



# THE EMBLEM

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FEBRUARY 7, 2013

WWW.ALBANY.MARINES.MIL

VOL. 57, ISSUE NO. 5

## SMMC visits MCLB Albany



**Above:** Sgt. Maj. Micheal P. Barrett, sergeant major of the Marine Corps, discusses readiness issues with Marine Corps Logistics Base Albany leadership during his visit here, Jan. 31.

**Right:** Barrett hosts a discussion with Marine Corps Logistics Command and MCLB Albany noncommissioned officers during his visit here, Jan. 31.



Photos by Nathan L. Hanks Jr.

## Base to commemorate Black History Month

**Erin Walkey**  
*Student Assistant*

To mark the 150th anniversary of President Abraham Lincoln's signing of the Emancipation Proclamation and the 50th anniversary of Dr. Martin Luther King Jr.'s March on Washington, Marine Corps Logistics Base Albany and the rest of the nation will conduct observances during this year's Black History Month.

To commemorate Black History Month here, the base and the Albany Area Chapter of Blacks in Government will host a luncheon Tuesday from 11:30 a.m. to 12:45 p.m. in the Grand Ballroom of the Town and Country Restaurant.

"2013 marks the 150th and 50th year anniversaries, respectively, of two parallel events, occurring in 1863 and 1963," Ira Thompson, president of the Albany Area Chapter of Blacks in Government, said.

According to Marine Administrative Message 011/13, in 1863 President Abraham Lincoln signed the Emancipation Proclamation freeing all who were enslaved in the United States.

A full century later, Dr. Martin Luther King Jr. led the March on Washington where he gave his historic "I Have a Dream" speech. This speech marked a tipping-point in the civil rights movement, Thompson added.

Through the leadership of Dr. Carter G. Woodson, Black History Month originated as "Negro History Week" in 1926, according to MARADMIN 011/13.

"Woodson sought to create an observance to recognize and honor the heritage, accomplishments and contributions made by African-Americans to American society," the message states.

As part of MCLB Albany's observance of this year's Black History Month theme, "At the

See **COMMEMORATE**, page 7

## Ask Dr. Joe: Do we have a flu epidemic?

**Capt. Joseph McQuade, M.D.**  
*Director of Public Health, Naval Hospital Jacksonville*

**JACKSONVILLE, Fla.** - While there's a lot of talk about influenza, the flu, in the national news lately, people are staying pretty healthy locally, according to a Naval Hospital Jacksonville press release.

Across NH Jacksonville's patient populations-in Marine Corps Logistics Base Albany, Ga., and naval bases in Florida including Jacksonville, Key West, Kings Bay and Mayport, flu-like illness activity is similar to the 2012 season.

This may be due in part to the success of the vaccination campaign at each of the five bases where NH Jacksonville has a facility, according to the release.

At the hospital and branch health clinics this flu season, medical staffs were early in meeting their goal to vaccinate 100 percent of active-duty service members.

Also, nearly two-thirds of pregnant patients have been vaccinated. The national average is about 10 percent.

Influenza is a serious illness, leading to numerous hospitalizations and deaths each year, and it's important to protect against it.

The U.S. Centers for Disease Control and Prevention recommends flu vaccine for everyone age six months and older.

More recommendations from the CDC include:

- \* Avoid close contact with sick people.
- \* If an individual is sick, stay home.
- \* Sneeze or cough into your elbow or a tissue. Don't sneeze or cough into your hands.
- \* Wash or sanitize hands often.
- \* Avoid touching eyes, nose and mouth.
- \* Practice good health including keeping your home and workplace clean, get plenty of sleep, be active, manage stress, drink fluids and eat nutritious food.

For information, visit the website [www.cdc.gov](http://www.cdc.gov) or call the Immunizations office at 229-639-7815. Immunizations hours are Mondays-Fridays from 8-11:30 a.m. and 1-3:30 p.m.

To reach the Medical Home Port team, call Central Appointments and After-Hours Nurse Advice Line at 800-529-4677.

### New tower enhances radio communication

**Nathan L. Hanks Jr.**  
*Editor*



A 196-foot communication tower was recently erected aboard Marine Corps Logistics Base Albany to facilitate better first responder radio communication.

Some users include Marine Corps Police Department, Marine Corps Fire Department and the Installation and Environmental Division.

In a collaborative effort, MCLB Albany's Communication and Information Systems Division and Installation and Environmental Division obtained funding to replace the old tower, according to Robbin Lamb, spectrum and land mobile radio manager, Communication and Information Systems Division, Marine Corps Logistics Base Albany.

"The tower supporting first responders, emergency maintenance and mass notification radio communication systems was identified as having serious structural issues," she said.


Structural issues with the tower were identified in November 2010 during a survey collecting information for the Emergency Management Command and Control/Consolidated Emergency Response System/Enterprise Land Mobile Radio programs, according to Lamb.

"Tower repairs would have cost more than \$40,000 so it was decided that a new tower should be built," she said. "The old tower would have been replaced during the implementation of the ELMR program, which will take place in 2 to 3 years."

ELMR is a program used Marine Corps-wide to

See **TOWER**, page 7




Nathan L. Hanks Jr.



**Albany Young Marines' CO receives recognition for community service**

See page 3

### MCLB Albany Weather

Friday	Saturday	Sunday
		
Mostly Sunny Hi 70, Lo 42	Mostly Sunny Hi 68, Lo 43	Mostly Cloudy Hi 72, Lo 56

### Social Media

Follow the latest happenings on base via Facebook and Twitter:



'Marine Corps Logistics Base Albany, Ga.'



'MCLBAlbany'



# MCLB Albany Updates

## Budget for Baby Workshop date set

The Navy-Marine Corps Relief Society will host a Budget for Baby Workshop, Friday from 9-11 a.m. at Marine and Family Services in Building 7200.

Classes are open to active-duty service members, retirees and their family members.

Attendees will learn about financial adjustments associated with a new baby including increased expenses, pressure from consumers targeting new parents and entitlements available through government and private sources.

For more information, call 229-639-5278.

## MCCS announces Fun Night Out

Marine Corps Community Services has scheduled a Fun Night Out for military couples and single service members, Feb. 15 from 6-10 p.m.

The event will be held at the Town and Country Restaurant and Single Marine Lounge.

Child care will be provided by the Child Development Center at a cost of \$4 per child per hour.

To register a child at the CDC, call 229-639-5765.

For more information, call 229-639-8896.

## MCFTB to host Family Care Plan workshop

Marine Corps Family Team Building will host a Family Care Plan workshop Feb. 15 from 9-10 a.m. at Building 7200.

The class is mandatory for Marines with one or more dependent. The class is open to active-duty service members and their family members.

Family Care Plan is a document that provides guidance for identified individuals to follow in the care of a Marine's family member; in his or her absence.

The class will explain how to prepare a plan, the forms required and when it should be submitted and updated. Base Legal will also be available to answer questions.

The deadline to have a plan complete is March 13.

Child care will be provided by the Child Development Center for free. To register a child, call 229-639-5765.

For more information, call 229-639-6171.

## MCCS plans education, career fair

Marine Corps Community Services will host an Education and Career Fair on Feb. 27 from 10 a.m. -

2 p.m. in Building 7120.

The purpose is to provide employment and education opportunities for service members who are transitioning from the military, military spouses, family members and Department of Defense personnel.

For more information, call 229-639-9122.

## Commissary offers Rewards Card

The free Commissary Rewards Card is available at the Commissary.

The card is designed to reduce the number of paper coupons patrons clip and carry - saving them time and money.

Adding digital coupons is done online after registering through [www.commissaries.com/rewards/index.cfm](http://www.commissaries.com/rewards/index.cfm).

New digital coupons typically become available every two to three weeks.

For more information, visit the website or ask in the Commissary.

## PAO takes photos on Friday mornings

Command and promotion photos are taken by the Public Affairs Office staff every Friday morning.

Marines should arrive on time and in the proper uniform.

Service members should also ensure their ribbons are in the proper order and their uniforms fit according to Marine Corps uniform regulations.

All ranks must have a staff noncommissioned officer or above present during the photo session.

For more information, call 229-639-5216/5479.

## Safety training DVDs available

Available for all employees, visit the Marine Corps Logistics Base Albany Risk Management Safety Training Library located in Building 3500, Room 301, to sign out training films and DVDs.

Look through the safety training DVD listings and find topics of interest.

Fill out a sign-out card and take the training film back to your worksite.

Conduct the training and return the DVD within 10 days.

For more information, call 229-639-5249.



## THE EMBLEM

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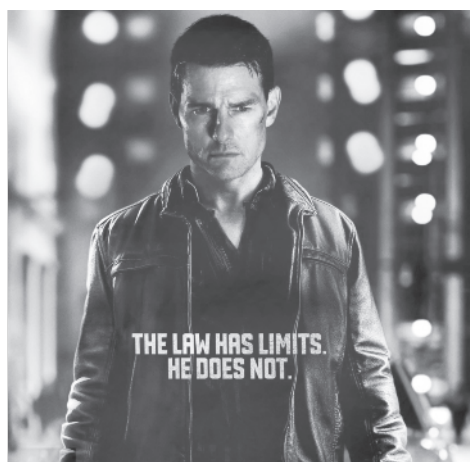
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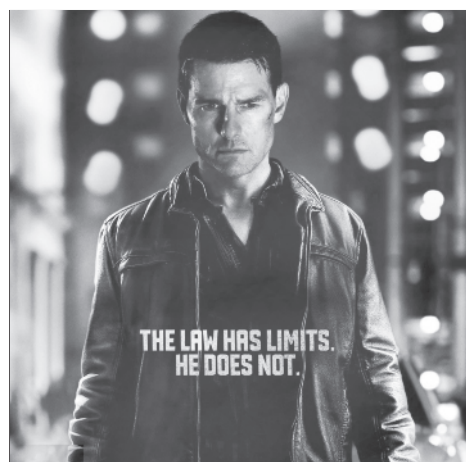
## Base Theater movies



**Django Unchained**  
"R"  
Friday, 7 p.m.



**Jack Reacher**  
"PG13"  
Saturday, 7 p.m.



**Jack Reacher**  
"PG13"  
Wednesday, 7 p.m.

Tickets: \$4 for adults; \$2.50 for children age 6-11 and free for children younger than 5. Cash only.

## MCCS Events

### Marine Corps Exchange open during President's Day holiday

The Marine Corps Exchange will be open during President's Day holiday from 9 a.m. - 2 p.m.

For more information, call 229-888-6801.

### Bosma Skeet Range, Pistol Range opens for practice

Bosma Skeet Range will be open Saturday from 10 a.m. - noon and the Pistol Range will be open from noon - 2 p.m.

For more information, call 229-639-5246.

### Predeployment brief provides information

A pre-deployment brief will be held Feb. 20 from 9-11 a.m. at Building 7200.

For more information, call 229-639-6171.

### Marine and Family Services to host PCS brief

A permanent change of station brief is scheduled Feb. 28 from 8-11 a.m. at Marine and Family Services in Building 7200.

For more information, call 229-639-5426.

For more information about MCCS events and programs, visit the website <http://www.ala.usmc.mil/mccs/default.asp> or call the MCCS hotline at 229-639-5268.

Created by: GySgt Charles Wolf

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# Albany Young Marines' CO receives recognition for community service

**Nathan L. Hanks Jr.**  
Editor

'Never forget where you came from and always give back' is the motto of Nathaniel Lowman, commanding officer of the Albany Young Marines, and retired Marine Corps master sergeant.

Lowman has lived by these words for the last 35 years and because of his service to the surrounding communities, he was awarded the 2013 Dr. Martin Luther King Jr. Dream Award during a ceremony held at the Albany James H. Gray Sr. Civic Center, Jan. 21.

"Nathaniel Lowman was nominated and selected because of his military service and civilian leadership," Randolph Scott, executive officer, Albany Young Marines, said. "He embodies this year's theme, 'Living the Dream: Dream with Vision; Live with Purpose.'"

Scott, who retired with the rank of master gunnery sergeant, said he nominated Lowman because of his work with the Albany Young Marines and the many other civic organizations he is involved in.

Lowman said it is an honor to be one of few to receive such an award.

"The award means a lot because just like Dr. Martin Luther King Jr., I want to make a difference," he said.

According to Lowman, his desire to help those in need stems from firsthand experience.

Born in Manhattan, N.Y., Lowman grew up in a family of 12, eight boys and four girls.

In 1967, his family moved to Tampa, Fla., and at age 7, he was diagnosed with a learning disability.

"I had trouble learning throughout school," he said. "When I attended H.B. Plant High School in Tampa, Florida, a tutor from the University of Tampa, Florida, began to help me," he said. "He worked with me on my math and reading and it is because of him that I began to see life differently."

To keep out of trouble, Lowman participated in several sports including football and wrestling.

Before graduating, Lowman's mentor told him to 'never forget where you came from and always give back.'

According to Lowman, his payback time began at the age of 17 when he joined the Marine Corps, June 13, 1978.

"I started volunteering at my first duty station, Okinawa, Japan, in 1978," he said. "I remembered what my tutor said and from that day on, it became my motto."

Lowman retired from the Marine Corps in 2002 after 25 years of service. He is the first person in his family to join the military and to earn a college degree.



Courtesy photo

"For 25 years, I gave everything I had to the Marine Corps and in the defense of my country," he said. "Today, I continue to give back to the Corps by taking what I have learned and applying it to the Young Marines Program here in Albany.

"My passion is young people," he added. "Children in today's society are misguided. They are not bad; they just need some guidance in the right direction.

"In the Young Marines Program, we put them through boot camp and they love it," he said. "They enjoy the challenge of the physical fitness test and rewards such as ribbons and promotions. We even have tutors to help those with learning disabilities."

"If it were not for the person who helped me, I probably would not be here right now," Lowman said. "Volunteering and mentoring is my passion and I will probably continue to do it until the day I die."

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Nathan L. Hanks Jr.



Courtesy photo



Young Marines visit veterans at Carl Vinson VA Medical Center in Dublin, Ga., recently.



Courtesy photo



## Around the Corps

### 1/4 Marines, Japan Ground Self Defense Force train together in Mojave Desert



Lance Cpl. Lonzo-Grei Thornton

Marines with Bravo Company, 1st Battalion, 4th Marine Regiment, 13th Marine Expeditionary Unit rush toward an objective, during Exercise Iron Fist 2013 aboard Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., Friday.

**Sgt. Christopher O'Quin**  
13th Marine Expeditionary Unit

#### Marine Corps Air Ground Combat Training Center Twentynine Palms, Calif. —

Members of the Japan Ground Self Defense Force left the Land of the Rising Sun for the Golden State in mid-January to train with Marines and Sailors from 1st Battalion, 4th Marine Regiment, 13th Marine Expeditionary Unit for Exercise Iron Fist 2013.

From Jan. 27-Feb. 3, both forces took their skills to Marine Corps Air Ground Combat Center Twentynine Palms, Calif., for the second week of the exercise. This enabled both forces to practice their tactics, learn from each other and take advantage of the expansive ranges in the Mojave Desert.

"What we do these (exercises) for, is to build relationships both at the staff level ...but also down at the individual Marine, Sailor and soldier level," Capt. Brian J. Marthiljohni, a Celina, Texas, native and company commander of Bravo Company, 1/4, 13th MEU, said. "When I look at their soldiers and my Marines, they are every bit as proficient in the tactics that they do, just as mine are at theirs."

The Marines of Bravo Company performed combat tactics, ranging in scale from the platoon level of a few dozen Marines, to company plus-sized maneuvers of hundreds, with artillery and armored vehicles. Both the Marines and JGSDF took turns assaulting three different ranges. Numerous trench systems, hills, wadis,

and bunkers at each place gave the platoons different opportunities to employ their troops.

"I've gotten to know my team quite a bit more being out here," Lance Cpl. David M. Bray III, a Coeur d'Alene, Id. native and fire team leader with Bravo Company, 1/4, 13th MEU, said. "Getting to run my team and getting a feel for what they know really helps me to determine what I need to work with them as far as proficiencies and deficiencies go.

"The (JGSDF's) training has opened my eyes to seeing how they go through the same ranges we go through," he said. "The training here will help me prepare mentally for future exercises with other militaries on deployment."

Each day the Marines and members of the JGSDF rehearsed assault drills, observed each other and corrected their own deficiencies. Some troops provided support by fire with machine-guns and mortars, enabling their brothers in arms to maneuver to assault. Others used heavy weapons such as the HOWA-87 Recoilless Rifle and the Shoulder-launched Multipurpose Assault Weapon to aid in clearing objectives.

The JGSDF benefited from the training in numerous ways, from the opportunities to the combat doctrine shared between warriors.

"Here we could have various training such as mortars and live fire during the day and night, and that was very beneficial," 1st Lt. Yutaka Sato, and Sasebo, Japan native, operations officer, 1st Company, Western Army



Lance Cpl. Lonzo-Grei Thornton

Members of the Japan Ground Self Defense Force, move toward their objective point as part of movement-to-contact training, aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif. Feb. 2.

Infantry Regiment, Japan Ground Self Defense Force, said. "The ranges are smaller in Japan so this enabled our soldiers to do more drills and get more practice. We were thoroughly impressed with the Marines combining maneuvering and firing"

Both groups ended the week with a mechanized assault on a fixed enemy position at Emerson Lake. The JGSDF rode in 7-Ton trucks while the Marines rode in Amphibious Assault Vehicle 7's. Tanks, mortars, artillery and other combined arms offered a glimpse of the Marine Air-Ground Task Force to the JGSDF.

"In the final exercise, it was great

that we could see tanks and the AAV's join us on the range," Sato added. We normally couldn't have so many elements attacking these objectives at the same time during training. I really hope we can do this more in the future."

In the coming weeks, 1/4 and the JGSDF will train off the California coast together. The training they have done here will serve as a foundation for the final week of the Exercise on San Clemente Island.

There they will bring their unique abilities for one final demonstration of bilateral cooperation and amphibious capabilities.



Lance Cpl. Lonzo-Grei Thornton

Members of the Japan Ground Self Defense Force rush to their objective during Exercise Iron Fist 2013, aboard Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., Friday



Lance Cpl. Lonzo-Grei Thornton

Sgt. Paul J. Sonico, a section leader with Combined Anti-Armor Team 1, 13th Marine Expeditionary Unit, launches a M41A1 Saber Tube-launched, Optically tracked, Wire-guided anti-armor missile during a mechanized training assault, aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif. Feb. 02.



**TOWER, from page 1**

standardize radio communication throughout the Corps. “ELMR also fulfills the federal requirement for the Department of Defense to operate radio systems in the narrow band spectrum,” she said. “The standardization of radio communication and operating in the narrow band spectrum are direct results of lessons learned from 9-11.”

During the design of the tower and communication shelter, current radio system needs and future ELMR needs were taken into account, Lamb said.

“When ELMR is implemented, it will entail the replacement of current radios and radio support systems,” she said. “The new tower and shelter are designed in such a way that our current and future radio systems are supported.”

Additionally, the tower and shelter also meet current physical security requirements concerning communication structures, she said.

“Although construction of the new tower and shelter required several electrical outages, it provided users the

opportunity to test back-up radio communication systems and contingency plans,” she said.

Lamb drafted the contingency plan and Rob Doerr, radio technician, CISD, worked with the users to ensure radio communication was not interrupted while the primary radio systems were off line.

“Because there were several outages, we were able to modify the contingency plan to be able to support our radio communication users during these outages and unplanned outages,” Doerr said.

Doerr worked with contractors to relocate radio systems for MCPD, MCFD and I&E to the new tower and shelter.

“Robbin Lamb and I are responsible for managing and providing upkeep of more than 1,000 radios and related radio system equipment for the base,” he said. “Many of the radios and systems are 15-20 years old and past their life cycle. The radios and systems must be maintained until ELMR is implemented in the next 2-3 years.”

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Nathan L. Hanks Jr.

**COMMEMORATE, from page 1**

Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington,” Shirley Sherrod, who works with Southwest Georgia Project for Community Education Inc., will deliver remarks.

Sherrod helps assist farmers and other rural residents. A few of her projects include building a food hub that will include a vegetable processing center for small farmers and a school project that connects farmers and school systems in effort to supply locally grown vegetables to local schools, according to her biography.

Thompson emphasized that celebrating Black History Month all monthlong not just during the base’s observance is important. “Richness of history is vital in sustaining our future as Americans regardless of cultural makeup,” he said. “We are a melting pot and though we embark on this month being a month to celebrate the richness in the African-American culture, it is understood that we are daily representations of our ancestors and we have all benefited from community leaders, activists and our ancestors.”

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