

Family Resources

Military One Source

Military OneSource, which supplements existing installation services, provides free help and information, by phone with a professionally trained consultant or online, on a wide range of issues that affect you and your family -- from budgeting and investing to relationships and deployment. It's available whenever you are -- 24 hours a day, 365 days a year.

Whether you're single or married, a parent or not a parent, Military OneSource can help with the issues that are important to you. For service members and families who live far from military installations, Military OneSource is especially useful. No problem is too big -- or too small. If we don't know the answer, we'll find it.

Military OneSource also provides free counseling services (up to 12 sessions per person, per issue), face-to-face in the local community, by telephone, and online.

<http://www.militaryonesource.com>

L.I.N.K.S

L.I.N.K.S. is a volunteer, team-mentoring program, designed by Marine Corps spouses. The program offers an orientation to the Marine Corps lifestyle, helping spouses, Marines, children and teens, and parents/extended family members understand and adapt to the unique challenges military life often presents. While the curriculum targets those who are new to the Marine Corps community, the information is very beneficial at all levels of Marine Corps experience.

The program works through a partnership of volunteer spouses, Marine Corps Family Team Building (MCFTB) staff, Marine Corps Career Retention Specialists and Chaplains. The discussion group leaders are experienced military spouses who facilitate the learning process by using a mentoring style of presentation. The climate is informal, with a nurturing structure and format. Participants receive real life tips, information on Marine Corps culture, and available resources to enable them to help themselves.

L.I.N.K.S. is currently presented through volunteer teams on each Marine Corps Installation and through MARFORRES/New Orleans. No cost childcare is provided to participants. Additionally, the teams at Marine Corps Recruit Depots Parris Island and San Diego introduce L.I.N.K.S. to families of new Marines.

L.I.N.K.S. provides information on:

- Marine Corps history, tradition and language
- Benefits and services
- Financial awareness
- Dealing with separation and deployments
- Tips on moving
- Effective communication

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.

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

<http://www.usmc-mccs.org/links/index.cfm>

Marine Corps Family Team Building

MCFTB provides educational resources and services to foster personal growth and enhance the readiness of Marine Corps families. MCFTB is comprised of the following:

- Family Readiness Program Training
- Readiness and Deployment Support Training
- Lifestyle Insights, Networking, Knowledge and Skills (L.I.N.K.S.)
- LifeSkills Training

These programs are supported at all major installations by Marine Corps Community Services (MCCS) through a MCFTB office staffed with a MCFTB Director and trainers for the Family Readiness, Readiness and Deployment Support, L.I.N.K.S. and LifeSkills programs.

<http://www.usmc-mccs.org/mcftb/>

Chamber of Commerce

Local Chambers of Commerce provide a wide range of information on area businesses and merchants. They maintain several agencies that help consumers solve complaints against local businesses and provide information on consumer/merchant relations. The

Chambers of Commerce can also provide North Carolina maps, travel tips and advisories, and information on local points of interest. Regional Chambers of Commerce can be reached at:

[Alexandria](#)

[Arlington](#)

[Fairfax County](#)

[Fredericksburg](#)

[Loudoun County](#)

[Prince William County](#)

[Historic Manassas](#)

Department of Social Services

The Virginia Department of Social Services (VDSS) provides assistance to citizens of Virginia to help them live their best lives. One child, one senior citizen, one person at a time, VDSS programs and services help people triumph over poverty, abuse and neglect, achieve self-sufficiency and shape strong futures for themselves, their families and their communities. Local DSS offices can be reached at:

<http://www.dss.virginia.gov/localagency/>

USO

“Serving those who serve and their families” is more than a tagline for the USO of Metropolitan Washington. It is at the heart of what we do every day. Every program and service we provide is centered around our desire to give back to the men and women who sacrifice so much for our country. Whether it is bringing in a celebrity to brighten the day of a patient in the hospital or a moon bounce at Deployed Family Fun Day, our goal is to boost the morale of the military community. Congress has chartered the USO as a non-profit charitable corporation. It is not, however, a part of the United States Government, even though it has been endorsed by the President of the United States and the Department of Defense. Each President has been the Honorary Chairman of the USO since its inception.

<http://www.usometro.org/>

Pay and Entitlements

One of the biggest problems Marines, Sailors, and their families run into are pay-related. Understanding the military pay system is key to avoiding such problems. You can visit the DoD's Military Compensation web site for help in understanding the military pay system and seeing current pay rates.

In addition to their Basic Pay, Marines and Sailors receive certain entitlements and benefits they do not normally receive, and other entitlements may change because of their deployed status. An overview of these entitlements and fluctuations are below:

1. Family Separation Allowance (FSA): FSA is payable to members with dependents who deploy outside the permanent duty station for 30 consecutive days or longer. The amount payable is \$100 per month. Members who are legally separated and do not have custody of the children are not entitled to FSA.
2. Commuted Rations/Basic Allowance for Subsistence (COMRATS/BAS): COMRATS for enlisted Marines are deducted at the rate of \$6 per day (around \$180 per month) for all periods of deployment or field duty. This is because they have meals provided to them. Officer's BAS are likewise deducted for field exercises, but while deployed aboard ship, they will not lose their BAS because they are required to pay the Wardroom (officer mess hall) for all meals.
3. Basic Allowance for Housing (BAH): Under normal conditions, BAH will not be affected by deployments or field duty except where a member is receiving BAH Own Right (single members living out in town) and no longer incurs housing expenses during the deployment.
4. Hostile Fire Pay/Imminent Danger Pay (HFP/IDP): HFP/IDP areas are designed by the DoD. These areas change periodically, so an area designated as HFP/IDP inclusive last month may not be a month later. The amount payable is \$150 per month, and if a service member is in the designated area for at least one day, they are credited for the entire month.
5. Combat Zone Tax Exclusion (CZTE): CZTE is an entitlement authorized for certain geographical areas designated by the DoD. It simply means that the member does not pay Federal Tax for that month (the member still pays Social Security, Medicare, and State Taxes if applicable). Like HFP/IDP, CZTE benefits are made by month so long as a member is in a designated area for at least one day.
6. Flight Deck Duty Pay: Members assigned to work on the flight deck (by written orders) will receive Flight Deck Duty pay. This type of pay is considered a 'hazardous duty' pay and cannot be combined with any other 'hazardous duty' pay (such as Flying Duty for Non-Crewmembers).

7. Career Sea Pay (CSP): CSP is extended to all Marines and Sailors for every day they are deployed on ship. The amounts vary depending on rank and total sea time. All members regardless of rank will accumulate Career Sea time and Career Sea Pay. One of the biggest difficulty families have is the double use of funds. For example, a Marine writes a check or withdraws money from the family checking account while deployed and are unable to let their spouse now right away. The spouse then uses these funds which have already been accounted for. Unfortunately, this is a common occurrence, and can force the family to incur significant late or penalty fees. There are several ways to avoid this problem. One is to open two checking accounts. That way, one account will be for exclusive use by the deployed Marine or Sailor and the other for use by the family.

Also, there is the Split Pay option. Split Pay is where a set amount is diverted to an account on ship where the Marine has direct access to it and avoids tapping into funds their family has already set aside or obligated.

Financial counseling is available through base or station Family Services Centers.

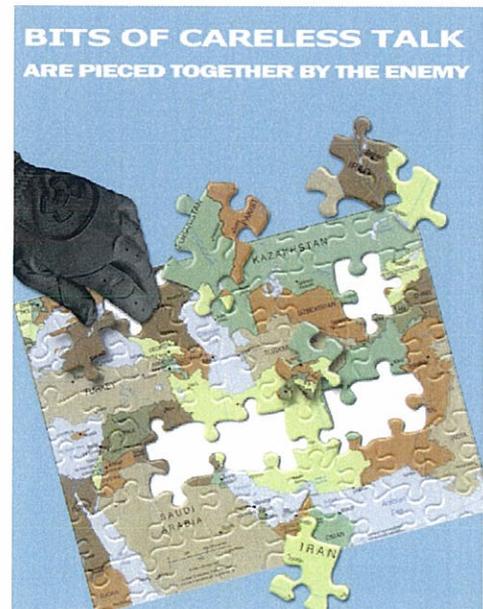
<http://www.quantico.usmc-mccs.org/PFMP/index.cfm>

OPSEC for Families

Operational Security consists of measures taken to ensure that sensitive information is not compromised. Families often have access to information that is not for public knowledge. A simple statement made in passing can jeopardize the conduct of operations and the safety of those involved.

The following is information which should not be made available for public consumption (this includes but is not limited to posting the information on a website, discussing the information in online chat rooms, placing the information on publicly accessible message services, discussing the information with the media, etc.)

- Specific deployment locations
- Specific numbers of troops
- Times and dates of a unit's departure
- Location of a Marine's family during deployment



- Scheduled return dates
- In transit locations of units while they move to and/or from a deployment
- Future operations
- Postponed or cancelled operations
- Specific numbers of equipment and critical supplies
- Force protection measures at military encampments
- Descriptions of overseas bases
- Vulnerability of weapons systems / armor
- IED defeat efforts
- Comment on daily military activities / operations
- Unit morale