



CLB-5 FAMILY READINESS NEWSLETTER

DEPLOYMENT ISSUE—APRIL 2010

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Commanding Officer:
Lt. Col. Jeff Jarosz

Executive Officer:
Maj. Shane Long

Sergeant Major:
Sgt. Maj. Brian Cullins

H& S Co Commander:
Capt. Barrett Dupuy

TS Alpha Co Commander:
Capt. Matt Zimbalist

TS Bravo Co Commander:
Capt. Sean Cox

Maintenance Co Commander:
Capt. Joseph Flynn

Engineer Co (7th ESB):
Capt. Daniel Francis

Chaplain:
LtJG Saumaleato Fuimaono

Family Readiness Officer:
Christine Winicki
760.763.6915 (ofc)
760.468.8276 (cell)

Deputy FRO:
Sgt William McConnell
760.763.7217 (ofc)
William.mcconnell@usmc.mil

CLB-5 Duty Officer:
760.763.4934

CLB-5 DEPLOYMENT COMPLETE

The final bus departed the CLB-5 Motor Pool on Thursday, April 1, 2010 at 5:30 am in the pouring rain.

Marines, Sailors, family and friends who came to each deployment movement were treated to comfort food provided by the Acts of Appreciation volunteers from Saddleback Church as well as goodie bags for each deploying Marine and Sailor.

Status of Deployment Groups:
This is the most up-to-date info—might be different since each group continues to travel

Advance Party: in Camp Dwyer, Afghanistan

March 26: in Camp Leatherneck, Afghanistan

March 31: in Camp Leathemeck, Afghanistan

April 1: still enroute—probably have arrived at Manas Airbase in southern Kyrgyzstan.

Pictures of Marines in Maine:

Most of our flights made a stop over in Bangor, Maine where volunteers greeted each flight and took photos. Check out these websites to try to get a glimpse of your Marine:

<<http://ourstopin-maine.smugmug.com/The-Troops-2010/March-2010>>

<http://www.freeportflagladies.com/>

Important Information:

Family Readiness Officer:

Christine Winicki
desk: 760.763.1111 (new number!)
cell: 760.468.8276
Denise.winicki@usmc.mil

Website:

<http://www.imef.usmc.mil/MLG/CLR1/CLB5/newsletters/default.asp>

In case of Emergencies:

CLB-5 Duty Desk—
760.763.4934
available 24/7

See all photos and news updates on our website:
<http://www.imef.usmc.mil/MLG/CLR1/CLB5/newsletters/default.asp>

OR

Google: CLB5 and you will see the homepage on the search



Mail Call: Sending Letters and Packages

Deployment to Afghanistan takes our Marines and Sailors to a place far, far away from cell phones, regular phones and quick access to computer. So what is left???

Writing letters and sending packages! It might seem like an ancient form of communication but it can actually create a stronger relationship and some very special keepsakes.

Addresses for each CLB-5 company are listed to the right. ASK your Marine for his or her company so your mail is delivered.

Here are the regulations for sending items:

- Use the exact format provided so the sorting ma-

chines can read the addresses.

- Customs forms **DO APPLY** so please use them if you needed.
- Do **NOT** send any obscene or pornographic material
- Do **NOT** send pork or pork by-products
- Do **NOT** send firearms
- Do **NOT** send material to manufacture alcohol (hops, malts, yeast, distilling equipment)
- Do **NOT** send anything addressed as “Any Service Member” or “any Marine”
- **FREE** postal supplies available from www.USPS.com

MOTO MAIL



Here is how it works:

**PLEASE!!!
USE THIS SERVICE**
Motomail has a dedicated network server to ensure that the pictures and notes you send will get through .

The military network has *very limited* bandwidth. Pictures will clog up these important military communication lines.

- Sign up at www.motomail.us
- Configure a new account—follow the easy directions
- Choose the CLB-5 company where your Marine is assigned
- Write your letter
- It is sent to a secure machine in Afghanistan that prints, folds and seals your letter.
- Letter is delivered to **YOUR** Marine within a few days

Hqrts & Service Co (H&S)

RANK, FULL NAME
CLB 5 H&S CO
UNIT 42230
FPO AP 96427-2230

ENGINEER Company

RANK, FULL NAME
CLB 5 ENG CO
UNIT 42240
FPO AP 96427-2240

Transport Support ALPHA Company

RANK, FULL NAME
CLB 5 TS A CO
UNIT 42242
FPO AP 96427-2242

Transport Support BRAVO Company

RANK, FULL NAME
CLB 5 TS B CO
UNIT 42243
FPO AP 96427-2243

MAINTENANCE Company

RANK, FULL NAME
CLB 5 MAINT CO
UNIT 42250
FPO AP 96427-2250

Operation Showers of Appreciation

Operation Showers of Appreciation
Annual Spring Baby Shower
May 15th at 1:00 pm
South Mesa Chapel, Camp Pendleton

We are currently seeking expecting military moms to participate in this shower. This event is for those expecting military moms E1-E7 with due dates ranging from 25 May to 15 August

Please visit our website
www.OperationShowersofAppreciation.org
and complete the online registration form and fax all required documents to 760-859-3331

Operation Showers of Appreciation is a non-profit 501(c)(3) public charity who assists military families E1-E7 expecting new babies. For more information on our programs, please visit us at:
www.OperationShowersofAppreciation.org

YMCA Childcare During Deployment

The Marine Corps, along with the YMCA, operates a special program to provide **16 hours per month of childcare**, also called respite care, to families with a deployed Marine or Sailor. Parents may use their existing licensed center or choose to receive referrals to respite care providers that will come into their home.

To apply and receive more information contact:

1.800.424.2246 or
mymilitarycare@ymcacrs.org

Local program director:

Blanca Maldonado
Program Manager
Deployment Respite Care
760.726.9100 x3325
bmaldonado@ymcacrs.org

Are You Delivering A Baby While Your Husband is Deployed?

Operation Special Delivery (OSD) provides trained volunteer doulas for women whose husbands are deployed while they are going to give birth.

What is a doula? A doula is specially trained to give informational, emotional and physical support to women during childbirth. A doula does NOT perform medical tasks, but is trained to provide uninterrupted support to a mother in labor.



Operation Purple Summer Camp—FREE

Registration is now open for 2010 Operation Purple camps, FREE week-long summer camps specifically for children and teens with military parents in deployable units.

The camps are sponsored by the Sierra Club and the Sierra Club Foundation.

Operation Purple camps are open to military children of all ranks and services, active and reserve components, and priority is given to children whose parents are currently within a 15-month deployment window.

Please visit the National Military Family Association website for more information and registration:

<http://www.militaryfamily.org>

April Events

APRIL 2010—FAMILY READINESS EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 9:30 MLG Beach Walk	8	9 6:00 pm Spa Night	10
11	12	13 11:00am Volunteer Mtg	14 9:30 MLG Beach Walk	15	16	17
18 5:30 Shakey's Temecula	19	20	21 9:30 MLG Beach Walk	22	23	24
25 11:30 Baby Shower	26	27	28 9:30 MLG Beach Walk	29	30	

} **9:30 am MLG Beach Walk
Every Wednesday**
bring the kids and your walking shoes to the Del Mar beach Cantina for a walk on the beach. Meet new friends and get out the stress!
No RSVP required

} **CLB-5 Spa Night -
April 9, 2010**
6:00—9:00 pm
\$25 for TWO spa services
Drinks and Snack provided.
see flyer on next page

} **Family Night at
Shakey's in Temecula
April 18, 2010**
5:30—7:30 pm
Meet for pizza and chicken. Game room and tvs for sports watching.
see flyer on the next page

} **CLB-5 Baby Shower
April 25, 2010**
11:30—1:30
camp Del Mar Clubhouse
see flyer below

Everyone is invited to a

CLB-5 Baby Shower

Sunday, April 25, 2010

11:30—1:30

Camp Del Mar Clubhouse

Lunch, games, and sharing mom stories.

Any new or expecting mom due before May 31
will receive a Baby Moses Basket!

RSVP: Katrina Robinson 843-819-8190 or Katrina.rob@gmail.com





Hey Marine Wife...You are SPAAAAA some!!!!
A private CLB-5 Spa Services Event

April 9, 2010
At The Beach, Day Spa
409 Mission Ave. C-204
Oceanside, CA 92054

6:00 to 9:00 pm

(In the Regal Theatre Complex/Cross St. Coast Hwy)

Choose 2 services for \$25

- Manicure
- Pedicure
- Tanning
- Body Moisturizing Treatment

To make a reservation contact:
Christine Winicki, FRO
760.468.8276/760.763.6915
denise.winicki@usmc.mil
familyreadinessofficerclbfive@yahoo.com



1st MLG Family Readiness

BEACH WALKS

Every Wednesday at 9:30 am

Gather at the Del Mar Cantina

Lots of unexpected treats like a ladybug gathering , sand dollars and a "herd" of AAV's—very cool!!!

Dinner at Shakey's Pizza—Temecula



Sunday, April 18, 2010
5:30 pm

26479 Ynez Road #C
Temecula, CA 92591
RSVP: Christine Winicki, FRO
760.763.6915/760.468.8276
denise.winicki@usmc.mil

