



UNITED STATES MARINE CORPS

1ST COMBAT ENGINEER BATTALION
1ST MARINE DIVISION (REIN), MARFORPAC
BOX 555554
CAMP PENDLETON, CALIFORNIA 92055-5554

IN REPLY REFER TO:

Welcome to 1st Combat Engineer Battalion!





To the Families of 1st CEB,

Welcome aboard! We are pleased to have you join our team. Our families are our strength and without a strong family, we will be unable to accomplish our mission for the 1st Marine Division. Good communication with you is what I need to ensure so that we can set one another up for success. This welcome aboard package will provide you with some basic information on our command and it's Family Readiness Program.

I hope that you find it useful.

LtCol A.M Niebel, USMC

Commanding Officer, 1st CEB

1754
CO
1 Jan 2011

On behalf of me and our Commanding Officer LtCol Niebel, we would like to take this opportunity to welcome you to our family! My name is Shantel Diaz and I am your Family Readiness Officer. My mission is to provide this battalion and the families all the support available to include:

- Official Communication
- Information and Referral Services
- Family Readiness and Deployment Support

LtCol Niebel's vision for this program is based on the concept of a successful balance of career and personal life. Increased personal and family readiness leads to increased unit readiness, which supports our Marine Corps mission. Please know that our Command, I, and our Family Readiness Volunteers are committed to this program and all of you to ensure a solid family foundation.

Please understand that Family Readiness is not the responsibility of the Family Readiness Officer; it is the responsibility of the individual service member and their spouse or family. That being said I am on call 24 hours a day to assist every family with information and resources as they build their Personal Readiness Plan. One of the most powerful tools in Family Readiness is information; not just knowing the answers, but knowing where to find the answers. The internet is a tremendous tool and the one that I rely on the most. You'd be shocked how much of the information I utilize originates from a Google search. Other avenues that will help build a solid foundation of readiness include many of the classes offered by Marine Corps Community Service's (MCCS) Family Team Building section. I would highly encourage spouses, children, mothers, fathers or any interested family members to research all of the programs available through MCCS at:

www.mccscp.com/home/Family-Services/marine_family_services_home.aspx

By placing your cursor over the Marine & Family Services tab at the top of the page you'll find various options to assist you along the way (of note the L.I.N.K.S. program has proven itself to be invaluable to many of the family members I've come in contact with).

A few other vital tools I utilize include:

Battalion's website - This is the general site for the Battalion sponsored by the Marine Corps. On it you'll find information on the history of the Battalion, as well as each company (Echo, Fox, Golf, Weapons, and Headquarters & Service). The Chaplain and I also have sections that contain links to resources that will act as a first response when attempting to handle the various issues that accompany military life.

<http://www.i-mef.usmc.mil/external/1stmardiv/1stceb/family/family.jsp>

Battalion's facebook page - This page is managed by me. On a weekly basis I post a short paragraph describing what the Battalion has been doing this

week; included in each of these posts is a photo album of pictures taken throughout the week. In the *NOTES* tab you'll find flyers and announcements for all of the current off-base, on-base, and MCCA programs, activities, discounts. This page is an excellent way to stay engaged with what is happening in the life of your loved one. All you need to do when you visit the page is click the *LIKE* button and you'll be updated when new posts are uploaded.

<https://www.facebook.com/pages/1st-Combat-Engineer-Battalion/113598528682536>

MOL Family Readiness Module - As of October 21, 2010 Marine Online (MOL) contains a module that allows service members to enter loved ones information, which provides me with a means of direct email contact to those he selects. This is my best tool for contacting the entire Battalion with important information. Each service member is required to have at least one contact; if he is married the first contact must be his spouse. To be perfectly clear, this method of communication will NEVER be used to spam you with various off-base, on-base, and MCCA programs, activities, discounts (that's what I use the facebook page for). It will be used to notify you of Battalion Events only (town hall meetings, pre/post deployment briefs, Marine Corps Ball, family days, send off's, homecomings, etc.) In order to be included on this contact list your Marine or sailor need only log in to their MOL account, select the Personal Info Tab, select the Family Readiness link, create a New Contact, and enter the following information:

First Name: *required*
Middle Initial:
Last Name: *required*
Relationship: *required*
Work Email Address: *one email address required*
Home Email Address:
Alternate Email Address:
Phone Number 1: *one phone number required*
Phone Number 2:
Street Address:
Apartment Number:
City:
State:
Country:
Zip Code:

Should your information change, either your service member or I can edit this information. It is vital that you keep this information up to date both while they are here and while they are deployed.

NO CLASSIFIED INFORMATION OR CASUALTY NOTIFICATIONS WILL EVER BE DISTRIBUTED WITH THIS TOOL.

Information you can expect to receive via this tool is: Official Command Messages, Information on Unit Family Readiness, Unit Events, Unit Specific Training, and Education Opportunities.

Finally, I would like to discuss the importance of Operational Security. If you were going on vacation for a few weeks and planned to leave your house,

cars, and property unoccupied, would you talk openly about this information in public? Would you update the specific dates you'll be gone on your Facebook account or post a countdown timer to your return and hope no one takes advantage of this information? Would you ever dream of listing the specifics about your child's school schedule; start time, recess, lunch, release? How about posting that your child is walking to their friend's house alone, and detailing the route they're taking? What would be your realistic expectations of these actions? No matter how safe we believe we are, common sense tells us not to do these things. We want to make sure all necessary precautions are taken to ensure our loved ones, home, property and valuables are protected. The military has a very similar philosophy regarding sensitive information known as Operational Security or OPSEC. OPSEC protects the details surrounding all US military operations whether they are just in the planning stages, in progress or already completed.

As a family member or loved one, you play a critical role in protecting the information pertaining to an incredibly important mission - the safety of your Marine or Sailor. Specifics about unit movement or locations should be considered privileged information. Information is passed directly through your Family Readiness Officer from the command; Family Readiness Officers do not pass rumored information. We do encourage you to share the information we provide, but ONLY with your family and friends; and remember you are highly discouraged from posting it online in any manner whatsoever, just as you would never post the fact that your house is sitting empty and unattended. Every member of this unit risks his life to protect our Nation, don't provide our enemies with the ammunition they need to accomplish THEIR mission. If you happen to find information of this type publicly displayed please contact me immediately with the location and link.

I truly look forward to providing each and every member of the 1st CEB Family with an accurate and timely information network. With over 14 years as a Marine Corps spouse, 4 beautiful children, recruiting duty and 4 deployments- there is not much I haven't seen or gone through personally! Let me use my experience to help you with anything your Marine Corps life throws your way....if I don't have the answer I know who will!

Please feel free to contact me through any of the means given below.

Semper Fidelis,

Mrs. Shantel Diaz
Office (760) 763-7893
BB (760) 405-7692
Fax (760) 763-0609
Shantel.Diaz@usmc.mil

FAMILY READINESS PROGRAM

What is Family Readiness?

Per Marine Corps Order 1754.6A, "Family readiness is defined as families who are prepared and equipped with the skills and tools to successfully meet the challenges of the military lifestyle. Family readiness directly affects the fundamental purpose of the Marine Corps to make Marines and win battles by building commitment and raising morale, thereby increasing unit readiness."

Family readiness is a combat multiplier, equally as important as individual, equipment and combat readiness. It is the ability of the individual Marine and their family to successfully balance life, career and mission events, through active and reserve service, and is supported by the enduring partnership between the unit's Family Readiness Command Team and Marine Corps Community Services (MCCS). It is an obligation between the Corps and the Marine and their entire family. The individual Marine is responsible and accountable for his personal and family readiness. The Unit Family Readiness Program is the responsibility of the Commanding Officer (CO). MCCS is responsible to support both the individual Marine and their family and the Unit Family Readiness Program.

—Family is defined as —**all** members of a Marines family. Marines have three families: the family they are born into, the family they are sworn into, and the family they are married into. Therefore, family support shall be accessible and provided to Marines (regardless of marital status), spouses, children, wards, and the designated parents/extended family members of Marines.

The goal of the personal and family readiness programs is to provide resource information and training in addition to support services so that service members and their families are truly —ready for military life, including separations and life events. A Marine must ensure their personal and family affairs are in order so that they will remain fully focused on the mission, whether in garrison or in combat. It is understood that additional responsibilities will fall on the family when the Marine departs. Therefore, the Command wants to ensure families are knowledgeable of command structure and resources available to assist and contribute to personal and family readiness. The goal is for families to utilize information about benefits, entitlements, programs, and services provided through the Department of Defense, the Marine Corps, and the unit community.

What is the Family Readiness Program?

The **Family Readiness Program** consists of **all** family members in the unit. Marines are required to submit a minimum of contact information to the Family Readiness Officer (FRO) so that information can be passed to their families. Official communication is passed from the Battalion Commander to the families via the FRO. Each service member is authorized up to four (4) contacts. There is a **Command Team** which is comprised of the battalion Commanding Officer (CO), Executive Officer (XO) Sgt. Major, Chaplain, Family Readiness Officer (FRO), Commanding Officer's Spouse, and the Family Readiness Advisor. There are two or more **Family Readiness Assistants** assigned per Company. They assist the FRO with Information and Referral services and attend unit functions. **Morale Support Volunteers** serve the Family Readiness Program at unit events. For more information on these volunteer opportunities, contact Shantel Diaz, the Family Readiness Officer, at 760-763-7893.

Make the Most of the Family Readiness Program

The Family Readiness Program is designed to help families meet the challenges of military life. There are some very specific and unique ways this Program can offer resources, information and opportunities unlike any other in the military community. So please take every advantage of what the Family Readiness Program has to offer you and your family.

Make Connections

Families within the unit can meet, make and build friendships at Family Readiness Program events. You can share many types of practical and emotional support with each other. And more often than not, you will find someone that is going through what you are experiencing and you will more than likely be able to help each other overcome the situation. Remember, you are not alone! As a military family, we experience life together. So make the effort to reach out and share the load with one another.

Meet Family Needs

Each unit in the Marine Corps has their own Family Readiness Program. Each individual program is headed by the Battalion Commander. He will determine, with the assistance of the Command Team, the goals and activities for the unit. Our hopes are that 1st CEB families will . . .

- **Communicate** with each other and become better acquainted with the military.
- **Ask questions**, and express ideas and concerns that benefit all families of the unit.
- **Share** in the work and activities that make military life easier and more rewarding.
- **Get involved** so that the adjustment to military life is easier.
- **Support** each other and become a source of strength and comfort to one another.

Prepare Families for Deployments

While a unit is —home, the Family Readiness Program seeks to form a strong network between families and military personnel. This network helps prepare families for this unique military lifestyle, including deployments. It also helps ensure that all preparations are made prior to a deployment. Service members are then better able to concentrate on their duties during a deployment and they do not have to worry about family matters. This kind of planning can save lives on the battlefield and can bring comfort to a family at home as well.

How to Belong to the Family Readiness Program

Anyone interested in the military and its service members can be involved in a Family Readiness Program, including (but not limited to):

- Spouses and Children
- Parents
- Boyfriends and girlfriends
- Friends and relatives
- Retired service members
- Members of the community—who want to help military personnel
- Service members themselves—of all ranks

What is a FRO? What does a FRO do?

A Family Readiness Officer (FRO) IS:

A Representative of the Commanding Officer (CO) by . . .

- Following his guidance for the way ahead
- Performing any Family Readiness task assigned

The Communication Link . . .

- Between the CO and families (communication may come from the Company CO)
- Between the CO and volunteers
- Between Supportive Agencies and the unit in regard to families needs, such as:
 - Christmas tree giveaways
 - Adoptions for holidays
 - Calling Cards
 - Care package support during deployments
 - Special needs

A Family Readiness event planner of unit events, such as:

- Family Days
- Holiday Parties
- Pre-deployment Brief
- Return and Reunion Brief
- Marine Corps Family Team Building Classes (L.I.N.K.S, LES, FRA training, etc.)

A Resource and Referral to local services, such as:

- Navy Marine Corps Relief
- Child Care
- Food subsidy programs
- MOMS Warehouse
- Education

A Mandated Reporter

- Any issue that requires command notification will be shared with appropriate staff

Compiles Family Readiness information, such as:

- Families in need for holidays
- Family rosters
- Families effected by disasters

A Point of Contact for Website/Newsletter/Welcome Aboard information, such as:

- Pictures
- Articles
- Family Readiness links

A Family Readiness Officer (FRO) is NOT:

- An Equal Opportunity Representative (EOR)
- A Marriage/Financial/Career Counselor.
 - A Legal Officer or one who handles issues concerning Child Support/Divorce/Separation
- Family Advocate for Child or Spousal Abuse
- **A Replacement to the Chain of Command**
 - Small unit leadership is important so the FRO will never replace the Chain of Command

1st CEB WELCOME ABOARD

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SECTION I:

RELOCATION ASSISTANCE PROGRAM

THE RELOCATION OFFICE

The Relocation Assistance Program is organized to provide diversified assistance to all military personnel and their families who are in the process of relocating. In this brochure, we will present you with some of the many services we offer in the Relocation Office that will make your relocation process as stress free as possible. For the service members who are checking in to Camp Pendleton, please stop by the Relocation Office located on mainbase, Bldg. 13150, and pick up a welcome aboard package. You will find useful information on various services offered on base and information on housing and recreational activities in the local area. The Relocation Office will tap a variety of resources to make sure your transition is a smooth one. For the service members who are relocating away from the Camp Pendleton area, please stop by before you leave to pick up a relocation checklist and ask about the Marine Sponsorship Program.

WELCOME ABOARD ORIENTATION

Discover Camp Pendleton's many unique services and come see what opportunities this base has to offer you and your family. Learn a little about the local community and its popular attractions. Attend the M&FS Welcome Aboard Orientation held every Wednesday at the JRC, Bldg 130132 from 0800 – 1000. You cannot afford to miss it! Remember, Welcome Aboard Orientation attendance for newcomers is mandatory under Base Order 1720.1A. Spouses are highly encouraged to attend

BASE VIDEO LIBRARY

Come visit the Relocation Office and borrow the Camp Pendleton base video to learn more about the different programs available on base. Relocating to another Marine Corps Base? Check out a video on that base and learn about the different programs available before you arrive. The Relocation Office also has videos and language tapes on different parts of the world such as Okinawa, Hong Kong, Hawaii, Japan, Mexico, Paris, and others.

PLAN YOUR MOVE SEMINAR

Have you received PCS, EAS, or retirement orders recently? If you are currently in the process of relocating, attend the Plan Your Move Seminar held monthly at the JRC and be prepared for your move. Expert representatives from Disbursing, the Traffic Management Office, Tricare, and Financial Fitness will be on hand to answer any questions you may have. Call the Relocation Office to reserve a seat at (760) 725-3802/5704.

TRIPMAKER PROGRAM

If you are planning a road trip anywhere in the United States, Mexico, or Canada, visit the Relocation Office and use our tripmaker program to determine the most efficient route. Learn specifics about your trip like the distance, total driving time, nearby attractions, and estimated cost of fuel for the entire trip.

LOAN LOCKER

For service members who have arrived at Camp Pendleton before their household goods shipment, the Relocation Office has temporary items that can be borrowed until the shipment arrives. Items available for check out include pots, pans, skillets, flatware, plates, bowls, cups, cribs, car seats, irons, and sleeping mats. The Relocation Office will lend necessary items for 14-30 days. Please call in advance to check if we have the desired item in stock.

Base Housing

Mainside Location - Building 1138..... 760-725-5995

DSN: 365-6246/6310

Toll Free: 1-800-843-2182

Hours: Monday - Friday 0730-1700

Del Mar District:430-0040/0461

- South Mesa II
- Wire Mtn III
- Del Mar
- Forster Hills
- Pacific View

Mountain District: 760-430-8476

- Santa Margarita
- South Mesa I
- Wire Mtn I & II

Mesa District: 760-385-5318

- O'Neill Heights
- Serra Mesa
- San Luis Rey

DeLuz: 760-385-4835

San Onofre: (*closest to 1st CEB*) 760-725-7027

Stuart Mesa: 760-430-0694

Services:

- On-Base Housing offered for all military families in various Pendleton locations.
- Off-Base Housing referral services and counseling for persons choosing to live off base or those on a waiting list.
- Special program with apartment landlord who will exchange the security deposit and last month's rent for an allotment paying the landlord directly. A minimum of one year required on the lease. Ask the Housing Office for details.

Special Notes for Volunteers:

- Off-base families receive BAH for living expenses.
- On-base families obligate BAH for quarters.

Naval Hospital Camp Pendleton

Information	760-725-HELP (4357) option 5
Appointment Line.....	760-725-HELP (4357) option 1
Emergency Room.....	760-725-3258
Family Practice Message Line.....	760-725-5381
Mental Health	760-725-1555/1556
31 Area Branch Medical Clinic.....	760-725-7499
52 Area Clinic.....	760-725-7200
Family Medicine Oceanside Clinic	760-754-0974
E-Appointment	www.triwest.com

Mission:

The primary mission for all Naval Medical Treatment Facilities is to provide general clinic and hospitalization services to personnel in the following order of priority:

- Active duty service members
- Family members of active duty service members enrolled in TRICARE Prime.
- Retirees, their family members and survivors enrolled in TRICARE Prime.
- Family members of active duty service members who are not enrolled in TRICARE Prime.
- All other eligible beneficiaries.

What to bring:

- All persons, ten years and older, seeking treatment must show a valid military identification.
- All persons 6 weeks and older must be enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) before routine treatment or pharmacy services may be rendered.
- The majority of outpatient clinics require a referral from a provider in the form of an SF 513 Consultation Sheet from their Primary Care Manager (PCM).
- The hospital suggests calling the clinic to determine the specific requirements for obtaining an appointment.
- All patients seeking care are required to have their medical record.

DO NOT disenroll from TRICARE when moving!

- Call the Tricare office when you are in your new home. They will transfer your benefits to the new region.

DEERS/Pass & I.D.

General Information/Appointments: Mon-Fri 0730-1530
Main Gate – Bldg 20250 760-725-2768/2013/2633/2865/2768
Joint Reception Center – Bldg. 130132 760-725-2442
DEERS Verification: 800-538-9552
or www.tricare.osd.mil/deers
Hours: Monday – Friday 0730-1530

DEERS enrollment (Defense Eligibility Enrollment Reporting System) for Marine Corps Base, Camp Pendleton uses an appointment system. The Office is the primary issuing facility for ID Cards for Active Duty Members, Reserve and National Guard Members, retired, former spouses who are not remarried and certain other eligible family members.

Services:

- Enroll/disenroll or update sponsor and dependent's DEERS files.
- Temporary issuance of ID cards: Dependents may get a temporary ID card good for 60 days if DEERS database indicates that the sponsor is eligible. DD 1172 paperwork will then need to be forwarded to sponsor for signature.
- Enrollment in DEERS: Enrollment can be done for a newborn child while sponsor is afloat, stationed overseas or otherwise on official deployment or TAD.

What to bring to appointments:

- Driver's license or picture ID.
- DD Form 4 (Enlistment Contract) for Active Duty members and CHIT signed by personnel officer.
- If sponsor is not present, Pass & ID will assist with completion of form DD 1172.
- Marriage certificate, divorce decree, adoption decree, legal name change papers, Social Security number change, birth certificate as appropriate.

Special notes for Volunteers:

- If ID Card is lost, stolen, damaged or expires and sponsor is deployed, eligible family member may make an appointment to get another card. A card will be issued based on DEERS eligibility verification. *Power of Attorney is needed.*
- Newlyweds with deployed spouses may be able to obtain a temporary ID card if they bring birth certificate and marriage license. **CALL FIRST FOR DETAILS!**
- Children of non-married Marines and Sailors should get ID cards and enroll in DEERS to obtain access to TRICARE. These children do not have to be ten years old to get ID cards. **CALL FIRST FOR DETAILS!**

TRICAREwww.triwest.com

Telephone 888-TRIWEST (888-874-9378)

TRIWEST Service Center:

Naval Hospital Camp Pendleton, 6th floor, Room 6041 760-725-1262

Hours..... 0700-1700 (M-F)

at Joint Reception Center, Hours 0715-1545 (M-F)

**TRICARE Provider locator..... 888-TRIWEST
orwww.tricare.com**

Tricare Prime

- Cost - No deductibles, no enrollment fees, no co-pays
- Service - Access to Military Treatment Facilities or TRICARE network providers
- Enrollment - Required
- Advantage - Portability- when you PCS or go TDY, TRICARE Prime moves with you

Tricare Plus

- Cost - Deductible and 15% cost share
- Service - Only TRICARE network providers
- Enrollment - Not required; just show military ID
- Advantage - Claim paperwork submitted by provider

Tricare Standard

- Cost - Deductible and 20% cost share and a co-pay
- Service - Broad access to medical care providers
- Enrollment - Not required; just show military ID
- Advantage - Choose any TRICARE-authorized provider, so you have largest choice of doctors.

Who is Eligible for TRICARE Benefits:

- An active duty family member
- A military retiree
- A military retiree family member
- A surviving eligible family member of a deceased active duty or retired service member
- A ward, pre-adoptive child or former spouse of an active duty or retired service member

Must be enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) 800-334-4162

What to bring to appointments:

- Military ID card
- Tricare ID card

Vehicle Registration

JRC (Joint Reception Center) Building 130132 760-725-2106

Hours Monday-Friday 0600-1800

California Department of Motor Vehicles www.dmv.ca.gov

Hours Thursdays only from 0830-1630

Services:

- Base vehicle registration stickers
- Vehicle Registration for California
- Driver License Services – written test only

What to bring for base vehicle registration:

- Current vehicle registration information, current drivers license, insurance policy, current Military ID card or Sponsorship Letter
- If vehicle is not licensed in California it will require a smog inspection
- Smog is required every two years on vehicle's newer than 1973
- Diesel cars do not require smog testing

What to bring for vehicle registration/ driver's license/ID card:

Vehicle Registration:

- Driver's License and Military ID card
- The Title or Current Registration Certificate
- Smog Certificate
- An application form available at the office or by mail.
- A visual inspection of the Vehicle ID number is also required.

Driver License:

- An application form (available by pick up or mail)
- A document to verify date of birth (Military ID card, US Birth Certificate, US Passport or a current valid INS document), and your Social Security number

Military ID Card:

- If Military service member cannot be present, spouses can obtain an ID card. You must have either Power of Attorney and/or an 1172 signed by service member

RESOURCE WEB SITES FOR MILITARY FAMILIES

SERVICE INFORMATION	
Official USMC: http://www.marines.mil/units/hqmc/Pages/default.aspx	This is the official US Marine Corps website. View the top USMC news headlines, look up an old Marine Corps buddy or learn about your gaining activity.
Official U.S. Navy www.navy.mil	This is the official US Navy website.
Marine Forces Reserve www.marforres.usmc.mil	Marine Corps Reserve Support Command mobcom.mfr.usmc.mil/MOBCOM.asp
CAMP PENDLETON INFORMATION	
Camp Pendleton: http://www.pendleton.usmc.mil/	This is the official website for Camp Pendleton. Find what Camp Pendleton has going on and learn about the base.
Marine Corps Community Services: http://www.mccscp.com/ Camp Pendleton Marine & Family Services: http://www.mccscp.com/home/Family-Services/marine_family_services_home.aspx	This is the Camp Pendleton's Marine Corps Community Services official website. Find out about shopping, recreation, clubs and lodging. Also discover the programs offered through Camp Pendleton's Marine & Family Services.
Naval Hospital Camp Pendleton: http://www.cpen.med.navy.mil/	This is the official website for Camp Pendleton's Naval Hospital. It has information on Tricare, dental, prescriptions and answers to your medical questions.
Armed Services YMCA: http://www.camppendletonasymca.org/	This website provides useful information on programs sponsored by the YMCA on Camp Pendleton.
Military Home Front http://www.militaryhomefront.dod.mil/moving/	Learn about Camp Pendleton and other bases in the world by accessing this Military Home Front/Military Installations website.
HOUSING INFORMATION	
http://www.ahrn.com	Automated Housing Referral Network. Sponsored by the DoD, AHRN.com listings include available community rentals, military housing, shared rentals, temporary lodging and military for sale by owner (FSBO) listings. In AHRN.com, you will find a variety of housing options to choose from. Listings include property descriptions, pictures, maps, links to local schools, and contact information. If you would like to rent your home, sell your home for sale by owner, or are looking for another service member as a roommate in your current home, you may post an ad free of charge on the site. Visit www.AHRN.com to start searching or posting today.
www.cpp.usmc.mil/basehousing/index.htm	This is the base housing website for Camp Pendleton. Go here to get on the housing waiting list.

EMPLOYMENT INFORMATION	
www.usajobs.opm.gov	Use this website to search for jobs in San Diego
www.caljobs.ca.gov	A good website to search for jobs in California.
https://chart.donhr.navy.mil/index.asp	A website to find civilian career opportunities within the military community.
www.spb.ca.gov	A website for jobs in the California area.
www.edd.cahwnet.gov	The Employee Development Department's homepage. They also have offices and personnel in the local area to help you in your job search.
www.dol.gov/vets/welcome.html	This website provides information on job opportunities for veterans.
FINANCIAL INFORMATION	
www.nmcrrs.org/budg-couns.html	This is the Navy Marine Corps Relief Society page. It has valuable budgeting information and many web links to financial management.
www.dfas.mil	Information and assistance on military money matters
www.dod.mil/militarypay/	This is the official website for Military Pay and Benefits Website. The calculators on this website can help you with your current pay and allowances.
www.tsp.gov	This is the official Thrift Savings Plan Web site. This is a retirement savings plan both for civilians who are employed by the Government and for active duty.
LOCAL SCHOOLS	
www.oside.k12.ca.us	Oceanside Unified School District.
www.carlsbadusd.k12.ca.us	Carlsbad Unified School District.
www.eusd4kids.org	Escondido Union School District.
www.smusd.org	San Marcos Unified School District.
www.tvusd.k12.ca.us	Temecula Valley Unified School District
www.vusd.k12.ca.us	Vista Unified School District
www.fuesd.k12.ca.us	Fallbrook Union Elementary School District.
www.fuhdsd.net	Fallbrook Union High School District.
www.murrieta.k12.ca.us	Murrieta Unified School District.
LOCAL COLLEGES/UNIVERSITIES	
www.csusm.edu	California State University San Marcos. The local 4-year college. Campus is located about 15 miles southeast of Camp Pendleton in San Marcos.
www.cmich.edu	Central Michigan University
www.ctcd.edu	Central Texas College
www.embryriddle.edu	Embry Riddle Aeronautical College
www.nu.edu	National University
www.park.edu	Park University
www.sdsu.edu	San Diego State University is located about 40 miles south of Camp Pendleton.
www.ucsd.edu	University of California, San Diego
www.palomar.edu	Palomar Community College is located in San Marcos.
www.miracosta.edu	Mira Costa Community College is located in Oceanside.

MEU Web Sites:

<http://www.marines.mil/units/marforpac/imef/11thmeu/Pages/default.aspx> 11th MEU
<http://www.marines.mil/units/marforpac/imef/13thmeu/Pages/default.aspx> 13th MEU
<http://192.156.19.109/15thmeu/> 15th MEU
<http://www.marines.mil/units/marforpac/iiimef/31stmeu/Pages/default.aspx> 31st MEU

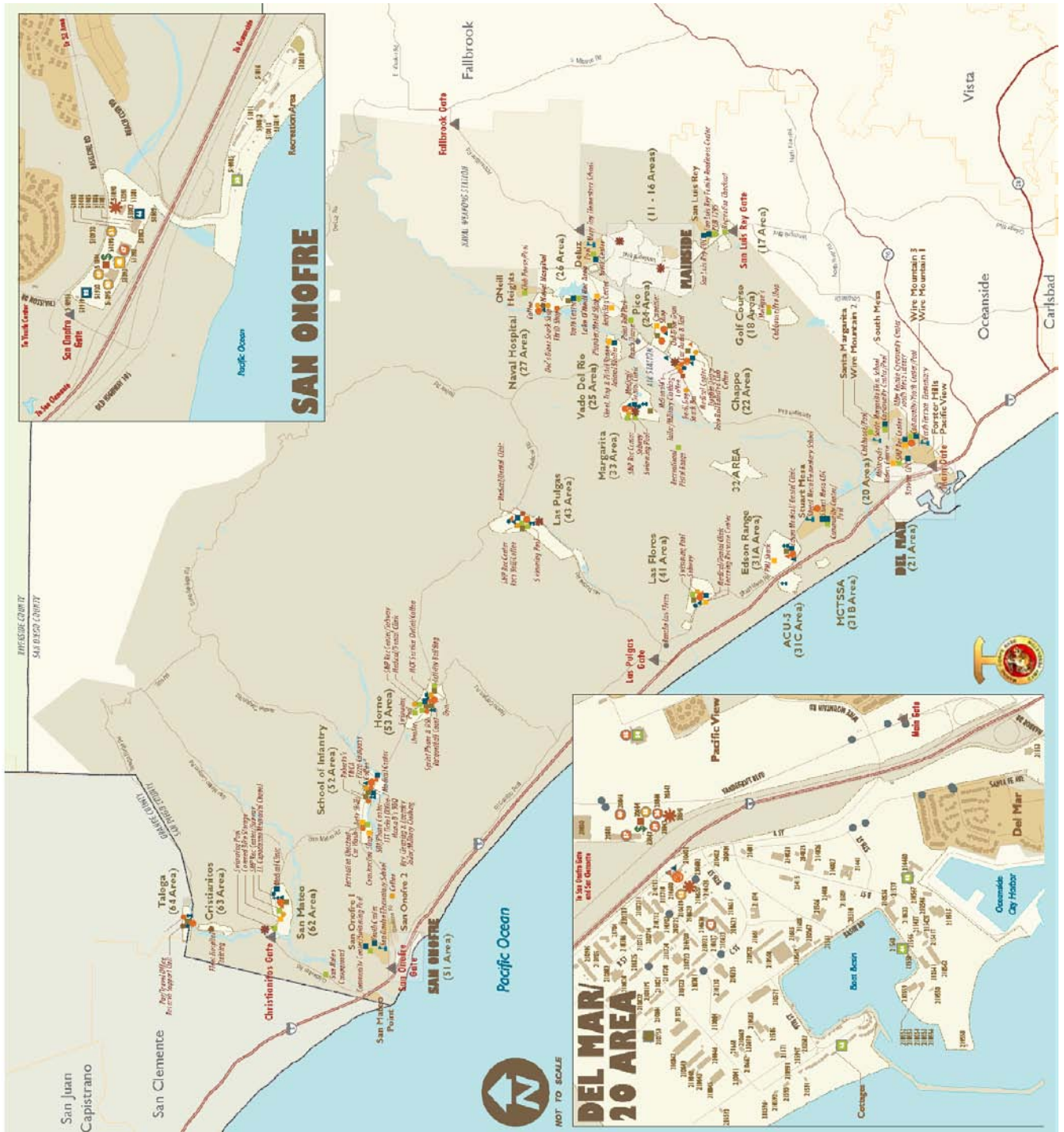
WEB Sites about craft ideas and talking to your children about war and stress:

www.militarychild.org Military Child Education Coalition
www.parentingbookmark.com Understanding children's reaction to war
www.state.oh.us/cdr/schools/trauma/tentips.htm Talking to children about terrorism
www.aap.org/sections/unifserv/deployment/index.htm Help during deployment
www.operationmilitarykids.org Outreach for school age children impacted by deployments
www.survivingdeployment.com/ Provides information and resources for military families
www.dod.mil/mtom Military Teens on the Move (MTM)

Other Helpful Web Sites:

www.usmc-mccs.org Marine Corps Community Services
www.mfr.usmc.mil/hq/mccs Support for Military parents
www.commissaries.com Decca Commissary Site

CAMP PENDLETON MAP



SECTION II:

CRISIS QUICK REFERRAL GUIDE

BASE POLICE (PMO)/FIRE/AMBULANCE911
If not an emergency, dial..... (760)725-3888/763-2077/2075

BIRTH OF A CHILD

American Red Cross (*message to Active Duty member*)
USNH (24 hours) (800)-951-5600
TRICARE office at Naval Hospital Camp Pendleton (888) TRI-WEST
(*To enroll child in DEERS if born in civilian hospital*)

CAR REPAIR

Base Auto Hobby Shop.....(760) 725-5963

COUNSELING

Base Chaplain (760) 725-5322/5667
DSTRESS (www.dstressline.com) (877) 476-7734
Chaplains' Religious Enrichment Development Operation (CREDO) (760) 725-4954
Counseling Services (760) 725-9051
Elizabeth Hospice (grief & bereavement) (800) 797-2050
INFOLINE (North County, Coastal) (760) 943-0997
INFOLINE (North County, Inland) (760) 740-0997
INFOLINK (Orange County) (888) 600-4357
INFOLINE (Riverside County) (800) 464-1123
Lifeline Coastal Community Services (Oceanside, CA) (760) 757-0118
Lifeline Coastal Community Services (Vista, CA) (760) 726-4900
Military OneSource (800) 342-9647
Prevention & Relationship Enhancement Program (PREP) (760) 725-4954
TRIWEST (beneficiaries may request mental health care) (888) 874-9378

DEBT CRISIS / NEARING BANKRUPTCY

Legal Assistance (760) 725-6172
Community Services (Financial Management) (760) 725-6098
Legal Aid Society of San Diego and Oceanside (760) 722-1935
Navy-Marine Corps Relief Society
 Mainside (760) 725-5337
 San Onofre (760) 725-7497

EMERGENCY CHILD-CARE

Base Police(760) 725-3888
Children, Youth & Teen Program
Fisher Center (Daytime hours only)(760) 725-0845
National Association of Child Care Resource & Referral Agencies (NACCRRA) (800) 424-2246
www.childcareaware.org

HOSPITALIZATION OF A FAMILY MEMBER

American Red Cross (*message to AD member/ 24 hours*)(800) 951-5600
American Red Cross Camp Pendleton (located at Naval Hospital)(760) 725-6877

HOUSEHOLD GOODS OVERDUE / LOST / DESTROYED

Claims for Loss or Damage(760) 725-4148
Loan Locker (no furniture-just pots/pans) (760) 725-3802/5704
Military Outreach Ministries (furniture, clothing, etc)(760) 763-7394
Traffic Management Office (TMO) (760) 725-8164/8177

I.D. / LOST I.D. CARD

DEERS / Pass & I.D. (*at the Joint Reception Center, Bldg. 13103*)(760) 725-2442
Main Gate of Camp Pendleton(760) 725-2768
DEERS Verification(800) 538-9552

TRANSPORTATION (out-of-area for FAMILY EMERGENCY)

American Red Cross USNH(760) 725-6877
Navy Marine Corps Relief Society
 Mainside (760) 725-5338
 San Onofre (760) 725-7497
 After hours (800) 951-5600

TRANSPORTATION (LOCAL)

Armed Services YMCA (760) 385-4921
(*provides transportation from your home to Naval Hospital, WIC Appts. and commissary*)
Taxi Service Coastal Cab (Oceanside)(760) 722-7472
Yellow Cab – for area codes (760), (619), (858) 444-4444
Public Transportation Information - Bus & Train Services (Breeze & Coaster)(800) 262-7837
Community Resource Center (Encinitas, CA)(760) 753-8300

Information and Referral Services

Marine & Family Programs

“One Call Can Do It All”

Camp Pendleton, Building #13150

(760) 725-3400 and/or (760) 725-6090

Phone: 1-800-253-1624

Monday-Friday, 0730-1630

Confused and not sure where to turn for help? Have questions? Looking for answers? Call or visit us for help. We link YOU to available programs and services on the Base or throughout surrounding communities. We have something for everyone ... singles, married, and children. As the Western Regional Community Service Center, we can locate resources THROUGHOUT THE USA!

The MCCS, Marine & Family Programs, I & R Specialist provides information and referral assistance for on and off Base resources to support individual Marines, Sailors and families. They provide research, resources, information and briefings on a wide variety of topics to include, but not limited to the following:

- Welcome Aboard Orientations, Wednesday: 0800-1000 at the Joint Reception Center. (JRC)
- Spousal support issues.
- Assistance to Active Duty, Reservist, family members, retirees, widows, widowers.
- Assistance to Marines, Sailors and family members during PCS moves and deployments.
- Maps, guides, useful websites, phone numbers and research.

Chaplain's Corner:

1st Combat Engineer Battalion

Chaplain	(760) 725-7720
I MEF Chaplain	(760) 725-9821
I MHG Chaplain	(760) 725-9032

MCB Camp Pendleton Command Duty Officer	(760) 725-5617/5618
MCB Camp Pendleton Command Chaplain	(760) 725-5322/5667

1ST MLG Chaplain	(760) 763-5501
Edson Range Chaplain	(760) 725-2700

Ministry/Chaplain's Links/ Information:

<http://www.chaplaincare.navy.mil/index.htm>

All chaplains are ordained clergy members representing a variety of faith groups. They serve as special staff officers to the command providing spiritual and moral guidance. During normal working hours contact your command chaplain. After hours, contact the duty chaplain office. A chaplain is on call through the above number, 24 hours a day.

Services:

- Faith group oriented
- Worship services in garrison and in the field
- Weddings, baptisms, memorials/funerals
- Religious instruction and Bible studies
- Counseling
- In times of grief and crisis
- Pre-marital, marital and family counseling
- Financial planning
- Pastoral Care
- Hospital visits
- Christian Women's Fellowship

Women, Infants and Children (WIC)

Central Line: 1-800-500-6411

Locations:

- Mainside Camp Pendleton, bldg 1131
- Abby Reinke Community Center, bldg 201019
- San Onofre Community Center, bldg 51919
- 1906 Oceanside Blvd, Oceanside
- Mesa Margarita WIC – San Luis Rey Valley Police & Resource Center
- 521 Vandegrift Blvd. Oceanside

What is WIC?

- WIC is a nutrition program that helps mothers and young children eat well and stay healthy.
- WIC gives eligible families special vouchers to buy specific foods like milk, cheese, juice, cereal, eggs, dried beans, peanut butter, carrots, canned tuna, baby cereal and formula with iron.
- WIC also provides nutrition and health education, personal counseling about nutrition, support and help with breastfeeding and referrals to health care and other kinds of help for qualifying families.

Who is eligible?

- Women who are pregnant, breastfeeding or recently had a baby, infants under 12 months old and children under 5 years old are eligible.
- The family must also meet the WIC income limits and get medical checkups.

What to bring to appointments: (Appointments are required)

- Current LES
- Medical form filled out by doctor
- Proof of address
- Food records of what you or your children eat.

Need a Ride to your Appointment?

- Call ASYMCA to reserve transportation to your WIC appt.
ASYMCA at 760-385-4921.

SECTION III: MCCS DIRECTORY

Camp Pendleton Base Information: 725-4111

Bowling Pro Shop	725-5945/6109/6784
Commissary	430-1701
Cottages & Campsites - San Onofre	725-7873
Cottages & Campsites - Del Mar	725-2134/2313
Game Warden	725-3360
Golf Course (Marine Memorial)	725-4704
Hobby/Crafts Shop	725-4880
ITT – Ticket Office - Mainside	725-5864
ITT – Ticket Office - Del Mar	725-2218
Latitudes Travel	763-3183/3184
Marine Corps Association Book Store	385-0383

Mainside Center:

All Seasons Store	725-4189 ext 193/194/195
Country Store	725-3585 ext 126/200/201
Electricity	725-6233 ext 187/188
GNC	385-5056
Home Store	725-3557
Semper Spirit Gifts & Apparel	725-6233 ext 199
Star Cuts	725-5938
Sports Center	725-6233 ext 191
Mainside Automotive Service Center	725-5828
Mulligan's Golf Course Restaurant	725-5331/4481

Pacific Plaza (20 Area Next to Commissary):

Appliance Center	763-1750/1751/1753
Beverages, Etc	763-1698/1699
Garden Center	763-1753
Gas Station.....	763-3840
Star Cuts.....	763-1747

Other Numbers:

Sharkey's All Ranks Lounge.....	725-2828
South Mesa Club	725-2231/2089
Stables & Rodeo Grounds	725-5094/5085
Theater	725-9217
Thrift Store	725-1800
VITA, Bldg 1687	763-2518
Enterprise Car Rental.....	725-6997
Youth Sports	725-4188/1790

Armed Services YMCA

Main Office, Bldg 16144: (760) 385-4921

Preschool Programs

- **Kindertyme:** One hour "Mommy & Me" preschool class for children from 18 months – 5 years old. Classes meet two times a week. The classes emphasize developing socialization skills.

Other Programs

- **Holiday Hospitality:** The AS/YMCA matches unaccompanied and single Marines and Sailors with families from the community who wish to host a service person for the holiday.
- **Operation Hero:** After school Mentoring program to school age children.
- **Camp Flashhh:** Supports families in the EFMP program.
- **Ball Gown Give-A-Way:** Free dresses for the Navy and Marine Corps Balls.
- **Operation Appreciation:** On Armed Forces Day Service Members and their families could enjoy a day of free food, entertainment, and activities.

Transportation Program

All Camp Pendleton families living in base housing, Bonsall, Fallbrook, Oceanside or Vista are eligible for this program. This service is offered Monday through Friday, 0830-1530 call (760) 385-4921 for information. The shuttle will be for transportation to and from the:

- Naval Hospital
- Commissary
- WIC Appointments (on base)
- Military Outreach Ministries (MOMS)

Auto Skills Center You don't have to be a mechanic to save big money on auto repairs? Let the Auto Hobby Shop's trained staff show you how!

Mainside

Bldg. 13191..... (760) 725- 5963

Parts Dept. (760) 725-5092 / 3942

Camp San Onofre

Bldg. 520170..... (760) 763-0668 / 0669

Parts Dept. (760) 763-0671 / 0672

- They offer state-of-the-art equipment; scanners for on-board computers and sensors, paint booths, vehicle lifts, hand tools and more.
- Certified air conditioner and recharge service.
- Drop off your used anti-freeze motor oil, containers and filters.
- The Auto Hobby Shop can help with second opinions on needed auto repairs and may be able to help spouses of deployed personnel find more affordable repair options.

Base Hobby & Craft Shop

Bldg 13113 (760) 725-4880

Customer Service Hours:

Tuesday thru Friday 1300-2000

Saturday 0900-1700

Services:

NEW! LASER ENGRAVING - \$1.00 per minute

Engrave wood, ceramics, fabric, paper, glass, tiles, and more.

Plaques and plates kept in stock; special orders also available.

Graphic re-work available with speed

Minimal set-up fees, and NO rush charges

PAINT-YOUR-OWN CERAMICS STUDIO - \$6.00/studio fee, plus the cost of your piece

Choose a piece off our shelves to paint! We offer hundreds of ceramic pieces to choose from.

Studio fee includes use of all studio paints, brushes, glazing, and firing.

Affordable pieces range from \$.25 - \$10 (large 7" tall piggy bank shown on the right is \$10)

POTTERY WHEELS - \$3.00/day

We offer the best in potter's wheels, both Brent and Shimpo brands: responsive, high-torque, powerful, and quiet - very quiet!

All wheels are controlled with adjustable foot pedal.

All materials available for sale on-site.

WOODWORKING - \$3.25/day

We offer all of the tools and power equipment to satisfy the beginning through expert woodworker.

Experienced staff members are present to assist you with your project.

Wood is available for purchase. Please call for current pricing and selection information (725-4880).

COMPUTER LAB – FREE: (includes Internet access, and WiFi for your laptops)

BIRTHDAY PARTIES AND GROUPS - Private room available at no extra cost. Celebrate your next birthday at the Arts & Crafts Hobby Shop! You'll gather in a large, private, redecorated Birthday Party room. Then, you and your guests select the ceramic piece of your choice and help yourself to all of the paints, brushes and supplies you need to finish your new masterpiece! All pieces are dipped in a clear glaze so they're food-safe. We do recommend hand-washing your pieces to help prevent chipping or cracking.

- \$10 per child, a Hobby Shop party is not only fun, it's affordable!
- Feel free to bring your own foods and drinks (refrigerator available)
- Also, be sure to bring your favorite CDs, as a CD player is available for you to use.
- We do fill up quickly, so reserve your special day today!
- \$50 deposit required, 24-hour cancellation policy

Call for class schedule or look on www.mccscp.com

Base Library Service Lifelong Learning Branch

Patrick J. Carney Library

Mainside Bldg 1146(760) 725-KNOW

South Mesa Branch

Bldg 200090 (760) 725-2032

Seaside Square Branch

Bldg 51093 (760) 725-7325

Mission:

- The libraries aboard Camp Pendleton are dedicated to offering a wide variety of resources to enhance professional and personal learning.

Bookmobile:

- A bookmobile brings library services to the outlying camps. Call the nearest library for a schedule and route.

Other Services Available:

- Commandant's Reading List
- Free Internet and E-mail Access
- Proquest
- Online Card Catalog
- Test Preparation Materials
- Photocopier and Computers
- Books on Audiotape
- Videos
- Equipment

Just For Kids:

- Special Children's Reading Areas with the latest children's stories
- Children's Story Time

- Children's After School Hour
- Reading Club

Children, Youth & Teen Program (CYTP)

CYTP Headquarters – Bldg. 13150	(760) 725-6308
CYTP Resource and Referral – Bldg. 13150	(760) 725-9723
School Age Child Care, Bldg 201017	(760) 725-2102
In-Home Child Care Bldg. 13150	(760) 725-7631

Child Development Centers:

Browne – Bldg. 202860	(760) 725-2817
Courteau – Bldg. 15061	(760) 725-5113
San Luis Rey – Bldg. 17082	(760) 725-6577
San Onofre – Bldg 51080	(760) 725-7311
Stuart Mesa - Bldg 310006	(760) 725-9954

Eligibility:

- Children of active duty and retired military, reservists on active duty and DoD civilian employees

EMERGENCY CHILDCARE:

- Emergency in-home childcare facilities – **MUST be generated by calling PMO at 725-3888**
- Please note that not all emergency childcare services are free of charge.
- Emergency childcare is for 23 hours 59 min until a legal guardian or family member can pick up the children.

Exceptional Family Member Program

.....**725-5363/SOI 763-0868**

- An exceptional family member is one with physical, emotional, developmental or learning disability requiring special services.
- The program is a management tool used to monitor assignments for service members with an exceptional family member to preclude sending a service member and/or families on orders to a duty station where adequate treatment and care is not available for the family members.
- **Services include:** Identification and Enrollment, Support Groups, Special Connections, Peer Mentoring Program, IEP Mentor Training, Resource & Referral

COMMUNITY CENTERS

Stuart Mesa Community Center..... 725-9717

Building 310001
1200 - 2100, Monday thru Friday
1000 - 1600, Saturday (Summer Hours: 1 May - 30 September)
Closed on Saturday (Winter Hours: 1 Oct - 30 April)

Abby Reinke Community Center 763-0649
(Wire Mountain Housing Area)

Building 201019
1200 - 2100 pm, Monday thru Friday
1000 - 1600, Saturday
Closed on Sunday

San Onofre Community Center 725-4310

Building 51919
1200 - 2100, Monday thru Friday
Closed on Saturday and Sunday

- Community Centers offer a variety of programs, which are tailored to the needs of the individual community.
- Marines/Sailors and their families come to the centers to find recreational, leisure and educational opportunities.
- All community centers are available for a variety of functions such as birthday parties, wedding receptions, unit functions and retirement parties.

New Parent Support Program (760) 725-3884
FAX (760) 725-9571

- **Home Visiting Service** to provide parent education and support as well as identification of resources in the military and civilian communities that can aid in supporting the family. Home visitors are licensed registered nurses or licensed clinical social workers with extensive background in maternal-child and military family issues. Appointments are made at the convenience of the family. Families are seen weekly as long as needed, averaging 6-9 months.

- **Parenting Classes** - Series of 9 classes, geared toward families with children one to five years old.
- **Our First Friends** -Support Group for mothers with infants under 12 months.
- **Play morning** -Interactive play group for families with children 12 months - 5 years.
- **Single Parent Support** - on the 2nd and 4th Monday of every month from 5:00pm-6:00pm at the Abby Reinke Community Center to express the joys and frustrations unique to being a single parent in the military.

Population Served:

- Marine Corps families with children ages 5 and under or expecting a baby and other branches of military service stationed at Camp Pendleton.

Referral Process:

- Command, Staff at NHCP other agency staff, or self- referrals all accepted.
 - Referrals may be faxed in at (760) 725-9571 or may be called in to (760) 725-3884.
 - The Program Director or other clinician will call all referrals and complete a phone assessment.
- All programs will be offered to the family. Information from this call will be used to prioritize assignment for home visiting services.

SECTION IV

CAMP PENDLETON RESOURCES



**American
Red Cross**

American Red Cross

San Diego/Imperial Counties Chapter
3950 Calle Fortunada
San Diego, CA 92123
(858) 309-1200

Emergency Communications Services

When a military family experiences a crisis, the American Red Cross is there to help. 24 hours a day, 365 days a year, the Red Cross relays urgent messages containing accurate, factual, complete and verified descriptions of the emergency to service members stationed anywhere in the world, including on ships at sea and at embassies and remote locations.

Red Cross emergency communications services keep military personnel in touch with their families following the death or serious illness of an immediate family member, the birth of a service member's child or grandchild or when a family faces other emergencies.

Where ever their military service takes them, he or she knows that the Red Cross will deliver notification in times of an emergency at home. Even if the service member receives an e-mail or phone call from home, Red Cross-verified information assists commanding officers with making a decision regarding emergency leave. Without this verification, the service member may not be able to come home during a family crisis.

How to Contact the Red Cross for Assistance

RED CROSS Armed Forces Emergency Service Center (800) 951-5600
Outside California (877) 272-7337
VOLUNTEER PROGRAM AT NAVAL HOSPITAL CAMP PENDLETON:... (760) 725-3304

When calling the Red Cross, please provide as much of the following information as possible:

♥ Service Member Information:

- Full name
- Rank/rating
- Branch of service (Army, Navy, Air Force, Marines, Coast Guard)
- Social Security Account number and/or date of birth
- Military address
- If deployed, provide information about the deployed unit and their home base.

♥ Nature of Emergency

- Birth
- Serious Illness/Injury
- Death
- ♥ If there has been a death in the family, please provide:
 - Name of Funeral Home/Mortuary and Telephone Number
 - Name of Attending Physician and Telephone Number
- ♥ For births and serious injuries or illness, the individual must give signed consent to the physician for the release of information to the American Red Cross. If message concerns someone other than the service member's spouse or immediate family, (i.e. In-Laws), please advise the parties of this need for consent.
- ♥ Be sure to provide a telephone number where you can be reached.
- ♥ Once all necessary information has been received by the Red Cross caseworker, a Case Number/Message will be issued/assigned to you. Please write this number down as it will be required to confirm or update the message being relayed. If you are in contact with your service member or their command, be sure to pass on the ARC Case Number.
- ♥ The American Red Cross Messaging Center personnel **will verify** the emergency and initiate contact with the appropriate military authorities. This notification could take 12-72 hours to complete.
- ♥ **EMERGENCY LEAVE:**
 - The American Red Cross provides communications and emergency reporting for the service member and their families in emergency situations. Verification of an existing emergency through American Red Cross channels is the only way a service member can request emergency leave.
 - The American Red Cross **does not grant emergency leave** -- that is a command decision. The American Red Cross' responsibility is to verify the situation accurately with the proper authority (doctor, hospital, coroner) in the area of the emergency and relay a message to service member's command for their action.
 - No message regarding a medical emergency may leave the Continental United States (CONUS) via the American Red Cross Emergency Communications Center in Washington, DC without a Doctor's Interpretative Statement (DIS).

Counseling Services

Bldg. 1122

Resource & Referral:(760) 725-9051
Screening & Referral - Walk-in: 1300-1500
Prevention & Education Service:(760) 725-6636
1st Marine Division Coordinator:(760) 725-1696
1st MLG Coordinator:(760) 725-4617
Base & Tenant Coordinator:(760) 763-1921

The Counseling Services Branch (CSB) is comprised of the Family Advocacy section and the General Counseling section. Family Advocacy is a command-sponsored program designed to address the problems of family violence within the Marine Corps Community. The program is responsible for implementing a Coordinated Community Response, which allows commands, agencies, individuals and organizations in the intervention of domestic violence to cooperate and coordinate their efforts to the fullest extent.

- **Licensed Clinicians:** Provide initial counseling and assessments to active duty service members and family members who have been involved in incidents of spouse or child abuse. The program provides an array of effective educational and counseling services that will deter family violence behavior and promote healthy family lifestyles.
- **Victim Advocates:** Provide services to victims of spouse abuse, rape, and sexual assault. These services include community and military referrals, emotional support, and crisis intervention.
- **General Counseling Section:** Is provided by Licensed Counselors and supervised Interns to individuals and couples seeking a supportive environment for dealing with various issues such as relationship problems, job stress, grief and loss.
- **Screenings required**
- **Combat Stress Groups** - Groups are forming for combat veterans and educational briefs for family members.

Prevention and Education:

- Offers numerous skill-building workshops, classes and groups designed to enhance personal and interpersonal skills.
- Topics include but are not limited to: Effective Communication, Improving Stress & Anger Management Skills, Supportive Couples' Workshops and Groups, Blended Families and Surviving the Teen Years.

Joint Education Center

Bldg 1331.....(760) 725-6660/6414

Hours of Operation: M, T, Thurs & Fri 0730-1630

Wed 0900-1630

SOI Branch

Bldg 520420 (760) 725-0606

Mission:

- The mission of the Joint Education Center is to provide a wide range of high quality educational programs to enhance professional and personal learning for all active duty military personnel and their families.

Services:

- **College 101 Brief:** required of all first time Tuition Assistance users. This brief is designed to help first time, or returning, students prepare to return to college. Held every Wednesday at 1130 and Friday at 0830 in Room 210. Appts not required for class.
- **Counseling:** Academic advisement for both active duty and family members. Appts available Monday, Tuesday, Thursday, and Friday, 0900-1600.

ON BASE SCHOOLS:

Central Michigan University:.....www.cel.cmich.edu

Telephone(760) 725-0485 or (760) 385-0412

Office Hours: Mon-Thurs 0800-1600

Fri 1000-1800

Central Texas College:.....www.ctc-pendleton.com

Telephone (760) 725-6386, (760) 385-4942

Office Hours: Mon-Thurs 0800-1630,

Fri 0800-1500

Embry-Riddle Universitywww.erau.edu/camp Pendleton

Telephone(760) 385-0152

After 1600, call.....(760) 385-4233

National University www.nu.edu

Telephone(760) 268-1533

Office Hours: Mon-Fri 0800-1630

Park University www.park.edu/pendleton

Telephone(760) 725-6858

Office Hours: Mon-Fri 0800-1630

Palomar College..... www.palomar.edu

Telephone(760) 725-6626

Office Hours: Mon-Thurs 0800-1930, Fri 0800-1400

Legal Assistance & Military Magistrate

Building 22161 (760) 725-6172

Walk-ins: Tuesday & Thursday at 0700

(Line begins forming at 0630)

Notary: Wednesday & Friday 0800-1000

Appointments:.....Scheduled In Person on Friday's at 0700

Family Law Hours..... Monday through Thursday 0800 -1100

Dissolution (Divorce) Class:.....Thursdays 1300-1400

Services:

- Walk-ins (Consumer law issues, contract disputes, landlord/tenant disputes, nonsupport issues, family law issues, review of contracts)
- In Loco Parentis
- Appointment Only (Adoptions, divorces/dissolutions, detailed wills/advance medical directives, name changes, immigration)
- Guardianships
- Powers of Attorney & Wills prepared at our brief every Monday & Wednesday at 1300
- Dissolution (Divorce) Class: attendance is mandatory in order to schedule an appointment with an attorney concerning matters involving divorce, legal separation, annulment or related issues
- Creditor Problems
- Support Actions
- Paternity Actions
- Naturalization Class held every Thursday at 1400

What to bring to appointments:

- Valid military ID Card
- Any documents needed when applying for assistance: bills, letters, contracts, etc., pertaining to the problem
- For divorces: Worksheet from Dissolution Class

Marine Corps Family Team Building (MCFTB)

Offices, Bldg. 1795.....	(760) 725-9052
L.I.N.K.S. program.....	(760) 725-2335
Family Readiness Program	(760) 725-6637
Readiness & Deployment Support	(760) 763-1337
PREP & CREDO	(760) 725-4954

Mission: To enhance unit readiness by providing quality educational programs that builds confident military families. MCFTB invites you to visit our offices and learn about our services. We are your direct link to readiness information at Camp Pendleton and the local communities.

L.I.N.K.S. (Lifestyle Insights, Networking, Knowledge & Skills)

Basic training introducing participants to the Marine Corps and to effective coping skills for meeting its challenges

FAMILY READINESS PROGRAM

- Command Team Training
- Mass Communication Tool Training
- Volunteer Tracking Tool Training
- Family Readiness Advisor Training
- Family Readiness Assistant Training
- Family Readiness Officer Training (FRO)
- FRO Continuing Education Series (CES)

RDS (Readiness & Deployment Support)

- Pre-Deployment Briefs
- Kids-n-Deployment for Kids & Parents
- In the Midst Workshop for Spouses
- In the Midst Workshop for Kids
- Beyond the Brief Workshop
- Kids-in-Reunion Workshop for Kids & Parents
- Family Readiness and Deployment Support
- Return & Reunion Workshop
- Family Day Support

LifeSkills

LifeSkills encompasses the capabilities necessary to successfully meet the challenges of everyday life, the mobile military lifestyle, and heightened operational/deployment tempo, including, but not limited to: stress and anger management; financial management; parenting skills; elder care; and interfamilial dynamics.

SLS (Spouses' Learning Series)

The Spouses' Learning Series is a three-tiered program providing Marine Corps spouses the opportunity to further their personal and professional growth. The combination of workshops and online educational courseware provides skills and educational development in the following areas: Relationship Building, Personal and Professional Empowerment, Goal Setting, Self-care, Stress Reduction and Life/Work Balance.

CREDO (Chaplains Religious Enrichment Development Operation)

PREP (Prevention & Relationship Enhancement Program)

Navy Marine Corps Relief Society

Mainside Location - Building 1121 (760) 725-5337 / 5338

Hours..... Monday - Wednesday – Friday, 8:30am - 4:00pm

Thursday 8:30am - 2:30pm

SOI Location - Building 520512..... (760) 725-7497/7494

Hours..... Monday - Wednesday – Friday, 8:30am - 4:00pm

Thursday 8:30am - 3:00pm

For after hour's access:

Armed Forces Emergency Service Center 877-272-7337

Services:

- The Navy-Marine Corps Relief Society provides assistance to active duty & retired Sailors & Marines.
- Assistance is given in the form of interest free loans for emergency needs including emergency transportation, funeral expenses, medical/dental bills, food/rent/utilities, disaster relief assistance, child care expenses, essential vehicle repairs, & unforeseen family emergencies.
- Education loans & grants help eligible Navy & Marine Corps families pursue their academic goals by providing a source of education financing.
- Non-financial support including information on pay/allowances, education on responsible money management, & referrals to community services.
- Visiting nurses are available to assist with health education, new parent questions and provide information about health-related resources.
- “Budget for Baby” class is offered to expectant parents & provides information about the costs associated with a newborn. “Baby’s First Sea bag”, a layette worth approximately \$120, is given to Marine Corps and Navy expectant parents (all ranks) upon completion of class.
- The Society’s funding is mainly from the generous contributions of Marines and Sailors who donate money during the annual fund drive to help “take care of their own.” All donated funds are returned to fellow service members as relief services; none of the donated funds are used to pay operating costs of the Society.

What to bring to appointments:

- ID Card/ Current LES
- Knowledge of monthly expenses
- Any documents pertaining to the problems

Special Notes for Volunteers:

- The Service Member makes the request for assistance unless unavailable due to military duties.
- The Service Member should fill out a pre-authorization card and file it with NMCRS before deployment. This allows the Society to help the family immediately without the need to contact the service member for permission.
- If a pre-authorization card is not on file, the Society will accept a General Power of Attorney if assistance is needed.

Personal & Professional Readiness

Bldg 13150 (Mainside) & Bldg 520512 (SOI)

Hours..... Monday-Friday 0730-1600
Information 725-5361

Personal & Professional Readiness is a branch of the Marine & Family Programs, Marine Corps Community Services. The purpose is to provide those services and programs that support and enhance the military lifestyle and living while stationed or working on Camp Pendleton.

Career Resource Center – Mainside 725-4199/ SOI 763-7184

Career Counseling:

Career Assessments and individual career counseling is available to military spouses and activate duty personnel planning for retirement or separation with more than 6 months to EAS. Other services include:

- Resume Assistance
- Individual Career Plan
- Job Search Assistance.

Educational Workshops:

- Resume Writing
- Job Interview Techniques
- Federal Application Information
- Career Development

Career Resource Library and Computer Center

- Books
- Videos
- Handouts
- Access to Job Banks
- Access to Electronic Bulletins
- Electronic Job Search, Resume Posting, Federal Applications, Job Posting On/Off Base

Expert Assistance:

- Is available to learn key words and occupational definitions that are necessary to put together a successful resume by using Job Browser Pro.

Career Focus:

- Career Fairs: These are biannual events, held the third week of April and September. The Career Fairs bring hundreds of local and national employment options to the military families that will be separating or retiring, as well as opportunities for spouses.

Family Member Employment Assistance Program:

- Provides a variety of services to assist spouses and family members who are seeking employment or to upgrade their careers. Services offered are: individual career coaching, career assessment. The following educational workshops are scheduled monthly: Resume Writing Tips, Job Interviewing Techniques, Federal Applications and Career Assessment.

Financial Fitness 725-6098/6209

- Offering proactive financial assistance through one-on-one training, group classes and unit training.
- Focus of effort on:
- Financial Education
 - Consumer Awareness
 - Credit Information
 - Investments

Relocation Assistance 725-5704

- Our Relocation Specialist taps a variety of resources to assist service members and families with relocation or transition. Offered are:
- International Culture Group
 - Loan Locker
 - Plan Your Move Seminar
 - Sponsorship Training
 - TMO Briefing
 - Youth Sponsorship

Retired Activities 725-9791

- The Office is a liaison between the retiree, installation staff and other military agencies. Our Volunteers assist with:
- Annual Retired Activities Expo
 - Awards Assistance
 - Casualty Assistance
 - Information and Referral
 - Survivor Benefit Information
 - Volunteer Opportunities
 - Pre-Retirement Seminars (24 month out)
 - 25+ Retirement Seminars (24 month out) Pre-Retirement Seminar:

Marine and Navy personnel (officers and enlisted) who are planning retirement within 2 years are invited to attend a Pre-Retirement Seminar. The Senior Pre-Retirement program is provided to officers and enlisted with 25 or more years of active duty service, spouses are welcome to attend.

Spouse University:

- Offers no-cost training in business and computer applications, basic accounting and medical terminology through group classes, which are available at the **Abby Reinke Community Center**.

Transition Assistance Programs 725-6324

- Medical Separation Program
- Mandatory Pre-Separation
- TAP class (job search training, 12 months out)
- Veterans Administration Work-Study Program:

V.A. Benefits Counseling Phone: 385-0416

- V.A. Benefits Counselor on-site to counsel service members on V A benefits and entitlements
- Assists with filing for pre-discharge disability claims.
- Discuss Educational Benefits
- Discuss medical concerns that may lead to filing a VA claim (reviews medical records)
- Discuss home loan program

Volunteer & Skills Development Program 725-3856

- Our Volunteer Coordinator provides linkages to installation and community volunteer resources.
- All volunteers must be registered with the Volunteer Coordinator and turn in monthly hours
- Annual Volunteer of the Year Ceremony held in April to recognize all of our hard work. Awards given to those volunteers, and units who have the most hours.

PUBLIC AFFAIRS OFFICE (PAO)(760) 725-5011

If you are asked to give an interview, contact the PAO. They will give you tips on how to handle the media or in some cases send a representative to be with you during the interview. You are a U.S. citizen and have the same rights of freedom of speech as any citizen. Remember you are a Marine Corps spouse; you also represent your Marine.

Tips for Media Interviews:

- YOU are the Marine Corps when doing an interview.
- Know your audience (who are you trying to reach?).
- Know your communication objectives, and what the intent of your message is.
- Maintain control by bridging back to your communication objectives.
- Forget the cameras and talk to the interviewer. Concentrate on him/her.
- Focus on a point around his/her head if you don't want direct eye contact.
- NOTHING IS "OFF THE RECORD." Always assume the camera/mike is on.
- Stay composed, even if the reporter becomes aggressive.
- Answer only one question at a time. For multiple questions, answer in the order you feel comfortable.
- Be aware of the latest news affecting the Marine Corps that could be brought up in your interview.

When Answering Questions:

- Put your conclusions or main points UP FRONT.
- Answer in concise 15-20 second positive statements.
- Use simple language-avoid military/technical jargon and acronyms.
- Do not speculate or attempt to answer "What if..." questions.
- Keep your answers within your sphere of responsibility.
- NEVER say "no comment" if you don't know; say "I don't know."
- Answer in the first person and use "I" rather than "we."
- Be COMPLETELY TRUTHFUL! Don't "shade" the truth or exaggerate.
- DO NOT repeat negative/emotional words that may be used by interviewer.

SECTION V:

Marine Corps Family Team Building

Giving Marines and Families Tools to Thrive

The Commandant and Senior Marine Corps leadership have listened to Marines and families and are responding to their needs with unprecedented resources and commitment.

To ensure Marines and families are prepared to successfully meet the challenges of today's military lifestyle, MCFTB programs have been revitalized and expanded...

New

READINESS AND DEPLOYMENT SUPPORT

MCFTB Readiness and Deployment Support Training offers assistance to units by connecting unit Family Readiness Officers (FROs) and commands, assisting with family readiness issues, and delivering pre, during, and post-deployment presentations.

New

LIFE SKILLS EDUCATION AND TRAINING

LifeSkills Training provides connection to, or facilitation of, various workshops in such areas as parenting, financial management, stress and anger management, and understanding personality differences.

New

FAMILY READINESS PROGRAM TRAINING

Family Readiness Program Training provides necessary training for Command Teams, FROs, Family Readiness Advisors, and Family Readiness Program Assistants on their roles and responsibilities in the Unit Family Readiness Program.

PREVENTION AND RELATIONSHIP ENHANCEMENT PROGRAM (PREP)

PREP provides couples with tools to enhance their communication and problem-solving skills. These tools that are key for a lasting, healthy marriage.

Expanded

NEW LIFESTYLE INSIGHTS, NETWORKING, KNOWLEDGE AND SKILLS (L.I.N.K.S.)

L.I.N.K.S. provides information to all Marines and family members on the resources available and methods for meeting the challenges of the military lifestyle. Sessions are available for Marines, spouses, children/teens, and parents of Marines. Live, online, and printed versions are available.

CHAPLAINS RELIGIOUS ENRICHMENT DEVELOPMENT OPERATION (CREDO)

CREDO offers retreats that help people grow toward increased functional ability, spiritual maturity, acceptance of responsibility, and enhanced readiness.

MCFTB...MEETING THE CURRENT AND FUTURE
NEEDS OF OUR WARRIORS AND THEIR FAMILIES



F*O*C*U*S Project for Military Families

Program Overview

In the United States today, about 1.2 million children have an active duty military parent. In the U.S. Military, about forty percent of service members have at least one dependent child under the age of eighteen. Throughout all the branches of the U.S. Military, children have been affected by a recent or current deployment of a parent to the combat zones of Iraq or Afghanistan. Wartime deployment takes a toll on both the service member and family members on the home-front, with multiple deployments often causing additional stress.

The growing awareness of the significant challenges of these deployments on military family life and child and family well-being prompted a new initiative by the Department of Navy Bureau of Medicine and Surgery and United States Marine Corps. As a service project funded through the Bureau of Medicine and Surgery (BUMED), FOCUS addresses these concerns related to parental combat operational stress injuries and combat-related physical injuries by providing state-of-the-art family resiliency services to military children and families. In 2009, FOCUS Family Resiliency Services were also made available to Army and Air Force families at selected installations through support from the Defense Department's Office of Family Policy.

Headquartered at UCLA, FOCUS works in close partnership with the BUMED office in Washington, D.C. to build resiliency in military children and families facing wartime deployments. Working with the existing teams of dedicated military family services personnel, FOCUS staff assist family members to better understand and manage how combat operational stress affects them and their service family member. FOCUS supports families in identifying and building upon existing strengths within each individual and the family unit.

In Spring 2007 the Defense Health Board Task Force on Mental Health identified a critical need for prevention and intervention services to foster resiliency within military families and provide increased access and continuity of psychological health care for children and families across the armed services. Research on parents with stress reactions has demonstrated that such difficulties interfere with parenting, family life, and child adjustment across a range of contexts, disrupting family roles and routines, and decreasing support within the family. To date, thousands of military service members, their children and families are at risk and stand to benefit from family-centered resiliency services.

FOCUS (Families Over Coming Under Stress) is a resiliency-building program designed for military families and children facing the multiple challenges of combat operational stress during wartime. FOCUS is founded on leading evidence-based family intervention models for at-risk families which have demonstrated positive emotional, behavioral and adaptive outcomes over time. FOCUS was developed at the UCLA Semel Institute for Neuroscience and Human Behavior, in collaboration with the National Child Traumatic Stress Network and Children's Hospital Boston / Harvard Medical School.

FOCUS provides services for families based at the following U.S. Navy, Marine Corps, Army, and Air Force installations:

California

MCB Camp Pendleton
MCAGCC Twentynine Palms
NAB Coronado Island
Naval Base Ventura County
Naval Medical Center San Diego

Hawaii

Hickam AFB
MCB Hawaii
Naval Station Pearl Harbor
Schofield Barracks
Wheeler Army Airfield

Mississippi

Naval CBC Gulfport

North Carolina

MCB Camp LeJeune

Okinawa, Japan

Kadena AFB
MCB Okinawa
Torii Station

Virginia

JEB Little Creek - Fort Story
MCB Quantico
NAS OCEANA Dam Neck Annex
Naval Station Norfolk

Washington

Fort Lewis
McChord AFB
NAS Whidbey Island

USMC Wounded Warrior Regiment

What can Military OneSource do for you?

Real help, Anytime, Anywhere 24 Hours a Day, 7 Days a Week

Services are private and provided by the Department of Defense at no cost to you.

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 OneSource 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.

www.militaryonesource.com

Stateside: 1-800-342-9647

En español llame al 1-877-888-0727

TTY/TDD accessible 1-866-607-6794

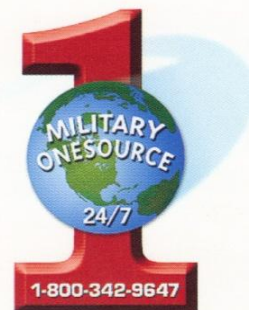
Overseas: access code,*800-3429-6477

*Use access code before dialing the toll free number.

Access codes can be found online.

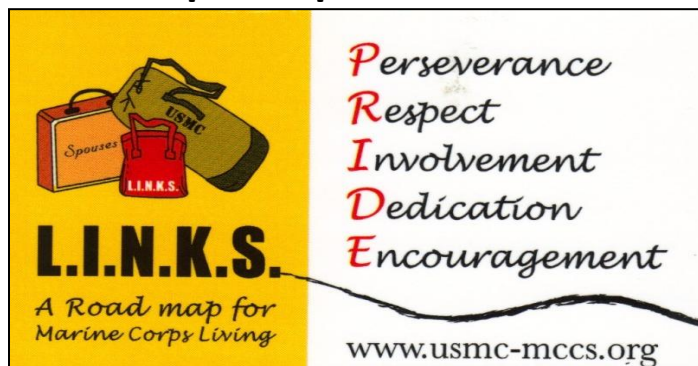
Collect from outside the US: 484-530-5908

Dial the international operator first



LIFESTYLE INSIGHTS, NETWORKING, KNOWLEDGE AND SKILLS

Workshop for Spouses



L.I.N.K.S.

Session Outline

- 🛡 An introduction to the Marine Corps, its organization, mission, culture, history and traditions.
- 🛡 Information regarding the many services, benefits and privileges available to Marines, Sailors and their families.
- 🛡 An overview of pay and allowances and tips on effective money management.
- 🛡 Strategies and resources for a successful Marine Corps Duty Station change.
- 🛡 Tools, tips and strategies to help prepare for and thrive during separations.
- 🛡 The benefits of becoming involved in each new community.
- 🛡 Concepts and resources for maintaining positive personal relationships.
- 🛡 Details on Marine Corps Career paths and the benefits, options and incentives for staying in the Marine Corps.

Camp Pendleton L.I.N.K.S.

San Luis Rey MCFTB Family Readiness Center

Bldg. 1795 760-725-9052

LIFESKILLS

7 Habits of Highly Effective Military Families: Along with the normal challenges of family life, military families must also deal with the added stress of relocation and deployment. The 7 habits solution provides a much needed framework for applying universal, self evident principles that enable family members to communicate more effectively about their problems and resolve them successfully.



Conflict Management: This course is about discovering productive ways of handling conflict— ways that make all the difference in all areas of our lives— with work colleagues, friends, spouses, children, salespeople, doctors, and bosses.

Elder Care: Caring for an aging parent, an elderly spouse or close friend presents difficult challenges especially when a crisis hits and you are suddenly faced with the responsibilities of elder care. In this class we will talk about some of the emotions that you and your loved one will be dealing with, some actions you should take, and some ways that may help you cope.



Family Care Plan: One of the most important considerations of family readiness is to ensure that your family will be taken care of properly while on deployment, and during unexpected circumstances. In this workshop we will discuss the purpose and terminology, the roles and responsibilities of those involved, family care planning, and finally you will get the opportunity to prepare a scenario based Family Care Plan.

Family Disaster Plan: There are many different kinds of disasters, wild fires, earthquakes, floods, pipeline leaks and explosions, which seldom give warning and can be equally devastating to their victims. This workshop is primarily geared to wild fires and earthquakes, but the planning you and your family does now will be of benefit for any type of disaster that can strike your community. At the end of this workshop you will have a plan in case of an emergency



Four Lenses: This workshop will provide you the opportunity to improve your interpersonal skills as well as help you communicate with others in a way that fosters mutual understanding and acceptance. The principles you will discover in this workshop will empower you to improve aspects of every personal relationship in your life.

ADDITIONAL RESOURCES

EMERGENCY FOOD RESOURCES

North County's Food Bank

680 Rancheros Dr. San Marcos, CA 92069 760-761-1140

Anyone may receive a box of food once every 3 months; the only requirement is a photo ID.

Other Resources:

Interfaith Community Services in Escondido 760-489-6380

River of Life (last Mon. of each month) 760-741-6430

Calvary Chapel Mission Hills 760-751-8559

North County Lifeline Vista/O'side 760-726-4900

Bread of Life Rescue Mission O'side 760-736-2511

Interfaith Coastal Services in O'side 760-721-2117

Hope Foods Escondido 760-432-8653

H.U.G. Outreach O'side 760-414-9402

NAFCOR (www.nafcor.org <<file://www.nafcor.org>>)

Encinitas 760-602-9819

San Diego Food Bank San Diego 866-350-3663

Crossroads Christian Ministries 619-283-3066

Community Resource Center Encinitas 760-753-1156

Grace Presbyterian Church 1450 E. Vista Way, Vista
Serves dinner Tuesday evening

St. Francis Church in Vista 760-945-8000
Serves dinner on Wednesday evening

2 Fishes @ All Saints Episcopal Church
651 Eucalyptus Ave, Vista
Serves dinner Thursday evening

Some of these resources may also offer support, such as furniture, baby items, etc. Call them directly for more information.

"KIDS EAT FREE" RESTAURANT LISTING

NOTE: This listing is ever-changing. If you come across a restaurant that should be listed, but isn't please let us know and vice versa.

- **Anita's Restaurant** - (Oceanside) - Sun & Tues, all day. Free kid's meal w/adult purchase
- **Bennigan's** - Tues night (after 4 p.m.) w/purchase of 2 adult entrees a free kid's meal
- **Carrow's** - Weds and Thurs after 4 p.m. children under 10 w/purchase of adult entrée
- **Chevy's** - Tues all day children 12 and under w/purchase of an adult entrée (website tells you which locations are not participating)
- **Chick-Fil-A** - Tues children 12 and under free kids meal w/adult purchase
- **Chicken Pie Dinner** (Poway) - Tues gets free kid's meal and drink for with adult w/ adult entrée purchase and drink.
- **Coco's** - Tues & Weds children 10 and under get a free kid's meal w/ adult entrée purchase.
- **Denny's** - Tues (some locations also Sat) 4 p.m. - 10 p.m. free kid's meal w/adult entrée
- **El Torito** - Saturday 11:30 a.m. - 3 p.m. kids 12 & under from kid's menu w/adult entrée
- **Fuddruckers** (only the downtown location) - Sun, all day. Children 12 & under from the kid's menu w/purchase of adult entrée.
- **Hacienda Casablanca** (formerly Antonio's Hacienda) - Mon all day w/paid adult
- **Holiday Inn** - Many locations have deals where children 12 & under eat free and children 19 & under stay free
- **Hooley's Irish Pub** - Kids 12 & under get one free meal w/ adult purchase. Wednesday night @ San Diego location, Monday night @ La Mesa location
- **Islands** - Tues. nights kids menu item free w/ purchase of adult entrée @ Mission Valley, Balboa Ave. in San Diego and Vista locations
- **La Costa Blanca** - Mon. all day kids eat free from kid's menu w/adult purchase. Every day - free soda w/kids meal purchase
- **Pasha Mediterranean Cafe & Grille** (on 5th Ave.) - Children 6 & under get free kids meal w/adult purchase. Sunday - Thurs, all day
- **Pat & Oscar's** - Tues w/adult purchase kids get a Just For Kids Meal
- **Roadhouse Grill** - (Santee & San Marcos) - Tues free kid's meal w/adult entrée
- **Ruby's Diner** - (Carlsbad, San Diego & Oceanside) Tues after 4 p.m. free kid's meal, 12 and under, with paying adult.
- **Wings Pizza n Things** - (Oceanside) Tues all day from kid's menu w/adult purchase

SECTION VI

FAMILY READINESS PROGRAM VOLUNTEER OPPORTUNITIES

VOLUNTEER POSITION DESCRIPTION

JOB TITLE: Family Readiness Assistant (volunteer)

SUMMARY OF DUTIES: Reports to the Family Readiness Officer (FRO).

Family Readiness Assistants are to assist the FRO in the execution of the Unit Family Readiness Program. The Family Readiness Assistant shall embody the unit commander's family readiness goals and possess a desire to work with Marines and their families in order to increase family readiness and improve quality of life within the unit.

Under the guidance of the FRO, Family Readiness Assistants support the family readiness mission by:

- Welcoming unit families (following command contact)
- Providing feedback from unit families
- Assisting with information and referral services
- Assisting the FRO with family readiness communications, as needed. Will keep the FRO apprised of issues or contacts made with unit families.
- Initiating individual contact with families as necessary and directed by the FRO
- Publicizing morale support events
- Assisting the FRO in evaluating and assessing communication quality and overall effectiveness
- Conducting unit outreach as determined appropriate by the commander or the FRO

In support of the Unit Family Readiness Program, and to promote visibility/accessibility among unit members and families, Family Readiness Assistants should make every attempt to attend all family readiness related functions.

The Family Readiness Assistant shall complete Family Readiness Assistant Training within 30 days of appointment. The Family Readiness Assistant must also attend an appropriate L.I.N.K.S. session prior to or within three months after appointment.

Family Readiness Assistants perform other related duties as assigned by the FRO or unit commander. The Family Readiness Assistant holds a position of trust within the command and with the Marines and their families and as such must understand and adhere to all confidentiality regulations, Operational Security requirements and protect Personally Identifiable Information.

Family Readiness Assistants shall support the official Unit Family Readiness Program and shall not participate in the planning and coordination of unit morale support events during their term of appointment.

MINIMUM QUALIFICATIONS: The Family Readiness Assistant shall be the experienced spouse or designated parents/extended family member of a member of the unit and should ideally be geographically proximate to the unit. The Family Readiness Assistant shall possess knowledge of family readiness programs, unit structure, and unit procedures. The Family Readiness Assistant shall demonstrate communication skills; have experience in meeting the challenges of the military lifestyle; and have a working knowledge of the current resources available to military families. The Family Readiness Assistant shall be interviewed and selected by the unit commander and FRO, appointed in writing by the unit commander.



Takes responsibility for training his Marines.

Takes responsibility for the tactical employment of his squad.

Takes responsibility for closing with and destroying the enemy.

Takes responsibility for three Marines killed in action.

From combat related stress to the everyday stressors of life, stress can affect even the strongest Marine. The DSTRESS Line was developed by the Corps to provide professional, anonymous counseling for Marines, their families and loved ones when it's needed most. Call today to speak with one of your own.



DSTRESS

WIN YOUR PERSONAL BATTLES.

1.877.476.7734

DSTRESSLINE.COM



A SERVICE OF THE MARINE CORPS

Notice: The DSTRESS line (1-877-476-7734) is only available for current and veteran Marines and their families who are located in the following areas: OR, WA, CA, NV, AZ, ID, MT, NM, UT, CO, IA, KS, MN, MO, ND, NE, SD, WY, HI, AK and West Texas (Fort Bliss, El Paso area).

SECTION VII

HELPFUL MILITARY INFORMATION

Speaking the Language

When it comes to speaking the language of the USMC, it can be quite confusing for the uninitiated. Many commonly used terms are traditional; others have evolved into what you see here today. Although we could not put all of the acronyms in this booklet, we did want to give you the ones most commonly heard. If you'd like to have a full list and really get to know about the Marine Corps lifestyle make sure and ask your Family Readiness Officer about L.I.N.K.S. for Parents & Families, it's a great resource!

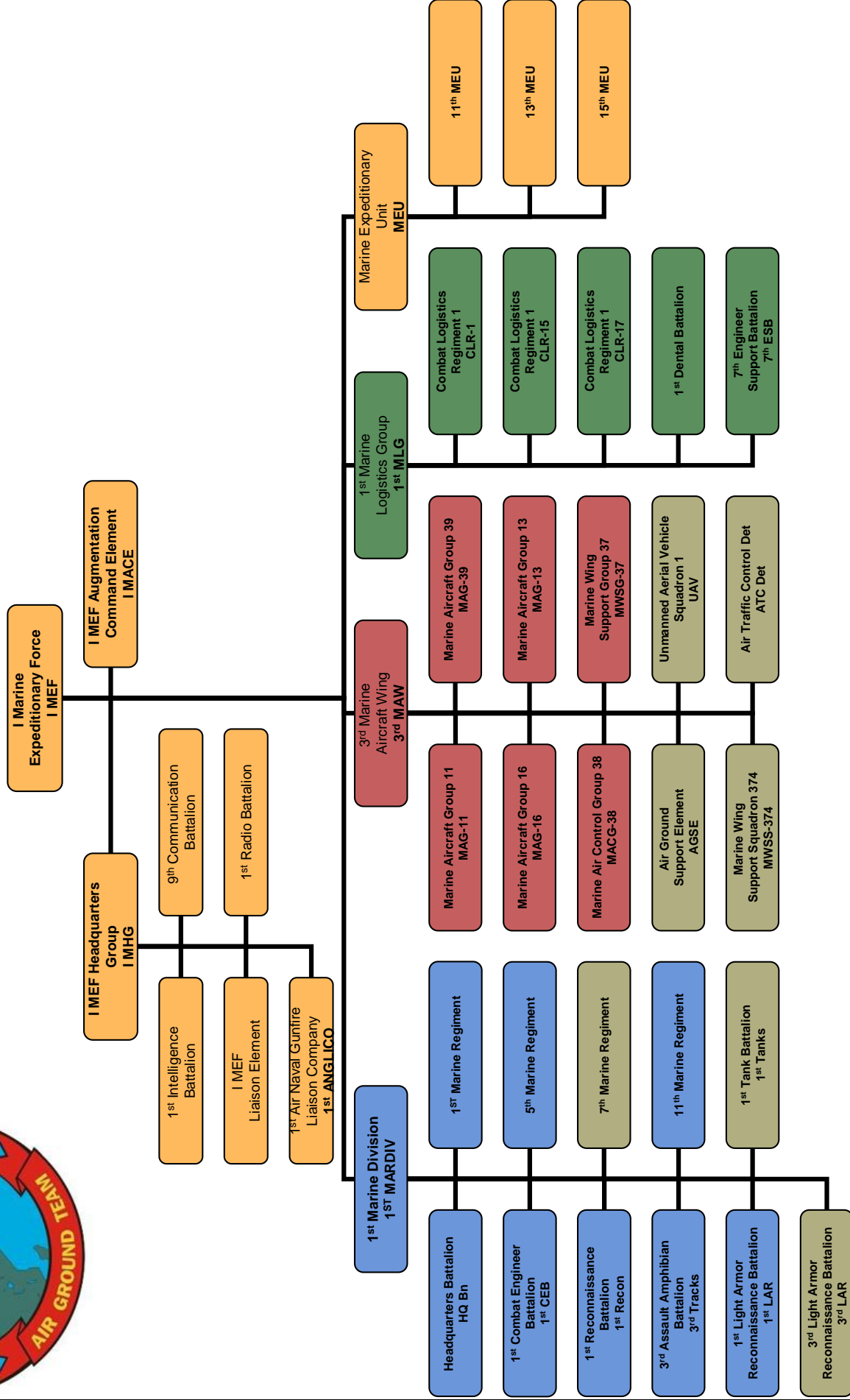
CO	Commanding Officer of the Battalion
XO	Executive Officer – Second in Command
SgtMaj	Sergeant Major – Senior Enlisted Advisor to the Commander; possessed of a wealth of information and experience in all things Marine.
FRO	Family Readiness Officer – the command liaison to the families
CT	Command Team – consists of CO, XO, SgtMaj, FRO, Chaplain, and multiple advisors
Advon	Advance party - typically the group that will come home first.
Armory	Secure facility where weapons are stored
Deploy	Deployment on orders.
Re-Deploy	To bring the Marines and Sailors back home.
In Country	They have made it to the country they were deployed to.
In Theater	Boots are on the ground they were deployed to and they are doing their jobs
Main Body	This will be one of the largest groups of Marines coming home, usually the group accompanying the CO.
Main Gate	Is also referred to as the Front Gate - the gate you come through to get on base.
OOD	Officer of the Day – Officer/NCO that is the designated representative of the command for a 24 hour period, usually from 0800 to 0800 the following day.
RBE	Remain Behind Element. - These are the Marines who did not deploy.
CONUS	Continental United States
OCONUS	Outside continental United States
DET	Detachment of Marines on a deployment or TAD
OPSEC	Operational Security
PMO	Provost Marshall - Military Police on any Marine base.

Military Time vs. Civilian Time

0001 = 12:01 am	0900 = 9:00 am	1800 = 6:00 pm
0100 = 1:00 am	1000 = 10:00 am	1900 = 7:00 pm
0200 = 2:00 am	1100 = 11:00 am	2000 = 8:00 pm
0300 = 3:00 am	1200 = 12:00 noon	2100 = 9:00 pm
0400 = 4:00 am	1300 = 1:00 pm	2200 = 10:00 pm
0500 = 5:00 am	1400 = 2:00 pm	2300 = 11:00 pm
0600 = 6:00 am	1500 = 3:00 pm	2400 = 12:00 midnight
0700 = 7:00 am	1600 = 4:00 pm	
0800 = 8:00 am	1700 = 5:00 pm	

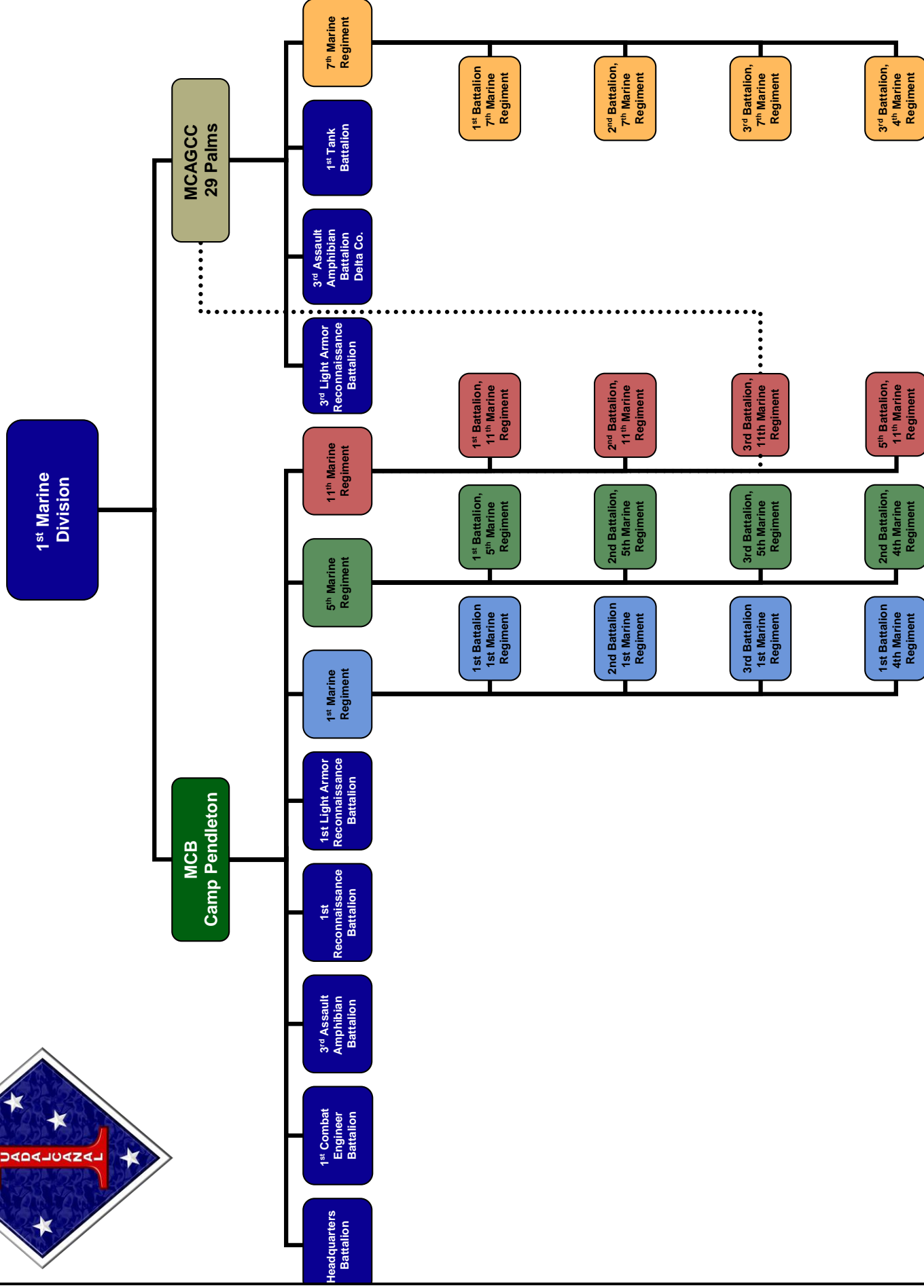


1st MARINE EXPEDITIONARY FORCE





1ST MARINE DIVISION





USMC RANK STRUCTURE

Officer



WARRANT
OFFICER
(W-1)



CHIEF
WARRANT
OFFICER 2
(CW02)



CHIEF
WARRANT
OFFICER 3
(CW03)



CHIEF
WARRANT
OFFICER 4
(CW04)



CHIEF
WARRANT
OFFICER 5
(CW05)



2NDLT
(O-1)



1STLT
(O-2)



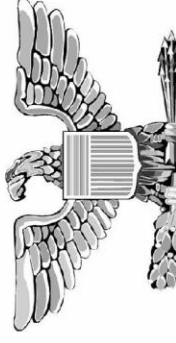
CAPTAIN
(O-3)



MAJOR
(O-4)



LIEUTENANT
COLONEL
(O-5)



COLONEL
(O-6)



BRIGADIER
GENERAL
(O-7)



MAJOR
GENERAL
(O-8)



LIEUTENANT
GENERAL
(O-9)



GENERAL
(O-10)



STAFF
SERGEANT
(E-6)



SERGEANT
MAJOR
OF THE
MARINE
CORPS
(E-9)



SERGEANT
(E-5)



SERGEANT
MAJOR
(E-9)



CORPORAL
(E-4)



MASTER
GUNNERY
SERGEANT
(E-9)



LANCE
CORPORAL
(E-3)



FIRST
SERGEANT
(E-8)



PRIVATE
FIRST
CLASS
(E-2)



MASTER
SERGEANT
(E-8)



GUNNERY
SERGEANT
(E-7)

PRIVATE
(E-1)