



Welcome to the Weekly In **FR**omation Blast brought to you by your Unit & Family Readiness Team. Get on-base, unit and local community happenings, important information / announcements. This is for planning and informational purposes only and are subject to change without notice.



Click on the Icons & get connected.
Hyperlinks are underlined.



01 Mar (Fri)

- ~ **L.I.N.K.S. Mentor's Meeting; 1000-1100** @ Base Chapel Annex.
Open to "ALL" Spouses that have taken a LINKS class previously.
- ~ **Zumbathon 1730** @ Thomason Gym. This is a Fundraiser for the Semper Fi Fund.
- ~ Base Movie: **A Haunted House** Rated: R @ **1900**.
- ~ **Dinner & LIVE Music; 1900** @ Our Daily Bread (106 N. Washington St.). FMI call 436-3725.

02 Feb (Sat)

- ~ Base Movie: **Mama** Rated: PG-13 @ **1900**.
- ~ **Home Depot's Kids Workshop "Build a Race Car"; 0900-1200**; Open to ALL!
- ~ **Mardi Gras Celebration; 1200**; Fun starts @ Riverfront Park (Albany Welcome Center)

04 Mar (Mon)

- ~ **Care Package Building Workshop; 1000-1130** @ Chapel Annex. FREE Childcare. See flyer on pg. 3.
- ~ Base Movie: **Les Miserables**; Rated: PG-13 @ **1900**. **** Special Showing - FREE to ALL****

06 Mar (Wed)

- ~ **Monthly Retiree Breakfast; 0630** @ Town & Country. **Active Duty welcome to show support!**
- ~ **Return & Reunion Workshop; 0900** @ Bldg 7200. **For Spouses of returning Deployers.**
- ~ Base Movie: **The Last Stand**; Rated: R @ **1900**.

07 Mar (Thurs)

- ~ **Self Defense Workshop; 1000-1130** @ Daniel's Fitness Ctr. **"Open to ALL"**. See flyer on pg. 3.
- ~ **Toastmasters "Public Speaking Group" Weekly Meeting; 1145** @ MCLBA Warehouse 1360.
Open to "ALL" DoD personnel & family members within the local community!
- ~ **Single Marine Program (SMP) Monthly Meeting; 1400** @ SMP Rec Ctr. **For Single Marines/Sailors.**

08 Mar (Fri)

- ~ Base Movie: **Broken City**; Rated: R @ **1900**.

~ *Thoughts of the Week* ~

"Enjoy the little things in life... for one day you will look back and realize they were the Big things." ~ R. Brault

"The Biggest challenge of Life is to be yourself in a world that is trying to make you like everyone else." ~ Unknown

“UPCOMING EVENTS – MARK YOUR CALENDARS”

-  **Lowe’s Kids “ Build & Grow” Workshop; March 9th @ 1000.** ~ This month we will be building “Monster Mutt” Monster Jam Truck. This event is open to all kids ages 3 to 14.
-  **Heart Walk-a-Thon; March 9th @ the Veranda; 1000 .** ~ A fundraising event fit for the entire family. The event is FREE. For more information, click [here](#).
-  **5K Legacy Run for Life; March 9th @ [Legacy Park](#); 0900 .** ~ An event fit for the entire family. The proceeds will go to benefit the Alpha Pregnancy Center. FMI click [here](#).
-  **MCFTB’s Yard Sale; March 16th (Saturday) from 0700-1100 @ Front Gate Parking Area.** ~ Come out early and check out the great deals available. There will be something for everyone. If you are interested in selling items, please call 639-5199 for more information.
-  **Marine Corp’s Battle Colors Ceremony; March 19th (Tuesday) @ 1000 on Schmid Field.** ~ This is a “once in a lifetime” event. Bring the family out and enjoy this FREE event. Open to the PUBLIC. See flyer on page 3 for more details.
-  **ITT’s Annual Travel & Recreation Trade Show; March 20th (Wednesday) from 1000-1300.** ~ Take advantage of this FREE opportunity to talk to representatives from various tourist destinations and get information to plan your next get-away. First 400 individuals get a FREE lunch.



MILITARY/AMERICA SAVES – FINANCIAL “TIP” OF THE WEEK

5 Tips to Keep Your Finances from Going Off a Cliff

While the new year is beginning with improving economic conditions, the financial situation of many Americans remain fragile. The FINRA Investor Education Foundation has put together 5 tips that can help Americans successfully navigate changing conditions and avoid a personal financial cliff.

- **Lower your TAX burden by saving to your 401(k) max.**
- **A “Rainy Day/Emergency” Fund can lead to greater financial security.**
- **HARP can help you refinance your mortgage.**
- **Avoid Credit Card Debt.**
- **Conduct a yearly background check on your investment professional.**

To get the details and read the entire article click [here](#).

Military/America Saves is a campaign to educate, motivate and encourage all DoD personnel to **“Set a Goal, Make a Plan, Save Automatically”**.

The Saver Pledge

I will help myself by saving money, reducing debt, and building wealth over time. I will help my family and my country by encouraging other Americans to Build Wealth, Not Debt.

Take the Pledge

2013 Zumbathon!

Sponsored by the Officers and Enlisted Spouses Club of Albany

Join us for a fun 2 hour fitness event taught by 2 Marine wives for a great cause!



March 1st
MCLB
Thomason Gym
6pm-8pm
Doors open at 5:30 pm
\$10 per person

ZUMBA

FITNESS

Open to the public!

Semper Fi Fund
"Serving those who preserve our freedom."
All proceeds benefit the Semper Fi Fund

Instructors:
Rachel Rienke ZIN# 241694
Sirena Cooper ZIN# 461877

Call Rachel to pre-register (765)413-3194

Empower yourself by learning to protect yourself.

WOMEN'S SELF DEFENSE WORKSHOP

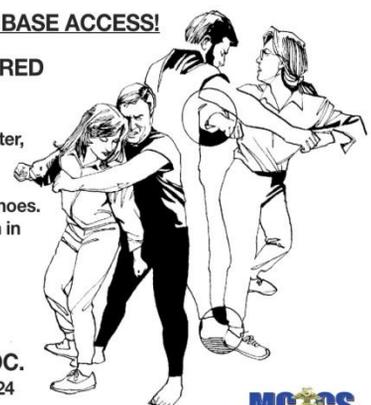
Thurs. March 7th @ 10-11:30 am
Daniel's Family Fitness Center (FREE!)

OPEN TO ANYONE WITH BASE ACCESS!

REGISTRATION IS REQUIRED
by Tuesday, March 5.

For more information or to register, please call (229) 639-6171

Dress comfortably with tennis shoes. There will be a hands-on portion in the workshop.



FREE Childcare for Active Duty families at CDC. Reservation is required at least 24 hours in advance of the workshop. Please call (229) 639-5765



Marine Barracks 8th & I Battle Color Ceremony featuring the Battle Color Detachment



hosted by
Marine Corps Logistics Command
and
Marine Corps Logistics Base

MajGen C. H. Schmid
Parade Field
March 19, 2013 at 10 a.m.

FREE ADMISSION

OPEN TO THE PUBLIC

Gates open at 8 a.m. Please be seated by 9:45 a.m.



CARE PACKAGE WORKSHOP

Learn what items to send and how to make it creative and cute! Workshop location is the Chapel Annex on March 4, 2013 from 1000-1130. Demonstration by Meggan Gonzalez.



To register for the workshop call 639-6171 or email hallk@usmc-mccs.org
Childcare is free at CDC call to reserve your child's spot at 639-5765

Sponsored by Marine Corps Family Team Building

