



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 and announcements. This is for planning and informational purposes only and are subject to change without notice.

28 June (Fri)

- ~ Base Movie: **Hangover 3**; Rated: R @ **1900**. *Open to Authorized Base Personnel.*
- ~ **Friday "FIT" Club**; **0830-0930** @ Daniels Fitness Ctr. *For all DoD Personnel in the local area.*
- ~ **Dinner & LIVE Music @ Our Daily Bread Cafe**; **1900** ; (106 N. Washington St.). FMI call 436-3725.

29 June (Sat)

- ~ Base Movie: **Fast & Furious 6** Rated: PG-13;**1900**. *Open to Authorized Base Personnel.*
- ~ **4th of July Fireworks hosted by Ft. Benning**; **1500** @ **York Field**. *Great Family Event. FREE!*
- ~ **NAS Mayport's Freedom Festival**; **1600** @ NAS Mayport, FL. *Great Family Event. FREE!*

30 June (Sun)

- ~ **The Freedom Festival**; **1700** @ **Legacy Park**. *FREE event for the entire family!*

01 July (Mon)

- ~ **Albany Enlisted Spouses Club Monthly Meeting**; **1900** @ **Elements Coffee**.
Open to all Spouses of Enlisted Service members in the local area.

03 July (Wed)

- ~ Base Movie: **Now You See Me** Rated: PG-13;**1900**. *Open to Authorized Base Personnel.*
- ~ **Retiree Breakfast**; **0600** @ Base Restaurant. *Open to All DoD personnel & Retirees*

04 July (Thurs) "Happy Birthday America"

- ~ **Albany's 4th of July Celebration**; **1500** @ **Exchange Club Fairgrounds**. *FREE & Open to the Public*

05 July (Fri)

- ~ Base Movie: **After Earth**; Rated: PG-13 @ **1900**. *Open to Authorized Base Personnel.*
- ~ **Friday "FIT" Club**; **0830-0930** @ Daniels Fitness Ctr. *For all DoD Personnel in the local area.*
- ~ **Dinner & LIVE Music @ Our Daily Bread Cafe**; **1900** ; (106 N. Washington St.). FMI call 436-3725.
- ~ **Movie in the Park-Happy Feet** ; **2000** @ Riverfront Park . *FREE & Open to the Public.*

INSPIRATIONAL QUOTE OF THE WEEK

"We learn something from Everyone who passes through our lives...Some lessons are painful, some are painless....but ALL are priceless". - *Author Unknown*

"Self confidence is the most ATTRACTIVE quality a person can have. How can anyone see how AWESOME you are if you can't see it in yourself.". - *Author Unknown*



Click on the Icons & get connected TODAY!



“UPCOMING EVENTS – MARK YOUR CALENDARS”



Home Depot’s Kids Workshop; July 6th (Saturday); 0900-1200 ~ FREE hands-on workshop for kids ages 5 thru 12. This month’s theme is Despicable Me 2. Click the link to register.



A Community Family Fun Festival; July 13th (Saturday): 1200 @ Downtown Albany ~ Bring the family for a day filled with food, fun and entertainment. FREE from 1200 - 1400. Small fee after 1400.



LOGCOM Marine & Spouse Meeting; July 10th (Wednesday); 1130 @ Bldg 3700 (Rm 105) ~ All Marines, Civilians and Spouses are welcome to join Col Escalante in an out brief regarding the MCCA hiring inquiry conducted in May. Col Escalante will provide the facts of the findings and answer all questions regarding the report. Call the FRO Team if you have questions. Child care will be provided by the CDC with prior registration.



Spouses’ Meet & Greet: Elements Coffee Co.; July 10th (Wednesday); 1800. ~ For ALL spouses in the Albany, Worth and Lee area. Join MCFTB & the FRO Team for a relaxing “social” event out on the town. Come out and meet new spouses

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

CONNECTING THE PIECES - KNOWING YOUR RESOURCES

With the talk of sequestration and furlough among the topic of conversation, your ability to manage these upcoming changes is key for you and/or your family coming out ahead of the pack. No matter what hand life deals you...it all starts with knowing your resources... and your FRO Team is here to help. Below are just a few resources available to ALL Active Duty, DoD Personnel and their family members.



Military OneSource: Military OneSource is a Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty Guard, Reservist and DoD members, and their families. Information includes, but is not limited to, deployment, reunion, relationship, grief, spouse employment and education, parenting and child care, and much more. Give them a call at: 1-800-342-9647 or click on the logo.



Marine & Family Programs – A subsidiary of MCCA Provide individual and family readiness support and retention to Marines, Sailors, DoD Civilians and Family Members. The goal is to build strong families by meeting the demands of the challenging lifestyle that our Military, DoD and families experience every day by offering integrated, balanced, quality programs that support the “Continuum of Care”. Some of the programs include: Counseling, Exceptional Family Member, Family Advocacy, Family Member Employment Assistance, Information & Referral, Education & Career Services and much more. Call today at 639.5276 or click on the logo.



Military Family Life Consultants (MFLC) – Provides non-medical short-term, situational problem-solving counseling to Service Members, DoD employees and their families. MFLC services augment existing military support services with an added bonus. MFLC consultants can provide services on and/or off military installations and remain confidential; with the exception to report child abuse, domestic abuse and other duty-to-warn situations. Give them a call at 886.7186, 24/7.

For more available resources visit www.logcom.usmc.mil/familyreadiness.

Your Unit, Personal & Family Readiness Officer: Mrs. Salina McBride @ (229) 364-3315 or via email: smblogcomfro@usmc.mil