

KEY VOLUNTEER NETWORK



1 July, 2003
Volume 2, Issue 3



Key Volunteer News From the Hill Camp H M Smith, HI.

Key Volunteer Network & POC's

Key Volunteer Advisor

Mary Forde-February 422-2420

Family Readiness Officer Lecia Negaard 477-8366	Key Volunteer Coordinator Jessica Mace 477-0172
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Key Volunteers

SSec	Waiting for you!!	
G-1	Jodi Schlather	253-0184
G-2	Sue Lowe	254-2564
	Connie Ferrin	253-0878
G-3	Trudy Lovejoy	254-2656
	Robin Liszewski	262-9878
G-4	Debbie Yff	422-4326
G-5	Waiting for you!!	
G-6	Alison Ghiselli	685-5531
	Rae-Anna Bonilla	455-1744
	Deborah Wyatt	235-5096
G-89	Waiting for you!!	
HQ	Lynn Carroll	254-2148
(S1 -S4, Supply, HQBn Comptroller, Safety, Company)		
ALD	Carol Shafer	235-4241
	Nancy Lopez	254-9358
JPAC	Mona Darwich-Gatto	627-1579

**All area codes (808)*

Mainland Reserve Contact: Mr. Royer (504) 678-0340
RoyerM@mfr.usmc.mil

Looking for fun and educational things to do? Call your information and referral specialist at MCCS

Many events for adults and youth during July-Sept call #257-7786, go by MCCS at MCBH for monthly calendars, or visit them at www.mccshawaii.com

What's Happening In YOUR Section?

Is there anything going on in your unit/section that you would like to see featured in our "News from the Hill"? Please drop us a line/email and let us know how we are doing or what you might like to see more of in your newsletter! Contact us at 477-0172 or macejj@mfp.usmc.mil



Mrs. Nancy Hailston

A Fond Farewell...

On behalf of all MarForPac spouses, we extend a fond aloha and mahalo nui loa to MarForPac's first lady, Mrs. Nancy Hailston. Her continued involvement and support as an advisor to our Key Volunteer Network, and her dedicated concern for the welfare of our families, have contributed immensely to our morale and success. As she and LtGen Hailston transition to new horizons on July 30th, we wish them fair winds, following seas, and a much-deserved period of rest and relaxation! Thank you, Nancy—you will certainly be missed!

Aloha and Mahalo Nui Loa to the Reserve Marines and Families of HQSVCBn MFP

What awesome families and friends we have. Similarly, the Marine Corps is one of those families. Our Marine Corps family here at MarForPac was greatly augmented this last year by a host of our reserve Marines. Those Marines gallantly left behind spouses, children and friends to come and serve as part of MarForPac. Their dedication in support of increased of operational commitments was greatly appreciated by the command. Additionally, special thanks goes out to those families and friends who supported their Marine and endured the challenges created when their Marine is called to duty.



The Mace family at Camp Smith

Our Marines serve in a many of ways. Likewise, their families serve in their own way.. A friend of mine once told a room full of Red Cross volunteers that "While our men/women are out there protecting our country from their foxholes, we must remember that our home is our "foxhole" and we (those left behind) must protect it." Many of our Marines are returning home now from various locations all over the world. The time of reunion is very special, but can present some challenges of its own. Great news! The Marine Corps family is here for you. There are so many resources available to our Marines and families; I could not possibly go into them all. If you are anticipating the return of your Marine or your Marine is already home, don't hesitate to utilize the following resources:

- MCCS OneSource www.mccsonesource.com
- Force Chaplain 808 477-8529
- Key Volunteers 808 477-0172 www.mfp.usmc.mil/kvn.html
- Navy Marine Corps Relief Society 808 423-1314 or 254-1497

These are but a few of the options available to you as a family. The command is dedicated to making sure the families of ALL our Marines are aware of and have access to resources that keep our families strong, in turn, keeping our Marine Corps strong.

Greetings From Our Commanding Officers

“I’m coming home,” three magical words that bring Kool-Aid smiles to our faces. Three magical words that also raise expectations and apprehension. The twists and turns that come with emerging expectations and apprehension can push us in all sorts of different directions. Don’t allow yourself or your family to be pushed down a road that you do not want to travel. We have many tools available to help you minimize reunion difficulties and to maximize the celebration. Don’t let expectations and apprehension over-shadow the celebration of coming home and the reunion of family.



**Col William S Febuary,
HQSVCBN CO**

Sailors who have worked and sweated to help set the conditions to free a nation, I owe a greater thanks to the families who have supported us throughout this most trying period. However, our tasks are not all complete. Many returning Marines and Sailors will deploy to support a variety of exercises later this summer albeit in smaller numbers and for shorter periods.

This has been a total force effort. Marines and Sailors, active and reserve, have contributed immeasurably. The conception, writing, refinement, and execution of our war plans could only be accomplished by a concerted effort of all participants. To our departing reserve brethren may you have fair winds and following seas and THANK YOU.

Semper Fidelis, Take this time to celebrate freedom and to say thank you to those that have supported us during this time.

Family, a simple word yet it describes who and what we are. To say we owe a debt to our families who have supported us is an understatement. We could not have accomplished our mission in such a focused and expeditious manner without your support.

As I owe a word of thanks to the Marines and

Hello from MARFORPAC!

The family picnic on April 11 at Bordelon Field was a huge success. Although the weather didn’t cooperate fully, no ones spirits seemed to be dampened. Highlights included a rock and roll band made up of Marines from our own MARFORPAC band and the traditional Samoan roasting of a pig by SgtMaj Suaiaunoa. In the end, the goal of providing a relaxing and enjoyable afternoon where family and friends can socialize was truly realized. I would like to personally thank everyone who had a hand in making this a special event.



**Col Bruce Grathwohl,
HQSVCBN CO (Rear)**

environment will have an impact on your reunion. Returning home is filled with anticipation and anxiety. Because the reunion is a continuing process and not just a one time event, the key is to go slow. The Battalion is preparing a “Smart Pack” for our returning Marines that covers such areas as the reunion of: single members, married, children, single parents, and finally work. As with the preparation you made for deployment, take the same positive approach to detail and planning to insure a smooth return transition.

Thanks again to all our KVs who have supported this deployment in so many ways. It’s no small part that through your diligence and dedication to provide support to those deployed that MARCENT achieved overwhelming success.

Col. B.R. Grathwohl

Along with the return of the MARCENT flag to MARFORPAC will be our MARINES who have been deployed in Bahrain. Whether deployed for several weeks or months, the separation from your family, friends, colleagues, and familiar social



To say we owe a debt to our families who have supported us is an understatement. We could not have accomplished our mission in such a focused and expeditious manner without your support.

Chaplain's Corner



Capt Henry Nixon
MarForPac Chaplain

What runs through your mind when you hear "Return and Reunion?" Obviously this has something to do with your deployed loved one returning home from Operation Iraqi Freedom. Or any deployment for that matter. Ideally you think of romance, joyous reunion, making up for lost time, and "let's see where this road take us." Fantasies fed by separation, distance, and challenging moments dance through our heads without shame. So we say, "When I get home, I am going to...!" Or, "I'll be glad when your father/mother gets home!" To be sure, there are other thoughts and comments that are entertained. However, the PG rating of this newsletter prohibits mentioning them. It is enough to say, "Return and Reunion" is a time of excitement, a time of celebration, and a time to "exhale."

You are probably thinking, this Chaplain needs help. You are right, I do. I really need help and you can help me. "Returns and Reunion" are truly filled with dreams and hopes, family and friends, joy and celebration. But it is a transition process and this is where I need your help. First, take intentional time for each other, and if there are children, the deployed dads and moms need special time with them. Second, share each other's story. Be patience, non-judgmental and listen. Cry, laugh, sigh, but listen. Stories are important and it is important that we listen to each other. Third, give the transition time to work. Nothing can ever be the same and the past may not be the best standard for what is normal. So give the transition time. Finally, know when it is time to get help. A Chaplain is available at 477-8532. The good people at MCCS are available at 257-7776. "Return and Reunion" need not be a nightmare, but a fantasy unfolding every day.

But sometimes I imagine Jack Nicholson in "The Shining" hacking his way through the bathroom door with an axe saying, "Here's Johnny!" And then there is Arnold Schwarzenegger as the "Terminator" who says to the Police Precinct Desk Sergeant, "I'll be back." He does return, crashing his car through the Police Precinct wall.



"Returns and Reunion" are truly filled with dreams and hopes, family and friends, joy and celebration. But it is a transition process...

A Word From Your Family Readiness Officer

As our Marines and Sailors safely return home and reunite with family and friends, emotions will be high, life full of elation. This will also be a time of transition and many challenges may arise. There may be additional stress and emotions that will need to be worked through.



CWO4 Lecia Negaard

Let's not forget to look out for one another for we are one big family committed to taking care of our own.

Remember, there is a support system in place for you; services are available to assist in return and reunion challenges.

As your Family Readiness Officer, I'm committed to our families needs. I look forward to working with you and please feel free to contact me.

Office: 477-8366

Email: negaardla@mfp.usmc.mil

Be compassionate towards all; understand that those who deployed, family and friends that stayed in place, all have made sacrifices.

Happenings

Military Spouses Club

The Military Spouses Club is a wonderful new club aboard Camp Smith. The Military Spouses Club is open to enlisted spouses of **all** branches of military service. The mission of this club is to give spouses an opportunity to make new friends and serve as an extended "Ohana" during one's tour of duty. We host social activities, inform spouses of upcoming events and offer volunteer services.

Hawaii. Our purpose is to unify the spouses with others to encourage education, to participate in charitable activities, camaraderie and to provide an atmosphere to exchange ideas and life learning lessons.

Our Grand Opening for the Thrift Store was **June 24, 2003 at 11:00** am at Camp Smith, Bldg. 366. Hours for the thrift store are **M Th F** 11-5, **T** 1-7, **Sat** 12-5 (after payday weekends) and closed **Sun & Wed**. For more information please call the MSC Thrift Store at (808) 271-9789.

The Military Spouses Club raises and donates money for scholarships and charities through our Thrift Store and fundraising events. We offer several scholarships each year to dependents of active and retired enlisted personnel stationed in

All Enlisted Spouses Club

The purpose of the AESC, in accordance with MCBH orders and policies, shall be to encourage friendship, unity and camaraderie among enlisted spouses, while supporting military personnel and their families. The AESC is open to all active duty, retired or reservist enlisted military spouses.

enlisted military personnel. This year the AESC gave \$8000. The AESC also supports many other charitable organizations which include L.I.N.K.S. , Key Volunteers, New Baby Program, Armed Services YMCA and Special Olympics. The AESC also has a program to help needy families aboard MCBH. Each month the AESC has a social to get to know members in a more relaxed setting.

The AESC owns and operates the Thrift Shop aboard MCBH. The Thrift Shop is a great place to volunteer, find bargains and make friends. The AESC gives out Scholarships each year to graduating senior dependants and spouses of

If you would like more information about the All Enlisted Spouses Club please call the Thrift Shop at 254-0841.

Kaneohe Bay Officers Spouses Club

The Kaneohe Officers' Spouses' Club is a service, scholarship and social club for and by the spouses of officers at Kaneohe Bay and Camp Smith. Membership is open to any spouse of an active duty, reserve, retired or deceased military officer who lives on or is attached to MCB Hawaii, Camp Smith, or Windward Oahu.

at MCBH. The exact date for the Aloha Coffee has yet to be determined but will be held in mid to late August. The June/July newsletter and the August newsletter will be delivered to every officers' spouse on base or for whom we have an address. If you are new to the island, please e-mail KOSC@hawaii.rr.com and let us know your address so we can be sure you receive the newsletters. After these two issues, newsletters are only mailed to members of the KOSC. Applications for membership are available in the newsletter or through your unit representative.

The club raises money throughout the year to give away in scholarship and charitable donations. This year we gave away more than \$7000 in money!!! Elections were held in May and the new board is ready to kick off the new year with a bang. The summer months will include pool activities beginning on June 10th.

We hope that you will find time to join us for this exciting new year!

The first board meeting will be on **August 6th** at 10 am in the Legarie Room at the Officers' club

Jodi Schlather, KOSC President



There are many exciting groups for spouses of military personnel to be a part of on Oahu. Included here are but a few of the wonderful clubs to help you get plugged in during your tour in Hawaii!

Joint Women's Conference – 2003

Mark your calendars for **October 17th and 18th**
 Registration beginning in September will be available
 online this year!

JUNE FUNDRAISER

PIZZA NIGHT – ON THE 25TH

teaming up with any Pizza Hut

Just download the form from our website:

Jointwomensconference.com Jointwomensconference.org

Also available online for advance ordering are the popular
 Armed for Entertaining Book and Joint Women's
 Conference polo shirts and sleeveless polo shirts!



A great time was had by all at the HQSVCBN MFP Key Volunteer Appreciation Gala held at the home of Col and Mrs. Mary Febuary. Members of the KVN along with spouses and family enjoyed a wonderful evening of food and great conversation. Recognition was given to each KVN member present in the form of a beautiful Hawaiian lei, pin and certificate from MCBH Commanding General BGen McAbee. Thank you HQSVCBN MFP KV's for your support of our families!



Don't Miss These Travel Opportunities

US Airways Travel Offer for US Military

Beginning in April 2003 US Airways introduced "Salute Savings," a discount program for U.S. military, with special fares as low as \$79 each way, based on roundtrip purchase.

US Airways "Salute Savings" rates are available to active and reserve military and their immediate families through government-contracted commercial travel offices throughout the U.S. The fares are valid for tickets purchased through Dec. 31, 2003, for travel completed by Feb. 12, 2004.

Under the "Salute Savings" program, fares must be purchased roundtrip and are available for travel originating in the U.S. to destinations across the US Airways system, including Europe, Canada, Mexico and the Caribbean. For information on these fares, military personnel or their military I.D.-carrying family members should contact their commercial travel office.

Tickets are nonrefundable and must be purchased at least three days in advance of departure. One Saturday night stay is required, and a maximum 30-day stay is allowed. Seats are limited, and other restrictions apply. Fares are available to the immediate families of members of the Armed Forces when the member is part of the traveling party. An immediate family member is defined as a parent/guardian, spouse/partner, or child.

DOD Tests Space-A Travel Privileges for Dependents within the CONUS

The Assistant Deputy Under Secretary of Defense (Transportation Policy) has approved a one-year test to evaluate the expansion of space-available privileges for dependents traveling within the Continental United States (CONUS).

The test will allow dependents of active duty and retired Uniformed Services members to travel within the CONUS when accompanied by their sponsors. The test began 1 April 2003 and will end 1 April 2004. Active duty Uniformed Services members must be in a leave or pass status to register for space-available travel, remain in a leave or pass status while awaiting travel, and

American Airlines Military Appreciation Fare Sale

American Airlines announces a new system-wide fare sale for travel exclusively for members of the U.S. military on active duty and their dependent family members.

Members of the U.S. Air Force, Army, Coast Guard, Marines, Navy, National Guard and Reserves on active duty and their dependents are eligible. The special fares require only a three-day advance purchase and are available to all 250 airports worldwide served by American and American Eagle for travel through February 12, 2004.

Reservations may be made by contacting American Airlines Reservations at **1-800-433-7300**, and may be purchased at any American Airlines ticketing location or travel agency. We apologize, but these special military fares are not available for purchase on www.aa.com.

Because of the unique nature of these fares, verification of military status for members of the armed forces and their dependent family members must be done in person. Active-duty I.D. card or tan active-dependent I.D. required for purchase.

be in a leave or pass status the entire period of travel. Retired members may sign up 60 days in advance but no earlier than 1 April 2003. Dependents will assume the same category of travel as their sponsor. Space-available sign up for this program will be effective 1 April 2003.

For additional information concerning space-available travel and sign-up procedures please review the Air Mobility Command public web site at <http://amcpubscott.af.mil/Spacea/spacea.htm> or contact the servicing DOD air terminal of interest.

? *This is only a partial listing of travel specials available to military personnel and their immediate families. Please check with other carriers for similar offers or discounts.*



Aloha from the HQSVCBn

G-2 Snoop and Poop

OUTSTANDING G-2 Personnel receive awards! Congratulations to:

Col William E. Rizzio- <i>Bronze Star</i>	Maj Charles M. Cromwell- <i>Bronze Star</i>
Maj Jeff J. McNeil- <i>Bronze Star</i>	Maj William H. Seely III- <i>Bronze Star</i>
Capt Steven C. Kempton- <i>Bronze Star</i>	
Maj Scott C. Whitney- <i>Bronze Star/Meritorious Service Medal</i>	Capt Carl L. McLeod- <i>Navy Marine Corps Commendation Medal</i>
CWO3 Jeffrey J. Sterling- <i>Navy Marine Corps Commendation Medal</i>	GySgt Travis W. Jacox- <i>Navy Marine Corps Commendation Medal</i>
GySgt Bernado Marcial- <i>Navy Marine Corps Commendation Medal</i>	GySgt Jose O. Romo- <i>Navy Marine Corps Commendation Medal</i>
SSgt Kipp L. Lawson- <i>Navy Marine Corps Commendation Medal</i>	SSgt Luis J. Orozco- <i>Navy Marine Corps Commendation Medal</i>
SSgt Porferio R. Uy- <i>Navy Marine Corps Achievement Medal</i>	Sgt Clarissa S. Sweet- <i>Navy Marine Corps Commendation Medal</i>

Promotion to present rank! Congratulations to:

SSgt & Mrs. Scotty W. Hasenecz (Denise)	6/01/03	SSgt Heather M. Rock	5/01/03
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Retirements

Maj & Mrs. Scott C. Whitney (Tami)	6/27/03	GySgt & Mrs. Jose O. Romo (Mia)	4/15/03
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PCS (Outbound)

Col. & Mrs. William E. Rizzio (Erica)	7/24/03	Maj & Mrs. Charles M. Cromwell (Cindy)	7/15/03
Maj & Mrs. William H. Seely III (Nhung)	6/21/03	Capt Gregory L. Ezell	8/11/03
GySgt & Mrs. Daniel Gomez (Veronica)	7/01/03	GySgt & Mrs. Travis W. Jacox (Cathy)	8/01/03
GySgt & Mrs. Bernado Marcial (Tess)	8/01/03	SSgt & Mrs. Porferio R. Uy (Trina)	7/01/03

Aloha & Welcome Aboard

Col & Mrs. Timothy B. Howard (Beth)	8/01/03	Capt Fred W. Bista	7/21/03
Capt Erik B. Heiser	7/15/03		

STORKS CORNER: Special Congratulations on the arrival on a new bundle of joy!

Capt & Mrs. Eugene P. Geraci (Deirdre)	Caitrina Grace Leilani	born 7/13/03
SSgt & Mrs. Scotty W. Hasenecz (Denise)	Kathryn Marie	born 7/14/03



A very special "THANK YOU" to all the G-2 Key Volunteers for their dedicated service to the HQSVCBN MFP KVN. If you would be interested in being a KV for the G-2, please contact Connie O. Ferrin at 253-0878.

Gouge from the G-3

OUTSTANDING G-3 Personnel receive awards! Congratulations to:

Maj Rudolph Janiczek- <i>Bronze Star</i>	Mr. Dick Crawford- <i>Commendation of Superior Civilian Service</i>
LtCol Owen Lovejoy- <i>Bronze Star</i>	Capt Rebecca Baas- <i>Navy & Marine Corps Commendation Medal</i>
LtCol Wade Yoffee- <i>Legion of Merit</i>	Sgt David Leibenguth- <i>Navy & Marine Corps Achievement Medal</i>
Sgt William Brown- <i>Navy & Marine Corps Achievement Medal</i>	

A Hail and Farewell is scheduled on July 3rd at 2pm at the Sunset Lanai, Camp Smith

Retirements

LtCol & Mrs. Enrico Velasquez (Bobbie)	6/30/03	LtCol & Mrs. Willie Akana (Mia)	7/15/03
MGySgt & Mrs. Fred Hogan (Kathy)	9/01/03		

PCS (Outbound)

Col. & Mrs. Scott Campbell (Roseanne)	7/01/03	MGySgt & Mrs. David Bumgardner (Willy)	9/03/03
Col Chuck Lowther (Sarah)	7/20/03	MSgt & Mrs. David Beuhler (Jeane)	8/03/03
LtCol. & Mrs. Hauser (Angeles)	8/01/03	GySgt & Mrs. Tommy Henderson (Sandy)	7/01/03
Maj & Mrs. Chris Carolan (Monica)	6/30/03		

Aloha & Welcome	Col Supnick	7/31/03	LtCol Rowsey	7/31/03
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Special Welcome Back to:

LtCol & Mrs. James Rosenthal (Theresa)	6/11/03	Col & Mrs. Jim Gillis USMC (Ret) as the New Deputy (Gina)	July 03
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Congratulations to MSgt Hodges on his reenlistment 11 July 03.

Marriages: Col Chuck & Sarah Lowther married in June 03.

A very special Thank You to Mrs. Monica Carolan and Mrs. Roseanne Campbell for their dedicated service to the HQSVCBN MFP KVN in the G-3. They will be PCS'ing this summer. If you would be interested in being a KV for the G-3, please contact Trudy Lovejoy at 254-2656.

MarForPac Sections



NEWS FROM G-6

Greetings, to you all! We at the G6 are pleased to welcome home all of those Marines who were deployed in support of OEF/OIF. During the very turbulent months leading up to hostilities and once they commenced, you all displayed the type of bravery and spirit that makes the Marine Corps legendary. We are very proud of each and every one of you. Job Well Done!

To the families – your commitment and patience over this very trying time is commendable. It is because of you the Marines are able focus and concentrate on the mission at hand. Your collective strength and vigilance in keeping the “home fires burning” and your family life on schedule represents a vital part of the triangle that keeps the Marine Corps strong.

Over the last couple of months we’ve had some great news :

- **LtCol Mark Bryant** and **Maj. Eric Litchfield** were awarded **Bronze Star Medals** for their exemplary service during OEF/OIF - and extraordinary achievement!
- **GySgt Luong** and his wife **Ragan** welcomed a new son, Brandon Li, born March 20, 2003, weighing in at a whopping 8 lbs 11 oz. CONGRATULATIONS!
- **SSgt Royal** and his wife **Belinda** have a new baby girl, Mahala Frances, born December 10, 2002, and weighing 6lbs 14oz. CONGRATULATIONS!
- Congratulations also to **Susan Elliot** who became **Mrs. Susan Ryan** last month at a lovely wedding ceremony in Waikiki.
- **Mr. John Holt**, the new SE OIC, will officially retire in August from the USMC after 30 years of dedicated service.

A Hearty WELCOME ABOARD to some new families at MFP G6:

- **Maj. (LtCol Select) Mark Clester and his wife** (who are expecting a new arrival very soon)
- **Maj. Sanford Pike**, is inbound as the new Asst. Maintenance Officer
- **CWO 3 Leonard Porter & family**, will arrive in August
- **CWO 3 D’Cember Williams**, Assistant SIH OIC
- **GySgt Phillip and Mrs. Angela Reed**
- **SSgt Todd Nicodemus** and his wife **Amy**
- **Sgt Esteban Jimenez**, part of the CG’s comm. Team



Farewells to:

- **Maj. Craig & Lisa Wick** – selected to the Active Reserve program!
- **Maj. Bryan Maki and his lovely wife Gina** – retiring on August 1st and moving to the windward side of the island to work with the Wing!
- **Sgt. Elizabeth Escobar** – after many years on Oahu she is moving back to Massachusetts to pursue a career in telecommunications. Good Luck!
- **Ivy Losey** – moving with her Navy Seal spouse to Virginia. We will miss you!
- **CWO Joe Anderson and his wife Gracie** – a tremendous asset to the unit, has orders to the East Coast.

To the Reservists and their families departing this summer –thanks for your support and tireless efforts with MFP G-6!

LtCol Shelia Bryant-Tucker	SSgt Heather Broderson
LtCol Ken Marks	SSgt Richard Stewart
Maj. Todd LeGreco	Sgt Robert Hershberger
Sgt. Braulio Pisano	

Our heartfelt wishes for speedy recoveries for:

GySgt Dawnevet Liley, who underwent hip surgery recently and is now recuperating at home. Hurry Back!
 Dee Lewis, who also had surgery recently – Get Well Soon!



It is because of you the Marines are able focus and concentrate on the mission at hand. Your collective strength and vigilance in keeping the “home fires burning” and your family life on schedule represents a vital part of the triangle that keeps the Marine Corps strong.

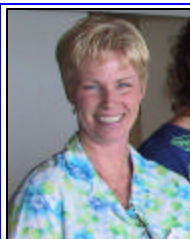


"L.I.N.K.S. (Lifestyle, Insights, Networking, Knowledge, & Skills) is a spouse-to-spouse mentoring program offering information on PCSing, deployments, money matters, making each new community your home, and much more. L.I.N.K.S. provides a positive environment for spouses to learn to manage the demands of Marine Corps life and to work together as a team in balancing family needs as well as Marine Corps' expectations. Morning and evening sessions are offered and FREE childcare is also available. Reservations are required. Please call 257-2368 today!"

DID YOU KNOW... you CAN get crayon melted onto clothing out?

Place the soiled surface down on pad of paper towels, spray with WD-40, let stand a few minutes, turn fabric over and spray the other side. Apply liquid dishwashing detergent and work into the stained area, replacing towel as it absorbs the stain. Wash in hot water with laundry detergent and bleach for about 12 minutes (use heavy soiled setting if there is no minute timer on your machine) and rinse in warm water. **Special Note:** To clean the drum of your dryer to remove any remaining wax residue. Spray a soft cloth with WD-40, and wipe the drum. Run a load of dry rags through a drying cycle to ensure that your drum is clean.

Who knew!



A warm goodbye...

A fond aloha to Mrs. Kathy Patterson from all the spouses of MarForPac. Mrs. Patterson will be leaving us to take on her new post as the First Lady of 3rd Marine Regiment. Col Patterson will be taking over 3rd Marine Regiment on 2 July 2003. Thank you Kathy for your continual support of the Key Volunteer Network at MarForPac and your contagious enthusiasm and support for all our Marine families. We will miss you!



Extending invitations to a social event is very much like extending one's hand to shake another's. The host is telling you that you are a *valued* individual, and that your company would bring something positive to an event.

RSVP--SOMETHING FRENCH THAT WE ALL SHOULD USE!

It's summer, and the big PCS season is upon us! In addition to packing (or unpacking), the season also brings with it a wide assortment of social events--"Hail and Farewells", changes of command, neighborhood pot lucks, and backyard barbeques (or luaus), just to name a few. We are a social lot, we Marine families--the camaraderie Marines share among themselves is a key element of their ability to fight and win. And the camaraderie among families is what gives us the reputation for "taking care of our own."

Extending invitations to a social event is very much like extending one's hand to shake another's. The host is telling you that you are a *valued* individual, and that your company would bring something positive to an event. If you were to meet an acquaintance of your spouse who extended their hand to shake yours, wouldn't you return that handshake? In simple terms, that is what the host is asking (and expecting) you to do by requesting an RSVP on an invitation.

RSVP means "Repondez s'il vous plait." This is a French phrase translated as "Please Reply", or let the host know as soon as possible whether you will accept or regret the invitation. Depending on the formality of the event, you may be asked to respond by telephone (e.g., for a barbeque) or in writing (as in returning an attendance card for a wedding). If the event is very informal, you may be provided with an e-mail address to which you could respond. The most important thing

to remember is that a reply to an invitation should be provided within 24 hours if at all possible so that the host can adequately prepare. Think back, if you will, to your wedding reception. If you didn't know how many people would show up, how would you plan for food and beverages and seating? Even if you "guesstimate", how would you feel if you planned food and seating for 50 and only 20 showed up? Or if you planned seating for 50 and 60 showed up? By providing the host with a response, you are letting them know that you received the invitation, and whether or not to expect your attendance. This is really a key element of staying within a budget!

Because we are so fortunate to live in a favorite tourist destination, most of us will have houseguests at some time or another. If you are invited to a function during that time, let your host know that you have houseguests. She may offer to include them as well! But let that decision be hers. If you have already accepted an invitation and then are unable to attend, let your host know as soon as possible; she may want to extend the invitation to someone else.

Just remember that when you receive an invitation, you are receiving a compliment! So reach your hand out to the one extended to you, acknowledge that compliment, and return the courtesy by replying. While many people might be boycotting French wines and perfumes, let's not boycott the RSVP!

[For more helpful hints on Marine Corps etiquette and protocol, see the current editions of Parade Rest and Roses and Thorns. Both booklets are published by and available through the Marine Corps Association.]

MCCS OneSource Is Here For You!

Deployment: Return and Reunion



During the next few weeks and months, Marines will be returning from their deployment, and it is important to recognize that these reunions can have a substantial effect on families. Although homecoming is a joyous occasion, it is a tremendous change. The spouse or loved one at home has taken on new roles and learned new skills, so adjusting to having a family member return can be stressful. That's why the U.S. Marines Corps provides MCCS One Source - a pre-paid resource that can help you prepare for homecoming with consultation, articles, and other resources on how to:

- Prepare for homecoming day
- Understand the emotional stress that reunion can bring
- Make plans to spend extra time with your family
- Learn how to communicate with your spouse or partner
- Learn how to "re-sort" responsibilities within your family

Reunion is a special time for any family. Surprisingly enough, reunions can sometimes be disappointing, due to high expectations. It is important to remember that readjustment can take some time and patience, but it is possible to rebuild and improve family relationships. Assistance is available on the web:

The American Red Cross Welcome Home Book:

www.redcross.org/pubs/afpubs/welcome.pdf

The Return and Reunion Brief for Spouses is posted on the Lifelines web site.

www.lifelines2000.org/return/reunion.htm

MCCS One Source can provide Marines & their families with the following publications:

Return and Reunion Guide for Marines and Their Families - Booklet
Returning to Family Life after Military Deployment - Life Article
Finding Strength in Family and Community - Audiotape or CD

Just go to www.mccsonesource.com and click on "This Month's Feature"

User id: marines password: semper fi

From the United States: 800-433-6868

**Outside the United States ONLY:
800-237-42374**

**Or call collect from outside the United States:
484-530-5908**

**En español, llame al 888-732-9020
TTY/TDD: 800-346-9188**

MCCS One Source is available at no cost to you. And best of all, it's here for you—any time of day, wherever you are. So get in touch with us today. We have consultants who speak Spanish and offer simultaneous translation into more than 140 other languages.

TTY/TDD and accessibility Web site also available.



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Good Scoop!

Primary care clinics are your best access to health care and continuity. But for a non life-threatening situation at an odd hour, the Acute Care Clinic at Tripler (across the hall from the ER) is the next best thing. **The "walk-in" clinic is open from 4pm to midnight (M-F) and 10am to midnight (Sa, Su, holidays).** The ACC can help with...ear aches, sore throats, muscle strain, etc. Patients must be over 2 yrs. of age, and the ACC can not evaluate abdominal or reproductive discomfort.

Important Phone Numbers

American Red Cross	
Armed Forces Emergency Svc Ctr	
	1-877-272-7337
Force Chaplain	477-8529
Crisis & Suicide Hotline	521-4555
Domestic Violence Hotline	531-3771
Navy-Marine Corps Relief Society	
Pearl Harbor	423-1314
MCBH	254-1497
Poison Center	941-4411
Tripler Emergency Room	433-6629

Commanding Officer
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We're on the Web at
www.mfp.usmc.mil/kvn.html

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HQSVCBn MFP Key Volunteer Coordinator (center) with Family Readiness Officer CWO4 Lecia Negaard (left) and Key Volunteer Advisor Mrs. Mary Forde-February (right) together at Camp H.M. Smith after Mrs. Mace received her Commanding General's Certificate of Commendation for her service to the Key Volunteer Network at HQSVCBn MFP on June 27, 2003.