

Marine Helicopter Squadron One (HMX-1)
Unit, Personal and Family Readiness Program



Marines, Sailors and Family Members,

I would like to convey my gratitude for your commitment to Marine Helicopter Squadron One. I am impressed by the dedication and determination that every Marine, Sailor and family member displays on a daily basis. However, our true operational capacity is measured by the security and contentment of our family members. Family readiness is the key to mission readiness, and keeping our families well informed and taken care of is a priority of mine. If our families are not ready, then ultimately we are not ready.

The Marine Corps' Unit, Personal and Family Readiness Program (UPFRP) has been greatly enhanced and encompasses not only spouses but the families we are born into, sworn into and married into. I take personal ownership in our UPFRP which seeks to educate, assist and empower Marines, Sailors and their families to successfully balance the challenges of a military lifestyle, family, career and mission events. Our full-time Family Readiness Officer (FRO), Mrs. Kelley Benedict, is the "face" of our program and our primary communication link with families. She is here to proactively solicit your family readiness needs and to provide you with official Command communication, readiness and deployment support, information and referrals as well as to provide support for you and your family.

It is important for you and your families to know your FRO. She has many years of experience as a Marine spouse, a wealth of insight into the resources available for military families and she can help you to navigate the maze of acronyms and programs available, as well as gain access to the resources that you may need. Mrs. Benedict can be reached on her office phone at (571) 494-4619, on her mobile phone at (760) 277-7385 or by email at kelley.benedict@whmo.mil. You can also visit the family readiness link on our squadron website located at www.marines.mil/unit/hqmc/hmx-1 for more information.

It is the obligation of every HMX-1 Marine and Sailor to sustain a level of personal and family readiness that supports our training and mission capability. We can focus exclusively on our duties if we are secure that our loved ones are well informed and have access to the full resources of the HMX-1 UPFRP. Our mission is to be proactive and not reactive and our UPFP exists to help keep families better informed to assist in establishing a sense of community from within.

Family Readiness directly affects our mission at HMX-1. Encourage your family members to participate in our Family Readiness Program. We are not limited by our abilities, but by our vision. Let it be our vision here at HMX-1 to remain a force in readiness and unite our family members as one. My goal is to promote a healthy overall balance in our lives and to ensure our organization maintains the highest levels of readiness in all areas. Our families deserve it and our squadron's ability to successfully complete our mission depends on it.


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