KEY VOLUNTEER NETWORK



1 July 2004 Volume 3 Issue 3



KEY VOLUNTEER NEWS FROM THE HILL CAMP H. M. SMITH, HI

Key Volunteer Network & POC's

Key Volunteer Advisors Bonnie Dungan 428-2115 Kyong (Kay) Williams 677-4676

Family Readiness Officer CWO4 Lecia Negaard 477-8366 Key Volunteer Coordinator Jessica Mace 477-0172

| | 477-8366 | 477-0172 |
|--|--------------------|----------|
| Key Volunteers | | |
| SSec | Elizabeth Forkin | 677-1635 |
| G-1 | Waiting for you! | |
| G-2 | Sue Lowe | 254-2564 |
| G-3 | Sarah Supnick | 423-7574 |
| | Jennifer Murphy | 253-0819 |
| G-4 | Debbie Yff | 422-4326 |
| G-5 | Robin Liszewski | 262-9878 |
| | Ashley Slavik | 236-7013 |
| G-6 | Mary Forde-Febuary | 689-1962 |
| | Alison Ghiselli | 685-5531 |
| | Rae-Anna Bonilla | 455-1744 |
| | Cristina Shockey | 254-2565 |
| G-8/9 | Pat Herkenham | 678-3424 |
| ALD | Carol Shafer | 235-4241 |
| | Nancy Lopez | 254-9358 |
| | Lisa Jeffries | 254-0071 |
| JICPAC | Mona Darwich-Gatto | 497-4297 |
| HQ | Deborah Wyatt | 235-5096 |
| (S1-S4, Supply, HQBn Comp., Safety, Company) | | |
| *All area codes (808) | | |

Mainland Reserve Contact:

MarForRes Family Team Building
Mrs. Connie Bryant or Mr. Julio Torres

Key Volunteer Training Online!

KVN training has been an instructor-led course available at many Marine Corps installations. Supplementing these existing classes, the online training can be done anywhere internet access is available. To access the Online Key Volunteer Training, go to www.marinenet.usmc.mil and logon as a 'new user' using your Social Security number*, date of birth and last name. As a 'new user', you will need to establish a MarineNet password and will be asked to login to access the course listings from the catalog. Select Marine Corps Training Courses from the catalog, then click on Key Volunteer Training and finally, under the action column select 'enroll'. Once enrolled in the KVN training class you may begin the coursework by clicking on the enrollment icon; selecting the course title; clicking on the launch course in the 'actions' column and begin.

Should there be problems logging on or enrolling, contact the MarineNet help desk at 1-888-435-8762 during business hours or the online help desk on the MarineNet homepage. *You must be enrolled in DEERS to access MarineNet. If you are not enrolled in DEERS, please contact your local MCFTB office for the Key Volunteer Network Training on CD.

For more information about the Key Volunteer Network and these new training opportunities, check the MCFTB website at www.usmc-mccs.org or contact MCFTB Program Managers Mary Craig or Ginny Greatsinger at (703) 784-9894.

OUR COUNTRY, OUR LEADERS, OUR CHOICE, WHEREVER YOU ARE

Aloha ~ From Your (Outgoing) KVA

Well, it's that time of year when change happens! As you look around your neighborhoods, you may be watching close friends leave as others move in. Permanent changes of station are certainly some of the toughest moves to make for our families. "What will our new house be like?" "What about schools?" "What's in store for me at work?" "Mom, I won't have any friends!" Yes, summer is the time of year when you may ______

friends: Yes, summer is the time of year when you may feel that many old connections are breaking, and new ones are made—but in fact, isn't your network just expanding? With every move, with every new assignment, with every new relationship, we pull from within ourselves to apply our pact oversioness to the challenges about



Mrs. Mary Forde-Febuary
HQSVCBn MFP
Key Volunteer Advisor

to apply our past experiences to the challenges ahead. We find creative ways to make our furniture fit that new house. We share our kids' strengths and weaknesses with new teachers. Technology allows us to keep connected to our mentors at work and our closest friends. It is an amazing opportunity to grow.

On June 23rd, my husband and I were invited to witness a naturalization ceremony for one of our key volunteers, Mona Darwich-Gatto. Those of you who know Mona are aware of the strength of pride and respect she holds for our country and our Corps. Watching and listening to her and 45 other immigrants swearing an oath of allegiance and hearing some of their stories was one of the most poignant moments for me in recent memory. This has certainly been a year of incredible change for the world, with the transformation of government in Iraq and the hope for greater stability and prosperity for its people. And as an election year in this country, we may also experience changes at the local and national levels. Never forget that the results of this election year rest with ALL of us!

As we extend a warm welcome to Col "Country" Dungan and his wife Bonnie, and as I prepare to pass the Advisor hat on, I am truly thankful for all the wonderful support I have received from so many people! From the tireless Marines who provide our Key Volunteer Network with administrative, graphic, and communication support (not to mention all the volunteer hours and support for family days!) to our KV's who are always on call to meet the needs of our families, and most especially to our Key Volunteer Coordinator Jessica Mace, you have my heartfelt and abiding love and appreciation. I look forward to continuing to serve with you as we transition to G-6.

Warmest aloha.....

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

A Word From Our Commanding Officers

Aloha,

We are originally from Virginia but consider the Marine Corps our home. having spent the last thirty years on the East, West and Hawaiian coasts in various Marine Corps and joint service units. We are returning to paradise after spending a long cold winter at the Army War College in Carlisle, Pennsylvania. Our previous

mand team for HMH-366 and on the MAG-24 sional organization. Its mission is important. to be able to continue serving our nation in our greatest strengths. this capacity. God always puts us at the right place, at the right time and for the right reason.

God Bless, Col Dungan



Col Mark Dungan HQSVCBN MFP CO

Aloha,

What a fine pleasure to become members of the HQSVCBN family! I'm encouraged to learn of HQSVCBN's strong and active readiness program. The service of dedicated Key Volunteers and their supporters is appreciated. I began family readiness service in the mid-80's and have experienced its continu-

tour in Hawaii was aboard MCBH as the com- ous growth toward a purposeful and professtaff. We look forward to eventually meeting Our beloved nation and military services all those assigned to HQSVCBN and serving press on during challenging times. I believe with our new family. We consider it a blessing times like these change our weaknesses into

> Much mahalo for this opportunity to serve with you.

With aloha, **Bonnie**

Our beloved nation and military services press on during challenging times. I believe times like these change our weaknesses into our greatest strengths.

Aloha,

Two years ago the families and staff members of Headquarters & Service Battalion welcomed us as the new members of the command. I thank everyone for their support for the Battalion, and the support extended to Mary and I. This has been a team effort—each of you is a valued member of the team.

These two years have been filled with deploy- teers, I extend very special thanks. Your tirements to Bahrain and Korea, as well as trav- less efforts very often go unrecognized but els to Kuwait, and for others Iraq. This roller are not forgotten or unappreciated. coaster ride will continue to take us to all stride. Mary and I owe a great debt to the and great work. spouses and children for giving their Marine or Sailor the knowledge that the home-fires Mahalo and Aloha! burn in anticipation of their return.

Col William S Febuary, (Outbound) HQSVCBN CO

I welcome our new command team, Mark and Bonnie Dungan. The Dungan's are returning to the island after yearlong hiatus at the Army War College. They are extremely happy to be escaping the cold of the East and

returning to our island paradise.

To Mrs. Jessica Mace, our Key Volunteer Coordinator, and to our Key Volun-

these places and many more. Our Marines, To all members of Headquarters & Service Sailors, and, most important, our families Battalion, thank you for all you have done to have taken every looping twisting turn in fill these two years with exceptional memories

Col Febuary

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Hey! How are you? Trust your 4th of July was a good kona winds in winter. Change is all around us, one? Did you see the fireworks display? My bride and I spent a quiet 4th together which included watching the fireworks display at Naval Station Pearl Harbor. Absolutely beautiful! Each airburst was a plethora of colors. Reds, blues, greens, yellows, and blinding whites exploding in the air with different patterns, to include happy faces. How do they do that? What made the display awesome was the variety. Coordinating different star bursts, patterns and colors to hold the viewer's attention. The finale was incredible. Multiple staccato booms and bursts have a way of reaching the kid in all of us. If anything, the quality of the display evolved around "change". Fireworks experts used the principles of altering, transforming, and replacing to make the event interesting and spellbinding. It would have been a boring 15 minutes with only red star burst.

Truth is, life would be pretty boring if the principles of change were not operative. The process of change is all around us and in us. Change is the process of life. Nothing is as it was yesterday and will certainly be different tomorrow. For example, I am older today than yesterday and will be older tomorrow than today. Graying hairs, drifting conversations, and aching body parts are clear reminders that "things ain't like they use to be." My wife hails from the volunteer state of Tennessee where winter, spring, summer, and fall are distinctive seasonal changes. Hawaii is truly paradise enjoying the predominant trade winds spring, summer and fall, and the

Chaplain's Corner

altering, transforming, and replacing. From the magic of Harry Potter to PCS moves for us mere mortals, change is all around us and in us.

So how do you deal with change? It is normal to resist it. A routine is behavior untouched by change and we become comfortable. So why change? If you've seen one fireworks Chaplain, MarForPac/MarCent

display, you have seen them all. We can tolerate change. That is, get an attitude, keep an attitude and miss the fireworks. Nothing more miserable than to be outside swatting mosquitoes, counting the minutes when you can return to an air-conditioned environment, and miss the ooooohhs and aaaaaahhs of kids around you with each explosive display. Or, we can embrace That is, respect the process and harvest change. precious moments. Fireworks displays remind us that each moment of our lives is filled with explosive potential begging to be released. And each explosive moment brings with it, altering, transforming, and replacing change.

COL Bill and Mary Febuary have been a real joy to work with. I pray that the tradewinds of Hawaii will fill their sails of hope as they move on to other challenges. And welcome aboard to COL Dungan and his bride Bonnie. May their Hawaii stay be filled with fireworks awe.



"The Marines from MARFORPAC deployed to Camp Fallujah, Iraq in support of OIF II" Marines left to right; LCpl Harleman G3, LCpl Dea G3, MGySgt Ghiselli G6, LtCol Clester G6, GySgt Riosmata G3, Sgt Kiehl G3, LCpl Gomez G3



A Word From Your Family Readiness Officer

Change is a fact of life. At home, at work, and in the world around us, the one thing we can count on is that things will change. We celebrate changes that bring us pleasure, such as promotions and weddings. Yet, many of life's changes are difficult, such as relocation and new assignment. Such situations teach us lessons that success and good fortune never can, exposing us to acceptance. Whether welcome or uninvited, change provides us with opportunities to define our lives, jobs and relationships in new and creative ways. Following are some suggestions to help you manage change effectively:

Family Readiness Officer CWO4 Lecia Negaard

- Tell yourself the truth Allow yourself to be upset, worried or sad.
- Reach out to others Discuss your feelings with supportive coworkers, friends, and family.
- Stav focused Use "to-do" lists to keep your goals clear.
- Be patient It takes time to sort through all your emotions and adjust to change.
- Let go of the past keep moving forward. Prepare yourself with a positive attitude and new skills.
- Reflect on what you've learned ask yourself, "What have I learned from this experience?" Reflect on successful coping techniques you have previously used that may help you handle future changes.

No matter what kind of changes you're facing, it is natural to experience feelings of confusion, anger, and sadness. We may not have control over all the changes that come our way, but we can find positive ways to face them.





Fireworks displays remind us that each moment of our lives is filled with explosive potential begging to be released. And each explosive moment brings with it, altering, transforming, and replacing change.

Happenings In The MarForPac Sections



Force SJA - Shark's Corner

Retirement and Heartfelt Farewell

Force SJA LtCol Robert Pinder and his lovely wife, Ruth, will be retiring this summer and making their home in another warm climate, Florida. We wish them all the best!

Aloha and Farewell

Col Charles Jones (Reservist) – June (Deputy SJA) Sgt Mark Replogle (Reservist) – May (Legal Clerk) Thank you for your service!

Aloha and Welcome

LtCol Louis J. Puleo and his wife, Ashley - June. LtCol Puleo will be taking over the job of Force SJA as of June 28th.

MSgt Dionisios Nicholas and his wife, Keiko – (Legal Chief) Cpl Carlos Daniels – (Legal Clerk)

Other News

The SJA Office tax center finished another successful year. Keep them in mind for next year!

Aloha From The G-3

I would like to take this opportunity to introduce myself, Colonel Gary Supnick, as the new G-3 at MARFORPAC. Colonel Delmour has turned over a fine section and we wish him and his wife Kim all the best in his retirement. My wife, Sarah and I look forward to meeting all the G-3 Marines, Sailors, civilian Marines and their families over the coming

Farewells

Col and Kim Delmour LtCol Ahern LtCol and Kay Bailey LtCol and Katie Davis LtCol and Trudy Lovejoy Maj and Hea-Young Hess Maj and Steffanie Janiczek Maj Mcritchie Capt and Capt Dave Baas CW05 and Rene Gibson MSgt and Annie Spencer SSgt Claiborne SSgt Rogers

LtCol Korman-COPS Maj and Yvonne Ahern-CAT Maj and Marlene Johnston-CAT GySgt and Vanitta Wathen-JOPES

SSgt and Niccole Williamson



Awards

Col Delmour - Legion of Merit LtCol Ahern - Meritorious Service Medal

LtCol Davis - Meritorious Service Medal

LtCol Lovejoy-Meritorious Service Medal

LtCol Merrill-Meritorious Service Medal

Maj Mcritchie - Meritorious Service Medal

Maj Hess - Meritorious Service

Medal

Maj Janiczek - Meritorious Service Medal

Maj Lorkowski-Meritorious Service

Medal Capt Baas - Meritorious Service

Medal

CW05 Gibson - Meritorious Service

Sgt Lavadour-Navy Marine Corps Commendation Medal

Sgt Gordon-Joint Service Achievement Medal

Happenings From G-5

Promotions

Maj Isham to LtCol Maj Slavik to LtCol Maj Swor to LtCol

Awards

Congratulations to Sgt Jones who received a Navy Marine Corps Achievement Medal on 1 May

Fond Farewell

Col Hunter (Claudia), June 04 Maj Martineau (Nancy), May 04 Maj Domingue (Beth), July 04 Sgt Casey, July 04

Warm Welcome

Maj Mee (Tanna), June 04 Col Blanchard, July 04 (new Assistant Chief of Staff/G-5) LtCol Burton, Aug 04

Best Wishes

Congratulations to Sgt Casey who will be married in July 04 Get well wishes to Mrs. Kathy Hashimoto who is back home and recovering well from her recent operation.

Cyber News From The G-6

Marines and Civilian Staff of G6, I would like to take a moment to express my gratitude for all that you have done in helping G6 accomplish its mission over the past two years. Ours has been a particularly difficult challenge; preparation for and deployment to war in the CENTCOM theater, while we continued to manage our diverse responsibilities throughout the Pacific. MFP G6 has not been similarly challenged since World War II. The fact that we were successful in meeting these challenges is a tribute to the dedication and professional commitment of the entire G6 and their families. Thanks again for everything you have Regards,

Promotions:

SSgt Lebel to GySgt SSgt Clawson to GySgt Cpl Tenorio to Sgt

LCpl Contreras to Cpls

Awards:

LCpl Kittelson Meritorious Mast PFC Malia Certificate of Commendation

Welcome Aboard:

Col William (Mary Forde) Febuary, the incoming A/CS G6.

Captain Daniel (Tracy) Sparks and their sons Korben (6) and Dylan (3); Capt Stephen (Joanne) Boucher and their daughter Hanako Lea (3);

May 1st

June 2nd (meritorious)

Capt Christian Ryholt

GySgt Palmer, wife and 4 kids from Okinawa.

PFC Miller and PFC Martinez joined G-6 SE Help Desk June 19th from MOS school at Twenty Nine Palms California.

Farewells:

Col and Mrs. Jordan as Col Jordan relocates to his new job at PACOM; LtCol Mark (Paula) Bryant and family to MARCORSYSCOM, Quantico, VA; Maj Larry Hilliard transferred to MCBH Kaneohe Bay as the new Base G6; SSgt Leon (Michelle) Knight re-enlisted and is PCS'ing to Camp Pendleton. SSgt Conklin transfers to 3rd Radio Bn in August 2004.

Our prayers are with Maj Art (Cheryl) Bornschein and family as their youngest child, Bruce, recovers from surgery.



Col Jordan

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Formerly the Joint Women's Conference, this annual event seeks to provide a forum for spouses of active duty and retired military members of all services, that will enrich, empower, uplift, enlighten, motivate and strengthen us in our challenging role as husbands, wives, parents, professionals, and community leaders. Whether you have been on the island for a while now, or are brand new to Hawaii, there is much to learn at the Joint Spouses' Conference. The conference offers a unique opportunity to bring together over 500 military wives. You will have the opportunity to choose from over 50 different and informative workshops!

We have an exceptional guest speaker lined up—Alesia Holliday, author of *E-mail to the Front*, the first book to look at military deployment from the perspective of the family left behind. This funny and poignant perspective gives America an inside look at the sacrifices military families make in order to protect our country and offers military spouses hope that they, too, can endure the long separations all military families must endure.

www.jointspousesconference.com

Free Things To Do On Oahu

- Royal Hawaiian Band Concerts. Fridays 12:15pm on the grounds of Iolani Palace downtown and on Sundays at 2pm at Kapiolani Park in Waikiki.
- Contemporary museum. Admission is free on the third Thursday of the month.
- Honolulu Academy of Arts. Admission is free on the first Wednesday of the month.
- King's Jubilee. The Hilton Hawaiian Village presents an unforgettable torchlighting ceremony, hula show and firework display Fridays at twilight.
- Historical Tour. Built in 1901, the Sheraton Moana Surfrider was Hawaii's first resort hotel. It offers two historical tours daily at 11am and 5:15pm.
- USS Arizona Memorial. After viewing photos, news clippings and a film
 documenting the events leading up to the Japanese bombing of Pearl Harbor,
 visitors board shuttle boats to the memorial site over the sunken USS Arizona.
- Iolani Palace tour on the first Sunday of each month for Kama'aina (808) 522-0832 or 0823).

The "Gouge" From The G-8/9

Awards:

LtCol Kevin Emery.....Meritorious Service Medal (MSM)

LtCol John ChadwickMSM

Major Pete Hart.....MSM And Outstanding Military Volunteer Medal

These Marines Departed The Command During June.

LtCol Emery retired. LtCol and Mrs. (Terri) Chadwick reported to Quantico and Major and Mrs. (Diana) Hart reported to the Naval Postgraduate School. These Marines and their families will be missed.

PCS (Inbound) Summer 2004:

Sergeant Charmain Scott reported in April from H&S BN comptroller's office.

Major Keith Fry reported aboard in May from DFAS Kansas City. Major Fry, his wife Kimberly, and their three children will be living in Mililani.

Births:

MGySgt and Mrs. (Vanessa) Zimmerman welcomed a new baby boy....Shaye Thano Zimmerman on 8 January 04.

As I leave the G-8 billet and move to my new job as a civilian employee, I want to thank our spouses.

The success we have enjoyed in the G-8/9 over the past several years is attributable in large part to the great support we get day in and day out from our spouses. The wives (and husbands) of the Marines / Sailors in the G-8/9 have endured more than their fair share of deployments since the Global War on Terror began.

Please accept my most sincere appreciation for the unfailing support you provided in "holding down the fort" at home during our many deployments and extended TAD trips. Thank you for doing the "toughest job" in the Marines so well......being a Marine spouse.

All the best, Bob Herkenham

QUILT FOR A CAUSE

If you are an avid quilter, you may be interested in a project by the Quilters Guild of Southern Maryland that has gained national attention. Since the beginning of the war on terrorism, these ladies have been working with the Marine Liaisons at Bethesda National Naval Medical Center and Walter Reed Medical Center to provide lap quilts for wounded Marines as they are being transported to the hospitals from Iraq and Afghanistan. Unfortunately, the demand for these quilts has exceeded the amount that the local guild has been able to fulfill, so they are requesting help from other guilds and the general public.

If you are interested in participating in this project, here are some of the specifics:

The quilt should be no smaller than lap size, and preferably in the 40"x54" range.

Any colors or patterns are accepted, but patriotic (red, white, and blue) fabrics are preferred.

More information can be obtained from the following points of contact:

Hawaii Quilt Guild (Deanna Smith): cozyquilts@hawaii.rr.com Quilters Guild of Southern Maryland (Pat Baker): rb395@aol.com

Mahalo for your support!



We are always looking for new faces in our KVN family. Please consider helping out your section by attending KVN training. Contact Karen Rochan at #257-2410 for classroom dates and times or go online at www.marinenet.usmc.mil for online training.



"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!"





Are You Tired Of Stopping By Housing To Pick Up The List Of Available Rentals On Oahu?

The community housing referral list is now online at www.dodreferral.com. Serving all branches of the military service moving to Hawaii, this service can help you find available rentals, find a home to buy, or find a roommate.

Those searching for housing can click on the "Want A Place?" icon. Then enter your search criteria, and you will be presented with a current list of available housing. Each listing provides all the contact information you need.

Have A Moment? Eight Great Websites You Won't Want To Miss!

www.mfrc-dodgol.org www.nmfa.org www.usmc-mccs.org

www.greatlifehawaii.com www.milspouse.org

www.hickamservices.com

www.lifelines.navy.mil

www.armycommunityservice.org

Hurricane Season ~ Are You Ready?

A number of retail stores sell pre-made emergency safety kits, but they can also be assembled at home. Here are some supplies recommended by the American Red Cross and the Federal Emergency Management Agency. Once you gather your necessary items, place them in an easy to carry container such as a duffle bag or even a covered trash container.



Bottled water, purifying tablets, non-perishable food, hand can opener, baby food, formula, vitamins, snacks, powdered or canned milk. Pet food, if needed (Note: most shelters do not allow pets.)

Health needs

Prescription refills, bandages, gauze pads, safety pins, scissors/tweezers, adhesive tape, antiseptic spray, soap, rubbing alcohol, latex gloves, baby diapers, eye glasses, contacts, eye care products, toilet paper, sun screen, bug repellant.

Safety gear

Rain gear - poncho, umbrella, blankets, sleeping bags, hat/sun visor, work gloves, flashlights, extra batteries, boots, shoes with rigid soles, weather radio, portable radio and extra batteries.

Documents:

Insurance documents, personal identification, extra money, address book, reading material, coloring activities for kids, hurricane tracking chart.

New Information Regarding Your TriCare

Starting 1 July, TRICARE in Hawaii will undergo some contractual changes. TRIWEST, the new contractor, has mailed TRIWEST phone/email contact info those enrolled in TRICARE Prime. Prime members will also receive new enrollment cards with TRIWEST contact information.

The vast majority of patients will stay with the same Primary Care Manager (PCM) ("your doctor") . The patients needing to change their PCM have already been notified and appropriate alternatives offered. The rest of us should see no change in our Primary Care Manager.

Specialty care will be provided through the HMSA TRICARE network. The HMSA TRI-CARE network includes most of the current Health Net specialty physicians. For continuity of care of those patients in the middle of treatment plans with providers who are in Health Net's network, but are choosing not to join the TRIWEST network, TRIWEST will honor all authorizations approved by Health Net through August 2004. For active treatment continuing beyond the end of August, TRIWEST will work with you to transfer care to a contracted provider when appropriate. ADDITIONALLY, TRIWEST WILL HONOR PREVIOUS AUTHORIZATIONS FOR PREGNANT BENEFICIARIES TO SEE THEIR CURRENT OBSTETRICIAN UNTIL THEY DELIVER.

For additional information or answers to specific questions, you may contact your local medical clinic or TRIWEST at 1 888 TRI WEST (1 888 874

9378) or at < http://www.Triwest.com >. Click on the Hawaii/Alaska/West Coast map.

Mavis Okihara mokihara@triwest.com Office phone: (808) 838-7220

Important Phone Numbers American Red Cross Armed Forces Emergency Svc Ctr 1-877-272-7337 Force Chaplain 477-8529 Crisis Line/ Aloha United Way 211 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

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MCCS One Source Offers You:

A real person to talk to when you need an answer to a question. An award-winning Website with online articles, workshops, locators, and much more. Free booklets, audio recordings, and other materials to help you get the answers you need in the format you want. Referrals to resources, services, and support in your community. A commitment to always being there when you have a question or need help.

www.mccsonesource.com

(User ID: marines; Password: semperfi)



Get the scoop on sending mail to our troops! Visit www.mccs-usmc.org and click on the green envelope box titled "Sending mail to

deployed troops". This page will give thorough instructions on the do's don'ts as well as other useful information.

Key Volunteer Appreciation And Farewell Luncheon

Members of the HQSVCBN MFP KVN joined together to say "Aloha" to several of our very special ladies. It is always sad to see such special ladies move on and we are eternally grateful for their contributions. We welcome the many new faces to our KVN and look forward to their contributions. It is exciting to hear all the new ideas and feel all the energy!

The KVN had a wonderful year filled with opportunities to serve our spouses and families. The family days, spouse socials and our first ever KV training at Camp Smith are just a few of the memorable occasions our network has had the opportunity to be a part of. Throughout the year our network has grown by leaps and bounds, largely due to the undying support and encouragement of our CO, Col Febuary, and his wife, Mary Forde.

We have an exciting year ahead and look forward to all the opportunities to support the spouses and families of HQSVCBN MFP!

Jessica Mace, HQSVCBN MFP KVC



Mary Forde and Col Febuary bid farewell to Jodi Schlather, Lynn Carroll and Trudy Lovejoy.



Members of the HQSVCBn MFP KVN's year end KV Appreciation Luncheon at the Marine Corps Base Hawaii Kaneohe Bay Officers Club.

Wondering What To Do With Those Kids This Summer?

In order to choose activities closest to your home, **please** contact the Information and Referral person at the locations listed below. They will refer you to numerous opportunities available for your family around the island.

- Children Youth and Teens Activities MCBH Bldg #244 Ph 257-7430 Manana Bldg #832 Ph 456-1662
- Personal Services (MCBH)— contact Angela Reed at 257-7786 7:30-4:30 M-F or email her at reedad@mcbh.usmc.mil
- Fleet and Family Support Center (Pearl Harbor)—contact Le'Etta Garbett at 473-2220 x284 7:00—4:00 M-F or email her at garbetlm@pearlharbor.navy.mil
- Family Support Center (Hickam)—contact Amy Ke at 449-2494 7:30-4:30 M-F or email her at amy.ke@hickam.af.mil
- Army Community Services (Schofield Barracks)—contact Katy Doss at 655-2400 7:30-4:30 M-F or email her at katy.doss@schofield.army.mil
- Work Life Center (Sand Island Coast Guard)—contact Jeri Couthen at 541-1585 7:00-4:00 M-F or email her at jcouthen@d14.uscg.mil

*Military families with ID's are welcome to use resources at all other bases, take advantage!

New Law Rewrites Soldiers & Sailors Civil Relief Act

On 19 December 2003, President Bush signed into law the "Servicemembers Civil Relief Act" (SCRA). This law is a complete revision of the Soldiers' and Sailors' Civil Relief Act (SSCRA).

The SSCRA provided a number of significant protections to servicemembers. These include: staying court hearings if military service materially affects servicemembers' ability to defend their interests; reducing interest to 6% on pre-service loans and obligations; requiring court action before a servicemember's family can be evicted from rental property for nonpayment of rent if the monthly rent is \$1,200 or less; termination of a pre-service residential lease; and allowing servicemembers to maintain their state of residence for tax purposes despite military relocations to other states.

The SSCRA was largely unchanged from its enactment in 1940. The SCRA was written to: clarify the language of the SSCRA; to incorporate many years of judicial interpretation of the SSCRA; and to update the SSCRA to reflect new developments in American life since 1940. The new law, SCRA:

(1) Extends the application of a servicemember's right to stay court hearings to administrative hearings. It now requires a court or administrative hearing to grant at least a 90-day stay if requested by the servicemember. Additional stays can be granted at the discretion of the judge or hearing official.

(2) Clarifies the rules on the 6% interest rate cap on pre-service loans and obligations by specifying that interest in excess of 6% per year must be forgiven. The absence of such language in the SSCRA had allowed some lenders to argue that interest in excess of 6% is merely deferred. It also specifies that a servicemember must request this reduction in writing and include a copy of his/her orders.

(3) Modifies the eviction protection section by precluding evictions from premises occupied by servicemembers for which the monthly rent does not exceed \$2,400 for the year 2003 (an increase from the current \$1,200). The Act provides a formula to calculate the rent ceiling for subsequent years.

- (4) Extends the right to terminate real property leases to active duty soldiers moving pursuant to permanent change of station (PCS) orders or deployment orders of at least 90 days. This eliminates the need to request a military termination clause in leases.
- (5) Adds a new provision allowing the termination of automobile leases for use by servicemembers and their dependents. Pre-service automobile leases may be cancelled if the servicemember receives orders to active duty for a period of 180 days or more. Automobile leases entered into while the servicemember is on active duty may be terminated if the servicemember receives PCS orders to a location outside the continental United States or deployment orders for a period of 180 days or more.

(6) Adds a provision that would prevent states from increasing the tax bracket of a nonmilitary spouse who earned income in the state by adding in the service member's military income for the limited purpose of determining the nonmilitary spouse's tax bracket. This practice has had the effect of increasing the military family's tax burden.

(7) Adds legal services as a professional service specifically named under the provision that provides for suspension and subsequent reinstatement of existing professional liability insurance coverage for designated professionals serving on active duty. While the SSCRA specifically names only health care services, legal services have been covered since 3 May 1999 by Secretary of Defense designations. The SSCRA permitted such a Secretarial designation, but this revision will clarify this area.

Historically, the SSCRA applied to members of the National Guard only if they were serving in a Title 10 status. Effective 6 December 2002, the SSCRA protections were extended to members of the National Guard called to active duty for 30 days or more pursuant to a contingency mission specified by the President or the Secretary of Defense. This continues in the SCRA.

If you have questions regarding the new SCRA, contact your base legal services representative.

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Proud To Be An American



and decisions for each one of us. It has been an important my being and encourages creativity and individuality. factors to attaining my degree.

Above all, the most important change this year is the fact that I became a U.S. citizen in June. I am proud to say, "I am an American." But, I was puzzled and sad to hear comments become an American? The world is so anti-American, why?" And, "What can you do now that you could not do before?" Sometimes I feel that people tend to forget or take for granted tion. Can you imagine living in a country where you do not United States of America. have any of these rights? I consciously decided to become an American because I believe and feel the essence that makes the United States the greatest country to live in. The United

The year of 2003-2004 has been marked with a lot of changes States of America allows me to be my own person, respects year in my life, too. My first child, Khalil, born last August, has pledged my allegiance to the flag and declared my oath of brought significant changes in me. Even as a baby, a child allegiance to the laws of this land. One might ask, so what teaches you about life from a different perspective. Another now? What I can do now? I can vote! I did not have this right important accomplishment is the completion of my bachelor before, and now I do. I believe that every vote counts and in degree in sociology, finally after seven years! As we say, bet- this upcoming November election, everyone needs to vote. As ter late than never! Persistence, resilience, time management, an American citizen, I can proudly defend the American way of motivation and priceless support of my husband were crucial life in many ways, and you can too. You can read about the world around you, you can teach your loved ones about the values the founders of this great Nation set for us, you can write to your political representatives and news media to demand attention to issues that matter to you, you can educate others about your views and values, you can join the U.S. from American born citizens such as, "Why would you want to Armed Forces, and you can vote! Go out there, be informed on each candidate and make a conscious decision. Do not let others do it for you! In times of life and death, history showed us that every time when elections are granted to a stressed the gifts that they have. Gifts that many others around the nation, almost 100% of the eligible voters vote. We are in a world do not have such as freedom, the right to vote, the right post 9/11 world where a lot has changed. Voting is more imof free speech, the right to due process, the right to think and portant now than ever. Vote! Show the world that you honor many other privileges guaranteed by the American Constitu- the past, cherish the present and care about the future of the

~Mrs. Mona Gatto JICPAC