



# VMA-223 “THE GREAT AMERICAN BULLDOGS”



Greetings,

Welcome to the VMA-223 Great American Bulldog family! On behalf of the Command, we are excited to have you as part of our exciting family.

My name is Ashleigh Nix, and I am your Family Readiness Officer. A little background on me, I have a degree from Illinois State University in Communications. I'm a military spouse, volunteer, and employee and throughout my military lifestyle I've been through 4 deployments as a spouse and 2 deployments as a FRO (3 ship deployments and 3 ground deployments). I have been stationed on both the East coast and the West coast and it's my hope that my many experiences will help me support you in your military journey. It is my pleasure to be your Family Readiness Officer and help provide you with the tools and resources to make your journey in the military a little easier.

As the Family Readiness Officer, I serve as the official communication link between the VMA-223 families and the Command team. I am your advocate and resource to things such as: attending L.I.N.K.S. and Life Skills classes offered on base, where to find information about tuition assistance, where you can get childcare when you need to run errands, where to go when you're stretched thin and need groceries, and deployment communications just to name a few! I am here to help you understand your Marine's work lifestyle with its long work hours and high operational tempo, plus to answer any other questions or concerns you may have about this hectic Marine Corps experience.

You may ask “What is the Family Readiness Program?” The Family Readiness Program consists of me (The FRO), the Command Team, and a lot of dedicated volunteers. Together we work to better the communication between the Command and you, the families. When we talk about families, we define it as the family he or she was “Born Into, Sworn Into and/or Married Into.” This includes not only the spouse and children but parents, guardians, fiancés, grandparents, or fellow Marines, whomever the Active Duty Marine would like to include.

As family members, we welcome you to join our Family Readiness Volunteer Team. Whether you are new to the military or a seasoned spouse/parent, your input is needed and very much appreciated. Our Family Readiness Advisors and volunteers play an integral part in creating the bridge between the families and the unit. Our goal as a team is to give you power through knowledge, encouraging you to become a strong military family that is proactive versus reactive.

When your Marine checked-in with me, they provided your contact information for me to add you to my email distribution list. I send out an email update with information on events taking place on base, off base, within the unit and more every other week. If at any time you wish to no longer receive my emails, please let me know.

Please know that if at any time you need anything, I am here to support you. Please don't hesitate to call, text, or email if you have any questions or concerns. I look forward to meeting each and every one of you soon.

Again, welcome to the Bulldog family!

Semper Family,  
Ashleigh Nix  
VMA-223 Family Readiness Officer  
(252) 466-4820 Office  
(252) 288-8340 Cell  
[ashleigh.thrasher@usmc.mil](mailto:ashleigh.thrasher@usmc.mil)