

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.

06 Sept (Fri)

- ~ Base Movie: [2 Guns](#) 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.

07 Sept (Sat)

- ~ Base Movie: [Smurf's 2 – 3D](#) Rated: PG; **1300**. *Open to Authorized Base Personnel.*
- ~ Base Movie: [The Wolverine – 3D](#) Rated: PG-13; **1900**. *Open to Authorized Base Personnel.*
- ~ [Home Depot's Kids Workshop](#); **0900-1200**. *FREE for kids ages 5-12. Open to the Public.*
- ~ [MCCS hosts Football Kickoff Weekend](#); **1200** @ Town & Country Grill. *See flyer on page 8.*
- ~ [FREE Skating Lessons](#); **1000-1100** @ [Stardust 2 Skating Rink](#). *FREE for all beginners.*

09 Sept (Mon)

- ~ [Enlisted Spouses Club – Monthly Meeting](#); **1800**. Click on link for details.

10 Sept (Tues)

- ~ [Play Mornings](#); **0900-1100** @ Base Chapel Annex. For ages 5 and younger.
- ~ [Officers Spouses Club "Welcome" Coffee](#); **1800** @ The Plantation (Mrs. Broadmeadow's Home).
Open to All Spouses of Officers and Civilians (GS-7 and above).
- ~ [Patriot Program](#); **1900-2000** @ Albany Mall's Front Lawn. *FREE & Open to the Public.*

11 Sept (Wed)

- ~ [MCLB's 9/11 Observance Event](#); **0745** in front of Bldg 3500. *All are Welcome to Attend.*
- ~ Base Movie: [We're the Millers](#) Rated: R; **1900**. *Open to Authorized Base Personnel.*

12 Sept (Thurs)

- ~ [Play Mornings](#); **0900-1100** @ Base Chapel Annex. For ages 5 and younger.
- ~ [Women Self Defense – Gun Safety Class](#); **1000** @ Base Range. *Pre-Registration Req. Call 639-6171.*
- ~ [Toastmasters "Public Speaking Group" Weekly Meeting](#); **1145** @ MCLBA Warehouse 1360.
Open to "ALL" DoD personnel & family members within the local community!
- ~ [Dinner in the Barracks - "Italian Night"](#); **1730** @ Keefe Hall.
FREE & Open to ALL Single/Geo-Bachelors Service Members stationed on MCLBA.

13 Sept (Fri)

- ~ [POW*MIA Breakfast](#); **0700** @ Base Rest. *Tickets must be Pre-Purchased. See flyer for details.*
- ~ Base Movie: [Percy Jackson:Sea of Monsters](#) Rated: PG; **1900**. *Open to Authorized Base Personnel.*
- ~ [Friday "FIT" Club](#); **0830-0930** @ Daniels Fitness Ctr. *For all DoD Personnel in the local area.*
- ~ [Fright Night](#) hosted by the Youth & Teen Ctr; **1730**. *For more information see flyer on page 5.*
- ~ [Dinner & LIVE Music @ Our Daily Bread Cafe](#); **1900** ; (106 N. Washington St.). FMI call 436-3725.

TOP 10 REASONS TO CALL YOUR



10. New Parent Support

WE can put you in touch with numerous programs that will benefit both you and your newest addition. WE can probably also get you some FREE stuff.

9. Money Matters

Being broke is NOT FUN! WE can't give you a loan, but WE can help find someone who might! Also, let's get you on a budget while we're at it!

8. New to the Marine Corps and/or to the area

If you are newly married and your spouse doesn't have an ID card, doesn't know what an LES is, or even where to find the commissary - send them my way.

7. School, Job or Both?

If your spouse is tired of spending every day at home, WE can help them get tuition assistance for school and even help them find paid employment. If they want to Volunteer, WE can help with that too.

6. Child Care

OK, so your spouse is going back to work and you have no one to look after your children. Stop by and see me to help you find a list of licensed professionals and maybe some subsidy info too.

5. We are all Exceptional...

...but some more than others. If any of your family members have special physical, emotional or educational needs let's get them the care they deserve.

4. Family Counseling

We don't all get along all the time - and that's OK. Come see me and WE can get you set up in a FREE counseling program that can help you and your spouse find that spark again.

3. Community Happenings

WE can let you know what's happening on and around the base for every season. Don't sit at home when something great is going on right outside your door!

2. Deployment Support

You've just deployed, the kids are acting up and your spouse is a nervous wreck. There's no need to worry. WE can help your family with everything from free child care, care package rules, Red Cross Messages, deployment updates, return info and everything in between.

And the number 1 reason to come and see your FRO is...

Life happens...

We understand that life has its ups and downs. It seems like everyone is there for the ups, and at times no one is there for the downs. WE are here to help you and/or your family through all of it!

KNOWING YOUR "RESOURCES"



Click on the Icons & get connected TODAY!



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 Enlisted Spouses Club Invites you to our *ANNUAL* **Ball Gown Exchange**

Sunday, October 6

2:00p - 5:00p

12000 East Matthews Blvd

Hosted By

Mrs. Karen Broadmeadow

All MCLB Spouses of
ACTIVE DUTY
service members are
invited to choose one
FREE Gown for the
Marine Corps Ball

A donation is **NOT**
required to receive a gown

Alteration & Hair
Consultants will be present

Donations may be dropped off at:

Lincoln Military Housing Office
with Salina McBride, LogCom FRO
any ESC Board Member
or brought to the event.

*Light Refreshments
will be provided!
We look forward to seeing you!*



RSVP by Sept 29 via our  Event
or call Rory Silvia (617)771-7707

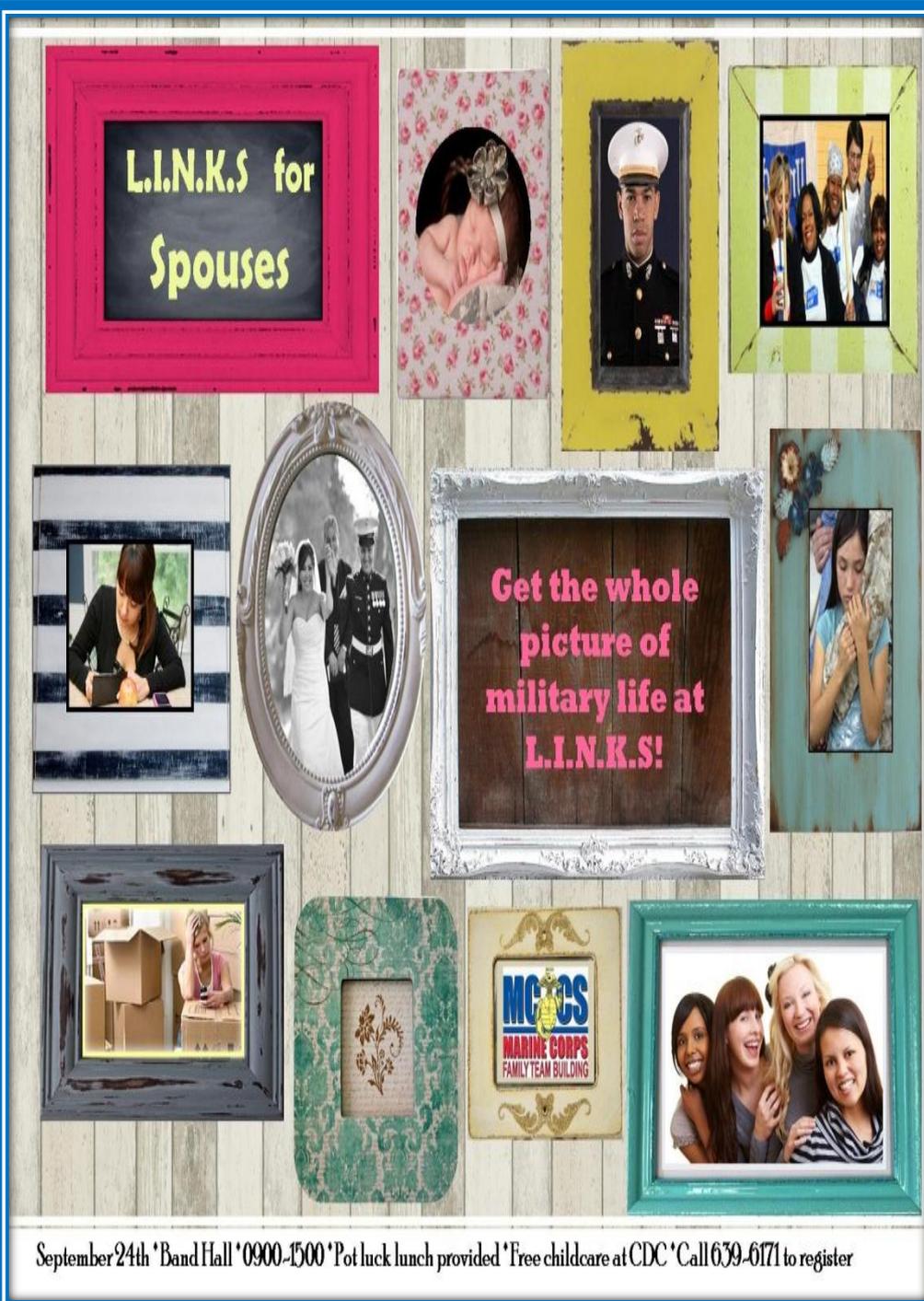
Women's Self Defense Gun Safety

Marine Corps Family Team Building offers the next installment in our Self Defense Series. Active duty Spouses will learn gun safety by the Base Gun Range Master and also get assistance with target shooting.

You **MUST** bring your own weapon and ammo. If you live off-base you will need to get a permit to bring your weapon on base.

Class will be September 12 starting at 10:00 at the Gun Range. Pre-Registration is required. Childcare is free and available at the CDC. You must make your own childcare reservation at least 24 hours in advance.

Call 639-6171 or email hallk@usmc-mccs.org to register for the class.



September 24th *Band Hall *0900-1500 *Pot luck lunch provided *Free childcare at CDC *Call 639-6171 to register

MCLB ALBANY YOUTH/TEEN CENTER

KEYSTONE PRESENTS...
FRIGHT NIGHT



ADMISSIONS: \$3.00

(ADMISSION INCLUDES HOTDOG,
CHIPS, & DRINK)

TIME: 5:30 PM-9:00 PM

PLACE: YOUTH/TEEN
CENTER 9253 CRABB AVE

CONCESSIONS

HOT DOGS- \$0.75

NACHOS & CHEESE- \$1.50

JALAPENOS- \$0.25

POPCORN- \$0.50

DRINKS- \$0.50

CHEX MIX- \$0.25

DORITOS- \$0.25

NIGHTLY EVENTS

- 5:30 PM-7:00 PM BEETLE JUICE (9-12)
 - 7:30 PM- 9:00 PM INSIDIOUS (13+)
- MANHUNT OUTSIDE FOR 9-12 DURING TEEN MOVIE

FOR MORE INFORMATION
CALL THE YOUTH AND TEEN
CENTER 639-5196

MCLB ALBANY YOUTH/TEEN CENTER PRESENTS....

Family Kickball Tournament



JOIN US TO CELEBRATE BOYS &
GIRLS CLUB DAY FOR KIDS AND
WORLDWIDE DAY OF PLAY

SEPTEMBER 21st 2013



WHO: Current & Prospective members of the
following and their immediate family

- Youth/Teen Center (Ages 9-18)
- CDC School Age Care Program (Ages 5-12)

WHAT: Kickball Tournament & Healthy Lunch

WHEN: 11:00 a.m.

WHERE: Softball Field (across from base Library)

WHY: Did you know that active play is a vital part of
developing a young person's cognitive, physical, social and
emotional well-being? By having fun playing together, you will
be creating memories that will last a lifetime.

R.S.V.P Required: In order to plan teams and ensure adequate
food & drinks R.S.V.P NLT **September 18th** by calling YTC
Director Michelle Ramos @ 639-8470 or via email:
ramosmic@usmc-mccs.org



Albany Recreation and Parks Department

LET'S PLAY BUDDY KICKBALL

for kids with disabilities

VOLUNTEERS NEEDED!!

We are looking for volunteers to be a "buddy" to a kid with disabilities. Buddies will be paired with a participant to work on the skills of kickball and team play. Come out and let's have fun!

Day: Mondays

Date: September 16th-October 21st (6 weeks), must commit to all 6-weeks!

Time: 4:00pm-5:30pm

Age: Buddies must be at least in the ninth grade.

Location: Gordon Softball Complex (800 Willie Pitts Road)

Registration: Recreation and Parks Department Main Office (1301 N. Monroe) Monday-Friday 8:30am-5:00pm until September 12th. Please bring your driver's license or student id with you!



For more information, contact Robyn Fink at 229-430-5222 or rfink@albany.ga.us.

Marine Corps Logistics Base 2nd Annual

Dirty Devil Dog Mud Run

16 November 2013

Boyett Park

Packet pick-up starts at 9 a.m.

Start times:

- 10 a.m. Individual ~ Medals awarded to top 3 male and female
- 11 a.m. Team (4 person) ~ Trophies awarded to the top 3 teams
- 12 p.m. Fun Run
- Trophy for Team and Individual Most Creative Costume

Registration fee includes:

T-Shirt, Participation Dog Tag, Energy Snacks and Water.

2013



Registration fee is \$30 per person at the following locations:

MCCS Main Office (Bldg. 3600), Marine Corps Exchange or by mail to:

2013 Dirty Devil Dog Mud Run

MCCS, 814 Radford Blvd., Suite 20322,

Albany, GA 31704-0322,

(Make checks payable to MCCS).

or register on active.com

Deadline to register is 05 November 2013.

Late registration on active.com, only, through 9 November is \$40, however you will not be guaranteed a T-Shirt

Call 639-5268/5438 for more information.

You may also register the day of the race for \$40 (cash only), however, you will not be guaranteed a T-Shirt.

An unwrapped Toys for Tots is Welcome!



Dirty Devil Dog Mud Run

Name _____ Phone # _____

Email _____ Individual Timed Run _____ Team Timed Run _____ Fun Run _____
(circle one)

Adult Shirt Size _S _M _L _XL _XXL _XXXL

Child Shirt Size _S _M _L

Amount Paid \$ _____

race past the meerkats, cheetabs, colobus monkeys, black bears & more

Win unique awards, such as emu eggs, Georgia clay medals and Chehaw memberships!



"RACE LIKE SOMETHING'S CHASING YOU"

SEPTEMBER 21, 2013

3.1 MILE RUN
RUN YOUR TAIL OFF
1 MILE FUN RUN

Age Groups

Run Your Tail Off 1 Mile Fun Run
Ages 8 and under, 9-14, 15-20, 21 & over

5K

10 & under, 11-14, 15-19, 20-24, 25-29, 30-34
35-39, 40-44, 45-49, 50-54, 55-59, 60-64
65-69, 70-74, 75 & over

Awards

Adult Overall Individual Male / Female
Adult Overall Masters (40+) Male / Female
Top 3 Individual in each age group

Entry Fees

Category	Early Bird: Register by September 14	Registration after September 14	Day of Race
Adult	\$20	\$25	\$30
Child <10	\$12	\$15	\$18

For more information, contact Jim Shields at jimshieldsmra@comcast.net or call the zoo at 229-420-1057.
Checks payable to: Chehaw Mail to: Jim Shields, Milestone Race Authority, 10518 Fort George Rd., Jacksonville, FL 32226
Please use one entry form per person. Total Enclosed: _____

Adult Registrant Information:

Name: _____ Age: _____ Gender: _____ DOB: _____ T-shirt size: ()S ()M ()L ()XL ()XXL
Please check which race you are participating in 5K: _____ 1 Mile Fun Run: _____
Address: _____ City: _____ State: _____ Zip: _____
Email: _____ Phone: _____
For SMS text message results to cell phone, please circle your carrier:
Alltel AT&T Boost Mobile Nextel Sprint T Mobile US Cellular Verizon Virgin Mobile

Kid's Registrant Information:

Child's Name: _____ Age: _____ Gender: _____ DOB: _____ Youth t-shirt size: ()M ()L
Parent/Guardian: _____ Relation: _____
Please check which race you are participating in 5K: _____ 1 Mile Fun Run: _____
Address: _____ City: _____ State: _____ Zip: _____ Phone: _____

THRU THE ZOO 5K WAIVER: I understand that entry fees are non-refundable and non-transferable. In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for losses and damages I may have against Chehaw Park Authority, sponsors of the race and/or officials of said event, volunteers, town, police, fire department, and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for the competition of this event, and that a licensed medical doctor has verified my physical condition. I know that participating in this event is potentially a hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decisions of race officials relative to my ability to safely complete the course. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and conditions of the road. I understand that the course is open to vehicular traffic and will compete with due care. Further, I hereby grant full permission to any and all of the foregoing to use any email, photographs, video, motion pictures, recording or any other record of this event for any purpose whatsoever.

Signature (Parent if under 18): _____ Date: _____

Thru the Zoo - 5K Run

6:30 a.m. - Registration & Packet Pick-up
7:30 a.m. - Race Starts
9:00 a.m. - Awards Ceremony

Run Your Tail Off - 1 Mile Run

8:30 a.m. - Race Starts
9:00 a.m. - Awards Ceremony

Pre Packet Pick-up at F-11 camp site on Friday, September 20 from 9 a.m. - 7 p.m.

T-shirts guaranteed to pre-registered athletes only

Bib Chip Timing

by Milestone Race Authority and Jaguar.

Register online at www.ITSyourrace.com.

Girls Inc.

After School program

2013-2014

At-A-Glance

Transportation from School to Center
(All Dougherty County Schools)

Homework Support
(Improving Student Grades)

Progress Reports
(Yes, we monitor progress closely)

Meal Time
(Daily Nutritious Meal)

S.T.E.M
(Science, Technology, Engineering, and Math)

Extracurricular Activities
(Cheer, African Dance, Sports, and more)
Extracurricular Activities are an additional cost

\$60.00 per Month*

*Excluding Membership Fee & Application Fee

August 5th - May 16th

Two Locations

701 Park Place
Albany, GA 31701
229-435-1897

1112 Inverness
Albany, GA 31705
229-439-4917



Class Time

Monday - Thursday

2:30PM - 6:00PM

Friday

2:30 PM - 5:30 PM

For More Information

229-435-1897

information@girlsincofalanby.org



girls inc.[®]
of Albany, GA

TOWN & COUNTRY GRILL

FOOTBALL KICK-OFF WEEKEND

SAT. 7 SEP 1200-1600

TAILGATE MENU

Jalapeño Poppers	\$3.00	Onion Rings	\$1.50
French Fries	\$1.00		

Chicken Tenders	\$4.00	Chicken Wings	\$4.00
Cheeseburger	\$4.50	Chicken Quesadilla	\$5.00



Fountain Soda	\$1.00
Budweiser / Bud Light	\$2.00
Corona	\$3.00



POW★MIA BREAKFAST

13 September 2013
Town and Country
Grand Ballroom

Activities begin at 7 a.m. with a
buffet breakfast

Tickets: MCCS Main Office
Bldg. 3600, Snack Bar, Bldg. 3500,
Marine Corps Exchange and Town
and Country Bar and Grill
\$8.00

E-5 and below
\$6.00

(deadline to purchase tickets is
close of business 10 September)

Tickets will not be sold at the door.

639-5234

Pin City Bowling

2013-2014 Winter Mixed Handicap League



STARTS 10 SEPTEMBER

TUESDAY'S AT 6: 30 P.M.

LEAGUE MEETING WILL BE HELD FOR
TEN PINNERS AT 6:30 P.M.

ALL ARE WELCOME THE FIRST NIGHT.

FIRST NIGHT OF BOWLING TO
COMMENCE AFTER THE MEETING.

639-5241