



3RD Battalion 7TH Marines Pre-deployment Brief

6 JUNE 2011



COMMANDER'S OPENING REMARKS

WELCOME



AGENDA



- **Introduction of Command Leadership**
- **Format of the brief is a take-away quick reference for information and resources**
- **Please hold all questions until the end**



DEPLOYMENT INFORMATION

- **Where are we going?**
- **How long will the deployment be?**
- **What will the unit be doing?**
- **What is the weather like over there?**



COMMUNICATIONS

- **Communications are limited**
 - **Internet limited**
- **Best form of communication is the good ole handwritten letter**
- **Letters taking about 2 weeks to arrive and packages are taking about 3 to 5 weeks when you use the flat rate boxes.**



FLIGHTS

- **Why can't my husband ever tell me exactly when his flight is?**
 - **A flight window will be given to every Marine/Sailor and they will continuously be updated with any and all changes.**
 - **Until the date of the window given becomes closer the time and date given is VERY subject to change.**
 - **Be Prepared for last minute changes, all dates and times are for guidance and are constantly changing.**



ADMINISTRATION WILLS AND POWER OF ATTORNEYS



■ Wills and Living Wills

- Living Wills – life support
- Does not affect SGLI or joint property
- Never expires but should be updated after significant life changes

Power of Attorney

General vs Special

Filing Taxes

Buying new house or car

LEGAL DEPARTMENT BLDG 1514 : 760-830-6111



ADMINISTRATION: RED CROSS

■ American Red Cross

■ Services Available

- Death, Birth, serious illness notification for immediate family
 - Financial Assistance

Emergency Communications Services

877-272-7337

Service Members Information

Name, Unit, Mailing Address, Social Security Number.....

WWW.REDCROSS.ORG



ADMINISTRATION: MAIL

- ADDRESSES will be released as soon as they are available.
- Mailing packages: www.usps.com (order supplies)
 - Address packages/letters
 - Rank and full name
 - Unit
 - APO/AE and zip

Motomail is available but is not guaranteed next day delivery.

- <https://www.motomail.us/>

Mail & Care Packages

1-800-610-8734



www.usps.com

PROPER PACKING IS A MUST



When mailing...

- Flat rate from the Post Office ... “If it fits, it ships” for one fee
- Requires customs forms 2976-A
 - Can be filled out online at www.USPS.com
- Do not mail items like car keys in envelopes
 - They will not make it!
- Careful not to send items in bulk, no storage
- No pork or pork products
- No alcohol or pornographic materials
- If you are not sure about something... **ASK!**

And if you don't communicate...



Communication Tips...

Email Etiquette...

- Do NOT write an email when you are angry or had a “night out” or a night “in”!
 - If you have something that is burning you up inside, write it down and save it. Read it again the next day to make sure it is not too harsh.
- If you read something that makes you upset... Take a deep breath and read it again, it might not have been meant the way you thought

Communication Tips...

While on the phone...

- The person on the other end of the line cannot read your body language but they can hear it-- SMILE
- Be an active listener
- Avoid distractions if you can
- Don't feel bad if it is not a good time to talk
 - Be respectful of what the other is doing out there or here at home
 - Discuss it and find a compromise

Communication Tips...

Don't forget about good old fashioned letters

Something so special about getting something that was hand written by your loved one.

You get to hold something that they created just for you, being able to "feel" their words

**Even if it is nothing more than
"I love you"**



ADMINISTRATION: PAY ENTITLEMENTS



- **Family Separation Allowance:** **\$250.00**
 - **Retroactive to first day of separation, effective after 30 consecutive days**
- Imminent Danger Pay:** **\$225.00**
- Hardship Duty Pay:** **\$100.00**
- Deployed Per Diem: (daily rate)** **\$ 3.50**
- Comrats will be checked while traveling:**
- Combat Zone Tax Exclusion (CZTE)**
- Re-enlistment Bonuses received in country are Tax Free
(Must Re-enlist in Country)**

Some other financial considerations

- **Some credit cards will reduce your interest during a deployment**
 - Pay off that debt even quicker!
- **Put cell phone on "hold"**
 - Can ask company to suspend service for no charge
- **Reduce insurance on vehicle not in use**
 - Only if the vehicle is not being used
- **Thinking of buying a new car?**
 - www.ENCS.com
 - Order a vehicle to your specifications for a discount while in theater
 - Honda, Ford, Jeep, Chrysler, Harley Davidson plus some!



BASE HOUSING

- **You are authorized friends/family to stay with you during deployment**
 - According to the Combat Center Order, you may have friends/family stay with you for over 30 days with a request to housing.
 - Lincoln would like 60 days notice of extended visitors: 760-368-4500
 - Remember you are responsible for your guest aboard the installation.



BASE HOUSING

- **Two Housing Office Sections:**
 - **Military Housing (801's) : 760-830-6611**
 - <http://www.29palms.usmc.mil/dirs/inl/housing/default.asp>
 - **Lincoln Military Housing: 760-368-4500**
 - [http://lincolnmilitary.com/Installations29-palms-\(mcagcc\)//](http://lincolnmilitary.com/Installations29-palms-(mcagcc)//)



BASE HOUSING



- You are authorized an extended leave from quarters. If you are going to leave your quarters for more than two weeks, you must notify base housing.
- Remember to also alert the unit that you have a temporary change of address. Call the FRO: 760-830-6638



MOVING???

- **Checking out of housing for PCS prior to husband's return:**
 - According to the CCO, a **SPECIAL POA** is required for a dependent to check out of housing while the sponsor is deployed.
 - 60 day notice is required. TMO dates need to be scheduled prior to requesting final inspections.
 - Hard copy of orders and SPECIAL POA to initiate TMO and checkout of housing.
 - TMO: 760-830-6119 HOUSING: 760-368-4500



MOVING???

- **Traffic Management Office (TMO):** handles all matters pertaining to personal property and moving by the Government.
 - **Access their webpage:**
 - <http://www.29palms.usmc.mil/dirs/inl/logistics/tmo/property.asp>
 - **Call them at: 760-830-6119**



MEDICAL INFORMATION



- **Naval Hospital Twentynine Palms**
 - (760) 830-2752 Central Appointment Line
 - (760) 830-2190 Quarterdeck
 - Tricare West Region
- • (888) TRIWEST (874-9378), www.triwest.com, Walk-in service available at Naval Hospital Twentynine Palms
- • United Concordia (Tricare Dental Program)
- • (800) 866-8499, www.tricaredentalprogram.com
- • DEERS (to update address - critical for insurance coverage)
- • (800) 527-5602 – Alaska/Hawaii
- • (800) 334-4162 – California
- • (800) 538-9552 – All Other States



MEDICAL INFORMATION

- **TRAVEL – Routine medical and dental care is not authorized when traveling.**
- **– If you need emergency care while traveling, visit the nearest emergency room or call 911**
- **• Notify PCM or regional contractor within 24 hours to ensure authorization and arrange ongoing care**
- **– If you require urgent, routine, or specialty care while traveling, you must coordinate with your PCM or TRICARE West to avoid using point of service option with additional costs**
- **• MOVING – Visit TRICARE office to select new PCM.**
- **– TRICARE Prime may not be available in all locations**



FAMILY READINESS PROGRAM



- **Program Support**
 - – Official Communication
 - – Resource and Referral
 - – Volunteer Roles
 - – Morale Support
 - – POC: Lori Rogers, FRO
- **760-830-6638 Office**
- **760-401-5560 Cell Email: lori.rogers@usmc.mil**



FAMILY READINESS PROGRAM



- Deployment Care (at CDC)
 - – Ten free hours of child care per month per child for hourly care only
 - – Open 0700 to 1700
 - – Must register with Resource and Referral 830-3227 ext. 230
 - – Call New Horizons front desk at 830-3227 ext. 221 or 222 to make reservations

- • Emergency Care
 - – Provided through Family Child Care, FCC
 - – Two emergency child care providers are on call at all times
 - – Help in emergency situations
 - – Contact PMO, Hospital, or Marine & Family Services
 - – FCC Manager: Ann Perry 830-3227 ext. 232

FAMILY READINESS: NAVY MARINE CORPS RELIEF SOCIETY

- **NAVY MARINE CORPS RELIEF SOCIETY:**
 - **760-830-6323**
 - **Must have pre-authorization to receive assistance while service member is deployed**
 - **Can help you set up a budget**
 - **Volunteer Opportunities**

FAMILY READINESS: NAVY MARINE CORPS RELIEF SOCIETY

- **NMCRS (Navy Marine Corps Relief Society)**
- **– Categories of Financial Assistance (needs)**
 - • Basic Living Expenses
 - • Household Setup
 - • CO Verified Pay Problem
- •Emergency Travel
- •Motor Vehicle Repair
 - •Other Vehicle & Trans.
- • Medical Care
 - • Dental Expenses
- **– Non-Financial Assistance**
- • Budget Counseling
- • Visiting Nurses
- • Layettes
- **– All information is confidential**

Should I Stay or Go?



Some things to consider if going...

- **TRICARE-**

- Have you changed your address with them?
- Will you have to change your coverage plan?

- **Housing-**

- Breaking a lease?
- Letting Lincoln know you will be gone for an extended amount of time?
- Giving up your house on base because you will be gone longer than five months?
- Have you let Lincoln know about any long term houseguests?

- **Availability of Resources-**

- Nearby bases?
- Support of others spouses?

- **Give yourself plenty of readjustment time-**

- Its harder if both you AND your spouse (AND the kids AND the pets) are adjusting to life back in your home.

FAMILY READINESS

- **Readiness and Deployment Support**
 - **Beyond the briefs**
- **Family Readiness Program Training**
 - **Training for Volunteers Family Readiness Assistants and Advisors**
- **L.I.N.K.S. (Lifestyles, Insight, Networking, Knowledge, & Skills)**
 - **Spouse, Kids, Parents, Teens**
- **LifeSkills**
 - **4 Lenses (Personality Class)**

CHAPLAIN: Families and Deployment Stress

Stress problems are common during deployments

- **Stress reactions fall along a continuum**
- **There is an emotional cycle of deployment**
- **Tools are available to help build resiliency, cope with separation, and manage deployment stress**
- **Deployment stress Beyond the Brief workshop will be available**



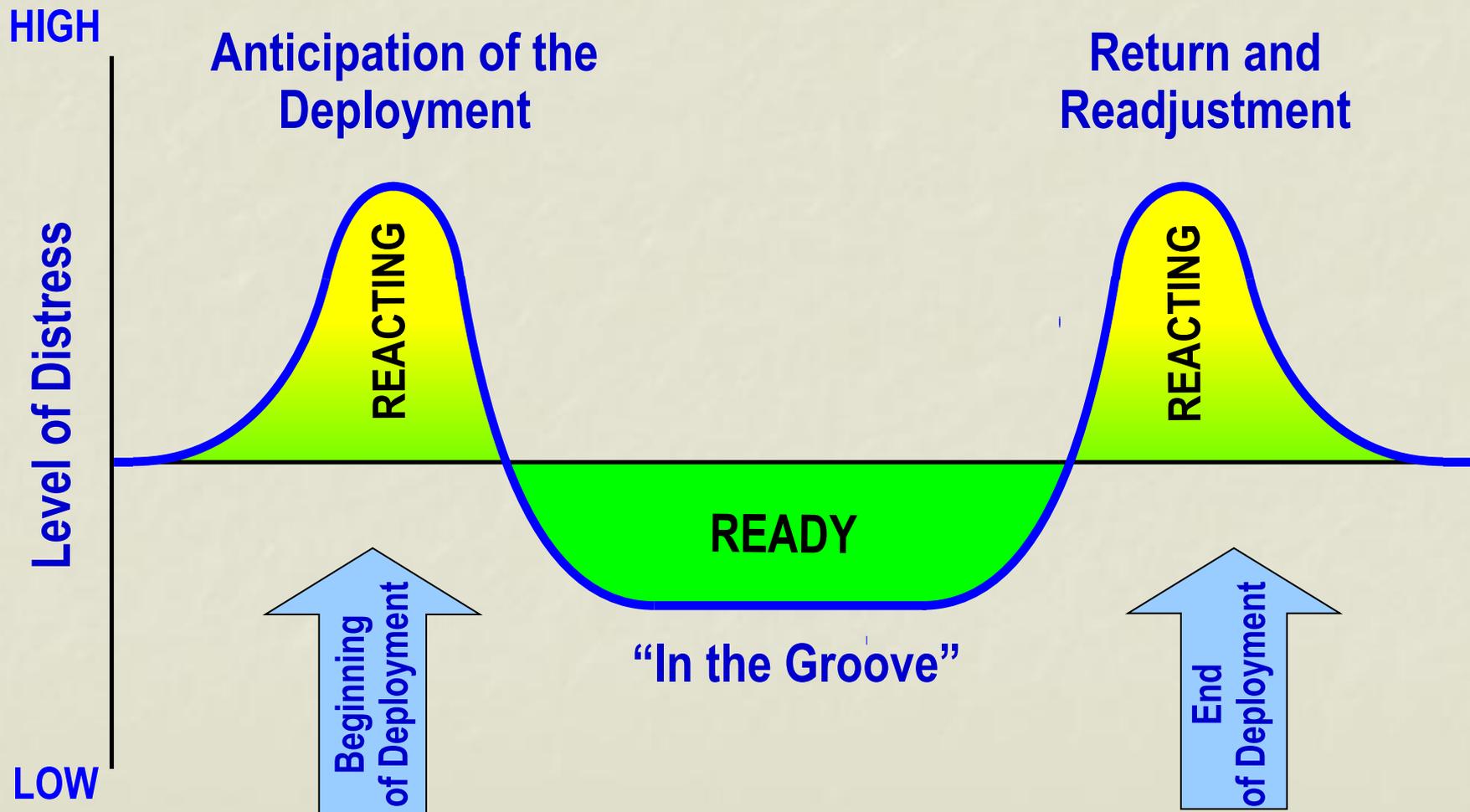
CHAPLAIN: FORMS OF STRESS



PHYSICAL	<ul style="list-style-type: none">■ Fatigue from increased responsibilities■ Illnesses in the family
MENTAL	<ul style="list-style-type: none">■ Lack of information ● Money problems■ Conflicting values or beliefs
EMOTIONAL	<ul style="list-style-type: none">■ Fear ● Grief ● Helplessness■ Anger toward civilians or military
SOCIAL	<ul style="list-style-type: none">■ Isolation, loneliness ● Lack of support■ Dealing with extended family
SPIRITUAL	<ul style="list-style-type: none">■ Life doesn't make sense any more■ Loss of faith ● Loss of purpose

Emotional Cycle of Deployment

Stress & Coping



Common Stress Symptoms for Families

READY

- Confident and competent
- Getting the job done
- In control of emotions
- Sense of humor
- Sleeping enough
- Eating well
- Working out, staying fit
- Playing well
- Active socially
- Coping well
- Functioning well in school, at work and home
- Relating well with Marine

REACTING

- Anxious, irritable, short tempered
- Fighting, tantrums, opposition
- Unusual sadness or crying
- Trouble sleeping
- Eating too much or too little
- Loss of interest
- Keeping to self, not socializing
- Negative, pessimistic
- Loss of confidence
- Developmental regression
- Deteriorating school or work performance
- Communication breakdown

**It's ok to be sad
but try not to mope for too long**



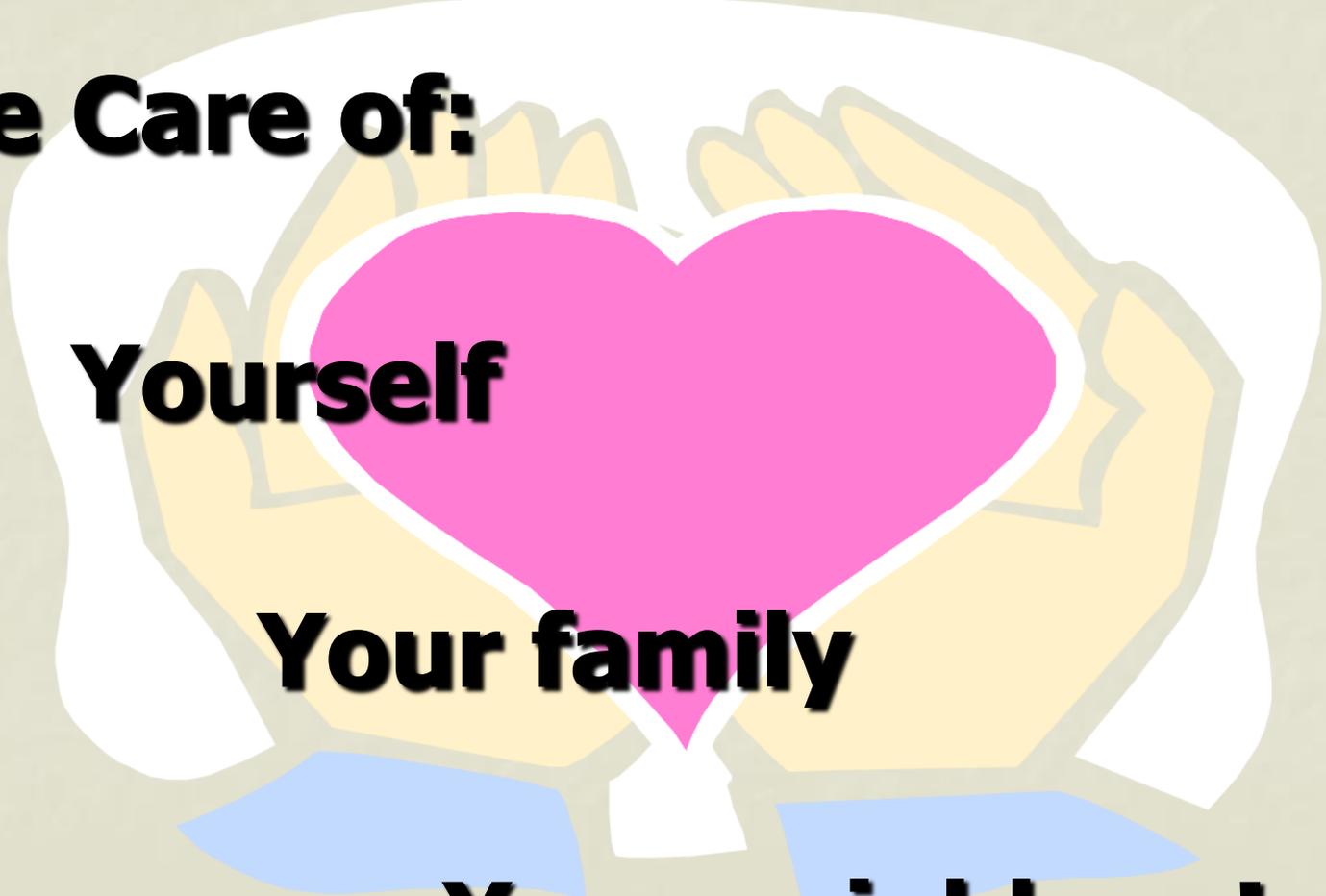
Coping tips and tools

Take Care of:

Yourself

Your family

Your neighbors!



Children

- **Talk with children about how life will change and their role while service member is away**
- **Limit Television**
- **Comfy items**
- **Journaling is helpful for kids of any age**
- **Find age appropriate ways to share your feelings**



**Studies show that how
children cope with
deployment is directly related
to how their caregiver copes**

**Develop healthy coping
strategies together.**

**A glass of wine is not the solution for your
toddler**

FREE Resources on Base & in Town

To help you get back into the GREEN

- **Monday night open door counseling**
 - Mainly a screening and referral process
 - 5:00-7:00 Monday nights, Bldg 1438
- **Military One Source**
 - can refer you to a provider in town (12 visits)
- **TRIWEST**
 - Can refer you to a provider in town
- **Chaplain**
 - Confidential counseling no matter your denomination

Children are very visual



- Keep visual reminders around the house in key locations.
- Make a scrap book together
- Daddy Dolls
- Flat Daddies

Try to find ways to make even the most routine things a little more fun



Double team them...

For the parent deploying...

- Create new memories
- Take lots of pictures and pick some out to put in special places
- Send care packages or letters for just them
- United Thru Reading
- **Be patient**



Double team them...



For the parent at home...

- Keep the deployed parent part of every day activities
- Talk about fun times you had as a family
- Keep routines and have some fun
- Take care of yourself
- **Be patient**

Some helpful websites

- **www.ZeroToThree.org**
 - For parents dealing with younger children
- **www.EarlyMomentsMatter.org**
 - For parents dealing with younger children
- **www.DeploymentKids.com**
 - A site set up for kids to explore themselves, for the older children
 - part of **www.SurvivingDeployment.com** for parents
- **www.MilitaryHomeFront.dod.mil**
 - A comprehensive site with a section on children

Children, Youth, & Teen Programs

Bright Beginnings and Leaps and Bounds

- Infant and Toddler Centers and Hourly Care

New Horizons

- 3-4 year old facility
- Kindergarten Program

Youth and Teen Oasis

- School Age Care 1st-6th Grade
- Teen Center M-Thursday 2-8pm Friday 2-10pm

FCC

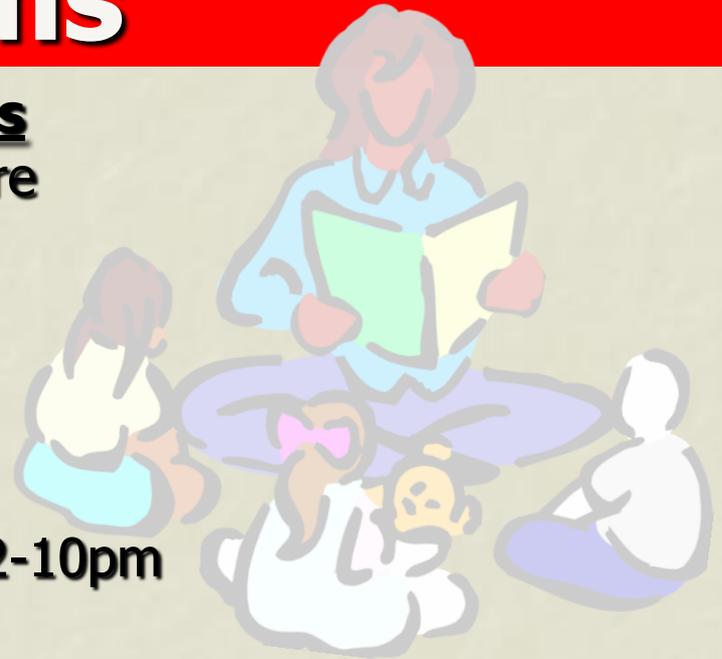
- Smaller learning environment
- Spousal opportunity for employment
- Care provided from infancy to school age

Deployment Care: 10 free hours of childcare a month

Hourly Care: 20 hours a week for a rate of \$3.50 an hour/day/child

Must register with Resource and Referral (Bldg 694) before utilizing services.

760-830-3227 ext 230



CHAPLAIN: RELIGIOUS RESOURCE FOR MCAGCC

- **Military Council of Catholic Women:**
 - – **Jaime Flores:** 760-401-4733,
jmelovestampin@hotmail.com
- • **Christian Women's Fellowship:**
 - – **Amanda Hawkins:** f18gecko@aol.com, 928-388-9882,
cwf29palms.blogspot.com
- • **Deployed Spouses Group:**
 - – **Lisa Jewell:** 530-613-1776,
thekingsjewells@gmail.com

Confidential, from Home and FREE

All you have to do is pick up the phone or open your computer...

- **DStressLine.com/ 877.476.7734**
 - Confidential counseling for Marines, family and extended family
- **MilitaryOneSource.com/ 800.342.9647**
 - Counseling, Articles & Orderable materials
- **TRICARE Assistance Program (TRIAP)**
 - Online counseling using Skype (must call 888 TRIWEST to set up)

Additional resources are out there, just ask

REMAIN BEHIND ELEMENT

■ Mission

- – Ensure proper management of personnel, equipment, and facilities in order to ensure legal, administrative, medical, and logistical functions of this command continue to operate during the deployment.

■ • Capabilities

- – Communication with Marines forward.
- – Coordinating instructions for Marines returning for emergency reasons.
- – Casualty assistance.
- – Command representation.

REMAIN BEHIND ELEMENT

- **POC:**
 - **SNCOIC**
 - **SSgt McIntire & SSgt Smith**
 - **760-830-1697**

FAMILY READINESS OFFICER

Lori Rogers

760-830-6638

SERGEANT MAJOR DEPLOYMENT COMMUNICATION

- **DEPLOYMENT COMMUNICATION**
 - • Helps keep Marine/family updated
 - • Strengthens relationship
 - • All communication with family is appreciated by the Marines/Sailors (e-mail, phone calls, letters, care packages, photos)
 - • Makes for a happier family
 - • Keeps Marines/Sailors focused on mission
 - Communication may be delayed; no cause to worry.
- • **What not to do**
 - – Arguing over the phone gets nothing accomplished
 - – Money/expenses (set a budget prior to deployment) Plan AHEAD
 - – Bad news (discuss what should be brought up)
 - – Distract Marine/Sailor from mission
 - • Remember Marine/Sailor is limited on how they can help
 - based on the distance apart
 - PASS RUMORS (Marines/Sailors will not speak about OPS/Injuries)

SERGEANT MAJOR: SECURITY AT HOME

- **SECURITY AT HOME**
 - • Keep in mind that everyone knows who's leaving 29 Palms.
 - • Home Security Systems
 - • Improvements to Household Security
 - – Deadbolt locks
 - – Security latches for windows/sliding glass doors
 - – Dogs
 - – Lights (movement sensors)
 - – Lights (timers for when away from house for extended periods)
 - • Have a trusted friend or neighbor keep an eye on your house if you
 - leave for an extended period of time
- • **Emergency POCs**
 - **ENSURE THE RECALL ROSTER AND RECORD OF EMERGENCY DATA IS UPDATED**
 - • Any issues with neighbors/Marines call the FRO, RBE, PMO, or
 - local police for assistance.
- • **What to do if you stay with relatives/friends or relative/friend stays with you while the Bn is deployed.**
 - with you while the Bn is deployed.

OPSEC

- **Should I share with all my friends the movements of the unit?**
- **Is it okay to post all the deployment dates on Facebook or other social media?**
- **Is it wise to speak with the media without PAO?**
- **All of these scenarios can lead to TROUBLE.**

OPSEC

LOOSE LIPS SINKS SHIPS!

- Do not post dates/times of movements.
- Do not post detailed information on the mission, capabilities, and morale of the unit.
- Be careful about posting pictures (Facebook).
- Avoid count-down tickers.
- Never post information about casualties.
- Do not pass on rumors (“I heard they are coming home early.”)
- Biggest OPSEC risk is Facebook.

WIA/KIA NOTIFICATION

- WIA/KIA NOTIFICATION
- • Notification Procedures for WIA/KIA
- – In the case of non-serious illness or injury, the primary next of kin
 - will receive a phone call from the HQMC casualty center.
- – In the case of death, both the primary next
 - of kin and secondary next of kin will be notified in person by two
 - military personnel in service Alphas between the hours of 0500 and 2400 local time. This will also be the assignment of the
 - Casualty Assistance Call Officer.
- – **The FRO WILL NEVER DELIVER THE NEWS OF AN INJURY OR DEATH**

BATTALION COMMANDER CLOSING REMARKS

- **CLOSING REMARKS**
- **QUESTIONS/ANSWERS**