



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.**



### 22 Mar (Fri)

- ~ Base Movie: [Identity Thief](#); Rated: R @ **1900**.
- ~ **Friday "FIT" Club; 0830-0900** @ Daniels Fitness Ctr. **For all DoD Personnel in the local area.**
- ~ **Dinner & LIVE Music; 1900** @ Our Daily Bread (106 N. Washington St.). FMI call 436-3725.

### 23 Mar (Sat)

- ~ Base Movie: [Beautiful Creatures](#) Rated: PG-13 @ **1900**.
- ~ **Spring "Egg"stravaganza"; 1000-1200**; Tift Park (5<sup>th</sup> & N. Monroe) **FREE & Open to the Public.**
- ~ **Flashlight Easter Egg Hunt; Evening** @ YMCA Sports Park (4508 Gillionville Rd).  
**There will be a picnic, movie and more. Small fee. FMI call 436-0531.**

### 25 Mar (Mon)

- ~ **Communication with Others Workshop; 1300-1400** @ M&F Programs-Bldg 7200. **See flyer on pg. 4.**

### 26 Mar (Tues)

- ~ **Anger Management Workshop; 1000-1100** @ M&F Programs-Bldg 7200. Call 639-5276 to reg.
- ~ **LINKS for Spouses Workshop-Part I; 0900-1230** @ Base Chapel Annex. **See flyer on pg. 5**

### 27 Mar (Wed)

- ~ **Daniel's Cup Team Challenge Event; 1130** @ Boyett Park. For details **See flyer on pg. 5**
- ~ **LINKS for Spouses Workshop-Part II; 0900-1230** @ Base Chapel Annex. **See flyer on pg. 5**
- ~ Base Movie: [Side Effects](#); Rated: R @ **1900**.

### 28 Mar (Thurs)

- ~ **Toastmasters "Public Speaking Group" Weekly Meeting; 1145** @ MCLBA Warehouse 1360.  
**Open to "ALL" DoD personnel & family members within the local community!**

### 29 Mar (Fri)

- ~ **Monthly Family Readiness Meeting; 1100** @ Boyett Park (Picnic Area \*)/ **1130** @ T&C Restaurant.  
**Open to "ALL" spouses of Active Duty/Reserve/Retiree personnel working on MCLBA!**  
Childcare is FREE, but Registration by March 27<sup>th</sup> Required. Call 639-5765.
- ~ Base Movie: [Safe Haven](#); Rated: PG-13 @ **1900**.

\* We will be conducting a final walk-thru of the Family Day Event.

*~ A Moment of Inspiration by Peter F. Druker ~*

**"Unless Commitment is made, there are only promises and hopes...but no plans."**

**"The best way to predict the future is to CREATE it."**

**"The most important thing in communication is hear what ISN'T being said."**

**"Start with what is RIGHT rather than what is Acceptable."**

# “UPCOMING EVENTS – MARK YOUR CALENDARS”



**Egg Drop Spring Carnival hosted by Byne; March 30 (Saturday) from 1000-1200.** ~ FREE family event for Pre-Schoolers to 6<sup>th</sup> grade. Over 10,000 eggs will be dropped. **PRE-Register your family at: [www.byne.org](http://www.byne.org).**



**MCFTB's Little Leatherneck Boot Camp; April 2<sup>nd</sup> (Tuesday); Boyett Park; 1300 – 1600.** ~ Join us for a fun filled, interactive event for kids ages 5 thru 13. They will be introduced to a variety of military activities . **Registration Required by calling 639-5199. For complete details see flyer on page 6.**



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



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

### Five Tips for Safe “Mobile” Banking

Banking through your phone or tablet is quick and convenient, but don't forget these five tips to help keep your money—and identity—safe:

- **Password-protect your phone or tablet** so that only you can access the information on your device. This will help protect you if your phone or tablet is ever lost or stolen.
- **Never provide personal information unless you initiate contact** with your bank or other financial institution. Financial institutions should not request account numbers, Social Security numbers or other sensitive information through email or text messages. If you're not sure about a request, contact your bank by calling number on the back of your debit or credit card.
- **Don't stay “auto-logged in” to your accounts.** Even though it's convenient, it increases the risk that an unauthorized user will access your accounts.
- **Delete old texts from your bank** to reduce your exposure to fraud.
- **Report lost or stolen devices IMMEDIATELY** to your wireless provider and financial institutions.



Source: [Washington Department of Financial Institutions](http://Washington Department of Financial Institutions)

## DID YOU KNOW...

Military Spouse Fellowships The FINRA Investor Education Foundation has opened the application process for the 2013 Military Spouse Fellowship Program. The program provides fellowship recipients with the education needed to earn the Accredited Financial Counselor® (AFC®) designation. Deadline is March 31.



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**



**O' COURSE CHALLENGE**



**INFLATABLE WATERSLIDES**



**ACTIVITIES/GAMES**



**OVERSIZED KICKBALL**



**DUNKING BOOTH**



**GRILLED HOTDOGS & BURGERS**

**(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)

# 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 your 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.**

# OEF CRISIS HOTLINE



For Service Members  
By Service Members



## IT'S YOUR CALL

Confidential **peer** support for  
Service Members  
In Afghanistan

Call **DSN/NVOIP: 1-1-1**  
(318) 421-8218

Afghan Cell: 070-113-2000, wait for tone, 1-1-1  
Email: OEF CrisisHotline@afghan.swa.army.mil  
Confidential chat at MilitaryCrisisLine.net

# Family Readiness Program



L.  
I.  
N.  
K.  
S.

Wondering what this military lifestyle is all about?  
Want to meet some new friends?  
Do you sometimes think you need someone to translate the  
jargon coming out of your Marine's mouth?  
If so, join us for the next

**Lifestyle, Insights, Networking,  
Knowledge and Skills  
Training for Spouses**

Chapel Annex  
March 26 and 27  
9:00 - 12:30

Registration is required.  
Childcare is available, you must make your own reservations at CDC.  
Prizes!

For more information contact the MCFTB Family Readiness Program Trainer  
at 639-6171



## 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 team:**

- 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's Family Fitness Center is 22 March.**

# LITTLE LEATHERNECK BOOT CAMP



LET YOUR KIDS EXPERIENCE WHAT IT'S LIKE TO BE A MARINE FOR A DAY!

OPEN TO ALL DOD PERSONNEL DEPENDENTS AGES 5-13.

## TUESDAY, APRIL 2 AT THOMASON GYM

1300-1600 (Picnic to follow)

REGISTRATION REQUIRED BY 29 MARCH.

ACTIVITIES FOR KIDS INCLUDE:

- TARGET PRACTICE
- OBSTACLE COURSE
- GRENADE TOSS
- TUG-O-WAR
- BUDDY DRAG
- HISTORY OF THE CORPS
- CAMMO RUN
- AND MORE!



# ENLIST NOW!



639-5199

WWW.MCCSALBANY.COM



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



Need more information?

Visit [www.CivilianJobs.com](http://www.CivilianJobs.com) or

Call 1-678-819-4153



**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. Dhuska  
 ☎ 229.639.5199  
 ✉ [volunteermclba@gmail.com](mailto:volunteermclba@gmail.com)

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



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

# +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 Marti

**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.**



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