



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

### **23 July (Tues)**

~ **Play Mornings**; **0900-1100** @ Base Chapel Annex. For ages 5 and younger.

### **24 July (Wed)**

~ Base Movie: **White House Down** Rated: PG-13;**1900**. ***Open to Authorized Base Personnel.***

### **25 July (Thurs)**

~ **PCS Briefing**; **0800** @ Bldg 7200. ***Required for All Active Duty Relocating.***

~ **Play Mornings**; **0900-1100** @ Base Chapel Annex. For ages 5 and younger.

~ Monthly Family Readiness Lunch/Meeting; **1100-1230** @ **Austin's Fire Grill**.

***FREE childcare; pre-register at 639-5765. Open to all Spouses.***

~ **Toastmasters "Public Speaking Group" Weekly Meeting**; **1145** @ MCLBA Warehouse 1360.

***Open to "ALL" DoD personnel & family members within the local community!***

~ **Back to School Bash & Splash**; **1800-2000** @ Base Pool/Thomason Gym.

***Registration is required for E1 thru E6 register. Click [here!](#)***

~ **Family Nights @ the Albany Mall "Out of This World"**; **1800-2000**. ***FREE & Open to the Public.***

### **26 July (Fri)**

~ **MCLC Command General's Assumption of Command**; **0800** @ Bldg 3700.

~ **Scholarship Research & Letter Writing Workshop**; **0900** @ Bldg 7200. See flyer on page

~ Base Movie: **White House Down** 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.

~ **Nights @dtown Albany (Final Fridays of each month)**; **2000** @ The Art Park on Pine (128 Pine Ave).

### **27 July (Sat)**

~ Base Movie: **World War Z** Rated: PG-13;**1900**. ***Open to Authorized Base Personnel.***

~ **Lowe's Kids Workshop-Toy Story**; **1000** @ Lowe's. ***FREE for kids ages 5-12. Open to the Public.***

~ **Mod Melts "Show & Tell" Workshop**; **1300** @ Michael's (1221 N. Westover). ***FREE.***

~ **FREE Skating Lessons**; **1000-1100** @ **Stardust 2 Skating Rink**. ***FREE for all beginners.***

### **28 July (Sun)**

~ **Lowe's Kids Workshop-Toy Story**; **1400** @ Lowe's. ***FREE for kids ages 5-12. Open to the Public.***

~ Thought of the week ~

**"CHARACTER IS HOW YOU STRETTAT THOSE WHO CAN DO NOTHING FOR YOU".**

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

# “UPCOMING EVENTS – MARK YOUR CALENDARS”



**YMCA Youth Soccer Registration; August 12<sup>th</sup> – 25<sup>th</sup>** ~ Save the date for youth soccer registration at the local YMCA. This registration is for kids ages 4 thru 14. All practices/games will be held at the YMCA sites in Albany or Lee.



**YMCA “Itty-Bitty” Soccer Registration; August 12<sup>th</sup> – 25<sup>th</sup>** ~ Save the date for the Itty-Bitty soccer registration at the local YMCA. This registration is for kids ages 2 thru 3. All practices/games will be held at the YMCA sites in Albany or Lee.



**Home Depot’s Kids Workshop; August 3<sup>rd</sup> (Saturday); 0900-1200** ~ Come out and join the crew at Home Depot and attend this FREE hands workshop; designed for kids ages 5 thru 12. We are going to build a Home Depot “Load ‘n Go” truck. Bring the entire family out and get a FREE apron and patches for attending.

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



## PREPARING FOR THE “WHAT IF’S”

‘What if’ can be a strong combination of words. These two simple words can give many people a sense of panic when they start to think about factors they cannot control. Lay-offs happen, downsizing of the military will happen, pay freezes happen, reductions of pay may happen. Unfortunately, many of these types of ‘what ifs’ cannot be controlled by the individuals who are most affected by them. What can be controlled is how well-prepared one is for these ‘what ifs’.

**Be Financially Fit.** The best way to get fit is to start with [a plan](#) and [set some goals](#). This plan should include a [spending plan](#), an [emergency fund](#), a [debt repayment](#) plan (if needed), and [retirement saving](#). These are the basic building blocks that every plan should include. Setbacks may periodically occur, but you can reduce the severity of them if you have prepared for them.

**Spending Plan.** It can be difficult to make a plan without a map. Think of a spending plan as a map. It can be the best tool to figure out how much you are spending and savings. Click [here](#) for a great action plan for spending.

**Emergency Fund.** A good goal for an [emergency fund](#) is at least \$500. However, if one of those ‘what ifs’ is becoming more of a reality start stashing cash. Cease discretionary spending on wants and start beefing up that emergency fund right away. No one is able to control all the ‘what ifs,’ but being prepared makes one much more comfortable.

**Debt Repayment.** A plan for paying down [debt](#) can be just as important as having a beefed-up emergency fund, especially when one is paying double-digit interest rates. Each payment made toward that high-cost debt is that much less interest being paid. By using a [debt-repayment calculator](#), one can see how extra payments can add up fast and give more freedom as each debt is paid off.

**Retirement Saving.** The earlier the better is the key to retirement saving. It’s not necessary to save a ton at the beginning, it’s just important to get started. One’s age doesn’t matter: just start saving. While younger savers have an advantage because of compound interest, older savers typically have more money to sock away.

There are many ways to save for retirement. You can check some of those out [here](#). Also, check out some of the blogs below.

# BACK TO SCHOOL BASH & SPLASH!

Join us for a cookout &  
swim party at the MCLBA pool.

**OPEN TO ONLY ACTIVE DUTY**  
School Supplies will be available for  
pickup inside Thomason Gym

Thursday, 25 July  
6:00pm - 8:00pm



# WORK FORCE. JOBS. ALBANY.

Traini Develop Lead Teaching Knowledge Career Skills Learning Leadership Mentorship Expertis Goal

JOIN  
ALBANY MAYOR DOROTHY HUBBARD  
FOR A  
PUBLIC FORUM ON WORK FORCE  
AND ECONOMIC DEVELOPMENT  
*FEATURING EXPERT AND GUEST SPEAKER  
RAYMOND GILLEY*

**THURSDAY, JULY 25**  
2 P.M.-4 P.M.  
GOVERNMENT CENTER, ROOM 100  
222 PINE AVENUE

DETAILS: 229.434.0044

MAYOR'S COALITION  
FOR  
ECONOMIC DEVELOPMENT  
ALBANY ★ GEORGIA

# Albany Mall Family fun Nights

The Fun is all Inside  
'Kids Eat Free' Specials!

Join IN for weekly themed crafts,  
family activities, games, and more!

Thursdays from 6 - 8 pm

June 6	Beach Party	July 4	*Independence Day*
June 13	Home on the Range	July 11	Under the Big Top
June 20	Jungle Safari	July 18	Be a Super Hero
June 27	Summer Camp	July 25	Out of this World

\*Albany Mall closes at 6 pm - No Family Fun Night this week!

Please register at Center Court to receive your pass for Kids Eat Free  
and other special offers and activities.

\*All offers valid only during Family Fun Nights at participating Albany Mall locations.

## SCHOLARSHIP RESEARCH & LETTER WRITING WORKSHOP

High Schoolers, get ahead and learn how to get free money for higher education. Learn how to research and apply for both big and small scholarships. Several thousand sponsors award hundreds even thousands of dollars each year to deserving students like YOU!

**Friday, July 26**

**Conference Room at Marine & Family  
Services Building (7200)**

**9:00-11:00am\***

**Must be 9<sup>th</sup>-12<sup>th</sup> grade &  
registered with VCDP**

**\*Teen Center will open at 11:00am to accommodate registered Teen  
Center students after this workshop.**

**Space is limited.  
Registration required by  
Monday, July 22.**

**POC: Rory Silvia  
229.639.5199**



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



FREE: Every FINAL Friday of the Month

July 26th 8pm

Downtown Arts Coalition

Nights @  
downtownalbany  
live music. live art.

Artist  
Inpsyfe  
Kissletlow  
Sean Mulkey  
"Orion" by emish  
Rob Funky Diva  
Vicki Churchman  
Alex Nixon: Mo  
Gerfad Branch  
Squifrely Doodle  
Ashley Branch  
Makerspace Art  
The Artist Everet  
PhotoJenX  
Zach Ryals  
O'Malley



Flava N  
Motion

Justin Goodson

Good Life  
Drum Circle

Evergreen Family Band



location: Art Park on Pine -128 Pine Ave

for info: downtown manager's office 483.7665 or facebook.com/downtownalbany

"Dazzling Details" has been contracted by MCCA and will offer the following services for all personnel on the Marine Corps Logistics Base.

This service will be done at the Current Car Wash location next to Outdoor Adventures.

Please call for more information at 229-291-3629.

#### Hours of Operation

Wednesday — Friday, 7:30 a.m. — 5 p.m.

Saturday, by Appointment

VIP Detailing offered on Saturday's

#### Detail Price Listing

##### Cars

\$30— Wash and Vacuum

\$35 - Wash, Vacuum & Wax

\$15 — Outside wash only

##### Trucks

\$35 —Wash and Vacuum

\$45 — Wash, Vacuum & Wax

\$20— Outside wash only

##### SUV's

\$40 —Wash and Vacuum

\$50— Wash, Vacuum & Wax

\$20 — Outside wash only

##### Full Detail - \$150

Wash

Wax

Shampoo Seats

Shampoo Carpets

Clean Engine

Clean Trunk

This service will start  
24 July 2013

