

WorkHorse News



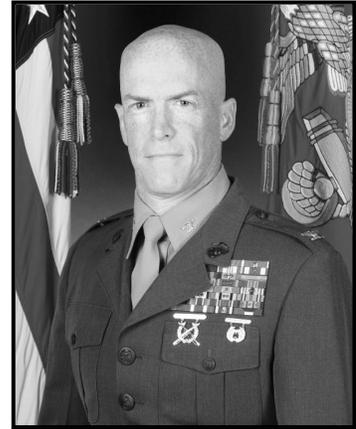
HQ'S COMPANY FAMILY NEWSLETTER

February
2013

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FROM THE COMMANDING OFFICER OF 8TH MARINE REGIMENT



To the Families and Friends of 8th Marines,

I'd like to take this opportunity to wish everyone a happy, healthy, and prosperous New Year! The Regiment has its work cut out for itself and will be busy over the course of the next year. As has been passed by Dani Steinhorst, our Family Readiness Officer, we will be conducting a "Meet and Greet with the Command Team" at the base stables on 21 February. Our intent for that evening is to provide helpful and useful information to the spouses and families as we start off 2013. I will provide an overview on the "State of the Regiment" and what is planned in the upcoming months. Dani has also added some additional informative briefs on career progression, financial advice, and F.O.C.U.S. (Families Overcoming Under Stress). We encourage spouse participation at this event. As an incentive, for those spouses who attend, their Marine/Sailor will get the following day off. With or without the incentive, I think it will be a worthwhile event. Our goal is a positive flow of communication to improve awareness while enhancing our overall family readiness. Please provide Dani feedback if we don't hit the mark and provide us suggestions/recommendations or ideas on how we can improve like-events in the future.

As the Permanent Change of Station (PCS) season rapidly approaches, the Regimental Headquarters will experience large personnel turnover this summer. For those families who have been with the Regiment for a few years now to include the Regimental Combat Team's deployment in 2011, thank you for your tremendous support to your Marine or

Sailor over that time. The success of the Regiment rides on the shoulders of the tremendous support network our families provide so that we can do our jobs and do them right. For those of you who will continue to serve with us in the foreseeable future, I also thank you for your continued support. We invite all of our spouses to become more involved in our Family Readiness Program. Your role can either be active by getting involved as a volunteer or passive by simply logging on to eMarine.org so we can insure everyone is getting the information they need and staying informed. We want eMarine to be a useful, user-friendly resource of information for our families, both immediate and extended families. To that end, we will continue to strive to improve eMarine, so please provide your ideas and recommendations to make it better.

Thanks for all you do, and I look forward to seeing you on the 21st.

Semper Fidelis,

K.M. DeTreux
Col USMC

Family Readiness

Upcoming Events:



14 February Valentines Date Night

If you and your significant other want some time away from the kids, the 8th Marine Regiment Family Readiness Program is giving you free childcare for your date night!

To reserve your spot, call the Brewster CDC to make reservations at (910) 450-8467. Reservations should be made as soon as possible but no later than 72 hours in advance of the event date. Childcare will be provided for children between the ages of six weeks through 12 years old. Childcare will begin at 6:00 p.m. on the 14th.

21 February Meet and Greet

We are having our semiannual Command Team Meet and Greet on February 21, 2013. I know Colonel De-Treux is looking forward to speaking with the families of 8th Marine Regiment. This is a great opportunity to not only meet the Command, but meet other spouses, family members and learn what our Marines & Sailors upcoming year looks like.

We will have a career planner discussing career progression for Marines and Sailors, a financial planner to discuss planning for your future and budgeting, Marine Corps Family Team Building will be there along with Navy Marine Corps Relief Society. This is a great opportunity to see resources available to you and your family.

The meeting will be held at the Stone Street Community Center (Stables) from 6:30p.m. to 8:30 p.m. and childcare will be provided free of charge through the CDC (childcare drop off starts at 6:00 p.m.). To register for childcare please contact the Brewster CDC at 910-450-8467. Please RSVP if you are going to be able to attend to Danielle Steinhorst at danielle.steinhorst@usmc.mil.



Family Readiness Officer

Danielle Steinhorst

Office (910) 450-8615

Toll Free Hotline - (800) 230-8762 (press 3)

Email danielle.steinhorst@usmc.mil

WEBSITES

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

eMarine <https://www.emarine.org/skins/emarine/home.aspx>

*For eMarine your "Sponsor" is your Marine or Sailor and they must invite you before you may log-in.

Marine Corps Community Services www.mccslejeune.com

Military One Source (800)342-9647

Navy and Marine Corps Relief Society (910)451-5584

American Red Cross (910)451-2173

Family Readiness

The Unit, Personal and Family Readiness Program isn't just about bringing families together for family days, but it's about preparing our families for the future, whatever that may bring. As the FRO, my job is to be the face of the Commander's vision for Unit, Personal and Family Readiness Program within our unit and provide support to each Marine and Sailor and also their family members through proactive outreach and intervention in the form of the following functions: Official Communication; Information and Referral; Readiness and Deployment Support; Family Outreach; and Volunteer Management.

Each newsletter I will focus on one topic to bring information to the families. The program that I wanted to spotlight this month is our New Parent Support Program. I'm sure many of you have heard about this program, but I wanted to shed some light on what the program has to offer and why it is a great resource here at Camp Lejeune.

New Parent Support is offered through MCCS and hosts a number of free classes for new Mom's and Dad's. One of the free courses is Baby Boot Camp. This gives new or expecting parents a hands-on approach to what's ahead. This class will teach you how to do everything from change a diaper, to how a child will react at various developmental stages (i.e. teething) and how to baby-proof your home.

Also within the New Parent Program, Home Visitations are available to new parents, offering support,

education, and parenting information for military families, within a 50 mile radius of Camp Lejeune. You can utilize this resource whether you are expecting, or if you have children up to 5 years old.

Home Visitations offer a trained, employee visit to your home to help families facing stress, pre and post deployment, reunions and the everyday demands. These employees understand the stress military families face as many are spouses themselves.

Lastly, there's a Parenting Class, designed to address the challenges of parenting, discipline techniques and the needs of children at various developmental stages. Again, these classes are put on by the New Parent Support Program, for a schedule of classes please call 910-449-9501 or you can view their schedule online at <http://www.mccslejeune.com/NPSP/index.html>.

-Danielle Steinhorst
Family Readiness Officer



**Want to get involved
but aren't sure where
to start?
Contact the FRO.
We have upcoming
events that we want
your input, our Summer
Family Day is fast
approaching!**



WE WANT YOU!



Headquarters Company



Hello family and friends of Headquarters Company, 8th Marines,

I would like to take this time to bring you up to date on some of the events that have taken place during my short time here at Headquarters Company. Over the past several months the company has been to New York City to support Fleet Week 2012, conducted a successful and memorable Family Day, was invited to celebrate our Marine Corps birthday with 3rd Battalion, 6th Marines in Myrtle Beach, and we capped off the year with our annual Christmas Party just before the holiday extended liberty periods.

HQ Company started off the New Year with a few changes in the Company Staff. Gunnery Sergeant Leedale was recently selected for promotion to First Sergeant and received orders to Headquarters Battalion, Communications Company. He has been replaced by Gunnery Sergeant Fowler of 2d Battalion, 8th Marines who has hit the ground running. Also, Captain Banham was selected to become part of an Advisor Team and will be replaced by Captain Taylor who came to us by way of 1st Battalion, 9th Marines. We want to welcome them both.

Looking forward, we will be just as busy as plans continue for the upcoming Bold Alligator exercise that will be conducted in April. In addition, the company is also gearing up for an ITX exercise that will be taking place at 29 Palms, California this summer.

In closing, the Marines and Sailors appreciate all that you do to help us succeed. Thank you for your unselfish and continued support as we move forward in our mission.

Semper Fi and God Bless,
Captain William Banham
and
1stSgt Mike Dickerson

Religious Ministry

Completely Confidential Help Available

Every Marine infantry unit has its own chaplain whose job it is to take care of the Marines, Sailors and their families. The rule is, if you can get a military ID card (Marine-Spouse-Child) then you have the right to see the chaplain. Chaplains may come from many religions but they are charged to **care for ALL** the members and family members of a unit, **regardless of what they believe.**

Chaplains do services of course, but they also counsel, answer questions and concerns about military life, help strengthen marriages, and provide an outlet for the frustrations of military life.

One of the great benefits of your chaplain is that he provides **guaranteed confidentiality**. What a person tells the chaplain stays confidential forever. No other military counseling resource offers that level of confidentiality. The chaplain is, by law, forbidden from revealing the contents of counseling to family, the command or even the courts.

Got a question you're embarrassed to ask? Know someone who's in danger but don't want to get them in trouble? Want to find out about other resources without starting a process? Call your chaplain today.

Chaplain Nathan Solomon
(910) 450-8623
(910) 372-2689
william.solomon1@usmc.mil

S-1 Section

Dear friends and family of the 8th Marines S-1,



Happy Holidays from
the S-1 Marines

It has been more than a year since you last received a newsletter and we've had a lot of personnel changes. Starting with our newest Marines, we most recently promoted Lance Corporals Coleman and Daphney on the first of January and February, respectively. Going backwards from those dates were the promotions for Corporals Jaeger and Bullimore who earned their rank in March and August 2012. In addition to our admin Marines, we are very fortunate to have two solid infantryman pulling extra duties. Lance Corporal Pirkle came to us in September 2012 and serves as mail clerk while also carrying out anything else we ask of him. Then there is Staff Sergeant Meinert who, after joining us in October 2012, has been the master of all things travel. Just down the hall is our Personnel Officer, Chief Warrant Officer 4 Mangindin. After months of serving as both Adjutant and Manpower Officer, Chief Warrant Officer Mangindin's arrival in July 2012 represented a significant amount of work that I could pass off on someone else. As you can imagine, I welcomed him with open arms. Rounding out the changes in admin personnel was our fearless chief, Master Sergeant Fowler, who joined us in April 2012 after a year in Afghanistan with the Division. The Career Planner, Gunnery Sergeant Self, is still around and now has the help of Sergeant Fantana, formerly of the intelligence section. Sergeant Fantana not only provides help in career planning, but also handles the Regiment's mail in Lance Corporal Pirkle's absence. Neither my position nor my rank have changed, but I'm still here as the Adjutant and Officer in Charge of the S-1. With such a robust and awesome group of Marines, this past year has been pretty easy on me. The ever-blowing winds of change are right around the corner again, but I'll speak to that at the end.



MSgt Fowler, CWO4 Mangindin
and Capt Johnson

The amount of work that your Marines have accomplished is truly astounding. Whether it's legal, mail, files, correspondence, or any other aspect of admin, I'm proud to say that this is one of the best group of Marines I've ever seen. There have been many highlights this past year, including a flawless Commanding General's Readiness Inspection, a Mess Night in the field, the Corps' 237th Birthday, Navy and Marine Corps Achievement Medals for Corporals Jaeger and Bullimore, Fleet Week in New York, and the departure of all of the Marines and Sailors that made our Afghanistan deployment. Through it all, the section consistently exceeds expectations and has made a name for itself within the Division.



Cpl Jaeger reenlists for 4 more years.

As alluded to earlier, the time for change is near once again. The first Marine to depart will be Corporal Jaeger who will leave us in March for Alaska where he'll be an admin clerk for an Inspector-Instructor staff. Following shortly thereafter, Corporal Bullimore will be getting out of the Marine Corps in April to see what other great things life has to offer. Come May, I'll head to Monterey, CA to begin my training and education as a Foreign Area Officer for Brazil.

Don't be alarmed by the coming changes. The section is in incredibly capable hands and has plenty going on to keep them busy during the time of transition. I strongly encourage you keep an open dialogue with your Marines so that you are fully apprised of the happenings within the Regiment. If they make it seem as though their job is dull and mundane, they're lying! The S-1 is a central hub for information within the unit, so your Marine will always know what's going on.

Thank you all for your continued support,

Captain Reese Johnson
Adjutant
8th Marine Regiment

LCpl Pirkle, Capt Johnson & Cpl Jaeger at the Ball



S-2 Section

We've been back home just over a year now and the S-2 section has settled into its garrison mission in conjunction with expeditionary training for both the Regiment and supported battalions. Additionally, our shop has done some expanding and contracting to keep up with the ever-changing tempo associated with operational commitments.

From July until the early part of September, the S-2 reevaluated and revised all of its CGRI inspectable material. Upon completion, the S-2 shop received an overall evaluation of mission capable. Shortly thereafter, the S-2 (with the rest of the Regiment) conducted a field COC exercise IOT allow the Commanding Officer to understand how the new staff worked together.

Also, throughout this time frame, the S-2 has made numerous trips to Little Creek, VA IOT aid in scenario development and the planning process for Bold Alligator 13. This exercise has since taken a life of its own within the Regiment and has encompassed a vast majority of the primary staff and their chiefs planning efforts. In December, Captain Szostak meticulously carried out the planning efforts for the command to facilitate a "Jane Wayne" Day for the spouses of 8th Marine Regiment.

Additionally, the S-2 shop had numerous promotions, new joins, Marines going to subordinate units and one Marines' family have a child. The promotions started in August with 1stLt Bernstein promoted to Captain. September saw LCpl Carter and PFC Washington promoted to Cpl and LCpl (respectively). In October Captain Caldwell was promoted to Major and Cpl Abrego was promoted to Sgt. The promotions culminated with 1stLt Szostak being promoted to Captain.

Semper Fi,
Major Marc W. Caldwell

S-3 Section

The past few months were extremely busy for the Operations Section of the Regiment. During October we were responsible for six subordinate battalions, but had to say goodbye to some key members on our staff. In spite of this we conducted an Alternate Mission Rehearsal Exercise in December to help 3rd Battalion, 6th Marines get out the door for their UDP to Japan. It took many months of planning and culminated with almost 2,000 Marines in the field for a week with support from all elements of the MAGTF. It was an achievement to have that milestone behind us and proud to watch V36 do so well.

As the New Year comes into full swing we are excited about the upcoming challenges and opportunities. One of the main focuses of the Regiment is Bold Alligator, a synthetic exercise in April. Following many months of intense preparation and planning we will participate in an MEB level amphibious assault. Our staff has relearned a great deal about amphibious planning during this buildup and look forward to its execution. In May we will once again deploy to New York City and support Fleet Week representing the Marine Corps. We hope to see many of the sites we missed last year while once again showcasing our capabilities to an audience who doesn't always get to see us in action. They will certainly be more grateful to see us in this capacity than under the duress when II MEF Marines helped in Superstorm Sandy recovery.

Kudos to some of our staff over the last few months who deserve recognition. Cpl Mizer, Cpl McCourt, Cpl Tyndall all reenlisted. These Marines are some of the best the Marine Corps has to offer and we appreciate their continued commitment. SSGts Freitag and Rosenberg left us in January, but it was to go to Warrant Officer Basic Course where they will become masters of their trade and come back to the operating forces smarter and savvier in their profession.

Thanks as always to our family members for the incredible support you give us on daily basis with our challenging careers. Keep us in your prayers and we look forward to the opportunities to share in each others company.

Semper Fidelis,
Major Rob Sucher

S-4 Section

S-4 Family and Friends,

The past few months have been, as always, a busy time for the S-4. With our sections covering Logistics Operations, Motor Transportation, Maintenance Management, Embarkation, Supply, Food Services, Safety and Environmental Compliance, Ordnance/Armory, and Ammunition, the S-4 kept the entire Regiment moving forward.

During the month of December, the S-4 took the Regimental Headquarters to the field to support and evaluate one of our battalions 3D Battalion, 6th Marines as they conducted battalion level exercises here on Camp Lejeune. Upon return from the field we assisted the same battalion as they turned over all of their equipment to 3D Battalion, 8th Marines.

After a well deserved break for Christmas and the New Year with our families, the S-4 returned in January to supporting our battalions. We prepared two of our battalions for deployment and sent 3D Battalion, 6th Marines to Okinawa and companies from 2D Battalion, 9th Marines to Operation Enduring Freedom (OEF). The S-4 also supported 2D Battalion, 8th Marines as they prepared for training in 29 Palms, CA and a follow on deployment in support of OEF and 1st Battalion, 9th Marines as they prepared to conduct training at the very cold and snow covered Mountain Warfare Training Center in Bridgeport, CA.

I cannot tell you how much work our Marines have done behind the scenes to support our Battalions and Regiment. While most of our work may seem transparent to the Infantry Privates, Privates First Class, and Lance Corporals that man the front lines, the impact of our work is what moves them all forward. To the families that support our S-4 Marines, I say thank you for your support and continued devotion to your Marines.

Semper Fidelis,
Major John F. Soto Jr.

Regimental Aid Station

There have been a few changes that have come down from Division. The biggest for us at the RAS would be The Controlled Substance Program. If you receive any controlled medications (pain meds, sleep aids, anxiety medications basically anything you have to sign for) from any provider, you need to stop by the RAS and be placed on the program. According to the Division instruction, you can be held accountable if you have a positive urinalysis and are not enrolled in the program—even if you have a valid prescription. If you have received one of these medications, or are unsure about whether the medications you are taking are included, please see HM2 Butts in the RAS.

In Further news the RAS Staff is continuing it's never ending battle with Medical and Dental Readiness. We are vigorously working hard on getting all Marines and Sailors through the RAS for their immunizations and annual PHA's. Readiness is and has always been the tipping point for any unit. It is crucial to insure we are ready at a moment's notice for anything the world throws our way.

We at the RAS are glad to welcome HMCS Willburn and HMC Beall to our team. They will be taking over for HMC Geiser as he gets ready to depart for his new duty station. We wish HMC Geiser Fair winds and Following seas as he continues his career taking care of Americas finest.

Greg Rochfort, MD
LCDR MC USN
Regimental Surgeon, 8th Marines



Communications Section



To Friends and Family of the 8th Marines Communication Platoon,

Over the last few months the Communications Section has been busy training, by participating in three Regimental Field Exercises and one Internal Communications Exercise. Whenever the Regiment goes to the field for training our section is responsible for installing all of the satellite, radio, data and phone networks. This is no easy feat as you can imagine; especially installing all of this equipment in a tent exposed to the elements all while using generator power. Our Marines, time and time again, overcome these obstacles and have shown their technical expertise and persistence by succeeding in their mission and supporting the Regiment. Much of what these Marines do is behind the scenes, but they understand the impact of their effort and take pride in knowing their importance to the Regiment's mission.

Sgt. Alcantara organized a physical fitness event in the late fall that took us to the Endurance Course here on Camp Lejeune. The weather was in the low 50's as the Marines ran 3 to 4 miles through the mud and water of the E-Course. It was cold and nasty but it was a great opportunity for building unit cohesion, and an even better opportunity to laugh at your buddy as he is covered in mud and freezing from being submerged in such cold water.

We have more training on the horizon that will keep your Marine busy over the next few months. We will have a Communications Exercise called DICE during February and March and will participate in Bold Alligator in April. We look forward to seeing the spouses at the Meet and Greet on 21 Feb.

Major Craig
S6 Communication Platoon



Marines on the Endurance Course at Camp Lejeune.

