

Information For Marines and Sailors Getting Married / Newly Married



**Third Battalion Tenth Marines
Second Marine Division**

Updated April 12, 2011

Congratulations from the Chaplain

Congratulations on your engagement or recent marriage! This is a very exciting time in your life and the Family Readiness Officer and the Chaplain put together this packet of information to assist you with navigating the process of getting married and to provide you with many of the resources and benefits that are available to you and your spouse.

We want you to have a fulfilling and successful marriage! Marriage is more than just something you do when you think you love someone. Whether you get married in a church, synagogue, temple, or courthouse, you are entering into a covenantal relationship which has certain responsibilities and expectations. As you prepare to enter this covenant, it is important that you approach it with both your heart and your mind. Often when people are in love and want to get married, the brain shuts off and you don't worry about certain aspects of the relationship. Your chaplain is a great resource for understanding and seeing the whole picture of your relationship and the marriage covenant. Seeing the whole picture will start your marriage off with a much stronger foundation to survive the test of time and bring greater fulfillment.

Being an active duty member of the Armed Forces brings some very real and unique challenges and hardships to marriages. On the other hand, the military offers many great benefits for you, your spouse and your family to help overcome those challenges. One of the purposes of this packet is to help you become aware of those benefits. Please take the time to go through this information with your fiancé or spouse. Even more importantly, invest some of your time and take advantage of these great resources like the 'Before I Do' class, CREDO, LINKS or new parent support. Your investment in these programs will pay big dividends. Remember that your chain of command, Family Readiness Officer and your chaplain are all great resources that are close by to help you at any point. We all want you to have a fulfilling, healthy, and successful marriage!

Why is Family Readiness Important?

The purpose of the Family Readiness Program is to ease the strain and possible traumatic stress associated with military separation for both the family members and the Marine or Sailor. The military lifestyle presents an interesting and unique situation for all members. The main objective of the Family Readiness Program is to enable our unit's family members to establish and operate a system through which they can effectively gather information, solve problems, and maintain a system of mutual support. The primary purpose of the Family Readiness Program is to encourage self-sufficiency among its members by providing information, referral assistance, and mutual support. The Family Readiness Program achieves family readiness by providing an atmosphere and an agenda of activities that build cohesiveness among unit members, aka a sense of community. ***The Family Readiness Program does not encourage or foster dependency; it simply encourages self-reliance!***

The Family Readiness Officer (FRO) is the hub of the Family Readiness Program. The FRO is the continuity within the unit and is the main point of contact for all Family Readiness matters needing support and assistance. The FRO provides resources and referrals and equips the Marines, Sailors, and their family members with these tools to be a successful military family! It is important to keep the FRO updated on any phone number or address changes in order for pertinent available resource information and official command messages to be passed efficiently and effectively. The Marine or Sailor is ultimately responsible for his / her own family readiness and the Family Readiness Officer is there to assist as needed. When a Marine or Sailor is confident that family members are being taken care of, he can fully engage in the job of warfighting.

Table of Contents

Regimental Marriage Policy	4
Battalion Policy	5
Using a Military Chaplain / Chapel	6
Before “I Do” Marriage Foundation Workshop	7
Premarital Counseling	8
CREDO	9
Getting a Marriage License (Onslow County, NC)	12
Financial Planning	13
Family Planning	17
Exceptional Family Member Program	18
Family Care Plans	18
Checklist **IMPORTANT**	19
Family Readiness Officer Contact Information	24
Spouse Employment / Volunteering	25
Marriage and Military Life Relationship Examination Guide	27

<ENTER Regimental Policy on Marriage>

Battalion Policy on Marriage

****The Chaplain has the information for the Battalion's Policy on Marriage.****

Using a Military Chaplain / Chapel for your wedding ceremony

List of chapels aboard MCB Camp Lejeune and MCAS New River

Camp Geiger Chapel	449-0699 or 449-0692
Camp Devil Dog Chapel	449-5903
Camp Johnson Chapel	450-0991
Courthouse Bay Chapel	450-7544 or 450-7543
French Creek Chapel	450-6183
Catholic Chapel	451-5775
Protestant Chapel	451-5646
Midway Park Chapel	451-3181
Tarawa Terrace Chapel	450-1612

Chaplains

MCB Chaplain's Office	451-3210 or 451-5647
CREDO Chaplain	450-1668
II MEF Chaplain	451-8703
2D MARDIV Chaplain	451-8608
2D MLG Group Chaplain	450-6183
MCI East Chaplain	451-8691
MCB Command Chaplain	451-3210 or 451-5647
MCAS Protestant Chaplain	449-6801
NAVHOSP Chaplain	450-4070
Brig Chaplain	451-7484

3rd Battalion, 10th Marines Battalion Chaplain:

Office: 910-450-8297

Cell: 910-372-2853

In order to use a chapel on base for your wedding, you must first meet with your battalion chaplain. Whether your chaplain will be officiating the wedding or not, he will be the one responsible for reserving the chapel and will be the 'sponsor' for use of the facility. If you are planning on using the Catholic chapel, you will also need to meet with the priest who is responsible for that chapel. This process should begin about six months prior to your wedding.

Before “I Do” Marriage Foundation Workshop

This two-day workshop is designed for couples planning to marry or those who have been married for two years or less. The workshop is conducted at Marine Corps Family Team Building, Bldg 40, from 0800 to 1530 both days. There are three evening workshops scheduled from 1830-2100 as well. Appropriate civilian attire is authorized.

Class participants should make no other appointments during the two-day workshop period and are expected to attend all classes to receive a certificate of completion.

Topics Discussed include:

- Personality Differences
- Ingredients of a Strong Marriage
- Relocation Assistance
- Career Resources
- Lifelong Learning
- Sexual Aspects of Marriage
- LINKS
- Legal Issues
- Healthy Relationships
- Growth with Disagreement
- Deployment & Family Separations
- Consumer Skills
- Alcoholism & the Family
- New Parent Support Program
- Panel Discussion
- Religious Aspects of Marriage

2011 “I Do” Workshop Schedule

Date	Date	Date	Date
13-14 Jan	31 Mar – 1 Apr	16-17 Jun	15-16 Sep
20-21 Jan	7-8 Apr	7-8 Jul	21-22 Sep (Evening)
3-4 Feb	28-29 Apr	14-15 Jul	6-7 Oct
17-18 Feb	5-6 May	20-21 Jul (Evening)	13-14 Oct
24-25 Feb	12-13 May	4-5 Aug	20-21 Oct
3-4 Mar	19-20 May	11-12 Aug	3-4 Nov
10-11 Mar	2-3 Jun	18-19 Aug	17-18 Nov
16-17 Mar (Evening)	9-10 Jun	8-9 Sep	1-2 Dec
			8-9 Dec

For further information or to register for the workshop contact Marine Corps Family Team Building at 451-0176

Premarital Counseling

Purpose and Benefits

Life as a couple is hard work. No matter your age, life experiences, or background everyone who is planning on getting married can benefit from premarital counseling. Your chaplain, priest, or pastor can facilitate premarital counseling and will discuss some or all of these topics:

- Money
- Fair Fighting
- Respect
- Interdependence
- Roles of the family
- Faith and Religion
- Communication
- Goals and Dreams
- Children
- Parenting
- Letting go of the past

Contacting the BN Chaplain to schedule marriage counseling sessions

Office: 910-450-8297

Cell: 910-372-2853

Chaplain's Religious Enrichment Development Operation (CREDO)

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
- Strength marriages
- Resolve personal skills
- Learn to handle anger more constructively
- Improve communication skills
- Establish new friendships
- Have fun
- Relax

When Are Retreats Held?

Retreats are conducted on weekends. All retreats are 48 hours (Friday afternoon through Sunday afternoon). Expenses are paid by the Marine Corps. All retreats require advance registration, and space is limited. For more information, please call 910-450-1668.

Who Can Attend A Retreat?

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.

Retreat Descriptions

Marriage Enrichment Weekend I

A 48-hour relationship enhancing event based on the work of Dr. John Gottman's "The Seven Principles for Making Marriage Work". The weekend allows couples to find a new respect and affection for his/her partner and to practice the principles they have learnt to better positively shape their relationship. Couples who have gone on previous Marriage Enrichment Weekends have found the principles and practice from this event have helped them to remember "why we fell in love with each other."

Marriage Enrichment Weekend II

A 48-hour experience based on the work of Dr. Sue Johnson. This weekend experience focuses on creating and strengthening the marital emotional bond by identifying and transforming the

key moments fostering an adult loving relationship. Couples will spend time in small groups with a chaplain and therapist. Attendees must have one or more combat deployments in order to attend the retreat. Couples who go on this weekend experience speak of how it assists them in better knowing how to relate and interact with each other after a deployment.

Warrior Resiliency (Personal Growth Experience)

Ever ask “Why am I so angry?”, or “Why do I not completely fit in?”, or “Why am I doing the same thing over and over?” The Personal Growth Experience offers individuals an opportunity to reflect upon their life – where they’ve been, where they are and where they are heading. This reflection can have an impact upon self-awareness allowing the process of change to occur and allowing positive life changing decisions to occur. This 48 hour event uses various multi-media clips and small group discussion to help facilitate a deeper understanding of self and interaction with others.

Family Resiliency Weekend

This relationship enriching event for the family is designed to assist couples in fostering a positive parenting mind-set. Participants on the retreat will find a wealth of practical ideas and tips on parenting issues and practices. Key parenting principles will be discussed along with suggestions on how to balance time between work and home. This retreat is for the whole family. Children must be ages 5 and older in order to attend, due to nature of the retreat experience.

Middle School Weekend

Specifically designed for youth (ages 8-12) as an opportunity to get away, make new friends and enjoy the atmosphere of a mini-camp. The retreat experience is spiritual in nature. Teens will learn about Christian principles associated with living a successful and godly life.

One-Day Relationship Enrichment Events

CREDO Camp Lejeune offers Combat Ready Forces several one-day retreat experiences to enhance war fighter readiness by increasing their family readiness potential. These one day program are most often sponsored by specific units but open registration is allowed. Call (910) 450-1668 for more information. Two such one-day programs are:

Single/Newly Single Warrior Relationship Revelation

Assists Marines and Sailors to make better-informed decisions in dating and on selecting a partner for a lifelong commitment. The one day event is based on popular program “How Not to Marry a Jerk/Jerkette” by Dr. John Van Epp. Participants will take a personality inventory to better understand their personality style and see how it interacts with other personality types. Knowing one’s self is crucial. A lack of understanding of both self and others can lead to tension, disappointment, hurt feelings, unmet expectations and poor communication. Once one is able to better understand personality styles they have the key to unlock the mystery of relationships and enjoy a much better life.

Married Warrior Relationship Rejuvenation

This one day marriage enhancing experience covers “The 5 Love Languages” by Dr. Gary Chapman or “His Needs/Her Needs” by Dr. Willard Harley. Both retreats are held at a beautiful seaside setting and includes, all materials and meals. Former attendees have called this event “a breath of fresh air” for their relationship.

2011 Marriage Enrichment Retreat Weekend Schedule

11-13 Feb	26-28 Aug
4-6 Mar	16-18 Sep
25-27 Mar	23-24 Sep
15-17 Apr	14-16 Oct
29 Apr -1 May	28-30 Oct
13-15 May	18-20 Nov
20-22 May	2-4 Dec
8-10 Jul	9-11 Dec
22-24 Jul	

In addition, there are a variety of other retreats scheduled throughout the year to include one-day marriage retreats. For more information or schedules go to:

<http://www.mccslejeune.com/mcftb/index.html>

According to Recent Studies Sponsored by the Commandant of the Marine Corps, **CREDO was voted #1** of the Quality of Life Incentives available to Marines & Sailors.

PHONE NUMBER: 910-450-1668

FAX NUMBER: 910-450-1669

Getting a Marriage License in Onslow County, NC

Directions to the Register of Deeds Office:

From the Swansboro/Hubert area take Hwy 24 West towards Jacksonville. Take the downtown exit once in Jacksonville. Veer to the left onto New Bridge Street into old downtown Jacksonville. Keep straight until the road ends and veer to the right at the yield sign. The courthouse parking facility will be on your left hand side.

Register of Deeds Office:

109 Old Bridge Street
Jacksonville, NC 28540
(910) 347-3451

Marriage License Requirements:

- Both parties must be present
- Both parties must have picture ID (Driver's License, Military ID, Passport)
- Both parties must provide typed proof of social security number or valid Social Security Card
- If either party is 18 years or age or under they must provide a certified copy of their Birth Certificate
- If either person is 16 or 17 years of age at least one person or legal guardian must be present (must provide documentation of guardianship)
- There is a \$50.00 cash fee for the license. It is a \$20.00 cash fee for the Magistrate ceremony. Every certified copy is an additional \$10.00
- The license is valid for 60 days from the date of purchase. It is only valid for use in the state of North Carolina
- The Magistrate's office is open 24 hours a day, 7 days a week. You need two witnesses, and no appointment is needed.

The Magistrate Office

701 Mill Ave
Jacksonville, NC 28540
(910) 455-6988

Onslow County Magistrates by name:

Shelby Jones, Chief Magistrate	Harold Hall
Wade Horne	Fred Mitchell
Kathy Patton	Robert Matthews
Jean Swain	Christopher Riggs

Financial Planning

The Personal Financial Management Program (PFMP) is provided as part of Marine Corps Community Services (MCCS) through the Health Promotion Branch Semper Fit Division, currently located in Building 302. The program promotes personal and family financial responsibility, through education, designed to enhance unit readiness. Periods of instruction are provided to units or groups upon request and can be conducted at times and locations designated by the unit.

Financial Workshops are routinely scheduled to meet at the Semper Fit Classroom, Building 302 from 1300-1630. Class titles and specific dates will be announced in the GLOBE and through MCCS advertisements, or by calling the numbers listed below. Classes and individual counseling are open to all active duty, retired, and reserve personnel and their spouse, as well as DoD and NAF civilian personnel. For more information or to schedule unit/group training or an individual appointment, call the PFMP program manager at 451-2865 or email at ellsrr@usmc-mccs.org

Financial Management Services

60 – 180 minutes

Financial awareness and education briefs cover such topics as Using Credit Wisely, how to manage debt, common financial pitfalls of military families, car buying, creating a workable budget, and understanding your debt to income ratio. Information is available on Consumer Issues/Consumer Rights, Pre-Separation or Pre-Retirement Financial Planning, and Basic Investing. Short-term credit counseling by appointment.

Personal Financial Counseling

Individual financial counseling is available by appointment only. A unit or individual can call one of the PFM Specialist directly to set up an appointment.

2011 Personal Financial Management Classes

Semper Fit Health Promotion • Bldg. 302, Holcomb Blvd.

TO REGISTER PLEASE CALL 910-451-2865

Classes are free to all I.D. Cardholders.

TAKING CONTROL OF YOUR FINANCES • 1300 - 1630

Instructor: Roy Ells/Lewis Summerville 910-451-0174

6 Jan • 17 Feb • 3 Mar • 24 Mar • 7 Apr • 5 May • 2 Jun • 23 Jun • 7 Jul • 4 Aug • 25 Aug • 8 Sep • 29 Sep • 6 Oct • 3 Nov • 15 Dec

Class Description: 3.5 hours.

An interactive training session, which covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored.

CAR BUYING – GETTING A FAIR DEAL • 1300 - 1630

Instructor: Roy Ells/Lewis Summerville 910-451-0174

13 Jan • 10 Mar • 7 Apr • 9 Jun • 14 Jul • 15 Sep • 13 Oct

Class Description: 3.5 hours.

An interactive training session designed to help individuals develop knowledge and skills necessary to achieve financial goals. Explore your legal rights as a consumer, analyze advertising techniques and sales practices, and discuss appropriate steps to protect yourself against SCAMS and FRAUD.

INVESTMENT BASICS • 1300 - 1630

Instructor: Roy Ells/Lewis Summerville 910-451-0174

20 Jan • 24 Feb • 17 Mar • 21 Apr • 16 Jun • 21 Jul • 18 Aug • 15 Sep • 13 Oct

Class Description: 3.5 hours.

An interactive workshop designed to help individuals understand the process involved in savings and investment planning. Participants will explore how to develop and maintain realistic savings and investment goals. TSP rules, regulations, and benefits will also be covered.

Related Financial Links:

<https://mypay.dfas.mil/mypay.aspx>

www.tsp.gov

www.ftc.gov

www.consumer.gov

www.sec.gov

www.dod.mil/dfas/

www.bankrate.com

www.nada.com

www.aaii.com

www.morningstar.com

www.mfea.com

www.ssa.gov

www.savingsbons.gov

www.kiplinger.com

www.brill.com

Navy Marine Corps Relief Society

Camp Lejeune

Navy-Marine Corps Relief Society
400 McHugh Boulevard
Camp Lejeune, NC 28547-2519
e-mail to:
Gini Schopfel, gini.schopfel@nmcrs.org

Hours: Mon-Thurs 0800-1600
Fri 0800-1500
Phone: (910) 451-5346
DSN: 751-5346
Fax: (910) 451-5202
Additional Services: [Visiting Nurse](#),
[Food Locker](#)

New River

Navy-Marine Corps Relief Society
Marine Corps Air Station New River
MCAS Bldg. AS 232
PO Box 4327
Jacksonville, NC 28540-0327
e-mail to:
Adrienne Huls, adrienne.huls@nmcrs.org

Hours: Mon.- Fri 0800-1600
Phone: (910) 449-6431
DSN: 752-6846
Fax: (910) 449-6300
DSN Fax: 752-6300

Founded in 1904, the Navy-Marine Corps Relief Society is a private non-profit charitable organization. It is sponsored by the Department of the Navy and operates nearly 250 offices ashore and afloat at Navy and Marine Corps bases throughout the world.

The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs.

The Society provides financial assistance to eligible recipients in the form of:

- Interest-free loans and grants to meet emergency needs
- Needs-based scholarships and interest-free loans for educational purposes.
- In addition, the Society offers the following services:
 - Budget Counseling Services
 - Food Lockers at some locations
 - Infant Layettees - "junior sea bags" and Budget for Baby Seminars
 - Thrift Shops
 - Visiting Nurse Services.

Our Vision: We are a private, non-profit, volunteer, service organization. As a Center of Excellence, we are committed to ensure that all available resources are used to assist personnel of the Naval Services - active, retired, and their eligible family members - to achieve financial self-sufficiency and find solutions to emergency needs.

The Society can help:

- Active duty and retired active and reserve component Navy and Marine Corps personnel
- Eligible family members of the personnel listed above to include active and reserve component personnel who died on active duty or in a retired status
- Reservists on extended active duty greater than 30 days
- Indigent mothers (65 years or older) of deceased service members who have limited resources and no family to provide for their welfare
- Ex-spouses "20-20-20" (un-remarried former spouses whose marriage to a service member lasted for at least 20 years while the service member was on active duty)

More than 3,000 trained Volunteers, both ashore and aboard ships, accomplish the major portion of the Society's work. They are supported by a small cadre of employees. The Society enjoys an active partnership with the Navy and Marine Corps and benefits extensively from the active involvement of the command structure at the bases where the Society maintains a presence. The commanders themselves, as well the senior enlisted leadership, chaplains, and family service center personnel, play an important role in the conduct of the Society's business.

Although sponsored by the Department of the Navy, the Society is a non-profit organization whose programs are totally funded by charitable contributions. The work of the Society is supported by an annual fund drive conducted by the Navy and Marine Corps, and by a direct mail campaign of the Navy and Marine Corps retired community. Both fund drives are conducted under the auspices of the Secretary of the Navy. All contributions are returned to clients in the form of relief or educational assistance. Overhead expenses are covered by proceeds from the Reserve Fund established during World War II.

The Society does not:

- Pay bills for non-essentials
- Finance liberty and vacations
- Pay fines or legal expenses
- Pay taxes
- Finance recreational boats or vehicles
- Help Navy and Marine Corps families live beyond their means

Other things to consider:

- Prioritizing spending
- Agree on allocations of money
- Will you have one vehicle or two vehicles?
- What are your financial goals?

Family Planning

Family Planning Services are defined as "educational, comprehensive medical or social activities which enable individuals, including minors, to determine freely the number and spacing of their children and to select the means by which this may be achieved."

Raising a child uses significant amounts of resources:

- Time
- Social
- Financial
- Environmental

Planning can help assure that resources are available.

Childbirth and prenatal health care cost averaged \$7,090 for normal delivery in the US in 1996. With Tricare Prime, you will pay nothing. US Department of Agriculture estimates that for a child born in 2007, a US family will spend an average of \$11,000 to \$23,000 per year for the first 17 years of child's life. (Total inflation adjusted estimated expenditure: \$196,000 to \$393,000, depending on household income.)

Are you currently pregnant? – Be sure to pick up the 3/10 "Having a Child" Resource Booklet from the Family Readiness Officer!

Resources Available at Camp Lejeune

New Parent Support Program

- Daddy's Boot Camp
- Mom's Basic Training
- Parenting Classes
- Baby & Me
- Play Mornings (Camp Lejeune and New River)

Children, Youth, and Teen Programs (CYT)

- Marine Corps Child Development Centers (CDC)
- Family Child Care (FCC)
- Youth Sports
- School Age Care
- Teen Activities

Exceptional Family Member Program (EFMP)

EFMP is a mandatory enrollment program (MCO P1754.4A) for all active duty personnel with family members with special needs. The goal of EFMP is to assist military families in managing the dual demands of a Marine Corps career and the special needs of a family member. An exceptional family member includes a family member enrolled in DEERS who possesses a diagnosed physical, intellectual or emotional need that requires specialized medical or educational services. Enrollment in the EFMP program is designed to assist the sponsor with assignment to a duty station where appropriate services necessary to support the family member(s) are available. Installation EFMP Specialists are available to assist sponsors and their family members with the enrollment process, resource, referral, and support before, during and after Permanent Duty Station transitions. Specialists also serve as advocates for EFMP families to ensure access to vital medical, educational and community services. For more information about the EFMP program please contact your installation specialist.

The EFMP Team

Robert Smith	Program Director	910-449-9715
Tresa Livingston	Specialist	910-451-0176
Scottie Hampton	Specialist	910-451-9372
Janet Felder	Specialist	910-451-0176
Holly Brumage	Training, Education, & Outreach Specialist	910-451-0176

**More information on family planning and having a child is included in the 3/10 "Having a Child" booklet. Please visit the Family Readiness Officer to obtain this unique booklet and for more information.

Family Care Plans MCO 1740.13a

A Family Care Plan is the responsibility of all Marines who are single parents; dual military couples; Marines who otherwise bear sole responsibility for the care of minor children; or Marines with family members who are unable to care for themselves in the Marine's absence. The plan outlines the legal, health care, logistical, educational, monetary, and religious arrangements for the care of the Marine's family member(s) or ward, to include Wills, Power of Attorney, Certificates of Guardianship or Escort, family contacts, Special Letters of Instruction and any other documentation reasonably necessary for the caregiver's use. There are classes available to aid in understanding and completing Family Care Plan paperwork.

Contact MCFTB for registration information at 451-0176

Getting married / Newly Married Checklist:

- Visit with the Battalion Chaplain
- IPAC (RED / SGLI / Unit Information / Pay entitlements / Dependents Added)
- DEERS / ID Card
- MOL
- Vehicle Registration
- TRICARE
- TRICARE Dental
- Base Housing
- Update W-4
- Update Wills
- Update Auto Insurance
- Update Home Owner's / Renter's Insurance
- Update information with the Family Readiness Officer (FRO)
- Update information with Battery 1st Sgt

IPAC

451-5008

<http://www.lejeune.usmc.mil/ipac/>

If the Service Member checked into Camp Lejeune more than 45 days ago, then the record jacket would be located in Bldg 60 and the Service Member would need to go to IPAC in Bldg 60 to update.

If the Service Member checked into Camp Lejeune 0 – 45 days ago, then the record would be located in Bldg 59 and the Service Member would need to go to IPAC in Bldg 59 to update.

Bring the following documents as applicable:

Marriage Certificate

Picture ID (Service Member and Spouse)

Driver's License or SSC to prove name has been changed

Divorce Decree, if recently divorced

Documents pertaining to acquired minor dependents: Birth Certificate / Hospital Certificate

Defense Enrollment Eligibility Reporting System DEERS / ID Card Center

451-1005 or 451-2727

Operating Hours:

M-TH 0630 – 1900

F 0630 – 1600

Located in Bldg 59

Molly Pitcher Drive

Camp Lejeune, NC 28542

To make or cancel an appointment online:

www.lejeune.usmc.mil

Click on: CAC / ID Card Center

Basic Documentation Required for DEERS Enrollment for your Spouse:

- Photo ID (except for children under 10 years old)
- State Marriage Certificate
- Divorce Decree, if applicable
- Birth Certificate
- Social Security Card

ID card

Once enrolled in DEERS, the next step is to get a military ID card for your spouse.

The following documents are required:

- Completed Department of Defense (DoD) Form 1172 (Application for ID card)
- Marriage Certificate
- Birth Certificate

Marine Online (MOL)

www.marines.mil

Scroll over: Career

Click on: Marine Online

Follow instructions to log on

Update information as necessary

Vehicle Registration

451-1793

Located in Bldg 60

Molly Pitcher Road

You will need to bring the following items when registering a vehicle for base access:

- Valid Driver's License
- Proof of Registration
 - If car is not registered in Service Member or Spouse's name, the person who the car is registered to must type out a notarized letter that gives the Service Member or the spouse permission to drive the vehicle.
- Proof of Insurance
 - Insurance must meet NC minimums for liability
- Valid Military ID
- Vehicle must be present

TRICARE / Military Health Care

1-877-874-2273

Located in Bldg 59; Room 132
Molly Pitcher Road
Camp Lejeune, NC 28542

TRICARE is the Department of Defense's worldwide health care program for active duty and retired uniformed services members and their families. TRICARE consists of:

- TRICARE Prime (a managed care option)
- TRICARE Extra (a preferred provider option)
- TRICARE Standard (a fee-for-service option)

Log on to the TRICARE website for information on each TRICARE option: www.tricare.mil

TRICARE Dental Plan / United Concordia

1-888-622-2256

The TRICARE Dental Plan is a voluntary dental care program comprised of licensed, civilian dentists who provide a wide range of diagnostic, preventative, and restorative services (exams, x-rays, cleaning, fluoride applications, fillings, root canals, crowns, orthodontics, anesthesia, etc.)

To enroll, complete and submit a TDP enrollment form to United Concordia Companies, Inc (UCCI) along with your first month's premium payment. Enrollment applications can be obtained by calling the number listed above, visiting the nearest military treatment facility Beneficiary Counseling and Assistance Coordinator (BCAC), or enroll on-line at UCCI's website at <http://www.ucci.com/was/uccweb/tdp/tdp.jsp>

Housing

Base Housing Office / Housing Referral Office

Hours of Operation:

0800 – 1600, Monday – Friday

Location:

43 Inchon Street

Tarawa Terrace, NC 28543

Phone:

(910) 450-1627 or 450-1628

For off base housing, ext 259 / 209

For on base housing, ext 210

Email: lejeunefamilyhousing@usmc.mil

Camp Lejeune's Reception Center Housing Office (Satellite Office):

60 Molly Pitcher Road

Camp Lejeune, NC 28542

(910) 451-1026

Military Housing Areas:

LOCATION	GRADE ASSIGNMENTS
MCAS New River	O6; O4-O5/CWO4-CWO5 O1-O3/W1-CWO3 E6-E9
Berkeley Manor	E6-E9
Courthouse Bay	O4-O5/CWO4-CWO5
Hospital Point	O6 and Above O1-O3/W1-CWO3
Midway Park	E1-E5
Paradise Point	O7 and Above; O6 O4-O5/CWO4-CWO5 O1-O3/W1-CWO3 O3/CWO3
Tarawa Terrace	E1-E5
Watkins Village	E6-E9

W-4

To update your W-4, and decrease your Federal Tax withholdings, log on to: <http://mypay.dfas.mil> and update.

Will(s)

This document is extremely important, particularly for those Service Members with family members. The primary purpose of a will is to ensure that minor children are cared for and personal property is distributed as you desire. Without a will, the state law decides how personal property is distributed and if children are involved, they will become wards of the state. It is important that an individual's will reflect his / her current state of affairs, so keeping it up to date is critical. Overlooking this important document could directly affect the security of your family.

Contact the Staff Judge Advocate Legal Assistance Desk for more information on creating and updating your Will(s).

451-7085

For Updating a Will:

- Bring in old Will to SJA Bldg 56 Front Desk
- Pick up Will worksheet
- Complete worksheet and return to SJA
- Pick up updated Will in 2-3 weeks (SJA will provide a pick-up date)

For Creating a New Will:

- Must Attend "The Wills and Power of Attorney Brief"
 - Mondays, Wednesdays, Fridays from 1000 – 1100 at Bldg 56
 - Tuesdays from 1300 – 1400 at the base theatre
 - No registration required, just show up
- Once you complete the brief, you will receive a Will worksheet to complete
- Return completed Will worksheet to SJA Bldg 56 Front Desk
- Pick up completed Will in 2-3 weeks (SJA will provide a pick-up date)

Family Readiness Officer (FRO)

The Family Readiness Officer serves as the primary representative to provide command family readiness outreach, support, and assistance to the unit's military personnel and their families. Every Marine and Sailor is ultimately responsible for his / her own family readiness, however, the FRO is there to help guide the Marine or Sailor and his / her family to personal and family readiness. You will need complete a "Spouse Emergency Contact Sheet" and update your Mass Communication Tool Data and Authorization Sheet to reflect your spouses contact information.

Contacting your Family Readiness Officer:

Located in Bldg 514, second deck
Office: 910-450-8295
Cell: 910-554-1039

L.I.N.K.S.

Lifestyle, Insight, Network, Knowledge, Skills

L.I.N.K.S. is a volunteer mentoring program that was designed by spouses for spouses in 1997 at Quantico, Virginia. In order to better serve the needs of Marines and their families they are extending the reach of L.I.N.K.S. to include other family members and significant others. The L.I.N.K.S. Team is well prepared and eager to share their wealth of knowledge with you! Some of the topics discussed during the sessions are: Communication Skills; USMC Structure; History and Traditions; Benefits and Privileges; Resources available for Marines and their families at Camp Lejeune and New River; Leave and Earnings Statement; Surviving the Deployment and Moving Processes. At L.I.N.K.S., the mentor spouses share their own experiences and tips so that you are better prepared for your life as the family member of a Marine.

Camp Lejeune LINKS
1401 West Road
Camp Lejeune
Phone: 451-1299
E-mail: mccslejlinks@usmc-mccs.org

Spouse Employment

Family Member Employment Assistance Program (FMEAP):

FMEAP provides services to family members seeking assistance with all aspects of obtaining employment, to include resume writing assistance, individualized career counseling, workshops (tailored to the family member), research materials/resources, and current local employment listings. The FMEAP staff works closely with local employers, the Employment Security Commission (ESC), and local community college. The FMEAP is located at Building 2475 in Tarawa Terrace Housing area and Bldg 4014E in the Midway Park Housing area. For further information on this program call 450-1676 for Tarawa Terrace or 451-3366 for Midway Park.

Personal Readiness and Community Support Division supports unit commanders by providing information and guidance to service members and their families. The goal of this support is mission readiness, improved morale, and retention. This is accomplished through personal services concerning relocation, transition assistance, retired affairs, and Program Managers who act as liaisons between Marine Corps Community Services and the Command. For more information, call 451-3212.

Career Resource Management Center has been established to provide Military Personnel and their family members with guidance, counseling and assistance in exploring their options for civilian employment. The Resource Center provides job search assistance at no cost to active duty, separating, recently separated and retired service members and their family members. Employment-ready workshops on a wide variety of topics, job fairs, computerized listings of jobs, computers for typing resumes, applications and skills inventory programs and a resource library are offered. Family members are encouraged to attend all seminars and workshops.

For information on all the Career Resource Management Center provides call 451-3212 or e-mail yvonne.goad@usmc.mil

MCCS Job and Career Opportunities:

www.mccslejeune.com

Human Resources & Jobs
Job Announcements

www.usmc-mccs.com

*Volunteering is also another great way to gain personal and career experience. For more information on the volunteer opportunities with 3/10, please contact the FRO. There are also volunteer opportunities with Navy Marine Corps Relief Society (NMCRS), LINKS, and MCFTB.

Marriage and Military Life

The questions provided in this guide are designed to help you evaluate the strengths and weaknesses of your relationship. They are offered as a self-examination guide, both for couples who are preparing for marriage and for those who are already married.

Experience has shown that the following areas are critical to a successful marital relationship: (1) Communication; (2) Conflict Resolution; (3) Finances; (4) Sexuality; (5) Children; (6) Religion; (7) family and Friends; (8) Miscellaneous.

NOTE: This is a two-part questionnaire. Each partner is to complete a questionnaire separately and circle or check the questions to which a clear “yes” cannot be given. When you have some “quality time” together, discuss the questions, particularly those that you circled or checked. This discussion is the most important of this relationship preparation/enrichment process.

There is no “score” associated with this questionnaire. However, couples are encouraged to seek assistance from chaplains, counselors, or civilian clergy, particularly if a number of differences surface in the course of their discussion.

It is hoped that this questionnaire will simulate your thinking and discussion in a way which will enhance your commitment to love and cherish one another in good times and in bad, in sickness and health, all the days of your lives.

Additional Assistance

The chances of success in marriage are statistically higher among couples who participate in marriage preparation and enrichment programs.

Such programs, designed for partners preparing for marriage and those who are already married, help couples examine their strengths and weaknesses in critical areas of married life.

Studies show that couples who enroll in marriage preparation and enrichment programs decrease their chances of divorce and increase their chances of marital happiness.

For more information about such programs, speak with your chaplain or visit your Marine and Family Service Center (Bldg 216).

Groom/Husband Questions

Communications: Effective communication is one of the most important factors of a successful marriage. When a couple can honestly discuss their feelings, including their past disappointments, present concerns and future hopes, then their chances for a happy married life together are significantly enhanced.

Circle or check the questions to which you cannot answer a “yes.”

1. Have you and your partner discussed your feelings about continuing or leaving military service?
2. Does each of you agree about the importance of writing and communicating regularly during extended periods of separation?
3. Have you discussed what some of your expectations are regarding your respective home responsibilities (e.g. paying bills, cooking, cleaning, etc)?
4. If you are discouraged or depressed, does your partner offer you encouragement and support?
5. Are you satisfied with how you communicate with each other?
6. Does your partner acknowledge special occasions (e.g. birthdays) in special (e.g., cards, gifts, etc)?
7. Is your partner receptive to talk with you about something which is on your mind?
8. Are you comfortable in asking your partner for what you want?
9. Are you happy with the way decisions are made in your relationship?

Conflict Resolution: Marital problems are generally compounded when couples attempt to resolve them by employing destructive techniques (e.g. screaming, physical abuse, threats, name-calling, silent treatments, etc). The ability to negotiate and resolve conflicts through constructive dialogues marked by mutual respect is an art worth perfecting.

1. Do you generally feel satisfied with the outcome of your disagreement?
2. Does your partner indicate when he/she is upset with you?
3. Do you tell your partner when you are upset with him/her?
4. Are you able to avoid arguments over petty matters?
5. Does your partner refrain from bringing up past mistakes on your part?
6. Is your partner able to control his/her temper?
7. Do you handle conflicts in constructive ways (e.g. avoid yelling, hitting, etc.)?
8. Do you avoid criticizing one another in public?
9. Would you and your partner seek counseling if problems developed which threatened your marriage?

Finances: One of the principal reasons for marital discord among military couples involves finances. Conflicts can arise over how a couple’s income is managed. In order to avoid serious problems involving finances, couples are urged to adhere to a budget which reflects their mutually agreed upon priorities.

1. Have you and your partner discussed financial planning (i. e., budgeting)?
2. Are you in agreement about who is responsible for paying the bills?
3. Do you know how much money your partner makes?
4. Do you trust your partner with your money (e. g. checkbook, credit card)?
5. Are you in agreement about whether both partners should work?
6. Have you discussed the types and the amount of insurance to carry (e. g. life, car, home)?
7. Have you discussed savings and investments?

Sexuality: Love can be expressed in a very fulfilling and beautiful way through our sexuality. While couples can experience a deep sense of intimacy from physical expressions of their love, sexuality can also be a source of frustration and anxiety. An honest sharing of one’s feelings about sex can enhance a couple’s appreciation of this most private and intimate of human acts.

1. Are you confident about your partner’s ability to be a faithful spouse?
2. Are you satisfied with the degree and ways your partner shows you affection?
3. Are you comfortable in talking with each other about sex?

4. Is sex in proper perspective with the other aspects of love in your relationship?

Children: The number and timing of children is a critical issue in marriage. Couples need to discuss their feelings about family planning and their respective responsibilities in regard to raising children.

1. Have you discussed the size of family you would like to have?
2. Do you agree about when you would like to have children?
3. Are you in agreement about methods of family planning/birth control?
4. Have you discussed how to raise and discipline children?
5. Do you have similar views on human life issues (e.g. abortion, adoption)?
6. If you or your partner has children from a previous relationship, do you agree on your respective roles in parenting the children, and are you comfortable with these roles?

Religion: Individual and shared religious views can have a major impact upon marriage and family life. Studies show that shared religious practice contributes to higher degrees of marital happiness and reduces the chances of divorce. A couple's spirituality affects not only their own lives, but the lives of their children and those around them.

1. Are you in agreement about the role religion plays in your relationship (e. g. attending worship services)?
2. Are you in agreement about the religious upbringing of your children?
3. Are you satisfied with your partner's attitude toward your religious beliefs and practices?

Family and Friends: Our relationship with our families and friends changes in some ways once we are married. While husbands and wives need to be best friends, they also need good friends and family members to support them throughout their married lives.

1. Are your family and friends supportive of your relationship?
2. Are you comfortable with the degree of your partner's family involvement in your relationship?
3. Are you comfortable with the degree of your partner's involvement with his/her family?
4. Do you feel comfortable with most of your partner's friends?
5. Are you comfortable with the degree of your partner's involvement with his/her friends?
6. Are you willing to discuss any emotional hurts you may have experienced in your life (e. g. sexual abuse, alcoholic parent(s), broken relationships)?

Miscellaneous: Questions in this area address leisure time, public behavior, personal habits, and household concerns. While we continually change and develop throughout our lives, it is unrealistic to expect major changes to occur in one's partner after going through a marriage ceremony. Certain addictions may require professional help if they are to be arrested (e. g., drug addiction, spouse abuse, alcoholism).

1. Do you generally agree about how to spend your free time?
2. Are you pleased with your partner's behavior in public?
3. Are you comfortable with your partner's habits (e. g. drinking, smoking, dipping, chewing, etc.)?
4. Are you in agreement with how neat and clean your home ordinarily should be kept?
5. Are you in agreement about the presence of pets around the house?

Bride/Wife Questions

Communications: Effective communication is one of the most important factors of a successful marriage. When a couple can honestly discuss their feelings, including their past disappointments, present concerns and future hopes, then their chances for a happy married life together are significantly enhanced.

Circle or check the questions to which you cannot answer a “yes.”

1. Have you and your partner discussed your feelings about continuing or leaving military service?
2. Does each of you agree about the importance of writing and communicating regularly during extended periods of separation?
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