

Family Readiness Officer Contact Information

3d Marine Logistics Group

DSN: 637-1015 Blackberry: 080-1293-6237

9th Engineer Support Battalion

DSN: 623-4289 Cell phone: 080-2701-1645

3d Medical Battalion

DSN: 645-3179 Cell phone: 080-2701-1638

3d Dental Battalion

DSN: 645-2673 Cell phone: 080-2701-1643

Combat Logistics Regiment 37

DSN: 637-5397 Cell phone: 080-2701-1634

Combat Logistics Regiment 35

DSN: 637-6600 Cell phone: 080-2701-1635

3d Maintenance Battalion

DSN: 637-5613 Cell phone: 080-2701-1641

3d Supply Battalion

DSN: 637-0115 Cell phone: 080-2701-1642

Combat Logistics Regiment 3

DSN: 645-7420 Cell phone: 080-2701-1636

Combat Logistics Battalion 4

DSN: 645-2972 Cell phone: 090-6861-0996

Combat Logistics Battalion 3

DSN: 257-2514 Cell phone: 080-8358-3940

For more detailed contact information, go to

www.3rdmlg.marines.mil

Select "Units" and find your unit.

Click on the "Personal and Family Readiness" tab.

Useful Websites

eMarine

www.emarine.org

MCCS Okinawa

www.mccsokinawa.com

Military One Source

www.militaryonesource.com

USO

www.uso.org

Navy-Marine Corps Relief Society

www.nmcrs.org

American Red Cross

www.redcross.org

Tricare

www.tricare.mil

U.S. Naval Hospital Okinawa

www.med.navy.mil/sites/nhoki/

Okinawa Marine Magazine

www.mcipac.marines.mil/PublicAffairs/OkinawaMarine.aspx

Air Mobility Command (AMC)

www.amc.af.mil/amctravel/index.asp

Kadena Air Force Base

www.kadena.af.mil

Torii Morale Welfare and Recreation

toriiimwr.com/index.html

Motomail

www.motomail.us

Military Spouse Resources

www.milspouse.org

National Military Family Association

www.nmfa.org

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3d Marine Logistics Group

Unit, Personal and Family Readiness Program

Taking Care of Our Most Important Resource





eMARINE

...delivering readiness information to Marines & those who support them

- A secure site available only to Marines, service members, and their family members.
- Provides family members with a valuable tool to access documents, view photos/videos, participate in forums, and gain important information about their Marine's unit from anywhere in the world, 24/7.
- Promotes a community feeling within units by providing a place that is customized to the unit and contains content that is controlled by the unit.

Getting Started on eMarine:

- 1) Go to www.emarine.org
- 2) Click "Find a Unit Site"
- 3) Click the location of your unit on the map, or use the links below the map to select your unit's location.
- 4) Locate your unit in the list. Click your unit's name to continue.
- 5) Fill in the appropriate information. For example, select "I am subscribing as a family member." Enter your name and email address. Then enter your sponsor's name and the month and day of his or her birthday (MMDD). Press Continue.
Note: The entered first name, last name, & birthday must match exactly what is in the unit's sponsor database.
- 6) Select a username and password for the eMarine system. Usernames are not case sensitive. Passwords, on the other hand, must contain at least one uppercase letter, one lowercase letter, one number, and be at least 8 characters long. Passwords are case sensitive. Then, enter your e-mail address. Click Complete Registration.

If your sponsor identified you as a sponsored user in the eMarine system, you will be automatically approved for your unit. Once your registration is complete, you will see your unit's home page.

If your sponsor did not identify you as a sponsored user in the eMarine system, you will be placed on a waiting list for your unit. Your sponsor or your FRO will review your application to join the unit and will approve it. Once approved, you will be notified via email. The next time you log into the system, you will be able to access your unit site. Contact your FRO if you need assistance!

What is the Family Readiness Officer?

The Family Readiness Officer (FRO) is the face of the commander's vision for the Unit, Personal and Family Readiness Program (UPFRP). The FRO provides direct coordination for the UPFRP with the commander, Marines and Sailors, their families, and all of the available resources and organizations, both on and off DoD installations. The FRO ensures resources are leveraged to educate, prepare, and empower Marines, Sailors, and their families as directed by the commander's intent and vision.

What the FRO can do for you!

Your Family Readiness Officer provides valuable resources and referral service to you:

- On and Off Base Resources
- Support During Deployment
- Referral Assistance
- Updates from the Unit
- eMarine
- USMC Insights
- Welcome Aboard Information
- Morale Support Events
- Support for Single Marines
- ... and much, much more!



Unit, Personal and Family Readiness Program (UPFRP) Mission

The UPFRP is a combat multiplier. It is equally as important as individual, equipment, and combat readiness. The ability of the individual Marine and their family to successfully balance: mission events, life events and career events supported by the enduring partnership between the unit's Family Readiness Command Team and the Marine Corps Community Services (MCCS) Team results in a high level of readiness.

Four Tenets of the UPFRP

1. Official Communication
2. Readiness and Deployment Support
3. Information and Referral
4. Volunteer Management

UPFRP Volunteer Opportunities

Contact your FRO regarding volunteer opportunities!

Command Team Advisor

The role of the Command Team Advisor(s) is to:

- Serve laterally with the Family Readiness Command Team leadership to support the UPFRP.
- Serve as an additional feedback mechanism from the families to the Command Team and attend all UPFRP meetings.
- Contribute content to family readiness communications and assist in development of unit communication strategies.
- Provide family insight to the Family Readiness Command Team regarding the overall UPFRP and family well-being.
- Participate in Family Readiness Command Team planning and assessment activities as determined by the commander.
- Make every attempt to attend family readiness-related functions such as Pre-Deployment Briefs, family days, and Return and Reunion Briefs.
- Embody the unit commander's family readiness goals and possess a desire to support Marines and their families in order to increase family readiness and improve quality of life within the unit.

Family Readiness Assistant

Under the guidance of the FRO, Family Readiness Assistants support the family readiness mission by:

- Welcoming unit families (following command contact).
- Providing feedback from unit families.
- Assisting with information and referral services.
- Assisting the FRO with family readiness communications, as needed. Will keep the FRO apprised of issues/contacts made with unit families.
- Initiating individual contact with families as necessary and directed by the FRO.
- Publicizing morale support events.
- Assisting the FRO in evaluating and assessing communication quality and overall effectiveness.
- Conducting unit outreach as determined appropriate by the commander or the FRO.

Volunteer

Volunteer for one-time morale support events or family readiness projects.