Fall 2010

Pendleton Post

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Camp COPE, "Secret" of the Golden Apple

By Maria Swanson

On a cold, rainy Saturday morning, children and their parents reported to San Onofre School. Unusual sight as most children would have preferred to still have been sleeping. However, today was no ordinary Saturday, Camp COPE staff and volunteers took over the school and created an inviting , intriguing and welcoming place to be. On October 16, eighty six children and twenty two participating parents were the benefactors of the altruistic vision of the Camp COPE founder Elizabeth Reep and co-founder Sarah Bravo. Camp COPE philosophy rests on the quest to help children of wounded, deployed and fallen service members cope with the effects of war and the sacrifices they are asked to make every day. The Camp organizers strive to make their services available to children of all service members, and it is provided at absolutely no cost to the children, their families and the host military installation. The idea to create Camp COPE came from the personal experience of Ms. Reep, an Army wife. Her husband, lost an eye and two fingers after a rocket-propelled grenade exploded next to him in Iraq November 2003.Ms. Reep, a social worker, saw her stepsons, struggle with seeing their father wounded and trying to cope with the aftermath of his injuries, and decided to create a one day Camp for military children undergoing wartime stress. Together with her friend Sarah Bravo, they named their venture Camp COPE, which stands for: Courage to accept the change; Optimism that things will get better; Patience that it will take time; Encouragement that you need and how to give it . The Camp provides Licensed, insured and trained counselors to teach curriculum and lead groups. At San Onofre school, children learned coping skills in a fun, active format, and a parenting support class and relationship enrichment class was offered to parents whose kids/teens attended Camp COPE. The benefits of this program could genuinely be seen in the faces and reactions of those who participated.

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College Admissions Workshop *by Maria Swanson*

The first College Admissions Workshop sponsored by the SL office in partnership with MFTB took place, Saturday October 2nd at the Marine Family Readiness Building. Those who participated received individualized attention and left with great knowledge of the college admissions process. We are extremely grateful to the volunteer expert presentation given by Dede Fernandez, a veteran Counselor at Woodbridge High School in Irvine. The information was incredibly helpful and useful to me as a mother of a high school senior, and the evaluations collected at the end of the workshop denoted the same feeling for all participants. We would love to invite Dede back to Camp Pendleton next year if she would like to make the long drive from Orange County on a Saturday morning once again. For anyone who may be interested, a PowerPoint presentation delivered by Dede is on the first page of our website:

Military Parents and Students Class of 2011 College Admissions Workshop http://www.pendleton.usmc.mil/SchoolLiaison/MilitaryCollegeAdmis-

Camp Cope, continued from p.1

In fact, Mr. Bill Billingsley, Principal at San Onofre School has commented that parents and children continue to praise the Camp and are extremely grateful for having taken part in this event. The inspirational message of Camp COPE was fully embraced by the community as well, and the free lunches provided by the Commissary included a "special golden apple". The lucky recipient of the golden apple was awarded a giant 92-pound pumpkin. Coincidentally, the child who drew the golden apple was the daughter of a wounded warrior family. It was evident to all present that receipt of the golden apple was a catalyst that allowed this family to believe their luck was about to turn in a positive direction. We are extremely grateful for having been part of such an amazing event and are sure the spirit of Camp COPE will linger in the hearts and minds of all of those that participated and worked the event at Camp Pendleton.

Women Helping Women... *by Rose Ingersoll*

Your local Philanthropic Educational Organization for Women (P.E.O.) chapter is looking for "exceptional high school senior women" to apply for their Star Scholarship. The Star Scholarship is a $2500.00 non-renewable scholarship to be used by the recipient who will attend an accredited post-secondary institution in the United States or Canada during the 2011-2012 academic year.

Eligibility requirements include:

- Minimum cumulative unweighted GPA of 3.0 on a 4.0 scale.
- Exibits strong leadership skills and community envolvement.

For additional requirements contact your counseling office or connect directly with your local P.E.O. Philanthropies Committee chair at : smith7148@sbcglobal.net .

Trevor Romain World Tour at Camp Pendleton Schools

By Rose Ingersoll

The USO and The Trevor Romain Company have partnered to provide the "With You All The Way Tour" to children of military members. This program is designed to provide children with coping skills to help them manage deployment stress and to learn about taking care of themselves and each other.

Mr. Romain is a masterful storyteller who is hilariously funny . His insightful connection to children is powerful. The inspirational speaker encourages children to believe in themselves despite the mishaps and mistakes that are Part of each of our lives. This was comedy central for kids! The "Duh" jokes had all students howling with laughter.

Bullies Are A Pain In The Brain - "Blends humor with serious, practical suggestions for coping with bullies."
Parenting Plus

"Trevor Romain's "How To Do Homework Without Throwing Up" should be on the shelves of every school and community library in the country!"
The Midwest Book Review

As adults we recognize that the reviews movie critics generate may contain biases based on their personality and beliefs. After each assembly students lined up to speak to Mr. Romain and disclose feelings that confirmed his ability to connect to "the heart of a child".

Here are just a few of the after-assembly comments overheard from the children who sought Mr. Romain out afterwards.

They were compelling and heartfelt:

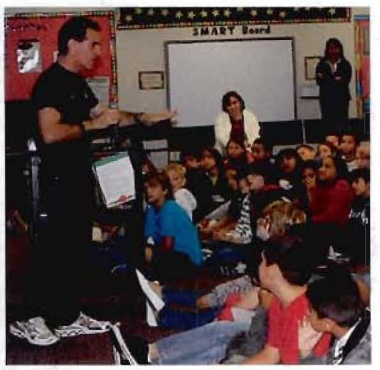
" I have never admitted that I was a bully, but I'm really glad I told you and I feel so much better"

"I'm only 9 years old and it hurts so much"

"I was very sad this morning before I came here, then I saw your face and it made me feel happy".

San Onofre School hosted the first assembly on October 27. It was amazing to witness Mr. Romain completely capture and retain the attention of a room full of middle schoolers at 8:05 a.m! Even the teachers rested their red pens on their stacks homework.

North Terrace Elementary School hosted the second assembly on October 28 and Santa Margarita concluded the tour on October 29. Mr. Romain will return in January to entertain at two remaining Camp Pendleton schools and then head south to the military families and schools in San Diego.



Library Launches

Camp Pendleton Base Libraries release a new online language learning program. Mango is free to all library card holders.

Lessons combine vocabulary and grammar within meaningful real world scenarios.

Base library patrons with existing library cards are able to receive a password over the phone. Patrons that do not have library cards can register for Mango and their library card at any of our three base libraries. Explore their website at: www.mangolanguages.com

Contact your base library at:

Mainside Library 760 725-5669

Seaside Library 760 725-7325

South Mesa Library
760 725-2032

MCB Camp Pendleton School Liaison Office

You can reach us at:
(760) 763-7385
(760) 763-7386
(760) 763-7387

Www.pendleton.usmc.mil/services/SchoolLiaison.asp

Save The Date:

Saturday December 18, 2010

4th LAR BN Annual Toys for Tots Collection Site

&

Metrolink Holiday Espress Train Stop At Camp Pendleton Pacific Plaza

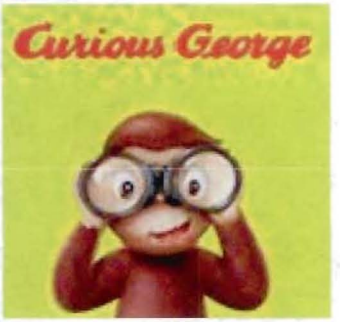
Please Bring a Toy!

Details—TBA

News From Our Base Librarian!

New at the Library!

The Camp Pendleton Library is pleased to announce the arrival of over 2,500 new children's books and DVD's. These exciting new materials will be appearing at the Mainside Library, South Mesa Library, Seaside Square Library and the Bookmobile just as soon as they are processed!

The new books are awesome! They range from new cardboard books to picture books to beginning readers to juvenile fiction to juvenile nonfiction to books for teens. Even though this span is very broad, a few areas have been especially targeted for expansion. Soon, you will come into the library and be amazed at our new Graphic Novels collection and our huge selection of books on the environment. You will find dozens of books on recycling, climate change, eco-tips, environmental disasters, renewable energy, clean air, composting, pollution, and global warming. You will find titles such as *Mission, Save the Planet*; *The Magic School Bus and the Climate Challenge;* and *Why Should I Turn Off the Light?*

New DVDs focus on movies for young children as well as those that offer family entertainment. We especially targeted children's books that have been turned into movies such as *Diary of a Wimpy Kid, Inkheart, Charlotte's Web* and *The Borrowers*, as well as many educational DVDs and Disney movies. We expanded our environmental theme to include DVDs such as and *Learning About Our Environment* and *Curious George Goes Green.*