The Emblem

Vol. 49, No. 18 | Marine Corps Logistics Base Albany, Ga. (Web site: *www.ala.usmc.mil*) | May 11, 2006

Weather

Friday
Sunny
80/55

Saturday
Sunny
80/60

Sunday
Isolated T-storms
82/60

Force Protection level

MCLB Albany is currently at FP Level - A. An increased or more predictable threat of terrorist activity exists.

MCLB Update

Clinic closing

Naval Branch Health Clinic Albany will be closed for a command function Friday from 11 a.m. – 4 p.m.; this includes the Pharmacy. In the event of an emergency, contact the duty at 395-5619.

Golf tourney set

Marine Corps Logistics Command is holding an Inaugural Golf Tournament May 24 at the Flint River Golf Course. The event will be a two-man scramble with a shotgun start at 11 a.m. The event costs $40 per person and lunch is provided. To sign up, call Monty Clark at 639-5019 or see Roy at the golf course.

Buddy fishing tourney

MCLB Albany is hosting a Buddy Fishing Tournament June 3 at Covella Pond. Registration starts at 7 a.m. Fishing begins at 8 a.m. Tournament is for children 15 and younger. For more information call Eddie Parramore at 639-6261.

Vet services

Every month, a vet for small animals visits MCLB Albany. There is a $2 user fee in addition to the fees charged for vaccination test or any other care provided. For appointments call Army Sgt. Katasha McCline at 639-5867. The next vet visit is scheduled for June 5.

Promotion photos

Promotion photo support is available Thursdays and Fridays at the Public Affairs Office. Emergency circumstances will be considered on a case-by-case basis. For more information or to schedule appointments, call 639-7024.

Lap swim

The MCLB Base Swimming Pool is now open for lap swim for active-duty military only from 11:30 a.m. - 1 p.m. Tuesday - Friday. The pool will begin normal hours at the end of May. For more information call Dan Daniels at 639-5246.

Commissary offers great savings

Individuals who shop at the MCLB Commissary save 30% on groceries.

MCA employee rescues co-worker

Pat Fisher
Emblem Staff

One moment Maintenance Center Albany employee Richard Belcner is sitting at his shops picnic table, chatting away and enjoying the ribs he brought to work for lunch. The next moment he cant breathe a piece of his lunch has lodged in his throat!

Thats when fellow employee Christina Myrick comes to his rescue. Six of us from the shop are jabbering away and eating our lunch as usual when Rick looked over at me, his eyes got real big and he started patting himself on the chest, explained Myrick as she relived the incident. I looked over at him and asked Are you serious? and he shook his head yes.

All the guys from the shop eating with us jumped up, but since I was sitting right next to Rick, I just grabbed him from behind, jammed my thumb in his gut and did one quick thrust and out popped a piece of meat. It was that quick, added Myrick. The whole thing only took about 15 to 20 seconds.

The folks in the 745 Cleaning and Coating Shop at the MCA are all very proud of Myricks heroics, but the humble Myrick will have none of it. We have a real tight shop and when Rick started choking all the guys jumped up and were willing to give him the Heimlich, Myrick emphasized. I was just the closest.

Pat Fisher

Richard Belcner is thankful that Christina Myrick was able to recall her Heimlich maneuver training during a recent lunchtime choking incident at the Maintenance Center here.

The late-March incident also helped bring the shops members closer, according to recently-assigned shop manager Wayne Chauncey. I was working on fostering teamwork within the shop but this (incident) made my job a lot easier.

For his part, the always-smiling Belcner, a 23-year-old equipment cleaner from Charleston, S.C., says hes grateful to be working where he is. Its good to work around a bunch of people who are willing to help out like that.

And Belcner isnt the only member of his family who is appreciative of Myricks quick response. Both his parents, Mary and Jack, also work at MCA. I am so thankful that Christine was there and acted, said Mary.

The perky 28-year-old Myrick is a sandblaster helper in MCA s co-op program and says she learned the Heimlich maneuver while a high school student in Albany and while serving in the Army. I didnt even have time to think. I just did it, she explained.

When asked if she got an award for her unselfish act, Myrick smiled and looked over at Belcner s mother Mary. She thanked me for saving her son.

Asian-Pacific culture celebrated

Pat Fisher
Emblem Staff

America has long been known as a cultural melting pot. Recent immigrants and later generations of immigrants still proudly celebrate the customs and traditions of their ancestral homelands. Asian-Pacific Americans are no different.

On Oct. 5, 1978, President Jimmy Carter signed a joint resolution designating the first 10 days of May as Asian-Pacific American Heritage Week.

In May 1990, the holiday was expanded further when President George H. W. Bush designated May to be Asian Pacific American Heritage Month. May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

According to the resolution, Asian-Pacific American Heritage Month should be celebrated with community festivals, government-sponsored activities and educational activities for students.

This year s proclamation from President George W. Bush reads, During Asian-Pacific American Heritage Month, we honor and celebrate the millions of Asian-Pacific Americans whose contributions have helped make America a strong, vibrant and free society.

Asian-Pacific Americans represent many nations and ethnicities, each with its own culture, heritage, language and experience. Across our country, this diverse group of people has excelled in all walks of life. Their talent and hard work have added to the success and prosperity of our Nation and helped make America a leader in the world. They have helped shape Americas character and identity through their strong values, love of family, and commitment to community.

America is especially grateful to the many Asian-Pacific Americans who have courageously answered the call to defend freedom as members of our Armed Forces. The sacrifices of these brave men and women help preserve the ideals of our countrys founding and make the world a safer place.

To honor the achievements and contributions of Asian-Pacific Americans, the Congress, has designated the month of May each year as Asian-Pacific American Heritage Month.

I call upon the people of the United States to learn more about

See HERITAGE — Page 4

Pat Fisher

A long time coming ...

Edward Chambers, mayor of the nearby town of Funston, receives his Bronze Star for action as a machine gun ammunition bearer in Europe during World War II from Col. John P. Lopez, commanding officer, Marine Corps Logistics Base Albany. The pinning took place in the town's community center, where Chambers has been mayor since 1958. The 82-year-old Chambers, an Army veteran, was also re-awarded his Army infantry badge and four other medals. In his haste to return home to Georgia following the German surrender in 1945, Chambers never formally received his medals.

Spouses part of Marine success

Pat Fisher
Emblem Staff

Despite the daily challenges of military life including deployments, family separations, and frequent moves, our spouses continue to provide the stability that allows our Marines to perform their assigned mission.

Current operations in Iraq and Afghanistan have greatly increased the challenges our spouses face and the sacrifices they continue to make.

Those statements came from Gen. Michael Hagee, commandant of the Marine Corps, in a 2003 message commemorating Military Spouse Day, but is just as relevant this year as we observe Military Spouse Day Friday.

President Ronald Reagan, in a 1984 proclamation, cited the supportive military spouse as a vital component in the success of the U.S. military mission, Throughout the years, as the numbers of our married men and women in uniform have grown and as their military missions have become more complex and dispersed, their spouses have made countless personal sacrifices to support the Armed Forces. In many instances, they subordinated their personal and professional aspirations to the greater benefit of the service family. Responding to the call of duty, they frequently endured long periods of separation or

See SPOUSE — Page 3

Pat Fisher

A 'moving' experience ...

The Moving Wall, a half-scale replica of the Vietnam Memorial Wall in Washington, D.C., was on display in Albany May 4 - 7. Maj. Gen. Willie J. Williams, commanding general, Marine Corps Logistics Command, spoke at a short memorial service Friday evening. The names of more than 58,000 dead or missing in action servicemembers are inscribed on the wall's panels. The wall was sponsored by local American Legion Posts and other veteran's groups.

Following tips may prevent mishaps

David Gaffney
Risk Management Office

Each summer, there are thousands of people killed in drowning mishaps. Marines are not exempt from this summer killer. We receive many mishap reports throughout the summer that involve drownings.

The majority of drowning victims know how to swim, and in many cases they were not swimming alone. So, what happened to cause them to drown?

Although there are many factors, hypothermia is a significant one. Water draws warmth away from the body 25 times faster than air does. Even in the summer, water temperatures in many lakes and rivers are low and can quickly lead to hypothermia. At first, the extremities become sluggish. As more blood becomes concentrated in the chest and trunk areas, less blood flows to the brain. Judgment becomes clouded and is often followed by unconsciousness. Once this stage is reached, victims usually drown or die of cardiac arrest.

Treading water and drown-proofing are not good survival techniques when it comes to cold water survival. The best technique is H.E.L.P. (Heat Escape Lessening Position). In this technique, arms are

See SWIMMING — Page 4

Save money, use your MCCS Gas Station! Gas prices: Regular - $2.64, Mid-grade - $2.73, Super Unleaded - $2.82. Prices subject to change.

Beam research

Lt. Cmdr. Anthony B. Headrick
Command Chaplain

An interesting concept called beam research, was suggested by Paul Miller and comes from the Gospel of Matthew in Jesus Sermon on the Mount. The passage reads, Why do you look at the speck of sawdust in your brother s eye and pay no attention to the beam in your own eye? How can you say to your brother, Let me take the speck out of your eye, when all of the time there is a beam in your own eye? You hypocrite, first take the beam out of your own eye, and then you will see clearly to remove the speck from your brother s eye.

The concept of beam research is that we should first check ourselves out before we try to fix someone else. We need to check out how we do things and use that information to be honest with others. It is the same concept as the golden rule. This rule demands we first reflect on ourselves and how we want to be loved and then to use that information to love others. The idea behind both of these concepts is that we do some self-examination before we assume we can help or love anyone else.

Our need for beam research is obvious. We all have various weaknesses and failings which often result in our belief we can help someone else but forget we need help ourselves. When we move too quickly to fix someone else or treat others in ways we never want to be treated, it is a sure sign we have failed to engage in some self-reflection. If you say you have no problems or failings, I suggest you need to look in the mirror and ask some hard questions. Those closest to you may have a different story.

The purpose of beam research is not to beat yourself up over perceived or unperceived problems. The purpose of doing this kind of reflection is to make you more sensitive to your own issues which in turn will make you more able to help others and treat them appropriately.

CHRO News

News you can use from the Civilian Human Resources Office

CHRO-SE
Resolution Entitlements and Benefits Division

Yellow-ribbon-lined streets welcome home our troops and remind us of those still serving. President George W. Bush approved a five-day readjustment period for federal employees returning from the War on Terror as part of their welcome home. Bushs authorization was signed Nov. 14, 2003 in an effort to show his personal gratitude and respect, as well as the admiration of a grateful nation.

Federal civil servants benefit from five days of uncharged leave prior to resuming their duties. Many of our employees have endured great disruption to their lives and families as a result of their service. Therefore, federal agencies are urged to do everything possible to ease their return to civilian life. This is one way of recognizing the contributions theyve made in the defense of our freedom.

This benefit is in keeping with the spirit of the Office of Personnel Managements regulations at 5 CFR 353.208 implementing the Uniformed Services Employment and Reemployment Rights Act. Under 5 USC 6323, any full-time federal civilian employee whose appointment is not limited to one year and who is a member of the National Guard or Reserves is entitled to 15 days (120 hours) of paid military leave each fiscal year for active duty, active-duty training or inactive-duty training. An employee can carry over a maximum of 15 days into the next fiscal year. USERRA states that an employee performing service with the uniformed services must be permitted, upon request, to use any accrued annual or military leave during such service. An employee is entitled to use annual leave or military leave intermittently with leave without pay while on active duty or active/inactive duty training. An employee on annual or military leave under section 6323(a) receives his or her full civilian salary, as well as military pay.

Additionally, effective Nov. 24, 2003, employees who perform full-time military service as a result of a call or order to active duty in support of a contingency operation as defined in section 101(a)(13) of title 10, United States Code are entitled to 22 days of military leave under 5 U.S.C. 6323(b). Under this provision the employee is entitled to the greater of his military or civilian pay.

For more information on military leave entitlements, contact the Resolution, Entitlements and Benefits Division at 639-5255.

Crossroads Restaurant Menu

Thursday
Homemade Pork BBQ
Chicken Fried Chicken & gravy
Mashed Potatoes
Corn on the Cob
Green Beans

Friday
Baked and Fried Fish
Chicken Wings
Fried Rice
Cheese Grits
Collard Greens
Chef s Choice Vegetables

Monday
Country Fried Steak w/gravy
Chicken Wings
Steamed Rice
Broccoli Casserole
Field Peas w/snaps

Tuesday
Smothered Chicken Breast
Sliced Roast Beef w/gravy
Mashed Potatoes
Mixed Vegetables
Corn OBrien

Wednesday
Beef w/Broccoli
Pepper Steak
Chicken Fried Rice
Steamed Rice
Oriental Vegetable Sti Fry

Monday - Thursday: Salad Bar and Hot Lunch prices vary by item • Wednesday: Hot Lunch Buffet with tossed salad, dessert and drink $5.95.

Marine Corps Training

Rifle range
Ranges for 2006 will be held at Parris Island, S.C. Dates are as follows: June 26-30 and Sept. 26-30. Snap-in will go the week prior at the battalion armory daily starting at 1 p.m. For more questions or information, call 639-5130.

Pistol range
The ranges scheduled for 2006 are as follows: June 12-16, July 10-14, Sept. 11-15 and Oct. 1- 6. The range safety brief will go on the Friday prior to firing on the range. Please plan accordingly. For more information, call Staff Sgt. Bernard Cooks at 639-5131.

Weapons cleaning
Weapons must be cleaned by the 15th of every month. The Armory is located in Bldg. 7121 next to Base Property. Weapon cleaning days and times are: Monday-Friday 8:30—11:30 a.m. and 1-3:30 p.m. Sections are encouraged to schedule appointments for section cleaning by calling Cpl. Christopher Marsh at 639-5108. After the 15th of the month, Armory hours vary. Please call 639-5108 for assistance.

MCCS test
The next Marine Corps Common Skills Test is scheduled for 1:30 p.m. Wednesday at the Base Theater. Marines can arrange to take the test by filling out a training request via the Military/Ops and Training Section. Contact Staff Sgt. Bernard Cooks at 639-5131 to schedule an appointment.

PFT
PFTs are held every other Thursday at 7:30 a.m. at the designated PFT course. PFTs can be scheduled by filling out a training request in the Military/Ops and Training Section. PFTs are subject to the Military/Ops section approval. PFTs will not be taken on days that begin a 96-hour holiday. For more information, call Staff Sgt. Bernard Cooks at 639-5131.

CHRO Training Classes

On-Site training
Anyone interested in attending these courses should contact their supervisor. Nominations for on-site courses must be coordinated through Department/Center Training Coordinators. They have course catalogs, course announcement letters, and quota allocations and can answer most of your questions. For more information call 639-5297.

June 12-14: Business Process Re-Engineering, Bldg. 3010.
June 19-21: Microsoft Front Page, Bldg. 3010.
June 20-21: Mid Career Retirement Planning, Bldg. 3010.
June 26-28: Microsoft Project, Bldg. 3010.
July 10-11: Power Point Level 1, Bldg. 3010.
July 17 & 18: Power Point Level II, Bldg. 3010.

Read and use *The Emblem* classifieds, they work!

MCCS MARINE CORPS Community Services Albany

It's All For You!

The Week Ahead

Fri May 12	Sat May 13	Sun May 14	Mon May 15	Tue May 16	Wed May 17	Thur May 18
College 101 9—10 a.m. Base Education Bldg. 3010 639-5162 **ALL** **Tonight's Movie** *Stay Alive* PG13 7 p.m. 639-5166 **ALL**	**Bring Mom Bowling!** 1:00-11:30 p.m. Pin City Bowling Center Mom's first 3 games are FREE! 639-5233 **ALL** **Tonight's Movie** *Inside Man* Rated R 7 p.m. 639-5166 **ALL**			**Albany Tech rep** 11:30 a.m. —1 p.m. Bldg. 3010 639-5162 **ALL** Anger Management Class 10 - 11 a.m. Bldg. 7200 FREE 639-7935 **ALL** **Men's Deadlift Contest** Fitness Center 11:30 a.m. 639-6234 **ALL**	**Tonight's Movie** *Ice Age 2: The Meltdown* PG 7 p.m. 639-5166 **ALL** **Ladies Night** Auto Skills Center 639-5226 **ALL**	**Welcome Aboard** 8—11:30 a.m. Bldg. 7200 639-5278 **ALL** **Car Club** Auto Skills Center 639-5226 **ALL**

Bring Mom Bowling!
Saturday, May 13; 1-11:30 p.m. Pin City Bowling Center Mom's first 3 games are FREE! 639-5233 **ALL**

Begins May 30 at the Base Library 639-5242 ALL

Retiree Open House
May 10-13, 2006

- Exchange Parking Lot Sale
- Commissary Case Lot Sale
- Cookout at Commissary, May 11
- Luncheon, May 12

All military retirees are invited to attend. Call 639-5277 for more information or to register for the luncheon. **R**

Rebuilding Good Credit
Learn how to improve your credit score.

Wednesday, May 24
2—4 p.m.
Bldg. 7200
FREE
639-5279 ALL

Men's Deadlift Competition
Tuesday, May 16
Fitness Center
11:30 a.m.
No Entry Fee.
Sign-up at the Fitness Center.
Spectators welcome!
639-6234 **ALL**

Summer Camp Starts May 22
Ages 5-12
CDC will be open 7 a.m.—6 p.m. daily (excluding federal holidays.) Swimming, bowling, games, field trips. Enroll full-time or drop-in. Call for a Summer Activity Calendar. 639-5199. **ALL**

Anger Management Class
Tuesday, May 16
10 - 11 a.m.
Bldg. 7200
Free & Open to all.
Learn skills to help you stay in control.
639-7935 **ALL**

ELIGIBILITY LEGEND

ALL Open to all Active Duty, Retirees, DoD Civilians, Contractors, Reservists and their family members
AD Active Duty and their family members
R Retirees and their family members
C DoD civilians and their family members
N Contractors and their family members
V Reservists and their family members

MCCS Marketing Hotline 639-5268
MCCS Web site *www.ala.usmc.mil/mccs*

The Emblem

Commanding Officer, Marine Corps Logistics Base Albany.....Col. John P. Lopez
Public Affairs Officer.....Capt. Steve A. Butler
Deputy Public Affairs Officer.....Colie Young
Press Chief.....Michelle C. Stewart
Managing Editor.....Wm. Cullen James

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PAT FISHER

Setting the pace ...

Laurie Lewis, wife of Master Sgt. Joe Lewis, a Marine Corps Logistics Command Marine stationed in Iraq, tries out one of five new LifeFitness treadmills at Daniels Family Fitness Center. The new treadmills come equipped with an LCD screen which will soon be hooked up to the base's cable TV system.

ITT here to help with summer plans

Pat Fisher
EMBLEM STAFF

Now that warm weather is here, many people are making plans for summer vacations.

But before you start making hotel reservations and buying those theme park tickets, be sure to stop by the Information, Tickets and Tours office in the Marine Corps Exchange lobby here.

Sue Truver, ITT manager, and Stephanie Liljeros have a huge variety of discounts available for base employees and authorized patrons, including active duty military, retirees, DoD civilians, reservists and contractors. Some restrictions do apply, however.

We have discounted tickets for most major theme parks in the Orlando area, said Truver. That includes Walt Disney World, Sea World Adventure Park and Universal Studios Orlando. Our Georgia attractions include Six Flags Over Georgia, Zoo Atlanta and Wild Adventures.

But attraction tickets arent all that ITT offers. We have discounts on condos and hotel accommodations, as well as tickets to selected dinner shows, Truver added.

If NASCAR is your thing, ITT also has tickets to many races throughout the season, including Talladega, Ala., Atlanta and Daytona, Fla.

Maybe an event closer to home could use a little more excitement. Truver said that her office has a large variety of balloon bouquets and gift items for a wide range of occasions such as retirements, birthdays and holidays.

Before you purchase a ticket or make hotel reservations, call us first, says Truver. We re here to save you money.

And Truver added that her office is a treasure trove of helpful vacation suggestions and ideas. Ive worked here at ITT for almost 11 years and also have worked as a travel consultant, she said.

If youd like more information on what is available, call ITT at 639-8177 or drop by their office. Operating hours are Monday — Thursday 9 a.m. - 5 p.m. and 9 a.m. - 6 p.m. Fridays.

COURTESY PHOTO

Environmentally unsound ...

This discarded container of used motor oil was recently spotted in the woods near the base dog kennels. Base Environmental Branch officials want to remind base housing residents that changing automobile oil is prohibited in the housing areas. It is only permitted at the Hobby Shop.

Base ICE Cube deals with customer issues

The Base Interactive Customer Evaluation Cube is derived from actual comments and suggestions from ICE customers.

Question: What are the proper procedures to ensure your government travel card is activated prior or during Temporary Additional Duty travel?

Answer: If the traveler does not get in touch with their appropriate Agency Program Coordinator prior to travel, their card might not be activated for that trip. If the traveler is already TAD/TDY, they need to contact their home station APC to activate their card. It is the responsibility of the traveler before they go TAD/TDY to call their appropriate APC to insure their government charge card is activated and ready to use while TAD/TDY. Should you have further questions please contact your appropriate APC.

Agency Program Coordinator Points of Contact:

Base -	Greg Barnetson	639-7004
	Sandra Rickert	639-7013
LOGCOM -	Bonnie Burnett	639-8565
	Melvin Dees	639-5734
MCA -	Brenda Brandt	639-6308
	Linda Shiver	639-7672

Base customers can comment on any MCLB Albany service by going to ***http://ice.disa.mil*** or by accessing the MCLB Albany homepage at ***http://www.als.usmc.mil*** and clicking on the ICE logo.

Conserve our resources ...

The simple act of turning lights off at the end of the day can minimize the cost of energy aboard the installation. Employees are asked to please ensure all indoor and outside lights are shut off when not being used. Develop a practice to police and check work spaces, hallways and closets prior to leaving work for lights and other electrical items that may have been left on. Occupants who live in base housing, please ensure car ports, front and rear door lamps and storage shed lights are off during daylight hours. Remember to use energy wisely, practice conservation at work and at home, keep fellow workers and neighbors aware of the importance and severity of being wasteful, it affects everyone.

MICHELLE STEWART

PAT FISHER

Capt. Steven Freese, Supply Chain Management Center, Marine Corps Logistics Command, enjoys a sunny spring afternoon on base playing with his family — spouse Kim and two-year-old son Ryan. The importance of the military spouse to the Marine Corps' mission is being celebrated across the country Friday during Military Spouse Day.

SPOUSE from Page 1

left familiar surroundings and friends to re-establish their homes in distant places. And there they became American ambassadors abroad.

As volunteers, military spouses have provided exemplary service and leadership in educational, community, recreational, religious, social and cultural endeavors. And as parents and homemakers, they preserve the cornerstone of our nations strength - the American family.

Therefore, I do hereby proclaim May 23, 1984, as Military Spouse Day, in recognition of the profound importance of spouse commitment to the readiness and well-being of service members on active duty and in the National Guard and Reserve.

Former Secretary of Defense Casper Weinberger later established the Friday before Mother s Day as the annual day to recognize the profound importance of spouse commitment to the readiness and well being of all service members.

According to the Web site ***www.singleparents.about.com***, spouses of deployed service members, female and male, face a doubly tough job of having to fill the roles of both parents. The spouse at home must not only run the household alone including paying the bills and shuttling the kids to after-school activities but also must keep up the morale of the deployed servicemember through letters, phone calls and e-mails. The stress sometimes can be overwhelming.

Thats why the individual services have established a network of support personnel such as the Key Volunteer Network here. According to Pat Ashley, resource and referral manager, Marine Corps Family Team Building, Albany is unique in that deploying Marines do not go as a unit, but as individuals. This means that the spouse has no other wives whose husbands are deploying from the same unit to lean on or share experiences. The network provides that structure for the spouse.

The network was originally established to be a communications link between Marine command and the spouse and still is, but their role has expanded, Ashley added.

The KVN provides referrals to local resources, sponsors spouses night out three times a year, provides home visits to incoming families and sponsors a spouses learning series, which is training given by active duty spouses which is scheduled for late September, according to Rosita McDuffie, KVN coordinator.

Another more social support organization, the Officer Spouses Club, operates less formally, and has a branch here. An enlisted spouses club is not currently active at Albany.

The purpose of the club is to provide an organization where spouses can gather together in a common bond of friendship, supporting one another for the purpose of mutual development and improvement of individual capabilities, explained club vice president Dale Land.

The OSC also introduces spouses to the community in a social and cultural environment and we also pursue many charitable causes, adds Land. Members also understand the special needs of a military spouse and offer a wealth of information.

Membership to the club is open to spouses of active duty, retired or deceased officers and spouses of civilian employees GS-7 and above. Information on the club is available from the Family Team Building office in Building 3600 or by giving them a call at 639-5199.

Spouses wanting information on employment, meanwhile, should contact the Marine and Family Services Center in Building 7200.

PAT FISHER

Happy birthday ...

Lieutenant Timothy Jackson, a Navy nurse and clinic services manager at the Naval Branch Health Clinic here, checks the temperature of Army Sgt. Katasha McCline. In May 1908, Congress authorized the establishment of a Nurse Corps within the United States Navy. The Navy Nurse Corps celebrates 98 years of devoted service May 13, with a force of 3,000 active-duty and 2,000 reserve nurses equipped to use their medical skills in support of their fellow sailors and Marines on the home front and on the front lines overseas.

Employee Spotlight

Name: Petty Officer 1st Class Donald Stewart
Organization: Naval Branch Health Clinic Albany
Job Duties: Biomedical equipment repair technician
Hometown: Lake View, S.C.
Hobbies: Computers and car audio
What I like most about my job: The travel
One of the most significant achievements Ive been a part of since being here: Getting advanced to petty officer first class
Time stationed at MCLB: One year and five months

Financial Tip

Dont eat out as much as youd like to. If you eat out, buy gift certificates for half price.

HERITAGE from Page 1

the history of Asian-Pacific Americans and their role in our national story and to observe this month with appropriate programs and activities.

Celebrating their Asian-Pacific roots is important to two employees of the Marine Corps Exchange: Aurora Huston, a cashier from Bato, Palavig, Philippines and Marites Cochran, a sales supervisor from Santiago Botolan Zambales, Philippines. The two close friends grew up within 30 miles of each other, although they did not know each other until meeting at work here.

Huston, who only recently arrived in Albany from Okinawa, Japan, is married to a Marine stationed here. She says her Filipino culture is a very important part of her life. Marites and I get together at least once a week. We talk to each other in our native language and eat traditional Filipino food.

Cochran added, I do miss my family, but it helps to have a friend here from near home.

As President Bush noted in his proclamation, it takes the talent and hard work of many different cultures, including Asian-Pacific, to weave the diverse fabric that is a strong America.

PAT FISHER

Marites Cochran (left) and Aurora Huston, both from the Philippines and now working at the Marine Corps Exchange, enjoy celebrating their homeland culture.

PAT FISHER

JROTC meet ...

More than 125 members of the Dougherty Comprehensive High School Junior Reserve Officer Training Corps hold their end-of-the-school-year field meet here May 4. Besides competing in various field events, the day-long event included a free lunch of pizza and drinks under the field pavilion.

Intramural softball standings

As of May 3:

Team	Won	Loss
Band	5	2
HQ	5	2
1340	5	2
I & I	5	2
CARD F	1	6
MED	0	7

Employee leave donation requests

The following base employees are currently approved as leave recipients under the Annual Leave Transfer Program.

Terry A. Bogadi, an employee of Maintenance Center Albany, needs leave donations for recovery from a massive heart attack. Call Sherry Robinson at 639-6326

Henry E. Folds, an employee of C-4, needs leave donations for biweekly chemotherapy treatments. Call James Mitchell at 639-6761.

Cedric P. Robinson, an employee of Command Support Division, needs leave donations for recovery from an illness. Call Virginia Williams at 639-6622.

Willie E. Walker, an employee of Maintenance Center Albany, needs leave donations for recovery from a stroke. Call Mary Fields at 639-6361.

For further information on an individual need, please contact the point of contact listed.

SWIMMING from Page 1

crossed over the chest, and the legs are crossed with the knees drawn up to the chest. Two or more people in the water should huddle with their bodies pressed together to conserve heat. Both of these positions require the wearing of a personal flotation device to stay afloat.

One sure way to get yourself in trouble while having some summer fun is by mixing water activities with alcohol. Alcohol is a factor in nearly half of the drownings that occur. Alcohol use results in loss of coordination and lack of good judgment. Alcohol also increases the chances of drowning due to hypothermia because it causes the blood vessels near the skin to dilate and increase heat loss. Alcohol dulls the senses, causing individuals to overextend their limits. Operating a boat under the influence of alcohol or drugs is against the law.

Consider the following tips for safe swimming:

Swim in approved swimming spots, where the depths are indicated, where there are no obstructions or holes or step-offs. Because of the questionable depths, the pollution and the various obstructions, resist the lure of the secluded pond or old quarry.

Dont be tempted to swim beyond your ability, whether with or without support (such as with water wings or other floatation devices). Avoid swimming where there are dangerous currents, undertows and rip tides.

If you choose the old swimming hole as your place to swim, make it as safe as possible by clearing it of obstructions, marking depths and putting up warning signs at dangerous places.

If you are a novice or intermediate swimmer, confine your swimming activities to areas in which you can quickly and easily reach safety if anything goes wrong.

Avoid dunking other swimmers, wrestling with them, or pushing them off piers, rafts and various other places. Avoid swimming alone. If you get into any difficulty, it is best to have someone near to rescue you or to call for help. Swimmers can be disabled by cramps or misjudging their strength and endurance.

When you swim with a group, beware of letting the skills of others prompt you to explore beyond your own capabilities.

Stay out of water when you are overheated or over-tired or when you have eaten within an hour previously. Pay attention to warning signs and regulations of the pools and lakes you choose to swim in.

If you are a non-swimmer, stay in shallow water. Dont venture into deep water with water wings or inflated tubes.

Find out about the water the depth, the currents, step-offs, hidden trees and rocks before you start swimming or diving. Many accidental drownings result from diving injuries. Diving into shallow water, or striking an unseen obstacle, can lead to unconsciousness, spinal cord injury, paralysis and, all too often, death.

Pool Safety:

1. If you own a backyard pool, or live in an area where pools are common, enroll your children in swimming classes.

2. Invest in an approved safety cover and keep the pool covered whenever it is not in use.

3. Ensure there is a fence around your pool to prevent curious youngsters from entering the pool area without your permission. Never allow toddlers or young children access to the pool without adult supervision.

Marines needed for recruiter assistance

Want an opportunity to earn promotion points and spend up to 30 days at home without taking leave? The Marine Corps Recruiting Station in Pittsburgh is looking for motivated Marines to serve as recruiter assistants. RS Pittsburgh covers the following counties in Pennsylvania: Allegheny, Armstrong, Beaver, Bedford, Blair, Butler, Cambria, Cameron, Center, Clarion, Clearfield, Clinton, Columbia, Elk, Fayette, Forest, Green, Huntington, Indiana, Jefferson, Juniata, Lawrence, Lycoming, Mercer, Mifflin, Montour, Northumberland, Snyder, Somerset, Sullivan, Union, Venango, Washington and Westmoreland.

This is the perfect opportunity to earn those extra points you need to excel past your peers and gain your next promotion. Up to 100 points toward your promotion can be earned during time spent on recruiter assistance.

For more information about the recruiter assistance program in your hometown area, contact Sgt. Thomas Lantz at (412) 395-4841.

Base and Local Happenings

Volunteers needed

Chehaw BMX is looking for individuals to help volunteer with maintenance, practice and all races including the Fall Classic scheduled for Oct. 20-22. Local races are run every week on Tuesday and Saturday with the exception of weekends of scheduled state and national races. For more information or to volunteer, contact Ricky Lawrence at 438-8997 or 894-4745.

BBQ Fest at Fort Rucker

Fort Rucker will host the inaugural Above the Best BBQ and Music Festival July 28-29, 2006. The event will include a sanctioned barbecue competition, an arts and crafts fair, a childrens play area, numerous food and beverage vendors and two nights of music. The barbecue competition is expected to bring championship teams in from throughout the nation, as well as local amateurs. The event is anticipated to draw attendees from an estimated 200-mile radius. For more information, visit the festivals Web site at ***http://www.bbqalabama.com***.

American Legion golf tournament

American Legion Post 30 is holding its 7th annual Golf Tournament 11:30 a.m. June 5 at River Point Golf Club. The event will be a four-man team scramble with a 1 p.m. tee off. The entry fee is $65 per player, $260 per team or $300 with mulligans. The fee includes 18 holes of golf, green fee, ditty bags, driving range usage, lunch and more. For more information call the legion at 435-5450, G.C. Croft at 439-8966 or Larry Valis at 432-6161.

Camp Catch-A-Breath

The American Lung Associations Nancy J. Knight is hosting Camp Catch-A-Breath at Darton College June 12-16. The camp meets daily from 7:30 a.m. to 5:30 p.m. A doctor s approval is required. There is an enrollment fee of $20 and you must register by June 5. For more information, call the Lung Association at 435-3626.

Do you know of an upcoming event or do you know someone who deserves recognition? Please contact *The Emblem* at 639-5216.