 Habits of Highly Effective Military Families
- July 20 and 21, 1700-2100  
L.I.N.K.S. for Spouses
- July 24, 0900-1200  
Spouses "In the Midst" Celebrate You!
- July 27 and 28, 1730-2030  
Family Readiness Volunteer Training
- July 27, 28 & 29  
0900-1200  
7 Habits of Highly Effective Tweens and Teens

## Contact Us

<http://www.mccshawaii.com/mcftb.htm>



*Save the Date:*  
*This year's Joint Spouses' Conference is scheduled for 23 October 2010 on beautiful Marine Corps Base Hawaii, Kaneohe Bay.*

## Beyond the Brief: Coping with Deployment

On Tuesday June 8 from 1000-1130 MCFTB is offering the Beyond the Brief series for spouses who are currently going through a deployment. The Beyond the Brief series is designed to cover a range of topics and concerns for the family that remain behind. Beyond the Brief will be held in the MCFTB Conference Room in Bldg 244, (courtyard outside the base library and movie theater). This will be a relaxed information sharing session. We will explore topics of interest to family members and discuss strategies for overcoming deployment stressors. Call Caron Ferguson or Jayme Alexander 257-2658/2650 or email [caron.ferguson@usmc.mil](mailto:caron.ferguson@usmc.mil) to reserve a space. Childcare is reimbursable for all MCFTB classes.

## Deployment Childcare DCC

The 'Olina Child Development Center offers free childcare for deployed families in support of GWOT. Childcare offered is 10 free hours a month and can be used during the week or on the 3rd Saturday of every month from 9-1. Families must register with Resource and Referral 257-7430 or 257-7240. Once you have registered with Information and Referral you then need to call the 'Olina CDC at 257-8354 to schedule an orientation.



## Online Resources for Kids, Teens and Their Parents

BAM! Body and Mind [www.bam.gov](http://www.bam.gov)  
This is an online destination for kids, created by the Centers of Disease Control and Prevention. This is designed for kids 9-13 years old to provide information they need to make healthy lifestyle choice. The site focuses on topics such as stress and physical fitness.

YouthRules! [www.youthrules.dol.gov](http://www.youthrules.dol.gov)  
The resources on this website help parents and teens understand the rules in regards to summer employment. Hours worked, workplace safety etc...

Option 1:Deployment Daze

Option 2:MCCS Family Freedom

Option 3:Operation Ohana (Our Heroes are Noble Americans)

Option 4:Operation Pilioha (Together as a family we are strong.)

Option 5:Operation R&R

## MCCS Homefront New Name Contest

We're looking for a new name! MCCS Homefront is changing its name, and we want your help. Vote for your favorite new name on our Facebook page, Marine Corps Family Team Building Hawaii. Vote by June 11.

We'll announce the new name and the winner the week of June 14.



Blue Star Museums is a partnership among **Blue Star Families**, the National Endowment for the Arts, and more than 700 museums in all 50 states to offer free admission to active duty military personnel and their families from Memorial Day, May 31, 2010, through Labor Day, September 6, 2010.

The following museums are participating in the state of Hawaii:

Lyman Museum  
Hilo, HI

Lyon Arboretum  
Honolulu, HI

The Contemporary Museum  
Honolulu, HI

**Have you taken the FAMILY READINESS PROGRAM (FRP) SURVEY?**

**If not, please go to**

**WWW.SURVEYMONKEY.COM/S/FR-MARINES-AND-FAMILIES-SURVEY**

and complete the brief survey to better assist HQMC and the Family Readiness Program. This survey is available until June 18.

## MCFTB Points of Contact

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## In the Midst for Spouses

MCFTB is offering a Base Wide "In the Midst - Celebrate You!" for spouses on Saturday July 24 0900-1200. Have fun, re-energize, discover relaxation methods, create a lei and other crafts, and explore personal goals. This workshop is for spouses In the Midst of a deployment.

Contact Jayme Alexander or Caron Ferguson at MCFTB for more information: 257-2650/2658. Childcare is reimbursable for all MCFTB classes.

***LifeSkills MCBH Presents***

# **The 7 Habits of Highly Effective Military Families™**

***SIGN UP NOW FOR June 17, 0800-1600  
OR July 31, 0800-1600***



## **Mission Readiness is only as Successful as Family Readiness.**

It's no secret that many families today are in trouble. Being a member of a military family poses a unique set of challenges. Among the normal problems faced by families, military families must also deal with the added stress of relocation and deployment. Military spouses are known for being resilient and making things work no matter what! AND, we can always use more time-tested ideas to add to our arsenal.

## **Strong Families Require Work and Sacrifice**

Strong families don't just happen; they require the combined energy, talent, desire, vision, and dedication of all their members. Gain confidence in your knowledge and ability to strengthen your family. through the processes, tools, and skills outlined in ***The 7 Habits of Highly Effective Military Families*** workshop This much-needed framework for applies universal, self-evident principles that help family members to better communicate about their problems and resolve them successfully.

## **Find answers to common family challenges such as:**

How can we move from a “me” to a “we” spirit in the family?

How can we have quality family time with a parent deployed so much of the time?

How can we have a more harmonious family with everyone criticizing and putting one another down?

How can we really stay close with so much distance between us?

How do we get children to do homework and chores without bribery?

How do we strengthen our family to withstand destructive influences in our society?

How do we influence and discipline our children without treating them like mini-marines?

How do we rebuild a broken relationship when the feeling is no longer there?

**Jocelyn Pratt, LifeSkills Trainer**  
**phone: 257-2653 e-mail: [Jocelyn.pratt@usmc.mil](mailto:Jocelyn.pratt@usmc.mil)**

For more information on Beyond the Brief please contact  
 Caron Ferguson at 257-2658 or  
 Jayme Alexander at 257-2650.

<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Location</b>
8 June	1000-1130	Coping with Deployment	MCFTB
6 July	1000-1130	Financial Planning	MCFTB
3 August	1000-1130	Effects of Combat Stress on Marines and Families	MCFTB
17 August	1800-1930	ABCs of OPSEC	MCFTB
7 September	1000-1130	Effective Communication Skills	MCFTB
21 September	1800-1930	Stress Busters	MCFTB
5 October	1000-1130	Casualty Notification Brief	MCFTB
19 October	1800-1930	School Planning for Spouses	MCFTB/JEC
9 November	1000-1130	Job Search in Hawaii	MCFTB
7 December	1000-1130	Stress Busters for the Holidays	MCFTB/Focus

Childcare is reimbursable.