

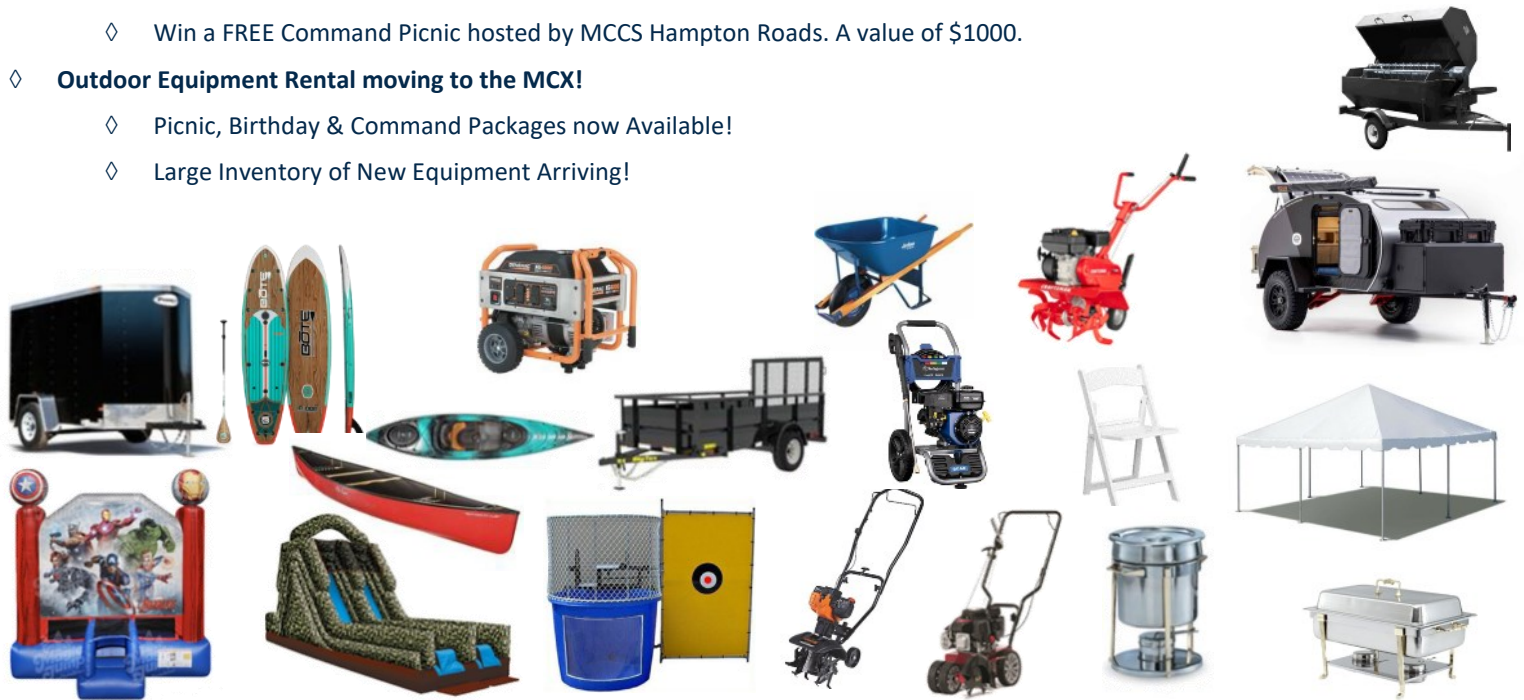


August 2022

## Hot Off the Press!!

Scan QR code for more information.

- ◇ Firestone Auto Care Center Opening! Date TBD.
- ◇ Indoor Shooting Range Opening for Command Training! Tentative time frame October\November.
- ◇ New Food Concept Opening! Tentative time frame October\November.
- ◇ Tax Preparation Service coming soon!
- ◇ MCX Alcohol Prices are being reduced to 10% Lower than ABC Stores starting 3 August!
- ◇ FREE Winter Wonderland Holiday Party Venue! Available to Marine Corps commands. Reserve now!
- ◇ 1st Annual Command Challenge coming soon!
  - ◇ Win a FREE Command Picnic hosted by MCCS Hampton Roads. A value of \$1000.
- ◇ Outdoor Equipment Rental moving to the MCX!
  - ◇ Picnic, Birthday & Command Packages now Available!
  - ◇ Large Inventory of New Equipment Arriving!



## SMP Regional Field Meet

August 5, 8 AM - 5 PM  
Slate Cutter Park

SMP and HITT host the Hampton Roads Regional Field Meet, comprised of multiple team-based events. All Marine Corps commands are encouraged to participate. Contact your local SMP Rep for details or call 757.749.7897.



## MCX Sales

July 27 - August 9

**Bonus Saving Coupons...Red Tag Clearance**

Get Corps Cash to be redeemed August 15-17. 20% Off grills and smokers. 20% Off select clothing and select logo items. Selection varies by location.

July 27 - August 16

**Fall Home Event**

Bath and Body Works. Special pricing on candles, room sprays, fragrance refills and wallflower heaters

August 10 - 25

**Back to School**

20% off kids' apparel, buy one - get one 50% off shoes, socks, underwear, bras & daywear

August 24 - September 6

**Labor Day Sale**

Bonus Savings Coupons. Red Tag Clearance. 20% Off Grills, smokers, Pellets and wood

## Barefoot Days Of Summer

Saturday, August 6...1-4 PM

Join us at the Camp Elmore MCX for a tasting featuring Barefoot Wine & Fruitscato



## Recreational Events

[mcftb.mccshr@usmc-mccs.org](mailto:mcftb.mccshr@usmc-mccs.org) or [efmp.mccshr@usmc-mccs.org](mailto:efmp.mccshr@usmc-mccs.org)

**August 2, 9:30-11:30 AM: Prepare with Pedro**  
Navy Region Mid-Atlantic Fire & Emergency Services  
Station 4, 8000 Hampton Blvd, Norfolk  
Partnering with FFSC - Touch a truck, cool down with fire hose spray, and learn about emergency safety.  
RSVP: [efmp.mccshr@usmc-mccs.org](mailto:efmp.mccshr@usmc-mccs.org)



**August 13: Day at the Pool @ Kings Pointe Pool**  
MWR Sponsored Event  
Enjoy a day at the pool and a creamsicle too - while supplies last). Pool is open Noon-7 PM. EFMP staff to be on deck at the pool from 1-2 PM to give enrolled families a free pool noodle. Let us know you are coming - 757.981.1990

**August 19: Dive in Movie @JEB Little Creek Gator Water Park - FREE Event!**  
Partnering with MWR JEB Little Creek. Pool deck opens at 7 PM. Movie starts following Evening Colors. Prizes and giveaways awarded. Beach chairs and blankets welcome. Water slides will be turned off at the start of movie. Every USMC EFMP family who checks in with our staff will receive a pool noodle and free popcorn. Let us know you will be there - [efmp.mccshr@usmc-mccs.org](mailto:efmp.mccshr@usmc-mccs.org)

**August 21, 11:30 AM: Military Spouse Social**  
**The Dirty Buffalo, 612 Grassfield Parkway, Chesapeake**  
Fun and friendship! Join us for an opportunity to relax, unwind, and expand our friend network! Appetizers provided by MCCS Hampton Roads! Registration not required.

**August 25, 10 AM: Military Spouse Walking Group**  
**Mount Trashmore 310 Edwin Drive, Virginia Beach**  
Let's get our walk and talk on as we build lasting friendships! Registration not required.

## Single Marine Program... Opportunities for Single Marines

[smp.mccshr@usmc-mccs.org](mailto:smp.mccshr@usmc-mccs.org)

**August 10, 3-4 PM: Southside SMP Council Meeting @ Camp Elmore**

**August 17: Anime Watch Night @ Camp Elmore (Time TBD)**  
Contact your local SMP Rep for details.

**August 18, 1-2 PM: Peninsula Council Meeting @ Yorktown**

**August 19: Norfolk Tides Baseball Game (Supported by NSA Navy MWR)**  
Price: Special discount price of \$10 Per Person. Spots are limited and are first come – first serve. Registration is required. To Reserve Your Spot: 757.444.0347

**August 20: APEX Entertainment Center Trip (Northwest Annex)**  
Price: Free. Registration is still required. To Reserve Your Spot: 757.421.8250

**August 26: Corolla Outback Adventures**  
Take a tour of different sanctuary sites and seeing different wildlife.  
Price: \$50 Per Person. Registration is required. To Reserve Your Spot (Deadline August 19): 757.749.7897

**August 27: OceanBreeze Waterpark**  
Enjoy a full day at the water park with your fellow Marines! \$50 per person. Spots are limited to 14 people and are first come – first serve. Registration is required. To Reserve Your Spot (Deadline August 19) : 757.749.7897

**August 27: Swim Clinic @ Fleet Rec Park Pool**

Pool telephone# 757.444.2134

Increase Marines' familiarity with the water environment, improve water survival qualification success rates, and reduce accidental drownings. We will go over proper technique for treading water, submersion drills, front crawl, breast stroke, side stroke, and back stroke. At the end of the clinic, you will be handed a 2 or 4 week Basic Water Survival Training Program. All interested Marines contact 757.288.8916.

**Uniform of the Day: Green on Green**

## Training and Education

[mcftb.mccshr@usmc-mccs.org](mailto:mcftb.mccshr@usmc-mccs.org) or

[efmp.mccshr@usmc-mccs.org](mailto:efmp.mccshr@usmc-mccs.org)

**August 2, 7-8 PM: EFMP Virtual class**  
**PCS Transitions**

PCS moves are a way of life and increasingly more difficult with a differently abled spouse or child. We will cover how the installation EFMP offices do a warm handoff to the gaining installation (when orders are endorsed) and identify helpful ways to talk to your children about the move. We will review and share updated moving resources adding to your family's successful move.

**August 10, 6-8 PM: MCFTB Virtual class**  
**L.I.N.K.S. Foundations (Modules 3 & 9): Events & Etiquette and Building Your Network**  
L.I.N.K.S. Foundations is an interactive program that introduces parents, spouses, Marines, and kids to the Marine Corps lifestyle. It provides essential information about benefits and entitlements, resources, Marine Corps history and traditions, separation and deployment, military pay, and more.

**August 15, 9-11 AM: MCFTB In-Person**  
**Bridging the Generation Gap**  
This interactive workshop shows participants the unique characteristics of the different generations which exist today, providing a foundation to enable improved communication across generations through increased knowledge of generational characteristics, influences, and priorities.

**August 17, 6-8 PM...MCFTB Virtual class**  
**L.I.N.K.S. Foundations (Modules 5 & 6): Pay & Entitlements and Deployment 101**  
L.I.N.K.S. Foundations is an interactive program that introduces parents, spouses, Marines, and kids to the Marine Corps lifestyle. It provides essential information about benefits and entitlements, resources, Marine Corps history and traditions, separation and deployment, military pay, and more.

**August 18, 11 AM-Noon, MCCS Hampton Roads**  
**Conference Room**  
**Intro to EFMP**

This training is for leadership, points of contact and service members who are unsure as to whether their family member qualifies. We will cover eligibility, the enrollment process, requirement to update, disenrollment, assignment process, family support and all the myths! You can prepare by referencing MCO 1754.4C \*Bring Lunch\*

**August 22, 7-8 PM, EFMP Virtual Training**  
**Special Education Overview**

During this training we will identify the federal laws surrounding special education and break down the Special Education cycle. We will identify effective communication tactics, learn of the USMC EFMP attorneys and additional state and local resources.

Norfolk MCX



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on  
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MCCS Hampton Roads







# ***SMP HAMPTON ROADS REGIONAL FIELD MEET***



When? - August 5th  
Where? - Slate Cutter Park  
Time? - 0800-1700

Marine Corps Commands coming together to compete for who's the best! Build comradery and unit cohesion through competition!

**WIN THE  
REGIONAL  
TROPHY**

For more information, contact: [SMP.MCCSHR@usmc-mccs.org](mailto:SMP.MCCSHR@usmc-mccs.org)

# Prepare with Pedro

**Be Prepared, Not Scared!**

**Families are invited to learn about emergency safety,  
pick up important information, "touch a truck" and cool down  
in the spray of a fire hose!**



**Military families are welcome!**

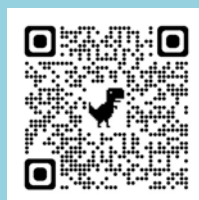
**Tuesday, Aug 2 - 0930 to 1130**

**RSVP at: [efmp.mccshr@usmc-mccs.org](mailto:efmp.mccshr@usmc-mccs.org)**

**Location: Navy Region Mid-Atlantic Fire & Emergency Services Station 4,  
8000 Hampton Blvd, Norfolk**

**The firetruck and ambulance will welcome climbers!!**

**Resources will be available and don't forget a towel!**





Enjoy a day at the pool and a creamsicle too!!  
While supplies last

# NATIONAL Creamsicle Day



**Saturday  
13 August**

**Noon - 7 PM**

**MWR Sponsored Event**



No Navy endorsement implied



No Marine Corps endorsement implied

EFMP staff member will be on deck at the pool, 1-2 PM  
We have pool noodles to give to enrolled families  
so let us know you are coming!

[efmp.mccshr@usmc-mccs.org](mailto:efmp.mccshr@usmc-mccs.org) / 757.981.1990



Military OneSource Feedback



Grab your towel and floatie  
and meet us at JEB Little Creek Gator Water Park  
for their Summer Dive-In Movie Series



Partnering with MWR JEB Little Creek

## FRIDAYS: JULY 22 & AUGUST 19

Pool deck opens at 7 PM

Movie will start following Evening Colors

Prizes & giveaways awarded

Beach chairs and blankets are welcome

Water slides will be turned off at the start of movie

*FREE!!*



Open to active duty, Reservists, retirees, DoD civilians and eligible family members

USMC EFMP FAMILIES >>>> come join the fun at this FREE EVENT!

Every USMC EFMP family who checks in with us will receive a pool noodle and free popcorn!

Let us know you will be there!

EFMP.MCCSHR@USMC-MCCS.ORG





Join MCFTB Camp Elmore for our

# *Spouse Social*

**1800, 26 April**

*Elation Brewing, 5104 Colley Ave, Norfolk*

**1800, 25 May**

*Mellow Mushroom, 110 S Henry St, Williamsburg*

**1800, 28 June**

*Buffalo Wild Wings, 101 S. Independence Blvd, Virginia Beach*

**1000, 17 July**

*Pour Girls, 17 E Queens Way, Hampton*

**1130, 21 August**

*The Dirty Buffalo, 612 Grassfield Pkwy, Chesapeake*

**1800, 28 September**

*SweetFrog, 4360 George Washington Memorial Highway, Yorktown*

**1800, 20 October**

*Elation Brewing, 5104 Colley Ave, Norfolk*

**Need more information??**

**(757) 288-8269**

**[omb.mcftbnorfolk@usmc-mccs.org](mailto:omb.mcftbnorfolk@usmc-mccs.org)**

**No-host dinner and drinks, appetizers provided!**

# Let's Walk & Talk



*Want more information?*

*[omb.mcftbnorfolk@usmc-mccs.org](mailto:omb.mcftbnorfolk@usmc-mccs.org)*



*Mount Trashmore  
310 Edwin Dr, Virginia Beach*

28 April @ 1000

26 May @ 1000

23 June @ 1000

28 July @ 1000

25 August @ 1000

22 September @ 1000

27 October @ 1000