

# The Core



## 3rd AA Bn 67th Anniversary Family Day Celebration

*Cheri Meredith-Evans, RDST*

On Saturday, 19 September, 3rd Assault Amphibian Battalion celebrated its 67<sup>th</sup> year of being a Unit in the Marine Corps with a Family Day Celebration on Del Mar Beach. The day started out with registration where each family member received a raffle ticket giving them the opportunity to win some fabulous prizes. After registration we were greeted by a line of cheering supporters who thanked us for all we do.

Food vendors scattered the beach offering everything from nachos and burritos to hot dogs and hamburgers. There was a wide array of 3AABN paraphernalia including t-shirts, coins and even aprons. The 3rd AABN Spouses Club manned a booth, encouraging spouses of "trackers" to join. Meetings provide an opportunity to discuss happenings within the Battalion, be a part of a support network, and build unit cohesion.

The stage on the beach offered a live band as well as the

site for the 67th anniversary cake cutting ceremony. The CO and SgtMaj addressed the Marines and their families, speaking from the heart about the unit and all it has participated in over the past 67 years. There were bounce houses for the kids, as well as face painting, pony rides and static displays of a Howitzer, Amtracks (P7, C7 and R7), an LAV, an MRAP, and a Tank. There were Marines stationed at each vehicle allowing the families to get an up close look at the vehicles.

Professional photographers provided free family photos either on the beach or in front of the static displays. The afternoon offered a "Battalion Idol" Karaoke contest, tug-of-war and volleyball. According to Jack Schwarzel, FRO for 3rd AA BN, "I have attended some family days, and this one is by far the biggest and best I've been involved with."



**HARVEST MASQUERADE  
IN THE MIDST WORKSHOP  
WED., OCT. 21ST, 0900-1230  
BLDG. 1795**

In the Midst is an interactive workshop that promotes the importance of self-care, communications skills, goal setting and relaxation methods. Through a series of fun activities, you will develop and enhance tools needed for inner strength and endurance.

**CHILDCARE AVAILABLE  
PLEASE REGISTER BY CALLING 760-725-9052**

**OPEN TO ALL ACTIVE DUTY SPOUSES ABOARD CAMP  
PENDLETON  
COSTUMES WELCOME!**

## Passing the Time on Paper

*Sarah Christian, Administrative Support Assistant*



Create a large calendar corresponding to the months that the parent will be deployed (or purchase a large desk-size calendar). Create a shape that relates to each month (pumpkins for October, hearts for February, etc.). Cut out enough shapes for each day of the month (or use special markers to cross off each day). Be sure to include special days that occur, including birthdays, holidays, and other special occasions. Older children can use the calendar squares to write down events that occur each day (or draw a picture or symbol representing the event).

Join us every month for creative ideas to help children track deployment time. If you have a great idea to share, please submit your entries to us via The Core website at <http://mcftb.cswd.biz>.

## Get to Know a FRO

*Lelia Brady, Family Readiness Officer, Marine Aircraft Group 39*

Lelia Brady is the Family Readiness Officer for Marine Aircraft Group 39. Lelia was raised in Julian, CA, and completed her undergraduate studies in English Literature at UC Santa Barbara on an Army ROTC scholarship. Lelia pursued a successful career in sales management, and continued her post graduate education with an emphasis in Education. She taught English and Reading Strategies for three years at the High School level, and coached Varsity Cheer.

As a military spouse she has experienced a multitude of deployments, two PCS moves, and the gamut of challenges offered by the military lifestyle. She and her husband have been blessed with two amazing children, and Lelia has been active in the community as a Volunteer within her husband's commands over the past twelve years. In addition, she coaches with Youth Sports aboard Camp Pendleton.



*The Brady Family*

Lelia is passionate about Family Readiness, and has achieved success over the past year leading the Family Readiness Officers of MAG-39. She attends a monthly Partners In Command meeting where MAG-39 CO, XO, and Sgt Major spouses come together to discuss their unit's Family Readiness program and provide Lelia with feedback and advice.



*MAG-39 Partners In Command*

## L.I.N.K.S. for Parents

*Christina Actis, L.I.N.K.S. Trainer*

“Your program was professional and very informative.” “Thank you so much for including parents!” “Everything, the room, food, topics, time for Q and A’s was top notch.” “I loved this L.I.N.K.S. workshop and I’m definitely going to recommend it to other parents!” These were some of the comments our Camp Pendleton L.I.N.K.S. Team received at our very first L.I.N.K.S. for Parents/Extended Family Members on 14 September.

The content for the day focused on offering parents and extended family members an orientation to the Marine Corps lifestyle to improve their understanding of the unique

challenges military life often presents. The increased level of understanding will allow the parents’ and extended family Members’ ability to provide support and advice to their Marine.

The Camp Pendleton L.I.N.K.S. Team had an incredible time working with all of the participants. 1st Marine Division Career Planners GySgt Nash and GySgt Trusty spoke to parents about their Marines staying in the Marine Corps. LtCol Zollman, Executive Officer of the School of Infantry SOI West), was the VIP Guest Speaker who presided over the graduation ceremony. Our

L.I.N.K.S. Hospitality Team hosted a “Taco Salad Bar” for lunch, and the patio adjacent to the building was opened up to help create a festive and friendly atmosphere perfect for networking. All-in-all, it was a fabulous and rewarding experience for everyone involved.

Our next L.I.N.K.S. for Parents/Extended Family Members will be held at the San Luis Rey MCFTB Family Readiness Center on Saturday, 14 November from 0800-1630. Please call us to register at (760)725-9052.



## Coming Attractions at MCFTB

*Sarah Christian, Administrative Support Assistant*

With the changing of the seasons come exciting opportunities at the San Luis Rey MCFTB Family Readiness Center. LifeSkills will offer “Who Moved My Cheese?” starting in October. This class focuses on strategies for dealing with unavoidable change in both our personal and professional lives.

L.I.N.K.S. will offer sessions for kids, teens, and parents in November. Last month’s L.I.N.K.S. for Parents was well-received, and we hope that offering L.I.N.K.S. for Kids & L.I.N.K.S. for Teens during Thanksgiving break will provide a wonderful opportunity for kids and teens to meet new friends, learn more about the ways to deal with the military lifestyle, and gain knowledge on opportunities unique

to being a member of a military family.

Readiness and Deployment Support will host a Spouses In the Midst with a Harvest Masquerade theme on Wednesday, 21 October, from 0900 to 1230. This event will provide an interactive workshop that emphasizes the importance of communication skills, self-care, goal setting and relaxation. All active-duty military spouses aboard Camp Pendleton are invited to attend. Please call (760) 725-9052 to register.

On 6 October from 1830 to 1930, MCFTB will host a screening of “Witt’s Daughter,” a film about the return of a Marine Lieutenant from

the Korean War and how he must reconnect with his young three-year-old daughter. “Witt’s Daughter” received the 2009 GI Film Festival Best Narrative Short, and the film’s director, Carole Holliday will be present following the screening for a Question and Answer session. You may RSVP to this event by calling (760) 725-9052.

For all of the latest on MCFTB info and events, please visit us at <http://www.mccscp.com>.

**“Fortitude is the marshal of thought, the armor of the will, and the fort of reason.”**

*- Francis Bacon*

**Tell us  
what you  
think...**

Go to <http://mcftb.cswd.biz> to take part in our anonymous monthly survey. Whether you are a service member, spouse, parent, commander, FRO, or volunteer, your input will help us fine-tune our programs and improve support to our war fighters and families.

This month's survey theme...

**L.I.N.K.S.**

**Marine Corps  
Family Team Building**

Bldg 1795  
Camp Pendleton, CA 92055  
(760) 725-9052

# October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 FRO Info Session 0800-1100	2	3 FRV Training 0900-1500
4	5	6	7 L.I.N.K.S. (1 of 2) 0830-1300	8 FRO Training 0830-1530  L.I.N.K.S. (2 of 2) 0830-1300	9	10
11	12	13 FRO VTT (1 of 3) 0830-1430  7 Habits 0800-1530	14 FRO VTT (2 of 3) 0830-1430	15 FRO VTT (3 of 3) 0830-1430	16	17
18	19	20 FRO CES 1000-1200 MCT Spreadsheet 0900-1000	21 Spouses In The Midst-Harvest Masquerade 0900-1230	22	23 MCT Spreadsheet 0800-0900	24
25	26	27 Who Moved My Cheese? 0800-1530	28 FRV Training 0900-1500	29	30 MCT Spreadsheet 1300-1400	31

## L.I.N.K.S.

For Parents and Extended Family Members

*Camp Pendleton*

Saturday, 14 November from 0800 to 1630

San Luis Rey MCFTB Family Readiness Center, Bldg. 1795

L.I.N.K.S. for Marine parents and extended family members recognizes that for many of our Marines, their parents and extended family members play a major role in their lives, providing both support and advice. L.I.N.K.S. offers an orientation to the Marine Corps lifestyle, helping the participant better understand the unique challenges military life often presents.

**Registration Required**

**(760) 725-9052**