



Pre-Deployment Brief

2ND BATTALION, 7TH MARINES



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GENERAL INFORMATION



- ✘ Target Audience:
 - + Married Marines
 - + Spouses
 - + Parents
 - + Extended family (fiancés, etc.)



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OVERVIEW



× Briefs

- + FRO Information
- + Battalion Commander's Operational & Command Brief
 - × Includes a slide on Casualty Notification Procedures
- + Chaplain's Info
- + MCFTB Pre-Deployment Brief
- + Entitlements Brief (Disbursing w/Navy Input)
- + Postal Brief
- + Legal (POAs/Wills)



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FAMILY READINESS OFFICER



Beth Olson

Bldg 1436 on 4th Street

Work: 760-830-5872

Blackberry: 760-910-5219

E-Mail: beth.olson@usmc.mil



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FAMILY READINESS OFFICER



- + Official Communication
 - + Links unit to families and families to unit
- + Information and Referral Services
- + Event Coordination
- + Volunteer Management



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FAMILY READINESS OFFICER



- + Admin Notes:
 - + MOL has replaced the Mass Communication Tool
 - + Updated by YOUR MARINE or SAILOR
 - + Currently limited to Email Only
 - + Let's work together!!! If you don't hear from me then CALL ME!
 - + If you call and I don't answer, LEAVE A MESSAGE!!!!
 - + Name, callback number, and reason for call and I will call you back!
 - + You can text or email me too!



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PURPOSE OF THIS DOCUMENT



- To prepare Marines, Sailors, and their families for the upcoming deployment in support of OEF
- Prepared families:
 - Empower spouses with increased abilities to quickly and effectively gain resolution of potential family issues that may occur during a deployment
 - Increase the confidence and peace of mind of deployed Marines and Sailors
 - Support the unit as it accomplishes its mission



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FAMILY READINESS COMMAND TEAM 2ND BATTALION, 7TH MARINES



CO-LtCol Tomich



XO-Maj Weber



SgtMaj Woods



FRO-Beth Olson



Deputy FRO-SSgt Prahl



Chaplain Stallings

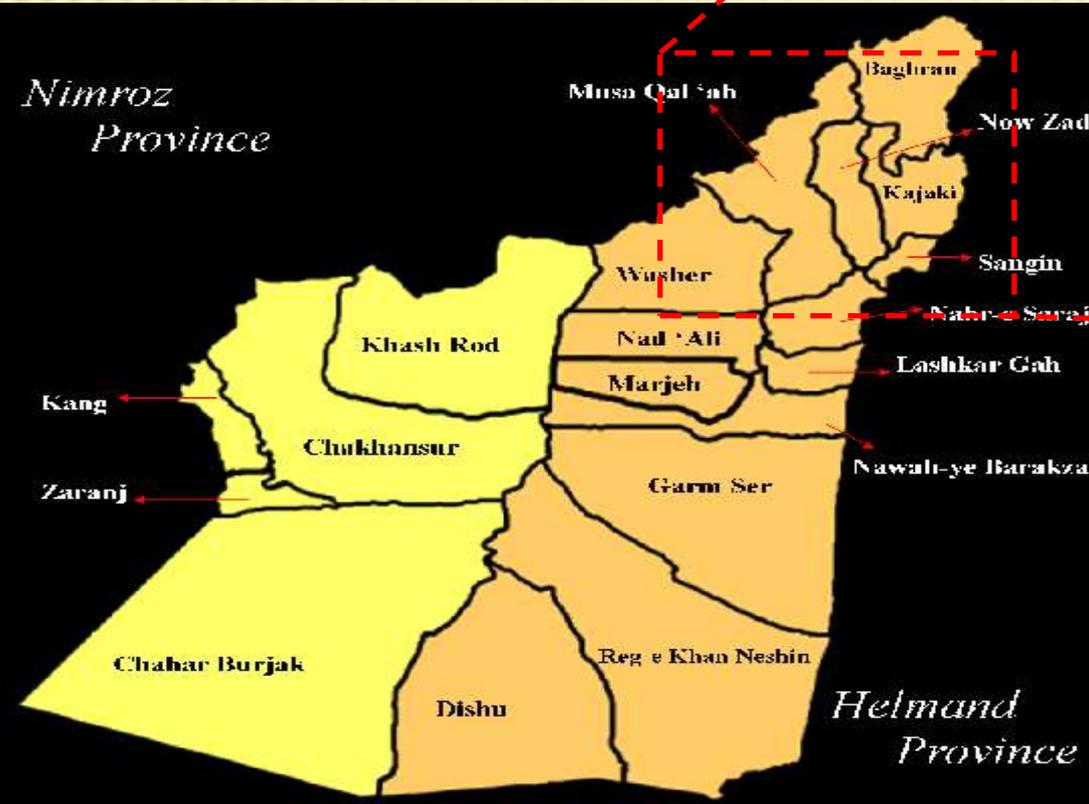


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BATTALION COMMANDER'S OPERATIONAL AND COMMAND BRIEF



2d Bn, 7th MAR will be deployed to the northern area of Regional Command South West, which is made up of Nimroz and Helmand Province. The four districts that the battalion will be operating out of are Now Zad, Musa Qal'ah, Kajaki, and Sangin.



The Kajaki Reservoir is located in NE Kajaki and controls the flow of water in the Helmand River that irrigates Helmand Province. Besides the area in Helmand that is irrigated by the Helmand River, the majority of northern Helmand is desert mountains at the base of the Hindu Kush mountains.



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BATTALION COMMANDER'S OPERATIONAL AND COMMAND BRIEF CONT.



- × **Mission.** 2d Battalion 7th Marines **partners** with Afghan National Security Forces and local government (train, plan, prepare, execute - TOGETHER) to defeat the insurgency in Northern Helmand Province in order to **secure** the people, improve governance and development, and **transition** security and control.
- × **Endstate:** Transition security and control back to the Afghans.



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HOW DID WE PREPARE?



Phase I. 31st MEU & Redeployment (Oct 2011 – Jan 2012)

CAOCL Language Training & KLE
Combat Lifesaver Training
Tactical Questioning/Tactical Site Exploitation

Phase II. Individual to Squad tasks (Jan 2012 – Mar 2012).

COIN leader's course
Bn TSULC
CLIC training
Bn FSCEX & FSCC Course

➤ **Phase III. Platoon/Company Collective Tasks (Apr 2012 – Jul 2012).**

MTNEX 3-12 (MWTC: Categories A, B, and C training)
Platoon live fire certification (Ranges 410 & 410A)
Spartan Resolve 3-12 (MCTOG)
MRX (MCAGCC: Evaluated by 7th Marines)
IDD Training and remedial training
PDSS
Squad Reset Training
IIT/MIT

Phase IV. EMV 7-12 (Jul 2012 – Aug 2012):

First Phase equipment turnover
EMV 3-12
ADVON Leave

Phase V: Final Preparation (Aug 2012 – Oct 2012):

Equipment turnover
ADVON deploy/Main Body leave
Main Body deploy



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WHAT DO THE ACRONYMS MEAN?

- ✘ **ANSF:** This is Afghan National Security Forces which includes the Police, Army, and other paramilitary units that are part of the Afghan security framework.
- ✘ **PTP:** Pre-deployment Training is the generic term that we use for the levels of training that we are conducting.
- ✘ **Block 1, 2, 3, and 4:** These are the levels of required training for our mission. Block 1 is individual training, and Block 4 is Battalion-level.
 - + The annual Rifle Range and Physical Fitness Test (PFT) are examples of Block 1.
 - + Our training in Bridgeport was a Block 2 event.
 - + Our training at EMV is a Block 4 event that is evaluated by Tactical Training and Education Control Group stationed here in 29 Palms.
- ✘ **COIN:** Counter Insurgency. This is training that focuses on the techniques and mentality that is used to defeat an insurgency.
- ✘ **Combat Lifesaver or Live-tissue training:** Advanced First Aid courses that increase the Marines' abilities to care for wounds and injuries in austere conditions.
- ✘ **EMV:** Enhanced Mohave Viper is a collective exercise that evaluates the Battalion's preparedness for world-wide deployment, specifically Afghanistan for us.
- ✘ **IIT/MIT:** Infantry Immersion Trainer and Motorized Immersion Trainer are events that immersed the Marines in highly stressful training to build mental and physical resiliency and prepare the small unit leader to operate in that type of scenario.



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AFGHANISTAN COMPARISON



AFGHANISTAN

- Population 31 million
- Land locked, primarily agrarian economy
- Lacks both transportation and information infrastructure
- Restrictive terrain dominates the country





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PRE-DEPLOYMENT PREPARATION



Administrative:

- Audits, clearances, security badges, official photos

Individual training:

- Combat marksmanship program
- Tactical vehicle egress training & licensing
- Cultural training
- Combat life saver
- Annual sustainment (gas mask, pistol, rifle, swim, CFT, PFT)

Collective Training:

- Combat Operations Center command post & mission rehearsal exercises
- Security
- Enhanced Mojave Viper



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CASUALTY NOTIFICATION PROCEDURES

1. Combat Operations Center immediately declares River City (no communications of any kind allowed by any personnel) to prevent unofficial misinformation
2. Combat Operations Center confirms the facts
3. Generate Personnel Casualty Report (PCR)
4. Submit PCR to Headquarters Marine Corps
5. HQMC notifies Instructor-Inspector (I-I) command nearest Next of Kin
6. I-I identifies Casualty Assistance Calls Officer (CACO)
7. CACO notifies family, in person whenever possible



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OPERATIONAL SECURITY



- ✘ Do not discuss dates, times, locations, and command operations over any unsecure communications media (unsecure phone, email, Facebook).
- ✘ This includes departure or arrival events to and from 29 Palms.
- ✘ Examples of acceptable disclosures:
 - + I'm in Camp Leatherneck, and it's cold and windy here.
 - + We flew from March Air Force Base to Manas, and now we're in Afghanistan.
- ✘ Examples of unacceptable disclosures:
 - + Our bus departs from 29 Palms at 1600, and we are heading to March Air Force Base.
 - + Tomorrow, our convoy departs from Camp Leatherneck at 0600.



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IMPORTANCE OF OPERATIONAL SECURITY



- ✓ Poor or improper Operational Security can result in a Marine or Sailor being killed or injured.
- ✓ If dates of return from deployment are posted on social media sites (Facebook, Twitter) this can cause the return dates to be delayed
 - ✓ A countdown clock on these sites is the same thing (Ex. 35 days left until my husband comes home from Afghanistan).
- ✓ If you're not sure if something would be a violation of Operational Security ask somebody else or just don't post it!



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PHOTOS



The following slides depict current and common work spaces and other facilities available to our Marines and Sailors while deployed.



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WORK SPACES (OUTDOORS)





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HYGIENE FACILITIES





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DINING FACILITY





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GYM





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RECEIVED & SORTED MAIL





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MOBILE PX





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LAUNDRY FACILITIES





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CONSOLIDATE AID STATION





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SOURCES OF INFORMATION



Organizational Communication System

- ✘ www.eMarine.org
- ✘ 2nd Battalion, 7th Marines Official Website:
 - + <http://www.i-mef.usmc.mil/external/1stmardiv/7thmarregt/2-7/>
- ✘ 2nd Battalion, 7th Marines Family Readiness Information Hotline:
 - + **(760) 830-1538, Option 2**
- ✘ Email Distribution via MOL
- ✘ **Call the FRO!!!!**



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MARINE CORPS FAMILY TEAM BUILDING PRE- DEPLOYMENT BRIEF



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TO DO LIST...



- ✓ Access to MyPay/LES
- ✓ Budget Plan
- ✓ Plan for Bills
- ✓ Financial Expectations
- ✓ Unexpected Financial Expenses
- ✓ Marine's Access to funds
 - Casual Pay
 - Split Pay
 - Multiple Accounts





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PERSONAL AFFAIRS



- ✓ TriCare/DEERS information
 - ✓ ID Cards for eligible beneficiaries
 - ✓ Update to Record of Emergency Data (RED)
 - ✓ Update SGLI, FSGLI, TSGLI beneficiary information
- *Inform spouse when changes are made**



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UPDATE...



- ✓ Powers of Attorney
- ✓ Wills
- ✓ Family Care Plan
- ✓ Exceptional Family Member Enrollment
- ✓ Contingency Plans
 - American Red Cross
 - NMCRS
 - Personal Safety



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POWER OF ATTORNEY FACTS



- ✓ Any Finance Companies or Utilities Services that are listed only in your husbands name will not help you without a POA.
- ✓ If you have a baby during the deployment you will need a POA to register the child with DEERS. If you can't register the child with DEERS the child cannot receive Tri-Care health insurance.
- ✓ Most Companies will accept a faxed copy of the Power of Attorney.
 - ✓ (The library aboard base has a fax machine that is for public use).
- ✓ You need to always maintain the original POA in a safe place. Never give a company the original.



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CHILDREN



- ✓ Talk with Children about deployment/separation
- ✓ Provide “comfy” items
- ✓ Letters to your children
- ✓ Contact “United through Reading” for DVD activity for children
- ✓ Attend Kids-N-Deployment workshop for children and parents





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COMMUNICATION



- ✓ Letters
- ✓ International pre-paid calling cards
- ✓ “Motomail”
- ✓ Care Packages
 - www.usps.com
 - 1-800-610-8734





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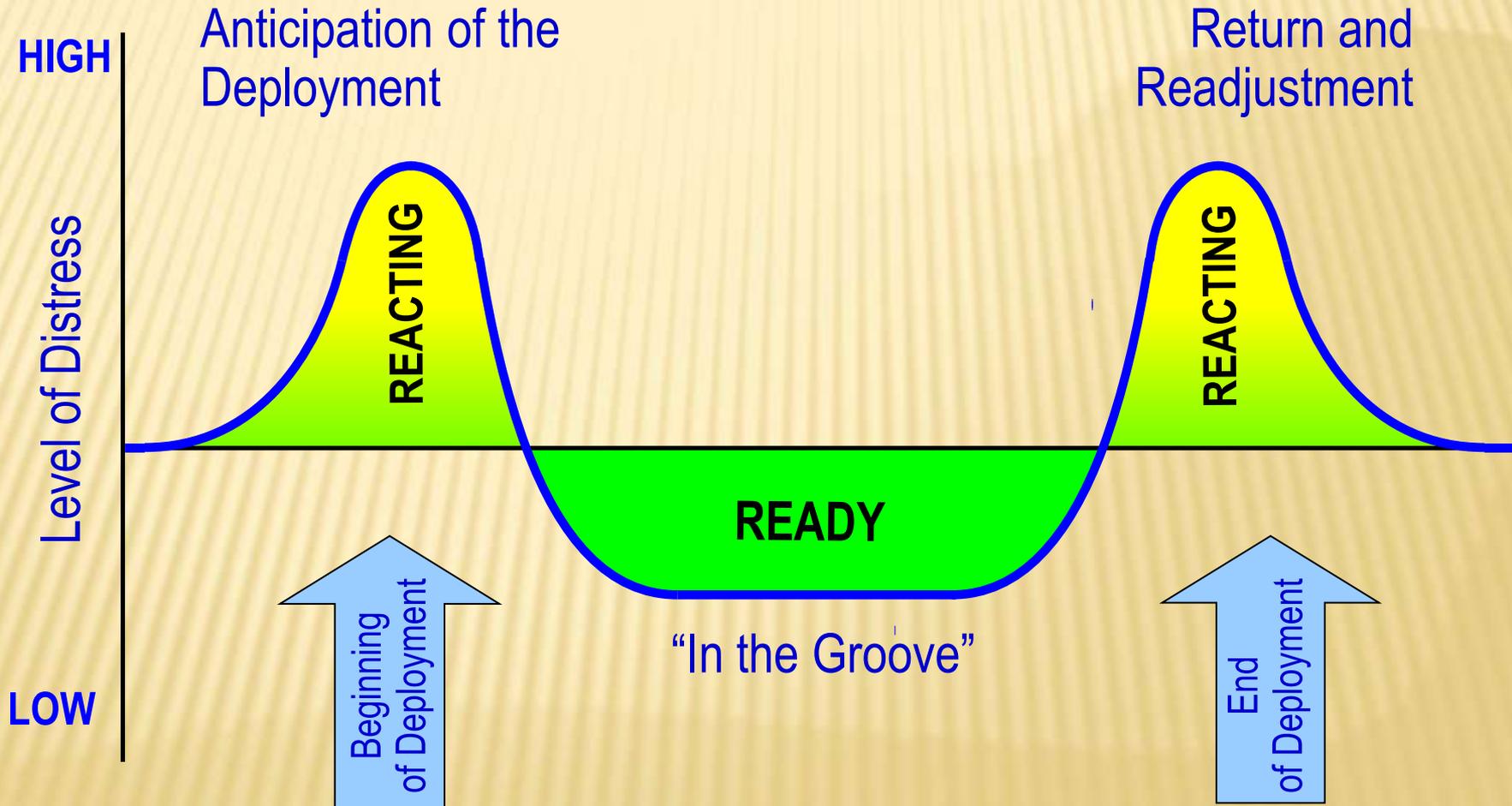
FAMILIES & DEPLOYMENT STRESS



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



EMOTIONAL CYCLE OF DEPLOYMENT: STRESS & COPING





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RECOGNIZING STRESS SYMPTOMS

READY	REACTING
<ul style="list-style-type: none">• Confident and competent• Getting the job done• In control of emotions• Sense of humor• Sleeping enough• Eating well• Working out, staying fit• Playing well• Active socially• Coping well• Functioning well in school, at work and home• Relating well with Marine	<ul style="list-style-type: none">• Anxious, irritable, short tempered• Fighting, tantrums, opposition• Unusual sadness or crying• Trouble sleeping• Eating too much or too little• Loss of interest• Keeping to self, not socializing• Negative, pessimistic• Loss of confidence• Developmental regression• Deteriorating school or work performance• Communication breakdown



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SOURCES & IMPACT OF STRESS ON FAMILIES

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



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COPING TIPS



5 key tips for coping

- ✓ Don't isolate yourself
- ✓ Stay positive
- ✓ Clear communication as a family
- ✓ Quality time together



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RESOURCES



- ✓ **Military OneSource**
- ✓ **Tri-Care Tele Health**
- ✓ **Stress & Anger Management Workshops**
- ✓ **Chaplains**
- ✓ **Community Counseling Services**
- ✓ **Combat Operational Stress Workshops**
- ✓ **FOCUS**



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MARINE CORPS FAMILY TEAM BUILDING

- ✓ Readiness & Deployment Support
- ✓ Family Readiness Program Training
- ✓ L.I.N.K.S.
- ✓ Life Skills
- ✓ New Parent Support Program
- ✓ CREDO



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MCFTB CONCLUSION

Make sure you know who your Family
Readiness Officer is!

Thank you for your service as a Military
Family





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DISBURSING SUPPORT FOR OEF



ENTITLEMENTS BRIEF

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DEPLOYED DISBURSING



Mission: Provide the full spectrum of disbursing support to deployed personnel.



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DISBURSING ENTITLEMENTS

 **Family Separation Allowance (FSA)**

 **Basic Allowance for Housing (BAH)**

 **Basic Allowance for Subsistence (BAS)**

 **Imminent Danger Pay/Hostile (Hazardous) Fire Pay (IDP/HFP)**

 **Hardship Duty Pay – Location (HFP-L)**

 **Split Pay**

 **Casual Pay**

 **Savings Deposit Program (SDP)**

 **Deployed Per Diem**



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ENTITLEMENTS



 **Family Separation Allowance**

\$250.00

 **Imminent Danger/Hostile Fire**

\$225.00

 **Hardship Duty Pay – Location**

\$100.00

 **Deployed Per Diem Daily (Monthly)**

\$3.50 (\$105)

 **Basic Allowance for Subsistence**

 **Enlisted**

\$323.87

 **Officer**

\$223.04

 **Maximum monthly Combat Zone Tax Exclusion per month:
\$7751.64 (CY 2012 proposed)**



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FAMILY SEPARATION ALLOWANCE



- **Member must have a spouse or guardianship/custody of a dependent**
- **\$250.00 per month**
- **Entitled after being deployed for 30 consecutive days**
- **Retroactive to the first day of separation**
- **Non-taxable**



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BASIC ALLOWANCE FOR HOUSING



-  **No change**
-  **Continue to receive throughout the deployment without interruption**
-  **Remains at home station rate regardless of location**
-  **Non-taxable**



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BASIC ALLOWANCE FOR SUBSISTENCE



 **No Change**

 **Enlisted Monthly Rate: \$323.87**

 **Officer Monthly Rate: \$223.04**

 **Marines are not checked for meals
received in country**

 **Non-taxable**



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IMMINENT DANGER PAY/ HOSTILE FIRE PAY



Monthly rate: \$225.00



Non-taxable



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HARDSHIP DUTY PAY LOCATION



- **Entitled after 30 days of consecutive deployment**
- **Retroactive to the day of arrival in country**
- **Stops the day of departure (pro-rated)**
- **\$100/Monthly: While in Afghanistan**
- **Non-taxable**



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COMBAT ZONE TAX EXCLUSION (CZTE)



Exempt from federal/state while deployed

Maximum exemption cannot exceed the highest enlisted pay grade basic pay entitlement plus IDP/HFP

SgtMaj of the Marine Corps \$7386.30 + \$225.00 = \$7834.00 (CY 2012)

Some senior officers (O4/CWO4) and above will pay some taxes



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SPLIT PAY



-  **A means to receive money while deployed**
-  **Allows the family members at home to have a known payday**
-  **Works the same as an allotment**
-  **Eliminates the danger of member and spouse accidentally spending the same funds**



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CASUAL PAY



-  An **ADVANCE** on your pay
-  Deducted in the future
-  \$350 monthly limit
-  **Beware:**
-  Funds are deducted from your account! If you don't tell your spouse, expected payday will be altered!



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SAVINGS DEPOSIT PROGRAM

\$10,000.00 maximum

30 days “In Country” to contribute

All un-allotted pay may be contributed not to exceed net disposable income

Deposit before the 10th: Interest accrues for the entire month

Deposit after the 10th: Interest starts the following month

Interest: 2.5% quarterly/10% annually

Ensure your agent has a SPOA to deposit money or start an allotment



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SDP (CONTINUED)

Withdrawals: MyPay, fax, or email

DSN 580-6545

Comm (216)522-6796 or 1-800-624-7368

Email from a dot mil address

(*.***@*****.mil) to CCL-SDP@DFAS.mil**

Information about withdrawal procedures: (Google “SDP”)

<http://www.dfas.mil/militarypay/woundedwarriorpay/savingsdepositprogramsdp.html>



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GENERAL INFORMATION



Special Power of Attorney is required

If your spouse has a problem with your pay, Disbursing cannot assist her without a Special Power of Attorney

We cannot help over the phone unless it is a question of a general nature

If your spouse comes into the office with a current and valid Special Power of Attorney and request assistance, Disbursing can provide service



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ADMINISTRATION



-  **Servicing IPAC starts and stops all entitlements to include split pay**
-  **Disbursing adjusts and monitors the entitlements**
-  **It is the member's responsibility to check their LES for correctness of entitlements received or not**



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LEAVE AND EARNING STATEMENT (LES)



- **Know how to read the LES**

- **Have access to it in order to monitor pay**

- **MyPay is the number one way to keep track of the LES**



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MYPAY WEBSITE



MyPay website

#1 way to view LES

Start/Stop/Change Allotments

Print W2

MyPay website: <https://mypay.dfas.mil>

Understand that forecasted amount are just that – an estimate of the future paydays

Don't spend money until it is deposited into the account!!!



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ALLOTMENTS



MyPay is the best resource BUT

Must have access to MyPay

Maximum: 6 allotments

You cannot allot out more than your net disposable income

The monthly amount of the allotment is split in half; deducted from the 1st and 15th paydays (\$500 allotment - \$250 deducted on the 1st and \$250 deducted on the 15th) and paid the 1st day of the following month.



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POSTAL BRIEF



The Battalion's Deployment Address has not been established yet. Once it is established, that information will be sent out via email to all the Battalion's families. It will also be given to the Marines.



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CLASSES OF MAIL



- × **FIRST CLASS** (13 oz or less)
 - + 7-10 days for delivery
- × **PRIORITY** (14 oz. up to 70 lbs.)
 - + Recommended for packages
 - + 7-10 days delivery
 - + FLAT RATE BOXES (Start \$4.95/regardless of weight) (**Great Value**)
 - + FLAT RATE ENVELOPE (\$4.90/regardless of weight)
- × **PARCEL POST** (Over 2 lbs. up to 70 lbs.)
 - + Slowest/Cheapest
 - + 8-14 days
- × **MOTO MAIL**
 - + Email to Hard-copy letter
- × **OTHER CARRIER SERVICES**
 - + FEDEX, UPS, DHL, etc do not deliver to operating areas
 - + US Post Office Only



PROPER PACKING IS A MUST





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PRECAUTIONS WHEN PACKING OVERSEAS MILITARY MAIL

- ✘ Recommend **NYLON FILAMENT FIBER TAPE OR MAILING TAPE**. Masking and scotch tape are **NOT AUTHORIZED**. Do not wrap with string.
- ✘ Place **LIQUID** items such as salsa, hygiene items and beverages in separate zip lock bags. **NO** liquids that can explode e.g. carbonated drinks.
- ✘ Always use the **SMALLEST** box possible that conforms to the contents.
- ✘ Ensure the weight of the items in the box is evenly distributed.
- ✘ Always use **DURABLE** boxes.
- ✘ Add packing material inside portions of the box that sag / easily depressed.
- ✘ Package items **TIGHTLY** to avoid shifting.
- ✘ Place mailing address inside the parcel on a separate piece of paper.



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TIPS FOR PROPER PACKAGING



- ✘ Never send **BULKY** items in an envelope (i.e., Keys, Dog Tags, Rings, and Cassette Tapes).
- ✘ Include the **RETURN** and **ADDRESSEES' ADDRESS** inside the parcel.
- ✘ Place the address on only one side of the article being mailed.
- ✘ Use **INSURANCE** on packages that contain valuable items going to and from the U.S. and deployment site.



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CUSTOMS REGULATIONS



- ✘ All mail weighing **OVER 16 OUNCES** must be presented to a post office for mailing
- ✘ All parcels must bear a customs form
- ✘ To assist customs and prevent damage to your package, include **Lock Combination or Keys** when mailing sea-bags, or foot lockers
- ✘ Custom forms must be filled out in **DETAIL**



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MAILING RESTRICTIONS



- ✘ **OBSCENE MATERIAL** (pictures, magazines, nude or semi-nude)
- ✘ **PORK** and **PORK BY-PRODUCTS**
- ✘ **LARGE QUANTITIES** of material contrary to the **Islamic** belief. Quantities for personal use are permissible
- ✘ **No Alcohol**
- ✘ For **additional restrictions**, contact your local military post office.
- ✘ **EXPRESS MAIL** not authorized.
 - + If accidentally accepted at post office, request refund for overpayment



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FREE MAIL



- ✘ **FROM** an overseas combat location **ONLY**
- ✘ **Postcards, Letters and Recorded Communications** (whether sound or video) with the character of personal correspondence
- ✘ FIRST CLASS MAIL ONLY
- ✘ Must have a **FROM (APO/FPO only)** and a **TO** address.
- ✘ “**FREE**” written in the top right corner



**FREE POSTAL MAILING SUPPLIES
SENT TO YOUR HOME (ASK FOR MILITARY
PACKAGE) WWW.USPS.COM 1-800-610-8734**



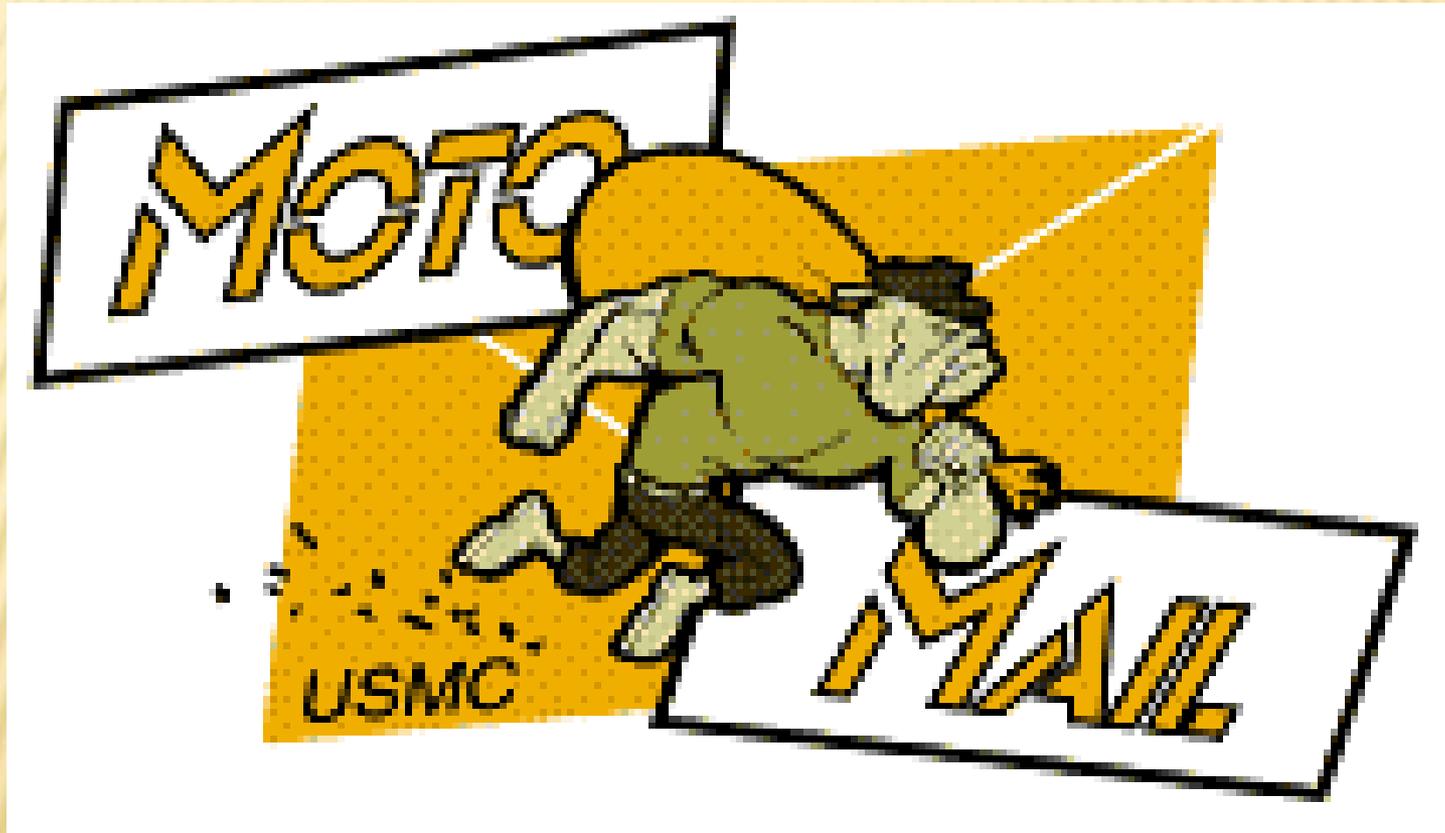
**10 Priority Boxes
10 Mailing labels
10 US Customs Forms
1 Roll of Bubble Wrap
1 Roll of Tape**



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MotoMail Brief



MOTOMAIL DEFINED

- ✘ Free USMC system
- ✘ Delivers sealed letters
- ✘ Submitted via anywhere via the Internet
- ✘ Printed at USMC Post Offices in Afghanistan
- ✘ Usually delivered within 24 hours or less
 - + Delivery time depends on unit location



How Does It Work?

(3) Downloaded from website Anytime



(4) Printed in Unit # order on any PC with a Print-2-Mail Folder/Sealer Anytime



(2) Sent to MotoMail Server



(6) Letter Read & Re-read

(5) Delivered thru unit mail call



START
HERE



(1) Submit via any Internet PC from Anywhere



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WHAT MOTOMAIL CAN'T DO



- × **NO enclosures allowed**
- × **Embedded photos OK**
- × **Does not rate forwarding service**

WWW.MOTOMAIL.US

MotoMail.us - Communications at the Speed of Life! | Powered by SuperLetter.Com - Microsoft Internet Explorer provided by Marlin

File Edit View Favorites Tools Help

Due to the overwhelming success of the MotoMail system we are temporarily forced to limit all MotoMails to 1 page only per le
Member Login

Members New User Options Support The Troops Feedback Business Help

MotoMail Member Login

"Family and friends of deployed Marines in Iraq can NOW send a letter to be downloaded, printed, and ready for delivery, usually within 24 hours. THE SERVICE IS FREE, PRIVATE and SECURE."



Member Login
Required fields are indicated with *

Email Address

Member Password

Member Login Forgot Password?

New MotoMail Account

Visitors Since: January 01, 2005 : 1911786 Today : 4978

Internet



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LEGAL (POAS & WILLS)





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LEGAL ASSISTANCE



Consolidated Legal Assistance Office (CLAO)

- Provides free and confidential legal advice and assistance concerning civil legal matters to active duty and retired military personnel and their authorized family members.

LOCATION: Building 1514, Aboard 29 Palms next to Pacific Marine Credit Union.

PHONE: (760)-830-6111

HOURS: Monday through Friday 0730 – 1630

- Closed in accordance with the Base Leave/Liberty schedule and on Federal Holidays.



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LEGAL ASSISTANCE



Consolidated Legal Assistance Office (CLAO) cont:

SERVICES:

- Preparation of Powers of Attorney and Wills
- Notary Public services
- **Advice** from an attorney or legal services specialist on the following:
 - Stepparent Adoptions
 - Contracts
 - Consumer issues
 - Nonsupport claims
 - Real estate (no closings)
 - Immigration/naturalization
 - Service Member's Civil Relief Act
 - Fair Debt Collection Practices Act
 - Automobiles
 - Separation/divorce
 - Finances/taxes
 - Paternity
 - Landlord/tenant
 - Name changes



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CONCLUSION

- ✘ Improper preparation for a deployment can lead to un-needed stress.
- ✘ Proper preparation will allow you to be self sufficient and tackle any problems that may arise during the deployment.
- ✘ Remember that you are probably not the first person to have a specific problem or issue. Speak to another spouse or call your FRO.
- ✘ If you don't take the time to tell somebody that something is wrong then nobody can help you! If you have questions ask them, and if you have problems tell someone!