



IN THE FIGHT



"Your family connection to the 13th MEU"



Lieutenant Colonel Lagoski

13th Marine Expeditionary Unit
Commanding Officer

Dear "Fighting 13th" Family,

Your Marines and Sailors of the 13th Marine Expeditionary Unit (13th MEU), have returned home after a successful deployment with the USS Boxer Amphibious Ready Group (BOXARG), and since have engaged in a series of high-level Public Affairs events, representing the 13th MEU and the entire Marine Corps on a national level. More specifically, these events included the successful execution of Marine Week Seattle back in July and just recently, Fleet Week San Francisco, which included participating in the historic Commissioning Ceremony of the USS America (LHA-6), our Navy's newest amphibious war ship.

I know your loved ones have just returned home from sea, and have been tasked with one event after the other; nevertheless, it is extremely vital to conduct these types of events to communicate directly to the American public and showcase the vital role we play to our Nation's security. It goes without saying, I am extremely proud of this unit, and in my personal opinion, there is no one else better to take on these special assignments than our Marines and Sailors of the fighting thirteenth!

Not only do I believe I have the cream of the crop in my charge, but I also have the best family support as well. So, I want to take the time to personally thank each and every one of you for the ongoing love and support you provide, which keeps our Marines and Sailors focused and in the fight.

As you are all well aware, the holiday season is fast approaching. With that being said, I enjoyed meeting many of you personally during our Marine Corps Ball on Sat. October 25 at Pechanga Resort and Casino in Temecula, Calif. The Marine Corps' customs, courtesies and traditions are the hallmark of our Corps and allow us to gather in unity to celebrate our service as Marines. I hope to meet you all in person as we toast to the collective achievements of your Marines.

Lastly, I encourage you to maintain your strong support and participation in our Family Readiness program through the holiday season and the various social engagements lined-up. Your involvement is central to our "Fighting 13th" family team and successful completion of the challenges we face in the future. Please also continue to stay abreast via E-Marine (<http://www.emarine.org>) and connected to our Social Media channels.

I would like to conclude with a special thank you to our dedicated Family Readiness Officer, Bryan Vaughn, Family Readiness Assistants, team volunteers, Social Committee, our Anaheim 13th MEU Adoption Committee, the community of Anaheim, and many other friends, all of whom make possible the many opportunities that enhance our experiences with the "Fighting 13th". You are all sincerely appreciated.

J. B. "Brad" Lagoski

Volume I Issue IX

Nov—Dec 2014

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Your Family Readiness Team

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SgtMaj Slade
SgtMaj 13th MEU

Families and Friends of 13th MEU,

Over five months have passed since we returned to home port; the banners have since faded and we bid farewell to many brothers and sisters as they returned to their parent commands, transferred to distant bases and stations, and some returned to their

hometowns as newly transitioned civilians. Our military family has withered considerably, but our responsibilities have not. Although the deployment is almost a distant memory, the operational tempo has not lessened and will only increase as we move into the New Year.

Since returning, the Fighting 13th has conducted two community relations events in the seaport cities of Seattle and San Francisco. Although Marine and Fleet Week sounds like a boondoggle, both events were actually great opportunities for us to sharpen perishable skills, demonstrate our seabasing capability to our city and state government partners, and to showcase our military prowess in the form of combined arms, aviation, and combat service support integration, also known as a Marine Air Ground Task Force -- and no one does it better than the Fighting 13th MEU. Don't get me wrong, we had a fabulous time and the Seattleites and San Franciscans took great care of us, but our Marines and Sailors have earned their respect and admiration through hard work, dedication and selfless service.

We recently celebrated the 239th birthday of our illustrious Corps at Pechanga Resort and Casino. It was an intimate gathering of friends, family, and brothers and sisters in arms, reflecting on our proud legacy as a Corps, exchanging deployment stories, strengthening camaraderie, and building new friendships. Fun was had by all. Our Ball planning committee did a great job! Special thanks to the Anaheim 13th MEU Adoption Committee for the continued support and generosity.

As you celebrate the holidays, remember to take time for friends and family, enjoy the change of season, and dedicate time to recover from a solid 18 months of arduous work, because when we return in January, the pace will only pick up. Have fun and be safe.

As always, I encourage you to stay in contact with our Family Readiness Officer, Mr. Bryan Vaughn, for the most current unit and family readiness information available, read our newsletters and take full advantage of the services that are linked-in on our eMarine page.

Semper Fidelis,

William S. Slade
Sergeant Major
13th Marine Expeditionary Unit

Since our last newsletter, many of our Marines and Sailors have been promoted and/or recognized for their achievements. The following list highlights of their great accomplishments; please join me in congratulating them on a job well done:

Promotions

- SGT CHRISTIAN DEONTA 08/01/2014
- CPL VASQUEZ III RAUL 09/01/2014

Awards

Good Conduct Medals

- SSGT ACOSTA MARTIN 4TH
- CPL BAKER MARSHALL 1ST
- MSGT BARTELS WILLIAM 7TH
- SSGT DO DANIEL 3RD
- CPL GAUGER BRANDON 1ST
- CPL GONZALEZ DANIEL 1ST
- CPL HUNTER KATELYN 1ST
- CPL KOOP JONATHAN 1ST
- MGYSGT MIRARCHI CARL 9TH
- CPL NIGRO BIANCA 1ST
- CPL PADILLA JONATHAN 1ST
- CPL WAKEFIELD JEREMY 1ST
- CPL WINSTEAD NATHANIEL 1ST
- CPL ZWEGAT MICHAEL 1ST

“Happy Birthday Marines!”

July Birthdays

- CPL BAKER MARSHALL
- MSGT BARTELS WILLIAM
- CPL CAMPBELL BERNADETTE
- CPL GAUGER BRANDON
- SGT HELMS KAREN
- SGT HINTERLONG ALEXANDER
- SGT PEREIRA LAUREN
- SGT PINOS GRACE
- SSGT RIVERA CHRISTINE
- SGT RODRIGUEZ JR ADAN
- CAPT THOMPSON CLINTON
- CPL VASQUEZ III RAUL
- CAPT WEATHERS JAMES
- SGT WOESSNER JACOB

August Birthdays

- CAPT BAFFORD COREY
- PFC BOWSER JR BRIAN
- CAPT COLE CHRISTOPHE
- SGT FORGERSON RICHARD
- MSGT LEWIS ROBERT
- GYSGT MAGBAGBEOLA AJIBOYE
- MGYSGT MIRARCHI CARL
- CWO3 OROSCO RICHARD
- SGT PFISTER DUSTIN
- SSGT PUREFOY CHRISTINA
- SGT SAUCEDA JR ARMANDO
- CPL STARBAR JAKE
- CPL WAGNER JUSTIN
- CPL WINSTEAD NATHANIEL

September Birthdays

- SSGT COPELAND DARRELL
- SSGT CORCINO SADYS
- MAJ GLENN STUART
- CPL HUNTER KATELYN
- SSGT JOHNSON TRACY
- LTCOL LAGOSKI JOSEPH
- SGT MATOS ANTHONY
- SGTMAJ SLADE WILLIAM
- CAPT SOLIVAN AGUSTIN
- CAPT TAMAYO JR BILL
- SGT WELLS WILLIAM

October Birthdays

- SSGT ALFARO CARLOS
- SGT MARTIN NICHOLAS
- SSGT ORR MATTHEW
- 2NDLT SOTO FRANCESKA
- CPL ZWEGAT MICHAEL

News from the Family Readiness Officer



Marines, Sailors and families,

It's been a real pleasure to sit down, meet and talk with our new Marines/Sailors and families that have recently joined the 13th Marine Expeditionary Unit. I want to thank everyone for your kind remarks and appreciation for the emails and phone calls. It's wonderful knowing you are receiving the Commanding Officer's updates, information emails, and our Newsletters. I also understand several of our families have yet to relocate into the Southern California area. If there is anything I or the Command can do to make this difficult transition easier feel free to call or e-mail. We look forward to your safe arrival and getting to meet all of you.

As we continue to build our new command team over the next several months, I would like to send out a request for Volunteer Support. Many of our current Volunteers were "farewelled" as they executed orders with their spouse. The volunteer Team we will build over the next six months will be the support structure for our family readiness program and families during the scheduled 2016 deployment.

Thanksgiving is fast approaching and the MEU has been working tirelessly with our adopted city Anaheim (a non-profit organization) to assist us with our "Thanksgiving Meals on Wheels Program". This program is designed to assist our E-5 and below families with its holiday meal purchasing. We will be receiving inclusive holiday meals that serve a family of six and will be ready for distribution here at the 21 area volunteer center on Nov 19th starting at 6pm, thus helping you cut the cost of preparing a Thanksgiving meal. Please send me an email if you are interested in participating or volunteering with the program this year.

The MEU is excited to announce that we will be celebrating Christmas at SeaWorld this year! SeaWorld has offered us a fantastic venue and full day in the park while we celebrate Christmas with Shamu. The event is scheduled for Saturday Dec 13, 2014 with our Christmas celebration starting at 3pm in the Nautilus Pavilion. Your family's FREE all day admission to Sea World includes the following: Parking, Meal & Entertainment, Mr. & Mrs. Claus, SeaWorld Characters, gifts for the children, Snow Village, and so much more. You will have the opportunity to invite additional family members and friends to join our MEU family for this Christmas celebration for a minimal price of \$26.00. Look for the event flyer and details on how to register coming out soon via email.

Once again Anaheim has been busy behind the scenes fundraising and collecting donations in support of our Marines/Sailors and families. Just this last month several of our Marines and Sailors joined efforts with the Adoption Committee in a car wash fundraiser at Jerry Zamorodan's "All American AMPM" in Anaheim raising funds in support of our Birthday Ball and Christmas celebration. Our continued community support and relationships with the businesses, support groups, and citizens of Anaheim continues to be a great partnership. The selflessness support and activities our Anaheim 13th MEU Adoption Committee members participate in on a weekly basis supporting the 13th MEU Marines, Sailors and families is incomprehensible. Our sincere appreciation to each and every one of you!

Your Fro!

Mr. Bryan T. Vaughn serves as Family Readiness Officer for the 13th Marine Expeditionary Unit. He has been serving in this capacity since April 2008. During Mr. Vaughn's 23 year career as a Marine, he served with each component element of a Marine Expeditionary Unit. His vast knowledge and experience comes from multiple Western Pacific deployments. Mr. Vaughn's working knowledge of the Marine Corps, Marine Corps Base Camp Pendleton, and Southern California spans over 33 years. His dedication to the Marines with whom he serves extends to their spouses, children, and extended families. Marines called to serve in harm's way in a foreign country can rest assured, knowing they have Mr. Vaughn to assist their families in their absence. Mr. Vaughn continues to passionately serve his country by serving the Marines, Sailors, and Families of the 13th Marine Expeditionary Unit.

Family Readiness Officer
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Office: (760) 725-2739

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E-Mail: bryan.vaughn@usmc.mil



Important Dates to Remember!

Oct 26th- Nov 24th	Operation Kiwi Koru
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Nov 1st	Halloween Festival FRO's Home Murrieta
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Nov 19th	Thanksgiving Meals on Wheels/ Volunteer Meet and Greet 21 Area Volunteer Center
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Nov 27-30	Thanksgiving 96
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Dec 12th	Change of Command 21 Area Grinder
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Dec 13th	Christmas Celebration Sea World
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Dec 13th- Jan 4th	Christmas/New Years Leave Block (Dec 25-28 CMD 96) (Jan 1-4 CMD 96)
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Dec 20th	Secret Santa Program FRO's Home Murrieta
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Dec 31st	New Years Eve Celebration Del Mar Beach
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*Volunteer/Spouse Social Committee Meeting meets the
2nd Wednesday of each month.*

Be an active part of our families social events!



Chaplain Darren Stennett
13th Marine Expeditionary Chaplain



Greetings "Fighting" 13th MEU Families!

With the Marine Corps Ball now behind us, the holiday season will soon be in full swing. For most, holidays are about food, fun, and family. Yet along with holiday festivities, this time of year can also be an especially trying time. How do you manage your children's holiday expectation? How can you budget for additional expenses that come with the season? How do you manage seeing "all" your family with limited time and money? All of these stressors can hit military families especially hard. With that in mind, here are a few tips I hope will make your holiday season more festive and less stressful.

Take time to laugh. Plan a fun activity with your family, watch a funny movie, or just sit around remembering good times you have shared. Research really shows "Laughter is the best medicine." Humor is infectious. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use. (helpguide.com)

Do something kind for someone. Take time to demonstrate a random act of kindness. Pick up groceries for an elderly neighbor, do an extra chore for your spouse (help with the laundry Devil Dog) or volunteer at a local charity. Through helping others, we receive an emotional boost that creates a powerful sense of satisfaction and well-being.

Avoid the temptation to over spend. Although it feels good to give extravagant gifts, this will only lead to more stress later when the credit card bills arrive. Yes it is the season for giving, but it would be better to give more reasonable gifts than to go into debt. Besides, it is the gift that matters not the price tag. So be creative! (military.com)

Focus on your spiritual well-being. For most, the "Holy-days" are a deeply spiritual time that should focus our attention on gratitude and faith. So don't forget to feed yourself spiritually. Take time to attend your faith's holiday worship services. In doing so, it will instill joy and peace and will add meaning and purpose to the season.

Spend quality time with friends and family. More important than the gifts you buy are the times you spend with your friends, family, spouse and children. Too often, the gifts you buy are forgotten or broken by New Years. But the time you took to camp in the backyard, play catch or bake a cake together are the precious memories that are never forgotten.

It's hard to believe, but this will be my last article for our newsletter. I cannot believe how fast two and half years have flown by. Yet, in January our family will be PCSing to the Big Easy (New Orleans). I would like to thank you for allowing me to share in your family's celebrations and sorrows. It has been my greatest honor and privilege to serve as the 13th MEU Chaplain. I will always remember this time and our Marines and Sailors with the greatest joy!!!

Blessings,
Chaplain Darren Stennett

★ For chaplain support, contact Chaplain Stennett @ 760-763-1660 or darren.stennett@usmc.mil ★



13th MEU Thanksgiving Dinner Donations



The Adoption Committee is sponsoring a Thanksgiving dinner for the Marines and Sailors and their families.

Donate today!

\$25.00

If you would like to help support a family this Thanksgiving, please purchase a gift card from Von's or your favorite grocery store. Approximate cost per family is \$25.00, but as always, donations of any amount are welcome! Checks can be mailed to us and we will do the purchasing.

Deadline for donations is November 18th.

Drop off at City Hall 7th Floor

Or call 714 637 5575 for pick up

anaheim.net/13thMEU

[Facebook.com/13thMEU](https://www.facebook.com/13thMEU)

Anaheim 13th MEU Adoption Committee

5753-G East Santa Ana Canyon Road #601 Anaheim, CA 92807



Anaheim 13th Marine Expeditionary Unit
Adoption Committee

Christmas Gift Drive

Help make the lives of our 13th MEU families brighter this holiday season by donating a new, unwrapped GIFT or GIFT CARD.

Deadline for donations is December 11th.

Drop off at City Hall 7th Floor

or

Anaheim Hills Chiropractic
5769 P E. Santa Ana Canyon Rd
Anaheim, CA 92807
(714) 974-3700

Make checks payable to:

Anaheim 13th MEU Adoption Committee
5753-G East Santa Ana Canyon Road #601
Anaheim, CA 92807

Questions? Call: (714) 637-5575

Anaheim.net/13thMEU
[Facebook.com/13thMEU](https://www.facebook.com/13thMEU)

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Marine Week Seattle: July 26- Aug 3, 2014

Seattle, Washington is renowned for being the birthplace of Starbucks and is one of the techiest cities in the U.S. Oh yes — let's not forget the copious amounts of rain! Nevertheless, from the end of July to early August, the sun was in full ray as it shone on the Marines of the 13th Marine Expeditionary Unit, who disembarked the USS Essex with one thing in mind— mission completion. The mission — Marine Week Seattle...

Shortly after returning from their successful WESTPAC deployment in late April, the Marines of the "Fighting Thirteenth," found themselves tasked with executing the Commandant's largest community relations outreach initiative. Marine Week Seattle marked the fifth overall *Marine Week*, but was the first ever to occur on the West Coast. Marine Week Seattle took place concurrently with Seattle Sea-fair, placing Marines on center stage in front of millions of Seattleites. The purpose of this event was to connect the Community, Country and Corps and as the 13th MEU Commanding Officer, Lt Col Joseph Lagoski highlighted, "the most impressive thing we brought to Seattle was the individual Marine." The Marines landed, and with Marine-like swagger connected with the diverse culture of Seattle. Overall —Mission Success!

Fleet Week San Francisco: Oct. 6-13 2014

San Francisco is currently the fourteenth largest city in the U.S. Approximately 830,000 residents awake daily to the hustle and bustle of the predominately urban setting juxtaposed against the scenic backdrop of the Golden Gate Bridge, Alcatraz and AT&T Park, iconic landmarks skirting the city limits, each providing different vantage points to take in the "City by the Bay."

On the morning of October 6th, the usual city motif was interrupted by the unique silhouette of the USS America as she cut through heavy fog at the entrance of the San Francisco Bay. Aboard the U.S. Navy's newest Amphibious War vessel was its anxious crew of Sailors accompanied by Marines of the 13th Marine Expeditionary Unit. Shortly thereafter, the USS America would moor itself to Pier 30/32 and into the enduring pages of history.

While in San Fran, Marines of the "Fighting Thirteenth" provided citizens of the city with an opportunity to interact with Marines on a personal level. In addition, the Marines highlighted their unique Human Assistance Disaster Relief capabilities, a capability set that resonates with San Franciscans as their city remains the most earthquake prone city in the U.S.





eMARINE

... delivering readiness information to Marines & those who support them



13th MEU eMarine Website is Now Available "Join Today"!

Register now for the 13th MEU's new eMarine website! The 13th MEU was fortunate enough to be selected as the one of the first sites to launch. All families are strongly encouraged to take a few moments to register for the eMarine site. This new website will provide you with quick, easy access to documents, photos, videos, training, event calendar, discussion boards, base information, and much more. Your participation will be extremely valuable as we move forward. The registration process is outlined below and takes just minutes.

Registration is accomplished as follows:

- 1.) Open your web browser and navigate to <http://www.emarine.org>
- 2.) Click on the "Find a Unit Site" button in the top right portion of the screen
- 3.) Scroll down to the CONUS list and select California, and then select the link 13th MEU.
- 4.) Select the option to subscribe as a "Family Member"
 - Enter your First Name
 - Enter your Last Name
 - Enter your Email Address
 - Enter your Marine's First Name (as it appears in Marine OnLine)
 - Enter your Marine's Last Name (as is appears in Marine OnLine)
 - Enter your Marine's Birthday in MMDD format
 - Click "Continue"
- 5.) Complete your registration by creating a Username and Password

We look forward to seeing you online. Please contact the Family Readiness Officer at bryan.vaughn@usmc.mil with any questions you may have.

Lifestyle, Insights, Networking, Knowledge and Skills (L.I.N.K.S.)



L.I.N.K.S. is a program within Marine Corps Family Team Building that enhances the readiness of Marines, both single and married, and their families by offering an orientation to the Marine Corps lifestyle. This orientation includes mentorship by experienced and knowledgeable Marine Corps spouses, Marine Corps Family Team Building personnel, and involves information sharing, small group discussions and interactive activities.

L.I.N.K.S. provides a positive environment for Marines and their families to learn to manage the demands of the Marine Corps lifestyle, and to work together as a team in balancing family needs while meeting Marine Corps expectations.

Session Topics Include:

- An introduction to the Marine Corps organization, mission, culture, history, and traditions.
- Information regarding the many services, benefits, and privileges available to Marines and their families.
- An overview of Marine Corps pay and allowances, and tips on effective money management.
- Information presented will vary and will be applicable to the audience.
- Strategies and services for a successful Marine Corps duty station change.
- Tools, tips and strategies to help prepare for and thrive during, separations due to deployments and training exercises.
- Volunteer opportunities and the benefits of becoming involved in each new community.
- Concepts and resources for maintaining positive personal relationships.
- Details on Marine Corps career paths and the benefits, options, and incentives for staying in the Corps.

All Marines, spouses, children, teens, and parents of Marines are eligible to participate in L.I.N.K.S. Additionally, other Service members and spouses serving with Marines, and Marine Corps civilian employees and spouses are eligible.

Please check the MCFTB schedule each month for a convenient workshop for you.

<http://www.mccscp.com>



Wintery Wonderland

Waves of holiday spirit splash over you during SeaWorld's Christmas Celebration®. With everything from Santa to Shamu®, SeaWorld's Christmas Celebration is where holiday memories are made.

13TH MEU CHRISTMAS AT SEAWORLD



Please join us for our 13th MEU Christmas Celebration being hosted at SeaWorld on Dec 13. We look forward to a fun filled day as we celebrate Christmas together as a MEU family:

- + Admittance to SeaWorld all day
- + Catered Lunch
- + Mr./Mrs. Claus
- + Presents for all the children
- + "Free" Parking
- + Snow Village
- + Costume Character Visits

This is a "FREE" event for your family, you may invite additional guest for the minimal cost of \$26.00 per guest. Save the date and look for our email on how to register for the event early November!

MEU EVENT START TIME: 3PM

Don't miss this family event!



HALLOWEEN PARTY !

**November 1 at 6:00pm
Vaughn's Home
40571 Eyota Ct.
Murrieta, CA**

**Please join us for our annual
Costume Party and Chili Cook-off
Prizes for best costume and best chili**

Bring the kids!

RSVP Bryan Vaughn at 760-468-8171

bryan.vaughn@usmc.mil

Or Karyn Vaughn at kaynvaughn@msn.com

13th MEU Celebrates the 239th Birthday of the Marine Corps



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#Fighting13th

You Tube



Uncached

facebook

www.facebook.com/13thMEU/

Facebook.com/13thMEU/



Media Uploads

Options Share Add Like

San Francisco Fleet Week
October 9 - 12

Like Love

Event wrapped the 13th MEU at SFAF by their morning comming into the bay!

Media Uploads

Like Comment Share

471 people like this Top Comments

100 photos

1 Andrea Harris My father was on the original 13th MEU and I am going to be a 13th MEU member!

Like Reply 4/11 - October 9, 2014

Rivella Dawn We are proud to support our Marines and Sailors!

Like Reply 4/11 - October 9, 2014

Taylor Gregory My husband is a 13th MEU member!

Like Reply 4/11 - October 9, 2014

Lee Sabella My dad was in the 13th MEU and I am proud to be a 13th MEU member!

Like Reply 4/11 - October 9, 2014

Write a comment

Follow the 13th MEU on Social Media

- Receive updates about the Fighting 13th!
- Check out cool imagery and videos of the MEU!
- Read articles of your Marines and Sailors published in the news!
- Upload a photo or video to the Facebook inbox for your Marine or Sailor to view!

Tuesday, November 4 8:00am

PREP (Prevention & Relationship Enhancement Program)

Thursday, November 6 9:00am

LINKS (Lifestyle, Insight, Networking, Knowledge & Skills) for Seasoned Spouses

Thursday, November 13 9:00am

Say What!?: Interpersonal Communication

Friday, November 14 6:00pm

DATE NIGHT: 4 Lenses for Couples

Thursday, November 20 9:00am

The Happiness Advantage

Saturday, November 22 8:00am

LINKS (Lifestyle, Insight, Networking, Knowledge & Skills)

Thursday, December 4 8:00am

PREP (Prevention & Relationship Enhancement Program)

Tuesday, December 9 8:30am

7 Habits of Highly Effective Military Families

Wednesday, December 10 8:00am

LINKS (Lifestyle, Insight, Networking, Knowledge & Skills)—DAY 1 of 2

Thursday, December 11 8:00am

LINKS (Lifestyle, Insight, Networking, Knowledge & Skills)—DAY 2 of 2

Tuesday, December 16 12:00pm

Family Readiness Volunteer Training

5:30pm

Family Readiness Volunteer Training

Wednesday, December 17 9:00am

The Change Element

Go to: <http://www.mccscamp Pendleton.com/> Marine & Family Programs for information regarding all these training opportunities and programs

Marine & Family Programs 2014

