

Earth Day

...living life green

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.**



12 Mar (Fri)

- ~ **Friday "FIT" Club; 0830-0930** @ Daniels Fitness Ctr. *For all DoD Personnel in the local area.*
- ~ Base Movie: **21 & Over**; Rated: R @ **1900**.
- ~ **Youth & Teen Family Night**; **1800-2000** @ Bldg 9253. *Open to Youth 9-18 & immediate family.*
- ~ **Native American Festival**; **0930-1400** @ Parks at Chehaw. For the entire family. *Small Fee.*
- ~ **Dinner & LIVE Music**; **1900** @ Our Daily Bread (106 N. Washington St.). FMI call 436-3725.

13 Mar (Sat)

- ~ Base Movie: **Oz, The Great & Powerful – 3D** Rated: PG @ **1900**.
- ~ **Lowe's Kids "Build & Grow" Workshop-The Croods Planter**; **1000** . *FREE & Open to the Public.*
- ~ **Kids in the Kitchen**; **1100-1500** @ Albany Mall (Sears Wing). *FREE & Open to the Public.*
- ~ **Movie in the Park-Shark Tales**; **2000** @ Riverfront Park. *FREE & Open to the Public.*
- ~ **Native American Festival**; **0930-1400** @ Parks at Chehaw. For the entire family. *Small Fee.*

14 Apr (Sun)

- ~ **Canoe Kinchafoonee Creek**; **1300**; @ Darton State College. FMI call 317-6778. *Small Fee.*

15 Apr (Mon)

- ~ **"Purple Up" for Military Kids**; **1330**; Photo Opportunity @ Bldg 3700.

17 Apr (Wed)

- ~ **PreDeployment Brief**; **0900-1100**. Call 639-5171 to reg. *For Deployers & Spouses.*
- ~ Base Movie: **The Incredible Burt Wonderstone**; Rated: PG-13 @ **1900**.

18 Apr (Thurs)

- ~ **Welcome Aboard Brief**; **0800-1130** @ Bldg 7200; Call 639-5276. *For all New Joins & their Spouse.*
- ~ **Unity Day Event**; **1100-1330** @ Covella Pond. *Open to All DoD Personnel & family. Flyer on page 3.*
- ~ **Toastmasters "Public Speaking Group" Weekly Meeting**; **1145** @ MCLBA Warehouse 1360.
Open to "ALL" DoD personnel & family members within the local community!

19 Apr (Fri)

- ~ Base Movie: **The Call**; Rated: R @ **1900**.
- ~ **Relay for Life Run**; **1800** @ Darton State College. *Open to the Public.*
- ~ **MCCS Lifeguard Tryouts**; **1730** @ Base Pool. *Must by 16+. See flyer on page 8 for more details.*

~ *Inspirational Moment* ~

"The future belongs to those who believe in the BEAUTY OF THEIR DREAMS."

– *Eleanor Roosevelt*

“UPCOMING EVENTS – MARK YOUR CALENDARS”

 [Paint the Town Pink – Fundraising Event](#); April 20th (Saturday); 0800-1200.

 [Emergency Preparedness Workshop](#); April 23rd (Tuesday); 0900 @ Base Chapel Annex.

 [Marriage Workshop “5 Love Languages”](#); April 25th (Thursday); 1800 @ Chapel Annex.

 [Color the Grove 5K & Fun Run and Music Fest](#); April 27th (Saturday); 1400 @ Riverfront Park.

 [2013 Military Kids Spring Fling](#) ; April 27th (Saturday); 1000 @ 620 8th Avenue E., Cordele, GA.

Get up-to-the-minute information on upcoming events on and off-base by liking our Facebook Page!

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

How to Save When Money is Tight

Be honest with yourself : If you own a smartphone, get your hair/nails done, have the latest technology, go on vacation, or are constantly adding to your wardrobe (and your credit card debt), you're choosing not to save. No ifs and/or buts about it.

Start small: Who said you have to sock away tons of money in order to "save"? Save what you can, when you can. Save coins. Save a raise. Stop eating out at restaurants. Drop the java habit (my personal vice).

Increase your income with a second job: If your expenses outweigh your income, you only have two choices: cut your expenses or increase your income. It's your choice.

Consider the unconventional: Carpool, give up cable and internet, get out of a costly cell phone contract, take on a roommate, create a childcare swap, sell unused clothing, electronics, furniture...you get the idea.

Downsize: Two car family? Become a one car family. Bigger houses have bigger utility bills. You get the idea.

Get Your Family On Board: When money is tight, we often want to hide it from our children, but it can get tough when you've got pre-teens and teenagers. Let them in just a little bit, and they may just get it when you say "we're not buying you a car." Even better? You're helping them learn the importance of personal finances for themselves.

Know when to ask for help: If you're barely scraping by, make sure that you are aware and are using any and all resources available to you to help you make ends meet. WIC (Women, Infants, and Children), SNAP (Supplemental Nutrition Assistance Program), LIHEAP (Low Income Home Energy Assistance Program) and TANF (Temporary Assistance for Needy Families) are programs that can help your budget breathe a little easier.

Know Who to Go for in An Emergency: Even when we save, we can get hit with an unexpected expense that throws us off our feet. Never turn to a payday loan, title loan, or pawnshop to help you secure funds during an emergency.



Source: *Adrianna Domingos-Lupher, AFC*



MARINE CORPS LOGISTICS BASE

9TH ANNUAL UNITY/MULTICULTURAL DAY

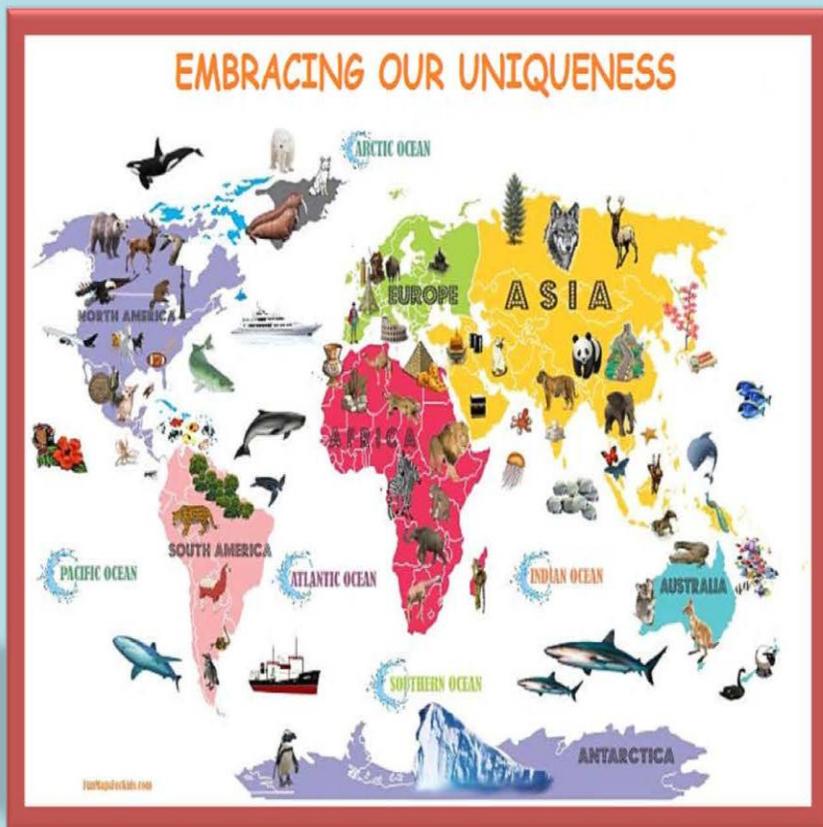


EEO CHRO-SE Albany, Georgia
 (229) 639-5250

April 18th 2013

- 1100-1115 *Pre-Ceremonial Music*
- 1115-1130 *Opening Remarks*
- 1130-1300 *Cultural Performances*
- 1145-1315 *Ethnic Food Tasting*
- 1300-1330 *CDC Famous People Parade*
- 1330 *Closing Remarks*

*This is a Training Event So
 Please Ensure That You Visit
 the Sign-In Table!*



****ALL ROADS LEAD TO COVELLA POND****

Time Chargeable to Training - Workload Permitting!!

Sign-In Sheets will be Available for Attendance Documentation.

All Venues will be Open Throughout the Event.

Please Feel Free to Visit the Venues at Any Time.



**Open to All Active Duty, DoD Personnel and their
 Family members assigned to MCLBA.**



**ENJOY
MOVIES
IN THE
PARK**

Atownabeny MC



Riverfront Park 8:00pm

Bring your favorite blanket and chair. Movie starts at dusk.



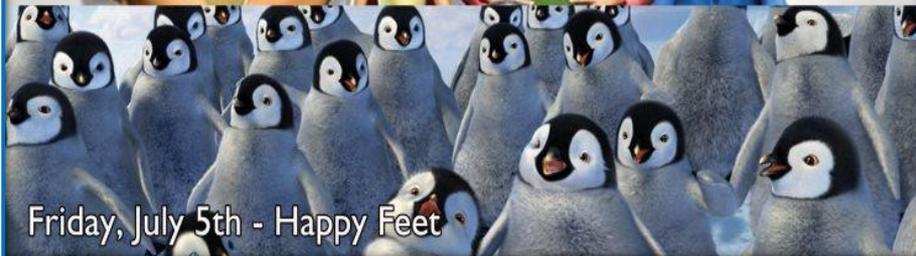
Saturday, April 13th - Shark Tales



Saturday, May 18th - Matilda



Saturday, June 8th - Hoodwinked



Friday, July 5th - Happy Feet

MCLB ALBANY YOUTH/TEEN CENTER

FAMILY NIGHT



National
Boys & Girls Club Week
**Open the door.
Take the tour.**
April 7-13, 2013

- Join us as we open our doors for our families to
- enjoy an evening of fun activities and for new families to learn about our programs!

Friday, April 12th, 2013

6:00-8:00 p.m.

Location: MCLB Albany Youth/Teen Center BLDG 9253

R.S.V.P by April 5th 2013

Contact Michelle Ramos to R.S.V.P or more information @
229-639-8470 or ramosmic@usmc-mccs.org

Open to current and prospective members (youth ages 9-18) & their immediate family!

CHEHAW



Native American Festival

April
12, 13, 14

Albany GA
Chehaw Park

Tribal Dancers - Educational Demonstrations
Vendors & Festival Arena inside Zoo
Tribute to Animals Native to the Southeast
Come Spend the Day...Zoo Entrance Included!

*Friday is Special Kids' Day 9:30am-2:00pm
School Rate \$5.00 per child*

*Saturday 9:30am-6:00pm & Sunday 9:30am-5:00pm
\$10.75 per adult, \$7.75 children 4-12, members \$1.00*



www.Chehaw.org

229-430-5280



April is the Month of the Military Child!

small hands...big hearts



★Join us in Saluting America's Youngest Heroes★

2013 SPRING FLING: APRIL 27th!

*** OPEN TO ALL MILITARY FAMILIES ***

★Location: CO C 2ND BN 121ST IN
620 8TH AVE E
Cordele, GA 31015

★Date: 27 April 2013

★Time: 10am to 2pm

★POC: Mrs. Tinie Stringfield, FAS
tinie.y.Stringfield.nfg@mail.mil
or call 229-516-3665

★RSVP by April 17th

Indoor Lunch

Carnival Themed Games

Face Painting

Fun Outdoor Activities

Family Portraits

& More!

Special Thanks to our Event Sponsors!



★ Military Children: Proud, Ready and Resilient ★

GeorgiaGuardFamilyProgram.org/youth

Walk for Breast Cancer

Celebrating Our Survivors

Paint Albany PINK

SATURDAY APR. 20

Proceeds to benefit the Carlton Breast Center at
Phoebe Putney Memorial Hospital, Albany, GA.

Register prior to March 28th for a
chance to win prizes valued at \$300

Victory Lunch Prizes For 3 Walkers
FOR THOSE WHO WALK WITH THE MOST DONATIONS

@ALBANY MOTORCARS / BMW Of Albany

801 E Oglethorpe Blvd, Albany, GA

REGISTER AT 8AM \$25 FOR WALKERS WITH A \$100 FUND RAISING GOAL T-
Shirt Deadline March 29th

For more information visit: www.paintgeorgiapink.org // pink@albanymotorcars.com

TEAM SEMPER FI



Come join
Team Semper Fi and
be a part of this
wonderful event!

April 19th
Darton College

TEAM
SEMPER FI

www.RelayforLife.org

Each year more than 4 million people take part in Relay for Life to raise needed funds and awareness to save lives from cancer. Join Team Semper Fi on the relayforlife.org website and walk with us to show support of those touched by cancer and support the global leader in cancer research funding. For more information: Jennifer: 808-551-4078



COLOR THE 5K THE GROVE & MUSIC FEST

APRIL 27TH 2013
2:00 PM

FLINT RIVER AQUARIUM 

EMERGENCY PREPAREDNESS WORKSHOP

April 23, 2013 9-10:30 am
Chapel Annex



Learn what to do in emergency situations such as flood, fire, tornado, or bomb threats. We will also show you how to put together an emergency preparedness kit and a safety plan. Open to all active duty. Childcare is free and available at the CDC. You must reserve a spot in advance.

Contact Kelley Hall to register at 639-6171 or hallk@usmc-mccs.org.



Marine Corps Family
Team Building Presents:



The Five Love Languages

Date: April 25, and every Thursday in May

Time: 1800-1930

Location: Chapel Annex



Come out to this couple's workshop series to learn how you and your partner express and interpret love. Find out how to use the different love languages in your marriage. Based on the NY Times Bestseller "The Five Love Languages" by Gary Chapman. This workshop will be facilitated by Rev. Mark Spraggins. Open to all active duty and spouses. Childcare is free and available at the Chapel Annex, but you must register in advance as seating is limited. Contact Kelley Hall at 639-6171 or hallk@usmc-mccs.org to register.





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!



+LIFEGUARD CERTIFICATION & TRAINING FREE FOR MILITARY YOUTH 15+

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 19th @ 5:30 pm, base pool

LIFEGUARD COURSE CLASSES WILL BE A FOUR-DAY TRAINING:

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

COST IS FREE!!! HOWEVER, ONLY 6 SLOTS ARE AVAILABLE SO REGISTER BY APRIL 5TH

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, 19th 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 Georgia General Assembly.