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Family Readiness *focus*

From the Green Side . . .

Hello, Recon families! My name is Maj Danny Strelkauskas and I would like to take this opportunity to introduce myself and let you all know how happy I am to be a part of the 1st Recon Battalion family. I have recently taken over for Maj Matt Schramm as the CO of the Force Recon Company and the Remain Behind Element (RBE) Officer in Charge. In this capacity I am excited to become a part of the Family Readiness Program and help take it to the next level. Everything I have heard from the Division is that our Battalion's program is the top program thanks to all of the hard work and dedication of the FRO and all of the volunteers involved. Over the next few months I look forward to meeting all of you and helping in any way that I can. Thank you in advance for including me in the family.

Semper Fidelis,
Dan Strelkauskas, Maj USMC
CO Force Company, RBE Officer in Charge

Thanks and Remembrance . . .

*I would like to take a second as the Casualty Assistance Officer and say thank you all very much for the Family Readiness/KV support to the Mazzella family during an exceptionally difficult time. As most of you know, LtCol Mazzella passed away 23 October, 2008 from terminal cancer and is survived by his wife Teresa and two boys, Tyler and Logan.
Thanks again ,
Maj Matthew Schramm*

From the FRO . . .



Reyna Mora-Reyna is the newly installed civilian Family Readiness Officer (FRO) for 1st Recon Battalion. In addition to your assigned Key Volunteer, your FRO is an additional point of contact and advocate for all family matters.

Happy New Year Recon Families! We are about half way through deployment and are moving forward with the transitions into the Family Readiness program. I would like to thank those volunteers who helped with the Christmas party, it was a great success. The pictures have been posted on the website; banners were mailed to each company forward. Please if you have any questions feel free to contact me at 760-763-1099/760-405-7510 or email reyna.reyna@usmc.mil.

Reyna Mora-Reyna
Family Readiness Officer
(760) 763-1099 Office
Reyna.reyna@usmc.mil



Deployment Support Corner . . .

The Marine Corps is focused on providing support to Marines and their families throughout the entire deployment cycle with programs and activities designed to address specific pre, during, and post-deployment issues and challenges.

Deployed MAILING Addresses

H&S Company: Alpha Company:
Rank, Name, USMC Rank, Name, USMC
1st Recon BN 1st Recon BN
H&S Company A CO 3D PLT
Unit 40535 Unit 40543
FPO AP 96426-0535 FPO AP 96610-0543

Bravo Company: Charlie Company:
Rank, Name, USMC Rank, Name, USMC
1st Recon BN 1st Recon BN
Bravo Company Charlie Company
Unit 40544 Unit 40550
FPO AP 96426-0535 FPO AP 96426-0535

Operation Kid Comfort

Comforting a sad child who misses a parent is never an easy task, but Operation Kid Comfort is a program designed to help soothe and comfort a child through the difficult time when a parent is deployed. Operation Kid Comfort is a program designed to serve children who have an active-duty parent deployed overseas. Photos of the deployed service member, along with the child and family, are photo-transferred onto quilts. The quilt is then used by the child for play, sleep, or just to carry around and hold. For more information: visit www.militaryymca.com.

Free Deployment Kits for Families with Young Children

Sesame Workshop and Wal-Mart Stores, Inc. with additional support from the New York office of Mental Health (NYSOMH) and the Military Child Education Coalition (MCEC), have partnered to produce a new project, "Talk, Listen, Connect: Helping Families During Military Deployment." These bilingual kits will help military families and their young children (3-5 years of age) cope with the feelings, challenges, and

concerns experienced during various phases of deployment--pre-deployment, deployment and homecoming. Each kit includes: (1) a Sesame Street DVD, (2) a parent/caregiver magazine, and (3) a children's activity poster. To request your free kit or download all the materials, visit the Talk, Listen Connect Website at www.sesameworkshop.org/tlc

Free Golf Lessons for Children of Deployed Parents

The Non-profit San Diego Armed Services YMCA serves 6,000 military and their families each month with over 40 absolutely free family bonding and social networking programs since 1921. Pin-pals and the ASYMCA are now registering military teens (10-17) for free PGA instructed golf lessons! www.militaryymca.com.

Income Tax Service

VITA is now available on mainside in Bldg #1687 call 760-763-2518 to set an appointment.

Free Night Lake Arrowhead Resort & Spa

Offers one or two night stay, mid week to service members based at Camp Pendleton. Promotion is valid till April 2. Please be prepared to present valid military identification upon check in. For more information call 88-800-6792, visit www.laresort.com.

Free PGA Buick Invitational

Century Club of San Diego is opening its doors at Torrey Pines Golf Course FREE to active-duty military families as well as entrance to Military Appreciation Pavilion, a private tent at the 14th green. Feb3rd through Feb 8th. Food and drinks, a special spectator area for outdoor viewing, we well as inside television available. For more information go to www.pgatour.com

Valentine's Day party

The enlisted Wives Club is hosting a Valentine's Day party Feb 7th. Event is geared for wives with deployed spouses free childcare offered. For more information call 760-4994-0677.

Upcoming Events

MARINE CORPS FAMILY TEAM BUILDING (MCFTB)

- **L.I.N.K.S:** Lifestyles, Insights, Networking, Knowledge and Skills Office- (760)725-2335
February 4-5, 0830-1230
March 4-5, 0830-1230
March 24-25, 1700-2000
All Classes Bldg 1345
- **Family Care plan seminar**
February 10
0830-1230 Bldg 1345
- **4 Lenses Leadership Skills Workshop**
Office - (760)763-2570
February 24, 0830-1230
Bldg 1345
- **Family Team Building Fridays**
Office - (760)763-1337
February 13- FOCUS Workshop
March 13- Combat Operational Stress Support
0900-1000 Semper Fit Field house
- **CREDO:** Chaplains Religious Enrichment Development Operation
Office - (760)725-4954
 - o PREP
January 20*
February 17**
March 17**
 - o SGS(Spiritual Growth Seminar) Jan 30-Feb 1
 - o Parent Management Class
March 19
 - o MERI (Marriage Enrichment Retreat)
March 13-15
 - o MERII (Marriage Enrichment Retreat)
February 13-15

1ST RECON BATTALION FAMILY READINESS

January 30, 1700-1900

Care package banner making potluck (Main body)

Battalion Classroom

January 31, 1000-1200

Welcome Home sign making potluck social (Delta Force)

Battalion Classroom

February 3, 1200

Family Readiness/ KVC Meeting
A Co Classroom

February 4, 1800-1900

Return and Reunion Brief
Battalion Classroom

February 19, 1600-2000

Single Marine Barrack Bash

Parents, Wives, We Want You!



The Marine Corps opens their arms to the families Marines are

Born into,
Sworn into, and
Married into.

Contact our Family Readiness Officer, Reyna Reyna to find out how you can volunteer!

Office (760)736-1099 • reyna.reyna@usmc.mil





Frequently Asked Questions . . .

This forum is provided to shed some light on those questions that come up during deployments or anytime. Remember, your KV and FRO are invaluable sources for local and military resources for any situation. And don't forget www.MilitaryOneSource.com!

Q What can I expect when my Marine comes home from deployment, and how can we make the most of this time as a family?

While we pay a great deal of attention to pre-deployment preparation, returning from deployment can be just as stressful – sometimes more so. During the deployment you have changes, as have your family, friends, and spouse. You have taken on new responsibilities and developed confidence in the absence of your spouse. Now the reunion is quickly approaching and you've no doubt been anticipating having your Marine/Sailor back home. Being separated from loved ones is always difficult, whether it is two days or six months! Regardless of the length and circumstances causing the separation, the service member and the family will go through a period of adjustment upon return.

Go slow. Like deployment, reunion is a process not an event. You and your family went through a preparation process over several weeks. This involved attending pre-deployment meetings, receiving immunizations, reviewing checklists, packing bags, and so on. Just as deployment was a process that required time and effort, the process of reunion will also require time and effort.

Although you'll be excited about reunion and the whole family will probably be thrilled with the return of the deployed person, everyone may experience a range of thoughts and feelings. Perhaps the deployed person will be a bit worried about how well he or she will fit back in. At the same time, family members might be concerned about how the deployed person will treat them. They may wonder if their accomplishments will be appreciated or resented. They may be concerned that the deployed person will violate the "go slow" principle and attempt to immediately "take over" everything. These concerns are a normal part of the reunion process and typically require little more than some time and patience to sort out. Remember such changes may challenge you to respond to each other differently. The keys to success are to be reasonable, flexible, and patient.

EMOTIONS

Feelings exist -- they are not good or bad, therefore, ways of coping can and will vary with each person. The following has been taken from the Pre-Deployment Information Packet.

STAGE ONE – Anticipation of Loss

STAGE TWO – Detachment and Withdrawal

STAGE THREE – Emotional Disorganization

STAGE FOUR – Recovery and Stabilization

STAGE FIVE – Anticipation of Homecoming

SPOUSE MAY EXPERIENCE

About 4 to 6 weeks, prior to spouse coming home -- people begin to feel a sense of anticipation "He's coming home and I'm not ready!"

1. Compile a long list of things still left to do and begin to pick up the pace to get things done.
2. Experience feelings of joy, excitement in anticipation of the spouse's return and being together again.
3. Experience feelings of fear and apprehension. "Does he still love me?" "Will he have changed?" "Will he like what I have done?"
4. Clean house of activities acquired to fill the void -- make room for the man again. Some resentment may be felt at having to give up some of the things and having to change again.
5. Experience process of evaluating- "I want him back but what am I going to give up?"
6. Feel tense, nervous and apprehensive -- burying fears/concerns in busy work and activities.
7. Experience a sense of restlessness again but it is generally productive. Some spouses may feel confused due to the conflicting emotions they are having.
8. Put off important decisions until the husband's home again.
9. Experience changes in eating and sleeping patterns developed while the spouse was gone.
10. Children also go through a range of emotions and react to the temperament of the parent.

CHILDREN MAY EXPERIENCE

Some children will keep their distances from the returning parent for a while. They may still have unresolved feelings

of anger toward that individual for leaving them, and are not ready to allow that parent to be part of their lives yet. They may have to be "courted" for a while until they feel comfortable again.

Other children will become "clingers." Each time the parent disappears from sight for a few moments, they think the adult has gone away from home again. As a result they tend to hold on for dear life and not let the parent out of their sight. Be patient. This will pass with time as they see you leave and return again.

At reunion time Dad could be meeting his new infant son or daughter for the first time. This can be quite an emotional experience for everyone, including the infant. Parents, do not feel that you have to thrust a crying infant into the arms of the returning members. Do not feel overwhelming rejection if your infant will not come to you at first. Give the child some time. Infants are people too, and they need time to develop trust before they feel comfortable with a new adult in their lives.

Encourage your spouse to spend some time individually with each one of your children by doing some activity that is special to them. This allows the parent to get reacquainted with each child in a way that is most comfortable for that particular child. It also makes each child feel special and appreciated.

The children will have changed, both physically and emotionally. Sometimes the changes are barely noticeable from day to day, but if you go away, you might discover upon your return that your toddler is walking, your fourth grader has learned the multiplication tables, and your teenage daughter has a new boyfriend.

Please send newsletter suggestions and requests to reyna.reyna@usmc.mil.



Welcome Aboard . . .

SSgt Brandon & Mrs. Andrews
Sgt & Mrs. Travis Appel
Cpl Garrett Bull
Sgt Tim Cunningham
Sgt Damian Descant
GySgt & Mrs. Andrew Garrett
LCpl & Mrs. Thomas Gill
LCpl & Mrs. Christopher Ingram
Cpl Rodney Isaacs
Cpl & Mrs. Justin Noland
Pvt Brandon Rose
Sgt Christopher Smith
Maj & Mrs. Daniel Strelkauskas
LCpl Richard Taber

Free Stuff and Great Deals . . . For Single Marines

The Marine Corps created the Single Marine Program (SMP) to "enhance the morale and well-being of single Marines by identifying quality-of-life concerns and provide recommendations for improvement.

Bulldog Bike Race

February 28, 2009

For more information contact 760-725-6836

SMP SUPERBOWL XLIII Parties

Sunday, February 1st, 2009, 1500– End of game

Come enjoy the game on our big screen television. There will be free food and free drinks, prizes will be raffled at each quarter. Come and cheer for your favorite team. If you have questions please call one of the recreation centers.

Big Bear Ski and Snowboard Trip

Saturday, February 7th, 2009 or

Saturday, February 21st, 2009

\$40.00 per person

Televised UFC Fight

Saturday, February 21st 1900– End of Fight

53 Area SMP Rec Center Bldg 53341

62 Area SMP Rec Center Bldg 62527

Free events with free snacks.

725-7857 or 763-4353.

For Families

ASYMCA

Offers events and activities for San Diego Go to www.militaryymca.org, and for Camp Pendleton go to www.camppendletonasymca.org.

FREE Admission to Sea World

(For Active-Duty Military Personnel and Direct Dependents) Any active duty, activated or drilling reservist, or National Guardsman is entitled to free admission under the Here's to the Heroes program. He or she need only register at the entrance plaza of participating parks, and show a Department of Defense photo ID. As many as three direct dependents of military personnel also are entitled to free admission. Dependents may take advantage of the offer without their service member, though an adult must accompany minor dependents. Valid for one complimentary single-day admission per person, per year, to one of the following Anheuser-Busch Adventure Parks: Sea World Orlando, San Diego, or San Antonio, Busch Gardens Tampa Bay or Williamsburg, Sesame Place, Water Country USA, Adventure Island. **Contact the parks at www.seaworld.com for more information.**

FREE Tuesdays in Balboa Park

As a public service Park organizations offer free admission on a rotating basis throughout the month. Contact Balboa Park at www.balboapark.org for more information.

FREE Movies

Sundays at the Base Theatre! For listing call (760)725-9217 or visit MccsCP.com.

FREE Research on National Schools

SchoolQuest Helps Military Parents Get Information about Future Schools for Their Children. SchoolQuest is devoted to the unique education challenges that face the children of military families. Through use of the World Wide Web, they help transitioning parents and students get information about schools across the nation. SchoolQuest is organized so that you can access information that the Military Child Education Coalition (MCEC) has gathered to help you make decisions about future schools for your children. MCEC officials have touted SchoolQuest as a powerful Web tool, backed by boots-on-the-ground research, dedicated to helping families achieve a seamless academic and social transition for their children during a move. For more information, visit SchoolQuest at <https://schoolquest.org>.

Disney Offers Affordable Vacations for Troops

"Disney's Armed Forces Salute" offers active and retired military personnel, including active members of the Coast Guard and activated members of the National Guard or Reserve, complimentary, multi-day admission into Disney's U.S. theme parks and special ticket offers for family members and friends. At the Walt Disney World Resort in Orlando, Florida, from Jan. 4 to Dec. 23 each active or retired member of the U.S. military may obtain one free

Stork Deliveries . . .



*Congratulations
to our families who have
recently brought a new
bundle into the world!*

*1st Lt & Dorothy Chu
Sgt & Cassie Damis
Cpl & Megan Ovando*

five-day "Disney's Armed Forces Salute" ticket. Shades of Green, a hotel at the resort 888-593-2242) is open exclusively to service members, retirees, defense civilians, and their families. For more information, visit your installation's ITT/ITR office or the Mickey News website

Wild Animal Park/San Diego Zoo

Active duty military personnel (U.S. and foreign) with valid military ID card receive free admission. Spouses and dependents receive 10% discount. For more information call (800)407-9534.

