



**Commanding Officer, Headquarters Battalion  
Unit, Personal and Family Readiness Program (UPFRP) Statement**

*"Marines take care of their own - period. ... Just as every Marine makes a commitment to the Corps when they earn the title Marine, the Corps makes an enduring commitment to every Marine - and an enduring commitment to their family."*

*-- General Conway, 34th CMC*



The purpose of Headquarters Battalion is to gain and sustain operational readiness. As has always been our ethos, we "win battles" by "making Marines"; resilient Marines equipped with character, competence and the mental, emotional, physical, and spiritual (MEPS) strength to meet the challenges of military life. The Unit, Personal and Family Readiness Program (UPFRP) is mission critical and here to increase operational readiness by ensuring that personnel and their families are trained, educated, equipped, and supported to successfully balance mission, life and career events – to win life's battles in combat and garrison.

The Family Readiness Program applies to all personnel within the command, married or single in Okinawa or stateside. I encourage you utilize unit, base and community resources to ensure success across all six areas of personal/professional excellence:

Fighter: military skills

Fitness: MEPS fitness

Family: family readiness and resiliency

Finances: financial stability and security

Future: life planning

Fidelity: living with integrity

I have charged our Deployment Readiness Coordinator (DRC) with providing communication, training and referral services to help you succeed across these six areas. Success requires unity of effort between the Command, Marines and family members and is not achieved in one single instance. As such, our unit events are designed to create a community that perpetuates readiness and thus, the mission of Headquarters Battalion. Our measure of success will not be in the quantity of our activities but rather in the effects of our activities – we will empower our personnel and their families to thrive and succeed in life.

The Family Readiness program cannot operate alone and we rely on our volunteer network to ensure all family members have equal access to timely, effective support. All family members are encouraged to support the UPFRP through volunteerism. Interested family members may contact the Deployment Readiness Coordinator at DSN: 622: 7647 or at Camp Courtney building 4329.

Semper Fidelis,

Matthew R. Nation  
Colonel, United States Marine Corps  
Commanding Officer, HQ Battalion, 3d Marine Division