

Marine Transport Squadron One Family Readiness Policy

Fellow Roadrunners,

Marines, Sailors and their families are Marine Transport Squadron One's most valuable resource. Because of the vital role that you and your families play to the squadron's success, it is essential that you maintain the highest possible levels of personal and family readiness.

The mission of the Unit, Personal and Family Readiness Program (UPFRP) is to train and prepare every Marine and their family to be resilient when faced with life's challenges. As your commander, I am responsible for ensuring that the VMR-1 UPFRP is robust, dynamic, applicable and accessible to you and your family members. The primary means I have at my disposal to make this happen is the Family Readiness Officer (FRO), Mrs. Bonnie Malyk, and the Family Readiness Team of VMR-1. I assure you that we will do everything that we can to make you and your families as ready as possible to successfully balance the challenges of the military lifestyle, family, career, and mission events. While the Command Team may be able to provide the resources to do this, you, the individual Marines and Sailors, are responsible and accountable for taking full advantage of these resources to ensure your personal and your family's readiness. The goal of VMR-1's UPFRP is to **educate**, **assist** and **empower** our Marines, Sailors and families to take care of themselves.



As I stated earlier, it all starts with our FRO, Bonnie. That being the case, it is mandatory that every Marine and Sailor that checks in with the Roadrunners checks in with Bonnie. Additionally, I expect every Marine or Sailor to keep Bonnie informed of personal information changes to the extent required by the program.

I am also requiring every sergeant and below to attend L.I.N.K.S. Remember, this is about helping Marines and Sailors help themselves. The L.I.N.K.S. program is an outstanding way to introduce Marines, Sailors and their families to the wealth of resources at their disposal.

I would like to end by reminding everyone that the UPFRP and the FRO are no replacement for small unit leadership. Marines always have been and always will be expected to take care of one another. The FRO, Command Team and Unit, Personal and Family Readiness Program are simply additional tools at the individual Marine's and leaders' disposal to do so.

Edward T. Lang
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