



# Lejeune Happenings

## March 15, 2022



### Table of Contents:

- Upcoming Events pp. 1-2
- Family Readiness Volunteering Information p. 3
- 2d Marines Social Media & Family Readiness POCs p. 4
- MCI East Information and Updates pp. 5-8
- Important Financial Information pp. 9-13, 44
- Family Nutrition Information pp. 14-15
- MCCS Announcements pp. 16-25
- MCCS Hiring Event pp. 26
- CREDO & MCFTB Marriage Retreats & Workshops pp. 27-28
- MCFTB & New Parent Support Information pp. 29-30
- Single Marine Program Information and Events p. 31-32
- Marine and Family Programs Information pp. 33-35
- Suicide Prevention & Counseling Resources pp. 36-37
- Skillbridge Program p. 38
- Onslow County Resource Guide pp. 39-41
- Onslow County Events pp. 42-43

Click Title To Go To Pg#

## 2d Marines Easter Egg Hunt!

Saturday, April 2, 2022

WPT Hill Field

10:00 a.m. – 12:00 p.m.



We would like to invite you to the Easter Egg Hunt. All of the units in the regiment 1/2, 2/2, 3/2, 2/8 & Hq Co. 2d Marines will participate in the event. This will be lots of fun for the kids! We will have an Easter Egg Hunt, Inflatables, Games and Crafts. We will have refreshments starting at 10:00 a.m. so don't be late! Bring your comfy chair or blanket for a picnic with the family. So come out relax and make new friends at this time of laughter and fun! If you are planning to attend this event please [RSVP Here](#) no later than March 28, 2022. When you RSVP please include the ages of your children and what unit your spouse is assigned to. We hope to see you there!



## *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!*

*May 7, 2022*

*Mother's Day Brunch & Crafts*

*June 3, 2022*

*Kids Movie Party*

*June 17, 2022*

*Spa Night*

# 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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.**

## Key Family Readiness Points of Contact

### 2nd Marines Official Facebook Page!

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.



### 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**

### **MCMC-East: Last Day To Sign Up Is March 11**

Weapons Training Battalion will host the MCMC-East at the Stone Bay Range Complex, March 14-25, 2022. The competition will consist of 10 training days over a two week period. Week one will consist of history of the CIAP, classroom instruction, firing positions, dry fire, zero establishment, instruction on advanced pistol and rifle positions, dynamic target engagement and individual marksmanship practice. Week two will consist of individual competition with rifle and pistol, team competition, Annual rifle and pistol qualification, and awards ceremony. All commands located east of the Mississippi River are invited to participate in the competition. This includes units from II Marine Expeditionary Force (MEF), 2d Marine Division, 2d Marine Logistics Group, 2d Marine Aircraft Wing, U.S. Marine Forces, Special Operations Command, Training and Education Command Schools, MCAS New River, MCAS Cherry Point, MCAS Beaufort, MCLB Albany, MCSF Blount Island and MCRD Paris Island. View the MCIEAST-MCB CAMLEJBUL 3591 for more information and registration details:

<https://www.mcieast.marines.mil/LinkClick.aspx?fileticket=EOZVafCioOE%3d&tabid=8293&portalid=33&mid=16038>. The last day to register for Marines is March 11, 2022.

### **MHS GENESIS Brain Byte**

We are less than two weeks from the launch of MHS GENESIS- your new electronic health record. Have you made sure your information in DEERS is updated yet? If you have a current TRICARE Online account, please ensure you and your dependent's information is accurate in MilConnect (DEERS): <https://milconnect.dmdc.osd.mil/milconnect/>.

- Information to check: mailing address, telephone numbers, and email address. This will help migrate your profile automatically to MHS GENESIS.
- If you don't have a TRICARE Online account, you can log onto <https://myaccess.dmdc.osd.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 DEERS website or call 1-800-538-9552.

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

### **MCIEAST RCO – FY22 DAI Accounts and Procurement Planning Reminders**

The Regional Contracting Office (RCO) released local guidance concerning Defense Agencies Initiative (DAI) actions required for contracting and Government Commercial Purchase Chard (GCPC) support on 11 Feb 2022. This notice is a reminder that no later than 15 Mar 2022, all users requiring contracting and GCPC support must have valid DAI accounts in order to receive support from the RCO (excludes Navy, blue dollar requirements). Additionally, the RCO is reminding customers of the upcoming Simplified Acquisition Threshold (SAT) procurement cutoff dates on 2 May 2022 (for service contracts) and 31 May 2022 (for supply type contracts). This advanced notice is to inform customers of executing procurement planning actions now prior to the passage of an approved fiscal year budget and Mid-Year Review funding adjustments. Procurement planning actions can consist of, but are not limited to, developing Independent Government Cost Estimates (IGCEs), Performance Work Statements (PWS), clear and concise requirement characteristics, and justifications for other than full and open competition (brand name or sole source requirements). The RCO's Customer SharePoint site, DAI Resources page, is listed below:

[https://usmc.sharepoint-mil.us/sites/MCIEAST\\_RCO/DAI](https://usmc.sharepoint-mil.us/sites/MCIEAST_RCO/DAI)

### **Mandatory Training for Voting Assistance Officers, April 26**

All voting assistance officers (VAO) are required to attend a mandatory Federal Voting Assistance Workshop on April 26, 2022 from 9 to 11 a.m. at the MCAS New River Theater. The air station theater is located in Bldg. AS-240 on Curtis Road. This mandatory training is open to all unit and installation VAO's from Camp Lejeune, MCAS New River and MCAS Cherry Point from all branches of service. Other geo-located military organizations are also invited to attend. For questions and to register, please email Timmy L. Froemming, Camp Lejeune/MCIEAST Voting Assistance Officer at [timmy.froemming@usmc.mil](mailto:timmy.froemming@usmc.mil) or call 910-451-3033.

### **Mess Hall FC-303 Closed, March 7-July 10**

Mess Hall FC-303, located in French Creek, will be temporarily closed from March 7 through July 10 for maintenance. Patrons will be able to subsist at the below locations during the closure:

- Mess Hall FC-420 on Gonzalez Boulevard
- Mess Hall FC-65 on Gonzalez Boulevard Ext

Mess Hall FC-303 meal services are tentatively scheduled to resume with breakfast on July 11, 2022.

### **Civilian Leadership Development (CLD) Program – Apply Now!**

Are you looking to improve or elevate your LEADERSHIP SKILLS? Are you ready to focus on your CAREER PATH? Perhaps you want to take your career development into your OWN HANDS? If your answer is YES, look no further!!! We are still accepting applications for the FY 2022 Civilian Leadership Development (CLD) Program!!!

If you have any questions, please do not hesitate to contact Amber Grant at [amber.grant@usmc.mil](mailto:amber.grant@usmc.mil) or 910-451-4793. We're excited to see how you navigate your career development journey toward leadership!!!

### **MCCS Announcements**

#### **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, [www.mccslejeune-newriver.com/sports](http://www.mccslejeune-newriver.com/sports).

#### **Intramural Soccer League**

**Registration Feb. 22-Mar. 18**

**MCB Camp Lejeune Sports Office (Bldg. 751, Goettge Memorial Field House)**

**MCAS New River Sports Office (AS-4400, New River Fitness Center)**

Season begins Apr. 11. Games are played at Liversedge Field, MCB Camp Lejeune and MCAS New River Soccer Field, AS-4000. Mandatory Coaches Meeting Mar. 24 at Noon, location TBD. Registration packets available online or at the Sports Office. Open to all Active Duty personnel. Teams must register as a designated unit team. Roster is limited to 15 players per team. 1st Place Award – Team Trophy & T-shirts, 2nd Place Award –Team Trophy. Info: 910-451-2061/or 910-449-5844, [www.mccslejeune-newriver.com/sports](http://www.mccslejeune-newriver.com/sports).

**\$5 Token Day**  
**Fri., Mar. 11 | 10AM-4PM**  
**McIntyre Parks Shooting Complex**

Learn new skills or tune up current skills. \$5 per round (Max 5 tokens) Open to patrons 13 years and older. Those 13-17 must be accompanied and supervised by a parent/guardian. [www.mccslejeune-newriver.com/shoot/](http://www.mccslejeune-newriver.com/shoot/).

**Free Kid's Archery Day Pass**  
**Sat., Mar. 19 | 9AM-2PM**  
**McIntyre Recreational Shooting Complex**

Aim for FUN! Free archery day pass for authorized patrons and guests 10 and younger. Bow rental not included. Event will be held weather permitting. More info: 910-451-3889, <http://www.mccslejeune-newriver.com/shoot/>.

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

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! Sign up at the Paradise Point Golf Course Pro Shop. \$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. Individuals needing base access must register and complete all documents no later than March 9. Register at the Golf Pro Shop or download registration flyer at [www.mccslejeune-newriver.com/golf](http://www.mccslejeune-newriver.com/golf). Questions? Contact the Golf Pro at 910-451-5445.



Would speaking to a financial professional, virtually, give you peace of mind?

Personal Financial Counselors are here to help you for FREE!  
Call or text to schedule a virtual appointment.



**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](mailto:lejpfm@usmc-mccs.org)

Personal Financial Counselors

Call or text to schedule an appointment or ask questions:

[CampLejeune-PFC1@zeiders.com](mailto:CampLejeune-PFC1@zeiders.com) 603.303.2657

[CampLejeune-PFC2@zeiders.com](mailto:CampLejeune-PFC2@zeiders.com) 802.730.5163

[CampLejeune-PFC3@zeiders.com](mailto:CampLejeune-PFC3@zeiders.com) 910.322.9518

Unit Classes/PMEs:

Primary POC: [lejpfm@usmc-mccs.org](mailto:lejpfm@usmc-mccs.org)

Secondary POC: 910.451.3219

Units and individuals can schedule group classes or private appointments.

3/10	9AM	Personal Readiness Seminar	Virtual
3/11	9AM	CFS Roundtable	Virtual
3/17	9AM	Personal Readiness Seminar	Virtual
3/22	9AM	Investing/TSP	Virtual
3/24	9AM	Personal Readiness Seminar	Virtual
3/30	9AM	Home Buying	Virtual
3/31	9AM	Personal Readiness Seminar	Virtual

To register for these classes please [Click or Tap Here](#)

## Military Onesource Miltax – Benefits

Military OneSource provides service members and their families with easy access to a [suite of tax services](#), including [easy-to-use tax preparation and e-filing software](#) designed to address military-specific situations, and information and resources on a variety of tax-related topics. And it's all free. MilTax assistance includes providing answers to any questions about your economic impact payment or coronavirus disease 2019 tax implications, such as if you are a military spouse and experienced job or wage loss due to COVID-19. With MilTax, there are no hidden surprises.

**MilTax Consultations** - MilTax consultants have extensive knowledge of the tax benefits for military members, families and survivors, and can help you get all the tax credits and deductions you qualify for. MilTax consultants are specially trained to understand all kinds of military tax situations. Assistance includes:

- Alerting you to tax requirements and deductions related to military life
- Identifying important tax regulations that apply to service members
- Answering your questions so you can confidently complete federal and state tax forms
- Addressing any tax-related questions you have while preparing your federal and state tax returns
- Connecting you to MilTax software for secure online preparation and free tax filing.

MilTax software is available mid-January through mid-October. Get virtual support anywhere, anytime. Call 800-342-9647, 24/7 to schedule an appointment to speak with a MilTax consultant. OCONUS/International? [View calling options.](#)

### **MilTax tax preparation and filing services**

[MilTax free preparation and e-filing software](#) is made to be convenient for the military community. It was developed with the realities of military life in mind — scenarios that civilians rarely encounter — including deployments, combat pay, multiple moves and multi-state filing. This self-paced tax software allows you to:

- Complete and electronically file your federal return and up to three state tax forms.
- Check on your electronic filing status.
- Rest easy knowing that a tax software provider is by your side if you get audited.
- Get 100% accurate calculations, or the tax software provider will reimburse you up to \$10,000. Terms and conditions apply.

MilTax e-filing software is easy to use, and free technical assistance is available if you need it. The system protects and safeguards the security and confidentiality of your personal information by using industry-recognized safeguards. For technical assistance, such as login issues, using the software, printing returns, etc., call 855-897-8639 and follow the prompts.

### **Earned income tax credit**

Understand whether you can obtain an [Earned Income Tax Credit](#) to put more money in your pocket. These are federal income tax credits for low- and moderate- income working individuals and families. Be aware that:

- The credit can generate a refund if you do not have any taxes to pay.
- Service members and families may have an easier time qualifying for the credit because some forms of military income — such as pay earned during service in a combat zone or basic allowances for housing — are non-taxable and aren't included as part of your total income.

To find out more about the credit or tax help for military members and veterans, visit the IRS website.

### **Volunteer Income Tax Assistance Program**

You can meet with a military tax consultant for face-to-face assistance via the [Volunteer Income Tax Assistance Program](#) at no cost – for tax advice and preparation, return filing and other tax assistance. This IRS program offers free tax preparation and e-filing at sites on and off base. It also has sites overseas to help military members and their families. Find a [Volunteer Income Tax Assistance](#) location near you.

### **Financial Counseling**

Should MilTax consultants help you get a tax refund, schedule [a free financial counseling session](#) with Military OneSource to figure out the best way to apply that refund to long-term savings goals. According to the IRS, filers received on average \$2,577 in direct deposit tax refunds in 2019. So if you are expecting to get a refund this year, file early and replenish your savings. And you don't have to wait for your refund in the mail. Through Military OneSource MilTax, you can sign up to get your refund sent straight to your bank account through direct deposit.

To take advantage of MilTax and other potential tax benefits, call 800-342-9647 or [live chat](#) to schedule a free consultation today. CONUS/International? [View calling options.](#)



## **Learn the Warning Signs of ‘Military Scams’**

Your military friend or family member serves our country with integrity and honor. Unfortunately, there are scammers out there who try to take advantage of that service to cheat them and you. You can help protect your service member against military scams by learning the warning signs of schemes that target those in the military community.

### **Rental Property Scams**

These scams target military personnel looking for housing near a base. Scammers pretend to be real estate agents and post fake ads for rental properties on websites, sometimes promising military discounts and other incentives. They try to get service members to send them money for fees and deposits upfront – and the victim ends up with no money and no place to live. If someone insists on receiving money or other payments before a property has been seen, it is probably a rental scam.

### **DFAS/MyPay Phishing Scams**

These schemes try to steal a service member’s identity by getting Social Security numbers, bank accounts and other personal information. The scammer pretends to be from the [Defense Finance and Accounting Service](#) or another military group and contacts members or their spouses by phone, email or text. They may claim that due to computer problems your information was lost and needs to be reentered to process payments. In other cases, their emails contain links or attachments that can put malware on computers to steal passwords and account information. Your service member should never give personal information on the phone – or click on links in emails – from someone they don’t know. Also, DFAS and other military organizations never ask for personal financial information, account numbers or passwords.

### **Payday Loans**

Is your friend or family member having trouble making ends meet? If they are considering getting a short-term payday loan to tide them over, they may be setting themselves up for long-term financial trouble. “Short-term,” “personal” or “payday” loans are unsecured loans for small amounts – generally \$500 or less – that charge big interest rates and fees. (A typical two-week payday loan charging \$15 per \$100 borrowed equals an annual percentage rate of almost 400%.) Many payday loan companies operate online and advertise “fast cash” and “no credit required.” Active-duty service members are protected from

payday loans by the [Military Lending Act](#), which keeps lenders from gouging military personnel with high-interest rates and fees. The MLA gives service members these rights:

- A 36% cap on interest rates on loans of under three months.
- A lender can't require them to submit to mandatory arbitration or ask them to give up their rights under state or federal laws, as they can with the general public.
- A lender can't make them agree to a voluntary military allotment – or automatic repayments from their paycheck – for loan approval.
- A lender can't charge them a fee or other penalty if they pay back their loan early.

Even with these protections, your service member needs to watch out for lenders who may charge illegally high interest rates and fees.

### **Loan and Credit Card Scams**

Your friend or family member may be considering getting their first credit card or applying for a loan, but they have no credit record. They need to watch out for scammers who offer credit cards and loans with ads saying “Bad credit? No credit? No problem” or “We don't care about your past. You deserve a loan.” They may also “guarantee” that they can get anyone a loan or credit card. Here are some of the warning signs:

- They aren't interested in your credit history, even if you have no credit or bad credit.
- They “guarantee” you will qualify for a credit card or loan before you apply.
- They don't disclose fees clearly. Legitimate lenders often charge fees, but they list them upfront.
- They say you've been approved, but demand a fee before you get your credit card or money.
- They ask you to wire money or pay an individual. Legitimate lenders don't do that. Also, don't use a wire transfer service or send money orders for a loan.

### **Car Sale Scams**

If your service member is excited about a great deal they're getting on a new car, ask them for details. Dealers that require no credit check and offer instant approval often charge hidden fees and high interest rates that inflate the cost of a car. First- or second-time car buyers may not be aware of this. Before your member signs a contract, urge them to comparison shop with other dealerships to make sure they're getting a fair deal. And if they're buying a used car, remind them to ask for its repair history and get a mechanic to look it over before purchase.

For More information on the [Warning Signs of 'Military Scams' Click Here](#).





### **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-and-military-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

**Nutrition Fundamentals**  
**Thu, Mar 10, 9:30 – 11am**  
**Location: New River Fitness Center**

Learn how to fuel your body for peak performance!

Topics include:

- \*Healthy food choices
- \*Lifestyle and behavioral modifications
- \*Macronutrients
- \*Nutrition traps, trends & fast food
- \*Nutrition for exercise & health
- \*Supplement use & abuse

Class is FREE and open to all authorized patrons. Space is very limited; first come, first served. No pre-registration required.

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

**Xtreme Family Fun Night**  
**Thu, Mar 10, 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: [www.mccslejeune-newriver.com/bowling/](http://www.mccslejeune-newriver.com/bowling/).

**Forest Fridays (5-week Series)**  
**Fri, Mar 11, 12 – 3pm** [Register](#)  
**Location: Brewster Recreation Area, Camp Lejeune, NC**  
**Cost: \$50 for 5-week series**  
**Fridays, March 11 - April 8 | 12 - 3PM**

Turn away from your screens, and walk out into the forest to experience the magic of the outdoors. We'll play games, go exploring, tell stories, learn new skills and connect with nature and community. It's an exciting time to be in the



forest with new discoveries and learning each week. Open to authorized patrons ages 6-10.

Week 1: Leave No Trace, Outdoor Safety & Awareness

Week 2: Community & Ecology

Week 3: Fire Building, Storytelling & Survival Skills

Week 4: Bird Identification & Animal Tracking

Week 5: Biodiversity & Environmental Stewardship

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

**Intro to Archery (Ages 7+)**

**Fri, Mar 11, 5:30 – 6:30pm [Wait List](#)**

**Location: Outdoor Adventures, Camp Lejeune**

This one-hour course will introduce you to the exciting sport of archery. Our USA Archery-certified instructors will teach range safety, equipment used, and how to properly shoot a bow and arrow. \$20 per person, includes all equipment and instruction. Register by 3:30PM on the Tuesday before class. Participants should wear athletic/outdoor clothing and closed-toe shoes. Open to all authorized patrons ages 7 and up.

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

**Explore Archery: Homeschool Edition**

**Tue, Mar 15, 10am – 12pm [Wait List](#)**

**Location: Outdoor Adventures, Camp Lejeune**

**This is a 3-part series with classes on Mar. 15, 22 & 29, 10AM-Noon.**

Learn the fun sport of archery! This course is designed to teach children 8 years of age and older the exciting sport of archery. Our certified archery instructors will teach the basic fundamentals of archery, including: equipment knowledge, proper shooting techniques, range safety, and much more! Students will earn a certificate of completion for each class. Our archery programs are designed to enhance children's growth with the development of new skills, physical activity, social relationships, and self-discipline. \$35 per person/3-class session. Cost includes archery equipment and instructor. Open to all authorized patrons. Register and pay online by 3:30PM on Wed., Mar. 9.

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

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

**Wed, Mar 16, 9am – 12pm [Register](#)**

**Location: Virtual**

**A link to the class will be sent to you at a later date.**

**\*\*\*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/>

**Wilderness Wednesday (Parent & Toddler)**

**Wed, Mar 16, 9:30 – 10:30am [Register](#)**

**Cost: \$5 per class**

**Open to ages 1 and up.**

Ready to explore the Wilderness with your little one! Getting Outdoors is a great way to stay active and teach your child ways to play and have fun. This is a parent and child group to help other parents introduce Outdoor play while meeting other people in the area. Recommended for children able to walk. Register for 1 class or for all 6, you pick! \*You must register for each class individually.

Week 1 | Mar. 2 | Fish Fun at Outdoor Adventures

Week 2 | Mar. 9 | Beach Bums at Onslow Beach Turtle Pavilion

Week 3 | Mar. 16 | Interesting Insects at Orde Pond

Week 4 | Mar. 23 | Beautiful Birds at Hospital Point Picnic Area

Week 5 | Mar. 30 | Peculiar Plant Life at Brewster Campground Cabin

Week 6 | Apr. 6 | Homey Habitats at Brewster Campground Site #2

More Info: [www.mccslejeune-newriver.com/outdoor](http://www.mccslejeune-newriver.com/outdoor)

**Wednesday Family Fun Night**  
**Wed, Mar 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: [www.mccslejeune-newriver.com/bowling/](http://www.mccslejeune-newriver.com/bowling/)

**Smooth Move PCS Workshop**  
**Thu, Mar 17, 1 – 3pm** [Register](#)  
**Location: Virtual**  
**Class Link: <https://meeting.marinenet.usmc.mil/lejnr-pcs/>**

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, Mar 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: [www.mccslejeune-newriver.com/bowling/](http://www.mccslejeune-newriver.com/bowling/)

**Friday Family Meal Deals - BBQ Ribs or Grilled Salmon**  
**Fri, Mar 18, 4 – 6pm** [Register](#)  
**Location: Pick up at Paradise Point Officers' Club**  
**Mar. 18 Menu (order by 4PM Mar. 15)**  
**\$40/Meal Deal | \$70/Double Deal | \$20/Half Deal**

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

Choose from:

Option 1: Two full racks of BBQ ribs OR

Option 2: Grilled salmon (four 6 oz. portions)

In addition, enjoy:

\*Macaroni & cheese (1 lb.)

\*Southern green beans (1 lb.)

\*Garden salad with ranch dressing

\*Banana pudding (1 qt.)

\*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: [www.mccslejeune-newriver.com/oclub/](http://www.mccslejeune-newriver.com/oclub/)

### **Poker Night - Texas Hold 'Em**

**Fri, Mar 18, 5:30pm**

**Location: The SNCO Club, Camp Lejeune**

Texas Hold 'Em Rules Open to all authorized SNCO Club patrons and their guests, officers, and retired officers. Start time is 1730; no new players after 1800. Unlimited rebuys for first 60 minutes (must have \$5.00 in chips). 10-minute break every hour. No soliciting. Count cards before and after every session/break. Payouts are issued in MCCS gift cards and will be paid out the following week.

More Info: [www.mccslejeune-newriver.com/snco/](http://www.mccslejeune-newriver.com/snco/)

### **Monthly Scramble**

**Sat, Mar 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/](http://www.mccslejeune-newriver.com/golf/)

**Irish Open**  
**Sat, Mar 19, 8:30am – Sun, Mar 20, 2pm**  
**Location: Paradise Point Golf Course, Camp Lejeune**

Test your luck in the Irish Open golf tournament! Entry fee is \$25 and includes prize fund (merchandise certificates) and lunch on Sunday. Entry fee does not include greens fee or cart fees.

Sat.: Scarlet Course

Sun. : Gold Course

Format: 36 Individual Stroke Play

Open Flight: Top 12 and tie play for Championship (blue tees both days)

All pre-flighted with course handicap.

Sign up by 5PM on Thu., Mar. 17 in the Paradise Point Golf Course Pro Shop.  
Open to the public.

More Info: [www.mccslejeune-newriver.com/golf/](http://www.mccslejeune-newriver.com/golf/)

**Archery Coaching Clinic (Ages 7 +)**  
**Tue, Mar 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: [www.mccslejeune-newriver.com/outdoor/](http://www.mccslejeune-newriver.com/outdoor/)

**Wilderness Wednesday (Parent & Toddler)**  
**Wed, Mar 23, 9:30 – 10:30am [Register](#)**  
**Cost: \$5 per class**  
**Open to ages 1 and up.**

Ready to explore the Wilderness with your little one! Getting Outdoors is a great way to stay active and teach your child ways to play and have fun. This is a parent and child group to help other parents introduce Outdoor play while meeting other people in the area. Recommended for children able to walk. Register for 1 class or for all 6, you pick!

\*You must register for each class individually.

Week 1 | Mar. 2 | Fish Fun at Outdoor Adventures

Week 2 | Mar. 9 | Beach Bums at Onslow Beach Turtle Pavilion  
Week 3 | Mar. 16 | Interesting Insects at Orde Pond  
Week 4 | Mar. 23 | Beautiful Birds at Hospital Point Picnic Area  
Week 5 | Mar. 30 | Peculiar Plant Life at Brewster Campground Cabin  
Week 6 | Apr. 6 | Homey Habitats at Brewster Campground Site #2

More Info: [www.mccslejeune-newriver.com/outdoor/](http://www.mccslejeune-newriver.com/outdoor/)

**After School Archery (ages 7+)**

**Wed, Mar 23, 2 – 4pm [Register](#)**

**Location: Outdoor Adventures, Camp Lejeune**

After School Archery is the perfect way to get kids outdoors and introduce them to the exciting sport of archery! Archery is a great way to increase focus, self-discipline, and awareness. In this class, kids will learn about range safety and how to shoot a bow and arrow, including the 10 steps to shooting a bow and arrow safely. \$30 per child, includes equipment and instruction. Register by 3:30PM on the Friday before class. Participants should wear athletic/outdoor clothing and closed-toe shoes. Open to all authorized patrons ages 7 and older. More Info: [www.mccslejeune-newriver.com/outdoor/](http://www.mccslejeune-newriver.com/outdoor/)

**Wednesday Family Fun Night**

**Wed, Mar 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: [www.mccslejeune-newriver.com/bowling/](http://www.mccslejeune-newriver.com/bowling/)

**Xtreme Family Fun Night**

**Thu, Mar 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: [www.mccslejeune-newriver.com/bowling/](http://www.mccslejeune-newriver.com/bowling/)

**Parent and Child Archery (Ages 5+)**  
**Sat, Mar 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: [www.mccslejeune-newriver.com/outdoor/](http://www.mccslejeune-newriver.com/outdoor/)

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

Guaranteed \$15,500 payout! ! \$55 minimum buy-in. Open to patrons ages 18+ who have base access.

More Info: [www.mccslejeune-newriver.com/thelanding/](http://www.mccslejeune-newriver.com/thelanding/)

**Personal Growth Retreat - Oak Island**  
**Wed, Mar 30 – Fri, Apr 1 [Register](#)**  
**Location: Oak Island, NC**  
**Registration opens Jan. 30**  
**Command Endorsement Form: <http://www.mccslejeune-newriver.com/credo/051920-pgr-endorsement.pdf>**

This Personal Growth Retreat is based on the ground breaking research of Harvard Professors Robert Kegan and Lisa Lahey. Participants will learn how their individual beliefs--along with the collective mind-sets in their organizations--combine to create a natural but powerful immunity to change. By revealing how this mechanism holds us back participants will unlock their potential and create lasting permanent change. This same workshop is offered by Minds at Work around the globe to military, government and business leaders. Space is extremely limited and demand is high. Don't miss this tremendous opportunity!

More Info: [www.mccslejeune-newriver.com/credo/](http://www.mccslejeune-newriver.com/credo/)

**Wilderness Wednesday (Parent & Toddler)**

**Wed, Mar 30, 9:30 – 10:30am [Register](#)**

**Cost: \$5 per class**

**Open to ages 1 and up.**

Ready to explore the Wilderness with your little one! Getting Outdoors is a great way to stay active and teach your child ways to play and have fun. This is a parent and child group to help other parents introduce Outdoor play while meeting other people in the area. Recommended for children able to walk. Register for 1 class or for all 6, you pick!

\*You must register for each class individually.

Week 1 | Mar. 2 | Fish Fun at Outdoor Adventures

Week 2 | Mar. 9 | Beach Bums at Onslow Beach Turtle Pavilion

Week 3 | Mar. 16 | Interesting Insects at Orde Pond

Week 4 | Mar. 23 | Beautiful Birds at Hospital Point Picnic Area

Week 5 | Mar. 30 | Peculiar Plant Life at Brewster Campground Cabin

Week 6 | Apr. 6 | Homey Habitats at Brewster Campground Site #2

More Info: [www.mccslejeune-newriver.com/outdoor/](http://www.mccslejeune-newriver.com/outdoor/)

**Wednesday Family Fun Night**

**Wed, Mar 30, 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: [www.mccslejeune-newriver.com/bowling/](http://www.mccslejeune-newriver.com/bowling/)

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

**Thu, Mar 31, 9am – 12pm [Register](#)**

**Location: LINKS Office, 2455E Iwo Jima Blvd**

**\*\*\*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>

**Smooth Move PCS Workshop**  
**Thu, Mar 31, 1 – 3pm [Register](#)**

**Location: Virtual**

**Class Link: <https://meeting.marinenet.usmc.mil/lejr-pcs/>**

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.

For a more detailed and customizable listing, please visit [www.mccslejeune-newriver.com/events/listing](http://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!



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/>



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](#)
- 4/10 Marriage Enrichment Retreat (MER) - Beaufort, NC [Register](#)
- 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.

3/17 8AM Before I Do, Marriage Foundation Class [2 Day Class] MCFTB Building 780 classroom 12, Brewster Blvd, Camp Lejeune, NC

3/18 1PM Strong Military Couples LINKS Bldg. TT-2455E Iwo Jima Blvd Tarawa Terrace NC

3/24 8AM 12 Hours to a Great Marriage [2 Day Class] TT-2455E Iwo Jima Blvd. Tarawa Terrace, NC 28543

4/7 8AM Before I Do, Marriage Foundation Class [2 Day Class] MCFTB Building 780 classroom 12, Brewster

4/14 8AM Before I Do, Marriage Foundation Class [2 Day Class] Building AS-207 Curtis Road, New River Air Station 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**  
**<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**

- 3/11 5:30PM While We Wait Club – Kids In Deployment LINKS Bldg. 2455-E, Tarawa Terrace, NC
- 3/14 10AM Virtual L.I.N.K.S. for Parents and Family Members Virtual via Adobe Connect
- 3/15 10AM Military Readiness Binder MCFTB Building 780 Brewster Boulevard Camp Lejeune
- 3/17 6PM CTA/FRA Training (1800-1930) & OPSEC/PII (1945-2030) Virtual via Adobe Connect
- 3/22 10AM Family Care Plan MCFTB Building 780 Brewster Boulevard Camp Lejeune
- 3/24 8:30AM L.I.N.K.S. for Spouses Workshop [1-Day In-Person] LINKS Bldg. TT-2455E Iwo Jima Blvd., Tarawa Terrace, NC
- 3/28 6PM Virtual L.I.N.K.S. for Parents and Family Members Virtual via Adobe Connect
- 3/29 8:30AM DRC/URC Refresher Training MCFTB Bldg. 780 Brewster Blvd Camp Lejeune NC 28547

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.

3/30	8:30AM	Baby Boot Camp	LCH 4007 Midway Park
Apr 6, 2022	8:30AM	Baby Boot Camp	LCH 4007 Midway Park
Apr 13, 2022	8:30AM	Baby Boot Camp	LCH 4007 Midway Park
Apr 20, 2022	8:30AM	Baby Boot Camp	LCH 4007 Midway Park

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



## **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:**

3/11 - 1100 Ping-Pong Tournament\*

3/14 - 1100 Monday Movie Matinee

3/15 - 1100 March Madness with Free Pizza

3/17 - 1100 4 Leaf Clover Hunt\*

3/17 - 1100 St. Patrick's Day Celebration!

3/19 - 1400 Fruitful Saturday

3/20 - 1500 Shamrock Scratch-Off\*

3/21 - 1100 Monday Movie Matinee

3/22 - 1000 CA Spring Fling Cook-Out

3/22 - 1100 Minute To Win It: Stack Attack\*

3/23 - 1100 Humpday Madness

3/25 - 1100 Lunch Time Raffle\*

3/27 - 1400 National Pretzel Day

3/28 - 1100 Monday Movie Matinee

3/29 - 1100 Corn Hole Tournament \*

3/31 - 1100 Warm-Up Thursday

4/1 - 1100 April Fool's Day Fun Day At Central Area

4/1 - 1100 Birthday Shout-Out!

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



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

**[MCCSLej-NRVolunteerCoordinator@usmc-mccs.org](mailto: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](http://www.mccslejeune-newriver.com/mcftb) or [www.mccslejuene-newriver.com/smp](http://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.

### **SMP Volunteer Opportunities**

**[Register Here](#)**

- 3/19 - 5:15 Grand Prix Series Race: St. Paddy's 5 Mile Engineer Challenge
- 3/22 - 9:00 Spring Outdoor Clean-Up Volunteer Event!
- 3/26 - 7:15 MCCS Family Fun Run: Blast from the Past
- 3/26 - 8:00 Onslow County Senior Games
- 3/26 - 10:00 Sneads Ferry Community Yopp Cemetery Restoration

**Check the SMP Website for more opportunities.**







# MARINE & Family

## Marine and Family Programs And Fitness and Recreation Information

**Family Member Employment Assistance Program  
Bldg. 2455K Iwo Jima Blvd. Tarawa Terrace  
910.450.1676  
Monday - Friday: 8AM - 4:30PM**

Family Member Employment Assistance Program (FMEAP) provides employment assistance, training and other career development opportunities to military spouses and family members. A FMEAP advisor can assist in the following areas:

- Resume Assistance – Writing powerful resumes to help land an interview
- Useful networking techniques, resources, and job referrals to identify potential employers
- Workshops/Classes to provide practical application/hands on training of skills

Check out the Military Transition Programs if your spouse is leaving active duty at the End of Active Service (EAS), Retirement or military discharge prior to EAS. Spouses are welcome and encouraged to attend.

3/15	1:30PM	Job Search & Résumé Strategies FMEAP Office, 2455K Iwo Jima Blvd
3/16	9AM	RETIRING – Spouse’s Transition Readiness Seminar (S.T.A.R.S.) Virtual
3/22	1:30PM	Navigating USA JobsR FMEAP Office, 2455K Iwo Jima Blvd
3/23	9AM	How to Start A Small Business Career Resource Center, Bldg AS-913, MCAS New River
3/24	2PM	Leveraging LinkedIn for Military Spouses Virtual
3/31	9AM	SEPARATING – Spouse’s Transition Readiness Seminar (S.T.A.R.S.) LINKS Office, 2455E Iwo Jima Blvd
4/6	9AM	How to Start A Small Business John A. Lejeune

Education Center, Bldg. 825 Stone St., Camp Lejeune  
Room 418

4/12 1:30PM Interview Techniques Virtual  
4/26 1:30PM Navigating USA Jobs Virtual

[Click or Tap Here](#) to register or for more information

**MCCS Lejeune-New River Group Exercise  
Group Exercise Coordinator: 910.451.0824**

Group Exercise Classes are open to all Active Duty, retired, DoD reservists on Active Duty, dependents, MCCS employees, and Department of Defense employees. Proper identification required. Guests are permitted if accompanied by an authorized patron. With the exception of Zumba and Kettlebells, children 12-15 years old can participate in classes as long as they are accompanied by an adult. Semper Fit wishes to make Group Exercise classes accessible to people of all abilities who wish to participate. If we can provide reasonable accommodation to enable you to fully participate in any of our classes, please contact the Group Exercise Coordinator at 910.451.0824. Please call 910.451.0824 for Group Exercise Unit PT requests. Classes are first come, first served. Classes are subject to change without notice. [Click or Tap Here](#) to check out the Group Exercise Schedule.

**Outdoor Adventures  
Bldg. 728, Adjacent to Gottschalk Marina  
Camp Lejeune  
910.451.1440**

Outdoor Adventures features several activities to help you get out band get active. These activities include:

Adventure Camps  
Archery  
Canoe Trips  
Family Fun  
For the Kids  
Kayaking  
Mountain Biking  
Standup Paddleboarding

They also have Birthday Adventures! [Click or Tap Here](#) to register or for information on this program.

**Auto Skills Center**  
**Bldg. 1250 Birch St. Extension**  
**Camp Lejeune**  
**910.451.1550**  
**Monday & Tuesday: 10:30AM - 7PM**  
**Wednesday & Thursday: CLOSED**  
**Friday: 10:30AM - 7PM**  
**Saturday & Sunday: 9AM - 5PM**

Your NC State Inspection headquarters and complete car care facility.

NC Vehicle Inspection Station  
Basic Vehicle Maintenance  
Diagnostic Capabilities  
Large Assortment of Tools  
Tire Rotation  
Engine Building

Cleanup begins 45 minutes before shop closes. No one under the age of 12 is allowed on the shop floor; Children aged 12-15 must be accompanied by an adult; Persons aged 16 and older allowed without an adult.

[Click or Tap Here](#) to register or for information on this program.

**Health Promotion and Wellness**  
**910.451.0470**  
**Monday – Friday: 8AM - 4:30PM**

This program provides awareness and education to all members of the military community that encourages people to increase control over and to improve their full health potential. Health Promotion supports the achievement and sustainment of a fit and mission ready force and healthy populations, at home and abroad, in peacetime and in conflict. Each of these programs aligns with the US Department of Health and Human Services' Healthy People 2020 and the DOD's Operation Live Well and the Healthy Base Initiatives.

[Click or Tap Here](#) to register or for information on classes and programs.



## 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**  
**Bldg 824, Camp Lejeune**  
**910.451.3922**  
**Mon - Fri | 8:30AM - 4PM**

SkillBridge Employment Training Program is available to all eligible service members. 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.

3/16 - 1130 – 1300	SkillBridge Information Session
3/16 - 1400 – 1530	SkillBridge Information Session
3/23 - 0900 – 1030	SkillBridge Information Session
3/23 - 1130 – 1300	SkillBridge Information Session
3/23 - 1400 – 1530	SkillBridge Information Session
3/30 - 0900 – 1030	SkillBridge Information Session
3/30 - 1130 – 1300	SkillBridge Information Session
3/30 - 1400 – 1530	SkillBridge Information Session
4/6 - 0900 – 1030	SkillBridge Information Session
4/6 - 1130 – 1300	SkillBridge Information Session
4/6 - 1400 – 1530	SkillBridge Information Session
4/13 - 0900 – 1030	SkillBridge Information Session
4/13 - 1130 – 1300	SkillBridge Information Session
4/13 - 1400 – 1530	SkillBridge Information Session
4/20 - 0900 – 1030	SkillBridge Information Session
4/20 - 1130 – 1300	SkillBridge Information Session
4/20 - 1400 – 1530	SkillBridge Information Session

[Click or Tap Here](#) to register or for more information



# 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

### Health Facilities and Programs

#### Community Health Centers and Clinics

**Agency Name: Coastal Pregnancy Care Center**

Address: 4050 Arendell St Morehead City, NC 28577

Phone: (252) 247-2273

Hours: Monday – Wednesday 9:00 AM – 4:30 PM

Thursday 9:00 AM – 5:30 PM

Friday 12:00 PM – 4:30 PM

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

Service(s) offered: Pregnancy center, education, advisory

**Agency Name: Community Care of Lower Cape Fear**

Address: 200 Valencia Dr Jacksonville, NC 28546

Phone: (910) 763-0200

Hours: 8:00 AM – 5:00 PM

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

Service(s) offered: Community clinic

**Agency Name: Consolidated Human Services**

Address: 612 College St Jacksonville, NC 28540

Phone: (910) 347-2154

Hours: 8:00 AM – 5:00 PM

Website: <http://www.onslowcountync.gov/health/>

Service(s) offered: STD/STI clinics, teen and young adult services, WIC, communicable disease clinic, diabetes education, maternal health

**Agency Name: Goshen Medical Center**

Address: 1200 Hargrett St Jacksonville, NC 28540

Phone: (910) 219-1082

Hours: Monday – Thursday 7:45 AM – 5:15 PM

Friday 8:00 AM – 2:00 PM

Website: <http://www.goshenmedical.org>

Service(s) offered: Family clinic

**Agency Name: NC Health Choice – Onslow County Department of Health and**

**Human Services**

Address: 612 College St Jacksonville, NC 28540

Phone: (910) 455-4145

Hours: 8:00 AM – 5:00 PM

Website:

[https://ncgov.servicenowservices.com/sp\\_beneficiary?id=bnf\\_eligibility](https://ncgov.servicenowservices.com/sp_beneficiary?id=bnf_eligibility)

Service(s) offered: Health coverage for underinsured children

**Agency Name: Onslow Community Clinic**

Address: 200 Doctors Drive Suite L Jacksonville, NC 28546

Phone: (910) 346-6149

Hours: 8:00 AM – 5:00 PM

Website: <https://www.onslowco.org/medical>

Service(s) offered: Short term care, immediate care

**Agency Name: Onslow Pregnancy Resource Center**

Address: 3280-A Henderson Dr Jacksonville, NC 28546

Phone: (910) 938-7000

Hours: Monday – Thursday 10:00 AM – 4:00 PM

Website: <https://onslowpregnancyresources.com>

Service(s) offered: Pregnancy education, ultra sounds  
Dental Services

**Agency Name: Kinston Community Health Center**

Address: 324 N Queen St Kinston, NC 28501

Phone: (252) 522-9800

Hours: Monday – Friday 8:00 AM – 6:00 PM

Website: <https://kinstonhealth.org>

Service(s) offered: Dental services

**Agency Name: Onslow Community Clinic**

Address: 200 Doctors Drive Suite L Jacksonville, NC 28546

Phone: (910) 346-6149

Hours: 8:00 AM – 5:00 PM

Website: <https://www.onslowco.org/medical>

Service(s) offered: Short term care, immediate care

**Agency Name: Pender County Health Department Dental Clinic**

Address: 803 S Walker St Burgaw, NC 28425

Phone: (910) 259-1503

Hours: 8:30 AM – 4:00 PM

Website: <https://www.pendercountync.gov/hhs/health-human-services/health-department/dental-clinic/>

Service(s) offered: Dental clinic



**Agency Name: St. Mary Health Center**

Address: 412 Ann St Wilmington, NC 28401

Phone: (910) 763-8163

Hours: 9:00 AM – 5:00 PM

Website: <http://stmaryhealthcenter.org/>

Service(s) offered: Provides dental services to individuals whose income falls below 200% of the Federal Poverty guidelines



# Only In **Onslow**



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

**Hooligans Presents: Madball**  
**March 17, 2022 6:30 pm - 11:59 pm**  
**Hooligans**  
**2620 Onslow Drive Jacksonville NC**  
**910-346-2086**

Madball at Hooligans Jacksonville, NC 5:30 PM Doors Open 6:30 PM Show Starts \$20 Advance \$25 Day-of-Show

**Annual Murder Mystery Dinner Theatre - Murder At The Art Show**  
**March 18 - 19, 2022**  
**3/18/2022 | 6:30 pm - 9:00 pm**  
**3/19/2022 | 6:30 pm - 9:00 pm**  
**3/19/2022 | 7:00 pm - 9:30 pm**  
**Jacksonville Performing Arts Company**  
**3431 Richlands Hwy, Jacksonville NC**  
**910-934-3833**

Everyone's an Art critic, but who is serious enough to kill over it!!! Sloane Akers is doing her best to keep afloat the Harriet Anderson Gallery (AKA HAG), but there are many who want to see it destroyed and the priceless paintings in their possession. A hilarious comedy with more twists and turns than a pretzel, more oddball characters than at Walmart and more clues that cluedo! This is a dinner Theater serving a three course meal : Sald and rolls to start with a chicken cordon Bleu, stuffed with spinach, provolone cheese , sun dried tomatoes , whipped mash and vegetables. Dessert is a mystery! Glass of wine included.

**USAA® Grand Prix Series: St. Patty's Engineer Challenge 5 Mile**  
**March 19, 2022, 8:00 am - 11:59 pm**  
**Courthouse Bay, MCB Camp Lejeune**  
**910-451-5173**

Camp Lejeune The course was designed for Marines by Marines. As its name implies, it is a race that will test your strength and determination! The course includes a variety of obstacles and mud pits that will challenge your physical and mental endurance.

**The Lime Light Presents:10 Years & Black Map & Vrsty**  
**March 25, 2022, 7:00 pm - 11:59 pm**  
**The Lime Light**  
**145 Blue Creek School Road Jacksonville NC**  
**910-347-4731**

10 Years Black Map VRSTY LIVE in Jacksonville NC March 25, 2022 Get Your Tickets Today

**Jacksonville Coin & Currency Show**  
**March 26 - 27, 2022**  
**3/26/2022 | 10:00 am - 5:00 pm**  
**3/27/2022 | 10:00 am - 4:00 pm**  
**Hilton Garden Inn**  
**1016 Jacksonville Pkwy, Jacksonville, NC 28546**

Jacksonville Coin & Currency Show 10 plus Dealers Kids Corner March 26, 2022 10:00am - 5:00pm March 27, 2022 10:00am - 4:00pm Raffle Drawing on March 27, 2022 10:00am - 4:00pm Do not have to be present to win.

**Goodyear All American Speedway: Ronnie Hetu Memorial**  
**March 26, 2022, 2:00 pm - 11:59 pm**  
**Goodyear All American Speedway**  
**4024 Richlands Hwy, Jacksonville, NC 28540**  
**910-708-0202**

Saturday, March 26 – HetuStrong Race Against Cancer Longtime racer Ronnie Hetu is remembered in the HetuStrong Race Against Cancer, featuring the Carolina Mini Stock Challenge. A portion of proceeds will go to benefit cancer research and awareness.



**February 2022**

**PERSONAL FINANCIAL MANAGEMENT PROGRAM**

**Upcoming Classes:**

**3/4: 3/22**

**Investing/TSP (virtual)**

*Introduction and basic information about investing and education on the benefits of participating in the TSP.*

**3/8**

**Car Buying (virtual)**

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

**3/30**

**Home Buying (virtual)**

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



*Registration for all classes are made through ...*

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



# PFMP Corner

**Camp Lejeune  
Financial Counselors**

## Find your pot of gold

### WHAT SHOULD I DO WITH MY TAX REFUND?

While many have their tax refund earmarked long before filing taxes, here are some options to consider.

...a good investment can grow into something greater.

4) Consider doing some of each! Financial decisions don't need to be all or nothing.

5) We are here to help! Please don't hesitate to reach out to discuss your options!

- 1) Pay off high interest credit card or other debt. Interest and fees can really add up and drag you down. Springing past this hurdle can give you a fresh start!
- 2) Establish or replenish emergency funds. If you've got 3-6 months of living expenses in reserve, consider saving for another goal such as a travel fund, or some type of down payment.

3) Invest in your future. Whether topping up your retirement account, pursuing an educational opportunity or starting a business...

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



**PFM**

Gene  
[lejpfm@usmc-mccs.org](mailto:lejpfm@usmc-mccs.org)

**PFCs**

Emily  
(603) 303-2657  
[CampLejeune-PFC1@zeiders.com](mailto:CampLejeune-PFC1@zeiders.com)

Dee  
(802) 730-5163  
[CampLejeune-PFC2@zeiders.com](mailto:CampLejeune-PFC2@zeiders.com)

Sonny  
(910) 322-9518  
[CampLejeune-PFC3@zeiders.com](mailto:CampLejeune-PFC3@zeiders.com)

**New River  
Financial Counselors**

**PFM**

Kathleen  
(910) 449-4979  
[kathleen.hershman@usmc.mil](mailto:kathleen.hershman@usmc.mil)

**PFC**

Austin  
(910) 409-7355  
[CampLejeune-PFC5@zeiders.com](mailto:CampLejeune-PFC5@zeiders.com)