

# C PERATORS

## A - May - zing

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As you prepare to celebrate the July 4th holiday, pause and remember what freedom costs, especially to all our military members who are not with their families for this celebration.



This May, Marriage Management was able to serve 110 military personnel: 47 couples and 14 wives with deployed spouses, all in a ten-day period! A May thing - Amazing! May 18-20 we were at Mo Ranch in Hunt, Texas with Camp COPE. We had 66 persons, many Wounded Warriors from Fort Hood, attending our marriage class. Several of those were wives who attended alone last year, and this year brought their husbands, recently home from deployment.

Our special thanks to Elizabeth Reep & Sara Bravo of Camp COPE for setting up the Mo Ranch class. We always love our trip to Hunt, Texas. The setting at Mo Ranch is beautiful, serene, incredibly peaceful and so good for the families.

The following week, May 26, FFSC (Fleet and Family Service Center) at NAS-JRB, Ft. Worth, sponsored a workshop for military couples in the area. 22 couples attended. The evaluations were terrific. (Highlights of those evaluation are listed on page 2.) We are absolutely thrilled with the response!

Karen Fitzgerald of FFSC has been a tireless supporter of our programs. She arranges for funding and does much of the publicity on base. We also work with the base Chaplains: Lt. Guy Thompson & Chaplain Christopher Grady. Couples coming to the base chapel to be married are referred to MMC to help with their marriage preparation. We are also able to qualify them for a state certificate for a \$60 discount on their marriage licenses.

### MEGs Update:

An 8 hour class is a great way to start dealing with issues in a positive manner, but reinforcement is always needed. That is what MEGs do.

Our long goal to set up follow up groups is beginning. **Friday, July 27 from 7-9 PM** is the Kick off Date Night at the Trinity Hotel, Beach St. & I-30, Ft. Worth.

A typical Marriage Enrichment Group (MEG), meets once a month as a positive support group. There is a brief sharing on a topic, private time for talk about the topic. The final ingredient

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## Donors

We want to thank the **MGN Foundation** and Marcia Nappi, founder, for a \$2000 donation this year! This is the second year that MGN has donated in support of our programs. We have just purchased 100 work books for military programs and are working to schedule a date for another Ft. Hood program.

**Your donations are a much welcomed life line!**



**Total Participants served by MMC in 2012**  
(thru May 31)

**Military: 139**

**Civilian: 87**

**Completed Programs:**  
Ft. Sill, OK  
Mo Ranch, TX  
NAS-JRB,  
Ft. Worth Texas

From: The Huffington Post  
1/2/12

**Military suicides** have increased since the start of the wars in Iraq and Afghanistan, according to a [Center for a New American Security Suicide report](#).

In the fiscal year **2009 alone, 1,868** veterans of these wars have made suicide attempts, [according to armytimes.com](#).

**A veteran commits suicide every 80 minutes**, [a fact the study attributes to the VA](#).

MMC is committed to creating healthy military families to help reduce these statistics!

### Administration

#### Meet our Board of Directors and Advisors

**Bob & Barbara Lovelace**—Business & Funding

**Dr. Tom & Dr. Roseanne Lozinski**—Psychology & Education

**Col Karl & Sue Oelke**— Military Procedures and Protocol

**Mark Wiser**— Attorney at Law

**Deacon Ron Aziere**— Spiritual Support

**Roberta Wolf**— Counseling & Addictions

**Eva Dorsey**— Finance & Accounting

We thank these wonderful people for their advice, guidance and continual support.

#### MEGs (from page 1)

is voluntary open dialogue with the other couples. Refreshments are usually served. There is time for socializing after the formal portion of the meeting.

If possible, we may offer child care using existing post child care or licensed, screened church child care. This allows couples with small children to attend these refresher classes.

Reinforcement and practice are keys to changing behaviors and building a positive marriage.

#### Meeting with FAC

May 17 we met with the director of Soldier and Family Services (SFAC) and the Family Advocacy Center (FAC) about scheduling MMC programs at Ft. Hood. Both are enthusiastic about offering marriage programs. They are familiar with the Active Relationship Military we usually teach. The need on base is huge.

With the donation from MGN foundation and CFC and SECC we are hoping to schedule a program for late July.

#### Marriage Magazine

Marriage Magazine, the only publication dedicated to marriage, published an article about MMC in their winter edition. They asked for MMC to be a regular contributor. The summer issue contains “Becoming A Couple Again” which we forwarded from the Uniformed Services University and an article contributed by Barbara Zielinski on “Making Time Work For You” for information about subscriptions check the web site— [www.marriage-magazine.org](http://www.marriage-magazine.org). Or call 1-800-627-7424.

#### Fundraising:

Our charity code is for **Combined Federal Campaign (CFC)** is **17228** For **State Employee Charitable Campaign (SECC)** our code is **283522**. If you receive a State or Federal government paycheck, consider making Marriage Management part of your charitable giving!



## We had many outstanding evaluations this month, Here are some, verbatim, from our Mo Ranch & NAS-JRB classes:

### What I liked most about this class:

“Great information.”

“How much it will grow my marriage.”

“Thank you. I will have a better communication with my husband and understand his needs.”

“The tools to use after we go home.”

“The instruction was well planned and presented. The environment was safe.”

“That we covered vital material that affects every aspect of our lives and the humor.”

“The instructors were knowledgeable and fun.”

“Help with solving things in our marriage without fighting.”

“It taught us that everybody has disagreements and that to be successful is how you handle it.”

“Great information and strategies.”

“I learned more about my husband today than in over 1 year of marriage counseling. This was really helpful.”

“The instructors were relevant & useful. The information was new & fresh and can be applied easily to our marriage in addition to any other relationship. I liked the openness and insight the instructors provided and this class was 100% engaging.”

“Learned how to talk *to*, and not *at* him.”

“They took this time and explain, they also understand and know what we as army wives & soldiers have to deal with every day. And I thank them for that.”

“I learned a lot about myself and my spouse. I left here today with some good tools to enrich our marriage. It was well put together with good info and presented with a personal approach. I will be recommending this to all my Marines.”

“Interaction with my spouse.”

“Exercise to reinforce the lesson. Handbook to cross reference & for later use.”

“I learned more than I thought I could learned. I feel I can be closed minded. This allowed me to open up.”

“Important for military couples.”

“It allowed us to discuss our problems in a positive place.”

“Was learning some better ways to be a good listener when I have a very hard time doing that. I found the SMART [conflict resolution] card to be a resourceful tool that we can both use when it comes to better communication.”

“My husband listened while I talked.”

“The tips given to learn how to communicate.”

“It was genuine. Not a fake “Picture Perfect” couple or scripted agenda.”

“Great class from an experienced couple. I wish Bob & Barbara would travel to [other] military installations and give the class.”

**What I didn't like about this class was:**

How quickly it went (need more time)"

"Length- should be longer and not on a time schedule."

"Too short."

"There wasn't anything I didn't like about this class."

"I wish we had more time."

"Not enough time."

"Too short."

"Just wanted it to be longer."

"Awesome class! 100% better than I expected!"

**Other comments:**

"This program is needed for military and civilian marriages. Thank you [for] providing a dynamic class. I will use the skills with my wife."

"You both were answered prayer! Your information was so eye opening & much truth and emotion was shared between my husband & I because of the tools you presented to us."

"Awesome course at the right time. Been to many and this was very helpful and equal aimed at both spouses."

"The knowledge and I learned a lot about my spouse and learned a lot about myself and better way of understanding my family."

"It was interactive. I liked to participate. It had a lot of good information."

"Individual exercises to put info into practice."

"Resolving conflict."

"I learned about triggers which I hadn't ever heard before."

"Bob & Barbara, you guys do an amazing job presenting and encompassing the subject of marriage. Thank you for helping military families. Semper Fi!"

"Thank you Bob & Barbara for this enrichment class. It's exactly what my husband & I needed to rekindle our relationship. Also, thank you for the child care."

"Overall very good."

"Great job, let's get this course in other USAF locations!"

"Need to start follow-up group at NAS-JRB— (See MEG article.)"

"Thank you for providing today's workshop. Not only did it help us learn to communicate more effectively, we made some new friends who can share their marriage experiences with us and vice versa."



Serving those who serve our country.

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