



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.

16 Aug (Fri)

- ~ Base Movie: [Pacific Rim-3D](#) Rated: R-13;**1900**. *Open to Authorized Base Personnel.*
- ~ [Ice Cream Social hosted by the Enlisted Spouses Club](#); **6:00 pm** @ Lincoln Housing Center.
Open to all Enlisted Spouses of Active Duty, Reservist and Retirees within the local area!
- ~ [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.

17 Aug (Sat)

- ~ Base Movie: [Grown Ups 2](#) Rated: PG-13;**1300**. *Open to Authorized Base Personnel.*
- ~ [FREE Skating Lessons](#); **1000-1100** @ [Stardust 2 Skating Rink](#). *FREE for all beginners.*

20 Aug (Tues)

- ~ [Play Mornings](#); **0900-1100** @ Base Chapel Annex. For ages 5 and younger.
- ~ [Healthy Living Workshop](#); **1100-1200** @ Bldg 7200 (Marine & Family Programs). FMI call 639.7935.
Open to ALL Authorized Base Personnel and family members.

21 Aug (Wed)

- ~ Base Movie: [Pacific Rim-3D](#) Rated: R-13;**1900**. *Open to Authorized Base Personnel.*
- ~ [Child Abuse Awareness Workshop](#); **1300-1400** @ Bldg 7200 (M&FP). FMI call 639.7935.
Open to ALL Authorized Base Personnel and family members.

22 Aug (Thurs)

- ~ [Play Mornings](#); **0900-1100** @ Base Chapel Annex. For ages 5 and younger.
- ~ [Toastmasters "Public Speaking Group" Weekly Meeting](#); **1145** @ MCLBA Warehouse 1360.
Open to "ALL" DoD personnel & family members within the local community!
- ~ [Suicide Prevention Workshop](#); **1330-1430** @ Bldg 7200 (M&FP). FMI call 639.7935.
Open to ALL Authorized Base Personnel and family members.

23 Aug (Fri)

- ~ Base Movie: [The Conjuring](#) Rated: R;**1900**. *Open to Authorized Base Personnel.*
- ~ [Friday "FIT" Club](#); **0830-0930** @ Daniels Fitness Ctr. *For all DoD Personnel in the local area.*
- ~ [SNCO "All RED" Adult Event](#); **6:30 PM** @ SNCO Lounge (on Base).
Open to ALL DoD Personnel, Retirees and Family Members (21+) in the local area.
- ~ [Dinner & LIVE Music @ Our Daily Bread Cafe](#); **1900** ; (106 N. Washington St.). FMI call 436-3725.

~ MOTIVATION THOUGHT OF THE WEEK ~

"The Greatest discovery of all time is that a person can change his/her future by merely changing their attitude!" ~ O. Winfrey



Marine & Family Programs

“Knowing Your Resources”

COUNSELING SERVICES



Family Advocacy The program offers individual, couple, and family counseling as well as prevention and education workshops.



Victim Advocacy Marine Corps Victim Advocates provide information, guidance and support to victims.



Prevention & Education A collection of classes, workshops, and events are offered to enhance your life in multiple areas.



New Parent Support New Parent Support has experienced and licensed nurses ready to provide guidance to new parents.



Substance Abuse Let a trained professional provide you with the tools to remove damaging substances from your life.

SUPPORT



Relocation Whether you're arriving or leaving, the Relocation Office provides the resources you need.



Retired Affairs Services are available to retirees of all branches of the US Armed Forces and their spouses.



Information Not sure where to start? Let Information and Referral connect you to the right resource.

FAMILY CARE



EFMP The Exceptional Family Member Program provides assistance to military families with exceptional needs.



School Liaison The School Liaison connects Marines and their family members to the local school district.

PROFESSIONAL DEVELOPMENT



Transition Readiness Assists retiring and separating military personnel and their family members in their search for employment.



Personal Financial Personal Finance provides training and consulting to service members, and to their families.



Family Employment Family Member Employment provides career resources and advice to family members of Service Members.



Base Education Advancing your education? Get connected with the latest information regarding schools and benefits.



Library Visit the MCLB Library to access resources, computers, and books to expand your knowledge.

For more information contact ☎ **639.5276**

💻 <http://www.marineandfamilyservices.com/>

Albany Officers' Spouses' Club

Date: Tuesday, September 10

Time: 6:00 pm

Join the Officers' Spouses' Club
as we kick off the year.

Learn about the club's social and
charitable opportunities.

Make friends and get involved!

Light refreshments will be served.

12000 E. Matthews Blvd.
Albany, GA

Hosted by Mrs. Karen Broadmeadow

Please RSVP by Sept 6 to Dawn Mixa at
805-598-7727 or oscalbanyga@yahoo.com

Visit <http://usmcocalbanyga.webs.com/>
for more information on the OSC.

Welcome

The 7 Habits of Highly Effective Families[®] for Military Families

Location: SNCO Lounge from 11 a.m.—1 p.m.
on September 5th. To register call 639-6171 or
email hallk@usmc-mccs.org.

Free childcare is available at the CDC; you must
reserve your childcare spot at least
24 hours in advance.

Based on Stephen Covey's 7 Habits of Highly
Effective People, this workshop offers Military
families the opportunity to apply these same
principles to their military lives.



You are welcome to purchase
lunch from Town & Country
Restaurant to bring to the
workshop.



Ages 3 &
Under
Itty Bitty Soccer
Tuesdays & Thursdays
Sept 9 - Sept 26
5:30 - 6:00

Learn Basics
&
Fundamentals

Register by
August 22
FREE!!
for
**ACTIVE
DUTY!!**



**FULL
Parent
INVOLVEMENT!!**

**Contact:
Megan Surret
(240) 423- 4987**

MCLB YOUTH/TEEN CENTER

2013-2014 Afterschool Program

Hours of Operation:

Monday-Thursday 2:30-6:30 Friday 2:30-8:00

Programs Offered:

As a Boys & Girls Clubs of America affiliate site all programs fall under the following five core program areas: (1) Sports, Fitness, & Recreation, (2) The Arts, (3) Education & Career Exploration, (4) Health & Life Skills, & (5) Character & Leadership Development

Homework Assistance:

Monday-Thursday we provide homework assistance through Power Hour. Members receive points for having homework checked by staff which they can redeem at the end of each month for prizes.

View our calendar on the web @:

<http://www.mccsalbany.com/>

Annual Membership Fee: \$5

(Separate registration and fee required for Summer Program)



Just 4 Teens...

Teen Only Hours:

-Monday-Thursday-

6:30-8:00 pm

-Friday-

8:00-10:00 pm

Hours subject to change

Keystone:

Leadership Group for members ages 14+ (Meetings 2x each month) Plan special events, community service projects, and more!!!

Other programs are offered throughout the year

Resources:

SAT/ACT Study guides available onsite for our members.

Tutoring available upon request

Contact Info

Location:

9253 Crabb Ave

Phone Number:

639-5196

YTC Director:

Michelle Ramos

639-8470

ramosmic@usmc-mccs.org

YMCA YOUTH SOCCER FALL 2013

Fall Soccer Season: Sept-Nov

Ages: 4-13

Control date for age: August 1, 2013

Registration Dates: Aug 5– Aug 21

Location: Thomason Gym



Registration Fee:

Active Duty: \$50.00

Non-Active Duty: \$80.00



For more information, please

call 639-5246.



H&R BLOCK INCOME TAX COURSE FULL SCHOLARSHIPS FOR Military Spouses

For H&R Block Income Tax Course information,
visit hrblock.com/class or call 800-HRBLOCK (800-472-5625).

Use Coupon Code A2AFCF when you enroll.

H&R BLOCK

OFFER GOOD THROUGH 01/31/14.

Enrollment restrictions apply. Full scholarship offer applies only to active duty, reserve component, retired, and wounded warrior military spouses. Discount must be used on initial purchase only. Not valid on subsequent payments. Not available in TN. Enrollment in, or completion of, the H&R Block Income Tax Course is neither an offer nor a guarantee of employment. Additional qualifications may be required. Additional training may be required in MD and other states. Void if sold, purchased or transferred and where prohibited. Must be presented prior to registering for the class and may not be combined with any other offer or discount. Valid at participating locations only. Offer good through 01/31/14. CBTP# B13696 ©2013 HRB Tax Group, Inc.

H&R BLOCK INCOME TAX COURSE FULL SCHOLARSHIPS FOR Wounded Warriors

For H&R Block Income Tax Course information,
visit hrblock.com/class or call 800-HRBLOCK (800-472-5625).

Use Coupon Code A2AFCF when you enroll.

H&R BLOCK

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Friday, 23 Aug 2013, at the SNCO Lounge
1830-1130

Join us as we celebrate those born in the month of August...

for the

All Red Birthday Party

(Ret GySgt) Reginald Black
Mrs. Rosalyn Mew
(MSgt) Darrell Rogers

LEO



If you too are celebrating a birthday, please come enjoy the camaraderie.
ALL military personnel & civilians (21+) are welcome.

MUSIC BY TRIPLED

ALBANY
HUMANE SOCIETY

PAPPY HOUR!

Friday, August 23rd 5:30pm - 7:00pm

**River Front
BAR-B-QUE**

Bring your canine companion and join us on the patio at Riverfront Bar-B-Que (105 West Broad Ave. Downtown Albany)

\$10/person - All dogs FREE!
Includes complimentary glass of wine and appetizers.
Reservations Required - Please call 229.888.7387

Only well-behaved owners and dogs allowed!! Pets must have current rabies vaccination tag and be kept on a leash at all times.

