

# Lejeune Happenings February 15, 2022



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Bowling Party
Saturday, March 12, 2022
Bonnyman Bowling Center
1200 - 1400







2d Marines & 3/2 will be having a Bowling Party at the Bonnyman Bowling Center on March 12 from 12:00 p.m. - 2:00 p.m. This promises to be another great event being put on by the Family Readiness Program. The best thing about this party is that it is free to all! You will get 2 Free Games of Bowling, Bowling Shoes, Food and Drinks! Please RSVP here no later than by 7 March to let me know if you will be attending this event! We are looking forward to seeing you!











## Save The Dates!

Here are some great events coming up as part of the Family Readiness Program! Be on the lookout for these and other events! All events are free so come on out and make some friends, you will be sure to have a great time!

March 12, 2022 Bowling Party

April 2, 2022 Easter Egg Hunt

May 7, 2022 Mother's Day Crafts

June 3, 2022 Kids Movie Party



## Looking for Family Readiness







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.

"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.



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.

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. 3





#### **Key Family Readiness Points of Contact**



Welcome, this is the official U.S. Marine Corps Facebook page for the 2d Marines. It is our goal to provide the public with information and news and allow for an open forum of discussion. Please feel free to express your opinion about the Marine Corps in an objective and respectful way that allows for a continued information relationship. While this is an open forum, it's also intended to maintain respect for those who participate (i.e. family-friendly). Please visit and like our page by clicking here.

#### **2nd Marines Marines.mil Site**

This is the official site where you can see the command group, find out about unit history. You will also find information on Contact Us/Check-In, Resources and news. Please visit our site by clicking here.

#### 2nd Marines Family Resource Page!

This is the group where the people who are special to 2d Marines 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. 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.



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 HO MFLC

















#### **MCI East Information and Updates**

#### Mess Hall 227: Mongolian Grill + Farmer's Field + Updated Hours

Mess Hall 227's Upper Deck on the corner of McHugh Blvd. and D St. is excited to announce a new pilot program that includes a Mongolian Grill and Farmer's Field Station with a made-to-order salad and wrap station. In addition, the mess hall has expanded their hours of service:

Monday-Thursday Breakfast: 6 to 10 a.m.

Upper Deck: 10:30 a.m. to 6 p.m. Lower Deck Lunch: 11 a.m. to 1 p.m. Lower Deck Dinner: 4 to 6 p.m.

Friday - Lower Deck Breakfast: 6 to 10 a.m. Lunch: 11 a.m. to 1 p.m. Dinner: 4 to 6 p.m.

Saturday and Sunday Breakfast: 6:30 to 9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: 4:30 to 6 p.m.

#### Range Control OIC/RSO: Feb. 11 Class Canceled

There will be no OIC/RSO class on Feb. 11, 2022. The next class will be held Wednesday, Feb. 16, 2022. Doors open at 6:30 a.m. and class starts at 7:30 a.m. You must have a paper copy of your Marine Net Safety Certificate.

#### **MOS 0681: Information Security Technician Recruiting**

II MEF solicits driven and qualified Marines to serve as Information Security Technicians. IST's serve as the Marine Corps' primary functional proponent for the Department of the Navy's (DoN) Communications Security (COMSEC) and Cryptographic Key Management. These Marines provide day-to-day operation of the DoN's COMSEC Material Control System (CMCS).

The duties include: coordinate for the provisioning of symmetric and asymmetric key products to support C4 systems in collaboration with communications planners for the development of communications instructions and support for elements of the Marine Air-Ground Task Force (MAGTF) or other authorized elements requiring authorized support, provide information regarding new or revised COMSEC policies and procedures and their impact on the command, train and inspect COMSEC users within the command, monitors and maintains the command COMSEC material allowances, performs spot-checks of users to assess adherence to prescribed instructions. Also may serve as a Central Office of Record (COR) Auditor for COMSEC account inspections. This MOS will be awarded to Marines approved for lateral move upon completing the Key Management Infrastructure (KMI) course.

Staff Sergeants of any MOS must meet the following requirements:

Must be a U.S. citizen.

Must possess a GT score of 100 or higher.

Must have attained the rank of Staff Sergeant and not having been passed twice in current MOS.

Security requirement: top secret security clearance eligibility

Medically qualified for worldwide missions

Recruiting briefs held Monday through Friday by appointment only. For more information, call or email the II MEF MCMO Chief, MGySgt Stephanie Robertson at stephanie.robertson@usmc.mil or 910-451-8561.

#### **Installation Tax Center Expanded Hours**

Tax Centers on Camp Lejeune and MCAS New River are now open to process tax returns for the 2021 tax year. The tax center is open to all service members, their families and retirees.

MCB Camp Lejeune Tax Center - <a href="https://go.usa.gov/xt5h4">https://go.usa.gov/xt5h4</a>
Bldg. 50 on Lucy Brewer Ave.
Monday, Tuesday, Thursday and Friday: 9 a.m. to 6 p.m.
Wednesday: 9 a.m. to 6 p.m. for Unit and Individual Appointments
Saturday: 9 a.m. to noon for E-5 and below

Saturday: 9 a.m. to noon for E-5 and below 910-451-3030 or 5351

MCAS New River Tax Center - <a href="https://go.usa.gov/xt5h2">https://go.usa.gov/xt5h2</a>

Bldg. AS-216 on Bancroft St. (1st Floor)

New Hours: Monday through Friday: 9 a.m. to 4:30 p.m.

910-451-6169

Both tax centers are offering a drop-off and pick-up program for Tax Year 2021 basic tax returns (federal and state returns). Drop-off services are available anytime during normal hours of operation. For more information, please contact the tax center or visit the website using the links above.

#### **MHS GENESIS Brain Byte**

Naval Medical Center Camp Lejeune will transition to MHS GENESIS and the MHS GENESIS Patient Portal on March 19, 2022. The MHS GENESIS Patient Portal will take the place of the current TRICARE Online system.

If you have a current TRICARE Online account, please ensure you and your dependent's information is accurate in MilConnect (DEERS). This will help migrate your profile automatically to MHS GENESIS!

If you don't already have a TRICARE Online account, you can log onto patientportal.mhsgenesis.health.mil using your DS Logon Premium Account. If don't have a DS Logon Premium Account or if you have questions about DS Logon, visit the milConnect Website or call 1-800-538-9552.

Learn and prepare for MHS GENESIS now!

https://camp-lejeune.tricare.mil/Getting-Care/Appointments-Referrals/MHS-GENESIS-Electronic-Health-Record-Patient-Portal

#### Living in the Barracks/BOQ? We want to hear from you!

The Marine Corps is asking barracks and BOW residents for feedback on housing conditions, property management and customer services provided to you by the installation. Marines are encouraged to take a short, ten-minute survey at the following link: <a href="https://tss.rdniehaus.com/unaccompanied">https://tss.rdniehaus.com/unaccompanied</a>.

For more information on the survey, visit <a href="https://usmc.rdniehause.com">https://usmc.rdniehause.com</a>. Completing the survey will help the Marine Corps improve the housing services provided to you.

#### **Reminders And Updates**

#### II MEF MACE Boxing Team Try-Outs, Feb. 9-10

The II MEF MACE Boxing Team is holding tryouts Feb. 9-10 at Goettge Memorial Field House Track. This event is open to all Marines and Sailors of all weight classes as they look to rebuild their high performance team.

Who: All Marines and Sailors Male or Female All weight classes

What: II MEF MACE Boxing Team Try-Outs

Timeline of Events:

Feb 9: Goettge Field House Track

8:30 a.m. - Orientation

9 a.m. - Physical Fitness Assessment (2 mile run, pull-ups, push-ups, sit-ups)

Feb 10: Area 5 MCCS Fitness Center

12 p.m. - Boxing Skill Assessment and Sparring

\*\*\* Please bring a hydration source with you.

#### Railroad Closure Effective Feb. 15

The railway that runs through MCB Camp Lejeune and MCAS Cherry Point will be closed beginning Feb. 15, 2022. The official two-year rail closure under P1505 Task Force Florence Military Construction project will repair trestles at White Oak and Queens Creek through February 2024.

### CDET Camp Lejeune AY22 Officer & Enlisted PME Opportunities via Seminar

For the most recent information on CDET related courses, please visit <a href="https://www.usmcu.edu/CDET/maradmins/">https://www.usmcu.edu/CDET/maradmins/</a>.

#### OPME CSC/EWS AY22 Seminars

Enrollment for the next EWSDEP and CSCDEP semester will begin in July 2022.

First time EWSDEP students are reminded to enroll in and complete the EWS Pre-requisite course via MarineNet Moodle(course code EWSDEPPREQ) in order to be eligible for an EWS 8671 seminar. Please refer to MARADMIN 396/19

Information on our programs can be found at <a href="https://www.usmcu.edu/CDET/contact-regions/">https://www.usmcu.edu/CDET/contact-regions/</a>.

#### CDET Enlisted Seminar Program AY22 Class dates

Class 3-22 will run from 14 Mar-24 Jun. The registration deadline is NLT 25 Feb at 1600.

Seminars are expected to convene in-person aboard base installations for the academic year.

Per MarAdmin 451/20, students may self-enroll via MarineNet. If doing so, the Unit Training Manager must log-in, screen, and recommend the request before CDET can approve it before the deadline. The request must include an endorsed NAVMC 11580 and copy of appropriate grade level, non-resident PME, Marine Net Completion Certificate (EPME 5000/6000/7000).

Sudents are encouraged to self-enroll via email.

To register via email, e-mail <u>WorleyE@davisdefense.com</u> and include an endorsed NAVMC 11580, Grade level MarineNet Completion Certificate (EPME 5000/6000/7000), and your <or the prospective student's> assigned installation, personal email, cell phone, and government email address.

#### **MCCS Announcements**

#### Big 50 Trap Shoot Fri., Feb. 18 - 10AM-3PM

Take aim at 50 targets! \$15 per shooter. Prizes for 1st, 2nd, and 3rd place. Patrons may bring their own gun (gun rental also available). Any gauge (12, 20, 28, and 410) can be used to shoot. Open to all active duty and family members (ages 13 or older); ages 13-17 must be accompanied and supervised by an authorized parent/guardian. Register by 4PM on Wed., Feb 16 online or inperson. For more information and to register, visit <a href="www.mccslejeune-newriver.com/shoot">www.mccslejeune-newriver.com/shoot</a> or call 910.451.3889.

#### 5v5 Soccer Tournament Registration Feb. 14-Mar. 16 - Sports Office Tournament Mar. 26 - Special Location: MCAS New River Hockey Rink (AS-612 Agan St.)

\$200 per team (due at registration). 3 game guarantee. Mandatory Coaches Meeting Mar. 17 at noon (location TBD). Open to all authorized patrons age 18 and older and out of high school.

Info: 910-451-2061/910-449-5844, <a href="https://www.mccslejeune-newriver.com/sports/">www.mccslejeune-newriver.com/sports/</a>.

Intercollegiate Golf Championship – Registration Open! Warm-Up Tournament – Registration Deadline is Mar. 9 Sat., Mar 12 & Sun., Mar 13 8:30AM Paradise Point Golf Course, Camp Lejeune

Register now for your chance to qualify for a spot on the Camp Lejeune's team in the upcoming 49th Camp Lejeune Intercollegiate Golf Championship! Entry

fee is \$25, and includes prize fund (merchandise certificates) and meal on Sunday. Entry fee does not include greens or cart fees. Flighted by handicap. Sign up by 5PM on Wed., Mar. 9 in the Paradise Point Golf Course Pro Shop. Open to the public. www.mccslejeune-newriver.com/golf 910-451-5445

#### 49th Camp Lejeune Intercollegiate Golf Championship Registration Deadline is Mar. 17 Apr.7, 8AM-Sun., Apr 10, 3PM - Paradise Point Golf Course, Camp Lejeune

Play alongside student athletes representing the best collegiate golf teams. Register by March 17 to participate in this year's Camp Lejeune Intercollegiate Golf Championship! \$125 Entry fee includes: 3 rounds of golf, 3 meals, and tee package. Cart fees not included. Format is 3-Person/Best Ball Two-Day Total (2 Collegians, 1 "Amateur"). NCAA and USGA rules apply. Event is open to the public. Space is limited. NOTE: Individuals needing base access must register and complete all documents no later than March 9. Register at the Golf download registration flyer at www.mccsleieunenewriver.com/golf. Questions? Contact the Golf Pro at 910-451-5445.

#### **Commissary Resources and Scholarships**

Fit for 2022: Commissaries Offer Resources for Health and Wellness New Year, New You. The Commissary is offering patrons the right mix of products and resources to support their wellness objectives all while saving at the checkout. Go to https://www.commissaries.com/shopping/commissarybrands for information. Read release more the entire news https://commissaries.com/our-agency/newsroom/news-releases/fit-2022commissaries-offer-plenty-tips-ideas-resources-help.

Application Deadline for Scholarships for Military Children is Feb. 17: Application deadline is Feb. 17 for the 2022-2023 Scholarships for Military Children Program. Fisher House Foundation will award 500 scholarship grants of \$2,000 each. The selection process will begin immediately following the application deadline of Feb. 17, at 11:59 p.m. PST. Read the entire news release https://www.commissaries.com/our-agency/newsroom/newsreleases/scholarships-military-children-applications-open-today.

#### Personal Financial Management Program Bldg 825, Rm 128 John A. Lejeune Education Center Stone St. Camp Lejeune

Service hours are 0730-1630, and we can occasionally support after-hours events.

The Personal Financial Management Program (PFMP) is the #1 trusted source for unbiased financial information on Marine Corps installations globally. We provide FREE financial counseling, education and information to Marines and eligible dependents on Camp Lejeune and MCAS New River. We assist Marines and commands with financial readiness via one-on-one consultations, group classes, phone and email. All assistance is provided with confidentiality. The benefits of using PFMP services include financial well-being, resiliency, financial readiness and mission readiness.

**Financial Consults** 

Primary POC: lejpfm@usmc-mccs.org

Call or text to schedule a virtual appointment.

Personal Financial Counselors

Call or text to schedule an appointment or ask questions:

<u>CampLejeune-PFC1@zeiders.com</u> 603.303.2657 <u>CampLejeune-PFC2@zeiders.com</u> 802.730.5163 <u>CampLejeune-PFC3@zeiders.com</u> 910.322.9518

Unit Classes/PMEs:

Primary POC: lejpfm@usmc-mccs.org

Secondary POC: 910.451.3219

Units and individuals can schedule group classes or private appointments.

2/17 9AM Personal Readiness Seminar Virtual

2/24 9AM Personal Readiness Seminar Virtual

2/25 9AM Car Buying Virtual

3/1 9AM Credit Management Virtual

3/2 9AM Aviation Job Fair Career Resource Center AS-901, Longstaff

Street, MCAS New River

3/3 9AM Personal Readiness Seminar Virtual

3/4 9AM Investing/TSP Virtual

To regieter for these classes please Click or Tap Here

#### Personal Financial Management Program Tax Newsletter

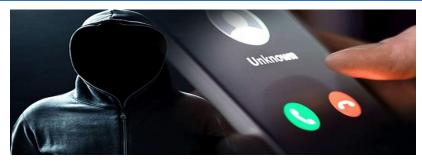
Below are some highlights on taxes from the Military Family Learning Network <a href="https://militaryfamilieslearningnetwork.org/wp-content/uploads/2022/01/PF">https://militaryfamilieslearningnetwork.org/wp-content/uploads/2022/01/PF</a> Newsletter-February-2022 Final.pdf

Advance Child Tax Credit Payments. Families who received advance child tax credit payments will need to compare the monthly payments they received with the amount they are eligible to claim on their 2021 tax return to determine if they may be able to claim additional credit or if they will need to repay some credit. Eligible families who did not receive monthly advance payments in 2021 can get a lump-sum payment by claiming the child tax credit when they file their 2021 federal income tax return this year.

Changes to the Charitable Contribution Deduction. Taxpayers who do not itemize deductions can qualify for a deduction of up to \$600 for those who are married filing joint returns and \$300 for all other filers who made cash contributions to qualifying organizations in 2021.

Thrift Savings Plan (TSP) Contribution Limit. The annual TSP contribution limit for 2021 was \$19,500, with a maximum catch-up contribution limit of \$6,500. For 2022, the contribution limit increased to \$20,500 with no change to the catch up contribution.

If Service members are unsure about how these and other updates may affect their tax situation, tax professionals are available to help through Military OneSource. MilTax consultants are specially trained to help with unique tax situations specific to Service members and their families. Additionally, free MilTax preparation and e-filing software is available through mid-October.



#### **Avoid Phone Scams and Vishing (Voice Phishing)**

Telephone scams are on the rise, and they're more likely to reach your cell phone than you think. Navy Federal is here to help you take the right steps to avoid falling victim to voice phishing and fraud.

#### **Bottom Line Up Front**

- Never let yourself be pressured into giving information over the phone, especially during an unexpected call. Keep personal information and passcodes private.
- Navy Federal will never call you to ask for your one time passcode!
- Scammers may call you impersonating your bank, credit union, the government or a well-known company. Some even fake Caller ID profiles so you think the call is legitimate.
- If you suspect you're a victim of fraud or identity theft, call your financial institution.

What do you do when your cell phone rings? If you automatically answer whether you recognize the caller or not, you aren't alone. But, chances are good that the person on the other end is a scammer looking to trick you into giving out personal information. And, don't be fooled by what you see on the caller ID. Many scammers are able to make it look like a call is coming from Navy Federal, a government agency or other well-known companies like Amazon, Google or Apple.

#### What Is Vishing?

Vishing (or voice phishing) involves scammers calling you on your phone and phishing (fishing) for information. It has become so widespread that experts are calling it an epidemic and predict vishing calls will make up almost half of all cell phone calls in the near future.

#### **How Does Vishing Work?**

It's a new twist on an old trick, but now it's coming to your cell phone. Vishers impersonate bank, credit card company or government officials, say they represent a charity or call you with too-good-to-be-true offers. They'll pressure you to act right away to avoid punishment, because the need is urgent or so you don't miss out.

To confuse you even further, some scammers spoof phone numbers from your area code and may have a number similar to your own. Some even fake Caller

ID profiles so you think taking their call is safe. If you don't answer, they may leave messages calculated to get you to call them back. Messages like "Your account has been compromised. Call us to reset your password." have been very successful.

It's all to catch you off guard and get you to share your personal information like bank or credit card information and details like your birthdate or Social Security Number. Their goal? They want to steal your identity, money or both. That's why knowing how to spot a scam and how to protect yourself and your personal information is so important. It's time to change the way we treat an incoming cell call.

#### Signs It's a Scam

Many vishing calls follow a similar pattern—getting you to agree to the caller's "terms" on the spot. Callers don't want you to think too hard about what they're asking, so they create a sense of urgency to try to convince you to act immediately. The Federal Trade Commission (FTC) and others have identified several common red flags:

1. I'm calling from [your bank/credit union]. You may be a victim of fraud, and for your account security, I need you to give me the 6-digit passcode we just texted to you.

So, for example, a caller posing as someone from Navy Federal would say, "Hi, I'm calling from Navy Federal. We've seen suspicious activity and you may be a victim of fraud. I need you to give me the 6-digit passcode we just texted to you."

- 2. We need you to download an app so we can troubleshoot (often if impersonating Amazon/Apple/Google).
- 3. We just want to verify our information (most often claiming to be your insurance company).
- 4. There's a lawsuit against you/warrant for your arrest for tax evasion.
- 5. You just need to pay shipping and handling (or a small fee) to receive your prize.

If you get a call like this, the best defense is to hang up. Then, report the call to the FTC.

#### Don't Be Fooled

If you receive a text from us with a 6-digit security passcode, we'll never call you to ask you for it. If someone unexpectedly calls you to ask for a security

code we sent, hang up and immediately report it to us at 1-888-842-6328. Don't give out the code! We'll never call you to ask for your code word!

#### **Protect Yourself**

Here are some easy steps that you can take to protect yourself:

- 1. Don't let yourself be pressured into giving information over the phone. Keep personal information and passcodes private and never give it out during an unsolicited phone call.
- 2. Don't download any "troubleshooting" apps, because they'll allow the fraudster to take over your device.
- 3. If you think a call might really be from your bank, insurance or credit card company, find their phone number on your statement or card and call that number.
- 4. Educate yourself about common scam practices. For example, the IRS will never ask for payments over the phone. They generally try to reach out through the mail before they call. They also won't ask for payment in cash, gift cards, or wire transfers, or ask for your debit/credit card information.
- 5. Some phone providers and many smartphones have call-blocking tools that will allow you to block calls from undesirable numbers. If you get a scam call, block the number.

This article is intended to provide general information and shouldn't be considered legal, tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.





**Family Nutrition Information** 

Does your family have food insecurities? Food insecurities is defined as the state of being without reliable access to a sufficient quantity of affordable, nutritious food. According to an article from the Center for Strategic & International Studies titled "Food Insecurity among U.S. Veterans and Military Families", "a study published in May 2021, nearly 33 percent of respondents at a major U.S. Army installation were classified as marginally food insecure in 2019. Among nearly 7,800 military family respondents, 12.5 percent were food insecure in 2019, according to the Military Family Advisory Network (MFAN) **Military** Family Support **Programming** Survey. (https://www.csis.org/analysis/food-insecurity-among-us-veterans-andmilitary-families). If you fall into one of these categories, there are resources available for military families. Families with children under the age of 5 may be eligible for Women, Infants, and Children (WIC). If you have children over the age of five you may be eligible for Supplemental Nutrition Assistance Program (SNAP). There is more information below on these programs.



Supplemental Nutrition Assistance Program (SNAP) 612 College St. Jacksonville, NC 28540 Phone: 910-455-4145

Monday and Friday - 8:00 a.m. - 5:00 p.m. Tuesday and Thursday - 7:00 a.m. - 5:00 p.m. Wednesday - 7:00 a.m. - 2:00 p.m.

https://www.onslowcountync.gov/1726/Food-Nutrition-Services

Nutrition Assistance - SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency. The Supplemental Nutrition Assistance Program (SNAP) is the largest federal nutrition assistance program. SNAP provides benefits to eligible low-income individuals and families via an Electronic Benefits Transfer card. This card can be used like a debit card to purchase eligible food in authorized retail food stores. To be eligible for this benefit program,

applicants must live in the state in which they apply and meet certain bank balance limits. A household with an elderly (over 60) or disabled household member may have a higher bank balance limit. Visit SNAP's eligibility page to find out more about eligibility requirements and how benefits are computed.



Women, Infants, and Children (WIC) **Marine Corps Base Camp Lejeune** 2455 Iwo Jima Blvd. Tarawa Terrace Jacksonville, NC, 28543 (910) 353-0022 Mon-Fri 8AM-5PM

http://www.onslowcountync.gov/216/WIC

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk. The WIC program aims to safeguard the health of low-income women, infants, and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.

WIC Serves Pregnant women Breastfeeding women Non-breastfeeding postpartum women **Infants** Toddlers and children up to age 5







#### **MCCS Events & Announcements**

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

Wed, Feb 16, 9am – 12pm Register

Location: LINKS Office, 2455E Iwo Jima Blvd

\*\*\*This workshop is only for those retiring from service.\*\*\*

Is retirement approaching soon? You may have more questions than your service member. The Spouse Transition and Readiness Seminar (S.T.A.R.S.) is an informational workshop designed to provide spouses of retiring 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 separating from service, please check our calendar for the separating classes.

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

Wednesday Family Fun Night Wed, Feb 16, 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, Feb 17, 1 – 3pm <u>Register</u> Location: Virtual

Class Link: <a href="https://meeting.marinenet.usmc.mil/lejnr-pcs/">https://meeting.marinenet.usmc.mil/lejnr-pcs/</a>

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.

#### Xtreme Family Fun Night Thu, Feb 17, 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/

Friday Family Meal Deals - Homemade Meatloaf Fri, Feb 18, 4 – 6pm Register Location: Pick up at Paradise Point Officers' Club Feb. 18 Menu (order by 4PM Feb. 15) \$36/Meal Deal, \$62/Double Deal, \$18/Half Deal

The Feb. 18 Meal Deal includes the following (Half Deals will be halved; Double Deals have twice as much food):

- \*Homemade meatloaf (2 lbs.)
- \*Creamy mashed potatoes (1 lb.)
- \*Brown gravy (1 cup)
- \*Buttered corn (1 lb.)
- \*Dinner rolls (qty. 6)
- \*Garden salad with ranch dressing
- \*Chocolate chip cookies (4 large)
- \*Choice of lemonade or sweet tea

Meal Deals are available to all ranks/all authorized patrons and ordering is convenient!

- 1. Reserve online by 4PM on Tue. for Fri. pick-up.
- 2. We'll call you to confirm quantity and process payment. If we're not able to reach you, please call 910-451-2465 ext. 3 to make payment by 4PM on Thu.
- 3. On Fri., you'll pick up your Meal Deal at Paradise Point Officers' Club between 4-6PM. There will be no contact and no need to go inside. Just drive up to the awning and we'll be waiting for you!

Please note you must order your Meal Deal online ahead of time. We will not have any extras available on-site.

More Info: <a href="http://www.mccslejeune-newriver.com/oclub">http://www.mccslejeune-newriver.com/oclub</a>

#### Monthly Scramble Sat, Feb 19, 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: www.mccslejeune-newriver.com/golf/

Archery Coaching Clinic (Ages 7 +) Tue, Feb 22, 1:30 – 3:30pm Register Location: Outdoor Adventures, Camp Lejeune

Build on the fundamentals of archery! This clinic is designed for intermediate archers who want to sharpen and refine their archery skills. Learn additional techniques from other experienced archers and our certified USA Archery instructors. All archers must complete the Intro to Archery training in order to attend this clinic. Archers must wear athletic/outdoor clothing with closed-toe shoes. All participants must sign waiver to participate. \$10 per person per clinic. Open to all authorized patrons age 7 and older. Register by 3:30 PM on the Thursday before the clinic.

More Info: http://www.mccslejeune-newriver.com/outdoor/

Meet & Greet - Members of the Montford Point Marines Association; Book Signing with Authors Maj. Capers, Isaiah "Ike" Johnson, and Milton Whitwell Wed, Feb 23, 10:30am – 2pm Location: Camp Lejeune MCX

Meet members of the Montford Point Marines Association and three prominent authors:

\*Major James Capers, Jr. (USMC Ret.), author of Faith Through the Storm: Memoirs of Major James Capers, Jr.

\*Isaiah "Ike" Johnson, author of From Average to Excellent: How I Transformed My Dreams Into Goals, Goals Into Plans, and Plans Into Success \*Milton Whitwell, author of African American Senior Marine Corps Leadership - Standing On The Shoulders Of Giants

Join us as we celebrate these Marines and honor their legacy. Books signed by the authors will be available for sale at the event. No federal or DoD endorsement implied.

More Info: http://www.mccslejeune-newriver.com/mcx/

#### Wednesday Family Fun Night Wed, Feb 23, 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/

#### Xtreme Family Fun Night Thu, Feb 24, 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/

Car Buying
Fri, Feb 25, 9 – 11am Register
Location: Virtual

Car Buying Preparation and Research provides instructional content and activities that will allow you to complete the necessary preparation and research to make a successful car purchase. Car Buying Strategies provides instructional content and activities that will allow you to negotiate the price of a car, financing, and a trade-in. This lesson also prepares you to handle common car buying complications.

Join the class at <a href="https://meeting.marinenet.usmc.mil/LejeuneCarBuying">https://meeting.marinenet.usmc.mil/LejeuneCarBuying</a>.

Parent and Child Archery (Ages 5+)
Sat, Feb 26, 9 – 11am Register
Location: Hospital Point Recreation Area, Camp Lejeune

Learn archery with your kids! Certified archery instructors from Outdoor Adventures will teach parents and children together about the exciting sport of archery! This program is perfect for beginners new to the sport or experienced

archers wanting to increase their knowledge and skills. The class covers range safety, archery equipment, curve and compact bows, and proper shooting techniques. \$20 per person. Cost includes equipment and instructional guide. Open to all authorized patrons 5 years of age or older. Register online by 3:30PM on the Wednesday before class.

More Info: <a href="http://www.mccslejeune-newriver.com/outdoor/">http://www.mccslejeune-newriver.com/outdoor/</a>

#### Bingo Blast Sat, Feb 26, 12:15 – 5:30pm Location: Marston Pavilion, Camp Lejeune

Guaranteed \$15,500 payout! Open to patrons ages 18+ who have base access.

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



#### 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 <a href="http://www.mccslejeune-newriver.com/jobs/">http://www.mccslejeune-newriver.com/jobs/</a>. Check back here for future hiring events!

#### Feb. 22 - Retail

Positions qualify for \$1,200 Sign-On Bonus!\*

Sales Associate \$10.30

#### Feb. 16 - Family Care

Positions qualify for \$750 Sign-On Bonus!\*\*

Child & Youth Program Assistant \$13.53-\$16.61 based on education and experience

Custodial Worker \$9.83

Food Service Worker \$9.09

#### Feb. 26 - Vending

Positions qualify for \$1,200 Sign-On Bonus!\*

Vending Machine Attendant Commission base (Average \$700 per week)

#### Feb. 23 - Food Service

Food Service Worker \$9.09 - \$10.57

\*\$1,200 Sign-on Bonus is taxable and is paid \$300 at 90 days and \$900 at one year and applies to only employees new to MCCS Lejeune-New River.

\*\*\$750 Sign-on Bonus is taxable and paid \$750 after 90 days and only applies to employees new to MCCS Lejeune-New River.



Aviation Job Fair
Wed, 3/2/2022, 9AM – 1:30PM
Career Resource Center AS-901, Longstaff Street, MCAS New River
Phone: 910-449-4914
Register

Launch your next career at the Aviation Job Fair! Discover employment opportunities offered across the nation in all areas of aviation from pilots and mechanics to a variety of support positions. Bring plenty of civilian and federal résumés. Be prepared to be interviewed on the spot. This event is open to all authorized patrons.

http://www.mccslejeune-newriver.com/trs



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

Air Conditioning Equipment Mechanic

Automotive Worker

**Club Operations Assistant** 

Custodial Worker

Food Service Worker

Laundry Worker

Lifeguards

Mobile Sales Clerk

**Recreation Assistants** 

Sales Associate

Store Detective

Waiterstaff

Automotive Helper

Barista I & II

Cook

Electrician

Housekeeper

Laborer

Material Handler

Painter

**Recreation Attendants** 

**Security Guard** 

Warehouse Workers

Vending Machine Attendant

<sup>\*</sup>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 <a href="http://www.mccslejeune-newriver.com/jobs/">http://www.mccslejeune-newriver.com/jobs/</a>



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

- 3/17 9AM One-Day Marriage Enrichment Workshop Register
- 3/30 Personal Growth Retreat - Oak Island Register
- Marriage Enrichment Retreat (MER) Beaufort, NC Register 4/10
- 4/21 Wilderness Marriage Enrichment Expedition Register
- 5/4 Personal Growth Retreat - Oak Island Register
- 5/13 Senior Leader Marriage Enrichment Retreat (MER) - Wilmington, NC Register
- 5/19 Wilderness Personal Growth Expedition Register
- 5/26 CREDO One-Day Marriage Enrichment Workshop 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.

2/17 8AM Before I Do, Marriage Foundation Class [2 Day Class] MCFTB Building 780 classroom 12, Brewster Blvd, Camp Lejeune, NC

8AM 12 Hours to a Great Marriage [2 Day Class] TT-2455E Iwo Jima Blvd. Tarawa Terrace, NC 28543

3/3 8AM Before I Do, Marriage Foundation Class [2 Day Class] MCFTB Building 780 classroom 12, Brewster Blvd, Camp Lejeune, NC

8AM Before I Do, Marriage Foundation Class [2 Day Class] Building 3/10 AS-207 Curtis Road, New River Air Station NC

8AM Before I Do, Marriage Foundation Class [2 Day Class] MCFTB Building 780 classroom 12, Brewster Blvd, Camp Lejeune, NC

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 <a href="http://www.mccslejeune-newriver.com/mcftb/">http://www.mccslejeune-newriver.com/mcftb/</a>

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**

- 2/17 9AM L.I.N.K.S. for Spouses Workshop [2-Day Virtual Workshop] Virtual via Adobe Connect
- 2/22 10AM Family Care Plan MCFTB Building 780 Brewster Boulevard Camp Lejeune
- 2/24 11:59PM 2021 Volunteerism & PVSA Hours Logging
- 2/28 6PM Virtual L.I.N.K.S. for Parents and Family Members Virtual via Adobe Connect
- 3/1 6PM 1/2 Military Readiness Binder Marine Corps Family Team Building Bldg. #780 Brewster Blvd Camp Lejeune
- 3/2 9AM L.I.N.K.S. [2 Day In-Person Workshop] LINKS Bldg. 2455-E Iwo Jima Blvd, Tarawa Terrace, NC
- 3/7 6PM Virtual L.I.N.K.S. for Spouses (4-Evening Virtual Workshop) Virtual via Adobe Connect
- 3/8 9AM DRC/URC Training MCFTB Bldg. 780 Bldg. Brewster Blvd. Camp Lejeune NC

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



New Parent Support Program
Bldg. LCH 4007, Corner of Butler Dr. S and 4th St. Midway
Park
910.449.9501
Monday - Friday:
7:30AM - 4:30PM

The New Parent Support Program (NPSP) is a professional team of licensed social workers, counselors and registered nurses who provide educational and supportive services to military families. From the early stages of pregnancy to the development of your child up thru age 5, this program can better prepare you for parenthood. Our trained, supervised staff has extensive knowledge of the issues encountered by today's parents. Our team is sensitive to the unique challenges facing military families. We can help families cope with stress, isolation, pre and post deployment, homecoming reunions, and the everyday demands of parenting in the military. New ages and stages in child development bring different challenges. NPSP offers you the opportunity to express your concerns and ask questions about babies, young children and family relationships. All active duty personnel and family members who are expecting a child or have at least one child age 5 or under are eligible.

3/9	8:30AM	Baby Boot Camp	LCH 4007 Midway Park
3/16	8:30AM	Baby Boot Camp	LCH 4007 Midway Park
3/23	8:30AM	Baby Boot Camp	LCH 4007 Midway Park
3/30	8:30AM	<b>Baby Boot Camp</b>	LCH 4007 Midway Park

To register for these classes, please <u>click or tap here</u>.





#### **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<sup>TM</sup> 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:**

2/16 - 1100 Hump Day Madness

2/18 - 1100 French Toast Stick Friday

2/20 - 1500 Book Club

2/20 - 1500 Minute To Win IT: Hula Hoops\*

2/21 - 1100 Monday Funday At The Central Area

2/22 - 1100 8-Ball Tournament\*

2/23 - 1100 Black History Month Canvas Painting

2/25 - 1100 Player's Choice Tournament\*

2/26 - 1300 Fruitful Saturday

2/28 - 1100 Minute To Win IT: Hula Hoops\*

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



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 <a href="www.mccslejeune-newriver.com/mcftb">www.mccslejeune-newriver.com/mcftb</a> or <a href="www.mccslejeune-newriver.com/smp">www.mccslejeune-newriver.com/smp</a> 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.

## SMP Volunteer Opportunities Register Here

Check the SMP Website for more opportunities.

## <u>Camp Lejeune Volunteer Coordinator Opportunities</u> <u>Register Here</u>

2/19 - 9:00 Winterfest 2/19 - 13:00 Winterfest







#### **Marine and Family Programs Information**

Community Counseling Center Bldg. LCH 4007, Corner of Butler Dr. S and 4th Street Midway Park 910.451.2864

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

The Community Counseling Center offers non-medical counseling to Active Duty Service Members, Retirees, and their families which typically occurs over 8-12 sessions. Centers are conveniently located at Camp Lejeune and New River Air Station as well as providing services at those locations for Camp Johnson, Camp Geiger, and Stone Bay. All counselors are experienced working with service members and military families. They are licensed and credentialed to practice mental health counseling within the USMC.

There is no referral needed and services are free. Those seeking a routine appointment may call the front desk to schedule an appointment. If you feel your matter is urgent, you may walk-in and request to see a clinician. Command who are in need of a psychological first aid response team may contact our office.

Our counselors will listen to your concerns, assess your needs and work with you to develop goals for your counseling sessions.

Our team members are subject matter experts in the following areas and can offer counseling designed to meet your specific needs.

Stress Management
Grief and Loss
Occupational Problems
Anger and Anxiety Issues
Enhancing Coping Skills
Adjustment Issues

Relationship Issues
Parenting Issues
Family Concerns
Challenges with Blended Families
Child and Teen Development and
Behavior

#### Family Advocacy Bldg. LCH 4007, Corner of Butler Dr. S and 4th St. Midway Park 910.449.9563

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

The Family Advocacy Program (FAP) works to prevent domestic violence by offering resources, education, support, intervention and treatment. FAP provides counseling, case management and victim advocacy services to military families dealing with situations of domestic abuse in order to ensure safety for all individuals and to promote healthy relationships. Through collaboration with military treatment facilities, community services, and commands, FAP supports service members and their families and provides individual, child, marital and family therapy.

Sexual Assault Prevention & Response Bldg 403, L Street Camp Lejeune 910.451.5973 Monday - Friday: 7:30AM - 4:30PM

Sexual Assault is a criminal act and will not be tolerated. The Marine Corps' goal is to eliminate sexual assault and assist those affected by sexual assault (MCO 1752.5C)

Help Is Available! The Sexual Assault Response Coordinators (SARCs) and SAPR Victim Advocates (SAPR VAs) are confidential advocates who can provide support, information about reporting and resources, and accompaniment. The SAPR Program provides services to all Service Members, and military dependents over the age of 18. Crisis intervention, information and referrals is also available to civilians. We seek to empower victims and ensure that all victims will be treated with dignity, sensitivity, and without prejudice. Victims of sexual assault can call the 24/7 Sexual Assault Support Line at 910.750.5852 for confidential support and information. Victims who choose to make a report have the option to make a Restricted or Unrestricted Report. For more information on the different types of reporting please visit <a href="http://www.mccslejeune-newriver.com/sapr/">http://www.mccslejeune-newriver.com/sapr/</a>.

## Substance Abuse Program Bldg 326, 2nd Deck, H Street Camp Lejeune 910.451.2865

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

Our staff are experts in the field of addictions and include a licensed psychologist, licensed clinical social workers, licensed mental health and professional counselors and certified substance abuse counselors. We work collaboratively with unit Substance Abuse Control Officers (SACO) to assist military members in accessing appropriate services. We provide intake screening and assessment, early intervention and education, out-patient and intensive out-patient program and care coordination services for substance misuse problems and screening for problem gambling.

<u>Click or Tap Here</u> to register or for more information



#### **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 information please their website coping. For more visit 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 highdemand 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. 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.
- Have not previously completed, currently participating in, or had participation terminated from another SDPO course. This would be the first For more information visit <a href="http://www.mccslejeune-">http://www.mccslejeune-</a> skills course. newriver.com/trs/skillbridge/



## **ONSLOW COUNTY**

Est. 1734

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

#### **Onslow County Community Resource Guide**

#### **Local Economy**

**Agency Name: Bold of Jacksonville** 

Address: 421 Court St Jacksonville, NC 28540

Phone: (910) 937-7222 Hours: 9:00 AM – 1:00 PM

Website:

http://getconnected.volunteeronslow.org/agency/detail/?agency\_id=1444

Service(s) offered: Preservation of the commercial and residential structures in

the downtown Jacksonville area

**Agency Name: Coastal Carolina Small Business Center** 

Address: 444 Western Blvd Jacksonville, NC 28546

Phone: (910) 938-6322 Hours: 8:00 AM – 5:00 PM

Website: https://www.coastalcarolina.edu/services-and-support/services-

community/sbc/

Service(s) offered: Supports development and growth of small businesses

**Agency Name: Jacksonville Onslow Chamber of Commerce** 

Address: 1099 Gum Branch Rd Jacksonville, NC 28540

Phone: (910) 347-3141 Hours: 9:00 AM – 5:00 PM

Website: https://jacksonvilleonline.org

Service(s) offered: Promoting civic and economic progress of community

#### **Emergency Services**

**Agency Name: Carolina's Poison Control** 

Address: 444 Western Blvd Jacksonville, NC 28546

Phone: (910) 938-6322 Hours: 8:00 AM – 5:00 PM

Website: https://www.coastalcarolina.edu/services-and-support/services-

community/sbc/

Service(s) offered: Supports development and growth of small businesses

**Agency Name: Department of Social Services: Emergency Assistance** 

Address: 612 College St, Jacksonville, NC 28540

Phone: (910) 219-4820 Hours: 8:00 AM – 5:00 PM

Website: <a href="https://www.onslowcountync.gov/347/Emergency-Assistance">https://www.onslowcountync.gov/347/Emergency-Assistance</a>

Service(s) offered: Financial assistance for emergencies

Agency Name: Disaster Services: American Red Cross Cape Fear Chapter

Address: 1102 South 16TH St Wilmington, NC 28401

Phone: (910) 762-2683 Hours: 8:30 AM – 5:00 PM

Website: https://www.redcross.org/local/north-carolina/eastern-north-

carolina/about-us/locations/cape-fear-chapter.html

Service(s) offered: Emergency services, planning/preparedness, disaster-

caused needs, food, clothing, shelter

**Agency Name: Emergency Preparedness** 

Address: 200 Marine Boulevard Jacksonville, NC 28540

Phone: (910) 455-4000

Hours: 6:00 AM – 10:00 PM

Website: https://jacksonvillenc.gov/548/Emergency-Preparedness

Service(s) offered: Disaster response efforts

**Agency Name: Emergency Services** 

Address: 1180 Commons Dr., Jacksonville, NC 28540

Phone: (910) 347-4270 | 911 for emergencies

Hours: 8:00 AM - 5:00 PM

Website: <a href="http://www.onslowcountync.gov/emergencyservices/">http://www.onslowcountync.gov/emergencyservices/</a> Service(s) offered: Emergency management, medical, fire rescue

**Agency Name: Jacksonville City Police Department** 

Address: 200 Marine Boulevard Jacksonville, NC 28541

Phone: (910) 455-1472

Hours: 6:00 AM – 10:00 PM

Website: https://jacksonvillenc.gov/180/Jacksonville-Police

Service(s) offered: Law enforcement agency

**Agency Name: Onslow County Animal Services** 

Address: 244 Georgetown Road Jacksonville, NC 28540

Phone: (910) 455-0182

Hours: Tuesday – Friday 8:00 AM – 6:30 PM

Website: http://www.onslowcountync.gov/AnimalServices /

Service(s) offered: Animal complaints, strays, abandonment, bite reports

**Agency Name: Onslow County Sherriff's Office** 

Address: 717 Court St Jacksonville, NC 28540

Phone: (910) 455-3113 Hours: 6:00 AM – 10:00 PM

Website: https://www.onslowcountync.gov/435/Sheriffs-Office

Service(s) offered: Law enforcement agency

**Agency Name: Onslow Memorial Hospital** 

Address: 317 Western Blvd Jacksonville, NC 28546

Phone: (910) 577-2345 Hours: Open 24 hours

Website: <a href="https://www.onslow.org">https://www.onslow.org</a></a><br/>
Service(s) offered: Local hospital

**Agency Name: Suicide Prevention Hotline** 

Address: N/A

Phone: (800) 273-8255 Hours: Open 24 hours

Website: https://suicidepreventionlifeline.org

Service(s) offered: Suicide prevention





For more information on these events, please visit the link below. Event Calendar | Things To Do In Onslow County | Only In Onslow

#### Jacksonville Winterfest February 19, 2022, 11:00 am - 04:00 pm 100 Recreation Ln Jacksonville NC 910-938-5312

The forecast is calling for SNOW in Jacksonville! Winterfest will bring festive winter scenes and activities to Riverwalk Crossing Park this February. Families can enjoy snow sledding, ice skating, hay rides, pony rides, games, a petting zoo, live entertainment and food trucks. Bundle up the kids, and head to this coastal city for free winter fun!

Jacksonville Gun & Knife Show February 19, 2022, 9:00 am - 5:00 pm February 20, 2022, 10:00 am - 5:00 pm 146 Broadhurst Road Jacksonville NC 252-617-5615

Welcome All Dealers and Public! Times for All Shows Saturday: 9:00AM to 5:00PM Sunday: 10:00AM to 5:00PM Public Entry Fee - \$7 Buy - Sell - Trade Buy - Sell - Trade at Eastern North Carolina's Best Quality Gun and Knife Shows. Where the "Dealers" are the friendliest and have the best prices in North Carolina. Concession will be open with Great Food at Great Prices.

Limelight Presents Colt Ford February 19, 2022, 7:00 pm - 11:30 pm 145 Blue Creek School Rd Jacksonville NC 910-347-4731 Get Tickets

Limelight presents Colt Ford Colt Ford consistently blazes his own trail. This Georgia singer, songwriter, rapper, musician, performer, and co-founder and co-owner of Average Joes Entertainment keeps up pace as country's preeminent independent maverick. By 2019, Colt built a series of staggering successes as he rose to mainstream notoriety. He notched five consecutive Top 10 debuts on the Billboard Top Country Albums Chart with Declaration of Independence bowing at #1 in 2012. Two years later, Thanks for Listening ascended to the Top 10 of the Top 200, with the album reaching #1 on Billboard Rap &

Independent charts. Meanwhile, he lobbed six songs onto the Hot Country Songs Chart with "Back" [feat. Jake Owen] going Top 40. Among many accolades, Ford received a nomination in the category of "Vocal Event of the Year" at the Academy of Country Music Awards for "Cold Beer" with Jamey Johnson.

Winter Heat Series February 19, 2022, 8:00 am - 11:59 pm Goodyear All American Speedway 4744 Richlands Hwy Jacksonville NC 910-708-0202

Saturday, February 19 – Winter Heat Late Model, Street Stock, U-CAR, Legend, Bandolero, Spectator Races

Walton's Distillery Open House: Firewater Express Band February 19, 2022, 12:00 pm - 5:00 pm 261 Ben Williams Road Jacksonville NC 910-347-7770

Every fall, winter, and spring season we host our Open House events at the distillery! Each event features live music from local bands playing bluegrass, classic country, and even some classic rock at times! We will have Smithfield's catering lunch as well as home cooked sides from the Walton family that will start being served at noon, but be sure to come early for a plate! The food is free and it goes quick! The event starts at 12:00 and ends at 5:00 and is completely FREE to the public! We can't wait to see everyone there! Bring as many guests as you like, both young and old are welcome. We strive ourselves on being a family friendly environment, but you must be 21 or older to sample the spirits.

Jones Island Eco-Tour February 19, 2022, 9:30 am - 11:30 am Hammocks Beach State Park 1572 Hammocks Beach Road Swansboro NC 910-326-4881

Take a trip over to Jones Island with a ranger and get a chance to explore the island and discuss about the different wildlife and ecosystems of this unique island as well as its cultural history. Enjoy the great views of Swansboro! DRESS FOR THE WEATHER! Space is limited; REGISTRATION IS REQUIRED by contacting the park office: 910-326-4881.

## Survival Skills February 19, 2022, 2:00 pm - 3:00 pm Hammocks Beach State Park 1572 Hammocks Beach Road Swansboro NC 910-326-4881

Building upon your survival knowledge can help you in case you ever get stranded in the wilderness. Come out to the park and join a ranger to learn some essential skills that can help you stay alive if you are ever in this situation.

> Medicinal Plant Hike February 20, 2022, 3:30 pm - 4:30 pm Hammocks Beach State Park 1572 Hammocks Beach Road Swansboro NC 910-326-4881

Coastal residents had many uses for the plant life around them and no modern pharmacy to visit. Join a ranger at the trailhead near the Visitor Center as we hike out and back to learn a few historical uses of some local plants. We will not be gathering or consuming plants on this hike; this program is for educational purposes only. Hike: 1/2-mile, easy.

Nocturnal Nature For Kids February 26, 2022, 2:00 pm - 3:00 pm Hammocks Beach State Park 1572 Hammocks Beach Road Swansboro NC 910-326-4881

It may not go bump in the night but a croak, caw, or screech can be just as mysterious in the darkness! Learn to distinguish the sounds of the night with this program that introduces you to your night time neighbors.

Black History Of The Hammocks February 27, 2022, 2:00 pm - 3:00 pm Hammocks Beach State Park 1572 Hammocks Beach Road Swansboro NC 910-326-4881

Celebrate Black History Month with Hammocks Beach State Park as we dive into our park's rich history. This land had a lot of owners with a wide variety of uses and activities throughout the decades. Come on down to the park and learn about our diverse history that has helped shape our park into what we see today. Meet in the auditorium.

#### **Looking For Longleafs** February 27, 2022, 3:30 pm - 4:30 pm **Hammocks Beach State Park** 1572 Hammocks Beach Road Swansboro NC 910-326-4881

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

#### February 2022

#### **Upcoming Classes:**

#### 2/9

#### Home Buying (virtual)

Preparation and Research provides instructional content and activities that will prepare Servicemembers for making a wise home purchase decision.

#### 2/25

#### Car Buying (virtual)

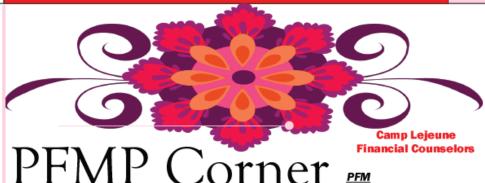
Provides instructional content and activities that will allow you to negotiate the price of a car, financing, and a trade-in.



Registration for all classes are made through ...

http://www.mccsleieunenewriver.com/finance/

#### PERSONAL FINANCIAL MANAGEMENT PROGRAM



#### Love is in the air...

WHERE O WHERE CAN I GET MY TAXES DONE FOR FREE?????

Tax Centers are open...

#### Camp Lejeune

Operating hours are as follows: Monday, Tuesday, Thursday and Friday 0900-1700. Wednesday Unit/ Individual Appointment Day (for Rental and Business property) 0900-1700. For Unit and Individual Appointment telephone Front Desk at 910-451-3030

Located at: Bldg, 50 Lucy Brewer

http://www.mccslejeunenewriver.com/taxes/

New River Operating hours are as follows: Monday-Friday 0900-1600

Front Desk at 910-449-6169

Located at: Bldg. AS 216 Bancroft Street

https://www.newriver.marines.mil/ Staff-hudge-Advocate/Tax-Center/

#### Military One Source MilTax

The free e-filing software will be available to Servicemembers and their families. Talk with MilTax consultants who understand military life.

MilTax consultants are specially trained to help with unique tax situations specific to service members and their families. Reach out 24/7 to schedule a consultation.

Call 800-342-9647

https://www.militarvonesource.mil/ miltax-software/

Scan QR code for events, destinations, and lots of local fun!



#### PFM

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#### **New River Financial Counselors**

#### PFM

Kathleen (910) 449-4979 kathleen.hershman@usmc .mil

#### PFC

Austin (910) 409-7355 CampLejeune-PFC5@zeiders.com

