



Lejeune Happenings

December 15, 2021



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Military Readiness Binder

Tuesday, January 25, 2022

Marston Pavilion at 1800



This interactive and informative workshop is designed to organize and prepare Military families to be “ready for anything” - especially during a deployment. Topics covered include: Finances, Family Care Plans, Legal Documents, Housing, Medical, Education, etc. Participants will receive a free binder with organizational tabs. The event starts 6:00 p.m. If you are planning to attend this event, please [RSVP Here](#) not later than January 21, 2022. We hope¹ to see you there!

Looking for Family Readiness Volunteers!



Volunteer Appreciation 2020



Volunteer Appreciation 2019

Have you ever wanted to feel like you are part of your Marine or Sailor's unit? A great way to do that is to become part of the Unit and Family Readiness Program as a Family Readiness Assistant or Volunteer. As a Family Readiness Assistant, you will play a vital role in helping maintain the readiness of 2nd Marines "Marine Family." By becoming a volunteer, you will assist the Deployment Readiness Coordinator (DRC) in planning, coordinating, and execution of unit events. It is also an opportunity to meet other family members in 2nd Marines and make some friends and you become part of the support group that assists one another and other members of the unit. We welcome you to provide new ideas and to assist with planning unit Family Readiness activities. So, whether you have plenty of time or only a few hours a month, we would love for you to become part of the Family Readiness program! If you would like more information on volunteering, contact the DRC at 910-381-6778. We look forward to hearing from you!

"To support my husband in ministering to all the active duty members and their families and to set an example of service for my girls." **Lexie T.**



Christmas Gift Assistants
(Santa's Elves)

"I volunteer so that I can be involved in positive things that are going on in my community, and to make a difference." **Megan L.**

"To help me understand the ins and outs of this ever-changing military family life. I also love the sense of community that is felt from going through various experiences with other military spouses." **Chances J.**

I volunteer to help other wives navigate this lifestyle. There is so much knowledge and information to be shared and I love being able to share that with others to better our families and the battalion." **Joy P.**



This is the official 2nd Marine Regiment Family Resource group! This is the group where the people who are special to the Regiment come to connect with the Command, with other families, their Marines, and resources that make our Marines and families stronger- because the people who are special to our Marines are special to us. Please feel free to express your opinion about the Marine Corps in an objective and respectful way that allows for continued development of information relationships. This resource page is also intended to be family-friendly. Please keep your comments fair, professional, and clean. If you would like to become a member of this group, please [click here](#). In order to be part of this group you must be on your Marine/Sailor's authorized contact list. When you request to be part of the group, please let us know your Marine/Sailor's name.

Key Points of Contact

2d Marines Deployment Readiness Coordinator

Dale Kerns
Office: 910-451-0223
Blackberry: 910-381-6778

2d Marines Chaplain (Confidential):

LCDR Doyl E. McMurry
Office: 910-451-5370
Blackberry: 910-372-2725
Duty Chaplain (24 HRS): 910-376-5810

Single Marine Program (SMP)

Base Administrative Center
Office: 910-451-4642
2d Marines SMP NCO
Cpl Dallas Curtis
Office: 910-451-2404

Military & Family Life Counselors (MFLC)

2d Marines HQ MFLC
Direct: 910-408-9485





MCI East Information and Updates

Tenant Satisfaction Survey

We need your help! Marines, Sailors, and families who live on base should have received an email from "Robert D. Niehaus, Inc" that contains your unique survey link. The email would have gone to the address you provided to AMCC. This is one of the mechanisms used to hold the housing partner accountable and better take care of families. This is your chance to discuss their needs and concerns. If you didn't receive the link for the survey, please contact the housing office.

MCIEAST Chaplain's Holiday Service Schedule

MCB Camp Lejeune

Temp. Catholic Chapel, Base Theater, Bldg. 19

Dec. 25: Christmas Day Mass at 10 a.m.

Protestant Chapel, Bldg. 16

Dec. 24: Christmas Eve Candlelight Service at 5 p.m.

Marine Corps Engineer School, Courthouse Bay Chapel, Bldg. BB16

Dec. 24: Protestant Christmas Eve Service at 7 p.m.

MCAS New River Chapel, AS-236

Catholic Services

Dec. 8: Solemnity of the Immaculate Conception at 11:30 a.m. and 6 p.m.

Dec. 24: Vigil Mass of Christmas at 6 p.m.

*** No Daily Mass, Dec. 27-31 ***

Protestant Services

Nov. 28: Hanging of the Green at 11 a.m.

Dec. 15: Christmas Caroling at 6 p.m. (refreshments beginning at 5:30 p.m.)

Dec. 24: Christmas Eve Service at 5 p.m.

Office Closures on Camp Lejeune

MCIEAST G8, closing at 11:30 a.m. on Dec. 13

The Camp Lejeune ID Card Centers, closing at 11 a.m. on Dec. 16

Military Housing Office, closing at 1 p.m. on Dec. 16

Lost and Found

The Provost Marshal Office would like to remind you, if you have lost items on Camp Lejeune or MCAS New River, please contact the Lost and Found Custodian, Mr. Sam Stolfa at 910-450-7578, or come to PMO Headquarters, Physical Security Department located at Building 58 on Virginia Dare Drive. Items residing within lost and found are phones, keys, watches, sunglasses, jewelry, electronics, and other various items. All items left over 120 days will be destroyed.

Radon Testing at Hadnot Point and CDCs on Camp Lejeune

The Environmental Management Division will begin Radon testing at various buildings located in Hadnot Point and at child development centers on MCB Camp Lejeune in January 2022. Information about the radon testing can be found at <https://www.lejeune.marines.mil/Offices-Staff/Environmental-Mgmt/AirQuality/>. Please direct any questions you may have about radon testing to the Air Quality Program manager at 910-451-5836.

Freeze Protection Warning

During periods of freezing temperatures, additional fire prevention and life safety measures are required to ensure mission readiness and prevent damage to fire protection systems. Occupants should ensure windows and doors, including interior hallway and stairway doors, are closed when not in use to prevent freezing and bursting of sprinkler pipes. All aircraft hangar bay doors must remain closed. During periods of snow, freezing rain or ice, ensure that all paths of egress are kept clear including walkways and exterior sidewalks. Fire department access roads must be accessible at all times. Personnel should contact Public Works/Base Maintenance if heat is not working in buildings with fire protection sprinklers. The use of fuel-fired non-vented heaters is prohibited aboard the installation. Portable electric space heaters must be UL, FM or third-party listed (labeled) and have built-in thermostats with tip-over switches. Electric space heaters must be plugged directly into the wall electrical outlet and unplugged when not in use. Care should be taken to avoid overloading electrical circuits. Maintain at least 3 feet clearance in all directions from combustible items that can burn. Check home smoke alarms and carbon

monoxide alarms monthly. Add water daily to live Christmas trees and keep them at least 3 feet away from any heat source. Replace any string of lights with worn or broken cords or loose bulb connections and keep lit candles away from decorations and other things that can burn.

During power outages, keep portable generators outside, away from windows and far away as possible from occupied structures to limit the risk associated with carbon monoxide poisoning. Do not refuel generators when running or hot to limit flash fires from occurring. Do not use a torch on frozen pipes, thaw slowly with an electric hair dryer. In all cases, use Ground Fault Circuit Interruption (GFCI) protected devices. Report any suspected issues with fire protection systems to Camp Lejeune Fire and Emergency Services Division (FESD) at 910-451-3004/5 and call 911 to report any suspected fires or other dangerous conditions. As always, FESD is ready to support Marine Corps Base Camp Lejeune and Marine Corps Air Station New River. You may contact FESD at 910-451-7100 or use the Interactive Customer Evaluation (ICE) System at https://ice.disa.mil/index.cfm?fa=service_provider_list&site_id=113&service_category_id=29&dep=*DoD.

EAS'ing? Missed boat space? Know your options!

You could be eligible to take advantage of the Direct Affiliation Program, which allows Marines to seamlessly transition to the Marine Corps Reserves. Some of the benefits include:

- Locking on a billet up to 120 days prior to your transition in the area of your choice
- Free TRICARE for you and your family for six months
- Possibilities for up to a 20k bonus
- Ability to conduct a lateral move for those who qualify
- Complete a TEB request as the transition is seamless

Some of the other benefits for serving in the Marine Corps Reserve include 2 days of active duty pay for every 1 day of drill, ability to network with other Marines who already have great careers in the civilian world, maintain base privileges, Servicemembers' group life insurance and more.

For more information, contact the Prior Service Recruiter located in Bldg. 59, Room 132 or call 804-426-1838. If you have Marines that are exiting active service, help educate them on their opportunities for future service and help them bridge the gap during their transition.

II MEF Counterintelligence/Human Intelligence Recruiting

CI/HUMINT Company solicits driven and qualified Marines that meet the following requirements:

- Cpl, Sgt, or SSgt
- 21 years of age or older (upon graduation of schoolhouse)
- U.S. Citizen
- GT 110 or higher (waivers on case by case basis)
- Valid Driver's License
- Willing to re-enlist or extend for 60 months
- Eligible for TS/SCI Clearance
- Medically qualified for worldwide missions

Recruiting briefs held every Tuesday at 1 p.m. in Bldg. WC-500. For more information, call, visit or email 2d Intel Battalion at:

Website: <https://www.iimef.marines.mil/Units/2nd-Intelligence-Battalion/0211-Recruiting/>.

Email: 2DIntelCIRecruiting@usmc.mil

Phone: 910-451-3659

REMINDERS AND UPDATES:

Body Composition Study Open Now

The Human Performance Office is seeking active duty and SMCR Marines to participate in the Marine Corps Body Composition Study on MCB Camp Lejeune through Dec. 16, 2021. The study will be open from 8 a.m. to 3:30 p.m. at Goettge Memorial Field House. The study will assess body composition standards and methods in relation to individual performance metrics to ensure that standards continue to strike the right balance between health, fitness, performance and military appearance.

For more information, please visit <https://www.fitness.marines.mil/Body-Composition-and-Resources/Body-Composition-Study/>. To schedule an appointment, please email SMB_CLNC_HPB_STUDIES@usmc.mil three dates of availability between 8 a.m. and 3:30 p.m. for an approximately 30-minute assessment.

2021 Combined Federal Campaign

The Combined Federal Campaign (CFC) is a 60-year federal workplace giving tradition that has raised more than \$8.5 billion for charitable organizations. It is one of the largest workplace giving campaigns in the world. The funds raised each fall through this campaign help neighbors in need around the corner, across the nation, and throughout the world.

The 2021 CFC solicitation period will run through January 15, 2022. New employees may make pledges within 30 days of entry on duty, if outside of the campaign solicitation period.

Federal employees can make a pledge online via the centralized giving platform. Donors can choose a payroll deduction or a one-time or recurring monthly pledge via a credit card, debit card, or direct bank transfer.

This year, in addition to our online CFC Giving System, an enhanced CFC Giving Mobile App for Apple and Android devices allows donors to pledge on the go through charity fairs, campaign events, and more.

Additional information may be found online at <https://carolinasfcf.givecfc.org>.

Contributions may be made online at <https://carolinasfcf.givecfc.org>, and selecting the "Donate" tab. You will be prompted to create an account if you didn't create one last year.

Ensure your account profile indicates the following information 6-digit CFC Office Code and your Department, Agency, and Office data will auto-populate:

MCB Camp Lejeune

- o Active Duty: DGYPBV
- o Civilian: DDL5WX

MCAS New River

- o Active Duty: E59VJG
- o Civilian: DC5JCN

Medical Center

- o Active Duty: H4EF50
- o Civilian: 165NV5

All contributions, no matter how great or small, can have a huge impact, and in many cases, change someone's life.

MCCS Announcements

MCCS LIVE In-Person Auction Auction Fri., Dec. 17, 9AM (Preview: Thu., Dec. 16, 10AM-2PM) MCCS Warehouse (Bldg. 1108)

Don't miss out on great deals at the MCCS LIVE In-Person Auction. Items include: 4 Wheelers, commercial refrigerators and freezers, display cabinets, variety of gym equipment, flat screen TVs, and more! View items online at <https://www.auctionzip.com/Listings/3632925.html>. Bidder registration is available during the preview or on the day of the auction starting at 8AM. Items must be paid (cash, check, credit card) for day of auction. All items must be picked up Mon.-Fri., 8AM-3PM. All items must be removed by 3PM on Wed., Dec. 22. Please bring equipment and labor to handle your purchase. All participants will be required to adhere to current COVID requirements and wear a face covering while in the building. Please Note: Due to road repairs, Birch Street is currently closed from Holcomb Blvd to Center Street. As a result, there is very limited parking. Attendees are encouraged to park in alternate parking lots, including across the street on the corner of Birch and West roads, and along West Road and side streets.

Camp Candy Cane Tues., Dec. 21 Noon-4PM MCFTB Bldg. 780, Brewster Blvd.

Parents and kids will take a walk through Santa's Workshop! You'll participate in interactive activities and resource booths to discover resources that are available for military children. Holidays are for kids and we have ways to celebrate our military kids year round! Activities are geared toward kids ages 5-12. You must pick your preferred time to attend www.mccslejeune-newriver.com/mcftb INFO: 910-451-0176

Announcements

Courthouse Bay Marine Mart Closed

Courthouse Bay Marine Mart is currently closed for the holidays and renovations; estimated reopening is Spring 2022. Upgrades include new flooring, paint, and fixtures. As an alternative, please visit Hwy 172 Courthouse Bay Marine Mart. Please visit <http://www.mccslejeune-newriver.com/marinemarts/> for a complete list of Marine Marts. Visit <http://www.mccslejeune-newriver.com/mc/> for other Military Clothing locations.

MAG-29 Marine Mart Opening Late Dec. 17

Due to a scheduled power outage, MAG-29 Marine Mart will open late on Dec. 17. It will reopen once power is restored. <http://www.mccslejeune-newriver.com/marinemarts/>

Recreational Pistol Range Closed Dec. 18 & 19

The Recreational Pistol Range will be closed Dec. 18 & 19 for maintenance. It is scheduled to reopen on Dec. 26 at 10AM. <http://www.mccslejeune-newriver.com/shoot/>

For a full listing of events, visit www.mccslejeune-newriver.com/events.

COVID-19 Information

Vaccination Sites –

- **Wallace Creek Fitness Center**

Monday through Friday from 7 a.m. to 3 p.m.

- **Goettge Memorial Field House – II MEF Marines and Sailors Only**

Monday through Friday from 7:30 a.m. to 4 p.m.

Note: COVID-19 Vaccine booster shots are now available for some TRICARE beneficiaries at the Wallace Creek Fitness Center. Please review the COVID-19 vaccine information on NMCCCL website to find out if you are eligible for a booster: <https://camp-lejeune.tricare.mil/Getting-Care/Visitor-Guidelines/COVID-19-Vaccine-Information>.

COVID Testing Sites – Now Closed Weekends and Holidays

If you have COVID-like symptoms on a Saturday or Sunday, you may visit the NMCCCL Emergency Department for further evaluation.

- **Acute Respiratory Clinic – TRICARE Beneficiaries & GS Employees**

Monday – Friday, 8 a.m. to 3:30 p.m.; closed on Saturday and Sunday

No appointment necessary

Building NH-200 in front of Main Medical Center

Focus on symptomatic patients who would like to see a provider. If testing is needed, beneficiary will be directed to the Test Tent.

COVID-19 Help Line – (910) 450-2956 is open M-F 8 a.m. to 3:30 p.m.

- **Testing Tent – Active Duty, TRICARE Beneficiaries, GS Employees**

Monday – Friday, 8 a.m. to 4 p.m.; closed Saturday and Sunday

Appointments or drive up available. Call (910) 450-4357 to make an appointment. In between Building NH-200 & Main Medical Center, off

Recovery Way Focusing on both routine COVID-19 testing and other tests as requested by a provider (e.g. flu, strep).

- **Active Duty COVID-19 Testing Site** – Active Duty Only

Monday – Friday, 7:30 a.m. – 3:30 p.m., closed weekends, holidays and II MEF liberty periods

Bldg. 416, 6th Marine Regiment Regimental Aid Station (RAS) on I Street

Contact unit medical first for screening before arriving

Face Covering Policy

Per updated DoD guidance in areas of substantial or high community transmission, all personnel – vaccinated and unvaccinated – are required to wear a mask in indoor settings on installations. This applies to all service members, dependents/beneficiaries (retirees), federal employees, onsite contractor employees, and visitors entering installation facilities.

HPCON Elevation to Bravo +

To slow the community transmission of COVID-19, preserve healthcare capacity, and protect Department of Defense Education Activity (DoDEA) and public schools prior to the upcoming school year, MCB Camp Lejeune and MCAS New River have elevated their Health Protection Condition (HPCON) from Bravo to Bravo +. The following restrictions are now in effect:

1. Restrictions to classroom training

- a. Suspension of all non-essential indoor classroom instruction until after mass vaccination.

- b. Mission essential indoor classroom instruction requires:

- i. LtCol-level approval

- ii. Six feet spacing

- iii. Continued wearing of masks at all times

- iv. Training aids and devices not shared

- v. Daily screening for symptoms

2. Individual commands must ensure:

- A. Symptomatic Personnel: Individual commands must ensure personnel who are symptomatic (vaccinated and unvaccinated) seek testing immediately and isolate at home or barracks pending the test results.

- B. Unvaccinated Close Contacts: ROM immediately for 14 days from the date of exposure to a confirmed case. Seek a COVID-19 test 3-5 days following the exposure. A negative test does not remove the 14-day ROM requirement.

- C. FULLY vaccinated Asymptomatic Close Contacts: Seek a COVID-19 test 3-5 days following the exposure, but may continue to work as long as they remain asymptomatic and wear a mask. *Supervisor discretion IRT remaining at work or sent home. IF they test positive, they must isolate at their home/barracks 10 days from the date of their positive test OR the date their symptoms first appeared.

3. Units and activities must strictly enforce ROM protocol on service members and employees to ensure that they do not circulate the base while sick.
4. Restrict the size of indoor gatherings on base and encourage Marines and Sailors to avoid large gatherings off base.
5. Commanders, AC/S and Special Staff Directors consider telework and port/starboard work schedules when needed to protect capability. If possible, employees should be organized into cohorts and the cohorts kept separate to reduce chances of cross-contamination.
6. Commanders, AC/S and Special Staff Directors consider telework for at-risk employees.

For the latest information on COVID-19, vaccine clinics and testing sites, please visit <https://camp-lejeune.tricare.mil/Getting-Care/Visitor-Guidelines/COVID-19>

Flu Vaccine Now Available for TRICARE Beneficiaries

The 2021 flu shot is now available for all TRICARE beneficiaries' ages 6 months and older. For more information, please visit: <https://camp-lejeune.tricare.mil/Health-Services/Preventive-Care/Immunizations>.

- **TRICARE Beneficiaries 12 years and older**

Wallace Creek Fitness Center Gym – No appointment needed

Monday through Friday, 7 a.m. to 3 p.m.; open until 4 p.m. on Wednesday through Nov. 17

- **TRICARE Beneficiaries 6 months to 11 years old**

NMCCL Immunization Clinic – No appointment required

Monday through Thursday, 8 a.m. to 4 p.m.; open until 5 p.m. on Wednesday through Nov. 17

Friday, 8 a.m. to noon and 2 to 3:30 p.m.

Due to updated Defense Health Agency policy, flu vaccines are for TRICARE beneficiaries and DoD employees who work in a health care setting only. If the influenza vaccination is required as part of your employment aboard the installation, there are other options for receiving your flu vaccine:

- Onslow County Health Department (612 College St, Jacksonville)

By appointment: 910-347-2154

- CVS, Piggly Wiggly, Publix, Realo Drugs, Walgreens, and Walmart also offer the flu vaccine, but please call to confirm they have vaccines in stock before arriving..



MCCS Events & Announcements

**Last Day to Order - Holiday Meals To Go - Christmas
Wed, Dec 15, 8am – 4pm
Location: Paradise Point Officers' Club**

Enjoy a fresh holiday dinner – without the work! Order a fully cooked meal with all the sides and enjoy convenient no-contact pick up. Complete dinners and à la carte options available.

À la carte

Whole roasted turkey (12-14 lbs.) with cranberry sauce \$45

Whole roasted turkey (24-26 lbs.) with cranberry sauce \$95

Pineapple glazed ham (5-7 lbs.) \$55

Four cheese macaroni & cheese (2 qts.) \$16

Mashed potatoes (2 qts.) \$14

Cornbread stuffing (2 qts.) \$12

Candied yams (2 qts.) \$12

Southern green beans (2 lbs.) \$12

Turkey gravy (2 qts.) \$10

Cranberry sauce (8 oz.) \$2

Assorted pies (choice of apple, sweet potato, pecan, or pumpkin) \$16

Package Deals - All packages include turkey and/or ham, plus the sides listed below. The 24-26 lb. turkey package and the Holiday Feast package include double sides and extra pie.

Whole Roasted Turkey (12-14 lbs., serves 8-10 people) \$105

Pineapple Glazed Ham (5-7 lbs., serves 8-10 people) \$110

Whole Roasted Turkey (24-26 lbs., serves 20-24 people) \$210

Holiday Feast Package (two 5-7 lb. hams and one 24-26 lb. turkey, serves 32-34 people) \$310

*Based on 8 oz. of turkey or 10 oz. of ham per person.

Holiday Sides

Mashed potatoes (2 qts.)

Cornbread stuffing (2 qts.)

Candied yams (2 qts.)

Southern green beans (2 lbs.)
Turkey gravy (2 qts.)
Cranberry sauce (8 oz.)
Choice of apple, sweet potato, pecan, or pumpkin pie

Order, Payment & Pick-up Information

Orders may be placed in-person at Paradise Point Officers' Club or by calling 910-450-7981 (Mon.-Fri, 8AM-4PM; holidays may vary).

Contactless pickup is available -- just drive up to the awning at Paradise Point Officers' Club and we'll be waiting for you!

Thanksgiving orders may be placed beginning Oct. 25 and must be received by 4PM on Nov. 16. Payment due at time of order. Thanksgiving meals can be picked up on Nov. 25 between 11AM and 2PM.

Christmas orders may be placed beginning Nov. 22 and must be received by 4PM on Dec. 15. Payment due at time of order. Christmas meals can be picked up on Dec. 25 between 11AM and 2PM.

More Info: <http://www.mccslejeune-newriver.com/oclub/>

SEPARATING – Spouse's Transition Readiness Seminar (S.T.A.R.S.)

Wed, Dec 15, 9am – 12pm [Register](#)

Location: Virtual

We've gone virtual! A link to the class will be sent to you at a later date.

This workshop is only for those separating from service.

The Spouse Transition and Readiness Seminar (S.T.A.R.S.) is an informational workshop designed to provide spouses of separating Service Members the opportunity to gain valuable knowledge of resources and pressing information as it relates to the upcoming transition. A panel of subject matter experts regarding topics such as education and career programs, benefits and entitlements, and financial considerations, will be on hand to ensure that the transition from a military to a civilian lifestyle. is as smooth as possible.

If your service member is retiring, please check our calendar for Retirees only.

More Info: <http://www.mccslejeune-newriver.com/fmeap>

EFMP Mind, Body & Sole Walking Group
Wed, Dec 15, 9:30 – 10:30am [Register](#)
Location: New River EFMP Parking Lot

Let's walk and talk all about things EFMP together. Bring the whole family out for a nice refreshing stroll and bring your questions too. We'll have staff on hand to answer any of your concerns and you'll be able to network with other families. Social distancing practices will be in place to keep everyone safe. Please RSVP to let us know you'll join us.

More Info: <http://www.mccslejeune-newriver.com/efmp>

Wednesday Family Fun Night
Wed, Dec 15, 5 – 7pm
Location: Bonnyman Bowling Center

Have some glow-in-the-dark fun without breaking your family's budget! Only \$25 per lane for 2 hours of Glow Bowling. Valid for up to 5 bowlers; shoe rental included. Must be on lane by 7PM. Open to all authorized patrons and their guests. League Bowl excluded from Wednesday Family Fun Night.

More Info: <http://www.mccslejeune-newriver.com/bowling/>

Smooth Move PCS Workshop
Thu, Dec 16, 1 – 3pm [Register](#)
Location: Virtual

Class Link: <https://meeting.marinenet.usmc.mil/clnrpcs2020/>

Password: moving

Got orders to move to a new duty station? This free Smooth Move PCS workshop provides information for personnel making a Permanent Change of Station (PCS) transfer to another base within the United States (CONUS) or to an overseas location (OCONUS). Topics covered include: travel and pay entitlements, shipping personal property, housing information, moving tips, POV entitlements, cultural aspects, COLA, passport requirements, Military OneSource, Military Home Front and accessing services at the new duty station. Please register online or call (910) 451-1056/7796. FREE for military families serving aboard Marine Corps Base Camp Lejeune, New River Air Station, and all outlying camps. As per MCO1754.10A, attendance is mandatory for all departing military personnel. Spouses are encouraged to attend.

More Info: www.mccslejeune-newriver.com...

Wing & Beer Night
Thu, Dec 16, 4 – 9pm
Location: The SNCO Club, Camp Lejeune

75¢ wings (dine-in only, 8 wing minimum) from 4-9PM and 50¢ off bottled beer from 5-7PM. Open to all authorized SNCO Club patrons.
More Info: <http://www.mccslejeune-newriver.com/snco>

Xtreme Family Fun Night
Thu, Dec 16, 6 – 8pm
Location: New River Bowling Center

Cosmic Fun! Music! Black Light Bowling! Only \$25 per lane for 2 hours (up to 5 bowlers; shoes included). Open to all authorized patrons and their guests.
More Info: <http://www.mccslejeune-newriver.com/bowling/>

\$5 Fridays Archery Day Pass
Fri, Dec 17, 10am – 4pm
Location: Camp Lejeune Archery Range (McIntyre-Parks Recreational Shooting Complex, R-100 Old Sawmill Rd)

Only \$5 for an Archery Day Pass, valid 10AM-4PM. Bow rental not included.
More Info: <http://www.mccslejeune-newriver.com/shoot>

Monthly Scramble
Sat, Dec 18, 8:30am
Location: Paradise Point Golf Course, Camp Lejeune

Third Saturday of each month (weather permitting). Scramble begins at 8:30AM. Please register by 8AM in the Pro Shop. Computer draw from players USGA Handicap, Player rank A, B, C, D. \$10 per person, plus cart and greens fee. Open to the public.
More Info: <http://www.mccslejeune-newriver.com/golf/>

Bingo Blast
Sat, Dec 18, 9:30am
Location: Bldg. AS-901, New River Air Station

Bingo Blast is currently being held in Bldg. AS-901 on New River Air Station. Doors open at 9:30AM. Card sales begin at 10:30AM. Bingo calling begins at 12:15PM. Buffet lunch available for purchase (\$8.95 per person) from

10:45AM-12:45PM. No outside food or drinks are allowed at the event. Open to all authorized patrons and their guests.

**Turkey Bowl
Sat, Dec 18, 1 – 5pm**

Location: Bonnyman and New River Bowling Centers

Bowl 3 strikes in a row and win a frozen turkey! \$3.50 per game per person (shoe rental excluded). Open to authorized patrons. Open bowling only. League play excluded. Limit one turkey per customer while supplies last. First come, first served. Pick up on-site when you win.

More Info: <http://www.mccslejeune-newriver.com/bowling/>

Winter Adventures (Ages 7-14)

Mon, Dec 20, 9am – Wed, Dec 22, 12pm [Register](#)

Location: Outdoor Adventures Office (728 Cross St., Camp Lejeune, NC)

Join Outdoor Adventures during Winter Break!

Mon., Dec. 20-Wed., Dec. 22, 9AM-Noon each day

\$85 per child (ages 7-14; includes all equipment and instructional guide)

Register by 3:30 PM on Wed., Dec. 15.

This 3-day program will introduce young explorers to a fun and exciting environment where they will have the opportunity to discover and learn in a hands-on setting.

Winter Adventurers will:

- Learn how to choose the best camping area and build a survival shelter.
- Learn how to build and start a camp fire and cook delicious snacks.
- Gain skills to navigate and cover come obstacles in the forest.
- Explore the sport of archery.
- Climb the rock wall.
- Open to authorized patrons.

Winter Break Bowling Special

Mon, Dec 20, 11am – 4pm

Location: Bonnyman Bowling Center

\$1.50 games and \$2 shoe rental (all prices per person) from 11AM-4PM. Open to all authorized patrons.

More Info: <http://www.mccslejeune-newriver.com/bowling/>

Winter Break Bowling Special
Tue, Dec 21, 11am – 4pm
Location: New River Bowling Center

\$1.50 games and \$2 shoe rental (all prices per person) from 11AM-4PM. Open to all authorized patrons.

More Info: <http://www.mccslejeune-newriver.com/bowling/>

Winter Break Bowling Special
Wed, Dec 22, 11am – 4pm
Location: Bonnyman and New River Bowling Centers

\$1.50 games and \$2 shoe rental (all prices per person) from 11AM-4PM. Open to all authorized patrons.

More Info: <http://www.mccslejeune-newriver.com/bowling/>

Wednesday Family Fun Night
Wed, Dec 22, 5 – 7pm
Location: Bonnyman Bowling Center

Have some glow-in-the-dark fun without breaking your family's budget! Only \$25 per lane for 2 hours of Glow Bowling. Valid for up to 5 bowlers; shoe rental included. Must be on lane by 7PM. Open to all authorized patrons and their guests. League Bowl excluded from Wednesday Family Fun Night.

More Info: <http://www.mccslejeune-newriver.com/bowling/>

Winter Break Bowling Special
Thu, Dec 23, 11am – 4pm
Location: Bonnyman and New River Bowling Centers

\$1.50 games and \$2 shoe rental (all prices per person) from 11AM-4PM. Open to all authorized patrons.

More Info: <http://www.mccslejeune-newriver.com/bowling/>

Xtreme Family Fun Night
Thu, Dec 23, 6 – 8pm
Location: New River Bowling Center

Cosmic Fun! Music! Black Light Bowling! Only \$25 per lane for 2 hours (up to 5 bowlers; shoes included). Open to all authorized patrons and their guests.

More Info: <http://www.mccslejeune-newriver.com/bowling/>

\$5 Fridays Archery Day Pass

Fri, Dec 24, 10am – 4pm

Location: Camp Lejeune Archery Range (McIntyre-Parks Recreational Shooting Complex, R-100 Old Sawmill Rd)

Only \$5 for an Archery Day Pass, valid 10AM-4PM. Bow rental not included.

More Info: <http://www.mccslejeune-newriver.com/shoot>

\$5 Skeet Token Day

Fri, Dec 24, 10am – 4pm

Location: Camp Lejeune Skeet Range (McIntyre-Parks Recreational Shooting Complex, R-100 Old Sawmill Rd)

Take advantage of reduced skeet tokens, only \$5/round (max 5 tokens). Open to all authorized patrons and their guests.

More Info: <http://www.mccslejeune-newriver.com/shoot>

OPEN for Meal Pick-Up Only

Sat, Dec 25, 11am – 2pm

Location: Pick up at Paradise Point O'Club

Winter Break Bowling Special

Mon, Dec 27, 11am – 4pm

Location: Bonnyman Bowling Center

\$1.50 games and \$2 shoe rental (all prices per person) from 11AM-4PM. Open to all authorized patrons.

More Info: <http://www.mccslejeune-newriver.com/bowling/>

Winter Break Bowling Special

Tue, Dec 28, 11am – 4pm

Location: New River Bowling Center

\$1.50 games and \$2 shoe rental (all prices per person) from 11AM-4PM. Open to all authorized patrons.

More Info: <http://www.mccslejeune-newriver.com/bowling/>

Winter Break Bowling Special
Wed, Dec 29, 11am – 4pm
Location: Bonnyman and New River Bowling Centers

\$1.50 games and \$2 shoe rental (all prices per person) from 11AM-4PM. Open to all authorized patrons.

More Info: <http://www.mccslejeune-newriver.com/bowling/>

Wednesday Family Fun Night
Wed, Dec 29, 5 – 7pm
Location: Bonnyman Bowling Center

Have some glow-in-the-dark fun without breaking your family's budget! Only \$25 per lane for 2 hours of Glow Bowling. Valid for up to 5 bowlers; shoe rental included. Must be on lane by 7PM. Open to all authorized patrons and their guests. League Bowl excluded from Wednesday Family Fun Night.

More Info: <http://www.mccslejeune-newriver.com/bowling/>

Winter Break Bowling Special
Thu, Dec 30, 11am – 4pm
Location: Bonnyman and New River Bowling Centers

\$1.50 games and \$2 shoe rental (all prices per person) from 11AM-4PM. Open to all authorized patrons.

More Info: <http://www.mccslejeune-newriver.com/bowling/>

Xtreme Family Fun Night
Thu, Dec 30, 6 – 8pm
Location: New River Bowling Center

Cosmic Fun! Music! Black Light Bowling! Only \$25 per lane for 2 hours (up to 5 bowlers; shoes included). Open to all authorized patrons and their guests.

More Info: <http://www.mccslejeune-newriver.com/bowling/>

For a more detailed and customizable listing, please visit www.mccslejeune-newriver.com/events/listing.



You're hired!



Congratulations on your awesome new job!

MCCS Hiring Event

NC Works Career Center Onslow County
461 Western Blvd., Suite 106, Jacksonville

MCCS Lejeune-New River Recruiters will be at the NCWorks Career Center-Onslow County (461 Western Blvd., Suite 106, Jacksonville) every Wednesday, 10AM to 1PM. New MCCS Lejeune-New River employees could qualify for a \$750-\$1,200 Sign-on Bonus! On-the-spot interviews! To learn more about the benefits of working for MCCS Lejeune-New River, visit <http://www.mccslejeune-newriver.com/jobs/>. Check back here for future hiring events!



Military Spouse Employment Expo
Thu, Jan 27, 2022, 9:30 a.m. – 1 p.m. EST [Register](#)
Marston Pavilion, Camp Lejeune
910.450.1676

Are you looking for a career locally or a career that you can take with you? Military spouses will be able to network and interact with local military friendly employers who are looking to hire military spouses. Positions available will include onsite employment opportunities and remote opportunities to work from home. We recommend professional dress attire as making that first impression is important. Bring extra resume copies and prepare a brief introduction statement, so employers will remember who you are to help jump start your career. Contact the Family Member Employment Assistance program in advance if you need resume assistance. Call 910.450.1676 for an appointment.

More Info: <http://www.mccslejeune-newriver.com/fmeap>



Join our MCCS Lejeune-New River Team! \$1,200* sign-on bonus for the following qualifying positions!

Air Conditioning Equipment Mechanic	Automotive Helper
Automotive Worker	Barista I & II
Club Operations Assistant	Cook
Custodial Worker	Electrician
Food Service Worker	Housekeeper
Laundry Worker	Laborer
Lifeguards	Material Handler
Mobile Sales Clerk	Painter
Recreation Assistants	Recreation Attendants
Sales Associate	Security Guard
Store Detective	Warehouse Workers
Waiterstaff	Vending Machine Attendant

*Sign-on bonus is pre-tax and applies to those positions listed. Offer only for employees new to MCCS Lejeune-New River. Bonus is paid \$300 after 90 days and \$900 after one year on the job. You may apply at <http://www.mccslejeune-newriver.com/jobs/>



**Bldg. 67, 2nd Deck, Camp Lejeune
910.450.6191
Monday - Friday: 7:30AM - 3:30PM**

CREDO provides an assortment of opportunities to sea service personnel and their families. CREDO's goal is to help enrich and strengthen people's lives. Join the many who have reaped significant benefits from attending a CREDO retreat.

CREDO provides a FREE weekend away within a positive, safe, and supportive environment to:

- ✓ Receive a greater understanding about life and yourself
- ✓ Increase trust and self confidence
- ✓ Strengthen relationships
- ✓ Gain a clearer perspective about others
- ✓ Experience personal and spiritual growth
- ✓ Strengthen marriages
- ✓ Resolve personal skills
- ✓ Learn to handle anger more constructively
- ✓ Improve communication skills
- ✓ Establish new friendships
- ✓ Have fun
- ✓ Relax

Who can attend? Active duty, retired and Reserve Navy, Marine Corps, Coast Guard personnel, DoD civilian employees, as well as family members with appropriate ID cards, 18 years or older, are eligible to attend.

Upcoming CREDO Marriage Enrichment Retreats and Workshops

- 1/21 Marriage Enrichment Retreat (MER) - Wilmington, NC [Register](#)**
- 2/25 Marriage Enrichment Retreat (MER) - Emerald Isle, NC [Register](#)**
- 3/11 Marriage Enrichment Retreat (MER) - Hilton Head, SC [Register](#)**
- 4/1 Marriage Enrichment Retreat (MER) - Beaufort, NC [Register](#)**
- 4/10 Marriage Enrichment Retreat (MER) - Beaufort, NC [Register](#)**
- 5/13 Marriage Enrichment Retreat (MER) - Wilmington, NC [Register](#)**



MCFTB Marriage Workshops

Marine Corps Family Team Building
Bldg. 780, Brewster Blvd, Camp Lejeune
Phone: 910.451.0176

Hours: Monday - Friday: 7:30AM - 4:30PM

<http://www.mccslejeune-newriver.com/mcftb/>

MCFTB Marriage Workshops are part of their LifeSkills Training & Education Program, which facilitates workshops that offer opportunities for personal and professional growth. This training provides classes that cover a broad spectrum of life competencies in areas of communication, impact, relationships, and wellness. Classes offered:

- ✓ Discovering Your Right Fit
- ✓ Before I Do
- ✓ Prevention and Relationship Enhancement Program (PREP)
- ✓ Interpersonal Communication
- ✓ Basic Anger Management
- ✓ Basic Stress Management
- ✓ Conflict Management

Below are a few upcoming workshops designed for both married and single Marines/Sailors.

12/16 8AM Before I Do, Marriage Foundation Class [2 Day Class]
Online through Adobe Connect:
<https://meeting.marinenet.usmc.mil/mcftbbid>

To register for these classes, please [click or tap here](#).



Marine Corps Family Team Building
Bldg. 780, Brewster Blvd, Camp Lejeune
Phone: 910.451.0176

Hours: Monday - Friday: 7:30AM - 4:30PM
<http://www.mccslejeune-newriver.com/mcftb/>

Care. Connect. Make a Difference! Marine Corps Family Team Building (MCFTB) provides educational resources and services to foster personal growth and enhance the readiness of Marines, Sailors and their Families. MCFTB is comprised of the following:

- Unit, Personal, and Family Readiness Program Training
- Volunteer Coordinator Program
- Readiness & Deployment Support Program
- LifeSkills Training
- L.I.N.K.S.
- Chaplains Religious Enrichment Development Operation (CREDO)

Upcoming Family Readiness Training and Workshops

12/15 6PM L.I.N.K.S. for Spouses (4-Evening Virtual Workshop) Virtual via Adobe Connect

12/16 6PM L.I.N.K.S. for Spouses (4-Evening Virtual Workshop) Virtual via Adobe Connect

12/20 10AM Virtual L.I.N.K.S. for Parents and Family Members Virtual via Adobe Connect

1/3 10AM Virtual L.I.N.K.S. for Parents and Family Members Virtual via Adobe Connect

1/6 8:30AM L.I.N.K.S. for Spouses Workshop [1-Day In-Person] LINKS Bldg. TT-2455E Iwo Jima Blvd., Tarawa Terrace, NC

1/11 9AM L.I.N.K.S. for Spouses Workshop [2-Day Virtual Workshop] Virtual via Adobe Connect

1/11 6PM Command Team Advisor/Family Readiness Assistant Training (1800-1930) & OPSEC/PII (1945-2030) Virtual via Adobe Connect

To register for these classes, please [click or tap here](#).

Note: CTA/FRA - Command Team Advisor/Family Readiness Assistant
DRC/URC - Deployment/Uniformed Readiness Coordinator

MFLC

Military & Family Life Counseling Program

Military & Family Life Counselors 2d Marines MFLC - 910-408-9485

Military & Family Life Counselors are here to listen, and are available to help service members, spouses, family members, children and staff address:

- ✓ Deployment/Reintegration Issues
- ✓ Marriage and Relationship Issues
- ✓ Parenting/Sibling & Family Issue
- ✓ Communication Challenges
- ✓ Stress
- ✓ Decision-making
- ✓ Grief and Loss
- ✓ Transition Issues
- ✓ Emotional Well-being
- ✓ Improve Coping and Resilience
- ✓ Daily Life Issues

Counseling, consultation and training is free and confidential. No records are kept. Helping You Is Our Priority. After-hours and weekend appointments are available. Group or off-site meetings can be arranged.



Single Marine Program Information

Central Area Recreation Center

Bldg 62, Lucy Brewer Rd., Camp Lejeune

910.451.1942

Hours

Monday - Friday - 10:00AM - 8:00PM

Saturday - 1:00PM - 10:00PM

Sunday - 12:00PM - 8:00PM

Holidays - 12:00PM - 8:00PM

Inside the facility:

Free Wifi, Laptops and iPads. Ping pong /Foosball/billiard tables, Big screen & overhead TVs with DIRECT® TV programming (includes NFL Sunday Ticket™ and UFC)

Gaming area - 6 large screen TVs, Corbeau™ seats, and Xbox One®, Xbox 360® and PS4™ game systems, Mini-theater, Shuffleboard. Free printing, fax and copying services

Events hosted by the SMP:

12/17 - 1100 Christmas Cookies & Milk

12/18 - 1400 Souper Saturday

12/19 - 1300 NFL Sunday Ticket With Free Pizza

12/20 - 1100 Monday Holiday Movie Matinee

12/21 - 1100 Minute To Win It: Unwrap Your Kiss*

12/21 - 1130 Pickin' and Prevention

12/23 - 1100 Show Us What You Got: Christmas Carol Edition*

12/25 - 1300 Christmas Feast – See flier on next page

12/26 - 1300 NFL Sunday Ticket With Free Hot Dogs

12/27 - 1100 8 Ball Tournament*

12/29 - 1100 Ping Pong Tournament *

12/31 - 1500 Corn Hole Tournament *

12/31 - 1500 End Of Year Celebration

1/1/2022 - 1400 New Years' Day Celebration

For more information on these events please go to: [Central Area Recreation Center \(mccslejeune-newriver.com\)](http://Central Area Recreation Center (mccslejeune-newriver.com))



Tastes Like Home!

On Santa's Nice List!

Holiday Fun!

On base for Christmas? Join us for a FREE Dinner with SMP!

Sat., Dec. 25

Serving a tasty traditional Christmas spread to all
Single Active Duty Service Members & Geo-Bachelors (no guests please).

FOOTBALL • GAMES • CHRISTMAS ACTIVITIES • GIVEAWAYS

SERVING SCHEDULE AT SMP REC CENTERS:

- NOON – Courthouse Bay
- 1:00 PM – Central Area
- 1:30 – New River
- 2:00 PM – French Creek
- Camp Johnson – TBD by command
- Camp Geiger (students only) – TBD by command
- Stone Bay – TBD by command



HOLIDAY HERO

SPONSORED BY:



HOLIDAY HELPER



@smp.lejnr



MCACS Sponsor. No Federal or DAD endorsement implied.





Volunteer Coordinator
Bldg 780, Brewster Blvd
Camp Lejeune, NC 28547
910.451.0176

MCCSLej-NRVolunteerCoordinator@usmc-mccs.org

Monday - Friday: 7:30AM - 4PM

Volunteers are making a difference in the Marine Corps! You too can make a difference in your military community by volunteering. Visit the USMC Volunteer Coordinator page at www.mccslejeune-newriver.com/mcftb or www.mccslejuene-newriver.com/smp to see the volunteer opportunities calendar through the Single Marine Program. Who is eligible to volunteer? Any service member with the permission of your command, civilian/DOD employees and their family members.

Volunteer Opportunities

12/18 - 8:00 SantaFest - Town of Swansboro Parks & Recreation [More Information & Registration](#)

12/21 - 8:00 Camp Candy Cane [More Information & Registration](#)





NAVY-MARINE CORPS RELIEF SOCIETY®



NAVY-MARINE CORPS RELIEF SOCIETY

Marine Corps Base Camp Lejeune
400 McHugh Blvd
Camp Lejeune, NC 28547-2519
Phone: (910) 451-5584
DSN: 751-5346
Fax: 910-451-5202
camplejeune@nmcrs.org
Hours: Mon.-Fri. 0800-1600

MCAS New River
AS 212
Jacksonville, NC 28540
Phone: (910) 449-6431
DSN: 752-6846
Fax: 910-449-6300
NewRiver@nmcrs.org
Hours: Mon.- Fri. 0800-1500

Our Mission

The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval Service of the United States, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs.

Vision

As a non-profit, volunteer service organization, we use both financial and non-financial resources to identify solutions to meet emerging needs. We help clients improve personal financial skills and encourage individual financial responsibility.

Guiding Principles

- We provide effective client service in a consistent, compassionate, and non-judgmental manner
- We are committed to preserving the dignity, self-respect, and confidentiality of our clients
- We are responsible stewards of the funds entrusted to us by our donors
- We provide our volunteers and employees with the training and resources to be effective -- offering consistent services throughout the Society
- We recognize the vital role our volunteer force plays in the delivery of Society programs and services



EMERGENCY TRAVEL

Financial Assistance for Urgent Travel

Travelling to be with a sick or dying loved one often requires transportation. If you're approved for emergency leave and need the money to travel, we can help you with an interest-free loan.

Other times, you may need urgent funds for food, rent, or utilities. If you or your family is in danger of going without these necessities, please seek assistance through these services:

Financial assistance and counseling
Quick Assist Loan

Who Is Eligible?

For help with urgent travel funds, you must be an:

Active duty or retired Sailor or Marine
Eligible family member with military ID card
Surviving spouse
Reservist on extended active duty of 30 days or more
Qualifying situations

We provide emergency funds for:

- Sailors or Marines to visit sick or dying loved ones
- Family members to visit Sailors or Marines who are severely ill or injured

No appointment necessary

To get emergency travel assistance, simply walk into our office. There's no need to make an appointment. Bring these items with you:

- Military ID card
- Most recent leave and earnings statement (LES) or retiree account statement (RAS)
- Emergency leave papers

We'll give you a check for the funds you need. You'll need to sign a form agreeing to repay the loaned funds. Loans are interest free so you'll only repay the amount you borrowed. You won't begin repaying the loan until you return from emergency leave.

After-Hours Emergency Assistance

If you need urgent help and your local NMCRS office is closed, instructions for emergency assistance are available by calling the local NMCRS office phone number.

BUDGET FOR BABY®

Financial Education on Baby Expenses



Expecting a baby is an exciting time for a family. Planning for the financial impact of a baby is an important part of your preparations. Start your planning with our free Budget for Baby workshop.

The workshop will help you develop a family budget, give you tips on how to save money, and introduce you to other expectant Navy and Marine Corps parents.

Every participant receives a gift that includes a baby blanket handmade by a Society volunteer.

We also offer free, one-on-one budget counseling and financial education. To make an appointment with one of our highly-trained volunteers, [click here](#)

How to Sign Up

To register for a Budget for Baby workshop, contact your nearest NMCRS office. Find a location.

If you aren't near an office, contact volunteersupport@nmcrs.org to inquire how you can participate in the program.

QUICK ASSIST LOANS



Need funds today?

You may be eligible for a Quick Assist Loan (QAL) for an emergency financial situation. There's no application fee and no appointment required. Active duty Sailors and Marines must apply in person and the process takes about 20 minutes. If eligible, you may receive a check for an interest-free loan for any amount up to \$500. The QAL must be paid back within 10 months.

Qualifying For a Loan

If your financial need is greater than \$500, or if you have received 5 QALs during your career, you are no longer eligible for our QAL. However, active duty service members are always eligible for our traditional financial assistance - which includes free budget counseling and education to determine the amount of financial assistance needed and a customized repayment plan.

To Apply For A Quick Assist Loan, You Must:

- Be on active duty in the USN or USMC
- Have enough time left on your contract to repay the interest-free loan
- Have no unpaid or outstanding interest-free loans from the Society
- Have no disciplinary actions in the past six months (or pending) that impact your pay or rank

Applying For A Loan

To apply for a QAL:

1. Locate your nearest Society office.
2. Print and complete an application form (PDF).
3. Bring your completed form to your nearest Society office. Or visit your nearest Society office and complete the form in our waiting area.
4. Bring your active duty ID card and your most recent Leave and Earnings Statement (LES).
5. If your application is approved, walk out with a check.
6. Learn about proven strategies and get sound guidance to manage your personal finances through our financial assistance and counseling. Schedule an appointment today.

VISITING NURSES



Supporting the Health and Emotional Needs of Navy and Marine Corps Families

The Society Visiting Nurse Program has been supporting Navy and Marine Corps families since 1922. Our nurses act as advocates, providing the health information and resources you need.

The Visiting Nurse Program (VN)

Society visiting nurses work through many of our offices, which are located on Navy and Marine Corps bases. Our registered nurses travel, within a reasonable distance of their office, to provide free, in-home visits to:

- Active duty or retired Sailors and Marines
- Navy and Marine Corps families with newborns

Our nurses visit families to answer questions and provide education on a wide range of health topics. For new parents, nurses may discuss things like breastfeeding and making sure babies are healthy and happy. They also provide

baby weight checks. No matter what your age, nurses will answer your questions about medications and medical care. If you're a retiree, you can also talk to our nurses about your concerns, such as chronic medical conditions that can accompany aging.

Sometimes our nurses will work with your health care team to let them know how you're doing between visits to your doctor. While visiting nurses do not provide emergency or bedside care, they can help you understand your options for taking the best possible care of yourself.

Nurses listen and can recommend resources to help you and your loved ones. Find the office nearest you with a visiting nurse program.

FINANCIAL ASSISTANCE AND EDUCATION



Get Assistance for Urgent Financial Needs

When you're having trouble meeting urgent financial needs, we may be able to provide an interest-free loan or grant. Through financial counseling, we'll also help you plan for better financial stability. From everyday bills to unexpected expenses, our caseworkers are ready to help. They understand the unique challenges of military life, and they're ready to listen and suggest options to bring you needed relief.

Our services are completely confidential. Your caseworker will review your financial situation and guide you through helpful resources and budget planning. If you're approved for a loan or grant, you'll get funds right away. There's no application fee, and the appointment is completely free. If you need \$500 or less, you may be eligible for our Quick Assist Loan.

Qualifying Situations

We provide funds to help with a wide range of financial needs. Common situations include:

- Food, rent/mortgage, utilities, essential home repairs
- Establishing a new residence, including security and utility deposits
- Car expenses, such as repairs and insurance deductibles
- Medical expenses
- Military pay shortage / delayed entitlements
- Funeral expenses
- If your situation isn't on this list, please call your nearest NMCRS office to see if we can help.

Prepare For Your Appointment

When you need help, call to make an appointment at your nearest NMCRS office right away. Often you can be seen the same day. Before your visit, be sure to read how to prepare for your appointment.

What to Expect At Your Appointment

Your Society caseworker will listen to understand your financial situation, as well as help you understand your bills and unexpected expenses, if you need it.

The caseworker will help you create a plan for financial success, making sure your budget helps you figure out how to spend your money and not run out.

You'll also get money-saving resources and tips to help stretch your dollars. After reviewing your financial situation, your caseworker will determine if you qualify for financial assistance. If you do, you'll receive an interest-free loan or grant, and you'll leave the office with a check for the money you need.

Important Suicide Prevention & Counseling Services



Suicide Prevention
Community Counseling Center
Bldg. 799B Brewster Blvd., Camp Lejeune
910.451.2864
Monday - Friday: 7:30AM - 4:30PM

National Suicide Prevention Lifeline
Call 1-800-273-8255
Available 24 hours everyday

Saving lives requires vigilance. Each tragic loss to suicide has far reaching impact on families, friends, and Marines left behind. At the unit level, suicide effects morale, unit cohesion, and ultimately unit effectiveness and readiness of Marines. Our prevention programs are designed to help Marines who are thinking about suicide or engaging in suicidal behavior, and those who may be at risk for suicide because of a mental disorder, or because they belong to a group with higher rates of suicide attempts or deaths. Services provided are:

- Develop in all Marines the skills needed to recognize and address suicide warning signs, which include appearing overwhelmed by recent stressors; experiencing a fall from glory, loss of honor, and change in status within a unit or relationship; withdrawing from friends, family and society; losing interest in hobbies, work and school; feeling helpless, worthless and trapped in a situation.
- Common risk factors and triggers that should not be ignored are legal or disciplinary problems, relationship problems and financial problems. Substance abuse, behavioral health diagnosis and Permanent Change of Station (PCS) problems appear to increase risk for suicide.
- The DSTRESS Line provides 24/7 phone, chat and Skype line counseling services utilizing a “Marine to Marine” approach.

- Confidential care worldwide ensuring access to behavioral health services and assisting Marines and families in navigating the many support resources available.
- Care coordination and continued 90 day follow-up through the Marine Intercept Program for all Marines identified with suicidal ideation or attempt.
- Conquering Stress with Strength is the newest practical application workshop facilitated by Marine Corps Family Team Building providing skills to effectively respond to high-stress situations that include suicide prevention.

Learn More - Marines, Sailors, and their families may access help directly through Community Counseling Program. There is no wrong door for getting help. Counselors conduct screenings, actively assess needs, provide counseling, and connect Marines and families with additional resources through referrals and direct handoffs between programs and facilities. If you recognize warning signs or believe someone is in immediate danger, call 911 or seek help from a mental health care.



Community Counseling Center Crisis Intervention for Emotional and Mental Health

CCP provides psychological first aid response upon command request during normal business hours by calling the Community Counseling Center at 451-2864. Psychological First Aid is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping. For more information please visit their website at: <http://www.mccslejeune-newriver.com/counseling/#>



Lejeune-New River SkillBridge Program

SkillBridge Employment Training Program is available to all eligible service members. Service members can participate in only one (1) SkillBridge Employment Training Program. All courses are geared toward learning high-demand industry-specific skills with the high-probability of securing employment prior to exiting the military. Courses offer job interviews, placements, or certifications to enhance entry into the workforce. The SkillBridge Employment Training Program (SETP) is pursuant to MARADMIN 350/18 and NAVADMIN 222/15.

It is the responsibility of the service member to contact the specific SkillBridge course directly for a potential class seat, start dates, and additional information; SkillBridge point of contact will guide/direct service member through the application process. Service member must also print out SkillBridge Command packet to route through their chain of command for approval to attend. To participate in any skills course you must meet the following eligibility requirements:

1. Service members who have completed at least 180 days on active duty and are expected to be released from active duty within 180 days of starting the course with an honorable discharge, including general discharge under honorable conditions.
2. Must have enough time to complete the program on active duty. Utilizing terminal leave is acceptable. Securing an extension to your existing End of Active Service (EAS) in order to participate is not authorized.
3. Have completed Transition Readiness Seminar (TRS).
4. Have successfully passed your most current Physical Fitness Test (PFT) and Combat Fitness Test (CFT) or equivalent if non-Marine Corps participant.
5. Have received a Standards of Conduct Rating of at least a 4.0 and a Standards of Proficiency Rating of at least 4.0 on your most recent performance evaluation (or be recommended for promotion or advancement, or other military equivalent for non-Marine Corps participant).
6. Have attended an ethics brief or completed a DOD-approved ethics training (Marine Net Training: ET108A Ethics & Integrity) within the last 12 months, or equivalent if non-Marine Corps participant.
7. Have not previously completed, currently participating in, or had participation terminated from another SDPO course. This would be the first skills course. For more information visit <http://www.mccslejeune-newriver.com/trs/skillbridge/>





ONSWLOW COUNTY

Est. 1734

Our mission is to deliver exceptional services that enhance the quality of life within our County



Onslow County Community Resource Guide

Child Services

Advocacy

Agency Name: Child Advocacy Center

Address: 900 Denis Rd, Jacksonville, NC 28540

Phone: (910) 938-0336

Hours: 8:00 AM – 5:00 PM

Website: <https://www.oneplaceonslow.org>

Service(s) offered: Multidisciplinary team, Child abuse response, reduce trauma

Agency Name: Guardian Ad Litem Program

Address: 521 Mill Ave Jacksonville, NC 28540

Phone: (910) 478-3621

Hours: 8:00 AM – 5:00 PM

Website: <https://www.nccourts.gov/programs/guardian-ad-litem>

Service(s) offered: Court advocacy and protection

Behavioral Health

Agency Name: Camp Lejeune Counseling Center

Address: Bldg. 799B Brewster Blvd Camp Lejeune

Phone: (910) 451-2864

Hours: 7:30 AM – 4:30 PM

Website: <http://www.mccslejeune-newriver.com/counseling/>

Service(s) offered: Counseling Center

Agency Name: Consolidated Human Services

Address: 612 College St, Jacksonville, NC 28540

Phone: (910) 347-2154

Hours: 8:00 AM – 5:00 PM

Website: <https://www.onslowcountync.gov>

Service(s) offered: Health alters, testing and treatment, family planning, WIC

Agency Name: Onslow County Youth Services

Address: 220 Georgetown Road Jacksonville, NC 28540

Phone: (910) 455-1202

Hours: 8:00 AM – 5:00 PM

Website: <https://www.onslowcountync.gov/223/Youth-Services>

Service(s) offered: Programming for at-risk youth

Agency Name: PORT Human Services

Address: 231 Memorial Drive Jacksonville, NC 28546

Phone: (910) 353-5354

Hours: 8:00 AM – 5:00 PM

Website: <https://www.porthealth.org/>

Service(s) offered: Mental illness, substance abuse

Agency Name: Trillium Health Resources

Address: 165 Center St, Jacksonville, NC 28546

Phone: (886) 998-2597

Hours: 8:30 AM – 5:00 PM

Website: <https://www.trilliumhealthresources.org>

Service(s) offered: Mental health and substance abuse resource

Disability Services

Agency Name: Carobell

Address: 198 Cinnamon Dr Hubert, NC 28539

Phone: (910) 326-7600

Hours: 8:00 AM – 4:30 PM

Website: <https://www.carobell.org>

Service(s) offered: Special needs, continuing education, residential services

Agency Name: Onslow County Department of Social Services

Address: 612 College St Jacksonville, NC 28540

Phone: (910) 989-0230

Hours: 8:00 AM – 5:00 PM

Website: <https://www.onslowcountync.gov/155/Social-Services>

Service(s) offered: Social worker for the blind, other health services

Agency Name: Family Support Network of the Crystal Coast

Address: FSN of Eastern North Carolina PO BOX 30040 Greenville, NC 27858

Phone: (252) 917-4110

Hours: N/A

Website: <https://www.facebook.com/groups/110447526581/about>

Service(s) offered: Support group for children with disabilities

Agency Name: May Institute

Address: 200 Doctors Drive, Suite J Jacksonville, NC 28546

Phone: (910) 333-0814

Hours: 8:00 AM – 5:00 PM

Website: <https://www.mayinstitute.org>

Service(s) offered: Disability services

Agency Name: Onslow Commission of Persons with Disabilities

Address: 815 New Bridge St. Jacksonville, NC 28540

Phone: N/A

Hours: N/A

Website: <https://www.facebook.com/OnslowCommission/>

Service(s) offered: Disability rights, advocacy and education

Agency Name: Special Olympics of Onslow County

Address: 521 Yopp Road, Suite 215 PMB 415 Jacksonville, NC 28540

Phone: (252) 288-2401

Hours: 9:00 AM – 5:00 PM

Website: <https://www.facebook.com/SONCOnslow/>

Service(s) offered: Connecting individuals with disabilities





[Event Calendar](#) | [Things To Do In Onslow County](#) | [Only In Onslow](#)

**Christmas Town At ELJ Farms
December 15, 2021 through December 25, 2021
6:00 pm - 9:00 pm
133 Batting Cage Trail Jacksonville NC**

This family friendly, animated Christmas light experience is something you do not want to miss! Starting at Swingin' Things, you will be able to purchase tickets for you and your family to drive through a myriad of Christmas lights, giant toy soldiers, and more! We are offering two ways to enjoy the lights: You can either take a tractor ride or drive through in your own vehicle. (no buses, please) Yes, moms and dads, this means you don't have to worry about pulling kids in and out of carseats. For more information on options and pricing visit their website! More information: <http://eljfarms.com/>

**Winter Coastal Marsh Eco-Tour
December 15, 2021
10:00 am - 11:30 am
Hammocks Beach State Park
1572 Hammocks Beach Road, Swansboro, NC 28584**

Enjoy a birding boat tour with a ranger as we explore the marshes behind Bear Island looking for the various bird species that winter down in our area every year. Eagles, hawks, warblers... just to name a few! Bring a birding field guide and binoculars if you have them. **DRESS FOR THE WEATHER! NOTE: Subject to cancellation due to the weather. Space is limited; REGISTRATION IS REQUIRED** by contacting the park office: 910-326-4881. More information: <http://www.ncparks.gov/>

**Advent Illuminated Pathway
December 17, 2021
5:30 pm - 7:30 pm
400 N. Bayshore Blvd. Jacksonville NC**

Free event for all ages on the front lawn of First Presbyterian Church. Walk the lighted pathway to discover the Peace, Hope, Love and Joy of the season. Gather around a firepit and enjoy some hot chocolate. More information: <http://jacksonvillepresbyterian.com/>

**Winter Wonderland
December 17, 2021
5:30 pm - 8:30 pm
50 Court St Jacksonville NC**

Come explore our Winter Wonderland and write a letter to Santa! Holiday themed science activities and games will be set up festival style throughout the building! Keep checking here and our Social Media for station topics and exciting news! Tickets are \$7 per person including adults. Children 2 and under FREE. Tickets will be sold in 30 minute time slots to help control the number of people in the building. Special appearances by Santa Claus, Ana and Elsa! More information: <http://www.sturgeocity.org/>

**Christmas At The Farm + Mini Polar Express Experience
December 18, 2021
4:00 pm - 10:00 pm
22 W Willis Landing Rd, Hubert NC**

Come enjoy the sights, sounds and smells of Christmas during our favorite time of the year. at the Farm. Santa and Mrs Clause arrive on a huge sleigh with free visits at the Santa House with their Elves. Try to avoid that sneaky Grinch. (He's a mean one with termites in his teeth.) Enjoy some hot cocoa and a peppermint-chocolate funnel cake among many treats to choose from. Stroll thru the decorated Farm Village Shops or visit the Vendors. Eat at one of the many food trucks or bakery stands. Lots of Christmas Photo Opps. Inflatables, Pony Cart Rides/Horse Rides, Mini Petting Zoo., Gellyball Paint Ball and lots of kids activites. Then ride the Mini Polar Express Experience with our very own PE Conductor and get your very own silver bell. This year you will be able to special order a keepsake PE Bell. Then at night - enjoy s'mores by the fire pits and have fun with some karaoke and Christmas Carol sing alongs. It's going to be a magical time at the farm. More information: https://www.facebook.com/events/4361923757229353/?active_tab=discussion

**Fire Triangle
December 18, 2021
10:00 am - 11:00 am
1572 Hammocks Beach Road Swansboro NC**

What does it take to make a fire and keep it going? Come on down to the park and join a ranger who will spark your curiosity about the three very important components needed to ignite and sustain a fire. A very hot topic with fun activities for all ages! More Information: <http://www.ncparks.gov/>

Into The Fog At Salty Turtle 4-Year Anniversary Celebration

December 18, 2021

06:00 pm - 09:00 pm

103 Triton Ln Surf City NC

Salty Turtle turns FOUR! Celebrate with us with food trucks, beer specials, beer releases, live music! Live Music: Ryan Rubich 2-5pm Into The Fog 6-9pm Food Truck: CBT Burger 11-3 Salty Sistas 6-9pm

More information

Music & merch: <http://www.intothefogmusic.com>

Facebook: <https://www.facebook.com/Intothefogmusic>

Instagram: <https://www.instagram.com/intothefogmusic/>

Youtube: <https://www.youtube.com/intothefogmusic>

Looking For Longleafs

December 26, 2021

3:30 pm - 4:30 pm

1572 Hammocks Beach Road Swansboro NC

Meet a few of our NC state trees at the park and learn why they have been so naturally and culturally important to the Tar Heel state! We will visit a unique natural community- a remnant coastal fringe sandhill forest. Hike: 1/4-mile, easy NOTE: Program starts at the nearby former Simmons Camp and will involve road shoulder parking. We will meet at the Visitor Center entrance and caravan down to the site. The road access to the site is not paved and low ground clearance vehicles are not recommended. Due to limited parking contact the park office to sign up: 910-326-4881. More information: <http://www.ncparks.gov/>

Bear Island ECO-Hike

December 29, 2021

10:00 am - 12:00 pm

1572 Hammocks Beach Road Swansboro NC

Enjoy a ranger-guided boat ride to Bear Island and learn about one of North Carolina's hidden treasures! You will be able to explore and discover about some of nature's wonders in the winter and maybe even collect some beach souvenirs! DRESS FOR THE WEATHER! NOTE: Subject to cancellation due to the weather. Space is limited; REGISTRATION IS REQUIRED by contacting the park office: 910-326-4881. More information: <http://www.ncparks.gov/>

**Noon Years Eve
December 31, 2021
9:00 am - 12:30 pm
625 New Bridge St Jacksonville NC**

We don't know about you, but we're ready for 2022! Staying up until midnight can be tough, so come celebrate early with us on Friday, December 31st for our annual New Years Eve Balloon Drop! Music, crafts, and fun all day; countdown begins at 11:59am, and balloons drop at 12 noon. FREE with admission, no registration required. More information: <https://zingzumm.org/upcoming-events/>



The Great Toy Giveaway

Santa has landed at the USO
NC Jacksonville with lots of
toys and goodies on his sleigh
for families in need.

Available For Families:

Food Boxes
Turkey or Ham
Toys
Bikes

E-4 AND BELOW: 0930-1200

E-5-E-6: 1230-1400

ALL RANKS: 1400-1500

December 16th, 2021
Jacksonville Public Safety
200 Marine Blvd,
Jacksonville, NC 28540



North Carolina

NEWSLETTER



Public Service Loan Forgiveness Program Updates



Photo: QuinceCreative / Pixabay

In early October, the U.S. Department of Education announced an overhaul to the Public Service Loan Forgiveness (PSLF) program. The purpose of PSLF is to remove the burden of student loan debt on public servants by canceling loans after 10 years of public service, with a goal of encouraging service in high-need fields and making it possible for such workers to stay in their jobs. Two main barriers to military Service members' access to student loan forgiveness are being addressed with this program update.

- **Eliminate barriers for military Service members to receive PSLF.** Service members will now be able to count months spent on active duty toward PSLF, even if the loans were on a deferment or forbearance rather than in active repayment. The Office of Federal Student Aid (FSA) has indicated that they will develop and implement a process to address periods of student loan deferments and forbearance for active-duty Service members. FSA will directly update affected borrowers to let them know what they need to do to take advantage of this change.
- **Automatically help Service members access PSLF.** In 2022, the Department of Education will begin automatically giving federal employees, including Service members, credit for PSLF by matching Department of Education data with employment information held by other federal agencies. As of early October, approximately 17,000 Service members have certified some employment toward PSLF, and this new process will help identify others who may be eligible.

For more information on PSLF, see this [fact sheet](#) from the U.S. Department of Education.

Welcome

On December 7, Dr. Barbara O'Neill will present a webinar detailing the events that have impacted military personal finances in 2021, as well as legislation that will continue to impact them in 2022. RSVP: <https://militaryfamilieslearningnetwork.org/event/107313/>

On January 25, Dr. Michael Gutter will present a webinar on working with Gen Z Service members in a financial counseling setting, with special emphasis on their unique life experiences and financial understanding. RSVP: <https://militaryfamilieslearningnetwork.org/event/111943/>

Mark Your Calendar!

CEUs will be offered for
AFCs, CPFCs, and CFLEs.

DEC 7	2021 Personal Finance Year in Review
JAN 25	Helping Gen Z Service Members Navigate Their Finances

Watch recorded webinars and earn CEUs from events presented within the past 3 years.

militaryfamilieslearningnetwork.org/personal-finance/webinars/

[Click here!](#)

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