



DEPARTMENT OF THE NAVY



2014 Newsletter

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Headquarters, USMC: Command of the Week



The sailor bear from NMCGRF gets a little up close, personal, and camera time with Sgt. Medina, nearing the fair end.

On Wednesday, 19 November 2014, Headquarters United States Marine Corps held its CFC mid-campaign rally at the Pentagon. The event was hosted by Marine Sergeant Liz Medina, the current National Miss Virginia 2015. The fair featured fifteen Military and Veteran affiliated charities, with one even flying in all the way from Houston, Texas.

The host and guest of honor, Sgt Medina, spoke directly and passionately about her personal struggle with Post-Traumatic Stress Disorder (PTSD), in hopes of spreading greater awareness of a very real condition. Many of our service men and women have battled and overcome PTSD to lead healthy and productive lives, as has Sgt. Medina. The essential message to all attendees and those fighting the battle was to recognize it, own it, and beat it.

The baked goods fundraiser raised \$170. HQ USMC now sits at 88% of it's command goal!



Chesty is crowned by Sergeant Liz Medina for the day and graciously guards the crown, while Sgt. Medina is in uniform.



Ms. Catalina Garcia, HQ, USMC Campaign Manager rousing and greeting



Ms. Sara Sims, Development & Volunteer Coordinator, from the Navy Marine Coast Guard Residence Foundation-Dignity, Friendship, Security.



Our four-legged friend even getting into the fair spirit!

Command Standing

- 1st Place—USMC (88.3%)
- 2nd Place—SPAWAR (63.2%)
- 3rd Place—CNIC (60.5%)
- 4th Place—SECNAV (53.5%)
- 5th Place—NRL (51.7%)

SSP 100% Club

EVENT TIPS:

- Flags may be presented or posted and do not have to be retired at the end of the ceremony.
- Veterans in civilian clothes may now salute, per recent Congressional law change.
- If crafting and reviewing remarks, be sure speeches do not encroach upon each other, especially upon the remarks of the most senior speaker speaking last.
- Be sure to double-space scripts and/or sequences of events and include page numbers.
- MC should be a good public speaker, with the ability to improvise and engage the crowd on the fly. Once the event has begun, the show is essentially theirs.
- When entertaining guests from another country, be cognizant of the use of their national colors in floor runners. Some countries consider it a grave offense to walk on their national colors.



Sgt Liz Medina: Proud to be your National Miss Virginia



Liz Medina is a 25-year-old Marine Corps veteran who served during Operation Enduring Freedom - Afghanistan. After immigrating from her birthplace in Lima, Peru, Liz displayed a strong sense of patriotism in gratitude of all the things the United States had to offer her.

Shortly after graduating from James Ford Rhodes High School in Cleveland, Ohio in 2006, Liz decided to serve her country by enlisting in the U.S. Marine Corps as a private first class. Liz' first assignment was at a supply battalion at Headquarters Marine Corps, Henderson Hall in Arlington, Va. Nearing the end of her enlistment, Liz deployed to Afghanistan Sept. 11, 2010, leaving behind her 18-month-old daughter and her husband at the time.

Her experience overseas changed her life forever. In December 2010, a vehicle accident in Kabul, Afghanistan left Liz with a fractured skull, resulting in a traumatic brain injury (TBI). Upon returning home, she was also diagnosed with post-traumatic stress disorder. Liz' battle at home was not an easy one. Suffering from regular blackouts and nightmares, Liz faced some of the most challenging points of her life. Her marriage was also greatly affected by her struggle, and ended as a result.

Liz left active duty May 2011, but still felt a strong sense of devotion in serving those who served. Today, Liz dedicates her spare time volunteering at her local USO, and often gives free Zumba classes to troops. Filling the role of a single mother, she also works full time and studies history at Northern Virginia Community College. In overcoming the toughest battle of her life, Liz discovered resources that aided in her fight against PTSD. And through her own accord, she became committed to sharing these resources, making sure no veteran ever feels alone.



WE WON'T STOP UNTIL IT'S

POVERTY

A WIDER CIRCLE

Saturday, 15 November 2014, the Department of the Navy CFC/National Capital Area (NCA) Campaign Managers and Loaned Executives participated in a volunteer effort at A Wider Circle of Silver Spring, Maryland. In the spirit of giving, attendees donated several hours of their time to make a difference.

A Wider Circle utilizes a holistic approach to include provisions of furniture and other basic necessities, as well as job preparedness, life skills, and long-term support for recipients. CMs and LEs joined the more than 15,000 volunteers who serve each year to help more than 16,000 families, ensuring "that those with the greatest need become our greatest priority."

A Wider Circle:

- Operates with less than 2% overhead;
- Furnishes the homes of approximately 4,250 families;
- Allows people to drop off items seven days a week at their Center for Community Service or to schedule a pick-up;
- Depends on donations from local community members, businesses, and foundations in order to provide services (free of charge) to those most vulnerable; and
- Allows volunteer efforts seven days a week.



MSgt Michael Octavio, USMC CFC Co-CM, and family (wife, Laurie, and son, Gabe) posing for the camera and volunteering at A Wider Circle.



Cheerful volunteers Lisa Haynes, Cynthia White, and Bernetta Lane, chatting around the table before beginning their volunteer effort at A Wider Circle.



Mr. Gregory Clark doing his part at A Wider Circle!



(L-R) Mark Bergel, Ph.D., Founder & Executive Director, A Wider Circle; Ms. Rama Latin, DON CFC/NCA Charitable Campaigns Administrator; and command Campaign Managers, co-Campaign Managers, family, and friends feeling good and fulfilled about the day's service!



Dates-to-Remember

- 24 Nov: ONI HQ Charity Spotlight - Paws4Vets, 1000-1330, MWR Hall
- 25 Nov: ONI Holiday Gift Card Raffle, TBA
- 02 Dec: NAVSEA "Halftime" Rally/Event with Hot Dog Sale, 1130-1300, Taylor Room, Carderock Bldg.
- Dec: NAVSEA Sponsored Online Giving Day, 0800-1500, WNY Bldg. 201 Atrium
- Dec: CFC Charity Fair, 1030-1230, Apex 9/10 and 1/2, Pentagon
- Dec: CFC Giving Tuesday, All Day Online
- 03 Dec: CFC Charity Fair, 1030-1230, Apex 9/10 and 1/2, Pentagon
- Dec: CNA CFC Chili Cook-off/Silent Auction, 1200-1330, CNA HQ
- Dec: ONI 2014 CFC Tailgate Food Fair, TBA
- 04 Dec: DON/AA HRD Chili Cook-off, TBA
- Dec: NAVSEA's Got Talent Show, 1000-1300, NAVSEA West Cafeteria
- Dec: BUMED Chili Cook-off, 1000-1300, DHA HQ
- Dec: CNIC Combo Cooking Contest & Football Toss, 1000-1300
- 05 Dec: OPNAV Holiday Lunch Party, Pentagon
- 10 Dec: CFC Charity Fair, TBA, Pentagon
- 23 Jan: DON CFC/NCA Awards Ceremony, *Save-the-Date!*



NEED-TO-KNOW

- Universal Giving: Find and donate to your favorite CFC charity at <http://cfcncn.org/>
- You may donate via Payroll Deduction, Credit/Debit Card, or eCheck one-time or recurring
- Please visit <http://cfcncn.org/campaign-workers/pledge-drop-off-locations> for a list of Pledge Drop-off locations
- Highlight your Command CFC events by uploading at <http://cfcncn.org/event-summary-form>
- Keep up with CFC/NCA at <https://www.facebook.com/cfcncn>



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As of 11/18/14
the Navy-Marine Corps
has raised
\$1,021,237



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