Week Ending: 15 Mar 2013

Welcome to the Weekly In FRO mation 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.

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Hyperlinks are underlined.

eMARINE

08 Mar (Fri)

~ **Retirement Ceremony-Chaplain Miller**; T&C Rest. @ **1130**. ***All are invited to share this moment.***
~ Base Movie: **Broken City ;** Rated: R @ **1900**.
~ **Dinner & LIVE Music**; **1900** @ Our Daily Bread (106 N. Washington St.). FMI call 436-3725.

09 Feb (Sat)

~ Base Movie: **Hansel & Gretel: Witch Hunters – 3D** Rated: R @ **1900**.
~ **Lowe's Kids Workshop "Build a Race Car"**; **0900-1200**; Open to ALL!
~ **Heart Walk-a-thon**; **1000** @ The Veranda . For more information, click here .
~ **5K Legacy Run for Life**; 0900 @ **Legacy Park.** FMI click here.

10 Feb (Sun)

~ **Daylight Savings ~ Spring Forward One (1) Hour Today**

11 Mar (Mon)

~ **Seasonal Uniform Change: Desert Marpat Combat Utility Uniform (ALMAR 007/08)**
~ **Retirement Ceremony "MSgt Gross"**; Base Chapel @ **1000**. ***All are invited to share this moment.***
~ **Enlisted Spouses Club "General Membership Meeting"**; **1800** @ T&C Lounge. FMI click here.
~ **How to Successfully Identify/Compete/Win Government Contracts**; **1000** @ 125 Pine Ave. FREE!

13 Mar (Wed)

~ Base Movie: **The Impossible**; Rated: PG-13 @ **1900**.
~ **Financial Awareness Workshop**; **1130** @ Bldg 3700 (MPR). See upcoming Wildcard for details.

14 Mar (Thurs)

~ **Stress Management 101**; **1000-1100** @ Bldg 7200. ***"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!
~ **Crochet Class-Beginners (hosted by NMCRS)**; **1100** @ SNCO Lounge. FMI see flyer on page 4.
~ **OSC hosts "Dinner in the Barracks"; 1730** @ Single Marine's Barracks.
"For ALL Single/GeoBachelors attached to MCLBA that reside in the Barracks".

15 Mar (Fri)

~ **L.I.N.K.S. Mentor's Meeting**; **1000** @ Chapel Annex. FMI call Kelley @ 639-6171.
~ Base Movie: **Parker**; Rated: R @ **1900**.

Your Unit, Personal & Family Readiness Officer: Mrs. Salina McBride @ (229) 364-3315 or via email: smblogcomfro@usmc.mil.

"UPCOMING EVENTS – MARK YOUR CALENDARS"

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. See flyer on page 4.

Marine Corp's Battle Colors Ceremony; March 19th (Tuesday) @ 1000 on Schmidt 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 5 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. See flyer on page 5.

MCLC's Command Family Day; April 5th (Friday) from 1000 – 1400. ~ SAVE THE DATE! The flyer will be coming out in a few weeks; which include RSVPs. More to follow.

MILITARY/AMERICA SAVES – FINANCIAL "TIP" OF THE WEEK

Improve Your Financial Picture: 5 Fast & Easy Ways to Save $50

If your overall financial picture needs to be improved, it's going to take some time. However, you've got to start somewhere, and your monthly expenses are a good place to begin.

Saving $50 per month may not sound like much, but if you can find five different ways to do this, you'll have saved $3,000 in only one year. Here are five simple options:

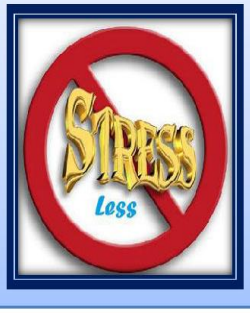
- **Clip Coupons**
- **Brown Bag it for Lunch**
- **Eliminate Your Landline Phone**
- **Reduce Entertainment**
- **Cut Back on "Personal" Purchases**

To get the details and read the entire article click here.

~ MCCS ALBANY HAS A NEW WEBSITE~

It is Official, Marine Corps Community Services (MCCS) Albany has it's new website up and running. Click on the photo above to explore the site.

Prevention & Education Classes



Stress Management 101

Each one of us will experience "STRESS" at some point in our life. Stress affects people of all ages, professions and life situations very differently. This workshop defines stress, discuss some stress-related symptoms and provide some helpful tips to manage stress effectively.

14 March (Thursday) @ 1000-1100
Marine & Family Programs (Bldg 7200)
Call 639-7935 to register for a seat

Anger Management 101

This workshop provides a basic overview of anger management. It provides education on the dynamics of anger and offers a variety of acceptable coping strategies to handle angry feelings and behaviors, thereby enhancing your ability to deal with anger in a positive manner.

26 March (Tuesday)@ 1000 – 1100
Marine & Family Programs (Bldg 7200)
Call 639-7935 to register for a seat.

Communicating With Others

Being able to communicate with others is one of the best life skills a person can develop. This workshop discusses the different communication styles and provide tips on how to effectively communicate with others to be better equipped for success both personally and professionally.

25 March (Monday) @ 1300 - 1400
Marine & Family Programs (Bldg 7200)
Call 639-7935 to register for a seat.

Suicide Prevention

"An ounce of Prevention is worth a pound of Cure" ~ B. Franklin.

This class discusses suicide and its impact on the entire community. It also discusses some of the risk factors for suicidal persons, ways to intervene and resources that are available.

26 March (Tuesday) @ 1000 - 1100
Marine & Family Programs (Bldg 7200)
Call 639-7935 to register for a seat.

Open to ALL Active Duty, DoD Personnel & their families.

Your Unit, Personal & Family Readiness Officer: Mrs. Salina McBride @ (229) 364-3315 or via email: smblogcomfro@usmc.mil.

Crochet Class
For Beginners

Learn how to make a baby blanket!

Thursday, March 14
11:00am to 1:00pm

At the SNCO Club (Next to the Town and Country Grill)
REGISTRATION IS REQUIRED BY MARCH 10.

Please join Navy-Marine Corps Relief Society to learn how to crochet baby blankets. Blankets will be given to expected mothers for our service members and their spouses.

- This is a "no-host" lunch.
- Yarn will be provided for all participants.
- Every blanket completed will earn you 30 volunteer hours for NMCRS

PLEASE BRING:

One "G" (or 4.2 mm) crochet hook – These can be purchased at any craft store or Walmart for under $3.00

To register or for more information, contact Heather or Nikki.

☎ (229) 639-5453 ✉ E-mail: nmcrsalbanyeso@gmail.com

MCLB Albany
Garage SALE

Saturday
16 March

CHRO
Parking Lot
Flemming Road

7 to 11 am

for info 229.639.5199

OPEN TO THE PUBLIC

NEW!!!

VOLUNTEER & CAREER Development Program

Our **mission** is it to promote volunteerism among military families with the purpose of enhancing personal, academic, and professional skills. We believe active volunteer participation is a vital ingredient to future career success and a healthy community. By partnering with community organizations and local business, our goal is to facilitate opportunities and encourage involvement.

WHO?
- Active duty, reserve, and retired servicemembers
- Spouses
- Youth

WHAT?
- Referral and placement in volunteer, intern and mentor opportunities (one-time, short-term, long-term)
- Personal, academic & career development workshops
- Free certifications (i.e. Lifeguard, CPR, First Aid, Babysitting training)
- Potential job placement

WHEN?
- Weekdays or Weekends
- Daytime or Evenings

WHERE?
- MCLB Albany
- Dougherty, Lee & Worth County non-profits & businesses

WHY?
- Explore interests & career options
- Gain new skills
- Develop personal and professional competencies
- Build family, unit and community cohesiveness
- Contribute time and talents to make a difference!

HOW?
- Direct contact and email updates from Placement Coordinator
- Facebook page at http://www.facebook.com/volunteermclba

REGISTER TODAY!

Placement Coordinator
Nikki A. Onuska
☎ 229.639.5199
✉ volunteermclba@gmail.com

WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE. CHURCHILL

Governor's Office for Children and Families

MCCS MARINE CORPS FAMILY TEAM BUILDING

This project is supported by the Governor's Office for Children and Families through state funds from the Georgia General Assembly.

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.

NO ADMISSION FEE

DOOR PRIZES

The first 400 to Attend Show will Receive one (1) Free Hot Dog, a Bag of Chips and a bottle of water.

Information, Tickets and Tours

15th Annual

Travel and Recreation Trade Show

Wednesday, March 20, 2013

10 a.m.- 1 p.m.

Thomason Gym

229-639-8177

OPEN TO ALL BASE PERSONNEL & RETIREES

Painting Party
at Oakland Library

Take home your very own masterpiece!

Receive step-by-step guidance to create your own painting.
Instructions and supplies are provided.
Come with friends or meet some new ones.

When: Thursday, March 21, 2013
6:00 PM - 7:30 PM

Where: Coffee Shop Lobby
@ Oakland Library

Who: Beginners to Experienced
Ages High School and up

Please **register** by Tuesday, March 19.
$10 Supply fee due at registration.

For more information, or to register,
visit or call Oakland Library at 229-889-0300.
Sponsored by Lee County Library

Lee County Library

Daniels Cup
TEAM CHALLENGE

27 March
11:30 a.m.-1 p.m.
Boyett Park

Test your teamwork in these 3 events:

Tractor Tire Flip
Relay Race
Tote & Carry

5-member teams:

- At least ONE FEMALE
- All team members must be authorized patrons of the Fitness Center

Winner will display the Cup in their work area and defend it next year.

For more information 639-6234.
Deadline to sign up your team at Daniels Family Fitness Center is 22 March.

ATTENTION: MCLB Albany Community

NOW IS THE CHANCE TO LEND OUR MUSCLES AND HEARTS!

Albany local non-profit **UNITED WAY of South Georgia** is hosting its **Annual Day of Caring** that matches teams of local volunteers with area non-profit agencies to help out with various projects in our community that help improve the lives of others.

FREE Breakfast, t-shirt, and lots of FUN ☺

Show you care!

FRIDAY ➢◄➢◄ APRIL 12 ➢◄➢◄ 9:00 AM
MEET AT ALBANY MALL FOOD COURT

TEAM REGISTRATION IS REQUIRED & DUE NO LATER THAN

Monday, 18 March.

TEAM REGISTRATION OPTIONS

A. Sign-up with MCFTB Volunteer & Career Development Program Team. ALL ARE WELCOME!
   - Sign-up sheets will be available at the Town & Country Grill on **March 5, 7, 11, 12** from **11:00am-1:00pm**.

B. Pick-up a Team Leader packet to get your department/unit involved.

CONTACT

Nicole Onuska

229.639.7940

Nicole.a.onuska@usmc-mccs.org

THIS IS NOT A BASE-SPONSORED EVENT. MCFTB VOLUNTEER & CAREER DEVELOPMENT PROGRAM IS ONLY ASSISTING UNITED WAY TO GET INVOLVEMENT FROM THE COMMUNITY.