MCCES Family

SPRING 2008

Key Volunteers

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Why a KVN at MCCES?

One of the questions I've encountered most frequently since signing on as the MCCES Key Volunteer Coordinator, is why? Everyone has an idea about the KVN, and to most, KVN equals deployments. As a non-deploying unit, we are unique in that the majority of our families are not currently dealing with the stresses of operational tempo.

What you might be surprised to learn, however, is the main goals and objectives surrounding the KVN have nothing inherent to do with deployments. The KVN exists to provide resource and referral support to Marine Corps families. Without a doubt, the need for such supports are increased during times of deployment, but they don't cease to exist in it's absence.

Marine Corps families deal with the same life challenges as any other, but these are often amplified in the absence of extended family support systems. Marriages, divorces, births, or even things as mundane as car problems are all potential challenges to a family that might require support. Your KV's are not counselors, lawyers, or the public transportation system, but we know who are, and we can help you find them.

In the same way our school houses mentor Marines that will go on to serve in other places, it is my personal goal as your KVC to mentor spouses and help equip families with the knowledge and tools that will serve them long after they leave these doors and join the fleet. I am joined by your company level Key Volunteers that similarly share a love for our Corps and our families and look forward to the opportunity to serve you. I hope you will give us the opportunity to do just that.

Barbara Bates
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Bldg 1651 (next to Chaplain)
mcces.kvn.fct@usmc.mil

National University, Get Smart On Base

Classes are starting soon on base and online at National University. Terms are only four weeks long. You can start and finish a class during the same month.

The Bachelors of Business Administration classes begin on base in April. This program is also offered completely online.

The Criminal Justice Administration program has already begun, but it is never too late to enroll.

National University offers a variety of on base and online programs to our military community, for more information please visit our website at www.nu.edu/military.

For more information, please stop by National University's base office located in Bldg 1526S, 6th Street, or call Gretchen Peshoff at 830-6887 for more information.

Bits & Pieces

PROVOST MARSHAL'S OFFICE SENDS

The Vehicle Registration Office is extending hours of operation. It will be open 24 hours, 7 days per week starting Monday, March 24. Installation Access Cards will be issued from 0600-1600 Monday thru Friday only. Decals, Temporary Passes, and Weapons Registration will be available from 0600 -2200, daily.

APRIL 5: **PIONEERTOWN POSSE REENACTMENT**

On Saturday, April 5, marks the start of the eleventh year of Old West Re-enactment's in Pioneertown, CA, and the Pioneertown Posse will kick it off with their family-style western reenactment show. For years now, the Posse has been entertaining locals and tourists alike with their colorful costumes and cowboy wit. The Posse Mounted Horsemen, the only group to use horses, will also be back as part of their show. The Posse does their free shows every Saturday afternoon at 2:30 out on Main Street in Historic Pioneertown, where Gene and Roy once shot their movies, and does more shows annually than any other group in Southern California. This year we have added a new feature—you can have your photo taken, in costume, in front of the set in Old Pioneertown. So come up to Pioneertown, have lunch, have your picture taken, and see what the Old West was like in its heyday. For more information, contact the event coordinators Lloyd Noel at (760) 364-3544 or Ernie Kester at (760) 365-4096.

APRIL 12: **LINCOLN MILITARY HOUSING COMMUNITY CENTER SWIMMING POOLS**

Want Money? Need A Tan? Take the plunge and work for Lincoln Military Housing as a Certified Pool Lifeguard at one of our many beautiful community center swimming

pools. Become lifeguard certified and save a life. This is seasonal employment to earn extra money. Pools will be open from May 1, 2008, through late fall, weather permitting. Work as few or as many hours as desired, 7 days a week. Lifeguards must pass background checks and drug testing and will become a Lincoln Military Housing employee. Training costs will be paid by Lincoln Military Housing. You must be 16 years of age or older (have a work permit if under 18), have reliable transportation, and pass lifeguard certification, CPR for the Professional, and Title 22 First Aid. Contact Tia at tvargas@lpsi.com or call 760.368.4553 for more information and for directions to the tryouts. Tryouts will be held Saturdays, March 8th and April 12th at 9 a.m. at the Ocotiollo Office, 4000 Falcon Street. Come prepared to swim and for an interview!

APRIL 18: **NAVAL HOSPITAL RIDGE RUN**

Friday, April 18, 2008, will be the annual Ridge Run sponsored by Naval Hospital MWR. The race course will be the same as last year - Range 100. The start and finish line will be behind the Naval Hospital.

Race 1 will consist of a modest 5K run through the trails above the hospital. This race should be relatively flat.

Race 2 will be a strenuous 8K run, through sand, up and down hills. Get ready for a challenge.

The race will begin at 7 a.m. Race day registration will begin at 6 a.m. The cost is $10 for individuals signing up for the run before April 11, $13 for individuals signing up after April 11, and $5 for Squad runners (5 or more per squad). All runners will receive a commemorative engraved dog tag. For more information please contact Dan Barber at 830-2362.

MAY 16: **ASYMCA SPAGHETTI DINNER AND SILECT AUCTION**

There will be an Armed Services YMCA Spaghetti Dinner and Silent Auction May 16 from 5:30 to 8:30 p.m. at the Combat Center's Community Center. Dinner ticket prices $6 for adults and $4 for children 4 to 12 years old. Children under 3 years are free. If you would like to donate to the Silent Auction, buy a ticket for dinner, or have questions, please call 830-7481.

APRIL 20: **KIDS PFT – PLAY AND FUN TIME**
Are you a Marine or Sailor that can kick a soccer ball, play chase (tag), or throw a football with children of those forward deployed? If so, we need you on Sunday, April 20, 2008, 2 p.m. at the East Gym Basketball Court. For more information please e-mail kidspftpalms@live.com.

JUNE 7: **ASYMCA SOAPBOX DERBY**
It is time once again for the ASYMCA Soapbox Derby being held Friday, June 6. The race will also be kicking off the Twentynine Palms Street Fair and Car Show. Entry fee for the race is $25 per child. Space is limited to the first 50 sign ups. Sign ups for last year's entries will be held from March 17 to 31. Sign ups are open to all entries from April 1 to 30.

Categories are:
5 to 8 years old – Stock Division (no prior Soapbox experience)
9 to 14 years old – Stock Division (no prior Soapbox experience)
5 to 8 years old – Super Stock Division (previous experience)
9 to 14 years old – Super Stock Division (previous experience)
We provide the Derby kit and you provide the imagination! *Kit does not include tools. Adult supervision is required.*
Where to register: Race Day: Pit opens 3:00 p.m.
Armed Services YMCA Inspection 4:00 p.m.
MCAGCC Bldg. 192 Race starts at 4:30 p.m.
Please call 830-7481 for more information or e-mail to henryasymca@roadrunner.com.

UNITED AIRLINES AND US AIRWAYS CHANGE TO CHECKED BAGGAGE POLICY
United Airlines and U.S. Airways have recently changed their policy concerning checked baggage and the associated fees. United Airlines' policy says all passengers traveling on United Airlines may check at least one bag up to 50 pounds free of charge. The number of free bags allowed per customer will vary according to your mileage plus status and/or the type of ticket purchased. For DoD official government travelers using a GSA city pair fully refundable economy class ticket, the new policy will allow two checked bags up to 50 pounds each for free. View the complete United Airlines baggage policy at the following link: http://www.united.com/page/middlepage/0,6823,51146,00.html. U.S. Airways policy says for each ticketed passenger, U.S. Airways will transport one checked bag up to 50 pounds free of charge. A second checked bag will be assessed a $25 fee. A third bag will be assessed a $100 fee. All DoD official government travelers, regardless of the type of ticket used, will be charged this fee. The only exception is for active duty military members in uniform with a valid ID card. They will still be able to check two bags up to 50 pounds each for free. View the complete airways baggage policy, to include additional fees for additional bags, overweight bags, and oversized bags at the following link: http://www.usairways.com/awa/content/traveltools/baggage/baggagepolicies.aspx. If you have any questions concerning this message, please contact HQ AMC/A4TP by e-mail: amc.a4tp@scott.af.mil or call (618) 229-4593.

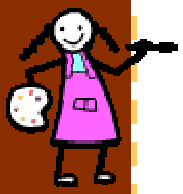
MOAA SCHOLARSHIPS ON BASE
The Military Officers Association of America is pleased to offer the Base/Post Scholarships again this year. This MOAA program provides grants of $1,000 each to twenty-five dependent children of military personnel. MOAA's immensely successful scholarship grants and zero-interest loans are currently helping over 1,600 uniformed services dependents to meet their college expenses. The scholarship is part of MOAA's ongoing effort to assist young members of military families. For more information visit www.moaa.org or call Mandi Rumble at 1-800-234-6622 x 816.

OFFICER SPOUSES CLUB SCHOLARSHIP APPLICATIONS NOW BEING ACCEPTED

Applications are now being accepted for the Officer Spouses Club Scholarship program. Applicant must be a spouse or child of an active duty, retired, or deceased military service member. Applicant and military service member (or surviving parent or spouse if military service member is deceased) must live in the Morongo Basin at the time of application. . BS degree. Deadline for entry is March 15, 2008. E-mail OSCscholarship@hotmail.com

Know of an event that should be listed here? Email mcces.kvn.fct@usmc.mil.

Bits & Pieces Continued...



ARMED SERVICES YMCA ART CONTEST 2008:
The Armed Services YMCA Art contest 2008 seeks young artists for its annual contest titled "My Military Family". Students are asked to draw a picture of their military family. All entries should be drawn on a 8X6-inch template included in entry form. Contact Anita Neu-Fultz or Jodi Bennett (760) 830-7481, Bldg 696.

LINCOLN MILITARY HOUSING SEEKS 15-17 YR OLDS TO JOIN THE YOUTH ACTIVITY CENTER COUNCIL
Lincoln Military housing is looking for teens ages 15-17 interested in joining the youth activity center council. Responsibilities include:

- planning and organizing youth events
- community volunteering
- homework help
- youth newsletter
- and many more!!

Join and make a difference today!! All interested youths contact: Lina Lua @ 760-368-4021 Or email: llua@lpsi.com subject line: YAC Council.

"WINNERS FOR LIFE" SCHOLARSHIP AVAILABLE
A new scholarship is being made for military dependent high school graduating seniors. All bases in MCI West are included in the offer. Donny Anderson, formerly of the Green Bay Packers, is the executive director and has been running this program for high school seniors on the east coast at MCI East for two years. The target group is high school seniors that may not have that high of a GPA and have had to face obstacles of adverse conditions through high school. family, etc. Contact Gunnery Sgt. Hyde.

What Can Military OneSource Do?

Real help, Anytime, Anywhere 24/7

CONSULTATION, RESEARCH and REFERRALS: Relocating to a new community, need child care, spouse employment, help with home repairs, or have a special needs issue? Call or email a Master's-level consultant today! No question too small. No issue too big.

INTERPRETATION AND TRANSLATION: In more than 140 languages. Written documents can be translated and interpreters can facilitate three-way phone calls to ensure communication between you and a third party.

COUNSELING: You have access to six in-person non-medical counseling sessions right in your own community at no cost to you. Licensed counselors can help with issues such as:

- Coping with deployment and return
- Adjusting to your new location
- Marital and couples concerns
- Parenting and family matters
- Grief and loss
- Combat stress and more...

You will get a privacy statement explaining the limits on confidentiality when you call the service and see a counselor. Counseling is only available in the United States.

EDUCATIONAL MATERIALS: Whether you're a new parent, dealing with relationship issues, or buying your first car, Military One Source has booklets, CDs and audiotapes to help. Order your free copies online or by phone.

INTERACTIVE WEB SITE: You'll find locators for education, child care, and elder care; informative articles; referrals to military and community resources; financial calculators; Webinars; relocation tools; audio podcasts; access to consultants; and much more!

Military OneSource is available for all active-duty, Guard and Reserve (regardless of activation status), and their families.

MILITARY ONESOURCE
1-800-342-9647
Available 24/7

Coping with Change During a Move

Frequent moves can be a hard part of military life, especially if you have children. Change can occur at many levels--change of homes, schools, medical personnel, jobs, and even friends. And change always means a certain amount of stress. You can help keep that stress under control by being patient with yourself and your family, keeping a positive attitude, and knowing where to turn when things get difficult.

Understand your response to change
Change is difficult for everyone. So it's important to be patient with your entire family as everyone makes the adjustment. It's important to:

- **Focus on what you can control.** Organize your belongings by keeping all papers related to your move, and all important family documents, like birth certificates, passports, and medical records, in--command central--an accordion folder or a notebook. Research as much as you can about your new home.
- **Rely on others.** Vent your frustrations to a willing ear; someday you'll return the favor. Ask for help watching your children while you deal with movers and details. Sit down with your spouse and children and write down the tasks each one will get done.
- **Recognize symptoms of stress.** Signs of stress can be headaches, fatigue, changes in appetite, inability to sleep or concentrate, moodiness, stomachaches or digestive problems, neckaches and backaches, dental problems and tooth grinding, alcohol or drug abuse, eating disorders, heart problems, and sexual problems. Decreasing stress can improve these issues.
- **Take care of yourself.** Eating well and getting exercise can help you feel stronger and more relaxed. Be sure to drink plenty of water during the day; it's easy to become dehydrated when you're under stress. Learn relaxation techniques from books or tapes at the library. Take a few minutes to sit in silence. Rent some funny movies.

Helping your children with change
Moving can be especially stressful for children. But providing routines can help them feel more secure. Maintain bedtime and meal routines, and daily schedules.

- **Listen to and affirm your child's concerns.** Spend time with your child and talk with him. Reassure him that it's OK to feel angry and sad. Tell him you feel that way too.
- **Involve your child in decisions.** Let your child decide where things will go in her new room. Let your child clear out old toys and books.

Help your child prepare for a new place. Research your new home before you leave. Find out about your new installation through Military HOMEFRONT's *Plan My Move* or *Military Installations*, or learn about the surrounding civilian community and schools through the *Military OneSource Relocation Tool.* Also, most installations, towns, and school systems have Web sites. If it's possible, let your child visit his new classroom or school before he starts classes. If the school has a newspaper, ask to have one sent to your child.

Get support on the Internet. Two helpful sites are Military Student at www.militarystudent.dod.mil and Military Teens on the Move at

www.defenselink.mil/mtom.

Be sure to order the *Military Students on the Move Toolkit* CD to help you learn more ways to ease your child's school transition.

Military OneSource is available 24/7 to help you with a whole range of work and personal issues, including relocation and stress issues. Call 1-800-342-9647 or check the Web site at www.militaryonesource.com.

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Bright Idea!

Contact the Relocation Assistance Office before arriving at your new duty station to receive valuable information about the base and surrounding area.

Strong Marriages: Careful Words, Open Ears

Service members have extensive technical training so they can communicate effectively in the field. So it's not much of a surprise that it also takes effort — and sometimes even training — to communicate well with your spouse at home.

What you say
Marriages are strengthened by the things you have in common and the connections you share. It takes time and thought to build and maintain those connections, but the results are well worth it.

- **Make time for each other.** At home, set aside time to talk each day without interruption, such as during dinner or before bed. Just 15 minutes can make a difference. If one spouse is deployed, talk on the phone, or via computer hook-ups, if and when you can.
- **Encourage each other.** Praise and support your spouse daily. Find specific compliments you can give your spouse like, "This was a great dinner," or "I appreciate the way you talked with Carl about his tough time at football."
- **Share your thoughts and feelings.** Stay out of a rut by sharing things you wouldn't tell just anyone. Describe how you feel about your job, or what you think about a news story. Discuss your dreams and your fears.

How you say it
Often, how you say something is more important than what you say. Good listening can make a huge difference too.

- **Watch your body language.** Less than 10 percent of your message travels through your words. The rest is given by your body: hand gestures, facial expressions, and your tone of voice. Look your spouse in the eye, lean in, and give hugs and kisses. Avoid pointing fingers, rolling your eyes, or walking away from a conversation.
- **Really listen.** Turn off background noise, like the television, and ignore the phone and computer. Be aware of your thoughts. If you're planning what to say next while your spouse is speaking, you need to refocus on what your spouse is saying.
- **Make your spouse feel heard.** Reflect back what you heard. Use phrases like, "So you are saying…," or "I want to be sure I understand. You feel…." Don't try to give advice or solve your spouse's problem unless they ask you to.

For those sticky conversations
All marriages have disagreements. Managing these moments makes a difference.

- **Have the conversation at a less stressful time.** Your conversation will be better if you aren't tired, hungry or rushed. If a spouse is deployed, try to delay tough decisions. If that isn't possible, do your best to put yourself in your spouse's shoes during the discussion.
- **Focus on one problem at a time.** Don't bring up every issue, problem, and mistake of the previous year. Choose the most important problem and stick with it.
- **Make "I" statements, not "you" statements.** Don't use sweeping generalizations like, "You never…," or "You always…." That makes people defensive. Instead focus on your own feelings. Instead use phrases like, "I feel…," "I am concerned that…," "I worry when…."
- **Focus on the issue, not on who is right.** Don't spend your energy pinning the blame. Instead find a workable solution.
- **Recognize your spouse's feelings.** Nod or say things like, "I understand," and mean it.

When it just isn't working
Sometimes couples need extra help finding new ways to communicate while still sharing honestly. Depending on your service branch, your family support center offers counseling and classes to help you improve communication with your spouse. Also consider visiting your command chaplain.

Remember, Military OneSource is available 24/7 to help you with a whole range of work and personal issues. Call 1-800-342-9647 or check the Web site at www.militaryonesource.com. The service also offers free face-to-face counseling sessions in your community (up to six sessions per issue).

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For more information concerning strong marriages contact Religious Ministries about PREP and CREDO. 830-6304
For marriage counseling contact Counseling Services in Building 1438, 830-6345.

Spring Events Calendar

See Bits & Pieces section for more information on listed events, or contact the Key Volunteer office at 760-262-4102 or mcces.kvn.fct@usmc.mil.

April 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 KV Training, Two Day Session, Part I	3	4 KV Training, Part II	5 Pioneer Posse Reenactment
6	7	8 KV Training Four Day Session, Part I	9 KV Training, Part II	10 KV Training, Part III	11 KV Training, Part IV	12 Lifeguard Tryouts
13	14	15 Neal McCoy Concert	16	17	18	19 Hospital Ridge Run
20 Kids PFT	21	22 LINKS, Three Day Session, Part I	23 LINKS, Part II	24 LINKS, Part III	25	26
27	28	29 KV Training, One Day Session	30			

May 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Base Pools Open	2	3
4	5	6	7	8	9	10
11	12 LINKS, Two Day Session, Part I	13	14 LINKS, Part II	15 KV Training, One Day Session	16 Spaghetti Dinner/Silent Auction	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31