

November/ December 2003

Headquarters Battery

11th Marines

Letter from the CO

Greetings to everyone,

As the holiday season approaches, we can take a moment to reflect on how much has happened over the past few months. With the Battery's return, we have worked hard to recover and refit, always preparing for the possibility of future deployment. The Marines, Sailors and families of Headquarters Battery should enjoy with great gladness the upcoming holidays and be thankful we are able to spend the time together. This is truly a time for each of us to cherish.

Marines and Sailors are always working hard in Headquarters Battery. We recently completed our first Regimental field exercise since our redeployment, and continue to prepare for our second, Exercise Steel Knight this December. Upon the completion of these two important training events, we enjoy an extended holiday leave period, from 19 December to 5 January.

While our Battery has accomplished much over the past months, we must remain vigilant in our deployment preparation and readiness. I must stress that we do not have an order of any type to deploy, but as an expeditionary force, being ready will always be in the forefront of our planning. To improve our family readiness, many ladies came to our presentation last month, and are now joining the team as Key Volunteers. As always, ensuring the deployment readiness of our families will be a top priority for the Battery. I would personally like to commend the ladies who attended this event.

Have a great holiday season this year and take advantage of the time off to spend with family and close friends.

J. Christopher Lewis

ATTENTION!!! ALL MILITARY SPOUSES

The Marine Corps Ball is just around the corner but your usual hairstylist is not!

For ALL interested spouses, please contact Hairstylist - Kim Darnell at 928-453-6606 to make an advanced appointment for your Birthday Ball Up-Do.

Kim will be creating FABULOUS hairstyles in a hotel room located at Whiskey Pete's across from The Prim Valley Resort for your convenience.

The cost will be \$40.00 and up, depending on your length of hair. Please come with your hair clean and dry.

Contact Kim directly for more information.

Chaplain Saville

A favorite book of mine has a great title: "Dig Your Well Before You Are Thirsty." One of the true stories in the book is about a man who was about to lose his business and was looking to friends to borrow money to keep the enterprise afloat. The author, Harvey Mackay, received a phone call at 2:00 am from the desperate businessman whom he barely knew, with a request for a substantial loan. For a variety of reasons, Mackay did not loan the man the money. The business eventually failed, and the author made a clear point: *Get connected to the people who can help you before the crisis hits.*

America is engaged in an ongoing Global War on Terrorism. We are very proud of all our Marines who have participated in Operations Enduring Freedom and Iraqi Freedom. But we need to understand that this war continues. Colonel Marletto, our Regimental Commander, is emphasizing that while we are now enjoying some recuperation time here at home, our Marines could be called up again at any time to deploy and fight somewhere overseas. No one can say exactly when or where, but we all must be ready. HQ Battery is therefore working hard to make sure we are ready for the next call as far as job requirements, but our Marines, Sailors and their *families need to be ready too*. That means having a family care plan, making sure your finances are in order, family relationships are strong, and that service members, spouses and children are spiritually ready too.

I know it seems like your Marine just got back from war, but we need to think of it as having completed only one or two innings of a nine-inning baseball game. It is increasingly clear that military life is arduous for both the active duty person and the family. We need all the help we can get, but it can be tough to make friends at 2:00am as the businessman above learned.

One of the ways my own family copes with the unpredictability and stress is to count on the promises in the Bible. One of my favorites verses is Philippians 4:13, which I paraphrase this way: "With Christ in my heart, I am ready for anything." You too can draw strength from God and your worshipping community, but don't wait for the deployment call or a crisis to hit. Dig your well before you are thirsty! If you don't have a place of worship, find one now. Read your scriptures now so you will know where to find comforting wisdom when you need it. Connect with God through prayer today so you are not fumbling for words when you ask for God's help. Lastly, seek help from your wise people.

As your chaplain, I'd be delighted to hear from you at (760) 725-4941 or SavilleJN@1MARDIV.USMC.MIL. Many Blessings!

Sight for Students

Did you know that most insurance companies do not cover your child's eyeglass prescriptions?

The Armed Services YMCA has the solution for you!

The ASYMCA offers a program that allows qualifying children to receive free eye exams and eyeglasses!

To find out if your child qualifies for this program and for help locating a doctor in your area, please call Liz Diaz at the main office at: (760) 385-4921

 Camp Pendleton Armed Services CA

Do You Need Help?

The Interfaith Community Resource Desk is here to help you access community resources such as:

- *Shelter/Housing
- *Household Needs
- *Legal Assistance
- *Crisis Intervention
- *Utility Assistance
- *Food Assistance

Please stop by, or call
North County Coastal Career Center
1949 Avenida Del Oro
Oceanside, CA 92056
(760) 414-3542
Masako Kawasaki
Community Resource Specialist

**COMMANDING GENERAL'S
LETTER TO ALL HANDS AND OUR FAMILIES**

3 Oct 03

UPON OUR LAST UNITS' REDEPLOYMENT HOME TO BELOVED AMERICA, I TAKE AGAIN THE OPPORTUNITY TO THANK THE SAILORS, SOLDIERS, MARINES AND FAMILIES OF THE 1ST MARINE DIVISION (REIN). YOUR STEADFAST LOYALTY TO EACH OTHER, THE DIVISION AND OUR NATION STOOD THE TEST OF THIS LAST YEAR'S TUMULT AND UNCERTAINTY. I CONGRATULATE EACH OF OUR FIGHTERS AND FAMILY MEMBERS, WHO RE -TAUGHT THE WORLD A LESSON BY REPRESENTING AMERICA'S AWESOME DETERMINATION TO DEFEND ITSELF, AND IN SO DOING MADE THE WORLD A SAFER PLACE.

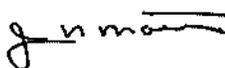
THE 1ST MARINE DIVISION'S SHARE IN PRODUCING THE MOST RECENT VICTORY IS SECOND TO NONE. YOUR HIGH -SPIRITED, HAPPY-GO-LUCKY EXUBERANCE THROUGHOUT THE CONFUSING, DIPLOMATIC RUN-UP TO WAR CARRIED THROUGH AS WE CROSSED THE LINE OF DEPARTURE AGAINST THE ENEMY. COUPLED WITH THE PRAYERS FROM OUR FAMILIES AND LEGIONS OF SUPPORTERS, YOU LIVED UP TO OUR SLOGAN OF "NO BETTER FRIEND, NO WORSE ENEMY" IN COMBAT AND IN THE LONG MONTHS OF STABILITY OPERATIONS. NO COMMANDER HAS BEEN BETTER SERVED OR HAS BEEN PROUDER OF HIS TEAMMATES THAN I AM OF EACH OF YOU. I WILL FOREVER HOLD THE STRONGEST INTEREST IN YOUR WELFARE.

I ASK THAT YOU ACCEPT MY THANKS.

THERE REMAIN BATTLES TO BE FOUGHT AGAINST THE TENTACLES OF A MERCILESS ENEMY WHO IS COMMITTED TO DESTROYING OUR EXPERIMENT CALLED THE UNITED STATES OF AMERICA. WHATEVER THE FUTURE CHALLENGES, MY CONFIDENCE IN TAKING ON ANY TASK LIES IN THE SELFLESS, HIGH -SPIRITED CHARACTER FOUND IN EACH OF YOU. SO LONG AS WE RETAIN THE STRONG DISCIPLINE AND BELIEF IN EACH OTHER SUCH AS WE HAVE THROUGHOUT THIS LAST FIGHT, OUR COUNTRY WILL SURVIVE. IN OUR HANDS, THE 1ST MARINE DIVISION, A NATIONAL TREASURE, WILL BE EQUAL TO ANY FUTURE CHALLENGE.

STAY HARD! STAY SHARP! AND LET US NEVER FORGET A SINGLE COMRADE WE LOST BESIDE US.

BE READY,



J. N. MATTIS

MAJOR GENERAL, U.S. MARINES

Come celebrate Christmas with your Headquarters Battery Family!

Thursday, December 18th 1830, SNCO Club

Santa will be there, activities for the children and great food! More information to follow...

Check your mailbox for a flier early December.

WIC Works... Let us help!

What is WIC?

WIC, the Women, Infants and Children program, helps families eat nutritious foods and stay healthy.

What does WIC provide?

- Special checks for nutritious foods such as milk, infant formula, cheese, eggs, and beans
- Classes on nutrition and health
- Referrals to health care



Who is WIC for?

- Women who are pregnant or breast-feeding
- Infants
- Children under 5 years of age



You are eligible for WIC if you are a resident of San Diego County, regardless of your legal status.

WIC helps working families and families on public assistance. Financial eligibility is based on family size and income. Typically, a family of 4 can earn up to \$2,791 per month and qualify for benefits.

Where is WIC?

We have over 20 locations throughout San Diego County.

How do I sign up for WIC?

Enrollment is easy! Call us today to set up an appointment.

American Red Cross WIC Program

1906 Oceanside Blvd. #TUV
1-800-500-6411

The USDA is an equal opportunity employer and provider

HEALTHY SHARE PACKAGES

- November 2003

To order Healthy Share Packages or for more information regarding Healthy Share, Please contact:

FAMILY BIG BOX \$20.00

HEALTHY EXTRA MEAT \$10.00

(with Regular Big Box purchase)

STEAK PACKAGE \$16.00

THANKSGIVING DINNER \$20.00

PANTRY BOX \$15.00

- ♦ YN2 SHAHISTA ABEDO, SHARE COORDINATOR,
- ♦ OR RP3 TINA DEREMIAH - Pastoral Care Services, Naval Hospital - (760)725-0047 or smabedo@cpen.med.navy.mil or tmderemiah@cpen.med.navy.mil
- ♦ LEAH WILSON - Temecula/Murrieta Area - (909)693-4141 or skeegie60@hotmail.com
- ♦ SGT YASIN PARRIS - (760)725-2748 or county212@aol.com
- ♦ SAN ONOFRE COMMUNITY CENTER - Bldg 51919 - (760)725-4310
- ♦ CRYSTAL MITCHUM - Serra Mesa Area - (918)718-9220 or lady_mc63@hotmail.com
- ♦ JANICE PARRIS - Stuart Mesa & Del Mar Area - (760)430-2618 or janiceparris@juno.com

**DEADLINE TO PAY IS FRIDAY, 7 NOVEMBER
(CASH OR MONEY ORDER ONLY - NO
CHECKS) - DELIVERY WILL BE
FRIDAY, 21 NOVEMBER, 1300-1500.**