

# Happy Saint Patrick's Day

Week Ending: 22 Mar 2013

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.



## 15 Mar (Fri)

- ~ **L.I.N.K.S. Mentorship Meeting**; Base Chapel Annex @ **1000**. *Open to all Current LINKS Mentors.*
- ~ Base Movie: **Parker**; Rated: R @ **1900**.
- ~ **Dinner & LIVE Music**; **1900** @ Our Daily Bread (106 N. Washington St.). FMI call 436-3725.

## 16 Feb (Sat)

- ~ Base Movie: **Warm Bodies** Rated: PG-13 @ **1900**.
- ~ **MCFTB's Yard Sale**; **0700 - 1100**; *Open to the Public.*
- ~ **Mind, Body & Spirit Marketplace**; **1000 - 1700** @ Byne Christian School (2832 Ledo Road)
- ~ **Kids Canoe with Chehaw**; **1000** @ Parks at Chehaw. **Small Fee; Family Affair.**
- ~ **3rd Annual Albany Wing Fest**; **1100** @ Exchange Fairgrounds. *FREE to Active Duty & kids <9.*
- ~ **Spring Fashion Show**; **1300** @ Albany Mall.
- ~ **Good Life Drum Event**; **1600** @ Riverfront Park. *Bring your own drum or share one. Family Affair.*

## 19 Mar (Tues)

- ~ Marine Corp's "Battle Color" Ceremony; **1000** @ Schmidt Field (in front of Bldg 3500)

## 20 Mar (Wed)

- ~ Base Movie: **Bullet to the Head**; Rated: R @ **1900**.
- ~ ITT's Travel & Recreation Trade Show; **1000** @ Thomason Gym. *First 400 to get FREE lunch.*

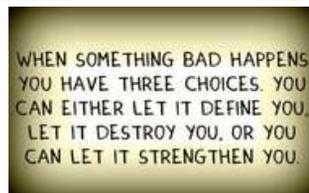
## 21 Mar (Thurs)

- ~ **Welcome Aboard Briefing**; **0800-1130** @ Bldg 7200. *"For all NEW Active Duty & Spouses".*
- ~ **Suicide Prevention Workshop**; **1330-1430** @ Bldg 7200. *"Open to All DoD Personnel".*
- ~ **Toastmasters "Public Speaking Group" Weekly Meeting**; **1145** @ MCLBA Warehouse 1360.  
*Open to "ALL" DoD personnel & family members within the local community!*

## 22 Mar (Fri)

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

## ~ Weekly "Food" For Thought ~



# “UPCOMING EVENTS – MARK YOUR CALENDARS”

 **LINKS for Spouses Workshop; March 26-27 (Tuesday & Wednesday) from 0900-1230.** ~ Wonder what all the Marine Corps jargon actually means? Well, this is the workshop for you. This workshop is “Information Boot camp” for Marine Corps Spouses. Childcare is FREE, but pre-registration is required. FMI call 639-6171 TODAY! \*\* A “72 Hour” Liberty is authorized to Marine’s who’s spouse graduates from this workshop and is a first time participant.

 **Communicating with Others Workshop; March 25<sup>th</sup> (Monday) from 1300 – 1400.** ~ ~ See flyer on page 4 for details about this “proactive” workshop.

 **Anger Management Workshop; March 26<sup>th</sup> (Tuesday) from 1000 – 1100.** ~ See flyer on page 4 for details about this “proactive” workshop.

 **Monthly Family Readiness Volunteer Meeting; March 29<sup>th</sup> (Fri); 1100 @ Covella Pond.** ~ We will do our walk-thru for LOGCOM’s Family Day and have lunch at the T&C. All Spouses are welcome!

 **MCLC’s Command Family Day; April 5<sup>th</sup> (Friday) from 1000 – 1500.** ~ The flyer has been disseminated! RSVPs are required (Yes or NO) by 29 March. For more information, logon to our [eMarine](#) webpage or see flyer on page 3.

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

### When it comes to Finances ~ Failing to Plan...Is Planning to Fail!

With our current economic situation being in such a volatile condition, we need to take “proactive” measures to ensure the financial impact (what ever that number looks like) is minimal. How do we do this? Well, it all comes down to planning; yes, planning. Remember, we are all CEOs (yes Chief Executive Officers) of ourselves (i.e. McBride Inc.). We are the decision makers when it comes to our money (which are our employees) and remain responsible for their actions (interest/dividends) or lack there of. To get you started in the right direction, here is a checklist to help you get started on “YOUR” financial plan:...

- **Complete a “Statement of Net Worth”**
- **Complete a Financial Planning Worksheet; in detail**
- **Develop short, intermediate & long term financial goals**
- **Obtain your Credit Report**



All forms can be found on our Family Readiness website at: [www.logcom.usmc.mil/familyreadiness](http://www.logcom.usmc.mil/familyreadiness) or by clicking the America Saves icon. By establishing a realistic financial plan today, you will be better prepared to minimize the financial impact of the rough economic conditions and come out on top!

Be sure to attend one of the many Financial Awareness Workshops coming to an area near you!

## DID YOU KNOW...



The Officers Spouses Club is now accepting applications for their Academic Scholarships for high school seniors and their Community Enrichment Grant for 2013.

Applications and qualification requirements can be found at: [www.usmcoscalbanyga.webs.com](http://www.usmcoscalbanyga.webs.com). Don't Delay.....Apply TODAY!

Report Card time is here. Remember, your local MCX rewards Super Star Students (grades 6 thru 12) who have a “B” average. For more information click the logo.





Marine Corps Logistics Command's  
Unit & Family Readiness Program hosts



# UNIT & FAMILY FUN DAY

FOR MARINES, SAILORS & FAMILIES OF LOGCOM

Picnic Area 8, Covella Pond (MCLBA)  
Friday, April 5<sup>th</sup> / 1000 - 1500

# FREE!

Enjoy a fun morale/comraderie building afternoon out for all that includes:



- BOUNCY CASTLES
- INFLATABLE WATERSLIDES
- OVERSIZED KICKBALL
- GRILLED HOTDOGS & BURGERS



- O' COURSE CHALLENGE
- ACTIVITIES/GAMES
- DUNKING BOOTH  
(FUNDRAISING EVENT)

Click [here](#) to  your spot TODAY!

RSVP Required (Yes or No) by COB 28 March 2013.



All information regarding this event will be posted on eMarine.  
For more information or to learn how to register, click the logo.

Salina P. McBride, MCLC Family Readiness Officer  
229-364-3315 / [smblogcomfro@usmc.mil](mailto:smblogcomfro@usmc.mil)



# Prevention & Education Classes

For more information contact M&F Programs @ 639-5276.



## 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.

21 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.**

**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  
&  
RETIRES**



# LIFEGUARDS NEEDED!

Marine Corps Community Services, Marine Corps Logistics Base is seeking a few good lifeguards for the summer season.

- Pool season runs Memorial Day weekend through Labor Day weekend.
- Guards will work 20-35 per week at \$8.71 per hour.
- Applicants must be 16 years old by 5 May, 2013
- Not a certified lifeguard? We will provide the training, however you must pass the lifeguard course to be eligible for hire.
- All applicants must pass a pre-course swim test that will be held at the base pool **Friday the 19th of April at 5:30 p.m.** to be eligible to take the class.
- Pre-test will consist of:
  - A three hundred yard swim, non-stop
  - Treading water for two minutes
  - Starting in the water, swim 20 yards, surface dive 10 feet, retrieve a 10 pound brick and swim back to the side of the pool in under 1 minute 40 seconds

Female applicants must wear a 1-piece swimsuit for the pre-test.

For more information and to sign up the pre-course test, please call Elisabeth Allen at 229-639-5246.

Lifeguard course classes will be held:

- 20th and 21st of April
- 27th and 28th of April
- Classes will run 10 a.m.-5p.m.

SPACE IS LIMITED!



**CIVILIANjobs.com**



Where America's Military Connects With Civilian Careers

## JOB FAIR

**Thursday, April 4, 2013**

10:00 AM to 2:00 PM

**Benning Conference Center**

Morrison Ave., Bldg 128

Fort. Benning, GA 31905

Job Fair Information: (678) 819-4153

Open to all transitioning military, veterans, and military family members. All military and prior military may pre-register online at [www.CivilianJobs.com](http://www.CivilianJobs.com) and be matched with companies based on your career and geographic preferences.

9-10 a.m. | **Early Candidate  
Registration Begins**

10 a.m. | **Exhibit Floor Opens & Candidate  
Registration Continues**

**National and Regional Opportunities:**

- Administrative
- Aviation
- Customer Service
- Law Enforcement
- Logistical
- Maintenance
- Management
- Medical
- Driving
- Engineering
- Sales
- Plus much more



Need more information?  
Visit [www.CivilianJobs.com](http://www.CivilianJobs.com) or  
Call 1-678-819-4153



**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 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 Evening

### 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/volunteermbc>

### REGISTER TODAY!

Placement Coordinator  
Tikki A. Chukla  
229.639.5199  
[volunteermbc@gmail.com](mailto:volunteermbc@gmail.com)

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



General Office for  
Children and Families





# 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.



# +LIFEGUARD CERTIFICATION & TRAINING FOR MILITARY YOUTH 15+

FREE

### TO BE ELIGIBLE YOU MUST BE:

- A child of military servicemembers who are active, retired or reserve
- Obtain parent consent
- 15+ years of age
- Pass the PRE-TEST on April 19<sup>th</sup> @ 5:30 pm, base pool

### LIFEGUARD COURSE CLASSES WILL BE A FOUR-DAY TRAINING:

- 20<sup>th</sup> and 21<sup>st</sup> April
- 27<sup>th</sup> and 28<sup>th</sup> April
- Classes will run 10am-5pm at the base pool

**COST IS FREE!!! HOWEVER, ONLY 6 SLOTS ARE AVAILABLE SO REGISTER BY APRIL 5<sup>TH</sup>**

For more info or to register, please call Nikki or Mari

**229.639.5199**

### IMPORTANT!

Pre-test training is required to be eligible to take the class. Pre-test will consist of:

- 300 yard swim, non-stop
- Treading water for 2 minutes
- Starting in water, swim 20 yards, surface dive 10 feet, retrieve a 10 pound brick and swim back to the side of the pool in under 1 min 40 seconds

Female applicants must wear a 1-piece swimsuit for the pre-test.

Pre-test will be held at the base pool  
Friday, 19<sup>th</sup> of April at 5:30 pm.



Governor's Office for  
Children and Families



This project was supported by the Governor's Office for Children and Families through state funds from the Governor General Account.

## 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



## Daniels Cup TEAM CHALLENGE



27 March

11:30 a.m.-1 p.m.

Boyettt 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**

**Daniel 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.**