

THE ADVISOR

Family Readiness Newsletter



Message from the Commanding Officer



Hello again to all MCTAG families and friends of the Command! Your Marine Corps Training and Advisory Group continues to stay busy and grow to full capacity. MCTAG's mission remains building partner nation security force capabilities through security cooperation activities. Since the

beginning of 2011, MCTAG has grown to a total assigned strength of 115! This is still approximately 70 Marines and Sailors short of our projected full strength of 182 personnel.

Our largest continually deployed mission remains our six-man Georgia Training Team deployed to the Republic of Georgia. The third rotation team led by Major Andrew DelGaudio of Marine Forces Command and assisted by Captain Arlon Smith and 1stSgt Paul Kraus, recently returned to the States after successfully preparing the 33d Georgian Light Infantry Battalion for deployment to Afghanistan.

The new GTT for the fourth rotation is now in place and has initiated training with the 31st Battalion. The new team is led by one of our newest officers, Major Matt O'Donnell. Major O'Donnell checked into MCTAG in the beginning of March and deployed to Georgia by the end of the month. He is assisted in Georgia by Captain Julio Maessen and GySgt Shaun Leek. Sergeant Perez, Staff Sergeant Hernandez, and Gunnery Sergeant Wells round out the current GTT. Sergeant Major Hall and I recently visited the team as they kicked off the new training cycle, and they are doing a superb job.

The command enjoyed a very successful Family Day on March 17th, thanks to the hard work of Staff Sergeant and Mrs. Locy and Captain Mee.

MCTAG family members had the opportunity to share in some camaraderie and barbeque, while getting to know other Marines and Sailors in the command. Our next family day will be at the Hunt Club Farm in Virginia Beach on 15 July. Please mark your calendars as this event will be a great opportunity to welcome new command members and to better know those with whom you may already be familiar.

Again, I would like to thank all those families and friends who have supported their Marines and Sailors as we work together to bring MCTAG to a full operational capability. We all value your support and appreciate your interest in your service member and our organization. I look forward to seeing as many of you as I can in the future, and please don't hesitate to contact the command if you have questions or comments.

Semper Fidelis, and Victoria per Societas! (Victory through Partnership)

Colonel C.R. McCarthy

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Chaplain's Corner

Spring has finally arrived. Historically, during spring, many Christians observe a period known as Lent, which is another word for spring, referring to the lengthening of days. It is also a pre-Easter season when Christians meditate, pray, fast, and renew their faith. Other religions have similar seasons of spiritual preparation and renewal and observing spiritual disciplines. For example, fasting, the abstinence of eating or drinking is observed in part or totally by Judaism, Islam, Hinduism, Christianity, Buddhism, and Baha'i.

I recently heard about a man in Iowa who is fasting during Lent using an all liquid diet of water and beer, sort of a "liquid bread" diet. He has finished two kegs and has lost 15 pounds so far, and although his intention is not to get drunk, he says, "If you walk in the rain, you will get wet." I doubt if he's a Methodist.

The point is, behind the fasting, the praying and meditating, there is an earnest desire for many during this season to turn away from the distractions of this world and focus instead on the object of true worship. These distractions are what we crave and what becomes tempting substitutes for what really counts. And it isn't as if there are all that many. As a commanding officer once told me, the most common temptations that get people into trouble are what he calls the "Three B's." They are "Bed," "Booze," and "Bucks." How true. Look back at all your acquaintances who shipwrecked their career/marriage/life, and it was usually because of one or more of the Three B's.

This spring, I encourage you to examine your life and note any "cravings" you may need to curb in order to regain your balance. It may mean focusing less on your own desires and more on the needs of others. It may mean finding time doing what is truly important. It may include looking at this beautiful world and enjoying spring with friends and family and being thankful to the one who made it all possible. It may mean standing still, long enough, to know who stands with you.

Semper Fidelis,

CDR Van Dickens

Deputy Force Chaplain

Mark Your Calendar

Extended Liberty

Memorial Day	May 26 - 31
Independence Day	June 30 - July 5

Promotion Selection Boards

Gunnery Sergeant	April 19 - June 17
Reserve Lieutenant Colonel	Jan. 19 - Feb. 1
Captain	Jan. 20 - 31
Captain & Career Designation	Jan. 31 - Feb. 18
Reserve Major	Jan. 25 - Feb. 11
Reserve Staff NCO	Jan. 25 - March 25
Reserve Captain/ Chief Warrant Officer	Feb. 9 - 18

Fitness Reports

Sergeant	March 31
Staff Sergeant	Dec. 31
Gunnery Sergeant	June 30
Master Sergeant/ First Sergeant	June 30
Master Gunnery Sergeant/ Sergeant Major	Sept. 30
Warrant Officer/ Chief Warrant Officer	April 30
Second Lieutenant	Jan. 31 & July 31
First Lieutenant	Oct. 31 & April 30
Captain	May 31
Major	May 31
Lieutenant Colonel	May 31

Message from the Family Readiness Officer



During the month of May we celebrate Military Spouse Appreciation.

I would like to take this opportunity to say thank you to all of the MCTAG Military Spouses for all of the sacrifices you endure as you support your loved ones in the military. Because of

your selfless dedication to your spouse and family they are able to perform at the highest level to serve our great country.

As a military spouse, please know that there are several resources available to you for little or no cost. Some of these programs include L.I.N.K.S., Fleet and Family Support Center, Navy Marine Corps Relief Society, Family Advocacy, Military One Source, and the Exceptional Family Member Program.

There are many other resources available; therefore, if you would like to know more about these programs and what we have to offer, please feel free to contact me at 757-836-0506 or seth.johnson@usmc.mil.

In closing, I encourage the Marines and Sailors to take the time and give a special thank you to your spouse for not only for their dedication and support as a Military Spouse, but for also being a wonderful wife, husband, mother or father.

Thank you again,
Seth M. Johnson

Hampton Roads Events

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Military One Source-----1-800-342-9647
www.militaryonesource.com

Hampton events:

<http://www.hamptoncvb.com/go/events>

Portsmouth events:

http://www.portsmouthholidays.com/december_09.html

Norfolk events:

<http://www.norfolk.gov/Holidays/default.asp>

Chesapeake Events:

<http://www.chesapeake.va.us>

Colonial Williamsburg:

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

Newport News:

<http://www.newport-news.org/>

Bravo Zulu

Marine Gunnery Sgt. Ryan Tracy, MCTAG motor transportation chief and Cpl. Jarrett Rothrock, a MCTAG small arms repair technician, pin on the rank of lance corporal to Stephen R. Campbell who is a native of Erie, Pennsylvania.



Marine Sgt. Oscar Garza, infantry skills instructor and Cpl. Alex Gallegos, training clerk at MCTAG pin on the rank of corporal to Cornail Gaymon who is a native of the Hampton Roads area.



Major William Herron, communications officer at MCTAG leads Staff Sgt. Kyle VanGorder in the oath of enlistment during a reenlistment ceremony at Joint Expeditionary Base Little Creek-Fort Story. VanGorder is a native of Phoenix, Arizona who has honorably served for more than seven years. He serves as the network data chief at MCTAG.



Marine Col. Christopher R. McCarthy, commanding officer at MCTAG and Sgt. Maj. Thomas Hall, sergeant major at MCTAG pin on the rank of gunnery sergeant to the Columbus, Ohio native, Nicholas D. Weatherman. Gunnery Sergeant Weatherman is the radio and communications chief, Coordination, Liaison and Assessment Team, Marine Corps Forces Pacific Command.



Warrant Officer 1 William Rulli and Staff Sgt. Joseph Cusimano pin on the rank of lance corporal to Michael Brenneman Jr. who is a native of Lancaster, Pennsylvania.



Marine Gunnery Sergeants Nicholas Weatherman and Lonnie D. Buckner of the Coordination, Liaison and Assessments Team pin on the rank of gunnery sergeant to David Ponder IV who is a Tampa, Fl. native.



Raleigh, N.C. native, Capt. Darby O. Mee was presented the Navy and Marine Corps Commendation Medal by Col. Christopher McCarthy, commanding officer at Marine Corps Training and Advisory Group (MCTAG), for his exemplary leadership and expertise while serving as a communications officer with Landing Force Communications Programs, Naval Surface Forces Atlantic located out of Norfolk, Va. from May through December 2010.



Hanahan, S.C. native, Sgt. Ricky T. Bergman is presented a Navy and Marine Corps Achievement Medal for his prior selection as the 2nd Marine Division Marine of the Year. Bergman is currently serving as a communications technician at MCTAG.

Family Day







Marine Corps Training and Advisory Group Georgia Training Team



The MCTAG Marines currently deployed supporting the fourth rotation of the Georgia Deployment Program are: from left to right: Sgt. Robert Elsenpeter, Staff Sgt. Marcuss Hernandez, Capt. Julio Maessen, Maj. Matt O'Donnell, Gunnery Sgt. Shaun Leek, Gunnery Sgt. James Wells and Sgt. Tomas Perez.

NAVAL STATION NORFOLK

T.G.I.
Fitness Challenge
AT VISTA POINT BALLFIELDS

FRIDAY, JUNE 24

Challenge begins at 8:00 a.m., followed by the post-event workout and party at noon. Post-event party will have music, entertainment and free food and refreshments for all event participants.

Prizes will be open to all of Station Command. Commands will compete in a series of fitness events to include sandbag stacking, T-shirt race, relay race, obstacle course and tug of war.

PRIZE MONEY AWARDED TO WINNING COMMAND!

NAVY FITNESS ESTABLISHED 1977 - TODAY

ADVISE YOUR OPTIONS

MWR

An event information package along with registration form may be obtained by contacting the N-24 fitness and sports office.
Call 444-2276 for more information.

NEW INFORMATION!
Get more info on your cell phone!
In the "USO" window, tap your area of interest: **WARRANTY, SERVICE or MORTGAGE**

Become a fan of "Naval Station Norfolk" on Facebook!

MILITARY MOMS DAY OUT
Brought to you by

In celebration of Armed Forces Day McDonald's and our supporting partners would like to honor YOU, our home front heroes, with a Military Moms Day Out. Join us for information sessions, a hip hop dance lesson, door prizes and much MORE! Everyone in attendance will receive a token of appreciation from McDonald's and each supporting partner for the sacrifice your family makes for our country. Gifts will be distributed while supplies last so be sure to get there early!

Information Sessions:
Topic: Women's Health & Wellness by Komen for the Cure and partners - Starts at 12 p.m.
Topic: Women's Fitness & Nutrition by McDonald's Dietician Shaye Arluk, MS, RD, HF1 - Starts at 1 p.m.
Hip Hop Dance Lesson will be lead by Shaye Arluk and will begin at 1:30 p.m.

Date: Saturday, May 21, 2011
Time: 11 a.m. - 3 p.m.
Location: USO Center on JEB Little Creek/Fort Story Virginia Beach, VA (MUST ENTER THROUGH GATE 1)
This event is open to ALL women with a Military ID

This event is supported by the following partners:

Advanced Fuller School of Massage Therapy
and many more.

Single Marine and Sailor Program

Upcoming Events

May 21 - Armed Forces Night at the Norfolk Tides game. The game is at Harbor Park in Norfolk and is free to any Single Marines that would like to attend. Transportation will depart the MAC Center at 1730 for the game. Game starts at 1900.

June 3 - Brad Paisley concert at Farm Bureau Live in Virginia Beach. Lawn Tickets for this concert are being offered to all Single Marines at a price of \$20. Transportation to leave the MAC Center at 1600. Please come by the MAC Center to sign up for this event or contact Kurt Isenberg. The deadline to get tickets is set for 26 May.

June 8 – 10 - 2011 Law Enforcement Torch Run. SMP will be helping to carry the torch to Richmond by foot to kick off the Special Olympic Summer Games. This is a volunteer opportunity for the Special Olympics and is a really great event. More information on times to follow shortly. Please come by the MAC Center to sign up or contact Kurt Isenberg.

June 18 - Washington Nationals baseball game in Washington DC. Tickets to this game will be offered to all single Marines at a price of \$15, which includes a \$10 food/drink voucher. Transportation will leave the MAC Center on Saturday the 18th at 0730 and will come back following the game. The deadline for this event is 03 June! Come by the MAC Center to sign up or contact Kurt Isenberg.

June 21 - SMP free movie night. SMP will provide tickets to enjoy a movie of choice. Transportation to leave the MAC Center at 1730.

June 25 - Def Leppard concert at Farm Bureau Live in Virginia Beach. Lawn tickets will be offered to Single Marines at a price of \$25. Transportation to leave the MAC Center at 1730. Please come by the MAC Center to sign up or contact Kurt Isenberg. The deadline to sign up for this concert is 17 June.

**** Transportation will be provided to all events****