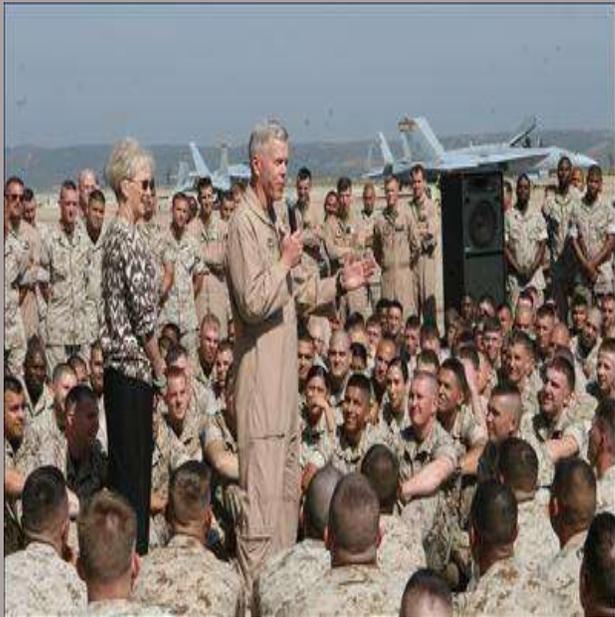


E-MARINE

An Organizational Communication Tool



Manpower and Reserve Affairs, Marine and Family Programs Divisions has partnered with MARFORPAC to implement a Mass Communication solution through a web based application called eMarine. The intent of the partnership between HQMC and MARFORPAC is to create a more robust and user friendly Marine Corps enterprise solution for Commanders and Family Readiness Officer to effectively communicate family readiness information and notifications to assigned Marines their spouses, and extended family members. This organizational communication solution has the capability to replace other social networking applications (facebook) used by units to communicate outside their organizations.

- The eMarine application provides commanders with a standardized look for all unit pages, provides information and support to all unit members, the ability to send emails, announcements, calendar events, documents, photos, forums and surveys. The site is supported by a 24/7 help desk maintained by the developer.
- The very idea of a controlled web site where command staff, Marines and families alike can receive and share information is brilliant. The OPSEC risks are mitigated by the registration process and oversight from the commands, while technology is leveraged to share news instantly with the people who need it. The fact that this resource is available to commands via a content management system eliminates the need for any of the administrators to be savvy in web development and enables Family Readiness Officers to pass information consistently and even creatively. The best part is that the Marines and their loved ones can communicate back to the command right through their computers!

...E-Marine, delivering readiness information to Marines & those who support them!

For more information visit www.emarine.org.

CHAPLAIN'S CORNER

FAMILY READINESS AND YOU

Lt Shanna Gary, Chaplain USN

Chapel Call for 2012

Protestant Worship Services are offered on drill Sundays in room M213

We have two new Chaplains to the battalion. Please welcome Commander Jimmy Myers (BN Chaplain) and Lieutenant Jr. Grade Joshua Hickman (Support Chaplain) to the family of Headquarters and Service Battalion.

Happy New Year Marines! In this New Year let us strive to embrace our full potential and to see 2012 as a year of great opportunity for our Battalion as well as ourselves and our families. As human beings the worst enemies to achieving excellence in our daily lives are complacency and mediocrity. Let us strive to overcome both by continuing to grow individually and collectively, and by challenging ourselves to achieve greater levels of success not just as Marines, but as spouses, parents, friends, colleagues and as fellow citizens of the world.

Do not run from your greatness. Stare it in the face, embrace it, seize it, and fly, fly, fly!



“Do not run from your greatness.
Stare it in the face, embrace it, seize
it!”

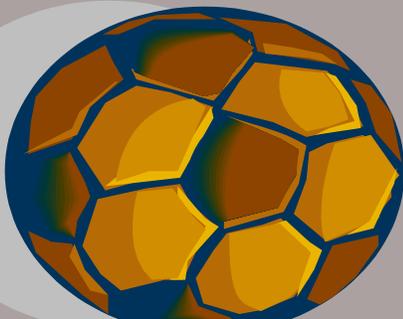
KID'S CORNER

SESAME STREET WORKSHOP

Staying connected during a deployment can be difficult, and the emotional burden can weigh heavily on families. However, this year, the Sesame Street Workshop and the Electric Company, in coordination with the White House, have introduced an exciting new website aimed at helping deployed service members stay connected with their children.



"Family Readiness is a combat multiplier"



Help your child build positive friendships!

Ready families make ready
Marines, and ready Marines make
a ready Marine Corps!

Military Families Near and Far is an easy-to-use, bi-lingual website that allows families to share pictures, music, drawings, videos, and messages in a secure environment. It also lets you and your children create content, such as digital doodles, to send to your deployed service member.

This website is provided free of charge and is a safe and simple tool to help you and your loved ones stay connected during the deployment. The website is great for children, even those who are still learning to read. When a user moves the mouse over a button, the website reads the text aloud. There's plenty to do, and you can create and customize your family's "Scrap Book" home page.

Sesame Street Workshop offers a number of other great resources for military families. The Talk, Listen, Connect Kit is a free, bilingual multimedia kit that helps families with two to five year old children cope with the challenges related to deployment. The materials include two DVDs featuring the Sesame Street Muppets and a magazine and poster for caregivers. Talk, Listen, and Connect was created by Sesame Workshop and Wal-Mart Stores, Inc., with additional support from the New York State Office of Mental Health and The Military Child Education Coalition. The free multimedia kits are available for home delivery and can be ordered by visiting Military OneSource or calling toll-free (800) 342-9647.

Let the folks at Sesame Workshop help make staying connected with your service member easier for your children.

FROM THE FAMILY READINESS OFFICER

Family Readiness Is A Mission!

Leonard Crawford Family Readiness Officer

The goal of the Family Readiness Program is to provide support to Marines and their families. Family is defined as all members of a Marine's family and Marines have three families: the family they are born into, sworn into and married into. Family support shall be provided to service members (regardless of marital status), spouses, children, and the designated parents/extended family members of Marines and Sailors. Personal and Family readiness leads to an increase in unit readiness.

Headquarters and Service Bn

Phone: 678.655.4365
Fax: 678.655.4371

1210 Naval Forces Ct
Bldg 440
Marietta, GA 30069

www.marines.mil/unit/marforres/4thMLG/hqsvbn

Childhood Obesity Tip

Make Vegetables More Appealing:

- **Many vegetables taste great with a dip or dressing**
- **Include beans or peas in flavorful mixed dishes**
- **Keep a bowl of cut up vegetables in a see through container in the refrigerator**
- **Add color to salads by adding baby carrots, red cabbage or spinach leaves**

Help make a difference, become a volunteer today. For more information contact the Family Readiness Officer Mr. Leonard Crawford @ 404.358.2481 or the Family Readiness Advisor Mrs. Rebecca Varicak @ varicakmc@msn.com or 770.881.7094.