



Family Connection Newsletter

Winter Quarter 2012

Family Readiness Office (229) 639-8896 or by cell phone (229) 854-4612

Special Interest Articles:

- New eMarine Website (pg.1)
- Base Christmas Luncheon (pg.2)
- Focus on Love (pg. 3)

Headquarters Marine Corps implements new eMarine website

By: Marcus V. White, Family Readiness Officer

Manpower and Reserve Affairs, Marine and Family Programs Division, has partnered with Marine Forces Pacific to implement eMarine, according to website, www.emarine.org, and Marine Administrative Message 499/11, dated August 31.

The eMarine website will provide a secure environment in which information, resources and support are available to users 24 hours a day, regardless of geographic location. An overview of the site, posted on eMarine, describes it as providing all the functionality of a Family Readiness Officer in an ad-hoc and online setting to meet the needs of geographically-dispersed units and families across all components of the Marine Corps. eMarine is a commander's tool that allows them to communicate directly to Marines and family members. Unit sites can be accessed any time to view information and photos, read stories, ask questions, participate in forums and much more.

The new standardized sites will feature event announcements, command publications, biographies, mission statements, newsletters, services, resources and more. In essence, it will be a one-stop shop for official communication between commanders, Marines, Sailors and their families. It plans to be a site where information about base events and services can be available to users.

Headquarters Marine Corps' vision is to get all social networking onto one website which will help the Department of Defense have better control over the ever-growing social media preference. If Facebook decides to close their site down tomorrow, (DoD) has no say and there goes our communication with our families. Because eMarine is strictly a DoD website, it's a more secure way to communicate with our Marine, Sailors and their families.

In order to achieve a smooth activation of our base eMarine site, it is important that every Marine's information in Marine Online is up to date because the contact information in the MOL will be rolled over into eMarine. Projected launch date of site is February 29th, 2012.

Meet Your Family Readiness Officer:



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Semper Fi,
Marcus V. White
Base Family Readiness Officer

MCLB Albany Christmas Luncheon 2011

The Base Christmas Luncheon was a huge success as Marines, Sailors, spouses and their families came together. Joy and comraderie filled the atmsphere all afternoon as the families enjoyed good food prepared and served by the Town and Country Restaurant, and Santa himself made a special trip here all the way from the North Pole! Gifts for kids and adults were raffled off, and grand prizes were awarded near the end. One Marine shared how grateful he and his family are for events like this " because it encourages a sense of family, community and connecton."



ATTENTION PARENTS WITH CHILDREN NEWBORN TO 6 YEARS!

"PARENTING YOUR YOUNG CHILD"

Take part in this four-week parenting class designed to help parents with all aspects of the challenges of parenting. Presented by the New Parent Support Program.

Point of Contact: Mrs. Jill Harrell
(229) 639-6257

Wondering what this military lifestyle is all about? Want to meet some new friends?

Do you sometimes think you need someone to translate the jargon coming out of your Marine's mouth?
If so, join us at the next

Lifestyle, Insights, Networking, Knowledge and Skills
Training for Spouses
(L.I.N.K.S.)



Lincoln Military Housing
Community Center
January 23-24
9 a.m.-12:30 p.m.

Registration is required. Childcare is available. FMI call 639-6171

Spouses Meet and Greet.

“Strong Relationships”

Lincoln Military Housing Community
Center

January 26th
9 a.m.-12:30 p.m.

FMI call 639-6171



The Chaplain's Corner:

Life can be challenging at times, make no bones about it. There are:

- Deployments
- Unexpected issues
- Setbacks and disappointments
- Unexpected expenses



That's life, and we are all subjected to life's issues no matter who we are, what we have, who we know or what we do. Life happens regardless. In order to navigate through some of the issues of life we need a strategy. The key to successful living has everything to do with the information we acquire, whether it be what we've learned from parents, friends or our own experiences. It is out of this combination of learning that we attempt to live life. However, depending on the information we have, whether good or bad, right or wrong, it helps to frame the outcomes of what we call REALITY. So for you and me to experience a change in our REALITY we have to re-evaluate the information and begin the process of changing the way we think, which will in turn change our lives.

This upcoming year the Chapel will be planning several retreats that will focus primarily on communication skills and how to discuss issues through a plethora of methods under the subject of "Honey, Let's Talk." The focus will also be on how to de-stress and relax in relationships as well as joint problem solving, fun and friendship. The two-day workshops will conclude by discussing ways of supporting one another, commitment and a lesson on the sensual and sexual relationship.

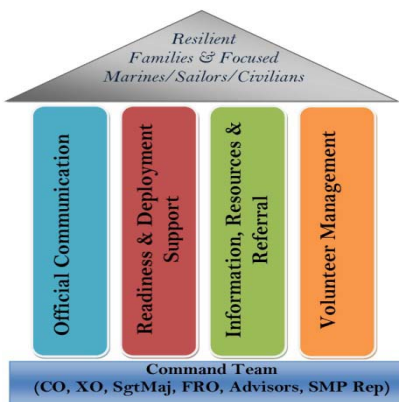
In addition to the two day retreats there will be a variety of classes offered as half-day seminars at the Base Chapel on varying topics to include "The Five Love Languages – How to Express Heartfelt Commitment to Your Mate," as well as seminars on personal and spiritual growth all with the family in mind.

Retreat and seminar dates and locations will be broadcast once the schedule is complete. For more information on our services, please don't hesitate to call the Base Chapel at (229) 639-7426/5282.

Unit, Personal & Family Readiness Program (UPFRP)

The mission of the Unit, Personal and Family Readiness Program is to train, educate and prepare every Marine and their family to ensure optimum resiliency when faced with a variety of life cycle events. A high state of personal and family readiness will result, thereby ensuring the unit's high state of readiness.

4 Pillars of the Program



Official Communication: Facilitate two-way official communication between the Commander, Marines and families regarding unit and family readiness information and requirements.

Information & Referral: Be a "single point-of-contact" for Marines and families regarding information, resource and referrals related to the available support programs and services on base, within the community, DoD-wide, state or national.

Readiness & Deployment Support: Provide resource, information, training and support services to enhance a Marine's personal and family readiness.

Volunteer Management: Volunteer support and participation is crucial to the success of the program. Opportunities are available for spouses, parents and extended family members.

Family Readiness Officers (FRO)

Each unit/command has a dedicated individual that is tasked to enhance unit and family readiness using a variety of available resources and trainings to ensure that all Marines, civilian-Marines and their families are prepared to meet the challenges of military life during a war-time setting. The FRO is the link between the command and the families when it comes to official communication as well as the information, resource and referral specialists to program and services locally, state and nationwide. For more information on this program, contact your FRO.

Mr. Marcus White:

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Get Ready, Get Ready, Get Ready!

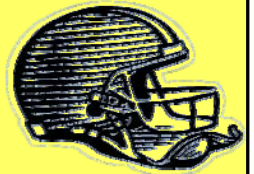
For the Super Bowl Party
February 5th, 2012

Kick-off is approximately 6 p.m., but the Officer's Lounge opens at 5 p.m. and will be open to all Officers, SNCOs and equivalent civilian-Marines. No charge for this event!

Chicken Wings, Sliders, Hot Dogs, Chili, Beverages

RSVP to the MCCA Main Office by Tuesday, January 31st

639-5234



*Don't forget that
special someone on Valentine's Day*



Love doesn't make the world go round; love is what makes the ride worthwhile. Elizabeth Browning

When you love someone, all your saved-up wishes start coming out. Elizabeth Bowen

Love is an irresistible desire to be irresistibly desired. Robert Frost

It's More Than Saying I Love You
Contributed By: Waheb Ferache, Algeria



We give on this day candy and flowers,
But we never stop to say thank you for the many hours.
You have stood by my side and gave me a smile,
As if to tell our hearts it's been worth every mile.
No need to buy a teddy bear or even a card,
It's pretty simple and not at all hard.
Just put your arms around me and hold me tight,
And say without words that in your heart is all right.
You say I love you throughout the year,
But on this day you need to make sure.
The words so sweet and straight from your heart,
That your life would be lonely without my part.
So put forth the effort and take the time,
Look me in the eye and say I'm glad you're mine.



Family Readiness Office

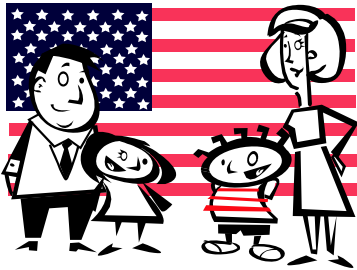
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We're on the Web!

Visit us at:
WWW.ALBANY.USMC.MIL/FRO

Calendar of Events:

<p>January:</p> <p>4: School starts back for: Dougherty, Lee and Worth Counties</p> <p>11: LINKS Mentor Training</p> <p>23: LINKS for Spouses</p> <p>24: Single Marine Dinner Keefe Hall Barracks</p> <p>26: Mommy & Me Playgroup @ Base Chapel Annex</p>	<p>March:</p> <p>8: Spouses Night Out</p> <p>11: Spring Forward!</p> <p>14: ITT Travel Show</p> <p>17: Family Readiness Yard Sale</p>	<p>February:</p> <p>Monthly recognitions: ▶ Alcohol and Stress Awareness ▶ Child Abuse Awareness</p> <p>14: Happy Valentine's Day!</p> <p>16: Lincoln Valentine's Day Spaghetti Dinner, 4 p.m.</p>
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FROM THE 35TH COMMANDANT OF THE MARINE CORPS

General James F. Amos

Click on the link to hear messages from the Commandant to our Marines, civilian-Marines and their families:

<http://www.marines.mil/unit/hqmc/cmc/Pages/default.aspx>

Ongoing Events:

Play Mornings!

Tuesdays 9:30-10:30 a.m. **Chapel Annex**

Thursdays 9:30-10:30 a.m. **Daniels Fitness Center**

Bring your children for a fun, interactive play date with their peers while you have some fun and interaction with your peers! Call (229) 639-6171.

Book Club

Third Thursday of each month at 7 p.m., various locations.
Call (229) 431-0075 for more information.

TAMP

First full week of each month in Bldg. 7200 (Marine and Family Services) 8 a.m. - 4:30 p.m. Those retiring are authorized to attend two years prior to end of Active Service (EAS). All others are mandated to attend prior to 90 days of EAS. Call (229) 639-5426.



How to Make and Keep a New Year's Resolution

By: B. Danesco, www.hottodothings.com/family

It's that time of year again. And with a new year come new resolutions and, for many of us, mid-year failures. If you want to stick to your new year's resolutions this time around, you're not alone. Here are some pieces of advice for making and keeping new year's resolutions.

1. **Take a personal inventory.** If you're looking to make your life better, it's good to know where your life currently stands.
2. **Be Reasonable.** Set realistic and achievable goals. Don't set yourself up to fail by aiming too high.
3. **Go on record.** Ask friends/family members to help by encouraging you to stay focused on your goals.
4. **Have checkpoints.** Break the big things into little parts and chart your progress. For example, if you want to lose 25 pounds, break it down to five pounds a month.
5. **Rearrange things.** People who are trying to change their lives need to make new plans, new arrangements, new schedules, whatever it takes to create the structure that will help them succeed in making that change.
6. **When necessary, get back on the horse.** If you fail at some point, don't look at it as failure. Just renew your promise to yourself and start anew. Failure doesn't come from falling off track; it comes from not getting back on track. So, don't lose heart. Keep getting right back on if you fall off track. Good luck!