

February 9, 2004

Special points of interest:

MCCS Family Programs

USO Valentines Day
Free Photos

Family Conference

Doc's Corner

Hero Miles

Rummage Sale

**Welcome Aboard to MALS-39 Newest Magicians**

18 December, Staples

baby boy

31 December, Virk, baby boy

11 January, Marine, baby girl

Magician's KVN Newsletter



CO's Corner

Dear Magician Families,

As we have embarked upon this New Year, we find ourselves preparing for the first of many deployments the Magicians will be participating in during 2004. What makes this year different from all the rest, besides our involvement in Operation Iraqi Freedom, Phase II, is the fact that most if not all of our deployments will be 7 months in duration. Additionally, the time off between deployments will be reduced dramatically due to the increased number of operational requirements the 3rd Marine Aircraft Wing and MAG-39 are involved in.

Never before has the Marine Corps or MALS-39 been challenged with the high operational tempo we are and will continue experiencing. I know the Magician Marines and families will respond with the same outstanding support, determination, and commitment we have always given. The challenges that lie ahead for us will be many and frequent but together I am confident we will persevere and see it through.

My sincere thanks and appreciation once again for your steadfast support and commitment to your spouse and the squadron!

FAMILY READINESS OFFICER (FRO): 725-4754

KEY VOLUNTEER COORDINATOR (KVC):...385-4934

STAFF DUTY OFFICER (SDO), MALS-39:...725-3966

CHAPLAIN (MAG 39):...725-8180

AMERICAN RED CROSS:...725-6877

NAVY & MARINE CORPS RELIEF:...725-5337

TRICARE (REGION 9):...1-800-242-6788

BASE LEGAL:...725-6172

NAVAL HOSPITAL, CAMP PENDLETON:...725-1288

E-MAIL: MALS39KVN@3MAWCPEN.USMC.MIL

MCCS Family Programs

NEW PARENT SUPPORT PROGRAM

The New Parent Support Program is a professional team of licensed registered nurses and clinical social workers who provide supportive and caring services to our military families with children ages 5 and under. As a team, we have supervised home visitors who have extensive knowledge of the issues confronting parents in the 21st century. These home visitors are sensitive to the very unique challenges facing military families. The New Parent Support Program will help you learn to cope with stress, isolation, pre and post deployment and everyday demands of parenthood through a variety of programs including:

Home Visitors:

Our home visitation program is open to all families interested in having an opportunity to meet one-on-one with a licensed registered nurse or clinical social worker in the comfort of your own home to learn more effective parenting techniques. Call 725-3884 to request services.

Baby Boot Camp:

This class is a great way to learn everything you need to know to take care of your infant! Class includes everything from keeping baby safe, taking care of yourself as a parent, dealing with crying, bathing and caring for baby, and resources for families at Camp Pendleton. Classes are held twice a month. To register, please call 725-3884.

Baby Boot Camp Schedule:

Date Location Time

23-24 Feb Abby Reinke Community Ctr. 0900-1230

22-23 Mar Abby Reinke Community Ctr. 0900-1230

Play Morning:

This is a fantastic way to get out of the house with the kids and have a great time! Simple crafts, songs, toys and camaraderie geared for families with children age 5 and under. Play Morning classes are held every Tuesday at the San Onofre Community Center, Bldg 51919; and **every Thursday** at the Abby Reinke Community Center, Bldg. 201019, from 1000-1130.

Our First Friends:

Bring your baby and meet with others for a morning of social support, sharing, and fun! This group is for mothers with a baby under 12 months. Our First Friends is held **every Thursday**, from 1030-1200 at the Abby Reinke Community Center, Bldg. 201019.

Parenting Classes:

Kids don't come with instruction manuals. These classes discuss topics designed to make your life easier and help you raise healthy, cooperative children! Communication, discipline for the whole family, self-esteem, and much, much more! These classes are taught over a nine-week period. You may attend one class or all nine. Classes are held at the Abby Reinke Community Center, Bldg. 201019. Call 725-3884 to register.

Parenting Classes Schedule:

Class Title Date Time

Communication and Listening 03 Feb 1500-1630

Discipline for the Whole Family 10 Feb 1500-1630

More About Discipline 24 Feb 1500-1630

Protecting Our Children 02 Mar 1500-1630

Doc's Corner

by Michael Reiter, LT MC USNR

In this, my first column, I thought I would briefly introduce myself and discuss our purpose before moving on to address a common mental health issue. I moved out here after finishing medical school in Chicago to do an Internal Medicine internship for one year in San Diego at Balboa Naval Hospital. I then accepted a 2 year assignment to Camp Pendleton at MAG39 and was subsequently assigned to our squadron, the MALS of the year, MALS 39. What MALS 39 Medical would like to do is provide a corner for general medical advice specifically relating to our Marines and dependants stationed here with MALS 39. The healthcare system can be intimidating and bewildering to navigate. If we can help our dependants with questions regarding access to care at the hospital, or if questions arise about healthcare and you are not sure where to look, feel free to email me and I'll try to help by steering you in the right direction. I am thrilled to be a part of Navy Medicine and I'll tell you one of the biggest reasons-TRICARE. In all honesty, it is really a luxury to be enrolled in this health plan as a patient. While I am sure it happens occasionally, I have yet to witness personally or hear of *any* case in which a doctor was not able to order a test or medicine for a patient because it cost too much. Think of the stories you've heard about HMO's. This happens on a daily basis in the civilian world. Also, we as physicians have no financial gain from ordering tests or doing procedures. What that means is, you can be assured that your doctor at the naval hospital is thinking only of what is best for you and your family. It is a tremendously unique system, and we are all lucky to be a part of it.

Each month I would like to pick a topic of health maintenance to review general guidelines, or bring up in a general forum responses to a question that may assist others. The first topic I thought would address is an issue which concerns all of us here at Camp Pendleton. Military personnel, and Marines specifically, deal with an inordinate amount of stress in relation to their civilian counterparts. These are not limited to battlefield stresses, though these are significant. Rather, they encompass all the stress that Marines are placed under at work, as well as contributing financial and family stresses. Deployment stresses all family members, not just the Marine. Camp Pendleton recognizes this and has provided great resources devoted to assisting with these issues. Be it the Mental Health department, counseling services with a counselor or chaplain, stress/anger management classes, we can help steer people in the right direction and help improve quality of life.

KVN members have a unique perspective on the well-being of active duty Marines. As husbands and wives, you are able to see and pick up on more than is going on with your husbands'/wives' well being. Oftentimes we will here that a patient has been feeling a certain way for months and did not know what was wrong or that it was even something to seek help for. Intimate family members can really make a big difference in picking up on some signs and symptoms of anxiety or depression and encourage them to seek care. One specific form of an anxiety disorder is PTSD, or Post Traumatic Stress Disorder.

PTSD is an anxiety disorder related to repeated experiencing of a traumatic event of some kind. Military personnel experience traumatic events during combat which form the basis of later development of PTSD. Fully 30% of people who spend time in a combat zone will have PTSD. Common symptoms include frequent thoughts of the traumatic episode, depression, anxiety, irritability, angry outbursts, emotional numbness or sleep/eating disturbances. People with this syndrome tend to avoid recollecting these thoughts and may feel intense guilt, and have these symptoms for more than a month. Symptoms usually develop within 3 months of the experience but can take up to a year for some. Treatments available generally focus on counseling sessions as well as medications used to treat depression and anxiety. It is best to start sooner rather than later to begin treatment, and the mental health department can assist in coordinating care.

For additional information please see the following websites:

National Institute of Mental Health [http://www.nimh.nih.gov/National Center for PTSD at the VA](http://www.nimh.nih.gov/National_Center_for_PTSD_at_the_VA) <http://www.ncptsd.org/>

Thank you for your time, my email address is reitermp@3mawcpn.usmc.mil if there are questions/concerns or for assistance.

January 04' Promotions

SGT. RICHARD C WILLIAMS
SGT. ENGELS A ACOSTA
SGT. JOSE M RIOS
SGT. CHRISTOPHE M DREVALAS
SGT. CHAD E TRUITT
CPL. CHELSEA CLARICE CARTER
CPL. DARREL GENE DELAFUENTE
CPL. JAKE G HARSHBARGER
CPL. LESSA NORTH WALKER
CPL. VINCENT D NEIL

February 04' Promotions

WO EMANUEL YOUNG
SSGT PATRICK ETIENNE
SGT. MARJORIE DELGADO (MERITORIOUSLY)
SGT. DAVID M. PORTER
CPL. JOSE G MARQUEZ
CPL. MICHAEL V ORTEGA
CPL. TIMOTHY LAQUIN WAGGONER
CPL. CHRISTOPHER S RAINEY
LCPL. DUSTIN MARK ELLIOTT

USO Celebrates Valentine's Day with FREE Photographs of Loved Ones February 14, 2004 from 1 pm - 4 pm.

SAN DIEGO, California, February 2, 2004 - The USO Council of San Diego announces plans to celebrate Valentine's Day with professional photography sessions and photos for all active duty military members and their families.

On February 14, 2003 the USO's downtown center will partner with Joseph Scott Photography to offer free sittings in the portable studio set-up at the USO. Professional photographer Joe Fialho of Joseph Scott photography donates his talents from 1 pm - 4 pm. During the three hour period all active duty military couples, families and single men and women are invited to join the USO as they "capture a moment in time" for themselves or to send to loved ones. Free 4x6 inch prints will be available for pick-up at the USO after February 24, 2004. The prints are donated to the USO by George's Camera Exchange. Joseph Scott Photography will also make additional prints available online and those details will be disbursed the day of the event.

Adding a bit of fun on this Valentine's Day, the USO will also hosts Eudaimia Models, an area talent agency featuring male and female models available for single servicemen and women to have their photographs taken with. A sign-in board will be available at the USO on February 2, 2004 for individuals and groups to reserve times during the three-hour session. All interested participants must be pre-registered no later than 9:00 p.m. on Friday, February 13, 2004.

USO of San Diego President, Col Regan Wright, USMC, Ret., was pleased with the plans to mark Valentine's Day saying "A photograph lasts a lifetime and the USO is pleased to offer all servicemen and women, as well as their families, the opportunity to receive a professional photograph at no cost for Valentine's Day. The photographs are a great gift for those deployed as well as those who are still in San Diego."

The San Diego USO supports the largest population of active-duty service members and their families in the United States, including those who regularly deploy to trouble spots worldwide. Since 1941 the USO Council of San Diego has been working to serve the morale, welfare and entertainment needs of the men and women in the Armed Forces and their families. The United Service Organizations functions in times of both war and peace with the efforts of many volunteers working 365 days a year. Supporting the men and women of the Armed Forces, San Diego offers two centers-a Downtown Center providing a solid "touch of home" and the new Neil Ash USO Airport Center, a resting place for travelers. As a non-profit organization, both centers operate solely through the generosity of the American people.

HERO MILES

<http://www.heromiles.org>

In September 2003, the Pentagon started giving soldiers stationed in Iraq two-week leaves in the largest R & R program since the Vietnam War. Soldiers on R & R or Emergency Leave are flown by the military to Germany or three airports in the United States, Baltimore/Washington, (BWI), Dallas/FortWorth, (DFW), or Atlanta, (ATL) for free.

The soldiers have been responsible for flights the rest of the way in the U.S. to their destinations, until Congress provided funding for this purpose on November 3, 2003. However, this funding is not yet available and may not be sufficient for all the troops or troops on "Emergency Leave".

More than 470 soldiers a day are arriving in the U.S.

Many soldiers on R&R leave must purchase high-priced last minute airfares to connect to their hometowns once their military flights land at the airports in Baltimore, Dallas or Atlanta. Soldiers on "Emergency Leave" must still pay the full cost of their domestic travel when they are rushed home for the family death, birth, illness or other emergency. The military does not pay the cost of their travel in the United States, so your frequent flyer miles are a huge help.

Americans have donated their unused frequent flyer miles to the Department of Defense to help troops travel home and spend quality time with their loved ones, without worrying about how much it will cost.

**Your extra miles today can help our soldiers
get home to their families tomorrow.**

Airlines Currently Accepting Donations:

AirTran/ Alaska /American/ Delta/ Pan Am/ Southwest/ United



> The 3rd Annual Celebrating Families Parenting Conference

February 28, 2004, 8 am-2 pm

Be the best parent you can be!

Look forward to:

- Workshops in Spanish and English on topics like, communicating with your teen, sibling rivalry, positive discipline techniques, step parenting, children with special needs, AND MORE!
- Exhibit booths for information on community resources
- Commercial sales tables for educational toys, books and more
- Expert keynote and closing speakers

This is a parent only event. Childcare will not be available.

Location: Joan Kroc Corps Community Resource Center in San Diego

Call 866-4FAMILIES to learn more! Or, download the registration form at www.informsandiegofamilies.org

Coping with Deployment for Family Members

- Understand what to expect and how to prepare your home and life for deployment
- How to maintain a healthy routine
- Tips for helping children cope
- Learn stress management skills
- Emotional preparations and self-care
- Adjusting to new responsibilities

TIMES/DATES

Stuart Mesa Comm Ctr— Feb 10, 1430-1600— 725-9717

San Onofre Comm Ctr— Feb 12, 1430-1530 and/or 1700-1800— 725-4310

Abby Reinke Comm Ctr— Mar 9, 1430-1600— 763-0649

CALL TO ARRANGE ADDITIONAL CLASSES WITH
PREVENTION AND EDUCATION AT 725-6636



Military Retirement: The Big Decision

Do you and your Marines, Sailors and Family members know the potential value of a military retirement?

Do they know how much money they will require for their retirement and potential sources for retirement investments?

Do they know the resources and websites to help them make sound financial decisions concerning whether or not they should consider taking the Career Service Bonus (CSB), and how much that decision might cost them over their retirement years?

If you or your Marines, Sailors and Family members **do not know** the answers to these questions, you can look at the information below, and you can request classes or individual counseling sessions from our Camp Pendleton Personal Services Division Financial Managers, by calling:

725-6098 Mr. Gerald Williams or Ms. Jo Rilling to schedule a class or individual appointment.

Squadron Rummage Sale

A great opportunity! The squadron is opening the doors to our families to rid themselves of items they haven't used in years. Think of it as one big garage sale. Seller pays \$10.00 for the space they occupy and all profits from sales go into the sellers pocket. Coming this Spring..... Look for details in the next newsletter.