



Week ending: 20 Sept '13

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.

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**. *Open to all Youth & Teen ages 9+.*
- ~ [Dinner & LIVE Music @ Our Daily Bread Cafe](#); **1900** ; (106 N. Washington St.). FMI call 436-3725.

14 Sept (Sat)

- ~ Base Movie: [Planes – 3D](#) Rated: PG;**1300**. *Open to Authorized Base Personnel.*
- ~ Base Movie: [We're the Millers](#) Rated: R;**1900**. *Open to Authorized Base Personnel.*
- ~ [Lowe's Kids Workshop "Classic Fire Truck"](#); **1000**. *FREE for kids ages 5-12. Open to the Public.*
- ~ [September 2 Remember 5k/1M/Walk](#); **0730** @ Lee County YMCA. *Small Fee. Open to All!*
- ~ [FREE Electronic Recycling Day](#); **0900-1300** @ Civic Center Parking Area.

16 Sept (Mon)

- ~ [Enlisted Spouses Club – Elections Meeting](#); **1800**. Click on link for details.
- ~ [LINKS Mentor's Meeting](#); **1000**. Lincoln Community Center.

17 Sept (Tues)

- ~ [Play Mornings](#); **0900-1100** @ Base Chapel Annex. For ages 5 and younger.

18 Sept (Wed)

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

19 Sept (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!

20 Sept (Fri)

- ~ [70's Party at the SNCO Club](#); 21+! **1830-2330**. *Open to ALL DoD Personnel, Spouses & guests.*
- ~ Base Movie: [Kick Ass 2](#); 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.

~ Inspirational Quotes ~

"To the World, you may be one person . . . But to one person, you may be the World!" – **J. Billings**

VOLUNTEER OPPORTUNITIES FOR ALL



Everyday, Volunteers make a difference within the Marine Corps and in their local Community. Here are a few volunteer opportunities that are currently available. To find an on-going listing of volunteer opportunities, visit:

www.logcom.usmc.mil/familyreadiness/volunteer.asp.



ORGANIZATION: Mission Change
 WHAT: Afterschool Program
 WHEN: Begins Sept. 30th; 1500-1800
 WHERE: Justin's House; 631 W. 1st Ave.
 DETAILS: We will need 10 reliable and

committed volunteers/mentors per day to ensure a successful outcome. **This is an on-going event.** You may sign up for additional days! POC: FMI email ladonna@missionchange.com.



ORGANIZATION: Habitat for Humanity
 WHAT: Volunteers – Indiv. & Groups
 hurs-Sat/8am-12pm/1-4pm

WHERE: Woodland Oaks Subdivision (Across from the Albany Airport.)

DETAILS: Currently building a house from the ground up that P&G is sponsoring, it is hoped to be finished before Christmas. To participate go to www.flinriverhabitat.org and click "volunteer". POC: David Wilson (229) 344-1207.



With a grant from the Governor's Office for Children & Families, the Volunteer & Career Development Program's mission is to promote volunteerism among military families with the purpose of enhancing personal, academic, and professional skills. This program is open to ALL Active Duty, Reservist, Retirees and family members (13+). FMI visit:

http://www.logcom.usmc.mil/familyreadiness/volunteer_career.asp



THE COST OF CREDIT CARDS

Credit card debt, it's something that hangs over many Americans. According to the Federal Reserve, in April 2013 the **average credit card debt equaled \$3,364 per U.S. adult**. This assumes that EVERY adult has a credit card and that those cards carry debt. But not all adults own a credit card, and young Americans are among those ditching their credit cards. The only way to reduce credit card debt is to make payments each and every month. To reduce this even faster you should pay more than the minimum payment each month. Take this example:

TOTAL CREDIT CARD DEBT	MONTHLY PAYMENT	YEARS TO PAY OFF	TOTAL COST
\$3,364 (at 14.96% Interest)	\$67.28 (min. payment)	19 Years 5 Months	\$7,618.63
\$3,364 (at 14.96% Interest)	\$87.28 (min. payment +\$20)	4 Years 4 Months	\$4,533.67
\$3,364 (at 14.96% Interest)	\$107.28 (min. payment +\$40)	3 Years 4 Months	\$4,225.11
\$3,364 (at 14.96% Interest)	\$167.28 (min. payment +\$100)	1 Year 1 Month	\$3,841.40

Finding an extra \$100 a month to apply to credit card payments reduces the time it will take you to pay off this debt from over 19 years to just over 1 year AND saves you nearly \$4,000.

Here are a few ways to find money to pay down debt and save:

1. Turning off your cell phone or cable while you pay down debt could save you \$50 a month. (You can turn it back on as a reward when your credit card debt is gone or save it.)
2. Cut your entertainment costs in half to save \$40 a month.
3. Find a penny pick it up, by saving \$.50 in change a day you will save \$15 a month.

Resources:

To see how long it will take you to pay off your credit card debt, use this great [free calculator](#). Need help finding ways to save? Visit Military/America Saves at: <http://americasaves.org/>.



Connect with Us TODAY!



EVENT FLYERS

THE 2013 MARINE CORPS BIRTHDAY BALL COMMITTEE OF ALBANY PRESENTS

GOLFING FOR GREEN

Friday, 27 September 2013

0700 (Show Time) / 0800 (Tee Time)

Grand Island Golf Club
270 Grand Island Drive
Albany, Georgia 31707

Scramble
Tournament
"Shot Gun Start"

Longest Drive
&
Closest to the
Pin Contest

1st, 2nd and 3rd place prizes



- 4-Person Teams; \$35.00 per person
- Mulligan's (max 2 per player @ \$5.00 each)
- Putting String (max 10 feet per player @ \$2.00 per a foot)
- All checks need to be made out to: "MCCS, Birthday Ball Fund".
- All proceeds will go to support the 2013 Albany Marine Corps Ball
- Last day to register is 23 September, 2013

For More Information and to Register your team contact the following:
Captain Justin R. Cooper: 660-441-3367

IT'S A 70'S PARTY

AT THE

SAGO LOUNGE

GAME PRIZES AND BEST MALE AND FEMALE 70'S CONTEST

FRIDAY, 20 SEPT. 2013

1830-2330

MUSIC BY TRIPLE D

If you share a birthday in the month of September, please consider celebrating with us as we wish

Alexandria Hobby

and

Pamela Benjamin...

HAPPY BIRTHDAY

L.I.N.K.S for Spouses



Get the whole picture of military life at L.I.N.K.S!

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



**Employment Workshop
Wednesday, Sept 25th**

9 a.m.-12 p.m.

**Open to Active Duty and their
Family Members**

**Marine and Family Programs (classroom),
Building 7200 (directly across from clinic)**

**For More Information Contact Robin Gray
639-9122/5276**



Lee County's Annual September-2-Remember 1st Responder 5k/1 Mile Run/Walk

A few of our Sponsors



John H. "Buck" Beachamp P.C.
Attorney at Law



J. Smith Lanier & Co.
Trusting People and Business Since 1868

W. Edward Meeks, Jr.
Attorney at Law



Lee County Bail Bonds



THE EDISON FIRM

Saturday September 14, 2013 at Lee County YMCA,
316 Robert B Lee Dr, Leesburg, GA 31763.

Registration ends at 7:30. Race starts at 8:00

Beneficiary: Lee County Athletes in Special Olympics Georgia

Awards: 5K :Overall Male & Female, Masters Male & Female, Clydesdale Male & Female, 1st Responders Male & Female win Awards. Gift certificates for 1st, 2nd & 3rd Male & Female in each age category. 1 Mile walk/run Overall Male & Female win Awards. All participants in 1 mile fun walk/run will receive prize. No duplication of trophies.

water, fruit, and protein bars will be available for all participants! All pre-registered applicants are guaranteed a T-

Race packages can be picked up starting 9-9-13 at Lee County Sheriff's Office Mon-Fri 9:00-5:00 & morning of the race.

Cash or Checks, Checks made out to "Special Olympics GA" Please send participation forms & money to Lee County Sheriff's Office, Att Daphne, P.O.Box 610, Leesburg, GA 31763

Entry Category	Early Registration due 8-29-13	Day of Race
<input type="checkbox"/> 5K Run/Walk	\$20	\$25
<input type="checkbox"/> 1 Mile Walk/Run	\$20	\$25
<input type="checkbox"/> 12 & under 5k	\$15	\$20
<input type="checkbox"/> 12 & under 1 Mile	\$15	\$20



Name _____ Age on race date _____ Gender M _____ F _____

Address _____ T-shirt size (Adult S, M, L, XL, XXL)

City _____ State _____ Zip _____ (Add \$2 for XXL) (Youth S, M, L)

Phone (____)____-____-____ Email _____

Waver must be read and signed before mailing: ** I hereby for myself, heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against the Lee County 1st Responder Run/Walk, race officials, and all sponsors, of all claims or liability of any kind arising out of my participation in this event or while traveling to or from. I allow any photographs or material from this event to be used to publicize this future Lee County 1st Responder Run/Walk. Signature _____

Date _____ (Parents Signature if under 18) _____

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



Keep Albany Dougherty Beautiful



to host **GO GREEN EVENT**

FREE ELECTRONIC RECYCLING COLLECTION DAY

to promote the proper disposal of unwanted electronic equipment!

Electronics account for 2 to 5% of landfill volume, but it contributes up to 70% of the toxins found in landfills.

September 14th, 2013 • 9 a.m. - 1 p.m. ~ Rain or Shine!

Location: Bring your unwanted electronics to the Parking Lot behind Civic Center • Front St. and Mercer Ave.

Accepted items include:

Test & Network Equipment	Projectors	Telephones	Computer Monitors
Televisions *	CB Radios	Computer CPU's	Stereos
VCR's	Laptops	Copiers	CD Players
Printers	Video Machines	Portable Radios	Disk Drives
Keyboards	Cell Phones	Cameras (including digital)	
Scanners	Modems	Camcorders	Electrical Panels Circuit
Boards	Record Players	Fax Machines	Typewriters Speakers
Cables	CD Roms		
UPS/Battery Back-up	Microwave Ovens	Computer Mouse	

* A \$10.00 handling fee will be charged for each television set / TV sets encased in a wood cabinet CAN NOT be accepted

Items NOT accepted include: Vacuum Cleaners, Refrigerators, Washers, Dryers, Freezers, Gas Powered Equipment, and all NON-electronic Equipment.

Business, industry, schools, hospitals, and government can call 430-5257 to schedule a pick-up of large quantities of electronics.

ALSO WANTED • Outdated/Unwanted medications



FREE... ANONYMOUS... NO QUESTIONS ASKED

NEVER FLUSH MEDICATIONS

For additional information call 430-5257

Medications thrown in the trash can leach into the environment, flushed drugs can kill bacteria that break down waste in our waste water treatment plant, can damage septic systems, and can contaminate nearby waterways and harm aquatic wildlife.



**WANTED
used printer
& copier ink
cartridges**



FMI, call Keep Albany-Dougherty Beautiful at 430-5257

A MillerCoors Sponsored Event

ALBANY CHAPTER OF BLACKS IN GOVERNMENT (BIG) 21ST ANNUAL STUDENT AWARDS BANQUET



On behalf of the Albany Area Chapter of Blacks in Government (BIG), it is our pleasure to invite you to join us for our 21st Annual Student Awards Banquet.

When: Saturday, October 12, 2013

Where: Orene Hall, Albany State University, 504 College Drive, Albany, GA

Time: 6:00 pm

Tickets: \$25.00 per person

Dress: Semi Formal

Keynote speaker: Rev. Travis Morris, Pastor Cray Chapel, CME Church of Albany Georgia.

Theme: "Parents Just Don't Understand: Bridging the Communication Gap between Parents and Teens."

The purpose of the banquet is to honor the students from the local high schools who participated in our Oratorical and Science, Technology, Engineering and Mathematics (STEM) Student Competitions.

RSVP no later than September 20, 2013 by calling: Mr. Ira Thompson at (229) 374-5732



8th Annual Community Day

Transform Strengthen Empower

Games

Giveaways
Entertainment

Food

October 5, 2013

12:00 PM - 4:00 PM

Free
Public
Event

Robert Cross Park

2235 Martin Luther King Jr. Drive

**FOR MORE INFORMATION CONTACT KEVIN KINNEL AT
(229) 432-2897**

This Event Is Sponsored By Agape Community Development Corporation

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

5K Fun Run/Walk For Warriors



Where: MCLB Albany, Ga.

Date: 9/21/2013

Time: 6:30 PM

Pre-register by: 5:30 PM

Participation Fee \$ 25.00
 if registered by 20 Sept.
 \$30.00 day of the event

T-Shirt and Glow Necklace Guaranteed
 to first 250 registrations

All registered Runners/Walkers are
 entered in a drawing for prizes

Sponsored by:

TEAM AZALEA CHARITIES

FARRIS SCREEN PRINTING

ALL PROCEEDS GO TO FUND A K9 FOR A
 Wounded Warrior

To donate go to www.active.com/donate/TeamAzalea2013/nfrench46

Contact Person: Nancy French 229-854-2703

Make check or money order payable to "TEAM AZALEA"

cut here _____ cut here

Mail entry form and fee to: Nancy French 2703 Old Ivy Lane Albany Ga. 31721

Name _____

T-Shirt Size S M L XL

Waivers are required:
 available at check-in

Address _____

Signature _____ Date _____

() _____

Signature of parent or guardian if under 18 Date _____

Phone _____

US MARINE CORPS

Ball Etiquette

October 23rd, 2013

Town & Country Ballroom

1300-1400

Active duty and spouses are invited to attend

MCFTB and honored guests will cover Marine Corps Etiquette topics such as:

What to expect

What dress is appropriate

Protocols for military social events

And much more!



Refreshments will be served. Registration required — call 639-6171.

Childcare is free and available at the CDC. You must make your own childcare reservations in advance.



Starters

Hands on cooking class taught by Food & Hospitality Director Craig Pruett for active duty spouses.

Officers Club Kitchen
October 9th
1:00– 3:00 p.m.

Main Dish

The class will prepare:

Chicken Provencal

Risotto with Asparagus

Sides

Registration is required. Call 639-6171 or email halkk@usmc-mccs.org
Class space is limited.

Child care is free and available at the CDC.
You must make your own childcare reservations.

