



# SINGLE MARINE PROGRAM MCAS MIRAMAR



SEPTEMBER 2023  
NEWSLETTER

## TRIPS



### Disneyland and California Adventure Trip!

Join us on

**SUNDAY, 3 SEPTEMBER; 0630-0000**  
**LIMITED SPOTS—Only \$125**

**This trip includes roundtrip transportation, parking fees, and a 1-day park hopper ticket. It is recommended that trip participants save up to buy food/souvenirs at the theme park!**

**Trip participants will also receive a Helpful Hints brochure for all things Disneyland related!**

- **SMP Events & Trips are ONLY open to Single and Geo-Bachelor Service Members stationed aboard MCAS Miramar.**
- Events held in The Great Escape are open to ALL Enlisted Active Duty Service Members except for the SMP Dinners.
- Flyers & Trip Waivers can be found outside of the SMP Office (inside the Great Escape) or with appointed unit SMP Representative(s).
- SMP Volunteer Opportunities/Events/Trips are tentative to change! Get the most-up-to date information on the SMP Instagram @SMPMCASMiramar.



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## EVENTS



### PAINT ON THE PATIO

FRIDAY, 8 SEPTEMBER; 1730  
@ The Great Escape Patio

- Spots are limited so be sure to show up on time to get a spot!
- Participants will enjoy the September breeze on the outdoor patio as we paint whatever we want! We have all the supplies you will need.
- Light refreshments will also be provided such as Improv! beverages and snacks.



### LOVE ON A LEASH

WEDNESDAY, 13 SEPTEMBER  
1100-1300



@ The Great Escape

- Stop by The Great Escape to get your fur fix on and hang out with therapy dogs from the non-profit organization, Love on a Leash!
- **\*\*EVENT IS OPEN TO ALL ACTIVE DUTY\*\***

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### SMP DINNER

**MENU: Big Cheech's**

Chicken & waffles, spicy chicken sandwich, and/or falafel sandwich.

**TUESDAY, 19 SEPTEMBER; 1730**  
**@ The Great Escape**

- Stop by The Great Escape for our monthly dinner!
- Food available for first come, first serve.
- Don't wait! The food usually goes very quickly at 1730.
- **\*\*SMP DINNER IS OPEN TO SINGLE & GEO-BACHELOR SERVICE MEMBERS STATIONED ABOARD MCAS MIRAMAR\*\***



### PASTA CLASS

**WEDNESDAY, 27 SEPTEMBER**  
**1730**

**@ The Great Escape**

- Learn how to make pasta from scratch!
- We will supply all the items you will need but due to limited space, you will need to sign up in advance for this class!
- We will also have 3 different types of sauces to make.
- At the end, you can enjoy your meals with your choice of sauce and chat with your new pasta class friends.
- Open to single and geo-bachelors aboard MCAS Miramar only.

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## **VOLUNTEER OPPORTUNITIES**

### **NMCRS Thrift Store on Thursday, 7 September from 0930-1330**

- 8 spots. Volunteers will assist the NMCRS Thrift Store by checking IDs, sorting donations, working the register, shredding uniform donations, light construction tasks, & other duties as assigned.

### **Paint on the Patio on Friday, 8 September from 1600-2100**

- 5 spots. Volunteers will assist the SMP set up/tear down for the event as well as issue out painting supplies, check in guests, manage and restock refreshments, and other duties as assigned.

### **Wednesday, 13 September; 1030-1330. Love on a Leash.**

- 4 spots. Volunteers will assist SMP with event set-up, check-in table, help participants and tear down.

### **Tuesday, 19 September; 1630-1930. SMP Dinner.**

- 4 spots. Volunteers will assist SMP with event set-up, check-in table, help participants and tear down.

### **Volunteer with SMP at the Air Show! 22, 23 & 24 September, 0700-1700.**

- Volunteers will assist the SMP at the Air Show by serving food, acting as a cashier, and/or cooking.



- **\*\*Single Marine Program Volunteer Opportunities are ONLY open to Single and Geo-Bachelor Service Members stationed aboard MCAS Miramar, unless stated otherwise.\*\***
- Letters of Appreciation (LOAs) given after the volunteer opportunity.
- SMP shirts are given to those that do not already have a SMP shirt, at initial check-in with SMP Staff.
- Volunteer Opportunity waivers can be found outside of the SMP Office (inside the Great Escape) or by reaching out to your appointed unit SMP Representative(s).
- Volunteer opportunities are tentative to change—get the most up-to-date information on the SMP Instagram @SMPMCASMiramar or through your appointed unit SMP Representative(s).



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## SMP QUALITY OF LIFE (QOL) PROTOCOL

“Do you have a general quality of life issue that needs to be addressed? A new idea you think would benefit yourself and others?

The Single Marine Program has designed this document to address those issues and get your thoughts to the people who can make the changes. Our job is to improve your quality of life both on and off duty. If you have any suggestions, no matter how big or small they may be, concerning the improvement of this base, take the time and fill out this document.

Your voice is our voice and together we will make a difference.”

- Before filling out a QOL document, you must ensure that you have followed the proper procedures outlined below:
  - **Regarding the barracks:**
    - Utilize your Barracks Manager or your unit S-4.
    - Submit a help chit and make a **photocopy** of it for your records.
    - Keep a record of **who** you spoke with, about **what**, and **when** (date/time) for your records.
    - If your chit has not been addressed in three weeks, please fill out a QOL form
    - **Make sure you submit a copy of all the above sheets when submitting a Quality of Life document for faster response.**
  - **Regarding other facilities/general issues:**
    - Do research and gather information (i.e. ask for the manager or fill out a complaint card).
    - Keep a record of **who** you spoke with, about **what**, and **when** (date/time) for your records.
    - **Make sure you submit a copy of all the above documents when submitting a Quality of Life document for faster response.**

**After filling out a quality of life form, turn it into the SMP Office**

**Contact the SMP President/Staff for assistance with completing the submission and/or gathering information.**

**SMP QOL Forms can be found in the flyer rack outside of the SMP Office or on the SMP Website: [www.mccsmiramar.com/smp/](http://www.mccsmiramar.com/smp/)**

**Please contact the SMP Office @ 858-307-6283 for more information about the SMP QOL Protocol.**



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## MONTHLY MEETING, SOCIAL MEDIA & CONTACT INFO

### TUESDAY, 12 SEPTEMBER SMP MONTHLY MEETING

- 1100-1300 — meeting kicks-off at 1130
- Location: CHOW HALL PATIO
- Next SMP Monthly Meeting: TUESDAY, 3 OCTOBER 2022 — Location: CHOW HALL

**FOLLOW US ON OUR SOCIAL MEDIA PAGES  
FOR THE MOST UP-TO-DATE INFORMATION!**



**Single Marine Program—MCAS Miramar**



**SMPMCASMiramar**



**[www.miramar.usmc-mccs.org/](http://www.miramar.usmc-mccs.org/)**

**\*\*On our SMP Website, you will find our Orders, Letter of Appointment Template, SMP Monthly Meeting Schedule, Quality of Life Form and FAQs\*\***

### **SMP EXECUTIVE BOARD MEMBERS**

**PRESIDENT: Cpl Fuchs, VMFAT-101**

**VICE PRESIDENT: LCpl Rose, H&HS**

**TREASURER: VACANT**

**RECORDER: SPC Torres, H&HS**

**The SMP Office is located inside The Great Escape  
(The HUB BLDG. 5305; Right next door to Domino's)**

**Office #: 858-307-6283—Work Cell #: 858-287-4375**

**SMP Coordinator (Katie Weeres) Email: [weereskc@usmc-mccs.org](mailto:weereskc@usmc-mccs.org)**