

Asian Pacific American Heritage Month

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.



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



03 May (Fri)

- ~ Friday "FIT" Club; **0830-0930** @ Daniels Fitness Ctr. *For all DoD Personnel in the local area.*
- ~ Base Movie: The Host; Rated: PG-13 @ **1900**. *Open to all Active Duty, DoD & family members.*
- ~ Nights @dtown "Deck of Arts"; **2000** @ Albany Art Park (128 Pine Ave). *Open to the Public.*
- ~ Military Appreciation Night @ the Zoo; @ Jacksonville Zoo; **1800**. *Hosted by the USO.*

04 May (Sat)

- ~ Base Movie: Tyler Perry's Temptation Rated: PG-13@ **1900**.
- ~ YMCA's Sports Park Pool - Open; **1600** @ Riverfront Park. *FREE & Open to the Public.*
- ~ Good Life Drum Circle; **1600** @ Riverfront Park. *FREE & Open to the Public.*
- ~ MLB Pitch, Hit & Run Competition; **1000** @ Paul Eames Sports Complex. *FREE.*

08 May (Wed)

- ~ Base Movie: G.I. Joe's Retaliation - 3D; Rated: PG-13 @ **1900**.

09 May (Thurs)

- ~ 101 Critical Days of Summer; **0930** @ Covella Pond. *Open to all Personnel*
- ~ Toastmasters "Public Speaking Group" Weekly Meeting; **1145** @ MCLBA Warehouse 1360.
Open to "ALL" DoD personnel & family members within the local community!

10 May (Fri) **"Military Spouse Appreciation Day"**

- ~ Base Movie: Jurassic Park 3D; Rated: PG-13 @ **1900**. *Open to Active Duty, DoD & family members.*
- ~ NMCRS's Fundraising Event: Zumbathon; **1630** @ Thomason Gym. *& See flyer on page 4.*

~ Inspirational Quotes - D. Carnegie ~

"Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy."



"The Successful individual will learn from their mistakes and try again in a different way."

“UPCOMING EVENTS – MARK YOUR CALENDARS”



[Discover Albany Tours & Hospitality Expo](#); May 11th; 0900 – 1600 @ Riverfront Park. ~ This FREE expo will take you on a variety of tours within the Albany area. Seating is limited. Call for reservations at 229.317.4760.



[YMCA’s Basketball Registration - OPEN](#); May 13th – 26th; Ages 5 – 18 @ Thomason Gym. ~

There is a discount for Active Duty members that register with Thomason Gym. Get registered TODAY!



[YMCA’s Tee-Ball Registration - OPEN](#); May 13th – 26th; Ages 3 – 5 @ Thomason Gym ~ All

Active Duty personnel that registered their kids at Thomason Gym get a discount. Register TODAY!



[MCCS Family Fitness & Healthy Event](#); May 17th (Friday); 1000 @ MCX Parking Lot



[MCLC’s Unit & Family Day](#); May 29th (Wednesday); 1130 @ Covella Pond. ~ Bring the family and

come out to enjoy our annual event. Don’t forget your picnic chairs/blankets, and extra clothes. It is sure to be a fun and memorable day. RSVP (Yes and/or NO) via the title hyperlink to ensure adequate supplies are purchased.



[Enlisted Spouses Club Membership Drive “Game Night”](#); May 31st (Friday); 1900 . ~ Calling all

Enlisted Spouses (active duty, retired and reservists) in the local community area of MCLBA. This event one you won’t forget. Come out and bring a friend (or three) to the Enlisted Spouses Club's "Membership Drive". The theme is "GAME NIGHT"so bring your game, a few friends and join in on the fun. Click [here](#) for more information.

Get up-to-the-minute information on upcoming events on-base, off-base and in the community by liking our [Facebook Page!](#)



** ACTIVE DUTY MARINES & SPOUSE SURVEY **

HQMC Marine & Family Programs Want to Hear From YOU!

All Active Duty Marines and Spouses of Active Duty Marines who have utilized the following programs:

- Child Development Center (CDC)
- Exceptional Family Member Program (EFMP)
- MCCS Library Services

in the past 12 months are invited to participate in this survey.

The purpose of the survey is to assess the service quality of select Marine and Family programs/services from the perspective of the customer/user. You will be asked to provide your opinions about the quality of service you have received. **Information you provide will remain anonymous.**

The survey will take approximately 10 to 25 minutes to complete depending on the number of programs you have utilized.

[Click here to begin!](#)



Present

Unit & Family FUN DAY!!!

Wednesday, 29 May
11:30 a.m. to 3:00 p.m.
Covella Pond
RSVP REQUIRED*

***Games**
Bounce houses*
***Water activities**
FOOD!
***FUN!!!**

Bring your beach chairs, picnic blankets and change of clothes. We will provide the rest!

*RSVP HERE: <http://www.surveymonkey.com/s/2013UnitFamilyDay>

ALL MUST RSVP YES OR NO BY 17 MAY.

For more info, contact Salina McBride

✉ salinamarri.mcbride@usmc.mil

☎ (Cell) 229.364.3315



**Open to All Active Duty and their
Family members assigned to LOGCOM.**

OPEN TO ALL DOD PERSONNEL AND SPOUSES!

FUNDRAISER ZUMBATHON®

When
**FRIDAY
MAY 10th**

4:30PM – 6:30PM
Doors open at 4:00PM

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

Where
MCLB THOMASON GYM

Cost
\$10 PER PERSON

All proceeds will go to
NMCRS' 2013 Active Duty Fund Drive
MAKING A DIFFERENCE FOR SAILORS, MARINES AND THEIR FAMILIES.

POC:

- Capt Justin Cooper ☎ 639.9629 ✉ justin.cooper2@usmc.mil
- 1stLt William Cook ☎ 639.7887 ✉ william.c.cook@usmc.mil

For more information about the NMCRS Fund Drive, visit
<http://www.nmcrsfunddrive.org/about-the-drive/>

Zumba Instructors • Sirena Cooper ZIN#461877 • Rachel Reimke ZIN#241694

Come help us celebrate

YMCA Healthy Kids Day

at the Sports Park



Saturday, May 11
11 a.m. - 1 p.m.

YMCA Sports Park
4508 Gillionville Road

Open to the public.
Bring Friends!

Lots of FREE ACTIVITIES

Bouncy House	Family Fun Run/Walk (on 1-mile trail)
Scavenger Hunt	Tug-O-War
Hula Hoop Contest	Sand Volleyball
Water Balloon Toss	Prizes

Food & Drink available for sale
Summer Pool Memberships for sale



Try the
Sports Park Outdoor Pool!
Pool Free and
Open to the Public
10 a.m. – 5 p.m.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Call 436-0531 for more information.

YMCA

Summer Youth Sports



Summer Basketball

Ages: 5-18, Boys and Girls

Registration: May 13-24

Active Duty: \$50.00

Non-Active Duty: \$80.00

MANDATORY EVALUATIONS May 30, 2013

U10- 5:30 pm, U12- 6:30 pm, U14 7:30

Players should dress accordingly

For more information please call 436-0531

Summer Tee-Ball

Ages 3-5

Registration: May 13-24

Season: June- July

Active Duty: \$50.00

Non Active Duty: \$80.00

YMCA approved head coaches will receive FREE registration for one child.



Marine Corps Exchange and Base Commissary

Family Fun Fitness and Healthy Living Event



17 May, 10 a.m.-2 p.m.
Open to ALL HANDS

Blood Pressure and Body Mass Index Check
Nutrition and Diabetic information

Naval Medical Branch Clinic
Department of Veteran Affairs

Marine & Family Programs Representatives
Yoga Instructor

Healthsource - Chiropractor

- Massage therapist
- Spinal checks

• Olympic Body Taping
American Legion Post 30
Tri-care Representatives

Fire Department Puppet Show
Car Seat and Bike Safety Info
Information, Tickets and Tours

High Intensity Tactical Training Demonstration
and Information (H.I.T.T.)

Semper Fit Display
Red Cross Blood Bank
Base Game Warden

*The Commissary will be grilling.
Stop by for a free lunch.
*Check out their outside
specials.*

*Commissary Family Fun Fitness Sale
(*authorized patrons only)

The Enlisted Spouses Club presents

GAME NIGHT

For Active Duty,
Retired, & Reservist
Enlisted Spouses

PRIZES for
whoever brings the
MOST
NEW FACES!!!!

The Davenport Residence
12064 McClintock

Games...	\$
Fun...	\$\$
New Friends...	\$\$\$

May 31st @ 7-9pm
Light Snacks Will Be Served

RSVP by 5/27

via the  event at
<https://www.facebook.com/AlbanyEnlistedSpousesClub>

or Call Rory Silvia, Event Coordinator (617)771-7707

MILITARY SPOUSE APPRECIATION DAY VIRTUAL CAREER FAIR



Winner Every 30 Minutes



MAY 10, 2013

1:00- 3:00 PM EST

WWW.SPOUSEVIRTUALCAREERFAIR.COM

You have sacrificed so much for all of us, and now it is our turn to show you that we have your back!

Meet and interact with dozens of employers from all across the country, in one day, and from anywhere in the world with a computer and internet connection

- Build a profile
- View and apply for jobs
- Chat live with recruiters
- Connect and network with other spouses

Visit Employer Booths and Chat with Recruiters



More than 18,000 Hired Since 2011