

Join us on Friday, May 10th for a live google+ hangout with First Lady of the Marine Corps Mrs. Bonnie Amos

to celebrate Military Spouse Appreciation Day!

We'll talk about milspouse life, employment, caregiving & more



Happy Mother's Day

Week ending: 17 May 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.



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



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

- ~ [Spouse Virtual Career Fair](#); **1300**. See flyer for more information on page 7.
- ~ Base Movie: [Jurassic Park 3D](#); Rated: PG-13 @ **1900**. Open to Authorized Base Personnel..
- ~ NMCRS's Fundraising Event: [Zumbathon](#); **1630** @ Thomason Gym. & See flyer on page 4.
- ~ [Friday "FIT" Club](#); **0830-0930** @ 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.

11 May (Sat)

- ~ Base Movie: [G.I. Joe: Retaliation-3D](#) Rated: PG-13; **1900**. Open to Authorized Base Personnel.
- ~ [YMCA's Healthy Kids Day](#); **1100-1300** @ YMCA Sports Park. **FREE & Open to the Public.**
- ~ [Lowe's Kids Workshop-Sweetheart Frame](#); **1000** @ Lowe's. **FREE & Open to the Public.**
- ~ [Albany's Tour & Hospitality Expo](#); **1000-1600** @ Riverfront Park. **FREE.**
- ~ [Mission Change "Two 31" Community Garden](#); Volunteer optpy. **1000** @ Flint Ave/N. Jackson.

12 May (Sun) **"Happy Mother's Day"**

13 May (Mon)

- ~ [Youth Sports Registration Begins](#); @ Thomason Gym. **Active Duty Personnel get a discount.**
- ~ [Semper Fit Swim Lesson Registration Begins](#); @ Thomason Gym. See flyer on page 5.

15 May (Wed)

- ~ Base Movie: [42](#) Rated: PG-13; **1900**. Open to Authorized Base Personnel.

16 May (Thurs)

- ~ [Welcome Aboard Brief](#); **0800** @ Bldg 7200. **For ALL New Joins & their Spouses.**
- ~ [Toastmasters "Public Speaking Group" Weekly Meeting](#); **1145** @ MCLBA Warehouse 1360.
Open to "ALL" DoD personnel & family members within the local community!

17 May (Fri)

- ~ Base Movie: [Evil Dead](#); Rated: R @ **1900**. Open to Authorized Base Personnel.
- ~ [MCX/Commissary Healthy Family Event](#); **1000** @ MCX Parking Lot. See flyer on page 6.
- ~ [Friday "FIT" Club](#); **0830-0930** @ Daniels Fitness Ctr. **For all DoD Personnel in the local area.**

~ Inspirational Quotes ~

"I do not Fail! I succeed in finding out what does NOT work!"
~~~~~

"Classy is knowing what to say, when to say it, and when to Stop."

# “UPCOMING EVENTS – MARK YOUR CALENDARS”



**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!](#)

## IF YOU DON'T KNOW..... ASK THE FRO!

(1) Check out our newest addition "Interac"

|                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                     |
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| <b>Welcome Aboard</b><br>↓<br>About the UPRP<br>MCI Family Readiness<br>UPRP Authorization Form<br>eMarine.org - Catch the Wave<br>Information & Resources Links<br>Volunteer Opportunities<br>Employment Information<br>(DFRO Only) (CAC access only) | <b>AMERICA Saves</b><br>Start Saving. From Day 1.<br>Photos of all Command events can be found on our eMarine webpage<br><b>Hot Off the Press</b><br>f<br><b>eMARINE</b><br>delivering readiness information to Marines & their support base<br>From: FRO<br>Welcome Aboard Letter<br>eBookmark Us! | <b>In "FRO" mation</b><br>↓<br>MCO's, Policies, and Guidance<br>Map to FRO's Office<br>Weekly In"FRO"mation<br>Community Connection Info<br>Monthly Calendar of Events<br>Newsletter - ALL<br>Deployment Information<br>MCCS Albany |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

If you have not gotten a chance to explore the Unit & Family Readiness Website of Marine Corps Logistics Command....Here is your chance. There is a lot of information on this page to include:

- Volunteer Opportunities
- Employment Information
- Community Connection Information
- Interactive Calendar of Events

And much, much more. Take a moment to click on the photo to the left and get started today! *Your FRO Team.*



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](mailto: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.nmcfsunddrive.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



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

Call 436-0531 for more information.



NATIONAL TRAVEL WEEK - MAY 4-12

# Discover Albany Tours & Hospitality Expo

May 11, 2013 • Free

Paula Deen Tours - 9:00 am; 1:30 pm

African American Heritage Tours - 10:30 am; 3:00 pm

Historic Tour - 12:00 pm

Call 229.317.4760 for reservations - Limited seating

Tours meet at the Albany Welcome Center

Expo 10:00 am - 4:00 pm • Riverfront Park

Food • Music • Prizes

Sertoma Celebrate Sound Walk - Registration 8:00 am - Walk 9:00 am



229.317.4760 ★ 866.750.0840



VISITALBANYGA.COM



Class Dates

Tuesday/ Thursday

June 4-20th

**Bubble Blowers**— 5:30-6:00pm

A course designed for the new swimmer. It offers a fun atmosphere while teaching important skills for beginning swimmers. Skills introduced include: Bubble blowing, kicking, gliding, floating and pool safety.

**Aqua Kids**— 6:15-6:45pm

Class for children already acclimated and comfortable in the water. They should be comfortable putting their face and head under the water. Children learn to perfect basic skills. New skills introduced include: Glide and kick, front crawl, breaststroke, and treading water.

**Super Swimmers**: 7:00-7:30

Class designed to develop strokes, improve endurance, and refine technique. Participants will be swimming the length of the pool. New skills introduced include: Back crawl development, intro to butterfly and diving.

Registration Dates : May 13- May 31

Price: \$30.00

Please call 639-5246 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



MAY 10, 2013

1:00- 3:00 PM EST

[WWW.SPOUSEVIRTUALCAREERFAIR.COM](http://WWW.SPOUSEVIRTUALCAREERFAIR.COM)

Winner Every 30 Minutes



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